



# Hex Breaking and Unjinxing

A Step-by-Step Approach

by: **Jon Saint Germain**

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## Introduction:

A Hex, Jinx or Curse can be seen as a type of infection. Your personal energy has been infected with a parasitic force which saps your strength and drives away positive events and occurrences. People tend to avoid you because something about you “feels wrong.” I’ve had clients describe the experience as “Like having a people repellent.” Rootworkers sometimes referred to being hexed as having a “crossed condition,” and unhexing as “uncrossing.”

Fortunately, the condition isn’t incurable. Like a physical infection, all that’s required is a proper course of treatment. It takes time, and you must follow the treatment plan, but if you do you should experience improvement almost immediately.

Before initiating any rootwork or spiritual treatment I prefer you take care of any chemical issues you may be experiencing. By this I mean if you’re abusing non-prescription drugs, you must stop. If you’re suffering from psychiatric conditions or experiencing symptoms of anxiety or depression, please consult a qualified physician for treatment. Rootwork cannot treat medical conditions. Rootwork is believed to help expedite healing and recovery, but medical and psychiatric conditions must be treated by medical professionals.

With any medical conditions under control, you may require some or all of the following:

- Spiritual baths
- Cleansing preparations for your home and clothing
- Protective measures for your home environment
- Herbal teas for cleansing
- A protective talisman or amulet
- Uncrossing rootwork
- Spiritual exercises to rid yourself of the “Hexed” mindset

I feel I should address that last item. After experiencing the loss of control typical of being hexed for a long time, it becomes a habit. Therefore, even after the hex is removed YOU MAY STILL THINK YOU’RE HEXED. Therefore you may be assigned exercises and meditations to retrain your thinking away from the “hexed” mindset.

## Part One: Treatment



### (1) Spiritual Baths

If you were provided with packets of bath crystals or herbs, bathe or shower first, dry off, then run a tub of bath water. Have a small bowl or cup handy. Light two white candles and place them on the floor, at either end of the tub, so you have to walk between them as you get in and out of the tub.

Add the cleansing preparation to your bath water and bathe in them as you would normally. However there is an important cleansing ritual. Stand in the tub and scoop up water in the bowl. Pour the water over yourself from the neck down. Cross your arms over your chest, touching your shoulders with your fingers, then suddenly uncross your arms, wiping away the water as you say forcefully “I CAST you out!” Repeat this crossing and uncrossing lower, then once again, “crossing” away the water and casting off the negative influence.

Do not rinse away the wash. Pat yourself dry and leave the thin coating of minerals and herbs on your skin to dry. If you bathed in the morning, it’s okay to shower or wash before bedtime. If you bathed before bed, it’s okay to shower or bathe when you wake up in the morning.

Of course, if you break out in a rash or hives, shower at once.



### (2) Blueing

If you were provided with blueing—small blue balls of dye—dissolve one in a gallon of pure water. A gallon of spring water from the grocery store is perfect. Keep the lid on the jug to prevent spillage.

Pour some of the blue water in glasses and place them around your house to absorb negative spiritual energies and trap evil spirits. About once a week, dispose of the water by taking it outside, throwing it against a tree and replacing it. I like to put the water in brandy snifters simply because the round shapes look attractive and seem to attract spirits better.

### (3) A Talisman



You may have been provided with a talisman or amulet. If so, it was carefully prepared through ritual and prayer to provide strong spiritual protection. Always wear it, and pray over it often. *The Lord's Prayer* and the *Twenty-Third Psalm* are excellent. When you first begin working with your talisman, pray over it at least once a week to "recharge" it. After the first month, once a month should be sufficient. If your talisman came to you in a bag of roots and herbs, place it in the bag whenever you recharge it.



### (4) Salting the Perimeter of Your House

You may have been provided with blessed salt. If so, sprinkle it around the perimeter of your house. Don't worry about making an unbroken line. Just be sure to sprinkle some all around the house.



### (5) Gridding the Perimeter of Your House with Protective Crystals

A powerful protective defense involves "gridding" your living space with protective crystals. You can either grid your entire house, or specific rooms that may be particularly affected by negative energies. Or you might create a "safe room" such as your bedroom, since many spiritual attacks occur at night.

To grid a room, you'll need four pieces of Black Tourmaline and four pieces of Smoky Quartz. Place one piece of Black Tourmaline in each corner of the room. Place a piece of the Smoky Quartz at the mid-point between each piece of Tourmaline.

