



Letting Go

to create a magical life

**A Guide to
Your Personal
Freedom**

Pat Sendejas

Letting Go to Create a Magical Life tells how letting go of old habits, negative thoughts and fear creates a more joyful life.

Chapter exercises guide the reader to move forward to experience the magic of life.

Letting Go to Create a Magical Life

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Chapter One

Invisible Energy

The world is what we think it is. If we can change our thoughts, we can change the world. H.M. Tomlinson

As I began my newfound quest to learn and work with this magical energy, "letting go" and allowing, I attracted Feng Shui, the traditional "nature science" from China, based on the invisible energy around us, into my life. It allowed the world to open up to me and I began working with new clients and a new way of communicating my ideas to the world.

Visible vs Invisible Energy

All substance and form is energy. It is yin and yang, the motion of the sun, moon and stars, everything that emerges and dissolves. It is the clouds, the mist, the fog and moisture.

The heart of all living beings, all growth and development is energy, wrote Chinese philosopher and naturalist Lu Yen.

Physical energy is easy to see and contemplate as Lu Yen points out. Energy changes form but it doesn't disappear. It takes energy to make change; everything in our daily lives is in constant change. The sun rotates around the earth, day turns into night, plants change and grow, our children grow up

almost overnight, it seems. What a remarkable phenomenon! We see the outward physical changes, whereas the invisible processes our bodies go through, like prayers or thoughts, is that movement of energy beyond our physical eyes.

In 1995, when my husband and I took our German Shepard to the vet, I witnessed a powerful demonstration of energy transformation. Pepsi was an adult dog we had brought home from the animal shelter. Seven years later, she was physically challenged by hip problems, which had been painful for some time and we knew we were probably going to have her put down. I was so upset and sad about losing her, I left to wait in the car and let my husband stay with her. I cried as I thought about our wonderful dog. Not long after, I noticed a large ball of shimmering white light of energy that suddenly appeared in the car right in front of my face. Seconds later, the ball of energy took off like a speeding jet. I was so surprised I wasn't sure what had just happened. Then it came to me: It was proof that my dog had gone back into pure positive energy. Her physical body had stopped functioning, but her spirit, the non-physical energy, had soared.

We have the potential to feel this energy, and we are impacted by it. The missing link in being able to manifest your desires is to understand the invisible field connecting each of us and everything around us in our universe. Letting Go to

Create a Magical Life relates to how the non-physical came into my awareness and is now an integral part of my life. Some may call this invisible energy God, as I had, using prayer to ask for support. Others refer to it as Source: where all energy originates. Some refer to it as Spirit, and others call it Universal Energy. For the purposes of this book, I will refer to this energy as invisible. I respect all the religions of the world and see that they all have a common thread, but my book is not a debate over which religion is correct or that you must have a religion to be connected to this energy to have a great life. In fact, you cannot be separate from this energy, because it is the energy that created us and our entire universe.

Emotion is a Factor

Emotion is the principal force that moves this invisible energy. Incorporated in the word emotion is "motion."

One day I decided to test my theory about how our emotions help us create. I started by getting in a positive mood and then picked up a spiral notebook and pen and went outside to my patio, close to nature, where I always feel good. After relaxing in a comfortable chair, I cleared my mind and asked myself, "What would I like to do to have fun?"

In my mind, I began to picture attending a wedding. I really got into this exercise by describing on paper how much fun I

would have. It would be a wonderful experience where everyone in attendance would be joyful and loving toward each other. I described the wedding as quite extravagant and taking place in a beautiful environment, with dancing and music, and delicious food. I savored the experience and relaxed into the daydream, then I closed my notebook and let go.

Within a few days I received an invitation to a bridal shower at a beautiful home where the food was delicious, the outdoor setting was beautiful and the bride and everyone attending were happy. The invitation was not for a wedding, but it was a hint of what was to come, like seagulls let you know you're nearing land if you're on a boat in the ocean. I knew I would be receiving an invitation to a wedding. I was surprised when I received more than one invitation.

