

What is Sigil Magic and How Can I Make It Work for Me?

Activity 1 – Start your own Magical Journal, where you will write down any rituals, and meditations that you are performing and carrying out. It is completely up to you which format you wish to choose. I personally enjoy A4 sized journals with nice paper, and leather bound, yet it's always a good idea to choose something that you resonate with.

Write down the date of the working / Your purpose for the ritual/ Any feelings you experience during the ritual/ Your outcome and results / Observations / Personal notes and advice for next time

Activity 2 – Write down how YOU understand Sigil Magic and how you believe it can affect your life. Rev this note after you finish this course.

Activity 3 – Dedicate a time of day (or every few days a week) that will be dedicated to a magical practice and stick to it. Discipline is the key.