

SWEET DREAMS

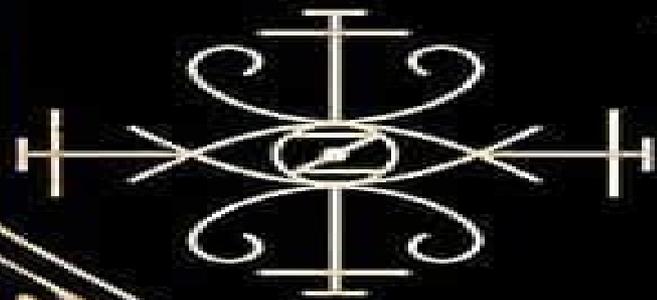


This spell bag prevents nightmares and encourages a deep restful sleep. This spell also protects the user from attacks while they sleep.

Fill a small bag or pouch with the following herbs:

- Lavender
- Chamomile
- Rosemary
- Thyme
- Valerian
- Passion Flower

Add a lock of the user's hair and then bind the spell bag closed with string. Tie two silver bells to the ends of the strings and embroider the sigil below onto the spell bag. Place below the pillow of the user.



"I AM PROTECTED WHILE I SLEEP"

Refresh the spell every month under the light of the new moon.

Dream Spells

CH Cherryholmes



Dream Spells:

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