



ANNAS CAULDRON  
HIGH PRIESTESS

## TO RELEASE BURDENS OR TROUBLE

This is a very effective exercise which is similar to performing your own banishing ritual. The more seriously that you take it and the more effort that you put into it the better the results. The best day to perform it would be Saturday on a waning moon.

Write all your problems on a clean piece of paper and fold it three times.

Take a walk to a river where you can stand on a bridge.

Look at the water beneath you as you throw your paper away. Imagine your problems getting smaller as they get taken away by the water.

Now take a deep breath and exhale loudly. Repeat three times.

You are now taking control of your life. You will start to feel empowered as you walk back home. There is only one person who holds the key to your future...and that is **YOU**.

You have choices in your life and you will see them more clearly now. Before you go to sleep tonight ask for some new insights to help you make the right decisions.

Tomorrow is a new day.