
Hypno-Witch's
LITTLE BOOK
OF
Spells
Simple
Mind Magic
for Real Life
RELAX
RELEASE
BECOME
3 Reusable Spells
+ a Magical
Mental Getaway
Karen Hand
HYPNOSIS

**The Hypno-Witch’s Little Book of Spells**

Three little spells for working some magic on your own mind

**By Karen Hand**




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# A Word from the Hypno-Witch

Witches have no more power to cast spells than YOU do!

They just get more hype.

Think about it.

We all know how to spell words.

But have you ever considered that words are also spelling US?

Words are a simple code we use to organize our thoughts, communicate our ideas, and share the pictures we're making inside our heads.

Every time you speak, you're attempting to transfer a little piece of your internal world into someone else's.

And here's where things get interesting.

You're listening, too!

You think a thought. You say the thought. You hear yourself saying the thought.

And if you repeat it often enough, you might begin accepting it as a BELIEF.

Remember Beetlejuice? Say his name three times and...POOF!

Well, our minds don't work quite that automatically.

A suggestion has to be TAKEN before it becomes a belief.

Still, consider how often you've thought or said something like:

"I'm not enough." "I always mess things up." "I could never do THAT!"

Now compare those spells with:

"I'm learning." "I can figure this out." "I wonder what I could do if I tried?"

Which suggestions are you taking? Which ones are becoming part of your B.S.?

Your Belief System, of course!

And are those beliefs helping you create the life you actually want?

Because you've been listening to yourself longer than you've been listening to anybody else. You might as well become your own favorite influence!

That's where these little spells come in.

No cauldron. No eye of newt. No need to wait for a full moon.

Just three simple ways to use your imagination, attention, and intention to make a change.

These aren’t spells I’m casting ON you.

They’re spells I’m teaching YOU to cast on yourself.

Ready? Let’s make some magic!

# SPELL #1: The Instant Relaxation Spell

*When you want to relax...NOW!*



Sometimes the quickest way to change your mind is to begin with your body.

This little spell invites your eyes, your breathing, and your muscles to work together.

## Cast Your Spell

1. Look straight UP, as if you're looking through a little window in your forehead.

2. When you feel that gentle tug on your eye muscles, keep looking up while slowly allowing your eyelids to close.

3. Take a nice deep breath.

4. As you exhale, relax your eye muscles.

5. Take another deep breath.

6. And as you exhale this time, allow the rest of the muscles in your body to relax.

7. Now, as slowly as you can, open your eyelids.

And notice.

What changed?

Less than a minute. No magic wand required.

You just gave yourself an opportunity to relax.

And now that you know how...

YOU can do it again whenever you choose!

# SPELL #2: The Erasing Spell

*When an unwanted thought is taking up too much room in your mind.*




Ever wish you could erase a thought and start fresh?

Well, you already know how to erase something.

And your imagination knows how to create a whiteboard.

Let’s put those two abilities together.

## Cast Your Spell

Imagine a giant whiteboard in front of you. Brand new. Pristine. Sparkling!

And suddenly, there’s a limiting belief, a negative thought, or some other mental mess splashed across your beautiful board.

Take a nice deep breath.

Just below the board, you’ll find a magical eraser. Pick it up. And begin cleaning.

Erase up and down... Up and down... Side to side... And side to side...

Get that board really clean.

Now go to the upper right-hand corner and erase all the way down to the bottom left.

Then up to the upper left-hand corner and erase down to the bottom right.

Up and down. Back and forth. And deep into every corner.

Keep going until your whiteboard is once again... Pristine. Sparkling. Clean as new.

Take another nice deep breath.

And notice how it feels to have a little more room to think.

That old thought doesn’t get to run the show just because it showed up.

YOU get to decide what deserves space on your mental whiteboard.

Go ahead, and write that better feeling thought on your board now in bright, bold colors.

Step back and observe your better feeling thought.

Take a deep breath and — like payment for time well spent — accept that better feeling suggestion.

And you can continue to hold that belief even after you exhale...and return to full conscious awareness.

# SPELL #3: The Confidence Spell

*When you'd like a little more confidence to do what you want to do.*



What if the confident YOU you're looking for is already waiting just one step ahead?

And what if you could step right into that possibility?

Let's find out.

## Cast Your Spell

Think about something you'd like to accomplish. Something that could benefit from a little more confidence.

Now imagine a slightly more confident YOU sitting or standing right in front of you.

This version of you has already made the first change necessary to move toward your successful outcome.

Notice that person. How are they sitting or standing? What's different?

And now... STEP INTO that more confident YOU.

See through their eyes. Hear through their ears. Feel the feelings of that more confident version of yourself.

And notice... Right in front of you is an EVEN MORE CONFIDENT YOU!

Standing a little taller. With more self-belief behind those eyes. Perhaps a little more charisma.

Step into THAT you. And discover another version of yourself just ahead.

More confident. More passion. More power. More ease. More comfort. More security in knowing that change is possible.

STEP INTO THAT YOU!

And continue. Again. And again.

Until you're overflowing with confidence and belief in your ability to be the YOU you've decided to be.

Now notice your body. How are you standing or sitting? How are you breathing? What's the expression on your face? What's happening in your eyes?

Notice what it's like to BELIEVE IN YOURSELF!

And remember... You can repeat this spell as often as you choose.

First thing in the morning. Last thing at night. Or whenever you could use a little more confidence during your day.

You don't have to wait for confidence to find you.

You can begin rehearsing it NOW.

# And Now...The Real Magic

Three spells. Three opportunities to discover something about your own mind.

You can relax your body. You can redirect your attention. You can rehearse becoming more confident.

And none of that required a witch to cast a spell on you.

YOU DID IT!

And perhaps you've discovered the most magical spell of all...

The Spell of Being YOU!

Not some entirely different person.

Not someone else's idea of who you SHOULD be.

Just YOU...discovering more of the possibilities that have been yours all along.

Of course, there's one more treat.

## Your Bonus Spell: The Magical Mental Getaway

Sometimes a few moments of relaxation are wonderful.

And sometimes you'd like to take a little longer vacation...

Without packing a suitcase!

I've created a guided experience to help you discover your own relaxing mental getaway.

A place you can imagine, enjoy, and learn to revisit whenever you'd like a little mental time-out.




**WATCH YOUR MAGICAL MENTAL GETAWAY ▶**

And once you've learned the process, you can practice it on your own.

Because the real magic isn't in my voice.

It's in what YOU learn to DO with your own mind.

## A Final Word from the Hypno-Witch

The next time you catch yourself casting a spell with your words, stop for a moment.

Listen. Get curious. Is that a suggestion you actually want to believe?

And if not... What would you rather believe?

After all... HYPNOSIS HAPPENS.

And HYPNOSIS IS YOU DO.

**Every conversation is a Mind Game. Play wisely!**