

Sending Love & Necromancy

...is a solo journaling role-playing *game* where you make up stories about a dead loved one in an imagined hereafter, with an aim at assisting the grieving process. Within is a collection of Oracles and Prompts to help you create an afterworld, its landscape, denizens and something resembling a story

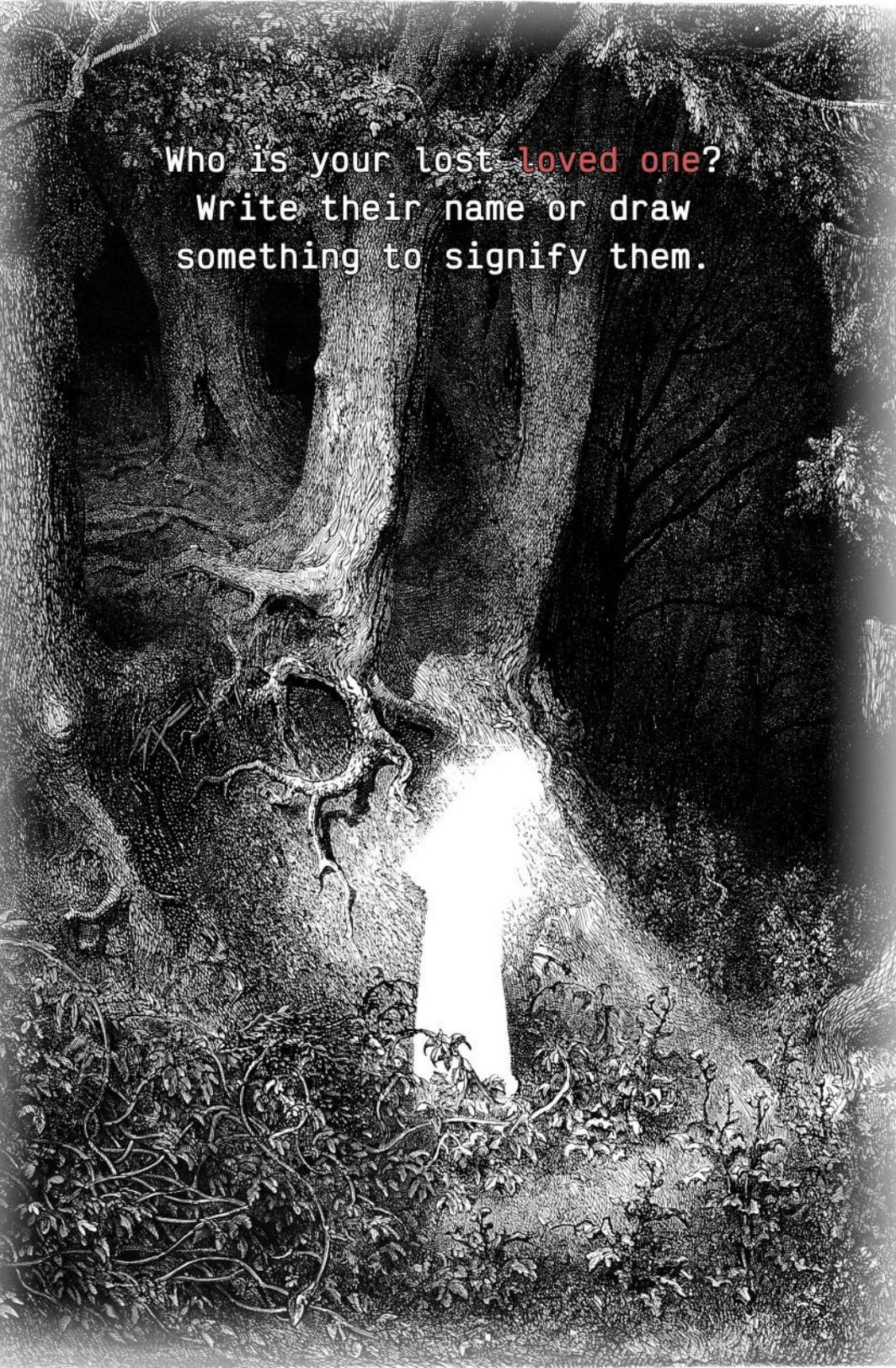
Requirements: a pencil and either a D20 or the 22 Major Arcana tarot cards.

