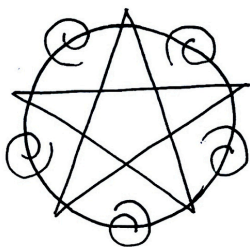
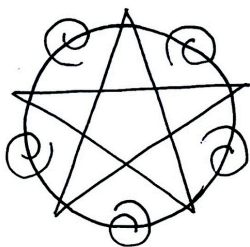


ZINE CONTENT
BY
BRIDGET OWENS
© 2026

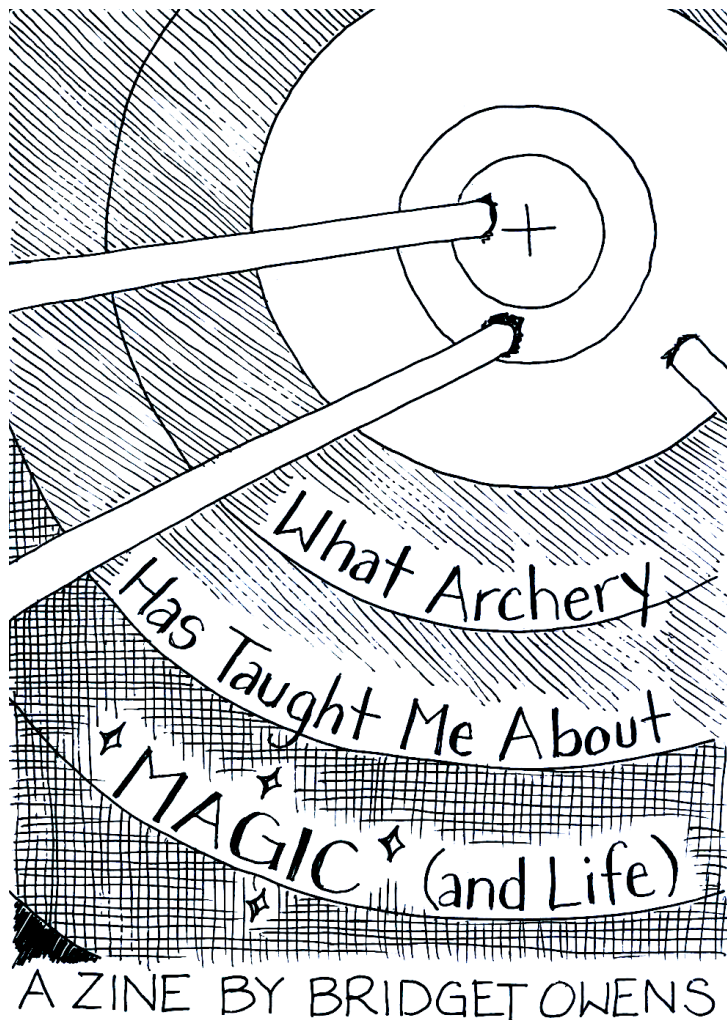


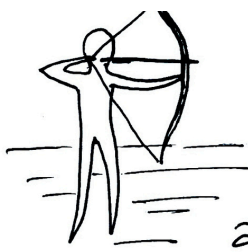
BRIDGETOWENS.COM

ZINE CONTENT
BY
BRIDGET OWENS
© 2026

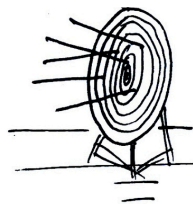


BRIDGETOWENS.COM





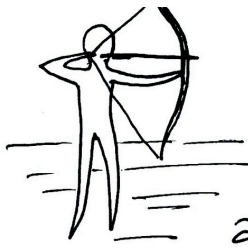
For my 49th
birthday,
I went to
the local
archery range.



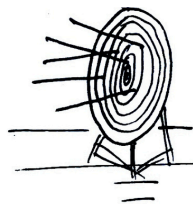
After taking a few shots at an archery booth at a Renn Faire and then watching the 2024 Olympics, I wanted to see if it might be a good hobby to pick up. Not only did it turn out to be super fun, it's also far more physically demanding than I expected. I started taking lessons.

It's been over a year now. I shoot barebow recurve and belong to my local archery club. I compete, and I have a little growing collection of medals and trophies and achievement pins, but mostly I do it as a personal challenge and as a devotional act to Apollo.

It's a workout, an escape, a fun activity, an emotional roller coaster, a way to meet people... and full of spiritual lessons!



