Text

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ObjectType: Tome  
ObjectNumber: 91

LocationName: PAAIL.org

LocationNumber:

Language: PAAIL 2.6

Maker: PAAIL.org  
Model:   
Name: Smith Spells 20

Rank:

SerialNumber:

Level: 5.5

Score:   
Birth: 12-23-2024

Label: Room 91

Title: Smith Spells 20

Details: The latest in PAAIL.org Spells.

Principle: Real Sorcery.

Agenda: Real Sorcery.

Action: Real Sorcery.

Information: Real Sorcery.

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**New Spells -11**

**Spell 00: Smith Summons 11**

Details: Do Smith Summons 10 and add the Spell Part “Arms Back 0”. Put the Hand clutching the Energy Scroll behind your lower back.

**Spell 01: Smith Summons 12**

Details: Do Smith Summons 11 and add the Spell Part where you sit up straight/straighten your back.

**Spell 02: Smith Summons 13**

Details: Do Smith Summons 12 and add a Spell Part that increases the difficulty of the exercise.

**Spell 03: Flex 0**

Details: Flex an area of your Body.

**New Spells -10**

**Spell 00: Make Scripture 0**

Details: Write Scripture, Make Scripture videos or Make Scripture in some other way.

**Spell 01: Plant Feet 0**

Details: Plant your feet. Do not lean on One foot or the other.

**Spell 02: Lock Knees 0**

Details: Lock your knees. Lock your legs.

**Spell 03: Arms Back 0**

Details: Put your arms behind your lower back. Put your hands behind your lower back. A person could also put only One hand/arm behind their back.

**New Spells -9**

**Spell 00: Aggressive Training 0**

Details: Do Training that Makes you more aggressive in moments where aggressive is right.

**Spell 01: Passive Training 0**

Details: Do Training that Makes you more passive in moments where passive is right.

**New Spells -8**

**Spell 00: Incantation Craft 0**

Details: Make a Incantation.

**New Spells -7**

**Spell 00: Religious Order 0**

Details: Make a new Religious order.

**New Spells -6**

**Spell 00: Meditation Guide 0**

Details: Guide the Meditation of another.

**Spell 01: Wizard School 0**

Details: Make a Wizard school.

**New Spells -5**

**Spell 00: Add Time 0**

Details: Add more Time to a Spell.

**Spell 01: Word Letters Vision 0**

Details: Force a Vision of a Word in your Mind. Force a Vision of the letters.

**Spell 02: Celebrate 0**

Details: Celebrate something.

**New Spells -4**

**Spell 00: Origin Connect 0**

Details: Picture the Origin moment in your Mind. Connect to the Origin moment.

**Spell 01: Cleanse 0**

Details: Do something that you can call a “cleansing”.

**New Spells -3**

**Spell 00: Rune Alchemy 0**

Details: Rune a Charm.

**Spell 01: Fluid Movement 0**

Details: Make “Fluid” Movements.

**Spell 02: Team Building 0**

Details: Do a Spell that is team building.

**New Spells -2**

**Spell 00: Straighten Back 0**

Details: Sit Up straight or stand up straight.

**Spell 01: Slouch 0**

Details: Slouch your back.

**Spell 02: Warmups 0**

Details: Do warm Up Exercises.

**Spell 03: Symbol Vision 0**

Details: Force yourself to have a Vision of a Symbol.

**New Spells -1**

**Spell 00: Fresh Air Breathe 0**

Details: Do a Breathing Exercise while getting fresh air.

**New Spells 0**

**Spell 00: Smith Summons 8**

Details: Do Smith Summons 7 and add the Spell Part of using a Meditation rug.

**Spell 01: Smith Summons 9**

Details: Do Smith Summons 8 and add the Spell Part of having a Shrine in the Room that has a Meditation Enchantment.

**Spell 02: Smith Summons 10**

Details: Do Smith Summons 9 and add the Spell Part of being in a Meditation Temple or Meditation Chamber.

