**To Be Rid Of Whatever**

(negative thoughts, people, and such)

Red candle

Paper

pen

toilet

Write on the paper what you want to be rid of. Light the red candle and concentrate on it. Think about how it will be when you are rid of it. Pick up the lit candle and burn the paper. let the ash fall into the toilet. flush the toilet and say

**Around, Around, Around you go**

**Down the toilet the water flows**

**With the water you must go**

**Down, Down, Down the toilet you must go**