

SCRYING SESSION LOG

ENTRY NO. _____

1. SESSION SETUP & ENVIRONMENTAL VARIABLES

Date & Time	[e.g., Oct 24, 2026 9:30 PM]
Location	[e.g., Altar space, quiet bedroom, outdoors]
Scrying Tool Used	[e.g., Obsidian Mirror, Clear Quartz Sphere, Water Bowl]
Lighting Source	[e.g., Single beeswax candle to the left, low ambient red light]
Moon Phase & Sign	[e.g., Waxing Crescent in Scorpio]
Physical & Emotional State	[e.g., Calm, slightly tired, rested, focused]

2. INTENTION & FOCUS

Query / Focus Topic	[State your target question, shadow aspect, or open focus]
Preparatory Ritual Used	[e.g., Smoke cleansing, 4-7-8 breathwork, grounding visualization]

3. IMMEDIATE OBSERVATIONS & IMPRESSIONS

(Record immediately upon covering your tool — before analytical brain dissects them)

A. Sensory & Visual Layers

Initial Haze / Mists	[e.g., Milky white haze, dark blue shadows, swirling fog]
Geometric Shapes & Movements	[e.g., Spiral moving clockwise to the right, intersecting lines]
Concrete Imagery & Symbols	[e.g., A silhouette of an owl, a keyhole, a falling leaf]

B. Somatic & Intuitive Hits

Body Sensations	[e.g., Sudden warmth in chest, tingling in hands, drop in heart rate]
Inner Voice / Unspoken Insights	[e.g., Strong feeling of 'patience' or 'wait until spring']

4. INITIAL SYMBOL ANALYSIS (IMMEDIATE IMPRESSION)

Personal Association What does this symbol mean to ME first?	[Notes...]
	[Notes...]

Universal / Archetypal Meaning What do standard references say?	
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5. POST-SESSION GROUNDING ROUTINE

- ☐ Covered scrying medium with dark cloth
- ☐ Drank cold water / ate grounding food
- ☐ Washed hands / stretched body

6. FOLLOW-UP & ACCURACY TRACKING (1–4 WEEKS LATER)

(Return to this section after time has passed to evaluate real-world validation)

Review Date	<i>[e.g., Nov 15, 2026]</i>
Real-World Events / Outcomes	<i>[Did events or insights align with the symbols recorded?]</i>
Accuracy & Resonance Rating	<i>[] / 5</i>
Key Takeaway / Pattern Noted	<i>[e.g., "Water scrying under Waxing moons consistently yields high emotional accuracy for me."]</i>