

BRIANA SAUSSY

MAKING MAGIC JOURNAL





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INTRODUCTION

You know this . . .

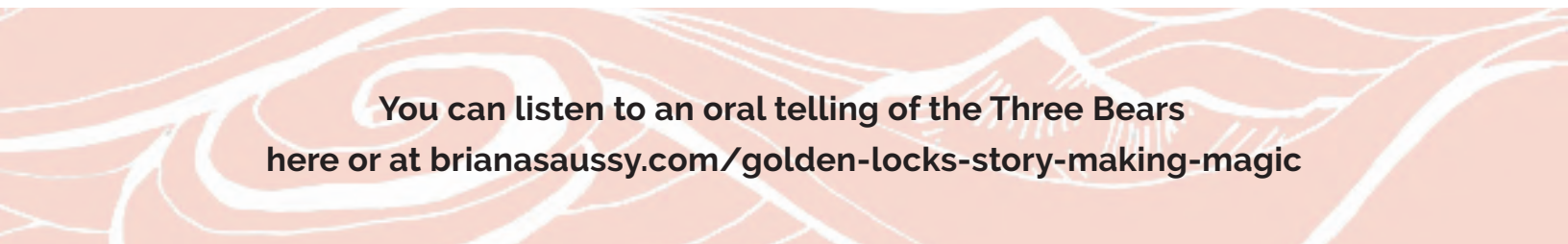
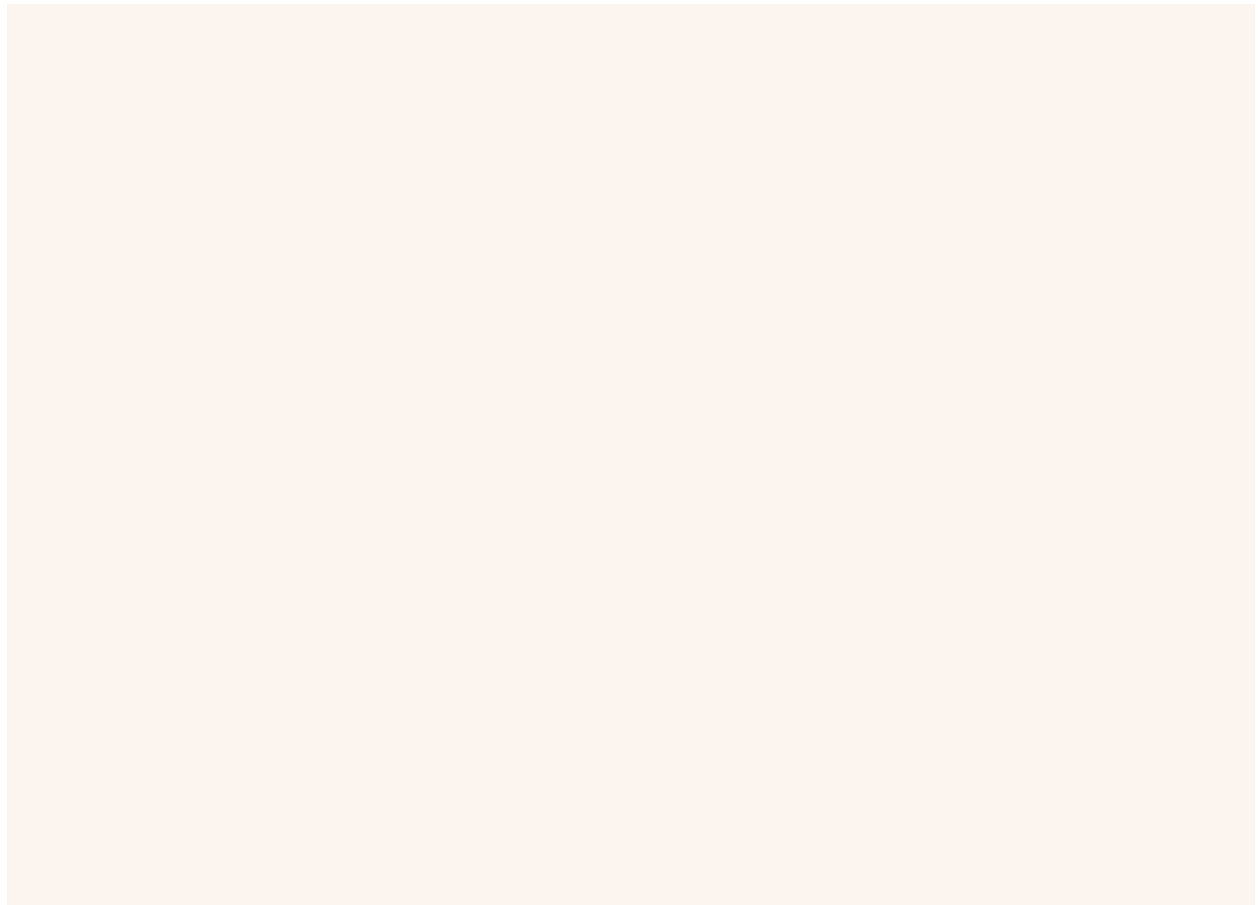
Think about a time in your life when you created a ritual, participated in a ceremony, made some magic. Describe it. Remember it. Fully inhabit it.



