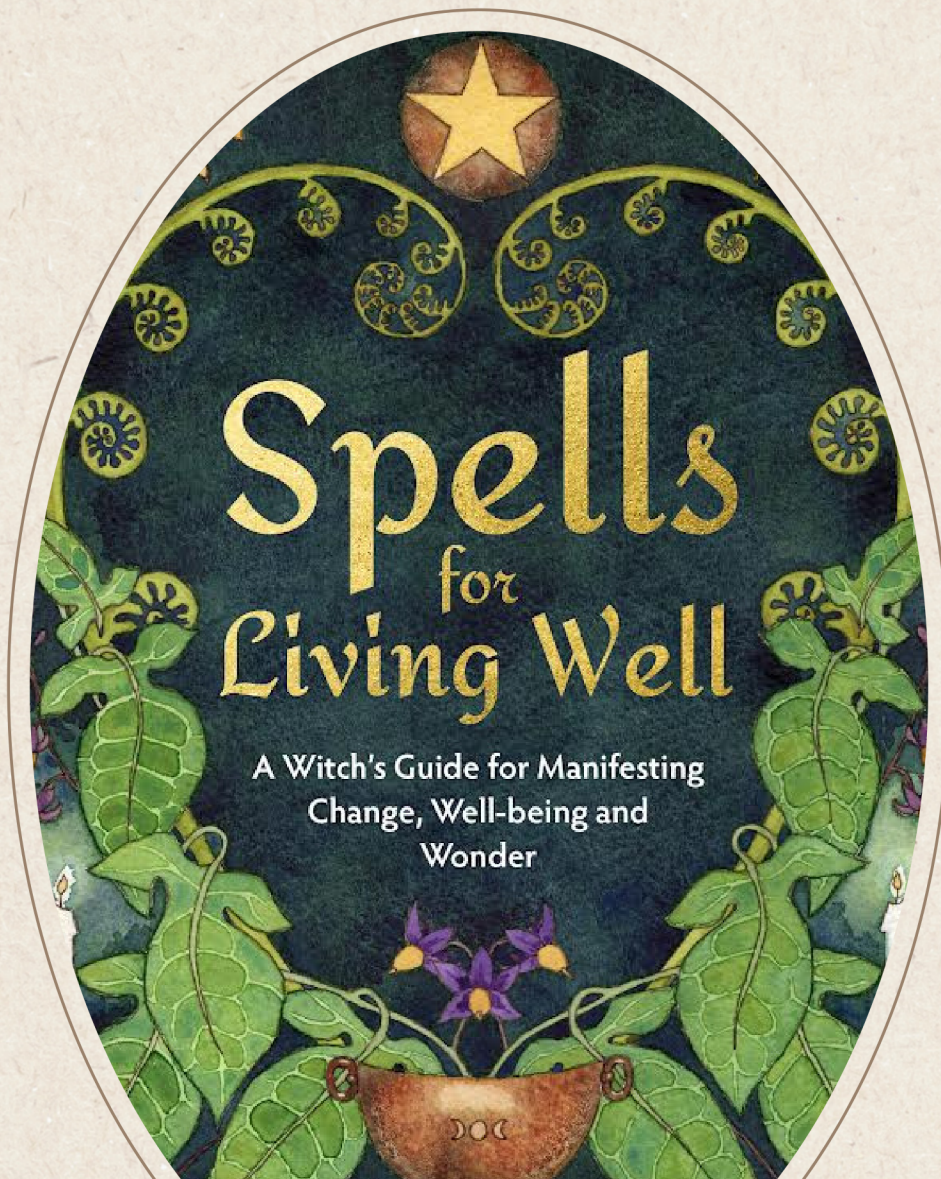


# SPELL FOR SELF-ACCEPTANCE

FROM SPELLS FOR LIVING WELL: A WITCH'S  
GUIDE FOR MANIFESTING CHANGE, WELL-  
BEING AND WONDER  
BY PHYLLIS CUROTT



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Learn the lessons from your past and you'll find the magic to accept yourself as you are now, to see yourself with kindness, with your strengths and your weaknesses. From this place of self-acceptance, you can decide what you want or need to change, what steps to take to make those changes, and how to take better care of yourself. This is a gentle spell of self-acceptance.

*You'll need:*

- An altar or small table to hold an upright mirror
- A candle
- Your journal
- Pen and Paper
- Sandalwood incense stick of powder with incense charcoal
- A censer
- Matches





*Cast your spell:*

Cast your Circle and light the incense. Put the candle in front of your mirror and light it.

In your journal, write your intention to accept yourself as you are. Reflect on what you think of as your mistakes but write about them as opportunities to learn.

Answer three questions

- What did I learn?
- What are the things I do well? (Include the small things.)
- What are my strengths?

Write down an Affirming Spell that meaningful for you, for example..

*I've learned from my past, that's over and done,  
With love and acceptance, my future's begun.*





Look in the mirror and see the light shining in your eyes. Recite your spell as you look in the mirror. Keep reciting your spell as you continue to see yourself in the mirror until you smile at yourself

Vow to be kinder to yourself. Blow out your candle.

*Your spell is cast. Close your Circle.*

*Act in accord:*

Ask a trusted friend what they see as your strengths and what they value about you. Remember, you are wonderful.

