

Spring Seasonal Bonus Exercise 1 *Magical Notions*
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Concentration is a fabulous magickal tool which allows you to do many things in the practical world you wouldn't immediately associate with it. For instance, the Spring Seasonal Feature can be applied in the following areas:

Acquiring discipline While not a weight-loss technique, perfecting the exercise and using it to avoid eating when you don't need to, eating more than you should, or overcoming cravings are all practical products of perfecting magickal concentration. You can tweak it to avoid all manner of behaviors that you want to rid yourself of – and it won't cost you a dime. It will require your commitment however.

Mirror Exercise:

Create a mental picture of yourself, as you would like to be – healthy, vibrant, unburdened and bright eyed. See yourself sunbathing, playing with your pets, kayaking – whatever it is you love to do – the thing that puts a smile on your face. Drink in that feeling, allow it to permeate you – breathe - now consider that extra piece of pie, cigarette, new widget you don't need. As you reach for it - see your idyllic world explode, your hopes scatter - your vibrancy dull. Feel that betrayal of your best self. What made you smile before? Imagine that; see it coming towards you. Now choose your reality.

You can play with this and create really sharp, short contrasting images – that have intense personal relevancy. Then use them every time you need to. Your persistence will be rewarded, and you'll be developing excellent personal discipline as a side benefit.