

# Emotional Healing Spell



1. Green ribbon
2. Yellow Candle & lighter
3. 1 Lemon
4. 1 glass of water
5. Knife and plate
6. 1 sugar packet
7. Libation vessel

<Upon altar, place candle and glass of water and ribbon. Also, place lemon on a small plate along with a knife to slice.>

<pick up lemon>

A lemon, a gorgeous sensitive fruit I hold.

I offer it to Goddess.

<lift it high>

I embrace my self which needs healed to Goddess.

as this lemon.....

I also open to reveal my tender emotion

<place lemon on plate & slice lemon in half>

< drip a bit of the lemon's juice into glass and then place it back on plate>

<pick up glass of water>

My emotions ▪ flow unchecked.

I offer them to Goddess.

<pour some water into vessel>

<pick up sugar>

My intention is sweet and true

I offer my intention to Goddess

<sprinkle a tiny bit into the libation vessel>

I offer it to Goddess

<sprinkle rest of sugar packet into glass of water>

Distill, Instill, embrace and heal.

<touch lemon on plate and get a bit of juice on your fingertips • anoint candle and then yourself>

::Light candle::

<pick up glass and hold high and then to heart • surround self with gorgeous light of healing. Inhale the scent of inspiring lemon and imbue your healing "creation" with intention>

<sip the healing "creation" from the glass. and return glass to altar>

*\*you may extinguish candle now or if it is a safe space, let it finish.*

<go outside to a tree with libation vessel and ribbon>

To the winds I show my healing heart; with Goddess .. I heal.

<tie ribbon to tree and offer libation>

**:-) 12/3/08**

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