

Preparing Your Witch Journal & Book of Shadows

All content by Cyndi Brannen.



From *Keeping Her Keys* - Introduction: Exercise: Setting Up Your Witch Journal

Timing: Prior to the Dark Moon, with enough time to prepare your journal.

Intent: Create a personal record of your experiences during this course.

Objective: Understand the importance of keeping a record of your experiences.

Setting Up Your Book of Life & Book of Shadows

You can work with two separate journals, one as the more formal Book of Shadows, and one for experiential daily record keeping.

A Book of Life is the journal you use to write about experiences in life (and in this course) while the Book of Shadows is your more formal record of your personal witchcraft.

Setting up either your Witch Journal or Book of Shadows

I recommend performing the consecration and blessing of your BoL and BoS on the New Moon.

Book of Life

Start by picking a notebook that's easy to use and durable. I recommend a hard-back spiral bound one, but there are so many options to choose from. Whatever you select, make sure it's easy to carry with you since you'll be keeping it with you during spells and rituals.

You might also want to take it everywhere, so you can record your thoughts about the content and the exercises when they come to you. I'm a big believer in keeping journals. I have multiple ones on the go – one for recording things related to Open Circle, one for *Keeping Her Keys*, another is my personal journal, and still another one for business type things. I don't like to mix business with witchcraft, at least not in the same notebook! You should have a dedicated journal just for this course. I keep my dreamwork in my main personal journal, but you can set up a separate one if you like.

How you organize your witch journal is up to you. I use those easy stick tabs that can be written on to make it easy to find the different lessons. You can use these tabs to mark passages of the book you want to keep track of, too. I use different colored pens for different types of writing. For example, I use red ink to record quotes from the ancient

texts but black ink for my own words. You can also make a title page for your Book of Life using images, symbols, epithets, and correspondences of Hekate, her companions (such as Circe, Medea, Persephone, Artemis, Demeter, Hermes, Lucifer, Pan) and your other spirits and deities.

Book of Shadows

A witch's Book of Shadows is their record of their magical and devotional workings. There are countless ways to make your Book of Shadows, so I'm not going to get too much into the details. You may already have an established one. If that's the case, then I recommend continuing with it, unless you feel strongly that you need to start fresh. It can be a regular notebook (my usual), a binder or a hand-crafted masterpiece.

Pinterest is a great place to look for ideas for designing your Book. I use fancy spiral-bound hard cover notebooks. I prefer these – I've used lots of different types – because they are easy to hold onto during workings.

My Book of Shadows is separate from my Book of Life, the personal journal. I highly recommend that you do the same because the energy of our personal journals can be quite intense, especially if we are doing deep healing work. A degree of separation between our innermost thoughts and our Book of Shadows is a good idea to avoid mixing up energies. The Book of Life is your place to let it all out, while the Book of Shadows is a more organized and structured account of your magical workings. Speaking of organization, I use the pages with the pockets on them for keeping important reference materials in. I make cards of the lunar phases, important dates, Hekate's Wheel of the Year, etc.

My Book of Shadows extends to my laptop where I have documents, e-books, lists of things and the many databases that I create. I've got spreadsheets for Hekate's epithets, Her garden and lots more. A witch's Book of Shadows can be whatever you want it to be. Typical contents of a Book of Shadows includes information about Hekate and her epithets, prayers, meditations, rituals, sacred space, correspondences, herbs, divination work, and spells.

Consecrating and Blessing Your Book of Life and Book of Shadows

On the first page of your Book, you can make a cover page with designs, sigils, symbols and other magical images. Incorporating the start date with the lunar and astrological considerations into the design, drawing these forces into your Book, helps to activate it. I use botanicals appropriate for the focus on the Book, either by incorporating them in a

magickal ink, by fumigating the Book with their smoke, and by pressing them into the pages. Crystals can also be used. Trace the sigils and symbols with your chosen ones.

Start by developing your intention for the book and writing it on the page before anything else. I like to be creative when doing this, using acronyms, riddles, Greek letters, etc. Also writing words backwards, sideways, etc. Arrange the intention in such a way that only you will understand it. You can add an incantation as well. As you copy your intention on to the title page, feel it being infused into the book.

Depending on your purpose, these can be standard signs – astrological, lunar, planetary, letters, numbers, animals, words – or you can make your own sigils. You can draw them or use existing pictures and past them on the front page. Use colors that are appropriate for the content of your Book of Life. Purple for sovereignty work, pink for opening up, green for abundance, blue for communication (it’s always good to have blue ink on the title page), orange/yellow for gentle long-lasting fiery energy, red for bright intense fire energy and black for witchcraft. Black ink is also the best for removal and protective energy.

