



A MOM'S GUIDE TO CREATING

a Magical Life

8 PRACTICAL STEPS TO FEEL
HAPPIER, INSPIRED AND MORE RELAXED

By Kasey Mathews



WELCOME!

It's truly an honor and delight to share in this journey of awakening to the magic in your life!

Living a magical life is the richest form of living. It requires believing in your dreams, trusting the Universe as your co-pilot, setting intentions, taking inspired actions and then opening to receive the miracles and magic destined your way. When you do—look out. Your life will open up in ways you couldn't have imagined possible.

In this guide, you'll learn easy and practical tips to create an extraordinary, magical life, and soon enough, as incredible things are happening in your life, you'll hear yourself saying—*Oh yeah, you know, it's just The Usual Magic.*

LET'S BEGIN WITH A QUESTION...

Have there been times, throughout your life, when everything just seemed to line up and unfold perfectly—magically? And were there also times when it felt as if nothing was going right—as if your world was falling apart?

Recently, this was the case in our family when my son, daughter, husband and I—all experienced significant injuries that required orthopedic surgery. The response from everyone, from close friends to complete strangers, spoke of a curse and a dark cloud that had enveloped our family.





And there were uncertain, gloomy days when I thought they might be right—that maybe we were cursed. But inevitably I'd step back and look with clearer eyes and allow myself to see all the incredible gifts that had emerged as a result of what we'd been through. And I came to see, know and understand that in the midst of both times of ease or difficulty, there is so much opportunity to allow in the magic available to us all.

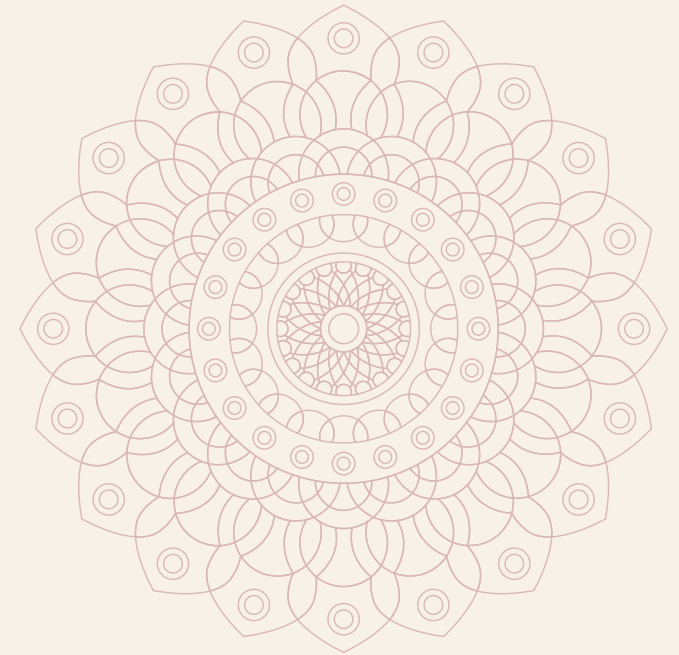
As I came to the realization that Magical Living is available to each and every one of us, I began to examine and understand how, when and why magic appears and what are the tools we can use to access it all the time. I put on my lab coat and started analyzing the exact elements required to create a life full of meaning, joy, purpose, curiosity and happiness—in other words, A Magical Life.

I hope you'll be as surprised and excited as I am to learn that this way of living is actually quite effortless. All that is required is letting go of old habits and creating new ones. It's truly that simple. Imagine yourself removing your glasses with the worn, scratched-up lenses and putting on a new pair with lenses so clear, you'll see the world in a way you never have before!

Magic has been waiting for you. And if you're here, you know it's time to welcome her into your life. It's time to receive all that you've ever dreamed, hoped, and wished for.

With blessings and love,

Kasey



HOW TO USE THIS GUIDE:



First and foremost, there is no right or wrong way to use this book. However, the more you approach it from a heart-centered place, the greater the impact this work will have on your life.

Take it at your own pace—maybe you'll dive right in and work through the book in one sitting. Or maybe you'll complete one step a day, or perhaps one a week. This is a gift to you, so you choose and do what feels right to you.

You can work through it on your computer, or print it out and take it with you, and work on it when you're sitting in the carpool lane, find a few quiet minutes at work, or put it on your bedside table and spend time in the morning upon waking or at night before going to sleep.

There are places to write throughout the guidebook, but you may want to use a special notebook/journal to record some of the written exercises. And when you find an exercise that really resonates with you, don't hesitate to use it over and over again.

Each step includes a mantra. The intent is for you to use each mantra in a daily meditation. Now if you just felt yourself contract at the mention of the word meditation—don't panic! By meditation, I simply mean sit in a comfortable chair with both feet on the floor and say the phrase in your head. Twelve minutes is ideal for me, so I set the timer on my phone, play the Windham Hill station on Pandora and repeat the mantra—that's it. Find what works for you and give it a try. I'm always astounded at the clarity that comes from such a simple, easy practice.

Most importantly, Have fun!



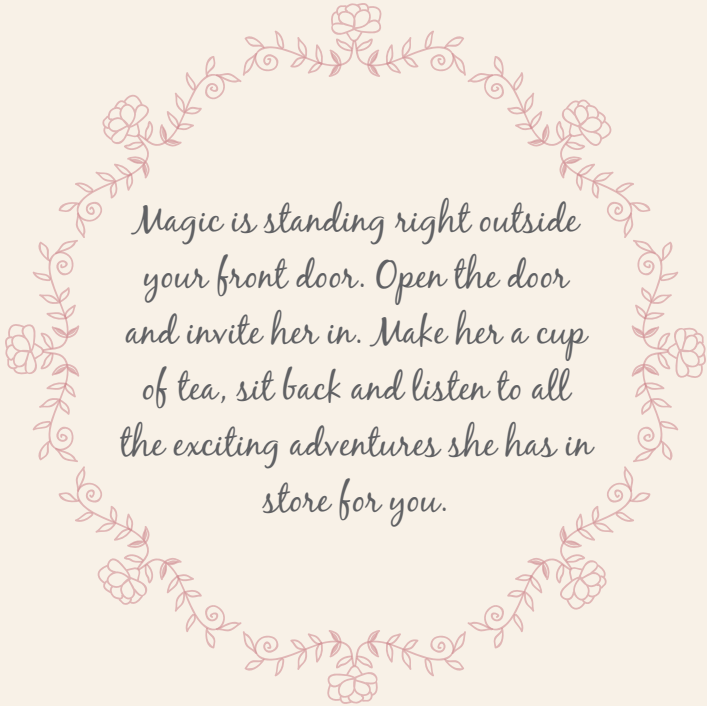
A close-up photograph of a pink flower, possibly a gerbera, with numerous water droplets on its petals. The petals are a vibrant pink color and are slightly curled. The background is blurred, showing more of the flower and some green foliage.

"YOUR HEART IS WHERE THE
MAGIC IS, WHERE THE DIVINE IS,
WHERE YOUR SOUL SPEAKS..."

Bill Bauman



One
WELCOME
YOUR MAGIC



*Magic is standing right outside
your front door. Open the door
and invite her in. Make her a cup
of tea, sit back and listen to all
the exciting adventures she has in
store for you.*



How do you welcome *Magic* into your life? By simply opening yourself up, knowing she's there and being ready to receive. And when you know *Magic* is at work, always thank her for everything she does for you. *Magic* is there when you suddenly think of an old friend who ends up calling you the next day. She's there when you're seeking an answer and a book falls off the shelf at your feet. And she's there when you feel scared and uncertain and alone, guiding you to know that all will be well. *Magic* is your friend, partner and guide, and she's always available- ready to help you in any way she can. All you have to do is ask.



"THOSE WHO DON'T
BELIEVE IN MAGIC
WILL NEVER FIND IT."

