Okkult

Grimoire entry template

Record the practice so you can repeat it and understand where it came from.

Practice title and date

Purpose

Materials

What I did, in order

Source: author, book, page, or my own exercise

What I observed and how I interpreted it

Review date and one thing to change

Okkult

A completed grimoire entry

This fictional record shows how a short entry can distinguish what a reader observes from the meaning they give it.

Practice and date
A charm for the threshold · 12 November

Purpose
Use the doorway as a reminder to pause after work.

Materials
Water, a small cloth, paper, and pencil.

Steps
Write “rest” on the paper. Wipe the inside jamb with a damp cloth. Read the word and put the paper away near the entrance.

Source
Okkult, A charm for the threshold. Contemporary household exercise.

Observation
I wiped the left jamb. I remembered the word when I came home on Tuesday and forgot it on Wednesday.

Interpretation
The reminder was easier to remember when I paused to put down my bag.

Review
On 19 November, try putting the bag down before checking my phone.

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