

# Uncrossing Spell

If you believe you may be suffering from a hex-related illness or a run of misfortune, try an uncrossing ritual.

- A handful of Bay leaves
- 2 Frankincense sticks
- 1 tbsp cinnamon powder (or ground cinnamon)
- 1 white candle
- 1 dish
- Lighter or matches



1. Start your ritual by visualizing a circle or simply take three deep breaths as you empty your mind.
  2. Light the white candle on your altar.
  3. Place the bay leaves on the dish.
4. Sprinkle the cinnamon on top. As you do this, say:

*"In the name of the great and victorious elements,  
I invoke the ancient forces.  
To crush and remove all negative entities,  
all curses and crosses.  
Break and dissolve. Bless and set free.  
As it is now, so mote it be"*
5. Cross the two sticks of incense on the dish and light them.
6. Let the incense and the candle burn completely. Don't let candles burn unattended!
7. Once you're done, bury or throw away all the remains in the compost or trash as you say *Thanks*.

All disturbances, hexes, negative influences and curses will now begin to disappear.