

Ghost Dice

A "Fortune Telling"
Dice System



Created by Nullself
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To You,

Thank you for owning my zine! Whether you bought it from me, or it was a gift, or you just found it on a leave one take one table at a fantastic music festival, I greatly appreciate you taking the time to open this zine up and check out what's inside.

While I don't personally believe in things like psychic powers, I do believe that systems that allow you to introspect and explore your inner world are beneficial to use, regardless of whether you think the reading is based on chance or fate. To that end, I designed the Ghost Dice system, a way to "read your energy" using a blacklight, glow material, and translucent dice. This zine explains how to construct a reading box and how to read your rolls.

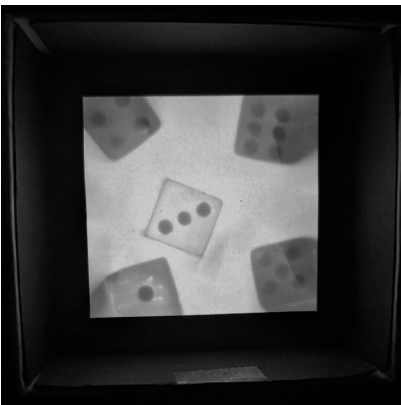
Do not feel confined to this book's entries; you may find you have a different connection to the numerology or constellations used in this work, and I invite you to modify the entries to fit your experience.

I've already put myself in this work.
Add yourself to it, too.

A handwritten signature in black ink. The first letter is a large, stylized 'R'. To the right of the 'R', the word 'OWAN' is written in a simpler, uppercase, sans-serif font.

Introduction

Ghost Dice is a glow-based “fortune telling” system. When you shine a blacklight onto a glowing material, the material “charges” rapidly, making it glow brightly with as little as a second’s light. By placing a piece of glow reactive paper inside of a small box, rolling translucent pip (dot) dice on the paper, and shining a blacklight into the box, the blacklight quickly charges the paper but leaves shadows, or “ghost dice,” where the dice were rolled. This zine explains both how to build a box to create this effect and how to read your rolls.



Building a Box

To create a ghost dice box, you will need:

- a blacklight flashlight (larger than a single LED)
- glow in the dark paper
- translucent 6-sided die with pips (dots)
- a small square box you can cut a hole in, preferably around 3"x3"x1"

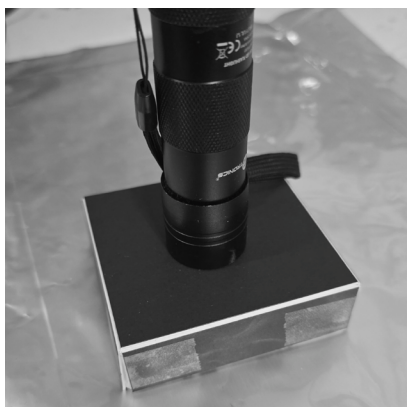
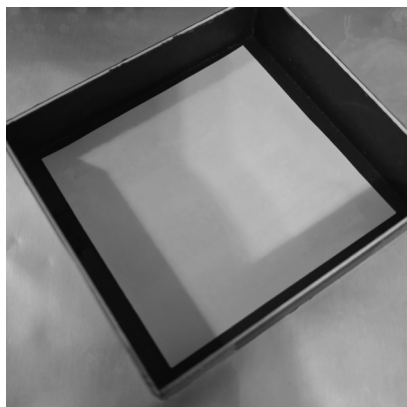
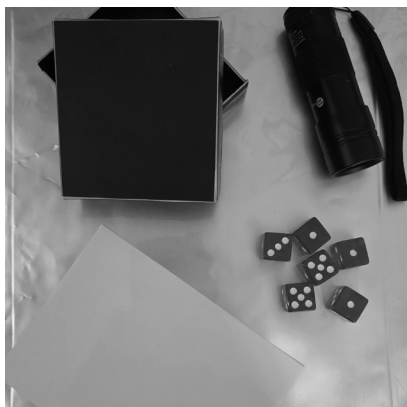
To prepare the bottom, cover the interior bottom of the box with a square of the glow paper. Leave a small margin between the glow paper and the box edges.

