

# Pink Potion: A Loving Infusion

This simple potion activates your heart center, awakening us to self love through grounded agape energy while revealing the deeper world. Works as a mild anti-inflammatory and decreases cortisol levels.



**PINK POTION**

- **SPIRITUAL PROPERTIES:** LIGHT TRANCE, JOY, KINDNESS, LOVE, VISIONS.
- **PHYSIOLOGICAL PROPERTIES:** CALMS THE HEART, EASES STRESS, ANTI-INFLAMMATORY, ANTI-OXIDANT.
- **MAGICKAL PROPERTIES:** AMPLIFYING ALL TO DO WITH MATTERS OF THE HEART.

**INGREDIENTS:**  
1/2 - 1 TSP DITTANY OF CRETE  
1 TSP ROSE PETALS  
3-7 HAWTHORN BERRIES

**MAKE INFUSION IN 2 C BOILED WATER.  
SIP SLOWLY.**

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The potion yields a light trance that is quite a joyful and energizing experience. You may feel a sort of happy slight dizziness.

It is traditional to use this potion as plant medicine for our annual Pink Full Moon Lodge in April. This infusion of agape is excellent preparation for the Rebirth Ceremony.

Hawthorn, Dittany of Crete, and rose are proud residents of Hekate's Garden. Hawthorn restores heart in strength and function. Rose is an amazing detoxifier, full of antioxidants and vitamin C. Rose brings us passion and love, while hawthorn strengthens our heart center. Dittany of Crete awakens the soul and connects to the deeper world, while reducing inflammation and easing digestion.

Dittany of Crete and rose are both profiled in Entering Hekate's Garden.

The Dittany of Crete monograph is available in Pharmakeia during the Month of Ergatis.

Hawthorn did not make the final selection of botanicals for the book, so here is a bit about this beloved tree.

## Hawthorn: The Heart Opener

Hawthorn is ruled by Mars and is associated with the signs of Taurus and Aries. It brings passion to the calm energy of Taurus and amplifies Aries zeal. Hawthorn is one of the sacred trees associated with Beltane, thus we honor this medicine on our Moon Lodge associated with the middle of spring.

### **Physiological Properties**

Hawthorn berries are used to treat physical and spiritual heart issues. As such, if you have any blood or heart problems, especially if you are on heart medications or have hypotension, substitute with a mild heart tonic, perhaps lavender.

Hawthorn boosts mood, and is an effective treatment for anxiety, depression, and distress.

### **Spiritual**

Opening the heart by removing blockages and steadying the vibration. Inspires spiritual growth through self-compassion, hopefulness, and increased understanding of others. Enhances sense of prosperity. Motivates to embark on a more balanced, loving, and disciplined journey. Generates momentum to overcome challenges. Most helpful for facing our past with passion, kindness, and integrity. Offers loving protection and peace.

To note: Hawthorn has a talent for attracting spirits of place if locally harvested.

### **Magickal**

Excellent for amplifying kindness in the home and increasing fertility in all things associated with love.

To note: Although hawthorn has protective qualities, it should be used in conjunction with a specialist in banishing unwanted energies to avoid encouragement of harmful forces.

## Cautions

As I previously mentioned, not for those with heart conditions, or if pregnant/nursing. Not for children or pets.

I would not rush out to operate heavy equipment or drive the first time consuming this infusion.



## Ingredients:

1/2 - 1 tsp Dittany of Crete  
3 – 7 Hawthorn berries (depends on size)  
1 tsp rose petals or hips  
2 cups boiled water

## Supplies:

Loose tea making tools, including a tea ball or strainer.  
Mug

## Directions

Pour the boiled water over the botanicals, while describing to them what work they will be doing with you.

Let the infusion steep for 10 minutes beside the ignited Covina Candle, on your altar.

Take a few sips, and allow them to settle in.

Drink slowly until you begin to feel the ebullient vibrations.

Sip 30 minutes to one hour prior to meditative practice.

Add a bit of honey if you like. Only honey, nothing else.

## Applications:

Pour it in the bath and use as a wash.

Write affirmations using a bit of the potion mixed into pink ink or a regular pink pen and then anoint your words with the potion.

Use as part of Blessing Bowls, and other spells.

