

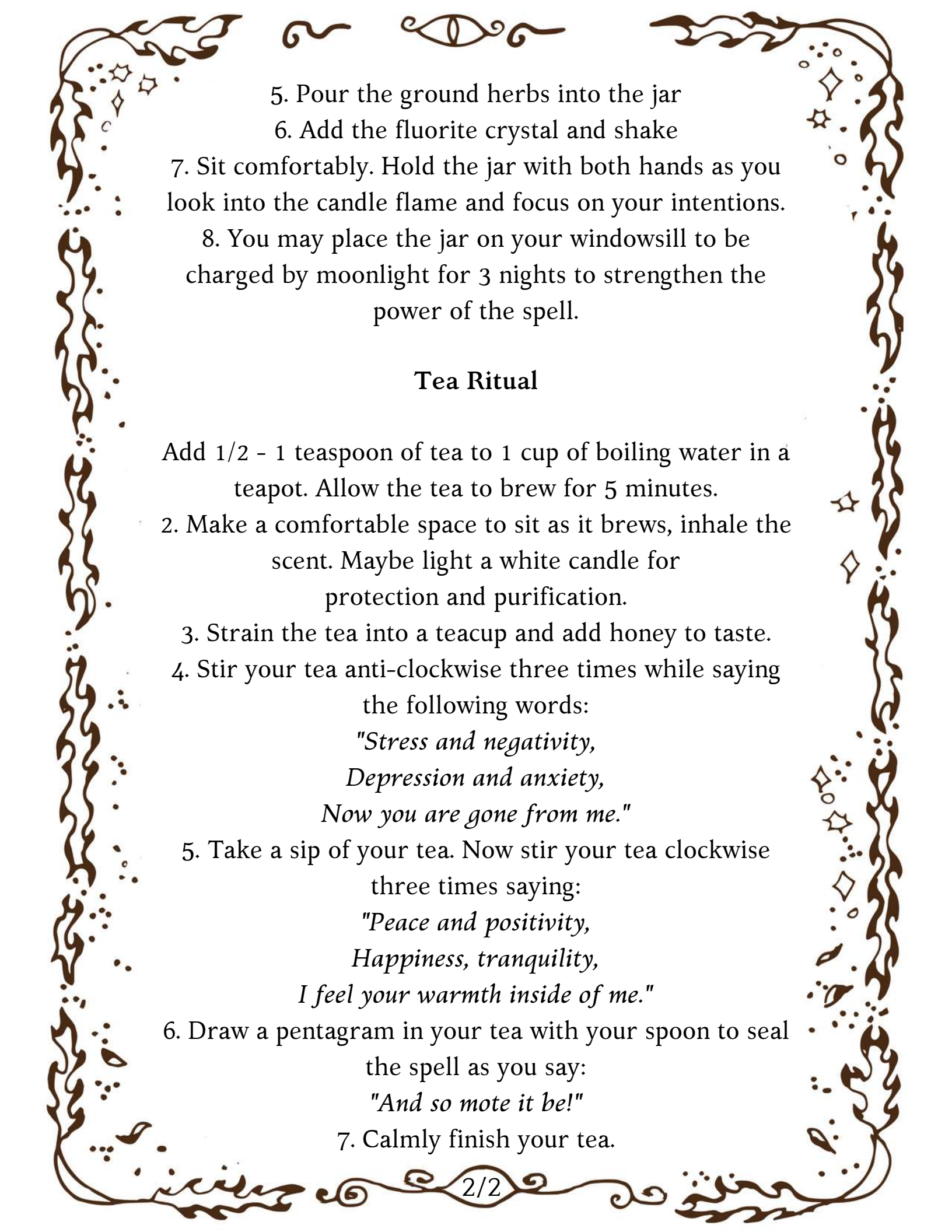
# Anti-Anxiety Tea Recipe and Ritual

If you're following the moon phases, you can charge this jar with moonlight during the Waxing Moon to attract peace, sleep and tranquility or the Waning Moon to banish anxiety.

- Clean glass jar
- White candle
- Cleansing incense
- Mortar and pestle
- Clean fluorite crystal
- Chamomile
- Lavender
- Passionflower
- Vanilla
- Cinnamon
- Cardamom
- Cloves



1. Light a white candle and your cleansing incense
2. Fan the incense over your jar and ingredients to cleanse and purify them.
3. Place each of the herbs and spices into your mortar and pestle, thanking them for their healing properties  
*"Thank you for bringing protection, peace and tranquility"*
4. You can chant the tea ritual spell (below) as you crush the herbs.

- 
5. Pour the ground herbs into the jar
  6. Add the fluorite crystal and shake
  7. Sit comfortably. Hold the jar with both hands as you look into the candle flame and focus on your intentions.
  8. You may place the jar on your windowsill to be charged by moonlight for 3 nights to strengthen the power of the spell.

### Tea Ritual

Add 1/2 - 1 teaspoon of tea to 1 cup of boiling water in a teapot. Allow the tea to brew for 5 minutes.

2. Make a comfortable space to sit as it brews, inhale the scent. Maybe light a white candle for protection and purification.

3. Strain the tea into a teacup and add honey to taste.

4. Stir your tea anti-clockwise three times while saying the following words:

*"Stress and negativity,  
Depression and anxiety,  
Now you are gone from me."*

5. Take a sip of your tea. Now stir your tea clockwise three times saying:

*"Peace and positivity,  
Happiness, tranquility,  
I feel your warmth inside of me."*

6. Draw a pentagram in your tea with your spoon to seal the spell as you say:

*"And so mote it be!"*

7. Calmly finish your tea.