



Candlelit Magick

The Enchanted Spell Kit Collection
Bonus Healing Spellwork



SUPPORT YOUR HEALING JOURNEY WITH SACRED INTENTION. THE ENCHANTED HEALING SPELL KIT IS CRAFTED TO ASSIST HEALERS AND SEEKERS ALIKE—WHETHER YOU'RE PREPARING FOR A HEALING SESSION, FOCUSING ON RECOVERY, OR EMBRACING THE LIGHT OF TRANSFORMATION THROUGH RITUAL AND MEDITATION.

INCLUDED IN YOUR HEALING SPELL KIT, THIS SPELL IS HERE AGAIN FOR EASE OF USE AND SAFEKEEPING. WHETHER YOU'VE ALREADY USED IT OR ARE PREPARING FOR THE RIGHT MOMENT, LET IT SUPPORT YOUR HEALING JOURNEY WHENEVER YOU'RE CALLED.

Light the Healing Flame

This spell is crafted to initiate or deepen the process of healing—physically, emotionally, spiritually, or energetically. It helps release stagnant or unwell energy, to calm the nervous system, and to open the energy body to receive restorative light. Whether used for personal healing or to support a ritual or energy session, this spell creates a sacred container to align with wholeness, balance, and renewal.

Materials

Healing Spell Candleholder *

Healing Spell Candle *

Sacred Healing Herbal Blend *

Crystal-accented Herbal Spoon *

Optional: Healing Key Talisman **

Charcoal disc and fire-safe incense burner or electric incense burner (optional)

Small slip of paper and pen (to write a healing focus/intention)

Fire-safe altar or healing space

* Included in the Healing Spell Kit

** Optional Spell Kit Add-On

Preparation

Creating Sacred Space

Choose a quiet location where you can focus. Cleanse the space with incense, sound, breath, or visualization. Arrange your tools with care on your altar or healing space.

If casting a circle or calling in supportive energies, deities, or guides (such as healing spirits, ancestors, or Reiki symbols), do so now.

(Optional) Light a charcoal disc or activate your electric incense burner and sprinkle a small amount of the Sacred Healing Herbal Blend into the smoke to begin clearing and blessing the space.

Setting Intention

On a small slip of paper, write a single word or phrase that represents what you're seeking to heal—this could be a physical issue, emotional wound, energetic depletion, or an overall desire for balance.

Hold the paper in both hands. Breathe into the area of your body or energy field that needs support. Speak aloud your healing intention.

Spellworking

Use the crystal-accented herbal spoon to place a small amount of the Sacred Healing Herbal Blend into the base of your candleholder. As you do, say:

*"I lay a path of healing light—
Sacred herbs, restore what's right."*

Hold the Healing Spell Candle in both hands. Visualize soft white, golden, or green light flowing into it. Imagine your entire being bathed in healing energy. Whisper your intention into the wax.

Fold your intention paper and place it beneath the candleholder. Insert the charged candle into the herbal-filled holder, centering it as the flame of your healing. Light the candle and speak:

*"I light this flame to clear the way—
For healing light and strength to stay.
Mind and body, heart and soul—
I call the light that makes me whole."*

See the flame igniting a flow of radiant, restorative energy throughout your space and body.

Sit or lie near the flame. Place your hands on your heart, or on the part of your body or aura that needs care. Allow the candlelight to act as a beacon—drawing in peace, repair, harmony, and vitality.

If performing this as part of a healing session (e.g., Reiki), allow the spell to support the work, deepening receptivity and clarity.

If using the Healing Key Talisman, hold it gently and visualize it unlocking your energy body's ability to fully receive and integrate healing. Say:

*"This healing flows, it now begins—
I open the way, I welcome it in."*

Keep the key near the candle or hold it in your receiving hand during the working.

Closing the Spell

When the energy feels complete, extinguish the candle with gratitude or allow it to burn safely in its entirety. Thank any guides, tools, or energies that supported you. Release your circle or energetic space if cast. Carefully remove the intention paper and, when you feel ready, burn it or bury it as a symbol of trusting the healing process to continue beyond this moment.

Living in Accord

To support your healing:

- Drink herbal tea, rest, or take a healing bath
- Keep your talisman nearby or wear it while sleeping or meditating
- Repeat the candle ritual as needed, especially during challenging times or between healing sessions
- Take any intuitive or practical actions that support the healing you've set in motion

You have lit the flame. Let the healing begin.



BONUS SPELL

Prepare for a Healing Session

This ritual spell is designed for healers, energy workers, and ritual practitioners to perform before offering a healing session. It grounds and centers the healer, opens the energetic channel to divine healing flow, and invites support from guides, ancestors, and spiritual allies. Through candlelight and herbal smoke, this spell clears residual energy and attunes the healer to act as a clear, compassionate conduit of healing energy.

Materials

Healing Spell Candleholder *

Healing Spell Candle *

Sacred Healing Herbal Blend *

Crystal-accented Herbal Spoon *

Optional: Healing Key Talisman **

Charcoal disc and fire-safe incense burner or electric incense burner

Fire-safe altar or healing space

* Included in the Healing Spell Kit

** Optional Spell Kit Add-On

Preparation

Create Sacred Space

Cleanse your altar or workspace using smoke, sound, water, or breath. Arrange your tools mindfully. This is your sacred moment to come into alignment before serving others.

