

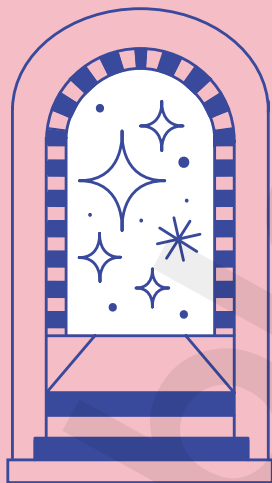


THE
**MODERN
WITCH**

LOGBOOK

Dalia F. Walker

MONOBLOCK



*Escribir es un portal
que te permite
viajar en el tiempo*

**BRUJA
MODERNA**
Dalia F. Walker

Writing is a portal that allows you to travel in time.

Making notes of your experiences will help you remind them as if you are still there: what happened, how it went down and what did you experience. Writing down allows you to revive that moment profoundly.

The Witch Logbook comes to life with this concept in mind, first gestated on my book *Modern Witch*. This magic workbook is in fact, the published version of my own grimoire: rituals, notes and compilations I made during my entire life of experiencing esoterism.

I want to bring this workbook to your hands so you can pour down your experiences, notes and visions. So you can register everything you perceive in this transformation process: if you have a record of how your reality was at the time you performed the energetic work you can compare it with your present and empirically measure the results. Registry is the key to success. In order to measure, observe and compare it's key to have a reference point that starts to exist today with this logbook in your hands.

Allow yourself to alterate the order of the activities, cross out, tack on, make this logbook your own with drawings and cut-outs. Put down your intentions, stickers and colors: this is also a creative space. You can even include herbs, dried petals, love letters and lots of glitter.

This is the witch's secret diary, her spells book, her grimoire, the true document of your energetic work. Did your grandmom collect dinner recipes on her notebook? You will collect rituals, amulets and dreams.

Each witch has her own gift, but she always has a logbook.

I wish you can spread out on this pages I created with so much love to join you in the wonders of the writing world.

For anything you need I'm at your service, as you know.

Let's do it!
With love,

Dalia

MEDITATION FOR WRITING

It is said that the talent of writing lays on tossing all the obstacles that prevent you from doing so. With so much information and entertainment within hands reach, nowadays it's really difficult to find the time, space and room to relax and let the writing flow. That's why I propose you make this simple creative writing exercises before you start working on this diary.

1. 2. 3. 4.

Prepare a room both sound and interruptions-free. Acclimate it with a fragrance of your choice, like incense sticks, herbs or natural flowers, and play relaxing music. I recommend instrumental to bring on the writing.

Set an alarm for 10 minutes. It doesn't seem much, but 10 minutes in meditation state is a whole lot.

Sit down with your back straight, seeking no tension in your body. Pay attention to your neck, jaw and hands, it's normal to keep these parts tense without even noticing.

Take a deep breath. Make sure you are breathing in from your nose and breathing out from your mouth, slowly and in constant rythm. Repeat until your mental rythm is calmed.

5. 6. 7. 8.

In this state of relaxation, allow yourself to think of memories, fantasies or visions. Simply let all the possible images go through you, both your own and new ones your body and mind are ready to capture.

When the alarm goes off, set it back on for 30 minutes. Stay focused: don't check your phone, don't speak to anyone, and try not to go to the bathroom.

Start writing down the first thing that comes to mind. Don't think too much of it. Of all the things you visualized, what stuck at the tip of your fingers? It can be a story, a memory, a word, a song, a poem. If you think there's nothing else to write, go for another image or feeling you perceived during the meditation.

Once you're finished, read the text. Don't judge its quality.

Songs with lyrics can interlere in the process of transforming your thoughts into written words.

The key is not stopping until the alarm goes off.

This first step is the most valuable thing!

I suggest you don't judge or analyze what you write, don't try to concentrate or reflex on a particular image.

Repeat this exercize every day for a whole week. When that time is over, you'll probably feel more confident with your writing process. Writing is like going to the gym: discipline and training. You learn how to write by writing; that's the first step to building your witch logbook.

