**Past Life Regression Tea**

How about some teas to aid you in past life regression.

Place 1/2 teaspoon of each herb into a boiling cup of water and let. steep for about 5 - 10 minutes.

1. Valerian, Peppermint, Hyssop
2. Catnip, Mugwort, Ginger
3. Valerian, Orange Peel, Mugwort Blessed Be, Tir-Na-Nog