**Expelling Negativity**

To make a portable tool for expelling negativity, begin by dabbing your pulse points and Chakras with a mixture of powdered cloves and lemon oil. This opens the avenue for spiritual purification. Next, take a small; square black cloth and a slightly larger white cloth. Hold the black cloth with both hands. Visualize the habit you are trying to banish as black sludge coming out of your pores and being absorbed by the cloth. Once you feel the negativity has been discharged, take the white cloth in hand saying six times,

**"This is the light of protection, of purity.**

**As it covers the darkness, so it brings safety to me."**

As you speak these words, imagine a blinding white light pouring into the cloth. Lay out the black swatch, place some pine needles and frankincense bits on it, and then put the white one over it. Carefully bundle the two together so that no portion of the black can be seen. Carry the token with you to expel negativity wherever you are.

General Uses Expelling negative energies or spirits. Turning malevolent magic. Ridding oneself of obsessions, addictions, and phobias.

Time the light of day, specifically dawn. The months of January, July, and October when the moon is in Aries, Gemini, or Sagittarius during a blue moon on your birthday or dates with special meaning. Spinning Spells, Weaving Wonders