



Hello beautiful Soul,  
Thank you for choosing

*Mindset Magic.*

*Your Love Spell Box was created with  
intention, care, and energy*

*A 3-Day Ritual to*  
**Release,**  
**Align**  
**& Receive**

*Whether this box found you through curiosity, a  
gift, or alignment -  
you're exactly where you're meant to be.*

*Your energy is your spell  
Take a deep breath -*  
✧ **Your ritual begins now** ✧

*Love,*  
*The Sisters of Mindset Magic*

# ◆ WHAT 'S INSIDE ◆

## **3 X LAYERED BATH SALTS**

Epsom Salt , Pink Himalayan Salt, Dried Botanicals, (rose, lavender, rosemary, camomile, Jasmine petals)  
Skin-safe colourants & Essential Oil Blend

## **AURA MIST**

Distilled Water, Essential Oils, Optiphen Plus (preservative), Exotic Ylang Ylang, Moonflower, Sandalwood essential oil, Lily of the Valley Oil, Vanilla fragrance oil, Witch hazel (alcohol free)

## **HANDMADE CANDLE TIN**

A hand-poured candle filled with delicate flowers and earthy botanicals for a warm, peaceful aroma.

## **3 X ENERGY STONES**

## **1 X BREATH WAND**

## **3 X INCENSE CONES**

### **SAFETY NOTES**

Keep away from children + pets  
Patch test aura mist if sensitive  
Avoid bath salts on broken skin

Do not ingest  
Never leave a flame unattended  
Store all products in a cool, dry place,

# ✧ DAY 1 – LET GO ✧

## FIRE RITUAL

### ✧ Prepare Your Space ✧

Create a sacred space by clearing clutter, dimming lights, silencing devices, and ensuring that all of your ritual tools are within reach. **Take 3 slow, deep breaths** in through your nose and release your breath through your mouth, **feeling grounded and present.** This signals to your nervous system: **“I am safe.”**

*Fire clears - Breath softens - Let Go.*

#### 1. LIGHT YOUR CANDLE .

Use the flame to visualise a warmth, deep in your stomach.

With each breath in, feel it grow in heat and size. We are building up the energy we want to release.

Whether resentment, jealousy or a low self image, they all block love... and today we are going to let those go.

When you are at full breath, slowly begin to exhale, but keep your candle lit. Continue with a steady breath, your choice to let go with complete presence, to what no longer serves you.

#### 2. PURIFY THE AIR

Light your incense. Watch the smoke spiral upward, floating away like the negativity we want to release

#### 3. MIST YOUR AURA .

Spray above your head & around your body.

As the scent settles into your energy field, take a deep inhale and imagine the mist dissolving any stagnant or unwanted energy, leaving you surrounded by a new, fertile space

4 . ΔDD DAY 1 POTION TO WARM WATER  
If you don't have a bath, the aromatherapy works just as well in  
a warm foot or hand soak.

As your body settles notice how light you feel without the  
heavy emotions, tension, past attachments, and focus on that  
feeling of freedom, release and new endless possibilities.

5 . USE THE BREATH WAND

Allow the rich salts to soothe your muscles and draw out  
physical & energetic stagnation; Inhale slowly through the wand  
let the aromatic blend of camomile, rosemary and jasmine. As  
you exhale through the your breath wand, imagine releasing  
tension., allowing the rhythm of the wand anchor you  
completely in the present moment; until you feel a noticeable  
sense of peaceful stillness.

MANTRA :

*"I release what no longer serves to me."*

6 . ✧ SEAL THE RITUAL ✧  
Seal your practice with a 'Let Go' meditation



# ✧ DAY 2 – SET YOUR INTENTION ✧

## WATER RITUAL

### *Water Reveals What Matters.*

#### 1. LIGHT YOUR CANDLE.

Focus on the flame, today it represents our clarity and focus. Gaze gently at the flame, allowing it's quiet, steady presence to anchor you further in this present moment with balance and grounding.

#### 2. PURIFY THE AIR.

Light your incense. Watch the smoke spiral upward, carrying your focused intention skyward

#### 2. MIST YOUR AURA.

As the scent settles, close your eyes and let the aroma transport you, to the future of your dreams. Focus on being present, and the power of your intention. You are harnessing a great feeling of self love

Picture your surroundings, what can you see, or hear and how can you tell this is the future of your dreams?

