Repelling Negativity by Wind

* Mirror
* Black candle
* White candle
* Incense

Find a large mirror, one you can position so that you are able to sit in front of it.

Burn a white and black candle in front of the mirror and meditate there for a while, focusing on purifying your energy.

Repeat this each night, three nights in a row.

Also try burning some cinnamon, frankincense, gardenia, or sandalwood incense.

Once you are done each night, don’t blow the candles out snuff them out instead.

After the third and final night, bury the wax remaining from the candles.