

## Evening Ritual Spell by Wiccid

**Timing:** Every night ideally, right before you're preparing for sleep

**Moon Phase:** Any and all

**Intentions:** To end your day well, To call your energy back to you, To let go of anything from the day that has been stressful or felt heavy, To clear your mind and allow for more restful sleep, To clear any negative feelings or thoughts, To clear any negative energies or emotions that are not yours.

**You will need:**

Just like the morning ritual spell you don't really need anything but use the list below if you need guidance:

- Your basic altar set up (refer to your Apprenticeship lessons if needed) or use whatever altar you already have set up
- Smudge stick, palo santo or magick cleanse spray, a lighter/matches if needed
- Your journal and a pen if desired

**The Ritual:**

1. Sit before your altar (or lie in bed – omit the candle if lying in bed!), light a candle and breath deeply for a few moments as you focus your attention
2. **Check in:** What were your triumphs and happy moments today? What was hard or challenging? How did you feel energetically throughout today? Did you experience any insights or a-ha's?
3. Cleanse yourself with your cleansing tools (or energetically). As you do so, visualise/feel any and all stresses, stucknesses, blocks, heavy emotions, illness, negative thoughts or stuff you've picked up from others falling away from you like dust. See it fall to Mother Earth where it is absorbed to be cleansed and transmuted to clean energy.
4. **Now call your energy back to you.** Throughout the day we give a lot of our energy away, this process draws your energy back helping to make you feel whole and complete. Please don't be concerned that things you've wanted to pour your energy into like healing for others or projects will lose it's potency or power – They have received what they need. You are really calling back any energy that was given to people, places and things that do not require it, do not support you, or were taken from you unknowingly. **Incant (say):**

*My day is done and my tasks are completed*

*My energy has been shared and it's been depleted*

*I therefore call my energy back to me  
I'm restored whole unto myself, as I'm intended to be  
Blessed Be*

5. With eyes closed see/feel your energy returning to you and filling in any missing pieces within your Aura. I see mine as golden pieces of light (they look like gold leaf) filling in any holes.
6. Take a nice deep relaxing breath then open your eyes if you want to (you might already be lying in bed)
7. You may like to journal your observations, thoughts or feelings
8. Thank Goddess/God/Universe and blow out your candle if you lit one
9. Go to sleep hopefully feeling light, clear and at peace.