A week or so later I received a wedding invitation for October 1st, six weeks after my original journaling. Then my mother received a wedding invitation from her former neighbor, who she had not seen in years. She wanted me to accompany her. Both weddings were scheduled on the same day, though at different times, so I could attend both. And I did. I took my mother to her friend's wedding, held at noon on a chartered yacht in Marina del Rey, California.

We cruised around the harbor, enjoyed music and food and watched the loving couple exchange their wedding vows at the ship's bow.

At 5 P.M. that evening I was attending an outdoor wedding ceremony at a beautiful country club near my home. The ceremony was followed by a social gathering, where hors d'oeuvres were served before the guests were invited into a ballroom to be seated at elegantly decorated tables. A delicious meal was served, followed by music and dancing. I thoroughly enjoyed the entire experience of both celebrations: the joyful feelings and camaraderie, the music, the food, just as I had pictured it.

The most surprising event happened that same week in October. I had made plans to meet Donna, my friend from Maui, in Las Vegas on Thursday, October 6, and looked forward to enjoying a relaxing time together at the hotel spa. Donna also had plans to attend a co-worker's wedding that same week. When the bride discovered I would be meeting Donna in Vegas, she invited me to her wedding as well. My third happy wedding was set in an outdoor garden, followed by a sit-down dinner inside, with dancing and music following. The joy and feeling of

connectedness between everyone was exactly what I had asked for. I had never met the bride or groom before, yet I could not have been more graciously welcomed to their special event. My experiment worked! I had written down exactly what I felt would be fun and enjoyable and focused on the emotion of the event I wanted to experience. What I received was even better than I had imagined.

Creativity through emotion was demonstrated again when I listened to my friend Eric describe how he had met his wife. He told me he had learned how important getting into the feeling was in creating his desire. When he was in college, he had made a list of all the qualities he wanted in a girlfriend. He soon met a girl who had all the qualities he listed, but he discovered quickly she was using drugs. "Time for a new list," he said to himself. His new list required a girl who did not use drugs; even though this time his girlfriend met all of his requirements, she was also a constant liar.

Eric decided he needed to get into the right feeling to create a new love, the perfect partner for him. Remembering how wonderful he felt in his old jeans, he thought the perfect girl would feel as comfortable to him as he felt when wearing those jeans. "I feel very relaxed when I'm wearing them, like I'm on

vacation, and I'm joyfully spontaneous in them," he told me. Once he was clear on his feelings, and let go of his need for a list, it wasn't long before he met that great girl. He had been married to her for thirteen years when he shared his story with me. "Oh, and by the way," he added, "her name is Jeannie!" That story has stuck with me, and when I had the opportunity to meet Jeannie, I found she was indeed comfortable to be around.

Exercise 1:

Think of something you really enjoyed; like a trip to Disneyland with your family, a trip to a wonderful destination overseas, your wedding or the wedding of a close friend, a first trip to Las Vegas when you were dazzled by all the lights.

Maybe your joy came from a time you enjoyed nature while camping with your family or friends, or the time you won a door prize, or won something you really desired.

Now that you have the event in mind, think about what you did and how you felt. It is particularly important to observe and remember your feelings. Write what you were feeling on a piece of paper. Was it the feeling of love, passion, excitement, or exhilaration? All of these feelings carry motion with them.

While daydreaming about the experience, you may notice the good feelings moving through your body, the very motion that

creates more of those good things to come into your life.

It is important when you create to be able to connect with these positive emotions. If you can remember how those positive emotions felt, then you can recreate them when you want to attract something new into your life, whether it is a new relationship, an increase in income, or a terrific vacation.

Think about something that was embarrassing to you, or sad, or upsetting. Can you feel the emotion within your body? You may even feel pain in certain areas of your body. Your heart may start to race, or the muscles in your arms or legs may start to hurt. It is important for you to become aware of the movement of this emotional energy going to various parts of your body: this non-physical energy. You can feel it, but you cannot physically see it.

