

MAGICKAL WITCH COVEN

NEW MOON GROUNDING CANDLE SPELL

HEALING, NOURISHING, PROTECTION



Materials:

What to Do:

- **Brown candle**
- **Lavender: Stress relieving, healing**
- **Rosemary: Clarity, protection**
- **Garden Sage: Focus, present moment, clarity**
- **Rose: Nourishing and healing**
- **Chamomile for protection and peace**
- **Grounding oils (Ex. Cedar, Frankincense, Cypress, Sandalwood, Myrrh, Fir, Lemongrass, Patchouli)**
- **Dandelions for balance and happiness**
- **Grounding crystals: Hematite, Obsidian, Smoky Quartz, Tigers Eye, etc**
- **Small dish, candle holder or tin foil**

Perform this ritual during the new moon or whenever needed. Please feel inspired to add more crystals or herbs to the spell. You can customize this spell to suit you.

First, cleanse your space and tools. Dress your brown candle with the oils and herbs listed, or any of your choosing. Place your candle on either a fire-safe dish, candle holder or on a piece of tin foil. Add some melted wax to the bottom of your candle to keep it in place if needed.

Next, sprinkle herbs around your candle that correspond to grounding, healing and protection. Place dandelions and grounding crystals around it, too.

Now light your candle and ask for it to assist you in grounding and centering your spirit. Say your request out loud, whisper or say it in your head. Sit with the candle and meditate for a few minutes. Stare into the flame and watch it dance. Use this time to connect and see your candle as a living creature. Take slow deep breaths and focus your attention on the candle. Take notice what parts of your body are touching the ground and feel this solid weight beneath you. If you are standing, feel the ground with all sides of your feet. If you are sitting or laying down, notice and feel each part of your body that is touching the floor. Visualize roots growing from your body and extending into the earth. With each breath, visualize the roots growing deeper into the ground and feel the strength in this connection. Feel your anxieties and fears draining away by the power of the Earth filtering through the negative energy. Breathe in the calming connection to the earth and the Universe, breathe out your anxiety. Stay here as long as you are able and feel called to.

Afterwards, let the candle burn for as long as you choose in the room you are in. Imagine the candle filling the space with magic and the magic seeping into every fiber of your being.

Visualize it infusing into your clothes, your skin, your hair.

Perform this ritual as often as needed until the candle is gone. When the candle is gone keep the stone(s) on your altar or in your pocket. The stone(s) capture the essence of the ritual and can act as a grounding talisman if you wish.

This spell was adapted by TipoftheMoon.Store