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## **The Truth About Love Spells**

You can't stop thinking about that special person. Maybe you see this person, the one who makes your stomach fill up with butterflies, at school or at an extracurricular activity the two of you happen to share. You dream about them, fantasize about them, organize your day so you run into them the maximum number of times during a day. Even if they don't seem interested in return, you're sure that with a little encouragement, they will see the light and fall for you as hard as you've fallen for them.

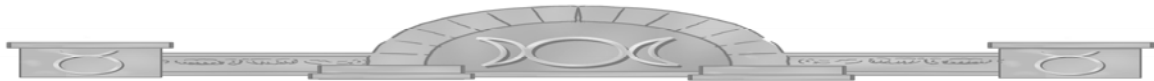
We've all been there. The temptation to use a love spell when you're in a situation like the one above is great! After all, all the love of your life needs is a little nudge, right? Resist the urge until you're sure you know what you're doing. Remember that the Wiccan Rede states that harming others is unacceptable behavior. The definition of harm includes removing another person's free will, whether that is through physical or magical action.

So what's a poor love sick kid going to do? Is the magical route completely off limits? Of course not! There are many things you can do to enhance your chances without compromising the other person's ability to make their own choices. For example, if you have a patron deity (or deities) don't be shy about telling them the details of your problem. Often times we can't see how our patrons help us, but rest assured that they are there and acting in your best interests.

Another route you can take is a spell to make your desirable qualities more obvious. Be careful that you don't approach this spell with an eye towards making yourself unnaturally beautiful or otherwise attractive; rather, focus on making the qualities you already have more obvious. You could also cast a spell to open the way towards gaining greater self confidence, because as we all know, there are few things more desirable than a person solidly in love with him or herself.

One of the best love spells I've found is one to open yourself to love. This is in keeping with the advice above, as this spell tries to find out if something within you is blocking love. For example, do you have no self confidence, and therefore believe that love will never be yours, or that you aren't lovable? If this is the case, the love of another will never heal these hurts! Ask your patrons for help in discovering why you feel this





way about yourself. Who has made you feel as though you did not deserve love, and how did they go about making you believe this? Realize that, in love, there is no “deserve.”

When doing this spell, sit or stand before your altar as your patrons demand. Cast a circle, asking the spirits to protect you as you journey within yourself. No negative influence can enter this circle! You may want to call the elements as well, to stand as guards at each corner. Some practitioners call not just the elements, but the winds that correspond to each direction as well. An Asian practitioner might recognize more elements than the Western witch is used to, while a Celtic practitioner might call fewer than expected. Choose what feels right for you.

Give offerings to your patrons if you have the resources to do so. Even baking a cake or cookie and offering that can be appropriate; offering cakes to various incarnations of the Goddess, for example, is an ancient tradition. Think about what would be appropriate to your patrons. You may be moved to sing, dance, or chant. You may feel like being completely silent, asking for help with your inner voice as opposed to vocalizing your needs. Be still within yourself and let the spirits guide you towards the appropriate actions.

Ultimately, remember that love begins within you. Love for one’s self must precede love for another! The will of one’s intended should not be compromised, as love without free will is nothing but slavery.

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