

HOW TO BEGIN YOUR PRACTICE



This section aims to give intentionality to your magickal art journaling. You could do little more than sit down at your table or desk and get started, and there is no reason why you shouldn't. However there is something to be said for setting the right tone for the work you are about to do both in this course and as you extend your practice past this course. Pausing, turning inward and creating a space away from the world is therapeutic, restorative and in my opinion is what this is all about.

Art Tools and Materials

At the beginning of this course I gave you a list of what you need to complete it. This included a journal, writing implement and something that made color such as markers or a small watercolor set.

Whether you decide to add to this collection of materials is up to you. I personally think taking your time acquiring additional items is advisable.

The more involved you become and your practice evolves, the more you will know what you need. Limitations can be freeing, as they require us to push boundaries and experiment.

For now, stick to the basics and enjoy getting to know them and what you can do together.

Ritual Tools

I like to have at least a candle and either incense or Palo Santo (sustainably sourced). These two items are part of my practice almost every time and are all you will need for the activities in this course.

The combination of the candle and incense creates a sense of going into a different realm. It signifies to me that spiritual stuff is about to happen! Candles can help with focus, and the light from them can be interesting when art journaling. The smoke is how I cleanse myself, my space and my art materials at the beginning of each ritual.

If you don't or can't use something smoky, a good alternative is a spritzer containing essential oils.



This is a minimal set up and if there are other items or tools you like to have when performing ritual such as crystals, statues, a cauldron, etc. then by all means include them.

If this is a new endeavor for you then simplicity is best. As with art tools, you can as you grow in your practice, add more tools or props. It sometimes takes a while to decide what those need to be.

A Sense of Ritual: Preparing Yourself and Your Space

If you are someone who already has a ritual practice, then I encourage you to continue with whatever you do to create a sacred space, whether that be calling the quarters, casting a circle, working with certain crystals etc.

I don't always have a lot of uninterrupted time at my disposal and so necessity has required I come up with a sort of spiritual shorthand to prepare me. This means fewer tools and an unelaborate introduction to the ritual moment. A balance needs to be struck between allowing enough time to bring oneself into the moment and not spending so much time setting up everything that it becomes a chore.

How much you can do to prepare your space will depend on where you are able to work. I am fortunate to be able to use a spare room with a lock on the door.



In the room is a table with my altar. This altar is a box with a swing door (it's a bread box from years ago). When I am not using it, my altar items sit inside it cozily, away from interested little fingers. I prefer to work at night after my daughter is in bed. I begin by setting out all the tools I will need (journal, art supplies, candle and so on). The door is always locked.

I turn off all the lights, light my candle and cleanse the room with smoke. While doing so I ask the goddess to guide my hand and help me see the lessons that are inside me. I then take a seat with both feet firmly rooted on the floor (shoes and socks off) and breath deeply, bringing my awareness into my body.

I sit meditating like this for a few minutes, and I repeat the mantra “a creative space is a sacred space”.

From here I commence with my practice.

I use this same sequence when I am making art regardless of whether it is specifically for spellwork or I am simply working on an art project. I may add more to this if I am able. I love to do yoga and find it has had great positive impact on my magickal work, so I often try to incorporate it into my ritual too. In our Slack group is a list of external resources that we are building as a community, including a yoga sequence to promote intuition.



What I believe is key, is that you find time and space and a ritual framework that works for you.

Personally speaking I can say that developing ritual is fluid. It changes as my needs or desires change. There are no rules. Again we need to turn to our intuition. That is when we find what is right for us.

**"Do not be satisfied with stories,
how things have gone with
others. Unfold your own myth..."
- Rumi**