Caveat: This is **NOT** intended to be;

- actual necromantic magic
- an occult seance
- a replacement for therapy
- making fun of grief
- blasphemy of anyone's faith

That being said, you may find it valuable to treat these writing exercises with your own sense of solemnity or ritual. Set up an alter, make a tea, queue up some sad jams, or even hold a momento of your **loved one**. Remember that you are never alone in your feelings, whatever they may be.

written by Monday Mourning



Who is your lost loved one?
Write their name or draw
something to signify them.

Oracles & Prompts: Oracles are random charts numbered 0-21 that help you make up a narrative premise, like an *Afterworld*, *Entity*, or *Object*. Prompts are writing exercises, often in the form of an open-ended question, that allow you to expand on the ideas generated by Oracles.



Record & Interpret

*Afterworld: Hot,
Sweaty,
Abyssal?*



To use the Oracles; Roll a d20 {where 0 is when the die rolls off the table & 21 is when the die is cocked}

OR

Draw one of the 22 major arcana tarot cards. Each number corresponds to a outcome. Feel free to pick an outcome that callsout to you, or even make up your own result.

You may be asked to roll or draw multiple times, combining & interpreting the results. Your interpretations can be as simple or as complex as you like.

If you are ever at a loss for what to write about, you can always turn to an Oracle for inspiration. *What's behind a door?* Roll up an {Entity} with a {Descriptor+Object}.

Also, you can skip or change the order of the Prompts!

Pg.#:	Writing Prompt	: Oracular Marginalia
1	: {cover}	: -
2	: {your loved one}	: -
3	: {this page}	: -
4	: {Afterworld Oracle}	: <i>Aspect</i>
5	: Unfamiliar Landscape	: <i>Tarot</i>
6	: Meet the Psychopomp	: <i>Spectral form</i>
7	: Object of Import	: <i>Object</i>
8	: Restless Spirit	: <i>Descriptor</i>
9	: Confrontation	: <i>Landmark</i>
10	: Revelation	: <i>Epithet</i>
11	: Rest in Peace	: <i>Motivation</i>
12	: Pierce the Veil	: <i>Happening</i>
13	: Conversation	: <i>Message</i>
14	: One last question...	: -
15	: {epilogue}	: -
16	: {b Cover}	: -

Afterworlds vary wildly, but can be expressed as one or more **Aspect**,

Below are a few possible interpretations for each **Aspect**.

You can X-out or circle terms as a means of recording.

Reminder for d20s: [0 = die rolling off the table] & [21 = cocked die]

"The Afterworld is..."

"Possible interpretations..."

0 Oblivion	Death is nothingness. <i>Is there an all-consuming void-sun OR a low-key empty vibe?</i>
1 Release	Spirits are free to wander between realms. <i>Are they lost OR given a tour of resting places?</i>
2 Unfathom	Death is an unknowable. <i>Is it governed by dream logic OR filled with unexplained phenomena?</i>
3 Rebirth	Death feeds life. <i>Is there a queue for another life OR immediately embody baby animals!?</i>
4 Apotheosis	In death, one becomes a {demi}god. <i>Do they arrive in their private demanse OR is there a risky coronation?</i>
5 Paradise	The holy books were right about something. <i>Is it a continuation OR an upending of mortal social structures?</i>
6 Haunting	The dead attach to their loved ones. <i>Is it partial possession OR a quiet companionship.</i>
7 Journey	The dead must take a voyage. <i>Is it a single winding road OR a tangled labyrinth?</i>
8 Trials	The dead must prove themselves worthy! <i>Is there just three daunting tasks OR endless struggle?</i>
9 Memory	The dead live on in our memory. <i>Do they live in flashbacks OR are cling to momentos?</i>
10 Cycles	Death has a cyclical nature. <i>Must one visit multiple layers OR endure the changing seasons?</i>
11 Loophole	Something went wrong! <i>Did Death herself fuck up OR must an injustice be righted?</i>
12 Liminal	An inbetween space. <i>Are the dead trapped by unresolved business OR are they struggling to stay in the inbetween?</i>
13 Underworld	A macabre dead world. <i>Is it whimsical carnival OR full of hidden horrors?</i>
14 Nirvana	There is a middle path. <i>Does one risk being led astray OR losing all attachment?</i>
15 Hellish	Fire & brimstone, all 9 layers. <i>Is it an orgiastic rave OR an ironic joke?</i>
16 Neurologic	The {pseudo}science of your life flashing before your eyes. <i>Is it a lengthy DMT trip OR a fleeting cell death?</i>
17 Astral	The dead live on in the stars themselves. <i>Is it a hall of a heroes OR sci-fi phantasmagoria?</i>
18 Parallel	Like our world but different. <i>Is it a realm of shadow & mirrors OR light & doors?</i>
19 Animism	A world of spirits. <i>Is it a befuddling hierarchy OR a feral wilderness.</i>
20 Catharsis	Death is a process apou the soul. <i>Is it a cleansing absolution OR a retrospective judgement?</i>
21 Irreality	There are endless alternate realities. <i>Are we echos of a disrupted timeline OR are do we become apart of all things?</i>



