

Reboot Your *magick*



JOURNAL
Magickal Momentum

Cultivating a Magickal MIND

As a Modern-Day Witch, it's important that you cultivate the right mindset if you want your magick to work; and that's the Magickal MIND.

Without the Magickal MIND it's unlikely that your spells and magick will work, or at least they wont work consistently.

Magick is more than just wishful thinking or hoping that something will come your way. It's directing your thoughts, intentions, action, and energy.

When you name and claim yourself a Modern-Day Witch, when you decide that you really want to hone your magick and create real change in your life, your Magical MIND is one of the most important factors in your success.

It's not just enough to call yourself a Witch.

It's not enough to have the 'right' tools, no matter how expensive or old they may be.

It's not enough to follow a spell to the letter, and use the 'right' ingredients.

Your Magical MIND is the glue and the power that brings everything together for a successful magickal practice.

By following, and practising, the four steps laid out, you will cultivate the optimal Magickal MIND, to become the unapologetic Modern-Day Witch who get results.

The MOTIVATED Mind

When you set your intentions, or show up for your spell work, it's essential that you get clear on what's motivating your desire; why is this intention or spell important to you?

What's the outcome that you want to achieve, how does your life, and the life of those around you, look and feel after you have been successful in your magick?

Is this something that you truly want, or is it something that you think you should do/attain?

Does your desired outcome align with what's really important to you?

Understanding your motivations, adds passion, enthusiasm, and the essential emotional charge to your intentions and spell work. It gives you the drive to keep going, to show up again and again.

Understanding your motivations grounds you into your reason for doing this work, it gives you the energy to overcome potential challenges and obstacles.

Your Motivational Why

Take a moment to write out your intention and/or the outcome you want from your spell work.

On a scale of 1-10 how much does the outcome excite you? 1 being; it would be nice...., and 10 being; woo hoo yes! This is incredible and I am completely fulfilled!

Then ask yourself 3 times, why is this important to you?

Then when you get your answer, ask again; why is that important to you?

Then ask why that answer is also important to you?

The reason you ask 'why?', and then ask 'why?' again, and again, is that you can uncover the real motivation behind your intention, and make sure that it is indeed your own motivation, and not a fear or expectation hiding in disguise!

When you have established your true motivation, ask yourself:

How does me having 'this' impact the world?

It's important to acknowledge how you having something impacts those around you, it reminds us that we are all connected.

If it's a positive impact, it motivates you, and gives you more permission to have what you desire.

If it's genuinely negative (which would be very rare), it allows you to potentially refine your desired outcome.

Staying Motivated

What actions can you do that will keep your motivation running high?

It could include:

- ✦ Creating a 'vision board' based on the feelings and emotions that your outcome will bring
- ✦ Create affirmations to remind you of your why and say them three times a day
- ✦ Prioritise working towards your desired outcome
- ✦ Spend at least 5-minutes a day visualising your success
- ✦ Show up consistently, so that it becomes a habit

The INTENTIONAL Mind

Being intentional with your focus ensures that you remain aligned with your desired outcome.

You become determined to succeed and specifically take action that moves you towards your desire.

When you're intentional, you make powerful choices that support your desired outcome, and this may mean choosing not to do things that haven't worked or that have held you back in the past.

You consciously choose what's important to you, again and again and again.

You choose you.

You choose your energy.

You choose a magickal life.

Having this intentional focus on your desired outcome, increases your confidence to focus your attention on what matters the most to you.

Intentional Magick

Intentional magick is effective magick.

Magick isn't having the 'right' tools, or saying the 'right' words, in the 'right' order whilst sprinkling the 'right' herbs.

Magick is a way of life. It's belief system, a way of living your life.

Magick is a way of being.

Effective magick is recognising that your magick is a dance between yourself and all that is; a dance between you and the world around you.

A dance of the elements within you and the elements around you.

The energy you bring to your intentions, and your desired outcome, weaves into the world and creates change.

If your energy, thoughts, words and actions are aligned, the change you experience will also be aligned.

Magick is conversation, an energy exchange. It's not a demand or a shopping list. There's nothing manipulative about it.

It's a co-creation with the world around you.

The more intentional you can be with your energy, words, thoughts and actions, the more successful your magick will be.

How can you stay intentional?

Ideas include:

- ◆ Remaining clear on the outcome you desire
- ◆ Being intentional with how you spend your time
- ◆ Being intentional with the language you use about your desired outcome
- ◆ Being deliberate with who you spend your time with
- ◆ Consciously choose the energy you surround yourself with; people, media, events, locations

The NOURISHED Mind

Trust, release, and surrender are an important part of receiving your desired outcome.