STORIED MAGIC

What are the guiding stories for your own magical experiences?

In *Making Magic*, I offer one of the guiding stories for my own understanding of magic, an original re-telling of the Three Bears. Now it's your turn! What are the stories that are most full of magic for you? Write one of them down in your own words:



**You can listen to an oral telling of the Three Bears
here or at brianasaussy.com/golden-locks-story-making-magic**



JOURNAL

*Your Companion to the
14 Chapters of Making Magic*



REMEMBER YOUR MAGIC

What does magic mean to you?

This is how we begin to remember our magic. By asking: What does my magic look like, feel like, taste like, and sound like? What does my magic do? Where does my magic go? Who does my magic touch? What does my magic have to tell me? Jot down whatever comes to mind!



MEMORY AND IMAGINATION

FIELD NOTES FROM THE EVERYDAY

Use these sections to record your impressions from the “Field Notes from the Everyday” passages found in each chapter.



RITUAL NOTES TRACKING MEMORY

I performed this ritual on (include date and time):

This is the time I have performed this ritual.

I worked with the following tools during the ritual (list whatever magical tools you worked with):

My experiences during the ritual were:

If I did this ritual again I would try:



FIELD NOTES FROM THE EVERYDAY

Use these sections to record your impressions from the “Field Notes from the Everyday” passages found in each chapter.

RITUAL NOTES EASY BREATH RELAX AND RELEASE



I performed this ritual on (include date and time):

This is the time I have performed this ritual.

I worked with the following tools during the ritual (list whatever magical tools you worked with):

My experiences during the ritual were:

If I did this ritual again I would try:



FINDING THE DOOR

FIELD NOTES FROM THE EVERYDAY

Use these sections to record your impressions from the “Field Notes from the Everyday” passages found in each chapter.

RITUAL NOTES ATTENDING TO YOUR THRESHOLD



I performed this ritual on (include date and time):

This is the time I have performed this ritual.

I worked with the following tools during the ritual (list whatever magical tools you worked with):

My experiences during the ritual were:

If I did this ritual again I would try:



FIELD NOTES FROM THE EVERYDAY

Use these sections to record your impressions from the “Field Notes from the Everyday” passages found in each chapter.



RITUAL NOTES DRESSING AND BLESSING YOUR DOOR

I performed this ritual on (include date and time):

This is the time I have performed this ritual.

I worked with the following tools during the ritual (list whatever magical tools you worked with):

My experiences during the ritual were:

If I did this ritual again I would try:



TREASURES AND TOUCHSTONES

FIELD NOTES FROM THE EVERYDAY

Use these sections to record your impressions from the “Field Notes from the Everyday” passages found in each chapter.

RITUAL NOTES TALKING TO YOUR TALISMANS



I performed this ritual on (include date and time):

This is the time I have performed this ritual.

I worked with the following tools during the ritual (list whatever magical tools you worked with):

My experiences during the ritual were:

If I did this ritual again I would try:



FIELD NOTES FROM THE EVERYDAY

Use these sections to record your impressions from the “Field Notes from the Everyday” passages found in each chapter.



