



The
Moonlight Post

KITCHEN WITCHERY

STIR UP THE MAGICK!
AT YOUR HOME!

HOW TO
BREW
THE
RIGHT
WAY

CRYSTAL
ELIXIRS

MAGICKAL
TEA
RECIPES

KITCHEN
WITCHERY
HERBAL
CHART

POTIONS
RECIPES
AND *MORE!*



HOW TO WIN THE
MOONLIGHT GIVEAWAY!

NEW ISSUE! NEW LOOK!



The Moonlight Post



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As tempting it may seem, Kitchen Witchery does not mean a witch who cooks in the kitchen or simply cooking in the kitchen. Kitchen Witchery is preparing brews, teas, elixirs, tinctures, powders, herb sachets, and even food with intent and will. You can actually infuse everything you prepare in the kitchen with intent and will and use it for healing, for simply enjoying the food, for divination, or just to incorporate magickal energy into your preparation. And that is the difference between a witch who is cooking in the kitchen and a witch practicing kitchen witchery: the intent and will to incorporate magick into a preparation to heal, to eat, or for divination.

By changing the way you look at food and learning how to prepare and consume it the magickal way, you can create magic in the heart of your home.

In this issue, we will explore the many potions, brews, elixirs, powders, sachets, and tinctures that you can create right in your kitchen!

WHAT IS

KITCHEN WITCHERY?

HOW TO MAKE YOUR KITCHEN MAGICKAL



As you live your life magickally, being a home-maker means letting the magick into your kitchen. How do you do this? You can start by having a kitchen altar. Your stovetop is the equivalent of your ancestors' hearth. You can have a statue of the Goddess of the Hearth, a cauldron, and candle in your kitchen. Place the many different herbs you have in little glass jars so it's not only easy to find them, but also so they can infuse your kitchen with all of their magickal properties! You can also have plants in pots like aloe vera also sitting around your kitchen.

Whatever recipe you may use for your concoctions, make sure to write them in their own spell book or Book of Shadows. That way, they do not get mixed up with your other writings. This is only to keep them organized. But if this is something that you don't wanna do, and if you would like all your magickal spells in one BOS or spell book, then by all means, do it!

Do not forget to add important tips like in which direction you should stir the brew or what herbs and spices you should add in your baking.

In this issue, learn how to prepare food, brews, potions, teas, elixirs, tinctures, according to yours and your loved one's need!

Kitchen Rule:

It is very very important to keep your kitchen clean! Your kitchen, where you will be creating magickal food and other things, is considered a sacred space. I repeat: Any place where you perform magick is a sacred space. How can you perform magick in a place that is cluttered if one of the rules of magick is to have an uncluttered mind.





KITCHEN WITCHERY *TERMINOLOGIES*

Here are some kitchen witchery terms that you should have down pat before you start stirring up magick in your kitchen!

Kitchen Witchery is a big responsibility and you should not immediately head to your kitchen and make something without even doing research, learning the terms, and making sure

Brews

A brew is a preparation done by soaking, boiling, mixing, stirring, and fermentation.

Teas

Recipes for tea consist of harmless herbs or the plant itself. Tea is also often added to potions.

Potions

Potions are a mixture of plants, barks, to things like tears, blood, oil, etc. Potions are ingested, rubbed on the skin, or anointed to heal, to attract love, to repel bad energies, or even to poison someone! Potions can also be added to brews. A potion can only become a potion when it is infused with energy and spells because *a potion is a spell in liquid form*.