Roald Dahl

MAGIC HAPPENS:

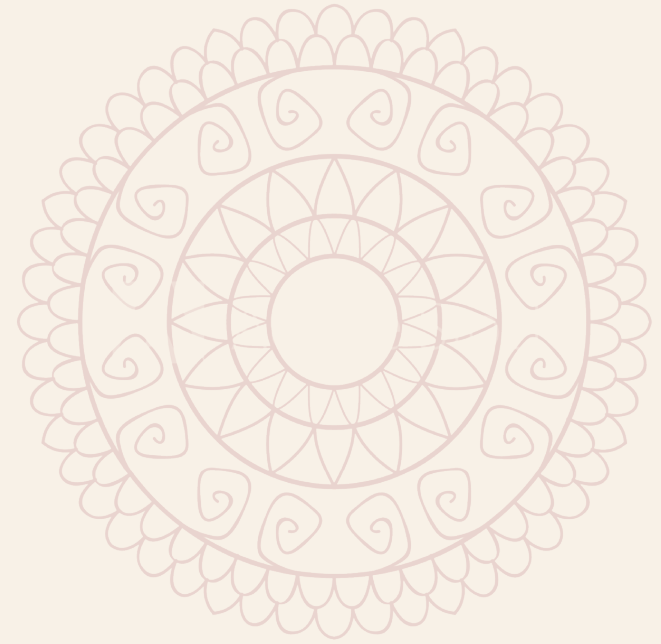
My daughter's premature birth was one of the scariest, darkest times of my life, yet when I look back, I see there were clearly moments of incredible magic. One in particular always stands out. Andie was still living in the hospital an hour away from our house. A huge snowstorm had blanketed Boston and a cop was waving people off from the closed hospital parking garage. Rolling down my window, I called out, asking where to park, but he shrugged his shoulders and waved for me to keep moving. And then suddenly, in spite of the traffic and honking horns, he walked right over to my car and asked, "How long ya gonna be?" I told him I just wanted a few minutes to see my baby, and without another word he directed me to a plowed out space in front of the garage. After spending precious time with Andie, I ran back out and thanked the officer profusely. And then, just as I was getting back in my car, he called out, "Hey what's your baby's name?" "Andie," I called back. "What's yours?" A big smile lit up his face and then he said, "Andy."



UNLOCK YOUR MAGIC:

Accept Magic's "Friend" Request

- ✦ Know *Magic* is available to you and everyone else.
- ✦ *Magic* is guiding you all the time—listen and trust.
- ✦ Believe you're worthy of receiving *Magic* in your life.
- ✦ If you have a thought "hmm, I should call that old friend," then do. Your friend will probably say "I can't believe you're calling, I was just thinking of you!"
- ✦ If you feel like you're supposed to go into a store/café/farm stand—go, and when you find that perfect item on sale or bump into your son's soccer coach who you needed to talk to, you'll know *Magic* is at work.
- ✦ Be awake and present enough to see *Magic* as it happens.
- ✦ Remember *Magic* doesn't always appear in the way we expected—there is much magic in times of adversity.
- ✦ Always offer *Magic* your thanks.
- ✦ Ask for what you want and need.
- ✦ Don't "push" or try to force *Magic*—trust and know that the timing is perfect and if it is in your highest and best interest, *Magic* will arrive in perfect timing.
- ✦ Look for signs—guideposts to lead you in the right direction.





MAKE YOUR MAGIC:

Create two To-Do Lists—one for You and one for Magic!

Fold a blank piece of paper in half. On one side write “My To-Do List”, on the other “*Magic’s* To-Do List”. Then fill out your to-do list with anything you need to get done today—

Then fill out *Magic’s* list. These are things you wish would happen, but not sure how—areas where you could use a little divine guidance!

My To-Do List

- answer outstanding emails*
- bake/pick up cookies for school bake sale*
- go to yoga class*
- reschedule doctor’s appointment*
- pick up kids for soccer*
- _____
- _____
- _____
- _____
- _____

Magic’s To-Do List

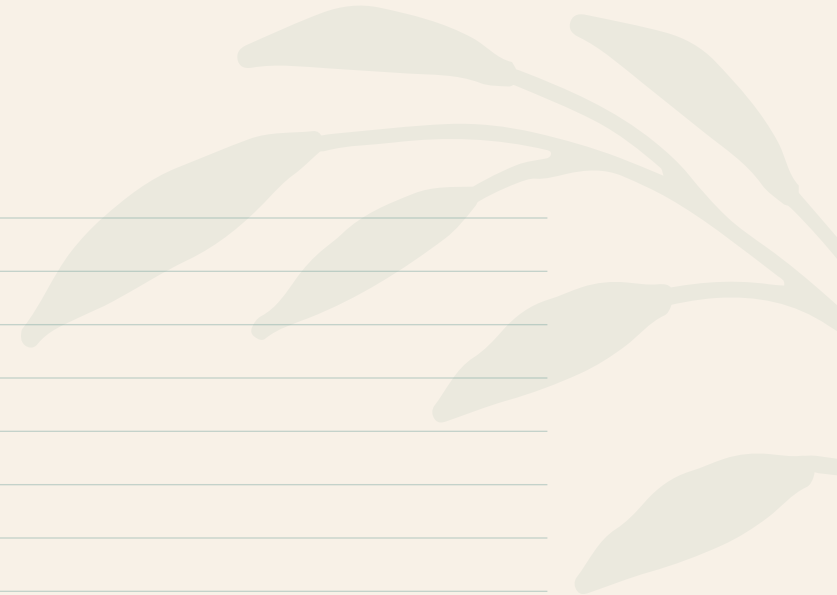
- the perfect tutor/mentor arrives in my son’s life*
- the ideal part time job I’d been seeking just came available*
- an amazing, affordable vacation is offered to our family*
- I find writing group*
- _____
- _____
- _____
- _____
- _____





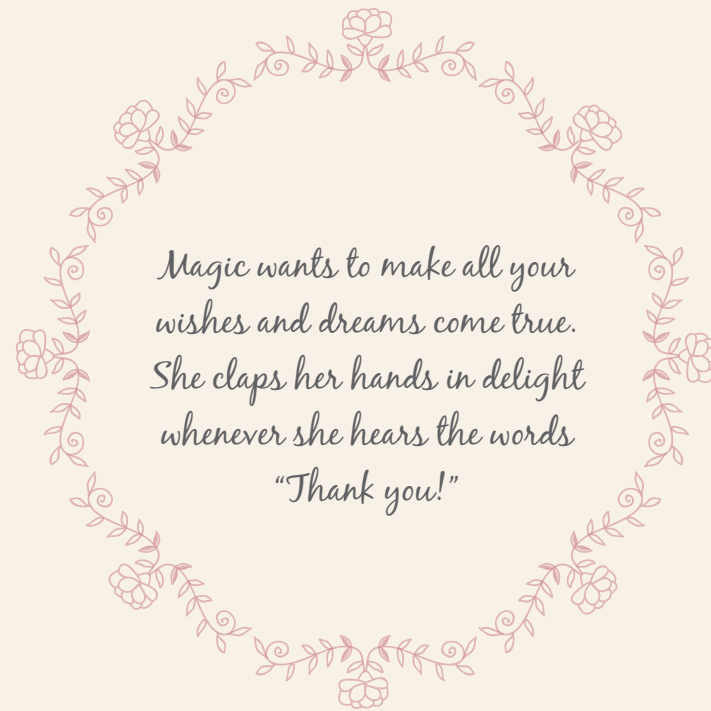
MAGIC MANTRA:

*"I am worthy and ready to
receive all the magic The
Universe has in store for me."*






Two EXPRESS GRATITUDE



Ah, gratitude... It's easy to express when we receive what we love—what we desire. Thank you—those two magic words we're taught as soon as we can talk. Over time, they become almost automatic. Yet, it's when we offer our thanks—and truly feel it, that it really seems to matter. You see, gifts are coming to us all the time—from that awesome parking space to the unexpected job opportunity. Yet it's up to us to notice these moments and express our gratitude. Have you ever given a gift and the recipient was so genuinely grateful, you couldn't wait to give another? That's how it works with *Magic*. The more gratitude you express, the more magical gifts—both big and small—appear in your life. And sometimes gifts arrive in unexpected packages, which at first may not seem like gifts at all, yet they reveal themselves in time. So keep your eyes wide-open, notice all the gifts coming your way, and always offer your gratitude and thanks in return.



