

maria's five tips on how to create magic in your life!



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What is magic? A teacher once told me that magic is nothing but a shift in awareness. It means to take yourself to the next level in your life that usually is characterized by some kind of 'aha' moment. You have a new perspective of life, of yourself and of your situation.

I constantly expand my comfort zones or as I call it I am **living beyond the edge**. That have taken me on a journey where I've created leaps in my life. Some leaps have been painful others have been pleasurable but one thing I know for sure is that when you consciously choose to live beyond the edge, then you create magic not only in your own life but also for other people. That is if they are willing to say yes.

Therefore I like to welcome you on this journey and humbled of the fact that you are looking for how you can create magic in your life.

My wish is that this article is going to give you some hints on the way. Feel free to contact me and send me your comments and reflections. I'm curious and eager to learn more how this article serves as an inspiration, but also the questions you have around the topic – how you can create magic!

one getting out of your comfort zone

First – imagine your life as it looks like today, what routines you have, the structures you have created in the life you live.

One reason for reading this might be that you are looking for creating a more exciting life. So how do you get there?

In order to get into your creative part of your being you first have to explore – what is it you want? What is your desire? What do you want more of in your life? If everything was possible, what would you do? What would you create?

You then have to start exploring the little things in your life. If we are not used to follow our desire in the small areas of our lives, how could you then reach your dream on a higher level?

I would like to recommend that you start with a practice. Ask yourself the following questions – what can I do that I haven't done before? What do I like to achieve in my life right now? Something that is your desire but might for some reason look scary or uncomfortable.

Let me give you one example:

When I moved to a new city in Sweden I had a desire to go out and get to know new people. I wanted to get into a bar, having a coffee and a drink and being comfortable with myself. Not reading or talking in the phone but actually connecting and relating to other human beings. It might be easy for some, but for me it was not. This was a challenge, living as a single woman I found it being complicated. In fact unconsciously I was afraid of getting the attraction of men and didn't know how to handle it.

My life had existed of long lasting relationship and I had limited experience of what it meant to be a single independent woman and socialize in public areas in the evenings and night time. So for me it was so much easier to be home staying within my own comfort zone instead of socializing alone with 'strangers'.

This is now many years ago and I remember how my own coach at that time challenged me into talking to strangers every day in different situations. As a result I became more and more courageous and started to go out dancing all by myself, something I've recognized is very unusual for women (at least in Sweden). I learned that it can be fun and enjoyable to get new acquaintances but also I established new relationships with individuals I now would consider being my friend.

For me this was also an experiment – how I as a single woman in a western culture could enjoy myself being alone and still not trying to protect myself and staying with the comfort of my masculine energy of shield (talkative with an agenda, self sufficient, secure, goal driven etc).

The way out of comfort was to start explore and practice my feminine energies (listening, receptive, being with, vulnerable etc) in the meeting with strangers.

It is with your challenges that you will grow. I think that one of the things most people do is that they unconsciously prevent themselves from progressing in their life. By going out stretching my feminine core, I did not only consciously step outside my comfort zone; I also stretched my muscle of courage. The worst case scenario was to be vulnerable. And as a woman I still think it is, but today for me this is strength and not a weakness.

two find your courage

You need to find a way how you can build your courage. Sometimes it can be scary to be in the unknown territory outside your comfort, but here is where transformation happens.

My own story related to building courage would be the day I decided to buy the apartment I've always dreamt about – a penthouse in the central part of the city where I lived. It cost me a fortune, even to the extent that my bank advised me not to, but I was determined. I wanted this apartment. Not because I was unhappy with where I lived, but because I wanted to stretch my financial situation. I wanted to create more income in my business and my logic at that point of my life was, get yourself more expenses then you have to create more income.

As human beings we are driven by pain or pleasure says Tony Robbins one of the most famous coaches in the world. I know in that sense that it was the pain of not living my life as I was used to that was going to have me create this additional income. So I moved and tripled my monthly expenses. It would be an understatement to say that I had no fear. For a whole week I was in the underworld where fear and demons hunt you, until one day I released them all and let go.

