

CURSE BREAKING



A Lesson for Beginners with Trance Skills

Sara Mastros Sara@MastrosZealot.com

Trigger Warnings

This class will touch on several troubling topics, including rape, abuse, and suicide.

Who is this class for?

- Something for everyone
- “Target demographic”:
 - experience in trance and “shamanic healing”
 - Comfortable with operative magic
 - Little to no training in operative magic

What is a curse?

- A specific spell cast by a human, intended to cause harm to another human.
- Not all ill-wishing is cursing.
- Not all crossed conditions are caused by curses.
- A curse is not ill-fortune, illness, or injury. It is sorcery that makes one vulnerable to ill-fortune, illness, injury.

Am I cursed?

- Yes.
- We live in a culture of cursing.
- Everyone is cursed *ALL* the time.
- Intact, healthy people are largely immune.
- Dangerous with pre-existing psychic injury
- OR when they are skillfully made.

What will you learn in this class?

- Meet curse-breaking allies
- General prophylaxis
- Diagnosis of curses
- Home remedies for several common curses

Four Curse-breaking allies...

- Salt
- Wormwood
- Frankincense
- Living Water

Salt

- You **ARE** a spirit of the court of Salt.
- 200lb human has 1.5 cups of salt.
- Best all-purpose curse-breaker and cleanser
- You should already have met a salt ally.
- Best application, in bath. Next, top of head.
- Carry salt packets with you all the time.

Wormwood & other Artemisia

- Wormwood > Mugwort > Tarragon
- Meet plant, then spirit. Grow if possible.
- Best for parasites
- Alcohol extraction or smoked
- Against radiant/febrile curses.
- Against light sickness
- Summoning demons, chthonic gods.



Curse Clearing Potion

In the name of the King of the Wood, the Queen of the Deep, and the Clever Child of the Crossroad, I cast out all who oppose NAME.

Unripe Black Walnut, Wormwood, Cloves tincture.

Several drops in juice thrice daily for nine days.

Also effective against intestinal parasites.

Frankincense (or another resin)

- Resin of boswelia trees. All resin ok. Pine good.
- Boswelia sacra (Somali frankincense) best for this
- Made by tree to seal and protect injury
- Magically: distilled sunshine. Like honey
- Good against “heavy” or “cold” curses.
- Also good for summoning angels, celestial gods.

Living Water מַיִם-חַיִּים

- You are mostly living water.
- Natural source (rain, river, sea, spring etc)
- Rain best for curse breaking. Immersion in storm is ideal, when possible. Snow also good.
- Looses potency as its stored
- Use at **END** of curse-breaking, to wash.

Who is high risk for cursing?

- Asleep, stoned, tranced, etc.
- Pre-existing trauma / attachment issue
- Very attractive/famous people
- Highly stigmatized people
- People in misery-dense environments
 - Mental health care workers VERY high risk
 - Curse-breaking VERY high risk

Prophylaxis

- Don't piss people off.
- Don't be guilty or broken; not so easy.
- Nightly casting off.
- Salt bath
- Home protection
- Self protection

Don't piss people off.

- We live in a cursing culture.
- You get cursed a lot.
- You rarely deserve it.
- You probably curse yourself sometimes.
- Don't curse casually.

Don't be guilty.

- Admit when you're wrong.
- Seek absolution from the wronged.
- An apology consists of:
 - Admission of wrong -doing
 - Expression of regret
 - Commitment to not reoffend
 - Attempt at restitution

Don't be broken. Easier said than done.

- Prioritize healing
- Seek out damage. Painful but necessary.
- Protect your vulnerabilities.
- DO NOT heal others of damage you still have.
- Cross contamination!!

Nightly Casting Off

- Scan for 1 minute. Review day and body.
- If found, remove.
- Cast off for one minute.
- Good with hand washing or hair brushing.
- Cast top to bottom.
- Right before sleep.

Salt Bath

- Not symbolic. Use A LOT. Taste salty.
- Bless the water.
- Top to bottom.
- “Stress can’t swim.”

Based on Thorkild Jakobson translation of Sumerian tablet

Oh Salt, created in a clean place,
For food of gods did Lord Wind destiny thee.
I, NAME, child of NAME,
Am held captive by enchantment,
held in fever by bewitchment.
O Salt, break my enchantment! Loose this spell!
Take from me the bewitchment!
And, as my re-creator, I shall extol thee!

Home protection

- Frankincense fumigation
- Red cord boundary
- Mezuzah
- Nazar
- Babylonian incantation bowls

Self Protection

- 4th pentacle of the moon
- PGM VII 317-318



4th Pentacle of the Moon

אהיה אשר אהיה
יההאל
סופיאל

Ehyeh Asher Ehyeh
Yahahel
Sofiel

Jeremiah 17:18. יִבְשׁוּ רִדְפָי וְאֶל-אֲבֹתָהּ אָנֹכִי יִחַתּוּ הַמָּה וְאֶל-אֲחֻזַּתָּהּ אָנֹכִי הָבִיא עֲלֵיהֶם.
יום רעה ומשנה שברון שברם, "Let them be laid low, who persecute me, but I am not laid low. May they be dismayed, but I am not dismayed. Bring upon them an evil day, and let them be doubly destroyed!"

