Banish the Deficit

Banish the sense of lack that comparison builds by naming evidence from your own field.

YOU NEED

your grimoire, a pen

THE WORKING

1. Write three things you completed or built yourself, each one specific and plain.
2. Read each one and let yourself feel that it is yours.
3. Write one present tense line of sufficiency in your own words, backed by those three facts.
4. Say the line once aloud while you hold the feeling.
5. Close the book and return to your day.

WRITE IT DOWN

Write the date, the three facts, and the line you spoke.

LOOK AGAIN

The next time comparison fires, open this page, read the three facts, and note in the margin how strong the pull felt before and after.

> *“The second practice is gratitude as a Black Magick operation.” · DEVIL: The Hellish Self*