

A collection of Self-Care Exercises

Six Spells To Help With Your Curse

By Riverhouse Games



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I don't have an answer for you. There is no cure for your curse.

But there is a lot of space between good and bad, between cursed and uncursed. There is no cure, but there are small things that can help you close the gap between where you are now and where you want to be.

This takes work, but it's work that needs doing, and it's work that I know you can do.

I want you to do a few things, Traveller. These wards will help hold the curse at bay, limit the effects, or even set you up to fight it. If you trust me, you may not see the curse gone but you might not have to work so hard to get rid of it in the future.

I have assembled a list of spells or rituals for you. They may appear simple and mundane but they have worked for me. You see, I am also cursed. These are spells I cast regularly to make my own curse easier to deal with. I don't pretend that the spells that keep my curse at bay will have the same effect on your curse, but my hope is that in trying my rituals you will find even the smallest success and learn from it.

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I don't have an answer for you. There is no cure for your curse.

In the end, you should have your own spells, developed specifically for your own curse. The spells I provide you with here are a launching point. Try them out, see which ones work and which do not, experiment with them until you feel comfortable.

Again, there is no cure for your curse, but thinking only in terms of "cursed" and "uncursed" only serves the curse.

Just because a spell does not eliminate the curse doesn't mean that it has no effect. Likewise, these spells work because they have magic, yes, but they also work because we want them to. A placebo effect is still an effect.

Anyway, let's get to the spells.

01

Components: Frozen Berries, Celery, Yogurt, Banana, Water, Carrots

Somata:

Chop the celery, banana, and carrots. Focus on each chop and feel the vegetable's grain. Pick up a piece or two and look at it. Drop the chopped pieces one by one into a blender but do not start it yet. Take the frozen berries and feel how cold they are. Add them to the blender. Spoon a couple spoonfuls of yogurt into the blender, and lick the spoon clean. Fill with water and blend until smooth.

This is a potion to help you with a curse. Drink it.

02

Components: Dishes with food waste on them, Soap, Water, A Sponge or Scrub Pad, A Podcast or Music Album

Somata:

While listening to your podcast or album of choice, combine the soap and water in a sink or bucket. Individually take each dirty dish into the soapy water and scrub with the sponge or scrub pad until the dish is clean. Examine the clean dish and say "This is now clean" and set it aside to dry.

Once you have finished with the last dish, look at the clean dishes and say "I have made what was once dirty, clean."

03

Components: Laundry that has been worn, Laundry detergent, A washing machine, A dryer or laundry rack

Somata:

Gather the laundry together in a basket and think about the times that you donned each outfit. Recall the dust that each cloth has picked up throughout the day. Imagine that all of the effort you spent is contained in each mote of dust. The clothes are full of sweat and spent energy. Place them into the washing machine one by one, giving each of them a look over. Add the laundry soap. Start the load and as the machine fills with water, imagine the soap is a salve that dissolves the sweat and effort stored in each fiber. Once the cycle is completed, remove your now clean clothing and dry each piece, either all together in a dryer, or hung up on your rack. As the water evaporates, each piece of clothing is made anew. Smell the dry clothes in a deep breath. One by one, fold them.

Your folds store energy for when you need it. You are imbuing each article of clothing with power that you will use later.

04

Components: Bedding

Somata:

This spell is more powerful when you combine it with Spell #3, substituting your bedding for the clothes.

Remove all bedding from the place where you sleep. As you remove it, imagine any malcontent magic that was sleeping in the fibers of your bedding flees into the void as it is exposed. Once you have removed all the bedding, add it back piece by piece. This resets your sleeping area without the harmful magic that had been built up.

Your bedding is now refreshed.

05

Components: Mouth bones, A small brush, Toothpaste

Somata:

Apply the paste to the small brush and gently scrub it into your mouth bones. Feel the slick evil spells that have built up from the day getting absorbed by the paste. After a minute or so, spit the paste into a sink and rinse the last of the evil from your mouth.

Run your tongue gently over your mouth bones and feel how clean they are.

06

Components: A friend

Somata:

Tell your friend that you are tired. If you feel comfortable with them, ask them what they do when they feel tired. If you would like, you can tell them about your curse. The curse will try to make you think that you have to fight it on your own, but there is no hard rule about fighting curses. Your friend may tell you about their own curse. Listen to them. They may have some good advice about how to fight curses.

If you have any advice for them, and they ask for it, give it to them.



Components: Thank You

Somata:

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