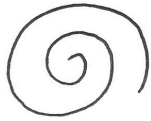
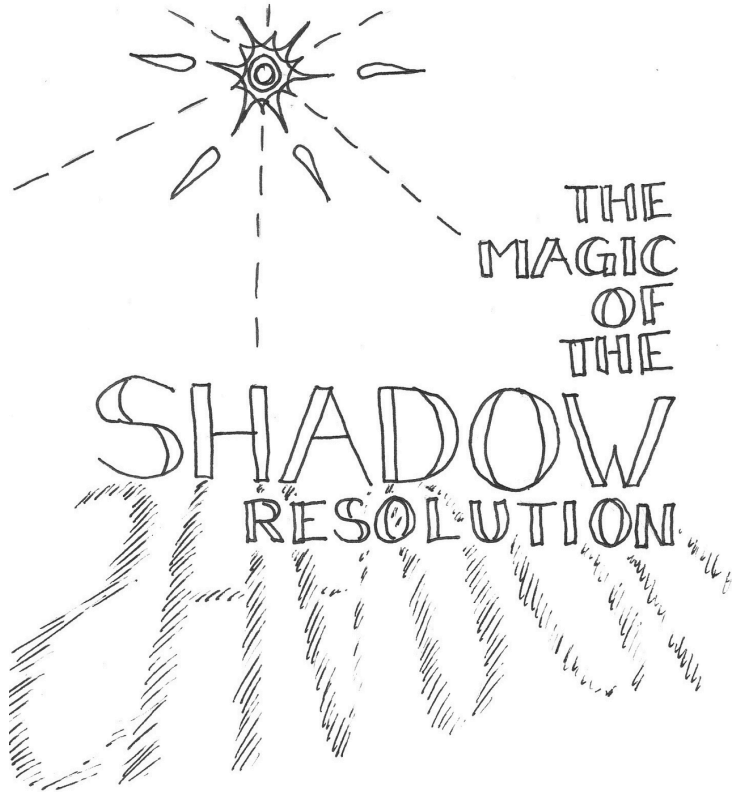


