



The Mystic Dream

Uncrossing Rite

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Even the most disciplined amongst us can at times succumb to energies that are unhealthy, stressful, or detrimental to our health or well being. They may manifest as depression, negative psychic experiences, or even as a run of bad luck. Whether these energies are purely internal, or originate outside of ourselves, the release, cure, or purification of these conditions has been an important aspect of every religion from every indigenous culture. While it should in no way be understood to take the place of qualified medical, psychological, or legal assistance, what follows is a simple yet effective ritual that you can perform in order to dispel the spiritual source of these conditions, and take a much needed stride towards the improvement of your life.

Items needed:

- 2 white candles
- A purification herb, resin, or incense for “smudging”
(Such as sage, copal, frankincense, or dragon’s blood)
- Uncrossing or purification bath salts
(or an infusion of appropriate herbs such as rue, lemon grass, hyssop, mint, in addition to salt)
- Uncrossing oil
(Or any combination of three oils, or three oil(s) and herb(s) blends, such as Lemon Grass, Hyssop, or Rue)
- A glass of fresh water
- A raw egg* (optional)

Begin by taking a few slow, deep breaths to calm and center yourself. If you will use a tub, then draw a warm bath. (Alternatively you may perform this rite in a shower by combining all herbs, oils, and salt in a cotton or muslin pouch which you will pray over and then use as a “wash cloth”.)

Light the purification herb(s). Allow the smoke to wash over you and your immediate area. Hold the glass of water in your hands. Imagine it filled with a brilliant white light of divine origin. Open yourself to your higher power and ask God Herself to infuse the water with the essence of divine purity. Pray for all of your sins, transgressions, and negative energies to be cleansed by the spiritual light within the water. Reverently drink it down, imagining the divine light of purity shining within and around you.

Dress the white candles with Uncrossing oil while you pray over them. Hold your hands over each one and imagine that divine light filling them with the spiritual power of your prayer. Place them outside the tub about 2-4 feet apart. Light them with an affirmation of the work you are undertaking.

Put the bath salts into the tub and likewise pray over it. Use the empty glass to pour bathwater over your head. (If you are in a shower then place it underneath you to catch some of the herb-infused water as it washes off your body.)

When you are finished take a glassful of the water with you as you exit the tub or shower while walking through the “gate” of the two candles. Dry off naturally and then take the water outside and throw it at the base of a big, strong tree, asking the tree spirit to take the crossed condition down into the earth where it will be transformed. Allow the candles to burn all the way down. It is done.

* The egg may be enchanted to absorb the curse, jinx, or crossed condition by using it to “wash” the aura while chanting and willing said negative energy into it. It will then be carefully held during the bathing while meditating on the negative condition being bound inside it. It will then be thrown either down the drain of the tub as the water drains out, or with the captured water at the base of the tree.