

THE MAGIC HOUR

VISIONING THE YEAR AHEAD

WELCOME TO THE MAGIC HOUR

Welcome to The Magic Hour.

My name is Nikki, and I'm so honoured to be guiding you through this 3 week container. The Magic Hour was created as a space for you as a RESET a PAUSE —to your body, mind and spirit. A 21-Day Reset to awaken your Inner Truth and the quiet whispers that so often get drowned out by the noise of the world. Together we create the conditions to actively listen to what is deeply calling to you in this now moment. This is a sacred invitation to slow down, release what no longer serves you and return to yourself and your magic.

I invite you to experience this time together like a mini retreat for self-care and love. For 21 consecutive days we will come together as a collective group through a daily 30min morning ritual to restore our nervous systems and awake the the creative alchemy that we all hold in our inner wisdom through the whispers of our heart.

We will ground in to a daily guided meditation, light movement, reflective journaling and powerful intention setting that will help align, awaken, and activate your inner magic leaving you feeling grounded, clear, and connected — to yourself, your truth, and the deeper desires of your heart to return to what matters most to you. This time together isn't about DOING MORE or adding one more thing - its about slowing down, unlearning our beliefs and habits that no longer serve us and creating space for PRESENCE, trust and surrender.

I also invite you treat this time like an experiment to form data... I LOVE this and live in this way. If you are someone who likes feedback or 'proof' it works then allow this 3week experience to be like a science experiment. Typically we have too many variables and not enough or even ONE constant. Something needs to be constant - too many variables... no reliable data can form. In any experiment, a constant variable is essential to measure the true effect of change. Without a constant, the experiment becomes noise — but with one, patterns and truths begin to reveal themselves.

Setting The Space

Before we begin, let's take a few moments to create a space that feels sacred, nurturing, and fully yours - free of clutter and space to breathe. Find a corner, a nook, or even a small section in your home for your daily practice — anywhere that allows you to feel safe, calm, and undisturbed. This is your container, your little sanctuary and over our time together the energy will become very alive. This space may also be in your bed - if that is the case, I do invite you to make sure that your room has been fully cleaned out and bedside tables have been de-cluttered. Your sleep/rest and dream space really deserves a clean, thoughtful space and so does any other space where you will practice for our time together and moving forward. I do really encourage you all to find a small or big (I have many of them!) space in your home that you can dedicate to be your personal sanctuary for reflection, meditation, dreaming and creative alchemy.

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In your space you can consider to bring in things that support you: a cozy blanket, a cushion, your journal, your favourite pens and any extra art supplies - I love to add in water colouring to my mornings some days. If you have crystals, place them nearby to anchor energy or intentions.

Maybe choose a small object that holds meaning for you — a stone from a special place, a photograph, a handwritten note, or something that carries your intention or special memory within it. I also invite you to print out a photo of one of your Happy Places, Inner Resource or sometimes what I refer to as our heart pockets - we will use this together in our meditations. Essentially, it's a place that you feel calm, safe and inspired - it could be a special place, a person, an animal, sunset or place in nature.

Begin by adjusting your environment. Look to see if you are able to dim the lights, light a candle, or place a small lamp nearby to create a soft, inviting glow. If you have a favourite scent — a drop of essential oil, a stick of incense, or a natural candle - scents can be a gentle invitation for your body and mind to slow down.

If you don't already own one I really encourage you to purchase an old school alarm clock - this allows us to fully disconnect from our phones and not have the temptation of turning it on in the morning. For evening routine I suggest the practice of turning your phone on airplane mode. This is your time. Fully yours. Let the world pause for a moment so you can show up completely for yourself. If you are using your phone for the zoom calls in the morning - be really, really intentional about when you turn it on in the morning. If you intend on using your computer for the calls, please make sure to turn off all of the windows and ding dongs so you can not be interrupted for your morning practice.



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Always prepare your space the night before so there is a sweet thoughtful ease in the morning.

Evening Preparation (Night Before)

1. Set Your Intention for Rest and Reflection

- Take a moment to whisper or write down: "I am creating a safe, nurturing container for myself tonight. I give myself full permission for my mind, body and spirit to rest, reset, and prepare for the morning magic hour of tomorrow."

