



**Ask Rose Ariadne**  
<http://www.askroseariadne.com>

## **Love Spells and Self Esteem**

One of the most common questions that I hear is something along the lines of, "Is there a way / spell that will make someone want to be with me / love me?"

Well, the short answer is, "No... there is not."

One of the core precepts of the Wiccan faith is to harm no other. If you are weaving spells or intoning rituals which are meant to sway the minds of others, then you are by definition harming them.

Free will is one of the most precious gifts we have been granted. Spells and rituals that are designed to infringe upon that free will and force others to do things by your design, instead of in accord with their own will, steals that most precious of gift from them.

In addition, whatever feelings or desires that they manifested for you would never be real or honest, but would instead simply be the manifestation of the magics. Would you really want to be with someone under those circumstances? Never really knowing if their feelings for you were genuine... or simply the product of magic?

So, in this particular case, my best advice to you is to take the time and put in the effort to do things the old fashioned way. After all, anything really worth doing is certainly worth doing right. If it is meant to be, then there is no need to rush or hurry things – and you will be much happier in the long term from having not done something you would likely regret.

However, all of that being said, there is no reason that you cannot seek to improve certain things about yourself in order to make you more attractive and desirable to those around you. And well, without question, one of the





most desirable traits that a person can possess is a well deserved sense of self-confidence and self-esteem.

To that end, here is a spell that I have found to be very helpful in bolstering both of those qualities....

### A Spell to Encourage Self Esteem

Lacking that happy knack of making friends easily? If you are asked to a party, do you stand around like the proverbial wallflower while everyone else is engaged in happy conversations and the sound of everybody else's laughter fills the room? Or maybe your career is stuck in a rut and you see no way to make that break for yourself to get ahead? If you think, "That's me!" about any of these, then maybe the answer lies in a lack of self-esteem and the following will help....

You will need:

A bath

Lavender essential oil

Jasmine essential oil

An essential oil burner

Seven green oak leaves (Basil can be used if oak is out of season)

One purple candle

One yellow candle

Purple thread

An envelope

First, start a warm bath running and drizzle some of the lavender oil into the water.

Next light both candles and sit them near the bath.

Float the leaves in the bath and climb in.

Breathe in through your nose and hold it for a count of seven. Breathe out through your mouth for a seven count. Repeat this process six more times.





As you breathe in, visualize your lungs filling up with warm, golden light. As you breathe out, see your frustrations in your breath and watch your anger, pain, and all of the other barriers that stand in your way float away with each exhalation.

Now, totally relaxed and at ease with yourself, visualize a spot of golden light above you. Watch it get bigger and bigger before it floats down and your body is enveloped in its warm glow.

At this point, repeat the following:

"I have a contribution to make.

I have words to say.

Let others hear the words I speak.

And take self-doubt away.

And let it be done, that it harm no one."

Repeat these words six more times before leaving the bath and snuffing the candles.

Thread the oak leaves onto the string and then hold them up to the light and repeat the previous verse one last time.

Fold the leaves into the envelope and place the envelope into your handbag or wallet.

End the ritual by burning the jasmine oil in the burner and letting the scent of it waft over you, removing any last traces of self-doubt.

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