



Energy Spell

What you need:

Mugwort: Mugwort is a traditional herb used to fight fatigue. – Protection – if you don't have access to mugwort use another herb that has protection properties (sage, frankincense & nettle are all good ones)

Quartz Crystal: Clear Quartz is known as the "master healer" and will strengthen the energy. It also absorbs, stores, releases and balances energy.

Some sort of pouch or bag

Candle, palo santo (optional) – I like to cleanse the space prior to spell work and I also love to draw upon the energy of my anointed candle.

What to do:

- Light your candle – if you have one
- Cleanse your space & cast a circle – optional
- Take your mugwort and hold it in your hand. Close your eyes and imagine the herb protecting your energy. Feel the herb giving you energy! And say, *"Mugwort, I ask that you defend me from negative energies, and from mental exhaustion. Thank you for your aid!"*
- Place it in your bag/pouch.
- Next hold your crystal in both hands. Take a deep cleansing breath. Close your eyes and imagine it radiating a protective bubble around you. Now repeat, *"Quartz, please aid and support my energy, & defend it from being stolen & siphoned by others. Thank you for your aid!"*
- Place it in your bag/pouch.
- Close your bag and hold it. Feel the energy from the pouch replenishing you. Feel the negative energy leave you and cascade into the bag, while positive, supportive energy replaces it. Feel invigorated and energized!
- Repeat, *"I seek more peace in my day. Take my fears and cares away. Make me shimmer, make me bright. Surround me with protective light. Herb and stone protect me today. So that I may carry on another day. So, it is said. So, it shall be"*

When you are done, release your circle if you did one, snuff out our candle, and place your pouch in your desk drawer or nightstand. Place it where you can easily grab ahold of it when you feel you need its protection & energy.

Spell by Silver Bear