For my 49th
birthday,
I went to
the local
archery range.



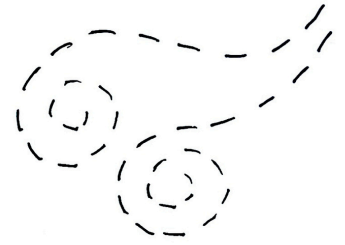
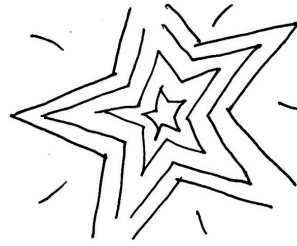
After taking a few shots at an archery booth at a Renn Faire and then watching the 2024 Olympics, I wanted to see if it might be a good hobby to pick up. Not only did it turn out to be super fun, it's also far more physically demanding than I expected. I started taking lessons.

It's been over a year now. I shoot barebow recurve and belong to my local archery club. I compete, and I have a little growing collection of medals and trophies and achievement pins, but mostly I do it as a personal challenge and as a devotional act to Apollo.

It's a workout, an escape, a fun activity, an emotional roller coaster, a way to meet people... and full of spiritual lessons!

The key to successful spellwork is also

CONSISTENCY.



Come to your practice with the same energy every time

And that means learning what your magic FEELS LIKE in your body. How it

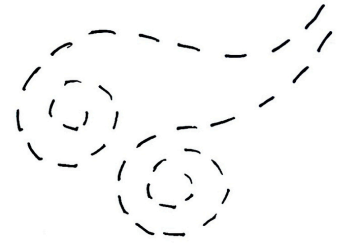
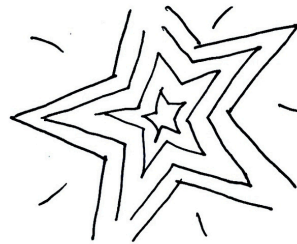
feels when you're focused and connected.

How it feels when your intuition knows something's off



The key to successful spellwork is also

CONSISTENCY.



Come to your practice with the same energy every time

And that means learning what your magic FEELS LIKE in your body. How it

feels when you're focused and connected.

How it feels when your intuition knows something's off

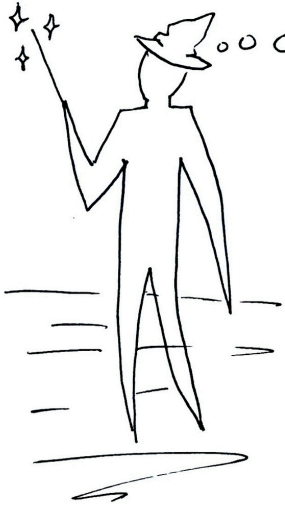


When a spell goes wrong,
we don't just switch
it up and manifest
something else.



WE LOOK AT
OUR MAGIC TECHNIQUES!

WE CHECK OUR MINDSET!



Did I use a
type of spell
that I'm
experienced
with?

Am I working
from a sense
of desperation?

Am I clear
about my
intention?

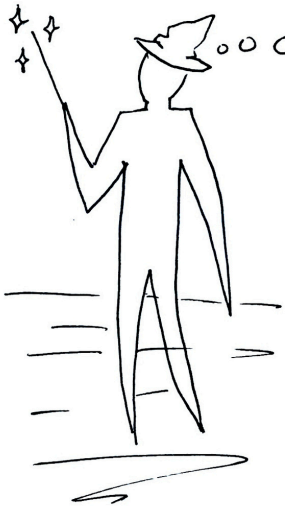
Did I rush
things?

When a spell goes wrong,
we don't just switch
it up and manifest
something else.



WE LOOK AT
OUR MAGIC TECHNIQUES!

WE CHECK OUR MINDSET!



Did I use a
type of spell
that I'm
experienced
with?

Am I working
from a sense
of desperation?

Am I clear
about my
intention?

Did I rush
things?

Trying to hit an archery target is a
lot like doing a spell. There's an
objective, and you initiate an action
meant to accurately hit that objective,
but what happens between release
and impact is out of our control once
it has left our hands.

And if we think like the alchemists...

AS ABOVE, SO BELOW ✨
AS WITHIN, SO WITHOUT ✨
≡ AND ≡

AS WITH ARCHERY
SO WITH MAGIC!



Trying to hit an archery target is a
lot like doing a spell. There's an
objective, and you initiate an action
meant to accurately hit that objective,
but what happens between release
and impact is out of our control once
it has left our hands.