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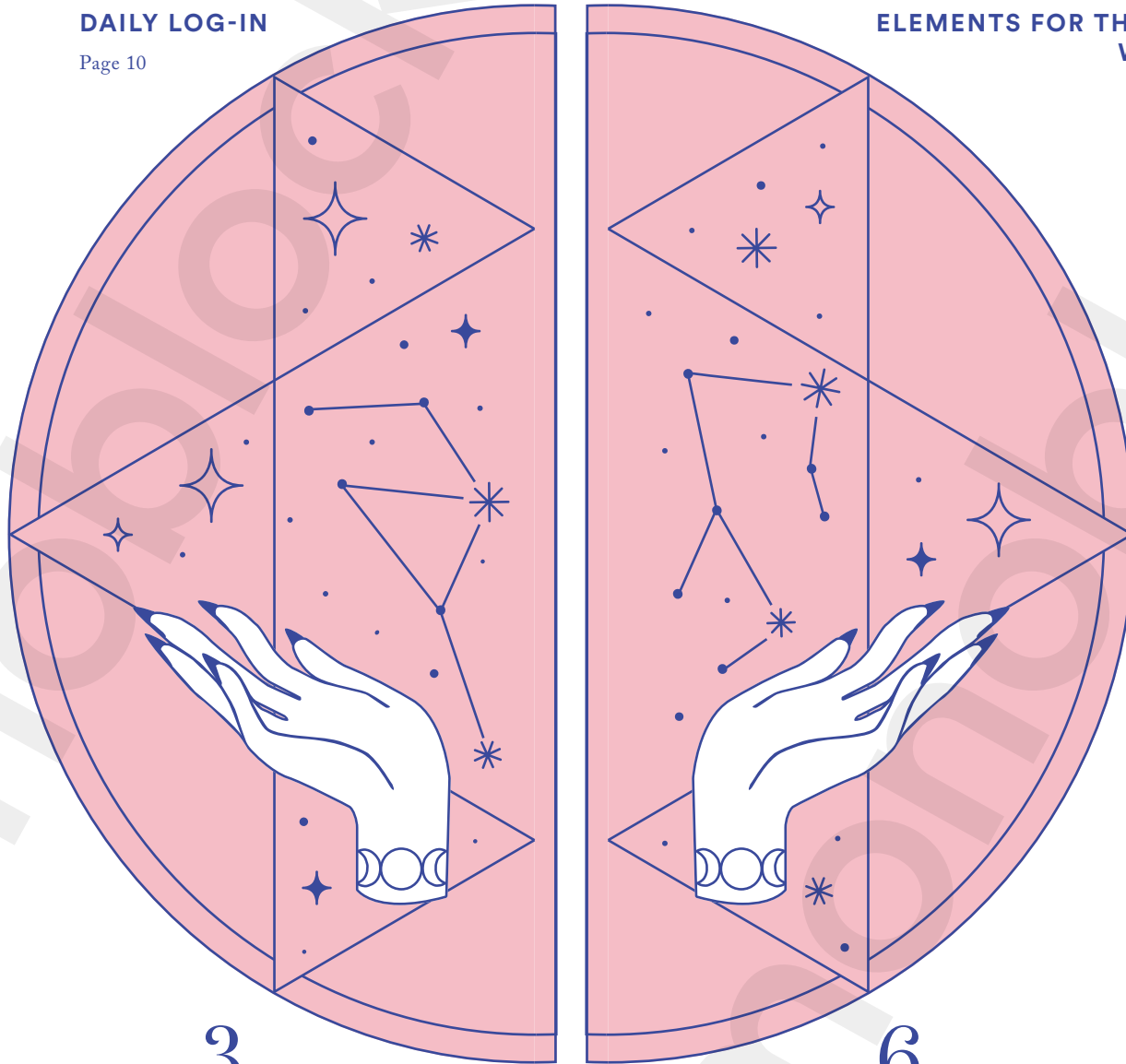
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[1] DAILY LOG-IN

On this part of your logbook you can write down everything that happens on your daily life: if you come across a card on the street that has left you a significant message, whether you're working on an intention or petition, if you had a dream that has caught your attention or even your emotional state. Everything you need for that date to be remembered in the future: it's always good to have a detailed register of what you're living on a particular moment. The more data you write down on this guide, the more relevant it'll be for your own conclusions.



