

INSOMNIA RELIEF SPELL

THE INSOMNIA RELIEF SPELL IS DESIGNED TO HELP YOU FALL ASLEEP QUICKLY AND STAY ASLEEP THROUGH THE NIGHT USING THE CALMING PROPERTIES OF LAVENDER AND THE POWER OF INTENTION.

MATERIALS NEEDED:

Lavender
Small sack

INSTRUCTIONS:

Create a small sack of dried lavender.
Place the sack on your pillow as you lay down to sleep.
Say over the sack before you lay down:

"Sleep come here / sleep come quick / sleep be heavy / sleep please stick / sleep energize me with all your might / and awaken me at morning light."

Lay down and continue to inhale the lavender.
Think sleepy thoughts until you drift off for the night.