

Curse Your Heart To Heal It

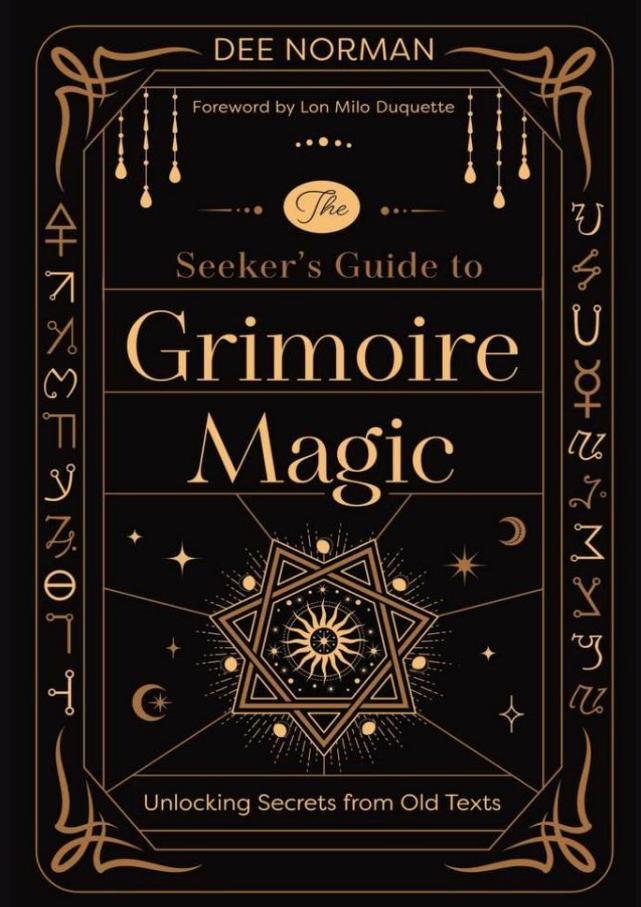
Reworking Ancient Curse Tablets for Emotional Healing

Dee Norman/Liminal Reader
Mystic South 2026

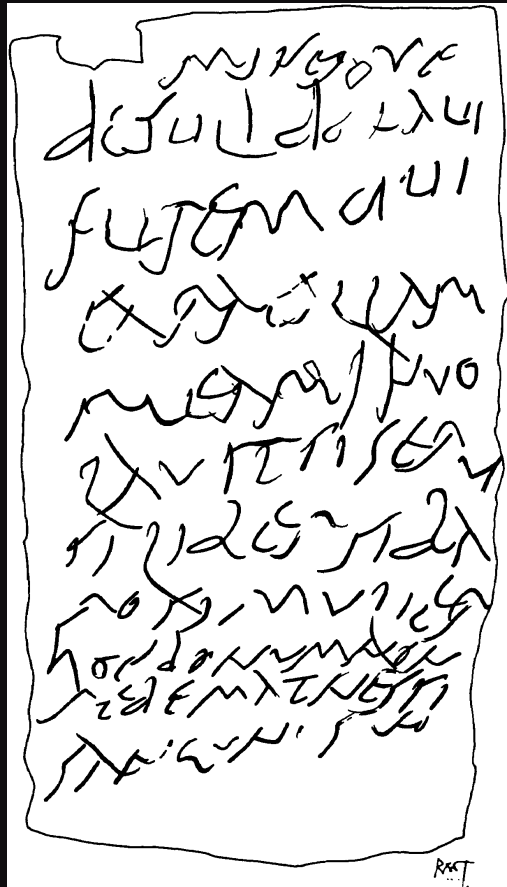
Introduction

About Me

- Practicing magician, professional tarot reader, and educator for 35 years
- Author of *The Seeker's Guide to Grimoire Magic*
- Also author of *The Golden Grimoire* and *Burn a Black Candle*
- Lecturer on grimoires, folk magic, divination, and magical history
- Researches and teaches historical magical texts, ritual traditions, and adapts traditional practices for ethical modern use

