

Empowerment Spell

Put both feet flat on the floor and sit forward—spine straight
letting your hands rest in your lap
Take one long breath in through the nose and let it out slowly through the mouth
Let that breath carry the noise of the day out with it

For the next few minutes, this small space is yours. Nothing is owed here
Say this out loud if you can.
"I decide what is true for me" and then
cup your hands in front of you like you're about to hold water.

Breathe three slow breaths into them and with each one, call something back.
It could be the choices that you let others make for you, the wants you were
told were wrong, the "no" that your body kept giving
that no one would hear. Call it all back into your hands

On your next breath, press both palms flat to the center of your chest
Feel the warmth of your hands through your shirt knowing
this is where it's all coming back to you. Say the words "I call my knowing home."
"My 'yes' is mine to give, my 'no' is mine to keep."
Leave your hands there for another breath or two
And then say, "It is mine and it is done."

Take another few deep breaths and let your hands come down,
palms flat on your thighs or press your feet into the floor.
If you feel buzzy or full, you can breathe that extra energy
down to your feet and into the ground beneath you.
Mother Earth will take it. She doesn't mind.

If you feel wrung out, you can draw a slow breath
up from the floor, like a root drinking water
up from Mother Earth, and just sit with that for a moment

Slowly begin to wiggle your fingers and toes as you open your eyes and come back.

-Your Witchy Mother
MelanieRaphael.com

"May your magic be loud, your rituals hold true, and your field be steady."