

A woman with long dark hair, wearing a blue and white patterned dress, is seated at a table. The table is decorated with several lit white candles, a silver heart-shaped candle holder, and a garland of yellow and purple flowers. The scene is dimly lit, creating a warm and intimate atmosphere. The text "Living Your Magic" is overlaid in the center of the image.

Living Your Magic

LIVING YOUR MAGIC

7 KEY PRACTICES FOR TRANSFORMING YOUR LIFE

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INTRODUCTION TO LIVING YOUR MAGIC

I'm often asked what it means to be 'walking a shamanic path' in a contemporary world. For me personally, it is a way of being in life that is deeply grounded within myself, connected to Spirit and to the natural world around me.

My own journey into Shamanism began over 10 years ago at a time in my life when I really wanted to deepen my spiritual practice and connection to nature. I had my own yoga business and was teaching 25 classes a week - but felt that I needed more. So my in-depth exploration into shamanism began and I knew I had found my path. I started formal training and then traveled the world studying with various indigenous traditions, plant medicines, teachers and schools of thought.

I invite you to use *Living Your Magic as a roadmap to a way of BEING* in life that is authentic, free, empowered and radiantly alive!

In this time of 'spiritual awakening', I believe that we are all being called to RISE IN LOVE, to accept our differences, and to focus on creating a world that honours freedom and compassion for all living beings.

Walking an authentic shamanic path means taking responsibility for your life with the realisation that you are the only one present in every situation. If the situations around you are constantly revealing a lack of congruency or discord in your life; then I invite you to be honest with yourself and find the courage to change what is happening within.



WHAT IS SHAMANISM?

Shamanism is a path of direct revelation - meaning that your personal experience and relationship to EVERYTHING is your greatest teacher.

Living in harmony with the natural world reminds us that everything is alive with energy and that we are all connected and inseparable from the universal web of life.

Like any path, there will be days when you are fully engaged in all of these practices and others when you only manage to spend a few moments in connection.

I believe that the most important thing to remember on any path of spiritual awakening, is that everything that happens 'to us' has the purpose of waking us up to our creative and spiritual potential

When we learn to trust in the process of our lives and to love ourselves deeply, we learn to love life - knowing that we are all deeply and profoundly interconnected with the Spirit that lives in all things.

Shamanism is the oldest spiritual healing practice on the planet, dating back at least 50,000 years. The word shaman means "one who sees in the dark" and originally came from the Tungusic languages of Siberia. Shamans entered what is called non-ordinary reality, to access information that is not accessible to the linear mind.

Whilst it is useful to have a teacher, guide or mentor, the most important point is to be able to hear, follow and understand your own inner guidance.



WHY DEVELOP 7-KEY PRACTICES TO LIVING YOUR MAGIC?

The basic principle behind this work is that if you wish to create change in your outer world - you must first change your inner world.

We live in a time when the solutions to today's challenges will only be solved by a spiritual awakening on the planet. This awakening starts with each of us ~ with you in fact.

The 7 key practices introduced in ***Living your Magic*** underpin ***my basic philosophy of creating*** a life that is connected, abundant, joy-filled, powerful, creative, authentic and loving.

I invite you to bring these practices into your everyday life and witness yourself and the world around you transform.

How to use this book: read each chapter, practice the exercise and write down the insights that you receive. Like any change that you wish to create in your life – commitment, perseverance and awareness is the key.

Each step has three sections - the key, the exercise and the insight you receive.



THE 7 KEY PRACTICES TO *LIVING YOUR MAGIC*.

PRACTICE ONE – PRESENCE

Our contemporary world is one of distraction, denial and disturbance. To live a spiritual life it is essential that you learn to focus the mind on the present. Presence is the key to living in 'right-relationship' to the totality of life in every moment. When we are present, all our faculties are available to us in rich and powerful ways and all of our choices and ways of being in the world then reflect this reality. Life always flows perfectly when we practice presence.

Presence Exercise: A very simple practice when you are in your head and not being fully present in your body and in the present moment is to move your awareness through the breath into your WOMB/ HARA centre for three minutes. Ground your awareness and pay attention to the breath and on what is happening for you in the moment – our bodies are maps to our consciousness.

