

# Wet Potions



# Miscellaneous Wet Potions



# Crystal Water

## Needed:

- Crystal
- Water
- Salt

## Use: For healing

Cleanse a crystal, then bless it and empower it under the full moon for special gifts of the Goddess or for healing work. Add to the water before the salt.

# Elder Flower Water

## Needed:

- Elder blossoms
- 1 half-gallon jar
- Boiled water
- 1½ ounces of brandy or vodka
- Cheesecloth
- Bottle or other storage container

Elder blossoms are best gathered on Midsummer's Eve or a full moon, preferably in June. Fill your jar completely with the elder blossoms and pour the boiled water over them.

Add the liquor and allow the mixture to steep for several hours.

# Fire Water

## Needed:

- Taper candle
- Water

Use: To turn negativity away or bring love and creativity

Cleanse a taper candle of your color choice, bless it and empower it under the sun. Douse the burning candle in the water rather than using an athame. Don't forget to use the invoking fire pentagram when you light the candle, saying:

*"Spirits of fire, work my will by my desire!"*

# Florida Water

## Needed:

- ½ gallon of 90-proof alcohol
- 1 ounce of lavender
- 1 ounce bergamot
- 1 dram of lemon
- 1 dram of cloves
- 1 gallon of water

Use: To cleanse homes, businesses, magickal tools and candles

Mix all of the above together.

## Full Moon Water

Every Full Moon take a jar or bottle of water outside and set it where the light of the Full Moon will shine on it. Leave it there as long as the Moon is out. Ask the Goddess to bless the water with Her light and love. Now take the jar and close it tightly. Keep it to use in all rituals and spells that require water. When the next Full Moon comes, pour the remaining water in the grass or a garden (don't pour it down the drain!), and repeat the process.

# Healing Cream

## Needed:

- Carrier oil
- Your favorite essential oil
- Crystal energy (a liquid that aids our cell's ability to retain water)
- Spring water
- Sea salt
- Dried, ground sage
- Carmex
- 8-hour cream

Good for sores and pulled muscles. Mix one part spring water to two parts crystal energy along with five parts essential oil and twenty parts carrier oil. Add a pinch of sage and a pinch of salt. Mix solution with half carmex, half 8-hour cream content. Bless under the full moon for one night.



# Holy Water

## Needed:

- 1 teaspoon rose water (optional)
- 3 tablespoons sea salt or Kosher salt
- 1 small bowl of spring water
- 1 clean glass container
- 1 new compact mirror
- 1 small storage bottle
- Work cloth

Time: Midnight during a Full Moon

Place: Outdoors under the moon, or near a window that will reflect the light of the moon

Set out your work cloth and all ingredients upon it.

Take five or six deep breaths to relieve the stress of the day.

Cast your magick circle. Hold your arms outstretched in the Goddess position. Say:

*“In the cloak of the midnight hour*

*I call upon the Ancient Power*

*I seek the presence of the Lady and Lord*

*To bless this water that I will pour.”*

At this point, you should feel the energy of Earth Mother and Skyfather move about your feet and head. Feel your own energy expand around your navel and then unite with Divinity. Take your time; no need to rush.

Add the rose water to the spring water. Pick up the bowl of water, hold it toward the light of the moon, and say:

*“In my hands I hold the essence of the Gods. I hereby cleanse and consecrate this water to Divinity that it may be used for positive acts only and may aid me in my magickal work.”*

Feel the energy of the Moon Goddess pulsate down into the water. Imagine Her silver light descending from the heavens and impregnating both the water and yourself. You will feel a “glowy” sensation.

Set the water down and pick up the salt. Feel the power moving in your arms as you raise the salt toward the moon. Say:

*“In my hands I hold the essence of Earth Mother; She whose bounty sustains all living creatures. I hereby consecrate this salt to Divinity that it may be used for positive acts only and may aid me in my magickal work.”*

As with the water, imagine the energy of the Moon Goddess empowering the salt.

Set the salt down and pour a little into the bowl of water, and stir clockwise three times. Repeat this process twice more.

With the bowl in your left hand and the mirror in your right, reflect the light of the moon off the mirror and into the bowl. After a few moments say:

*“This liquid is now pure and dedicated to the Lord and Lady. It is free from all negativity in any time and any space.”*

Set the bowl and mirror down and hold both of your hands, palms down, over (not touching) the bowl, about one inch above the water.

Let the vibrations of your body come alive. Open your third eye chakra and imagine a glowing

purple light emanating from it. Form an open triangle with your hands over the water and project the light into it. In your mind, see the water change color and glow. Feel the power and energy flow from your head down through your arms and up from your feet and out from your arms simultaneously. When you feel the energy begin to dissipate, slowly lower your hands and say:

*“As I will*

*So mote it be*

*With the free will of all*

*And harm to none*

*This formula is done!”*

You may ground your energy in two ways. Either place your hands physically upon the ground and feel the energy drain into the Earth Mother, or imagine your energy as a force field around you, and quietly step back out of the skeleton of energy and watch it collapse it upon itself and melt into the ground.

# Holy Water

## Needed:

- Small bowl of water
- Small bowl of salt
- Container to save the water in
- Athame
- Bell

Cast a magick circle. With your finger, draw the inverted triangle representing water on the center of your altar. Place the cup of water in the center of the triangle, and the bowl of salt beside it. Ground and center, then take several deep breaths and relax. Draw the banishing water pentagram over the bowl of water, saying:

*"I cleanse thee of all negativity in this world and all others, so mote it be."*

Visualize white light surrounding the bowl of salt. Again, using the banishing earth pentagram, repeat the process over the container that will eventually hold the water for storage.

Hold the water bowl in both hands, and say:

*"Sweet Spirit (or deity), I ask thee for your blessings upon this water. I consecrate it in your name. May it be used only for good and its power be magnified tenfold."*

Blow three times on the water, imagining that the white light is sparkling in the water. Replace the bowl of water in the triangle and draw the invoking water pentagram over the bowl. Pick up the bowl of salt and say the same thing, blow on the salt, set the bowl down, and draw the invoking earth pentagram over the bowl. Bless the storage container exactly as you did the salt.

Slowly add three pinches of salt to the bowl of water, stirring clockwise three times with your athame or your finger. Hold your athame firmly in both hands over the bowl of water and slowly lower the athame into the water, firmly saying:

*"As the rod is to the God, so the chalice is to the Goddess, and together they are one. I empower thee for positive work in perfect love and perfect trust. So mote it be."*

Imagine white sparks flying out of the water and your entire altar vibrating with positive, magickal energy. Ring the bell three times. Draw an equal-armed cross in the air over the water to seal the energies. Transfer to the storage container and close it. Repeat the equal-armed cross procedure, and say:

*"This container is sealed. So mote it be."*

Thank the elements of earth and water, thank deity, and release the circle.

# Love Water

## Needed:

- Water
- Rose petals
- Strainer

Use: For love spells and glamouries

Add the rose petals to the water and let sit for one hour before straining and bottling.

