ObjectName: Spell Collection Article  
ObjectNumber:

Maker: Instructor Smith  
Model:  
  
Name: Smith Spells 0

Rank:

SerialNumber:

Level:

Score:  
Birth: 8-25-2022

Label: Room

Title: Smith Spells 0

Details: A collection of spells….

Principle:  
Agenda:

Action:

Information:

Location: PAAIL.org

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Item Group: Introduction

Principle: Here lies a book of spells.

Principle: The first spell parts provided are some of the most powerful spell parts that exist.

Principle: The following spells channel huge amounts of mana.

Principle: Often none of these spells are a good choice in life. Proper sorcery training is to still train all of these spells, and spell parts.

X2 Principle: Often its best to create new spells that don’t use any of these spell parts.

X2 Principle: Often its best to use spells that don’t use any of these spell parts.

Principle: All of the first spell parts are ancient.

Principle: Any collection of actions can be called a spell part…..if its only part of the spell.

Principle: Sometimes the spell parts are good spells all on their own.

X2 Principle: At times you do just make fists. Not do anything else. Or just make a fist, and not do anything else.

X2 Principle: Sometimes in life you take a breath and that’s all you do.

X2 Principle: Sometimes it might be think 1 word in your head as a great spell.

X2 Principle: Even though they are called spell parts… they are also known as just spells. And on their own they are great spells. They don’t need to always be combined with other parts.

Principle: The first part of this room is learn the main spell parts.

Principle: The second part of this room is combinations of spell parts and you use the combinations to train the spell parts.

X2 Principle: Eventually you find the summons spells. They are used to train the spell parts.

Principle: As usual all smith wizardry is theoretical, and presented in a form as though it weren’t. This is because it’s a lot faster than writing “the theory is….” All the time.

Principle: Never attempt sorcery while operating dangerous machines.

Principle: Variations on spells are more than acceptable. Sometimes you breathe while you bow. Sometimes you don’t breathe while you bow. Sometimes you make a fist. Sometimes you just do the bow, word think, and breathe.

X2 Principle: Often when controlling breathing you end up controlling it while bowing.

Principle: One major problem is the author of this book is still training these spells, is not trained up.

X2 Principle: The author takes the slow path.

X2 Principle: It would make a difference if the author were trained up on these spells.

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Item Group: Quick Spell List 0

Birth: 8-30-2022

Details: The first major spells/spell parts.

Action: Word Think 1x

Action: Word Write 1x

Action: Breathe 1x

Action: Bow 1x

Action: Fists 1x

Action: Palms 1x

Action: Palm Fist 1x

Action: Pause 1x

Action: Repeat 1x

Action: Word Speak 1x

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Item Group: Quick Spell List 1

Birth: 8-30-2022

Details: The first major combinations.

Action: Word Write 10x

Action: Smith Summons 1

Action: Smith Summons 2

Action: Smith Summons 3

Action: Smith Summons 4

Action: Smith Summons 5

Action: Simple Scroll 1

Action: Shrine Paper 1

Action: Paper Shrine 1

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Item Goup: Detailed Spell List 0

Birth: 9-11-2022

Details: The first major spells/spell parts.

**Action: Word Think 1x**

Details: The spell “Word Think 1x” is to think a keyword or keywords 1 time in your mind.

**Action: Word Write 1x**

Details: The spell “Word Write 1x” is to write on a material a keyword or keywords 1 time.

**Action: Breathe 1x**

Details: The spell “Breathe 1x” is do a breathing exercise.

**Action: Bow 1x**

Details: The spell “Bow 1x” is do 1 simple bow. Like in prayer. This spell is do 1 two second bow.

**Action: Fists 1x**

Details: The spell “Fists 1x” is make fists or a fist.

**Action: Palms 1x**

Details: The spell “Palms 1x” is put the palms of your hands together. Like in prayer.

**Action: Palm Fist 1x**

Details: The spell “Palm Fist 1x” is make a fist and put it into the palm of your other hand.

**Action: Pause 1x**

Details: The spell “Pause 1x” is pause for a short moment.

**Action: Repeat 1x**

Details: The spell “Repeat 1x” is repeat a process 1 time.

**Action: Word Speak 1x**

Details: The spell “Speak 1x” is speak a word or words 1 time.

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Item Goup: Detailed Combinations

Birth: 9-21-2022

Details: The first major spell combinations

**Action: Word Write 10x**

Details: This spell is to write a word or words 10 times.

**Action: Smith Summons 1**

Details: In your mind think a word or words 3 times. Then pause for a moment. Then repeat.

**Action: Smith Summons 2**

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

**Action: Smith Summons 3**

Details: Bow 3 times. Each time you bow think a word or words. Then pause for a moment. During pause do a breathing exercise. Then repeat.

