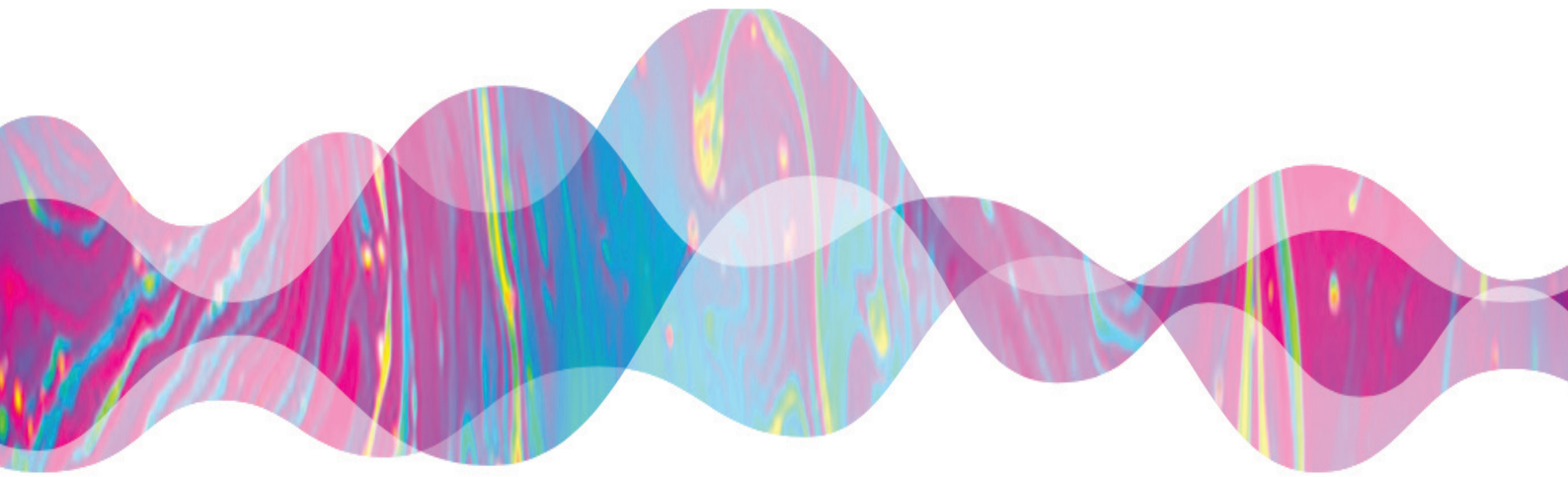


Finding Your Magic

The Power to be You



➤ Past ➤ Present ➤ Future ➤



Trish Stewart
INTUITIVE CONVERSATIONS

How to be Your Best Self in an Uncertain World

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Where is Your Magic?

It is inside you.

Many years ago after my marriage finished I was having a deep and meaningful conversation with a friend and the questions that kept coming up were “Where is the Magic?” and “What happened to it, where did it go?”

My friend’s husband had died suddenly so her stress came from a different area from mine, but we had lost our magic and weren’t too sure how that had happened or even when.

With those questions still ringing in my ears, my quest for my magic began.

For years I explored and shared various healing forms and finally realised that our lives stem from the way we think.

Whether we think in a positive or negative way and how much emotion we back our thoughts with.

We all have magic inside us, it is hiding under the pressure of life. Our joy is in finding it again. To rejoice in the wonder of all that has been and all that is to come, to learn to explore and appreciate our inner world as well as our outer world.

I hope that as you journey through these next 6 sessions and beyond you will find your magic and empower yourself to be you, because that is where your real magic lies.

You are the centre of your Universe and without understanding this you will forever live in the shadows of others, their ideas, beliefs and ways of being.

To get started you need to understand who you are at this point in time.

How you see the world and your part in it.

Remember you get what you focus on.

Daily Checklist

Do my visualisation in the morning.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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Set my intentions for the day.

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Check in to make sure I'm in alignment with my goals, thinking good thoughts & feeling good (if not, work on creating better thoughts & feelings through the exercise & tips).

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Take time throughout the day to vividly visualise achieving my goals.

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Say my affirmations & connect with the power within myself.

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Write down at least 5 things that I'm grateful for today.

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Do my visualisation at night.

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Visualisation for Morning & Night

To assist you in creating the life you want, remember to use the power of visualisation. It works and helps take the hard work out of you achieving your goals.

Sit quietly, close your eyes and imagine how you want your life to look and feel, from this moment and into your future. Remember to use all your senses, smell, touch, taste, sounds, and see.

Do this for 5 minutes and live your new life.