



# 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.

