BASED AMY'S ANTI-GRIMOIRE

STARTER GLOSSARY / SEVEN-DAY LANGUAGE

Origins we can verify. Connections we can explore. Expressions we can choose.

Three research labels

ORIGIN = historically documented meaning WORDPLAY = a sound-based or symbolic reading CHOICE = our own preferred wording.

01 WEEK / WEEKDAY / WEEKEND / WEAKENED

ORIGIN | Week and weak

Week comes through Old English wucu / wice, a recurring seven-day period. Weekday means a day of the week (commonly a working day). Weekend means the end of the week. Weak has its own history through Old Norse veikr (lacking strength); the words may share a more distant prehistoric root. [1, 2]

WORDPLAY | Week-end / weakened

The sound similarity invites the interpretation "weekend = weakened". This is an interpretation of the sounds, not an established reason the term was coined.

CHOICE | SEPTENARY

Septenary is a real word meaning a group or set of seven, from Latin septem (seven). For this project, we use it creatively for the seven-day cycle. Try "this septenary", "the coming septenary", "working days", and "rest days". [3]

02 UNDERSTAND / STAND UNDER

ORIGIN | Understand

Old English understandan already meant to comprehend. Its components are old, but their original figurative relationship is debated; one scholarly explanation is "stand among / in the midst of". [4]

WORDPLAY + CHOICE | Legal phrasing

"Stand under" can be a personal symbolic reading. In legal questioning, "Do you understand?" asks about comprehension, not an oath of submission. If unsure, the practical response is "Please clarify" or "I need that explained". Saying "I do not stand under" has no established legal protective effect. [5]

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WORD ORIGINS & POSSIBLE DOUBLE READINGS

The heart of the Anti-Grimoire: ask what a word meant before asking what else it evokes.

03 GRIMOIRE / MAGIC / SPELL / SPELLING

ORIGIN | A genuine linguistic connection

Grimoire comes via French from an altered form of grammaire (grammar), applied to books of magic. Magic traces through Greek magike and magos to the ancient Persian Magi. Spell once meant a story, saying or utterance; it developed an incantation sense. Spelling also has a historical link to telling or saying words, though its immediate pathway runs through French. [6, 7, 8]

CHOICE | Anti-Grimoire

"Know what you say. Mean what you say. Choose what you say."
A book of conscious wording, researched origins and shorter, clearer alternatives.

04 HAP - THE FORTUNE FAMILY

ORIGIN | A shared root

Old Norse happ meant luck or good fortune. From hap came happy, happen, happening, happiness, happenstance, hapless, mishap, haphazard, mayhap and perhaps. [9]

CHOICE | From chance to intention

"I hope it happens" → "I intend to act."
"It was a mishap" → "Here is what I learned."

05 SOUND TWINS & UPLIFTING WORDPLAY

MORNING / MOURNING	Similar sounds, different histories: the early part of the day versus grief. Choice: "Good day!" [10]
BLESS / BE LESS	"Bless you" comes from a wish for blessing or divine favour; "be less you" is later sound-based reinterpretation, not the word origin. Choice after a sneeze: "Gesundheit!" [11]
FOREST / FOR REST	Beautiful positive wordplay. Forest historically comes through French and Medieval Latin, rather than the phrase "for rest". Choice: "I'm ready for a rest." [12]

BASED AMY'S ANTI-GRIMOIRE

EVERYDAY LANGUAGE SWAP SHEET

Short, natural replacements that preserve what you actually mean.

06 QUICK PHRASES FOR DAILY LIFE

FAMILIAR EXPRESSION	CONSCIOUS ALTERNATIVE
Good morning!	**Good day!**
Bless you!	**Gesundheit!**
I'm killing time.	**Just passing time.**
I can't wait!	**I'm excited!**
I'm dead tired.	**I'm ready for a rest.**
I have to do it.	**I'll get it done.**
I'm stuck.	**I'm finding a way.**
I'm afraid that...	**I think that...**
Don't forget!	**Remember!**
No problem!	**My pleasure!**
I'm worried about...	**I'm considering...**
It's too difficult.	**It's a challenge.**
I hope so.	**That would be wonderful!**
This weekend...	**On my rest days...**

Anti-Grimoire guiding rule

Discover the origin. Separate wordplay from fact. Choose the clearest words.

SELECTED SOURCES (numbered above)

[1] Week / weekend Etymonline

[2] Weak Etymonline

[3] Septenary Collins

[4] Understand Oxford University Press

[5] Miranda rights Cornell Law

[6] Grimoire Académie française

[7] Magic / Magi Encyclopaedia Iranica

[8] Spell / spelling Etymonline

[9] Hap World Wide Words

[10] Morning Etymonline

[11] Bless you MIT

[12] Forest Etymonline