



The Magic Page Technique [V4]

Be aware that the technique you are about to be exposed to could be life changing, something you have never done, never experienced before.

You may not notice this as of immediate value because you have not paid a financial cost for this information, but know that you are receiving a free version of a paid product that will not remain free, and from different sources and authors, has not been free.

- **What is The Magic Page?**

The Magic Page is a technique breaks you out of the feeling of stuckness, mental fatigue, tiredness that keeps you from a creative state of mind.

- **Why do I want The Magic Page?**

To feel creative and activate your interest, whether that be music, art, dance..

- **Who has used this?**

Millions of people have used this technique to overcome the stuckness that held them back from fully pursuing their creative aspirations. Many of them became highly successful in the previous generations.

Prep:

- Turn off your devices.
- Clear some space.
- Get three pages of paper to write on.

The Technique:

The technique is as follows, what you are going to do is write spontaneously, without thinking about what you are going to write, moving the pen until you have filled three pages.

This is easier said than done, as you are not going to write the way you normally free-write.

The method itself is not hard to do, what is hard to do is choosing to follow these instructions to the letter without knowing what the results will be. You think you know the results because you have engaged in similar activities in the past, but you do not know, you have never tried this.

You aren't going to wait for thoughts to come, you aren't going to try to select which thoughts you should write. You aren't going to try to write from 'your voice'. If you think about what to say, you are not using this technique.

You're going to just start writing words on to the page, and don't stop and whatever comes onto the page, just keep writing.

Don't think of what to write, just put words down without thinking.



I usually start with something like *'I don't know what I'm writing but I'm writing and I am writing and I don't know what I'm doing and also'* and just keep adding *'ands'* and *'buts'*.



Often I will see people stop to think about what they want to write, even after hearing these instructions. They want to write something beautiful.

They want to create something beautiful.

This is not the time for that.

We are not creating art. We are not creating something that we will be showing to anyone.

This is not something that you will be showing to someone so that they can tell you, "Good Job."

Instead, this process is simply an exercise of the mind to achieve results.

The proper application of this technique can be life-changing. This is not a one time process like other things in life in which you spend effort to make something one time, such as when you expend the time to create a single painting or to go on a trip.

If applied properly, this is a process to create an effortlessness so that you are creating all the time.

There is no special kind of person needed for this method and there is no special skill to it.

This is a simple formula which causes results, it builds momentum that carries a person, giving them energy for weeks and weeks.

The Experience

To do this feels hard, it also feels relieving and liberating and freeing.

What I experience when I write a magic page is I feel tension and resistance in my mind and in my hands, it feels painful to make my hand move as if I'm fighting something, and as I write against that feeling of resistance, it grows and grows, it feels like its trying to paralyze my arms and that it's going to freeze my whole body.

If you can observe the voices of the doubt as you engage in this practice, it is those voices you can capture down onto the page,

you can capture your thoughts and feelings attempting to prevent you from doing this exercise.

On paper this can often look something like,

'You can't do this, you're not doing it right, what are you doing, this is stupid, why are you even doing this, why are you even still trying, don't you know that this doesn't matter, this is a waste of time, I don't want to do this, I hate this, I hate you, why are you doing this to me, just give up, you aren't worth it, whatever you're trying to do this isn't worth it'

You can start transcribing this voice of critique onto the page as you write.

During this process, I keep writing at the same, consistent speed.

After a little while, I feel the resistance break, and feelings open, a renewal of mental energy floods in, and thoughts start to really flow and become fluid.

Once this happens, there's a lot to spill out, usually a lot more than three pages, but three will suffice for this practice.

The Break

After you have completed this exercise despite the feeling of resistance, the feeling of resistance will break. When it does, you will experience a creative flow.

However, it is later in the days and weeks that you will spontaneously experience natural creative flows, allowing you to pursue creative or inspired passions. For some this can be dancing, even sports, activities of flow that you personally love and enjoy but have a hard time allowing yourself to pursue.

Why This Process Works

You understand that actions have ripple effects.

You can see immediate results of some actions, if you drop a ball it will land on the ground.

There are actions taken in this moment which have future results in the next moment which you cannot see.

These results are invisible to you, and because of this your mind does not create a correlation between these causes and effects.

There are methods which achieve unseen, invisible results.

These results are invisible, and yet techniques such as these work consistently, demonstrably, measurably, and to a great extent, whether or not you see their pattern or believe that they work.

They work regardless of your awareness or belief in them.

As such, this technique is called "The Magic Page", to the practitioner, the results are magical and profound.

The Proof in Itself

The pages that you are reading were effortlessly created through the application of the technique in The Magic Page. There are ways to work with The Magic Pages that allow the process of creation to intuitively flow out into creating complete works.

The 80/20 Rule

The author applied the 80/20 rule to life and information to arrive at finding this technique.

Years of searching and self-development were pursued in order to find the answer of how the mind could be practically and actively be made use of.

This technique was no secret, available to millions and millions, but it was the author who had not been ready to try and apply it.

In the same way, this technique is now no secret to you, it can be ignored and forgotten, but it will work if it is tried and applied.

It is the role as the author to encourage you to ask what the cost is to take the risk to unlock your creativity,
and what the cost is of your future life without your totally unlocked creative state.

The Challenge

The difficulty of this technique is the threat of what negative comments we might make to ourselves if we were to find out what we truly think.

The main true reason that we are tired and not creative is actually that we are expending energy in holding ourselves back from what we think under the surface.

In this sense, we normally live untruthfully with ourselves. There is a disconnect between what we want to think and feel, how we think we should think and feel, and what we actually think and feel.

The reason we have moments of great creativity actually seems less related to our energy levels,

and more related to moments of increased self-esteem and confidence,
which thus reduces the fear of being with oneself.

In the process of writing The Magic Page, fear is dissolved as negative thoughts are "captured" onto The Magic Pages.

This causes those thoughts to lose power in our conscious mind.

Rather than the person being stuck for fear of thoughts, it is instead those thoughts which become stuck and imprisoned on the page.

As these pages are discarded, such thoughts are destroyed, never to be perpetuated into this world.



It is recommended to address negative thoughts which appear on pages and counter them with a positive statement written three times.

The Next Step

There is no next step or anything additional you have to do. You've already taken the step that will get you back into creative flows by doing the magic pages. After some time, you're going to experience these creative flows in your days and nights. Good job!

The next step is to do some nice things for yourself, go on some walks and do some self-care.

Repeat this magic page exercise once a day for three days to get your flows operational.

If you can do this, then after your accomplishment,

write a contract with yourself that you will continue the practice for the next three weeks, remember to sign and date your contract.

The contract can be as simple as,

"I, James, am making a contract with myself to honor my creative growth and commitment to my own personal transformation as I grow in these next few weeks,

Signed _____ Date _____ "

You can get creative with this and say whatever words are meaningful to you.

Congratulations on choosing yourself and moving into possibility!

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