



# Reducing home tensions

## *Ingredients*

*One Apple*

*Knife*

*A tool to dig with*

## *Timing*

*The Moon in Taurus*

*Waning moon for removing  
a bad atmosphere at  
home*



*Focus your thoughts on the atmosphere in the home, think about what are the emotive issues you'd like to reduce or remove. Charge these thoughts into the apple by holding it, as you reflect on the issues.*

*Now, cut the apple around the middle, cutting around the widest part of the apple and not stem to stamen. As you cut, say the incantation:*

*Emotions here are running high  
Need to defend and fortify  
The two halves here, absorb as one  
The negative forces, until it's done*



*Place each half of the apple at opposite ends of the house for 24 hours. Continue to concentrate your thoughts on the bad atmosphere, the issues, being absorbed into the apple halves. Pay attention to any thoughts, sensations and intuitive hits you receive that can aid in your request.*

*After 24 hours have passed, take each apple half and bury them together away from the house. As you do so, imagine all the negative vibes being buried, far away.*

