



Links of respect

Ingredients

Strips of paper
Glue/pritt stick
Pen

Choose the Timing

Moon in Libra
Use a waning moon for
reducing issues
A waxing moon to increase
respect
A new moon for a new
perspective
A full moon for a blend of
the above



Focus your thoughts on the issues at hand.
Try not to get involved in the story, just
observe the situation in your mind without
judgement.

Take the pen, and on the strips of paper
summarise the things you need to work on.
Join these together in a paper chain, held in
place by the glue and say the incantation

It appears that we have lost our way
Tension grows, in what we say
In these links, topics to discuss
In these links, all that binds us
Let's break through the issues at hand
Allowing links of respect to expand



Hang the paper links in a place you spend most of the time communicating to others.