**Action: Smith Summons 4**

Details: Make a fist or fists. Bow 3 times. Each time you bow think a word or words. Then pause for a moment. During pause do a breathing exercise. Then repeat.

**Action: Smith Summons 5**

Details: Make a fist around a simple scroll. Make a fist or fists. Then bow 3 times. Each time you bow think the word or words of the simple scroll. Then pause for a moment. During pause do a breathing exercise. Then repeat.

**Action: Simple Scroll 1**

Details: Draw the drawing on a piece of paper. Close enough is good enough. You have to choose the correct word or words. Then roll it up into a scroll. And then bend at center so it doesn’t unroll.

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**Action: Shrine Paper 1**

Details: Draw the drawing on a piece of paper. Close enough is good enough. Replace the word keywords with the word “Shrine”. Do not roll up.

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**Action: Paper Shrine 1**

Details: Fold a shrine paper over a simple scroll. Bend at the ends so it all stays together.

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**Item Group: Expanded Spell List 0**

Birth: 9-10-2022

Details: The first major spell parts….

**Action: Word Think 1x**

Details: The spell “Word Think 1x” is to think a keyword or keywords 1 time in your mind.

X2 Principle: The most powerful of spell parts. Words are the quick way to a connection with some side of the multiverse.

X2 Principle: Speak words is as powerful a spell part as think words.

X3 Principle: Older spells that use speak words are ok.

X3 Principle: Rarely is it good to add speak words in new spells.

X3 Principle: Speak words can be less peaceful and quiet. Speak words can be less connected to the peaceful and quiet side of the multiverse.

X2 Principle: Training can easily be done on most all spells by simply doing the spell over and over.

X2 Principle: There are endless patterns for training this spell part.

X2 Principle: Training spell parts is part of training spells.

X2 Principle: Sometimes thinking 1 time, 1 word is a powerful spell.

**Action: Word Write 1x**

Details: The spell “Word Write 1x” is to write on a material a keyword or keywords 1 time.

X2 Principle: A most powerful of spell parts. Words are the quick way to a connection with some side of the multiverse.

X2 Principle: One ultimate spell is to write a keyword or keywords, then write the definition of what they mean.

X2 Principle: Training this spell is not important for it to have full effect.

X3 Principle: Training is not important mainly because the high power on this spell.

X2 Principle: Since writing is “runes writing”, the people with high levels on this spell part are the people who can draw and such.

X2 Principle: If you do enough writing, you will gain runes writing levels, even if you can’t draw or such.

X2 Principle: On its own... writing a word 1 time never does much.

**Action: Breathe 1x**

Details: The spell “Breathe 1x” is do a breathing exercise.

X2 Principle: A most powerful of spell parts. Breathing right during spells is priceless.

X2 Principle: There are many different breathing exercises.

X2 Principle: The main breathing exercise is when you think about it and control it in some way.

X3 Principle: This is called “controlled breathing”.

X2 Principle: A person can do just a breathe out and call it a “Breathe 1x”. A person can do just a breathe in and call it a “Breathe 1x”.

X3 Principle: Variations of spells is a thing that happens.

X2 Principle: The hope is that do a ton of breathing exercise and you will breathe more correctly.

X2 Principle: Breathing better is a huge boost to sorcery powers.

X2 Principle: Even if you were to eventually use wands, you would still need to breathe right, while you use the wand.

X2 Principle: Training breathing is done mainly by breathing exercises.

X2 Principle: Sometimes doing 1 quick breathing exercise is a powerful spell.

**Action: Bow 1x**

Details: The spell “Bow 1x” is do 1 simple bow. Like in prayer. This spell is do 1 two second bow.

X2 Principle: A most powerful of spell parts. Even if you were to eventually train wand use…you would still train body movements, the first being “Bow”.

X2 Principle: Even if you were to eventually use wands you would often move your head around, while you wave your wand around.

X2 Principle: Training bow is doing bow. Many people have improved levels already because of doing prayer over the years.

X3 Principle: Using scrolls can speed up training on spells.

X2 Principle: When to use bow is more complex than some spells.

X3 Principle: The author only uses bow as a part of the summons spells.

**Action: Fists 1x**

Details: The spell “Fists 1x” is make fists or a fist.

X2 Principle: People imagine waving their hands around as sorcery. One major thing is to do hand exercises.

X3 Principle: Making fists or a fist is hand exercise.

X2 Principle: Body gestures are major sorcery and making a fist is one of the biggest.

X2 Principle: For sorcery doing hand exercises like stretching fingers and doing strength training on hand is priceless.

X2 Principle: It can improve dexterity doing hand exercises.

X2 Principle: Training this spell part is mainly done by doing make fists or a fist.