“WHEN YOU LOOK AT
THE WORLD THROUGH
THE EYES OF GRATITUDE,
THE WORLD BECOMES A
MAGICAL AND AMAZING
PLACE.”

Jennifer Gayle



MAGIC HAPPENS:

I was late to pick the kids up at school, but I'd promised my son I'd buy him the book he needed. The bookstore was on the way, but I really didn't have time. Yet right in front of the store, the light turned red, and I got a strong sense that I was supposed to go in. And as I raced to the register with the book in hand, a sign caught my eye—the author of the book that had been my lifeline while my daughter was in the hospital, was signing books there the very next day!

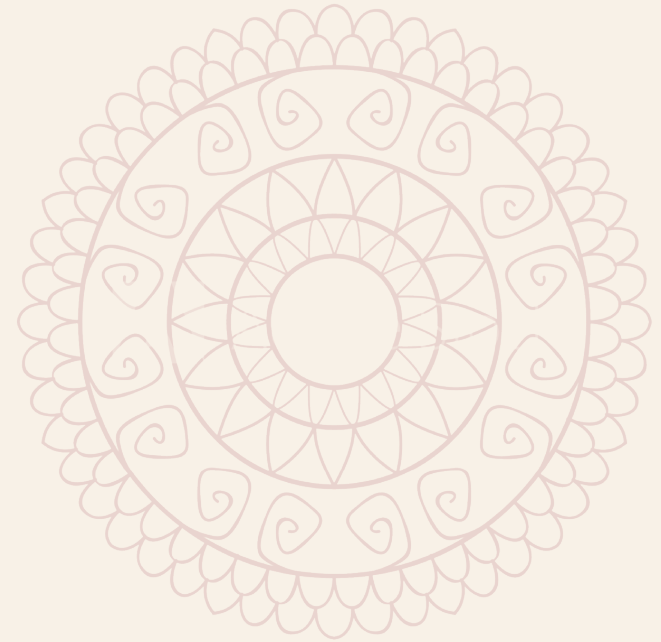
The next afternoon, I packed up my well-loved copy of the book and headed back to the bookstore. At the end of the reading, I mustered up the courage to tell the author how much her book had comforted me after my daughter's birth. It turned out her brother was sitting next to me, and had a premature baby just the year before. I told him and the author about the book I'd been working on, and not only did she mentor me through the publishing process, she wrote the quote on the back of the book! Magic was at work once again!



UNLOCK YOUR MAGIC:

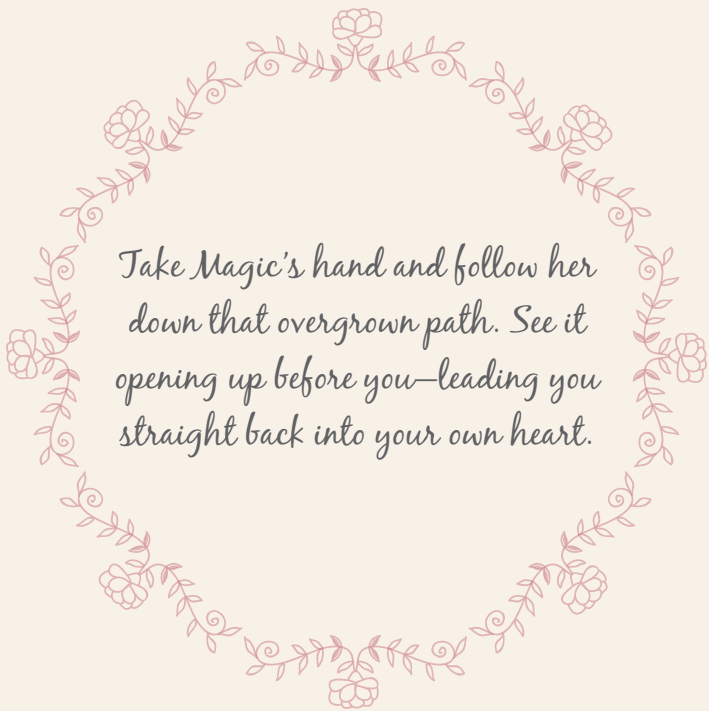
Look for the gifts coming your way

- ✦ When gifts arrive say “Thank You.”
- ✦ You can thank whomever/whatever feels right to you—*Magic*, the Universe, God, Your Spirit Guides, Angels, Your Higher Self.
- ✦ Don’t overlook the small gifts. You’d never open a gift and say, “This is all you got me?” Express gratitude for gifts of all sizes.
- ✦ What may appear as a negative occurrence in your life could be a gift in disguise. Think of a time when this was the case. For example, when my daughter injured her knee playing soccer and was at the hospital having surgery, I was NOT seeing the injury as a gift. Yet now, I see all the incredible adult mentors that have come into her life and know that this “unfortunate event” may end up being one of the most formative moments of her life.
- ✦ Trust that the *Magic* always has your back.
- ✦ Have gratitude for things exactly as they are.
- ✦ Make Gratitude your Super Power!





Three
DISCOVER
WHAT
YOU LOVE



Take *Magic's* hand and follow her
down that overgrown path. See it
opening up before you—leading you
straight back into your own heart.



Let's take a little journey back in time—back before you became grown-up you—the you who took on grown-up responsibilities—the grown-up you who started caring for everyone else and putting your own needs last. Let's go back to that time and get a glimpse of what she loved. Did she love to dance, paint, hike, sleep-till-noon on Saturdays? Let's find out and bring a bit of her back, because she's the one who calls in the *Magic*—she's the one who whispers in your ear—Come on, let's play!

"LOVE IS THE CLOSEST
THING WE HAVE
TO MAGIC."

Unknown



MAGIC HAPPENS:

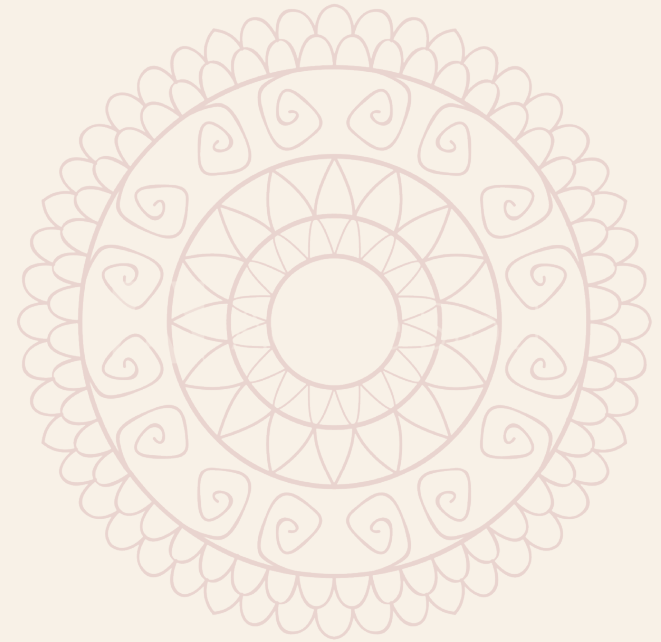
This isn't a pack your bag, leave a note on the kitchen counter and fly off to Aruba kind of magic. This is more subtle and involves finding everyday moments of magic in the midst of your busy, messy, responsibility-laden life. This is about remembering what feeds your soul and taking little bites throughout the day. I love color and art, but life doesn't exactly afford many trips to museums these days. So instead, I look for moments of color and beauty throughout my days. On walks in the woods, I notice the bright green leaves on the trees and the moss on the ground, at the grocery store I walk slowly through the produce section, taking in the colors of the red strawberries, orange and yellow peppers and bright green grapes. And on days when I have a bit of spare time, I'll wander through the local shabby-chic antique shop or stop at the greenhouse for what my Aunt Mimi calls "flower therapy." I let my gaze soften and wander amongst the flowers and plants, soaking in their magic.



