Sigil of

A Peaceful, Calm Mind

Moon of stillness, shine within.

Branch of clarity, root me to peace.

Circle of thought, be unbroken yet gentle.

Spiral of breath, draw me inward, release me outward.

May racing thoughts soften like wind over grass.

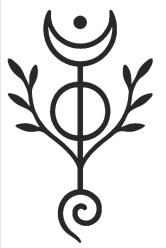
May the mind become a garden, tended and whole.

In this sigil, the noise dissolves,
leaving only stillness,
a river flowing quiet and

Let it be drawn upon the brow in air, traced in water before drinking, or set upon the desk where work is done.

Where it rests, may calm descend, like moonlight upon restless waves.

clear



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