**Anger Spell**

This spell needs to be done alongside flowing water - I suggest in a private corner surrounded by bushes at the side of a stream. Create your circle. Cup a black stone in your hands and raise it to your forehead, concentrate and send all your anger into the stone. Do this for as long as you can until you can do it no longer, then hurl the stone with all your might into the water and say:

**"With this stone, Anger be gone**

**Water bind it, No-one find it!"**

Place your palms upon the ground for a few moments to earth the power and allow your circle to fade. Now go home and take care of yourself for you may feel depleted for a while, but you will be better. Alternatively, you may feel great straight away.