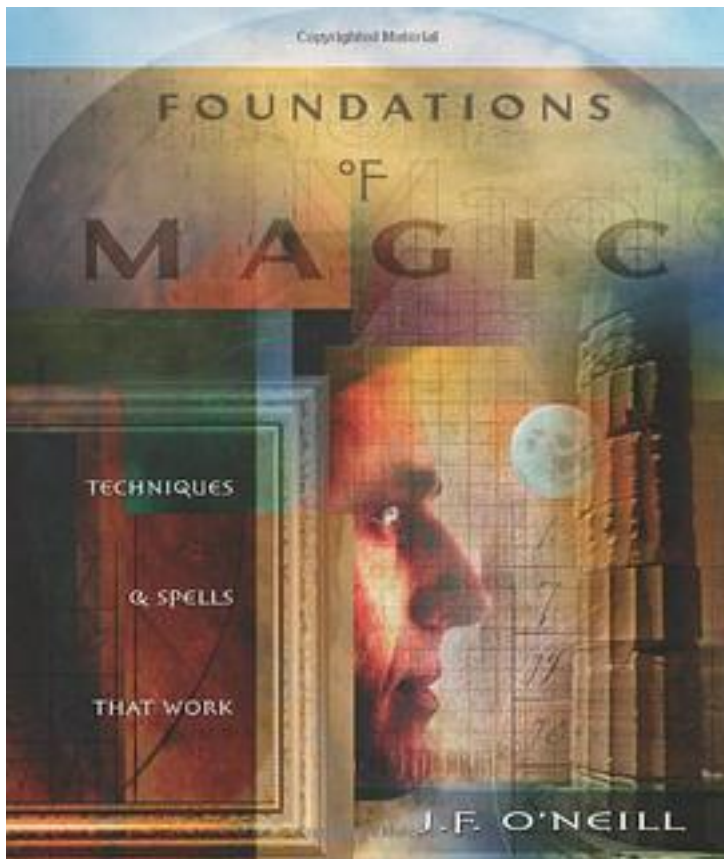


# Foundations of Magic



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Is there a link between psychology and magic? This is a unique beginner's guide to spellcraft that synthesises ceremonial magic and proven psychological techniques to work everyday spells. Without emphasising any school of magic or belief system, this secular spell book is for people of all backgrounds. J. F. O'Neill introduces the basics of spellcraft and explains the psychological preparation needed to work magic. There are

exercises for editing old memories and creating new ones, self-hypnosis, and reaching higher trance states

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