Your loved one appears in an Afterworld, use **Aspects** to answer;
- What is the afterworld's **Look**?
- How does this afterworld **Work**?
- What does the afterworld **Hide**?
Now use the space below to interpret and describe the afterworld.
{ie; it looks like stars, works like a quest and hides its emptiness...}

	0	Fool
	1	Mage
	2	Priestess
	3	Empress
	4	Emperor
	5	Heirophant
	6	Lovers
	7	Chariot
	8	Strength
	9	Hermit
	10	Wheel
	11	Justice
	12	Hanged M.
	13	Death
	14	Temperance
	15	Devil
	16	Tower
	17	Star
	18	Moon
	19	Sun
	20	Judgement
	21	World



Does your **loved one** meet a *psychopomp* -- a guide who escorts souls thru the afterworld. Are they a literary figure, a creature from mythology, or another **loved one** who has already passed? Flesh them out by giving them a *Spectral Form* or three, one for each question; What's their **Look**? How do they **Work**? What do they **Hide**?
Once you're done creating a psychopomp, describe their meeting.

Fey ⁰	
Magi ¹	
Witch ²	
Queen ³	
God ⁴	
Saint ⁵	
Nymph ⁶	
Mariner ⁷	
Beast ⁸	
Hero ⁹	
Golem ¹⁰	
Martyr ¹¹	
Chimera ¹²	
Death ¹³	
Angel ¹⁴	
Devil ¹⁵	
Fallen ¹⁶	
Alien ¹⁷	
Echo ¹⁸	
Nimbus ¹⁹	
Ancestor ²⁰	
Dragon ²¹	

Is there an object of importance to your loved one...

Is it something they must quest to retrieve?

Generate: **Object** & where it is; **Descriptor + Landmark + Epithet**

OR Is it a cursed talisman that binds them to an entity?

Generate: **Descriptor + Object** & who holds the curse; **Entity**

How else is the object important or powerful?



	0	Tome
	1	Cauldron
	2	Mirror
	3	Throne
	4	Incense
	5	Letter
	6	Cart
	7	Amulet
	8	Candle
	9	Coin
	10	Sword
	11	Clock
	12	Skull
	13	Chalice
	14	Chain
	15	Box
	16	Compass
	17	Bow
	18	Toy
	19	Scales
	20	Stone
	21	Key



Does your loved one require something to be at rest? Do you need to give them a **Motivation** OR just let them explore the deathlands?
Generate a new place: **Descriptor** + **Landmark** + **Epithet**
OR a denizen: A **Motivation** & 3 **Spectral Forms**;
one each for **Look** **Work** **Hide**
How does your loved one overcome their first challenge?

Final ⁰	
Ethereal ¹	
Feral ²	
Floating ³	
Crystal ⁴	
Pearly ⁵	
Burning ⁶	
Ghost ⁷	
Hallowed ⁸	
Lonely ⁹	
Cross ¹⁰	
Faerie ¹¹	
Razor ¹²	
Unmarked ¹³	
Flooded ¹⁴	
Torture ¹⁵	
Cloud ¹⁶	
Spiral ¹⁷	
Moon ¹⁸	
Elysium ¹⁹	
Endless ²⁰	
Dread ²¹	

Must your loved one confront something within themselves OR the world?
Maybe generate two conflicting *Motivations*
Or a *Happening* at a *Landmark* as a focus for confrontation.
Having an **Entity + Epithet** to personify the conflict helps.



