



# The Un-Spell Book: Energy Essentials for Mastering Magick

*Mya Om*

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## The Un-Spell Book: Energy Essentials for Mastering Magick Mya Om

Why would a Witch who practices magick write something called *The Un-Spell Book*? To help other magickal people understand that the *spellcaster* is the true source of magickal power, not fancy props or elaborate rituals. The exercises and techniques in this one of a kind guide will help you understand and master the essentials behind all successful magick—your own focus, will, and energy.

Both beginning spellcasters and experienced Witches who want to boost the success rate of their magickal workings will benefit from this engaging, step by step book. You'll learn how to:

- Raise, direct, and release energy
- Clearly define the intent of your spell
- Choose trigger words that act as magickal shortcuts
- Empower spells by connecting to many forms of energy
- Create and use thought constructs
- Work with elementals

Once you've learned how to direct your own magickal power, you can cast effective spells anytime and anywhere—no spellbook required!

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