# Monkey Sweat

## Needed:

- 6 ounces tomato juice or V8
- ½ teaspoon black pepper
- 3 dashes tabasco sauce (more if you can stand it)
- Juice of 1 lemon
- 1 clove garlic (smashed or pressed in a garlic press)
- 1 tablespoon apple cider vinegar or white vinegar
- 1 teaspoon horseradish
- Small pinch salt (if using tomato sauce)

This recipe makes 8 ounces but you can make a bottle of it and keep it for a few days in the refrigerator, a good idea, since this will help you fight off infection, especially a cold. Change the measurements by figuring out how many glasses will fit in your bottle and adjust the amounts. For example, if you want to make a 32-ounce bottle of tonic, multiply all the measurements by 4.

Mix all the ingredients together, and as you stir — counter clockwise first, then clockwise — recite a little incantation.

# Moonsilver

## Needed:

- Silver chalice
- Clear spring water

On the night of a full moon, fill a silver chalice with clear spring water, hold it upwards to the moon. Then recite:

*"Lady Moon, your shimmering face reflects upon this water.*

*Spin your silvery web, threads reaching down to me, infusing this water with your blessings.*

*I drink of this Moonsilver to become one with your light.*

*It enfolds me into your arms, your blessings shining bright upon me."*



# Pimple Banisher

## Needed:

- 1 cup water (boiled and cooled slightly)
- 5 drops lavender, tea-tree, or sweet orange oil

Pour the water into a bowl that isn't made of metal. Stir in the essential oils and put your face over the bowl to steam your skin. When the water has cooled to just warm, splash the mixture onto your skin, avoiding your eyes, or use a cotton ball to dab it on.

# Prosperity Water

## Needed:

- Water
- Fresh squeezed orange juice
- Cinnamon (optional)

Use: For creating prosperity and abundance in the home or workplace.

Add three drops of juice from a freshly squeezed orange per one cup of water. You can also add a dash of cinnamon.

# Salve for Arthritis

## Needed:

- 1 ½ ounces fresh mint leaf
- 1 ½ ounces crushed fresh eucalyptus leaf
- ¼ ounce crushed dried bay leaf
- ½ ounce crushed or powdered dried golden seal root
- ½ pound vegetable shortening (in the "old days" lard was used)

If the fresh herbs cannot be found, substitution with dried herbs is okay. Mix all herbs together. Melt the Vegetable Shortening in a pot on low flame, adding a little at a time to speed the melting process. When all the Shortening has been melted, turn off the fire, and slowly stir in the mixed herbs. When all is mixed well, pour the liquid salve into a jar. Do not use plastic! Use glass only! (Plastic will draw out the essence of the herbs.) Cap the jar and refrigerate until the shortening has become a solid again, and is cold. Will keep for about a week. Gather a small amount onto hand and massage onto skin of afflicted joint. Let set for at least one hour. Repeat as necessary.

# Super Massage Cream

## Needed:

- 1 ounce of coconut oil
- 1 ounce of turtle oil
- 1 dropper sweet clover oil

Mix all the ingredients together. This is an excellent cream, useful for all sore and aching muscles.

# Thunder Water

## Needed:

- Water

Use: To ward off negativity

Leave the water outside in a thunder and lightning storm.

# Wash to Draw Business

## Needed:

- 1 ounce powdered squill root
- 1 ounce powdered yellow dock
- ¼ ounce five-finger grass
- 1 teaspoon cinnamon
- 1 tablespoon blessed salt

If your business has walk-in customers, wash down the front entrance floor and the door handle. For mail order businesses, wash down the mailbox, and so on. Once a week, use this wash to scrub down the walls and floors of your business, making a fresh batch each time.

Mix well and add two teaspoons of this mixture to 1 pint of fresh water.

This wash is also good for attracting tenants to an empty apartment or house.

# Zit-Be-Gone Toner

## Needed:

- 1 cup water (boiled)
- 1 teaspoon apple cider vinegar or freshly squeezed lemon juice (don't use lemon juice if you have sensitive skin)

Mix together and cool the water to lukewarm. Dab on with a cotton ball.

# Oils





# Air Oil

## Needed:

- 5 drops lavender
- 3 drops sandalwood

# All Purpose Anointing Oil

## Needed:

- ¼ ounce patchouli
- 1/32 ounce verbena
- 1/16 ounce cinnamon

# All-Purpose Candle Anointing Oil

## Needed:

- 1 cup rose petals
- 1 cup violets
- 1 cup water
- 1 cup olive oil
- 1 tablespoon clove oil
- 2 teaspoons powdered cinnamon
- 1 tablespoon powdered myrrh
- ¼ cup wild fennel seeds

Gather rose petals and violets at sunrise. Place them in a clean ceramic crock. Cover with water (fresh rain water, preferably) and let crock sit in a sunny location for three days until an oily film (the essential oil of the flowers) is seen floating on top of the water.

Remove oil from water by carefully absorbing it into a small cotton ball. Squeeze out oil into a clean, long-necked glass bottle. Add olive and clove oils, and swirl gently in a clockwise direction to slowly agitate oils. Next, add cinnamon, myrrh, and fennel seeds.

Seal bottle tightly and store it in a dark, cool place. After four weeks, strain through cheesecloth and use to anoint candles.

# Altar Oil

## Needed:

- 4 parts frankincense
- 3 parts myrrh
- 1 part galangal
- 1 part vervain
- 1 part lavender

Anoint the altar with this oil at regular intervals to purify and empower it.

# Altar Oil

## Needed:

- 4 drops frankincense
- 2 drops myrrh
- 1 drop cedar

Anoint the altar with this oil at regular intervals to purify and empower it.

# Ancient Shrines Oil

## Needed:

- ¼ ounce sandalwood
- 1/16 ounce cinnamon
- ¼ ounce frankincense

# Anointing Oil

## Needed:

- 5 drops sandalwood
- 3 drops cedar wood
- 1 drop orange
- 1 drop lemon

# Anointing Oil

## Needed:

- Fresh mint
- Unscented vegetable oil
- Large jar
- Cheese cloth

Gather fresh mint and loosely fill a large jar with it. Pour in an unscented vegetable oil to fill the jar. Cover tightly and let stand for 24 hours, turning the jar to stand upside down every 8 hours. Strain the oil carefully through cheesecloth, squeezing well. Refill the jar with fresh mint and pour the same oil back in. Let stand another 24 hours, turning every 8 hours. Repeat this process over at least a three-day period. The oil resulting from the final squeezing is a good anointing oil with the fragrance of the mint.



# Anointing Oil

## Needed:

- Cinnamon oil
- Frankincense incense

Anointing oil is often used along the same principal of the above mentioned incenses, and can serve different purposes as well. This particular method was once used by the Hebrews as a general spiritual blessing and cleansing oil. Simply burn the Frankincense incense and let the cinnamon oil linger through the smoke. Use the anointing oil on candles or objects for blessings, cleansings, or purifications.

