

Magic is the power to manifest the things you want in your own time-frame with ease.

This little book will show you what to practice. When you practice, you will master the fine art of performing real magic. Remember though, even the Sorcerer's Apprentice doesn't 'get it right' the first time.

These 12 pieces were originally the 12 installments of my newsletter 'Notes from Doc' for the year 2007. They have been revised for your use and pleasure! Please enjoy responsibly.

I
There's nothing to Do except Clear the
Way

“There’s so much work to do. And there’s so much to get others to do too. I’m just going to have to figure out how I can try and make an effort to push through it all.”

Sound familiar?

What if this is just noise, and not the true music of the universe? What if--in reality--all that work, all the “getting others to do things,” all the figuring-out, TRYING, making an effort, and pushing through...is only going on in your mind, and the only one who’s actually DOING anything is Reality itself, the Universe, God? If so, then the only way you can ever truly get what you want with ease is by first aligning with what-is.

The first step to getting what you want is to get responsible for the illusion you've been living, the illusion that life means struggle; get responsible for the stress you've caused yourself and others, and clear your head (for the possibility of magic).

In fact, there's so much to do that you'd better spend twice your usual time in meditation. If you haven't been meditating, start with 20 minutes at dawn and 20 minutes at dusk. Use this time to witness the strife you've been generating; watch it (till it) disappear(s) each time you sit.

Starting today, rather than stirring up noise and stress, take time to be still, be the space for the miraculous. Put it in your calendar, and actually make the adjustments necessary to integrate the practice of being still every day. As long as you keep striving to make life happen, you'll be stressed; as soon as you align

with reality and nurture consciousness for
what you want, the sooner you'll
experience the magic of life working for
you.

II

It's your Spirit that actually Causes the Change

Once you've cleared the noise (busy-ness, clutter, incomplete relationships, multi-taskedness and the like) from your life, you can be the space for the miraculous. Many people have written or called saying, 'Wow, I didn't know how simple it could be.' Just cleaning up a bit allows for unprecedented possibilities: spouses agreed to put the kids in better schools, new clients showed up out of 'nowhere,' hundreds of pounds of human flesh was lost amongst us...all in January.

In February we turn our attention to the importance—for the creation of magic—of who you are BEING. Magic would not be magic if it were about changing yourself, or putting out a bunch of effort, or if it

took years, or even months, to occur.

Here are some examples:

Last week, L.J. was looking all over for his copy of Chopra's *Creating Affluence*. I told him, 'Nevermind that for now; just make absolutely sure you do your meditation tomorrow.' As soon as he sat down and let his mantra arise in mind, he remembered that he had stored the book in the seat of the meditation chair. God was RIGHT THERE, ready to acknowledge L.J.'s shift from BEING worried about finding the book and making affluence happen, to BEING conscious.

This week, S.H. gave up BEING resistant to the lessons of the 'Pareto Principle of Economics.' On Monday she began spending just 15 minutes a day getting in touch with the clients who mean the most to her, experiencing her power to keep up that discipline. Lo and behold, by Friday at noon, two new \$Million+

accounts and four unsolicited referrals came her way. “[t] wasn’t because of what I was doing,” she told me, “[t] was because of how I was feeling about what I do.”

What these reports indicate is that the causal realm is not that of material objects and caloric exertion, as we were taught: the causal realm is that of Spirit(ual states), the only place from which real and sustainable change is made manifest.

For every domain of your life in which you’d like to see this kind of progress, write down and send me a succinct statement of who you’ve been BEING: mkettelhut@msn.com. Get real with yourself. Clear out the noise about it.

III

Magic only Happens in the Present

OK, let's talk productivity.

Results are never produced in the past; it's over and done. Nor are they produced in the future; you never get there. The single most common source of lost productivity is THINKING about what needs doing. You produce more when you simplify. Drop all but your top three priorities; keep your focus on these.

