**Binding Spell #1**

You can use a white candle and thread and charge your candle with protection (using protection oil),

Or you can use a black candle and black thread, charging the candle with binding negative forces (using all-purpose oil).

THE SPELL

Take your candle, anoint and charge it. Light the candle and incense, we used Frankincense and Myrrh. Write on the twig all the negative things that you wish to bind in your life. Take your thread and wind it around the twig while chanting:

**" Wound and bound, Wound and bound,**

**So the words of will resound,**

**Holding, binding, clasping firm,**

**This evil shall not return!"**

When the twig is full, or you feel the power at it's peak say

**"So Mote It Be!**

When you are finished, place the twig into a wooden box, or bury it in the earth, or burn it. Since it has no person's name, you will not need to undo the spell...