



The Magical, Magnificent and Amazing Book of Spells



...enhancing your magical abilities

Carmen Clews



Magic is *Everywhere!*

Magic is all around us, all the time. It's in the stars and the planets we gaze upon when darkness falls. It's in the sunshine and rain blending together to dazzle us with rainbows. It's in the trees, animals, birdsong and yes...**magic is also inside of us!**

You can tap into your magic any time you choose, and it can help you to be happy, healthy, lucky, wise, brave and loving. Magic can help you find good friends, make the best choices, and even do well in your exams. The more magic exercises you practise, the more you'll find magic everywhere! Luck will be on your side, and you'll feel love, gratitude and happiness.



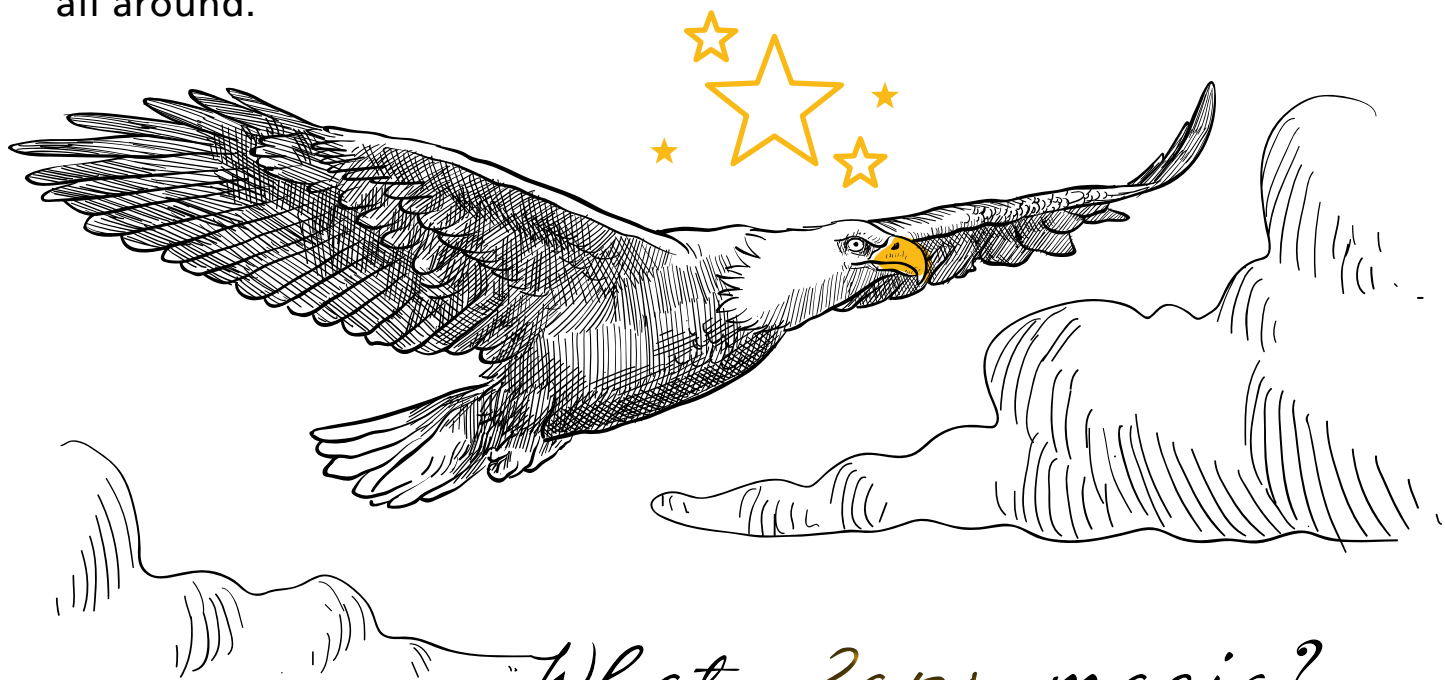
Magic for the highest good of all

The main purpose of practising magic is to bring good things to yourself and others; to support nature and our planet; and to spread love out into the universe. Imagine a world where everyone's magical wishes come true...our earth would be healed and abundant; there would be food and fruit trees everywhere; everyone would be kind to one another; everyone would be healthy and happy; there would be no fighting over money and power; and no-one would put horrid spells on anyone else.

This is all possible, provided you use your magical powers for good, and not for hurting others, nor for owning things you don't really need. Being a sage magician means taking responsibility for your power, being mindful of your intentions, and wise and thoughtful when you perform your magic exercises.

☆ How will you know when the magic is *working*?

You will know the magic is working when you start to receive special signs and messages related to your wishes. And what fun it is when you begin to become aware of them! You notice synchronicities in your life ~ like thinking about someone and then seeing that person the very same day; or wishing for something and then it happens; you might find a white feather; see an eagle or perhaps some other special bird or animal. Always look out on your birthday for a magical gift from nature, like a rainbow or a favourite animal or bird coming to visit you, or a silver lining in the clouds. You only need to look out for it and you will see magic all around.



What *Zaps* magic?

In this magic spell-book you will learn exercises to enhance your magical abilities, and you will also discover the zappers which can zap your magic powers. They come in the guise of zapping words, gossip, toxic poisons and thoughts. The great news is that once you have uncovered a zapper, you can zap them right back!

The secret is that the more spells you do, the stronger your magic powers become. Over time gradually work up to introducing all the spells into your life, then watch yourself become an extremely happy, healthy and powerful magician.



“Every Magician needs a Magic Den”



Although magic can be made at anytime and anywhere, it is most useful for magicians to have their very own Magic Den – this could be a quiet place of your own, where you can concentrate on making magic.

If space is limited, you can make a special place on a small shelf in your bedroom, on a table next to your bed or in a play area. Here you can visit your Magic Zone (explained later), write your wishes and offer gratitude.

You can grow your magical powers in your Den by collecting special things such as pretty feathers, a gift from nature like a flower or plant, crystals and stones. You can include photographs of animals, people and places that you care for, anything that you feel holds magic within it.

The more you use this Den, the more magic it will store. It's important to keep your magic den tidy, clean and free of clutter, which allows magic to flow freely and grow.



LET'S BEGIN!

The Magic Spells Exercises

**The more you practise the spells,
as well as the mantras and actions that go with them,
the stronger your magical powers will be.
Perhaps practise one daily for a few weeks,
before moving on to the next one.**

*It is best to view the book using
Adobe Acrobat Reader. Go online: get.adobe.com/reader
or click the logo for the latest version (it's FREE)*






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The Believe-in-Magic Spell

When you truly believe in magic, it becomes real

There's magic in the power of belief ~ and it becomes even more real the more you experience the magic, knowing it exists just as surely as you know there's a nose on your face! What you believe becomes your reality.

Magic Mantra 

I am a magician and a creator of real magic. The power lies within me to live the life of my dreams



Magic Action

Sitting with your legs crossed and back straight (allowing the magic to flow freely up and down your spine), bring your hands together in front of your heart and raise them to the sky above your head, and around your golden sphere of magic, then back to your heart. Repeat 3 times, saying **I believe** with each movement.



Magic Zappers

Notice if you have any little doubts about your belief, and if you do, just say the magical zapping words, **Zip Zap Zoo...I notice you, I am a powerful magician, and I see you!** Then repeat the magic mantra above.



The Magic Zone Spell



Grow your powers by visiting your Magic Zone regularly

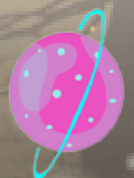
There is a Magic Zone inside you where you can access the magic directly. The only way to get into the Magic Zone is by focusing on your breath, and becoming peaceful in your mind. You need to quieten the chitter-chatter of your thoughts. Practising this for a few minutes in the morning and a few minutes before bed can be very powerful.

Each time you visit this quiet space ~ your Magic Zone ~ you bring a bit of magic back with you, and it might show up somehow during the next few days. It might be in the form of an invisible message: like feeling happier, passing an exam or making a new friend. Be observant and notice how the magic shows itself. Try to visit the Magic Zone every day.



Sit with your legs crossed and your back straight. Close your eyes and take three deep breaths and feel your whole body relaxing as you slowly let each breath out. Notice the place just beneath your belly button, this is the Gateway to your Magic Zone. Continue to notice your breathing and to relax your body and see your Gate as a golden, glowing, sparkling light. Now imagine that glowing golden light spreading outwards and downwards towards your legs filling your lower body, legs and feet full of golden glowing light. Now see it spreading upwards to cover your tummy and imagine it flowing up all around your back and over your chest, covering your whole body and up to your head – feel the magical golden glow filling your face and smile. Now see the glow spreading to the top of your head and streaming out into the world, leaving you full of golden light. The light fills your whole house, neighbourhood, town and even the world.

