

Bad Habit Banisher

FOR: REMOVING BAD HABITS

THE TIME OF THE WANING MOON, WHEN SHE IS SHRINKING, IS THE PERFECT TIME TO REMOVE SOMETHING FROM YOUR LIFE.

FOR THIS SPELL, YOU'LL NEED:

A CANDLE

A SHARP OBJECT, LIKE A INKLESS BIRO, A PIN OR A CANDLE

CARVERS

MATCHES OR LIGHTER

STEP ONE

WRITE DOWN THE HABIT YOU WISH TO BREAK ON THE CANDLE. PHRASE IT LIKE THIS:

'I NO LONGER X'

SO, IF I WANTED TO STOP DRINKING POP (SODA), I'D

WRITE:

'I NO LONGER DRINK SODA.'

STEP TWO

LIGHT THE CANDLE. THE SPELL WILL START TO TAKE EFFECT ONCE THE CANDLE HAS FINISHED BURNING, SO CHOOSING THE SMALLEST CANDLE YOU CAN WRITE ON IS BENEFICIAL. YOU CAN RELIGHT THE CANDLE EVERY DAY ON THE WANING MOON, IF YOUR CANDLE WON'T SPEND IN ONE NIGHT. BE SURE TO FINISH THE SPELL BEFORE THE
NEW MOON!