Then one of my friends and coaching colleagues called and said: Maria – I just sold a leadership program with personal coaching to clients, how many of them can you take? And instantly I knew that all you need to learn is to trust, to let go of fear and trust that whatever you need is going to come to you, but first you have to learn to open the space for it. Money is energy and they need to be in circulation, so when I opened up for more expenses, more money was coming my way as new streams of income.

Today of course I would have done a different thing instead of taking the action of getting myself more expenses. Today I have learnt financial intelligence, speaking in the terms of Robert Kyosaki. Without this new apartment I would never have get in touch with his literature and teachings and I'm so grateful for that. Today I've also shifted my own perspective from what it means to live after pain and instead going for the pleasure. But that is a whole different story of my business life and the reason why I established the Six Steps to Your Sex & Success Coaching Program where you can learn more about here: www.yoursixsteps.com.

The new apartment did not only give me my dream of how I wanted my home, it also transformed me into the understanding of financial intelligence and the attitude of entrepreneurship.

three dream big

They say that if you go for the stars you would at least get to the top of the trees. I think that is how I've been in my whole life, striving towards something, achieving something I attracted, looking for where I have the next growth, learning and challenge. I strongly believe that it is our challenges that make us grow as human beings. For me all these challenges came from my curiosity to learn new things, to get new experiences, to take myself behind the edge, exploring what's possible behind my current understanding of the

reality. It was my curiosity to learn what I did not know, that was the driving force that took me to into new learning situations.

It was exactly the same reason that had me started to dream big in my business, not because I wanted a business, but because I wanted to do something good, I wanted to contribute and the business became a tool for it, but also because I know that going into business would be the next learning to practice. To establish and create a self-sustainable business beyond myself, where people I love also can get their income became part of my life goals.

The problem in our society is we are often not used or even permitted to believe that we can create the life we want. So we live after restrictions and current conditions instead of breaking ourselves free.

I strongly believe that the collective consciousness on earth has reached a point where people want to break themselves free from social conditioning. It might be parents or friends, partners or colleagues that prevent you from progressing in your life. They want you to stay within their comfort zone. Sometimes their voices can get so painful that you don't even think about it, and then they become the voice that prevents you from living your dream. They might say it's not realistic. Or their might be these subtle nuances that you know, its like you can discern it in the tone of their voice, in the unspoken. They are saying – how dare you! Who do you think you are? You have no right to! If this all sound familiar, then you really have to take a closer look of my fourth tips.

four know your saboteur

The voice of the saboteur was once so important topic, since I did not only meet the voice in my own life. All my coaching clients where suffering from it, as well. So from all this experience I specialized and wrote a book related to the topic on the title – You and Your Jante: A travel guide into the land of your Saboteur.

Saboteurs are a complex human phenomenon that exists in all cultures. In different countries/cultures and languages it will take different expressions. In Japan they say 'the nail that sticks up is hammered down'. In UK the phenomenon speaks when 'you are too big for your boots'. In Australia the phenomenon is called 'the poppy syndrome'. In Iran there are more beautiful expressions in the metaphor that roughly would be translated to 'the tree with too much fruit will break down'. In its summary its all about 'don't ask for much'. 'Stay small'. 'Don't complain'. Adjust into the social norm whatever that is. In Scandinavia the phenomenon is articulated in the Law of Jante (http://en.wikipedia.org/wiki/Jante_Law).

I don't want to further develop the topic here; nevertheless, there is something important to know. The voice takes two different forms; internal in your head as a mind chattering that serves the function to take you into the fears so will stay within your comfort zones, or external in the physical presence of people in your everyday life. Often we have people in our environment that (un)consciously becomes jealous when they see that you are doing

something that reminds them that they don't dare to. Your progress in some area of your life is becoming a challenge for others in what you are representing. The normal reaction will therefore be some kind of questioning of the validity and realistic in your behavior.