Continue
Spell





Bask in the warm feeling of being full of magical golden light for a few minutes.



Magic Tip

This is a great action to use when you are feeling upset, angry or frustrated. Even though it might seem difficult when you are angry, take a couple of deep breaths, enter your Magic Zone and notice how it calms you down. This is a wise thing to do before you run off and do or say something you may later regret.

 *Magic Zappers.*

Thoughts can block access to the Magic Zone, but all you need to do is notice them and gently blow them away.



The 'Magic Speak' Spell

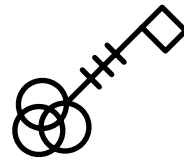


Create a happy world around you with your words

You may know some ancient magical words like *Hocuspocus*, *Abracadabra* and Harry Potter's *Expelliarmus*, but guess what, it's very important to know all words have good and bad magic stored within them. It's how you use words that brings out the good or the bad magic. You can create a happy world around you with your words, or you can create an unhappy world. Words are that powerful! Once you learn how to use words to create magic, you will create a wonderful life for yourself and others.



Magic Action



Positive words create positive magic. Negative words create Magic Zappers. Here are examples of positive words. Say these words out loud and notice how they make you feel.



Positive Magic Words

Active, alive, animated, amazing, beaming, beautiful, bravo, bloom, complete, congratulations, courageous, champion, caring, cultivate, cure, dazzling, divine, effortless, energized, energy, enthusiastic, fabulous, flourish, freedom, friendly, full, great, gorgeous, glow, grin, healed, healthy, heart, hearty, instantaneous, light, lively, love, lovely, luminous, magical, magnificent, miracle, motivate, nature, natural, nourish, nurture, nutritious, perfect, radiant, refresh, rejuvenate, relax, renew, restore, robust, serenity, super, superb, shine, sparkling, spontaneous, stillness, strong, sustain, thank you, therapeutic, thrive, terrific, transform, upbeat, vibrant, you rock! Well done! Wholesome, wondrous, wow!

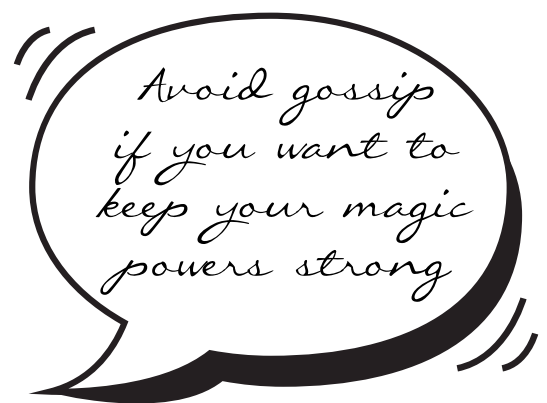
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Words which will zap your magical powers are swear words, and angry, hateful words. These words can be used to spread poison; it's just like a bad spell. When someone makes a rude comment, if we believe it, we can lose some power; but if you know this, you can prevent it from happening. For example, if someone says *Look at that girl, she is so ugly!* and she believes the unkind words, she will feel miserable; she has now been zapped by a bad spell. But if she knows the rudeness is a lie, she can stop herself from falling under the spell. The girl needs to make a positive agreement with herself that she is attractive and believe her own truth. When people use unkind words, they are only really hurting themselves, because the result will be that you no longer like them, which is painful. When we are unkind, it usually comes back to us. Although it can be difficult, it's a good idea to try and forgive people who want to hurt you, because if you hang on to the hurt, you only damage yourself.

Gossip is also a big magic zapper and is like a dangerous poison. People often talk about others in an unkind way. It can make us feel close to others to agree with them; or it can make us feel better to think of another as worse off than ourselves, but be aware as this can truly zap the power of a whole group.



The Magical Mantra Magic Spell



*Nam Maya Ho Renge Kayo: ancient magical words meaning,
I'm opening to the magic by making this sound*

These magical words work like a pump to bring up the magic from deep inside of you, allowing you to tap into unlimited power and health. When you say them rhythmically, they connect you to the frequency of magic.

It's like planting magical seeds that start to grow, and one day, when the circumstances are just right, the magic manifests right there in front of you.

When you say this mantra repeatedly, you create opportunities, attract good luck, gain the wisdom to bring you to your highest potential, and plant seeds of happiness and wellbeing in your life. These words help you find the right healer or medicine if you're not well, and help you to achieve your wishes and goals. Your true magical self is revealed, giving you a positive spirit, calm in a storm, compassion towards others, and the wisdom to make the right decisions in life, together with a feeling of freedom. Saying these words will give you the wisdom to take the right action when you are confronted with problems.



Continue





Magic Action.



Start with chanting in a rhythm, '**Nam Maya Ho Renge Kayo**' for about 3 minutes in the morning and again at bedtime. Or if 3 minutes is too much, just chant it ten times to start with. You can use this chant for things like passing an exam, to give you courage, to find a new way to do something, or to be given guidance. Sometimes things happen immediately, and sometimes you need to be patient. If the wish is not good for you or someone else it will not happen. You can chant it even if you don't have a reason because this magical chant connects you to your highest potential, which means that whatever is best for you at the time will happen.

There is a way to make the power stronger: while you are chanting create a picture in your mind about your wish. See yourself making delicious smoothies, passing the exam, or whatever it is you wish to do and feel the feeling you would have as if you had already gained your wish. Imagine it's really happening and that it feels right and good. If it doesn't, then change the picture until it does feel good. The stronger the feeling of your wish happening, the more likely it is that the Magic will work.



The Gratitude Magic Spell



Grateful thoughts, feelings and words make our magic powers grow

Gratitude is one of the strongest powers in the magic world. When you are thankful, your heart becomes bigger and your Magic Zone expands to allow more magic inside of you. With gratitude in your heart, magic becomes abundantly abundant: you will see it everywhere!

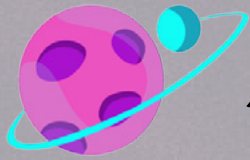
Each day you have an opportunity to practise being grateful for things: from the moment you wake up in the mornings, you can think about the things you might be grateful for this day. When you get out of bed you can be thankful for everything you touch and see. You can be thankful for your family, friends, school, teachers and your pets.

Saying thank you at every opportunity will strengthen your magic powers. Thank the car guard, thank the shop assistant and the lollipop lady at the zebra crossing, thank the garbage collectors, thank the lunch ladies at school. You can even thank people without them being there, like the person who sweeps your street and the person who cleans your classroom, or the owner of your favourite toy store. This also contributes to increasing your magical power. Imagine sprinkling magic dust over everyone.



Continue





Magic Action...



Try writing something every day to be grateful for. It could be thanks for the warm sunshine, your dinner, the fun you had when dad was playing with you, the family pet for its never-ending love, your health, grandma's cake, the birds singing outside, the air you breathe, your friends, the rivers, the magic all around you. Remember to be thankful for yourself too! This is good for your wellbeing and you can give thanks for your health, the feet that support you, the legs that carry you around, the tummy that nourishes you, even for any warts, freckles and moles just because they are all part of you, so thank them too! Each time you look in the mirror, thank yourself and say three reasons why you are grateful to be you.

It's very useful to do the Gratitude Spell when you are in the Zapping Zone: for example, if you're angry at someone, just think of 3 things that make you feel grateful for that person. It takes practice! If you fall out with your best friend and are feeling sad – think of 3 things you are grateful for about having this friend: sharing games, hanging out together, how they make you laugh. Practise, practise, practise ~ the more thankful you feel the more the magic will appear in your life.

Each morning, sit in your Magic Den and hold one of your special crystals or stones and close your eyes. Think about the fantastic day ahead of you and picture things going really well, and feel thanks for each thing going really well. Say out loud **thank you (x3)**, for the day ahead.

Each night before going to bed, sit in your Magic Den and again hold one of your special crystals or stones and close your eyes. Think about the best thing that happened today and say **thank you**.

You might like to put photographs of special people in your Magic Den; when you look at the photos tell each person why you are grateful to them and how they support your life.

Continue





Magic Zappers.



Being ungrateful for anything. Magic works like a magnet, so whatever you do is returned, good and bad. When you complain about things, you will be sent things to complain about! When you are grateful for things, you receive magic in return, and when you are not grateful for things, you receive back nothing because you have blocked the flow of magic working in your life.