How does your loved one resolve this confrontation, if at all?

	0 Cliff
	1 Library
	2 Wilds
	3 Garden
	4 Castle
	5 Gates
	6 Ring
	7 Ship
	8 Hall
	9 Mount
	10 Road
	11 Court
	12 Bridge
	13 Grave
	14 Tunnel
	15 Dungeon
	16 Palace
	17 Stairway
	18 Lake
	19 Field
	20 Desert
	21 River



Does your loved one have a revelation?

Something is not what it seems! You could reveal something that was hidden, like the an Afterworld's **Aspect**, or someone's true **Spectral form**. If there is nothing to reveal, make a dramatic change! Reroll the Afterworld, Psychopomp, etc.
How does loved one react? What does it change for them?

- 0
of thought
- 1
of dusk
- 2
of delight
- 3
in the sky
- 4
of hell
- 5
of fire
- 6
of ours
- 7
of heros
- 8
of gods
- 9
to nowhere
- 10
of wailing
- 11
btwn worlds
- 12
of unknown
- 13
of light
- 14
of madness
- 15
of dreams
- 16
to heaven
- 17
of eternity
- 18
of sorrow
- 19
of ash
- 20
of oath
- 21
of foals

Does your loved one have to come to peace with something?

Is it about the things done in their life, like something that was their **Motivation** OR do they find a place in the Afterworld where they can rest? (Find a place **Descriptor + Landmark + Epithet** or create a whole new Afterworld)

What does it look like when they are at peace? What is let go?



	0 freedom
	1 knowledge
	2 secrecy
	3 creation
	4 control
	5 morality
	6 love
	7 victory
	8 fame
	9 wisdom
	10 fortune
	11 revenge
	12 release
	13 change
	14 balance
	15 bargain
	16 revolt
	17 healing
	18 mourning
	19 joy
	20 revival
	21 ending



Does your loved one find a connection to the living?

Do they find some mortal **Happening** to be a part of OR is there an **Object** that holds their psychic connection?

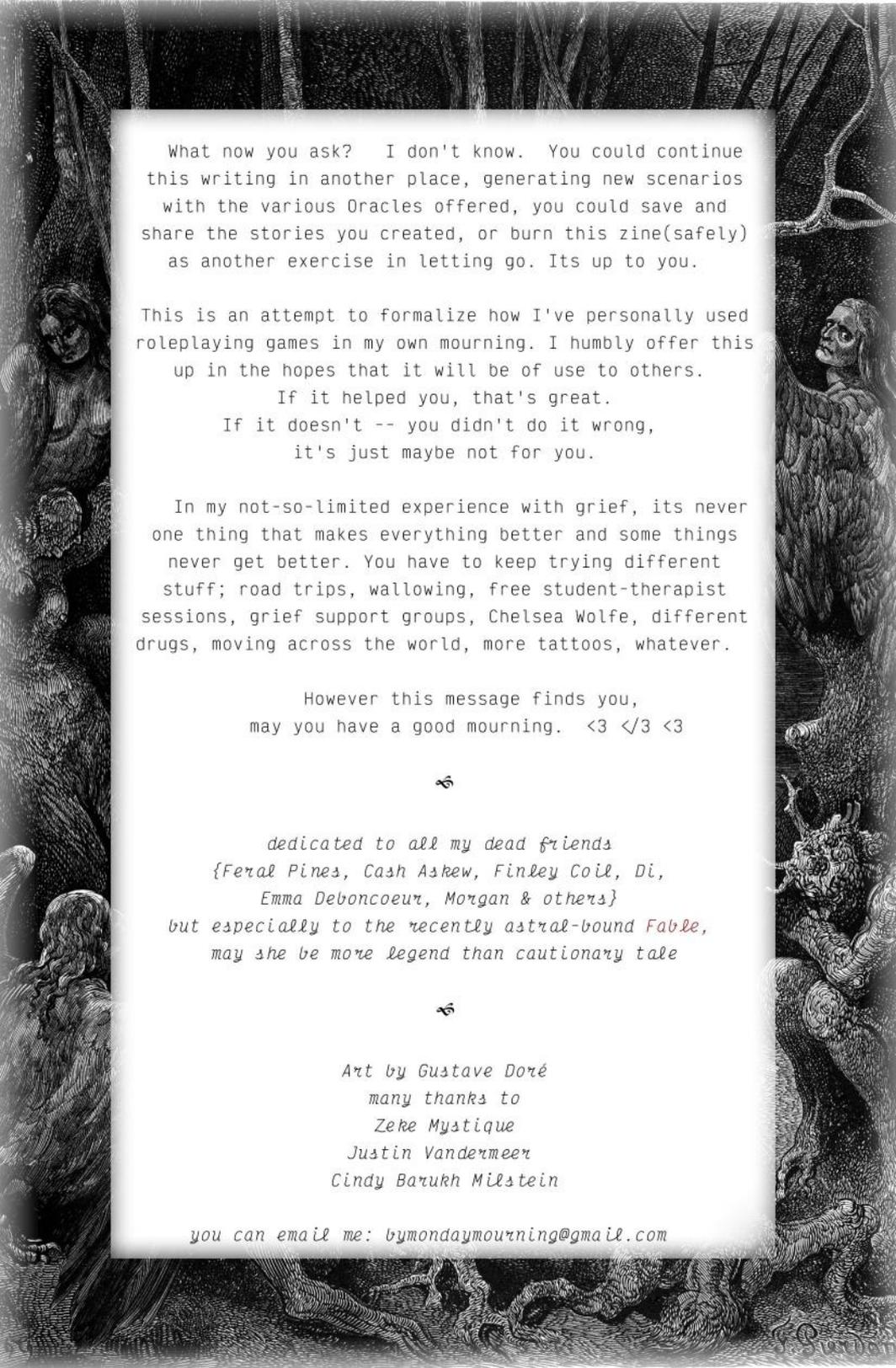
How do they find this connection? What are its limitations?

