



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*

*Leo'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.*