

The M.A.G.I.C. Formula for Happiness

By Doro Kiley, PCC

Mindfulness to experience insight

Allowance to create the space to change

Gratitude to empower transformation

Invitation to invoke our highest potential

Creation to dance with the universe

Part I

M is for Mindfulness

The Buddhist meditation practices of mindfulness, letting go of craving and generating feelings of peace and gratitude actually lay the foundation for the intentional application of the Law of Attraction. Without a profound ability to quiet the mind and completely let go of compulsive, negative thinking the positive results we hope for in trying to apply Law of Attraction are going to be fruitless.

Ram Dass once said, “Give it all up and you can have it all.” At first this sounds absurd but a deeper look illuminates the logic. If you don’t know how to swim and you’re thrown into deep water and I say, “Relax! You’ll float” at first this sound ludicrous because you’re terrified of drowning but a deeper look illuminates the logic. It takes absolute willingness to surrender, even die. Having great faith in the universe, or God or whatever you want to call it, sounds ideal until you’re put to the test. But the logic is there.

Mindfulness is one of the core practices of Buddhism. It is the seventh step of the Noble Eightfold Path.

The first six steps of the Noble Eightfold Path are in preparation for this step and at the same time they are strengthened by this step. The first two steps include Right Understanding and Right Thought. Generally these practices foster the common sense that to quiet the mind and choose your thoughts wisely leads to peace of mind. Our mind is like a garden with every imaginable type of seed always ready to sprout. We have the power to choose which seeds we water and which ones we ignore and weed out. When we choose to cultivate seeds of loving friendliness, compassion and forgiveness and let go of the seeds of anger, resentment and greed then we are more able to cultivate a pleasing and peaceful mind.

The next three steps of the Noble Eightfold Path are Right Speech, Right Action and Right Livelihood. Again, these steps are in preparation for the next steps and at the same time are strengthened by the next steps. These three steps are about morality and integrity. A person who has nothing to worry about or feel guilty about is laying a better foundation for a happy mind. When we feel confident that we are doing the best we can do with what we have then we are more able to let go of anxiety, compulsive and fearful thoughts. A shift in consciousness begins to take place which feels more expansive, more inclusive and embracing of everything and everyone around us. It fosters a feeling of love and an altruistic wish for others to experience the same.

The sixth step of the Noble Eightfold Path is Right Effort. This is the practice of remembering and applying our commitment to cultivating a more peaceful mind. When we find ourselves in a situation where a decision must be made then we train ourselves to remember to choose wisely, with integrity, morality and compassion. We remember that although it may feel more tempting in the moment to react with anger, lust or greed, the end result will not empower us but rather weaken us. With this understanding we apply more effort to respond using our deeper intention of moving toward our real goal; happiness.

Now we come to the seventh step of the Noble Eightfold Path; Right Mindfulness. Simply put, this is the moment to moment awareness of that which is actually happening in the present moment regarding bodily sensations, feelings/emotions, impulses, thoughts and mental images. It is a state of curiosity and listening without the interference of the mind's effort to explain, label and rationalize things. This practice helps us to cultivate 'the witness'. It opens us up to new insights regarding the true characteristics of our self and everything we are presently perceiving. This further awakens our potential to choose our thoughts and actions (steps one through six) and design our life with more deliberate intention and skill.

It is through the practice of mindfulness that we are able to see more clearly when we are engaging in negative thoughts and producing ill effects in our body and in our relationships. When we can catch ourselves early on, before we spiral into compulsive and damaging thoughts, speech and behavior then we are more easily able to stop the process, let go of the 'bad' and relax again.

Mindfulness is the practice of recognizing the tipping points that lead into spirals. It sets the foundation for letting go and the next step of Allowing which teaches us how to float before learning how to swim.

The Law of Attraction has received much criticism and it is easy to see why. It simply doesn't work very well if we are not well practiced in the skill of mindfulness and the ability to let go of unhelpful thoughts. It takes practice and commitment. After all it is the seventh step of the Noble Eightfold Path and the first six steps are all designed to help

develop this challenging skill. In the most profound sense it is a *willingness* to die in the lap of the universe. Once you surrender it all you finally realize there is no finality, no absolute death, only transitions and cycles. The opposite of birth is death but there is no opposite of life which has no beginning and no end.

The other reason the Law of Attraction has attracted such criticism is because so much of the way it is taught aims at personal, material abundance rather than the real goal which is happiness. Reaching for a million dollars because you hate being poor just brings more poverty. Reaching for inner joy must absolutely come first. When you are well established in a mind of allowance and gratitude despite your outer conditions then anything becomes possible.

Before we move on to Part II: 'A is for Allowance', the second phase of The M.A.G.I.C. Formula, you may be wondering what the eighth step is on the Noble Eightfold Path. It is Right Concentration. This is a powerful sitting meditation practice which takes us beyond the mind altogether and into the limitless, universal consciousness; the unmanifest essence of life and its creative potential. There are several stages called Jhanas; stages of enlightenment. One could say, everything before this final step is our 'dance with the universe', the small mind and the big Mind dancing together. The final step of Right Concentration is where both dance partners – little mind and big Mind - actually merge into One and the dance rests. This is the state of Pure Awareness which turns out to be an immeasurable state of bliss and pure potential and nothing else.

Here is where I step off the Buddha's path temporarily and I hope all Buddhists will find a way to honor this divergence. I am profoundly aware that the ultimate state of bliss is through the final step of Right Concentration; however I believe that at this point in the overall evolution of human consciousness there is an opportunity for humanity to more clearly see through this illusory dance of life and become the lucid dreamers of this dream.

With the now popular studies of quantum physics and its accompanying ramifications outlining the Law of Attraction I believe we are right at the threshold of waking up to the understanding that we *are* both the creator and the created; no different than dreaming at night. We dream our own personal heavens and hells and everything in-between. Only now we are becoming lucid and hold the potential to formulate our experiences intentionally. It's only through the practices of Mindfulness, Acceptance, Gratitude and Invitation that we can co-create a world better suited to our dance with our Universe. Yes, it is all an illusion but it is the only dance there is.

I believe the chances are rather slim that even with such dismal global changes as we see on the planet today that many people would embark on the Buddha's path with the hope of attaining full enlightenment to relieve their suffering. Some, yes –but many, no.

However, when people realize they are the dreamers of their life on our co-created planet, I believe many, not just some, will choose to explore the Law of Attraction and the prerequisite practices of mindfulness, allowing, gratitude and invitation with the intention of fostering positive global changes, elevate their lives and create a more joyful dance with our Universe. To do this with any degree of success, negative thinking, fear and grasping must be surrendered.

I trust many people will see the logic in this and find it easy to simply begin being mindful of the thoughts they are entertaining and the feelings they are feeling. Others, even though they may see the logic, may find it far more challenging to cultivate mindfulness of thoughts and feelings. For those who have the wish to cultivate it but find it difficult I would recommend a deeper look at the Buddha's Eightfold Path. Or, for a faster, more direct experience of it, attend a silent, intensive 10-day vipassana (insight) meditation retreat.

In Part II of The M.A.G.I.C. Formula for Happiness we look at "A" for Allowance. Allowance to create the space to change.

I'm available as a Professional Certified Life Coach (PCC) to support your quest for happiness.

Please feel free to contact me for more information from my website at CreationCoach.com

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