Tinctures

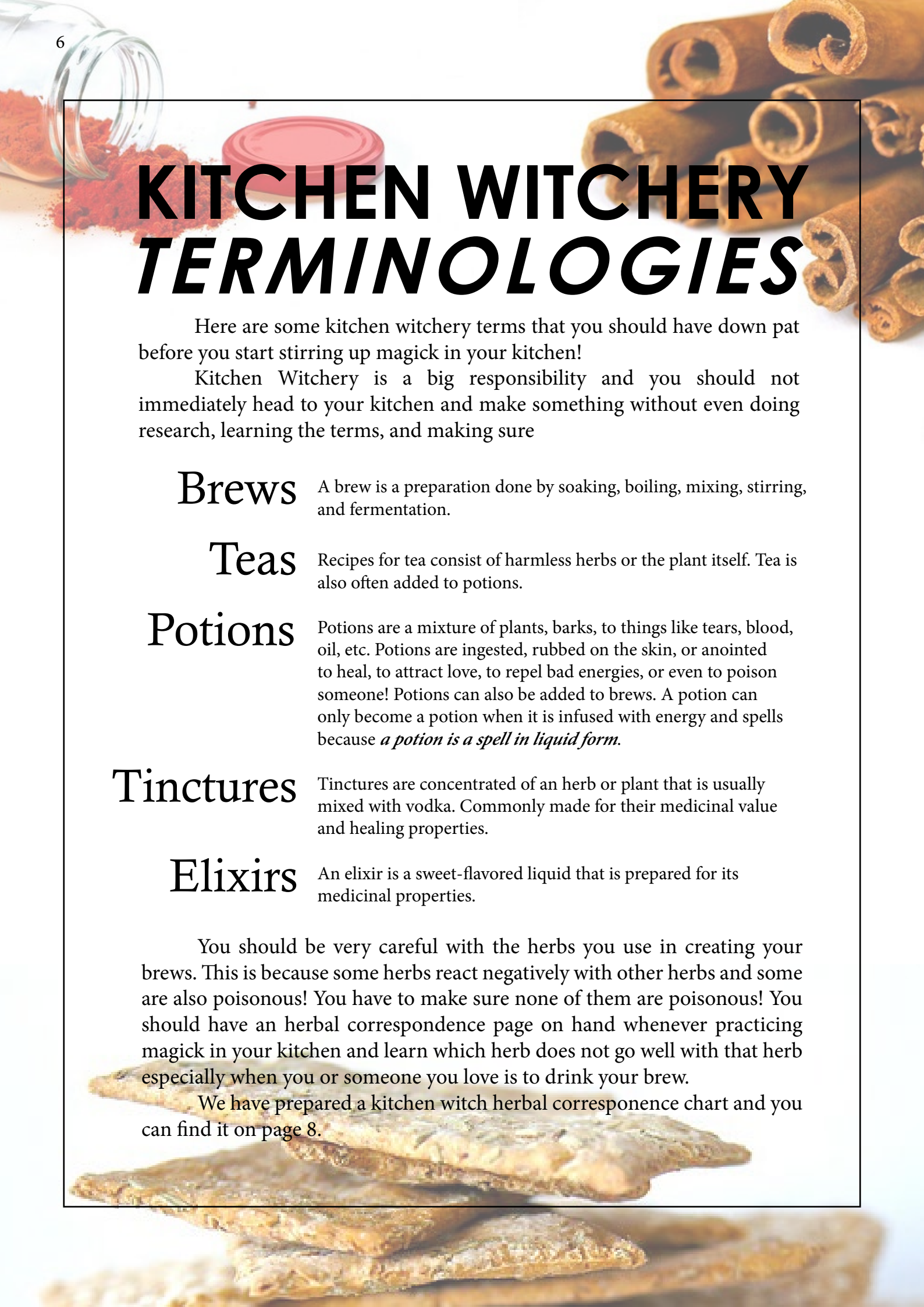
Tinctures are concentrated of an herb or plant that is usually mixed with vodka. Commonly made for their medicinal value and healing properties.

Elixirs

An elixir is a sweet-flavored liquid that is prepared for its medicinal properties.

You should be very careful with the herbs you use in creating your brews. This is because some herbs react negatively with other herbs and some are also poisonous! You have to make sure none of them are poisonous! You should have an herbal correspondence page on hand whenever practicing magick in your kitchen and learn which herb does not go well with that herb especially when you or someone you love is to drink your brew.

We have prepared a kitchen witch herbal correspondence chart and you can find it on page 8.





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ACACIA

For protection, psychic and spiritual enhancement; money and friendship. Use it to anoint candles and censers and to consecrate chests or boxes that hold ritual tools. Use in incense to promote a meditative state.

Also called: Gum Arabic, Arabic Gum

ALLSPICE

For money, luck and healing. Burn crushed allspice to attract positive luck and money. Use in healing baths.

Also called: Jamaica Pepper

KITCHEN WITCH HERBAL CORRESPONDENCE CHART



ACORN

For good luck, protection, wisdom and personal power. Keeping a dried acorn is an excellent natural amulet for keeping a youthful appearance.

ALDER

Use it in rituals concerning death to provide protection for the deceased.

ALFALFA

For money and prosperity. Put a small jar of alfalfa in your cupboard or pantry to ward off poverty and hunger. You can also burn in a cauldron and keep the ashes in amulets.

Also called: Lucerne, Buffalo, Herb, Purple Medic

ALOE

For protection, success, and positive luck. Relieves loneliness. Hang in the home to attract luck and protection for those who are living there. Keep a pot in the home to provide protection from household accidents. Burn on the night of a full moon to bring a new lover by the new moon.

Also called: Burn Plant, Medicine Plant

AZALEA

For happiness, gaeity and light spirits

Note: poisonous. Do not Concume.



ANISE

Used to help ward off the evil eye, find happiness, and stimulate psychic ability. Fill a sleep pillow with anise seed to prevent nightmares. Use in purification baths. A sprig of Anise hung on the bedpost will help restore youth.

Also Called: Aniseed, Anneys, Anise Seed

BARLEY

For love, healing, and protection. Scatter on the ground to keep evil away. Tie barley straw around a rock and throw into a body of water while visualizing the pain you have to make it go away.