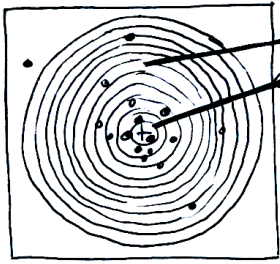
And if we think like the alchemists...

AS ABOVE, SO BELOW ✨
AS WITHIN, SO WITHOUT ✨
≡ AND ≡

AS WITH ARCHERY
SO WITH MAGIC!



In archery, I want to hit the target. Preferably, I'd like to hit the center, of course, but I still get points even if I'm not too far off.



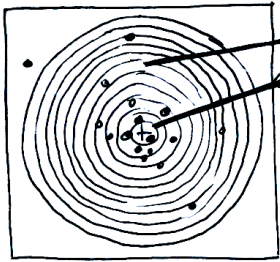
Just like how in magic, sometimes success doesn't look EXACTLY like how you hoped it would, but the spell still worked.

But here's the kicker...

FOCUSING HARDER ON THE TARGET DOESN'T HELP ME HIT IT!

Aiming at the target is easy. I can stare at it all I want. I can focus super hard on it, stress myself out about it, but none of that will help me get better at hitting it.

In archery, I want to hit the target. Preferably, I'd like to hit the center, of course, but I still get points even if I'm not too far off.



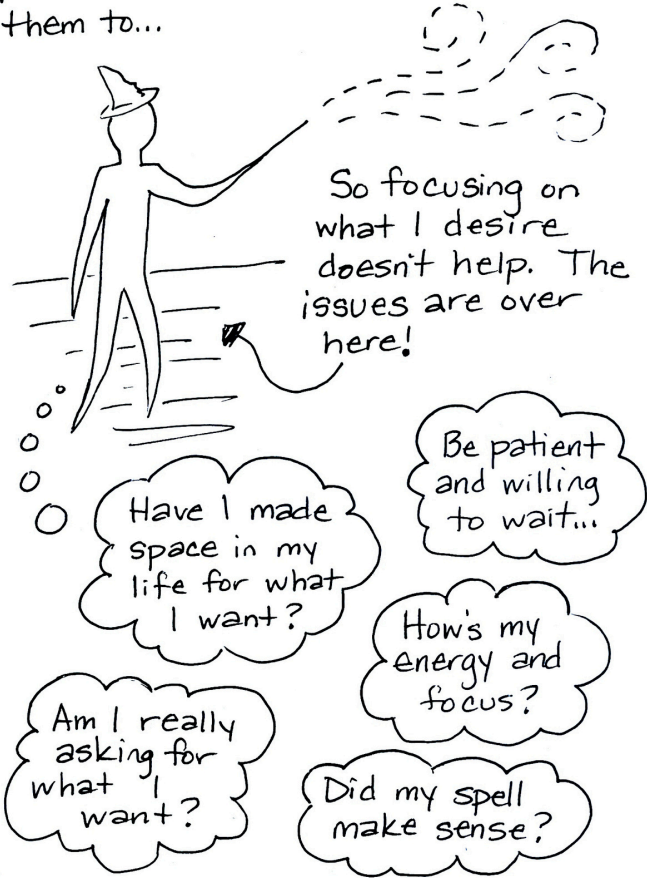
Just like how in magic, sometimes success doesn't look EXACTLY like how you hoped it would, but the spell still worked.

But here's the kicker...

