**Protection Charms**

**How to Make Your Own Protection Charm**

This template is here to serve as inspiration for the creation of your own protection charm. The power of your charm will be determined by the energy and quality of connection you put into its creation as well as how and from where you source the contents. We encourage you to imbue your charm with elements that have personal meaning and cultural relevance to your lineage.

**Intention**

To create a charm with protective forces that can be held with you while you engage in worldly affairs and interactions that may be draining, energetically intrusive or corrupt. This bottle holds an auric boundary around the person who engages and holds it. You can place it in the sun so that it absorbs the light and energy to recharge it.

**Ingredients**

The following is a list of ingredients for your protection charm. You can make this charm using any combination of the ingredients and in no particular order. By no means do you need to include them all. These are just suggestions. This is an activity that you want to engage in intuitively, whether you're making it for yourself and for another person. Take some time to sense what elements/ingredients are calling to you. There is no "RIGHT" or "WRONG" way to do this... just have fun and enjoy the process.

**Herbs/spices**

* Salt: protection and purity
* Basil: protection against negativity and strength
* Coffee: dispels negative energy
* Chamomile: soothing
* Lavender: soothing, calming

**Stones**

* Amethyst: protection and growing, intuition and healing
* Tigers eye: protection against psychic attacks
* Onyx: absorbs negative energy
* Quartz: amplifies all
* Garnet: protection, specifically for empaths

**Other**

* Black wax: absorbs negativity
* Egg shells: protects and purifies; helps block non-corporeal beings from a physical space

\*We encourage you to source as much of your ingredients locally and sustainably as possible. Resort to online (and especially Amazon) purchasing only if you've exhausted all other avenues. Get creative and thrifty. For example, grow your own chamomile and lavender, pick up some Basil at your local farmers market, and ethically forage for quartz if they occur naturally in your area (being respectful of and consensual with the land)