You can construct a similar grid at the four corners of your house, if you wish.

Additional crystals can be added to the grid for further protection. Alternate pieces of Amethyst and Citrine between the Tourmaline and Smoky Quartz to add elements of positive and tranquil energies to your grid.



### **(6) Chinese Wash or Other Floor Wash**

Hexes not only taint your personal energy, but your environment as well, and sometimes it's necessary to clean your house and clothing. Chinese Wash is a traditional house cleaning agent. This is mixed with a bucket of hot water and your floors are cleaned with it.

Remember to clean your house from back to front, and from top to bottom. A small amount might also be added to your laundry.

## Part Two: Spiritual Washes

### (With Ron Martin Shank)

When I was younger than ten, I remember visiting a ‘big’ farm near my aunt’s small one-horse farm in rural Pennsylvania. The “Big Farm” was quite a sight! It had electricity and an indoor bathroom, neither of which could be found at my aunt’s place.

My grandmother said that the way to judge a man’s wealth was by counting the number of the silos on his farm. A four-silo man was a far better ‘catch’ as a husband than a mere one or two silo man! By comparison, my aunt’s small barn had a single, half-height silo.

I was shown one of the large silos, at that time empty of the usual chopped-up corn leaves and stalks. It smelled strongly of the fermented ‘corn juice’ forced out of the silage while in use.

My aunt mentioned that her mother said that it would be perfect to live in a silo – or a sea shore light house. According to some middle European beliefs, unfriendly spirits lived in the *corners of rooms*.

Larger rooms had more of these worrisome spirits. Very small rooms – like closets – would only have a single spirit. If two spirits tried to occupy the same closet, they would fight and argue and twist up clothing, empty the boxes and hide single shoes or socks! It’s no wonder young children were a bit frightened of the closets in the rooms where they slept. It was said you could sometimes hear the closet spirits whispering in the dark!

One can only wonder how many thousands of young, impressionable and suggestible young children grew up frightened of their own bedrooms. My father theorized that in the ‘old times,’ where the only lighting available involved candles or oil lamps, rooms were not very well-lit. The corners would be the darkest and that’s where the shadows - due to the flickering of the flames - would ‘move,’ tremble and dance! This was why people had that ‘stupid’ idea of ghosts living only in corners and closets, he said. Whether he believed it was stupid, or was just trying to reassure me, I am not certain, but I was glad he said it just the same.

### **New House Syndrome**

Moving into an unfamiliar house can be upsetting. Beyond the reshuffling of one’s life and patterns, the initial reasons for moving are not always good, so there can be a lot of psychological disturbance and uncertainty during these times.

Some of this insecurity, based on the lack of familiar in-door territory, is quite often projected onto the house and rooms themselves. It is quite common to find troubled sleep and frightening dreams during these unsettled times in both adults and children.

Even *sounds* in a new house will be different due to the changes in room dimensions, walls, ceilings and floor materials. A familiar voice can sound slightly different in a different place for such reasons and there are even changes in the subtle surrounding *smells* only subconsciously noted. Cumulatively, these can have an unsettling influence.

It is also human nature to associate positive or negative feelings with the *location* where they were originally experienced. The deer will change its path so that it doesn't go near the place where the dogs were before! Favorite restaurants where a couple had a romantic dinner early in their relationship can still kindle warm feelings when remembered. There are those vacation spots that are returned to over and over because of earlier positive memories.

It's not accidental that students are taught that it is best to study at the same table, in the same chair, at the same time, when they do their nightly school lessons. Just by bringing the books to the table and sitting in the 'study' chair, one's mind begins to prepare for serious work.

One of the approaches to the new, or psychologically unfamiliar and awkward house or apartment is to change the conscious and unconscious mental associations.

One can throw a housewarming party! This is a good way to make the new place a happier place. One can have the village priest sprinkle some holy water at the doorway and bless the house. This is even more powerful. I have advised some understanding couples to have great sex in every room in the house over a week or two. Such very strong positive associations, can make all the difference in how one feels and reacts to new surroundings.

### **Spiritual Wash**

Apart from magical application, the psychological effects of *washing* have become more fully understood in just the past five years. People feel differently about themselves, others and will act differently in a situation depending on whether they washed their hands before approaching that situation or not.

