

## Self Love Ritual

Loving ourselves completely allows us the opportunity to move forward within our lives with confidence to achieve our dreams knowing we are deserving of everything we've wish for,

What you will need:

- \* A beautiful candle
- \* Your favourite flowers, beverage and sweet (dessert).
- \* Incense
- \* A piece of jewellery (either new or already owned)

Dress in clothing that makes you feel fabulous, wear your favourite perfume and if you want to put on makeup and do your hair specially for this ritual, do that as well.

Set your altar area with the flowers, incense, jewellery, beverage and sweet.

Light your candle, burn some incense and let the magick begin.

Hold the piece of jewellery within your hand and start to move slowly from side to side feeling the movement awaken your body, put some music on if it helps. Let the movement flow, do whatever your body calls you to do, let it awaken every cell within your body and allow the energy within to build.

Embrace the beauty around you allowing your senses to be awakened and arosed. Take in the light from the candle, the smoke from the incense, the scent of your perfume, the feeling of the clothing upon your skin as you move, let it all weave together in a wonderful spell swirling around creating a cone of energy.

Feel the beautiful energy entering your heart, awakening the deep love of self, hold the peice of jewellery to your heart letting the energy overflow into it creating a talisman while saying:

*My love, my love, I am my love, my heart, my body and my mind.*

This piece of jewellery in now a talisman of self love and when worn you feel the love for self move through your body sinking deep into your bones.

Eat and drink to your ancestors who support you on your journey,  
to ground your intentions and energy.