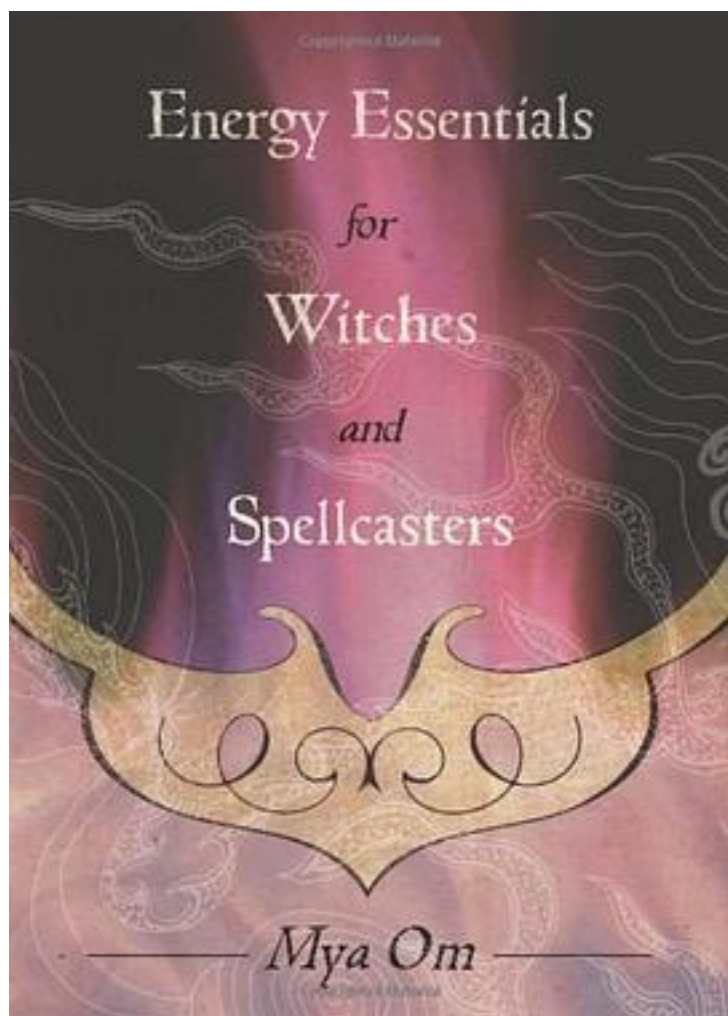


Energy Essentials for Witches and Spellcasters



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著者:Mya Om

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Understanding and mastering energy is the key to successful spellwork. This powerful

introductory handbook teaches witches and other magickal people the fundamentals of how to raise, sense, and direct energy. It offers readers helpful, practical tips on how to rewrite or recast spells so that they work. Sharing colourful stories from her own magickal practice, author Mya Om teaches readers how to harness the energy of the natural world and redirect it to attain their goals. She addresses the main reasons why spells don't work or backfire. This engaging guide is filled with a variety of fun exercises that readers can use to develop their own spellcasting skills quickly and effectively, from learning to sense their own energy to performing mirror magick.

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目录:

[Energy Essentials for Witches and Spellcasters_ 下载链接1](#)

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