Make an Incantation Bowl

Incantation bowls were made in the Middle East between 400 CE and 700 CE and were used to protect people from evil. The text (or incantations) could be verses from religious texts, names of demons or sometimes just squiggly lines meant to confuse the evil spirits. They were place buried under or close to doors to trap demons before entering a home. Create your own incantation bowl to bring you good luck and keep bad things away!

This incantation bowl was found in Iraq and is about 1,500 years old.

The text is in Aramaic and it spells out a verse from a holy book meant to ward off evil.

The image in the center represents a captured demon or evil spirit the user wants protection from. Notice the legs are tied up.

Create your Incantation Bowl:

Think of something you would like to keep away. It could be certain negative thought or a scary monster you saw in a movie.

Draw a “demon” in the middle of the circle that represents what you would like to keep away. Add ropes or a cage around it to capture it!

Write an incantation around the edge of the outside circle that will keep the demon away. It could be like a poem or a pledge. OR, create a swirly design to confuse your demon instead!

Cut along the dotted lines, fold and tape circle back together to create a bowl!

Place your incantation bowl upside down in front of your door to capture your demon!