

# NATURAL ALIGNMENT JOURNAL

*Daily Reflections Inspired by Cunningham's Solitary Wicca*

DATE: \_\_\_\_\_ | MOON PHASE: ☾ ○ ☽

SOLITARY HOURS: \_\_\_\_\_

## 1. MORNING BREW INTENTION (AIR & FIRE)

*Stirring clockwise to invite in / Setting focus for the day ahead:*

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## ELEMENTAL CHECK-IN

**Earth** (Grounded / Present) ○ ○ ○ ○ ○

**Air** (Clear Focus / Mind) ○ ○ ○ ○ ○

**Fire** (Drive / Motivation) ○ ○ ○ ○ ○

**Water** (Emotional Flow) ○ ○ ○ ○ ○

## DAILY RITUAL ALIGNMENT

Grounding (Bare Feet/Stone)

Scent-Association Anchor

Walking Meditation (Wind)

Herbal Smoke Cleansing

## CURRENT MENTAL LANDSCAPE

*Am I trapped in my head today? Explicit thoughts to acknowledge and release:*

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*"Magick is the projection of natural energies to produce needed effects... The energies within the earth, the stones, the wind, and ourselves are waiting to be directed with conscious focus."*

— SCOTT CUNNINGHAM



# SPIRITUAL WELLNESS & EVENING RELEASE

*Slowing Down & Honoring Natural Cycles*

## 2. SUNSET RELEASE (SOLAR ENERGY TRANSITION)

*What anxieties or heavy feelings am I leaving behind as the sun dips below the horizon?*

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## 3. WATER PURIFICATION RITUAL NOTES

*Candle color, herbs/oils added, and the physical sensation of washing away stress:*

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## EARTH CHARGING & SLEEP PREP

*Object / crystal held to ground energy tonight:*

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*State of presence before bed:*

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## SPONTANEOUS MOMENTS OF JOY

*Unplanned connections, beauty observed, or internal alignment experienced today:*

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## 4. DREAMS & DEEP REST INTUITION

*Intended focus or subconscious work to process during sleep (Leave room for morning dream logs):*

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*Blessed Be. May your structure protect your autonomy, and your spirit thrive in natural flow.*