**Put Someone in The Sugar Bowl**

\*You'll need something to represent her (a photo, a slip of paper with her full name, a personal item, etc...).

\*Take the item and place it in a bowl of sugar--you can also place it in

the sugar canister if you wish--so that the sugar completely covers it.

\*Say, **"About me, you will think only sweet thoughts. About me you**

**will only say sweet things. As I will it, so mote it be."**

\*Walk away from the sugar bowl, do not discuss the working with anyone, and do not dwell on the situation. (I have found that, if I continue to focus on the problem, the results of my spells often are hampered.)