

Sigils

EXPLORING SYMBOLS AS A
TRANSFORMATIVE TOOL
&
HOW TO CREATE YOUR OWN

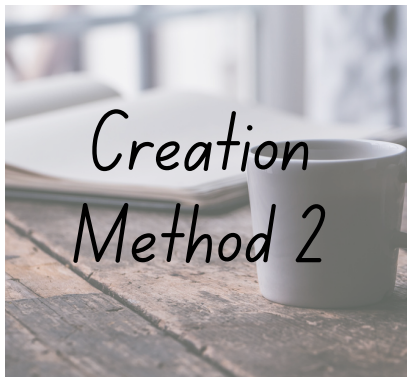
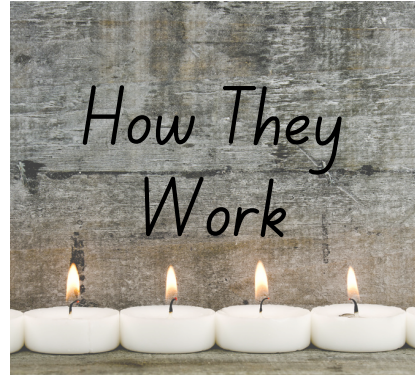
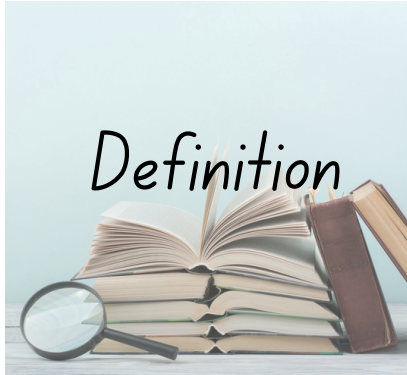


"THE SYMBOLS OF THE SELF
ARISE IN THE DEPTHS OF THE
BODY, AND THEY EXPRESS ITS
MATERIALITY EVERY BIT AS MUCH
AS THE PERCEIVING
CONSCIOUSNESS. THE SYMBOL IS
THUS A LIVING BODY."

— C.G. JUNG



We will be Covering



Signs and Symbols rule the world, not words nor laws.

- CONFUCIOUS



'sijəl/

noun

plural noun: sigils

1. an inscribed or painted symbol considered to have magical power.

* Archaic

i. a seal.

"the supply wains bore the High King's

sigil"

* Literary

i. a sign or symbol.



WHY WOULD YOU WANT TO CREATE OR USE A SIGIL?

MANIFESTATIONS

INTENTIONS

WISHES

AID IN TRANSFORMATIONS

DISTANT HEALING

AFFIRMATIONS

CONNECT OR CALL TO GUIDES, ANGELS, SPIRIT, ETC.

PROTECTION



HOW DO SIGILS WORK?

Intent & Energy!

Intent and energy are, in my opinion, the biggest contributing factors in creating sigils and seeing effective benefits from them.

When creating a sigil, you are transmuting or alchemizing your focus.

Thought(s) → Word(s) → Symbol.

By creating this symbol you not only infuse your energy and intent into your symbol, you also are creating an image that your Subconscious and/or Higher Self can recognize and associate to your specific area of focus so that they can continue to work towards the outcome you desire after you have long forgotten about it.

WHAT TO DO WITH YOUR SIGIL?

WEAR IT

POST IT WHERE YOU CAN SEE IT OFTEN

MEDITATE WITH/ON IT

BOOST A REIKI OR ENERGY HEALING SESSION

JOURNAL WITH IT

ADD IT TO YOUR SIGNATURE

CARRY IT IN YOUR WALLET

PLACE IT ON AN ALTAR

OPTIONS ARE ENDLESS!





PINPOINTING YOUR FOCUS

Before we can start actually creating your sigil, we have to first pinpoint the focus and narrow it down to its core essence.

The idea here is to have a narrowed down focus while still being open enough to allow for the energy to manifest in the best and highest form for you.

In my opinion, it is best to have your focus narrowed down to 1-3 words. This really can challenge you to pinpoint your root essence and allow for a clean and concise sigil when drawn out.

EXAMPLE:

Let's say your goal or focus was "I want to lose weight."

While this is a good start, and we can definitely create a sigil from this, let's go a bit deeper and ask why do you want to lose weight? What is the outcome of losing the weight? Is it self confidence, is it a better operating body, overall health?

By going through this step and filter we really are practicing getting to the essence that we are striving for and allows us to narrow this to the 1-3 words we are looking for.

So let's say we decide your focus now "Optimal Health". We now have your essence and your words we will create your sigil from.

