

Emotional Unbinding: A Spell to Forget an Ex



You Will Need

Glass jar filled with water

1 picture of yourself

1 white candle

1 tsp olive oil

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How to cast the spell

Place your photo on your altar.

Put the jar with water on top of the photo. The jar should be transparent so you can clearly see your picture through it.

Place the white candle right behind the jar.

Pour 1 teaspoon of olive oil into the water.

Light the candle and say:

*With the power of the Sacred Elements,
I untie everything that binds me to
(full name of the person). I release it
and let it go.*

*By the power of my soul, I declare that
this relationship has ended, and I let
(full name of the person) follow their
path.*

*I entrust my destiny to the Gods, so that
I can find peace and harmony.
I commend myself to a future of joy and
happiness above all. So mote it be!*

Meditate and focus on clearing your mind. If you find this hard, concentrate instead in your own good qualities. Become self-aware of what your feelings are, so they won't invade you and take over your mind.

Let the candle burn safely all the way down. Throw the water into the sink and the remains of the candle in the trash. Keep your picture near you.



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