

Psychic. Witch. Counselor.

Rebekah Freedom's

Resolutions and Solutions for Life



As a tip, [Young Living](#) Cedar oil is especially potent when it comes to anointing your spells and infusing your intention into them.

Western Red Cedar essential oil may regulate the rhythm of the body so that the heart "resets" the body energetically. This action **releases** stagnant "heart" energy, and brings about a new energy. The new energy is clean, grounded and spiritually conscious.

Western Red Cedar essential oil definitely **opens** communication for meditation and journeying. Its energy extends downward to the core center of the Earth and upward through your spine to the Central Sun or Universe.

Western Red Cedar essential oil is also very **powerful** oil for emotional release work on a conscious and subconscious level. It may bring up fears that are holding you back and keeping you on a level of survival, or blocking you from moving spiritually into your intended work.

Clearing Spell

"The burning bowl"

Do this spell before December 31st.

Preparation & Spell Casting

1. **Get a metal kettal, a fire pot or and outdoor grill.**
2. Invite at least 2 friends to join you in this ritual.
3. **Sit around the fire and talk about what challenges you have faced meeting your goals.**
4. **Write on a piece of paper what comes up for you. Once with your right hand and once with your left hand.**
5. Go counter clockwise around the circle and read you list of "blocks".
6. Then with great intention place each paper on the fire.
7. After everyone is done sit in meditation for at least 5 minutes. Then in your Grimoire/Journal (Book of Shadows) write your hopes for the future.
8. Then go clockwise around the circle and share your hopes and dreams.
9. On a seperate piece of paper, write the one wish you choose to manifest right away and carry it with you at all times in a wallet or purse.

For any questions or comments please reach out to me at 303-917-7226. If you want to work together to create more for your life please book a session at rebekahfreedom.com