

## Ten Practices to Re-enchant your Life

If you have ever observed small children, you will know what enchantment is all about. Small children know all about it. In a child centered environment, they experience it daily: when they run around in the playground, when they are on a swing, when they are thrown in the air and are caught in the strong arms of their fathers, when they see an animal and even when they watch a cartoon on TV. The delight and pleasure on their faces, the sparkle in their eyes, the big smiles, the giggles and the excitement that seems run through their whole bodies, are a pleasure to watch. When we observe small children we know that delight, wonder and pleasure can take over the whole being.



Later in life, when the wonder of the 'new and exciting' has worn off, when the senses have been dulled, when our thinking brains create constant background chatter, when our nervous system and our hormones are more settled and when daily life has generally become more demanding, asking us to work, to pay our bills, to bring up the next generation and more, we need to find ways and means to re-ignite the ability to feel enchanted.

The re-enchanting life has little to do with running around, being all excited. It has something to do with a basic state of being that enables us to feel alive, to have access to the full range of emotions, to express ourselves authentically and, most importantly, to be able to connect with experiencing the

wonder and delight of creation, of being an alive 'Being' with all that entails.

### The Practices

I found, over many years of working as a therapeutic professional, group facilitator and shamanic practitioner/teacher, that the following ways work well to bring us back to a physical and mental state of Being, that will enable us to re-enchant our lives.

**1. Re-connect with nature as often as possible.** Be in nature with all your senses. See it, listen to it, feel it and connect with it. Understand that you are part of it. Therefore, for instance, try not just to 'see' nature, but also to 'be seen' by mother nature.

**2. Retreat from the sensory input of your surrounding on a regular basis.** We suffer sensory overload, which not only dulls our senses, it also dulls our ability to 'just be' and to 'go into our inner world'. Close your eyes and 'Be still'.

3. **Let your body vibrate.** The body needs to vibrate. Energy needs to move, otherwise it gets stuck and sluggish. We are 'energy beings'. Anything that moves energy through the body goes: dance, swim, surf the waves, walk along a beach, run, climb a hill, beat a drum, ride a bicycle...

4. **Don't consume –CREATE and EXPRESS!** We have been made to believe that increasing consumption will make us happier. Nothing could be further from the truth. Consuming is passive. Consuming only nourishes us on the surface for a very brief period of time. On a deeper level, we are co-creators. We are beings that get nourished by creating and expressing. Creating and expressing is the secret. Anything goes: craft, paint, create a garden, sing, express through dance, beat a drum, build something, write, potter ... **find the courage to express yourself, in words, deeds and creation!**

5. **Surround yourself with beauty rather than with 'stuff'.** Beauty nourishes the Soul, 'stuff' blinds us to what is really important. It clutters our space, outside, but more importantly, inside. Beauty is everywhere in nature around us. It is in fact our 'natural state'. Reflect your natural state in your surrounding.



6. **Get away from TV, computer, mobiles, tablets ... Be with people.** It is very interesting that the rapid and extreme development of the social media reminds us how much we crave to communicate with people. We are social beings. Naturally, we are not hermits, although we do need to be alone at times and 'come back to ourselves'. Being with other people in a meaningful way will stimulate us, make us feel embedded in a 'tribe', gives us means to express ourselves and be heard, helps us to listen and learn, and, most importantly, it teaches us to relate, whilst expressing ourselves.

**7. Connect with ‘the sacred’ on a regular basis.**

Most of us get lost in ‘the mundane’. Find a way to connect with the sacred often. In fact, you can turn ‘the mundane’ into ‘the sacred’. Built an altar, create a ceremony, pray, give thanks, meditate, or, when you plant a plant, take some food, craft a piece of beauty, do it in a manner that is sacred. Whatever connects you with something bigger, higher, deeper, something outside your ordinary reality, so that you can experience a connection to ‘the sacred’ will do.

**8. Find a way to celebrate that you are alive.** Create a small ceremony to celebrate that you are alive; climb a hill and tell the world that you are ‘happy to be alive’; treat yourself to something that gives you pleasure whilst keeping in mind that you celebrate being alive; dance your celebration....

**9. Practice a bit of gratitude.** Be grateful, be grateful, and be grateful. We all have so very much to be grateful for. Practice gratefulness. Thank the spirits of life, thank your parents, thanks your children, thanks everybody who has helped you, guided you, nourished you. Be grateful for what you have. Count your blessings often and give thanks for them.

**10. Practice random kindness. Give a lot! Love even more!** In a world where ‘taking’ seems to be more rewarded than ‘giving’ this might sound counterproductive. If you think in terms of ‘enchantment’ you will understand though that every time you are kind, or give or love unconditionally, you feed your own system with something positive, with joy, pleasure and feelings of ‘well-being’. This should not be confused with ‘being a martyr’, ‘letting people walk over you’ or ‘giving to get something back’. Simply, be kind, giving and loving whenever you get a chance.

