

Magic! The Explorer's Elixir

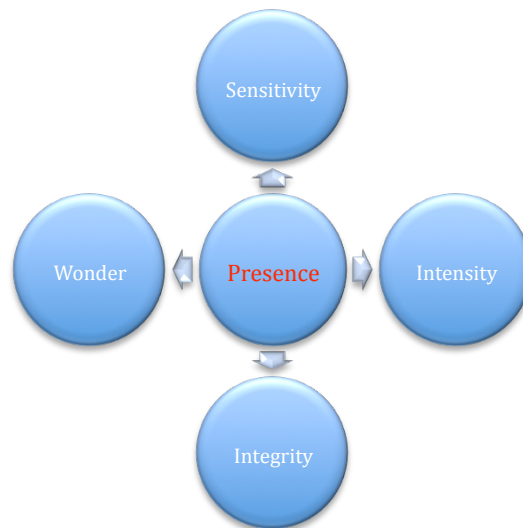
This is a simple spatial exercise arising out of Lara Ewing's workshop on Exploring and Connecting. It is inspired by Lief Smith's work, of the Explorers Federation <http://explorersfoundation.org>.

Being in the appropriate state, and being able to sustain it, is essential for the successful completion of any task. Modelling and exploring is no exception. So here is a route into discovering the optimum state for modelling. Anchor this, and it will keep you inspired and fascinated for as long as you need.

Lief would have it that Resonance is the expectation of Magic. This is possible because the explorer has a real knowing that outside of our awareness lies the universe and all its aspects which affect us directly. We have a need to know and understand as much of this as possible.

Magic is the resource we need! When we have it we have achieved the state of Presence, the quality of being we bring to the here and now.

Exercise: Discovering your Presence.



1. Stand in the central space and register your levels of excitement and awareness. Make a note of the level of submodalities as you consider an event in the future.
 2. Plan the VAK anchor you are going to use, once you have captured your essence of magic.
 3. Taking each spatial anchor at a time, step into each one and access a time when you experienced this state.
 4. Shake it off and move onto the next.
 5. Now step from one to the next and arrive in the central space.
 6. Calibrate and revisit the event in the future. Notice any submodality shifts. Notice any changes in your feelings of excitement and awareness.
 7. If you would want to intensify this experience, then return to the different spaces and get an even more powerful description, and bring it back to the centre.
 8. Once you have reached optimum state, fire your anchor.
 9. Step out of the space, and fire your anchor again. If you want to go back to amp it up, then do so.
- Know that you now have your rods of magic fusion, to boost your fascination at will.