



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.