⁰ Descent	
¹ Aurora	
² Parley	
³ Genesis	
⁴ Procession	
⁵ Punishment	
⁶ Orgy	
⁷ Wild Hunt	
⁸ Riot	
⁹ Freeze	
¹⁰ Migration	
¹¹ Duel	
¹² Play	
¹³ Funeral	
¹⁴ Summoning	
¹⁵ Nightmare	
¹⁶ Storm	
¹⁷ Wake	
¹⁸ Masquerade	
¹⁹ Mirage	
²⁰ Rapture	
²¹ Holiday	

Finally, Your loved one peirces the veil enough to communicate.
It could be a letter, or a back and forth converstation.
If the words do not come to you, try generating a **Message**
to start the process & again anytime your writing stalls.
Try to let the words flow without judgement.
What does your loved one need to say? What do you need to say?



	0 Sorry
	1 I will
	2 I wish
	3 I loved
	4 I tried
	5 Don't
	6 Should I
	7 I'm proud
	8 Hold onto
	9 Im afraid
	10 Who knows
	11 You must
	12 I need
	13 Goodbye
	14 I'm fine
	15 Let go
	16 I regret
	17 I hope
	18 I weep
	19 I'm happy
	20 I believe
	21 Remember



What now you ask? I don't know. You could continue this writing in another place, generating new scenarios with the various Oracles offered, you could save and share the stories you created, or burn this zine(safely) as another exercise in letting go. Its up to you.

This is an attempt to formalize how I've personally used roleplaying games in my own mourning. I humbly offer this up in the hopes that it will be of use to others.

If it helped you, that's great.

If it doesn't -- you didn't do it wrong,
it's just maybe not for you.

In my not-so-limited experience with grief, its never one thing that makes everything better and some things never get better. You have to keep trying different stuff; road trips, wallowing, free student-therapist sessions, grief support groups, Chelsea Wolfe, different drugs, moving across the world, more tattoos, whatever.

However this message finds you,
may you have a good mourning. <3 </3 <3



*dedicated to all my dead friends
{Feral Pines, Cash Askew, Finley Coil, Di,
Emma Deboncoeur, Morgan & others}
but especially to the recently astral-bound Fable,
may she be more legend than cautionary tale*



*Art by Gustave Doré
many thanks to
Zeke Mystique
Justin Vandermeer
Cindy Barukh Milstein*

you can email me: bymondaymourning@gmail.com



*"Our grief, our feelings
as words or actions,
images or practices,
can open up cracks in
the wall of system."*

- Cindy Barukh Milstein