If you work with specific healing allies—such as angels, deities, Reiki symbols, spirit guides, or ancestral helpers—invite them into your space now. Call upon only those energies that operate in integrity, light, and truth.

(Optional) Light a charcoal disc or electric incense burner and sprinkle a small amount of the Sacred Healing Herbal Blend to bless and clear the space.

Setting Intention

Place your hands over your heart or solar plexus and take several slow breaths. Say aloud or silently:

*“May I be a clear and open channel for healing.
May I work from love, integrity, and trust.
May I hold sacred space for highest good.”*

Breathe in grounding. Breathe out anything that does not belong in this space.

Spellworking

Use the crystal-accented herbal spoon to place a small amount of the Sacred Healing Herbal Blend into the base of your candleholder. As you do, say:

*“Sacred herbs, now cleanse this space—
And guide my hands with gentle grace.”*

Hold the Healing Spell Candle in your hands. Breathe deeply and envision a clear, golden-white current of energy rising from the Earth and descending from the cosmos—meeting in your center.

Let this energy flow into the candle.

Insert it into the herbal-filled candleholder and light it. As the flame rises, speak:

*“I light this flame to clear the way,
To serve in truth and heal today.
May my channel now align—
With source, with heart, with will divine.”*

Sit before the flame and visualize your energy field opening like a lotus. With each breath, imagine light streaming through you—top to bottom, bottom to top—until you feel still, clear, and empowered.

Call upon your healing guides and allies. Feel their presence at your back, holding you in wisdom and safety.

If using the Healing Key Talisman, hold it in both hands or press it to your heart center. Say:

*“With this key, I open the gate.
Healing flows—strong, clear, innate.”*

Let the key anchor your connection to divine healing flow throughout your session.

Closing

When you feel aligned, connected, and ready, extinguish the candle or allow it to burn throughout the session if safe.

Thank your tools and any guides or energies you've called in. Know that your energy field is now tuned to serve, support, and transmit healing energy with clarity and grace.

Living in Accord

- Ground after your session by drinking water, stepping outside, or breathing deeply
- Touch your Healing Key or speak the opening chant again if you feel misaligned
- Use this spell ritual before future sessions to renew and refine your connection

You are the vessel. The channel is open. Healing flows through you now.



BONUS SPELL

Heal the Heart

This spell is created to support emotional and energetic heart healing for the spellcaster. Whether healing from grief, heartbreak, emotional exhaustion, betrayal, or a general sense of heaviness, this ritual soothes the heart space, releases emotional pain, and invites compassion and reconnection with self. It restores the heart's energetic openness while honoring what was and making space for what is ready to grow.

Materials

Healing Spell Candleholder *

Healing Spell Candle *

Sacred Healing Herbal Blend *

Crystal-accented Herbal Spoon *

Optional: Healing Key Talisman **

Optional: soft cloth or scarf to place over the heart

Charcoal disc and fire-safe incense burner or electric incense burner

Fire-safe altar or healing space

* Included in the Healing Spell Kit

** Optional Spell Kit Add-On

Preparation

Create Sacred Space

Cleanse your space using soft breath, incense, sound, or water. Arrange your tools with intention and tenderness. If calling in guides, angels, or deities of love and compassion (such as Kuan Yin, Aphrodite, or your own higher self), do so now. Let this be a gentle container of support and emotional sanctuary. (Optional) Light a charcoal disc or activate your incense burner and sprinkle a small amount of Sacred Healing Herbal Blend to bless the space with calming, restorative energy.

Setting Intention

Place both hands over your heart and close your eyes. Breathe slowly. Acknowledge the pain or weight you've been carrying—not to relive it, but simply to acknowledge and witness it. Say quietly:

"I am ready to heal. I honor the ache. I welcome peace."

Let this be the doorway into your healing.

Spellworking

Use your crystal-accented herbal spoon to place a small amount of Sacred Healing Herbal Blend into the base of your candleholder. As you do, speak:

*"Herbs of comfort, herbs of light—
Hold my heart with care tonight."*

Hold the Healing Spell Candle close to your heart. Visualize your heart surrounded by a soft glow—pink, green, or golden. Let your emotion rise gently. Breathe into it and release it into the candle with compassion. Place the candle into the herbal-filled holder and light it. Speak:

*"With this flame, I call in grace,
To soothe the ache and fill this space.
Let love return, let sorrow cease—
I open now to healing peace."*

Watch the flame as it glows—see it dancing within your heart space, gently softening walls, warming the frozen places, and clearing emotional debris.

Sit before the flame and place your hands over your heart. Optionally, place a soft cloth or scarf over your chest for added comfort.

With each breath, feel the flame's warmth expanding within. Let your heart be held, just as it is. Allow any tears, sighs, or memories to rise and pass. Say quietly:

"I release. I soften. I allow love to return."