ZINE CONTENT BY
BRIDGET OWENS
©2025

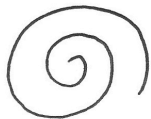


BRIDGETOWENS.COM

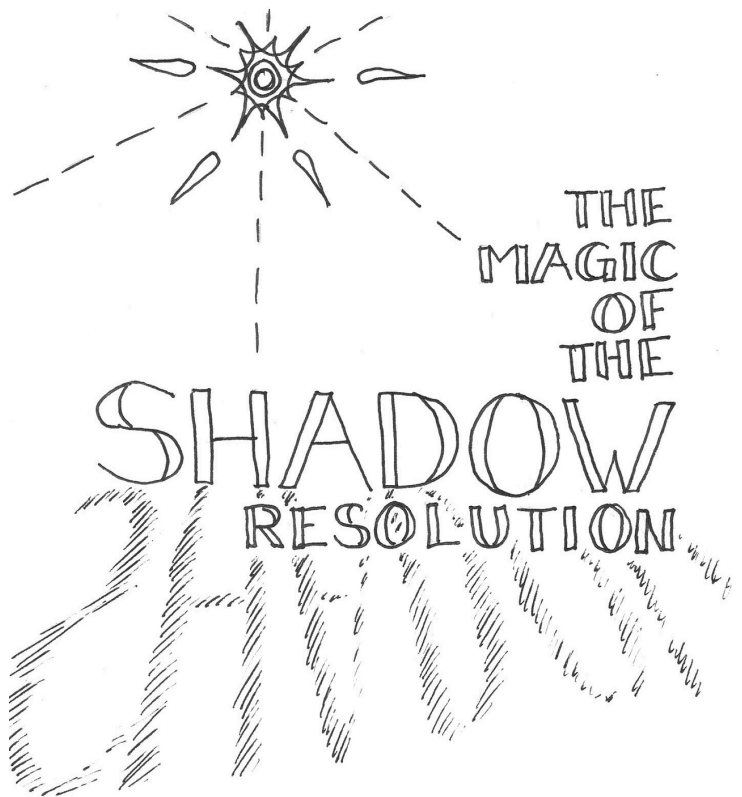


A ZINE BY BRIDGET OWENS

ZINE CONTENT BY
BRIDGET OWENS
©2025



BRIDGETOWENS.COM



A ZINE BY BRIDGET OWENS



DESPITE MY EFFORTS
I AM UNCHANGEABLE, BUT
I CAN CHANGE MY LIFE

Enchant a
piece of jewelry
to imbue
it with the
power of your
shadow aspect

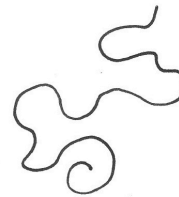


Make a
poppet to
represent the
source of the
inner voice
criticizing you
for your shadow
aspect & bind
it

Carve your
sigil in the
most appropriate
color spell
candle
for a simple
candle spell



Make a
herb combination
that represents
your shadow
aspect for use
in ritual baths



DESPITE MY EFFORTS
I AM UNCHANGEABLE, BUT
I CAN CHANGE MY LIFE

Enchant a
piece of jewelry
to imbue
it with the
power of your
shadow aspect

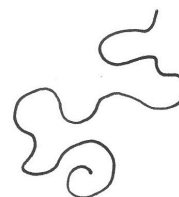


Make a
poppet to
represent the
source of the
inner voice
criticizing you
for your shadow
aspect & bind
it

Carve your
sigil in the
most appropriate
color spell
candle
for a simple
candle spell



Make a
herb combination
that represents
your shadow
aspect for use
in ritual baths



Invoke and
petition a deity
related to your
resolution for
help and
support

Use the letters
from making your
sigil to form a
verbal incantation

SPELL
IDEAS

Write all
the negative,
judgy thoughts
you have
about this
aspect of
yourself and
burn or bury
them

Get a plant
which represents
this aspect
of you and
nurture it as
an embodiment
of your goal

Invoke and
petition a deity
related to your
resolution for
help and
support

Use the letters
from making your
sigil to form a
verbal incantation

SPELL
IDEAS

Write all
the negative,
judgy thoughts
you have
about this
aspect of
yourself and
burn or bury
them

Get a plant
which represents
this aspect
of you and
nurture it as
an embodiment
of your goal

What is a SHADOW RESOLUTION?

Have you ever set a resolution
to change something about
yourself? And failed?

THE CONCEPT OF CHANGE
VIA WILLPOWER IS
BULLSHIT

Our authentic selves include
parts we don't like. We can't
force them away, we have to
integrate them and then
evolve them.

So first
things first...
We embrace them!

A SHADOW RESOLUTION
is when, instead of resolving to
change, we resolve to lean in.

What is a SHADOW RESOLUTION?

Have you ever set a resolution
to change something about
yourself? And failed?

THE CONCEPT OF CHANGE
VIA WILLPOWER IS
BULLSHIT

Our authentic selves include
parts we don't like. We can't
force them away, we have to
integrate them and then
evolve them.

So first
things first...
We embrace them!

A SHADOW RESOLUTION
is when, instead of resolving to
change, we resolve to lean in.

How the aspect of my shadow manifests in a way I want to change or "fix"

How the aspect could manifest as a positive or a strength

3-CARD TAROT/ORACLE SPREAD

1
THE
"BAD"
SIDE

2
THE
NEUTRAL
REALITY

3
THE
"GOOD"
SIDE

"ILLUMINATE MY SHADOW"

If you were to stop looking at the aspect as

inherently good or bad, just morally neutral, how would it be described

How the aspect of my shadow manifests in a way I want to change or "fix"

How the aspect could manifest as a positive or a strength

3-CARD TAROT/ORACLE SPREAD

1
THE
"BAD"
SIDE

2
THE
NEUTRAL
REALITY

3
THE
"GOOD"
SIDE

"ILLUMINATE MY SHADOW"

If you were to stop looking at the aspect as

inherently good or bad, just morally neutral, how would it be described

ANOTHER NOTE FROM BRIDGET:

Some witches will tell you that you MUST do shadow work as part of your practice. You don't HAVE to do anything at all if it doesn't feel right for your practice. BUT... I've found that we end up doing some shadow work whether we want to or not. Magic shows us things about ourselves and makes us think about our REAL motivations. And some of those things and motivations come from our shadows. And it's always less chaotic and stressful if we embrace this stuff willingly...

