HOW TO USE HANDBOOK

Beads & Potions
The Mystikal Apothecary

ROOTED IN NATURE.
GUIDED BY ANCESTRY.
USED WITH INTENTION.

How To Use Guide for Beads & Potions The Mystikal Apothecary Products

Every product in your hands is a point of contact.

Every prayer you speak is the real power at work.

Co-create with Prime Creator, the Universe, or GOD —
and watch the ordinary become sacred.



Welcome to Beads & Potions
The Mystikal Apothecary,

Your premier online spiritual store for self-discovery and soul alignment. At Beads & Potions, we craft more than products — we create sacred points of contact between you and the divine. Every item we make is handcrafted in prayer, infused with intention, and designed to support your spiritual growth and transformation.

Whether you are drawn to our energy crystal bracelets, fixed prayer candles, anointing oils, spiritual baths, clearing sprays, smudges, incense, or herbal teas — each product is lovingly crafted with ancient wisdom and modern intention.

But here is what you must understand before you begin:

These products are tools. Sacred, prayerfully made tools — but tools nonetheless. The real work happens when you show up in partnership with Prime Creator, the Universe, or GOD. That co-creation — your faith meeting divine power — is what brings everything you hold in your hands to life.

Let's Get Started



How do I know which spiritual product is right for me

Soultribe, the first step is to listen to what your spirit has been asking for. Are you craving calm? Clarity? Protection? Abundance? Each product at Beads & Potions is designed around a specific spiritual intention — a prayer and a purpose.

Take a breath, read the product descriptions slowly, and notice which one stirs something inside you. That stirring? That is your inner voice in agreement with Prime Creator pointing you toward what you need. Trust it.

FAQ

How do I use my candle, oil, or bath the 'right' way

There is no one "right" way — only your way, in partnership with the divine. These tools are meant to complement your spiritual lifestyle, not complicate it. Before using any B&P product, set a clear intention and speak it aloud or write it down. Address Prime Creator, the Universe, or GOD directly — use whatever name feels most sacred to you. Then bring your faith to the moment. The power is not in the product alone. It lives in the co-creation between your intentional presence and the infinite source that responds when you call.



How to Use Anointing Oils

WHAT ARE ANOINTING OILS?

Our anointing oils are handcrafted in small batches and prayed over with a specific purpose. Choose the one that resonates with your need and your spirit.



HOW TO APPLY

Apply by hand. As your fingertips touch the oil, you carry your prayer directly into the work. Speak to Prime Creator, the Universe, or GOD — call forward what you want, not what you fear.

THE MANY WAYS TO USE YOUR OIL

On Yourself: Anoint wrists, temples, or feet while declaring your intention aloud.

With Prayer Candles: Anoint the outside of your candle jar before lighting to seal your petition.

In Your Spiritual Bath: Add 3–5 drops to your bath water to deepen the bath's intention.

On Objects: Anoint doorframes, keys, your desk, or your bracelet beads to claim them for your purpose.

On a Prayer Petition: Write your request, anoint the paper, fold it toward you three times, and set it beside your candle bowl — never in the flame. When the candle completes, keep it on your altar or bury it.

Over Your Home or Loved Ones: Hold the bottle in both hands and pray over it intensely before anointing a photo or threshold.

Always phrase your intention positively — address Prime Creator, the Universe, or GOD and speak what you are calling forward, not what you are afraid of.

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How to Use Anointing Oils

DAILY PRACTICE

Morning: One drop on each wrist and one breath of gratitude before you start your day.

Before Big Moments: Anoint your palms before an interview, hard conversation, or prayer.

Evening: Touch one drop to your feet and release the day.
CARE & SAFETY

External use only. Patch test first; avoid eyes and broken skin. Store capped, away from heat and sunlight. Keep from children and pets. Not intended to diagnose, treat, cure, or prevent any condition.



Always phrase your intention positively — address Prime Creator, the Universe, or GOD and speak what you are calling forward, not what you are afraid of.

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How to Use Fixed Prayer Candles

WHAT ARE FIXED PRAYER CANDLES?

Also known as dressed or prepared candles, our fixed prayer candles are hand poured and prepared with specific oils, herbs, and concentrated prayer. They are not decoration — they are spiritual tools made for a purpose.

Each candle is fixed to support a specific intention. When you light it, you are not just burning wax — you are entering a co-created agreement between yourself and Prime Creator, the Universe, or GOD.



YOUR CANDLE REQUIRES A DECLARATION

These candles work alongside the spoken word or written petition. Do not light your candle in silence and wonder why nothing shifted. Speak. Declare. Petition. Write it down if your voice needs support.

"The candle is fixed. Now you must be too. Declare it. Believe it. Partner with the divine and trust the work."

WATER AS YOUR CANDLE'S FOUNDATION

Place your candle in a shallow bowl of cool water, filled up to the base of the jar. Water is a conduit for Spirit and an important layer of safety for your candle's environment.

How to Use Fixed Prayer Candles

Step-by-Step Practice

STEP 1: Prepare Your Space — Choose a steady, heat-safe surface away from curtains, drafts, and anything that can catch fire.

STEP 2: Cleanse Your Space — Clear lingering energy with a clearing spray, smudge, or incense. Open a window to release what is leaving.

STEP 3: Declare Your Petition — Speak aloud or write your request to Prime Creator, the Universe, or GOD. Be specific — career, relationships, healing, abundance, peace.

STEP 4: Anoint Your Candle (Optional) — Apply a corresponding anointing oil to the outside of the jar, sealing your intention into the vessel.

