



Release negative thinking

Ingredients

Black candle

Paper

Pen

*Cauldron (or fireproof
pan)*

Choose the Timing

The moon in Aquarius

*Waning moon for removing
old patterns of thinking*

*Waxing moon for
increasing new ideas*

*New moon for a new
start*



*Full moon for a blend of
the above*

*Let your thoughts rest on the old, negative
thinking patterns or things you think you can't
do at the moment or where you feel stuck.*

*Light the black candle and spend some time
focusing on all the things that are getting in
the way for you right now.*

*Write these old patterns of thinking, or things
that are blocking you onto the piece of paper.
Say the incantation*

*Bound by old thinking, blocks to creation
Causing a sense of frustration*



*Reduce, remove, release and leave
New thinking, positivity and clarity I receive*

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

*Visualise these blocks, and old thinking
patterns being released and removed as it
burns.*