



Reduce those inhibitions

Ingredients

Sun herbs such as
Chamomile and sunflower
Yellow candle
Cauldron

Timing

Moon in Leo
Waning moon for removing
inhibitions



Light the candle and focus your thoughts on any issues around your confidence or inhibitions

Place the sun herbs (chamomile and sunflower) in the cauldron, add a few drop of yellow wax and say your incantation

Le's moon, reduce the fear
Help me with confidence so that I appear
At ease with those situations
That give me unpleasant sensations
I absorb the power of this herb
To clear my head of thoughts that disturb



Light the herbs in the cauldron, allow the smoke to cleanse your mind.