

Harry Potter Doesn't Have Anything on US

Written by Dr. Deborah Sandella | Tuesday, 24 August 2010 13:05



Remember the magic of childhood when Alice in Wonderland grew huge or shrank tiny in the blink of an eye, and an Italian wooden puppet had a grasshopper for a conscience. How easy it was to believe that anything and everything was possible!

For some of us, the blush of youth is gone and the settling in mid life has affected our bodies as well as our moods. Where has the magic gone? Might we be trying to recapture the rapture of youth with the gleam of money, the shine of status, the glow of buff bodies? We frequently strive so hard to “be somebody” that we forget the magic of being ourselves. The other day I had the pleasure of looking into the lively eyes of a precious baby girl. Her eyes beamed brightly without apology or self-consciousness. She was totally present and being completely herself. She reminded me that babies are fresh from heaven. She wasn't worried about how she looked or whether she would be a butcher, a baker, or a candlestick maker.

The bliss of being fully ones' self can be recaptured, though not through external gratification—it is uncovered within our ageless spirit. Within the heart and soul is an intuitive power that when released is quite amazing.

Harry Potter mesmerizes with his hidden magical powers that help him successfully overcome scary dark forces. Wouldn't it be wonderful if we had the powers of Harry Potter! In fact, each of us is born with a divinely inspired intuition that accesses powers beyond our human senses and can neutralize those dark fears within us. When we know how to access our inner magician, we ask or think a question, and the person in line next to us spontaneously offers the answer. We make a wrong turn and discover the route is actually faster than the one we planned. We forget a meeting only to learn later it was canceled. We've all had those kinds of days, days we think of as being “on” when every detail falls into place. There's a parking space right in front of our destination, we run into the person we've wanted to call, and we feel so good. We can nurture these kinds of experiences. “How?” By nurturing ourselves.

I know because a few years ago I discovered that although I had spent 25 years as a psychotherapist helping people find themselves, somewhere along the way I had lost touch with my special magic. I had become so busy chasing other's approval that my inner voice was barely

audible. In fact, I had become better at determining my client's feelings than my own. It wasn't until I closed my practice and walked about Australia with my husband and children, I remembered my essence. Although we didn't actually walk the country, we lived the true spirit of a journey in search of one's self. Living on the other side of the world, unplugged from work, extended family, and America familiar, I truly let myself BE. My travels became a profound pilgrimage to reclaim my passion and playfulness. As T.S. Eliot wrote,

We shall not cease from exploration

And the end of all our exploring

Will be to arrive where we started

And know the place for the first time.

So often we choose to live **competitively**, we value what we're doing rather than who we are. We confuse busyness with importance and contemplation with idleness. We idealize gurus and long to be identified with the rich and famous. Our decisions are based on the trends rather than our intuitive knowing of what is uniquely beneficial for our true nature. When we constantly look outward to others, we can't help but compare and there's always someone who appears better. So we feel "not quite good enough" and strive harder.

On the other hand, we can choose to live **creatively** intent upon our own personal evolution. Just like the toddler learning to walk, we have an innate drive to thrive and express. We are born with a perfect inner compass. Like my friend John who left his career as an NBC sound expert and became an award-winning elementary school teacher, and Dave who left his 25-year career as a Denver city planner and became an award-winning artist, we each have an inner urge to express our greatness.

Just as Harry Potter learns to trust his own magic in spite of being orphaned and living with miserable relatives, we, too, can find an inner sense of certainty, which cannot be shaken by outside conditions, whether good or ill. The mind reaches a place where it no longer remembers the past with anxiety nor looks into the future with uncertainty. Then, no matter what you confront, you are happy. When you know your true spiritual identity, you feel at home wherever you find yourself.

Each of us has a divine inner magician, an intuitive voice wise beyond the scope of our human senses that knows the answers to all our questions, yet we must be willing to listen. One of the best ways to connect with one's inner magician is to spend time with the self in meditation.

Almost anything that releases your inner splendor will work as meditation. Music, a quiet walk, an excellent meal, firelight, candlelight, holding the hand of a loved one, anything that quiets the noise of worry and stress, and unleashes the real you. I have a friend whose meditation is playing tennis. Whenever she is on the court, she sets aside any need to censure or think rationally. She is free on the tennis court.

Your intuition can also be heard in silence—where there is only the sound of your own voice. Close your eyes, take a deep breath, and exhale slowly as you move your attention inward. Start by taking just 5 minutes each day to stop and notice the beating of your heart. Gently become aware of your feelings. You'll be surprised how easily your true nature makes his or herself known once you slow your pace for contemplation.

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