

## A Spell to Stop Worrying

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Worrying is like paying interest on a debt you may not owe. Thought precedes action. When you weigh yourself down with worrisome, debilitating thoughts, it is as if you entered a quagmire. It will not matter how much you struggle to get through; as long as you worry, you will keep sinking deeper. Write down everything that you are worried about and place it in a special box.

On the night of the full moon, turn on meditative music. Sit comfortably, light a white candle, and place it directly in front of you. Drop three drops of vanilla onto the candle.

Now listen to the meditation on this site: <https://spiritualityhealth.com/articles/2019/10/01/a-spell-to-stop-worrying> [1]

(Picture: <https://spiritualityhealth.com/articles/2019/10/01/a-spell-to-stop-worrying> [1])

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[1] <https://spiritualityhealth.com/articles/2019/10/01/a-spell-to-stop-worrying>

[2] <http://spiritualnetwork.com/user/login?destination=printpdf%2F37987>