**Realization Spell**

Write the person's name and what they have done to you on a small piece of paper. Light it from an altar candle and drop it to burn away in the cauldron. Stand before the alter, the ashes in your right hand, and say:

**Wolf and horse, old signs of might,**

**Lend your strength to me this night.**

**The pain and grief so they easily give,**

**Must be returned so they may live,**

**To know and feel what they have done,**

**And change their ways, with harm to none.**

**Send back the pain, teach them this night,**

**And help them to do what they know is right.**

Go outside, and throw the ashes to the winds, knowing that they will realize what they have done to you.