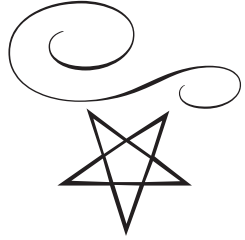


**Rock And Ribbon:  
A Spell To  
Lighten a  
Spiritual Burden**



A mini-spellbook from  
www.lunasgathering.com

*This is a spell of spiritual healing. If you work this spell on behalf of another person, keep in mind you must always respect the free will of others and their choices about how to handle life's lessons.*



You will need:

A length of ribbon to represent your spirit (any color you like, 1/2 yard or longer)

A small rock to represent the burdens you wish to cast away (about an inch or so in diameter--small enough to throw far)

*For more free  
mini-spellbooks,  
please visit  
www.lunasgathering.com*

*Blessed Be!*



This spell must be done outdoors in an open area and away from anyone or anything which might be damaged by the rock you are using.

The best location is near a body of water such as a creek, river, or lake. If you cannot get to any kind of water, a field or park will do. The important aspect of the location is you must be able to cast the rock away from you and cause no harm in doing so.

Be sure there will be a small rock available at the site, or find one ahead of time and take it with you.

Thank the land or the water for their help in releasing your burden.

Now pick up the ribbon. Choose a way to move the ribbon which expresses freedom: twirl it, or run and let it stream out behind you, or dance in a circle with it. As you watch the ribbon floating on the air, think of your spirit flying free, too. Say:



*My burden is gone, my spirit is free  
As I will so shall it be*

At the location where you will work the spell, place your ribbon and rock on the ground in front of you.

Visualize the problem which is weighing you down. Pick up the rock and hold it in your hand. See the rock as a giant boulder, representing all the suffering and sorrow brought on by the problem. Feel the rock absorbing the terrible weight. Focus on visualizing all the aspects of the problem, and as you do, imagine them pouring out of you, and into the rock.

You will not let the rock hold your spirit down.  
Pick up the rock, and say:

*For the good of all, and according  
to free will,  
I choose to release this burden.*

Think once more of the problem, then throw the rock away from you--into the water, or far away where you cannot see it.

Close your eyes and feel the problem being washed away by water, or draining down into the earth, being utterly dissolved.

Now put the rock down onto the ribbon, which represents your spirit. See how your spirit is held down by the weight of this problem. Feel your desire to be set free from the weight of this burden.

At first glance, it may look like there is no way a fragile spirit can get out from under a mountain. But our spirits are much stronger than we sometimes think.

1

2

3

4

5