DAILY LOG-IN

DATE



MOON SIGN

SOLAR SIGN

EXTRAORDINARY EVENTS • PETITIONS • AFFIRMATIONS • LEARNINGS

Lined writing area for journaling

TODAY I'M THANKFUL FOR

Lined writing area for gratitude

Todo es energía y de eso se trata. No es filosofía, es física.

DARRYL ANKA

Everything is energy and that's all there is to it. This is not philosophy. This is physics.

REGISTER SOME DREAMS THAT SEEM REVEALING TO YOU.

Is there a symbol that stands out? What do you think it represents?

Lined writing area with 20 horizontal lines.

Lined writing area with 20 horizontal lines.

[2]

SPECIAL EVENTS

On this part you can register all the sessions you attend: tarot, astrology, Akashic registries, palmistry, etc. Make detailed notes on what you felt, whether you received any image, thought or signal during the session. Also, the concern you had at the time of the meeting and what the counselor said about it. This part is also ideal for registrying the rituals you make, its intentions and learnings. Use the exercise of writing as a tool to observe and listen to yourself.

SPECIAL EVENTS

DATE

MOON PHASE

MOON SIGN

SOLAR SIGN

ACTIVITY PERFORMED • NOTES • LEARNINGS

OTHER IMPORTANT COSMIC EVENTS

SPECIAL EVENTS

DATE

MOON PHASE

MOON SIGN

SOLAR SUN

ACTIVITY PERFORMED • NOTES • LEARNINGS

OTHER IMPORTANT COSMIC EVENTS

DRAW A TAROT CARD
ON EACH NEW MOON
AND REGISTER IT ON THIS
PART OF YOUR LOGBOOK.

*This way you can review where you were at the
beginning of each moon cycle, for a whole year.*

** Remember to look at the moon calendar to take advantage of the available energy of the moon sign: it will be your prime ally for working with the unconscious world.*

[3]

RITUAL RECIPES

On this part you can register the step-by-step of your rituals. Write down their intentions, necessary elements and whether there's an ideal moment to perform it. Everything is important and significant when it comes to performing a ritual. Investigate and write down the results, what happens when you replace a golden candle with a yellow one? And what's different when you perform the same ritual on a New Moon and Full Moon? How does it affect your energetic work? The experience leads to knowledge that will improve your aim. You can also collect rituals you haven't done yet to remember the structure and perform them at the time you feel it's right.

RITUAL
RECIPES

NAME OF THE RITUAL

INTENTION

NECESSARY ELEMENTS • IDEAL MOMENT TO PERFORM THIS RITUAL • STEPS

El mundo es
incomprensible.
No vamos a entenderlo
nunca, no vamos
a desentrañar sus
secretos nunca. *
Por lo tanto debemos
tratar al mundo como es:
un gran misterio. ✧

CARLOS CASTANEDA

The world is incomprehensible. We won't ever understand it; we won't ever unravel its secrets. Thus we must treat the world as it is: a sheer mystery.

Upgrade your practicing and turn up the volume of magic in your life

Dalia F. Walker -author of Modern Witch- has created this practical workbook to join you to get to work with what you've learned with her first book. Featuring more activities, reflective tasks and check-in charts about ritual-registry, energetic cleansing and special events.

With this workbook, perceiving the synchrony between your energetic work and your life will be 100% easier, prettier and more inspiring.

**25 tasks to reflect and deepen
your energetic work.**

Meditation for creative writing.

Rituals recipe log-ins.

**Energetic cleansing, ally elements
and special events registry.**

Esoteric tourism.

Illustrated quotes.

**And plenty of space for writing,
creating and drawing.**

