

SIGIL TRANSMISSION:

STABILITY IN THE HEART ⊕ OF THE ONE HOLY AND TRUE

Purpose:

This sigil is a sacred key to stabilize the heart in the energy of the one holy and true. It deepens the awareness of self-love, restoring inner alignment and divine presence within the heart.

Instructions:

1. Prepare the Sigil

Place the sigil beneath your bed or sleep space with clear intention to receive its frequency.

You may hold it in your hands first and breathe deeply, affirming:
"I open to receive the heart of stability and the remembrance of love within."

2. Activate Over 6 Days and 6 Nights

Let the sigil rest under your bed for 6 consecutive days and nights.

Each evening before rest, place one hand on your heart and say:

"I root in the one holy and true.

I remember the love within me.

I awaken the grace of love thyself now."

3. Completion Ritual

On the 7th morning, remove the sigil. Dispose of it mindfully—either by burning, burying, or placing it in flowing water (ocean, river, or even a bowl of salt water) with a sense of completion.

Closing Prayer:

"May the light shine within me and open me with the heart of love.

May I be the heart of vitality and grace,

Aligned in the heart of love thyself."

And so it is.