

Freezer Binding

- Write the name of the person you wish to prevent from harming you on a piece of paper.
- Gaze at the paper and visualize the face of the person in question; see their face vividly imprinted on the paper.
- Then, fold the paper three times.
- Tie it up with black thread or string, and put into a small watertight container (baby food jars are ideal).
- Fill the container with water, and place in a nook of the freezer where it's unlikely to be disturbed, saying *'Stay there and freeze as long as I please'*.