



Spell To Banish Sadness: The Binding Tree

People affected by bipolar disorder and depression often feel a sense of loneliness and despair even when it is irrational. This ritual is designed to be a visual and somantic practice to banish that loneliness and despair.

For each family member or friend that loves you, create a token or charm to represent them and hang this charm on a ribbon. For items that are delicate, you may place them in a jar or container. The spell is stronger if the person creates the charm themselves and 'donates' it to your spell. Take all of your charms and hang each one on a branch of a tree that is easily seen from your window, or easily accessed. While you tie each token onto the tree, bind the person's token by saying,

"I AM LOVED. HERE, I STAND BEFORE THE EVIDENCE OF LOVE AND SUPPORT. WITH THIS TOKEN OF LOVE, I ACCEPT INTO MY HEART ALL THE LOVE AND GOODWILL THAT THE TOKEN'S GIVER EXTENDS TO ME. WITH THIS TOKEN, I BIND THEIR LOVE AND JOY TO THIS TREE, A REPRESENTATION OF MY HEART. I LOOK UPON THIS TREE, LADEN WITH THE FRUITS OF LOVE, AND KNOW I AM BLESSED. WITH THIS TOKEN, I BANISH MY LONELINESS AND DESPAIR."

Finish tying the ribbon and take five steps back. Look at and study the tree. Say each name that is attached to it's limbs and think of how that person is attached to you. Breathe deeply and allow yourself time to heal during this ritual.

During your life, continue to add tokens for people you care about, and people who care about you. People can have more than one charm if you want. You may also bind the tree with one person and use positive memories; place a token representative of a memory (a poem, a flower, etc.) onto the ribbon and bind the tree with these positive thoughts.

If you cannot use a tree, then place items wherever you wish.