



Ask Rose Ariadne
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Breaking a Spell

A spell is a method of effecting change in our lives. Sometimes we can get carried away and do spells that hurt others. (Remember, a good witch never intentionally hurts others.)

There may be witches, however, who are not aware of the devastating effects of Karma. Haven't you heard of people complaining "Why me?"

These people forget what they have done in the past. As our negative thoughts and deeds are returned to us three-fold, we will certainly see the results of all our actions sooner or later.

So what do we do when we or someone we love suffer because of someone else's negative or evil intentions? Just as we change our circumstances by performing spells, we can change the effects of other people's intentions by working spells.

Spells are most effective when our body, mind and spirit are in harmony. To make our intentions create what we desperately need, we have to first assume that the work is already done. By placing ourselves in the future, and assuming that the hurt will stop, we can allow the joy to come into our lives.

For example, if you have consistently bad luck for over a long period of time, you may be the target of a curse. Curses are spells which are intended to harm you in some way. Someone you know may have put the curse on you because they were angry with you or something you said or did.

There are many kinds of people in this world and some are not smart enough to be aware that putting a curse on someone returns three times the negative influence on their lives. However, because they are humans with magickal powers, the curse or negative





intentions will work even if it is intended for someone who tries to be a good person all the time.

Do not worry, however. There are many ways to remove the curse. If you can identify the person who put the curse on you, it will be easier since you can focus more intently on the person and visualize her/him losing the power they have over you.

If you have a general idea that someone has put a curse on you, all you need to do is to work a spell that will help you remove the energy that is focused on you.

To stop a curse, or break a spell, we need to do the following steps

Purification

Healing

Protection

For purification, collect some herbs that are known to help with breaking hexes and other negative influences such as:

Lavender, Lemon, Fennel, and Rosemary - 2 drops of oil or use the crushed dried herbs. For Lemon, you may also use lemon juice or lemon rind.

- a cup of salt

Prepare a bath with the herbs and salt. Sit in it for some time visualizing all the negativity slowly leaving you. As you cleanse your mind with of worries, allow the feeling of peace and calmness to surround you.

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