

chapter two



Spirit magic is the place you can explore what you actually believe. Believe about yourself, the nature of your world and the support in your life. Knowing what keeps you going can give clues as to how you deal or don't deal with your fears. Those limiting demons that hook you into thinking you can't have the life you want. Here is permission to own that mysterious part of you that warms in the presence of a litter of kittens or weeps at commercials. The part that knows there is more to this life than staying in front of the eight

believe

Quickly answer these questions (don't think too much):

What does my heart tell me?

What does my pain tell me?

What does my gut tell me?

How do I know what is congruent to my beliefs?