What this also does is it expands the energy to receiving for your best and highest. The statement "I want to lose weight" now feels constricted and stifling in comparison to "Optimal Health".

We will use this example going forward in demonstrating how to create the sigils.

Focus:

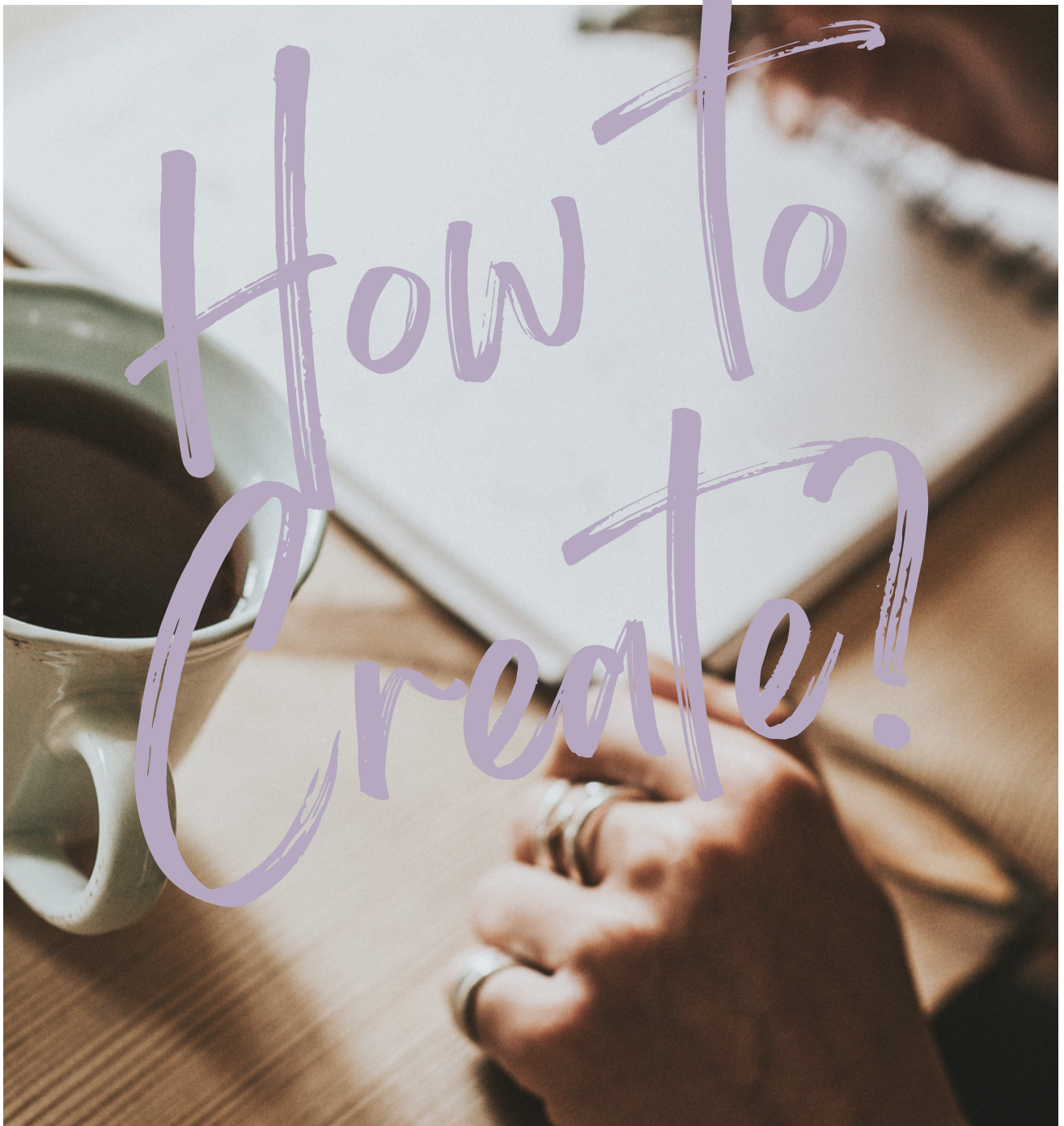
Root/Essence:

1-3 Words:

Focus:

Root/Essence:

1-3 Words:



Once you have your pinpointed focus, the next step is to break it down so we can transmute it into a symbol.

We are going to cover two different methods of creating a sigil.

One being more "Right Brained" - creative/artistic in nature and the other being more "Left Brained" - methodical in nature.