*Thank you for the
beautiful nature*

Courage Magic Spell



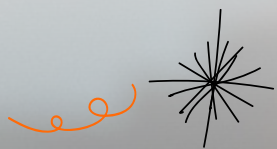
When you are brave the Source of universal magic rewards you

Sometimes your gut feeling tells you that you need to do something, and you know you have to, but you feel scared, which puts you off doing it. It might be taking a lead role in the school play, having to own up to something, telling a friend your honest truth, breaking off a friendship, entering a competition, speaking out loud in front of people. If you know from your tummy and heart that you need to do it, then tell yourself **"It's ok to feel scared and vulnerable AND I've got this"**! Don't hide those feelings, acknowledge them and take your courage in both hands and step forward with the magic of trust. Once you have faced a fear you will step up to another level of magician mastery.



Magic Action

Feel the fear and acknowledge it as a friend. Notice how this feeling of fear also feels similar to the feeling of excitement. In a quiet space, close your eyes and picture yourself projected onto a large movie screen in front of you and watch yourself playing the lead role in a movie. Watch as you bravely take action with whatever project you have coming up and see it going really well. Feel how you would feel when this happens ~ proud, happy or excited. Feel those same feelings when you step up to taking the brave action for real.



Magic Zappers

If you stay with your scary feelings and don't acknowledge them, it will be more difficult to take action.



Magic of Purpose Magic Spell



Your magic is at its strongest when you live your life according to your true purpose

Practising these spells will help you find your life purpose. Living your true purpose will mean great happiness for yourself and others, for having found your path, you will be free to serve others, promote peace and become unconditionally loving towards others. Our ultimate purpose is to love and be loved. Your life becomes the one you imagine. Your thoughts create your experience of health and happiness, and every detail of your world.

Magicians can create a masterpiece of life; they control their dreams by making choices. By tapping into your magic power, you can dream your life into reality. This is good magic which has nothing to do with harming others. It's about aligning with your purpose, which means you will naturally give to others, while having no need to expect anything from others. True purpose is real magic!



Magic ✨ Action ✨

When you discover something you absolutely love doing, like caring for others, nurturing animals or plants, painting, writing, dancing, doing maths, then consider this might be connected to your life purpose. When you are doing something you enjoy, it doesn't feel like work, does it? So, involve yourself in your chosen purpose with joy, gratitude and love in serving yourself and others.



Magic ✨ Zappers ✨

Distractions from your true-life purpose, like when you don't listen to your gut feelings.

The Really Listening Magic Spell



The magic power of really listening to others

The magical powers of listening can make everyone like you ~ and even turn enemies into friends ~ when you really listen and show you understand. When you don't know how to listen, it can cause misunderstandings and arguments; you hear the words but aren't attending to their meaning. The magic is to focus on the person and really hear what they're saying. Everyone enjoys being with someone who listens properly and asks how they feel and what they need.



Magic Action

When you are listening to another, look for the feeling behind the words. For example, if your friend says, *you never listen to me!* you might guess what the problem is and respond, *are you feeling frustrated because you need help with your homework?* Or your brother might say, *you're an idiot!* Then you could say, *are you feeling hurt because I took your book without asking?* Notice how it's always a question, because we never completely know another person's feelings and needs. We do not need to be right but the magic is to show we care, and because we care, we show interest by hearing their feelings and needs.

Now, this may all sound quite difficult...and it is! Nobody said making magic was going to be easy! It takes practise, practise...and action. The results are SO magical; it really is worth all the practice and hard work.



Magic Zappers

Not bothering to listen to the meaning beneath the words of others.

Magical Protection Magic Spell



Protecting our powers and belongings

You have the ability to protect your personal power, as well as your belongings. Sometimes you may find yourself with people or in places that zap your power. You will know this is happening when you feel your energy drop and you feel tired in an unusual way.



Magic Action...

To protect your energy and magic powers, imagine placing an invisible bubble of white light and magic protection around yourself, and also around precious belongings like your bike, for instance. If you have friends who seem to zap your energy, it is okay to spend less time with them, and more time with friends who seem to support your energy. Place that bubble around you when you are in a place that makes you feel depressed or uncomfortable, and then move out of it as soon as you are able.



Continue





In addition, we are blessed with a magical angel, called Archangel Michael, whose sole job it is to protect us and who's always pleased when we ask him for help. He also protects loved ones & belongings, and you can also ask for his protection whenever you are travelling.

If you are ever afraid, for instance, when you wake up in the night after a nightmare, you can call to Archangel Michael for protection. Picture Archangel Michael's kind, loving and beautiful presence in your room filling it with a beautiful gold and purple light. You can ask: **Dear Archangel Michael, surround me with your loving light to take away my fears. Please guide me to rest peacefully and may I always be safe and protected from harm.** Then close your eyes, feeling his presence all around as you peacefully fall sleep feeling safe and loved.



Magic Zappers.

Spending too much time with people who zap your magic powers.



Caring Magic Spell



Caring for others is a magical way to live

A big magic power booster is when you really know that all of life is pure magic, and therefore so are you, you really are Magical, Magnificent and Amazing (MMA)! It's very difficult to really understand this with our minds, but at times you can feel it. Like when you are at your happiest, when you are feeling full of love, joy and gratitude...THAT feeling is when we are in the Magic Zone and fully alive! With this knowledge that you are truly Magical, Magnificent & Amazing you can take extra special care of yourself...speak kindly to yourself and put yourself first when it comes to self care. From there, when your own cup is full it will start to spill over naturally to other humans, animals, creatures and planet Earth. Caring comes naturally to people most of the time, so, whenever there's an opportunity, use it for acts of compassion and caring.



Magic Action.

Each day try to offer a caring thought, or show compassion, to yourself and towards someone who needs it.



Magic Zappers.

Watch out for negative thoughts and calling yourself (or others) names, like "I'm an idiot", "I'll never be good enough", "I'm ugly" - when you catch yourself, turn it around by saying "**Well actually, I'm Magical, Magnificent and Amazing!**".

The Eternal Life Magic Spell



The whole of life is magic, which cannot be created or destroyed

Magic is never lost, but rather converted into different forms. The magic of life continues to exist unseen, it is eternal and a continuing cycle. Both life and death are essential. We all continue through eternity with that same life magic that is your essence. When a pet or someone close to you dies, they become part of the universal magic, which we can access, so we never really lose touch with that animal or person. Know they are fine and happy in their new place. They are now part of the magical universe, belonging to the source of all magic. When you meet that loved one in your thoughts or dreams, this is their magic touching you, saying, Hello, remember me! I'm not gone from your life, I'm thinking of you and I am here for you. I'm sending you some loving magic dust.



If you have lost someone close to you, go to your Magic Zone and in that space, send them love and know that they will feel and receive it.