Remember the Biblical scene where Pontius Pilate ritually washes his hands publically to disassociate himself with an unpopular situation. And how many people have had their sins 'washed away?'

In some cultures, one could change the emotional, psychological or spiritual tone of a location through rituals involving the burning of incenses or special herbs. Some required participatory ritual. Such diverse actions as doing a favor for someone or returning lost money can be affected measurably. In other cultures, one might wash the floors of new surroundings to make such changes.

There are quite a few commercially prepared washes for use either on a person or a room.

The two basic categories for washing a home are (1) rituals to remove unwanted negative or interfering influences and (2) rituals for attracting positive luck, energies and influences.

In some instances only the floors and the entrance door step are washed; in others the walls are included.

When one is working to attract positive influences, the *washing motions are made from the door inward toward the room involved, as though sweeping* in what is wanted.

In cases where one is working to rid a room of harmful or troubling influences, the washing motions are made from the room toward the exit, in a sense *sweeping them out!*

Sometimes it's a person who is ritually washed. You may be removing negative influence or adding positive energy or protection.

If one is washing a person, either literally, or making the physical 'washing' motions, with incense, a feather, egg or talisman of some sort, *that same 'sweeping and washing' pattern is followed.*

When washing away something negative, the motions are made from the top of the body downward toward the feet and toward the ends of the arms and hands.

Ritually, you are 'washing away' unwanted influences.

When one is adding positive energies or protective magic, the motions are made from the legs, arms and hands upward toward the top of the head. Often one of the Psalms will be recited while this is done.

Such a ritual washing can be done by you, or can be done by the rootworker for you.

In general, when one has finished the ritual house or room washing, the remaining floorwash is to be discarded *outside of the house* in all cases. Traditionally, it is tossed toward the east at – or before – sunrise.

### **Ingredients in floor washes:**

These are as many as the number of people asked about them. Primarily, they use three ingredients, plus water.

- Salt has always been a standard ingredient.
- Saltpeter is another commonly named ingredient. Others are:
- Ammonia
- Black Pepper is used to protect the home and to discourage unwanted guests. (Salt has some of this same effect.)
- Devil's Shoestrings
- Eucalyptus
- Five fingered grass
- Lemon Grass
- Turpentine

Commercially prepared **Van Van oil** - diluted - is one of the original washes, according to one respected information source.

**Van Van oil**, itself, has often been used to scrub the doorstep, and perhaps this is the basis for its increased use, as above.

There is a commercially prepared **Chinese Wash** that is found in many stores supplying such folk magic needs.

Some root workers advise the home owner to begin early on a quiet morning and take a cleansing bath themselves, washing from the top of their body downward, as though brushing away from them any negative influences.

This bathwater must be disposed of outside the house.

After you've cleaned yourself, the washing of the room(s) can begin, washing from top downward and from back of the house or room to the front door. This wash, too, is then disposed of as noted above.

Some will finish with a sprinkling of salt in the four corners of the room and an added sprinkle in the center of the room. This five pointed pattern, similar to the number five on a die, is found in many places in Hoodoo ritual.

In some cases, if the owner is to be present in the house for a while, a white candle is burnt in the center of the main room while the 23<sup>rd</sup> Psalm is recited. The candle is left to burn out naturally, so one should judge the size of the candle to be used based on how long they will be present to keep a watchful eye on it for safety reasons.

**Ingredients used to attract money, love or luck include:**

- Cinnamon and Patchouli, (if you find the scent agreeable) for attraction in general.
- Ginseng to attract love, romance, sex and marriage.
- Grave Yard Dirt to attract love, romance, sex and marriage.
- High John the Conqueror Oil, (simply pieces of the root soaked in vegetable oil), for attracting love, power or for protection
- Lodestone dust for general attraction.
- Sandalwood to help with peace in the family.
- Both the Ginseng and Grave Yard Dirt, above, are also listed as attracting good luck.

In some circumstances, a full bath beforehand might not be possible, so you might substitute a ritual washing of you hands before they begin the floor/ house/ room washing.

## Part Three: Spiritual Exercises

It was mentioned earlier that even after the conditions causing the crossed conditions are lifted, you may have become so used to living with the negative, depressing feelings and thoughts of despair that they have become habitual. Therefore, it's critical to your recovery that you begin working on your emotional and spiritual recovery as soon as possible, even before the hex conditions are fully cleansed.



