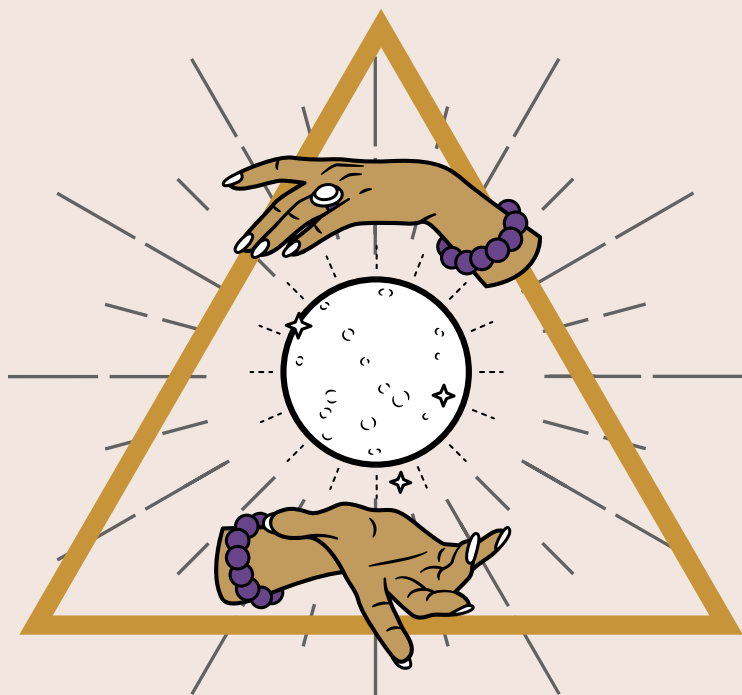


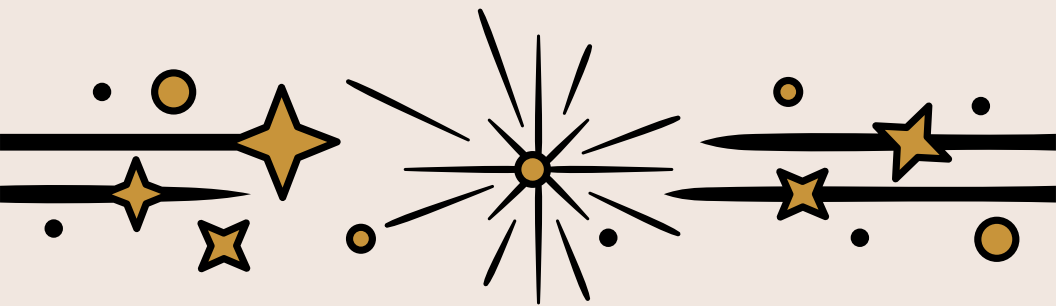
MODERN MYSTIC INITIATION



AWAKEN YOUR INNER MYSTIC
THROUGH PRACTICAL MAGIC



SAGED



Welcome to the Saged Modern Mystic Initiation!

Whether you're new to your spiritual awakening or need to top off your magic, you'll find something to amplify your magic with this guide.

How to use this guide: as you wish!

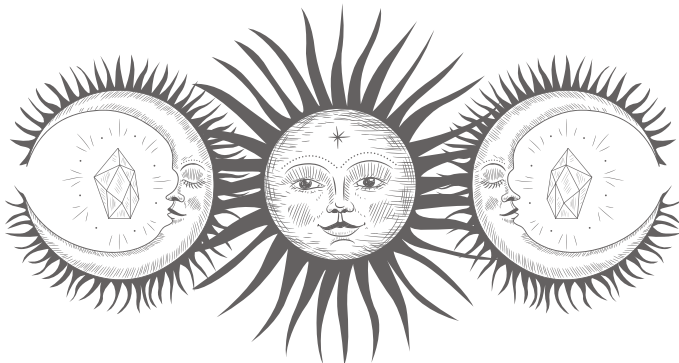
You can separate the practices into a daily adventure, plan them out by the moon, use the guide like an oracle and allow it to lead you, or whatever you like.

Take what resonates and inspires,
leave the rest.

Listen to your intuition and let it flow.

The Initiation

1. Your Inner + Outer Worlds
2. Crystal Magic
3. Herbal + Mineral Magic
4. Your Cosmic Magic
5. How to Create an Altar
6. Spirit Guides + Communication
7. Synchronicities
8. Shadow Work
9. Mystical AF Integration



Before you begin, say this invocation aloud:

As a Modern Mystic, I am in command of my energy, my magic, my sovereignty, my soul.

