

# Renewal Bath Spell: Self-Love & Spiritual Acceptance

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## You Will Need

8 rose petals (fresh or dried)

2 tablespoons cinnamon powder

1 white candle

spells8

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## How to cast the spell

Pour 4 cups of water into a pot and place it on a stovetop over high heat. Add the rose petals and cinnamon.

When it starts to boil turn off the heat. Let it sit for 15 minutes.

Meanwhile, take a quick shower to clean your body and then fill the tub with warm water.

Light a white candle and add the mixture of rose petals and cinnamon to the water.

As you pour the water over your body and face, think about the reasons why your heart is aching. Not just what others might have done to you, but also look at the way you have treated yourself. Apologize to yourself and ask that all negative thoughts go away. Focus on what your emotions are trying to tell you. Analyze your fears because they will guide you to what you need to do.

Say the following chant:

*“ I love myself deeply and fully.  
From now on, I accept myself and  
cancel all negative thoughts. ”*

Relax for a while and when you are ready, get out of the tub and do what you enjoy the most.