To prepare the top of the box, cut a round hole that is $\frac{1}{3}$ the width & height of the box. For example, if you have or made a box that is 3"x3"x1, your hole should be 1" in diameter. This hole should also be smaller than your flashlight's width; if your flashlight does not cover the hole entirely, you may get fuzzy readings.

Once the two halves of your box are ready, pick how many dice you would like to use for your reading. It is recommended to use 6 dice with a box about 3"x3"x1, but if you are using a box of a different size, you may find it better to add or remove dice.

With everything assembled, you now will do some test readings to judge your blacklight's charging strength. Depending on the brightness of your blacklight, you may need to leave it on for ten seconds or more to get visible shadows on the charged glow paper, or you may need to only turn it on for a moment. Experiment with your box to see what results in clear shadows.

Once your box is assembled and your blacklight is tested, you are ready to perform a Ghost Dice reading. The rest of this zine explains this process.



How to Read a Roll

To start your reading, bring your box, dice, and blacklight to a space with low lighting. Open the box, roll your dice on top of the glow paper inside of it, and close the box. Place the blacklight onto the hole on the top of the box and turn it on, wait until the glow paper is charged (be sure to test your blacklight, explained in “Building a Box”), then turn it off again. The image that’s created on the glow paper is what you will use for your reading.

There are four elements to reading a Ghost Dice roll: Frequency, Flow, Fate, and Focus. In summary, these elements are as follows:

Frequency: your attunement to external energies

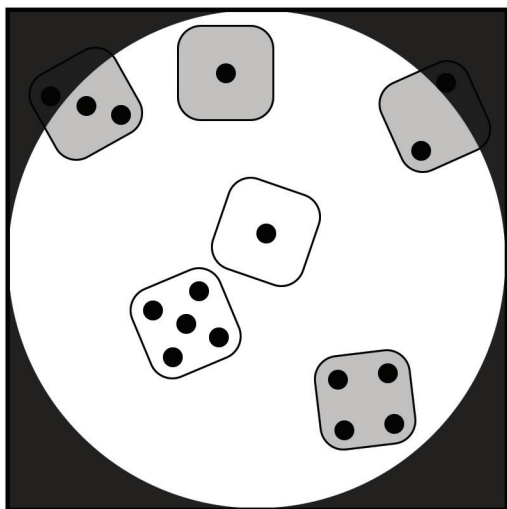
Flow: how your internal energies are moving

Fate: direction(s) that energies are drawing you toward

Focus: the center of your current energetic experience

A full reading uses all of these elements. For quicker readings, only use the Fate and Focus entries.

The example image on the next page shows a possible result of a Ghost Dice roll. The sections in this zine will explain the different elements in more detail, but the example image will be a quick explanation of which parts are relevant to each element, so you can better understand how to read a roll.



Frequency uses the number of pips that are visible in the roll. In this example, 14 pips are visible. Notice how this number does not include the 2 pips outside of the glow area; if you cannot see a pip clearly, even if you can tell what the hidden pip should be from the roll, do not count it. The number of visible pips (14) is divided by the total number of pips (36, from six 6-sided dice), to get the **Frequency** ($14 \div 36 = .39$, or 39%).

Flow uses the number of dice that look darker than the others, usually on the edges of the box. Specifically, it looks at whether that number is even or odd. In this example, there are 4 shaded dice, so the **Flow** is **Even**.

Fate uses any dice that rolled the same number. In the image above, there are two 1's rolled, so the **Fate** is 1.

Focus uses the dice that look clearer than the others, usually in the center of the box. In this example, the clear dice are a 1 and a 5. Added together, this means that the **Focus** is 6.

Frequency

Your Frequency determines how attuned you are to the energies of the world and people around you. Everyone has a natural level of Frequency that they work best at; a high percentage does not automatically equal a “good grade.” The energies that people and the world put off affects everyone differently, so we all have different comfortable levels for them.