My Presence Insight:



PRACTICE TWO - LIVE AN INTENTIONAL LIFE

Paying attention to our intentions is the key to living in an intuitive, creative and expansive state of awareness. Imagining the kind of world you want to live in and then acting upon your commitment to Self is essential to living in your full creative potential. Letting yourself shine needs only that you hold the intention to bring your love forth into the world as all manifested dreams start with intention. Love is manifested through acting upon our commitments and when we focus on the beauty in life, we experience it in ourselves and thereby elevate the level of love, compassion and kindness in the world.

Intention Exercise: Create a BRIDGE in your mind between where you are now and where you would like to be and work backwards with each step that is needed to create this new reality into being. This way, you will know exactly what you need to do for the next step in creating your dreams and bringing them into reality in practical and simple ways.

My Intention Insight:



PRACTICE THREE - SPEND TIME IN NATURE:

Most of us suffer from a serious case of “Nature Deficit Disorder”. Every part of nature works in collaboration with every other part, except the human species. We must reawaken our relationship with the seasons, elements and cycles of the natural world to rediscover how to live in harmony with her. Spending time in nature everyday keeps us grounded and connected to our bodies and to the natural world around us and is the key to living an empowered life of abundance, vitality and emotional stability.

Nature Practice: Spend at least 10-20 minutes in nature every day. Swimming in the ocean helps cleanse your energetic field, whilst placing your bare feet on the earth helps to recalibrate our parasympathetic nervous system, align to the Earth’s electrical current and heal many physical, psychological and emotional ailments.

My Nature Insight:



PRACTICE FOUR - DEVELOP COURAGE AND TRUST

We all go through challenging periods in our lives. It takes real courage to navigate these spaces well, to not fall into the trap of being a victim and make the necessary changes that are being asked of us. If we navigate these spaces consciously, we can use these challenges to transform old core wounds and begin to live a life of inner-freedom. When we are able to re-write our stories of pain and confusion and find the gifts in these challenges, we begin to truly trust the process of our lives.

Trust Exercise: A wonderful way to develop inner trust is to do a simple mind-body focusing technique. The next time you have a decision to make, close your eyes, move your awareness into your body and think about the options you have and see if an image, colour, word or symbol comes up for you. Your body will either feel heavy or expansive. You will intuitively KNOW what path to take through the felt-sense of your body.

My Trust Insight:



PRACTICE FIVE - REFINE PERSONAL INTEGRITY

Integrity has nothing to do with right and wrong, good or bad or being morally upright. Integrity is about being true to our nature and honouring our word. Integrity means not leaving things undone or unsaid - to have the courage to engage in honest conversations when they are needed. The world we live in is the one that comes out of our mouths on a daily basis. The products we buy, our food choices, clothes, partner's, friendships, education ~ everything is a reflection of who we are. Being in integrity means practicing right speaking, thinking and acting based on the values that we hold true for ourselves.

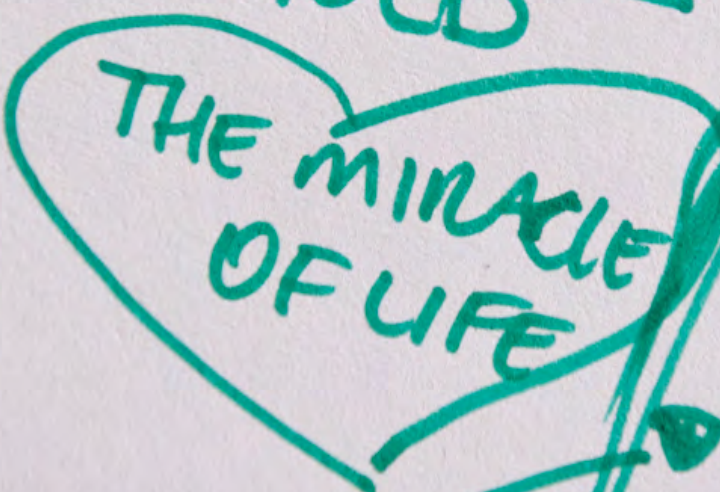
Integrity Exercise: On a piece of paper write down what you truly value. Then next to each of the things you value see if there is anything that you are doing, saying, buying or thinking that is out of alignment with this particular value. If so, make the necessary changes to live more in alignment with your integrity.

