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# **MAGICAL POSSIBILITIES:**

The Art Of Dissolving  
Unwanted Reality

By Amyra Mah

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# Introduction

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At a time when the world is consuming manifestation products like hot cakes, nobody is talking about the unwanted things we have in our lives. We are taught to focus only on what we want - for fear that if we focus on the things we don't want we would somehow attract more of the unwanted.

But there is power in the unwanted things. You only have to think about the undesirables in your life to sense that there's a great deal of power invested inside them, whether through conscious choice or otherwise. This power you have invested must be taken back, for you to change your reality. And there is a way to do it that will leave you exhilarated and expanded.

Some of the ideas in this book go against conventional ideas and teachings about reality creation. They may share similarities with some of the more unorthodox teachings, but no other sources present them the way that I do in this book. There are plenty of materials available on the subject of manifestation, law of attraction, deliberate creation, or other terms used to refer to the same subject, i.e. reality creation. This book will appeal to those who are looking for a fresh, innovative approach to reality creation.

It will particularly have resonance to those who already have an interest in exploring human consciousness, or some interest in the developments in quantum physics. In other words, those with an interest in exploring the spiritual-energetic realms of existence, beyond the realms of our physical senses.

How would you like to powerfully turn your life around? In a way that doesn't involve directly manipulating people and circumstances? A way that is *magic*, but rather than engaging the services of others to do your bid, you are the magician? A way that becomes effortless with practice, but is not a shortcut since it deepens your self-awareness, and awakens you to your divine self and your True Spiritual Powers:

That far from being stuck in a cruel world where people are untrustworthy, out to get you, betray you, hurt you, reject you, do bad things to do – and it is so unjust and you're just a victim in this small, restricted, cruel world – you are a powerful creator, literally.

The contents of this book can take you to that magical place.

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# Chapter 1 Magic and Your True Creative Power

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**Magic** (n.) 1. power that allows people to do impossible things. 2. an extraordinary power or influence seemingly from a supernatural source. 3. the use of means believed to have supernatural power over natural forces. 4. special power, influence, or skill. (adj.) 1. having the power to make impossible things happen : having supernatural power. 2. involving the skill of doing tricks that seem to be impossible. 3. capable of producing good results very easily.

Magic. People want it, covet it ( even if secretly).

If you think about it, what do people generally strive for? At the end of the day, people want to alleviate their suffering from having a perceived lack of something, whether it is love, money, health, respect, understanding or peace of mind. To remove, get rid of, replace with something else the circumstances, events and situations that are undesirable in their lives.

Suppose there is a machine that picks up and records all of the thoughts projected by everyone around the world, and calculates the average set of thoughts that people are preoccupied with on a daily basis. They would consist of these preoccupations:

How do I get rid of this debt?

How do I manifest more money to do the things I want?

How do I meet a wonderful partner and get married?

How do I get rid of this habit?

How can I get my family to approve of my choices?

What can I do to make things easier at work?

How do I get rid of this chronic illness?

What can I do to eradicate this pain?

How do I get this person to love me?

How can I stop feeling like this?

What can I do to sell more, have more success, be more famous?

How can I be more confident, prettier, smarter, thinner, sexier?

These thoughts stem from wanting something other than what we have: a strained relationship, money problems, difficulties at work, illnesses, mediocre success, low self-esteem, too many responsibilities, etc. Every day, people everywhere in the world struggle with unwanted realities.

You might say, “Well, there are those who are pretty happy with what they’ve got and just want more to enhance their happiness.” You might point out an example of those who keep striving to have more money, even when they already have a luxurious lifestyle; that it’s not about alleviating suffering but to enhance the good they already have.

This may seem true on the surface, but the bottom line is that they still feel lacking despite what they already have. If they exhibit behaviours of being greedy for money, it is likely that they’re suffering from feelings of insecurity and unsafeness – and the money is a means to get rid of those feelings. Even those whom we’re taught to judge favourably as “responsible individuals” who ‘simply’ want to provide for their families, the bottom line is that they still see their lot as lacking.

It is normal to feel this way. I am not about to make a moral judgement and talk you out of wanting more. Instead, I am going to help you achieve just that – but in a way that doesn’t perpetuate the sickness of not-enoughness, which is behind most dysfunctions in societies.

Having worked with many individuals with addiction problems, I have a deep understanding of the complexities of addictive behaviours and their psychological motivations. The strive for *More! Right now! Instantly!* is what leads one progressively into the tight, narrow cell of addiction in which so many find themselves trapped. In trying to get more of what we think we want, we inevitably end up in a limited place where we stand to lose even what we had to begin with.