Divine Names

- אהיה אשר אהיה Ehyeh Asher Ehyeh
 - יְהִי־אֵל Yahahel
 - סופיאל Sofiel
-
- I Am That I Am or I am Being, Becoming
 - From Yahel, or Shining
 - From Soph, or Ending

PGM VII 317-318

ACHTIŌPHIPH

ERESXIGAL

NEBOUTOSOUALĒTH

SATHŌTH SABAŌTH SABRŌTH



Divine Names

- Aktiofif. ΑΧΘΙΩΦΙΦ “Ray Serpent”
- Ereshkigal ‘ΕΡΕΣΧΙΓΑΛ. Sumerian Queen of Hell
- Neboutsoualeth ΝΕΒΟΥΤΟΣΟΥΑΛΗΘ.
 - Unknown origin. Often in PGM with Hekate, etc
- Sathoth, Sabaoth, Sabroth,
 - ΣΑΘΩΘ ΣΑΒΑΩΘ ΣΑΒΡΩΘ
 - צְבָאוֹת Lord of Hosts

Symptoms

- Begin prophylaxis on suspicion.
- Nightmares #1 sign
- Change in appetite / sexual desire
- Short term: random bad luck, very sudden, very repeated. Not severity but quantity
- Long term: single specific area of life is shit, rest is fine

Cure-Avoidant:

- Begin first aid on notice of symptoms, do not wait to confirm diagnosis.
- Short term: “Everything is fine! I’m doing great!”
- Long term: “I’m just fucked. Nothing will help.”
- Expect delay or waylay when curse breaking. Let that happen once (to diagnose) not twice.

First Aid:

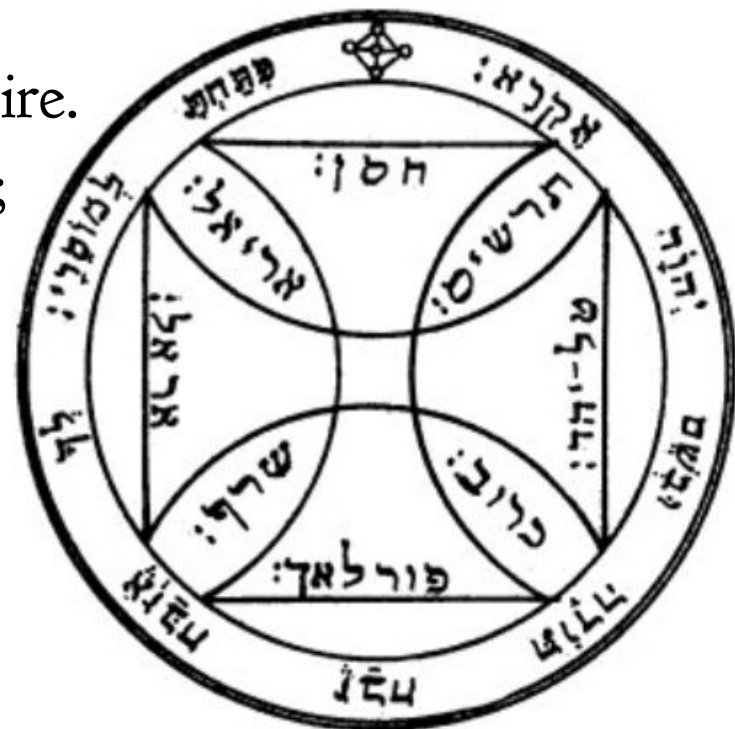
- Begin first aid on observation of symptoms.
- Do not wait to confirm.
- Temporary. Will wear off.
- Often enough.
- Often natural immunity will suffice.

First Aid, Salt Novena

- Nine salt baths + white novena candle.
- Nine day minimum.
- If candle goes out prematurely, start another.
- If candle is still burning, keep going.
- Best at bedtime.

7th Solar Pentacle. 4 elements

- Top: חשן Chasan, (The Treasury) Air;
- Left: אראל Arel (The Greatness of El), Fire.
- Bottom: פירלאך Forlakh, angel of Earth;
- Right: תליהד Tlihad, angel of Water.



Diagonals, four animals

- Ariel, אריאל the Lion of El
- Seraph, שרף the Burning Serpent
- Cherub. כרוב From Akkadian.
“Blesser” Monkey
- Tarshis, תרשיש the Passionate.
Eagle



Versicle, Psalm 116:16-17

פִּתְחֹתַי, לְמוֹסְרֵי לִי-אֶזְבַּח, זֶבַח תּוֹדָה
וּבְשֵׁם יְהוָה אֶקְרָא

...you have freed me from my chains. I will sacrifice a thank offering to you and call the name of HaShem.