My Integrity Insight:

...ING TO OTHERS
MAKING SOMEONE CRY.
BEING WITH THE PEOPLE I LOVE.
SEEING THE WORLD.
BEING HELD BY THE MAN I LOVE.

WHAT DO YOU HOLD
SACRED?

TRUE LOVE
MY WORTH



M
TIME

WHAT QUALITIES DO YOU ADMIRE MOST?
KIND HEART, HONESTY
LIVING



PRACTICE SIX - CULTIVATE GRATITUDE

It is so easy in our terminally busy lives to take the magic that surrounds us for granted or not even see the magic. The more we appreciate the wondrous beauty in our lives, the more we create love, joy, health and abundance. Shamans and earth-centred practitioners of all traditions always begin and end all ceremonies and each day with expressing gratitude for the ancestors, the elements, the directions, all the nature beings and the life they have been given. What we hold as lack in our consciousness increases, just as what we are grateful for grows in our lives.

Gratitude Exercise: Every morning for the next 21 days write down three things that you are grateful for in your life. This exercise will develop a part of your psychology into focusing your mind on and appreciating the beauty all around you. See how your life starts to transform in life-affirming ways with this simple practice.

My Gratitude Insight:



PRACTICE SEVEN - INCORPORATE A SPIRITUAL PRACTICE

To live a spiritual way of life means that you cultivate your spirituality every day. You find ways to engage in the rituals, ceremonies and activities of your chosen path. One of the most important ways to keep going when you are distracted is to surround yourself with a community of like-minded people that remind you of who you are when you have forgotten. You are the Divine ~ remembering your true nature in every moment.

Spirituality Exercise: In the morning take 5-10 minutes every day to light a candle, maybe burn some incense, listen to some inspirational music, meditate or write down the type of day you would like to create for yourself - set an intention. Spend at least 10 minutes everyday with yourself and connect to your own source of inspiration, love, peace and joy.

My Spirituality Insight:



IN SUMMARY:

I invite you to integrate these practices into your life on a daily basis and see how your life begins to transform.

Your choices on a daily basis will direct your life.

What you focus on, what you think about, what you speak about - literally CREATES THE WORLD AROUND YOU INTO BEING.

You are all more powerful than you believe you are.

Every choice you have made and will ever make comes down to the basic principle of SELF LOVE.

In fact, everything comes down to how much you love yourself.

So start NOW and enjoy the journey.

All my love,

Beata x

WAYS TO FURTHER EXPLORE LIVING YOUR MAGIC

Based in Sydney, I offer one-on-one shamanic healing, workshops, and global retreats to heal, empower and transform your life.

[Click here](#) to learn more about how you can work with me to explore your magic.



ABOUT BEÁTA ALFÖLDI

Beáta is a medicine woman, workshop facilitator, shamanic practitioner, healer, writer, ceremonial leader, seer and speaker with a gift for assisting individuals through deep transformation. She facilitates private sessions, classes, workshops and international retreats in Australia, Bali, Egypt, Thailand and Mexico. Beata created the Integral Woman program for the Awareness Institute in Sydney and also co-facilitated a transformational group journey to Peru, where she lived and studied with various curanderos of the Amazon and Andes. Beata has facilitated workshops and given presentations at the Eclipse Festival 2012, Subsonic Music Festival, Rainbow Serpent Festival, Byron Spirit Festival and Sydney Spirit Retreat. Beata has a successful healing centre in Sydney and facilitates private sessions, mentoring programs and Skype consultations worldwide. She is a full-member of the International Energetic Healing Association and is passionate about inspiring individuals to find the courage to live a life that is authentic, free, empowered and radiantly alive!

Connect with Beata at <http://www.beataalfoldi.com/>



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