It can seem like a cruel joke. But we’re so prone to ending up there because we tend to focus our efforts to fix and control our realities in the wrong place: the physical level of cause-and-effect. At this level, we have limited capacities to really change reality.

In many ways, we function and operate in the physical world like programmed robots. We’re locked in a daze – not really aware of our thoughts and actions, and instead reacting through an automatic response; hence, perpetuating the same-old, same-old within a well-oiled mechanism. Movies like *The Matrix* and *The Truman Show* which depict how we are asleep and trapped in a world of illusion, and ‘conscious’ films aimed at waking up the masses to our true, spiritual nature, reflect an era of growing discontent at how we’re functioning as societies and personally.

Deep down, we can sense that there is more to life than *this*. Like the main characters in the aforementioned movies, we don’t know what we’re searching for but we know that an answer, a door out, exists somewhere.

Like many people, you may have grown tired of trying to fix and control your external circumstances – and not really having any power to accomplish the results you want. Often, the changes we’re able to create through what we do in our outside world are limited, either in scope or duration, or both. It can feel tedious, and life can seem meaningless, as though coping with and trying to get on top of problems is all it is about.

As kids, we were magical beings. We dwelled simultaneously in the otherworldly dimensions as well as the physical world. We believed in things like fairies, mermaids, elves, gnomes - and the power of the unseen force which is limited only by our imagination. Our perception then was far more expanded than that of most adults. We operated in a world of greater possibilities, where we saw more possibilities, and hence, more magical things showed up for us.

As we grew up, we were told to “get real”- a process of limiting us within a limited world of limited possibilities. The adults did this to protect us (or so they thought) – by *containing* us, within a secure, boundaried space, and might I say, *prematurely* curbing our imaginative activities of pushing the boundaries of what is ‘real’. In other words, by making our world smaller. It is within this small world that we have been conditioned to function – a world where everything is predictable, with predictable cause-and-effect outcomes, and so we learned to see our power limited to only in the physical world.

Thus, growing up can feel as if the spark is gone, and in a way, it quite literally is. What has been stripped away is Magic. Not just our sense of magic in the world we live in, but our magical powers. Who we truly are is magical beings who possess the power to create the greatest reality in our physical world. Everything that makes us happy, abundant, successful and harmonious is within our power to manifest.

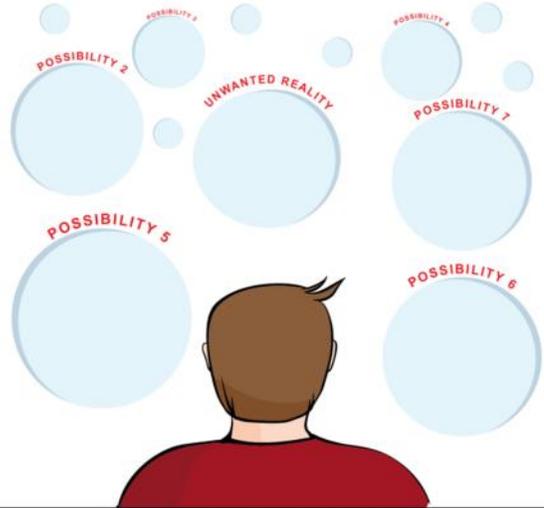
The key to reconnecting, accessing and harnessing this power is to redirect your focus away from the external world where you’re used to investing all your power into trying to fix and control (but leading only to more pain), to the place beyond the physical world. I will guide you to this, and much more, in the rest of the book.

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**CLOSED-UP PERSPECTIVE**



**ELEVATED PERSPECTIVE**



**DIAGRAM B: CLOSED-UP PERSPECTIVE VS ELEVATED PERSPECTIVE**

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# *Chapter 5 A Way Out: Dissolving Reality*

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As I stated in my Introduction, too much emphasis has been placed on focusing on what we want to manifest and not enough on taking our power back from the unwanted reality. Without doing the latter, there is little power to manifest what we want, and this is why a lot of times trying to manifest a reality can feel like hard work.

Most teachings for reality creation is about putting energy into what you want, so that it replaces what you don't want. They teach you that by focusing on what you want, you won't focus on what you don't want at the same time. But this isn't true; even as you're focusing on what you want, if you have a lot of Power invested in the unwanted reality, your attention will keep getting drawn back to it, and hence, they cancel out one another and no change in the reality is experienced.

