

# MAGIC FOR WINNING

## Sports and Games

Magic can be used to help achieve any goal that you want – and playing sports or other competitive games is no exception. The methods in this essay assume that you are doing any physical training that may be necessary, and apply equally well to golf, football, poker, or whatever your game may be.

### Laying the Groundwork

If you have to do a lot of training, or practice for your sport, then motivation can be a problem for some. No motivation – no results. So the first thing is to “plug in” to as much motivation as possible.

Internal Motivation – motivation you generate for yourself: Starting on Page 37 of [“Cast Real Spells”](#) is a method for achieving altered states that are often used in sports for enhanced motivation. Using this method with appropriate symbolism can be a major help in tapping into your internal reserves of get up and go (of just sitting down and practicing). Consider also looking into the “change state” processes of NLP (Neuro Linguistic Programming) as these can be tremendously effective – one such is the [NLP Secret](#) – this is an outstanding way to get into a fully motivated winning state.

External Motivation: You could also go to a web site such as [godchecker.com](#) to find a traditional god form that covers your sport or game. Read up on the qualities, appearance and aspects of this god form, then use him/her to help with your motivation either directly through prayer,\* or by invoking the energies of the godform to empower a motivation ritual.

Creative visualization (page 30 of [Cast Real Spells](#) can also be very useful both in

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\* If you approach the deity through a form of prayer traditionally associated with that god form you will be far more successful. Also remember, many traditional gods will give you a helping hand, but are not the sort you can ask to solve the whole situation for you. Do your research.

motivation and in developing your level of skill (and maintaining the level of skill you already have).

Maintenance: Many years ago an experiment with basketball players produced some amazing results. The players were divided into three groups. One practiced throwing the ball at the basket every day for a set time. The second visualized themselves throwing the ball into the basket for a set time each day, and the third did nothing. The first group improved the most, as you would expect. But the second group, who merely imagined themselves throwing the ball **improved almost as much**. The third achieved no improvement.

So, if you're not able to practice physically every day, make sure you take some time out to visualize yourself practicing your game.

Development:

1. Mentally create a visualization in which you see yourself playing your game at a much higher level of skill than you currently can. Once you've got this image just how you want it (and it is a good idea to fine tune anything you currently find difficult), step inside the image of yourself and mentally experience yourself playing at this much higher standard. See what you would see, hear what you would hear, feel what you would feel, and so on through the senses.
2. Make yourself a talisman to gradually improve your skills (see "Making Talismans" at [www.castrealspells.com/page6.html](http://www.castrealspells.com/page6.html) ).
3. If there is a particular area you need to improve in (for example putting in golf) create a specific spell to help you using the principles in [Cast Real Spells](#).

## Competing

It's the day of the competition. Are you the sort who gets nervous? Good. Some nervousness is good as it psyches you up for the big day. Have you noticed that the same

physical sensations occur when you are nervous, as when you are excited? Why not think about these performance nerves as excitement rather than nerves? This will help you focus on what you want to achieve and prepare your mind and body to perform at its best without creating the distress that the label “nerves” often produces.

If it's a big day, make yourself a talisman you can wear to help you through it. What is your realistic assessment of your chances (and remember, realistic can be far higher than you may think. I recently read an account of how one man became the Chinese kick box champion with only 4 weeks training beating people with 20 years experience in the process)? If you are close to the top, then a talisman can make all the difference and give you the edge over other competitors. If you are a raw beginner, then it may be more appropriate to use “doing your best” as a magical outcome.

Make sure you do some visualization sessions as well, using the template above for improving your skill. This time, experience being a winner in advance.

Finally, when you are actually competing, the ideal state of mind to be in is to play for the sake of playing. This is difficult to describe, but to get a sense of what I mean, think of something you do regularly which seems effortless. I often use the example of catching a ball that someone has casually tossed at you across the room. If you just reach out and catch it, allowing your body to perform an action it has done countless times before, you will catch the ball. If you add significance to the act, let's say there's a thousand dollars riding on whether you catch it or not, then you may well find yourself trying too hard and not just letting your body do its thing. Once this performance anxiety has crept in and you are consciously “trying” to do well, the chances that you'll miss the ball, or drop it increase tremendously. This is only partly because there is a tendency to imagine what you don't want to happen actually happening, thus making what you don't want more likely.

Good luck with your game.

The author and publisher of this work have over 38 years experience in magic and have made every effort to produce an accurate and useful guide to magical practice. It is quite likely that the authorities where you live do not believe in magic (for example - recent amendments to UK law mean that this product is offered for entertainment value only and no magical results can be guaranteed) and therefore it is necessary to state: This guide is produced to the best of the ability of the author. Magical practice is necessarily experimental, so results cannot be guaranteed. You must satisfy yourself as to the legality and safety of any practical work you undertake.

As much spell casting uses candles, incense, and other hot materials, please make sure you take adequate fire precautions. We want you to come back and buy our other products, not lie in a hospital bed with severe burns. Magicians are often portrayed with cowled robes and flowing sleeves etc. Whilst this can look really impressive, remember FIRE will destroy any cool you have if you wave those sleeves too near the candles or joss sticks.

You know what I'm trying to say here. Modern legislation practically requires me to remind you to keep breathing whilst performing magic. Be careful. Be safe.