# Antibacterial Oil Blend

Needed:

Equal amounts:

- Lemon
- Tea tree

Use this in an oil burner and also add some to water for an air spray. It smells fresh and pleasant as well as fighting nasties in the air, and has good room deodorizing qualities as well.

# Arch Druid Oil

## Needed:

- ¼ ounce apple blossom
- ¼ ounce vanilla
- ¼ ounce cherry

# Banishing Oil

## Needed:

- 1 gourd bowl
- Olive oil
- Mandrake
- Mistletoe
- Nettles
- Garlic
- Castor beans
- Pine (either needles or parts of a cone)
- St. John's wort
- Bloodstone

Leave the olive oil, mistletoe, nettles, garlic, pine and St. John's wort in bowl for three nights under the waning moon. Strain and bottle. Add the castor beans, mandrake root and bloodstone to the bottle. Keep this out of reach of children.

# Beltane (May Day) Oil

## Needed:

- 5 drops rose oil
- 2 drops dragon's blood
- 3 drops coriander oil

(Use almond oil as a base here)

# Beltane Oil

## Needed:

- 5 drops frankincense
- 3 drops rose
- 3 drops sandalwood
- 2 drops neroli
- 2 drops jasmine
- ½ ounce apricot oil

Add a piece of sweet woodruff and rosebud with rose quartz and garnet crystals. A very sensual, sexy, summer smell!

# Bug Repellent Oil

## Needed:

- 8 drops lemon grass oil
- 4 drops thyme oil
- 6 drops pennyroyal oil
- 3 drops lavender oil
- 8 drops eucalyptus oil
- 2 drops yarrow oil
- 2 drops basil oil
- 3 drops chamomile oil
- 2 cups water
- 2 tablespoons vodka

Blend and shake well before each use.

# Business Success Oil

Use with spells to increase your business or carry stone or other objects anointed with the oil.

Blend in equal parts:

- Oil
- High John the Conqueror
- Commanding
- Clover
- Balm of Gilead
- Bergamot



# Cavern Treasures Oil

## Needed:

- ¼ ounce sandalwood
- 1/8 ounce allspice
- ¼ ounce myrrh
- 1/16 ounce cinnamon

# Cheer-Up Oil

## Needed:

- 2 drops geranium
- 3 drops bergamot

This is a flowery, cheering blend to balance the emotions. If you don't mind using expensive oils you can add two drops Rose.

# Circle of Flame Oil

## Needed:

- ¼ ounce rose
- 1/8 ounce musk
- ¼ ounce violet

# Come to Me Oil

Used to attract a lover. Use equal parts of the following oils:

- Rose
- Jasmine
- Bergamot
- Damiana

# Crystal Temple Oil

## Needed:

- 1/8 ounce frankincense
- 1/8 ounce orris
- 1/4 ounce sandalwood
- 1/4 ounce lotus

# Crystal Woodlands Oil

## Needed:

- ¼ ounce fir
- 1/8 ounce pine
- ¼ ounce juniper

# Dandelion Blossom Oil

## Needed:

- Mixing cup
- Jar with a tight lid
- 1 chopstick
- Cold-pressed olive oil (amount determined by size of jar)
- Grapeseed oil (amount determined by size of jar)
- Dandelion blossoms
- Bottle or other storage container

The dandelions should be gathered at high noon on a sunny day. This imbues them magickally with the radiant energy of the sun, and for practical purposes, ensures that the blossoms will be dry.

Fill your jar completely with the blossoms and in a separate cup, combine equal amounts of the olive oil and grapeseed oil. You'll need enough oil to completely fill the jar.

Pour the oil over the blossoms and use the chopstick to press out the air bubbles.

Place the cap on the jar and label it with the name and date. Keep the jar in a cool, dry area, since warmth will cause the dandelions to spoil.

For the first two weeks, you'll need to open the jar every few days to press out the air bubbles and refill the jar with oil up to the top, making sure that afterward, the lid is tightly closed.

After six weeks, you can decant the oil into a pretty bottle or other container and use it for your spells and charms.

# Dark Huntress Oil

## Needed:

- ¼ ounce jasmine
- 1/8 ounce verbena
- 1/8 ounce dragon's blood



# Desert Nights Oil

## Needed:

- 1/8 ounce frankincense
- 1/4 ounce honeysuckle
- 1/4 ounce gardenia

# Double Justice Oil

## Needed:

- ¼ ounce sandalwood
- ¼ ounce lily

# Druid Curse Oil

## Needed:

- 1/16 ounce dill
- ¼ ounce galangal
- 1/8 ounce anise
- 1/16 ounce hyssop
- ¼ ounce myrrh

# Earth Oil

## Needed:

- 4 drops patchouli
- 4 drops cypress

# Egyptian Oracle Oil

## Needed:

- 1/8 ounce acacia
- 1/8 ounce sandalwood
- 1/4 ounce patchouli
- 1/8 ounce cinnamon

# Enchantress Oil

## Needed:

- 1/8 ounce acacia
- 1/4 ounce wisteria

# Fat Fighter Massage Oil

## Needed:

- 8 drops grapefruit oil
- 2 drops oregano oil
- 10 drops rosemary oil
- 10 drops cypress oil
- 5 drops juniper oil
- 35 drops to 2 tablespoons of almond oil

Blend together. Massage into problem areas.

# Fire Oil

## Needed:

- 3 drops ginger
- 2 drops rosemary
- 1 drop clove
- 1 drop petigrain



# Full Moon Oil

## Needed:

- 4 parts gardenia
- 2 parts lotus
- 1 part jasmine

Anoint the body prior to Esbats to attune with Lunar energies.

# Full Moon Oil

## Needed:

- 3 parts sandalwood
- 2 parts lemon
- 1 part rose

Anoint the body prior to Esbats to attune with Lunar energies.

# General Anointing Oil

## Needed:

- 5 parts frankincense
- 5 parts cedar wood
- 4 parts sandalwood
- 2 parts myrrh

Add a tiny Amethyst crystal to the bottle.

# Goddess Oil

## Needed:

- 3 parts rose
- 2 parts gardenia
- 1 part lemon
- 1 part lotus
- 1 part ambergris

Wear to honor the Goddess during rituals.

# Gold Buddha Oil

## Needed:

- 1/16 ounce frankincense
- ¼ ounce heliotrope
- 1/32 ounce cinnamon
- 1/8 ounce bay

# Good Luck/Job Oil

## Needed:

- Allspice
- Cinnamon
- Sage
- Dill
- Base oil

Mix the above items with base oil — olive oil is fine.

If using leaves instead of powder, warm the leaves overnight, strain through a tea strainer if you wish, or just use as is.

