

SENSORY 5 SPELLS

to invoke your Inner Guardian

These simple tools engage your senses and invite an embodied sense of connection to your Inner Guardian. You can use a single "spell" or combine a few to create the experience you want.

SIGHT

What image or symbol could represent your Guardian? Search Pinterest or Google and keep their image nearby (screensavers, decor, & altar cards work well) Can't find one? Create one! Keep your eyes peeled for visual hints around you that your Guardian is near.

SCENT

Choose a scent or combination of scents that invoke similar qualities that your guardian holds. Perhaps energized & empowered or calm and nostalgic? Use essential oils, herbs, flowers, or perfumes you own to craft a portable "spell" that evokes your Guardian's energetic signature.

SPEECH

Words are wands of creation. What words, phrases, verses, or sayings might call in your Guardian? What power words or affirmations might they want you to speak to yourself in times of difficulty or uncertainty? Keep these written spells all around you so you can connect often.

SONG

Invoke your Guardian through music magic. What song or piece of music reminds you of your Guardian? Perhaps you know a song that is guaranteed to bring one of their superpowers i.e. calm, strength, or joy. Your Guardian anthem will transport you to an elevated space.

SKIN

Your body holds infinite possibilities to connect and call in your Guardian. Is there a posture that signals "I am supported." What texture, jewelry, or adornment symbolizes their presence? Might a simple movement, gesture, pause, or pattern of breath facilitate connection?



SENSORY SPELLS

going deeper with your Inner Guardian

RELATIONSHIP

The alchemical power of Guardian work is a mixture of spirit and good old grounded science. We're not working with our logical minds, although they may be helpful. We're soothing and healing our physical and emotional bodies.

Guardian work creates embodied connection to a wider base of support. Even a few moments of time and intention in the presence of your personal protector, lets your body experience their qualities of empowerment, nurturance, and increased safety. or at least more possibility around them.

When your body exhales even just a little bit, parts of your mind that may spiral out into fear of the future can to come back online in the present.

This work is powerful, and it's real. Below are spellwork invitations.

RITUAL

Create mini-rituals or practices dedicated to deepening your relationship. For example, diffusing your Guardian blend and a few seconds of deep breathing as you begin work, mirror work with your guardian affirmation, or Guardian-inspired journaling or art.

ROUTINE

Create mini-moments of intentional connection throughout your day. You might keep Guardian art or a symbol on your desk or bedside table to bookend your day/workday with reminders of your inner strength and support. Make a "Guardian playlist" for driving or chores.

RESILIENCE

Prepare a portable "Emergency Kit" of scents, objects, or other reminders of your Inner Guardian and the powers they awaken in you. Keep this nearby for fast access to these tools for centering and grounding.

