**Confidence in Social Situations**

Make or buy a small drawstring bag about 1-2 inches deep.

Put in a pinch or two of each of the following:

* Nutmeg
* Pine needles
* Dried Lavender
* Piece of Mandrake root

Carve your initials and a pentagram on the mandrake root and tie the bag closed.

During the waxing phase of the moon, consecrate and charge the bag.

Wear it around your neck or keep it in your pocket.

You will feel a surge of energy whenever you are in a social situation.