# Great Goddess Oil

## Needed:

- ¼ ounce myrrh
- ¼ ounce lotus
- ¼ ounce lily

# Harmony Oil

## Needed:

- 8 ounces light canola oil (or jojoba)
- 4 bags of chamomile tea
- 1 bag earl gray tea
- 2 bags of cinnamon apple tea
- Pot
- Jar and lid

Carefully heat the oil over a low flame, just until it is warm; do not overheat. Remove from the flame and add the tea bags (After snipping off the string and tags from the tea bags, just drop the whole tea bag in the oil.) Stir gently to saturate the bags. Place the pot over a low flame and reheat for a few minutes. Pour the warm oil and tea bags into a clean jar and seal with a lid. Place the jar on a window sill for two weeks, where it will receive full sunlight. Gently swirl the mixture several times daily. Label the bottle with the starting date and the oil "name". At the end of the two weeks strain the oil out and gently squeeze each teabag over a coffee filter lined sieve, and let the oil drip into the jar. Drop in a few drops of benzoin or a bit of Orris root, to act as a "fixer". Carefully bottle the strained oil and label it with its intended use. Consecrate the finished oil in your traditions fashion.



# Headache Remover Oil

## Needed:

- 3 drops lavender
- 3 drops marjoram

# High Priestess Oil

## Needed:

- ¼ ounce wisteria
- 1/8 ounce lavender
- ¼ ounce rose

# Horned God Oil

## Needed:

- 2 parts frankincense
- 2 parts cinnamon
- 1 part bay
- 1 part rosemary
- 1 part musk

Wear to honor the Horned God during rituals.

# Imbolc Oil

## Needed:

- 2 drops jasmine
- 2 drops rose
- 2 drops chamomile
- 2 drops lemon
- 2 drops lavender

# Imbolc Oil

## Needed:

- 4 drops lavender
- 2 drops apple
- 2 drops pear oil
- 2 drops peach oil
- 1 drop thyme
- 1 drop marjoram
- 1 drop elder oil

# Imbolc Oil

## Needed:

- 5 drops frankincense
- 5 drops rosemary
- 3 drops cinnamon
- 2 drops sandalwood
- ½ ounce almond oil

Add a piece of rowan and a small hematite, garnet, and clear quartz crystal. A spicy, sunny scent for awakening the earth.

# Initiation Oil

## Needed:

- 3 drops frankincense
- 3 drops myrrh
- 1 drop sandalwood

# Lammas Oil

## Needed:

- 5 drops frankincense
- 5 drops rose
- 5 drops yarrow
- ½ ounce grapeseed oil

Add a piece of wheat and a blackberry leaf with a cat's-eye, citrine, and moss agate crystals. A very special oil for anointing the handle of your bread knife and your candles.



# Love Oil

## Needed:

- 15 parts dilute rose otto (3 percent rose otto absolute in a jojoba oil base)
- 15 parts dilute jasmine (3 percent jasmine absolute in a jojoba oil base)
- 2 parts lavender oil

Add a one inch piece of vanilla bean and a little sprig of Yarrow to the bottle.

# Lughnassadh Oil

## Needed:

- 2 drops peppermint oil
- 3 drops elder oil
- 1 drop fir oil
- 1 drop hazelnut oil

(Use corn oil as a base here)

# Mabon Oil

## Needed:

- 4 drops rosemary
- 4 drops frankincense oil
- 2 drops apple oil
- 1 drop chamomile oil

(Use almond oil as a base here)

# Mabon Oil

## Needed:

- 3 drops frankincense
- 3 drops pine
- 3 drops juniper
- 3 drops rosemary
- 2 drops sandalwood
- ½ ounce corn, hazelnut, or almond oil

Add a piece of dried oak leaf or small acorn with amber, aventurine, and clear quartz crystals. A warm, calming oil that reminds me of cool, crisp days raking leaves and walking through forests in the fall.

# Magus Oil

## Needed:

- ¼ ounce lotus
- ¼ ounce narcissus
- 1/8 ounce orris

# Midsummer Oil

## Needed:

- 4 drops lavender oil
- 3 drops rosemary oil
- 1 drop pine oil

(Use sunflower oil as your base here)

# Midsummer Oil

## Needed:

- 5 drops lavender
- 4 drops rosemary
- 4 drops rose
- ½ ounce sunflower oil

Add a piece of dried vervain, a small citrine, clear quartz crystal, and a sprinkle of gold glitter. So magickal and beautiful!

# Mind and Air Freshener Oil

## Needed:

- 2 drops rosemary
- 2 drops cedarwood
- 2 drops lemon

Creates a nice fresh scent that gets rid of odors and is quite masculine.



# Mind Refresher Oil

## Needed:

- 2 drops rosemary
- 2 drops juniper
- 1 drop lemon

Like deep breaths of fresh air.

# Moon Oil

## Needed:

- 1 drop jasmine
- 1 drop rose

To induce psychic dreams, to speed healing, to facilitate sleep, to increase fertility and for all other Lunar influences. Also wear at the time of the full moon to attune to its vibrations.

# Mystic Hermit Oil

## Needed:

- 1/16 ounce allspice
- ¼ ounce ylang ylang
- 1/16 ounce cinnamon
- ¼ ounce galangal

# Mystic Wand Oil

## Needed:

- ¼ ounce heliotrope
- 1/8 ounce sandalwood
- ¼ ounce violet

# Oil for the Dark of the Moon

## Needed:

- 2 fluid ounces (60 cc) tincture of myrrh
- 1 fluid ounce (30 cc) oil of cinnamon
- ¼ fluid ounce (7 cc) Queen of the Night oil
- 1 fluid ounce (30 cc) oil of rose

Blend, bottle and shake well.

# Oil for the Rites of Isis

## Needed:

- 7 drops oil of rose
- 2 drops oil of camphor
- 2 drops oil of tincture of myrrh
- 3 drops of blue hyacinth

Blend the oils of rose, camphor and blue hyacinth during the waxing moon. Bottle and keep it until the moon wanes. Add the myrrh.

# Olympian Oracle Oil

## Needed:

- 1/16 ounce cinnamon
- 1/8 ounce myrrh
- ¼ ounce vetavert
- 1/16 ounce clove

# Ostara Oil

## Needed:

- 5 drops lavender
- 5 drops jasmine
- 5 drops patchouli
- 5 drops rose
- ½ ounce olive oil

Add a lavender bud and small lapis lazuli, rose, and clear quartz crystals. This has the gently smell of spring beginning to blossom. Very lovely!



# Personal Oil

## Needed:

- Base oil
- Your essence (saliva, a blood drop, tears, semen, or vaginal secretions)

Infuse the base oil with your essence. ***No one is permitted to use your personal oil for any reason thereafter.*** Do not allow the vial to completely dry up at any time; top it up before that happens.

# Protection Oil

## Needed:

- 1 tablespoon base oil
- 4 drops primrose
- 4 drops lavender
- 2 drops sandalwood

# Reveal Truth Oil

To reveal the truth of a situation so it can be resolved.