RITUAL NOTES TALISMAN CONSECRATION

I performed this ritual on (include date and time):

This is the time I have performed this ritual.

I worked with the following tools during the ritual (list whatever magical tools you worked with):

My experiences during the ritual were:

If I did this ritual again I would try:



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TAKING YOUR TIME

FIELD NOTES FROM THE EVERYDAY

Use these sections to record your impressions from the “Field Notes from the Everyday” passages found in each chapter.



RITUAL NOTES MAKING MORE TIME

I performed this ritual on (include date and time):

This is the time I have performed this ritual.

I worked with the following tools during the ritual (list whatever magical tools you worked with):

My experiences during the ritual were:

If I did this ritual again I would try:



FIELD NOTES FROM THE EVERYDAY

Use these sections to record your impressions from the “Field Notes from the Everyday” passages found in each chapter.



RITUAL NOTES REST TIME

I performed this ritual on (include date and time):

This is the time I have performed this ritual.

I worked with the following tools during the ritual (list whatever magical tools you worked with):

My experiences during the ritual were:

If I did this ritual again I would try:



KITH AND KIN

FIELD NOTES FROM THE EVERYDAY

Use these sections to record your impressions from the “Field Notes from the Everyday” passages found in each chapter.



RITUAL NOTES IMAGE AND ESSENCE

I performed this ritual on (include date and time):

This is the time I have performed this ritual.

I worked with the following tools during the ritual (list whatever magical tools you worked with):

My experiences during the ritual were:

If I did this ritual again I would try:



FIELD NOTES FROM THE EVERYDAY

Use these sections to record your impressions from the “Field Notes from the Everyday” passages found in each chapter.



RITUAL NOTES HOLY HELPERS IN THE HOUSE

I performed this ritual on (include date and time):

This is the time I have performed this ritual.

I worked with the following tools during the ritual (list whatever magical tools you worked with):

My experiences during the ritual were:

If I did this ritual again I would try:



MEMORY AND IMAGINATION

FIELD NOTES FROM THE EVERYDAY

Use these sections to record your impressions from the “Field Notes from the Everyday” passages found in each chapter.



RITUAL NOTES KNOWING NATURE

I performed this ritual on (include date and time):

This is the time I have performed this ritual.

I worked with the following tools during the ritual (list whatever magical tools you worked with):

My experiences during the ritual were:

If I did this ritual again I would try:



FIELD NOTES FROM THE EVERYDAY

Use these sections to record your impressions from the “Field Notes from the Everyday” passages found in each chapter.



RITUAL NOTES GETTING IT JUST RIGHT

I performed this ritual on (include date and time):

This is the time I have performed this ritual.

I worked with the following tools during the ritual (list whatever magical tools you worked with):

My experiences during the ritual were:

If I did this ritual again I would try:



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HEARTH AND HOME

FIELD NOTES FROM THE EVERYDAY

Use these sections to record your impressions from the “Field Notes from the Everyday” passages found in each chapter.



RITUAL NOTES HOME BODY

I performed this ritual on (include date and time):

This is the time I have performed this ritual.

I worked with the following tools during the ritual (list whatever magical tools you worked with):

My experiences during the ritual were:

If I did this ritual again I would try:



FIELD NOTES FROM THE EVERYDAY

Use these sections to record your impressions from the “Field Notes from the Everyday” passages found in each chapter.



RITUAL NOTES ESTABLISHING YOUR ALTAR

I performed this ritual on (include date and time):

This is the time I have performed this ritual.

I worked with the following tools during the ritual (list whatever magical tools you worked with):

My experiences during the ritual were:

If I did this ritual again I would try:



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CALL AND RESPONSE

FIELD NOTES FROM THE EVERYDAY

Use these sections to record your impressions from the “Field Notes from the Everyday” passages found in each chapter.



RITUAL NOTES GIVE ME A SIGN

I performed this ritual on (include date and time):

This is the time I have performed this ritual.

I worked with the following tools during the ritual (list whatever magical tools you worked with):

My experiences during the ritual were:

If I did this ritual again I would try:



FIELD NOTES FROM THE EVERYDAY

Use these sections to record your impressions from the “Field Notes from the Everyday” passages found in each chapter.

