



Life feels heavy when you don't open up to the possibility of magic. It is important not to give into your tendency to push magic aside. This involves a simple intention of staying present to what this moment offers, and then the next, and then the next.

Becoming aware is a decision. It means you open up to all you feel, with all the intensity. When you feel life with as much power as you can, without pushing anything away, you cannot help but touch the enchantment of life.

There is magic weaved in everything you are going through right now, however painful it may feel. Life is full of magic, complete and utter enchantment, all you need is opening up to sensing, noticing, and allowing it to be a part of your unfolding.

With love and light,

Damla