- 2 parts patchouli
- 2 parts honeysuckle
- 1 part sage
- 1 part balm of Gilead

# Romantic Oil Blend

## Needed:

- 2 drops grapefruit
- 2 drops rose geranium
- 2 drops patchouli
- 1 drop lavender

This is a very musky, heavy floral blend.

# Sabbat Oil

## Needed:

- 3 parts patchouli
- 2 parts musk
- 1 part carnation

Wear to the Sabbats to promote communion with the deities.

# Sabbat Oil

## Needed:

- 2 parts frankincense
- 1 part myrrh
- 1 part carnation
- 1 part allspice

# Sabbat Oil

## Needed:

- 3 drops frankincense
- 2 drops myrrh
- 2 drops sandalwood
- 1 drop orange
- 1 drop lemon

# Sabbat Oil

## Needed:

- 2 drops pine
- 1 drop ginger
- 1 drop cinnamon
- 1 drop sandalwood



# Sacred Garden Oil

## Needed:

- ¼ ounce juniper
- 1/8 ounce lemon
- ¼ ounce bergamot

# Sacred Shield Oil

## Needed:

- ¼ ounce dragon's blood
- 1/16 ounce myrrh
- ¼ ounce bergamot
- 1/32 ounce cedar

# Samhain (Halloween) Oil

## Needed:

- 3 drops rosemary
- 3 drops pine
- 3 drops bay
- 3 drops apple oil
- 2 drops patchouli oil

# Samhain Oil

## Needed:

- 3 drops cedar wood
- 3 drops clove
- 3 drops frankincense
- 3 drops patchouli
- 3 drops rosemary
- ½ ounce sunflower or grapeseed oil

Add a piece of dried marigold and three dried pumpkin seeds with obsidian, amber, and ruby crystals. This is a light and dark oil that captures all the mystery and ambiance of this special night of meditation.

# Sleep Oil

## Needed:

- 1 drop lavender
- 1 drop marjoram
- 1 drop sandalwood
- 2 drops clary sage

A lot of people find this scent mildly unpleasant, so you could add something like neroli or chamomile to sweeten it. I like it, but then I really like clary sage oil.

# Sleep Oil

## Needed:

- 2 drops chamomile
- 2 drops rose
- 1 drop marjoram

# Sorceress Oil

## Needed:

- ¼ ounce patchouli
- ¼ ounce galangal

# Spell Weavers Oil

## Needed:

- ¼ ounce dragon's blood
- ¼ ounce myrrh
- 1/16 ounce pine



# Star Daughter Oil

## Needed:

- ¼ ounce rose
- 1/8 ounce verbena
- ¼ ounce lilac

# Sun Gold Oil

## Needed:

- 1/8 ounce allspice
- 1/4 ounce juniper

# The Phoenix Oil

## Needed:

- 1/8 ounce lemon
- 1/4 ounce lavender
- 1/4 ounce bay

# Vision Seeker Oil

## Needed:

- 1/8 ounce vanilla
- 1/8 ounce gardenia
- 1/4 ounce violet

# Water Oil

## Needed:

- 3 drops palmarosa
- 2 drops ylang-ylang
- 1 drop jasmine

# Yule (Christmas) Oil

## Needed:

- 2 drops cinnamon
- 2 drops clove oil
- 1 drop mandarin oil
- 1 drop popine oil
- 2 drops frankincense
- 2 drops myrrh oil

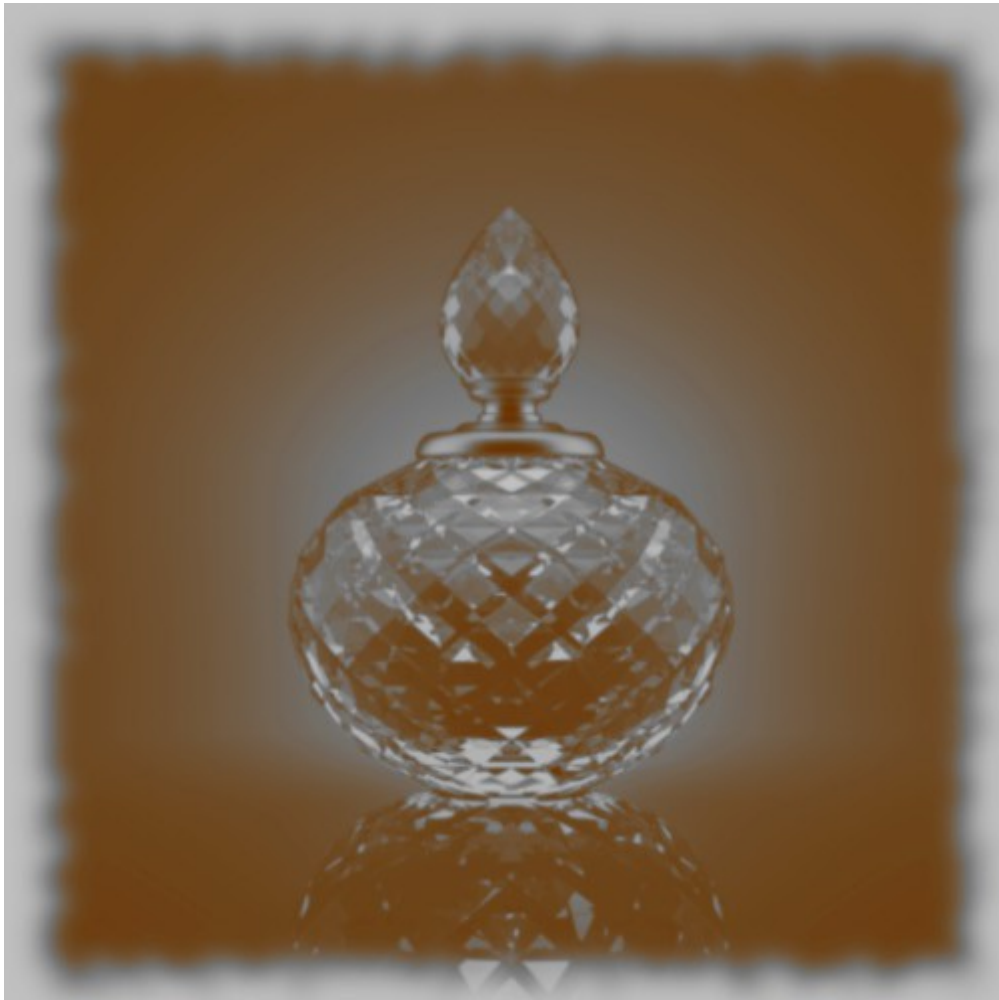
# Yule Oil

## Needed:

- 4 drops pine
- 3 drops cedar wood
- 3 drops cinnamon
- 2 drops frankincense
- 2 drops juniper
- ½ ounce almond oil

Add a pinch of dried pine needles from your tree with garnet, green tourmaline, and clear quartz crystals. A great Yule tree smell with the hint of log fires and spicy pomanders!