UNLOCK YOUR MAGIC:

Ask yourself—What do I love?

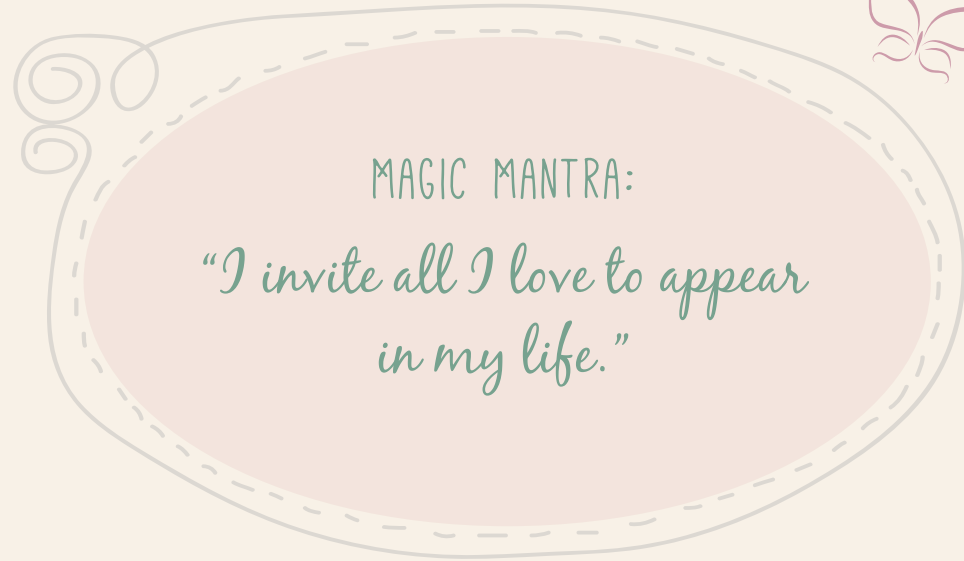
- ✦ Discover/uncover/rediscover what brings you joy and feeds your soul.
- ✦ Think of something you haven't done in so long that you used to love to do!
- ✦ Discover the little things you can do to make your life flow with more ease and grace.
- ✦ How would it feel to be centered, nourished and focused, with an ability to give back to yourself just like you give to everyone else?
- ✦ Time is precious—seek and find special moments just for you.
- ✦ You decide what makes you happy and fulfilled.
- ✦ Remember “It’s ok to love what you love.” Debra Poneman, *Year of Miracles*





MAKE YOUR MAGIC:

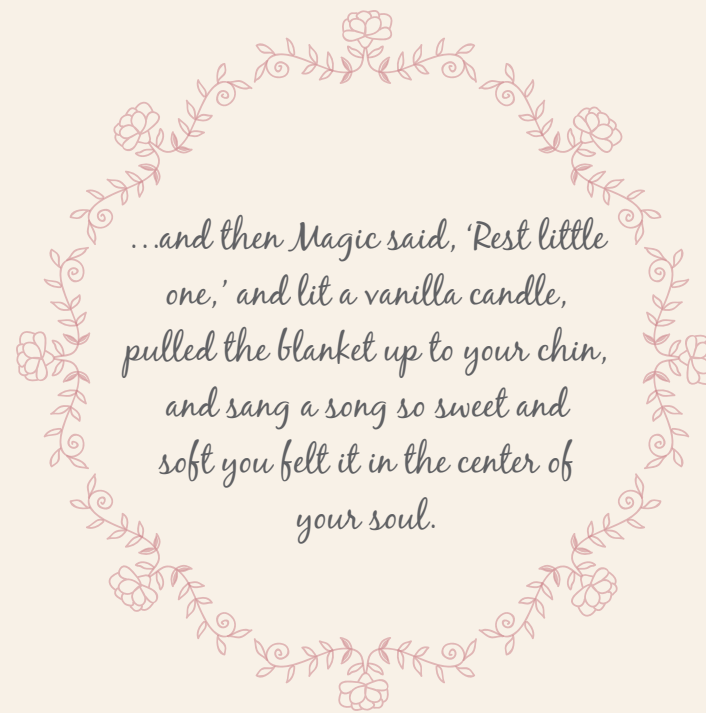
Sit quietly and with your eyes close. Take a big breath in, exhale it out, and then see yourself walking down a beautiful path. Feel the warm sun on your back. Keep walking until you come to a patch of green grass where a large quilt is spread out and in the center is a wooden picnic basket. Open the lid and see what's inside. Everything in the basket is just for you! And this is a magic basket—so don't worry about size or shape—you can pull all your wishes, wants and desires out of this basket. When you're ready, slowly open your eyes and write down all the delights you found in the basket. Stay in your heart and just write. If your head tries to jump in, hold a hand on your heart, take a few deep breaths and say, "I got this."








Four
GREET MAGIC
with your
VERY BEST SELF



You take care of everyone else, right? So who takes care of you? That's what I thought. At some point, if you don't care for yourself, like you do everyone else, your well is going to run dry. So let's refill your well so you have plenty to give yourself and everyone else in your life! The three basic elements you need are: Rest, Proper Nutrition and Movement. And if you really want your well to spill over with joyous excess—remember to make time for what you love!



“BY ACCEPTING YOURSELF
AND FULLY BEING WHAT YOU
ARE, YOUR SIMPLE PRESENCE
CAN MAKE OTHERS HAPPY.
YOU YOURSELF, AS MUCH
AS ANYBODY IN THE ENTIRE
UNIVERSE, DESERVE YOUR LOVE
AND AFFECTION.”

Buddha



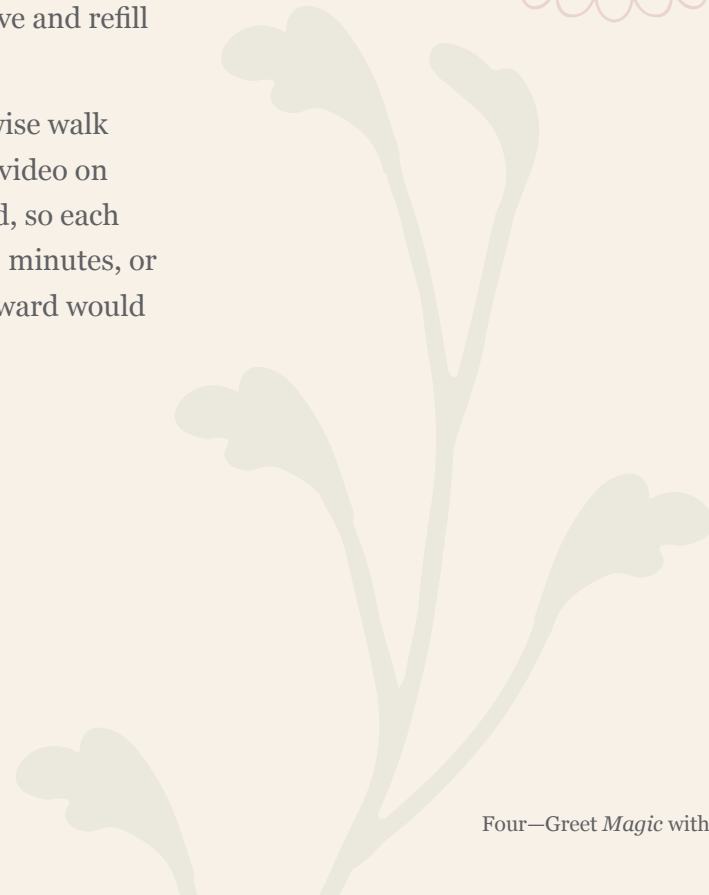
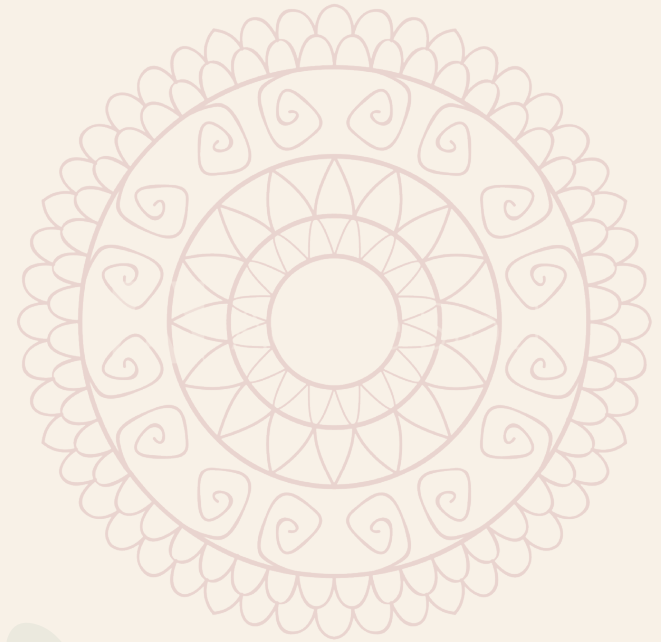
MAGIC HAPPENS:

Years ago, my dear friend was diagnosed with acute cancer. Married to the love of her life and raising three young kids, everyone was terrified for their future. But my friend is a testament to the fact that miracles happen—seven years later, she’s healthier than ever! And every time I see her, she looks incredible—dressed in skirts, boots, lots of jewelry. One day I commented “You always look so amazing.” She smiled and said the words I’ll forever carry in my heart. “Kase, I looked in my closet and saw all those clothes hanging there waiting for the party. And then I realized—*This is the party.*” This is the party. So what are you waiting for?



UNLOCK YOUR MAGIC:

- ✦ **Rest**—8 hours a night is ideal. For 3 nights in a row go to bed at 10:00 pm and see how you feel.
- ✦ **Nutrition**—Eat foods that come from the earth, fresh and organic whenever possible.
Start your day with breakfast. My two favorites—avocado on gluten-free toast or hot quinoa with cranberries, pumpkin seeds and maple syrup. I use a rice maker, so the quinoa is perfectly cooked and ready in the am!
- ✦ **Drink lots of water**—find yourself a special glass you love and refill it all day long.
- ✦ **Movement**—If you have a gym membership—go! Otherwise walk outside, put on music and dance, or try a 30-minute yoga video on YouTube. Just move your body! I'm motivated by a reward, so each week I make a chart and if I exercise 4 times a week for 45 minutes, or 5 times a week for 30, I buy myself fresh flowers! What reward would motivate you?
- ✦ **Remember**—*This is the Party and Magic loves a party!*





MAKE YOUR MAGIC:

Even when you know exactly what you need to take care of you, does it ever feel like you're not allowed? Like you're being selfish? Well you're not. Taking care of you is a gift to you and your loved ones—so give yourself permission and take time for what you need.

Fill out the permission slip and give yourself permission to take care of you!

Having trouble deciding? Here are a few suggestions: Nap in the middle of the day, sit outside and read a book, leave work and go for a run, meet a friend for lunch, stay in your pjs and watch an old romantic comedy, make a tray of cheese, chocolate and red wine and pretend you're in France. It's up to you—you've been granted permission!



PERMISSION SLIP

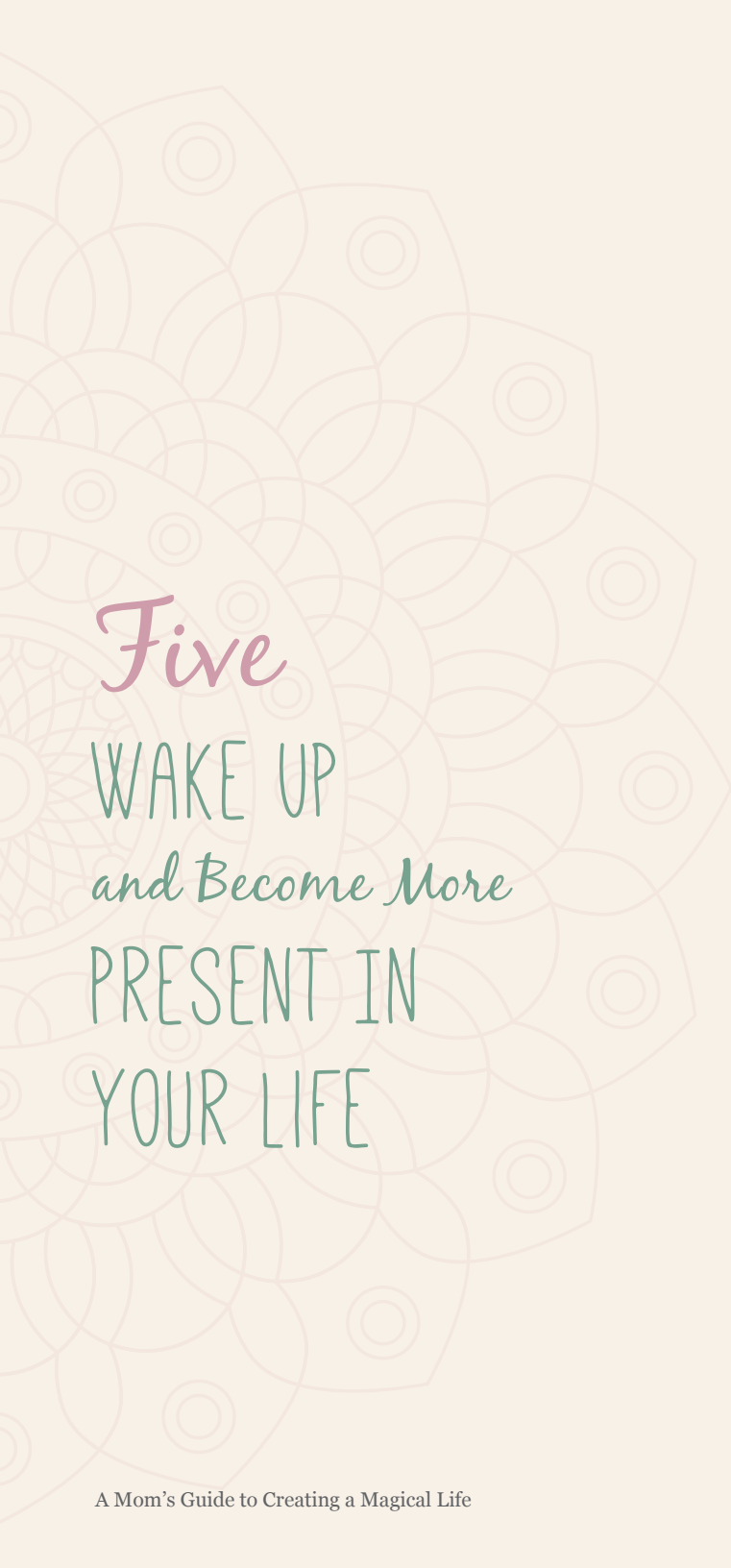
Today I give myself permission to...

Signed _____

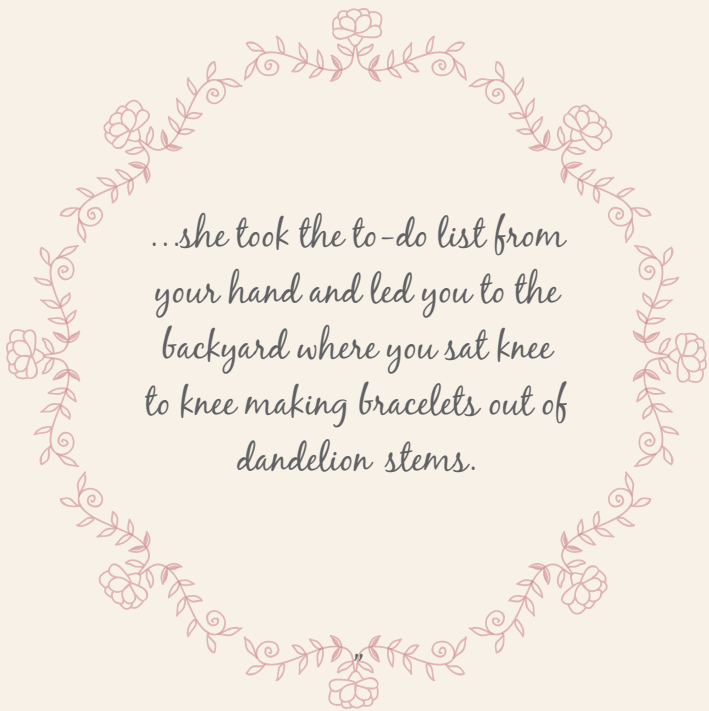


I feel loved and cared for when...






