



Tea and a slice of confidence

Ingredients

Chamomile tea bag

Hot water

Cup

Yellow candle

Timing

Moon in Leo

*Waning moon for removing
inhibitions*

*Waxing moon for
increasing confidence*

New moon for a new



perspective
Full moon for a blend of
the above

Light the candle and focus your thoughts on how you see yourself and what you need extra self confidence for.

Place the chamomile tea bag in the cup and add the hot water. Breathe in the vapours and say the incantation

*Leo's moon of confidence I seek
Reduce the fear and feelings meek
Herb of the Sun, I take you within*



*Warmth of confidence shall begin
Through this potion I consume
Within me self confidence bloom*

*Drink the tea while visualising your confidence
growing.*

