Draft the Declaration

Build a declaration for one target that your body answers when you speak it aloud.

YOU NEED

one sheet of paper, a pen, a quiet room

THE WORKING

1. Write your target at the top of the page in one sentence.
2. Write a first draft of the declaration in the present tense and the first person.
3. Make it specific enough that a reader would know the finished state.
4. Write two more drafts with different wording.
5. Read each draft aloud and note what your body does, such as warmth, settling or a change in breath.
6. Keep the draft your body answers and cross out the rest.

WRITE IT DOWN

Write the kept declaration and a few words on what the body did when you read it.

LOOK AGAIN

In three evenings, read it aloud again and compare the body response with the first night.

> *"The declaration that activates a felt response is the correct one." · On Magickal Workings*