Exorcism Of Negative Energy

Preparation:

This ritual can either be done by yourself or with others participating. (It may be helpful to have others assisting with this.) Incense to burn: frankincense, pine, lilac, or rosemary.

This chant is to be said very forcefully many times over.

**You are not to come near my body.**

**You are not to go before me.**

**You are not to follow me.**

**Where I stop, you are not to stop.**

**Where I sit, you are not to sit.**

**At my home, you shall not enter.**

**You are not to step in my steps.**

**You are not to be in my shadow.**

**Where I go, you are not to go.**