

MAGIC HOUR

TIME *for* INFINITY

Dear Magic Human,

Welcome to The Love Box from Club MagicHour. We have chosen to share a practice with you that will bring you more authentic communication with those you love--and even those you work with. Dr.'s Gay & Katie Hendricks have 40 years experience in bringing couples and families closer, and their work is still the easiest & best we've come across when it comes to being light-hearted & most effective.

Your video link to watch this Magic Hour session is in your inbox (please let us know if you didn't receive it at Hello@ClubMagicHour.com), this is a supplement in case you want to take it with you & don't have access to the video!

"The art of being in relationship and having a good time is really the same as just tossing a balloon back and forth." -Katie Hendricks

If you and your partner are having a moment of struggle with communication, or simply crave deeper intimacy, grab a balloon, ball, a hacky sack, or even a teddy bear.

Pick which partner will be the first one to speak, and then begin. It can be as simple as something in your body that is bugging you or something that happened at work that day.

Bring something up that's present for you (it doesn't need to be about your relationship), then toss the balloon back to your partner, who will then keep the flow of communication going by asking 3 key questions (but not trying to fix it! Just listen :))

The purpose of this exercise is to understand how to listen and toss questions and answers in a more light hearted way--Gay & Katie call this "the game." The point is that it gets you and your partner, or even a child, back into a "flow of conversation" where there is authentic communication--which is what makes a friendship or relationship vital and fun.

The 3 questions you want to remember are:

Tell me more?

Then what happened?

What interested you most about that?

How to:

Your partner holds the balloon & says something that is true & going on for them like, "I had a tough day at work" then tosses the balloon to you.

You then ask: "Tell me more?" (again, don't try to fix it, stick to the script :)! & toss the balloon back to them.

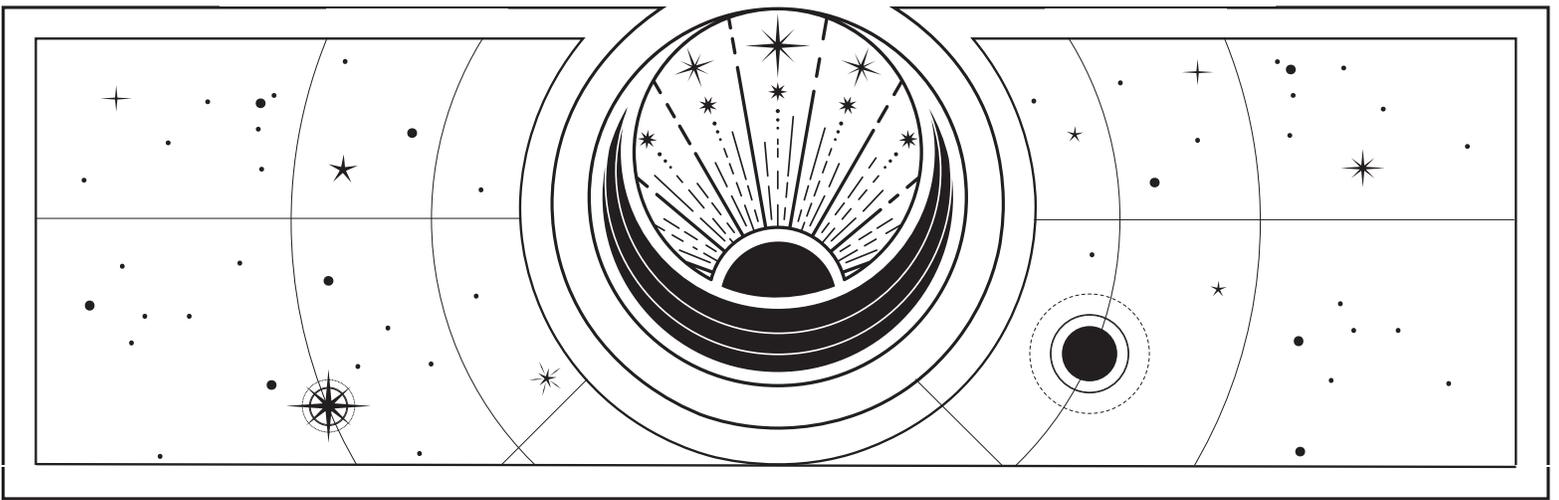
Your partner speaks, while holding the balloon, then they are done, they toss it back to you, then you ask, "Then what happened?"

