

Activity – Make your own Incantation Bowl

Instructions: **Think** of a situation (or someone) from the present day you would like to change and who (from the spirit or supernatural world) you can ask to assist you in this supernatural endeavor. **Draw the spiral** around the center circle (of the bowl) below and between its lines **Write** your **spell/incantation** in circular fashion starting from the center of the bowl all the way up to the rim. You can add (**draw**) an image inside the center of the bowl if you want to for stronger effect.

