**Inner Power Pouch**

Ingredients:

* Purple bag or cloth
* Vervain
* Dragon's blood resin
* Rosemary
* Frankincense
* Galangal or ginger root
* High John oil, personal power oil or Dragon's blood oil
* 1 Clear quartz crystal
* A personal talisman
* Purple Candle

Directions:

I suggest making up your own directions and spell for this one because it is a very personal pouch. Add ingredients or objects that have meaning to YOU. One suggestion: Try to sew on some small semi-precious stone chips or a stitched personal symbol.