

Spirit of Acceptance Spell

(from "Spells for the Solitary Witch", Eileen Holland)

We have a remarkable way of sabotaging ourselves. We create our own problems, set up roadblocks and sometimes just refuse to act in our own best interest. These issues can sometimes be related to our own failure or refusal to accept things, such as the truth about ourselves, truths about people and situations, things that need to be changed or just accepting our own reality.

This spell can help you resolve some of your own sabotaging and is best worked when the moon is waxing (the time between the New Moon and Full Moon).

Spell "Ingredients"

- ◆ drawstring (mojo) bag, any color works
- ◆ mustard seeds – enough to fill 1/3 of the bag obtained from a grocery store
- ◆ small crystal – one that is very personal to you
- ◆ paper – brown or parchment is best
- ◆ pen – not a pencil because you don't want the spell to be erased
- ◆ two sticks of incense, any scent that you work best with
- ◆ *optional*: a sprig of fresh clover
- ◆ *optional*: music, candles, ritual garb or whatever helps you to get into your "magickal mood"

Preparation

Get into your magickal mood – anything that makes you feel prepared to work a spell, whether it be certain "garb", music, lighting, etc. Light a stick of incense and create your sacred space to work the spell. Do this by mentally surrounding yourself and your space in protective white light. You can also smudge the area with sage to clear any bothersome or negative energy. Put the mustard seeds and crystal into the mojo bag then smudge the bag by holding it in the incense smoke and turning it until the entire bag has been touched by the smoke. Sit and think about the things you need to accept, the roadblocks you put up which get in the way of your success, the things you need to change. Be honest and be thorough.

Spell

Carefully tear the paper into thin strips. On the first one write "I accept myself". Fold or roll it tightly and put it into the bag. On the next strip write "I accept responsibility for myself & my actions". Next strip write "I accept responsibility for my life". On a fourth strip write "I accept that I deserve the blessings of this Universe". Fold or roll all strips and put them into the mojo bag.

If you wish to add any more strips, feel free to do so. Anything that you want or need to accept which could include things like "I accept reality", "I accept change", "I accept my body", "I accept healing", "I accept my past", "I accept my losses", "I accept my success", "I accept that I need to make positive changes in my life". Anything along those ideas,

After all the strips have been placed in the mojo bag, add the sprig of clover if you have it. Light the second stick of incense. Then pull the drawstrings of the bag closed and knot it at the top using three knots. Hold the bag in the smoke as you say:

*Crafted so it does no harm,
With magick I enchant this charm.
Winds of change, blow through me.
Spirit of Acceptance, flow to me.
This I command, so mote it be!*

Hold the bag in the smoke until the incense burns completely down or you feel it has “bonded with” the enchantment. Repeat the enchantment as many times as you feel is needed.

Once it is complete, ground yourself by returning to the current reality; clean up the work space, discard the candle and the remains of the incense.

Keep the mojo bag with you until the spell has fully manifested. Keep it near your bed or under your pillow when you sleep, carry it in your pocket, purse or backpack during the day. Every time you pick it up, see it or come in contact with it, think about what it represents and the changes you wish to make. As the spell works, you will find the changes are being made. This spell will provide gradual results that will compound once it gets going. It will help you to begin to feel better about yourself and about your life. Remember that transformation is a process rather than a quick change.

Afterward

You can renew this spell at any time by holding the mojo bag in incense smoke and repeating the words of the spell.

When issues that brought you to needing this spell are no longer present, you can consider the spell's work complete. The bag can then be buried, burned, thrown out, put away in a safe place or dispose of it in whatever way seems best to you.