With my clear intention and inspired action, I can consciously create my life as I desire.

My magic lives within me and I am ready to awaken to my infinite possibilities.

And so it is. And so it shall be.





Your Inner + Outer Worlds





The source of your magic is within you, not outside of you! When you connect with your inner magic, inner fire, inner truth, and inner mystic, then you are operating from your sovereignty.

Before you can conjure your magic and share it with the world, you first need to get to know yourself on a deep level.

This is done through exploring your inner world.

AS ABOVE
SO BELOW



AS WITHIN
SO WITHOUT



Go deep within to connect to your own energy!

Here's what you're gonna do:

- Close your eyes and take 3 deep breaths
- Feel your energy rise and fall as you invite your highest self to the forefront
- Say to yourself "I am the magic. The Magic is me." three times
- Place your hand on your heart as you say this with your eyes closed
- Feel into your power and connect with the infinite light that lives within you

BE THE MAGIC



The Magic Lives Within

Magic is about so much more than casting spells, manifesting, and talking to your spirit guides. It's about conjuring from within, from a place of deep authenticity and integrity.

It's believing that the magic exists and trusting it with every fiber of your mystical being.

Once you feel your power, you'll be able to wield it like a magic wand!



Crystal Magic



Top 5 Crystals for the Modern Mystic

01

Clear Quartz

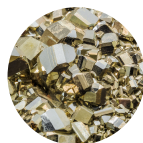
This abundant crystal has many variations, but clear quartz is the most common. Use this crystal to amplify your energy and as a shield of protection



02

Pyrite

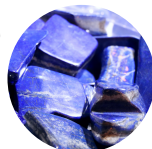
Known as "fools gold" this shiny and heavy crystal is perfect for attracting and retaining abundance. It can also be used to build your business and grow your finances.



03

Lapis Lazuli

Associated with strength and courage, this stone was used heavily in ancient Egypt. Place it on your desk or in an area of your house where you'll see it often and be reminded of your own courage.



04

Black Tourmaline

Used for protection and to absorb negative energy, this crystal is the perfect energetic alarm system. Place it in all corners of your home and carry it with you for extra protection when you're feeling vulnerable.



05

Selenite

Known as the "master crystal" Selenite can be used to cleanse other crystals. You can also place it in your home to keep your vibe high and regularly cleanse your own aura with it by moving it up and down your body.



How to Work With Crystals



1. **Step 1** is always to cleanse your crystal of any energy that it absorbed previously, even your own. Use smoke, moonlight, or sunlight.
2. **Step 2** is to sit with your crystal and meditate on its energy
3. **Step 3** is to program your crystal to bring something into your life or assist with healing
4. **Step 4** is to express reverence and gratitude for your connection to the crystal and to Gaia

Here's how to work with your crystals:

- If you have crystals already, it's time to cleanse them! Just like we take showers, your crystal babies need care and maintenance. If you don't have any, it's time to bring some into your life!
- Take your crystals and cleanse them using herbal smoke, sunlight (for a couple hours), moonlight (overnight - if it's not raining, or on your windowsill inside), sound (tuning forks or binaural beats), or other crystals like Selenite.
- NOTE: It's important to not place your crystals in water as they may become damaged or deteriorate. Do a quick Google search for crystals that can't get wet.
- With the intention of clearing the energy of the crystal, and resetting it, put your whole heart into it





Ideas to program your crystal

- Sharpen and trust intuition
- Manifest something specific
- Amplify magic and connection to spirit/source
- Cultivate more self-love
- Physical and metaphysical healing

Check out our Crystals 101 Guide for all the info on how to program your crystals and so much more!

BONUS: if you have a pendulum, cleanse it as well and practice using it! Ask what direction your yes is in, and then your no. Use it to intuit answers and connect with your powerful energy.



Herbal + Mineral Magic





Herbs As Allies



Herbs have always been our allies in life, health, wellness, metaphysical connection, and power. Working with them brings the knowledge of your ancient ancestors into your present life. No matter where your lineage comes from, they worked with herbs.



