**Simple Purification Rite**

Concentrate on your breathing for about 3 minutes and when you feel ready, slowly speak this or another charm:

**The Sky. The Night. The Wind. The Sight.**

**The East, The Mind, My peace to Find.**

**With this breath, and with this might,**

**I release all ill, and regain my light.**

**Power and Peace, I regain once again.**

**So shall it be, the rite to begin.**

Visualize the air you breathe out turning to smoke and encircling your body. Allow the smoke to cleanse your mind and spirit. When this is so, allow the smoke to dissipate.