X2 Principle: A person often can make a fist all throughout the day. Often all on its own this is a powerful spell. And all throughout the day you can benefit from it.

X3 Principle: You don’t do it all day. Sometimes throughout the day.

X3 Principle: 1 hand. 1 fist. Is often a great choice. Not make 2 fists always.

X3 Principle: The author does a lot of 1 handed make a fist.

X4 Principle: Its really nice all on its own.

**Action: Palms 1x**

Details: The spell “Palms 1x” is put the palms of your hands together. Like in prayer.

X2 Principle: During an encounter with a king, it is less common to put your palms together, than it is to “bow” during the encounter.

X2 Principle: Putting palms together is an ancient spell.

X2 Principle: This spell is found everywhere.

X2 Principle: Lots of people have improved levels of this already.

X2 Principle: 1 quick way of training the first spells/spell parts of this book is found in the summons spells. The summons spells train these spells quick.

X2 Principle: A person can train just by doing lots of put your palms together.

X2 Principle: The author of this article only uses palms 1x when doing exercise time. Body exercise is done also at that time.

X2 Principle: The author only uses bow 1x while doing summons spells. And only does summons spells during exercise time.

**Action: Palm Fist 1x**

Details: The spell “Palm Fist 1x” is make a fist and put it into the palm of your other hand.

X2 Principle: Fists 1x is a powerful spell, and Palms 1x is a powerful spell. Putting a fist into the palm of the other hand unites your Fists 1x and Palms 1x spells.

X2 Principle: Fists, Palms and Palm Fist are all very similar and often do the same thing.

X2 Principle: Palm Fist 1x is an ancient spell.

X2 Principle: Fists, Palms, and Palm Fist have huge global levels from being used by so many people, and because they are 1000’s of years old.

**Action: Pause 1x**

Details: The spell “Pause 1x” is pause for a short moment.

X2 Principle: Sometimes you do other things during a pause.

X3 Principle: Take a pause and breathe for a bit is a spell.

X2 Principle: This spell can be used all the time is priceless ways.

X2 Principle: When used correctly this spell can greatly enhance the graceful levels of a person.

X2 Information: The author went to click a button on program and then hovered over button, then paused for a bit…then clicked the button.

X3 Principle: There was an intentional delay on clicking the button.

X2 Principle: There is all kinds of using pause in life.

X2 Principle: Take a break is a pause.

X2 Principle: Sleeping is a pause.

X2 Principle: This spell can be used as a way to take things slower, when slower is desired.

X2 Principle: This spell is used for more than just training/exercise time.

X2 Principle: Some spells are only used for training/exercise time.

**Action: Repeat 1x**

Details: The spell “Repeat 1x” is repeat a process 1 time.

X2 Principle: One of the most common paths of training is to do something over and over again.

X2 Principle: Everyone does this spell all the time.

**Action: Speak 1x**

Details: The spell “Speak 1x” is speak a word or words 1 time.

X2 Principle: This is a most powerful and ancient spell.

X2 Principle: Since many older spells use this spell part, it is good for those spells to continue using this spell part.

X2 Principle: Since speaking words is much louder than thinking words, speaking words is less connected to the peaceful/quiet side of the multiverse.

X2 Principle: Its often negative to use this spell/spell part in new spells you make.

X2 Principle: Whenever a person speaks they do this spell. It has a huge global level.

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Item Goup: Detailed Spell Combinations

Birth: 9-21-2022

Details: The first major spell combinations.

**Action: Word Write 10x**

Details: This spell is to write a word or words 10 times.

X2 Principle: This spell is doing enchanting on yourself.

X2 Principle: Doing all the words listed in some other room are an ultimate enchantment, that you only have to do one time in your life to get.

X3 Principle: The guess is that it takes 10 hours maybe to do the one time enchant yourself.

X4 Principle: It might be less, it might be more….

X3 Principle: The room with the right words is unknown at this time.

X2 Principle: Whenever you start a new subject in life……you should do this spell with the name of the subject. Do this one time.

X2 Principle: Its likely that using major keywords of a subject are worth doing one time in your life. If you practice that subject.

X3 Principle: Do this spell….write 10 times the words.

X2 Principle: This spell has a lot of do one time in your life to it. You do tons of words, and only do them each one time in your life.

X2 Principle: If you are doing a subject then you should do once a year that subjects main word.

X3 Principle: Wizards should do Wizard Word Write 10x once a year.

X2 Principle: Your more likely to remember a word if you write 10 times.

X2 Principle: One ultimate spell is write a word, then write the definition of the word.

X2 Principle: This spell does not need to be trained.

X2 Principle: This spell grows “runes writing” levels.

**Action: Smith Summons 1**

Details: In your mind think a word or words 3 times. Then pause for a moment. Then repeat.

