



& Josie Hellebore Present

Beginning A Witch's Apothecary

Module 2 continued

### Incense Blends:

Another staple in many witch's practice is burning loose leaf incense. Smoke and fire hold so much power and that power is only increased when combined with the magickal properties of the smoldering herbs. Smoke itself can cleanse a space and banish negativity, which is why so many cultures and practices utilize smudging and censuring.



The easiest and most efficient way to burn your herbal incense blend is by using charcoal discs and a fireproof incense holder or censer. If you have seen those small cast iron cauldrons, those work beautifully. When I first began my journey in creating my own herbal incense blends, I used a large molcajete if you can believe that! As long as the surface you are burning on is fireproof and can contain the contents of the blend and the charcoal disc, it will work just fine. In the video for this module we will go step by step through the process.

One thing about creating your own incense, much like herbal blends in general, the smell is not always how you hoped or expected. Remember that loose incense is not the same as incense sticks. This isn't to suggest that many herbal loose-leaf incense blends don't smell amazing, because they certainly do, I am just saying that things like burning rose don't smell the same as rose scented incense. The most important aspect to burning loose leaf incense, is the intention behind them.

My challenge to you is to create your own herbal incense. You can mimic one of the recipes from the Starter Witch Recipe page, or you can create your own. The choice is yours! Once you have created your blend give it a try. Watch the video for in-depth instructions on burning incense on charcoal discs. Be sure to write down what you have come up with in your

grimoire, book of shadows or a journal. You may want to use the blend routinely in your practice or improve upon it.

### Teas & Infusions:

Making tea blends can be a creative and satisfying way to utilize herbs and flowers for magickal and medicinal purposes. However, you must use more caution when making teas than when creating incense blends. Not all plants are safe to ingest especially if you are pregnant, trying to conceive, nursing or are prone to adverse allergic reactions to certain plants. It is also important to make sure the people you intend to share your tea brew with can safely consume it also. Herbalists and witches both have a responsibility to ensure the safety and wellbeing of those they are treating and creating herbal remedies for. In my list of herbal correspondences, I outlined some herbs that are not safe to consume. I urge you to get into the habit of always researching the side effects of ingesting a plant before consuming it.

For our next exercise, we will be making our own herbal tea blend. You can be as creative as you would like, or you can use the recipe provided. You will also need your tea strainer, a kettle or a small pot to boil water in and a mug to drink from.

#### Herbal Tea ingredients:

- Safflower
- Hibiscus
- Chamomile\*\* optional, but it does go wonderfully in tea.
- Honey (or sweetener of choice)

Next bring your water to a boil. As you wait for the water to heat up, grind down your herbs and state your intent into them. Place your herbs into your strainer. Take care to not overload your strainer or it will not close properly and plant particles will steep out into your tea mug. If you do not have a strainer for this exercise, you can use a small piece of cheesecloth and secure the top with some string or cord. Once your water has come to a boil, pour it into your mug and lower the strainer (or the cheesecloth pouch) into the mug and let it steep for **10-15** minutes. Once the tea has adequately steeped you are ready to remove the strainer and add your honey or sweetener. A good indicator that your tea is ready is that it is

dark in color, at least for this recipe. Some teas are lighter in color even when they are fully steeped. It depends on what herbs you have used. Now sweeten to your liking and enjoy!



Infusions are very similar to teas. They are defined as “a drink or extract prepared by soaking or steeping the leaves of herbs and plants in a liquid.” What makes them different from tea is that teas typically consist of more liquid than herbs, whereas infusions are the opposite: more herbs or plants than liquid. In addition to being consumed, infusions are oftentimes used topically as insect repellent or as a remedy for skin afflictions, to deter pests and fertilize the lawn and garden. Making an infusion is very simple, simply boil the water (or preferred liquid) in a pot and then add the herbs and plants and let them simmer for a few minutes. Be sure that the heat isn’t too high, or it will cook away the constituents. Infusions are a great way to create floor washes. Try making your own floor wash by making an infusion with one of the recipes from the Starter Witch Recipe page, strain the herbs once they have steeped (the water will no longer be clear), add a little Florida Water (the alcohol helps preserve the wash) and you are ready to do some spiritual house cleaning! Journal your experience in your grimoire or book of shadows.

