



Spiritual **STOVETOP**

*bring magic into your
home using easy,
everyday items*

WITH JODIE HARVALA

MAGIC BEGINS AT HOME

Ushering magic into your home is as simple as boiling a pot of water. Spiritual simmer pots are one of my favorite ways to boost my mood and get the energy flowing - and best of all, they can be done with things you likely already have in your kitchen.



WHAT YOU NEED

- Your stovetop
- One large pot
- Water
- Fruit, herbs, or oils

Add your blend to your pot with water and simmer on your stovetop, allowing the aroma to fill your house with fragrance and magic.

CHOOSING YOUR BLEND

There's no wrong way to make your blend. Feel free to get creative and use things that you have on hand in your kitchen. Each item brings its own magical properties to your simmer.

Here are just a few examples of the magic you can add to your pot:

Rosemary

An old adage states that where Rosemary grows, the woman rules, as it was believed that Rosemary would only flourish in a garden where the lady of the house ruled the roost. Rosemary is used as a symbol of love and to bless your life with fidelity, honesty, longevity, and wisdom.

Bay Leaf

Considered the plant of metamorphosis and illumination, bay leaf is the symbol of divine wisdom. Its scent can bring good luck, wealth and love; as well as in rituals of purification and psychic perception.

Cinnamon

Cinnamon is a religious element used to do good, to attract love, the positive, sweet and beautiful in life. Spiritual benefits of cinnamon include attracting love and good feelings. It is also a repellent against evil spirits.

White Sage

White sage is associated with knowledge from the Gods. It is sacred, protective, purifying, and revered for its healing properties and spiritual connection with all of the existence.

Cranberries

Cranberries symbolize abundance and gratitude. They are ripe and readily available during the late harvest festivals (between Halloween/Samhain and Yule/Christmas).

Cranberries promote healing and rejuvenation of both your body and your mind.

Grapefruit

Grapefruit is a symbol of abundance. Grapefruits are heavy in their weight and they represent the heaviness of life, but they also have seeds that represent potential and new beginnings.

Citrus

Citrus fruits such as lemons symbolize ideas, creativity, motivation, and ambition. Lemons also promote happiness, development, and wisdom.

Apples

The apple is one of the most sacred fruits and is associated with Aphrodite, the goddess of love. Apples symbolize good health, future happiness, abundance, and love.

Mint

Mint is used in spiritual work for virtue, personal strength, and divine protection. It's believed that it can enhance communication and give our words more power.

Pine

Pine is often used to symbolize immortality and longevity due to how they retain their leaves throughout winter. It is also used for peace, love, and hope.



ABOUT JODIE HARVALA

Jodie Harvala is a psychic medium with decades of experience helping people walk their Spiritual path to live a fearless life. With her numerous courses, private coaching and group mentorship programs, she has taught her students how to develop, strengthen and, most important, trust their intuition in their daily lives.

**For more fun and magical ways to tune up
your vibration and energy in your home, body,
and spirit, join Jodie at:
www.jodieharvala.com**