TRUTH SPELL AMULET

encourage honesty from others

YOU WILL NEED:

- a black candle
- a small object
- salt
- juniper
- lavender

INSTRUCTIONS

1. Cleanse yourself and your space in your preferred method.

2. If you cast a circle, now is the time to do so.

3. Place your object onto the working space in front of you. You can use a plate for easier cleanup of the herbs when you are done. Light your black candle.

4. One by one, sprinkle the salt and herbs over your object. As you sprinkle the object with your ingredients, visualize the object infusing with the energy and correspondences of each ingredient.

5. Hold your hands over the object, palms down, and close your eyes. Visualize the object as an amulet, doing its job and protecting you from lies and dishonesty. Feel how it makes you feel to use it - protected, safe, calm.

6. Hold this visualization in your mind and speak these words:

   With this chant I do create,
   An amulet to keep me safe.
   Only truth and goodness here,
   Banish lies and banish fear.

7. Let the candle burn all the way down before removing the object from your working space.

8. Place your newly created amulet in a place where it can do its best work. This will depend on the object you used, but some ideas include on your person (for jewelry or kept in your pocket), at your front door, or on your desk at work.

9. Once a month or as needed, repeat the spell to refresh the energy of your amulet, cleansing it beforehand and thanking it for keeping you protected.