



# 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.*

