



# Movements of Magicalness

Co-created by Debs Prior and Barbi Larkins

Some say she just appears, like a cat! No one knows when or how!  
Is it in the night or day? On a moonbeam? In the streaming of the sunlight?  
In the twinkle of a star? On the movement of a wave? In the song of a  
bird? The sparkle of a baby's eye? As the centre of the storm?

Who is she, where is she from?

What is her name you ask. Luna, Flora, Oceana, Rosa, Maria?  
Or Skye with blue eyes, Pounamu, with eyes of jade green?..... Paua  
with her many colours? Aroha full of love?

Perhaps she has all of these names.

Or maybe, just maybe, she has none of these names at all! I say she has  
always been here. She is SHE!

SHE belongs everywhere and is of all things. She comes with Movements  
of Magicalness, to remind us of our beauty, our stillness and our connection  
to all life.





Juan lives near the Amazon rainforest. Amarina lives in the bush in Australia. They love these places that are so alive with animals, birds, big trees and many beautiful plants and flowers. They know how precious all this is, but they see many bushfires. Juan and Amarina are very concerned about their forests and the fires that burn.

This makes them sad. What will become of the beautiful lands that they love and the animals and birds that are disappearing?

SHE feels their pain and shares her Movements of Magicalness. Slowly, together they tip their hands down to create a diamond shape in front of their hearts.

“Here is the doorway to stillness and healing for all beings” SHE whispers on the soft breeze. “Even in the fire there is new life.” Their bodies tingle. Their bellies glow. They are knowing this truth within.

Here is the Big Heart where all can meet in love and know the gift of new life. Now they are full of hope for their homes, the great lungs of Pachamama, our beautiful Earth Mother, Papatuanuku.

Where Jerome lives there are no trees. He would like to create a big garden with lots of plants and trees to nourish the sick people he knows. Or he could become a chef and learn to cook delicious food from his garden and teach people how to be more healthy. He could become a famous artist and sell his paintings of the things he sees around him. Or he could be a builder and help to build good houses for his neighbours to live in. He has so many dreams and has so much to offer. In his Movements of Magicalness there is the House of Great Goodness where he feels so big, knowing the power of all things. He knows to bring this to his heart with the diamond shape and feel it deep inside. Now he has to bring his love to the Earth where he can make wonderful things happen for all to enjoy. "Jerome, you know all this is possible! You are here to create great things!" SHE calls to him as he brings his hands down to the Earth..



# Learn the Movements of Magicalness

Now you can join your friends here and become part of the movement of creating magic all around the world! They will show you the way, step by step as you move in your own meditation.

Remember: very slow, still movements, deep breaths and feeling in your heart is the best way!



Starting like Jerome, with your hands by your side, close your eyes. Become aware of the air filling your lungs with your slow deep breaths. This helps you to slow down your thinking and find your steady heartbeat. Feel the glow in your belly and the tingling in your hands and feet.

Turning your palms to face upwards raise your arms very slowly, either side of your body and join Amber in prayerful hands up above your head. This is where all things that seem to be separate come together. Pause. Slow steady breathing, feel the stillness. Know that you are not alone. You are all-One!