To get a Frequency reading, count the number of fully visible pips on the reading space. Pips that are hidden by shadows or are cut off at the edge of the reading space should not be counted. Once you have the number of visible pips, divide that number by the total possible number of pips ([number of dice] x 6). Convert the result from a decimal to a percentage to get your Frequency. The written formula is as follows:

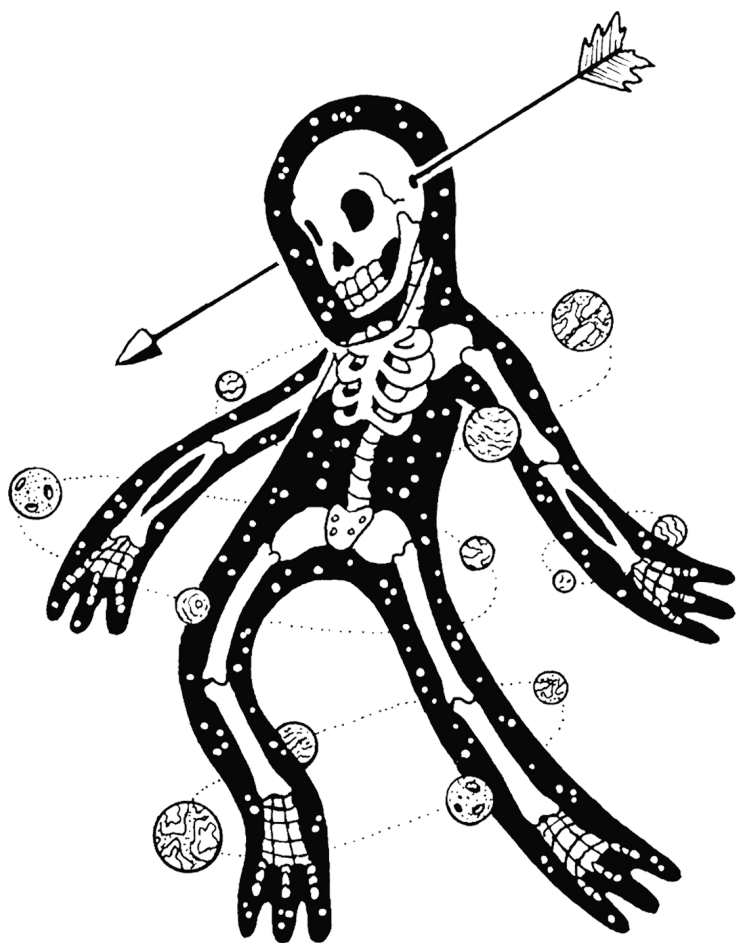
$$([\# \text{ of visible pips}] \div ([\# \text{ of dice}] \times 6)) \times 100 = \text{Frequency}$$

For example, using 6 dice means the total possible number of pips is 36. If there are 12 visible pips in the reading space, you would perform $12 \div 36$ to get .33, or 33%. If you get a number with more than two decimal points, (ie. .3055), round up to get a cleaner percentage (ie. .31, or 31%).

If your percentage is low (<25%), you are not resonating with surrounding energies. This may be stemming from stubbornness, exhaustion, or other mental and energetic blockages.

If your percentage is high (>75%), you are having a strong resonance with these energies. While it is good to be open to them, it is possible to be too open, leading to hypersensitivity and hypervigilance.