**Item Groups**

**Information -11: = New Spells -11**

**Information -10: = New Spells -10**

**Information -9: = New Spells -9**

**Information -8: = New Spells -8**

**Information -7: = New Spells -7**

**Information -6: = New Spells -6**

**Information -5: = New Spells -5**

**Information -4: = New Spells -4**

**Information -3: = New Spells -3**

**Information -2: = New Spells -2**

**Information -1: = New Spells -1**

**Information 0: = New Spells 0**

**Information 1: = Room Item Groups**

**Information 2: = Recently Added Spells 5**

**Information 3: = Recently Added Spells 4**

**Information 4: = Recently Added Spells 3**

**Information 5: = Recently Added Spells 2**

**Information 6: = Recently Added Spells 1**

**Information 7: = Recently Added Spells 0**

**Information 8: = Basic Spells**

**Information 9: = Standard Spells**

**Information 10: = Alchemy Spells**

**Information 11: = Advanced Spells**

**Recently Added Spells 5**

**Spell 00: Fresh Air 0**

Details: Get some fresh Air.

**Recently Added Spells 4**

**Spell 00: Worship 0**

Details: In some way… Worship his Holiness, our God.

**Spell 01: Scripture Worship 0**

Details: Worship his Holiness, our God, by reading Scripture.

**Spell 02: Tithe Worship 0**

Details: Donate Time or money to a Church or charity.

**Spell 03: Stance Control 0**

Details: Think about your Stance and control it.

**Spell 03: Stretch Exercise 0**

Details: Do stretch Exercise.

**Spell 04: Jump 0**

Details: In a safe manner…jump.

**Spell 05: Waste Discard 0**

Details: Get rid of some garbage or something.

**Recently Added Spells 3**

**Spell 00: Clean 0**

Details: In some way…. Do some cleaning.

**Spell 00: Disconnect 0**

Details: In some way…. Do something that Disconnects you from something.

**Recently Added Spells 2**

**Spell 00: Divination 0**

Details: In some way…. Do Divination.

**Spell 01: Subject Ponder 0**

Details: A way to enhance thought and focus about a subject.

X1 Action: Get a blank piece of paper and pen, or something similar.

X1 Action: On one side write the subject Keyword/s 10 times.

X1 Action: On the other side write the subject Keywords/ 1 time. Only 1 time.

X1 Action: For about 10 seconds touch the paper with the palm of your Hand

X1 Action: Ponder the subject while being able to see the side of the paper with Keyword/s written 1 time.

X1 Action: While thinking about the subject… once and awhile glance at the Keyword/s and in your Mind read them.

X1 Information: This Spell has other uses.

X1 Information: This Spell can be used to focus on a subject.

**Spell 01: Spell Tome 0**

Details: Make a Spell book.

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**Recently Added Spells 1**

**Spell 00: Body Clean 0**

Details: In some way…. Clean your Body.

**Spell 00: Massage 0**

Details: Get a massage. This counts as Body Exercise.

**Spell 00: Smith Summons 6**

Details: Do Spell Smith Summons 5, only add the Spell Part Visualize something during the Spell. This is adding the induce a Vision Spell Part.

**Spell 00: Smith Summons 7**

Details: Do Spell Smith Summons 6, only add the Spell Part with one Hand Make a Symbol in the air. This is adding a Hand Symbol Sorcery Spell Part to the Spell.

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**Recently Added Spells 0**

**Spell 00: Pay Tribute 0**

Details: In some way…. Pay Tribute to something.

**Spell 00: Repair Off Hand 0**

Details: In some way…. Improve your Off Hand. Sometimes this means improve your Off Hand Dexterity.

X2 Principle: Improving your Off Hand can Make you more graceful.

X2 Principle: There is such thing as Grace Virtue Levels

**Spell 00: Hydrate 0**

Details: In some way…. Hydrate yourself. Many liquids like water work. Many liquids do not.

**Spell 00: Consume Lifeforce 0**

Details: Consume Lifeforce by eating food or drinking something. This be what happens when people eat and drink.

**Spell 00: Rest 0**

Details: In some way rest…..

**Spell 00: Repair Off Leg 0**

Details: In some way…. Improve your Off Leg. Sometimes this means improve your Off Leg Dexterity.

X2 Principle: Improving your Off Leg can Make you more graceful.

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**Basic Spells**

**Spell 0: Think Keywords 1x**

Details: Think a Keyword or Keywords in your mind.