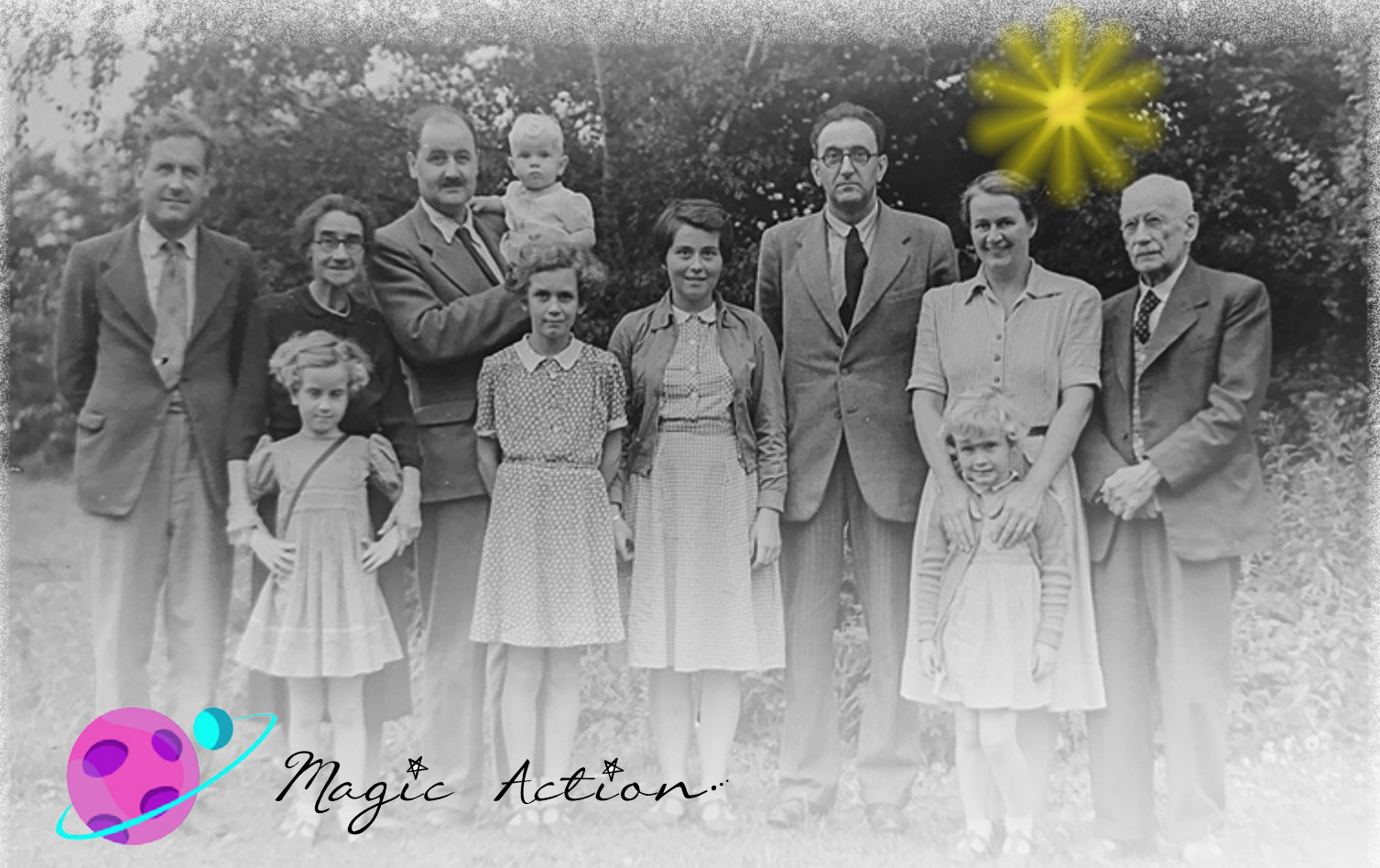
Being afraid of death is perfectly normal, but if it becomes too big a fear it can zap your magical abilities to live life to the fullest. Once we understand that life is never ending and eternal, we have no need to be afraid.

The Ancestor Magic Spell



Calling for magical support from our ancestors

The family members who have lived before you, such as your great grandparents, great uncles and aunts, great cousins, can all be called upon to help in the making of magic. When you need guidance, you can simply ask them for it. Our ancestors like to be acknowledged and so you may even keep their pictures and/or names in your Magic Den, and think about them when you are there, and thank them for giving you your life, because without them you would not have been born!



Ask for support and guidance whenever you need either. Give thanks to your ancestors, and you can occasionally offer them a kind gift such as a flower placed in your Magic Den, dedicated especially to them.



Not acknowledging your ancestors.

Trusting Magic Spell



There is magic in trusting that everything will work out OK

When you make a decision that comes from your heart, trust it. Trusting your inner voice is part of your magic power. Always listen to that voice. When you make a right intuitive choice, you feel good and you literally buzz with magic. In times of misfortune, it's difficult to see how good could come out of a horrible situation. Know that EVERYTHING happens for a reason, and that the universal magic has a plan. Of course, at the time of a nasty event ~ like being sick, late for school, missing the best party ever, bad school marks, detention, missing the bus, losing a friend, someone saying something horrid, a parent going away for a while ~ may be very upsetting at the time, but when you trust and relax, eventually you might understand why this thing happened.

Sometimes, we must face difficult challenges to grow our magic power. The magical key is to trust in the goodness of life.



Magic Action

Whenever you feel horrible about something that happened, is happening or might happen, accept and fully feel what you are feeling, then relax and let it go. When you know that you are personally doing your best, you can trust that all will be well. And when you haven't done your best? Again, all will be well in the end, it just takes longer to get there!

You can ask yourself **What is in this experience? What can I learn?** See obstacles as opportunities.



Magic Zappers

Worrying so much that you are not allowing space for trust.

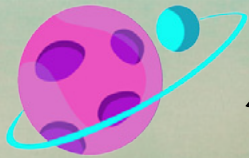
Doing Your Best Magic Spell



When you do your best, your magic powers grow

Doing your best is a strong spell, creating more magic power, and will make you feel happy and productive. You'll put more energy into all your projects, because you love doing the best you can. If you love what you do, and do your best, then you will enjoy life and have fun.

The spell of always do your best means you will not feel you've let yourself down. Your best may change from day to day depending on your mood and level of energy. Do no more and no less than your best.



Magic Action

Regularly say aloud 3 times, ***I have in my power the ability to do my best.*** Practise this and you will find that with each day that passes your magic power to do your best will grow stronger.



Magic Zappers

Allowing someone, or something, to stop you from doing your best.



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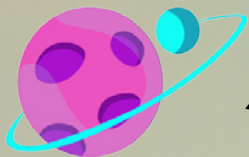
The Inner Peace Magic Spell



Creating inner peace in difficult times

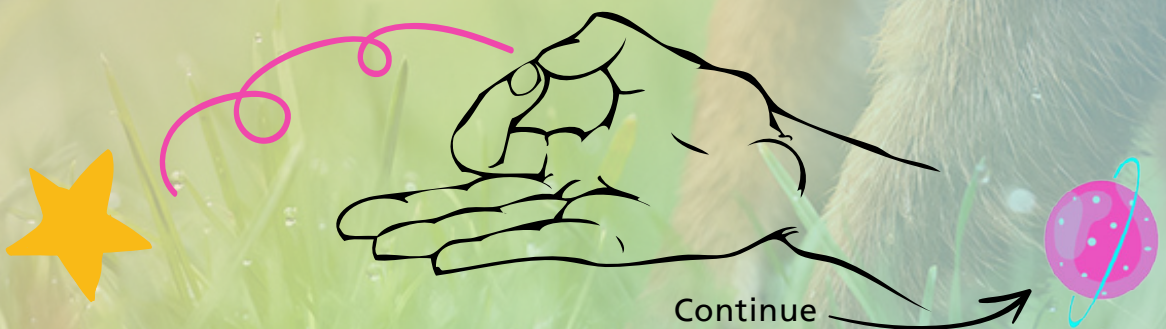
Your magic powers can make you feel better in difficult times, turn an argument into a helpful conversation, and peacefully resolve conflict. Sometimes you can't help having uncomfortable feelings, such as when you're upset, frustrated or angry. Feelings and emotions are very important though, because they help you pay attention. However, when you're feeling these emotions, it's like you aren't yourself, it's like going to a different space, an uncomfortable place. We call being in this space **The Zapping Zone**. If you're feeling any of the feelings listed below, you're probably in *the Zapping Zone* (**ZZ**).

Annoyed, blue, irritated, uneasy, gloomy, mean, weird, rotten, crabby, anxious, confused, sad, cranky, worried, moody, unhappy, grumpy, concerned, jealous, embarrassed, guilty, bored, disappointed, disgusted, alarmed, scared, mad, afraid, angry, frightened, silly, ashamed, lonely, threatened, frustrated, impatient, shaken, disturbed, awful, miserable, fed-up, fuming, panicky, helpless, infuriated, terrified, destructive, horrified, heartbroken, violent, furious



Magic Action

When you notice yourself in the ZZ, you can do a magical energy shift change: pick one or more of the feelings you're experiencing from the list and **place your forefinger and thumb together**, take a deep breath, then FULLY feel that feeling and multiply it by 100 ~ don't worry, you'll only have to do this for a little while until the feeling dissolves, then fill yourself up with some golden magic light.





The Magical Gift Behind Difficult Feelings...



We often find ourselves in the ZZ because in actual fact, we need something, but we don't realise we need something, or we realise we need something, but don't know what it is. So, take some time to search for the need underneath your feeling. It's a powerful gift to know what it is you need in each moment. You can ask others to help you meet your needs, and if you state your request clearly, your wish is more likely to be granted. Your need might be one of the following:

To be believed in, to be cared about, to be forgiven, to be accepted, to feel loved, to feel safe, to be supported, to be trusted, to be understood, to be valued

Once you know what you're feeling and what your need is, you can now express it in a way which magically transforms peoples' responses to you. There is such magic at work when we tell people what is it we are feeling and why, instead of just saying **I'm lazy**, you can now say, **I'm feeling moody because I'm tired and need a rest**, or instead of shouting at someone you could say, **I'm feeling angry and need someone to listen to me**. Instead of, **I'm stupid**, you say **I don't understand my maths homework, would you mind helping me?** There are many ways to meet your needs, so be open to more than one solution.



Magic Zappers.