If using the Healing Key Talisman, hold it gently or place it over your heart. Imagine it unlocking the heart—not to let pain in, but to let peace and love out. Say:

*"This heart is whole, this door is clear—
I walk with love, I hold it near."*

Closing

Extinguish the candle slowly and reverently, or allow it to burn completely in a safe space. Thank your heart, your spirit, your guides. If you cast a circle or called in energy, gently release it now. You may keep the Healing Key on your altar or near your heart space in the days to come.

Living in Accord

- Offer your heart moments of silence, sweetness, or joy each day
 - Touch your chest when speaking kind words to yourself
 - Carry your talisman or place it under your pillow to reinforce healing during sleep
- Speak aloud:

"I honor the journey of my heart. I walk in love."



Release Tension & Overwhelm

This spell is created to help you release stress, emotional overwhelm, and energetic tension by transferring that weight into a crystal and returning it to the Earth for transmutation. It's ideal for those who feel energetically overloaded—caregivers, empaths, healers, or anyone holding too much. Through candlelight, breath, and a sacred burial act, this ritual clears the heaviness and restores calm to your body, spirit, and field.

Materials

Healing Spell Candleholder *

Healing Spell Candle *

Sacred Healing Herbal Blend *

Crystal-accented Herbal Spoon *

Optional: Healing Key Talisman **

Small grounding crystal or stone to serve as a vessel (see crystal guidance note)

Natural cloth or pouch for burial

Access to soil: garden, forest floor, or potted plant

Charcoal disc and fire-safe incense burner or electric incense burner

Fire-safe altar or working space

* Included in the Healing Spell Kit

** Optional Spell Kit Add-On

Crystal Guidance:

Choose a grounding, protective stone—one that feels sturdy, solid, and energetically absorbent. Excellent options include obsidian (deep emotional clearing), smoky quartz (grounding and transmutation), or hematite (anchoring and calming). Choose one you're willing to part with, as it will be returned to the Earth during this ritual.

Preparation

Create Sacred Space

Cleanse your space using breath, incense, or sound. Arrange your tools with care. If desired, call in grounding guides, ancestors, or earth spirits to support this gentle release.

(Optional) Light a charcoal disc or electric incense burner and sprinkle a pinch of the Sacred Healing Herbal Blend to begin clearing the air and energetic field.

Setting Intention

Hold your chosen crystal in your hands. Take a few deep breaths. Say aloud or silently:

*"I am safe to release. I am ready to soften.
I offer this burden into sacred care."*

Visualize the tension, stress, and weight you've been carrying—not to re-experience it, but to witness it leaving.

Spellworking

Use your crystal-accented herbal spoon to place a small amount of the Sacred Healing Herbal Blend into the base of your candleholder. Say:

*"These sacred herbs prepare the space—
To hold my heart in calm and grace."*

Hold the Healing Spell Candle in your hands and breathe into it. Visualize it becoming a beacon of release—transforming tension into peace. Insert the candle into the holder. Light the candle and speak:

*"This flame dissolves what burdens me,
The weight I've carried now flows free.
I exhale fear, I call in peace—
My breath is calm, my thoughts release."*

Hold your chosen crystal in your dominant hand. As you breathe slowly and deeply, pour your tension into the crystal—one breath at a time. Visualize it soaking up every drop of overwhelm, tightness, and emotional clutter.

Whisper:

*"Into this stone, the weight shall flow—
What I release, the Earth shall know."*

Continue until you feel the burden begin to lift.

If using the Healing Key Talisman, hold it in your non-dominant hand as the final release moves into the crystal. Press the key to your heart. Say:

*"This work is sealed. I stand in ease—
I open now to calm and peace."*

You could carry the key afterward as a reminder of your returned balance.

Closing

Extinguish the candle or allow it to burn safely to completion.

Wrap your crystal in a natural cloth or place it in a small pouch. With respect and reverence, bury it in the Earth—in your garden, beneath a tree, or even in a pot of soil.

As you place it in the Earth, say:

*"Earth below, receive this weight—
Transmute with love, restore my state."*

Leave the space in gratitude, knowing the Earth will recycle the energy with care.

Living in Accord

- Speak kindly to yourself in the hours that follow
- Walk barefoot or place your hands on the earth to reinforce grounding
- Rest, breathe, or take a warm bath to complete the process

Repeat this ritual whenever the burdens grow too heavy

*"I am not what I carry. I am what I return to.
I walk lighter. I walk free."*



Let the Light of Healing Guide You

Every step toward healing is a sacred act of reclaiming your power. Trust the journey and allow your spirit to mend and flourish.

Your healing journey is sacred. Whether you're restoring balance, holding space, or offering light to others, you don't walk this path alone.

Support your healing rituals and spiritual care with tools for healing sessions, high-vibration support, and spiritual renewal at Her Enchanted Creations.

About the Creator

I'm Tawny, a Priestess, a witch and a lifelong seeker of the sacred. For over three decades, I've walked the winding path of magick—listening to the whispers of the moon, working with herbs and crystals, and honoring the unseen forces that guide us. Her Enchanted Creations was born from that journey—a way to share the beauty, power, and intention of handcrafted tools that support you in living your most magickal life.

