

Chill-Out!

SOMETIMES YOU JUST NEED TO MAKE SOMEONE OR SOMETHING CALM DOWN. THIS SIMPLE PROCEDURE FOR A FREEZER SPELL CAN HELP MOST SITUATIONS AND IT IS EASY TO ADJUST TO YOUR SPECIFIC NEEDS!

You will need...

- a jar or bottle
- a piece of paper or photo
- a pen or pencil
- a freezer

As you perform the ritual, visualize the person or situation becoming immobilized and unable to cause harm or move forward.



1. Cleanse and clear the space by burning incense or other cleansing herbs. You may also cleanse your jar or bottle and any other tools or ingredients you're using.
2. Write the person's name or describe the situation you want to freeze on the paper or the photograph.
3. Fold the paper or photo and place it in the container.
4. Fill the container with water and seal it tightly. You can also use vinegar to sour their words symbolically. If you are using glass, DO NOT fill the container to the top. It will break!
5. Place the container in the freezer.
6. Leave the container in the freezer for as long as needed, periodically checking in on your intentions and the situation's progress.
7. If the person has left your life and you have no reason to believe they will enter again, you can throw the frozen spell into the trash. You can also leave the spell frozen forever. If the person reappears, you may have to recharge the spell by following the directions above. You can recharge as many times as you like.