



Release Shyness

Ingredients

*One sunflower head
Yellow candle*

Timing

*Moon in Leo
Waning moon for releasing
shyness*



Light the candle and focus your thoughts on any reasons you might need to overcome your shyness, such as a short burst of confidence for one event or one meeting.

Look into the candle flame and recall a time that you felt confident, that a meeting or event went well. Bring that memory into your mind as the candle flame burns. Recall that feeling of confidence.

When you are ready, take the sunflower head in your hands and say your incantation

*I hold the power in my hand
Yes, I am able to take a stand
In the moment, I am conversable*



*My past tells me I am personable
I hold the power of the Sun
Yes, I can talk to anyone*

*You can now blow out the candle, lock into
your memory and your body that feeling of
capability, and ease that you visualised. You
can then recall these feelings using the
Sunflower as an anchor.*

*You can bring the Sunflower with you on the
day, or just choose to recall the Sunflower in
your mind.*