Method 1

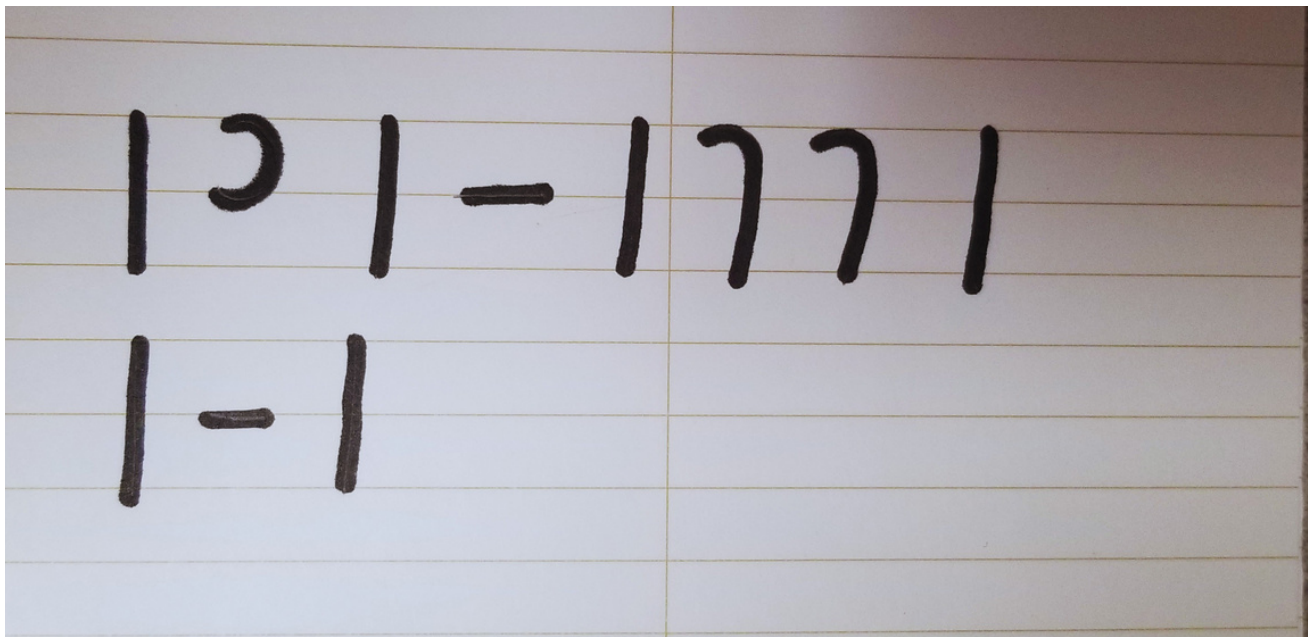
In this method we take your focus and dissect it, the words & Letters, into "strokes"

It is up to you if you wish to use all CAPS, lowercase, or a Mix. You can also choose to remove any duplicate letters or vowels. These are all personal choices.

In my experience you will want to use your natural writing style with this method, this allows your natural energy to flow into the sigil.

Using our example: Optimal Health

Ø p t i m a l H e a l t h



Method 1

CONTINUED

Once you have your strokes you then can begin to reassemble them into a symbol.

When you start, it might not be as pretty and fluid or flowing as you would like, that is OK. You can rewrite or create it as many times as you wish until you have the symbol that feels good to you. Experiment and play. Allow your creativity to be front and center with this method.

Reassemble Strokes



Method 1

PERSONAL PRACTICE

Method 1

CONTINUED

Method 2

WITH THIS METHOD WE WILL BE UTILIZING THE PYTHAGOREAN LETTERS TO NUMBERS CHART

This chart assigned a number value to each letter of the alphabet and is one of the most widely used system for numerology.

When using this method, you are transmuting your words into a vibrational formula, which then will be mapped out and drawn using the Saturn Magic Square.

PYTHAGOREAN NUMEROLOGY

1 2 3 4 5 6 7 8 9
A B C D E F G H I
J K L M N O P Q R
S T U V W X Y Z

SATURN MAGIC SQUARE

4	9	2
3	5	7
8	1	6

With this method you can remove any duplicate letters or numbers, or remove the vowels. Again, your personal choice, do what feels right to you in the moment of creating your sigil.

I personally remove vowels and duplicate letters within a single word, depending how long or big my phrase/focus is.