For the Book of Shadows, you should ideally choose thirteen different symbols of witchcraft and yourself for the consecration title page. Use words of power, elemental symbols, symbols of Hekate and more. Be creative. As you construct your title page, concentrate on the intention for your Book.



































When the title page is finished, I recommend infusing it with botanicals suitable to the type of work that you’ll be doing. Mugwort, lavender and sage can all be used. There are many ways to do the infusion. Simply sprinkling the herbs on the pages in a circle way while saying something like, “I bless this book for _____, mugwort, lavender and sage, lend your blessing to each page.” Do at least three pages. Hold the book(s) up to the moonlight; “Beloved moon as you flee, from this book remove all negativity.” Let the herbs rest in your book on a windowsill under the waning moon.

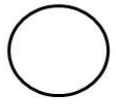




























Dedication ritual

It’s doesn’t have to be elaborate. You can ask Hekate as the Queen of Witches to bless the contents and the magic you’ll make with the book(s). Make an offering to her. You can build this into a communication working where you seek her wisdom for the work you’ll be doing with the book(s). Add a statement of commitment for using the book for the highest good and end with, “My intention is true, and my will is strong.” You can copy one of her symbols onto the title page if you haven’t already done so.

Now your book(s) are ready to use. Sample symbols on the following pages.

TIP: Make a new sigil page on each New Moon as a spell for the coming month.

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|  |  |  |  |  |  |  |  |  |
| feoh - f "wealth" | ur - u "cattle" | þorn - þ "thorn" | os - o "mouth" | rad - r "ride" | cen - c "torch" | 3iefu - 3 "gift" | pynn - p "joy" | hæ3l - h "hail" |
|  |  |  |  |  |  |  |  |  |
| nyd - n "need" | is - i "ice" | jear - j "year" | eeoh - eo "yew" | peorð - p "game" | eolxec3 - x "elk-sedge" | sigel - s "sun" | tyr - t "Tyr" | beorc - b "birch" |
|  |  |  |  |  |  |  |  | |
| eoh - e "horse" | man - m "man" | lagu - l "lake" | ing - ng "Ing" | ædel - æ "estate" | dæg - d "day" | ac - a "oak" | asc - æ "ash" | |
|  |  |  |  |  |  |  |  | |
| yr - y "bow" | ear - ea "earth" | iar - iá "serpent" | kalc - k "chalice" | kalc - kk "chalice" | gar - g "spear" | cpeorð - cp "fire" | stan - st "stone" | |

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Pentacles



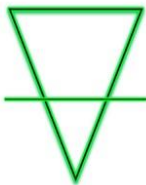
Swords



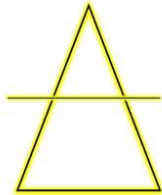
Cups



Wands



Earth



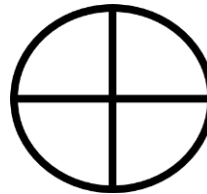
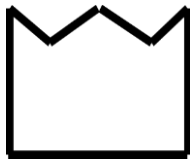
Air