Whenever you notice your attention has moved to something unpleasant in your past, you can journal about it until you have exhausted the feelings, or you can choose to change your focus and turn to something that is pleasant, preferably something you are looking forward to, something you are excited about creating, or doing. Either way, you are doing what it takes to be able to “let go” of the experience, journaling until you are tired of recalling the event, or thinking about something pleasant. It

could be a trip, a home remodeling project, or something as simple as attending a party or going to a movie. Be sure to recall a pleasant thought that evokes good feelings before moving on to the rest of this book.

Exercise 3:

Using the positive feelings and emotions you have just recalled, take a spiral notebook and pen to a quiet peaceful place and sit down and relax. Whether it's a favorite spot in your home, the beach, a place in nature, your garden, or the local park, make sure it's a place you will be able to totally relax without being interrupted. Begin by asking yourself, "If I were to do something that is really fun and enjoyable, what would it be?" Allow your mind to wander. If you have any thoughts that distract you, allow them to float away from your mind.

Now is your opportunity to write your own script, your opportunity to write it the way you would like to live it. For this first experience, choose something you believe could happen rather easily. As you start to get a picture of something that would be fun to do or have, allow yourself to experience that through your emotions. Feel the excitement, joy, and passion, allowing any feelings about your desire to come forward. Begin to journal the experience in detail. When you have completely exhausted yourself with every detail and really felt the emotions

of the experience, put down your pen and close the notebook. Now let it go. Do not attempt to think about how this experience may come into your life. The key here is to let it go and allow it to be brought back to you.

Chapter Four

Ask

“One of the lessons I’ve learned is that the quality of the answers that we get in life are truly determined by the quality of the questions we ask.”

Paul Martinelli, Speaker and President of Life Success Coaching

I could not deny that the Universe was bringing me answers as quickly as I could ask the questions. The events happening around me were too obvious to ignore! I could see clear evidence there was a direct connection between what I was thinking and asking for, and the wonderful abundance that began showing up in my life. I am confident there is an intelligent energy force that surrounds us and is always communicating with us, if only we would be still and allow the miracles I call magic to appear.

I began to meditate as often as I could. Never previously able

to sit still for very long, I found it to be a wonderful, addictive experience of peace. The silence of going within gave me answers and daily guidance. I also noticed that if I got lost in the task at the moment, like gardening, I would begin receiving intuitive thoughts. I also discovered the writings of Neale Donald Walsch and spent time listening to a series of audio-tapes of his best-selling books: Conversations with God.

Validation of asking and receiving was appearing all around me! I was no longer the only one having these magical experiences. Friends and clients began to share with me wonderful stories of how their thoughts and desires had manifested.

My friend, Donna, in Texas, told me how she had wanted to take a trip to Florida with her husband and son and to stay in a house on the beach for one week. She had asked, in her mind, for \$400 to make that vacation happen, sharing those desires only with her husband.

Donna and her husband decided to have a two-day garage sale one weekend to raise the money. Their actions showed their true intent. By taking action, they put their desire in motion, creating energy to make it happen. Not knowing how much money their belongings might bring, they trusted their desires would be met, letting go of any attachment to the outcome.

Besides household items, Donna had gathered together many items of clothing to sell. Some of her son's sweaters looked so new, it was as if he had only worn them fifteen minutes, she joked. On Sunday, when the flow of people tapered off, they started packing up what was left. Just as they had finished, a family with five children drove up. They didn't appear very prosperous and were specifically looking for clothes.

Surprised that they had sold very few clothes all weekend, Donna decided to simply give the family all the clothes for free and then helped them load the trunk of their car with the items. Donna told me it was as if the clothes were being saved for this very family.

After they drove off, she counted the money she had taken in over the past two days. She had never checked the money or attempted to count it; she trusted the outcome and let go of all control over the result. When the total came to \$401, she told me she had a good laugh. What made the weekend sale special was giving the clothes to a family who loved and appreciated them. "If I knew it would be that easy to get the amount of money I asked for, I would have asked for more!" she told me. I imagine the family who received the clothes had been asking for those very items prior to finding the clothes, just like

Donna was asking for her vacation money. Neither the family nor Donna knew how it was going to manifest itself.