BASIL

For love, exorcism, wealth, sympathy, protection, and moving on. Dispels confusion and fears. Drives off hostile spirits. Strewn on floors to provide protection from evil. Sprinkle an infusion of basil outside of the building where you hope to be employed or for positive luck in a job interview. Wear or carry to attract money and prosperity.

Also Called: Common Basil, Sweet Basil, St. Josephwort, St. Joseph's Wort, Tulsi, Tulasi, Krishnamul, Kala Tulasi, Witches' Herb, Alabahaca, American Dittany

BERGAMOT

For money, prosperity, protection from evil and illness, improving memory, stopping interference, and promoting restful sleep. Carry in a sachet while gambling to draw positive luck and money. Very powerful for attracting success. Burn at any ritual to increase the power of the ritual.

Also called: Orange Mint

CAMPHOR

For dreams, psychic awareness, and divination. Adds strength to any mixture. Use to increase personal influence and persuasiveness. Burn camphor incense or use camphor oil when moving into a new home or setting up a new altar.

Also called: Laurel Camphor, Gum Camphor

CITRONELLA

Draws friends to a home and customers to a business. Promotes eloquence, persuasiveness, and prosperity. Protects and cleanses the aura and brings clarity to the mind. Encourages self-expression and creativity.

DILL

For money, protection, luck and lust. Used in love and protection charms and stimulates lust. Effective at keeping away dark forces from the household. Place seeds in muslin and hang in your shower to attract women. Use dill seeds in money spells. Add grains of dill seed to a bath before going on a date to make yourself irresistible to your date.

Also called: Aneto, Aneton, Dill Weed, Dill Seed, Dilly, Garden Dill

ECHINACEA

Adds powerful strength to charms, sachets, and herb mixes. Useful for money drawing magick. Dried flowers can be burned as incense. Use on the altar as a offering to the spirits.

Also called: Purple Coneflower, Coneflower, Black Sampson, Rudbeckia

FIG

For divination, fertility, and love. Place a branch in front of the door before traveling for safe travels. Write a question on a fig leaf -- if the leaf dries slowly, the answer is yes, otherwise the answer is no.

Also called: Common Fig



ELDER

For sleep, releasing enchantments, protection against negativity, wisdom, house blessing and business blessing. Wear to provide protection against evil, negativity, and the temptation to commit adultery. Used in rites of death and dying to protect the loved one during transport to the afterlife.

Note: Elder leaves, bark, roots, and raw berries are poisonous. Use with caution.

Also called: Sweet Elder, Tree of Doom, Pipe Tree, Witch's Tree, Old Lady, Devil's Eye

GINGER

For adventures and new experiences. Promotes sensuality, sexuality, personal confidence, prosperity, and success. Adds to the strength and speed of any mixture of which it is a part. Place in amulet, mojo, or medicine bag to promote good health and protection.

Also called: African Ginger

HIBISCUS

To attract love and lust. Carry in a sachet or burn as incense to attract love.

Also called: Kharkady

HAWTHORN

Magickal uses include chastity, fertility, and fairy magick. Place around the bedroom or carry to enforce or maintain chastity or celibacy. Used to decorate maypoles and in weddings and handfastings to increase fertility. Keep in a house to repel ghosts and evil spirits. An infusion of the herb used to wash floors will remove negative vibrations.

Also called: Hawthorne, Haw, May Bush, May Tree, Mayblossom, Mayflower, Quickset, Thorn-apple Tree, Whitethorn, Bread and Cheese Tree, Quick, Gazels, Ladies' Meat

JUNIPER

Banishes all things injurious to good health. Attracts positive energy and love. Juniper berries increase male potency. Place a sprig of juniper near the door to a home or with valuables to help safeguard against theft. Use juniper oil in magickal workings to draw money and prosperity.

Also called: Juniper Berries, Ginepro, Enebro, Wachholder

MAPLE

For love, money, wealth, longevity, and good luck.

MINT

Promotes energy, communication and vitality. Draws customers to a business. Place in wallet or purse to bring wealth and prosperity. Use on the altar to draw good spirits to assist in your magick.

Also called: Garden Mint



LICORICE

For love, lust, and fidelity. Carry with you at all times to attract a lover.

Also called: Licorice Root, Yashtimadhu, Mithilakdi, Mulathi, Liquorice, Sweet Root, Lacris, Lacrisse, Lycorys, Reglisse

MUGWORT

To increase lust and fertility. Place around magick supplies and altar tools to increase their power. Place in a sachet under your pillowcase to bring about prophetic dreams.

Also called: Artemisia, Felon Herb, St. John's Plant, Naughty Man, Oild Man, Sailor's Tobacco

NUTMEG

Magickal uses include attracting money, prosperity, and positive luck. Also used for protection and breaking hexes. Increases the intellect.

