**Destructive Knot Spell**

If there is a situation, problem, possible menace you are facing, there is a knot spell for this.

Take a cord and firmly visualize the problem in all its agonizing detail. Become emotional about it; seethe with anger, crumble into tears, whatever works.

Then firmly tie the knot.

Walk away from it, out of the room if possible. Take a shower, eat, do whatever will get your mind off the spell and allow you to relax.

When your emotions are stabilized return to the knot. With calm and peace, untie the knot. See the problem vanishing; dissolving into dust that is swept away by the cleansing North Wind. It is Done.