Not saying sorry, or refusing to take responsibility will keep you longer in the ZZ. Judging yourself or others, or not being clear, can be zapping, so simply observe and report the facts. For example, instead of saying, **the train is too loud**, you would say, **the train is blowing its whistle**. Or instead of, **you are rude**, you might say, **you talked while I was talking**. If you tell someone they should or shouldn't do something they're likely to get angry, and instead of peace, you find you've added to the conflict. Learn to be a Sage Magician, who simply notices things, but doesn't judge.

The Magic Chi Magic Spell



Building up our magical powers with a special energy field called Chi

You build up Chi Magic when you focus your mind and move your body at the same time. Chi magic makers include mindful practices such as Karate, Kung Fu, Yoga and Tai-Chi, or rock climbing and working with The Magic Mat.



Continue





Magic Action.



Practising these ancient magical movements will enable you to feel the powers of Chi Magic at work. Practise regularly and you will build up a strong store of magical power.

Start in a standing position, raise your hands above your head and feel a ball of Chi Magic between your hands. Feel gratitude for this Chi Magic, which you are about to awaken and draw inside yourself.

Slowly lower your arms, holding them a little away from the sides of your body and slowly turn around in the same direction as a clock. Turn around three times, then move your hands above your head again, close them together and bring down in front of your heart. As you stand there feel the magic stirring up inside you and imagine the golden glow of it running through your body.

Bending your knees, pull up Chi Magic from the earth and bring it into your heart. Bending your knees again, pull down Chi Magic from the sky and bring it into your heart.

Hold your arms in front of you and feel a Chi energy ball between your hands: play with moving it left to right, then making it smaller and bigger and move it around... feel the energy field it makes. Then bring its Chi Magic inside your heart and, with your arms down by your sides, feel its powers working inside, feel the magical sparkling golden glow moving all around you. This is Chi Magic working! **Notice how good you feel now.**



Magic Zappers.

Not doing any Chi Magic exercises regularly.

The Dance & Exercise Magic Spell



You can go straight to the Magic Zone by simply dancing and doing exercises!

What fun! Many kinds of music contain magic power, and when you move your body to it, some of that magic flows into you. This also includes when you exercise enough to get your heartbeat racing, such as fast walking, jogging, cycling, swimming, surfing... you feel the 'buzz' of aliveness, of magic at work.

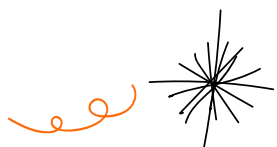
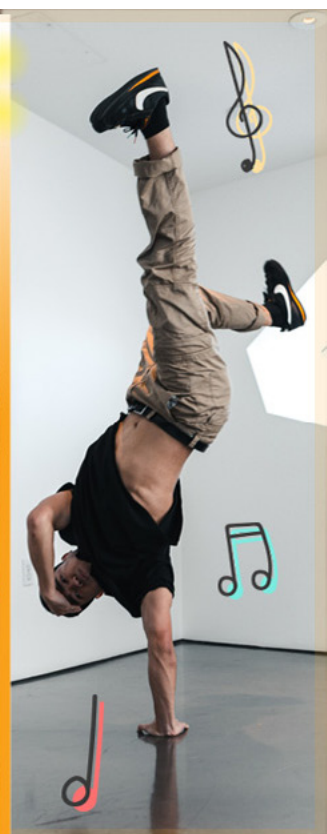


Magic Action

Regularly play your favourite songs - the ones that make you feel great - and dance! And exercise regularly, where you can feel your heart beating.



**Shake
your
whole
body,
jump up
and down,
cover
yourself
with the
Magic of
Music**



Magic Zappers

Never dancing or exercising. Dancing to music with negative words and ideas.

The Magic Potions Magic Spell



Eating and drinking the magic stored in foods

When you look carefully at food, you can see how much magic is stored inside. Think of shiny, happy, sparkling fruits - when they go into your body, you gain their magic too. They make you happy and strong. One of the best ways to get lots of magic into your body every day is with fruit smoothies.

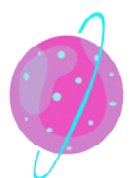


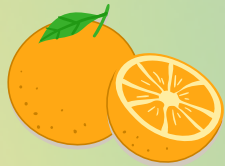
Magic Action

You will need a blending machine (look up The Wishes Magic Spell) and add whatever fruit and veggies you have that go well together. For example, put in a handful of strawberries, a banana and an avocado; or a banana with a couple of dates, berries and spinach; or try oranges, carrots, apples and spinach; then add a cup of water and blend. You can also add seeds and nuts for an extra magical boost! It's delicious, fun to make, and enhances your magical power.



Continue





Magic Food.



Nuts, seeds, sprouts, linseeds, Omega oils, vitamin C, multi- vitamins, herbal teas, organic sugar free chocolate, all fruits, all veggies and seaweeds. Food is a wonderful gift in our lives and the right food keeps us healthy and full of energy.

Magic Mantra

Before you eat or drink anything, say thank you. Blessing your food increases its magic. Imagine sprinkling magic dust over your food as you say thank you. You can thank the earth, sun, rain and soil for helping the food to grow. You can also thank the people who brought the food to you, like the farmers, the pickers, the transport company, the grocery store and, of course, the person who prepared the food for you.

Here is a beautiful grace you can say before eating and drinking:

***The silver rain, the shining sun
The fields where scarlet poppies run
And all the ripples of the wheat
Are in the bread that we now eat.***

***And when we sit at every meal
And say our grace we always feel
That we are eating rain and sun
And fields where scarlet poppies run.
(Kirsten's Grace)***



Magic Zappers.

All junk food and fast food: burger and fried chicken outlets have no magic powers at all. Substances that are actually poison to the body are sugar, fizzy drinks, sweets, fruit juice in cartons, white bread and white flour. If you do ever eat these things, make sure you sprinkle some magic dust over them before you eat :)

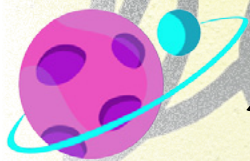
The Magic of Healing Spell



Magicians have the power to heal themselves, other people, animals and even Mother Nature

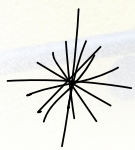
When you are not feeling well, go to your Magic Zone and listen to your body – it will let you know what you need for your healing. You must really believe that you will recover. So, imagine yourself feeling better, knowing the magic will heal you. Try to remember the feeling of wellness. What does it feel like? Give thanks for feeling well again. Picture yourself full of white magic light, feeling happy and healthy, your life bright and shiny. Allow the magic to clean all your cells, washing away negative stuff. Send a message to the Source of Magic describing how you want to feel, and then imagine you're already feeling healthy.

You can also help others ~ people and animals ~ to feel better by imagining them to be well or happy again. Feel how happy and grateful you would feel if you heard that he or she was better! It may help to have a picture of the person or animal in your Magic Den for you to look at while you are doing this healing work. You can also use this magic healing power for beings you don't even know. Whenever you see or hear of someone ill or unhappy, imagine them well and send up thanks for their recovery.



Magic Action

Chant **Nama Maya Ho Renge Kayo** whilst filling up with white light as you visualise yourself or others healed. Give thanks for their recovery.



Magic Zappers

Its ok and perfectly normal to feel afraid and anxious, really feel those feelings as they arise, and then once they have passed move on. Focusing on the problem, rather than the solution and feeling sorry for yourself long term is a zapper, rather than visualising and feeling yourself being well again.

Laughter Magic Spell



Magical chemicals are released every time you laugh

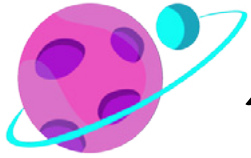
Laughing is a big magic booster, as it triggers the release of the body's natural feel-good chemicals, which keeps you healthy, and adds joy and zest to life. Laughter also improves your mood, protects your heart, relaxes your whole body, lightens your troubles and connects you to others ~ and best of all, it's a lot of fun!

Create opportunities to laugh whenever you can, such as watching a funny TV show or movie, sharing a good joke or funny story, playing with a pet, doing silly things, sharing an embarrassing moment! In your Magic Den, you could keep a picture of you and your family or friends having fun, which makes you smile every time you look at it. The magical benefits of laughing even work when you don't feel like laughing naturally, so you can just pretend to laugh. Fake smiles, held long enough, become real.



Continue





Magic Action.



Sit or lie in a quiet place and make a smile. Slowly feel the area around your mouth begin to feel happy and feel how happy your lips feel. Continue until it starts spreading, and take a moment to feel your whole head smiling. Once it reaches your eyes, the smile will feel real, your whole face will feel more relaxed and your mood will lift a bit higher. Feel free to laugh.