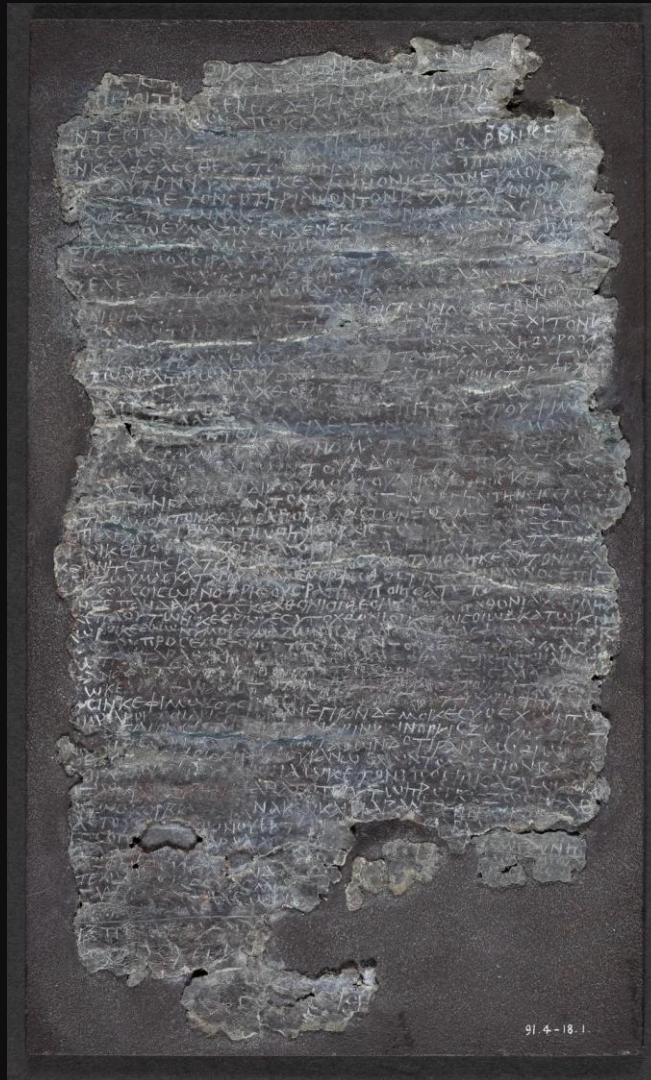


History



Minerv(a)e
de(ae) Suli donavi
furem qui
caracallam
meam invo-
lavit si ser(v)us
si liber si ba-
ro si mulier
hoc donum non
redemat nesi
sangu(i)n[e] suo

To Minerva the
goddess Sulis I have
given the thief who
has stolen my
hooded cloak,
whether slave or
free, whether man
or woman. He is
not to buy back this
gift unless with his
own blood.



"I bind before
Hermes the
tongues of my
adversaries, the
witnesses, and all
who speak against
me."

Lead tablet with a
magical Greek
inscription: Soterianos
Limbaros curses Ariston,
his adversary in law.
200-300CE, Cyprus

© The Trustees of the British Museum. Shared under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International \(CC BY-NC-SA 4.0\)](#) licence.



“May she think of
no one but me.
May she neither
eat nor sleep until
she comes to me.”

Lead tablet with a
magical Greek
inscription.
200-300CE, Cyprus

What is a Curse Tablet?

Terminology: Also called *Defixiones* or *Katadesmoi*

- *Defixio* – Latin: To bind.
- *Katadeō* – Greek: to tie or bind onto

Characteristics:

- Thin sheets of lead, copper, or other metals inscribed with petitions and commands
- Contain a variety of languages and magical letters, words, *charaktêres*, *voces magicae*, and images
- Often rolled, nailed closed, and offered in symbolically significant locations
- Petitions directed to gods, spirits, and ancestors
- Syncretic

The custom of cursing

A specific purpose with specific targets.

Tablets cover a variety of purposes and illustrate a wide range of desires.

Common Purposes:

- Justice and legal disputes
- Love and relationships
- Business competition
- Athletic contests
- Protection
- Binding harmful people
- Appealing for divine intervention

Common Targets:

- An individual's life
- Specific physical attributes (strength, prowess, dexterity)
- Specific mental attributes (memory, communication, thoughts)
- Specific skills (chariot driving, arguing their case)
- Luck, blessings

Materials

- Lead was the most common
 - Associated with Saturn, the underworld, and chthonic powers

Common attributes

- Inexpensive, ubiquitous, and easy to inscribe
- Durable yet soft enough for marking
- Could be folded and pierced without breaking

Symbolic importance of materials

- “These things have been written on this tablet made from a cold-water pipe...”
- Weight, heaviness, slowing/holding things down

Places of dedication

Liminal Places to reach Divine or Chthonic Powers

- Buried with the dead
- Bodies of water (springs, wells, rivers, pools)
- Temples and Sanctuaries
- Crossroads
- Caves

Places of Direct Effect

- Competitions – at the turning posts for chariot races
- Near courthouses and civic buildings
- Near businesses
- Near the home of a desired person

Who did these tablets address?

