

Spell Casting Journal

The pen is mightier than the sword! Indeed it is, as we learn to alchemically uplevel our use of the journal writing medium to cast a spell on our lives!

Thoughts are things! If we use our journal writing to complain, vent, cvetch, bitch, moan and secretly express our shadow, more complaints, shadow material and need for such private pursuits will result. As we transmute our material in to what we truly desire, we turn our writing in to a place of prayer — of cocreation — with the values of our lives.

Begin where you are! For your first 3 pages, let it all out! Write without concern for spelling, grammar, syntax... Don't hold back.

Next, of all your material, give thanks for what you are grateful for and repent for your own errors and shortcomings. Then, state your desire for cocreation, with details as they apply. Next, invoke the Helpers who can bring this about within you from the subtler planes. Finally, commune with Them, with Infinite, with the possibilies from where all true desires come,

Seeing

Hearing

Smelling

Tasting and

Feeling

The joy, peace, harmony, love, beauty of creating with Love and Light.

Repentance

Where have I gone wrong? What missteps am I aware of? Who have I slighted? When did I go off path? How can I improve myself?

Petition

I ask for help, co-creating my life, home, family, friends, community, village, government, country, planet in abundant love, harmony and beauty....

Invocation

I invoke the Higher of the High, the energy of the 4 directions, Supreme Spirit, specific angelic and saints, helpers... to bring about what I have petitioned for.



Commune

Commune — See it, Smell it, Hear it, Taste it, Feel it... and what comes up for you when you do?... make notes here, symbols, lists that help you deepen and deepen. The felt sense that your future is calling you toward it from the present...

Notes: _____