Five
WAKE UP
and Become More
PRESENT IN
YOUR LIFE



...she took the to-do list from
your hand and led you to the
backyard where you sat knee
to knee making bracelets out of
dandelion stems.



Living a magical life is about waking up—becoming conscious and present in, and to, the life you’re living. It’s more than just going through the motions of daily life, but instead, slowing down and noticing the wonder of a sticky plate of half eaten pancakes; the touch of freshly laundered clothes and the smell of morning coffee. As you practice becoming more present—more awake in your day-to-day life, you also become more tuned in to your gut-feelings, or intuitive guidance, and when you follow that guidance, *Magic* is usually there waiting for you.



“FOREVER IS
COMPOSED OF NOWS.”

Emily Dickinson



MAGIC HAPPENS:

Before the Amish decide what technology to allow into their lives, they try it out to see how it impacts their day-to-day living. When the telephone first reached broad availability, they learned that folks would ride for miles in their horse and buggies to visit friends, only to find that the host’s attention immediately shifted to the person on the phone and was no longer present to their guests. And with that, phones were no longer a part of their culture. Consider that the next time you’re having lunch with a friend, in the car with your kids, or gathered at the dinner table and your phone rings or you get a text. Try to stay present to those right in front of you.

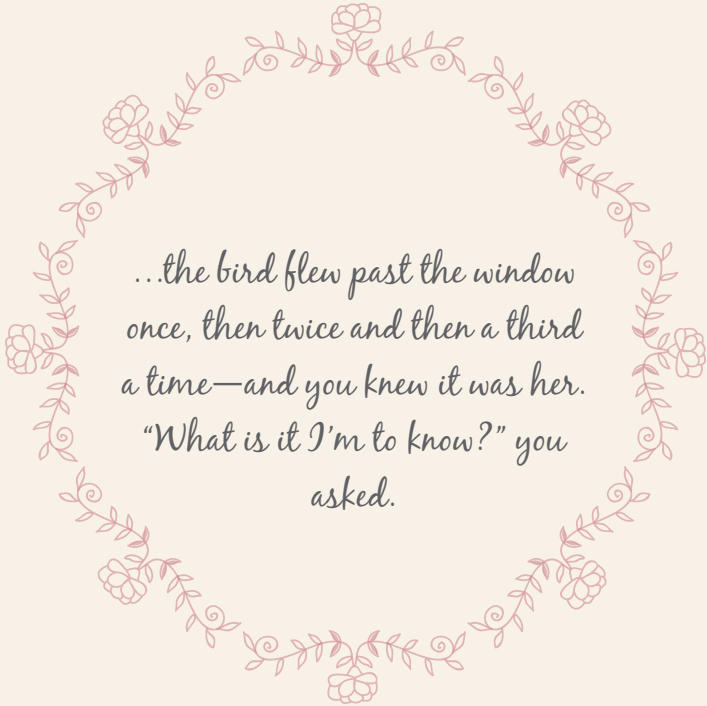
UNLOCK YOUR MAGIC:

- ✦ Be present and centered and do just one activity at a time—washing dishes, folding laundry, watching your child at the park
- ✦ Become more conscious of how you spend your days
- ✦ Put down the cell phone—if your nose is in a screen and *Magic* is right in front of you, you’ll miss her
- ✦ Create an email routine—limit it to 3 times a day—morning, noon and night
- ✦ Become more conscious of your gut feelings






Six
MAKE SPACE
FOR MAGIC IN
YOUR LIFE



...the bird flew past the window
once, then twice and then a third
a time—and you knew it was her.
“What is it I’m to know?” you
asked.



Imagine you finally found the perfect living room chair (and it was on sale!). You bring it home, but the room is already full of furniture. Do you just cram it in or automatically take something out? Of course not. Instead, you step back, see how you can rearrange things, and decide what is worth keeping and what’s not. The same holds true with *Magic*. You need to make room for what you’re welcoming into your life, both on the inside and out.



"AS I UNCLUTTER MY
LIFE, I FREE MYSELF
TO ANSWER THE
CALLINGS OF
MY SOUL."

Unknown



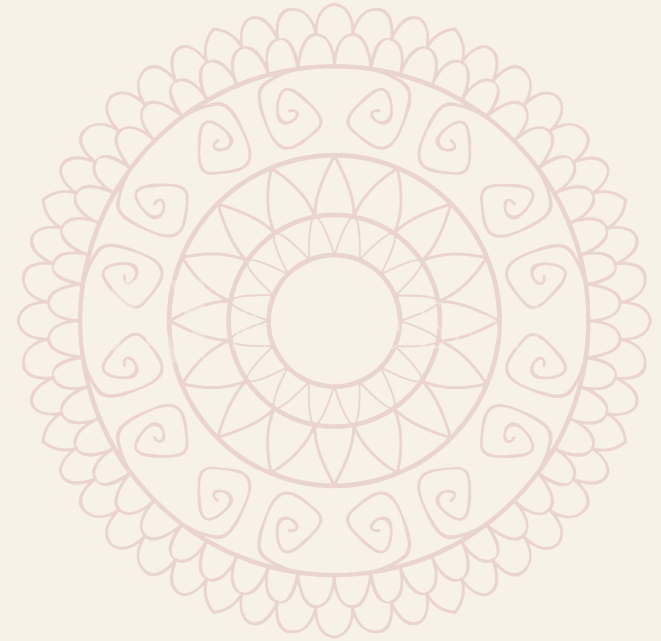
MAGIC HAPPENS:

Consider this Zen teaching that demonstrates the emotional concerns we carry that are unhelpful, if not harmful, to our well-being. Two monks are walking down the road and come across a young woman dressed in fine silks standing before a stream that she clearly cannot cross without ruining her clothes. Without a word, the older of the two picks her up and carries her across the stream and sets her down on the other side. The monks continue walking, and several hours later the younger monk finally says, "We are not even allowed to make eye contact with a woman and you picked that woman up." To which the older monk replies, "My brother, I set her down hours ago—it is you who has been carrying her all this way."



UNLOCK YOUR MAGIC:

- ✦ More emotional space = More magic
- ✦ Be aware of your home environment. Is there unnecessary noise? Clutter you can get rid of? Everything we own carries an energy with it—let go of old, unwanted items and make room for what you really want.
- ✦ The Universe is like a vacuum—space that is freed up will be filled with what you're seeking.
- ✦ Be selective about who and what you let into your life.
- ✦ Learn to create boundaries and say no.
- ✦ Before agreeing to anything, check in with yourself and ask—Is this something I really want to do?
- ✦ Turn off the news and keep your energy and vibration high.
- ✦ Surround yourself with what you love.



MAKE YOUR MAGIC:



Internal Space Clearing

Fear loves to hide in the dark recesses of our being where it can breed and grow. When we write our fears down, or speak them out loud, they are brought to the light and lose much of their power.

On a blank sheet of paper, finish the thought “I am afraid _____” and again, “I am afraid _____” and again, “I am afraid _____”

Repeat this until you feel a big breath enter and a big breath let out. Sit for a few minutes with this release technique that creates a new internal spacious feeling. Try this when you feel scattered and unable to stay focused. Often fear is beneath the surface, cluttering your heart and mind.



