



Hello beautiful Soul,  
Thank you for choosing

*Mindset Magic.*

*Your Abundance 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 I N S I D E ◆

## **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 & **release your breath** through your mouth feeling **grounded & 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. Fear, lack and self doubt all block abundance... 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 into the water, 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 mouth, 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 abundant future of your dreams. Focus on being present, and the power of your intention. 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 do you need to become that version, let the thought crystallise as you soak. You deserve to have joy, pleasure and prosperity 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. ✧ **S**EAL THE RITUAL ✧

Crystallise your vision with your clarity meditation



# ✧ DAY 3 - CALL IT IN ✧

## AIR RITUAL

*Abundance is opening — not chasing,  
but welcoming what's already yours.*

### 1. LIGHT YOUR CANDLE. IGNITE YOUR REALITY

*As you light the flame, you activate the energy of receiving. 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 future 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 & **E**NERGY **S**TONES

##### **ENERGY STONES**

*“I FEEL, I RECEIVE”*

These Energy stones aid you in focusing on unlocking your capacity to receive and fully enjoy the flow of life's blessings. It activates creativity and passion, channelling these forces into financial and emotional abundance.

*“I HAVE, I AM SAFE”*

Release the energy to create the essential foundation towards all higher forms of abundance. These energy stones amplify prosperity, attract wealth and growth, nurturing a sense of plenty in all areas of life.

Hold your energy stones in your palm or over your chest, bringing your abundance intention to mind.

Feel the energy of the stones radiate through your heart centre, and around you - clearing any energetic blockages and harmonising your inner energy. Let its subtle vibration align your intention.

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"*

✧ **△BUNDANCE RITUAL SPELL** ✧

I ground below. I open above. I am clear.  
I move strong in my choice, and not in fear.  
What once felt scarce now shifts and grows.  
I create momentum. I decide the flow.  
Opportunities meet me where I stand.  
Money moves steady by my command.  
I am worthy. I receive.  
I act with trust. I know. I believe.  
My needs are met. My path is clear.  
What serves my highest is already here.  
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. ✧ **SEAL THE RITUAL** ✧

Crystallise your vision with your Day 3 meditation



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

