

NICOLA JANE HOBBS

*Daily
Awakening*

**THE EXTRA
CHAPTER:
AWAKENING
MAGIC AND
MANIFESTATION**

THE EXTRA CHAPTER

Awakening Magic and Manifestation

Magic is everywhere. And yet the world we live in has become increasingly disenchanted. We have been conditioned to believe that if something cannot be explained by science or logic, it isn't real. And yet our collective fascination with magic – from positive affirmations and oracle cards, to Harry Potter and Gandalf – reveals an intuitive trust in its power, even if our rational minds can't understand it.

I have written The Extra Chapter as a way to help you rediscover the power of magic – not as an illusion (like pulling a white rabbit out of a top hat), but as a process of conscious co-creation with the universe. My hope is that it helps you to believe again. To believe in your power. To believe you are worthy of manifesting your dreams and desires. To believe you are always held, always guided, always supported by something far vaster, deeper and more magical than you have been conditioned to believe.

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What do I believe about magic?

The beliefs we have about magic influence the relationship we have with it. As the author, Roald Dahl writes, ‘Those who don’t believe in magic will never find it’. If we believe magic is just con artists and card tricks, or fictional stories with flying broomsticks, then we will likely have a very different relationship with it than if we believe magic is a deliberate and conscious interaction with the universe.

Reflect on the beliefs you have about magic. Do you believe magic is real or an illusion? Scary or healing? Natural or supernatural? How do these beliefs affect your relationship with manifesting what you truly want in your life?

Where did I absorb my beliefs about magic from?

We are not born with our beliefs. Every belief we have is learned – either from our parents, peers, education, religion or the books we read and movies we watch, or directly, through our own personal experiences. By bringing awareness to where our beliefs about magic come from, we can begin to untangle what we’ve been conditioned to believe from the beliefs that would most serve us in living a rich and magical life.

For each of the beliefs about magic that you have identified, reflect on where or who you learned it from. Did you absorb it from a person or group, or from wider society? How old were you when you started believing it? How has this belief changed over time? Does it feel like an expansive, empowering belief, or a constricting, limiting belief? Does it help you or hinder you in living a meaningful and enchanted life?

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How do I currently practise magic?

Magic comes in many forms, some of which we practise without even realising we are practising magic. Prayer and affirmations are forms of intentional magic. Wearing a sacred symbol, such as a cross or an aum symbol, is a form of sympathetic magic. And daily rituals, such as yoga or meditation, are a form of ceremonial magic.

Reflect on any of the ways you currently practise magic. Do you use oracle or tarot cards? Do you pray or meditate? Do you use positive affirmations to change your thinking pattern or wear a Buddha bracelet or aum necklace to connect with something larger than yourself?

When do I feel most at one with the universe?

The poet and mystic Aleister Crowley writes that magic is the ‘science and art of causing change to occur in conformity with will’. We develop the power to cause these changes by dropping into a state of consciousness where we feel at one with the universe (sometimes called the gnostic state). Just like a wave and the ocean are one, personal and universal consciousness are one, giving us the power to influence the physical world around us.

Reflect on when you have experienced feeling at one with the universe. When is your mind quietest? When do you feel most free from your conditioning? When do you experience yourself as part of something vaster than your individual self? Maybe it’s in deep meditation or when you are watching the sunset or standing outside at night looking up at a moon-lit sky.

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What have I manifested in the past?

Manifestation is the process of transforming the formless into form, of bringing the non-manifested (including awareness, attention, desires, ideas and energy) into something tangible in the physical world. As psychic and author, Jane Roberts writes, 'What exists physically exists first in thought and feeling. There is no other rule'. We are manifesting all the time. Sometimes consciously and sometimes unconsciously. By bringing our awareness to what we have manifested in the past, we begin to trust in our power to manifest what we want in the future.

Reflect on what you've manifested in the past. These might be little things – that perfect pair of jeans, a coffee from a stranger, a fiver on the floor when you've been short on cash – or bigger things, like a great job or life partner. And because our manifestations often occur below our level of consciousness, we might have manifested unpleasant as well as pleasant experiences too. For example, not getting the promotion we really wanted because, deep down, we didn't feel worthy of it. Or not finding love on the dating app we downloaded because, subconsciously, we are afraid we are unlovable.

When do I feel most at one with the universe?

Manifestation requires us to be fairly specific – and also fairly realistic – about what we want in our lives. And sometimes this can be hard because we tend to be really good at knowing what we don't want, but not what we do.