Also called: Myristica

ORANGE PEEL

For use in love, divination, luck, money and house and business blessing. Add to love sachets to help someone make up their mind about your relationship. Use in sachets and amulets to bring luck to business negotiations.

PARSLEY

Calms and protects the home. Draws in prosperity, increases finances, and luck. Restores a sense of well-being. Use in spells to increase strength and vitality after a major or minor surgery or illness. Use in amulets or other magickal workings to get yourself out of a rut. Eat to provoke lust and promote fertility. Place on plates of food to guard against contamination. Useful for bath magick to end a string of bad occurrences.

PATCHOULI

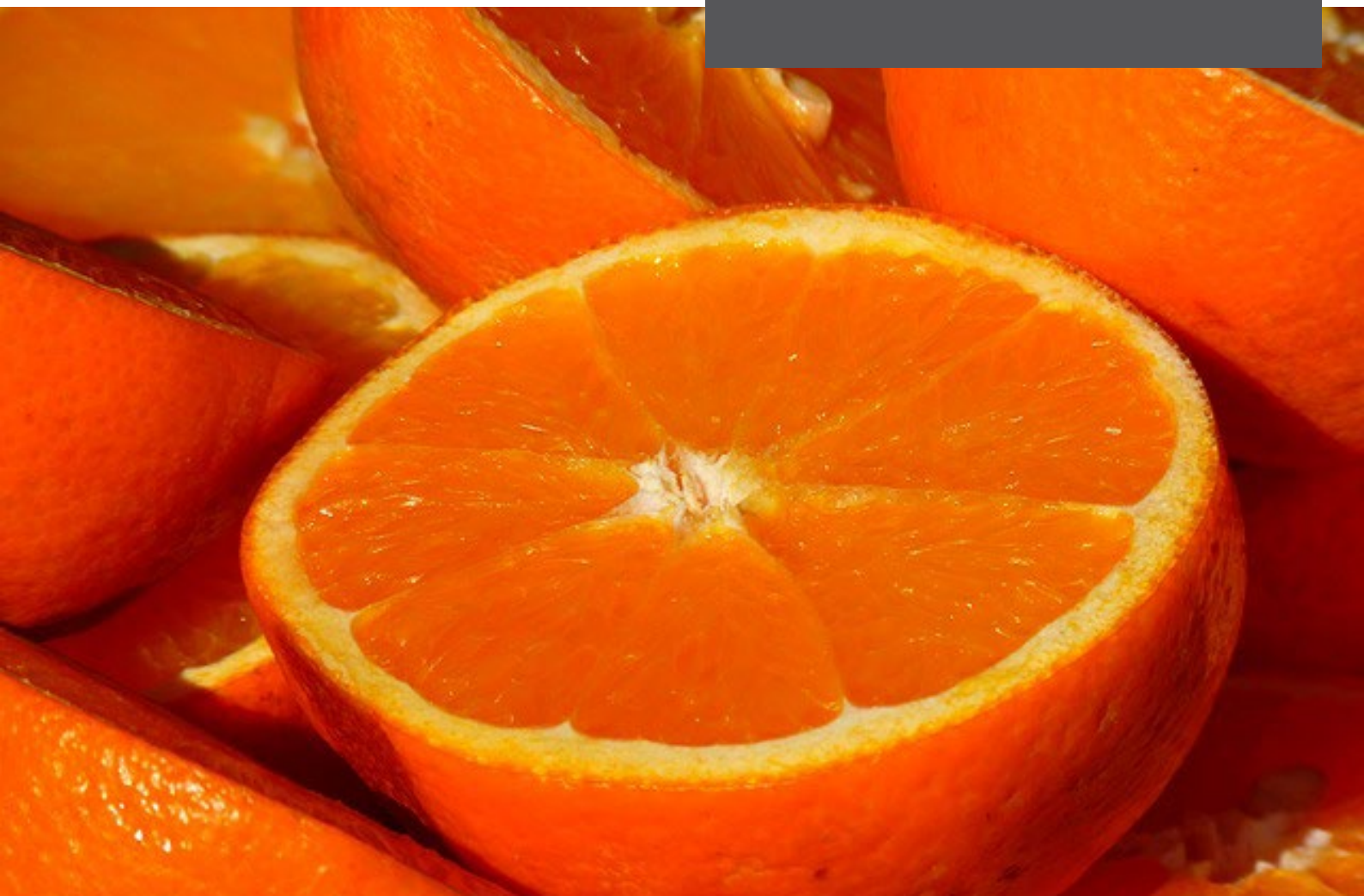
Use in spells, sachets, baths and mixtures for money and love. Put in the wallet or purse to draw money. Place in a charm or use in incense for fertility. Helps to ground you and bring your consciousness back to the physical level. Burn to bring growth to business.

Also called: Patchouly, Pucha Pot

PRIMROSE

Promotes the disclosure of secrets, resolution of mysteries, and revelation of truth. Breaks down dishonesty and secrecy. Put an infusion in a child's bath water or place an herb in their pillows to get them to behave.