Pick the version that best describes you:

- In the effort not to miss out on anything, I miss out on everything.
- So many little, urgent things to do that I never get around to what's truly important and fulfilling

- Too much to do for too long runs my system down, so I can't do anything (sick, tired, burned out); then I have to make up for lost time, and it runs me back into the ground even sooner.
- Stymied by the inability to choose among all the possible directions I could proceed
- “Analysis paralysis” (expanded to: commenting, judging, dithering, justifying, researching...) Here's an irony only the human mind is capable of: if the game you're playing is too small for your abilities, you give yourself room for “Analysis paralysis;” in which case, you need to play a bigger game, one that eliminates any room to think about what you're doing.)

- Figuring out the right way
- Daydreaming
- Running around like a chicken with its head cut off, trying to keep up with life, I lose all sense of what I'm really here for.

What if, instead of keeping busy, the game of life is about the **QUALITY** of the present moment? What can you let go of (now and going forward), so as to wake up to the truth, consciousness and bliss of what's right in front of you? Answer: "But what if's," "Should's," "In order to's," "Yes, but's," "It'll be so much better when's." These thoughts take you out of the present and into unreality (a.k.a. ineffectiveness). They mire you in your mind, where nothing is being produced.

Stop waiting until there's enough time or money, or until the circumstances are just

right. Go for whatever you want Now;
Trust that this will precipitate the time,
money and circumstances you need!

- Invest in the assistance you need to create the life you really want; then you'll not only have fulfilled your purpose, but also facilitated the fulfillment of that person whose purpose it is to serve.
- What's the bigger game you could be playing, such that there'd be no time to think about all the little stuff that's become such an obstacle to fulfillment?
- Quit living someone else's idea of what your life should be about. If you want to sell snow-cones in the sun, eliminate the stress you cause yourself by maintaining a corporate face.

- Borrow the clothes that get you in the door of the job you want; once you've got the job, you can buy the clothes.
- Too many of us will die strategizing in the abstract about how to get it right. Get out there on the field and fail instead. You can only learn about life from real experience.
- Just choose what's right in front of you; it is connected to everything, and will lead you to your destination.

There is no way to productivity,
productivity is the way. Magic!

Have you meditated today?

IV Focus on What is Important

Most of us think of magic as what DOESN'T happen (except in movies and dreams), and material struggle as what really happens. Actually, magic is what happens when matter and spirit merge.

Remember how you worried if you'd know how to make love for the first time when the right moment presented itself? Remember how, magically, you/r body knew exactly how? Personally, I count it as magic that blood clots, skin grows back together and wounds heal; nerve endings are even sewn back together, and they work again. In the kitchen, it's magic when the roux thickens. In the office, it's magic when the senior person has too much to do, the rookie not enough, and it benefits both for the senior person to delegate to the rookie. It's also magic when someone calls in and says, "My

friend is so happy with your work, I want you to serve me too.”

In all these moments, the illusion of separation disappears and we see that there really is just ONE. Thinking separates belief and action, faith and reality, heaven and earth. You must be willing to match belief with action, find the link between faith and reality, bring heaven down to earth, or you will know no magic.

If you're experiencing doubt and despair, it's because you have yet to merge your commitment and your action. That's when you i) let go of thinking, ii) be the commitment, iii) perform the action. That's when magic happens.

V Know the Outcome

In the last four months, we've looked at (i) the need to clear the material and mental space for magic, since (ii) the causal realm is that of spirit. (iii) We've seen that it's only in the present moment that magic--the wedding of ideal and real--takes place. (iv) The antidote to the divorce of ideal and real (or commitment and action), and so the possibility of magic, is therefore in focusing on what's important to Spirit now (versus material or mental considerations from the past or future), tough as that may be. The key to focusing on what's important is meditation, clearing the mind, so you can hear what's in your Heart.

In this installment let's focus on what's tough about focusing on what's important to Spirit now. Many of us have learned not to SAY "I'm trying" (to do something

tough like focusing on what's important), and that what actually happens is that we either "just do it" or not. So far so good. But this is not about semantics.