Allow the smile to spread bit by bit, allow the feeling of happiness to spread through your body – neck, shoulders, arms, hands, legs all the way to your toes, until your whole body is filled with the feeling of smiling. Allow it to spread inside by feeling your imagined inner organs smiling - oesophagus, stomach, liver, pancreas, intestines, and especially your heart. The inside of your body is smiling too!

Spread your smile to the world around you by imagining that feeling of happiness spreading to everyone and everything you love – your family, teachers, pets and to the beautiful trees, to the whole world and out into the universe.

Magic Zappers.

Not taking opportunities, when they arise, to have a good laugh.

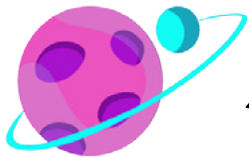


Water Magic Spell



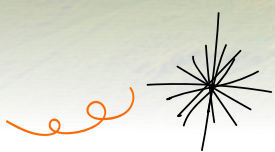
Water contains pure magic, which keeps all creatures, plants and trees alive

Without water, there is no life. When you were born, you were 90% water! You need to drink plenty of water each day to keep your magic reserves up. It's a good idea to start and end each day with a mug of warm water, which helps to flush zipper toxins from the body.



Magic Action...

Turn water into a magic potion, which gives extra power to you, by giving thanks to water whenever you drink it, bathe or shower in it. Imagine the water cleansing your whole being, including your Magical Energy Glow (known as your Aura), as well as your body. You can even thank the water when you are washing the dishes!



Magic Zappers...

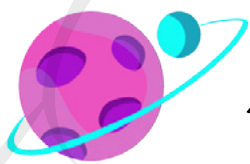
Drinking too little water. Taking water for granted.

The Forgiveness Magic Spell



Forgiving allows more magic to flow through you

Forgiving others and ourselves is a very beautiful and magical practice. You forgive to make yourself feel happier, and to have stronger magic making skills. If you are feeling upset, jealous or angry you are zapping your powers. Forgiving doesn't mean you think what others did was right, although it may help to remember you don't know what happened to that person to cause them to hurt you. You might be thinking, *if someone did this to me or that to me, stole my favourite thing, or hit me, or mum shouted at me, why should I forgive them, and especially when 'they' are wrong?* Well, the magic that comes from forgiveness is not for the other person, it's for you! So, keep your power strong, and forgive, forgive, forgive.



Magic Action.

Whenever you find yourself in the Zapping Zone because of someone or something, place your fingers in the 'Forgiveness Mudra,' take 3 full breaths and fill yourself up with golden light. Feeling full of light, let go of the bad feelings and allow yourself to forgive the person or upsetting event.



Magic Zappers.

Holding onto grudges and being unforgiving.



Letting-Go Magic Spell



Letting go of things creates space for more magic

True magicians are so connected to the source of magic they don't need to own any possessions. They may have possessions, but they don't own them. They know that they came from magic, that magic cannot be owned and that magic will always produce more! The belief that we own 'things' can be holding back our magic. When we do not share our things, like our favourite books or stationery our power can be zapped. Nothing is permanent, or really belongs to us; everything is only something we can use for a while, so it's a good idea not to get too attached to things, because when you must give them back, or you lose or break them, you will be upset and lose some power. Letting go of things is magic!



Magic Action

If you find yourself upset and in the Zapping Zone because you can't have something you really want, practise letting go by closing your eyes, go to your Magic Zone and fill yourself up with a white light. Strongly feel the upset feeling and make it 100 times stronger. Really, really feel the uncomfortable feeling. Do not worry, it won't hurt you as it's only a feeling. Feel the feeling until it gets less or goes away completely. Now you are in a strong position to just let go of the idea of having what you wanted, let it all go, along with the feeling.

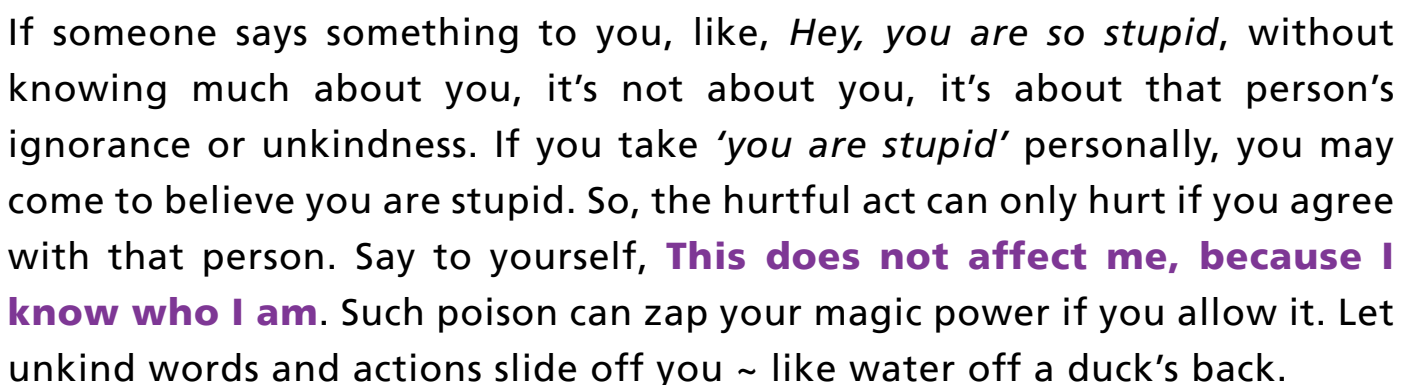


Magic Zappers

Staying upset about what you can't have, or won't let go of.

When rain falls on a duck's back, what happens? The water just runs off her feathers, while her skin stays dry and warm! We can do the same when someone says or does something that would usually upset us. We all grow up having different ideas about things and these ideas can become strong beliefs. So, when someone says something about you that upsets you, it's not because of you they have said this, but because of something they believe. So, you have no need to take such things personally and get upset or retaliate, because it's that person's problem actually – not yours!

What other people think of me is none of my business



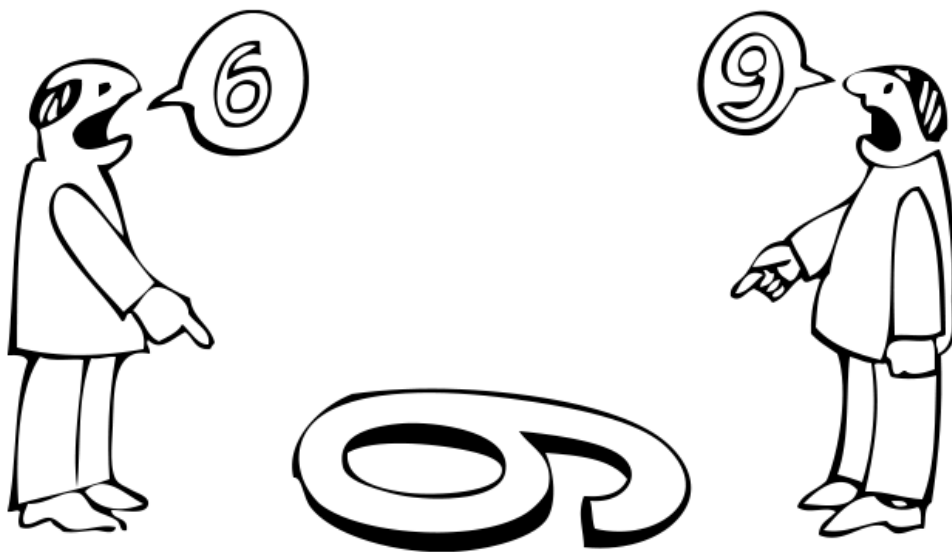
We can also harm ourselves with false beliefs about ourselves. If we say things like, *I am not good enough, pretty enough, strong enough, clever enough*, such beliefs will zap your magic. We are all born as beautiful souls who have come to shine in the world in our own special way. Love yourself just as you are and you will be happy and at peace with yourself and the world around you.

The 'Not Assuming' Magic Spell



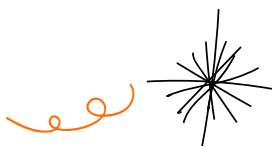
Finding the courage to ask questions

There is much magic in asking questions, rather than assuming something to be true. We think others know what we are thinking and we don't have to say what we want, but this can lead to trouble. We like to have an answer for things, which is why we like to make up an answer, but it's not always correct. We need to find the courage to ask questions, if you don't understand then ask. Once you hear the answer you won't have to guess, because you will know the truth.



Magic Action.