RITUAL NOTES SLEEPING/WAKING/WALKING



I performed this ritual on (include date and time):

This is the time I have performed this ritual.

I worked with the following tools during the ritual (list whatever magical tools you worked with):

My experiences during the ritual were:

If I did this ritual again I would try:



10 PRAYING DOWN HARD FIELD NOTES FROM THE EVERYDAY

Use these sections to record your impressions from the “Field Notes from the Everyday” passages found in each chapter.

RITUAL NOTES GETTING RIGHT WITH WANTING



I performed this ritual on (include date and time):

This is the time I have performed this ritual.

I worked with the following tools during the ritual (list whatever magical tools you worked with):

My experiences during the ritual were:

If I did this ritual again I would try:



FIELD NOTES FROM THE EVERYDAY

Use these sections to record your impressions from the “Field Notes from the Everyday” passages found in each chapter.



RITUAL NOTES BODY BLESSING

I performed this ritual on (include date and time):

This is the time I have performed this ritual.

I worked with the following tools during the ritual (list whatever magical tools you worked with):

My experiences during the ritual were:

If I did this ritual again I would try:



II WATERS AND WASHING FIELD NOTES FROM THE EVERYDAY

Use these sections to record your impressions from the “Field Notes from the Everyday” passages found in each chapter.



RITUAL NOTES LET THE RIVERS RUN

I performed this ritual on (include date and time):

This is the time I have performed this ritual.

I worked with the following tools during the ritual (list whatever magical tools you worked with):

My experiences during the ritual were:

If I did this ritual again I would try:



FIELD NOTES FROM THE EVERYDAY

Use these sections to record your impressions from the “Field Notes from the Everyday” passages found in each chapter.



RITUAL NOTES BASIC SACRED BATH

I performed this ritual on (include date and time):

This is the time I have performed this ritual.

I worked with the following tools during the ritual (list whatever magical tools you worked with):

My experiences during the ritual were:

If I did this ritual again I would try:



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HOLDING SPACE

FIELD NOTES FROM THE EVERYDAY

Use these sections to record your impressions from the “Field Notes from the Everyday” passages found in each chapter.



RITUAL NOTES FIRST CUP OF THE DAY

I performed this ritual on (include date and time):

This is the time I have performed this ritual.

I worked with the following tools during the ritual (list whatever magical tools you worked with):

My experiences during the ritual were:

If I did this ritual again I would try:



FIELD NOTES FROM THE EVERYDAY

Use these sections to record your impressions from the “Field Notes from the Everyday” passages found in each chapter.



RITUAL NOTES A SACRED SALT CELLAR

I performed this ritual on (include date and time):

This is the time I have performed this ritual.

I worked with the following tools during the ritual (list whatever magical tools you worked with):

My experiences during the ritual were:

If I did this ritual again I would try:




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SMOKE AND FIRE

FIELD NOTES FROM THE EVERYDAY

Use these sections to record your impressions from the “Field Notes from the Everyday” passages found in each chapter.



RITUAL NOTES SHADOW PLAY

I performed this ritual on (include date and time):

This is the time I have performed this ritual.

I worked with the following tools during the ritual (list whatever magical tools you worked with):

My experiences during the ritual were:

If I did this ritual again I would try:



FIELD NOTES FROM THE EVERYDAY

Use these sections to record your impressions from the “Field Notes from the Everyday” passages found in each chapter.



RITUAL NOTES RELEASE AND REVITALIZE CANDLE RITE

I performed this ritual on (include date and time):

This is the time I have performed this ritual.

I worked with the following tools during the ritual (list whatever magical tools you worked with):

My experiences during the ritual were:

If I did this ritual again I would try:



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WEAVING THE WORLDS BACK TOGETHER

FIELD NOTES FROM THE EVERYDAY

Use these sections to record your impressions from the “Field Notes from the Everyday” passages found in each chapter.



RITUAL NOTES HEALING TOUCH

I performed this ritual on (include date and time):

This is the time I have performed this ritual.

I worked with the following tools during the ritual (list whatever magical tools you worked with):

My experiences during the ritual were:

If I did this ritual again I would try:



FIELD NOTES FROM THE EVERYDAY

Use these sections to record your impressions from the “Field Notes from the Everyday” passages found in each chapter.

