



Rein it in

Ingredients

*A green birthday or spell
candle
Cauldron
Pen
Untreated paper*

Choose the Timing

*The Moon in Sagittarius
Waning moon for putting
the breaks on
Waxing moon for
increasing space
New moon for a renewed
perspective
Full moon for a blend of
the above.*



Draw a sigil of Jupiter on the paper on one side. Carve this same sigil into the Green candle. Roll the paper around the candle.

As you do so, say your incantation

*Sagittarius moon, please reveal
The steps to take to turn the wheel
Turn it back, just a bit
I find that I cannot commit
I need a pause to take stock
Press stop on the clock*



Light the candle and using the flame, light the paper. Drop the flaming paper/candle combo into the cauldron. Visualise the space opening, doors to taking a break opening.