Your partner speaks then tosses it back to you. You ask the final question: "What interests you most about that?"

You may also engage in a free-form style, where you throw the balloon to and fro as you please. You are free to express yourself however you want, and just remember that the holder of the balloon is the one is speaking.

The flow of giving and receiving in this game sheds light on the overall flow of giving and receiving between you and your partner. For example, if you notice that you are hogging the balloon, consider: where else in your relationship are you being less than generous?

Allow the exercise to illuminate aspects of your relationship that you may have been unaware of. It's not always easy to look at yourself, but we've found that if you call it a "game" and use this exercise to play in the realm of communication, you will find more flow and intimacy in your relationship.



The Seven Discoveries

THE FIRST PRINCIPLE

Relationships thrive when each partner commits to total union with the other person and total creative expression as an individual.

THE SECOND PRINCIPLE

Relationships thrive when each partner learns from every relationship interaction, especially the stressful ones, instead of running programmed defensive moves. Some popular defensive moves: criticizing, listening-filters, lying, sulking in silence, making noisy uproars, numbing out with food, drink, smoke, TV and other habit-forming drugs.

THE THIRD PRINCIPLE

Relationships thrive in a climate of absolute honesty – no hidden feelings or withheld truths. All feelings – anger, sadness, joy, fear, sexual attraction – are okay to discuss with the other person, and each person is able to listen, free of listening-filters such as listening-to-find-fault and listening-to-fix.

THE FOURTH PRINCIPLE

Relationships thrive when people keep their agreements impeccably. It doesn't matter whether an agreement seems trivial ("Sorry, honey, but I forgot to take the trash out.") or significant ("Sorry, honey, but I slept with your twin sister and the maid of honor the night before our wedding.") There is no such thing as a minor lapse of integrity, according to Tom Peters, and our experience has confirmed this radical notion.

THE FIFTH PRINCIPLE

People thrive in a climate of 100% accountability, where nobody blames or claims victim status. 100% accountability is the shift from "I was wronged" to "I take full responsibility for events occurring the way they did." From this empowered position, problems can be solved quickly, because time and energy are not squandered in a fruitless attempt to find fault.

THE SIXTH PRINCIPLE

Relationships flourish when partners appreciate each other liberally. People grow more beautiful through our appreciation of them. Relationships take a quantum leap when each partner practices appreciation of the other person as a daily art form.

THE SEVENTH PRINCIPLE

Everything can be resolved with willingness and love. Love is the ultimate healer and liberator, because only love is vast enough to embrace its opposite. In other words, you can love yourself even when you hate yourself, and the hate will melt in the larger presence of love. Whatever emerges in a close relationship is the next thing that needs to be loved.

THE FIRST MAGIC MOVE

Make a heartfelt commitment to the other person that you're willing to go beyond all your ego-defenses to fully initiate unity. At the same time, make a commitment to going all the way with your creative expression. Then observe the emergence of your defensive barriers every day. Report them honestly, but don't take them seriously. In fact, ego defenses disappear quickly when you turn them into play.

THE SECOND MAGIC MOVE

Make a heartfelt commitment to learning something new from every relationship interaction. Notice your defensive moves as they emerge, and gradually transplant wondering and truth-speaking in place of defensiveness.

THE THIRD MAGIC MOVE

Notice your feelings and thoughts, and speak about them to your partner. If there are things you've done or feelings you're afraid to talk about, make sure to speak about those to your partner. Get familiar with your habitual listening-filters, and practice summarizing what the other person is saying, with no distortion, an acknowledging the feelings embedded in communication.

THE FOURTH MAGIC MOVE

Monitor each agreement you make very carefully, making sure you want to make it in the first place. Once you make an agreement, fulfill it impeccably or change it consciously by communicating with the relevant person.

THE FIFTH MAGIC MOVE

In any situation, claim responsibility for having created it the way it occurred. Wonder about how and why you might have wanted it to occur that way. Speak in empowered language rather than victim language ("I choose to go to the dentist" rather than "I have to go to the dentist." "I take responsibility for eating so that I have a healthy body," rather than "Why did you buy that huge bucket of buttered popcorn? You know I can't resist it.")

THE SIXTH MAGIC MOVE

Invent new ways to appreciate the other person every day, and speak appreciations frequently. Live inside questions such as, "What is my partner's true essence and how can I invite it forth?" And "What could I appreciate about my partner at this moment?"

THE SEVENTH MAGIC MOVE

Love as much as you can from wherever you are.