First Aid: Broad Spectrum Healing

- DO NOT treat with single “frequency” like Reiki or solar against unknown curse.
- Can make much worse.
- Must include Life AND Death energy.
- Can use a prism, like previous pentacle

First Aid: Shamanic Healing

- Extract, cleanse. Be cautious to clean yourself.
- Usually a bad method for curse-breaking; leaves you very exposed.
- **EXCELLENT** for diagnostics...

Diagnosis

- You should already have applied first aid
- Address medical & psychological issues first.
- Three roads to knowlege (a la Aristototele)
 - Intuition (Gnosis)
 - Reason (Diagnosis)
 - Outside Authority (Pistis)
- Need ALL THREE, separately.

Reason

- Have supplicant explain symptoms.
- Listen without commenting.
- Listen for patterns
- Ask about recent interactions, look for causes.
- Look for other issues. Not all bad stuff is a curse.
- If they are cursed, someone cursed them.

Intuition (Direct Knowledge)

- Use second senses. Use rattle as tricorder.
- Check ankles, genitals, belly button, wrists, neck, skull seam.
- If you don't "see" anything, stress them until you do.
- Explain what you are doing.
- Have them talk about the curse. You might have to push.
- Watch their body language. What are they hiding?
- What topics are they avoiding?

Outside Authority (Faith)

- Trusted ally with a speciality in curse breaking.
- Can get a referral.
- Apollo is one good choice.
- Archangel Michael is another good choice.

Goal: How was the curse made?

- Unless you can determine the mechanism of the curse, stick with first aid.
- A curse has a thinking, malicious mind behind it.
- You are pitting your will against another's.

Most curses are specific and unique

- Play on subject's existing weaknesses
- Often involve binding
- Often call on outside entities to torment
- Often contain confusion/obsession component
- Often designed to feed to vital energy

General Procedure:

- Expert curses require expert breaking.
- Prepare a complete strategy before beginning.
- Protect your identity.

Phase One: The Blade

- Detach: Isolate from the rest of their life
- Defuse: Carefully take it apart
- Dispose: Get rid of the pieces separately

Phase Two: The Cup

- Bathe: remove remaining nastiness
- Balm: to prevent reinfection
- Bandage: to hold the wound closed & keep out dirt
- Bolster: to speed healing

Phase Three: The Shield

- Wall: A semi-permeable outer barrier
- Ward: Keep the offender, in particular, out
- Warrior: Protective spirit.

Phase Four: The Staff

- Defend yourself.
 - You've just attacked another magician.
- Divine to see what comes next.
- Decide if you wish to retaliate.
 - Usually unwise.

Common curses and their treatment

- The Evil Eye
- Oathbreaker's Curses
- Inherited Curses
- Christian Adjurations
- Death Curses

The Evil Eye

- Pretty or famous people
- Easy to prevent, harder to treat
- Exorcism with Queen of Heaven
- Burn cloves + wormwood
- Blue, aerial, cool, jealous

Oathbreaker's curses

- Most common “sticky” curse.
- An oath is a curse, with a trigger, that you consent to.
- Easy to unweave when you know the oath.
- Legalistic. Negotiable.

Broken Marriage Vows

- Unweave the original vow
- Make restitution offering
- Usually attaches at ring finger, to heart.
- Symptoms: joint pain, chills, infertility, sexual dysfunction, depression, and acid reflux.

Poverty, Chastity, Obedience

- Symptoms as expected.
- Easy to break once diagnosed.
- Renounce previous vow.
- if currently xian clergy, consult expert

Parent guilt

- Usually co-woven
 - Damage from parent
 - Guilt from self
 - Anger from child
- Hard to break. Apply 1st aid. Consult expert.
- Mother of Compassion's tears can help.

Christian Adjuration

- “Adjure” means “bind”
- Most common in ex-Christians
- Symptoms: nightmares, rashes, insomnia, anxiety, “feel cold and heavy”
- Easy to break by renouncing.
- Hard to break any other way. Seek expert.

Inheritable Curses

- Usually the curse is laid by the family
- Usually backed by social forces
- Highly communicable
- Very physically entwined.
- Easy to treat, hard to cure. Require repeated extraction.

Warrior's Spine

- Most common in men & AMAB
- Especially common in gay men
- Wraps around lower spine like barbed wire
- Lock between genitals & abdom, abdom & heart
- Anger, suicide, erectile issues, constipation
- Treat with extraction, frankincense & salt bath
- Protective, do not treat if need to hurt others.

Chains of Silence

- Most common in childhood sexual abuse victims
- Prevents speaking about it
- Symptoms: nightmares, thyroid, low-talk, self-harm, masochism.
- Protective in some circumstances
- Chains wound around neck. Extract. Treat throat with rose & mugwort.

Last Daughter Curse

- Most common in women from large families.
- Related: eldest child, bad parents.
- Symptoms: failure to launch, miscarriage, birth defects.
- Cut umbilical cord. Treat with salt & Bear.

Death Curse

- Cast in retribution on the death bed
- Can also be powered by animal sacrifice
- When new: psychopomp & ask forgiveness
- When old: time travel & ask forgiveness (easy)
- Often justified; mind your business
- VERY communicable. Seek expert to contest.

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