Using our example: Optimal Health

O	p	t	i	m	a	l	H	e	a	l	t	h
6	7	2	9	4	1	3	8	5	1	3	2	8

o	p	t	j	m	a	l	H	e	a	l	t	h
6	7	2	9	4	1	3	8	5	1	3	2	8

Method 2

CONTINUED

So now our vibrational formula for "Optimal Health" is

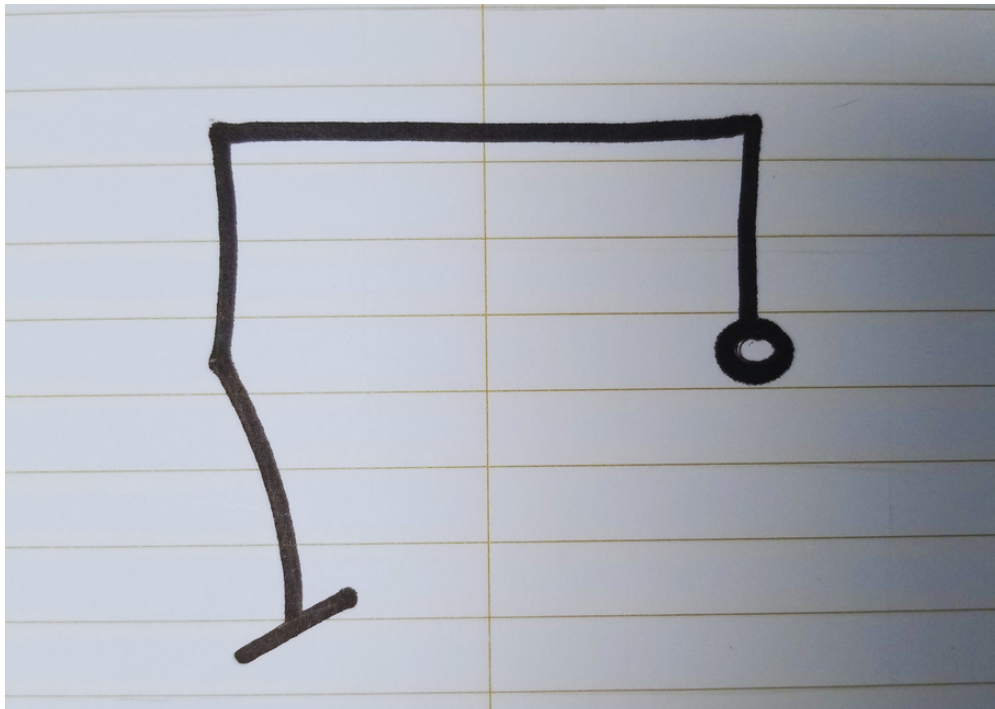
7 2 4 3 8

We then map each letter as a point on the Saturn Magic Square. I tend to map each word as separate lines, but again it's your personal preference and do what feels right to you.

Common Tip:

Use start and stop markers such as an open circle to on your starting number and a line, X, or closed circle on your last number.

Same as method 1, you can rewrite or create it as many times as you wish until you have the symbol that feels good to you. Experiment and play!



Method 2

PERSONAL PRACTICE



Method 2

PERSONAL PRACTICE



CONTINUED



CHARGING & ACTIVATING YOUR SIGIL

NEXT AND FINAL STEP BEFORE YOU START USING YOUR NEWLY CREATED SIGIL ENERGETICALLY CHARGE IT.

YOU HAVE ALREADY STARTED TO INFUSE YOUR FOCUS AND ENERGY INTO YOUR SIGIL AS YOU DREW OR MAPPED IT OUT, BUT ONCE IT'S FINISHED YOU TYPICALLY WILL WANT TO SEAL AND ACTIVATE IT ONE LAST TIME WITH YOUR ENERGY OF INTENT.

THIS CAN BE DONE HOWEVER YOU WISH AND THERE ARE ENDLESS OPTIONS FOR DOING THIS.

REIKI OR ENERGY ACTIVATION

PRAYER

SEAL IT WITH A KISS

*TOUCH IT TO YOUR HEART OR
THIRD EYE*

THESE ARE ONLY A FEW IDEAS.



WHAT'S NEXT?

Let it do its work!

Set it free and allow your Subconscious, Higher Self, God, Spirit Universe, Angels and/or Guides to take over from here.

In my experience, when you forget what the symbol is or means, the magic can really happen. This means you have fully let go and can allow yourself to receive in our desired outcome.

Not to worry though, your Subconscious and Higher Self remembers this symbol is and will continue to work for you. The more you can see it, have it near you, or hold it with reverence and respect, the more you connect with it on those levels.

As previously stated, you can

- * Wear It*
 - * Post It Up Where You Can See It Often*
 - * Meditate With/On It*
 - * Boost a Reiki or Energy Healing Session*
 - * Write it in a Journal*
 - * Add it to Your Signature in Gift Cards as a Blessing*
 - * Carry it in your Wallet*
 - * Place it On an Altar*
- Options are ENDLESS!*



■ You now have the tools and practice to continue to work with sigils.
Play, create, and live within the power of your own symbols!

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