



Althea Center for Engaged Spirituality

THE MAGIC SHOP HANDOUT

January 25, 2026

“Ruth & Jim’s Four Tricks to Real Magic”

Tools for everyday spiritual practice

1. Relax the Body

When the body relaxes, the nervous system resets.

- Slow breaths
- Release tension
- Notice sensations without judgment

Why it matters: A calm body opens the door to clarity and spiritual guidance.

2. Tame the Mind

Watch your thoughts without obeying them.

- Observe them like clouds
- Gently return to breath
- Let thoughts come and go

Why it matters: You become the chooser—not the reactor.

3. Open the Heart

Compassion is the true source of transformation.

- Send love to yourself
- Extend kindness to others
- Practice forgiving what you can

Why it matters: Love reconnects you to the field of possibilities.

4. Visualize Intentions

Visualize what you want with the FEELING of love behind it.

- Imagine the outcome
- Feel gratitude as if it's already here
- Take small consistent steps

Why it matters: Heart-centered intention aligns your energy, actions, and outcomes.

RESOURCES for EXPANSION

Learn more about CCARE - Center for Compassion and Altruism Research and Education at www.ccare.stanford.edu

Dr. Doty's Support Project www.happi.ai

Books by Dr. James Doty:

Mind Magic: The Neuroscience of Manifestation and How It Changes Everything

Into the Magic Shop: A Neurosurgeon's Quest to Discover the Mysteries of the Brain and the Secrets of the Heart

A SIMPLE DAILY BLISS BREAK® PRACTICE (5 MINUTES)

1. 60 seconds: breathe and relax
2. 60 seconds: observe thoughts
3. 60 seconds: send love to yourself
4. 2 minutes: visualize one intention with gratitude

REPEAT DAILY. THIS IS YOUR MINI “MAGIC SHOP.”

Affirmation

“I train my mind, open my heart, and walk the path of love. The real magic is already within me.”

Reflection Question

Where in your life could you soften the body, release a thought, open the heart, or set a loving intention?

Learn More: blissbreaks.com

