

# *Uplift & Focus Smudge Spray*

## MAGICAL SPELL CRAFTING FOR WRITERS

### INGREDIENTS

- 10 drops Rosemary essential oil
- 10 drops Lemon essential oil
- 5 drops Eucalyptus oil
- a sprig of fresh Rosemary
- Amethyst & Quartz chip stones
- 2 oz spray bottle
- Witch Hazel (not alcohol-free)
- Distilled or purified water

In a clean 2 oz spray bottle, drop the essential oils. Say out loud:

***I call upon you, Rosemary, for greater clarity. Lemon, I ask you to bring joy into my writing practice. With Eucalyptus, I shield and protect my heart and mind from negativity and distraction.***

Slide the sprig of Rosemary into the bottle. Add the amethyst and quartz chips and say:

***I call upon the spirits of Amethyst and Quartz to set and amplify my focus and wisdom during my writing sessions.***

Fill the bottle halfway with witch hazel. And top with distilled or purified water. Screw on the lid and shake gently.

Hold the bottle between your palms and offer your gratitude to the helpers in the bottle:

***Thank you, plant and crystal allies, for the mental clarity and focus you bring to my writing room. With your wise and gentle lead, my head, my heart, and my hands align to channel stories onto the page with ease and pleasure in knowing they will be received by one who needs them. As within, so without. So be it, so it is.***

Use the spray to clear stagnant energies, uplift your spirit, and set your focus before your writing sessions.

### *Tips for Increasing Your Magic*

- Clean the space where you'll be making the spray with intention and begin picturing yourself working with a clear and focused mind.
- Set the mood for the working. If you want the spray to uplift and focus you, you must make it in an uplifted and focused state. Clear your schedule. Play uplifting music. Don't craft magical items when you're in a bad mood. The energy you put into making your spray is the energy the spray will hold.
- Charge your finished spray bottle under the full moon to increase its power.