Every time you TRY to do something, you actually cause the opposite of what you want, you put NOT doing it in the space again too. "I'm trying to get up earlier," means I'm not "just do[ing] it." When I'm worrying about what others will think of my leadership, they get concerned about my leadership. Write down what are you trying to do.

Wherever you're trying, you're suffering: worrying about accomplishing it, feeling guilty about accomplishing it, yearning to accomplish it, feigning accomplishing it, fretting, etc..

You've got to KNOW the outcome you are conjuring (driving that new car, communicating powerfully, enjoying peace,

what have you). You've got to see beyond seeing (that that ball's going through the goal), believe beyond believing, (that you can make more than enough money without working harder).

If you don't KNOW it's going to happen, then be straight about that, so that what's in the way of experiencing what you want (or missing, such that it'll happen) can be faced straight on.

Notice that you're actually doing this all the time, every time you say things like, "Oh, she won't want to help us," so you don't even ask her for help; and lo and behold, she doesn't help: magic. Or, when you don't say a word to anyone at the party, but miss the fact that it's your conjuring up the notion that *they* won't talk to you, that makes THOSE people not-friendly.

No more self-pep-talks, no more
“motivational” stimuli; this just makes things
tough! Let’s get real about magic: You
are 100% responsible for the experience
you are having. In what aspects of life are
you ready to change the channel, or maybe
even turn off Reality TV in favor of
reality? What do you envision—truth be
told? Let’s hear from you: 303 666 7723.

VI BE the Outcome

Magic is a kind of power, one we are all endowed with, but are not employing—since we identify ourselves with the mind and body. Magic is the power to manifest things in your own time-frame, to transform intention into reality when you want without effort.

We've already seen that magical powers are spiritual phenomena (They're about who or what you're BEING.), as contrasted with mental or physical phenomena. So, whenever you say x will happen by y-time, and it doesn't, you can ONLY look to where (within you) you're BEING that x won't happen by y-time.

To the extent you are thinking ABOUT having what you want (let alone rationalizing why you can't), you are

NOT EXPERIENCING what you want. The spirit with which you endeavor to manifest something is by its nature concealed from thought; this is why magic is called “occult” (from Latin, meaning: to hide from sight).

Consider this your mid-year reminder to meditate regularly. You can only exhibit your magical powers when you get out of your head. The most common cause of disbelief in magic is thinking about it.

Here are some sample magic tricks to practice and report back on this month:

“My manager really does care about me, starting now.”

“I am actually organized by this time next week.”

“I love my body by the 4th of July.”

“Twice as many unsolicited referrals come in this month.”

“People I love reconcile their differences.”

VII Commune

Notice that magic is not the thing manifested. (That's just a material object or situation.) Magic is the moment of transformation we share: a couple shares its wedding vows with friends and family; a friend shares an observation that alters life forever; a group comes together around a common theme.

These are just some examples of the peaceful ecstasy of the moment that allows for forward motion, something unforeseen, a whole new reality: MAGIC!

Most of the day, we're caught up in the mind's (or the ego's) tendency to say, 'Look, if I have to let go of what I know, if I have to give up the habits that define ME, then F—gedaboutit! That'd mean the

death of me...' and it would, indeed, in an egoistic sense.

Where magic lives is **OUTSIDE** the individual mind or body. In fact, oftentimes when we do allow ourselves to go there, to be aware of what's beyond the mind, we experience side-effects of the rush of magic energies in the form of tears of joy, uninhibited embraces, wild laughter, **AND** a sense of deep inner peace at the same time. This is the same ecstasy documented in the experience of those—of all traditions since time immemorial—who lived in the presence of the **DIVINE** ongoingly.

Magic is going on **ALL** the time. To experience it, we just have to get in **COMMUN**ication, to **COMMUNE** with nature, to see our **COMMON**alities, or to participate in the **COMMUN**ity, because that's where magic lives.

VIII

Speak the Spell with a Clear Mind

From feedback ...

‘You’re a little bit “out there” talking
“magic,” Doc.’