Also called: English Cowslip, Butter Rose, Password



ROSEMARY

Used for good health and in love and lust spells. Carried to improve memory and used in dream pillows to prevent nightmares. Carry while studying or completing tasks to improve memory of the material and aid in clear thinking. Use an infusion of rosemary to wash hands before performing healing magick. Use in bath magick for purification.

Also called: Elf Leaf, Sea Dew, Polar Plant, Guardrobe, Compass Weed, Dew of the Sea, Mary's Cloak, Stella Maria, Star of the Sea, Incensier

SAFFRON

An aphrodisiac. Used in spells of love, healing, happiness, lust and strength. Burn, wear, or carry for healing and strengthening psychic awareness. Commonly used in love magick, healing spells, and spells to affect the weather.

Also called: Kum Kuma, Zaffran, Kesar, Autumn Crocus, Spanish Saffron, Dyer's Saffron, Thistle Saffron, Bastard Saffron, American Saffron, Parrot's Corn



ST. JOHN'S WORT

Prevents colds and fevers. Placed under pillow to induce prophetic and romantic dreams. Protects against all forms of black magick. Place in a jar by the window or burn in a fireplace to protect from lightning, fire and evil spirits. Used for banishing, protection and blessing. Carry to strengthen courage and convictions or when confronting nasty situations.

Note: Can be poisonous.

Also called: Saint John's Wort, Goat Weed, Herba John, Kalimath Weed, Tipton Weed

YERBA SANTA

Beauty, healing, psychic powers and protection. Carry or use in bath magick to obtain beauty from within and make your body more desirable. Wear around the neck to ward off illness and prevent wounds. Use the leaves in healing or protection incenses. Use in bath water if you feel your sickness has been caused by a hex.

Also Called: Consumptive's Weed, Gum Plant, Gum Bush, Bear's Weed, Bear Weed, Mountain Balm, Tar Weed, Tarweed, Holy Herb, Sacred Herb



How to Brew the Right Way

The first thing to make sure of before starting any brew is that no herb you are using is poisonous. It is very important to have an herbal correspondence chart consult it before mixing your brew! If the said herb is not found in your herbal correspondence chart, then by all means, search for more information about it online. Remember: **Not all dangerous herbs have been listed so don't use them unless you are 100% sure.**

Brewing is indeed a big responsibility. Be very careful.

Brews can be as simple as a healing herbal tea or as complicated as an aphrodisiac infusion. Their origins were of magickal, ritual and medicinal preparations. They are still as effective today as they were thousands of years ago although not prepared in an open fire in a forest clearing. You can make your own brews in your own stove or backyard.

Brews can be drunk, added to the bath, and still others prepared to release their fragrance into the air.

There is a science to brewing other than the measurements and specific herbs used. You have to be specific about the water, vessel, and manner of mixing and stirring to concoct an effective brew that suits its purpose.



The Water

The type of water that is best suited for brewing is spring and distilled water. Spring water for magickal preparations and distilled water for medicinal preparations. Because distilled water is inert and without innate magickal properties and if you're making a brew for drinking, distilled water is the better choice. Tap water is not advisable. And never use sea water and mineral water.

You can buy bottled spring water or collect them from the source itself, so long as it's unpolluted and free running. Rainwater is also ideal for use as long as it's not gathered in smoggy areas. If you absolutely have no choice, you can use tap water, but consider never repeating it in the future. If it's all you have, use it just this once.

Heating

Fire, gas flame or stove coils, and a fireplace or an outdoor fire will do for the heat source. Heating using a microwave is not advisable since it will reduce some of the magic of the process.

The Vessels

It's advisable that the water and herbs don't come into direct contact with any metal while brewing. Except when brewing in a cauldron, as it was done in the past. But in general, avoid metal. When it comes to solar infusions, clear glass jars work well.

Brewing

You should follow specific instructions of a given brew. If it doesn't come with instructions and is a basic brew:

1. Gather, grind and mix the herbs.
2. For brews that are to be ingested, use a separate mortar and pestle for grinding, not the one used for magickal herbs that are not safe for ingesting.
3. Make sure to empower/infuse the herbs before mixing them in the water.
4. Bring about two cups water to a boil.
5. Place a handful of mixed and empowered herbs in a teapot or some other heat-proof, non-metallic container.
6. Pour the water over the herbs.
7. Cover with an equally nonmetallic lid.
8. Let the herbs brew for about 13 minutes.
9. Strain through cheesecloth or a bamboo strainer.
10. Use as directed.

Brews are best used as quickly as possible since they lose their healing properties as the days go by. They can be stored in the refrigerator for a maximum of three or four days, after that, it's best not to use it and return them to the Earth and create a new brew.



Magickal Recipes

*** TEA

*** WITCHES' BREW

*** POTIONS

*** POWDER/SACHET



Psychic Tea

Drink this tea to induce prophetic dreams and in divinatory works.

