



Breaking free

Ingredients

Black candle

Paper

Pen

*Cauldron (or fireproof
pan)*

Choose the Timing

*The moon in Aquarius
Use a waning moon for
breaking free of
restrictions*

*Waxing moon for
increasing opportunities*

*New moon for a new
start*

*Full moon for a blend of
the above*



*Let your thoughts rest on the issues at hand.
Where in your life do you feel restricted?
Perhaps you feel your career options are
limited in some way? Perhaps you need to
enhance some social opportunities?*

*Light the black candle and spend some time
focusing on all the issues that are getting in
the way for you right now.*

*Now write these onto the piece of paper. Focus
on the issues as you say the incantation*

*Aquarius moon, freedom is strained
I am losing all I gained*



*Reduce and remove these things that have
soured*

*I want to transform and feel empowered
On my path that I have taken
Transform this now, change awaken*

*Using the flame from the black candle, light
the list and place this in the cauldron.*

*Visualise the issues being released and removed
as it burns.*

