

Current Assignment: December 14th, 2020

View this Practical Magic Tune-Up with Francis, on preparation for the pre-Solstice meeting on Sunday, December 20th.

View: <https://www.youtube.com/watch?v=XfTu2gRGQxY>

And, from our meeting on Sunday November 22nd and 30th, here is our “set-up” for living ceremony – including your selection of an area to apply practical magic, and our practice – along with a sample living ceremony. Please read through this. Then read again, taking notes or drawing images for how your work will proceed. Then, apply practical magic! Experiment – give it a try!

Current Assignment: December 2nd, 2020

PRACTICAL MAGIC IS INTENTIONALLY FLOWING ENERGY

FOR MUTUAL BENEFIT!

YOUR SYNCHRONICITY WITH THE GREAT FLOW OF LIFE IS SYNCHRONICITY AND SYNERGY OF LIFE WITHIN YOU!

Remember the Mobius strip –the seemingly impossible reality that the “inside” and the “outside” are the same side. You are stepping out of circular logic and language, and into the spiraling vortex of energy flowing, of the vortex of water, blood, electricity, our solar system, our galaxy, our cosmos – of light.

You are solar powered, you are flowing light – you are flowing energy (chi) - you are a bio-photonic being – a light based being CONTAINING a physical form...

We are here at the end of the world of exploitation of life, and entering a new world being born – born in the midst of overlapping emergencies, with the absolute necessity for MUTUAL BENEFIT – for reciprocity with life - as opposed to the exploitation of many to benefit a few.

A few points here:

In order to benefit others, you have to have whatever IT is - in order to share.

Synchronizing with - and directing the FLOW of benefit - STARTS with synchronizing with the flow of life within you.

You are not here to sacrifice yourself on the altar of dysfunction of the human species.

You are not here to SERVE a cause – no matter how noble it may seem – you are not here to use (exploit) yourself for the benefit of others.

YOU ARE HERE TO CELEBRATE LIFE! YOU are the answer to the prayers of life itself.

PRACTICAL APPLICATIONS – THE WORK THAT YOU WILL BE DOING:

You can immediately experience directing the flow of energy by directing your own biophotonic energy – with bio-photonic “HOLDS.” These positions direct your flowing “chi” your flowing bio-photonic energy – in ways that create inner coherence and harmony.

This IS synchronizing your flow with the great life affirming flow of life loving life – in effect you are creating energetic sign language messages broadcast in imagery – in light – in energy flows that are received, tuned in, communicated as patterns of coherence and harmony that synchronizes reality around us.

For now – fast forward thru the video recording for our gathering on the 22nd to **minute 42**. In the next week or so I’ll create a short video to guide you thru these positions: https://www.youtube.com/watch?v=Hliltq_l76Y

The active presence in our design that receives and broadcasts these messages – our Pineal Gland – is a profound **intersection within us between physical embodiment and LIGHT based being.**

There is no intrinsic problem with needing what we need, or wanting what we want, however, not getting what we need, and not getting what we want certainly IS a problem!!!!

And unfortunately, WE repeatedly recreate and manifest our needs and wants being un-met.

This is the result of the internalization - the adoption - of adaptive strategies to deal with the threat to our survival - of our needs not being met: **#1 Strategy adopted from our primary care takers – our mothers – is disassociation from the anguish of not being cared for – so that we don’t feel the pain of our needs not being met.**

Other strategies – and there are many: relentless chasing but never getting, pretending disinterest, proving we don’t need what we need by refusing it... Take a look at the frustration you experience at your needs not being met, and what you want being elusive – and see if you can see the underlying strategy operating to continue your pattern.

Let’s move from adaptive strategies to EFFECTIVE STRATEGIES:

This is Experiential: in preparation, please consider and note:

In the realm of Awareness:

Difficult decisions to be made? Worries? Circular thinking = two bad choices, going around and around? “Problems” Other people being stubborn? Are you chaffing up against limitations? Can’t get a break, get ahead, get organized?

In the realm of Embodiment:

Physical issues: Weight? Exercise? Injuries?

Chronic conditions? Tune-up? Postponed needs? Anger at physical condition? Postponed dental work? Sugar in diet? Exhausted and tired?

Ancestral issues? What have you inherited that you don’t like?

In the realm of Flow:

Changes not being embraced? Something stuck? Fear of changes? Something needing controlling? Something frightening on the horizon? Resisting what's happening? Are you feeling depressed? Are there "problems" with relationships? The flow of resources - abundance - cash flow?

In the realm of Spirit:

Is something "out of sync"? Are you feeling out of touch? Is there a big question that needs an answer? Are you feeling disappointed in your relationship with "God" – with Great Spirit?

Locate an issue that you would like to flow energy to, to create benefit for yourself, and to see magical outcomes enter your life"

This is Practical Magic Applied:

1. Recognize distress – stress – concern: Demonstrate that distress contracts you – that when you are contracted you are essentially disempowered.
2. Open to the present moment – you become agile, creative and responsive when your energetic system is open and in touch with the open realm of expansive possibilities.
3. Create coherent flow – create harmony: Right hand to heart, left hand to lower belly.
4. Direct that coherence and harmony – that FLOW - into the area of your concern. All of your concerns or areas to work with are present in your light body – and your physical body.
5. Amplify with gentle Mobius strip figure 8 hula movement and with integrative breath
6. Allow the flow of life affirming life to FLOW:

Read this ceremony aloud – better yet, record this and listen to it when in a relaxed liminal state - eyes partly closed, partly open:

I allow life to flow
I allow energy to flow
I allow light to flow
I allow love to flow
I allow gentle flow to untangle obstructions
I allow gentle flow to bring ease and grace – to bring me relief
Where there is confusion, I allow flow to show the way
Where there is pain and distress, I allow flow to ease the contraction and bring relief
Where there is fear, I allow flow to bring calm clarity and a sense of spaciousness
Where there is the unease and discomfort of being disconnected, disempowered and distressed, I allow flow to guide me, to connect me with life, and to empower me with innate resourcefulness...

