

### *A confidence spell*

*A spell created from my heart, to attract wealth, increase prosperity and abundance.*

#### *What you'll need*

*This spell includes making your candles, I used Soy but you can use tea light candles instead. I chose all my ingredients to correspond with my Intention.*

#### *Essential oils:*

*Bergamot - for strength, energy and confidence*

*Clary sage - to lift the spirit, and helps with emotions or painful situations*

*Frankincense - gives boost to other herbs, calms the mind and builds connection with your self*

*Lavender - emotional growth, attracts positive energy, enlightenment and inner peace.*

*Colour for your candle, I used purple candle die - for creativity, calming the mind and developing your intuition.*

#### *Herbs and flowers:*

*Rose petals - positive energy*

*Jasmine petals - confidence*

*Rosemary - to ward off negativity*

*Lavender - boosting mood, clarity and calm*

*A small amount of incense mix for Abundance from Mama's*

*Magic & Mojo*

*I used an eco friendly glitter imbued with confidence and strength*

#### *Crystals*

*Clear quartz for clarity and all round goodness.*

*Smoke stick or incense for cleansing tools and space*



### For the candles

I cleansed all my tools while focusing on my intention. Melted the wax, added the essential oils 2 drops of each, or more to personal choice. Added the colour and mixed clockwise. Poured into prepared holders, I used aluminium but any would suffice. I allowed to set slightly then added herbs and flowers (safety note when burning, the herbs and flowers can catch fire so don't overload and never leave unattended) push them down slightly so they sit well into the wax, add crystals. As you add each magical layer focus on your intention to enhance your magic.

### The ritual

Take your crafted candle and set it on something you can hold when lit. I surrounded mine with crystal which corresponded to my intention plus some dried flowers because they pleased me.

Cleanse your space, yourself and feel the energy starting to raise. Light your candle and cradle it in your hands, look into the flame and focus your mind on your intention. Meditate for a few minutes and when you feel ready say your intention 3 times out loud. Speak slowly with intent and belief. Here is my intention

With steadfast heart, I hold my ground

In every challenge, I am renowned.

In the face of doubt, I stand tall

For nothing shakes my will at all.

Sit with your candle for as long as you feel necessary.