**Relief of Magickal Headaches**

Find a place to be alone. This place should be comfortably lit and free of smoke and fumes (this includes incense and essential oils). Place two chairs (one comfortable enough to relax in) facing each other. Sit in the relaxing chair. Take two slow, deep breaths and allow your eyes to fall naturally on the other chair. Now instruct your central 'self' (or your higher self, subconscious mind, or whatever you use for non-conscious workings) to form an image of the pain in that chair.

**Remember to breathe!**

As the image starts to appear, concentrate on making it as detailed as possible without letting your conscious mind interfere. Once the image is complete, note its appearance and then allow the remainder of your discomforts to flow into it (without otherwise empowering it or lending it your energy or essence).

**Remember to breathe**

while doing this. When the transfer is substantially complete, take two deep, relaxing breaths, stand up, and walk away (leaving the image in its chair). After an hour or so, the image will dissipate, making it safe to move the chair. After you have successfully done this two or three times, you can start streamlining it and customizing it to suit your own tastes. If the effectiveness starts to fade, return to this method for a few times. This spell can be used for a variety of discomforts, but it can also mask medical symptoms.

In case of chronic or prolonged problems, CONSULT A DOCTOR IMMEDIATELY! After all, there are few enough of us as it is!