## Full Moon Spell Jar

**JASMINE FOR** MEDITATION AND RELAXATION

SAGE FOR REMOVING NEGATIVE ENERGIES

CG

CLEAR QUARTZ TO HELP WITH **OVERWHELMING** ENERGY

> MOONSTONE FOR STRENGTH AND INTUITION

LAVENDER FOR HARNESSING THE MOON'S CALMING ENERGY .

LARIMAR FOR SOOTHING CHAOTIC ENERGIES

LEMON BALM FOR REMOVING UNWANTED **ENERGIES** 