Herbs can be used in many different ways, including essential oils. There are some basic herbs that are easy to work with and very versatile that can get you started on a journey through your inner and outer world—and you may already have them in your kitchen!



common kitchen herbs



- Pepper for courage
- Salt for protection
- Cinnamon for fertility
- Bay leaves for manifesting and spell work
- Mint for peace
- Allspice for health
- Rosemary for success

When you're aware of the different uses for common herbs, your magic will expand!





There are, of course, so many different ways to bring this ancient wisdom into your life. You can make tea, cast spells, place salt at your door and pepper on your desk ... the possibilities are endless.

Salt Spells:

Start connecting with the magic of herbs in a simple way! You don't need a lot of ingredients to cast a spell. Salt has incredible protection power that you can use daily.

1. Place a small bowl of salt in each room of your house and set the intention of protection
2. Put some salt, pepper, and rosemary in a small bag or pouch and place it in your car or in a drawer on your desk. This will help with protection, success, and courage.
3. Place a line of salt at the entrance to your home under your welcome mat to prevent negative or harmful energies from entering.

What's most important is that you have fun and extend deep reverence to mother nature and her herbal creations.



Your Cosmic Magic





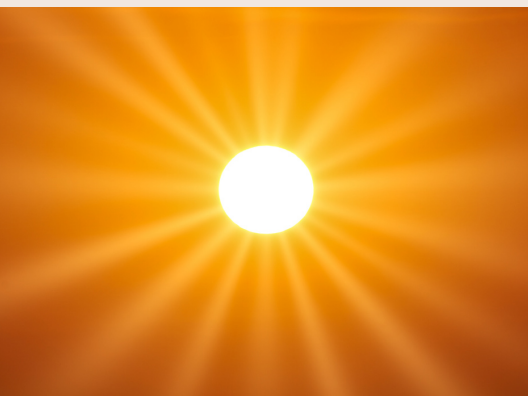
Astrology

Astrology is an incredible tool to learn more about yourself and how your inner and outer worlds communicate. And as a Modern Mystic, you are both ancient and current ... bringing wisdom into your modern life with reverence and wonder.

With astrology, it's super helpful to know about your natal chart (the placements of the cosmos when you were born) so that you can dive deep into YOU.

If you know your exact or approximate birth time, it's time to discover your sun, moon, and rising signs. You can get a free natal chart [here](#) and read about your placements.

Understanding Your Cosmic Magic



Your sun sign is your core and who you are at the deepest level.

Your moon sign is your inner world, your inner emotions, and how you relate to yourself.



Your rising sign is how you walk into a room and people's first impression of you.

YOU ARE STARDUST



When you understand yourself better, you
can more easily relate to others.

Astrology is a form of guidance, but not a
solitary truth.

Keep your mind and heart open with this
affirmation: "I am a modern mystic in
connection to my inner and outer worlds. I
trust my intuition."

You are here to shine and take up space!
You are stardust!



How to Create an Altar



Your Sacred Space

Creating an altar or a sacred space where you keep meaningful and special things is a powerful way to connect with your inner and outer worlds.

Altars are offerings to angels, ancestors, spirit guides, and your higher self. What you place on your altar is completely up to you, but there is always a sense of reverence for this space.



Items For Your Altar



NATURE

Crystals, found objects in nature, fresh flowers, or something for each element



TAROT + ORACLE

Tarot and oracle cards that represent your manifestations or an archetype to embody



PHOTOS

Place photos of your loved ones in spirit, your family, pets, or places you love



MANIFESTATIONS

Reminders of what you're creating – vision board items or images of your desires



- Keep your altar clean and dust free
- Set up your altar somewhere that is out of the hustle and bustle of daily life (a shelf, dedicated table, entire room, etc)
- Change your altar with the seasons, as your manifest things into your life, or with your moods
- Think of your altar as a physical representation of your reverence and devotion to your desires
- You can also place something on your altar from each element (air, fire, water, earth, ether)





Working With Your Altar

With your altar being a safe and inspiring place to get centered and dream, this is a beautiful place to sit in meditation daily. When you approach the altar, open your heart to the magic you've created and the magic you're calling in. This direct connection to your inner world and to the spirit world is a reminder that you are doing the work to make it all happen. It's also a beautiful offering to your ancestors, angels, spirit guides, and higher self.

Visit your altar daily and take even just 1 minute to tune into the energy of the altar and make any adjustments needed to align with where you are now.

Your altar is the center of your intention, reverence, and devotion. If you're a Modern Mystic, you have an altar of magic and beauty! Welcome to the light!

