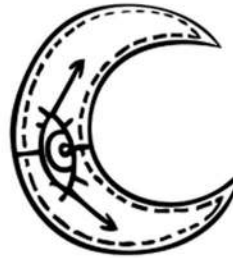


Anti-anxiety Jar

Make this little jar to help defend against anxiety and negative thoughts and feelings. This powerful blend of herbs and crystals creates a calming, peaceful energy which you can keep close whenever needed.

- Small clean jar
- White candle
- Flame Jasper
- Blue Turquoise
- Mookaite
- Yellow Tiger's Eye
- Amethyst
- Rose Quartz
- Clear Quartz
- Chamomile
- Lavender
- Rosemary
- Bay Leaf
- Sage
- Black Salt



1. Add each ingredient to your jar, focusing on your intentions.
2. Light the white candle.
3. Take three deep breaths whilst holding your jar.
4. Repeat the following 3 times:
*"Nervous anxiety you are dead.
May the items in this jar soothe my head.
Bring me your calming peace,
Anxiety thoughts you will now cease."*
4. Seal your jar with wax from your candle.