Hibiscus Tea Spell

An herbal tea made from crimson calyces of the roselle flower. It has no caffeine content and it is consumed both hot and cold. Traditionally, it has been used to make love potions and aphrodisiac charms.

- **Hibiscus tea**
  (1 tea bag or 1 tbsp loose leaves)
- **1 pink 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 hibiscus tea to your cup, then add water.

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

5. Breathe deep and let all tension, all stress, float away.

6. Take a sip of your tea. Let its warmth fill you with tender feelings of appreciation for this moment.

7. Close your eyes and visualize yourself right now. Repeat the following affirmations, quietly or out loud:

"May I be happy".

"May I have peace and joy".

"May I be loved".

8. Bring to your mind something that you like about yourself. It could be a personal quality or a recent achievement. Take a moment to appreciate this aspect of yourself.

Say: *"Thanks for this moment".*

9. Smile and thank deeply with your whole being.