

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
clear.

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.

