

creating a spell

Doing spell work is how we engage with other realms and our own subconscious mind. We can indeed change our reality and the universe is delighted to co-create with us.

A spell is not merely music and candles, it is a cultivation of energy that can help you reach the emotional state you are aiming for.

Movement, colored lighting, and smells can help you reach altered states. The act of making tea, cooking for your ancestors, or cleaning your home can all be spell work when it brings you into magical energy.

You can call on your spirit team, deities, or your own psychology to create a vibrational state that will match your desires and bring the world you desire into being.

Determine your desire - Get clear on what you want to bring into your life with spell work.

Create an intention - Determine how reality would have to be in order for your desires to come to life. What you would have to have, be, or do.

Gather ingredients - Look up the correspondences for the energy you are trying to cultivate (candles, herbs, prayers, sigils, etc.) and collect them.

Emotionally regulate - As you do the spell, reach the emotional state that aligns with your desire by using your ingredients and energy.

Follow through - Take action toward your desires and check in with your body and soul to maintain the emotional state that resonates with your intention.

Ultimately, the power to change your life is within you. Your power has the ability to change your perception and your reality. As you design your spells and test their efficacy, look out for lessons that you are learning. Sometimes manifestations of our desires come in ways we do not expect or understand. Open your mind to listen to the language of the universe.

guide

Exploring Your Intention:

These prompts can help you get clear on what you desire so that you can confidently distill your intention down to the most basic and potent parts.

Date & Time:

Enter the date and time that you are conducting the spell or wish to conduct the spell.

Intention:

Here you can write out your intention as a full statement or just the general energy that you are trying to cultivate.

Ingredients:

List any herbs, crystals, sigils, candles, or other elements that you are using. This can include the clothing/jewelry you are wearing, the color of the lighting, or music you are playing.

Additions:

Additional notes, deities, energies, or tools can be placed here. If you are changing up a spell that you found elsewhere, you can add here what it is that you changed.

Outcome:

You may feel like writing here just after doing the spell or come back to it later. If you experience anything interesting during the spell, you can write it down right away. Otherwise, you can revisit this days or weeks later to see if an outcome was reached as a result of the spell.

The Next Day:

The day after a spell is a potent time to notice any signs from the universe or your own subconscious mind. Use the prompts as an optional step in keeping your energy and inspiration alive.

(If you can't get to it the next day, I know how that goes. Do it whenever you feel inspired in the days following the spell!)



Exploring Your Intention

What current circumstances inspired this intention?

Why do I desire to manifest this?

What circumstances could shift to help this desire come to life?

What feeling will this intention give me?

What things in my life already give me this feeling?

When do I expect or want this specific intention to manifest?

date

time

intention

ingredients

additions

outcome



The Next Day

What did I dream about last night?

What affirmations can I say to enforce my intention?

What plans do I have to attract my desired energy?

What do I have to be grateful for in this moment?

Have any signs or inspired thoughts come into my awareness?

Re-Print and use pages 3, 4, and 5 as needed!



Need Help?

Have questions about the spell work guide or
just want to dive deeper?

If you are ready to awaken your power and
take your life into your own hands, reach out
to me!

I offer one-on-one sessions designed to help
you clear old energy and call in your desired
emotional state.

Sliding Scale Pricing Available



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