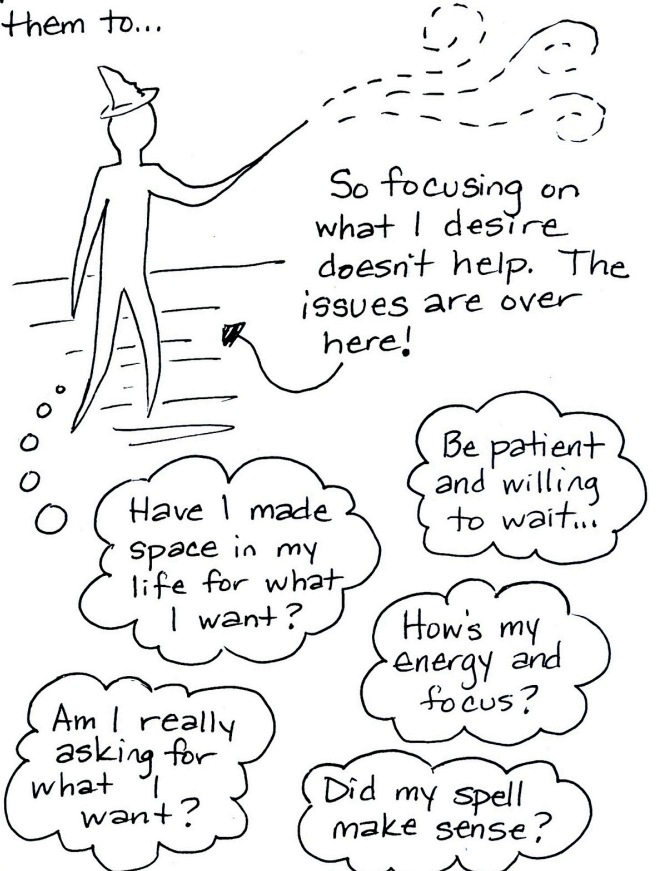
FOCUSING HARDER ON THE TARGET DOESN'T HELP ME HIT IT!

Aiming at the target is easy. I can stare at it all I want. I can focus super hard on it, stress myself out about it, but none of that will help me get better at hitting it.

If my spells aren't succeeding, the problem isn't how much I want them to...



If my spells aren't succeeding, the problem isn't how much I want them to...



In magic, I want to manifest an intention. I have something I want to accomplish or change. And some people might say that intention is everything.



But magic is like archery in this way. It's about more than focusing on your intention.

FOCUSING ON HOW MUCH YOU WANT SOMETHING DOESN'T HELP IT HAPPEN— EVEN IN MAGIC!

Wanting something is easy. I can want things all day and all night and obsess about it. I can focus super hard on my intention and envision it, but none of that helps me consistently manifest my intentions in my practice.

In magic, I want to manifest an intention. I have something I want to accomplish or change. And some people might say that intention is everything.

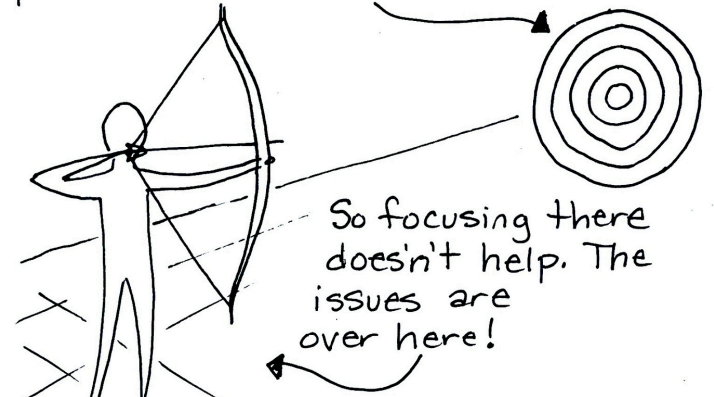


But magic is like archery in this way. It's about more than focusing on your intention.

FOCUSING ON HOW MUCH YOU WANT SOMETHING DOESN'T HELP IT HAPPEN— EVEN IN MAGIC!

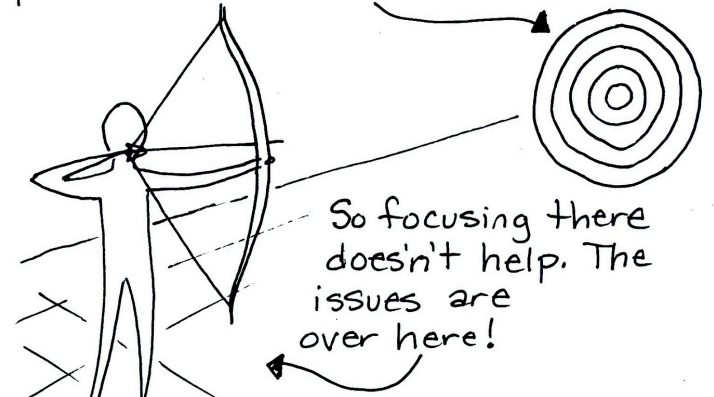
Wanting something is easy. I can want things all day and all night and obsess about it. I can focus super hard on my intention and envision it, but none of that helps me consistently manifest my intentions in my practice.

If I'm not hitting my target, the problem isn't here...



