

# Sigil Magick for N00bs

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## Summary / tl;dr;

Conscious mind can interfere in the work of magick. To get past the conscious mind, the statement of intent (SOI) is encoded in pictorial form known as sigil. The picture is then charged while in an altered state of consciousness and forgotten.

## Theory

Note on theory: As with any magickal tradition, any theory on *how* it works is supposition and should be taken with a grain of salt. No one really knows how magick works, some people just think they do. But knowing people's opinion on how they think a particular magick technique works is a useful tool for integrating that magick technique into your psyche and really making it work.

Unconscious: The theory utilizes the psychological concept of "unconscious" or, as you'll see referred to it by the older term "subconscious". Our unconscious is the part of our minds that can do magick. Any kind of tool (physical, verbal, pictorial, etc) is but a symbol that, when trained into your subconscious, tells it to produce a certain result. An example of this is the so-called "color magick". Color associations are both cultural and personal. They are programmed into us at an early age. A color is associated with a particular emotion, concept, etc. So color can be used in magick to help communicate a concept to our unconscious mind. Once we communicate our intent to our subconscious, the unconscious will work the magick (manipulate whatever forces it can ("energy, etc")) and bring about the will as it was communicated to it.

Consciousness interferes with the work of Unconscious: Above paradigm of unconscious can be applied to any magick working, not just sigil magick. Here is the "why" of the sigil magick: Our conscious thoughts, doubts, etc can become a barrier to Unconscious "getting the message", so to speak. "Lust of Result" is an example of this, when the mage wants something so much, they keep thinking of it, which actually interferes with the working and causes it to fail. Doubts and anxiety creep in and sabotage our work. Kind of like if you keep digging up a seedling to check how far the root has grown. That's going to prevent the seedling from growing well. The idea behind sigil magick seeks to go around this problem the following way:

1. We encode the Statement of Intent (end result of the spell) in such a way that it is not recognizable to the conscious mind. This encoded Statement of Intent is known as the "sigil."
2. We then "charge" the sigil while in an altered state of consciousness.
3. After all that, it is important to *forget* the sigil. This step is to further prevent the consciousness from interfering with the work of the Unconscious. We don't want to keep "digging up" the "seedling" by thinking of the sigil all the time.

When making the Statement of Intent (SOI), it is imperative to not use negation. In other words, don't use "I am not sick", use "I am healthy" instead. This is because our Unconscious does not understand negation. So if you use "I am not sick" SOI, the Unconscious will hear "I am sick" and make you sick.

## Practice

### Create

You can use any method you desire as long as it encodes a unique pictorial symbol that does not mean anything to your conscious mind. A good test of this would be to ask yourself, "If I show this to a friend, will they be able to figure out what my statement of intent was, approximately?" If the answer is "No" you did it right.

Write out our SOI (Statement of Intent) in all caps with no spaces. Cross out repeated letters. Mix up and combine the letters to form one picture symbol. (Optional: add any power symbols, such as planetary, etc). Write out the sigil on a blank piece of paper (I usually use unlined index cards) in a thick marker/pen/etc of the color that goes with your SOI. Here is an example from Liber Null book by Peter Carol:

<https://pbs.twimg.com/media/Bf4ldeGCUAEoTvu.jpg> (ignore the actual meaning of SOIs, it's just an example).

### Charge

"Gnosis" is Greek for knowledge. It is also used in some Occult circles to mean "an altered state of consciousness" or trance. In order to properly communicate to your Unconscious your SOI, encoded as a sigil, you need to "charge it". This is done while in the state of "gnosis", or altered state. The two types of gnosis commonly used for this purpose are "inhibitory" and "excitatory". Inhibitory gnosis is calm, like a meditation. Excitatory is emotionally (and sometimes physically) "exciting". An example of excitatory gnosis is: wild, uncontrollable dancing, chanting, freaking out, etc. Sometimes sex or drugs are used to reach

gnosis, though I've never experimented with these two methods and do not endorse using drugs (illegal and potentially harmful).

Personally, I prefer to use a combination of inhibitory and excitatory gonsis. My procedure:

1. Take the letters you used to create the sigil in step 1, add vowels in between, if needed, to make it more pronounceable. What you get is a nonsense word (if it's not a nonsense word and reminds you of a real word, re-arrange the syllables to make it more nonsense). This will be your "mantra." Think of mantra as an auditory version of the sigil, that's basically what it is.
2. Prepare ritual space and open the ritual according to your chosen tradition. If you don't have one, here's a simple setup: set up a table/altar with a candle, incense, and the piece of paper with the sigil written on it. Then "gather up energy" by visualizing it as light all around you and feeling its vibrations. (if you are not familiar with energy work at all, pretend you are a wizard in a fantasy movie and imagine light gathering around you. Try to feel the light as warm pressure against your skin when it touches your skin)
3. Get into a deep meditative state by closing your eyes, clearing your mind, and listening to your breath.
4. When you are ready, open your eyes, pick up the piece of paper with sigil and mantra written on it and look at it.
5. Begin slowly, calmly, repeating the mantra over and over.
6. Draw the sigil in the air in front of you with your finger. As you do so, visualize that you are drawing it in bright light (as if your finger is a pen that produces light)
7. Begin to quicken your chanting of the mantra, gradually, and start building excitement and emotion as you chant it.
8. See the sigil pulsate, give off waves of energy that go to the ends of the universe. (note: if it's a self-targeting spell, like to make you healthy or prosperous or something, you can visualize the sigil entering your body. Make sure it pulsates and gives off waves in rhythm with your chanting. You can also employ other sigil visualizations as your creativity/intuition dictates).
9. All the while your chanting of the mantra should become more and more forceful, energetic, and powerful. Imagine you have something to prove. Imagine you are arguing with the universe and winning. You are the voice and the power and are restructuring reality to fit your Will.
10. Once you reach the peak of emotion, excitement, and visualization, you need to do all of the following at once:

