

*CONNECT WITH MAGIC*

# *Quick start guide*

Your free guide to help you get started making  
magic with your kids now!

*Written by*

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# Welcome

Thank-you for joining us in our mission to connect with our children through magic. Like us, you might find your-self not loving motherhood and not living in the moment as much as you would like to. We get it, it's a hard gig.

Perhaps you have felt that there must be a more fulfilling way to relish in the younger years with your kids, rather than just survive. You probably already know that living in tribes as our ancestors did provided kids with multiple loving caregivers everyday, and a rich connection to the earth, each other and to traditions and spiritual practices - feeding everyone's souls through this sense of deep connection to all.

Without changing your entire life to chase what used to be our village normal, you can reclaim some of the elements that made life connected and magical. You can firstly do it for yourself, plus leave that legacy for your kids to pass down to the generation after them - leaving our world just a little more magical and a little more connected than it was before.

This is the beginning of a new legacy, a new paradigm of magic and spirituality. By using this free guide you have taken the first step towards a more nourishing and connected way to be with your children.

The even better news is that we have made it easy for you to follow along. We have already road tested this with our kids and they love it, plus it feels easy and nourishing for us too. It's our mission to share this with you.

So thank-you for trusting us to open the door for you to reclaim magic and connection for yourself and family - it is your birth right as the beautiful soul that you are.

*Magical blessings,*

Let's get started!

*Kelly & Shari*



# *3 signs you are craving magic in your life*

## 1

Life feels monotonous - the same old thing, life is boring, you feel like there is little purpose and you are not living a life that truly lights you up. You find yourself accepting this and put it down to the normal motherhood experience, hoping one day you will get to do the things that you love again and set your soul on fire. Right now you feel like an empty vessel.

## 2

You are feeling tired and exhausted - all you do is do, do, do. There is no time for this woo woo mindfulness thing, like deep breathing and mindfully smelling the flowers. You feel like you are never truly present as life is so busy.

## 3

You feel like you don't have deep relationships and conversations with your kids and partner. These interactions feel like you all just pass each other in the corridor as life is so busy - and there isn't any opportunity to just be with each other and deeply connect.

*Still not sure you are ready?*

## *3 doubts you don't need to have anymore*

1

*Maybe I'm not spiritual enough?*

You are already engaged in many daily rituals, this is just a small shift to be more intentional about them with connection at the forefront.

2

*Life is so busy, I just don't have the time for anything else.*

You don't have to give anything up to fit this in. Our magical rituals are designed to fit into small pockets of time within your families life rhythm.

3

*I do understand magic and spirituality in my own way but I haven't been able to bring my kids into it.*

You are already the expert on your child, you know what they like and how they learn so you are the best person to go on this journey with them. Also, we have made this so easy!

# *What is magic?*



Magic has been painted as this mystical make believe thing that is only featured in fairy tales, full of mythical creatures, wizards and witches.

We have all followed the Harry Potter uprising and have been lost in the possibilities of a world with magic at our fingertips, and wonder what if I did have a few spells up my sleeve?

We have also seen various religions use prayer, and attest different things in their lives as miracles or acts of God.

Well we are here to say that magic is accessible to everyone, with the right know-how. It just may look a little different to magic wands, cauldrons brewing spells and acts of God.



Magic has always been a part of human existence, our history tells us so. Everyone knows the bible stories of Jesus and the miracles he performed. What was the magical element here? Belief, faith and trust.

What about the stories of witches of our own lineage, with women being burnt at the stake for being found to be spell casting? What was the magical element here - being connected to their intuition and the natural rhythms of nature.



So what exactly is magic then?

*Magic is the art of focusing  
your mind and your  
emotions to create change  
in the world around you  
and the world within you.*

It is your intent that gives magic it's purpose, its direction.

If magic is the wand then intention is what comes out of it and what effect it has.

Magic and intention are the peas and the pod.

So what can magic and intention do for you?



“Those who don’t believe in magic will never find it” Roald Dahl

If you are craving more richness and more connection in your life, and you also want this for your children, magic and intention are the lock and key.

This is something we can all access. Through changing how we approach and view life, which will then shift our experience.

You just need to believe and we will show you the way.



# The 3 Steps to infuse an intention

You can infuse your intention into  
anything!

## Think it

Think about what  
your intention is.  
Say it in your mind,  
write it down or  
draw it.



## Feel it

Feel the energy by  
clenching your fists together  
as tight as you can. You will  
feel your body shake a little.

Feel this energy in your  
body and heart. Place your  
powered up hands on your  
object and feel and think  
about this energy making it

magic.

## Feed it

Like plants your  
magically infused  
objects and process  
need ongoing feeding.  
Instead of sunlight give  
energy in any of the  
following ways....



# 4 ways to feed your magical intentions



1

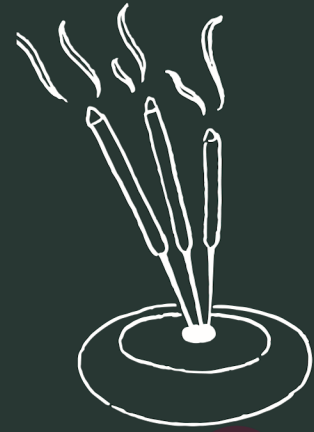
## Sound

Sound and its vibrations can be uplifting and powerful. You can sing, play music, bang the drums, chime a triangle or even just clap to feed your magical intention.

3

## Energy

All of the power and energy we need is inside of us. You can simply conjure it up by rubbing your hands together and then placing them onto your object or by clenching your fists again.



