Sugar Jar

Keep this jar by your bed to attract a new love, to strengthen an existing love or for beautiful dreams and self-love.

Use a combination of any of the following herbs/oils:

Rose, Hibiscus, Lavender, Jasmine, Chamomile, Vanilla, Orange, Lemon, Basil, Rosemary, Cinnamon, Oregano

- Jar
- Sugar
- Any combination of herbs
- Small piece of paper
- Red ink pen
- Rose quartz
- Pink or red candle

1. Light your candle.

2. On the paper, write your intention:

– If you are looking to strengthen love or to attract a specific person, write your partner's name and date of birth. Draw a circle around it.

– If you are looking for new love, write a few qualities you would like your future love to have.

– If you are working on self-love, write your own name and qualities you need to take more pride in, or anything you are wishing for for yourself – in the present tense.

3. Roll your paper into a scroll and seal it with a few drops of wax from your candle. Add the scroll to the jar.

4. Add the herbs along with the rose quartz to fill the jar and cover the scroll.

5. Take a tiny pinch of the sugar mixture and sprinkle it around your candle.

6. Seal your jar and hold it while you watch the flame and recite:

"Flickering fire, burning bright

I share with you sweet dreams tonight.

Beneath this moon, shining, glowing,

Love for me is quickly growing,

A heart is sweetened, change is near,

The Universe smiles, Love is here!

By the powers of the Earth, Wind, Fire and Sea,

This is My Will and So It Shall Be!"

6. Allow the candle to go out on its own or extinguish it if you're planning to re-use it.

7. Keep the jar by your bed when you sleep.

8. Light a candle and repeat the spell once a week with a tiny pinch of your sugar mixture.

Why this Spell Works

Sugar is a key ingredient in Kitchen Folk Magic, it serves as a sweetener of moods and energies.

The herbs and spices listed here each have their own magical properties which, combined with your intention, will aid in attracting what you wish.

Pink candles are used for romantic love and self-love. Red candles are used for passionate love and attraction.

The loving energies of Rose Quartz will strengthen the power of this spell.