

Moonwater!

RECIPES!



Gem Water Recipe

You may not be aware, but some of us like to enjoy something extra, like a GEM WATER COCKTAIL. Some may go as far as to consider it a super power. I simply call it my ENERGY treat! .

3 Crystal power drink

INGREDIENTS

Crystals:

- 1 Amethyst tumbled stone
- 1 Rose quartz
- 1 clear quartz
- one litre spring water
- orange slices (3)
- blueberries (7)
- fresh mint leaves (5)



DIRECTIONS

1. Take your tumble stones cleanse them, charge them !
2. Set and intention for each stone! Rose quartz (love) Bring more love in my life. Or let me forgive others and myself!
Amethyst : Spirituality Intention: Let me connect with my inner me or let me connect to the divine!
Clear quartz:" Its a master healer the amplifies- so what ever you need at that time will work!
3. Place your crystals in the tea infuser chamber and add the spring water.
4. Place the jar in your window and let the moon do it;s magic.
5. Take the jar of moon water early in the morning away form the window and start adding the moon water to your tea, your, coffee, cooking, etc...



ADDED FRUITS & HERBS

For this recipe add oranges slices , blueberries and mint leaves!

The taste is fantastic!

Why 3 oranges slices? 3 is the number for happiness as well as oranges.

7 Blueberries - 7 is for spiritual connection like the amethyst and 7 is for spiritual connection achievements.

5 mint leaves - is for abundance /money and personal freedom. Mint is for freshness. dreams, healing and travel.Increases the mental activity.



4 Crystal Moon milk drink

INGREDIENTS

Crystals:

- 1 Amethyst tumbled stone
- 1 Rose quartz
- 1 clear quartz
- 1 blue lace agate
- one litre spring water (to make moon water)
- 1/4 cup moon water to add to your boiling water
- one dash milk/ almond milk
- 1 tea bag bergamot Earl Grey or 1 tsp fresh loose leaf Earl Grey
- a few edible lavender buds
- a few cardamom seeds
- 2tsp honey optional

Combine all ingredients in a sauce pan and cook as you would make tea!

DO NOT COOK THE CRYSTALS, just add the moon water!!!



Enjoy!

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