

Sigil of

Strength and Clarity During Times of Depression

Heart, beat steady and strong.

Mind, clear as still water.

Shadows may press, but they do not bind.

This sigil carries the strength of roots,
the rising clarity of the sun,
and the steady light of the flame within.

Trace it upon paper, or in the air before you.

Breathe into it your
heaviness, and with each
exhale, let it loosen its hold.

Call on it when the fog
gathers, and let it remind
you —

you are not trapped, you are
becoming.

So it is drawn. So it is done..

