



Return My Power

A spell for mental health strength

INGREDIENTS

- 1 Bright yellow candle
- 6 drops of Cassia essential oil
- 6 drops of Clove essential oil
- 6 Drops of Roman Chamomile essential oil
- ½ teaspoon of dried basil
- ½ teaspoon of dried peppermint
- ½ teaspoon of dried thyme
- Mortar and pestle
- 1 small piece of paper
- 1 yellow pen

DIRECTIONS

1. Cast your circle in whichever way works for you.
2. Mix together the oils and the herbs in the mortar and pestle. While you're doing this, think of 3 words that describe what "mental health strength" means to you.
3. Carve the word "strength" into your candle and anoint with the oils and herbs you mixed in your mortar and pestle.
4. Write your 3 words on the piece of paper, using a yellow pen.
5. Spend at least 5 minutes chanting your 3 words while holding your piece of paper. When you feel you have built up enough power and emotion, recite then prayer before burning the paper.

**DIVINE GODDESS, I CALL ON THEE
IN THIS, MY TIME OF NEED.
STRENGTH, COURAGE, AND PURPOSE OF MIND,
PLEASE BRING THESE GIFTS TO ME.**

**EMPOWERMENT, RESOLVE, AND SELF-RESPECT,
I RECEIVE FROM THEE WITH GRATITUDE.
SOVEREIGNTY, POWER, AND CONFIDENCE ARE MINE,
IN THOUGHTS, EMOTIONS, AND ATTITUDE.**

**I TRUST MY INTENT TO YOUR FIRE AND FLAME
AND KNOW MY WISHES ARE GRANTED.
I THANK YOU FOR YOUR BLESSINGS
AND OFFER MY STRENGTHS IN SERVICE.**