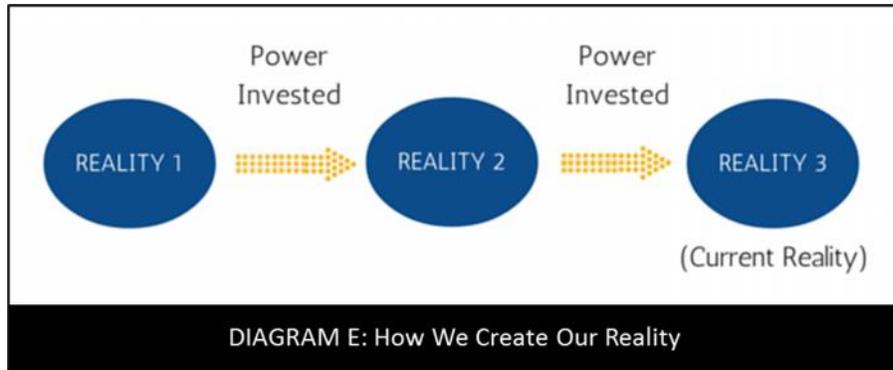
I think this also reflects a general over-emphasis on "doing more" in the personal growth industry, particularly in the positive thinking and peak performance segments. We're told to utilise our brains more, take more actions, set more goals, plan our lives 5-10 years into the future, specify to the minutest details what we want to manifest, etc.

But what we actually need is to do less, since it is by trying to do more that we've taken ourselves further away from our place of power. In truth, there is actually very little that we have to do to drop back into a place of power, since we innately have all the wisdom we need to manifest a joyous life. If it feels as if the reality you want to create is miles away from where you are, it's only because you have been doing too much and so the solution is to cut back on the doing.

In our modern world, most people suffer from an over-activity of the mind, so when it comes to reality creation, when we try to do more with our over-used, exhausted minds, there is little real power behind our efforts.

Therefore, reality creation should not start by focusing on what we want but by taking back our power and dissolving the unwanted reality. As you dissolve the reality, it will naturally be replaced by other versions of reality that are aligned with your true desires.

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As you can see in the diagram above, our reactions to the events in the past contribute to the creation of future events. This is why we often find ourselves going from one similar reality to another. The details of the reality may differ but the themes you're dealing with are all too familiar. The feelings they trigger in you are the same. You may wonder why the same thing keeps happening to you repeatedly. (TRUNCATED)

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# *Chapter 4 True Power: The Space of Infinite Possibilities*

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I used to love swimming when I was a kid. It was one of the activities I did to escape from the mundane world. I loved staying for as long as possible underwater, and imagining that I was in a different world. I felt free, as if the shackles that bound me to the physical world did not exist, and I was able to glide sensuously through the water, unrestrained by the laws that governed the physical world.

Every now and then, I would propel myself out of the water by pushing my feet against the bottom of the swimming pool. Each time I shot through the surface, I would see what greeted me in the world outside the water. Sometimes I would notice a person who wasn't there before had now shown up; or someone had moved on or something had been removed from the picture. It delighted me to see the changes, as I couldn't predict how the picture would look each time.

But the moments I savoured the most were when I was in the water, just before I launched myself out of the water. Here, my surroundings were fluid, amorphous, unstructured, unboundaried... yet safe. I felt my body loose and free – as if I was swimming in possibilities. There was nothing wanting, lacking; I was content and happy – ecstatically happy. I knew that what I would see outside the water, in the 'real' world, was always potentially different, and I enjoyed not knowing right the second before I opened my eyes to this reality.

To me, this is True Power. We often associate having power with having manifested something we want, but the high that comes with that usually lasts only a short time. Our real power lies in knowing we have the power to create anything – not conceptually, but a deep knowingness. Holding that creative power, you are poised at the cusp of infinite possibilities, without trying to manifest a specific outcome but savouring the power you have to manifest any of the infinite possibilities before you. You know you can “wave your magic wand” and make anything happen, but you don't need or want to – because the feeling of being in possession of that raw, creative power is superior and you savour having the power to create out of infinite possibilities.

It is in this space that we are in our most powerful state, as we're in the field of all quantum possibilities. I call this The Space of Infinite Possibilities. In this space, you are full of love, fluid, open and expansive. You're not driven to hoard, be greedy or impatient, because there is no sense of lacking in anything. You want to give, and you feel you have unlimited love to give to others.

We know that certain activities, carried out in certain places, (depending on your proclivities) can maximise our chances of getting into this powerful state. It has been likened to certain states induced by taking drugs. I believe, however, that the drug-induced states generally pale in comparison to being in one of these states naturally. Being in nature, exercising, seeing a beautiful vista, listening to certain music, being with certain people, creative activities... these are some of the things that can promote being in The Space of Infinite Possibilities.

