



## Sigil Instructions & Worksheet with Body Paint + Meditation Guidance

Gratitude and acknowledgement to the teachers this lifetime helping me (re)remember sigil work.

[Ami at Star + Splendor](#) | [Stacey at The Water Oracle](#)

I am still a student and continuing my own learning and (re learning).

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Sigils are pictorial representations of intentions, words, or energies. Sigils, like seals, are forms of symbols that represent a specific thing. In the case of sigils, you specify the thing.

The way a vèvè or a yantra is a symbol that represents and evokes their respective entities, sigils are symbols that represent and evoke a specific purpose. Symbols date back to the beginning of beings using images to make sense of the world around them.

There are different ways to create sigils. It's worth exploring the various methods to see what speaks to you. I follow what I was first taught, which were techniques based upon the chaos magick methods of the 80s and early 90s. I note what I do in the following guidance, but you do you! Other options are noted, and you can look online for even more.

"Sigil magic is a method of transforming statements of intent into unique pictorial symbols and launching them into the field of the infinite to cause desired changes in one's life and perception...Sigil magic is powerful and effective magic that manifests in very apparent ways when done successfully!" Ami @ Star + Splendor

"Symbols have been used throughout history as a way of communicating much larger concepts. Sigils are no different, they are the symbolic representation of intention and purpose. While sigils can be created for a multitude of reasons and purposes, they are most commonly used to set positive affirmations, in healing work and for protection and grounding practices. Sigils are a type of spiritual or magical shorthand. The pattern and design acting as a small but potent, energetic representation of an evocation." Stacey @ The Water Oracle

To design your sigil, here is one series of recommendations. There are others to explore online, too!

- **Prepare your space** by setting the tone, energy, and feel with smells, lighting, smoke, etc.
  
- **Prepare your mind and body**, however you best clear your own energy. Take a bath, do a meditation, set a crystal grid, conduct a clearing ritual, commune with your herbs/ewes, etc.
  
- **Create and set the intention, affirmation, or goal.** You should be specific here, but also avoid being unrealistically specific. Frame this in the present tense, like we do with affirmations – speak it into existence as if it’s happening now.
  - o Not everyone does sigils this way. Some people frame it in future tense, e.g., “I will” vs. “I am.” If this resonates with you, definitely do that! Some of the sense here is that by framing something in the affirmative, it could be confusing that it’s a desire, yet it’s positioned as something we already have. That’s one reason people write them in the future tense. Do what feels best for you.
  
- **Write out the intention, affirmation, or goal as a concise statement.** For example, “I AM A WORLD-FAMOUS SINGER” or “I MEET THREE NEW DESIGN CLIENTS BY THE END OF NEXT YEAR.” I was taught to use all caps/block letters for this.
  
- **Prep the design.** There are two different methods for this part.
  - o The method I was taught, prefer, and use crosses out the duplicate letters, but keeps the vowels. This means, “I AM A WORLD FAMOUS SINGER” would be “I AM A WORLD FAMOUS SINGER,” crossing out the duplicate letters. This leaves us with “IAMWORLD FUSNGE.”
  - o Another method entails crossing out all of the double letters and the vowels in your intention, affirmation, or goal. This means, “I AM A WORLD FAMOUS SINGER” turns into “MWRLDFSNGR.” All of the vowels are removed, and all of the duplicate letters are removed. For me, personally, removing vowels feels like removing aspects of the intention. My preference, then, is to keep them. Your preference might be to remove them. You are the magick, so whatever sparkles for you is what you should do! By removing the vowels, you also have less letters to put in the sigil, which may

make it easier to create, and could be helpful. There are other methods, like a flow chart method, for example. Explore and do what speaks to you!

- **Create a glyph** that includes all of the letters from the above step into it. You're not aiming to list the letters from the intention, but create the letters into something else. Some people match the overall design of the sigil with the intention. For example, a love-oriented intention might be formed into a heart-like shape; protection into a shield-like shape. Some people create more abstract designs or more geometric designs. It's completely up to you what it looks like. You can add decorative items to it, like dots, lines, or other shapes to make the design speak to YOU. It's yours. You might end up trying a few different designs until you land on something that speaks to you. That's perfect.
- **Connect with your symbol.** Meditate on it; connect with what it means for you and what the impact and outcome of its manifestation will be.
- **Activate and charge your sigil.** Like all of the steps here, this varies and may depend on the person and the intention itself. Some ways people activate include gazing at your sigil until it charges (e.g., changes in appearance), sex magick (e.g., orgasm/release to activate), fasting (e.g., fasting then breaking fast to activate), bathing (e.g., drawing one on your body then activating it in the water source when you wash it off), or attention from others (e.g., posting the sigil and its meaning on your social media and letting the attention from others charge it up), among others. A sigil can be planted in the earth or burned. What feels like the most powerful activation method for you?
- **You did it!** You did the work, now rest. If you didn't destroy the sigil as part of your activation, put the sigil somewhere where you'll forget about it and let it do its thing. Or, now that you've activated it, you can dispose of it: burn it (safely), bury it (respectfully), or place it in a body of water (caringly). If you choose to put it somewhere you'll forget about it, some people suggest burning, burying, or putting it in water once it did its thing. For example, once you're a world-famous singer, you can express gratitude and let the sigil go by setting it in fire, earth, or water.



