



Living and Loving from the Heart

Each day we are given choices and many come to us in unexpected delicious ways. When Kat and Wayne invited me to write for Magic Happens, I chose to say YES with a grateful heart.

My name is Lee and as an inspirational writer and thought leader, I want to serve others with words that inspire their day and move their heart into action. I share with those who choose to listen. Every day is a learning experience, teaching us about making choices that will lead us to the 'Best that we can Be'.

To understand the vibration of positive thought, gives me the inspiration to live in a world full of love and excitement, knowing that everything is already here for the taking. We simply stay on the path of creative thinking and allow the magic from deep within our hearts, to flow and carry us along the path of least resistance. Remembering to laugh out loud and smile in the mirror, keeps our focus on the inner beauty, the inner magic we were born with.

For my first article I thought it would be nice for you to get to know me, giving you the choice to read my words and random thoughts. I have no problem speaking of things close to my heart and life as it has unveiled itself to me, and it has been for me, somewhat of a rollercoaster ride leading me to where I am today.

For many years, I forgot why I chose to come back this time and it wasn't until my 50's that the fog began to lift and my vision became clearer. I hit the ground hard on many occasions and seem to '*get hit on the head with a sledge hammer*' before I listened. Notice it is in past-tense.

I am on a never ending pursuit of becoming better every day, learning to appreciate the value of the up and down experiences, as my roller coaster sails through the air. Now when I am caught screaming as the roller coaster ascends the climb, it is not so much out of fear of the unknown, but out of exhilaration that I have the ability to climb as high as I choose and know that I am safe.

I have an amazing family to thank for being patient in my development of betterment. My 'Egyptian Princess' daughter, Tara and her husband Lance, have loved me unconditionally known my greatness even



and when I sometimes forgot.



Mackenzie is my loyal companion healing partner and works with me as I share my energy as a Shambhala Reiki Master Teacher. The first time he jumped up on my healing bed, I smiled. The client was pleasantly surprised and allowed the connection to happen.

He is a very active loving puppy, but when it came to working with energy, he sat very quietly between the legs of our client and guided me to when he felt we had completed our work when he jumped down.

My 'magical' moment came a few years ago when I was gifted with the journey of heart failure. All my life I had an emotional hole in my heart that I was unwilling to acknowledge. Mackenzie came into my life at six weeks old, knowing deep inside I needed him as I was already feeling my life weakening. Every day he would lie at my feet and lick my aching toes and swelling feet. Now in hindsight, I know he was doing healing work even at that tender age. I realized that we had been together before and he would be a driving force to my recovery.

As a survivor of right sided heart failure, I left the hospital and never looked back. Every day I listen to my heart and the messages from the passé of spiritual beings that stay close to me always and I go forth into the world serving others from a place in my happy heart sharing unconditional love and light. I began a business called I Am I Can Self Enrichment Centre, a profound affirmation in and of itself and envision it a place to help others on their never ending magical journey of self love.



I am blessed with amazing friends and revel in the magical connections I make every day! Thank you Wayne and Kat, for inviting me into your world of thriving!

Please visit me at <http://www.iamican.ca> and if you feel the connection join my mailing list for weekly inspirations from my heart to yours or drop me a line and say hello.

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