# Perfumes





# Earth Mother Perfume

## Needed:

- Musk oil
- Patchouli oil
- Rose oil

Blend in equal parts, bottle and shake well.

# Isis Perfume

## Needed:

- Rose oil
- Blue lotus oil

Blend equal parts, bottle, and shake well.

# Moon Priest Perfume

## Needed:

- 1 fluid ounce (30 cc) lemon verbena or lime oil
- 2 fluid ounces (60 cc) coriander oil
- ½ fluid ounce (15 cc) camphor or myrrh oil
- ¼ fluid ounce (7 cc) white spirit
- 3 ¾ fluid ounces (105 cc) distilled water

Blend the oils in a bottle, add the spirit and water and shake all vigorously. Increasing the myrrh oils give a darker perfume; increasing the camphor, a lighter and more spicy one. All perfumes 'behave' differently on different skins, so it is worth experimenting to find your own balance.

# Moon Priestess Perfume

## Needed:

- 1 drop Queen of Night oil
- 3 drops rose oil
- 1 drop lemon verbena oil
- 4 fluid ounces (120 cc) white spirit

Blend the three oils in a bottle. Add the white spirit and shake vigorously.

# Sun Goddess Perfume

## Needed:

- Cinnamon oil
- Lemon verbena oil
- Ylang-ylang oil

Blend equal parts, bottle and shake well.

# Wet Potions



# All Hallow's Eve Potion

## Needed:

- 2 cups apple cider
- 2 pieces of candied ginger (or a dash of ginger and a dash of brown sugar)
- 1 cinnamon stick
- 2 whole cloves
- Cheesecloth
- Ceramic pot

Tie the ginger, cinnamon stick, and cloves in a piece of cheesecloth. Warm the cider and spice pouch in a ceramic pot over low heat. Be careful not to boil the potion. Before drinking, remove the spice pouch, and pour into a mug.

# Attraction Potion

## Needed:

- ½ cup apricot juice
- ½ cup orange juice
- 1 cup apple juice
- A spring of mint or small pinch of dried mint
- Large glass or ceramic pitcher

Mix the juices together in the pitcher. Pour into two glasses (over ice if you like) and garnish with the mint. Serve immediately. Makes two servings.



# Avalon Apple Potion

## Needed:

- 2-3 red delicious apples, peeled
- 2 cups red seedless grapes
- 6 strawberries
- Juicer

Remove the core and seeds from the apples and then cut them into small pieces that fit easily into your juicer. Remove the tops from the strawberries. Begin by juicing the grapes and strawberries, and then juice the apples. Drink this potion to uplift your spirits and heal your weary mind.

# Be My Valentine Potion

## Needed:

- 2 cups milk
- 1 teaspoon sweetened cocoa
- A dash of cinnamon
- A few drops of vanilla
- 9 marshmallows

Heat the milk slowly, stirring in each of the ingredients. Add the marshmallows last. With each marshmallow you put into the potion, imagine your Valentine being yours and feeling divine! Pour into cups and sip together with your Valentine. Makes two cups.

# Bright Blessings Potion

## Needed:

- ½ cup orange juice
- ½ cup fat-free sweetened condensed milk
- 1 ripe banana
- ¼ cup club soda
- 4 ice cubes
- Blender

As you put each of the ingredients, one by one, into the blender, empower them with the blessings of the Goddess and God. You can do this by simply dedicating each ingredient to a favorite Divine presence. Blend all the ingredients until the potion is thick and smooth. As you slowly sip the potion, think of all the blessings in your life such as people who love you and the many opportunities you have been given. Feel the joy of these blessings coursing through you as you drink the potion.

# Creativity Potion

## Needed:

- ½ cup crushed ice
- ½ ripe banana
- 1 cup papaya nectar
- ¼ cup pineapple juice
- ¼ cup raspberry or blackberry juice
- Blender

Blend all the ingredients in a blender, until the mixture is smooth.

# Endless Romantic Potion

## Needed:

- 1 cup boiling water
- 1 chamomile tea bag
- 1 peppermint tea bag
- ½ teaspoon lemon juice
- 1 cup apple juice

Put the tea bags into the cup of boiling water and let them steep for twenty minutes. Fill two glasses with ½ cup of tea, and then add ½ cup apple juice to each. Put ¼ teaspoon lemon juice in each glass and stir thoroughly. Chill and serve. Works best when sipped together with the person you want to romance. Makes two cups.

# Faery Glamoury Potion

## Needed:

- 1 cup boiling water
- A pinch of rose petals
- A pinch of lavender petals
- A pinch of jasmine tea

Put the dry ingredients in a cup. Carefully pour the water into the cup, and let the mixture steep for about five minutes. Drink this potion just before you go out on a date or whenever you want to look enchanting.

# Friendship Potion

## Needed:

- 1 cup lemon-lime soda
- 1 cup strawberry or apricot juice
- 2 slices of lemon
- 2 glasses

In two glasses, pour equal parts of the soda & juice, and garnish each glass with a slice of lemon.  
Drink this potion with new friends.

# Full Moon Love Potion

## Needed:

- 3 cups boiling water
- A pinch of cumin
- A pinch of rosemary
- A pinch of thyme
- 3 pinches of dried mint leaves (or 6 pinches of fresh)
- 3 dashes of nutmeg
- 1 teaspoon dried lemon peel
- 1 teaspoon orange peel
- 5 rose petals
- 3 teaspoons black tea
- 3 teaspoons honey
- Ceramic teapot

Put all of the ingredients, except the honey, into a ceramic teapot or the like, and then carefully pour the boiling water into the teapot. Add honey and serve it to your intended lover. Sip the potion together slowly while watching the full moon rise. In the summertime and in hot climates, you can chill the potion and serve over ice. Makes three cups.



# Full Moon Potion

## Needed:

- Cup of water
- Full moon
- Clear glass container with a cover

Set a covered clear glass container filled with the cup of water outside at night just as the full moon rises. Position the jar so that the water can soak in the moon rays all night. About one hour before dawn, go outside and bring the potion indoors. Drink the water immediately to increase your psychic awareness and powers of intuition.

# Green Goddess Healing Potion

## Needed:

- 3 stalks celery
- 3 sprigs of parsley
- ¼ head cabbage
- 1 clove garlic
- 1 peeled cucumber
- 1 cored apple, peeled
- Juicer

All of the ingredients in this potion should be fresh. Juice all the ingredients in the juicer, and then pour the mixture into a glass. For maximum benefit, sip slowly at room temperature.

# Happy Potion

## Needed:

- 1 cup water
- 1 teaspoon poppy seeds
- Ceramic pot
- Mug

Boil the poppy seeds and water in a ceramic pot for thirteen minutes. Pour the brew into a mug and let it cool. Sip the liquid potion, and then chew the poppy seeds. This potion will relax you and make you feel happy.