2. Unplug from Screens

- Turn off notifications, put your phone on "Do Not Disturb/Airplane Mode" or consider using an alarm clock and placing your phone in another room.
- Dim the lights in your home 30-60mins before bed to signal to your body that it's time to wind down.

3. Light Your Sacred Space

- Choose a small corner, nightstand, or tabletop to become your sacred Magic Hour space.
- Add a candle, crystals, flowers, or a meaningful object that evokes calm and inspiration.

4. Gentle Body Reset

- Move your body lightly: stretch, shake out tension, or do 5-10 slow breaths before bed.
- Optional: Take a warm shower or bath to signal the transition from day to night.

5. Prepare Your Journaling Space

- Place your journal and pen near your sacred items.
- Write a few lines reflecting on your day: gratitude, insights, or anything lingering in your mind.



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Morning Setup (Magic Hour)

1. Wake Slowly

- Resist rushing. Take 3–5 deep breaths as you wake doing a full body scan, noticing the energy in your body.
- Stretch gently, wiggle your fingers and toes, and invite presence into your morning.

2. Light & Space

- Open a window or blinds to let in natural light if possible.
- Light your candle from last night's sacred space to anchor your energy.

3. Technology Pause

- Keep your phone (no emails, text, social media) away until after your Magic Hour. This hour is sacred — for you, your intentions, and your creativity.

4. Grounding & Centering

- Sit comfortably, close your eyes, and take 5–10 deep breaths before we meet.
- Box Breathing: Inhale 4 counts → Hold 4 counts → Exhale 4 counts → Hold 4 counts. Repeat 3–5 cycles. If you don't like the holding of the breathe just do Full Body Breathing with 4counts. Inhale 4 counts → → Exhale 4 counts Repeat 3–5 cycles.
- Feel the energy of your body, your heartbeat, and the space around you and write 1 thing you are grateful for in your journal. We will be sharing daily gratitude in our live calls and in our daily private group chat - it is a beautiful collective practice.

5. Morning Journaling & Intention

- Upon Waking ask the Dreamer:
 - What messages came to you in the dream space? Take a few moments to journal about any dreams or visions from last night. Don't overanalyze—simply observe. Record any details that stand out: colours, numbers, symbols, archetypes, or recurring themes. Let your intuition guide you as you capture the whispers of your subconscious.

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Ask yourself guiding daily questions:

- Today, I am..
- Today I choose...
- Today I am grateful for...
- Take a full body breathe and scan the body head to toe - What do you notice? What is present for you? Do you have any particular body sensations, thoughts, emotions? Write them down.
- What truth within me wants to be seen and expressed?
- What do you currently value (care deeply about) and struggle to embody actually living it. Be honest. How are you nurturing it? What is standing in your way?
- What does thriving look like today, what do I need to honour, acknowledge to lead with ease and presence for my mind, body, spirit.
- Name your magic.

Daily Integration

- Keep your Magic Hour consistent, ideally at the same time each day whether that is joining us live or listening to the recording everyday.
- Commit to making space around the 30min ritual - either before or after our time together. This allows for integration to deepen the practice and listen even more deeply to the whispers of the hearts truth. The magic of this hour is consistency + intention. Even 20-30 minutes daily can feel like a full reset — mentally, emotionally, and creatively so treat this time as a sacred non-negotiable.



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💡 Visioning the Year Ahead' Renewal, Vision & Soul Alignment — A New Year Reset.

January carries a very specific kind of energy — the quiet hum of possibility. Not the loud, pressured "New Year, New You" energy the world pushes... but the softer, truer beginning that happens when you pause, breathe, and intentionally choose the way you want to live and tune into 'who you want to be'.

The start of a new year is an energetic threshold — a doorway.

It invites you to reflect with honesty, stand present with clarity, and look forward with devotion.

It's not about hustle, resolutions, or perfection.

It's about remembering who you are and choosing what you want to grow more of.

