

Saining Spell

This is the Scottish method of ritual blessing and cleansing. Use this spell to spiritually cleanse and bless an area, plus all of those in proximity, too.

METHOD:

- 1. Collect water from a living source of water (like a spring) between midnight and dawn during a Waxing Moon*
- 2. Have all those participating gather in a circle*
- 3. Pass the water clockwise and have each person sip and sprinkle over themselves or their neighbor*
- 4. Once the circle has been completed, sprinkle the remaining water in each corner of every room in the house*