

# Basic Sigilisation

***FREE***

***TAKE ONE***

## What are sigils?

A sigil is an abstract graphical representation of an idea, wish, or desire.

Have you ever wanted something so badly that your own desires conspired against you and made you fall short of what you wanted? In each of us there is a part of our minds that allows us to function reasonably and rationally by mediating between the conscious and unconscious parts of ourselves, but this same internal censorship mechanism can hinder us in our goals by giving us doubts and worries. By using an abstract representation of an idea, one can bypass the internal censor by going directly to the unconscious mind. This is the purpose of a sigil.

## How do you make sigils?

There are as many ways to make sigils as your imagination can come up with, but I will detail the two simplest methods here.

The first method involves writing your idea or desire and forming a symbol around the letters that you use. First eliminate all the duplicate letters in the statement, then form a symbol from the remaining letters, and lastly, you should remove any unwanted lines and further abstract the symbol so that the original statement is unrecognizable.

In the second method, make a simple line drawing that represents your idea or desire and then abstract that picture until it is unrecognizable. You should do this several times until it no longer resembles the original picture at all.

Feel free to experiment with these methods and come up with some of your own.

## How do you use sigils?

Place them everywhere. Make cute stickers out of them. Doodle them on your school work. Put them in places where other people will see them. Draw them on dollar bills. You get the idea. The more often you concentrate on the abstract symbol and not on the conscious idea, the more the idea will work its way into your unconscious, until it manifests in your life.

Have fun.

