



# Remove the barriers

## *Ingredients*

*Black candle*

*Paper*

*Pen*

*Cauldron (or fireproof  
pan)*

## *Choose the Timing*

*The moon in Aquarius  
Use a waning moon for  
breaking free of  
restrictions*

*Waxing moon for  
increasing opportunities  
New moon for a new*



*start*  
*Full moon for a blend of*  
*the above*

*Let your thoughts rest on the areas of your life where you feel restricted. Perhaps you feel your career options are limited in some way? Perhaps you need to enhance some social opportunities?*

*Light the black candle and 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. Focus on the issues as you say the incantation*



*Aquarius moon, new thinking is blocked  
Solutions need to be unlocked  
Removing that which stands in the way  
My progress I do not mislay*

*Using the flame from the black candle, light  
the list and place this in the cauldron.*

*Visualise the issues being released and removed  
as it burns.*