



Reducing relationship issues

Ingredients

Venus herbs

Pen

Paper

Cauldron

Choose the Timing

*Waning moon for reducing
issues*



Focus your thoughts on the issues you would like to reduce in order to achieve balance.

Take the pen and paper and summarise what is feeling out of balance for you. Roll the paper around the Venus herbs and place in the cauldron.

Say your incantation as you do so:

*Breaking free from issues at hand
Allowing love and respect to expand
Take these issues and set us free
Move us to a place where we agree*



*Light the bundle and visualise the issue
reducing as the flames die down. Scatter or
bury the ashes once they have cooled.*