A few years later, in the summer of 2001, Donna called me early one morning and said, "I want to relocate to Maui, and I would like you to check on air fares and come with me while I interview for a new job." I told her I would see what I could do, but I was not very experienced in booking travel reservations. That evening, while relaxing in the spa with my husband, I shared Donna's plans and her request that I investigate travel arrangements. I said to him, "I would love to go with Donna to Maui. I wish I could get air fares for \$250 each, then I would go."

I never gave that desire another thought. The next day Donna called and said she had lined up an interview and she was going immediately. I wished her luck in her interview. She got the job and over the next two months she prepared to move to Hawaii.

My husband and I were also moving, and when we closed escrow on our new home, I spent a couple of months remodeling the entire house. We had purchased the home in August and in September we were getting ready for drywall to be done. I called a firefighter who owned a drywall business to bid the job, and when he arrived, he asked if we were going to

Hawaii for the special price offered to L.A. City Firefighters by a local travel company. "No," I told him, "I don't think I can leave in the middle of my construction."

This firefighter told me it was a wonderful opportunity to go and that during the drywall work I would not need to be present. He inspired me to discuss this further with my husband. The offer was a special thank you to local firefighters. Many from L.A. City had gone to ground zero in New York after 9/11 to help with the cleanup from the disaster at the twin towers. After much discussion with my husband, we decided to go to Hawaii. We had two choices of destination: Maui or Oahu. This was the perfect chance to visit my friend Donna, who was now living in Maui.

We decided to request Maui, but discovered Maui had been completely booked. When my son found out, he told us, "I will check for you with my neighbor who is vice-president of the travel company offering the special." We got a call from our son saying that everything was taken care of. It was a fabulous trip. When we arrived at the airport in Maui, we were provided a car for the entire week of our stay; our hotel had been upgraded to the Ritz Carlton on the beach, with a price tag on the room door of \$1500 a night. Unbelievable as it seems, the cost of flight, room, and rental car came to \$250 per person, a total of only \$500.

I remembered back to that evening in the spa just six weeks before when I said to my husband, "I would love to go to Maui, if the cost was only \$250." What we say, feel with emotion, and then let go of, comes into our experience if we are willing to "let go," allow, and receive. There was no way I could have orchestrated all this by controlling the outcome.

The Surprise Delivery

The computer arrived in forty-five minutes, even though my client was quoted three weeks! That event was an example of how fast we can bring in what we are asking for when we are clear and willing to receive. If we ask with a strong belief and let go of the results, it will occur.

When I met with my business client, I began by asking her to tell me about her and her husband's desires. Her husband worked at a bank full-time and was attending school to be a computer animator. She was looking for the ideal location in their home to place the recently purchased computer in order to support creativity and learning for her husband. I asked to see the computer, and she told me they did not have it yet.

They had purchased it and it was being assembled, to be delivered in about three weeks. "When do you want to have it?" I asked. With

great emotion and no hesitation, she declared, "Now!" I replied with complete confidence, "And so it is!"

I know if someone does not hesitate, and can answer my question clearly, what they wish will be brought to them quickly. I must admit I did not expect it to be at her door while I was still there. To my surprise and hers, it arrived within forty-five minutes.

It is important that a person know exactly what they want. I have found the hardest task for most people is to be clear about what they want! Anyone can create if only they believe they can! Believing for most people is the hardest task. Why? Probably because we have been taught from our childhood that thought is more pretend than reality. We have been taught that life has to be difficult. We look at our past, and based on that limited experience, we often create our present. We repeatedly make untrue assumptions of the present and continue to create based upon those incorrect thoughts! Life is what you believe it to be! Abundance shows up in our everyday life and circulates back to us when we give unconditionally. I took my parents to a motivational lecture, and on the way home my father wanted a milkshake. As I drove to a nearby ice cream place, I was focusing on creating a balance between my giving and receiving. I planned to treat them, but when we got out of the

car, my mother said immediately, "I would like to treat!" My parents always wanted to treat; over the years they continually refused to take anything from others. I reminded myself I could be a lot like that as well, and I decided to graciously receive.