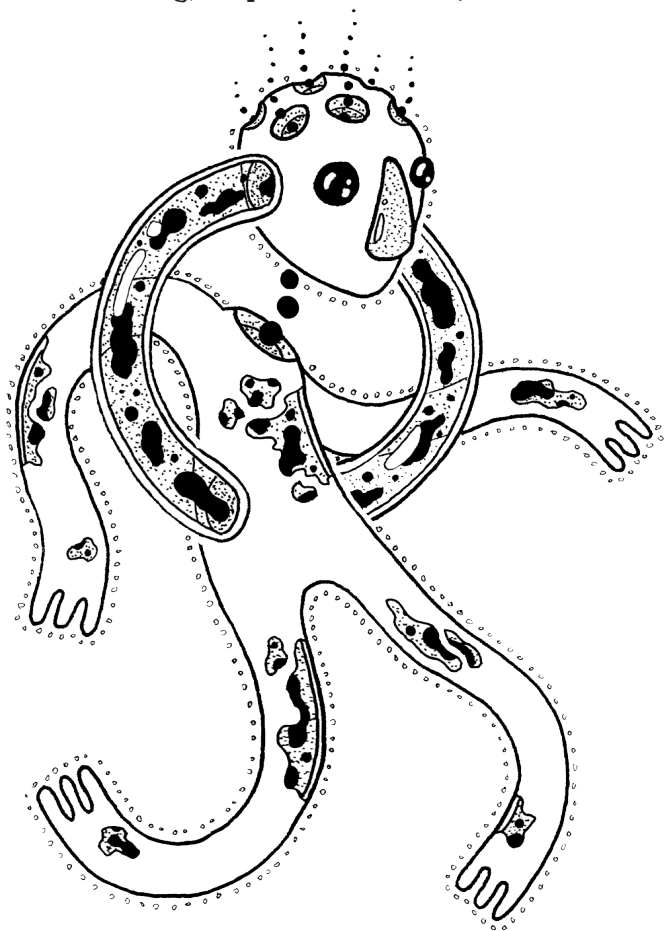
When you calculate your Frequency, think about how the world around you has been affecting your inner world, both positively and negatively. Does the number seem accurate to how you've been feeling lately? And does this number sound accurate for where you feel is natural for you, or are you too far in one direction? Taking a moment to analyze how energy from the world is interacting with your own can help you find comfort and direction.



Flow

Your Flow is a check-in on how the energy in your body is flowing compared to your baseline. Like Frequency, everyone has a natural baseline for Flow, but things like stress, depression, and other experiences of human life will cause our Flow to speed up or slow down.

To read your Flow, count the number of dice that are shrouded in shadow compared to the other dice. (Put another way, count the number of dice you do not use in your Focus reading, explained below.)



If your Flow count is odd, your energies are moving slower than your natural baseline. Are you feeling stuck, unsure of how to proceed or unable to make a move? Rest is a natural and healthy thing, but sometimes we can become stuck in a place of inaction, with the desire to proceed but the inability to do so. When you find yourself in these stuck feelings, try taking one single action or choice, however small. If you want to get in the habit of doing ten pushups, start with one. If you want to write more, begin with a sentence. It may sound like “not enough,” but making progress, even in small steps, is still progress, and inertia breeds inertia.

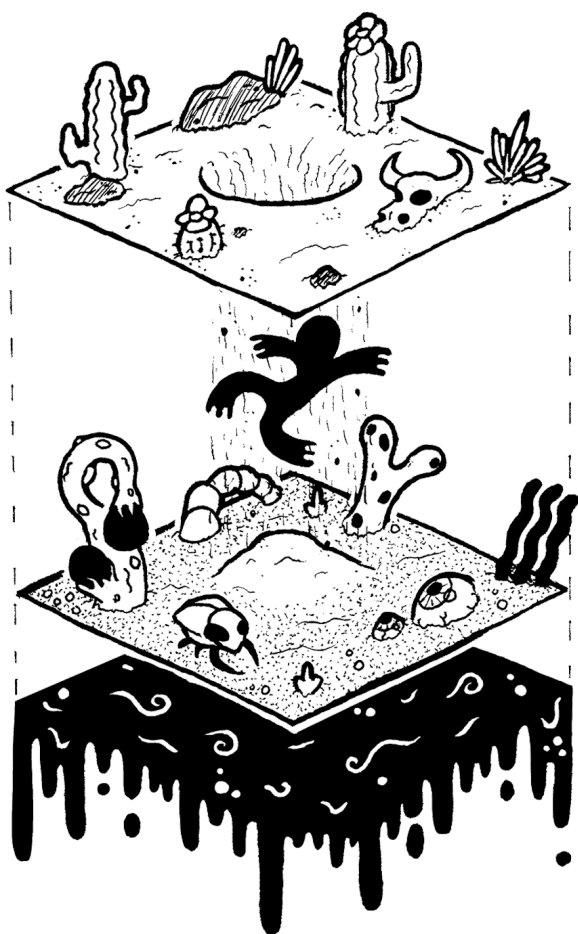
If your Flow count is even, your energies are moving faster than your natural baseline. Is your stress level up, or is your anxiety taking hold of your thoughts? These can be healthy and useful responses to hardship, but it's easy to slip into a cycle of overthinking or shame spiraling instead of finding ways to relax or move forward. When you find your thoughts running fast, ask yourself if these thoughts are serving you or just harming you with more stress. If it's the former, channel your thoughts into what you can use your energy to do or change. If it's the latter, give yourself the love and attention you need to wind down.

