

# How to Break a Curse By Danielle Boodoo-Fortune

Lemon balm is for forgiveness.  
Pull up from the root, steep  
in boiling water. Add locusts' wings,  
salt, the dried bones of hummingbirds.  
Drink when you feel ready.  
Drink even if you do not.

Pepper seeds are for courage.  
Sprinkle them on your tongue.  
Sprinkle in the doorway and along  
the windowsill. Mix pepper and water  
to a thick paste. Spackle the cracks  
in the concrete, anoint the part  
in your hair. You need as much  
courage as you can get.

Water is for healing.  
Leave a jar open beneath the full moon.  
Let it rest. Water your plants.  
Wash your face. Drink.

The sharpened blade is for memory.  
Metal lives long, never grows weary  
of our comings and goings. Wrap this blade  
in newspaper. Keep beneath your bed.  
Be patient, daughter.  
Be patient.