



ritual of the month

GET RID OF YOUR FEAR

Paint a shoebox black (black represents fear and the weight it adds to your life). Whenever you have an anxious thought, write it down on paper and put it in the box. Don't judge what you write. Set a quartz crystal next to the box to absorb negative energy. Before bed, empty the box like you'd empty the trash—an ordinary way to get rid of what you don't want or need. Turn off the lights and relax.

Adapted from *The Joys of Everyday Ritual*, by Barbara Biziou (St. Martin's Griffin, 2001).

Now it's all crystal clear.

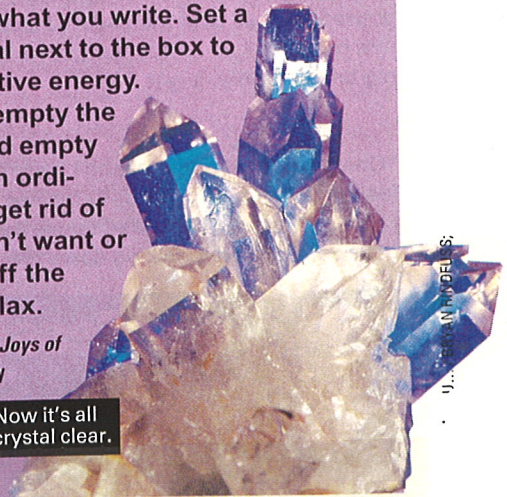


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