

Do You Believe in Magic?



I'm not going to be talking about the kind of magic that sees rabbits being pulled out of hats or pretty pink-clad fairy princesses riding on unicorns pulling candy-floss out of their bottoms.

No. Magic exists, it just might not be in the shape or form of what we're told magic is.

Magic is something unique and individual. Miracles happen too, they're just in the eye of the beholder. Beauty is as paradoxical as magic and miracles but beauty exists, doesn't it? Albeit according to personal interpretation.

But seriously, does magic even exist – I mean *really*?

Well, like I said before, I do think magic exists – it's going to be different to each individual according to your beliefs, filters, experience and perspective.

Magic Redefined

What is magic for me?

The dictionary definition for magic says it all: ***"The power of apparently influencing the course of events by using mysterious or supernatural forces."***

I find magic in [synchronicity](#). When you start to pay attention to [synchronicity](#) and how these 'meaningful coincidences' can change your life, you'll start to rethink your definition of magic.

What about telepathy? I have a few friends that share this awesome 'magic' trick every now and again. It may not be your conventional idea of telepathy but we sure as hell read each others minds from time to time and across vast distances.

Magic is about bridging the seen and the unseen, however that looks in your universe.

So, magic is really all about pushing yourself beyond your own limitations – what you believe or think you are capable of and/or what 'magic' may really look/feel like to you.

The ball is in your proverbial court.

Try to conceive magic as going beyond your boundaries of what is 'real' and hoisting your ass out of comfort and normality.

Fear Versus Magic

My phobia has been filming myself. I've done it once or twice before and absolutely hated it.

That was so outside of my comfort zone because I had to deal with how I sound (eeeeek) and all the idiosyncrasies of how I

pull my mouth or flick my hair (yes, a bit OCD, I know!) or just what an absolute idiot I can be (now I just call it *mad and proud!*).

Magic Come Forth and Carrots Be Gone!

The magic arose for me whilst I was filming.

I am attempting to put together a series of vlogs for Youtube, so, I knew I had to face this demon and step out of my cushy little world of typing behind a computer screen.

I started off by video journaling every day (baby steps) – just little 2-3 minuters about my day or anything that popped into my head. As I continued to do this I realized I was actually starting to become more ‘loose’, fluid and confident – a little more of ‘me’ in there.

I always felt that in the past, when I filmed myself, it was like someone had inserted a giant carrot up my backside because my ‘performance’ was so stiff and contrived.

Finally my ‘magic’ had seeped in and I was outside my ring of comfort and actually enjoying the results.

You Define the Magic

This is what I mean about magic being what you bring to it (how you define it not what society says it is).

A few weeks ago I would have told you it would take a miracle for me to be comfortable in front of a camera and now I am actually liking it!

I hope that this ability will open new and exciting doors for me – even if it is only to be able to truly express myself (all carrots removed).

Abracadabra!

Magic is what you make of it. If people laugh at you for

believing in magic – let them! Who cares anyway? This life is your creation so conjure up a storm!

Are you having fun with your version of magic?

Yes?

Well then that's all that matters.

Leave the 'magic-impaired' to create their own reality without magic (even though any co-creation – conscious or subconscious – is magical. Some just can't see it and there should be no judgment in that either). Just don't let the trolls stiffen your ability to bewitch and charm your life into a necromancers dream.

Using Your Spell-book Wisely

How do you step out of your comfort zone and experience magic?

You can make a start by asking yourself these questions:

- What is it that you're avoiding?
- Is it something that makes you feel uncomfortable?
- Do you know that this is the one thing that could unblock a lot for you?
- Perhaps even lead you to greater opportunity?
- How could you plot a course to overcome it bit by bit?
- Are you willing to give it a try?
- Are you willing to look at the world in a new light and experience magic of your own making?
- Can you think of 3 things that happened in your life that had a magical essence about them? This could be dreams that have come true to situations that turned into miracles when you thought the worst would happen.

See if you can give magic a more personal, vibrant and palpable meaning. And, more importantly, have fun doing it.

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You can also follow her on [Facebook](#) (The Art of Empowerment).

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