

THE WITCH WOUNDS SUMMIT

Reclaim your power from the wounds and shadows you inherited from generations of patriarchy

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Pomegranate Tea For Transmuting Shadows



Drink this tea when you're ready to transmute a shadow into a strength.

Sip while journaling on how a shadow you've identified and come to understand can actually be a superpower!

INGREDIENTS

- 1 whole pomegranate for transformation
- 4 cups cold water
- 3-5 sprigs fresh mint for release
- 2 tablespoons dried rosebuds or rose petals for gentleness
- 1 tablespoon dried yarrow for release
- Grated nutmeg for breaking generational curses

MAGICKAL PROPERTIES

Wisdom, magick, and fertility, especially the death and rebirth cycle.

INSTRUCTIONS

1. Rinse the pomegranate well and cut into quarters. Place in a saucepan and cover with the cold water. Bring to a boil.
2. Reduce heat and add the mint for 3-7 minutes, depending on taste. Remove the mint and simmer for another 5-15 minutes until the water is darkly colored and flavorful.
3. Combine all other ingredients in a tea bag or infuser. Pour the pomegranate tea over the bag or infuser. Top with hot water to taste, if needed.