Lavender Tea Spell

Lavender can be used in a relaxing bath, or a calming potion before bed. It also enhances meditation and sleep.

- **Lavender tea**
  (1 tea bag or 1 tbsp loose leaves)
- **1 purple candle**
- **Tea cup**
- **Water**

1. Light the candle on your altar and heat the water.

2. Turn off your phone or disable notifications. Breathe deeply and relax.

3. Add the lavender tea to your cup, then add water.

4. While you wait for the tea to steep, sit comfortably.

5. Take 3 deep breaths as you breath out and let all negative energy come out of your body.

6. Take a sip of your tea and as it travels down through your body, feel how it begins to cleanse your whole being. Visualize how it pushes all problems, all worries, all discomfort, dissolving into nothing.

7. Take a second sip, and you feel in complete peace and harmony. Say:

" I free myself from all stress.
I release myself from all tension.
I can feel complete peace and harmony.
So it is now. So mote it be. "

8. Take a few minutes to keep relaxing and enjoy your drink. Feel its effect on your body and mind as you give thanks for this moment.

You are now ready to go into deep meditation, a profound sleep, or simply stretch your body and continue with your day.