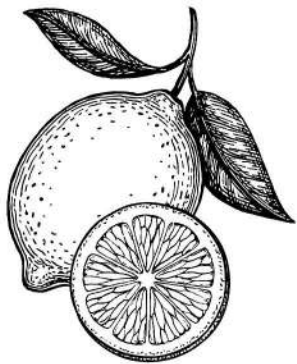
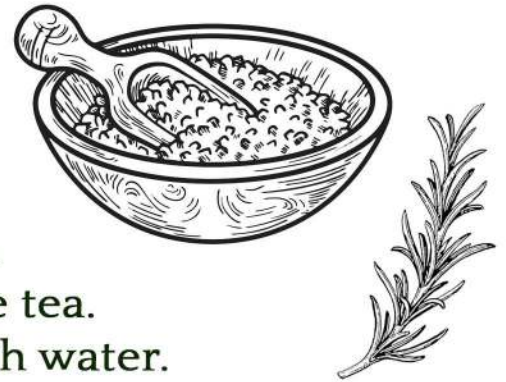


Breaking a Curse

Rosemary Bath

1. Take a shower.
 2. Fill the tub with warm water.
 3. Add 2 cups of Epsom salt
 4. Add 10 drops of rosemary essential oil.
 5. (Optional) add 2 tea bags of chamomile tea.
- Let the negativity wash away with the bath water.

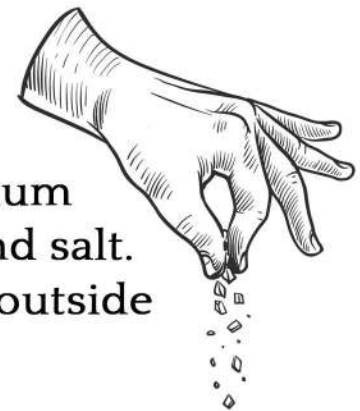


Citrus Aura Cleanse

1. Cut a fresh whole lemon in half.
 2. Sprinkle each half with plenty of sea salt.
 3. Take a half of the lemon and move it over your body as you visualize how it pulls out the negative energy. Repeat with the other half.
- If you notice the lemon getting moldy over the next days, repeat the process with a fresh lemon.

Protective Salt Barrier

1. Open all windows and doors.
 2. Sweep the floors clean and thoroughly vacuum
 3. Mop the floors inside with a mix of water and salt.
- If you can't mop the floors, pour a ring of salt outside along the perimeter of the house or business.



Smoke Cleansing

1. Open all windows and doors.
 2. Burn sage, mugwort, or rosemary in a fireproof dish.
 3. Chant a cleansing prayer as the smoke rises.
- If you are the target of the curse, pass the smoke all over your body.