**Spell 1: Repeat 1x**

Details: Repeat a Spell or Spell Part over and over.

**Spell 2: Breathe 1x**

Details: Control your breathing and do a breathing exercise.

**Spell 3: Pause 1x**

Details: Pause for a moment.

**Spell 4: Bow 1x**

Details: Bow 1 time.

**Spell 5: Fists 1x**

Details: Make one fist or two fists.

**Spell 6: Palms 1x**

Details: Place the palms of your hands together.

**Spell 7: Palm Fist 1x**

Details: Make a fist and put it into the palm of your other hand.

**Spell 8: Keywords Write 1x**

Details: Write a Keyword or keywords.

**Spell 9: Keywords Speak 1x**

Details: Speak keywords or a keyword.

**Spell 10: Vision 1x**

Details: Envision something in your mind. Force a vision of something.

**Spell 11: Symbol Write 1x**

Details: With a writing utensil. On paper or something similar. Write a Symbol.

**Spell 12: Hand Symbol Sorcery 1x**

Details: With the palm of your hand. In the air. Draw a Symbol.

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**Standard Spells**

**Spell 0: Write Keywords 10x**

Details: Write a Keyword or Keywords 10 times.

**Spell 1: Smith Summons 1**

Details: In your mind think a Keyword or Keywords 3 times. Pause for a moment, then repeat.

**Spell 2: Smith Summons 2**

Details: In your mind think a Keyword or Keywords 3 times. Then pause for a moment. During the pause do a breathing exercise. Then repeat.

**Spell 3: Smith Summons 3**

Details: Bow 3 times. Each time you bow think a Keyword or Keywords. Then Pause for a moment. During the pause do a breathing exercise. Then repeat.

**Spell 4: Smith Summons 4**

Details: Make a Fist or Fists. Then Bow 3 times. Each time you bow think a Keyword or Keywords. Then Pause for a moment. During the pause do a breathing exercise. Then repeat.

**Spell 5: Smith Summons 5**

Details: Make a Fist around an Energy Scroll. Then Bow 3 times. Each time you bow think a Keyword or Keywords. Then Pause for a moment. During the pause do a breathing exercise. Then repeat.

**Spell 6: Symbol Write 50x**

Details: With a writing utensil. On paper or something similar. Write a Symbol 50 times.

A group of triangles in different colors with Great Pyramid of Giza in the background

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A diagram of keywords and keywords

Description automatically generated**Alchemy Spells**

**Spell 0: Simple Energy Scroll**

Details: Use the map above to make a scroll. Replace Keywords with the right Keyword or Keywords. Roll up the paper so it is a scroll. Fold it so it stays rolled up or tie it with string or ribbon or rope.

**Spell 1: Shrine Charm 0**

Details: Make a Shrine.

**Spell 2: Enchant Shrine 0**

Details: Use the right Charm and leave it with a Shrine to Enchant the Shrine. The Charms Enchantments rub off on the Shrine.

**Spell 3: Personal Charm 0**

Details: Place a Personal Charm at a Shrine. The Shrines Enchantments will rub off on the Personal Charm. This is one path for making a Personal Charm.

**Spell 4: Collectable Owner 0**

Details: For major things you are least Level 4 on…..own at least 1 Collectable Charm of the subject.

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**Advanced Spells**

**Spell 0: Smith Body Exercise 0**

Details: Do a session of Body Exercises.

**Spell 1: Smith Breathing Session 0**

Details: Do a session of Breathing Exercises.

**Spell 2: Smith Meditation 0**

Details: Do a session of Meditation. The common type. Where you sit on the ground and whatnot.

**Spell 3: Smith Group Meditation 0**

Details: Join a Meditation Group and do group Meditation.

**Spell 4: Smith Expert Blessing 0**

Details: Bless a Charm with an Expert Blessing. Enchant a Charm with an Expert Blessing. If you’re a chess Expert you can Enchant things with a Chess Expert Blessing Enchantment.

**Spell 5: Smith Custom Spell 0**

Details: Make your own custom Spell.

**Spell 6: Smith Add Part 0**

Details: Add a Spell Part to a Spell.

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