

# WHAT IS MAGICKAL ART JOURNALING?

## What is Magick?

*“What is magic? In the deepest sense, magic is an experience. It's the experience of finding oneself alive within a world that is itself alive. It is the experience of contact and communication between oneself and something that is profoundly different from oneself: a swallow, a frog, a spider weaving its web... - David Abram*

Magick for me is becoming fully awake. So much of life seems to be made up of distractions, ways of removing oneself from the present moment. Feelings are wrong, vulnerability is embarrassing and authenticity suspicious. To be alone is to be lonely or sad. Where does this leave us? Hunting but not experiencing, looking towards the horizon but not seeing the sand beneath our feet.

While I became a witch in my late teens, I abandoned that path a few years later after a death that left me confused and angry. Magick wasn't real anymore except when I went to art galleries and these became sacred places to me. I did not understand my feelings as I sat surrounded by paintings and sculptures, at that time I didn't make art myself and certainly never thought I would. The magick was always there. I had simply gone to sleep.

*“Every moment at Black Mountain College seemed alive in a way that few have since. This had to do with being asked to be fully awake, to be at a new threshold of perception.” - Student Black Mountain College of Art*

It was only when I came to Asheville that I started to wake up as I returned to my witchy roots as well as finding the confidence to make art. The two together were, and continue to be, a potent mix.

Magick for me is to be alone within myself and at the same time knowing I am part of something interconnected. It is the sense that energy is all. It is trusting intuition and the subconscious, because that is where we can find our path to the goddess who is everything.

Spellwork then is finding agency in our own lives through magick, looking to ourselves and seeing that all we need is within us to make a change. True there are many who practice magick that has influence over others but we have to start with ourselves and the goddess within us.

If this all reads like something of a riddle that's because it sort of is. In many ways it is a hard thing to verbalize and that is essentially what this whole course is all about. We can talk about these things, but there is no substitute for doing.

## Why Art Journaling?

*“In the Craft, we do not believe in the Goddess ~~ we connect with her; through the moon, the stars, the ocean, the earth, through trees, animals, through other human beings, through ourselves. She is here. She is within us all”  
— Starhawk*

If this is such a powerful activity, why don't we just go big and make a painting? Sculpt something?

Here's why - perfection. Perfection is quite the poisoned chalice. We aspire to it and we resent it. Art and perfection have become so tangled together and that if we mere mortals try to be Da Vinci, we fail, get discouraged and give up saying “I just don't have the talent.”

Art journaling gives us permission to avoid this. We need to focus on process, it's the only way. We need to get our hands dirty, smell the paint, rip pages, allow the goddess to guide our hand.

For magick to be effective we have to do it, to do it we have to love it, to crave it and the same goes for art-making.

There is another more practical benefit to art journaling - it is easy to conceal what you are doing. Some of us cannot be open about our witchcraft or magickal work. Telling a housemate or family member you are going off to work on your journal is can be easier than saying you are going off to cast a spell or commune with the goddess.

An art journal is for no one but you and there is no right or wrong way to approach it. There is only your way.

*“And you? When will you begin that long journey into yourself?”  
— Rumi*

