



# Cartoon emotions

## *Ingredients*

*Black or red candle  
Pen and paper*

## *Choose the Timing*

*The Moon in Scorpio  
Waning moon for releasing  
strong emotions*



*Let your thoughts rest on the issues at hand. What is it you are becoming overly consumed with, do these issues come with strong emotions?*

*Light the candle and imagine you are watching these issues on a TV screen. Now think about the strong emotions attached to those issues. Give these emotions a role to play in your TV story, see them in your mind as cartoon characters with their own names for the TV screen, the sillier they look and sound the better!*



*Now write down on your paper the character names. As you write these down recite your incantation*

*Take these emotions, for they are nugatory*

*I am the lead in my story*

*I take back power by revealing its name*

*I own my strength, the emotion is tame*

*Continue to imagine the emotions as crazy cartoon characters, and you can light the paper if it is safe to do so, allowing it to burn away the strong grip those emotions have had on you.*