



Book of Shadows - Potions

Black Cat Press

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This is a book of white magic potions that anybody can easily perform. These are authentic potions that have been passed down by witches through the generations.

Goals and Intentions:

Making potions is a type of spell work. You need to focus clearly on your intentions and visualize what you want the outcome of you potion/spell to be.

Preparation:

Try to make sure your environment is in good shape before you begin making your potion. The fewer distractions around you the easier it will be to concentrate and focus your energies on the potion.

Ingredients and Equipment:

Try to use fresh organic ingredients where possible and when it comes to equipment use what you can find – you don't need a cauldron to make a potion for example, a saucepan will work just as well.

Incantations and Affirmations:

Incantations help you to focus your intentions. Chanting a small poem or incantation while working on your potions makes them more powerful.

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