

Rainy day Spell by Wiccid

For this spell you may like to focus on one thing or you can work with all the intentions at once

Timing: Any rainy day

Moon Phase: Any

Intentions:

Cleanse negativity, Release burdens, Diminish energy blocks, Release negative and heavy emotions, Clear the mind, Invite in positive feelings

Supplies:

- A white candle
- A black crystal such as obsidian or onyx
- A white or clear crystal such as quartz, opalite or Moonstone

The Ritual:

1. On a rainy day, sit before your altar and light your white candle
2. Stare into the flame and breathe deeply bringing yourself to an almost trance like or meditative state
3. Now do a body scan starting at the top of your head and going all the way to your toes. Feel into your body and notice any aches, tension, pain, illness, stress or stuckness
4. Now bring to mind anything that's been troubling you. Think about what these troubles have been doing to you emotionally. Allow those emotions to surface and let yourself *feel* them.
5. Extinguish your candle, take your black crystal in your power hand (the hand you write with) and your white crystal in your receiving hand
6. Go outside into the rain and go for a walk. Don't worry about an umbrella – you want the rain to fall onto your head and your skin. As you walk, hold your power hand with the black crystal downwards and your other hand with the white crystal upwards.
7. Visualise and feel all the physical blocks, energy blocks and negative emotions leaving you and coming out like black dust through the black crystal. The rain helps the black dust soak into Mother Earth to be transformed and healed. Take your time with this part making sure it is all gone.
8. Once complete, turn the hand with the black crystal up so it can be cleansed by the rain.
9. Allow the rain to fall over you and let it absorb into your body. Imagine it cleansing every organ and every cell until you feel utterly clean.
10. Now focus on the white crystal in your upturned hand which should be wet from the rain. Think about all the positive feelings and experiences you wish to draw in to your life.
11. As the rain falls on the crystal feel it filling with power and positive energy that will help draw what you desire to you.

12. When you feel cleansed, inspired and fulfilled return home and focus on remaining open to all the blessings that are coming to you.
13. Keep your white crystal with you all the time remembering to cleanse it at least once a week.

Repeat this spell whenever needed.