

To overcome hate

Materials required

A bowl of water

Hold the bowl in your hands and visualise all your hate filtering into the water.
Take as long as required, then repeat the following chant.

Hate is alien to my mind.
Hate begets hate and makes me blind
To Evil's treacherous face.
Now I cleanse my soul and mind
And within true love I find
leading me to my rightful place.

When you have finished throw the water into a river, stream or even down the toilet to release the spell.