A saboteur shows up when you start to create some kind of change in your life. In situations when you are outside your comfort zone. You live your life in a way that is challenging either to yourself or to other people. Your presence is taking other people outside their comfort zone; what you say or do becomes a challenge for others. Then the voice of the Saboteur has a function to keep you small, holding you back, preventing you from going into the unknown unexplored territory.

As you will notice it first when you start to embark out of your comfort zone, away from the daily routines of your life, then your acts will be challenging not only for yourself also for others. For instance going back to my own example when I bought my new apartment, the purchase resulted in more fear among my friends, my bank contact and other people in my surroundings than for me on a personal level. If I would have listened to their advice I would never have bought the flat and as a result I would never have had all that learning experience.

Strange enough now when I've lived in this flat for a couple of years and mastered the stream of revenues into my life, I don't need the flat any longer. It's like it has served the purpose. When I was beyond my financial comfort zone I finally came to a breakthrough also with the Saboteur. As a result I became the Mistress of my own saboteur voice. For that reason it became natural to start train other coaches into helping coaching clients to create breakthrough in their life. But the thing is, you can't take other people where you haven't been yourself, so in order to help other to create magic you have to know how to access that power yourself.

My conclusion of the journey so far is that fear and dark demons can't be suppressed, avoided or bypassed with affirmations, they need to be handled in a skillful way so you can become the Master or Mistress in your own life of the demons you have.

five cultivate your personality

See it as you are your own gym trainer and you are building different kinds of muscles, muscles that will make you progress and take new steps in your life. For instance, if you have a fear of public speaking, stepping into situations that will demands that you speak in public will make you progress irrespective if you want it or not. Just exposing yourself to the challenging situation will take you to the next level, make you expand as an individual.

Your capacity to cultivate and expand your personality is the key to build the strength of you and how you will serve as a leader in the world. We are all leaders, but some people don't acknowledge their own capacity, meaning they are not in charge of the personal leadership.

When you consciously start to take baby steps out of your comfort zones, exposing your fears, cultivating your courage, then you cultivate your personality and leadership qualities as well.

How would you like to be seen in the world? What do you want to be remembered for in life? When you cultivate your personality, you cultivate your own value as a human being. What are you up for in this world? When you know this, you can start to create magic on a whole new way, because you know the reason why you exist. We all have a life purpose.

Unfortunately many people don't have access to the tools that are available to leverage as a human being. They have been adjusted to the adult life and that somehow something is missing, yet they don't know what. There might be a lack of happiness, the work might feel boring and non-satisfying, the relationship has stagnated, and stress combined with external pressure runs the day instead of fun and laughter.

To work with a coach is one way to break free and find the ignition in life. When we know our life purpose, we know how we can excel as a human being. Then your personality will be a source of conscious creation. It is when you are in contact and create from the deepest source of within; you become the creator in your own life.

So see yourself from the power of who you really are. If you recognize yourself in something that I've been talking about, start the process of cultivating your personality with writing down your desires, small and big ones. Do a consistent practice of making your own fear inventory. The more you investigate your fears, the more you cultivate your personality. A person that knows where the fears starts and the comfort zones expire will always overcome the inner demons. Magic happens when you know the ability to transform your fear into turn on and power.

about the author

Maria Appelqvist is a doctor in Sociology and a professional trained coach with the experience of working with thousands of coaching clients, in groups and on-one. As an Advanced Theta Healer Practioner she has the tools for making change happen fast and efficient, in combination with the practice of coaching this is utilized in Life Transformative Events that is arranged world-wide. She is a social entrepreneur and teacher, coach and mentor for leaders that are looking for creating a holistic approach to life itself.



Her profound belief is that external change comes from the deepest core, which is the reason for living beyond the edge in the exploration of the subconscious. She is currently writing a book that gives an explanation of the differences it means to enter the new paradigm – a paradigm where consciousness matters that open the room for miracles.