## Smoke

2

Smoke has been used as an offering for millennia across many cultures.

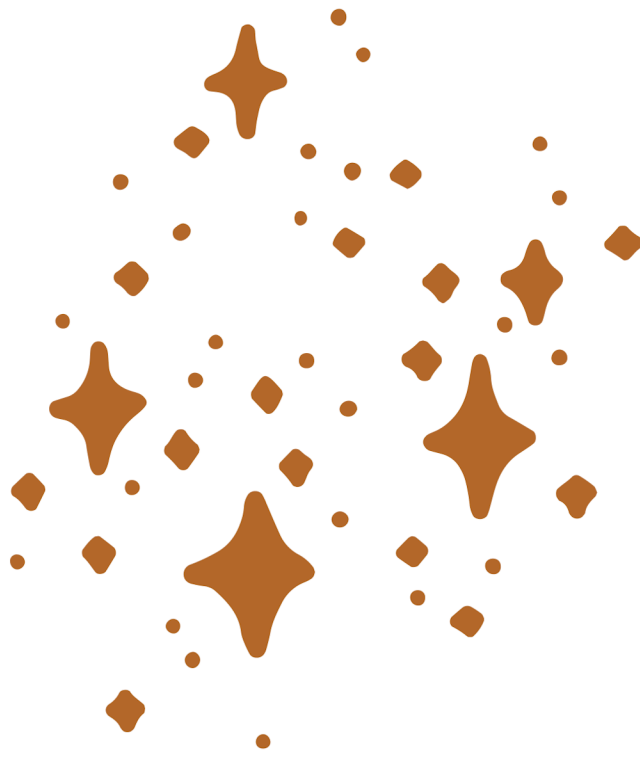
The burning of plant material releases their vibrational energy and the smoke travels upwards to send your messages and intent up to the universe. Use incense, smudge sticks, resin or the flame and smoke of a candle.

4

## Offerings

You can collect items from nature or something tasty from your kitchen and place them by your magical object as an energetic offering. Even just 10 minutes is enough for it to work.





# 3 magic rituals your kids will love

Magic can be part of any aspect of your life that you desire, and we know that you are here to make it part of your family experience.

Using the 3 step framework of infusing an intention from above we have created 3 rituals you can do with your children.

You can print out the next 3 pages and show them to your kids and you all will be able to get started instantly in connecting and making magic together.

# 1

## Bravery water



We are going to use the magic of intention to make your drink bottle turn the water you put into it into Bravery water. This means each time you take a sip, you will feel more brave.

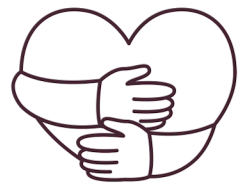
### Think it

Think , say, write or draw - *"My drink bottle now has the power to turn all water I put into it into bravery water. When I drink this water I will feel brave."*



### Feel it

Squeeze or rub your hands together so much that your body shakes. Feel your intention. Put your hands on your drink bottle and move all of the energy you built up and felt into the drink bottle. Think and feel it making it into bravery water.



### Feed it

To keep the magic alive in your bravery water, you just need to use one of the four ways of feeding magic. If you do this enough it will eventually be a bravery bottle forever - unless you choose a new intention.



2

Peaceful pillow

We are going to use the magic of intention to make your pillow turn into a Peaceful Pillow. This means when you lay your head on it you will feel peaceful, calm, connected and safe (and sleepy).

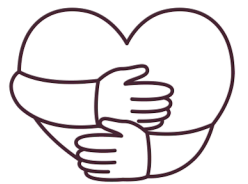
## Think it

Think , say, write or draw - *"My pillow now has the power to make me feel peaceful, calm, connected and safe. When I lay on this pillow I will sleep well"*



## Feel it

Squeeze or rub your hands together so much that your body shakes. Feel your intention. Put your hands on your pillow and move all of the energy you built up and felt into the pillow. Think and feel it making it into a peaceful pillow.



## Feed it

To keep the magic alive in your peaceful pillow, you just need to use one of the four ways of feeding magic. If you do this enough it will eventually be a peaceful pillow forever - unless you choose a new intention.



# 3

## Magical bath

We are going to use the magic of intention to make your bath into a magical bath. This means when you have a bath it will have magical water in it that washes off all the hard parts of your day and makes you magical so you can choose what things you want to feel.

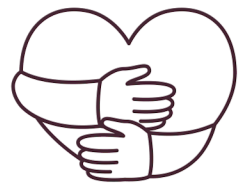
### Think it

Think , say, write or draw - "This water is magical. It washes away any hard parts of my day and makes me magical. I choose to feel...."



### Feel it

Squeeze or rub your hands together so much that your body shakes. Feel your intention. Put your hands in your bathwater and move all of the energy you built up and felt into your bath water. Think and feel it making it into a magical bath.



### Feed it

When you are in your bath, if you like you can talk about what the hard parts of your day were and how the magic bath water helps wash that away.

Don't forget to talk about how you choose to feel now and what it's like to bath in magic water!



# Want to keep learning?

Thankyou for beginning this special journey with us.

It's a brave things to do when most people are happy enough walking around on autopilot. Not everyone questions the status quo.

But you have. We are here to support you on your journey towards a more magical and connected life for you and your family.

This is really just a small snippet of what magic with kids can look like. Keep an eye on your email for more free resources and ways to work with us.

In the meantime:

## Connect with us on socials



Find us on tiktok @enchatedkin  
and on instagram @\_enchantedkin



**enchanted kin**

Magical blessings,

*Kelly & Shari*