



Love Loss? Broken Heart?

[Rose Ariadne's Blog](http://www.rose-ariadne.com)

<http://www.rose-ariadne.com>

[Mastering Magick Witchcraft](http://www.masteringmagickwitchcraft.com)

<http://www.masteringmagickwitchcraft.com>

Dear Friends,

The truth is, most people who turn to a Witchcraft path towards the middle of their lives – do so because of some kind of pain or trouble in their lives.

Most choose the Magick path because of the possibilities for healing, and “miracle bringing”. ;) And many are able to completely turn things around, which is one of the reasons why I wanted to add an extra “push” to those who need it by offering my life’s work to the world at

<http://www.masteringmagickwitchcraft.com>.

I am convinced, after years of living, that the most painful thing in this entire world – is that of a broken heart. Whether you’ve lost a loved one, or had your heart stepped on by a boyfriend, girlfriend, husband, or wife – the effects of the pain associated with a broken heart are *crippling*...

Ash (my computer genius) interviewed me a few months ago, and the topic of using Magick to heal a broken heart came up. I’ve included the clip for you, and wanted to write this newsletter on the same topic to talk about some of my thoughts on the matter.

The first thing I tell ANYONE who is suffering from a broken heart (and it really is suffering) –is that **the sadness is universal, shared by people in every race, culture, and religious background.**

You are not alone.

And you can take some comfort when crying yourself to sleep at night – from the fact that there are others just like you... feeling the pain *right now*.

This feeling of a shared pain with others can give at least a small amount of peace and tranquility. **But there is still pain to be dealt with.**

And that’s where Magick can help.





As I discuss in the interview, the main use Magick has in a situation like this is to help remove the “connection” that exists between you and this other person. Don’t get me wrong...

I’m not talking about completely severing any and all ties between you and someone you care about. **I’m talking about using Magick to cut away only the connections that cause you the most pain.**

You see, there is a “connection” between you and every other person that crosses your path. It could only be a shared smile between two strangers... but that moment is frozen in time. The glance, the smile, the friendly hello...

The connection will always be there because the “meeting” of that person – if only for that brief moment, can have a profound impact on your life, and your future fate.

Magick energy is a web of intertwined destinies and events present and past – **to try to “understand” it is fruitless, but learning to control it is the key.**

And you can focus your Magick energy to sever connections of pain and heart ache.

I’m going to show you a simple spell that can help to end your bleeding heart – but remember, it is important to deal with pain as it makes us stronger... but this spell will help us get to that point.

Even if you aren’t currently suffering a broken heart, maybe you can pass this on to somebody who is... and maybe.... just maybe, there is still some pain inside of you from a broken heart you suffered long ago. It’s funny how we can push some of the pain back down inside of us, because subconsciously we don’t want to go through the sadness of dealing with it.

So, on with the spell...

We’ll call this one **“Rose’s Apple Heart Ache Cleansing”**.

STEP 1: Gather a “diced” apple, honey, and cayenne pepper, along with the things you’d normally have on your altar.

STEP 2: Check your Internal and External sacred spaces – and cast your circle by following the [DVDs](#) in the [Home Academy](#) or [The Mystical World Of Ancient Witchcraft](#). (including calling quarters or anything else you wish to invite to this ritual for help) As you are doing this, acknowledge (and think about) the pain you are feeling – but do it from a place of “calm” inside of you. Think about how the pain is temporary... and how time will heal this wound, no matter how hard it is to believe.





STEP 3: Light your deity candles, and light a protection based incense (if you have one)

STEP 4: Lay the diced apple on a plate, on your alter, and cover the pieces with honey, and cayenne pepper. As you are doing this, visualize that the honey is the “love” connection that you have with the person you are hurting over. As you sprinkle the cayenne pepper, visualize this as the pain that you are feeling. Almost “see” the pain coming out from your heart and into the cayenne pepper.

STEP 5: Check your belief... make sure that in your heart, you believe that you have released your pain into the cayenne pepper – and that, above all, you believe that this spell will release some pain from your heart.

STEP 6: If you are using incense, visualize the pain and heartache dispersing into the air through the smoke of the incense.

STEP 7: When you feel a calmness about you – and are confident you have released some of the bad energies filling your heart, thank your deities, snuff out the candles and open your circle. Take the diced apples with honey and cayenne pepper and bury them in a hole in the ground away from your home...

When done properly, this spell is extremely effective in helping to “get over” a broken heart. It’s really the first step in “moving on” and finding Love that is “right” for you.

Repeat this little spell at least once or twice a week at first (or more if you are still having a hard time). The reason for the repetition is that your “mind” will re-fill your heart with more sadness, and you must continually release the pain...

Matters of the heart are very delicate, and I’d appreciate it if you’d print this newsletter and put it somewhere you can find it – if you ever need it.

I’ll be sending you another newsletter this week, and have a blessed day!

Love And Light,

Rose Ariadne

Your Warm And Caring “Resident Witch In Charge”

P.S. Make sure to leave your comments by using the “comments” link right underneath this blog post...on the blog of course!





[Rose Ariadne's Blog](http://www.rose-ariadne.com)
<http://www.rose-ariadne.com>

P.P.S. If you have friends or family that you care about – that could benefit from any of this information, please feel free to forward this newsletter on to them. Or you can just use this link to inform them about my blog...

<http://www.rose-ariadne.com/tell/tell.cgi>

P.P.P.S. If you want to discover how to focus your Magick energy to bring Love, Success, Protection, and a flood of miracles into your life, please see my life's work at...

<http://www.masteringmagickwitchcraft.com>