ANOTHER NOTE FROM BRIDGET:

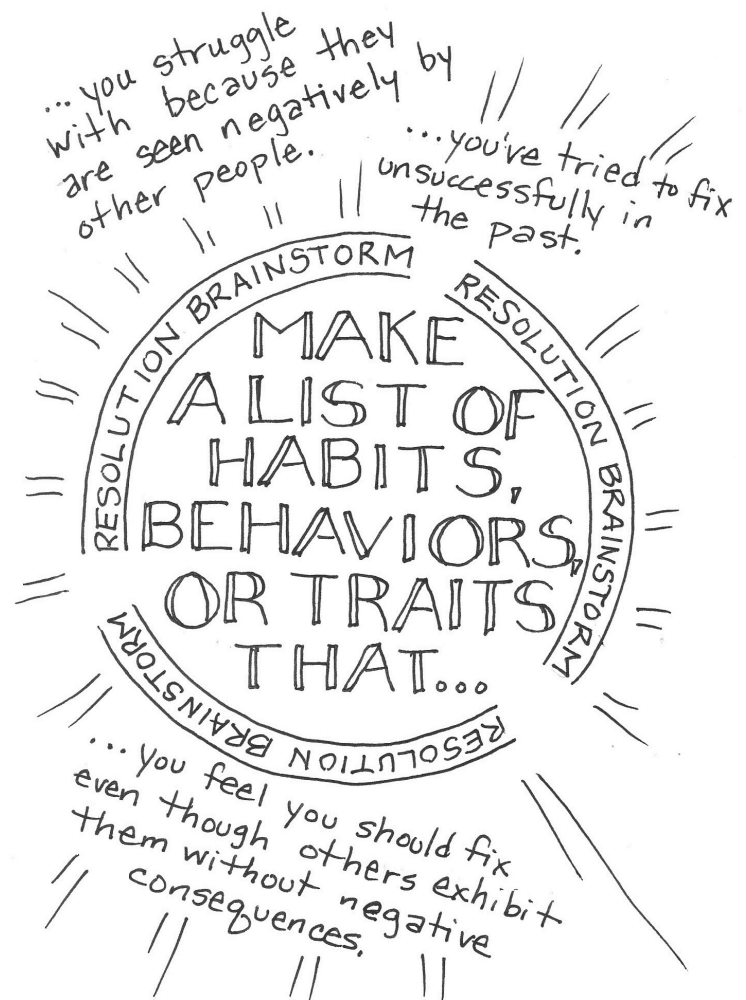
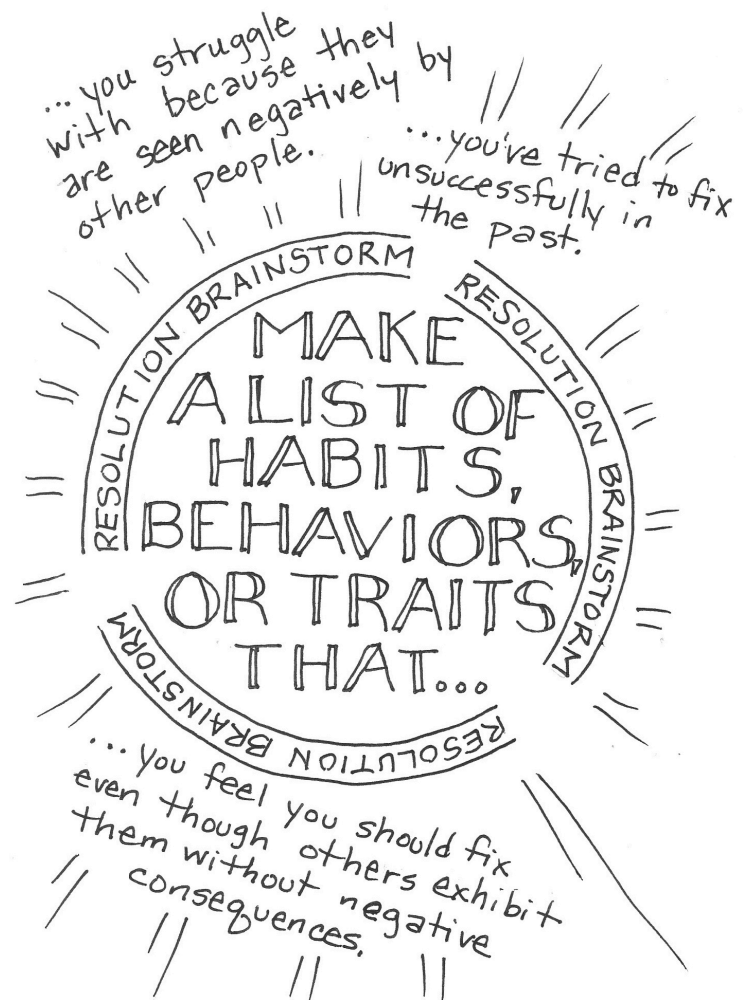
Some witches will tell you that you MUST do shadow work as part of your practice. You don't HAVE to do anything at all if it doesn't feel right for your practice. BUT... I've found that we end up doing some shadow work whether we want to or not. Magic shows us things about ourselves and makes us think about our REAL motivations. And some of those things and motivations come from our shadows. And it's always less chaotic and stressful if we embrace this stuff willingly...