Tablets addressed deities, gods, spirits, and ancestors

Greeks:

- Hermes (particularly Hermes Chthonios)
- Hecate
- Persephone
- Chthonic Spirits

Romans

- Sulis Minerva
- Nemesis
- Local spiritual powers
- Ancestors

Process

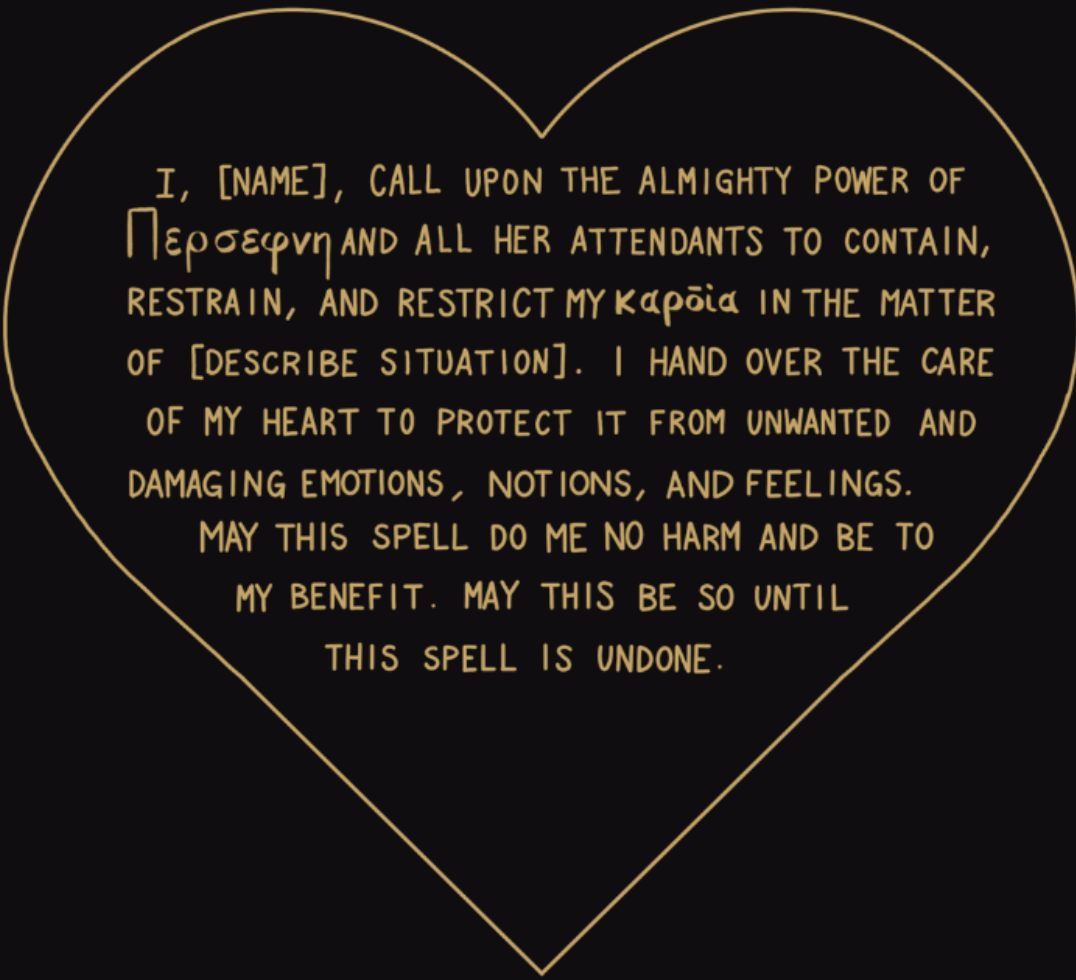


Construct

Construct your Curse Tablet

1. **Trace or draw a heart** on the art-metal sheet.
2. **Gaze into the center of the heart.**
Picture the emotion, habit, attachment, or pattern you wish to bring under your control.
3. **State your intention:**
“By my will and the will of Persephone, my heart shall be under my control.”
4. **Emboss the design.**
Using the wooden stylus, carefully press the lines and symbols into the metal. Follow the provided example or adapt the design to your own needs.
5. **Maintain your focus.**
As you work, continue to hold your goal in mind. Let each line, word, and symbol reinforce your intention.