1 ½ tsp. Black Tea
½ tsp. Mugwort
½ tsp. Thyme
½ tsp. Calendula
½ tsp. Jasmine

Bring water to an almost boil. Mix the tea blend with 1 ½ cup of water.
Add honey to sweeten.

Healing Tea

Drink this to jumpstart physical, mental, and emotional healing.

1 tsp. Lavender
1 tsp. Chamomile
1 tsp. Rosehips
½ tsp. Echinacea
½ tsp. Eucalyptus
½ tsp. Spearmint

This recipe can make two strong cups of tea. Bring water to an almost boil. Add honey or lemon to flavor. Do not add milk!

Study and Creativity Tea

Drink this to inspire creativity and maintain focus.

1 ½ tsp. Green Tea or Black Tea
½ tsp. Rosemary
½ tsp. Orange
½ tsp. Lemon Verbena
½ tsp. Yerba Mate

Bring water to an almost boil. Mix the tea blend with 1 ½ cups of water.
Add honey, milk, or lemon for flavor. Do not mix lemon and milk since the drink will curdle.



Witches' Brew

Ingredients:

- | | |
|--------------------|----------------------------|
| 3 cups apple cider | 1 teaspoon of whole cloves |
| 1 cup cranberry | 1 tablespoon honey |
| 1 stick cinnamon | |

What to do:

1. Put all ingredients in a small cauldron.
2. Place the cauldron on a stove.
3. Heat the contents but don't bring to a boil.
4. Run contents through a strainer to separate the cloves and the cinnamon stick.
5. Serve hot in mugs.

Elderflower Sparkling Mead Recipe

Ingredients:

6-8 fresh or dried elderflower heads
1-2 pounds of honey
10 raisins
1 lemon (you will only need its juice)
½ of champagne yeast
Filtered water
Huge glass jug with sponge cork cover
Airtight

What to do:

1. Sanitize everything you intend to use in making this brew.
2. Make a tea using the elderflowers by bringing water to a boil and adding the flowers.
3. Remove the pot from the stove after boiling.
4. Let it cool for 2-3 minutes then add honey.
5. Allow it to reach room temperature.
6. Afterwards, funnel the contents (including the flowers) into your fermenting vessel (for example, an airtight jug)
7. Add the juice from one lemon and the raisins.
8. Then fill the container up with cool filtered water, leaving about 3 inches of space at the top.
9. Add the champagne yeast.
10. Put on the lid and shut it tightly.
11. Shake the jar to mix the contents properly.
12. Remove the cap of the airlock and fill it to the line with water.
13. Stab the airlock into the jug's cork cover.
14. Leave it that way overnight.
15. When you begin to see bubbles, you'll know it's a success!

Potion To Relieve The Nerves

Ingredients:

2 handfuls of valerian root
1 rosemary twig
Rind of 1 orange
1 liter of white wine
1 large clear glass container
Grater
1 bottle as large as the white wine bottle

What to do:

1. Cut all the valerian root into small pieces.
2. Grate the orange rind.
3. Place the cut up valerian root, grated orange rind, and twig of rosemary into the clear glass container.
4. Pour the white wine into the container.
5. Seal it.
6. Let the solution steep for one whole moon cycle.
7. Strain the solution through a cheesecloth into the other bottle for storage.
8. Drink from it every day to calm your nerves and get rid of nervousness.

Beauty Potion

This potion will keep you looking young for as long as your genes will allow you to. Drink twice a week for best results.

Ingredients:

1 cup of orange juice
½ cup water
1-2 teaspoons honey
2 egg yolks
1 gram dried chamomile if you are under 25;
1 gram dried helichrysum if you are over 25
1 wine glass

What to do:

1. Make tea using the chamomile or helichrysum in a cauldron over the stove.
2. After removing from the stove, let the tea cool down.
3. Beat the two egg yolks in your wine glass.
4. Mix in the honey.
5. Mix in the orange juice as well.
6. Mix in the liquid of your tea.
7. Drink the contents (this cannot be stored)

Money Powder

Ingredients:

2 parts cinnamon
2 parts cedar
2 parts allspice
1 part ginger
1 part pine
Mortar and pestle

What to do:

Gather all ingredients and grind them till they are in almost powder form.

Sprinkle the powder on your office desk, in your wallet or purse, in your bag, and put some in a vial and include in your mojo bag to attract wealth and draw in money.

Anti Sorcery Sachet

Ingredients:

1 part dillseed
1 part flax seed
1 part peony root

What to do:

Put everything in a white cloth.

Tie up the white cloth.

Wear or carry it on your person at all times or hang over your

Travel Protection Sachet

Ingredients:

1 part Mustard seed
1 part Comfrey
1 part Irish Moss
1 part Kelp

What to do:

Tie up everything in a white cloth.
Carry with you when traveling, in your suitcase or bag.

