



# Foundations of Magic: Techniques & Spells that Work

*J.F. O'Neill*

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## Foundations of Magic: Techniques & Spells that Work J.F. O'Neill

Is there a link between psychology and magic? Can the psyche have an impact on magical practice? *Foundations of Magic* is a unique, beginner's guide to spellcraft that synthesizes ceremonial magic and proven psychological techniques to work everyday spells.

Without emphasizing 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. After becoming fully trained in the ways of magic, readers may begin working spells to find love, attract money, alleviate pain, achieve goals, eliminate depression, increase personal power, and more!

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