### (1) Meditation

Meditation is probably the single most important spiritual defensive skill you can learn. Once you become skilled at meditative absorption, you'll be more sensitive to spiritual assault from outside forces, more alert to signals and cues people give off (allowing you to distinguish friend from foe) and you'll strengthen the mind's innate abilities to cleanse itself of negative tendencies and influences.

Meditation isn't hard to learn, and there are many, many forms of meditation. You may already know how to meditate. If so, I urge you to practice regularly. If you aren't familiar with meditation, don't worry. It's easy to learn, and all it takes is practice. The more you do it, the better you become.

To begin, find a quiet room, and turn off your cell phone. You need a timer, which I recommend to set for no longer than five minutes to begin with. Gradually increase your time until you mediate three to four days a week, for twenty minutes a sitting. Sit in a comfortable, balanced position, and don't strain to sit ramrod straight.

Close your eyes and say to yourself, "I'm happy, cherished, and loved. I love myself most of all." I know this may be against what we're taught. Often we're taught to love others, but sacrifice our own happiness. This is psychologically unsound.. It isn't possible to love others unless you love yourself. Unhappy people cannot wish happiness for others. You may do so half-heartedly, but if you don't believe it, you'll find sneaky little ways to punish yourself, and eventually everyone else.

Next, reflect on where and how to find this elusive happiness. It doesn't take long to realize you won't find it in the past. The past is a terrible place full of unreliable memories and many of them are bad ones anyway. The future is also unreliable. The only time and place where we have any real power of decision is here and now.

But even in the here and now, you have to practice discernment. Not everything around us is dependable. If we try to base our happiness on things that change — sights, sounds, sensations

in general, people and things outside — we're setting ourselves up for disappointment. This is simply repeating the past.

The only logical conclusion is that true happiness has to be sought within ourselves. Meditation then becomes a search to find a place in the mind where you can't be moved; something solid, unchanging, a place where nothing bad can touch you; no hex, jinx or curse can reach you, not even death can touch you.

To find this place we need stepping stones. The first step is to cultivate happiness for ourselves. The second is to *project* that happiness to everyone else. We do this through identification with every living thing. Tell yourself: "Everyone, no matter who you are, no matter what you've done to me in the past, I hope you find true happiness too."

Why is this necessary? Because if you don't cultivate loving-kindness, you'll carry negativity and resentment into meditation, and that's what you'll find when you look inside yourself. You won't be able to locate that solid, peaceful spot you're trying to find.

So first, decide to love yourself. Second, decide to love everyone else. When you have cleared your mind and filled it with loving-kindness, you're ready to begin meditation on the breath. This is the method the Buddha taught, and it's stood the test of time.

All you do is concentrate all your attention on the sensation of breathing. It's so simple and you may think you're doing it wrong. Many people try to make it too complex. Inhale and exhale deeply a couple of times, focusing on any area where the breathing is easy to notice, such as the nostrils or abdomen. Don't become self-conscious with your breathing and hyperventilate, just breathe deeply and naturally. If your mind wanders—and this is natural—don't be frustrated. Bring your attention back to your breathing.

Some people like to experiment with different types of breathing: short breaths, shallow, alternating long and short, and also shifting the focus of their attention to different parts of their body. I've never done this. I've always stayed focused on the breath. Over time you'll find your attention narrows down to a single very tiny spot. And then you can let your attention grow out from that tiny dot to fill your entire body. Over time, your attention can expand to fill the room—and beyond.

When you're ready to come out of meditation, do so gradually and gently. When you're ready, stand and return to the world.



## **(2) Visualization Exercises**

The following exercises make use of a crystal ball. A small crystal ball, 2" or 3" is fine. If you have trouble readily obtaining a crystal ball, a quartz point, or any shiny stone will do, but I strongly urge you to make an effort to find a small ball. You'll fall in love with it.

These exercises can be used in conjunction with the meditation practice described previously.

### **(1) Crystal Meditation 1**

This is a simple, yet challenging exercise that leads into a series of crystal techniques we'll discuss later that can improve many aspects of your life.

For this first exercise, sit comfortably in a quiet room and hold the crystal in your hand. Concentrate your full attention on the crystal for five minutes. It isn't as easy as it sounds. Even your eyes want to wander away. Your mind strays along dozens of different paths. Don't get frustrated. This is difficult. Just keep returning to the crystal. Learn to coordinate your breathing. In. Out. Focus.

Stop if you get tired and come back to it later.

