**Change Your Luck Nutmeg Bath**

Though this bath is said to change luck, what it really does is cleanse the aura of the negativity that draws bad luck.

It also makes others more accepting of your ideas, whims, and wants.

Use it before employment interviews, important discussions, or before meetings with those you feel may be unresponsive.

Using a coffee filter,

Place six teaspoons of ground nutmeg in the filter cup of the coffeemaker.

Add one cup of water and let the tea brew.

When it is cool, draw a warm bath and add the liquid.

Stay in the tub for ten minutes and totally immerse yourself six to eight times.

With each immersion, think or say:

**Change of luck,**

**Come to me,**

**As I will,**

**So mote it be.**

Let your body dry naturally.