‘I can’t just say “Be on time,” and expect
that my [wife, colleague, mother, friend,
fellow-members...] be on time.’

This brings up the next stage of learning
magic: speaking the spell effectively (so as
to actually create the experience you
want).

In coaching we emphasize telling the other
person what you want of yourself and of
them...so that getting what you want is
possible, ‘enforceable,’ measurable,
something with consequences, something

for which you can be accountable, real and true in the world.

If I tell you who I'm committed to being, then I'd darn well better be it. Most of the time we fudge it, so we don't have to fail at getting exactly what we THINK we're committed to.

Consider that there's a way to speak it such that you do actually create the experience you want, and that you have seen that way of speaking modeled.

For example, you stop standing back in judgment of your friend's tardiness, and instead communicate clearly, firmly, and in a way that (instead of creating resistance, rationalization, strife) creates agreement, accord, harmony, even inspiration.

The most common way to witness creating experience (i.e. magic) through declaration is when you say things TO

YOURSELF like: 'If I speak up, they're going to hurt me.' And so it is. Imagine speaking up in a way that actually **CREATES** the harmony you desire.

You explicitly intend that your colleague be on time, and s/he is. You explicitly intend to wake up at 5:30, and you do. You want generosity: you offer yourself to someone; they give to you. Declaring yourself "man-and-wife": you are! And then several years down the road, declaring yourselves (not just spouses, but) true partners: you **ARE!!**

Mindful practice, consciously declaring what you want, is what allows for magic.

There is a prerequisite to speaking the spell with a clear mind, namely: Meditation. (There's no magic in "The Matrix," baby!)

IX Trust Intuition

We love to witness children, animals or anyone who's completely wrapped up in what they're doing—focused & passionate; whether that's playing with a toy truck, performing a routine on the balance beam, pawing a ball of yarn, or presenting a business plan.

What draws our attention is the same alchemy that has the composer's scribbles turn into music that moves us deeply, the herbalist's collections become a healing tea we drink, the philanthropist's conversations put in motion the feeding of thousands of starving people.

In all of these cases we observe the imbuing of normal, everyday things and circumstances with wonder and miraculous power.

On the one hand, most of us understand (at least at some level) that we each create our own reality; we live the experience we entertain in mind. If (for example) I live my whole life saying “I WANT to be a millionaire, BUT ...,” then I will experience a life of strife. On the other hand, very few of us fully tap into our power to TRANSFORM normal, everyday things and circumstances at will.

Watch what happens in you between the intuition (“I WANT to be a millionaire”) and your experience (“...BUT...”): the intuition that speaking your truth could completely alter the dynamics of your relationship, the intuition that a certain plant has healing powers, the intuition that God is in you, the intuition that listening to a particular music puts you in a more productive frame of mind. The discrepancy between intuition and experience is thinking: comparing the past, doubting, worrying about the future,

protecting yourself, etc...all forms of thinking.

The way to experience real magic is to observe and practice letting-be your all-too-well-informed thinking about what's real and realistic, reasonable and possible. When you approach the physical world with the mind of a child you will see the power that is innately yours to create miracles.

True story: there was once a locomotive huffing and puffing away at a small-town station in the Austrian Alps, but it wouldn't move; something was jammed up, and the increasing steam-pressure was threatening a dangerous explosion. Young Ludwig Wittgenstein intuited that by tapping on the wheel in a particular rhythm with a hammer, he could send a vibration through the works of the locomotive that would allow it to ease forward, which it did.

May you lose your mind and come to know
your wondrous power to live a transformed
reality.

X Align with Purpose

Let's look at the DNA of magic, the power to manifest with ease what you want in your own time-frame.

When performing magic you see your life's purpose and the declaration of what-you-want in a given instance align with what actually occurs, effortlessly. (Think of Neo saying 'No' to the agents' bullets at the end of "The Matrix.")

