

For those who eschew alcohol:

Instructions:

1. Roughly chop fresh melissa/lemon balm.
2. Place a small handful into a mug and add a cinnamon stick, five cloves and one-quarter teaspoon of coriander seeds.
3. Make a strong infusion by pouring boiling water over the botanicals.
4. Let it steep for at least five minutes, strain and drink.

Carmelite water was originally intended for healing purposes and may be taken internally. Make sure all ingredients are safe for consumption. A typical dose is the size of a wine glass.

MOONWATER HEALING POTION

Instructions

- Place sacred objects in an iron cauldron or glass bowl.
- Cover them with pure spring water.
- Expose this water to moonlight overnight.
- In the morning add this water or use it to bath

ALTHOUGH THIS POTION SPELL IS SPECIFICALLY
RECOMMENDED FOR DIGESTIVE DISORDERS, IT
MAY BE BENEFICIAL FOR OTHER HEALTH
AILMENTS AS WELL.

LOVE POTION

Today any spiritual supplier worth its salt sells some sort of love-drawing oil called love Potion but, as anyone who's ever actually listened to the song knows, the original was a drink. The earliest Love Potions seem to have been infusions of herbs, i.e., herbal teas or tisanes, relying on aphrodisiacs rather than alcohol to deliver the passion.

Instructions:

1. Choose nine love herbs. Consider these:
- Damiana Ginger
 - Grains of Paradise Hibiscus
 - Lovage
 - Melissa (lemon balm)
 - Peppermint
 - Red clover
 - Rose petals

Other options might include
adder's tongue, cardamom
pods, catnip, cubeb, lavender,
red raspberry leaves or rose
hips.)

2. Make a strong infusion of all the herbs, strain, and

BLACK SNAKE ROOT POTION

Allegedly, this is an aphrodisiac. I say allegedly because a traditional method of getting rid of unwanted romantic attention (or snakes) is to bathe in lots of black snake root (*Cimicifuga serpentaria*). Perhaps it's homeopathic: a tiny bit stirs the fires, while a lot puts it out? Either way, black snake root, more popularly known as black cohosh, is not safe for use by pregnant women.

Instructions

- Make black snake root tea.
- Add some rum or whiskey.
- Serve this to the one you love.

DIVINATION TEA

Dandelion, as we saw in Part Two, is strongly associated with divination and psychic powers. Try a cup of this tea as you prepare for a divination session, whether you're working with specific tools and rituals or just waiting to connect more clearly with your own intuition. If you're working with dandelion root rather than the leaves, you may want to add honey, as it's fairly bitter.

Instructions:

"I ground and center myself so that I may be open to clear messages from the non-physical

You will need:

- 1 teaspoon dandelion leaf
or chopped root

FERTILITY POTION FOR COUPLE

A Romany fertility potion is designed to be shared by prospective parents together. Time this spell to coincide with either the New moon or the Noon, whichever suits your reproductive cycles best.

Instructions:

- Make an infusion with spring water and comfrey.
- Combine with equal parts brandy.
- Pour into a single glass, which the man and woman drink together.
- Drink it in bed; make love immediately afterwards.
- Repeat three nights in a row.

If it doesn't work, wait until next month's corresponding moon phase before attempting this method again.

Real WITCHES POTIONS

Recipes

Whether you're working with specific herbs or just want to connect more clearly with your own intuition, if you're working with dandelion root rather than the leaves, you may want to add honey, as it's fairly bitter.

"I ground and center myself so that I may be open to clear messages from the non-physical realm."

Instructions:

- Make an infusion with spring water and comfrey.