If no dice count towards this reading, your Flow is near baseline. This doesn't mean that nothing difficult is happening, but it means that your body is handling it well on an energetic level. This is a rather uncommon occurrence, so take note of how you're feeling in your body and mind, and think if there are ways to keep the positive aspects of the feeling with you for when you encounter future hardship. You never know when you'll need to use the internal systems you discover.

Fate

If you get a Fate roll, it represents a direction that the energies of the world are drawing you to.

To get a Fate reading, look at the image for any dice that rolled the same number, like two 5's or three 4's. The more dice that share a number, the stronger the Fate. Not every reading will have a Fate, which makes their appearances all the more significant.



1 - Beginning

Something new is coming your way. Keep your eyes open and you may discover new opportunities in unexpected places.

2 - Discernment

There are multiple options before you, but you need to pick a path before you can walk along it. Look closely at what you want and need and determine if your actions will take you where you want to be.

3 - Growth

You are going through changes which will help you become the person you're working to be. You may experience some growing pains, but trust the process, and one day you'll look back and wonder why you were ever worried.

4 - Manifestation

That which you've been manifesting is coming to fruition. Keep focusing on your desires and they'll soon be in your reach.

5 - Change

Your circumstances are shifting, and you may soon discover that your world is very different than the one you're used to. Keep yourself open to the fluidity of life and find the elements that orient you in your new normal.

6 - Connection

The connections you have with the people around you are calling for your attention. Let yourself feel the love and joy that comes with relationships and community, and allow others to feel the same towards you.

Focus

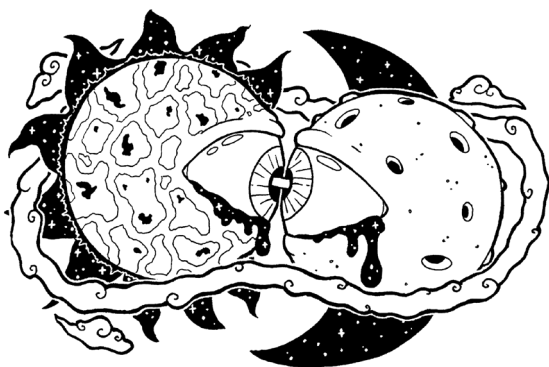
Your Focus is so named because it's the focus of your current experiences, something that is affecting you in your everyday life, whether you're aware of it or not.

To get a Focus reading, look for dice that appear more translucent than the others, often at the center of the reading space. Take the total number of pips on these visually distinct dice to determine your Focus.

Each Focus number is associated with constellations that share the same number of stars as the Focus number. These constellations inform the reading through symbolism, associations, and interpretation. You may find deeper meaning in the reading based on your personal associations with the related constellations, which are listed in each entry.

Note: the constellations used are the 88 IAU (International Astronomical Union) recognized constellations, and the numbers are based on the "main stars" in each one that makes their recognized shape.





- 0, 12, 15, 16, 17, 19, 20, 21, 22, 23 -
Null

If you roll any of the above numbers, your reading does not have a Focus, since there are no constellations with these values to connect with. This result may indicate a lack of direction or clarity in your life and circumstances. Are you attuned to what is happening around you? Do you have a destination in mind? Gaze into yourself as one may gaze into the night sky, and you may find an answer in the space between the stars.

- 1 -
Component

Constellations feel grand and complex, but are made up of single stars. A single star is beautiful, but cannot be a constellation alone. Just like the stars, we are beautiful alone but can work towards being something greater when we are together. The key is finding the balance: if you focus too much on yourself you may find yourself cut off from the world, and if you focus too much on the group you may lose your identity and find your own needs unmet. Look into yourself and how you connect with the world around you to ensure you're not approaching extremes on either side of the spectrum.