You set the intention, focus your energy, take aligned action again and again, and then you surrender the outcome to receiving what you desire or something better.

Nourishing your connection to The Divine; Goddess/God, The Universe, Spirit, whatever name you use, helps you to surrender and trust that everything is working out as it should be.

Building your relationship to something 'bigger than yourself' is a valuable tool for you to remember that it's not all up to you. There's Divine magick at work, always.

It's important to nourish this relationship with The Divine. You can't just take, take, take, or only show up when you need something. No-one likes to be in those kinds of relationships; the same is with your relationship to The Divine.

As with any relationship, they're much more fulfilling and supportive when they work both ways.

Show up, talk with them, learn about them, ask them what they want from you, say thank you to them, and watch your connection, inspiration and magick soar.

Nourishing Your Relationship with The Divine

Your relationship with The Divine is built on the relationship your ancestors had with them. These may be blood ancestors or spiritual ancestors.

Throughout time, your ancestors have made tiny deposits of energy through prayer, singing, drumming, rituals, and any form of honouring of The Divine, or the deities of your ancestral lineage.

Each time you do the same, you add more energy to this relationship and lineage.

Imagine it's like adding deposits into a bank account. The more you add in, when you need it, there's more to rely on. But if you put nothing in, it's harder to get anything out.

When you build on this relationship with The Divine, you feel more confident that you've the support there if and when you need it. But more than that, as you nourish your ancestral line, you remember that you're never alone, and that you draw on the love, support and resilience of all those who came before you.

Ideas to continue to nourish your relationship with the Divine:

- ◆ Build an altar to them (this could be as simple as a single object)
- ◆ Light a candle for them
- ◆ Talk to them/pray
- ◆ Journal about them; ask for guidance, and also ask what you can do for them
- ◆ Meditate to connect with them

The DEDICATED Mind

Once you've consciously chosen your desired outcome, it's important to dedicate yourself to holding space to receive the outcome.

Make a powerful choice to prioritise you and your magick.

Show up consistently in energy, thoughts, and action.

When you dedicate to something it becomes non-negotiable. You've declared its importance to you and you're prepared to prioritise it over other things.

Dedication allows you to overcome, or at least not be stopped by, busyness, discomfort, or doubt.

When you dedicate to your work, your magick and your desired outcome, you remain true to yourself above all else.

You raise your standards and your expectations, of yourself, other's and of life.

To dedicate to something means that you commit to showing up each and every day, even when you may not feel like it, or it's inconvenient.

Dedicate Yourself

To reinforce your dedication, you could choose to do something to mark your dedication to yourself and your magick.

You could write out a declaration, and sign and date it, to honour your dedication and commitment.

You could hold a simple ritual where you 'officially' dedicate to yourself and your desired outcome. This could be as simple as lightening a candle, and saying your dedication out loud, feeling witnessed by The Divine, deities or similar that you work with.

Or it could be as elaborate as you like, including chanting, singing, poetry and drumming.

You could share your intention with like-minded people who will lovingly hold you accountable and remind you of your dedication if you feel yourself losing momentum.

You could purchase, or make, a piece of jewellery to wear to remind yourself of your dedication.

Staying Dedicated

To help you stay dedicated you could:

- ◆ Connect to your clear vision and visualise the outcome on a daily basis
- ◆ Create an actionable plan around your desired outcome, and get clear on additional support you may need
- ◆ Take daily action towards your outcome, no matter how 'small'
- ◆ Light a candle each day in honour of your dedication
- ◆ Pull a daily oracle card to offer guidance on your dedication and outcome

When Your Magick Isn't Working

If you ever find yourself not getting the results that you desire, ask yourself:

Are you MOTIVATED?

Do you really want the outcome that you say you do?

Are you emotionally invested in it, or is it just something 'nice' to do?

Are you being INTENTIONAL?

When you look at your thoughts, words and actions, are they intentional?

Are you making choices that intentionally support your magick?

Are you feeling NOURISHED?

Is your relationship with Goddess/God, The Universe, Spirit, whatever you connect deeply with, feeling nourished?

Are you deepening your relationship with them or is it feeling depleted with you only ever asking/taking from it?

Are you truly DEDICATED?

Are you really dedicated to the outcome you desire?

Are you prioritising the actions that move you closer to your desired outcome, even if it's 'inconvenient' or the 'harder' choice for you and those around you?

Creating Magick

Magick is a way of being that allows you to make powerful choices in your life. It's an expression of how you want to consciously create your life.

