

# Instructions for using the sigils:

## **1. Preparation:**

Gather #1 and #2

Ensure you have a quiet outdoor space free from distractions.

## **2. Placement:**

- Place #1 on top of #2
- Leave them outside, exposed to the moonlight and starlight for seven days and nights.
- If it rains, cover them until it stops. If they get wet, you'll need to start over.

## **3. Affirmation:**

- After the seven days and nights, hold the sigils close to your heart chakra and Say the following affirmation out loud:

"I am the heart of the one. I am holy and true.  
I clear all my past of the heart of the one that is in denial of true love.  
I heal my past with my love now,  
and allow my love to rise high to true love.  
As I am true love and true love I am  
all in all in the highest and best way.  
And so it is and so be it.

## **4. Closing the Ritual:**

- Bow in gratitude to each direction (North, South, East, West) and to the Earth and Sky.
- Finally, bow to your heart and kiss your hands as a gesture of gratitude.

## **5. Single Use:**

- Remember, you use this ritual only once.

## **Important Notes:**

- \*\*Do not laminate the sigils, they need to absorb energy from the sun and moon.
- \*\*Avoid placing them on windows, as they need to be outdoors to receive the full effect of the celestial energies.