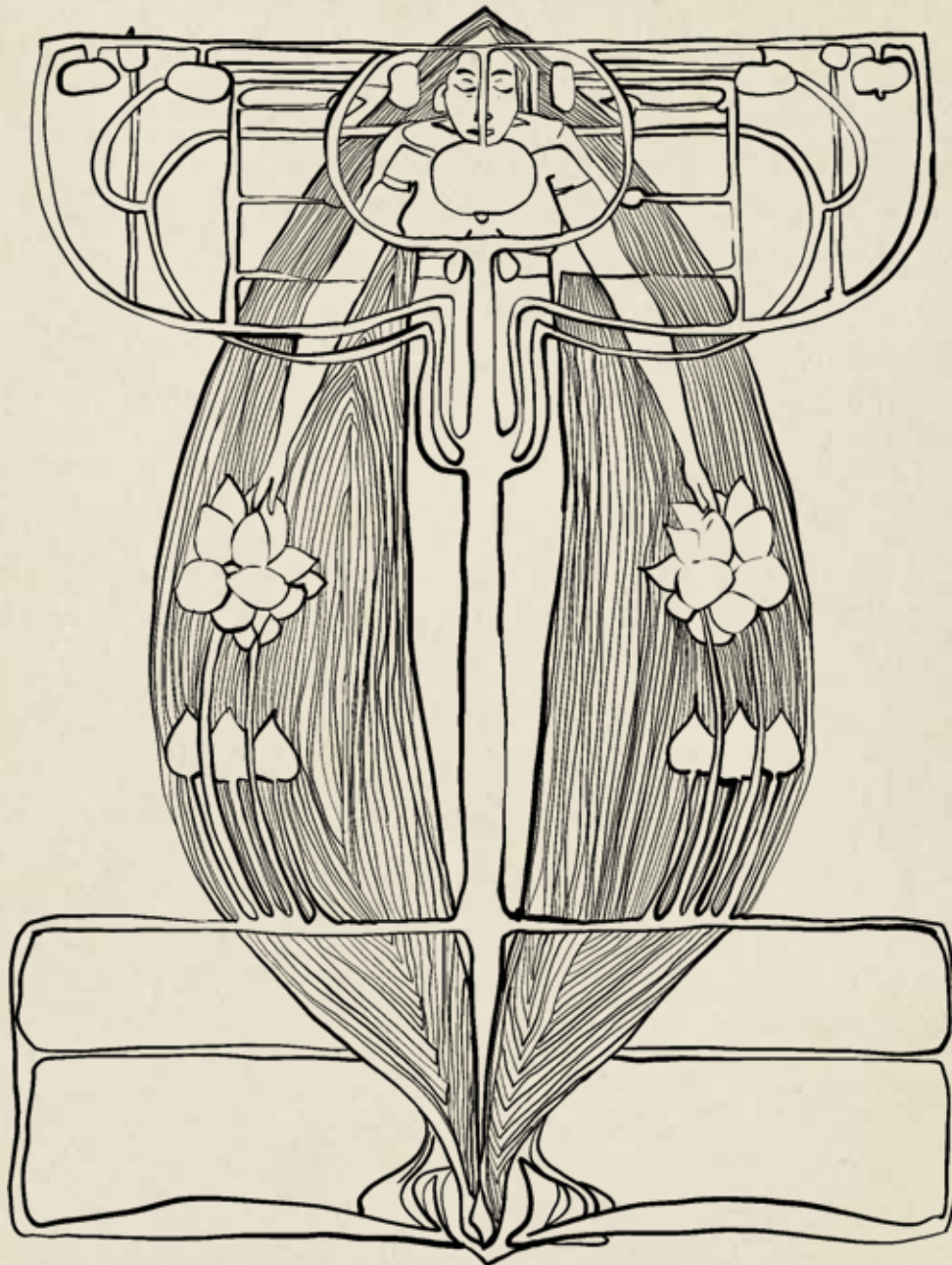
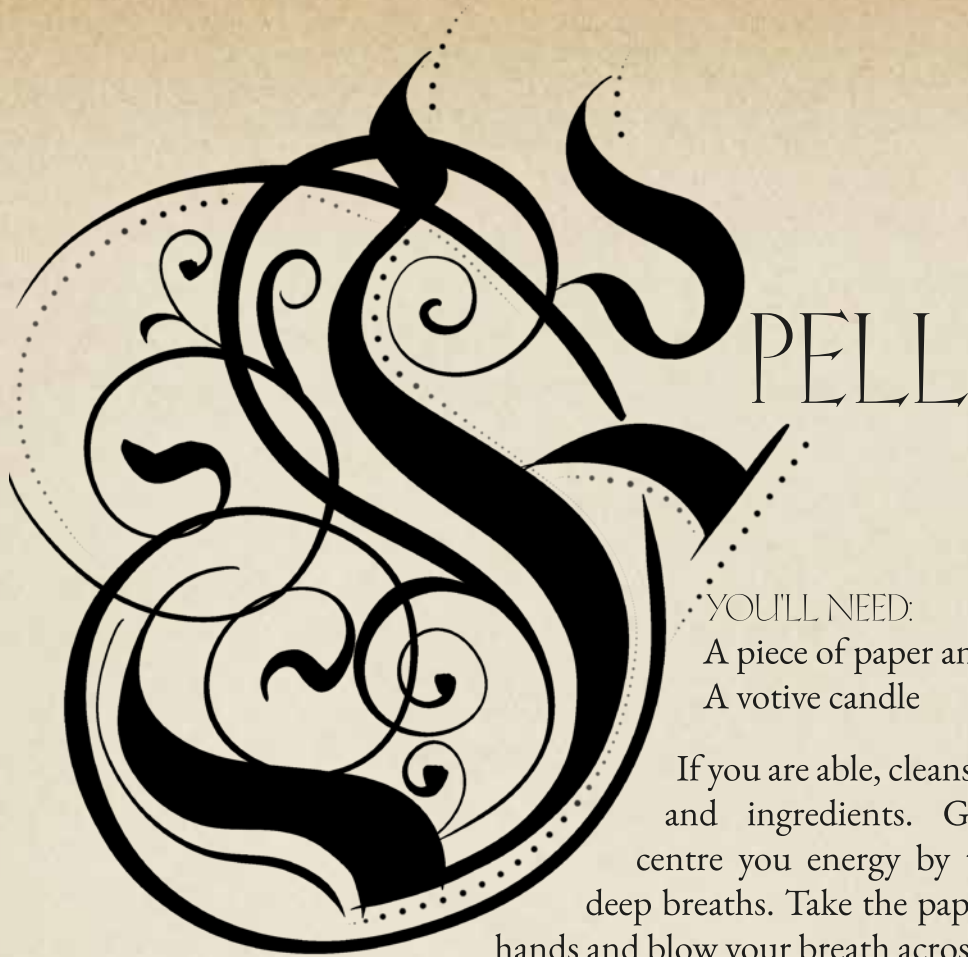


A SPELL OF PROTECTION
&
PEACE



FOR UKRAINE



YOU'LL NEED:

- A piece of paper and pencil
- A votive candle

If you are able, cleanse your space and ingredients. Ground and centre you energy by taking three deep breaths. Take the paper into your hands and blow your breath across it. This is a blessing of spirit. Write or draw a symbolic representation of Ukraine onto the paper. You could simply write 'Ukraine,' draw a picture of it geographically or use any other type of figurative language that best represents the country and its people to you. Fold the paper two times towards you. Draw a protective sign onto the paper and place it underneath the votive candle. Light the candle. Say out loud or in your mind, 'as I call forth this flame, so to do I call forth energies of peace and sovereignty for Ukraine.'

ACTIVATE YOUR INTENTION. EXPAND
IT. INVOKE IT. PUT YOUR PRAYER
AROUND IT. ENVELOPE IT.

The power of this spell lies in many people practicing it, creating a reverberation of energy. It's not essential to practice the spell at any exact time. Practice it where and when you can.



Two Example Symbols of Protection