# Immortality Potion

## Needed:

- 2 cups apple juice
- 1 cinnamon stick
- 3 orange slices (peeled)
- 3 whole cloves
- ¼ cup cranberry juice
- 3 teaspoons brown sugar or honey
- Crock-pot
- Mug

Put the cider, cranberry juice, brown sugar, and cinnamon stick in the crock-pot or similar pot.

Push the cloves into the orange slices, one clove per slice, and put the slices into the mixture.

Warm the potion in the crock-pot. Pour into a mug. As you are sipping the brew, imagine yourself living a long and healthy life. Move your mind into the future, and see the images of you growing old. Then move that energy into the potion using your will, focused breathing, and the heat of your hands as you hold the mug.

# In Love and Lust Potion

## Needed:

- 4 peeled ripe pears
- 6 peeled Red Delicious apples
- 1 peeled nickel-sized piece of ginger (optional)

Make this potion just prior to using it. First remove the core and seeds from the apples and pears. Next, cut the fruit into small pieces and put the pieces through a juicer with the ginger. Drink the potion with your lover to stimulate romance, love, and passion. Makes two servings.

# Invisibility Potion

## Needed:

- 1 cup white wine
- 1 teaspoon poppy seeds

Soak the seeds in the wine for thirteen days, then drink a little of the wine for thirteen days in a row. This creates an aura of invisibility around yourself, so people don't notice you as much.

# Isis Healing Potion

## Needed:

- 1 pint extra-light olive oil
- 1 dry chili pepper
- A dash of lemon
- A dash of thyme
- A pinch of rosemary
- A pinch of sage
- 1 cup fresh chopped tarragon
- Sterile jar with a lid
- Strainer

Put all the ingredients, except the oil, in a sterile jar, then pour the oil into the jar over the ingredients. Cover the jar and refrigerate for ten days. After ten days, take the concoction out of the refrigerator and leave the oil at room temperature until it liquefies, and then strain it. Put the strained oil back into the jar and cover it, and store the oil in the refrigerator. It will keep for thirteen days. Use the oil potion in salad dressings, on fresh and steamed vegetables, potatoes, and toasted sour dough bread.

**Please note:** For safety reasons, you must refrigerate your herb oil potions. Herb oils stored at room temperature will go bad and can cause botulism! The oil will solidify when chilled, but will become liquid again at room temperature.

# June Bride Potion

## Needed:

- 1 cup tomato juice
- 1 bay leaf (crushed)
- 3 dashes of dill
- 3 dashes celery salt
- 3 pinches of basil
- A pot

Put all of the ingredients into the pot and simmer the brew for five minutes. Chill completely, then strain the potion and serve. Be certain you are ready for the effect, which can often be proposal of marriage. Makes one serving.



# Knowledge Potion

## Needed:

- 2 tablespoons grape concentrate
- 1 ½ cups of spring water
- 2 drops mint extract
- 1 spring of rosemary
- Small thin glass

Mix the first three ingredients in a small thin glass and then stir with the rosemary as you chant:

*“My skills are good, my knowledge great, the results I want, are mine to take.”*

Kiss the glass and then drink the potion. Concentrate and focus all your power into your potion for best results.

## Love Potion #9

### Needed:

- 1 cup crushed ice (fill your blender about  $\frac{1}{4}$  full)
- $\frac{1}{2}$  cup papaya nectar
- $\frac{1}{8}$  cup pineapple juice
- $\frac{1}{4}$  cup orange juice
- $\frac{1}{2}$  ripe banana
- $\frac{1}{4}$  cup strawberries
- $\frac{1}{4}$  cup peach juice
- 3 rose petals
- 3 drops vanilla
- Blender

In your blender, blend all ingredients at high speed until smooth. Makes two servings, one for you and one for your intended love. Slowly sip together.

# Love Tea

## Needed:

- Pink candle
- Rose petals
- Lemon balm
- Jasmine flowers
- Cinnamon
- Ginger
- Coriander

To bring love into your life, make this tea every Friday and sip slowly by the light of a pink candle while projecting your readiness for love to the universe. Sweeten with honey.

# Lust Potion

## Needed:

- 1 pinch coriander
- 1 pinch jasmine
- 1 pinch ginseng
- 1 pinch dill

Grind all of the dried herbs together into a fine powder. As you do this, imagine all of the loving and lustful energies you are imparting into the mixture. Sprinkle this mixture all over your bedroom.

# Magick Power Potion

## Needed:

- 1/8 cup chilled pineapple juice
- 1/4 cup chilled grape juice
- 1/8 cup ice water
- 1/2 cup chilled raspberries or strawberries
- 1 cup raspberry or strawberry yogurt
- Blender

In a blender, combine all the ingredients. Blend until the potion is thick and smooth. All the while you are blending it, focus on feeling more energized and powerful. Makes two servings.

# Memory Potion

## Needed:

- 1 cup boiling water
- A pinch of rosemary
- A pinch of rose petals
- A pinch of mint
- A pinch of sage
- 1 bay leaf (crushed)
- Cup

Put all the ingredients, except the water into a cup. Carefully pour the boiling water into the cup, cover it, and let the brew steep for a few minutes. Anoint your body with the potion and add it to your bath water while imagining your memory becoming sharper and stronger. You can also sprinkle the potion on tools, pens and pencils, around your working area, or even rub a little on your computer while concentrating on your magickal goal.

# Midsummer's Eve Magick Potion

## Needed:

- 2 cups boiling water
- 3 chamomile tea bags
- 6 rose petals
- 1 pinch lavender
- 1 clove
- A dash of nutmeg
- ½ teaspoon fresh crushed ginger (or a dash of dried ginger)
- Ceramic teapot

This is especially effective when prepared on Midsummer's Eve. Put all of the ingredients into the teapot and carefully pour the boiling water over them. Serve warm or chilled. Makes two cups.

# Personal Success Potion

## Needed:

- 1 cup apple cider
- ¼ cup orange juice
- 1 teaspoon lemon juice
- 1 teaspoon brown sugar or honey
- 4 whole cloves
- 1 cinnamon stick broken into four pieces
- Ceramic pot
- Mug
- Gold or green candle

Heat the ingredients in a ceramic pot, but do not boil the mixture. Pour the mixture into a mug, let it cool a bit, and then sip slowly. While you are drinking the potion, visualize your personal success. See and sense your deepest professional goals being attained easily and completely. I suggest you use a lit gold or green candle for focusing while you are sipping the potion.



# Pleasant Dream Potion

## Needed:

- 3 cups boiling water
- 1/3 cup rose petals
- 1 pinch cinnamon
- 3 bay leaves (crushed)
- Teapot or pot with a lid

Do not drink this potion. It works by being inhaled slowly. Put all the into a teapot or pot with a lid. Pour the boiling water over the ingredients and cover the pot for five minutes. Take the covered pot into your bedroom. Put it on a sturdy surface, and then take off the cover. Carefully inhale the steam for a few minutes. Be very careful because the steam is hot. Leave the cover off and let the aroma fill your bedroom. Lay down and drift to sleep with the expectation of having pleasant dreams.

