

Spell for Physical Healing

This spell is not a cure all but the intention is to help boost the healing process and bring some emotional relief. For this spell you will need to be able to lie on the Earth.

Timing: Any

Moon Phase: Any

Supplies:

- A blue candle
- An amethyst crystal
- Representations of the elements
- An offering to Mother Earth – this can be whatever you feel appropriate, but some ideas might be a crystal, fresh food or flowers that have been sacredly collected.
- Anything else you'd like to add to your altar that represents healing to you
- Your cleansing tools including a lighter

The Ritual Steps:

1. Find somewhere outside with grass where you can have as much privacy as possible. Your yard would be ideal if you have a good spot. Set up your altar items in a way that pleases you. (Make sure your amethyst crystal is touching the Earth to charge).
2. Light the candle and cleanse yourself.
3. Focusing on the candle, take some deep breaths (if you can!) and feel your body being cleansed on the inside with fresh air
4. If you have the Sun's rays nearby – stand within them and visualise/feel your whole body being filled with radiant, healing light. If you don't have the Sun's rays just skip to the next step.
5. Lie face down now on Mother Earth. With each breath feel yourself letting go a little more until you fully surrender to her embrace.
6. Visualise/Feel your illness falling away from you like black dust and melting into Her to be transformed. Allow her healing energy to come up into your body, revitalising your cells and nurturing you with whatever you need to get well.
7. Lie here for as long as you need to and when ready slowly sit up. Make your offering while thanking our Mother then close circle.
8. From now keep and hold your crystal with you as often as you can. At night keep it next to your bed or under your pillow. Recharge on Earth as often as you feel you need to.
9. Now do whatever you have to on a daily basis to nurture yourself. Eat clean nutrient dense food, rest, keep stress levels as low as possible, delegate tasks (like around the house), let people look after you if they want to, use magickal oils and sprays that will help you heal, light your blue candle daily to focus on your improving health, work to heal any emotional stuff that might be related to your illness, protect your energy.

Blessed Be.