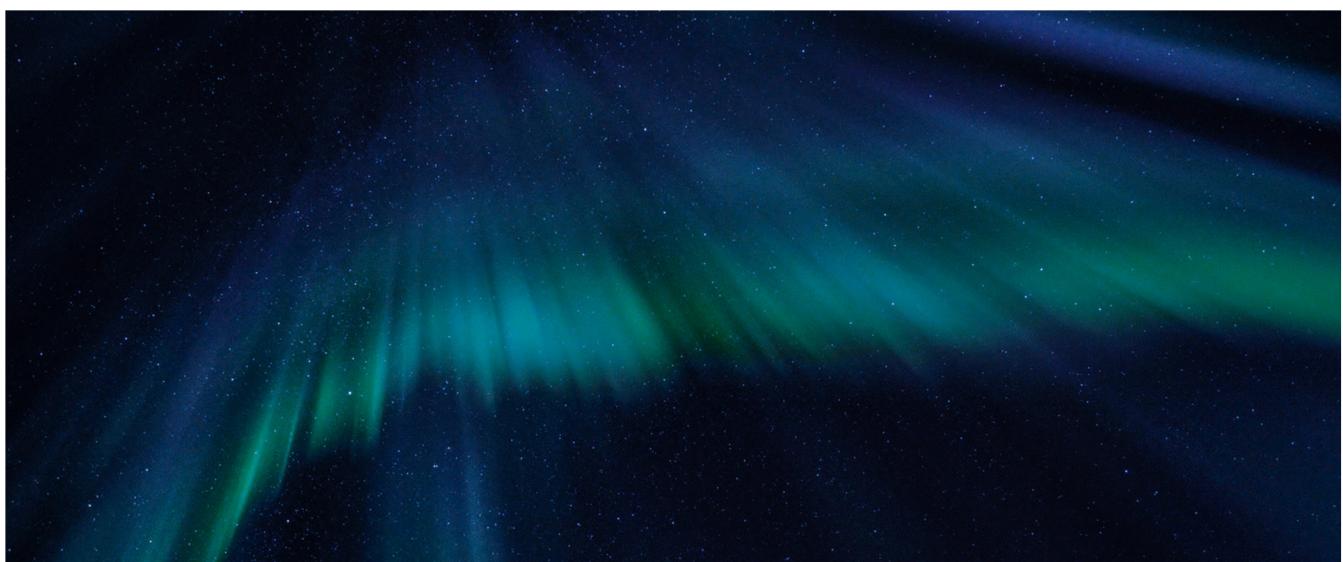
Themes Include:

- Fresh starts & clean slates
- Inner visioning & soul-led clarity
- Embodiment of new possibilities
- Purpose, intention & aligned action
- Welcoming a new chapter with grounding, not pressure

This makes January the perfect backdrop for a sacred morning ritual — something quiet, intentional, and heart-led.

A space to map your year from the inside out.

A place to dream without forcing, to listen without rushing, and to set intentions that feel honest, sustainable, and deeply aligned.



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OUTPUT before INPUT

Today, we commit to output before input. I will share a short video that shares more about the Human Behaviour and how it always follows the law of least effort.

For an action to become habit, it must be clearly defined as easy and satisfying.

"Our habit must become effortless.

It must be pleasurable.

It must be fun.

We start small.

We narrow our attention to the most attainable goal, to make an apple pie from scratch. We must first invent the universe.

We focus on simply picking up the pencil and reward ourselves for that achievement.

To be easy is to be free from resistance.

Create an area just for your habit.

This is a small commitment, but will demand extreme dedication.

Stay with it until it sticks, endure and go deeper."



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🟡 The Magic Hour Invitation

As we step into these 21 days together, take a deep breath and feel into the invitation of this container: a sacred pause, a space to reset, reflect, and reconnect with your inner truth.

Over the next three weeks, we are committing to showing up fully — for ourselves, for our magic, and for the whispers of our hearts that often get drowned out by the noise of the world. This is a space for curiosity, for experimentation, and for gentle transformation. Together, we will slow down, release what no longer serves, and create room for clarity, alignment, and creative alchemy to emerge naturally. We are anchoring consistency, presence, and intention so that patterns can reveal themselves, insights can deepen, and your connection to your own wisdom grows stronger each day.

As you move through this experience, remember: you are not doing more — you are BEING more. You are creating a real life living experiment in self-trust, presence, and embodiment. Allow this time to explore, to listen, to dream, and to reclaim your energy, your focus, and your voice. Over these three weeks, may you emerge clearer, lighter, and more connected to your inner guidance, carrying forward the magic and insight into every aspect of your life.

I am awake to my life.

I am dancing with the magic of it all.

You are the alchemist of your own life — creative alchemy lives within you and around you.

Welcome to The Magic Hour.

Love, Nikki

xo