Powder To Calm Anger

Ingredients:

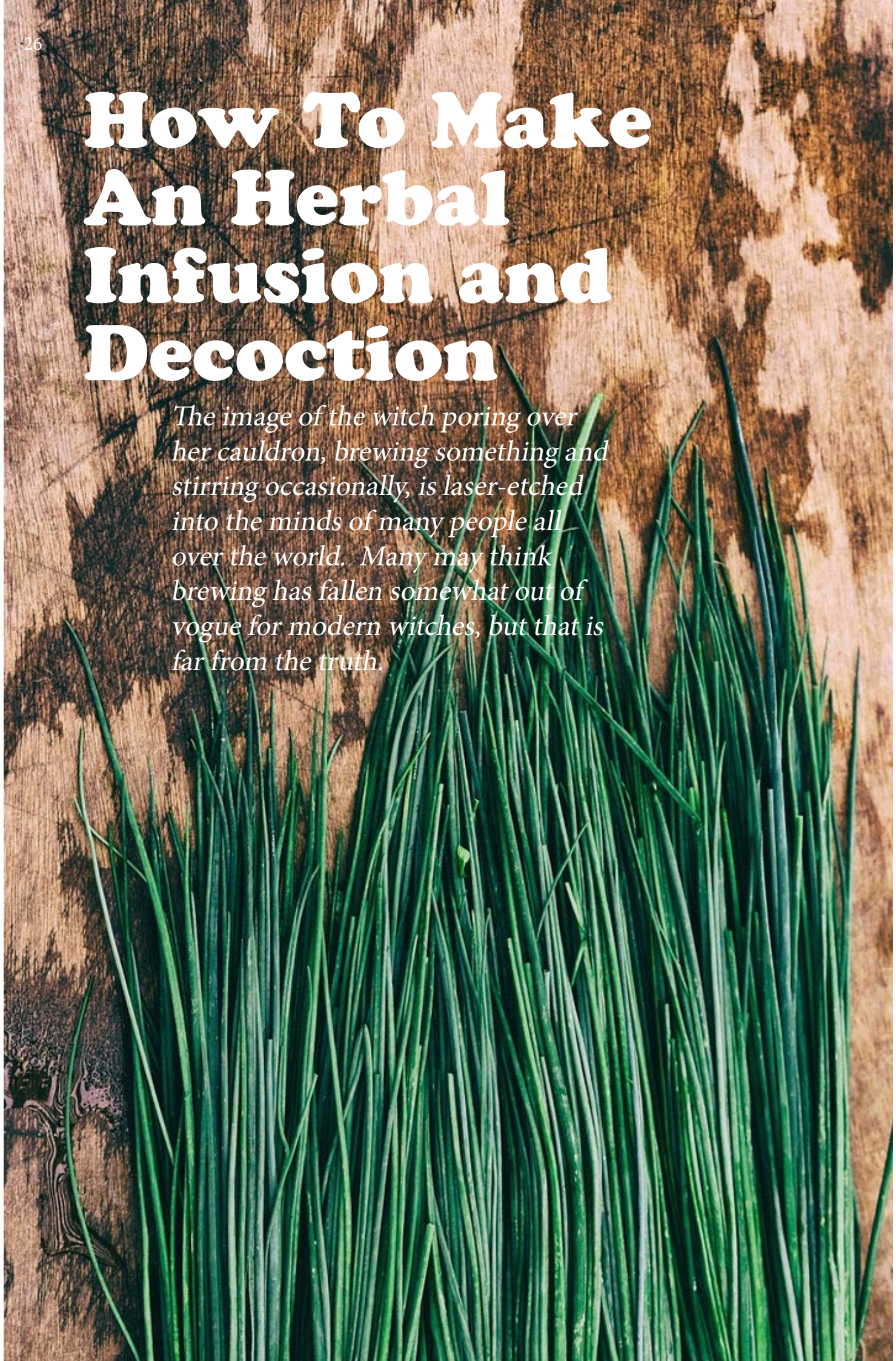
2 parts Chili powder
2 parts Black pepper
2 parts Basil
2 parts Angelica

What to do:

Mix together.
Sprinkle around your house and room to diffuse anger, prevent fights, and avoid negative emotions.

How To Make An Herbal Infusion and Decoction

The image of the witch poring over her cauldron, brewing something and stirring occasionally, is laser-etched into the minds of many people all over the world. Many may think brewing has fallen somewhat out of vogue for modern witches, but that is far from the truth.



The image of the witch poring over her cauldron, brewing something and stirring occasionally, is laser-etched into the minds of many people all over the world. Many may think brewing has fallen somewhat out of vogue for modern witches, but that is far from the truth.

Medicinal herbalism and Kitchen Witchery is still alive in Wiccan and Pagan communities all over the world. Pagans and witches are still in the business of creating natural medicine like brews for healing. Even non-witches and non-pagans have a growing interest in natural medicine, preferring that to synthetic medicine.

