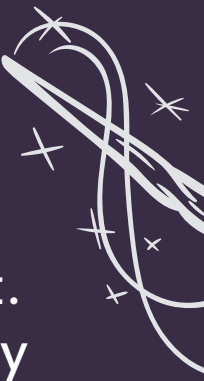


KITCHEN MAGICK
SUMMER ELIXIR RECIPES

SUMMER ELIXIRS





Creating elixirs is one of my favorite parts of my kitchen craft. It's an opportunity to kickstart my creativity, nourish my body, quench my thirst and taste buds, and manifest my best life. One of my favorite things to do each summer is go to the thrift store and find a couple of special glasses for my sacred elixirs ☆☆☆

USE THESE RECIPES TO YOUR HEART'S CONTENT—YOU CAN KEEP THEM AS IS, OR CHANGE UP THE INGREDIENTS AND MAKE IT YOUR OWN. ELIXIRS CAN EITHER CONTAIN ALCOHOL, OR NONE AT ALL. THEY CAN HAVE TWO INGREDIENTS, THEY CAN HAVE TWELVE.

THIS KIND OF CRAFT ASKS YOU TO TUNE IN AND LISTEN TO YOUR OWN BODY AND SPIRIT: WHAT KIND OF DRINK MAKES YOU FEEL SACRED FROM WITHIN?

SPARKLING MINT REFRESHER

MAKES: 1 - INGREDIENTS

Fresh mint leaves
Sparkling water of your choice
Citrus slices of your choice
Cucumber slices
Drizzle of Agave
Ice

INTUITIVELY AND INTENTIONALLY CHOOSE THE NUMBER OF MINT LEAVES, CITRUS SLICES, AND CUCUMBER SLICES YOU WOULD LIKE TO INCLUDE— YOU CAN BASE THIS ON TASTE OR CHOOSE NUMBERS THAT CORRESPOND TO YOUR INTENTION. AS YOU PREPARE YOUR INGREDIENTS, FEEL THE CLEANSING AND REFRESHING VIBRATIONS FROM EACH ITEM.

Mint for clarity of mind and sharpened focus
Citrus for cleansing and abundance
Cucumber for healing and nourishment
Agave to sweeten your result
And sparkling water for a little lift and boost

YOU MAY FEEL CALLED TO SPEAK SOME SPECIAL WORDS LIKE A SPELL, AN AFFIRMATION, OR A PRAYER AS YOU COMBINE EVERYTHING INTO A GLASS OVER SOME ICE. STIR EVERYTHING TOGETHER 3, 6, OR 9 TIMES WHILE CLEARLY ENVISIONING BRIGHT, CLEANSING LIGHT EMANATING FROM THE ELIXIR AND ALL AROUND YOU. SEAL YOUR SPELL WITH SOME WORDS OF GRATITUDE AND A CLOSING PHRASE IF YOU HAVE ONE OR FEEL CALLED (LIKE, SO MOTE IT BE).

BERRY MUCH IN (SELF) LOVE TEA

MAKES: 1 - INGREDIENTS

1 bag of berry flavored tea

(I like the Wild Berry Zinger from Celestial Seasonings)

½ tsp vanilla extract

Honey (to taste)

Rose or Lavender food-grade extract, optional

Hot water (around 180°F)

PRIOR TO MAKING YOUR TEA, CREATE A SELF-EMPOWERMENT OR SELF-COMPASSION AFFIRMATION, LIKE, ALL OF ME IS SACRED. YOU WANT TO FILL YOUR THOUGHTS AND ACTIONS WITH THIS SELF-LOVE PHRASE ALL THROUGHOUT THIS PROCESS. AS YOU GATHER THE INGREDIENTS, FEEL THE LOVING AND HEALING VIBRATIONS BLOOMING FROM EACH ITEM.

Berries for love and universal beauty

Vanilla for compassion and self-honor

Honey to sweeten the way you feel about yourself

Florals as an offering to your Divinity

SPEAK ALOUD OR IN YOUR MIND YOUR AFFIRMATION MANY TIMES THROUGHOUT THIS PROCESS. COMBINE TEA, VANILLA, AND HONEY IN A MUG. POUR HOT WATER OVER AND STIR. ADD 2-3 DROPS OF FOOD-GRADE FLOWER EXTRACT IF YOU DESIRE. STIR THREE TIMES AND LET SIT, COVERED, FOR ABOUT 10 MINUTES, OR UNTIL TEA HAS REACHED YOUR PREFERRED STRENGTH. SIP SLOWLY AND MINDFULLY NEXT TO A FAVORITE WINDOW, WITH A GOOD BOOK, ON THE PORCH, OR EVEN FROM A THERMOS WHILE YOU'RE DRIVING. REMIND YOURSELF OF YOUR AFFIRMATION AS YOU DRINK (TIP: MAKING THIS ICED JUST CHANGES THE TEMPERATURE, NOT THE MAGICK! SO FEEL FREE TO MAKE A COLD VERSION FOR HOT DAYS.)

