

Anxiety Be Gone!

Try this easy 'Anxiety Be Gone!' Spell to quickly banish anxiety and boost your confidence.

Purple candles are used for meditation, deep cleanses, transformation, and contacting the spiritual world. If you don't have a purple candle, you can replace it with a blue (healing and peace) or white (all spells) candle.

You will need...

* Purple Candle



1. Create your sacred space in your usual way.
2. Hold your unlit purple candle in your hand and close your eyes. Let your anxiety and stress flow from your hands and into your candle.
3. Take three deep, cleansing breaths. As you inhale, envision a white light flowing through you. This white light is full of peace, calm, and positivity. As you exhale, envision a murky gray leaving you. This is your stress, anxiety, and negativity.
4. Open your eyes and place your candle on your altar. Then, take your match or lighter and light your candle.

Continuation of the Spell

5. Gently gaze at your candle flame and say the following:

By the gentle glow of this candle's light,
I banish anxiety into the night.
With the candle's flame and magic's grace,
I find serenity in this sacred space.

With every flicker, let peace arise,
As I chant these words to the skies.
Anxiety, you shall now depart,
From the depths of my soul and my heart.

In the name of peace and inner calm,
I banish anxiety with this balm.
Anxiety be gone by the candle's gleam,
As I will it, so mote it be!

6. Close your eyes and spend a few moments in quiet reflection.

7. Let the candle burn all the way out. Then dispose of the remains in the trash.