

A silhouette of a person walking away from the viewer on a beach at sunset. The person is carrying a bag and is walking on the wet sand, which reflects the light from the setting sun. The sky is filled with soft, colorful clouds in shades of orange, yellow, and blue. The overall mood is peaceful and contemplative.

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# Emotional Healing For Beginners

**David Beales, Helen Whitten**



## **Emotional Healing For Beginners:**

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very similar can be discovered in a wide variety of cultures and traditions One of the earliest examples comes from Ancient Egypt where magic spells were written on papyrus or pieces of pottery and buried in tombs These items were then discovered centuries later Citizens in ancient Greece and Rome were known to protect themselves by carrying amulets and talismans with them at all times It was also usual practice for them to employ little containers that were stuffed with various herbs and other components During the Middle Ages in Europe spell jars were known as witch bottles and were used to ward off evil spirits or to curse an enemy These bottles were typically used to hold urine hair and fingernails before being buried on the property of the individual who had performed the spell In some cases the bodies were even found buried within the walls of the dwellings or beneath the floors The use of spell jars in North America can be traced back to the African diaspora and the practice of Hoodoo which is a form of African American folk magic In Hoodoo the jars are believed to hold the power to cast spells Hoodoo practitioners produced and used spell jars filled with herbs roots and other substances for a variety of purposes including love spells money spells and protection spells

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