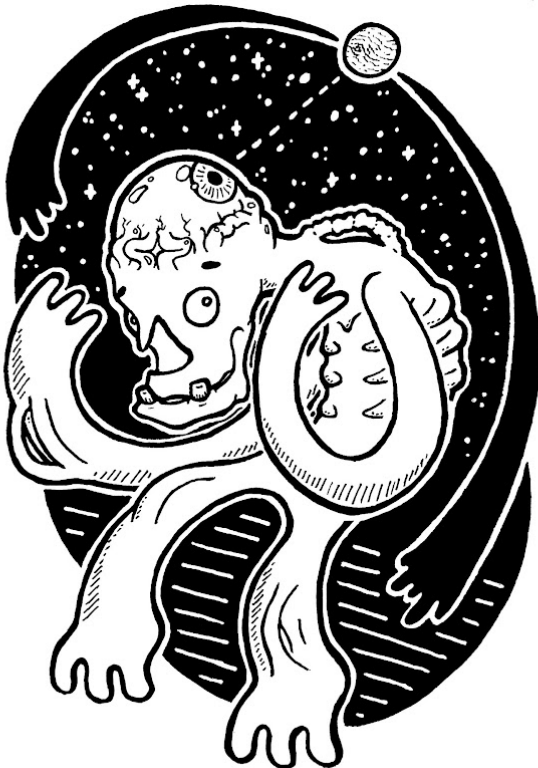
- 2 -

Underdog

There is only one constellation that is attuned with this Focus: Canis Minor, also known as the lesser dog. As the name implies, this constellation represents the feeling of being the underdog in a situation. Are you feeling defeated by a force that's overpowering you? You may be feeling down for the count, but you're not out yet; you're only down once you stop moving. Keep your focus on your goals, continue fighting, and remember: everyone loves rooting for an underdog.

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Canis Minor (lesser dog)



Direction

This Focus is all about the search for direction. Sometimes figuring out where you want to go can be just as, if not more, challenging than moving forward. Constellations like Circinus, the compass; Pyxis, the mariner's compass; and Telescopium, the telescope all embody the tools we have to observe both our outer and inner world in order to find direction. Leo Minor, the lesser lion, symbolizes the bravery it takes to make such significant choices in life. It may seem daunting, but you don't need to do it alone; Canes Venatici, the hunting dogs, represents those who will help you find the way. Trust in your observations and connections, and you will discover the path you wish to follow.



Canes Venatici - Hunting Dogs
Circinus - Compasses
Coma Berenices - Berenice's Hair
Hydrus - Lesser Water Snake
Indus - Indian (Native American)
Leo Minor - Lesser Lion
Octans - Octant
Pictor - Easel
Pyxis - Mariner's Compass
Telescopium - Telescope
Triangulum - Triangle
Triangulum Australe - Southern
Triangle



Variety

Have you been feeling stuck in a routine, or finding yourself dreaming of a change? With the highest number of associated constellations (24 to be exact), this Focus embodies what's often known as the spice of life: variety. No matter how long you've been in one situation or relating to the world a certain way, you are always able to choose to experience new things. You also don't need to do it alone; there are many others that are looking for change like you, represented by the many animal constellations in this Focus, and finding those people and making connection will help both you and them discover new sides to life. If you're not sure where to start, look through the constellations below and see if any of them resonate with you, either from active interest or passive curiosity. Perhaps constellations like Caelum, the chisel or Norma, the carpenter's square will inspire a new artistic endeavor, or maybe Mensa, the table mountain or Microscopium, the microscope will lead to exploring new environments. Part of enjoying variety is not feeling the need to commit to a single thing, so enjoy the experience of exploration.



Antlia - Air Pump
Apus - Bird of Paradise
Aries - Ram
Caelum - Chisel
Camelopardalis - Giraffe
Chamaeleon - Chameleon
Corvus - Crow
Crater - Cup
Crux - Southern Cross
Dorado - Dolphin
Equuleus - Little Horse
Fornax - Furnace
Horologium - Clock

Libra - Scales
Mensa - Table Mountain
Microscopium - Microscope
Monoceros - Unicorn
Musca - Fly
Norma - Carpenter's Square
Piscis Austrinus - Southern Fish
Reticulum - Reticule
Sagitta - Arrow
Sculptor - Sculptor
Tucana - Toucan
Volans - Flying Fish

