**Stop a Person Causing Harm to You**

Binding (Freezing) Instructions.

Light a white candle and your favorite incense. Meditate a short while on the problem. Invoke the Spirits of Protection for you and yours. Then take a piece of brown paper, like from a grocery bag, on it use a lead pencil to write the name of the offending person or people. If unknown people are involved, also write, "and all person’s unknown that are causing harm to me!" Cross off each line forcefully and say, forcefully,

**" I freeze name(s) to be bound by this spell,**

**Unable to cause anymore harm to (name(s)!**

**As I will, so mote it be! "**

Then put a spoonful of used coffee grounds on the brown paper, fold it small, and place it in the freezer. Leave it until the problem is completely resolved. I wrap a rubber band, string, twist tie, or what have you, to keep the coffee grounds from falling out of the paper. You can also use a zip lock bag. Be sure and burn the candle completely up. Don't use that candle for a different purpose.