

Nightmare Repellent Candle Spell



- 1. Take a gold or yellow candle and charge it with your desire for undisturbed, peaceful sleep*
- 2. Light the candle and place a glass of spring water beside it as it burns down completely*
- 3. When it's time for sleep, set the glass of water next to your bed to absorb any bad dreams or nightmares*
- 4. When you awaken, flush the water down the toilet, regardless if you remember any bad dreams or not*
- 5. Repeat as needed*