



Please release me

Ingredients

*Black or red candle
Pins or thumb tacks*

Choose the Timing

*The Moon in Virgo
Waning moon for releasing
paying too much attention
to the finer details*



*Let your thoughts rest on the issues at hand.
What is it you are focusing on too much?*

*Spend some time focusing on all the issues.
Hold the pins or thumb tacks (carefully!) in
your hands and transfer the energy of all this
worry, obsession, and fault finding into the
pins.*

*Now stick the pins into the candle. They can
be as close to the wick as you prefer.*

Recite the incantation

*Release this pain by Virgo's moon
Releasing obsession cannot come too soon
I need to release finding sins*



Regain clarity with the fall of the pins

Light the candle and focus on releasing the obsessions as the flame burns down and the pins release and fall.