

Return to Sender



You will need...

- a small piece of paper
- a black pen or marker
- a white candle
- a heatproof bowl or cauldron
- matches or a lighter



Instructions

1. Find a quiet place to perform the spell.
2. Light the white candle on your altar. Take a few deep breaths to center yourself and focus your intention.
3. Write down the name or description of the person or energy you wish to return to the sender. Be specific!
4. Hold the paper in your hands and visualize a bright, protective light forming a shield around you.
5. Repeat the following incantation or create your own:

By the power of the universe, I cast this spell,
Return to sender, it's not mine to dwell.
With harm to none and intentions pure,
I send it back, this I am sure.
May it find its origin, it is clear to see,
And be returned, so mote it be.

6. Hold the paper over the flame of the candle and carefully burn it. As the paper burns, visualize the energy returning to its source, unable to harm or affect you any longer.
7. Place the burning paper in the cauldron. Watch as the paper turns to ashes, symbolizing the completion of the spell.
8. Let the candle burn out naturally and dispose of the ashes. Visualize the energy being released and returning to its source, completing the spell.