



# ZOZOBRA • "OLD MAN GLOOM"

In Spanish, ZOZOBRA means "anxiety, worry, sinking, being shipwrecked"

Make your own ZOZOBRA and BANISH GLOOM and negative energy from your LIFE!

**STEP 1:** Color in ZOZOBRA. As you color, get clear on negative habits you may have, negative experiences you still carry, negative thoughts that loop through your tired brain, etc ALL OF WHICH you would like to RELEASE from your BEING. Intention is KEY!

**STEP 2:** When you have finished coloring, cut along the dotted line to free ZOZOBRA from the white background, then curl this lower area into a tube and fasten with tape.

**STEP 3:** On a separate piece of paper, write down all the negative stuff you want to release: Your WOES, your JUDGEMENTS, any OBSTACLES (known or unknown!), any bad KARMA or JUJU, whatever it is that's troubling or worrying you -- get it down on paper to be RELEASED.

**STEP 4:** Loosely crumple up the paper and stuff it gently into the tube then find a nice, fire-proof area with a bucket of water nearby and parental guidance if you are immature.

**STEP 5:** IGNIGHT ZOZOBRA!! The most festive way to do this is to use a sparkler, stuck into the tube with the paper (for added stability, poke the wire handle into the ground). Light the sparkler then dance and stomp and scream BURN HIM!!! over and over at the top of your lungs while CONJURING the best, most beautiful energy you hold in your HEART to help "feed" the fire.

**STEP 6:** Watch with a deep, reverant JOY as you are relieved from all that burdens you.

JOIN ARROWS ▼ TAPE HERE

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