



Freed from distraction

Ingredients

Blue candle

Black cord

Choose the Timing

The moon in Capricorn

New moon for a new start



Light the candle and let your thoughts rest on the issues at hand. What has happened that you need to pay more attention to? or have more headspace for?

Spend some time focusing on all the distractions you have.

Try to group these in your mind, for example social distractions are one group, technology distractions are another.

Take the cord and as you focus, tie one knot in the cord for each group of distractions.

Work out from the middle, work towards the end but try to keep these quite close together. Begin to say the incantation:



*Capricorn moon, I have the key
Delivering tasks responsibly
From these distractions, I stay clear*

*Now on the opposite end of the cord, tie one
knot in the cord and complete the incantation:*

Towards focus I shall steer.

*Take the cord and at the centre of the cord,
hold the cord tight over the flame. Allow the
flame to cut through the cord, to separate the
distractions from your new found focus.*