- (a) Shout the mantra as hard as you can (whether full voice shout or "whisper shout" if you don't want other people in the building to hear).
  - (b) Imagine the sigil exploding in the air in front of you, the shockwaves going out to all sides into infinity.
  - (c) Tare up the piece of paper with the sigil and mantra on it.
11. Cut of the shout with a clapping of your hands. As soon as you do this, do all of the following simultaneously too:
  - (a) Become calm and collected, emotionally and mentally, as if nothing happened.
  - (b) Cease thinking about the sigil and mantra. Forget them.
12. Close the ritual according to your chosen tradition. If you don't have one, just put out the candle and incense and go on with your day.

## Forget

Because we are trying to sneak the sigil past our conscious mind to minimize its interference, it would be counterproductive for us to keep thinking about the sigil, SOI, or the performed ritual after the ritual is done. Do not stress out about this or worry if these things you are supposed to forget surface in your mind. The trick is to distract yourself and to take all emotion out of it. Do not go like "OMG! I just remembered the sigil, even though I'm not supposed to! Does that mean my magick will not work???" Emotion helps us remember, so if we beat ourselves up over remembering something, that will cause strong negative emotions and make us remember it even more.

Thinking of the sigil a couple of times afterwards is not a big deal and will not screw up your stuff. Just guide your mind away to something else that interests you. Distract yourself. Adopt an attitude that the stuff you just did (ritual) is not big deal and doesn't matter. There are more interesting things to do right now.

"If I forget the ritual, how do I know it worked?"

Write down the ritual SOI in your magick journal. That way when you refer to it months later you will remember and evaluate the results.

## Variations

### Non-visual "Sigils"

Sigil magick is very flexible. You don't have to force yourself to use a visual, pictorial encoding. For example, if you are blind from birth, the idea of using a visual symbol may not resonate with you. Use the matra instead (see Chargin

the Sigil section #1). A mantra is, basically, the same thing: an encoded SOI. The only difference is that you encode it in a different medium: sound instead of picture.

You can even use your other senses like scent, touch, etc. to encode your SOI. Brail sigil could work. Also, feel free to combine encoding methods, adding layers of sensory input.

## **Impromptu Sigil**

Don't have enough time to write out the SOI and cross out the letters and do the whole ritual? Use the "Impromptu Sigil":

1. Take the first letter of each word in the sentence and superimpose them on to of each other in your mind, forming the sigil.
2. Focus on the sigil.
3. Raise energy and charge it in your mind, feel the pressure of this energy and emotion building up, feel the sigil absorb it until it can hold it no more.
4. See and feel the sigil begin to shake and then explode, releasing all energy. This should feel as if you are going a little mad and freaking out or screaming in your mind.

This method can be done while you are in an area where a full-blown magick ritual would be inappropriate or impractical: at work, for example. It requires no tools of any kind and takes about 30 seconds. If you can get into a private area like a rest room, that would be ideal, but if you have good self control, you can even do it in your head in public.

## **Edible Sigils**

If you are doing a self-targeting spell (such as a healing one), after charging the sigil you can eat or drink it, thus absorbing its power and the energy it contains. Please only consume sigil made of edible or non-toxic materials. You can use bread or rice paper and food coloring. I once had a highly effective sigil that I drew on paper with water-soluble non-toxic markers, dissolved in tea, and drank.

## **Research and Invent**

Research other encoding methods (Like the Rose Cross method (<http://www.wisdomsdoor.com/wb/hwb-sigil.shtml>)) and feel free to make your own. The concept is simple and endlessly flexible.

## Conclusion

The purpose of sigil magick is to "sneak" the statement of intent past your conscious mind into your unconscious. This is done by first "encoding" the SOI in the form of a pictorial sigil, then "impressing" the sigil into your mind by use of altered states of consciousness (known as "gnosis"), emotion and any other means available to you (any other kind of tools such as smells, herbs, elements from other traditions like prayers, etc, can be used). This communicating of the sigil to your unconscious is referred to by the term "charging the sigil". After the sigil is charged it should be forgotten to prevent further interference from the conscious mind.

Procedure:

1. Encode the SOI in pictorial form
2. While in an altered state of consciousness, charge the encoded SOI with energy and/or emotion.
3. Forget the sigil and SOI.

One of the beauties of sigil magick is that it can be combined with any other tradition seamlessly. Another that you can use as many or as little physical tools as you choose. The conventional minimum is pen and paper, but you can go beyond the minimum and do this completely in your mind, if you want (it's hard to write out SOI and cross out repeated letters, so, as an alternative, if you are using in your mind method, just take the first letters of key words instead).

You can find a version of this document in plain text here:

<http://pastebin.com/qEZHZNW>

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