Audit the Running Spells

Find the phrases you say to yourself by default that cut against what you are building.

YOU NEED

one sheet of paper, a pen, twenty quiet minutes

THE WORKING

1. Draw a line down the page to make two columns.
2. In the left column, write the phrases you said to yourself today, about yourself, without choosing them.
3. Mark each phrase that works against a target you hold.
4. In the right column, write a replacement for each marked phrase, or a neutral line that refuses the old instruction.
5. Choose one marked phrase to catch and replace tomorrow.

WRITE IT DOWN

Write the count of phrases you marked and the one you chose to catch.

LOOK AGAIN

Tomorrow night, note how many times you caught that phrase and what you said instead.

> *"is to audit the spells already running. What is the practitioner saying to themselves, about themselves, repeatedly, without examination?" · MAGICK: The Operations Manual*