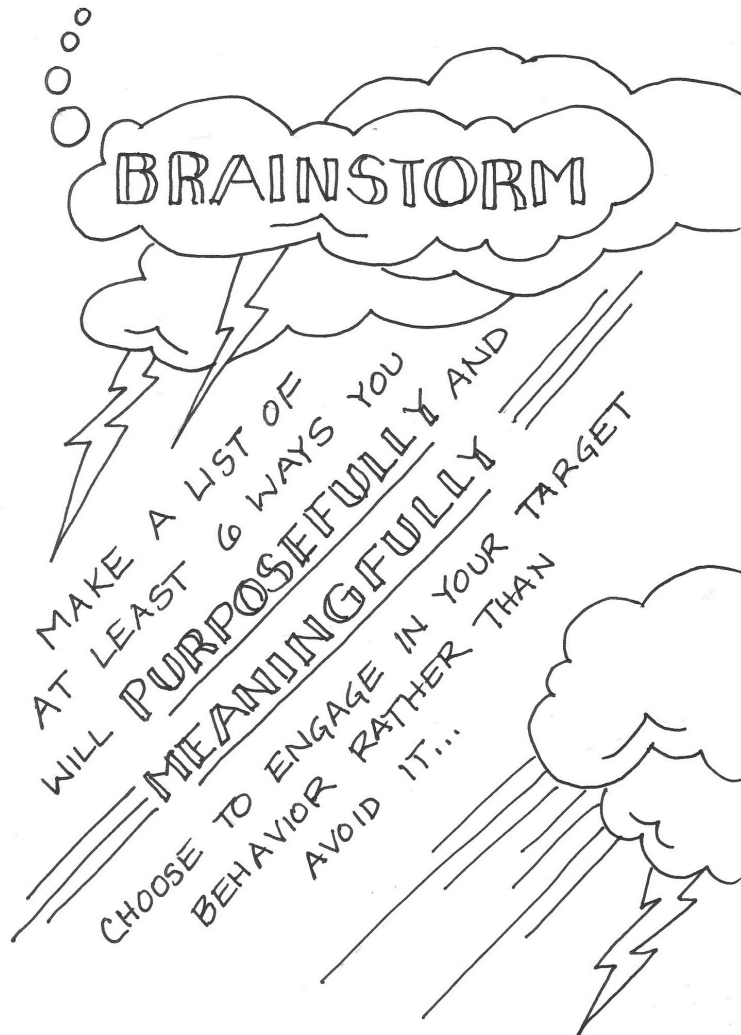
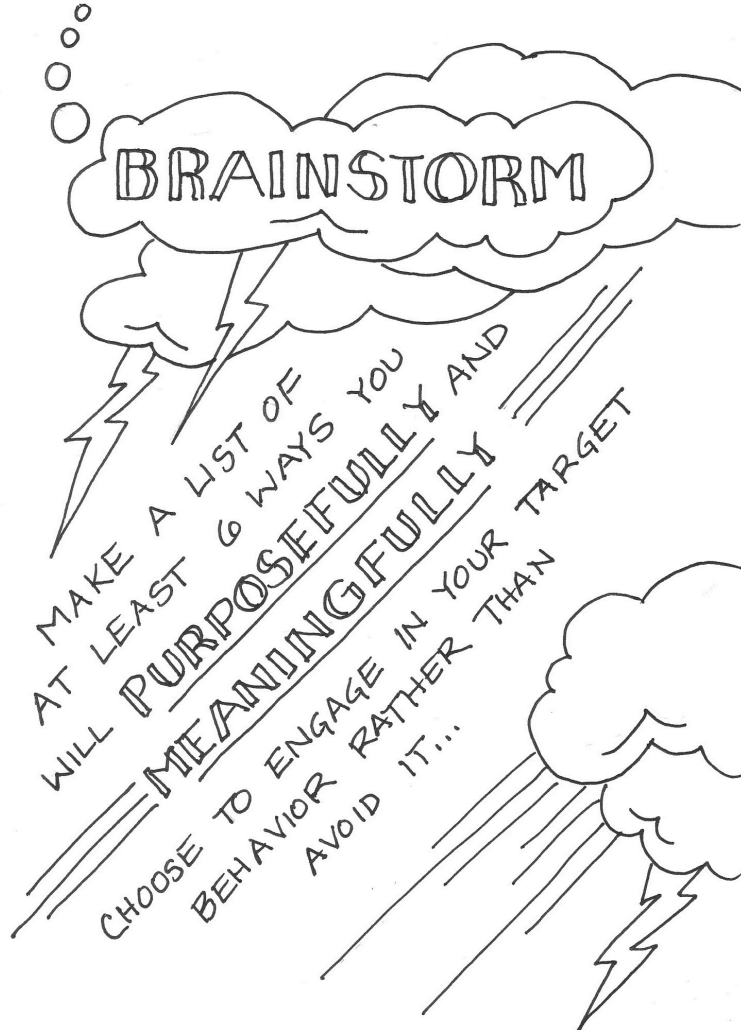
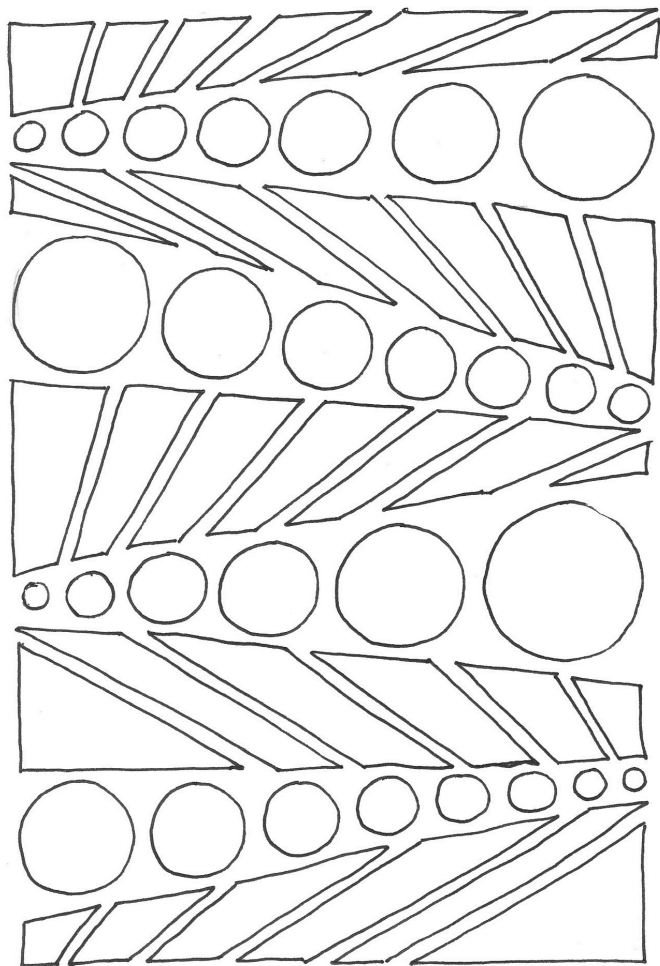
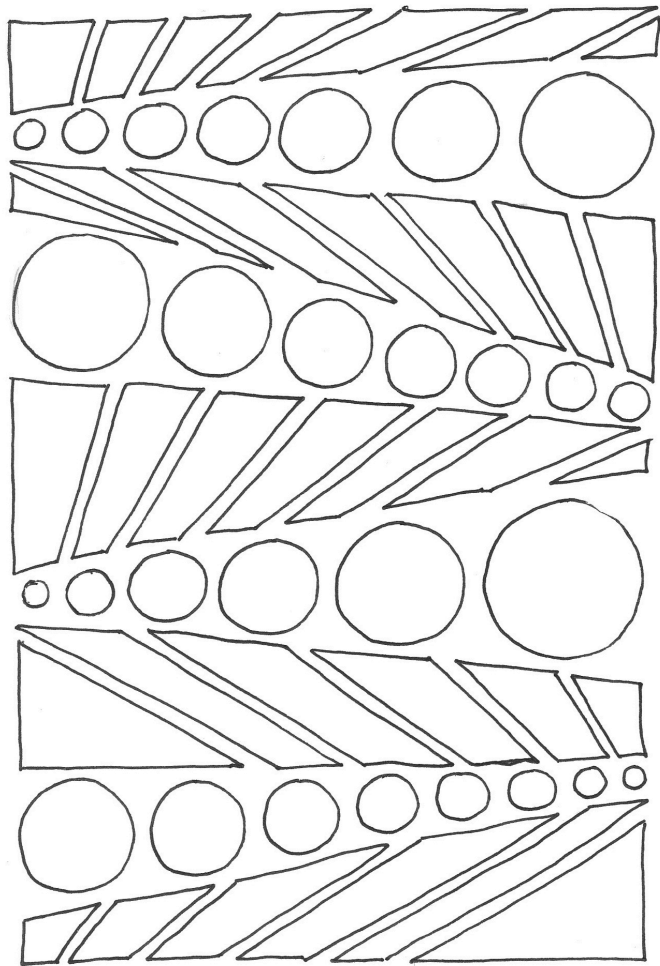
"... INAUTHENTICITY MANIFESTS IN BEHAVIOR AND CHOICES. IT'S NOT A STATE OF BEING, IT'S THE RESULT OF CHOICES WE MAKE. WHEN WE CHOOSE TO DENY PIECES OF OUR IDENTITY, NOT JUST HIDE THEM AWAY FROM THOSE WHO MIGHT JUDGE THEM BUT ACTUALLY SUPPRESS AND REJECT THEM ON AN INTERNAL LEVEL, IT CAUSES US TO MAKE DECISIONS BASED NOT ON WHAT WE KNOW IS BEST FOR US BUT BASED ON WHAT WE FEEL IS EXPECTED OF US, IT CAUSES US TO ACT AGAINST OUR OWN BEST INTERESTS AND INSTEAD DO WHAT WILL PLEASE SOMEONE ELSE, IT DRIVES US TO SELF-SABOTAGE..."