Ask questions when you are not sure about something, don't just guess and be upset. Use the magic of being grateful to turn a situation you assumed about around. For example, if the headmaster asks to see you, instead of assuming you have done something wrong, you can think a grateful thought, like *I'm thankful for the best outcome when seeing the headmaster today*, and imagine a happy outcome.



Magic Zappers.

Being upset and in the ZZ because of an assumption.

The Love Magic Spell



One of the main ingredients of magic is LOVE!

Magic is made from love: each time you feel love and send love to another is magic at its very best. So, love yourself, your pets, your home, your family and your friends, and you will build up your reserves of magic. The more we accept and love ourselves, the more we are free to love others, and in so doing receive even more magic.



Magic Action...

Close your eyes and go to the Magic Zone; fill up with pink light and focus on the word LOVE. Cover yourself all over and around you with pink light and send it out into the world.

You can silently project love wherever you go and to all you meet. As you pass people in the street, look at them and silently say 'love' and press that love into their hearts. By regularly doing this, you will build up large reserves of love which equals large reserves of magic.



Magic Zappers...

Hate and envy zap magic, so be aware if you have such feelings and use your magic to let go by filling up with pink light and love.

Sleep and Dreams Magical Spell



A time to heal, store up magic reserves and receive messages

Sleep time is such a magical opportunity! So, try to get as much as you need as it's a time to grow, heal and make use of the information you have learnt that day. Dreams sometimes contain messages for you, which may be a warning or encouragement. Try to remember your dreams when you wake and see if there are any messages waiting for you. A bad dream doesn't mean something bad is going to happen to you or others, but is rather asking you to think about how you were feeling in the dream and understand why you had those feelings. It's an opportunity to do something about the feelings if they were uncomfortable.



Magic Action.

If you cannot sleep, imagine a golden light travelling from the tip of your toes all the way up your legs, through your body, down your arms and to the tip of your head. Breathe in as it travels up your body and out, as it travels all the way down. Follow the light with your breath until you fall asleep. On waking each morning, try to remember your dreams and write them down.



Magic Zappers.

Watching television just before bedtime can have a negative effect on your sleep and your dreams ~ try not to watch TV for at least 1 hour before you go to bed.



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Creative Magic Spell



Using your hands to make things is fun and takes you straight to the Magic Zone

Being creative, such as when you are solving puzzles, cooking or making arts and crafts, helps you to relax, become happy ~ and it takes you straight to the Magic Zone. Therefore, make the time whenever you can, to have fun by being creative at any opportunity.



Magic Action...

Creative magic actions include doodling, cooking, flower arranging, sculpting, pottery, sewing, painting, drawing, gardening, and anything else you can think of that makes you feel creative!



Magic Zappers...

Being afraid of making mistakes and being judged by others can block our creativity. This can also happen if someone criticises us, and we take it personally. Notice, if you ever find yourself feeling uncomfortable about your creativity, do an energy shifter by filling up with a golden glow and shake off anything you might have taken personally, then carry onwards and upwards with your creativity.

Singing Magic Spell



Singing brings forth magical vibrations

Your voice contains magical vibrations. It doesn't matter what you sound like; raising your voice in song raises your vibration! Especially if it's coming from your heart. Listening to beautiful songs and music also brings more magic.



Magic Action.

Sing whenever you see the opportunity: in the shower, walking to school, in your room, sing along with friends and family.



Growing Food Magic Spell



There's magic in growing your own food

Food that you grow yourself with loving intention, and not with pesticides to keep bugs away, will be full of magical energy. This magic goes straight inside of you to build on your magic reserves, and you can feel a special buzz when you eat them! You could plant a fruit tree, grow sprouts in your kitchen or herbs on your window sill. Herbs are easy to grow and have healing properties. Herbs such as mint in a cup of warm water can calm an upset tummy, and chamomile will help you sleep calmly. Magic happens when each day you offer gratitude to your growing food. Real life experiments show that plants really like loving attention, and respond positively when we do this!



Magic Action

Talk, sing and offer gratitude to your plants, and connect to their magical energy.



Magic Zappers

Ignoring plants, and not connecting to their magical energy.

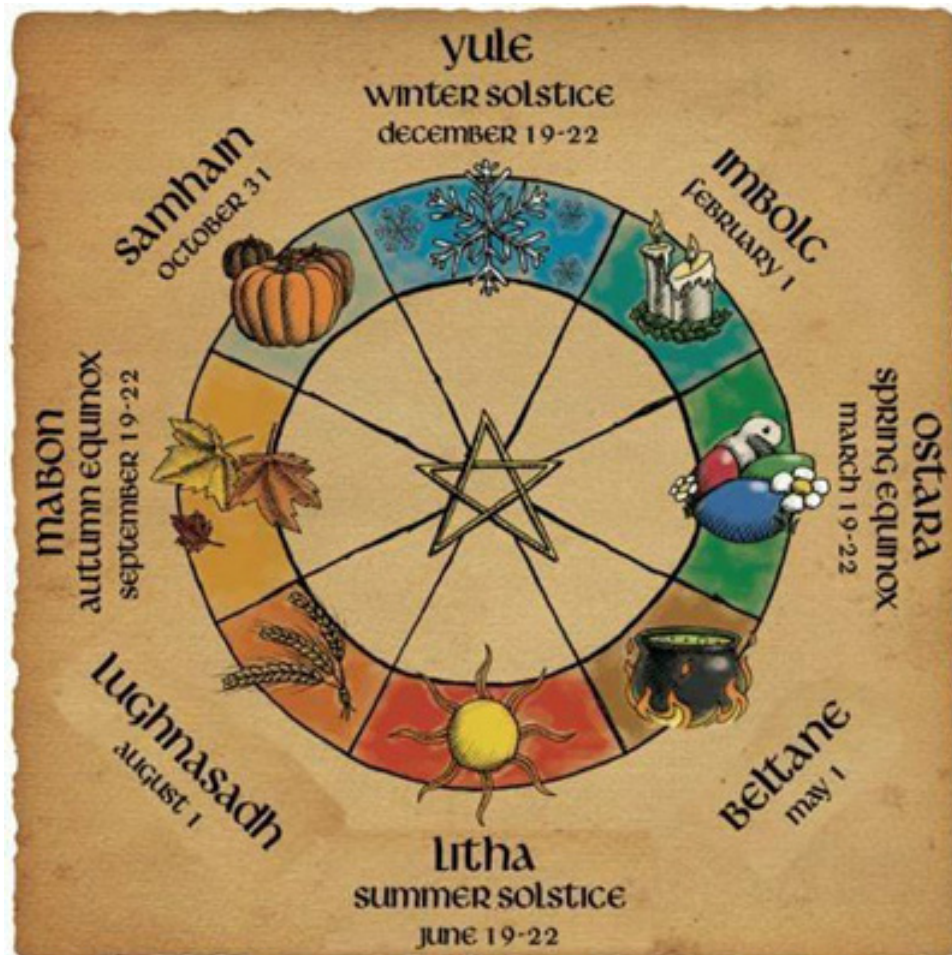


Celebrating Seasonal Cycles Magic Spell



Magical spell-making celebrations

For thousands of years our ancestors have been acknowledging and celebrating magical times of the year. Times which have strong energy forces, when wishes become more powerful and gratitude is rewarded.



On these magical occasions, offer gratitude to the sun, earth and moon, and make the spells, which you need at that time. You'll find they have stronger rewards.



Ignoring these special occasions means missed opportunities to strengthen your powers and help make your wishes come true.

Magic of Nature Magic Spell



Nature is Magic

Nature knows all about magic: the trees, food gardens, plants, flowers, birds, crystals, creatures, fish and especially old forests, whales, dolphins and elephants store unlimited magical powers. They can boost our magic power just by being with them, walking and sitting in the natural world. Be in nature as much as you can: take a walk in the woods, in any countryside, beside a river or the ocean, listening to its sounds. Watch the clouds making shapes, observe the stars and moon at night, and spend time enjoying the company of animals.



Take time out to spend in nature, and to really boost your powers, walk barefoot on the earth as often as possible. There is direct magic energy coming straight from the ground, and you can take it up into your body from your feet. In cities, you can listen to birds, watch the clouds and stars, and see the moon change shape through it's cycle.

At school, find grass to sit on at break and listen to the birds sing. Breathe in the powerful magic of nature.



Ignoring the beauty of Nature. Never spending time in Nature.

