

## Spring Seasonal Exercise 2 *Magical Notions*

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### *Banishing Exercise*

This is sort of a dark side concentration exercise because if you can't confront what's holding you back, then you can't free yourself from it. To do it, begin with a spiritual dumpster dive. Focus on what hurts, what captures, what enslaves, what frightens you. Turn it over in your feelings, like you're turning soil in a spring garden. Get in there and go for it. Now, use the steps in the concentration exercise. Bring your immediate environment into the equation. Make a mental note of your perceptions. This time, when you're ready, write down your verbalization. Fold the paper and (if you're inside) take it outdoors. Set it alight, tell it "Be Gone.", and watch its smoke melt into the airspace. Lastly go inside and wash your face and hands - taking a shower is even better.

As an aside, make a mental note to compare your environmental perceptions when doing both the Spring Seasonal Feature exercise and the Banishing Exercise. The dark side one will show you how powerful your own negativity can be in creating your reality. You'll comprehend, for yourself, why living from a positive perspective is so vital to well-being and spiritual progress.

I hope you find them helpful.

If you have any short questions, you can contact me at: [chris@magicalnotions.com](mailto:chris@magicalnotions.com)