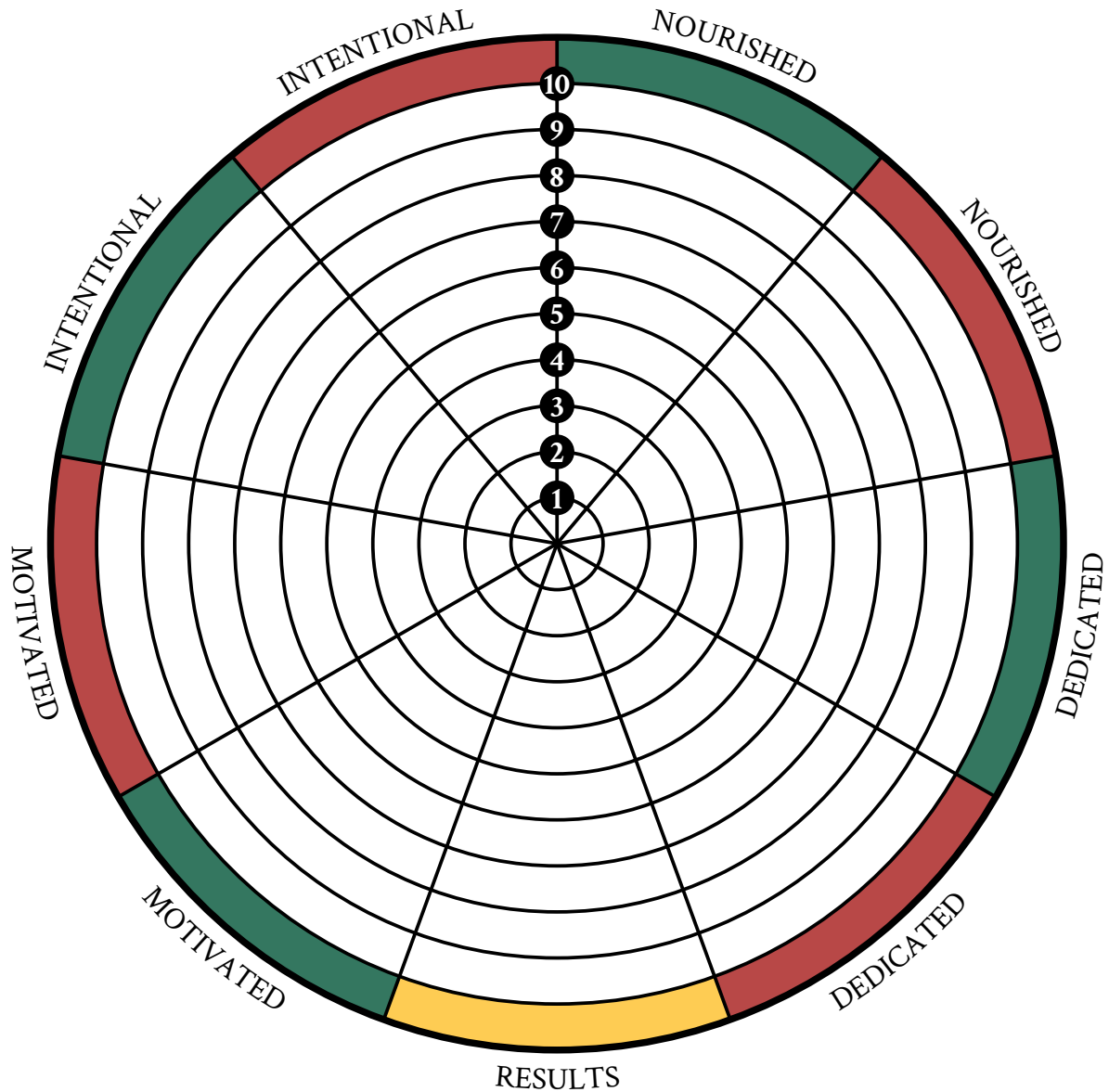
Date:

What I want to focus on	Day	Week	Month
Body			
Mind			
Spirit			

How I want to feel	Day	Week	Month
Body			
Mind			
Spirit			

Outcomes I desire	Day	Week	Month
Body			
Mind			
Spirit			

Reviewing Your Magical MIND



Key:

Green: How you felt as you set your intention/magick

Red: How you felt after weaving your magick for a certain amount of time

Yellow: How successful you feel you were

Review Your Magick

Date:

How long since you activated your magick:

Magickal Mind Score:

How MOTIVATED have you been?

How INTENTIONAL have your actions been?

How NOURISHED has your relationship with The Divine been?

How DEDICATED have you been to your outcome?

What has changed in your life as a result of this focus?

What came into your life, what left, how did your feelings or circumstances change, what synchronicities or intuitive insight did you experience?

What worked well for you in your magickal process?

What was out of alignment for you in your magickal process?

What do you need to focus more on next time?

Notes