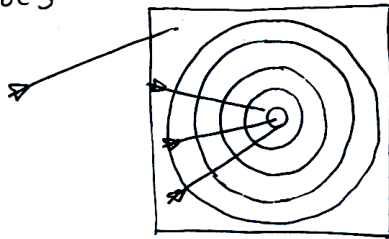
- How's my stance?
- Am I drawing to my anchor?
- Good posture...
- Where's my elbow?
- Is my grip relaxed?
- Engage the back muscles...
- Drop the shoulder...
- Shift weight forward.

If I'm not hitting my target, the problem isn't here...



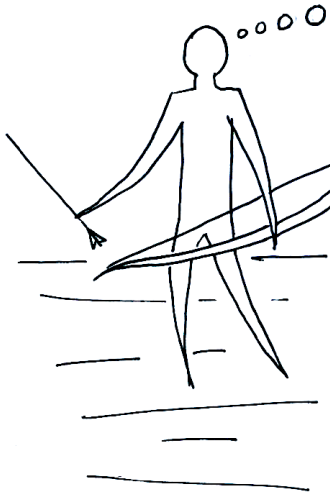
- How's my stance?
- Am I drawing to my anchor?
- Good posture...
- Where's my elbow?
- Is my grip relaxed?
- Engage the back muscles...
- Drop the shoulder...
- Shift weight forward.

When a shot goes wrong, I don't adjust my aim.



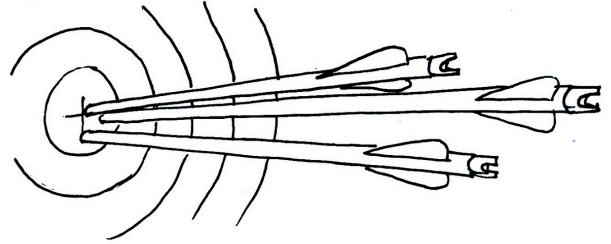
I LOOK AT MY TECHNIQUE!

I CHECK MY GEAR!



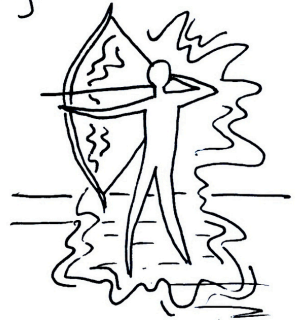
How was my release?
Is my arrow damaged?
Did I do something different?
Was I distracted?
Am I getting fatigued?

The key to getting the arrow to the target every time is CONSISTENCY.

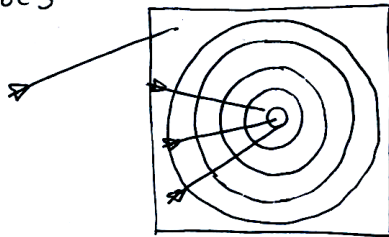


Do the same things the same way every time.

And that means being really in tune with what that FEELS LIKE in my body. Knowing how it feels when everything is in the right position. Knowing when it feels off and I need to let it down and draw again.

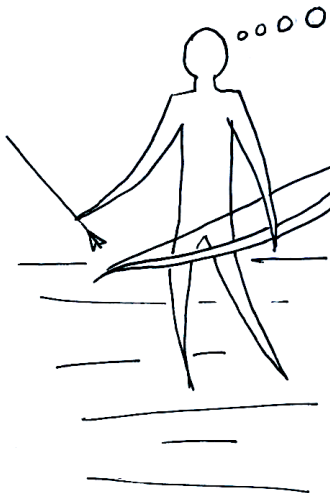


When a shot goes wrong, I don't adjust my aim.



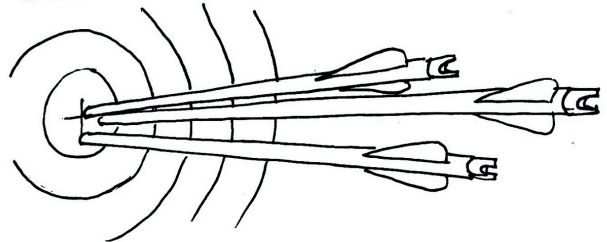
I LOOK AT MY TECHNIQUE!

I CHECK MY GEAR!



How was my release?
Is my arrow damaged?
Did I do something different?
Was I distracted?
Am I getting fatigued?

The key to getting the arrow to the target every time is CONSISTENCY.



Do the same things the same way every time.

And that means being really in tune with what that FEELS LIKE in my body. Knowing how it feels when everything is in the right position. Knowing when it feels off and I need to let it down and draw again.

