

# Full Moon Lunar Elixir

This magickal brew will clear your mind & leave you more focused and centered. Make this tea on a Full Moon.

- Mug
- Teapot
- 2 cups water
- 1 teaspoon sliced ginger root
- 1 teaspoon jasmine leaves
- 1 teaspoon peppermint leaves
- Honey (optional)



1. Add the herbs to your teapot and steep in boiling water. Allow it to brew for 5 minutes.
2. Strain into a mug and add honey.
3. Go outside or near a window with your tea and repeat:  
*"Bright Moon Goddess who is eternal and wise.  
Grant me your wisdom and strength  
on this beautiful night.  
Blessings and health to all and calmness to me.  
These words are spoken, so mote it be!"*
4. Calmly enjoy your tea.