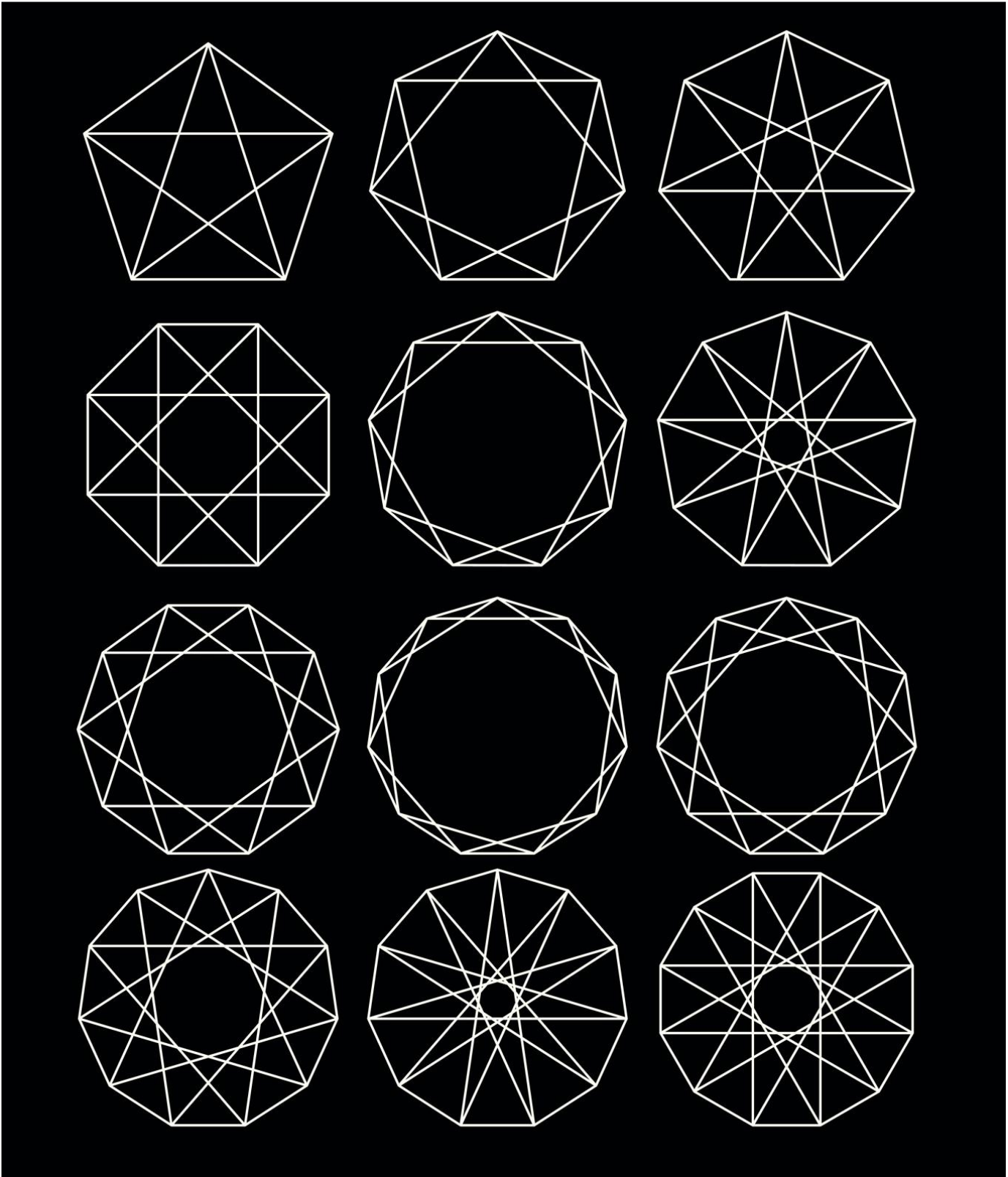
Water



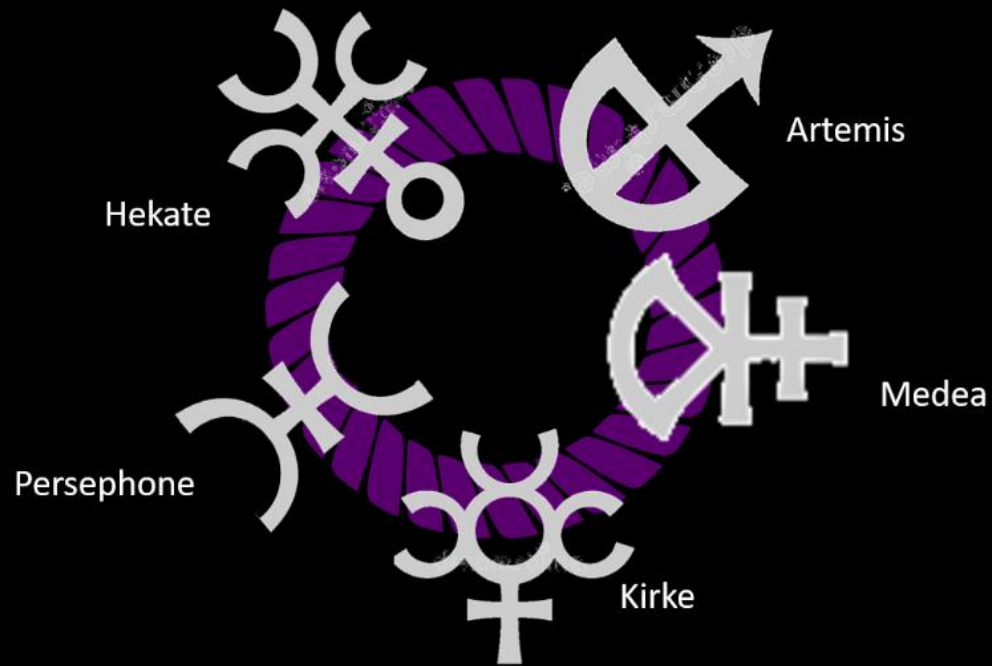
Fire







Five Sovereign Goddesses



Astrological Symbols