- 5 -
Defense

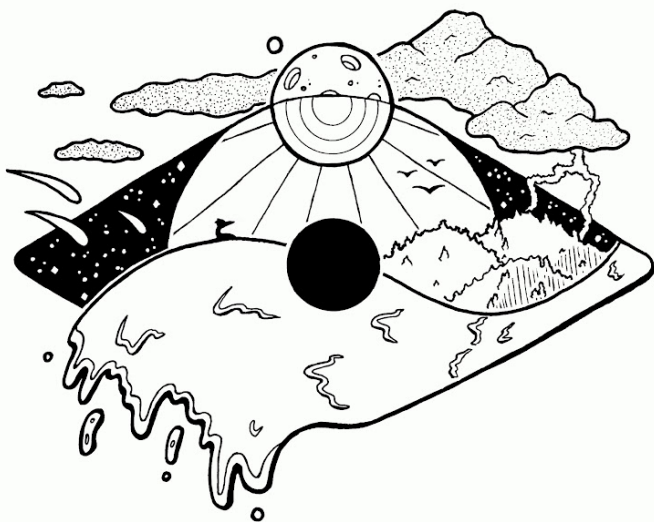
In this Focus, you feel that you're in a state of defending yourself from a dangerous force. Perhaps you're behind a shell like Cancer, the crab and Scutum, the shield, or instead hiding in a group like Delphinus, the dolphin and Columba, the dove. No matter the method of shielding, the end result is the same: you have your guard up. There are times where defending is important to do, but remember that being behind a shield or in a crowd means that you're hiding yourself from view, including from people who would love to see you. If you're always spending your energy defending, you may miss the music from Lyra, the lyre, and the people playing it for you.



Ara - Altar
Cancer - Crab
Cassiopeia - Queen Cassiopeia
Columba - Dove
Delphinus - Dolphin

Lyra - Lyre
Scutum - Shield
Corona Australis - Southern
Crown
Capricornus - Sea-Goat





- 6 -

Journey

You have a long journey ahead of you, and endurance will be critical. Perhaps you have a goal in the future you're slowly working towards, or maybe you're dealing with a period of struggle before you get relief. No matter the reason for the journey, you need to prepare for the long haul. Every constellation in this Focus has a different style of journeying, from the improvisational bursts of Lepus, the hare, to the meticulously planned route of the ship hosting Vela, the sails. Find the pace that works best for you and stay on beat so you don't burn yourself out. Remember to enjoy the view as you go as well; you can appreciate a moment of the journey as it passes without wanting to stay there forever.



Auriga - Charioteer
Grus - Crane
Lepus - Hare
Lupus - Wolf

Lynx - Lynx
Pavo - Peacock
Vela - Sails

- 7 -
Hunt

You have something in your sights, but now you have to pursue it, and that can be a tricky task. Whether you have a clear view from the skies like Pegasus, the winged horse, or have to search through the trees like Ursa Major and Minor, the great and little bears, you need to find the clues around you that will help you track what you seek. You will also need to choose your method for the hunt; Orion, the hunter, goes out to pursue the target, while Boötes, the herdsman, brings what he's searching for to him. Either way, the only way you'll get what you're looking for is to put in the energy to pursue it. Keep going, and it will soon be in your reach.



Boötes - Herdsman
Corona Borealis - Northern Crown
Orion - Hunter
Pegasus - Winged Horse
Perseus - Perseus
Puppis - Stern of a Ship
Taurus - Bull
Ursa Major - Great Bear
Ursa Minor - Little Bear





- 8 -

Socialite

Your social world is the center of this Focus. If you roll this number, ask yourself: are all of your relationships benefiting you? Do you feel like you have people who understand and are attuned to you, like Gemini, the twins? Do you have people who will fight beside and protect you, like Sagittarius, the archer? Or is there a relationship in your life that has you feeling like Andromeda, the chained princess? It's easy to fall into the trap of keeping someone in your life because of a shared past, but it's important to check in with yourself that the people around you are who you're choosing. Remember: you are shaped by the company you keep.