A photograph of a person's hands in a prayer position (Anjali Mudra) against a blurred background of water and a light blue object. The hands are joined at the fingertips, with the palms facing each other. The person is wearing several beaded bracelets on their left wrist, including a multi-strand brown wooden bead bracelet, a single-strand brown wooden bead bracelet, and a single-strand clear crystal bead bracelet with a yellow tassel. The text "Spirit Guides + Communication" is centered over the image in a bold, dark grey font.

Spirit Guides + Communication

Meet Your Spirit Team

Your spirit team is invested in your success, safety, happiness and peace. Your spirit guides and spirit team are always with you, and it's time to meet them!

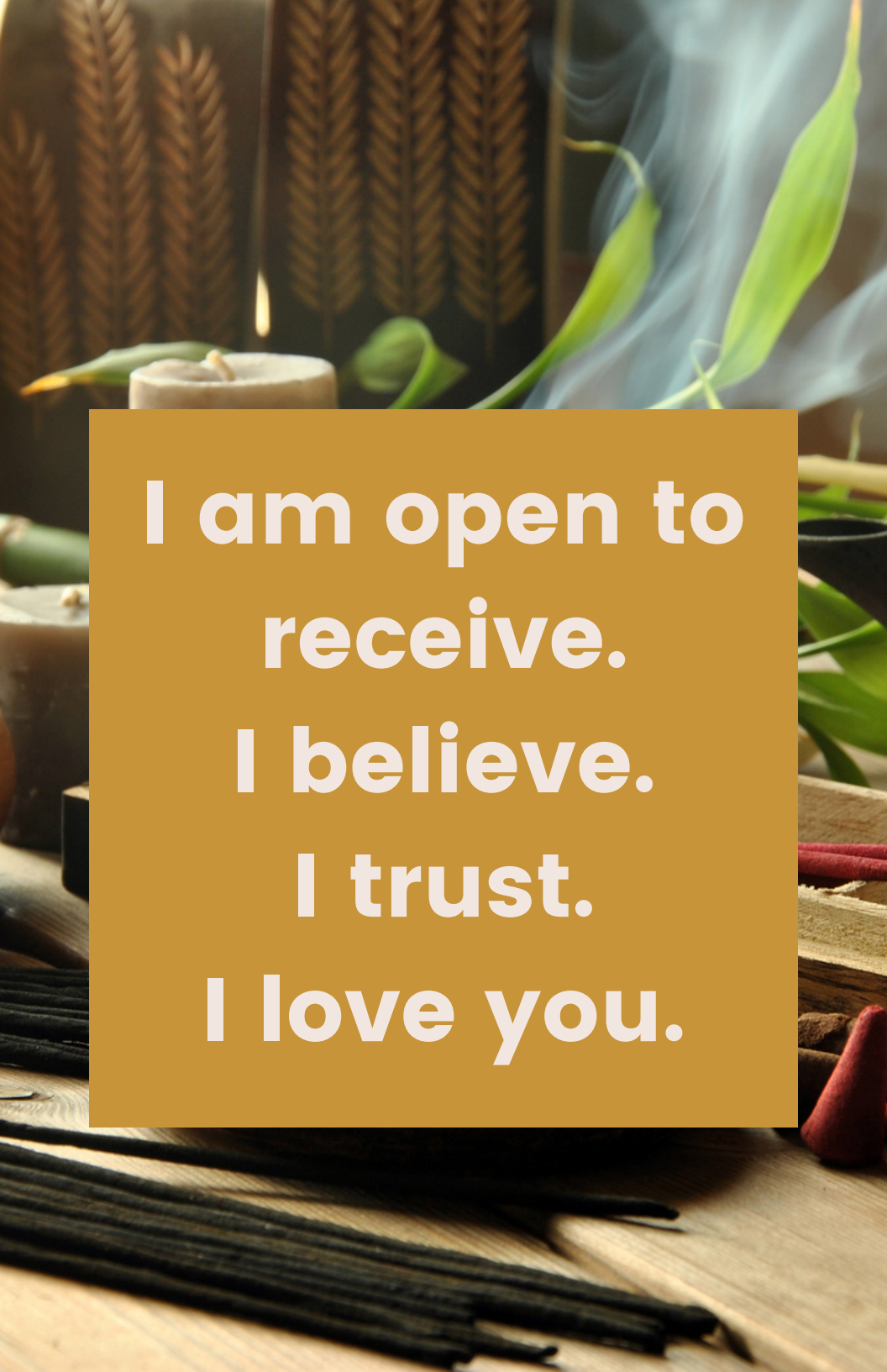
Spirit guides are beings that have been with you either since birth or through certain seasons of life when you need specific support.