(Excerpt from "Deep Self Magic: A Step-By-Step Roadmap to Spiritual Authenticity" by Bridget Owens)

"... INAUTHENTICITY MANIFESTS IN BEHAVIOR AND CHOICES. IT'S NOT A STATE OF BEING, IT'S THE RESULT OF CHOICES WE MAKE. WHEN WE CHOOSE TO DENY PIECES OF OUR IDENTITY, NOT JUST HIDE THEM AWAY FROM THOSE WHO MIGHT JUDGE THEM BUT ACTUALLY SUPPRESS AND REJECT THEM ON AN INTERNAL LEVEL, IT CAUSES US TO MAKE DECISIONS BASED NOT ON WHAT WE KNOW IS BEST FOR US BUT BASED ON WHAT WE FEEL IS EXPECTED OF US, IT CAUSES US TO ACT AGAINST OUR OWN BEST INTERESTS AND INSTEAD DO WHAT WILL PLEASE SOMEONE ELSE, IT DRIVES US TO SELF-SABOTAGE..."

(Excerpt from "Deep Self Magic: A Step-By-Step Roadmap to Spiritual Authenticity" by Bridget Owens)





Write your resolution as an intention statement:

EXAMPLE:

I succeed under pressure

Now let's do some SIGIL MAGIC!

