

Healing Spell Candle

1. Decide what type of healing you need. It can be for the mind, body, soul, or someone else.
2. Take a washable pen or marker and write down the healing you need or the name of the person that needs healing on your palm.
3. Light your candle.
4. Stare into the flame and visualize a red light glowing around you or the person needing healing. You should feel a warmth start from your head down to your toes.
5. Extinguish the candle flame if it did not burn out yet.
6. Wash your palm with soap and water. The red light removes the negative energy while the water rejuvenates the mind, body, and spirit.