I am afraid ... _____

I am afraid ... _____

I am afraid ... _____

I am afraid ... _____

I am afraid ... _____

I am afraid ... _____



27

MAKE YOUR MAGIC:

External Space Clearing

Try this Feng Shui clutter cleanse: Each day you need to remove 27 items from your home—either give them away or throw them away for nine days in a row. With just a quick glance around your house you can probably find a hundred things to let go of. But only do 27 each day. That way, you'll avoid feeling overwhelmed and burn out by day three. And by days eight and nine, you may be searching for items to let go of—counting individual magazines or earrings to make up your 27 items! Have fun and here's how to hold yourself accountable—if you miss a day, the exercise requires you to start back at day one!

I want to make space for ...

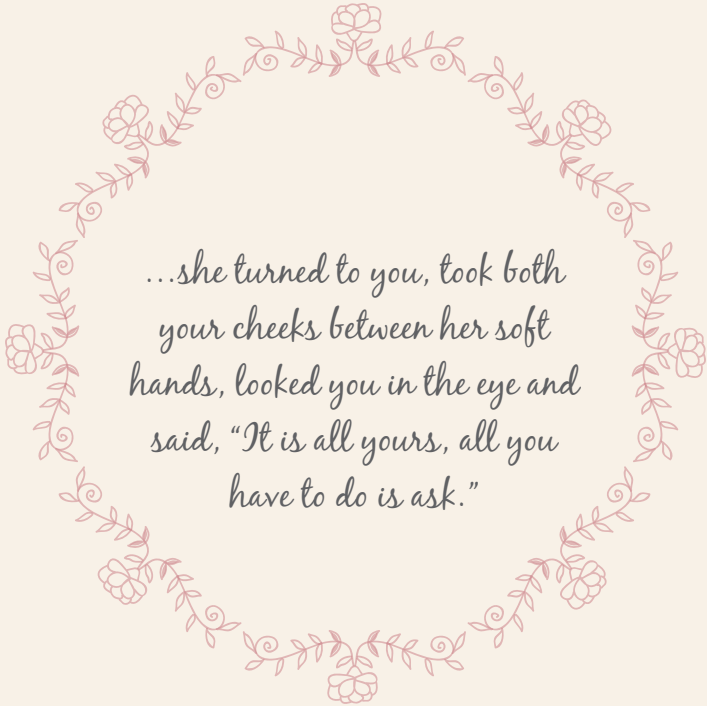


MAGIC MANTRA:

*"I create space for Magic
in my life."*



Seven
ACTIVELY
CREATE
MAGIC



...she turned to you, took both
your cheeks between her soft
hands, looked you in the eye and
said, "It is all yours, all you
have to do is ask."



As you've followed the prior steps in creating your **Magical Life**, perhaps you've begun to notice some changes. Are you feeling more grounded and present in your daily life? Are you happier and do you have more energy? Now it's time to open yourself up even more and begin consciously attracting *Magic*. And know for certain that there is an abundant supply of incredible blessings just waiting for you.



"YOU'LL SEE IT WHEN
YOU BELIEVE IT."

Wayne Dyer

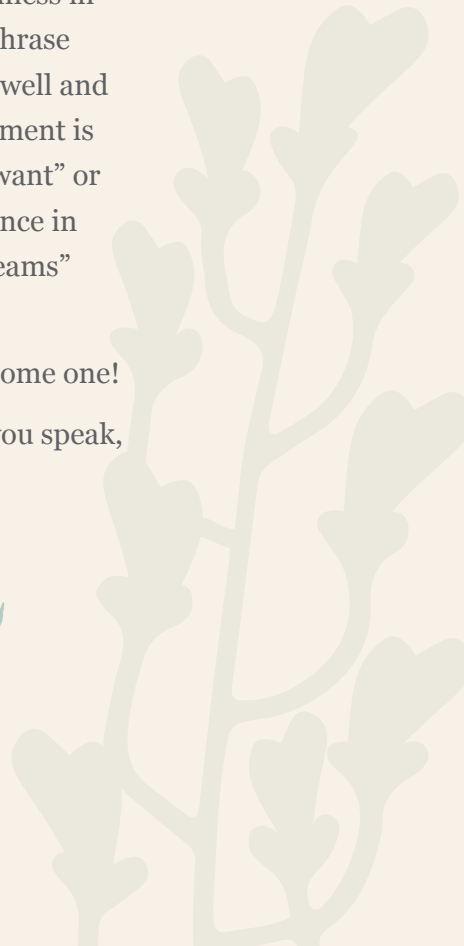
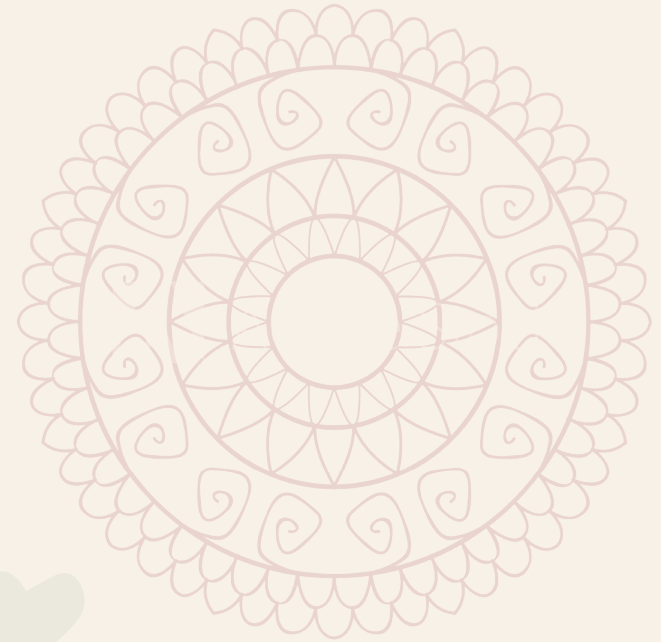


MAGIC HAPPENS:

Years ago, when our son entered Kindergarten, the program we enrolled him in was a disappointment. At one point I was so frustrated I said, "I wish we could just move and find some alternative school that teaches to the way he learns." Less than two years later, my husband was offered a job further north, and as we stood in a school that was a perfect fit for our son, I suddenly remembered my declaration and realized the Universe had been listening! And that's when we decided to try and find a new home that was also a perfect fit! My husband, son, daughter and I all wrote down in great detail everything we wanted and hoped for in a new house. And sure enough, we found an old fixer-upper farm house with apple trees, stone walls and a big sledding hill that magically had been on the market for two years—just waiting for us!

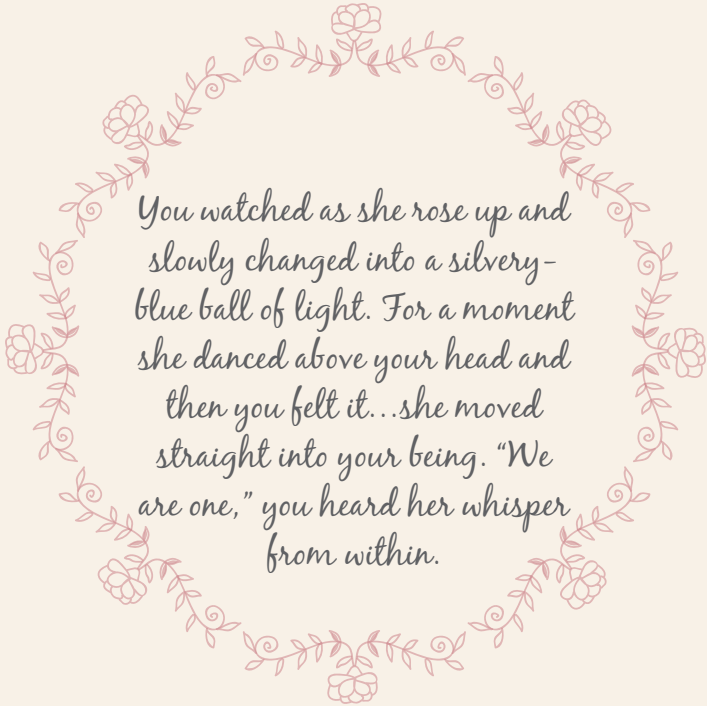
UNLOCK YOUR MAGIC:

- ✦ Look for signs and allow yourself to be guided toward your desires
- ✦ Have the courage to ask for what you want
- ✦ Write down exactly what you want—the more detail the better!
- ✦ When writing down your intentions—be mindful of the positive and negative aspects of your language. If you're hoping to overcome an illness, don't use the word illness in your intention or you risk attracting more. Instead, phrase your intention as something along the lines of "I am well and in wonderful health." Notice how that intention statement is written as if it already is. Avoid the use of the word "want" or you'll simply attract more wanting. Notice the difference in these two statements—"We want the house of our dreams" versus "We are living in the house of our dreams."
- ✦ Write it down as if it's already a reality and it will become one!
- ✦ Be mindful of your thoughts—just like the language you speak, thoughts are energy and very powerful.