Notice that most of life--by contrast--is stressful, annoying, or dreadful. These are mental states, though, not experiences of life's purpose, not what you want, and not what actually occurs. We've come to barely notice the low-level, background sense of irritation, boredom and resignation that separates us from what's real. Whereas when you give up any form

of thinking ABOUT it (doubt, distraction, scheming, explaining), and what-you-say-you-want is aligned with your life's purpose, magic just happens.

Why don't miracles show up otherwise? There is no other reason magic happens but that you say so: no strategy, no limitations on what's possible, no obligatory reasonableness, and no self-destructiveness! Otherwise we're talking about something the experience of which is palpably different from miraculous.

To get a sense of your life's purpose, see yourself—not as an individual, but—from the point of view of the continuum of the universe's life. You cannot but be aligned with the Whole; nothing is outside IT! As individuals, when magic happens, we say, "Oh, what luck!" or "What synchronicity!" We WISH life were like this all the time, because we dwell in what's CALLED reality, rather than in reality. Like Neo in

“The Matrix,” we have to learn: “There is no spoon.”

Your life’s purpose is aligned with the universe’s all the time! Magic is really just a matter of taking out of the way what separates you from being the One, namely the mind. Free your mind; practice letting purpose and declaration be One. (And remember, “Nobody makes the first jump.”)

XI Meditate

In this penultimate installment of “Notes...” on Magic, I want to first disappear any consternation over what to give anyone for the holidays.

Give them a gift coaching session with Doc. Many people have said this gift is worth thousands of dollars. Just call 303 666 7723 and give Doc their name and phone number. (Or, use the Gift Certificate at the back of this booklet; on the line that begins “Good for,” write in One One-hour Consultation “.) They will receive a gracious call and a packet to aid them in preparing a specific goal, issue, problem or project for the session; and you will be notified that the gift got delivered. There is no cost or obligation to either you or the person you give the consultation. Give the gift of Magic!

Since the last summary in May, we have seen that:

- Magic is about BEing the Outcome you desire.
- The very Possibility of Magic lies in “Communing.”
- You must speak the Spell with a Clear Mind.
- Trusting Intuition is Synonymous with Magic
- When you are Aligned with your Purpose, Magic comes easily.

As we’ve noted throughout this series, it is a prerequisite to performing magic that you be out of your mind. Let’s look at meditation. Consistently observing thinking, rather than believing it is the truth: this is the crux of the matter.

The failure to recognize thoughts as thoughts, moment after moment, is

what gives each of us the feeling that we call “I,” and this is the string upon which all our states of suffering and dissatisfaction are strung. This is an empirical claim, not a matter of philosophical speculation. Break the spell of thought, and the duality of subject and object will vanish—as will the fundamental difference between conventional states of happiness and suffering. (Sam Harris, *The End of Faith*, p 218)

Break the spell of thought, and watch the dualities of cause and effect, of wishful thinking and physical impossibility, even of heaven and earth, all vanish. Then you will have the power to manifest things in your own time-frame with ease: MAGIC!

XII

Perform Magic Remotely

Where'd the year go? Actually, it doesn't matter where we are in space or time, you can always create magic anywhere in the universe from right where you're at.

You create magic at a distance in the same way as you create magic right in front of you; you just need to BE the Outcome, and be connected to "all of it."

We talked (in the February installment) about how the causal realm is not physical or mental; it's the spiritual level of being where real difference gets made. We've talked (in the August installment) about how you need to be clear and present, rather than a cloud of misgivings, in order to make magic.

Now all there is to do is look deep inside your Self, explore the vast space of peace within. Here is where, with practice, you will find your connection to the whole universe. There is information to be discovered here that even exceeds what's accessible on the World Wide Web: universal knowledge! From this space now, BE your commitment, take the appropriate actions, and magic will happen, regardless where or when you intend it to happen.

As an extra bonus, notice that it's when you access this connectedness to "all of it" that your doubts and fears disappear! After all, it is here in your Heart that you get the profound sense that you are not alone; you ARE the ONE.

Happy Happy Holidays!

Keep up your meditation; it's THE most important thing in your day. By practicing meditation, you literally

Let there be Peace on Earth.



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