

Index
PERSONAL MAGIC - CONSCIOUS EMPOWERMENT
Through CREATIVITY AND SPIRIT

PRELUDE

Personal Magic, power and responsibility in changing times.

what this book is, how it works and what you will need to have on hand

INTRODUCTION

what this book offers and why

CH 1: BASIC CONCEPTS

- Spirit
- Creativity as a Way into Spirit
- Where this Interacts with our Health
- Magic
- Joy

recap

CHAPTER 2: AWARENESS OF SELF

- The Self
- Self Awareness or Awareness of Self
- How to Get There From Here - Nonattachment

recap

CH 3: EMPOWERMENT

- Meet Empowerment!
- Joy with Discipline - Empowerment with Responsibility
- Counselors, Therapists, Gurus, Life Guides, Spiritual Leaders etc etc

recap

CH 4: PERSONAL MAGIC = EMPOWERMENT & FREEDOM

- The Hero In Your Story
- Free Of Fear
- Fear of Aging, Dying and Death
- Healing, Health and Magic
- The Power Of Giving

recap

CH 5: STEPPING INTO YOUR PERSONAL MAGIC

- Letting Go - for real
- Positive Being
- Shamanic Eagles Egg Meditation
- The Arts as a Way To Empowerment
- More Activities to Open You To Your Personal Magic

Daily Rituals

Creative Endeavor

The Arts' Ready to go 'Tool kit'

Other

Give each day

CH 6: EXPRESSING YOUR PERSONAL MAGIC

- JOURNEY THUS FAR

Circularities

Spirit

Personal Magic

Giving

Choice

Personal Magic

Empowerment

Nonattachment

Awareness of Self

Personal Magic

Creative Endeavor

Soul

Personal Magic

Spirit

- PERSONAL MAGIC OUT IN THE WORLD

 - Private Gifting

 - Family - Children

 - Community

 - The Workplace

 - Where You Live

 - Beyond

- RESILIENCE AND THE FUTURE

 - The Digital Age

- FEET ON THE GROUND & FLYING