

IGNITE YOUR SPIRITUAL MAGIC



Jeannette Folan — empathdiary.com

RELEASE TENSION

You might not notice or think that you're carrying tension in your body, yet tension builds up in the body even on days that aren't so stressful.

Here's a challenge: try one of these suggestions each day for one week for 10 minutes and see how you feel.

Deep breathing — slowly inhale for 4, hold for 2, exhale for 6, wait for 2. Increase the count gradually.

Heat — a hot shower/bath, heating pad, sauna or towels out of the dryer!

Progressive Muscle Relaxation — tense and release each body part from the toes to your face. Hold for 6 to 8 seconds, release for same count.

Nature walk — (with no distractions)

Stretches & twists — you can do these anywhere! One body part at a time!

Self-massage — where or how you massage is not as important as the self-love that helps release the tension.

Play — swing on the swings, blow bubbles, dance, jump rope.

Like a closed fist, a body holding in tension is not open to receive

OPEN YOURSELF UP

After releasing tension from your body, release it energetically, too. Try these steps to help you open up:

- Be still. Be quiet. Breathe.
- Focus on the energy emitting around your heart center or your third eye.
- You may wish to play meditative music or other high-vibration sounds (or use aromatherapy).
- Out loud or silently repeat this prayer of intention (or use one of your own):

"I open my heart center to give and receive divine love. It flows through me, nurturing and healing me and all those I share it with. My heart is open."

I open my third eye to receive divine wisdom and the guidance to use that wisdom for my highest good and the good of all those I encounter. My third eye is open."

I open my crown chakra to receive divine light to show me the path of my highest good - and by my faith and courage, I will follow it. My crown chakra is open."



RAISE YOUR THOUGHTS

If you look at Dr. Hawkins map of consciousness, you would probably say that your thoughts and emotions span nearly the entire scale during any given week.

ENLIGHTENMENT	700-1000
PEACE	600
JOY	540
LOVE	500
REASON	400
ACCEPTANCE	350
WILLINGNESS	310
NEUTRALITY	250
COURAGE	200
PRIDE	175
ANGER	150
DESIRE	125
FEAR	100
GRIEF	75
APATHY	50
GUILT	30
SHAME	20

Your thoughts may be peaceful when reflecting on your family and fearful when reflecting on the world. You may feel elation when taking a walk and frustrated when someone cuts you off in traffic.

This range of high-low thinking and feelings is normal for humans. Yet to maximize the potential of spiritual magic, it will help to raise your thoughts to the most high-vibration you can.

This will look different for each person. You may be able to close your eyes and instantly fill your mind with loving thoughts; or perhaps you'll need to do a guided meditation or some other physical activity to raise your vibration (for ideas on how to do this, check out [111 Ways to Raise Your Vibration](#)).

FORGIVE

In my experience, [forgiveness](#) is one of the most powerful ways to ensure your connection to spiritual magic stays open and strong. Forgiveness of others, but especially of Self, clears blocks and opens channels with spirit.

There are myriad methods for practicing forgiveness such as *Ask and Receive*, the *Sedona* method, guided meditation, visualization and many more.

One of the practices I routinely use is called Ho'oponopono, an ancient Hawaiian prayer for forgiveness and reconciliation. You can say this prayer out loud or silently - and in any order. And you don't have to direct the prayer to anyone specific.

This prayer becomes really effective when its repeated for long periods of time. After taking a Ho'oponopono class, I walked in the forest for many hours reciting the prayer in my head. After awhile, I moved into a trance-like state where I could tangibly feel my body releasing emotional toxins. It was one of the most powerful magical moments I've had - so far!

Thank you

I love you

I'm sorry

Please forgive me

Carrie Grossman, devotional singer / songwriter, recorded a beautiful version of the prayer in song. [Have a listen...](#)



DISCIPLINE

I recently learned that the word "discipline" is from the Latin word *disciplina*, meaning "instruction and training." It is derived from the root word *discere*—"to learn."

Honestly, I always thought it meant 'practicing self-restraint to the point of having no fun at all'. Ha!

I also learned that the word "disciple" comes from the Latin word *discipulus*, which means "student, learner, or follower". (One of the earliest places the word disciple was used was in the Bible, where it referred to a follower of Jesus.)

Since 'discipline' has a negative connotation for me, I decided instead to say that I am a **disciple of spiritual practice**.

And one of the things I heard often when speaking to HSPs/empaths about their practice is that when it is done with intention — with a whole heart — it has a more profound effect and generates more "tingles".

So whatever your spiritual practice may be — yoga, meditation, walking, painting— be a disciple of it. Do it consistently. Be faithful to it. And do it with a whole heart!

KEEP LEARNING

The final component for igniting your spiritual magic is to keep learning and growing with it. That may sound over simplified, but if you think about it, I'll bet you can recall times when you switched over to auto pilot or felt stuck and didn't know how to move forward. I've gotten caught in the groundhog day loop many times myself and what usually gets me out is to learn (or experience) something new.

Here are just some of the ways you can expand your spiritual wisdom:

- Read the "spiritual classics" (and new classics) such as *The Untethered Soul*, *The Power of Now*, *You Can Heal Your Life*, *Conversations with God*, *Ask and It is Given*, *The Seat of the Soul*, *The Tao of Pooh*, *Quantum Healing*, *Sacred Contracts*, *How to Do the Work* or any number of books by Wayne Dyer! ***If you aren't sure which to choose, go to your local book store and ask spirit to guide you to the book that will best serve you.***
- Take a class you've never tried like singing bowls, hot yoga, group meditation, breathwork, tai chi, yoga nidra...
- Enroll in a certification course like Reiki, Aromatherapy, Chakra Therapy, Crystals, Aura Healing, Animal Healing, BodyTalk, or HeartMath. There are hundreds available. Google: *get certified healing therapy*
- Take an online spiritual development course like [A Down to Earth Guide to Ascension](#) or join a program from my favorite mentors: [Alan Cohen](#), [Caroline Myss](#), or [Matt Kahn](#).
- Go to a spiritual event in your community (or take a road trip!) such as lectures by Eckhart Tolle (he's touring in 2024)

If you'd like some support on your journey, I'm available for coaching in 2024.

Write me at: jfolan@empathdiary.com