Healing Potion

Honey ginger tea can calm a cough, soothe laryngitis, and reduce menstrual cramps.

- **1-inch piece of ginger root sliced into coins**
- **1 tablespoon of raw honey**
- **1 tablespoon of lemon juice**
- **1 white or yellow candle**
- **Tea cup**
- **Water**

1. Light the candle and heat the water.
2. Add the ginger root to the tea cup.
3. Add honey and lemon juice, then add water.
4. While you wait for the tea to steep, sit comfortably.
5. Take 3 deep breaths as you become aware of your body, your mind, and your pose. Say:

" I invoke the healing energy of this drink "

6. Take a sip of your tea.
7. Visualize the hot water in your tea as a high vibration that goes through your body. It detects any type of negativity both in your physical body or in your mind.
8. Say:

" I take care of my body, my mind and my emotions "

" Today I am safe, relaxed and life flows joyfully "

" Today my health is perfect "

9. Let the sensations flow freely as any thoughts or emotions that may appear. In this moment you are healing.