Reflect on what you'd like to manifest. What do you truly want? If

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you had a magic wand, how would you like your life to be different? Think as big or as small as you like. Maybe you're looking for a great winter coat or comfortable pair of running shoes. Or maybe you'd really like to find an affordable apartment close to your family or a financial windfall that would allow you to go university. Once you've identified your manifestation goals, divide them into two lists – one that includes the smaller manifestations that feel achievable in the next six months, and another that includes larger goals that you'd like to manifest in the next three to five years.

Which of these manifestation goals are coming from a place of fear and which are coming from a place of love?

The more power we tap into, the more responsibility we have to take for our lives. As we discover the power of manifestation, and how transformative it can be, it's important to make sure our manifestation goals are in alignment with our deepest values.

Reflect on whether each of your manifestation goals are rooted in your core values or driven by a sense of fear and unworthiness.

What fears and beliefs are blocking me from manifesting my goals?

Manifestation is a participatory process. We are co-creating with the universe. This means that if, on a deep subconscious level, we do not believe we are worthy of achieving our manifestation goals, we will

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never reach them – no matter how much positive thinking we do on the surface.

Reflect on any fears or limiting beliefs that might block you from manifesting your goals. In what ways do you believe you are unworthy of them? Do you believe wanting these things is materialistic or greedy? Are you afraid of how people might judge you if you manifest your goals? What would be a more empowering, expansive belief?

What affirmations will help me to manifest my goals?

The practice of magic and manifestation use two psychological skills: attention and intention. And, as Dr Dean Radin writes in his book, *Real Magic*, there are four factors that influence the strength of the magic: belief, imagination, emotion and clarity. One way we can focus our attention on our intention is by writing down our manifestation goals as affirmations, whilst both believing that we can achieve our goal and imagining that it has already been achieved in the future and we are being pulled towards it.

Write down each manifestation goal consciously and with intention. See if you can drop into a meditative state beforehand (using the Grounding or Centring practices on page 27 and 28 of *Daily Awakening* can be way of doing this) and, as you write imagine the ink you are writing with represent your personal consciousness and the paper you are writing on represents universal consciousness.

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What is one awakened action I can take to practise magic and manifestation?

Magic and manifestation require our conscious participation. We can't simply write down what we want and expect the universe to give to us. As Elizabeth Gilbert writes in her memoir, *Eat, Pray Love*, 'You have to participate relentlessly in the manifestation of your own blessings'. Manifesting is like being in a dance with the universe.

Reflect on one awakened action you can take to support your manifestation goals. If manifesting a new job is a goal, maybe you can sign up for job alerts in your ideal field or visit a recruitment advisor. If you want to manifest more clients for your business, maybe you can go along to a local networking event. Or if manifesting a published book is on your list, maybe you need to schedule time each day to sit down and start writing.

The extra chapter: Gentle reminders

- Magic is everywhere. We just need to train our eyes to see it.
- We are both held by and part of something far vaster, deeper and more magical than we have been conditioned to believe.
- Magic is not supernatural or otherworldly. It is a natural process of co-creation with the universe.
- Personal consciousness is the wave. Universal consciousness is the ocean.
- You are both the magician and the magic.

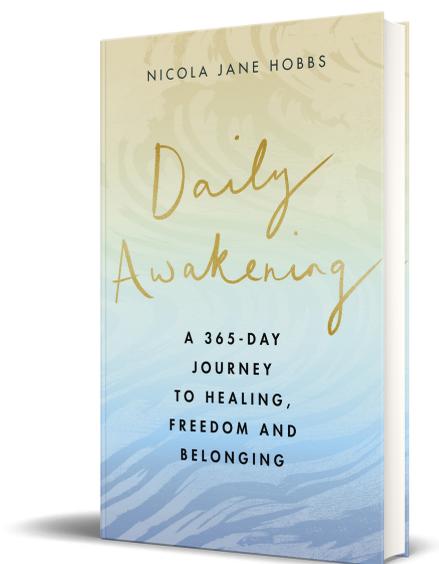
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I hope you have loved reading *The Extra Chapter: Awakening Magic and Manifestation*.

If you'd like to read more, you can find another 365 self-reflective questions in *Daily Awakening: A 365-Day Journey to Healing, Freedom and Belonging*.

And if you've already got a copy of *Daily Awakening*, I would be really grateful if you could leave a review on Amazon (reviews make such a difference to authors).

If you have any questions or comments, I'd love to hear from you so please contact me on nicola@nicolajanehobbs.com or find me on social media: @nicolajanehobbs



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