RITUAL NOTES WORKING OUT THE KNOTS



I performed this ritual on (include date and time):

This is the time I have performed this ritual.

I worked with the following tools during the ritual (list whatever magical tools you worked with):

My experiences during the ritual were:

If I did this ritual again I would try:



DAILY DIVINATIONS

A page for your daily divination discoveries

I performed this ritual on (include date and time):

Divination tool I worked with:

Did I set up, open, or close the space in any specific way? If so, what did I do?

Question(s) asked:

Divination results and predictions:

Actual outcome:

Anything I would do differently next time:



DREAM KEEPING

Record + reflect on your dreams

Date:

Dream:

What do I make of this dream?

What practical action is this dream advising me to consider?



DREAM KEEPING

What magical action is this dream advising me to consider?

What was my getting ready for bed experience like the night before?

Any other notes:




BLESSING WAYS

*Blessings you can print and place on an altar,
in your home, in your pocket,
wherever you may need them.*



OPENING PRAYER

Blessed Ones, thank you for this day.
Thank you for the earth beneath my feet,
And for the sky above my head.
Thank you for the breath running through my body,
And the blood running through my veins.
I ask that you give me eyes to see, ears to hear,
and a heart that knows the right path to follow with wisdom and discernment.
Amen and may it be so.





A BLESSING FOR THE BODY

Blessed be my feet that walk upon your face.

Blessed be my knees that bow before your grace.

Blessed be my sex, origin of creative power.

Blessed be my heart, for it is love's bower.

Blessed be my lips, may they tell your stories true.

Blessed be my eyes as they see what my heart already knew.


Blessed be my mind and the workings there within.

Blessed be my ancestors, may they guide me from here until the end.

May I work in beauty, may I work in peace.

From beginning to end in love.

As I ask so shall it be.





SIMPLE BANISHING BLESSING


I banish thee, I banish thee!

I send thee out!

I set thee free!

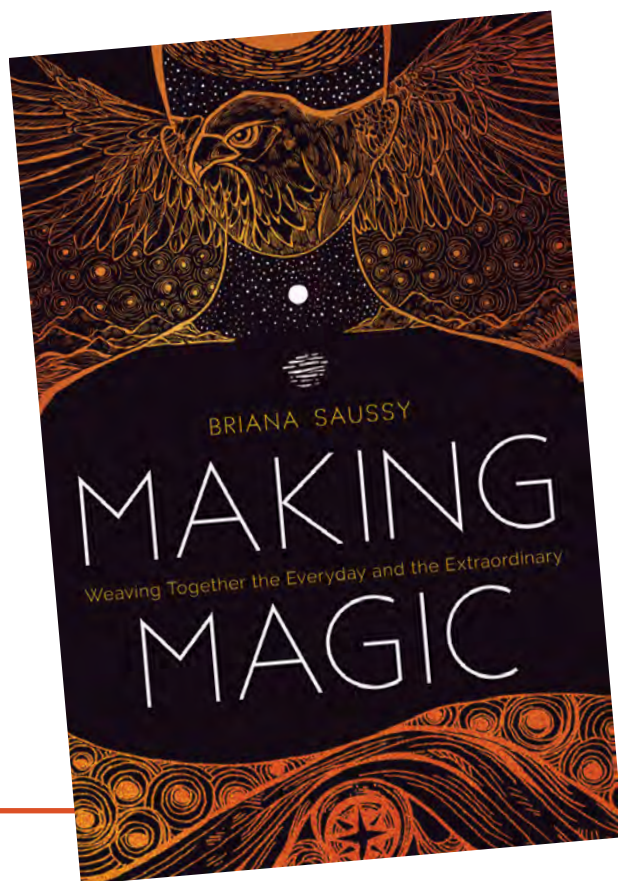
To dwell in river, wind, and stone.

And nevermore through my house do roam!



THIS JOURNAL IS A COMPANION TO THE BOOK
MAKING MAGIC
BY BRIANA SAUSSY

*Re-enchant your life with this book of insights, rituals,
and ceremonies anchored in the everyday:*



BRIANA SAUSSY

is a teacher, spiritual counselor,
and founder of the Sacred Arts
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brianasaussy.com.

Now available at your favorite bookseller