3. **Cross out all of the duplicate letters and identify your essential letters.** Now we're getting into the magick beyond intentions and affirmations. e.g., I AM A WORLD FAMOUS SINGER > I AM A WORLD FAMOUS SINGER > IAMWORLD FUSNGE.

4. **Make the glyph or pictorial representation of your intention.** This isn't a grouping of letters, but a design – have fun with it! Maybe the M and F are connected, with the right side of the M serving as the left side of the F. **MF** Practice in this space. Once you have what feels right for you, you'll recreate it on a separate paper that you can connect with and activate. **Fun fact:** [the logo for 8<sup>th</sup> House is inspired by sigil magick.](#)

## BODY PAINT RECIPE FROM THE WATER ORACLE ([@THEWATERORACLE](#))

Here's what you need:

- Corn starch
- Unscented Body lotion
- ¼ teaspoon or more vegetable oil
- Natural food coloring or washable tempura paint (kids non-toxic tempura)

*\*I [Stacey] prefer non-toxic paints for kids rather than food coloring because tempura washes off and food coloring can stain your skin. Perform a skin sensitivity test on a small patch of your skin first and test this particular ingredient ahead of time.*

Simple Paint Directions:

- Mix together equal amounts of corn starch and lotion until it forms a thick mixture.
- Add vegetable oil to the thick paint base to keep it smooth and get the right consistency.
- Add washable tempura paint to the mixture.

Tips:

- You can also infuse the oil with herbs or body safe essential oils prior to incorporating the oil into the recipe.
- Use colors with intention! Look up what different colors symbolize.
- Make a test batch first and divide the mixture up before adding the color step. Then you can test a few colors out and see what you prefer.
- Again, be careful to use colors that will wash off easily!

## EGG OF LIGHT MEDITATION FROM STAR + SPLENDOR (@STARANDSPLENDOR)

This meditation may be used to fortify the aura and energy body and for psychic and physical protection. It is also an opportunity for one to open oneself up to the Holy Guardian Angel/Genius/Higher Self for direct influence and communication.

Begin standing in Mountain Pose, spine straight but comfortable, palms open, feet hip distance apart. You may also do this seated, with feet planted on the floor, knees bent at a right angle, spine straight but comfortable.

Close your eyes or assume a soft gaze (half-closed lids, unfocused on any objects). Take a few deep, complete, cleansing breaths. Clear your mind of any thoughts. Inhale through the nose and out through the mouth, filling the belly and completely emptying the breath on each exhale.

Imagine yourself within a translucent egg of bright blue light. It begins at the crown of your head, covers your shoulders and torso, passes the hips, and includes the feet. It dips slightly below and into the ground beneath you.

Visualize this for a few minutes until perceiving it becomes a reality.

Once you can see and feel this blue egg of translucent, bright light, visualize another light, just above the egg and the crown of your head. This light is a bright, white light with a gold cast. It is about 6-8 inches in diameter.

Visualize this bright white and gold light until you can see and feel it as a reality. This light is always with you. It is a source that is always accessible to you.

Now allow the bright white and gold light to shine and trickle down through the surface of your bright blue egg of light. Allow the sparks and golden sheen of its light to mingle with the blue light of the egg as it comes down and through the surface. As the light covers your feet, any abundance of light passes into the surface of the ground and moves out around you.

Remain inside this egg of light for a few minutes, just breathing comfortably. Allow the mind to remain clear. If thoughts arise, simply allow them to pass on as you exhale. If images, impressions, or physical sensations arise spontaneously, take note of them. You may want to enter them in your journal later. When you feel ready, you can end the exercise and open your eyes.

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For other guided mediations to clear your energy, check out [Vanessa](#) (SolRise Wellness) and [Chelle](#) (Be-Loved Ritual) on IG if you haven't already.