

# *Sigil Magick*

## **You Will Need:**

- a white candle
- lots of scrap paper
- one piece of paper for your final sigil {parchment is a nice choice}
- a pencil
- a pen {if you can pick something color appropriate to your intention all the better}
- a fire proof container {like a cauldron}
- your notes from yesterday
- time...lots of it

Take out your notes from yesterday and review your intentions you have chosen for 2018. As you review your notes, do you have a single clear focus for the year?

We're going to create an intention statement based on this focus. Your statement will take this format:

## **I Will...Into My Life**

What are you willing into your life based on your notes from yesterday?

Working with the example I used from yesterday, we're going to say:

## **I Will A Job In Finance Into My life**

You can also make yours more broad if you have more than one intention for the year. For instance:

*I Will Love Into My Life*

or

*I Will My Purpose Into My Life*

and so on

Write this out on a piece of paper. Cross out all the consonants {A,E,I,O,U}. Using my example I would be left with:

**W L L J B N F N N C N T M Y L F**

Remove all repeating letttings keeping only the first instance of that letter. I would be left with:

**W L J B N F C T M Y**

Now comes the magickal and fun part. You're going to begin putting these letters together on your paper to form an image. Remember, the idea is that the final image should not be recognizable. While you won't be able to see words or letters you will know what it means on a deeper, spiritual level. The energy of the symbol will speak to your Higher Mind and do its work.

**Tips:**

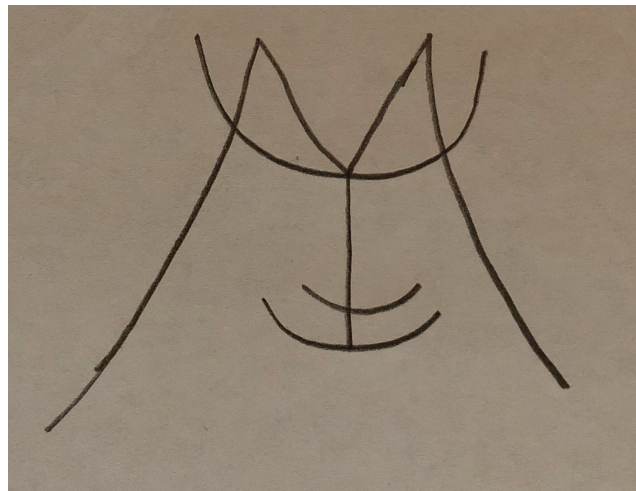
Look for letters that look alike and that can be combined into one shape. For instance, W and M are the same shape in different directions. You could drop one and keep the other. L is also contained in the letter T.

Take your time and make as many drafts as you need to. As you go along, you may start to see where you can eliminate letters or where if you stretch a letter out or curve it differently.

Every few letters turn your paper 90 degrees. This will help you see all the possible angles you can work with.

Keep working on it until it feels magickal. Add other little embellishments like dots, moons, and symbols that can add to the sigil if you feel called. ONLY if you feel called! This is not a requirement. Some people like theirs to be a bit more "done up."

Using my example, this is what I came up with.



Once you like how it has come out, you're going to make two copies, one that you'll keep and one that you'll burn. Draw them out nice, putting time, care, and energy into it.

Also, place your final sigil in a circle like this:



**Now it's time to activate your sigil.** We're going to do this process with the one that you'll be burning. You'll follow the same process, minus the burning, for your other copy.

**First, let's charge your sigil. Light your candle before you begin.**

I like to do this with meditation. Hold your sigil in your hands or place it on a table and look at it. REALLY look at it. You might even want to hold it up to your face close so you really take in the image.

Think of looking at a 3D poster; you want to look at your sigil similarly. You're going to stare intently but also relax your eyes as though you're looking through it. You will notice the lines and the image of the sigil begins to glow as though they are going to jump off the page. As you stare at the image and absorb its energy begin the process of Pranic Breathing.

Breathe in deeply into your belly with strong intent allowing your stomach to inflate fully. Visualize pulling energy up from the earth through your root chakra up into your belly. As you exhale, see that energy come up through your lungs and out with your breath, breathing this energy it into your sigil. When you breathe out and send your energy into the sigil, it's carrying your intention, charged up and ready to go, right into your sigil.

Once charged we're going to burn it to release it.

Tear the edges around it until you have a little extra paper as possible and you just have your sigil. Hold the sigil, staring at the image and drawing up your intention, sending that into the sigil.

Light your sigil in the candle flame and place it in a bowl and watch the flames consume the paper. As the flames burn the sigil, it releases the sigil energy into the Universe to do your work.

Now comes the challenging part, you have to let go of the energy of your sigil. A big challenge with sigil work is forgetting what they mean so our conscious mind doesn't dwell on it. So just forget about it and let it go. Once your sigil has been activated and released its time to forget and let go. Simply be present and observant and witness how it comes together for you.

Complete your sigil, release one, and set the other aside somewhere safe and sacred.