I allow life to flow
I allow energy to flow
I allow light to flow
I allow love to flow
I allow life to flow
I allow energy to flow
I allow light to flow
I allow love to flow

Ometeotl

Be gentle with yourself – wiggle fingers and toes – breathe, in the coming hours and days pay close attention to the shifting energies and the emergence of something new within your field – your "reality."

Additional Materials - Books for Practical Magic:

- **A Shaman's Guide to Deep Beauty** - Francis Rico
- **Being & Vibration – Entering the new world** - Joseph Rael
- **The Smell of Rain on Dust** - Martin Prechtel
- **Spontaneous Evolution-** Bruce Lipton & Steve Bhaerman
- **The Four Agreements** – Don Miguel Ruiz
- **Parenting from the Inside Out** (10th Anniversary edition) **Dr. Dan Siegal & Mary Hartzell**
- **Andean Awakening** – Jorge Delgado
- **The Drum – voice of the village** – Onye Onyemaechi
- **The Power of Now** – Eckhart Tolle
- **A General Theory of Love** - Thomas Lewis, Fari Amini and Richard Lannon
- **Fools Crow – Wisdom and Power** - Thomas Mails
- **Braiding Sweetgrass** – Robin Wall Kimmerer

Nagual



Quetzalpetlatl



Videos:

Wolves of Yellowstone: <https://www.youtube.com/watch?v=ysa5OBhXz-Q>

Chicacoatl





Valentina: <https://www.youtube.com/watch?v=ckzJwZvCRZ4>

Whole of Creation – Emily Grieves

Assignment: October 19, 2020

We Begin Applying Practical Magic

Start a Practical Magic Journal - a place to gather words, drawings, and images - and to keep track of intentions and synchronicities.

In this course, we are constantly moving from the linear language based objectification of our perceptions and experiences to a more fluid, dynamic and expansive view.

Instead of talking about dancing, we are entering dance!

Together, we enter the vortex of the Way of Quetzalpetlatl by dancing with Her!

So - start your journal by drawing the flower – this is the four chambered cave at Teotihuacan that emanates black light – the foundation of the indigenous wisdom traditions, practices and teachings of the Americas – the flower with a vortex at the center that is her message to us.

Starting practices for the next two weeks:

0. We always start with Nature – we enter the living sparkling radiant intelligence of Creation by communing, communicating, and immersing in Nature, allowing our perception to open. Introduce yourself to a tree, to a weed, to a rock, to a pond, a creature, a mountain, to whatever is in your environment.

Go ahead and share what you are up to, that you are here to celebrate life. Ask permission to enter – that shows respect – and you will find a profound feeling of invitation.

ENTER!

1. AWARENESS: The West - SUNRISE – The Artists of Spirit of Teo teach that there are expansive worlds beyond the limited contraction of what we call “normal reality.”

This contracted world is called “the first attention” and is the foundation of the world we see around us – the world that we EXPECT to see – the world that reassures us that our beliefs are “right” because we see the evidence of us being right all around us...

Our work in Awareness is to allow ourselves to step from the rigid container of our beliefs of the 1st attention into the 2nd attention where life is fluid, and where we often times don't know what we're seeing, and are curious and observant.

1st attention: our attention (our consciousness) follows our beliefs (that there is an OBJECTIVE reality, and that we know it.)

2nd attention: attention follows awareness – that there are realms of resources, solutions, alternatives - worlds of beauty, and that we have an easy fluid connection with all of this (This is high, deep and wide vibrating presence within the flowing energies of Creation – a VERB based way of perceiving and describing life.)

Two easy ways to slip out of the insistent contraction of objectification of everything and everyone is to see the beauty of being – to allow an appreciation for beauty to grow and glow within you. Another way is to notice synchronicities – they can be very small – note both Beauty and Synchronicity experiences in your journal.

Print the verb based “crack in the cosmic egg” of our 1st attention based chronic objectification of everything around us - put this poster on your refrigerator, and just let it do it's work of supporting your movement into the 2nd attention with ease and very little effort. It's at the bottom here.

The 3rd and 4th attentions will be explored later in our course – for now, know that they exist. 3rd Awareness guides attention - living in synchronicity.

4th attention: Totality – the vast self seeing/being itself.

2. The South - Embodiment. Notice your distress and contraction. Review the hand exercise near the beginning of the first gathering video. It is explored again towards the end of the meeting.

Experience you distress – choose small distressing or anxiety or frustration causing events – demonstrate the contraction by making a closed fist. Then open to the present moment – open your hand – and bring you hand or hands to your heart – “with love and without fear.” “With connection to source, without compromise”

3. The West - Flow - Notice your Breath. Simply bring an awareness of how you are breathing - when making an effort, at your computer, under stress, when walking, talking, singing, eating, as you sleep, as you work, love, create, meditate, watch the news... Note what you observe in your journal.

4. The North - Spirit - living in Synchronicity. Invite yourself to notice synchronicity occurring in your life: create a small living altar to synchronicity – allow elements to find you– refresh the altar in some way every day.

5. Centrality. An active inquiry of yourself – with curiosity: Explore these question in your Journal – or meditate and note.

- What is life around you showing you?
- What is YOUR life showing you?
- What 4 things could you do to better care for yourself – to improve and upgrade your life?
- What 4 things can you actually DO to contribute to caring for life on earth?

6. Above - answer this: what makes my heart sing today?

7. Below - answer this: what is breaking my heart today?

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