

THE HEALING POTATO CHARM

THIS SPELL IS A BLEND OF PHYSICAL ACTIONS, MENTAL FOCUS, AND SPIRITUAL INVOCATION, ALL AIMED AT PROMOTING HEALING FOR SOMEONE IN NEED

MATERIALS NEEDED:

Potato
Green marker
Holy water
¼ teaspoon marjoram
1 dried oak leaf
¼ teaspoon nutmeg
Contents of a mint tea bag
1 crushed peppermint
Lock of hair from the sick person
Small mixing bowl or mortar and pestle

INSTRUCTIONS:

In a sacred space, cleanse, consecrate, and empower all supplies in the name of healing.

Mix the marjoram, crushed oak leaf, nutmeg, contents of the tea bag, the lock of hair, and the crushed peppermint in a bowl. As you do this, say:

"Now is the time, now is the hour,
Spirit is magick, Spirit is power."

Close your eyes and visualize the sick person. Open your eyes and see that image on the surface of the potato.

Place the potato in the mixing bowl. Sprinkle some of the mixture over the potato and add three drops of holy water, saying:

"Guardian angel, please bring healing and happiness to (person's name)"

Hold your hands over the bowl and repeat the same charm over and over again, visualizing your friend getting better and better. Do this for as long as you can. When finished, thank your guardian angel for helping.

Keep the potato in the bowl until the person gets well. After the person has recovered, de-magick the contents of the bowl, including the potato. Give the herbs to the winds and the potato to the earth.