Chamomile Tea Spell

A cup of this tea prepares the mind and body for magical workings. It can be used to clean thresholds (such as doors and windows). You can also sprinkle chamomile water on yourself, clothes or living spaces for spiritual protection.

- **Chamomile tea**
  (1 tea bag or 1 tbsp loose leaves)
- **1 white 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 chamomile tea to your cup, then add water.

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

5. Take 3 deep breaths. Send energy to your third eye and feel how it begins to concentrate there.

6. Bring your attention to the center of your chest. Visualize your heart opening as you breathe in. Feel this energy center. Say:

"I invoke the cleansing energy of Chamomile."

7. Take a sip of your tea and feel the peace of this process as its high vibration cleanse your body.

8. Say: *"I wash away all negative energy within my physical body."*

"I wash away all negative energy in my emotional body"

8. Let yourself be carried away by the flow of this energy. Let the sensations flow freely as any thoughts or emotions that may appear. In this moment they are being purified.