

Ritual to protect yourself from a curse



Items:

- A white candle
- A small mirror
- A black cloth
- A needle
- Some salt

Ritual:

Light the candle and place it on a table or altar. Put the mirror in front of the candle, facing you.

Hold the black cloth in your hands and say: *“This cloth represents the curse that has been cast upon me. I reject it and send it back to its source.”*

Use the needle to prick your finger and draw a drop of blood. Dab it on the cloth and say: *“This is my blood, my life force, my power. I reclaim it and use it to break the curse.”*

Sprinkle some salt on the cloth and say: *“This is salt, the purifier, the cleanser, the protector. I cleanse myself and my home of all negative influences.”*

Fold the cloth and wrap it around the mirror. Say: *“This is the mirror, the reflector, the returner. I reflect the curse back to its sender and free myself from its effects.”*

Blow out the candle and bury the cloth and mirror in a safe place away from your home. Say: *“This is the end of the curse, the end of the harm, the end of the fear. I am free, I am safe, I am blessed.”*