



# Increasing Control

## *Ingredients*

*Black candle*

## *Choose the Timing*

*Waxing moon for increasing your  
own sense of control*



*Let your thoughts rest on the issues at hand.  
What is it you would like to feel more in  
control of?*

*Light the black candle and spend some time  
focusing on the situation.*

*As you allow your gaze to rest on the flame,  
say the incantation*

*I see the issues that I am shunning  
I call forth the solution and control is coming*

*I control, I am control*

*I am the solution and the whole*

*All that I control is in my gift*

*I am control, and the paradigm shift*



*Visualise your increasing control as a beam of light, or check in with your heart and feelings to allow a sense of control to grow in your senses.*