



Acts of Service

Ingredients

Valerian Root
Boiled water
A red or orange
crystal

Timing

Moon in Virgo
Waxing moon for
increasing capacity and
proactivity.



Focus your thoughts on your capacity to provide for others, how you see yourself, your strengths and your weaknesses, what feedback you have been given in this aspect.

Hold the crystal in your hand while the tea brews, and ask yourself "What can I do to provide acts of service?" Focus on the question, not the answer!

Place the crystal in the strainer or the bag (do not put it inside the cup in case you swallow it!) Add Valerian Root, and hot water and allow this to steep. Say your incantation

By Virgo's moon I charge this elixir



*To help me see the bigger picture
When the Moon rises, a metamorphosis
Allow me to see my acts of service*

*Drink the tea and go to sleep, pay attention
to any thoughts, ideas, feelings and emotions
you have about how you can show up for your
loved ones in this way.*

