The Same Hour Each Day

Give one working its rhythm by running the session at one fixed hour for seven days.

YOU NEED

your written target and declaration, a timer, your grimoire

THE WORKING

1. Choose one hour you can keep every day, on waking or before sleep.
2. At that hour, breathe in for four counts, hold four, out four, hold four, until the body settles.
3. Enter the single moment that implies the target is done, seen through your own eyes.
4. Speak the declaration three times from inside that moment.
5. Let the scene go, open your eyes, and do not review the session.
6. Repeat at the same hour for seven days with no day skipped.

WRITE IT DOWN

Each day, write the time, the charge as full, moderate or flat, and any act you took that differs from your usual pattern.

LOOK AGAIN

On day eight, read the seven entries and compare the charge and your own acts on day one with day seven.

> *“The best window is the one that never gets skipped.” · On Magickal Workings*