**Out With The Old, In With The New**

This spell utilizes the transformative powers of fire for personal change.

What you need: Candle, Fireproof Container, Paper, Pencil.

What to do: Relax. Light the candle. Sit down and write down ALL the things you want to change about yourself. Make sure they are things you truly wish to change. When you are done catch the paper on fire and when it first lights say to the paper:

***"I BANISH THIS!"***

Place the paper in fireproof container and gaze into the burning flames. Say:

***"Transformation I call to me,***
***Blessed Fire answer my plea.***
***Banish the old and bring in the new,***
***Clear the way for what's healthy and true."***

Keep saying it until the flames die down to nothing.

Make a concerted effort to change your ways/habits/thoughts and fire will help you achieve success.