**Return to Sender Candle Ritual**

Candle magic is one of the most effective ways to cleanse energy and restore balance. This simple return to sender candle ritual helps remove negativity while drawing in peace and positivity.

What You’ll Need:

* 1 black candle (for protection and banishment)
* 1 white candle (for positivity and healing)
* A piece of paper and a pen

Find a quiet space where you won’t be disturbed. Write your intention on the paper, such as,

**“I send back all negativity directed towards me. I am surrounded by positive energy.”**

Place the black candle on the left and the white candle on the right.

Light the black candle first and say,

**“I protect myself from all negativity.” Then light the white candle and say, “I invite in only positive energy.”**

Hold the paper to your heart and visualize the energy being sent back.

Place the paper between the candles and let them burn as long as possible before extinguishing them.

Once finished, safely dispose of the paper to seal the ritual’s energy.