#### MANTRA:

*"I expand into ease, flow and endless plenty."*

#### 3. ADD DAY 2 POTION TO WARM WATER

If you don't have a bath, this activity can be done in a big bowl. As you add the salts to warm water, use your breath wand to

breathe in the lavender, allowing your whole body to soften while the scent wraps around you.

With the clarity of your visualisation in mind, ask yourself what you need to do, to live a life filled with love, let the thought crystallise as you soak. The self love you cultivate here will and allow external love to enter your life with grace and ease.

#### 4. BRING YOUR INTENTION TO LIFE

Keep it simple and honest, and use your finger to write your intention in the water, letter by letter. Focus on seeing each letter form, in the fluidity and movement of the water. With every letter you write you are becoming the version of you that already has the life you desire

*Place your hand on your heart  
and speak your intention three times.*

#### 5. ✧ SEAL THE RITUAL ✧

Crystallise your vision with your clarity meditation



✧ DAY 3 - CALL IT IN ✧

AIR RITUAL

*Not Chasing Love - Standing in It -  
I Am Where Love Belongs*

1. LIGHT YOUR CANDLE. IGNITE YOUR  
REALITY

*As you light the flame, you activate the energy of receiving.*  
Light your candle. As the wick catches, watch the flame dance. Hold your hands close enough for you to feel the heat, let the warmth be a physical act of receiving, ready for the love you are calling in

2. PURIFY THE AIR.

Light your incense. Watch the smoke spiral upward, carrying your focused intention skyward.

3. MIST YOUR AURA.

Spray above your head & around your body.  
Day 3 is all about embodiment, not just hoping, but knowing with certainty, that what you want already exists, here and now, and you can chose to feel it. Basque in it.

4. GROUNDING BREATH

Aligning your mind, energy, and emotions with what is now yours, hold your Breath Wand, and take three deep, cleansing breaths. As you inhale through the wand, allow this action to fill you with calm, clear energy. As you exhale, consciously release any clutter or stress from the day.

MANTRA:

*“What I call in,  
is already moving toward me”*

#### 4. **C**LARITY AND **E**NERGY **S**TONES

Hold your energy stones in your palm or over your chest, bringing your love intention to mind - unconditional Love, Compassion, Connection, and forgiveness.

Take several deep, aligning breathes as you focus your intention on being guided by the energy of the stones.

##### **Focus on your Heart**

“ I am open.”

Be willing to remove blocks, heal old wounds, and open up to both giving and receiving love without fear or condition.

“ I am worthy.”

Solidify your inner confidence, boost your self-esteem, and empower yourself to take confident action.

Feel the love that is driven towards you.

Keep the energy stones near your bed or workspace.

### 3. ADD DAY 3 POTION TO WARM WATER

If you don't have a bath, the aromatherapy works just as well  
in hot water

Sit comfortably and soften your shoulders. Let your hands  
rest open on your lap, palms facing upward.

Take a slow breath in through your nose, channel the scent  
of rose into the feeling of pure love, for yourself and the  
reality you are creating.

Feel the air enter through your nose and begin to harness  
it's power, Feel the momentum in your rhythm of breath  
and let each inhale grow a little more than the one before.

Visualise the intention you set, your call is mighty and all  
obstacles are blown out of your way.

You are the magnet of your desires.

With your exhale, silently think:

*"It is already mine"*

With each inhale, silently think:

*"I call it in"*

✧ LOVE MAGNET SPELL ✧

I open my heart to love that honours who I am.

Love that expands me.

Love that feels true.

I release old stories that taught me to close, brace, or shrink.

I choose softness with strength.. Openness with boundaries.

Depth without losing myself.

I welcome love that aligns with my highest good —

Self-love that deepens, friendships that feel reciprocal,  
connections that heal, and romance that unfolds naturally.

With each breath, my heart clears.

What belongs stays.

What doesn't, leaves.

I attract love that feels safe, mutual, and nourishing.

My energy steadies.

My heart stays open.

Love meets me where I am.

And so it is.

Your ritual is complete when the feeling of receiving is stronger than the feeling of waiting.

Allow the rest of your evening to be a beautiful reflection of this magnetic energy, and use your Breath Wand any time you need to recentre your intention.

4. ✧ **S**EAL THE RITUAL ✧

Crystallise your vision with your Day 3 meditation



**NOTE ANY FEELINGS OR THOUGHT THAT ARISE  
FROM YOUR PRACTICE**