Gemini - Twins
Sagittarius - Archer
Andromeda - Chained Princess

- 9 -

Strength

This Focus brings to light the strength you have in your life. You have great power in your voice and your choices, and it's important to use it responsibly. Will you protect the weak like Leo, the lion or Cygnus, the swan? Or will you fight against threats like Draco, the dragon or Aquila, the eagle? Recognizing your inner strength and your agency in situations is critical to protecting your wellbeing and that of others. Be sure to pick your battles, or every conflict may become a warzone. Knowing how to use your strength will always be more important than relying on raw power.

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Aquila - Eagle
Carina - Keel of a Ship
Cygnus - Swan

Draco - Dragon
Leo - Lion
Virgo - Maiden

- 10 -

Burden

You are carrying something with you, and it's very important to know what's weighing on you. We all carry things with us from our pasts, but that doesn't mean that all things are equally worth carrying. Aquarius, the water bearer and Ophiuchus, the serpent bearer, are both holders themselves, but one carries something important to life while the other holds danger close. Be sure that what you carry is important to you, and don't be afraid to let go of the things you bear that are weighing you down or no longer benefiting you.

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Aquarius - Water Bearer
Ophiuchus - Serpent Bearer

- 11 - Conflict

Rolling this Focus is an indicator of conflict in your mind. Centaurus, the centaur, wishes to run forward, but Serpens, the serpent, winds under its hooves and prevents it from moving. Just like this dynamic, there is something you're experiencing that feels as though it's preventing you from moving forward. Try to identify the struggle so you know how to proceed: do you need to step lightly to avoid further conflict, or stomp down hard to scare the snake away from your hooves?

Or, is it possible the snake is just in your mind, and there's nothing hidden in the grasses after all? Think carefully before you proceed, or you may wind up bitten.



Centaurus - Centaur
Serpens - Serpent

- 13 - Split

While there is only one constellation in this Focus, it's one with many aspects: Hydra, the water-serpent. With so many heads all winding together and competing for control, it can be a struggle to get anything done. Are you splitting your attention in too many directions? Do you have an unfinished pile of projects waiting for you as you begin yet another one? Try to return your focus to specific tasks or goals and bring them to completion before adding more to your plate.



Hydra - Water Serpent

- 14 - Role

In most stories, there are three main archetypes that push the story forward: the hero, fighting for good; the monster, the source of conflict; and the bystanders, those harmed by the monster and saved by the hero. This storytelling trinity's dynamic echoes through real life, and it's important to ensure you know which role you're playing. Just as Cetus, the whale or sea monster, has two interpretations, your actions may be seen as righteous by you but monstrous to others. Additionally, you may see yourself as the monstrous Cetus while actually being an innocent victim of the conflict like Pisces, the fish. See how your actions feel both to yourself and others, for once you understand your role in a situation you can better respond to it.



Hercules - Hercules
Cetus - Whale / Sea Monster
Pisces - Fishes



- 18 -

Sting

Everyone is capable of cruelty, and you are no exception. Have you acted out against those who felt against you, or wished for misfortune for others? Some situations call for direct confrontation, but you need to be sure that it's absolutely called for before raring for the attack, or you may cause more harm than good. Scorpius, the scorpion, represents the capacity for both protection and harm that we have through confrontation with its stinger. This power can protect you from being mistreated, but be sure to use your stinger wisely. If you don't, you may be stinging the frog who's support is keeping you safe from drowning.



Scorpius - Scorpion

- 24 -

Relax

If your Focus is at this number or higher, the message is the same: relax. Sometimes our lives don't need active effort, and we can lie back and see where things take us for a bit. Eridanus, the river, represents the flow that happens with or without our efforts. Lie back in the waters and enjoy the view as the currents bring you along. You'll know when it's time to return to the shore.



Eridanus - River

Roll Log

The space below is for you to keep track of your rolls. Seeing trends over a period of time rather than only looking at the moment can provide additional insight into your inner states and experience.

Date: _____ Notes/Observations:

Freq.: _____

Flow: _____

Fate: _____

Focus: _____

Date: _____ Notes/Observations:

Freq.: _____

Flow: _____

Fate: _____

Focus: _____

Date: _____ Notes/Observations:

Freq.: _____

Flow: _____

Fate: _____

Focus: _____

Date: _____ Notes/Observations:

Freq.: _____

Flow: _____

Fate: _____

Focus: _____

