Healing Flames

Draw a picture of yourself with the disease, wound or condition. Clearly point out the problem in the picture; a large hammer against the head to represent a headache; black worms for a virus; a broken limb; a sore.

Charge a red candle with healing energy. Light the candle's flame. Hold the tip of the picture in the flame. After it's lit, drop it into a heat proof container.

Now with the red candle still burning, draw another picture of yourself without the headache, free of the virus or sore, or with a healed limb.

Place this picture under the red candle and let it burn out.