

Sleep Protection Spell

This spell creates a powerful barrier of white light around you when you sleep, shielding you from any negative energies, entities or nightmares that could disturb your rest.

What You Need:

- A white candle
- Salt
- Lavender (dried or essential oil)

Casting Instructions:

- Cleanse your space by burning sage, ringing a bell, or using visualization to clear any stagnant or negative energy.
- Set up your white candle on a safe heat-proof surface in your bedroom.
- Make a circle of salt around the candle to create protective boundaries.
- Sprinkle dried lavender around the circle or anoint the candle with lavender essential oil. Lavender promotes peace and calming sleep.
- Light the candle, gaze into the flame, and say the following Latin incantation:

*"Lux alba, rogo circum me mane,
Malum arcete, paco quiescam.
Nihil mali me terrebit nocte,
Tuta sub tutela vestra maneam."*

- Keep the candle burning while you get ready for bed. Visualize the white light forming a protective sphere around you.
- Extinguish the candle before going to sleep. The protection will remain for the whole night.

With this spell, you can enjoy deep, undisturbed sleep knowing you are safely shielded from any negative forces or disturbances. Sweet dreams!