

LAURIE'S LOVE SPELL

Before you can attract love, you must love yourself. Or at least be aware of your own attributes that would attract the love you want.

That's the concept of this spell. It's also taken from the idea of the Sanskrit chant "Sat patim dehi parameshwara" that translates to "I call to me a man of universal truth and perfect masculine attributes that match me". This chant (and spell) projects all your positive attributes to the Universe, asking the Universe to bring someone in harmony with who you are.

Please forget making a list of what you want in a partner. Most of the time you unconsciously include things that the other person is supposed to fill in where you are deficient. What you get is someone who then highlights those deficiencies instead of accepting and appreciating you for who you are.

So here is my Love Spell to project your positive attributes to attract your perfect mate.

Materials Needed

Your List of 40 Things on Red Paper (see below)

One Red 7 Day Candle (or 3 red taper candles)

The candle needs to burn 20 minutes a day for 40 days. A 7 Day Candle will last but regular taper candles will not, so have extras so that when one burns down, you have others to use that have all been blessed at the same time.

Love Oil and Incense (optional)

See Candle Burning Instructions on my website for oil and incense choices

Sacred Space or Altar

Best Time to Start for Women

The first hour after sunrise on a Friday

At 35 minutes after the hour

Between the New Moon and the Full Moon

Best Time to Start for Men

The first hour after sunrise on a Tuesday

At 35 minutes after the hour

Between the New Moon and the Full Moon

Preparation

Make a list of 40 things that if you met yourself for the first time romantically, what you would like about you. Keep it first person, present tense without negatives. Avoid using words of lack like "wish, want, desire, need". Don't limit yourself; you can edit the final list before you do the spell.

Examples:

I am a loyal person.

I have a beautiful smile.

I am good with and love animals.

I kiss really well.

If you want to list something positive in a negative way, such as, "I don't smoke", instead list it as "I am smoke free" or "I am healthy without smoking".

This can also be an exercise in finding out how much you think (or don't think) of yourself in a positive way. If you don't see yourself for what you have to offer, no one else will.

Once the list is complete, copy it neatly on red paper.

Rinse the candle(s) in cold water and let them air dry.

Prepare the Sacred Space/Altar that you are using. This space needs to stay intact and untouched (except when you use it once a day) for 40 days. Physically clean the area, then smudge it with sage.

Bathe/shower (using appropriately scented soap or oils) and dress in clean clothes that are either red or make you feel sexy and desirable. Add a scent to your body that makes you feel desirable, if you wish.

Hold the candle(s) between your palms and put all the desire you have for being loved into them through the chakra points in your hands. Ask them to help you project who you are and bring your perfect love. If you are using a love oil, then anoint the candle(s) with the oil. Place the candle(s) on the Sacred Space/Altar along with the incense, if you are using any, and the list.

The Spell

At 35 minutes after the first hour of either Friday or Tuesday, with everything prepared and in place, take a few minutes to calm your energy and focus on the task at hand. The more concentration and total-sensory experience you put into the spell, the better it works. Ground yourself with deep breathing, tap with the middle finger of your dominant hand on your Third Eye, shake your hands vigorously to stimulate the creative, spiritual center of your brain.

Light the incense (if you are using any) and direct the smoke to consume the candle(s) and your list. Then light the candle and let it burn for 20 minutes.

During the 20 minutes, read your list aloud. Take your time and focus on each of your attributes and believe what you are saying. Then spend a few minutes either recalling or imagining what it's like for you in your heart, mind, body and soul when you are completely loved and loving in return. Bring in that sense of belonging, of your contentment, your inner glow. Concentrate on that as long as you can keep it clear.

Avoid trying to recreate a specific individual. This isn't about calling someone to you that has come and gone and you still want. It's about trusting that what makes you happiest is what the Universe brings you. So avoid putting a face to that feeling of love and contentment you create within.

When finished and the candle has burned for 20 minutes, thank the energies involved and put the candle out (snuffing much better than blowing it out which is very disrespectful). Get on with your day.

This ritual is done for 40 days in a row. Even though you started early in the morning on your given day, after the first day you can do this ritual at any time – from when you get up to when you go to bed. If you miss a day, you have to start it all over again from Day One and will have to wait for the appropriate day and Moon cycle to commence. If you go to sleep and wake up an hour later, suddenly remembering you didn't do it that day, you still have to start from Day One.

Every day for 40 days, light the incense (if you're using it), smudge the area with its smoke, light the candle for 20 minutes, read the list, and do the meditation. This might seem like a huge commitment but again, what energy and commitment you put into a spell is what you get out of it.

Conclusion

On the last day, read your list, do the meditation then burn the list from the candle flame (safely, having a fire-proof container ready to hold it while it burns) and let the candle burn itself out. If you are using a 7 Day Candle, this may still take a few days. It must burn to its completion undisturbed. For safety, however, if the Sacred Space/Altar is not safe for it to burn unwatched, move it to a place that is. It's more important for the candle to burn itself out in a different location than it is to stay in an unsafe place and be accidentally put out by a well-wisher who has no idea what you're doing.

If you have an extra taper candle that didn't get used, save it for another time. Just let the last candle in play burn itself out.

Those who have done this have gotten confirmation that they're on the right track about 20 days into the spell. People started paying attention to them in different ways, in romantic ways, out of the blue. The individuals who were paying the attention were not the total package of what was being called, but parts of the individual were responding to the energy of the spell. Don't be surprised if this happens to you. Just accept it as proof that what you're doing is working.

When the spell is over, let it be. The love you called may not come the next day or the next week. Have patience with the Universe. Timing is everything. Trust and believe and it comes.

However, if you do feel after a few weeks that it didn't work (which will be more impatience than fact) and you'd like to do it again, start on the next appropriate Moon cycle.

Good luck.