



Freeze the moment

Ingredients

Water
Small container or jar
Paper
Pen
A cold night or a freezer

Choose the Timing

The moon in Capricorn
Use a waning moon for reducing
or pausing the issues
A waxing moon to increase
responsibility
A new moon for a new start
A full moon for a boost of
power



*Let your thoughts rest on the issues at hand.
What is the issue you'd like to freeze? Perhaps
you need to take ownership of something that
has gone a bit wrong?*

*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,
perhaps see this as your private confession or
as a way of taking control back or closing
something down.*



Focus on the container of water as you say the incantation

*With Capricorn moon as guiding light
See my way clear on this night
To freeze the issue, reduce and remove
For this situation to improve*

Place the paper, folded in two, into the container of water. Place this in the freezer or outside overnight to freeze. Try to imagine the issues being stalled as the water freezes.



The next night, remove the container of water from the freezer, or bring it inside from the cold, and allow it to thaw. Once the water has melted again you can use the water on your plants or garden and discard the paper inside.