To communicate with your spirit guides is to cross beyond the veil of life as we know it and access a different type of love, support, communication, and guidance.



How to Communicate with Your Spirit Guides

- Just ask! The invitation to meet your guides is incredibly powerful.
- Open up! Once you've invited your guides in, they may communicate with you through numbers and synchronicities (which we'll talk about tomorrow), music, smells, or even through telepathy. Be open to receive and don't doubt!
- Believe and Receive! If you believe this is possible, communication will be much easier. If you doubt messages, synchronicities,
- Keep Notes! If you see something, write it down so you can keep track of communication and magic.
- Be Specific! If you want a specific sign from your guides, ask for it! This could be a song, a feather, a smell, a number, animal, or anything!

A warm, aromatic scene featuring a lit candle, green leaves, and vanilla beans on a wooden surface. The background is a soft-focus arrangement of these elements, creating a cozy and inviting atmosphere. The text is centered in a bold, white, sans-serif font on a solid orange rectangular background.

**I am open to
receive.
I believe.
I trust.
I love you.**

Spirit Guide Communication Ritual



1. Sit by your altar and quiet your mind, listening to your body
2. Place a talisman (sacred object) on your altar that is your personal key and invitation to the spirit world (feather, crystal, photo, coin, tarot card, oracle card, etc)
3. Ask your guides to communicate with you and be open to different forms of communication
4. Ask for a specific sign or feeling within your body to signal that they are present
5. Thank them for being with you, for loving you, and for guiding you
6. Ask any questions that you'd like clarity on and listen with your heart
7. Be radically open to receive and don't doubt or question the message
8. Take 3 deep breaths and feel their energy in your aura, in your breath, and in your heart
9. Say, "thank you, thank you, thank you"



Synchronicities



MAGIC IS EVERYWHERE



The spirit world is ALWAYS communicating with us. Whether you recognize it or not. However, when you open your heart and soul to the magic all around and within, you'll start to see some pretty incredible things happening.

Numbers like 222, 1111, 1234, 1221, 444, 777, are all nudges from the universe and your guides! And when you start to see them, you'll realize that synchronicities are everywhere!



Ask + Observe

- Ask for guidance from your spirit team, higher self, ancestors, and the universe. You can get super specific, like asking to see a penny from your grandpa or a certain song that reminds you of your mom.
- Pay attention to what you see - feathers, numbers, a specific sign, power animal, song, smell, etc.
- Don't deny it or explain it away! There are no practical explanations for practical magic.
- Say "thank you," "I see you," "I'm listening," "I miss you," "Thank you"

When synchronicities happen,
messages are coming through for
you and asking for your attention!

Repeat this invocation:
“I believe in synchronicity! I
open my heart and mind
to the magic that is all
around me.”





Shadow Work





Ok, so shadow work isn't necessarily fun, but it is truly the best thing you can do for yourself and your spiritual journey. Illuminate your darkness with love!

The shadow contains the parts of you that you're ashamed of, experiences that have hurt you, unresolved trauma, and/or things you keep away from yourself and the world.

Shadow work is the process of looking directly into your soul and discovering the gold. We can't live without the shadow, so this isn't about getting rid of it. Rather, it's about radical self-love and acceptance of YOU!

Shadow Work Prompts

What emotions do I try to avoid feeling?

What common threads are in my life (relationships, reactions, triggers)?

Why am I afraid of these things?

What do I need to forgive myself for?



This is just the tip of the iceberg on shadow work. But it will open the door to being 100% YOU! And that's the most important thing in spirituality: authenticity.

You got this!

Be brave and go within to bring all of your brilliant soul into the world!

