

WHAT YOU NEED

- ✱ Gold pen
- ✱ Piece of rose quartz crystal

GOOD VIBES FOR A FAR-AWAY PAL

Send benevolent, supportive, or healing energy to a far-away friend. They may be on the other side of the globe or live in another city. Whatever the case, this ritual will send your love and healing energy to whoever has need of it.

Mark the approximate location of your friend's whereabouts on the map and write their name and your wish for them next to it. Place the crystal over their name. Write the spell in gold pen, and then repeat aloud.

*This spell is writ with lines of gold,
A time for love to be so bold,
So cross the river or the sands,
To heal with crystals in your hands.*

Now blow gently on the crystal and the world map, and imagine yourself blowing a gale of kisses in the direction of your friend.