

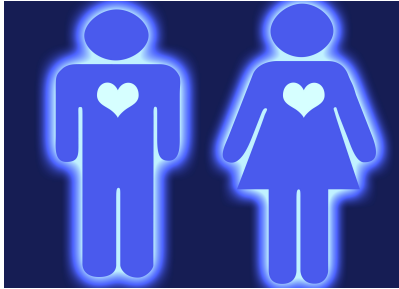
L I N N A E A M A R V E L L

THE ART OF ALIVENESS

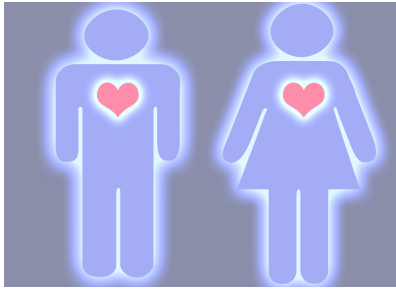
BRINGING YOUR MAGIC TO LIFE



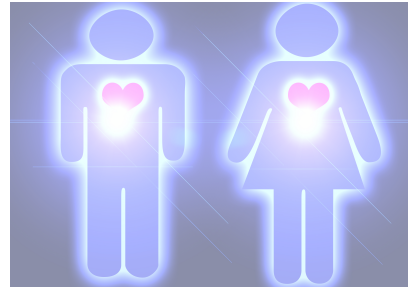
Part I - What Matters to Me



What Matters to Me



Nurture the Life



Bringing Life to the Whole

Step One

Pick a recurring situation in which the same kinds of events stimulate a similar reaction for you.

Step Two

Enjoy the jackal show fully so that you can really hear what your jackal is saying. Get as clear as you can about your thinking. Notice how it is different from what really happened. Be clear that it is what you made up about what happened. Appreciate the jackal voices as the messenger for something that really matters to you.

Step Three

Ask yourself, "If I had a magic wand and could have whatever I want in this situation, what would it be?" Do not concern yourself with believability or how realistic it is. You are not concerned that this might never happen, you just want to hear clearly what your jackal wants.

Step Five

Ask yourself, "If I got the thing my magic wand would give me, what is the positive thing this would do for me?" This should be internal (at the needs level).

Step Six

Ask yourself, "If I got that, what would it let me do?" You should feel a quickening, or perhaps mourning or tearing up at this stage -- a kind of sweet self compassion and recognition that you have touched something real for you.