### **(2) Crystal Meditation 2**

Place the crystal on a shelf at eye level. Stand across the room, and point your forefinger at the ball. The trick here is to focus your attention on your fingertip, and keep it in alignment with the crystal. Walk slowly toward the crystal, keeping your attention on your fingertip, and keeping your fingertip in alignment with the crystal, until you're actually touching the crystal. Repeat several times. This exercise develops hand-eye coordination and helps you focus your attention.

### **(3) Crystal Projection**

Hold the crystal in your hand and close your eyes. Imagine yourself strong, successful, happy. Repeat to yourself that you are free of negative influences, filled with love, that people love you, that you can have anything you want. Keep repeating these affirmations until you feel them swell within you, open your eyes and gaze deep within the crystal. Send these thoughts into the crystal with all your strength, and project them out into the world. Pour it out as if it were a stream of water from a fire hose, and sustain it as long as you can.

*Projection* is a technique pioneered by C. Alexander and if you want to know more I urge you to go to the website of the **Crystal Silence League** ([www.crystalsilenceleague.org](http://www.crystalsilenceleague.org)) and read more.

#### **(4) Candle Meditation with a Crystal**

Sit in a dark room and place a candle on a table, or on the floor if you're sitting lotus-style, and hold the crystal ball so that you're watching the flickering flame through the ball. Relax, and let your eyes move in and out of focus as you see various images rise and fall in the ball. The trick is to look through the ball without letting your eyes focus on anything in particular. You can roll and rotate the ball if you like.

Allow your mind to free-associate with these images. Don't try to force meaning on them, or try to link them together in a meaningful pattern. You'll find that after a while, without trying, you'll unconsciously start to construct a narrative from the images you see. If you've never experienced this before, it's quite startling the first time it happens. It's as if the ball is telling you a story.

#### **(5) Sky Meditation with a Crystal**

This lovely method was shown to me by a Sioux Shaman, who did it with a quartz crystal. I brought out my small crystal ball and asked him to teach the technique to me. He was intrigued by the idea of using a clear ball and we exchanged crystals, mine for his, and took turns gazing through them for several hours. I loved the new experience of gazing through rutilated quartz, and soon obtained a piece of my own for gazing.

This method is exactly what it says. You go outside on a partly cloudy day and watch the clouds through your crystal ball. As in the previous exercise, you relax your mind, allowing your intuitive processes free reign. You can do this any time day or night, and I especially urge you to gaze at the stars and moon. Gaze at a rainbow if you get the opportunity. I once gazed at a moonbow, and experienced fantastic visions. If you don't know what a moonbow is, this is a rainbow created near a waterfall at night by a full moon. This convergence of events manifests tremendous spiritual opportunities if you watch for them.

#### **(6) Manifesting Personal Energy**

You need to set aside just five minutes for this entire exercise.

1. Sit comfortably with your sphere in gazing position.

2. Allow your mind to clear as you gaze into the sphere
3. Breathing as you gaze:
  - Inhale on a count of four.
  - Hold the breath in on a count of two.
  - Exhale on a count of four.
  - Hold out on a count of two before inhaling again.
  - Repeat.

You will maintain this breathing rhythm for the whole exercise. (It becomes second nature with just a little practice.)

4. Once you have found a comfortable rhythm with your breathing, visualize or imagine a white glow of energy in the center of the sphere.
5. Now see that glow of energy begin to radiate out of from the crystal towards you. See it shine out, reaching from your feet to your head, covering and enveloping your whole body.
6. Maintain this for no more than five minutes. Three minutes is optimum.
7. When you are done, immediately stand up and "shake out" your body. Vigorously shake your arms and legs to stimulate energy flow.

This quick method of building personal energy is perfect for those who have busy schedules and are looking for an easy crystal routine.

## **In Conclusion**

I hope you realize by now that being hexed or jinxed, while undoubtedly serious, isn't a permanent condition and that you have a great deal of control over your recovery.

If you follow these step-by-step instructions, you should begin to feel better, gain more control over your thoughts and feelings, and begin to experience hope and happiness again

Please let me know if you have any questions.

## **Resources**

**Crystal Silence League** [www.crystalsilenceleague.org](http://www.crystalsilenceleague.org)

**Lucy Mojo Curio Forum: Jinxes, Hexes and Curses Discussion**  
[www.luckymojo.com](http://www.luckymojo.com)