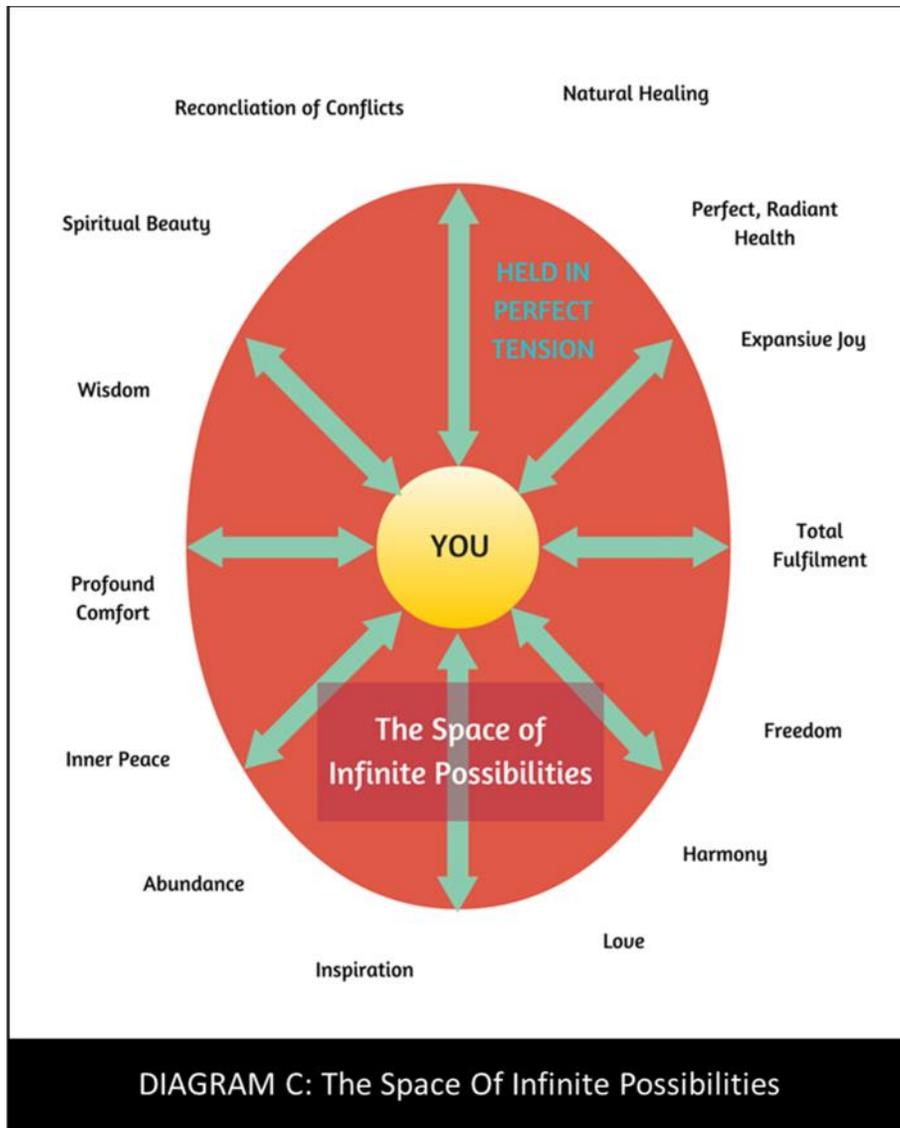
At the end of the day, it is an inner experience, even if something outside of us has helped trigger it. That power you feel when you're in this state is inside you. Again, it indicates that the power doesn't lie in the outside world. You know that true power lies somewhere inside of you: that power you possess to create anything out of an infinite number of possibilities. This is the same power that has created everything in your life. It is found inside you. Therefore, to get into this state at will, you are to focus your attention inside, rather than outside, of you.

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Centering yourself, you return to The Space of Infinite Possibilities. In this space, you are in your full power. From where you stand, there is an infinite number of possible realities, outcomes or scenarios that can be manifested. Here, you are held in "perfect tension" in all directions – not overfocused on one stream of creative potential but having equal access to all. Here, you're in a state of perfection - everything flows; your body is in optimum self-healing mode; you feel free, inspired, expansive; you're in a state of abundance and fulfillment.

When this is your default state – meaning you are in The Space of Infinite Possibilities most of the time as you go about with your daily life – you're in flow, everything works, good things come to you effortlessly, you feel blessed and lucky, and you perform at your best ... because you are in magical territory.

Diagram C illustrates being in this state. Of course, the true picture doesn't actually look like this – it is way more complex than I can fully understand, let alone create a diagram for - but this is adequate for our purpose of understanding the concept of *centering* as an access to our true power.



This concludes the preview of the book.

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