

Anxiety Be Gone!

Try this easy candle spell to quickly banish anxiety and boost your confidence.

- Purple candle



1. Light your candle.
2. Take 3 deep cleansing breaths. Inhale peace, calm and positivity. Exhale stress, anxiety and negativity.
3. Look into the candle flame as you recite:

*"Racing Mind and anxious thoughts,
I set this intention for you to stop.
Swirling feelings and doubts abound,
Positivity shuts you down.
Head held high, Pride within
With this spell, Anxiety does not win.
Clear mind and Grateful me
So it is spoken, so mote it be.
Blessed Be!"*

4. Repeat as many times as you feel you need to, taking 3 deep cleansing breaths between each chant.
5. When you finish your spell either allow the candle to burn down or snuff it out. Dispose of the remains saying:
'Thank you.'