As my mother and I went inside to order, the girl behind the counter was looking at two different cash registers. It was almost as if she were trying to decide which one to use. "It's free, right?" I said jokingly to her. "Do you want it for free?" she asked. Quite surprised at her question, I had no doubts and I replied, "Yes, that would be great!" She went back to make up our order: ice cream for the three of us.

My mother was astounded when the girl offered to prepare three orders of ice cream at no charge! Meanwhile, the next customer came in, the other employee took the order and money was exchanged.

The girl preparing our order grinned widely as she handed us the three milkshakes at no charge. We thanked her repeatedly and left. My mother and I were delighted at this unexpected experience. My father was puzzled: How could this have happened?

At that moment I realized that when you are able to receive, not just give, you bring joy to others as well as yourself. That ice cream server had been quite pleased to give us the free order, as pleased as we were to receive it. Since the experience was unexpected, I was not attached to the results. I had no prior expectations; I was just enjoying the moment. Our benefactor was so pleased to be able to surprise us with her gift that her joy was contagious. I knew what I wanted and was able to ask for it. Once we become clear about what we want, ask, let go and allow, then magical moments filled with fun and abundance happen!

The experience of receiving free ice cream was proof the Universe provides in ways we could never believe possible. When we base our beliefs on past experiences, what others tell us, or on what we have been taught to believe about how the world operates, we continue to wonder why things are not changing in our lives. In order to allow the Universe to support us, we must change, let go of the thoughts that limit us. In order to do this, it is important to recognize the things that come into your life demonstrating your abundance. As you recognize your abundance, magical happenings begin to occur. As I began to notice my surroundings and experiences, I would reinforce the experiences, as good things began to come to me,

by stating my gratefulness with enthusiasm.

I began increasing my abundance by recognizing the small stuff. For example, when going to dinner I would order a salad and always notice that my salad was the largest on our table. I would joyfully say things like: "Oh, look how abundant I am," or "I am abundant," or just simply, "Thank You, God." I noticed when I ordered takeout food, I ended up with more than I had ordered, like nine pieces of chicken when I only ordered eight. By noticing the little things and being thankful, I began to bring in a larger and larger share of abundance. Friends and family found it difficult to believe what was occurring.

Exercise 1:

Are you a giver or receiver? Do you always have to be the one to give? Often, giving gives us a feeling of control over others, or gives us a feeling of power over our own circumstances.

Perhaps you feel sorry for others and feel you need to take care of them. This exercise will help you create balance in giving and receiving. The best way you can gain more abundance in your life is to be able to receive as much as you are able to give. If you tend to be the one always receiving and being taken care of, then it may be your turn to give. Let go of the idea that others need to take care of you. By giving more, it shows the Universe

you trust there will always be enough in your life.

Decide if you are fearful of giving or receiving. Decide if you tend to be out of balance in one or the other. Then spend the week giving spontaneously if you have determined you are a receiver, or spend the week receiving if you tend to be a giver. Give in accordance with your income and your level of trust. Do not do anything that will place you in financial hardship or anxiety. Just be aware of what you are giving and receiving, and how you feel about it. This exercise is to increase your awareness of how you experience life.

Do you only give when you feel you have more than enough?

Do you give compliments easily? When you have a desire to give, do you act spontaneously or analyze first before giving?

Observe any self-talk going on in your head.

Ways that you might give: Ask to pay for the car in line behind you as you drive through a fast food location, or offer to pay for the coffee or the ice cream order when in a snack shop. How about a smile or a positive acknowledgement to someone who may need a lift? At first you may find changing a habit feels very uncomfortable. How about offering your letter carrier a soda or bottle of water? If you have a favorite charity you always give to, why not increase your donation, or choose an

additional charity.

Be prepared to receive. When offered a compliment, immediately say thank you and don't debate the compliment. When a friend wants to buy you lunch or treat you be gracious and accept. Watch to see the benefits that come to you as you seek balance in the area of giving and receiving.

Letting Go to Create a Magical Life tells how letting go of old habits, negative thoughts and fear creates a more joyful life.

Chapter exercises guide the reader to move forward to experience the magic of life.

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