Bath Spells

To feel protected and secure

Gather as many three-leaf clovers as you can, either at home or at the local park, make sure the stems are attached. Place the clovers in the bath with three sticks of chopped celery. Visualize yourself as a knight wearing a shining armor that protects your body and soul. Know that, no one can penetrate your shield.

# To dream at night

Add seven jasmine flowers, a bunch of holly and three drops of peppermint essential oil to your bath. Visualize yourself dreaming and enjoying your dream world. Enjoy this bath directly before going to bed.

## After an illness

Draw a bath and in it add the petals from three white roses, three white gardenias and three white carnations with a sprinkle of dry rosemary. Do this on Sunday, the healing day.

## To bring abundance

Add fresh basil, parsley and alfalfa to a warm bath. Also place a red flower in the bath for determination. Visualize abundance; see it happening in your mind's eye. When you lest expect it, it will come.

## To cheer you up

Slice an orange and a lemon and place into a bath with three drops of neroli essential oil. Like the steam in the bathroom, imagine any heaviness of the heart slowly dissipating.

**Dispelling anger**

Fill a bath and add five violets and their leaves. Add three drops of lavender essential oil. When you sit in the bath remember that a word said in anger hurts not only yourself but also others around you. It eats away at peaceful energy. Visualize the anger dissipating, and yourself feeling calm.