



RELEASE

CANDLE RITUAL

Let Go. Release. Realign.

*This ritual is a sacred way to
release what no longer serves you
and make space for peace,
clarity and new beginnings.*

STEP-BY-STEP RITUAL



1 PREPARE YOUR SPACE

Find a quiet space where you won't be disturbed. Cleanse the energy using sage, incense or sound.



2 GATHER YOUR ITEMS

You will need a black candle (release & transmutation), a piece of paper, a pen, a bowl of water or fire-safe dish, and a lighter.



3 SET YOUR INTENTION

Take a few deep breaths. Close your eyes and connect with your heart. State your intention to release what no longer serves you.



4 WRITE IT DOWN

On the paper, write everything you are ready to release—fears, past hurts, doubts, habits, guilt, or anything that weighs you down.



5 LIGHT THE CANDLE

Light your black candle and say your invocation or chant. Visualize the flame transmuting and releasing all that no longer serves you.



6 RELEASE

Safely burn the paper in the flame or hold it over the candle (fire-safe bowl) until it turns to ash. As it burns, imagine releasing it completely with love and gratitude.



7 CLEAR & CLOSE

Let the candle burn for a few more minutes. Thank the energy, then blow it out. Dispose of the ashes in water or earth.



8 SEAL WITH GRATITUDE

Place your hands over your heart and give thanks for your strength, your release, and the space you've created for new blessings.

INVOCATION OR WICCA CHANT FOR RELEASING

*I release what no longer serves me,
I let it go, I set it free.
I release it to the Earth,
I release it to the Sea,
I release it to the Air,
Return it now to me.
What is done is done,
I have peace, it is gone.
As I will it, so mote it be.
So mote it be.
So mote it be.*



TIPS

- Be honest and specific with what you write.
- Feel the emotions as you release, then let them go.
- Drink water after the ritual to ground and cleanse.
- Repeat this ritual during the waning moon for deeper release.



*I let go with love. I release with ease.
I make space for what is meant for me.*