X2 Principle: Sometimes this is all you need.

X2 Principle: There are many paths for training this spell. The quickest is to do a bunch of Smith Summons 5 spells.

X3 Principle: Training the summons spells will be covered by item Smith Summons 5. Later in this room.

X2 Principle: This spell may sometimes be great for focusing on something.

X2 Principle: This spell summons energy related to the word or words you use.

X2 Principle: A person could use this spell during body exercise time.

X3 Principle: Do Exercise Smith Summons 1. Think exercise 3 times.

X2 Principle: A person can use this spell to push themselves. To will themselves in a direction. To motivate themselves.

X2 Principle: One spell is do “I can do it” Smith Summons 1. Think the words “I can do it” 3 times in your mind.

X3 Principle: This spell would be done at a moment when it makes sense to think “I can do it” 3 times.

X2 Principle: It’s a thought that Focus Smith Summons 1 may be a useful spell. Think the words 3 times….“focus, focus, focus”.

**Action: Smith Summons 2**

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

X2 Principle: Adding breathing does a lot.

X2 Principle: One of the biggest things adding breathing does, is that you do breathing exercises.

X3 Principle: If you do not breathe right, your chi does not move right.

X2 Principle: This spell drains more energy than Smith Summons 1.

X2 Principle: A awesome spell is Breathe Smith Summons 2.

X2 Principle: This spell drains more mana than Smith Summons 1.

X2 Principle: This spell is used often at the same moments you use Smith Summons 1.

X2 Principle: Sometimes you should use this spell. Sometimes you should use Smith Summons 1.

**Action: Smith Summons 3**

Details: Bow 3 times. Each time you bow think a word or words. Then pause for a moment. During pause do a breathing exercise. Then repeat.

X2 Principle: Adding a bow creates a greater disturbance in the multiverse.

X2 Principle: Adding a bow may be more of a when doing exercise time.

X2 Principle: This spell drains more mana than Smith Summons 2.

X2 Principle: A person might find ways to add this to their meditation.

X3 Principle: Do it twice at the beginning, then twice at the end.

X3 Principle: Keyword would be “meditation”. Do Meditation Smith Summons 3…. Do it twice before meditation routine, and twice after.

X2 Principle: This spell seems more of an exercise spell. Mostly at exercise time of the day/week.

**Action: Smith Summons 4**

Details: Make a fist or fists. Bow 3 times. Each time you bow think a word or words. Then pause for a moment. During pause do a breathing exercise. Then repeat.

X2 Principle: This spell is much like Smith Summons 3.

X2 Principle: This spell drains more mana than Smith Summons 3.

X2 Principle: Smith Summons 3 is more passive than this spell. Less is often more connected to the peaceful/quiet side of the multiverse.

**Action: Smith Summons 5**

Details: Make a fist around a simple scroll. Make a fist or fists. Then bow 3 times. Each time you bow think the word or words of the simple scroll. Then pause for a moment. During pause do a breathing exercise. Then repeat.

X2 Principle: This spell was started as a way to train sorcery.

X2 Principle: This spell is intended for “exercise time”. Mainly when training sorcery.

X2 Principle: This spell drains more mana than Smith Summons 4.

X2 Principle: This spell is the quickest path for training all the spells / spell parts…..

X2 Principle: To do the quick training do some alchemy and make all these simple scrolls…..first…a “keyword” scroll…then a “breathe” scroll….then a “bow”, a “fists”, a “palms”, a “palm fist”, a “pause”, a “repeat”, a “recharge”, a “drain”, and a “power”. 11 scrolls total.

X2 Principle: In the listed order do 30 minutes of Smith Summons 5 on each scroll.

X2 Principle: A person can do 5 minute sessions for a training path. You do not have to do 30 minute sessions.

X2 Information: The author of this book does not use scrolls, and does the slower, more passive mix of Smith Summons 3 and Smith Summons 4.

**Action: Simple Scroll 1**

Details: Draw the drawing on a piece of paper. Close enough is good enough. You have to choose the correct word or words. Then roll it up into a scroll. And then bend at center so it doesn’t unroll.

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X2 Principle: So far the use of scrolls is to train sorcery, make shrines, and enchant shrines.

X2 Information: Simple Scrolls are covered elsewhere at the paail.org website.

**Action: Shrine Paper 1**

Details: Draw the drawing on a piece of paper. Close enough is good enough. Replace the word keywords with the word “Shrine”. Do not roll up.

X2 Principle: Shrine papers are used in alchemy to make shrines.

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**Action: Paper Shrine 1**

Details: Fold a shrine paper over a simple scroll. Bend at the ends so it all stays together.

X2 Principle: Paper shrines help connect people to sides of the multiverse.

X2 Information: Shrines are covered elsewhere at the paail.org website.