Whether it's valerian root and chamomile tea to help you sleep, or a ginger and orange brew for personal protection and purification, teas can be a useful tool in improving your personal health and magickal rituals.

Generally, herbal teas made for ingestion are made one of two ways: infusion or decoction.

Infusion

The first method is great for most herbs, like dried or fresh flowers and leaves. An infusion is done by bringing water to a boil and then poured the water over your herbs. The herbs are then allowed to steep for about 10-15 minutes. The standard is usually 1 teaspoon of your dried herb per cup of tea.



Herbal Tea Infusion Method

You Will Need:

1 teaspoon dried of each herb per cup of tea
Water (slightly more than the amount of tea you are making due to evaporation)
Tea Bag
Cooking Pot

What you need to do:

Bring water to a boil.
Pour the water over the herbs in a cup.
Let steep for 10-15 minutes.
Strain.

Decoction

Teas may also be made by a process called “decoction.” A decoction is used to make tea with hard or particularly woody herbs, like dried barks and roots. A decoction is a process by which you free some of the volatile compounds in an herb by simmering them in water for 15 minutes to an hour the most. Though there are certain herbs which may require a longer period of simmering, most herbs require only 10-15 minutes of cook time.



Herbal Tea Infusion Method

You Will Need:

1 teaspoon of dried dried bark and roots per cup of tea
Water (slightly more than the amount of tea you are making due to evaporation)
Filter
Cooking Pot

What you need to do:

Bring your water to a boil.
Reduce the heat so it remains at a steady simmer.
Add your herbs.
Cover the pot.
Stir regularly.
Be on the lookout for a sudden “cloudiness” or an oil-like suspension on top of the decoction. Those are the volatile oils coming out.
Once you see the change in appearance, remove your decoction from the heat and allow to cool.
Enjoy!



Of course, there are some instances when the recipe requires both a decoction and infusion. If this is the case, always prepare your decoction first and then pour your finished decoction over the herbs which require infusion. Allow the whole thing to steep for 10-15 minutes, and you're done!

Keep in mind which herbs require longer preparation times when using larger recipes. If one of your herbs requires 15 minutes of simmering, another requires only 10 minutes of simmering, and a third need only be infused, the cook them in that order. Simmer the first herb for 5 minutes then add your second herb. Remove it from the heat after 10 minutes, and then do the infusion on the third herb.



CRYSTAL ELIXIRS

HOW TO INFUSE YOUR CRYSTALS WITH INTENTIONS

Infusing your crystals or gemstones with your intentions is a step that you should not forgo. It is this infusion that also makes this a spiritual and healing process. Put your heart in the process of infusion, whether you are doing it for yourself or for someone else. This is the only way to make the infusion effective.

1. Cleanse and charge your crystals or gemstones.
2. Hold the crystals or gemstones in your hand, one at a time and visualize a bright white light engulfing your body.
3. State your intention ten times. You can do this in your head or say it out loud. The more you repeat it, the greater chance of successful infusion.

SIMPLE CRYSTAL ELIXIR RECIPE

This elixir is ideal for daily use, easy to prepare, and works with most crystals and gemstones.

1. Charge your crystals or gemstones with your energy
2. Place the crystals/gemstones in a glass bowl
3. Fill the bowl with clean spring water. For best results, you should always use water which is alive. Water with life is water that comes directly from nature, unbound, unprocessed.
4. Place the bowl under the heat of the sun for 2 hours. This will charge your crystals/gemstones with energy.
5. After two hours, you can remove the crystals/gemstones from the bowl and take a sip of the water.
6. The elixir can be stored in the fridge for two days before it starts losing its healing qualities.

BENEFITS OF CRYSTAL ELIXIRS

Crystal elixirs have many benefits and have been used in healing for many centuries now. They can be used to protect your home; to heal you physically, mentally, and emotionally; to feed your pets with; or to add to essential oils for aromatherapy.

Drinking a crystal elixir fully integrates the energy of the crystals/gemstones into your body on a cellular level. You can take crystal elixirs anywhere so you can keep them with you at all times. The crystals to use can depend on the specific ailments, illnesses and conditions that you are trying to heal:

- ** The **clear quartz crystal** is an all-purpose healer crystal that is widely popular for use in crystal elixirs.
- ** The **rose quartz crystal** can be used in elixirs to help alleviate emotional pain, help you through stressful situations, and attract love and compassion into your life.
- ** The **aventurine crystal** is a crystal used in elixirs of relaxation.
- ** The **malachite crystal** is a strong healer that works on the physical, spiritual and emotional body and is popular for use in grounding.
- ** The **fluorite crystal** is a crystal is used to create elixirs to treat pain in the bones and joints. It also enhances concentration and is beneficial for those with ADD or ADHD.
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