* ☆ * ☆ * ☆ * ☆ * ☆ *

1. Remove all repeat letters from your intention statement:

ISUCEDNRP

2. Form sigil by connecting letters in order below:



3. Use the resulting sigil in spells and rituals! Carve it in a candle, draw it on things (or yourself), meditate on it, create art with it....

Write your resolution as an intention statement:

EXAMPLE:

I succeed under pressure

Now let's do some SIGIL MAGIC!

* ☆ * ☆ * ☆ * ☆ * ☆ *

1. Remove all repeat letters from your intention statement:

ISUCEDNRP

2. Form sigil by connecting letters in order below:



3. Use the resulting sigil in spells and rituals! Carve it in a candle, draw it on things (or yourself), meditate on it, create art with it....

CHOOSE A RESOLUTION Pick one from your brainstorm, divination, or meditation sessions that you feel able to lean into and embrace.

Examples:

- Shop too much? What if instead of resolving not to buy things you don't need, you lean in and hone your shopping skills, always researching for the best deals or finding one-of-a-kind things?
- Can't stop scrolling? Become a content creator or social media manager. Give that time a purpose.

If you make something an accepted aspect of who you are, rather than shaming and rejecting it, you can shape how it manifests!

CHOOSE A RESOLUTION Pick one from your brainstorm, divination, or meditation sessions that you feel able to lean into and embrace.

Examples:

- Shop too much? What if instead of resolving not to buy things you don't need, you lean in and hone your shopping skills, always researching for the best deals or finding one-of-a-kind things?
- Can't stop scrolling? Become a content creator or social media manager. Give that time a purpose.

If you make something an accepted aspect of who you are, rather than shaming and rejecting it, you can shape how it manifests!

A NOTE FROM BRIDGET:

This SHADOW RESOLUTION thing comes from my own practice. I've spent my whole life being criticized and feeling shame about lots of things - like being a chronic procrastinator. And I got sick of beating myself up over it. I tried over and over to change, but I realized - while doing my own shadow work - that it's morally neutral. And it's clearly how I work naturally. So what if I instead became a professional procrastinator? An expert in getting things done under pressure? The person people can count on to sweep in and save the day when it looks like there's not enough time?...

A NOTE FROM BRIDGET:

This SHADOW RESOLUTION thing comes from my own practice. I've spent my whole life being criticized and feeling shame about lots of things - like being a chronic procrastinator. And I got sick of beating myself up over it. I tried over and over to change, but I realized - while doing my own shadow work - that it's morally neutral. And it's clearly how I work naturally. So what if I instead became a professional procrastinator? An expert in getting things done under pressure? The person people can count on to sweep in and save the day when it looks like there's not enough time?...

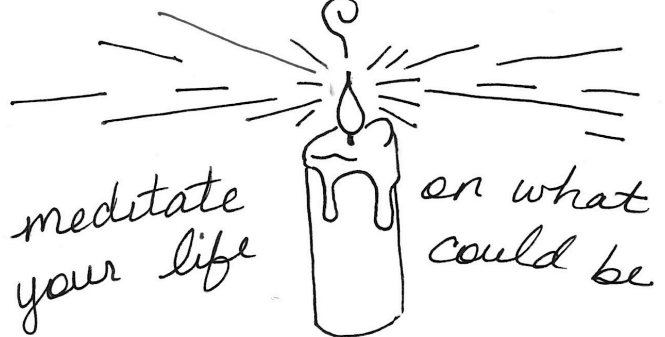
PRO vs CON

IN WHAT CIRCUMSTANCES AND WAYS IS YOUR SHADOW ASPECT HELPFUL OR BENEFICIAL?

WHAT DO YOU GAIN FROM IT?

IN WHAT CIRCUMSTANCES AND WAYS IS YOUR SHADOW ASPECT DETRIMENTAL?

WHAT ARE THE CONSEQUENCES?



IN WHAT CIRCUMSTANCES AND WAYS IS YOUR SHADOW ASPECT HELPFUL OR BENEFICIAL?

WHAT DO YOU GAIN FROM IT?

IN WHAT CIRCUMSTANCES AND WAYS IS YOUR SHADOW ASPECT DETRIMENTAL?

WHAT ARE THE CONSEQUENCES?