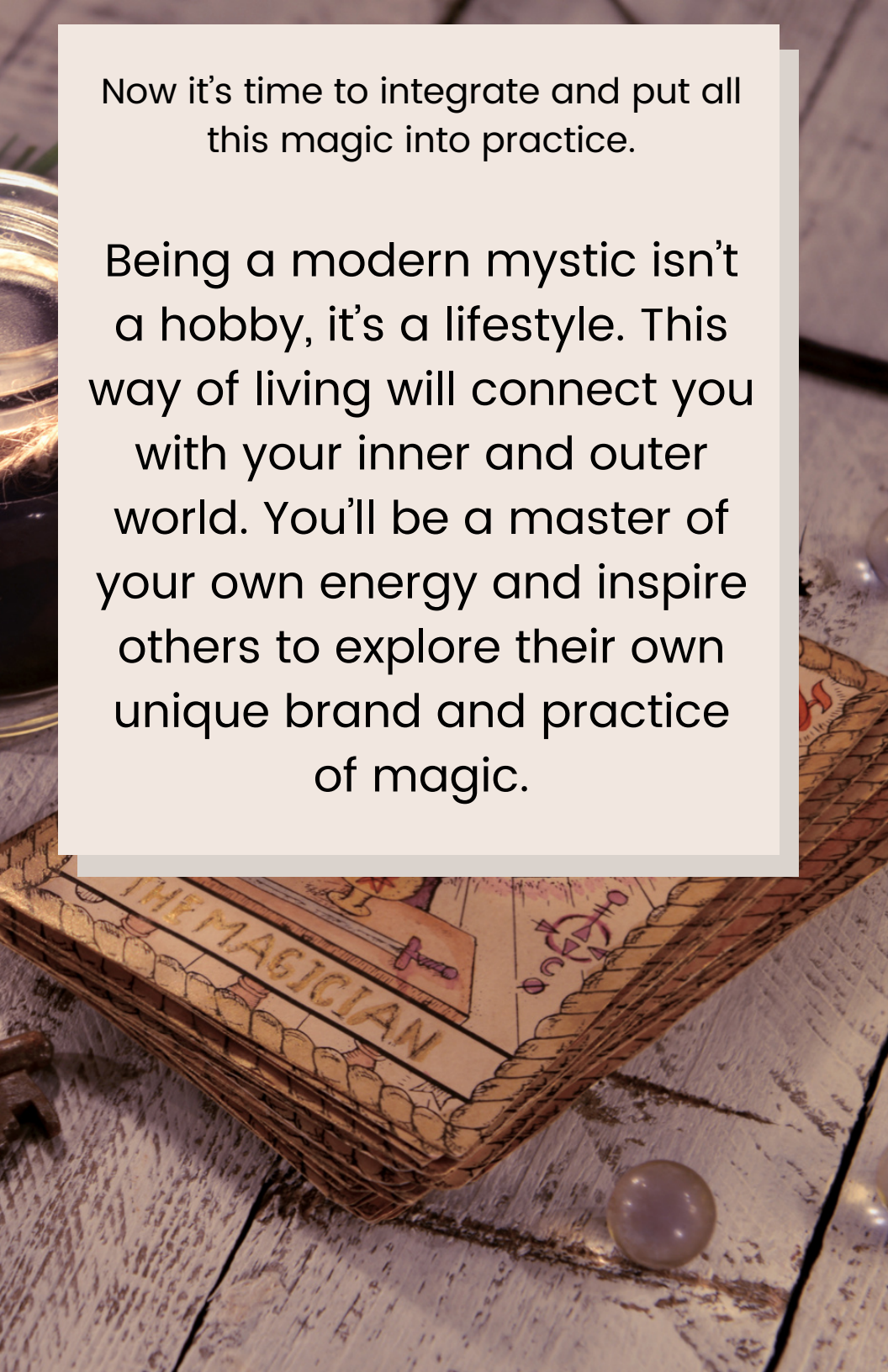


Mystical AF Integration



Now it's time to integrate and put all this magic into practice.

Being a modern mystic isn't a hobby, it's a lifestyle. This way of living will connect you with your inner and outer world. You'll be a master of your own energy and inspire others to explore their own unique brand and practice of magic.



INVOKE YOUR MAGIC



Repeat this invocation aloud:

“I am a modern mystic and I trust my intuition! I am here to shine and take up space!”

And so it is. And so it shall be.



We're all different, and this is your permission slip to be all YOU in all that you do.

So go out there and wield your magic wand with infinite power that lives within you. Draw from ancient wisdom and make your modern, mystical life look exactly how you want.

You have been initiated into the realm of Modern Mystics!

You are so Saged!

Illuminate Your Spiritual Journey with Saged!

Our focus is on making spirituality accessible, in every stage of the journey, with radical inclusivity, in just a few minutes a day.



Follow us on Instagram and TikTok for inspiration, giveaways, events, and fun!