I DESERVE IT ALL ICED TEA (SWEET & SPICY GINGER TEA)

MAKES: 1 STANDARD PITCHER - INGREDIENTS

- 4-5 black tea bags (like Lipton)*
- 1 bag chamomile tea*
- ½ cup sugar or honey
- 1 lemon, sliced
- 2-3in piece of fresh ginger, peeled and sliced
- Water to fill pitcher
- Glass with ice for serving

IF YOU'RE NOT INTO GINGER, A CINNAMON STICK OR TWO WOULD BE A PERFECT SUBSTITUTE! PLACE TEA BAGS, LEMON SLICES, GINGER, AND SUGAR/HONEY IN THE PITCHER. POUR ABOUT A CUP OF VERY WARM OR HOT (NOT BOILING) WATER, AND STIR UNTIL SUGAR/HONEY IS DISSOLVED. FILL THE REST OF THE PITCHER WITH COLD OR ROOM TEMPERATURE WATER, AND PLACE IN THE FRIDGE FOR A MINIMUM OF 3 HOURS, UP TO OVERNIGHT.

WRITE A PETITION OR LETTER OF ABUNDANCE AND PROSPERITY TO THE UNIVERSE, YOUR GUIDES, YOUR GODS, OR ANCESTORS. YOU CAN INCLUDE FINANCIAL GOALS, CAREER ASPIRATIONS, WHATEVER COMES TO MIND WHEN YOU THINK ABOUT CLAIMING THE ABUNDANCE YOU DESERVE. KNOW THAT AS YOUR TEA COLD-BREWS IN THE FRIDGE, YOUR PETITION IS BEING CHARGED WITH THE PROSPEROUS VIBRATIONS OF EACH ITEM.

- Black tea for protection
- Chamomile for prosperity
- Lemon for warmth and blessings
- Ginger for good fortune and success
- Honey/sugar to sweeten your results

FOLD OR ROLL YOUR PETITION TOWARDS YOU, THEN PLACE UNDERNEATH THE PITCHER IN THE FRIDGE. WHEN THE TEA IS READY, DRINK THE FIRST GLASS AS YOU READ YOUR LETTER ALOUD. BURN THE LETTER AND SCATTER THE ASHES IN A PLANT OR GARDEN TO GROW YOUR SPELL THROUGHOUT THE SEASON.

*Note: black tea is typically caffeinated, while chamomile tea is often used to calm down and relax. I find that, combined, these two end up canceling a bit of each other's effects out. But if you are sensitive to caffeine or to chamomile, use a decaffeinated version of the black tea and skip the chamomile and add a mint tea instead.

PUNCH UP THE MAGICK

MAKES: 1 STANDARD PITCHER - INGREDIENTS

(I used portions here because actual measurements will depend on the size of your pitcher)

1 part orange juice

1 part cranberry juice

2 parts strawberry, raspberry, or regular lemonade

1-2 tbsp grenadine

¼ cup sugar or honey

Citrus slices (blood orange would be just divine if available)

THINK OF THIS AS A SWIFT KICK IN THE WITCHY PANTS, A WAY TO SPARK YOUR IMAGINATION AND TO GET YOU IN THE MAGICKAL MOOD. THE PROCESS IS EASY FOR THIS ONE (YOU LITERALLY JUST COMBINE EVERYTHING), SO SET THE TONE WITH MUSIC, INCENSE, MAYBE EVEN TREAT YOURSELF TO SOME FRESH FLOWERS FOR THE BADASS WITCH YOU ARE.

Orange/lemonade citrus for confidence and courage

Cranberry for self-love and nourishment

Grenadine/sweetener for childlike imagination and wonder

THE MOST IMPORTANT INGREDIENT HERE IS FUN. HAVE FUN WHILE YOU BUILD THIS DRINK, LET YOURSELF CONNECT WITH THE NATURAL, INHERENT JOY WITHIN YOUR MAGICK. COMBINE ALL INGREDIENTS IN A LARGE PITCHER (TIP: WHILE DANCING AND SINGING), AND STIR TOGETHER WHILE THANKING THE UNIVERSE AND YOUR SELF FOR THE GIFT OF YOUR WITCHCRAFT. TAP INTO YOUR WILD SIDE, AND DRINK UNDER A FULL MOON ON A WARM SUMMER NIGHT WITH YOUR FAMILY, COVEN, OR MAGICKAL SELF.



HAPPY SIPPING!

SHARE THOUGHTS, QUESTIONS, BREAKTHROUGHS, AND FEEDBACK IN OUR MIGHTY NETWORKS COMMUNITY! YOU CAN DISCUSS YOUR EXPERIENCE WITH CARTOMANCY THUS FAR, YOUR OWN PERSONAL TIPS AND TRICKS, AND YOUR SUGGESTIONS AND IDEAS FOR THE CLASS.