# Power Dreaming Potion

## Needed:

- 1 cup boiling water
- 1 rose hips tea bag
- A dash of cinnamon
- A pinch of lavender
- 1 teaspoon honey
- A cup

Put all the ingredients in a cup and pour the boiling water over them. Stir well, cover the mixture, and let it steep for five minutes. Drink just before going to sleep to induce psychic dreams.

# Protection Oil Potion

## Needed:

- 1 pint extra-light olive oil
- 1 cup fresh chopped sweet basil
- A dash of lemon juice
- Sterile jar

Put the lemon juice and basil in a sterile jar, then pour the oil into the jar. Cover the jar, and refrigerate for ten days. After that time, take the oil out and leave it at room temperature until it liquefies. Strain the basil out of the oil. Put the strained oil back into the jar, cover it, and store the oil in the refrigerator. It will keep for about two weeks. Use the oil potion in salad dressings, on pasta, potatoes, and on other foods you eat and cook for those you love. Remember it is critical that you refrigerate your herb oil potion. The oil will solidify when chilled, but will become liquid again at room temperature.

# Protection Potion

## Needed:

- Favorite perfume
- 1 red or white rose
- A small pouch preferably blue
- Mint leaves picked on a new moon
- Piece of hair of the person you are protecting
- Small container (spray bottle)
- Water (blessed)

Pour perfume into cauldron and add rose petals then shred the rest of the flower. Boil on medium heat with the water. Shred the mint leaves and add them piece by piece slowly chant:

*"Oh, great Goddesses from above protect (person's name) from all harm. Evil be gone good come near keep (person's name) out of evils way."*

Repeat as you stir counter clockwise. Let the potion cool till lukewarm then pour it into the bottle and bless it with the powers of north east south and west earth air fire and water then place into small bag and tie top shut leave out in the full moon then the day after to make the spell work. Once completed spray a little of your potion on the one to be protected do this daily until out of potion.

# Protection Potion

## Needed:

- Clear glass
- Spring water
- Apple cider vinegar
- Sea salt

Fill a clear glass goblet about halfway up with spring water. Add three drops of apple cider vinegar, a pinch of sea salt and place outside at dusk in a place where it will reflect the light of the full moon. Allow the liquid to absorb the moon rays until after midnight and stir the liquid with your right finger in a deosil direction (clockwise) nine times as you recite the following:

*"By fullest moon*

*My shades be strong*

*And keep my soul*

*The whole month long."*

Drink the contents.

# Self-Healing Potion

## Needed:

- 1 ounce tomato juice
- 1/8 teaspoon cayenne pepper
- 1/4 teaspoon black pepper

Mix together, and take this for three days each morning and drink the remainder of the tomato juice in the one-serving container.

# Sleeping Potion

## Needed:

- 1 cup water
- 1 tablespoon sesame seeds
- Ceramic or glass pot

Make this sleeping potion just before you go to bed. Rinse the sesame seeds and put them into a ceramic or glass pot. Then add the water and boil for ten minutes. Let the potion cool, and then slowly sip the liquid and chew the seeds.

# Spring Fever Potion

## Needed:

- 5 drops pure vanilla
- 5 drops lavender essential oil
- ½ cup warm water
- 4 ounce spray bottle

Drop the essential oil and vanilla into the spray bottle filled with warm water. Spray it onto your body, and anything else you want to smell spring fresh.



# Sunshine Potion

## Needed:

- Cup of water
- Sunshine
- Clear glass container with a cover

Set a covered clear glass container filled with the cup of water outside at dawn where it can soak up the rays of the morning sun. Do this with the expectation that Divine power of the sun will be imparted into the water. Then move it around a few times during the day so it can soak up as much sunlight as possible. Each time you do this, do so with expectation, once again focusing on strengthening the solar power within the potion. Just before the sun sets, bring the potion inside. You can either drink the sunshine potion immediately, or put it in your bath that same night to fill you full of sunshine and bright energy.

# Taming the Dragon Diet Potion

## Needed:

- 4 cups boiling water
- 1 handful roasted barley
- Ceramic teapot
- Second pot
- Strainer

Add the roasted barley to a ceramic teapot. Pour the water over the barley and let the mixture steep for ten minutes. Pour the brew into another pot, straining out the barley, and then chill the potion. Drink two cups a day, cold or hot, to help you lose weight.

# Tranquility Potion

## Needed:

- 1 cup boiling water
- 1 tablespoon valerian
- Honey to taste
- Mug

Put the valerian into a mug, and pour the water over it. Let it steep for five minutes. Sweeten the potion with honey to suit your taste. Sip slowly while listening to soft music or sitting quietly outdoors. This potion will ease your stress and help you remain calm.

# True Love Potion

## Needed:

- 4 cups water
- 4 bags of rosehips tea
- ½ teaspoon catnip
- ¼ teaspoon pure vanilla
- A small pinch of crushed rosemary
- 1 teaspoon honey

Boil the water and steep the tea bags for about eight minutes. Add the catnip, vanilla, rosemary. Let it steep for another five minutes. Strain the tea, heat it, and sweeten with honey. This potion works best if sipped together while gazing into one another's eyes. Inspires tenderness, fidelity, and feelings of love and romance. Makes four servings, two for you and two for your intended love.

# Venus Water

## Needed:

- 1 cup water
- 3 roses
- Pot

Pull off the rose petals, one at a time, all the while empowering them, and then put them in a pot with the water. Simmer slowly for about fifteen to twenty minutes, then let the liquid cool. Strain the water, and put it in a container. Sprinkle it in your bedroom, on your person, around your working space, in your car, or anyplace where you would like to encourage more love.

# Wake Up Potion

## Needed:

- 1 cup boiling water
- 13 drops fresh lemon or lime juice
- 1 teaspoon of maple syrup

Pour the juice and maple syrup into the cup of boiling water. Let it cool a little, then drink this potion first thing in the morning before you eat anything.

# Warming Potion

## Needed:

- 1 cup boiling water
- 2 teaspoons fresh ginger (or 1 teaspoon of dried powder)

Grate the ginger and then squeeze the juice into a cup of boiling water. Drink the brew immediately. It improves your circulation, helps ease shivering and warms your body.

# Wishing Upon a Star Potion

## Needed:

- 1 scoop of vanilla ice cream
- ½ teaspoon sweetened cocoa or chocolate soy drink
- ¼ cup crushed pecans or almonds
- Ceramic or glass bowl

Place the scoop of vanilla ice cream in a ceramic or glass bowl, and then using your fingers sprinkle the cocoa in a star shape on the top of the ice cream. Then place a pecan, one at a time, on top of the star shape made in the cocoa. All the while you are doing this, focus on your magickal wish. Imagine it coming true, right now! As you eat the ice cream, savor the joy of your wish coming true. Feel what it is like to have your wish come true.