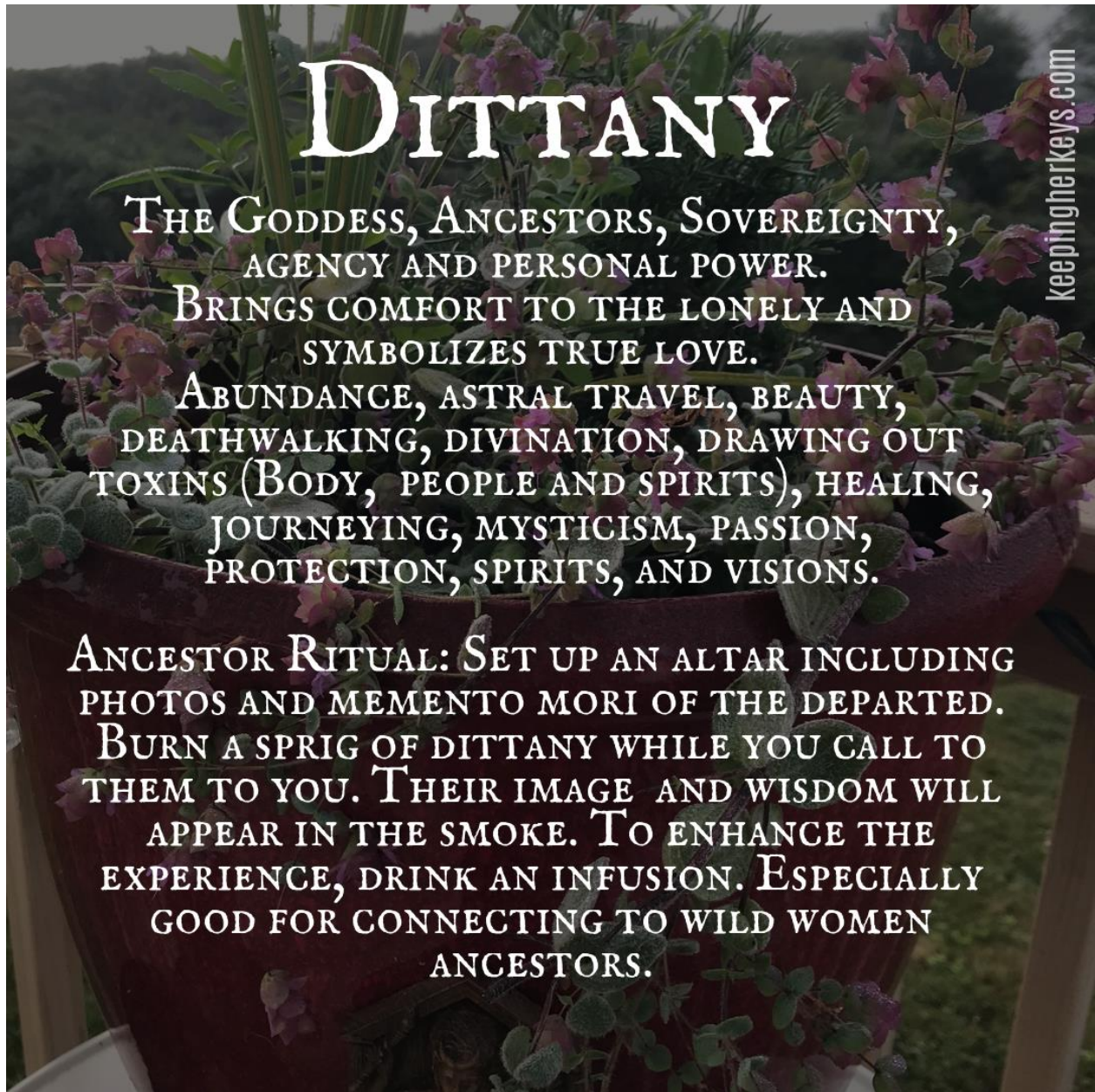
Make an enchanted paper by soaking pieces in it.

Perhaps even serve it to your beloved to inspire that loving feeling if it is safe to do so.

Compare the medicine of the Pink Potion with the Crossing the Veil tea and record the differences.

**LEARN MORE PLANT SPIRIT MAGICK, MEDICINE AND  
MYSTERY IN [ENTERING HEKATE'S GARDEN](#).**

*Information provided for educational purposes only. The author assumes no responsibility for outcomes relating to the use of this formula.*



# DITTANY

THE GODDESS, ANCESTORS, SOVEREIGNTY,  
AGENCY AND PERSONAL POWER.

BRINGS COMFORT TO THE LONELY AND  
SYMBOLIZES TRUE LOVE.

ABUNDANCE, ASTRAL TRAVEL, BEAUTY,  
DEATHWALKING, DIVINATION, DRAWING OUT  
TOXINS (BODY, PEOPLE AND SPIRITS), HEALING,  
JOURNEYING, MYSTICISM, PASSION,  
PROTECTION, SPIRITS, AND VISIONS.

ANCESTOR RITUAL: SET UP AN ALTAR INCLUDING  
PHOTOS AND MEMENTO MORI OF THE DEPARTED.

BURN A SPRIG OF DITTANY WHILE YOU CALL TO  
THEM TO YOU. THEIR IMAGE AND WISDOM WILL  
APPEAR IN THE SMOKE. TO ENHANCE THE  
EXPERIENCE, DRINK AN INFUSION. ESPECIALLY  
GOOD FOR CONNECTING TO WILD WOMEN  
ANCESTORS.

# HEKATE'S GARDEN: HAWTHORN BERRIES

Symbolic of Hekate as Melinoe-Kyria, Mighty Restorer, connect with the energy of Hawthorn to restore hope and to banish relationship woes. Associated with May and all the month brings, Hawthorn can help your wounded heart sing. A daily tonic strengthens the heart in spirit and function.



# HEKATE'S GARDEN: WILD ROSES



*Keeping Her Keys*

Connected since ancient times with blood, death and passion, wild roses and their fruit can be used to summon these energies and the divine feminine.