Construct your Curse Tablet



I, [NAME], CALL UPON THE ALMIGHTY POWER OF
Περσεφνη AND ALL HER ATTENDANTS TO CONTAIN,
RESTRAIN, AND RESTRICT MY καρδια IN THE MATTER
OF [DESCRIBE SITUATION]. I HAND OVER THE CARE
OF MY HEART TO PROTECT IT FROM UNWANTED AND
DAMAGING EMOTIONS, NOTIONS, AND FEELINGS.
MAY THIS SPELL DO ME NO HARM AND BE TO
MY BENEFIT. MAY THIS BE SO UNTIL
THIS SPELL IS UNDONE.

*I [name] call upon the
might of Persephone to
contain, restrain and
restrict my heart in the
matter of [insert
situation]. May this be
so until this spell is
done.*

Empower

Empowering

Hold your copper heart to your heart.

As I treat this copper heart, so do I treat my own. By the grace of Persephone, they are joined as one, under her governance for my stated purpose. As this heart is bound, so too is my own, until healing is complete.

Optional methods to empower

Folding or rolling to conceal or protect the image.

- Roll or fold towards or away from you depending on the effect you wish to achieve.

Nailing to “fix” or strengthen control.

- Use a pad of old paper or towels.
- Use a hammer to drive the nails into the tablet.
- As you do, picture your influence and the influence of the goddess locking onto your heart.

Dedicate

Dedication

Liminal Places to reach Divine or Chthonic Powers

- Thresholds, boundaries, in-between places
- Under your house (crawl space, quiet corner of the basement)
- Buried in the yard

Places of Direct Effect

- Places you spend a lot of time (bedroom, office, favorite reading nook)
- Your personal sacred space (household or ancestral altar, place you store your magical tools)

Release

Releasing the spell

Reclaim your heart when the spell is done.

1. Retrieve your heart from its place of dedication.

2. If you used nails, start there.

Using pliers, remove each nail while saying “Unfixed and released.”

3. Unfold/unroll your heart.

As you do, picture the influences of your spell breaking and fading away.

4. Cut your heart into pieces.

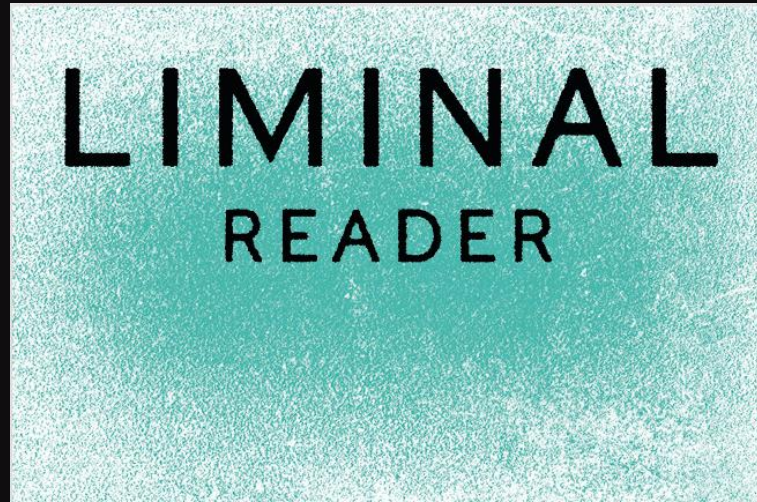
Using strong scissors or tin snips, cut your heart into several pieces.

5. Dispose of the disempowered remains responsibly.

Releasing the spell

I no longer have need of this spell and so it is broken. My heart runs free. Persephone, guide my heart to peace and joy.

Q&A



Dee Norman

✉ blackcandlecottage@gmail.com

📷 [@deenormanauthor](https://www.instagram.com/deenormanauthor)

🎵 [@liminalreader](https://www.instagram.com/liminalreader)

