



# Let it go

## *Ingredients*

*Black or red candle*  
*Pins or thumb tacks*

## *Choose the Timing*

*The Moon in Scorpio*  
*Waning moon for releasing*  
*strong emotions*



*Let your thoughts rest on the issues at hand.  
What is it you are becoming overly passionate  
about?*

*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  
anger, obsession, jealousy etc 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 these emotions by Scorpio's moon*

*Relief cannot come too soon*

*Regain clarity with the fall of each pin*



*A new outlook to begin*

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