

Daily Throw

A daily throw can help you improve your understanding of your pieces and can help you master interpreting them in different contexts. Like any other art, bone divination requires constant practice.

1. Ask your deities, ancestors, and spirits for their guidance for the day. Then pull three pieces from your bone container at random.

1st piece – something that needs your attention today.

2nd piece – something that can assist you today.

3rd piece – something you can do to assist others today.

You can use these areas of focus or come up with your own.

2. Write down the bones that you drew for each area of focus. You can do this in your journal or create a separate journal for this purpose.

You can adapt this basic outline in countless ways. You can pull more or fewer pieces. You can pull pieces to address a particular area of concern or to address a problem, or an event that you anticipate encountering during the day. Some examples:

- Pull one piece to represent something that you should pay attention to today. This is great for getting some helpful information when you don't have much time.
- Pull two or more pieces for each area, or pull small handfuls and cast them for each area of focus.
- Pull a piece that represents your area of concern, then pull a handful of pieces to throw around that piece representing how you can achieve the best outcome.

3. At day's end, review to see how the pieces related to what happened during the day. Thank your deities, ancestors, and spirits for their guidance and protection.

This exercise can help you to expand meanings for your pieces and can be an aid to interpreting some pieces in new and different ways. As an alternative to writing them down, one of my students leaves the pieces out and writes a summary at the end of the day. This can work well if you can be sure your pieces will be left undisturbed during the day, and can be especially helpful if you cast several pieces, as it allows you see them in relation to each other.