

# Daily Alchemy 101



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Welcome to Daily Alchemy. This is a short intro to the concepts and to all the goodies in this lab.

## **What is Daily Alchemy?**

It is the practice of adding magick to mundane parts of your day to increase the enchantment in your life and create more of what you want out of life. It makes the mundane more magickal and in turn helps you transform your daily routine and your life.

Your intention to be proactive in creating a magickal life you love is key. Always keep that intention in mind. Maybe even put up a sticky note on your computer or your phone or somewhere that you will see it everyday. It could say something like “ I choose to focus on creating more magick in my life every day.” or whatever feels good to you.

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## Where to start:

One core practice. I say this over and over again but starting with one magickal practice that you commit to doing every day is perfect. It could be meditation, it could be the lesser banishing ritual of the pentagram, it could be saying affirmations or writing in a pray rain journal. Just pick one to commit to and then do it every day for at least 30 days before you change it. You don't have to change it unless it doesn't feel like it is working for you. I have sometimes used the same core practice for many years. It doesn't mean that it's the only thing I do but it is the one thing I commit to doing daily. It usually works out the same way as committing to do three minute of exercise a day or one push up. You will usually end of doing more but you just commit to the one practice. Even if you miss your core practice, no big deal you just do it the next day. It's all perfect. More on one core practice: <https://dailyalchemy.com/change-your-life/>

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## What Next?

Once you have a firmly established core practice, then you can add to it. I would suggest maybe adding one practice at a time and if possible, pairing them with another habit. I.e. say affirmations in the shower or write in your magick journal when you fire up your laptop for the day. Then you can build of a daily practice that works for you. Make it just enough for you. I have a short morning routine, short evening routine and one thing I do as a magick overlay over my day (for me, this is Reiki)

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## After Your Routine is in Place

Then, you can add spells or rituals, etc. that you do as needed for specific situations. And that is all there is to Daily Alchemy. Very simple practices done consistently can create huge changes in your life.

Once you have your core practice in place, then, you can start anywhere that appeals in the lab, but I highly recommend:

- Practical Magic 101: walks you in depth through creating a magickal practice (<https://www.dapmlab.com/courses/19865-practical-magick-101>)
- Reiki: A healing energy that I use every day and have for almost two decades (<https://www.dapmlab.com/reiki>)
- New Moon Experiments: a great way to try out new habits for 29 days that you may want to incorporate into your daily practice. (<https://www.dapmlab.com/monthly-chemical-experiments>)

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## 1-2-3-4-5 Recap

1. Start with an intention to live a magickal life
2. Commit to one core practice
3. Slowly build a magickal routine one habit at a time
4. Add new practices, rituals or spells as desired or required
5. Rinse and repeat. The magick comes from consistency.