The Magic Wishes Magic Spell



Writing your wishes helps manifest them into reality

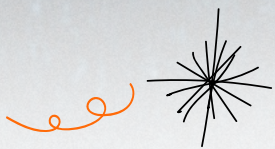
Magic works like a magnet, so when you write down your wishes the magic starts working immediately. Your wishes become more powerful when you feel what it would feel like to receive them and to feel thankful. You can write pages and pages about just one wish if you like, and you can add pictures of things you are wishing for. If you would like a happy life for you and your family and friends, draw pictures of you doing things that make you all happy. The clearer you are with your wishes the faster the magic works because then the magic will understand exactly what you want and start working. In case you are wondering, it is really alright to have many wishes – magic is boundless!



Magic ✨ Action ✨



Write down your wishes. They can be small wishes ~ like *I hope somebody gives me a kind word today*, or *I hope I pass the exam* ~ or they can be huge ~ like *I wish for world peace!* It doesn't matter what your wishes are, just ensure they're not nasty. What matters most is writing them down and imagining how it feels to receive your wish. As you see and feel yourself receiving your wish it's also very important to give thanks for receiving it, as if you have already received it. So, you say **thank you for a kind word today, or thank you for my exam success.**



Magic ✨ Zappers ✨

Doubting your wish will happen. Forgetting to imagine the feelings and to give thanks. If you don't receive a wish don't give up: trust that it might happen later or that it is not right for you just now. Trust that everything is perfect just as it is.

The Giving and Receiving Magic Spell



When you give something of yourself to another, it creates a magic boost and is quickly returned in magical kind

You can gift a little piece of magic to someone every day. You can give a smile to your teacher, a kind word to your friend, make a special card for your dad, bake a cake for your mum, or offer to clean your neighbour's car! If you find a special stone, feather or flower, you could give that to someone. You could offer to help at the local animal rescue shelter, at an old people's home or raise money for a charity. All these activities will hugely strengthen your magic powers. Notice how you feel inside when you do any of these things. You might notice a golden glow inside of you, and notice the magic becoming more and more powerful.

Another magic booster is when you receive a kind gift or gesture; this is someone offering you their magic. It is a chance to boost their own magic as well as yours, so it is good to accept the gift with gratitude and joy, and again notice how the magic makes you feel inside. This also includes gifts from nature, such as seeing a rainbow, feeling warm sunshine on your shoulders, nourishing rain when the earth most needs it, a visitor in the form of a bird or an animal.



Magic Action.

Go to your Magic Zone and ask the magic, **how may I serve you and others?** Then wait for an answer. Remember, as magicians our main purpose is to serve others. The magic of this is that by gifting others, a gift comes back to us in the form of stronger magical powers.



Magic Zappers.

Being mean with your gifts. Not saying and feeling thankful when you receive a gift from another or from nature.

Mirror Magic Spell



*Everything you do is seen by a magical invisible mirror,
which reflects back to you the things you do*

How you treat others is how you are treating yourself: when you are having a great day and you're nice to everyone, then everyone seems to be nice back, whereas, have you noticed that when you're feeling down and are moody towards other people, it seems other people are moody back?! If you do a good deed which springs from your heart, often a good deed will come back to you in return. Real magic happens when you realise that everything you do has an effect. That is why we say everything is connected.



Magic Action

Take notice of the way people respond to you and how that might be connected to your own mood that day.



Magic Zappers

When you do something negative, which will be seen by the mirror.

The Finding Magic Spell



Ask a magical saint to help you find lost things

There is a wonderful angel called Saint Anthony, whose task it is to help us find lost things. We can simply call for his help when we lose anything.



Magic Action

When you are missing something, like your phone for example, say out loud, Saint Anthony, please help me find my phone. Then stop thinking about it and go to your Magic Zone for a few minutes and relax. This gives St. Anthony a chance to send the message to you. Listen and you will find the answer coming from a gut feeling or a memory. If you get a feeling to walk somewhere, don't think about it, just go with it. Look around and move things, pick up things that you wouldn't normally. And do not lose your magic connection to a lost object, keep a link by thinking about it, sending magic to it, and it will come back. Keep believing that it will come back to you.



Magic Zappers

Worry and panic blocks the magic of finding anything, so always try to keep a calm and clear connection to the lost item.



The Choosing Magic Spell



There is Magical guidance stored in your tummy!

Stored in our tummies is a direct link to the universal magic: here we can find the answers to our questions. This is where we go to make decisions and receive guidance. With practice, you can learn to tune in and listen to this magic place. You listen for the feeling stirring there, and when you do, go to your Magic Zone for answers. This is magical guidance.



Magic Action

Sometimes it's difficult to make a choice: for example, *should I go to my friend's party today? Or go with my family to the zoo?* Then ask, which choice will make me happier and bring more magic into my life? Go with the first answer that pops into your head, not from thinking it but from feeling it. Many people call it a gut feeling. If the answer doesn't come to you straightaway, go to the Magic Zone and still the mind so the magic answer can come through to your tummy. In the stillness, feel what is happening in your tummy, and listen. If you are still not sure, you can ask a question before going to sleep at night and often you will receive the answer in a dream or upon waking in the morning. There are magical tools which can help you receive answers directly from the Magic Zone:



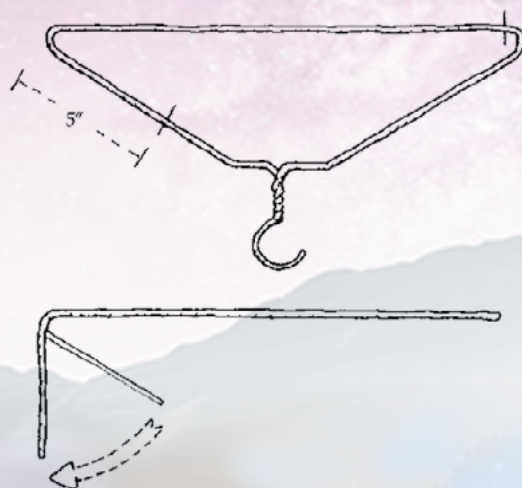
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Divining Rods: Can help you with choices, especially with 'yes' and 'no' questions. You will need to ask for help to find two pieces of metal rod to make your own, or 2 coat hangers which can be cut leaving you with handles.

Charge them with magic by gently holding them both straight in front of you (the width of your shoulders) and asking them to show no and yes by saying cross over for no, and letting them do that action. Then ask them to point outwards for yes, and letting them do that action. Now the rods are charged you are ready to ask your questions. You can also use them on maps to help find things, for decisions with food, or to show you where to find ground water, or where to plant a tree. Divining rods have many uses. Like anything you need to practise to get really good at it!



Tarot Cards: These magical ancient cards are linked directly to the Magic Zone and can help with your questions, give advice, warnings and encouragement. Simply ask your question, select three cards, look at the images and read what the messages are showing you.





Pendulum: Another wonderful magical tool for helping with answers, and it's small enough to keep in your pocket or bag, and take anywhere with you. You'll need a cord that is flexible, tied to a weight. The cord can be a thread, string or chain and the weight can be something you really like such as a ring, locket, key or crystal. Hold the cord with your thumb and forefinger about 6"/a few centimetres above the weight and get used to its movement. Allow it to swing away from you and ask it firmly to show you a 'yes' ~ keep your hand and fingers absolutely still, so that it makes its own movements. Then check to see if 'yes' is a clockwise or an anti-clockwise movement. Repeat the process for 'no' and you will see that it revolves the other way. Practise this repeatedly until it becomes natural ~ you need to check in with your 'yes' and 'no' before each use, as it sometimes changes its mind.



Continue





Ancestors: Remember that you can always ask your ancestors for guidance with your questions.



Magic Zappers.

Making an important decision without first tuning in to your magic power. Computers, mobile phones and the internet are unnatural influences which can distract you from your natural magical abilities and intuition. It's essential to your wellbeing and magic abilities to limit the time you spend with IT technology. Don't let the bad news you hear on TV or read in the papers upset you. Rather focus on the good news ~ there is plenty of that too! Focus on what is Good, True and Beautiful in your own life, and ***know that by growing your power you are helping to make the world a better place.***

The Labyrinth Magic Spell



Receive magical guidance as you walk a labyrinth

Labyrinths are very sacred and have been around for thousands of years. You can find them in parks, and you can even make your own. They contain magical energy, and when you walk around one, you will notice a special kind of peace ~ similar to when you go to your Magic Zone. Here you can ask for guidance from your guides and ancestors, and listen for the answers. Labyrinths are also wonderful places to offer gratitude for life.



Walk a labyrinth whenever you have the opportunity. Quieten your mind, open your heart and feel the magical energy as you walk slowly around. Breathe deeply and focus on the path as you walk.



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Conclusion

Have fun,
enjoy,
practise,
be safe,
be kind,
be thoughtful
and thankful.

*Grow your magic
powers and use them
for good in the world.*

