



Taking Action

Ingredients

Red candle
Thistle or nettle
Red crystal or stone
cauldron

Timing

*Waxing moon for decisive
action*



Light the candle and focus your thoughts on where you need to take decisive action.

Perhaps this is a change of direction at work, some direct action at home or something else.

Take the crystal or stone in your hand, look into the flame and visualise yourself achieving success in this endeavour. Focus on the outcome, rather than how it will come about. Say your incantation

*I take this first step, desire in my heart
Into my stone, I channel my fresh start
With fresh perspective, I make a course
correction*

Taking action, I head toward a new direction



Place the stone in the cauldron and light the nettle or thistle bundle using the candle flame.

Allow the ash to cool and find the stone inside. Keep this rock with you as you begin to take action.