Eight
CELEBRATE
YOUR MAGIC
*and Share it
with others!*



You watched as she rose up and slowly changed into a silvery-blue ball of light. For a moment she danced above your head and then you felt it...she moved straight into your being. "We are one," you heard her whisper from within.



You are a wondrous, magnificent being, who was put here on earth to be the unique, amazing person that you are. Allow your gifts, light and radiance to shine through. Share it with others, so they too, can become all they are meant to be. As you continue to move through life, ever expanding, opening and allowing in all the Magic in store for you, know that you are so blessed, so loved and so adored. And know that Magic is a part of you—it's time to celebrate and play!



“JOY IS WHAT HAPPENS
TO US WHEN WE
ALLOW OURSELVES TO
RECOGNIZE HOW GOOD
THINGS REALLY ARE.”

Marianne Williamson



MAGIC HAPPENS:

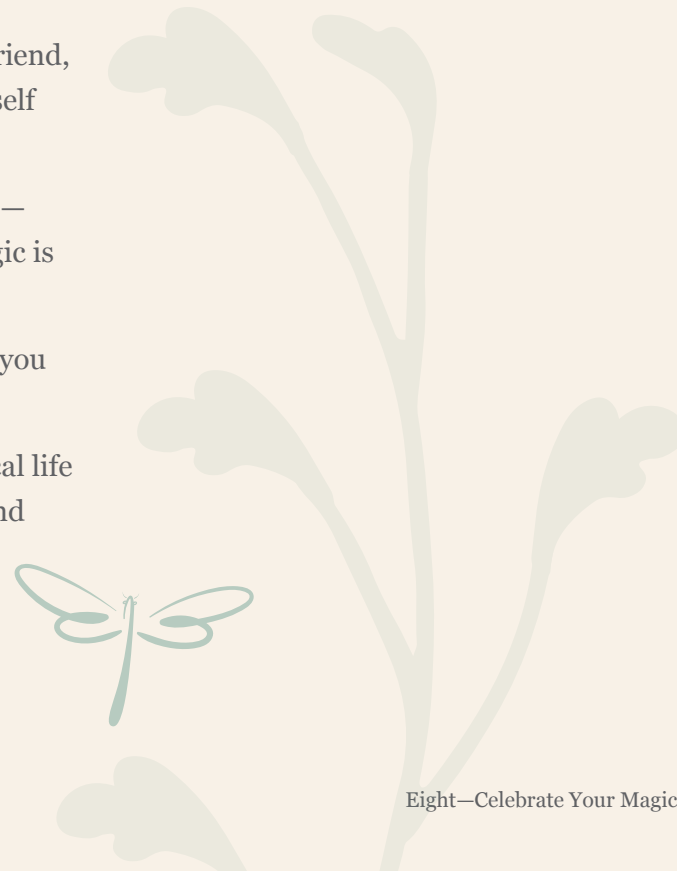
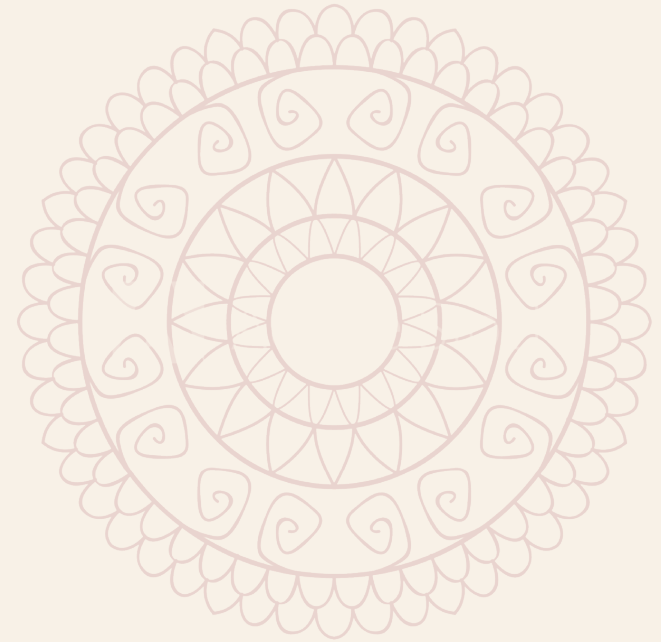
A few weeks after my book was released, I was traveling to speak at an event in front of a large crowd in Fort Worth, Texas. The airport parking garage was full, which meant a satellite lot and a shuttle bus to the airport. I was already nervous about my talk so this just made me more stressed. On the bus, the only seat left was next to an older gentleman. The gentleman, whose name I later learned was Jim, asked me where I was headed. We chatted about my book and then his daughters. Just as we were about to get off the bus, the little voice in my head suggested I give him a copy of my book. I was reluctant because all my other copies had been shipped to the event, and it was the only copy I had with me. But I honored the voice, and put the book in his hand. Six months later I received a letter. “I’m not sure if you’ll remember me, but a while back we rode a bus together and you gave me a copy of your book.” I smiled, remembering Jim. Then I read on, “Your beautiful story and positive outcome were, for me, the encouragement and validation I needed to help my wife and me through the deep grief of losing our daughter in January.”

I keep that letter in the top drawer of my desk and often think of the circumstances that had to occur that day to cross our paths. And I’m comforted in the knowledge, that even if we don’t realize it in the moment, we are always being guided.

UNLOCK YOUR MAGIC:



- ✦ Magic loves to play! Have fun with her—take her for walks in the woods, go on the swings at the park, or dance in the middle of the day!
- ✦ Could it be that igniting your magic and sharing it with others is one of your purposes in life?
- ✦ Take care of you in the best possible way you know how. Open yourself up to all the magical wonders of your world and show up in the world to spread your magic and love.
- ✦ Be spontaneous! Surprise yourself and *Magic* by doing something out of the ordinary—write a letter to an old friend, do a cartwheel on the lawn, or go to the movies by yourself on a Tuesday night!
- ✦ Recognize that all the answers and Magic are inside you—they have been all along. You are the magic and the magic is within you!
- ✦ It is your birthright to receive all the goodness and love you are being offered.
- ✦ Open your heart, hands and mind and allow your Magical life to unfold for you! Let the ripples spread out from you and touch everyone else in your life.





MAKE YOUR MAGIC:

Today, practice offering your complete and full attention to three different people in your life. Notice how they respond when they know they have your full, undivided attention. And notice if you see the change in how he or she seems to feel about him or herself. Try it with your kids, a colleague, your partner—give it a go with the cashier at a store. Notice their name tag. When they ask how your day is going, look them in the eye when you respond, and offer a genuine response beyond the standard “Fine, thanks.” Notice the smiles and little sparks of magic that ignite as a result. As French Philosopher, Simone Weil said, “Attention is the rarest and purist form of generosity.”





I hope you found this guidebook helpful and inspiring and that you're finding more *Magic* in your life!

If you'd like to share your feedback, ask questions or just learn more, please contact me at kasey@kaseymathews.com and we can set up a time to chat. Or you can leave a comment on *The Usual Magic* Facebook page.

I'll be offering Online Workshops and Retreats quite soon, so be on the look out for an email with more information!

I offer my work as a mentor. All the necessary information is on my website www.kaseymathews.com.

With blessings and love,

Kasey

My hope for you is that *Magic* becomes so prevalent in your life, you simply think of it as *The Usual Magic!*





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