STEP 5: Set Your Candle in Water — Place the jar in your bowl of cool water, filled to the base.

STEP 6: Center Yourself — Take three deep breaths and align your energy with your intention.

STEP 7: Light the Candle — Light it with full presence. This is a living declaration.

STEP 8: Meditate or Pray — Sit with the flame. Speak more prayers or rest in quiet trust. Both are valid.

STEP 9: Express Gratitude — Thank Prime Creator, the Universe, or GOD for hearing you. Gratitude is the seal on every petition.



By following these detailed instructions, you can harness the power of prayer candles to manifest your intentions and deepen your spiritual practice.

How to Use Fixed Prayer Candles

DAILY PRACTICE

Return to your candle each day. Restate your petition, speak one thing you are grateful for, and notice what is shifting.

Morning: Light it with your coffee or tea and speak your intention for the day.

Evening: Sit with the flame for five minutes, journal what you noticed, then snuff it.

With Your Oil and Bath: Pair your candle with a matching anointing oil and spiritual bath to layer the same intention.

When It Completes: Notice the wax and the glass. Write down what you see and what has shifted since you began.



By following these detailed instructions, you can harness the power of prayer candles to manifest your intentions and deepen your spiritual practice.

How to Use Fixed Prayer Candles

CLEARING & STORING

Before lighting, store your candle covered, upright, and out of direct sunlight so the wax and herbs stay intact. Once complete, rinse and reuse the jar, or recycle it.

CARE & SAFETY

These are real spiritual tools. Every fixed prayer candle and anointing oil we make is a spiritual practice, to be treated with reverence and respect, never taken lightly.

Never leave a burning candle unattended. When you step away, snuff it with the lid that came with your fixed prayer candle, then relight it with your petition when you return. Your candle arrives already trimmed, anointed, and dressed with its herbs, so there is no need to trim it or add anything.

Set your candle in a shallow bowl of water. The water is there to amplify your candle's work, so choose a vessel that honors it, and top it off as it evaporates. There is no set time limit, because each candle does different work. A protection candle can burn for long stretches in a safe, undisturbed space while you are home with it. A gratitude candle pairs beautifully with incense and prayer as part of your daily practice of giving thanks.

Keep candles away from children and pets.



By following these detailed instructions, you can harness the power of prayer candles to manifest your intentions and deepen your spiritual practice.

How to Use Clearing Spray

WHAT ARE CLEARING SPRAYS AND SPIRITUAL SPRAYS?

Our sprays are aromatic mists made with prayer, oils, and herbs to cleanse the energy of your space and your personal field. They work quickly but do not last all day — use them deliberately and repeat as needed.



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KNOW YOUR SPRAY

Aura Cleanse Energy Reset:
For when your space feels heavy, chaotic, or cluttered. It refreshes the room and helps you feel protected within it.

Blac Orchid:
For seasons of insecurity and challenge. It brings comfort and helps you reconnect with your own worth.

How to Use Clearing Spray

HOW TO USE

Mist throughout your space, or over your forearms, legs, and feet, while speaking a clear intention aloud. Do not just spray — declare. Address Prime Creator, the Universe, or GOD and speak the outcome you are calling forth.



DAILY PRACTICE

Morning: Mist your forearms before you leave home.

Workspace: Mist the corners of your desk before you begin.

Evening: Mist the bedroom doorway to close out the day.

After Conflict: Mist the room to reset the air and your spirit.

CARE & SAFETY

For external use only. Apply to forearms, legs, and feet only — never toward the face or eyes. Avoid sensitive skin. Do not use if skin is irritated. Shake gently before use. Store capped, away from heat and direct sunlight. Keep out of reach of children and pets. Not intended to diagnose, treat, cure, or prevent any condition.

CO-CREATION REMINDER: Every spray is a tool. Your declaration is the power. Use them together.

How to Use Spiritual Bath

WHAT IS A SPIRITUAL BATH?

Our spiritual baths are blends of herbs, salts, and natural olive oil, prepared with prayer and intention to cleanse the body, mind, and spirit. Each bath is fixed with a specific purpose — what it supports depends on which one you are working with.

We have already done the work of preparing the bath. Your job is to prepare your space and simply allow the experience. Show up. Get in. Open yourself to receive.

HOW TO USE

STEP 1: Prepare Your Space — Start with a clean tub and uninterrupted time. Fill with warm — not hot — water and add your bath blend.

STEP 2: Add Your Anointing Oil — If you have a corresponding anointing oil, add 3–5 drops to the water for another layer of intention.

STEP 3: Light a Candle — A B&P fixed prayer candle or a simple household candle both work. Set it on a stable surface away from towels and curtains.

STEP 4: Set the Sound — Play music that lifts your spirit — hz frequency music, classical, gospel, or sound healing.

STEP 5: Call Out to the Divine — Speak aloud to Prime Creator, the Universe, or GOD. Declare your intention. This is your co-creative moment — do not be silent in it.

STEP 6: Soak for 20–40 Minutes — Focus on releasing, healing, or receiving — whatever your bath is designed to support.

STEP 7: Rinse & Close — Rinse off well. Cleanse the tub with white vinegar to clear what was released. Drink water — you may feel deeply relaxed afterward.



By following these detailed instructions, you can harness the power of spiritual baths to manifest your intentions and deepen your spiritual practice.

How to Use Spiritual Bath

DAILY PRACTICE

Quick Soak: No time for a full bath? Dissolve a spoonful in a bowl of warm water for a hand or foot soak while you pray.

No Tub: Dissolve the blend in a bowl of warm water and pour it over your body from the shoulders down at the end of your shower.

Timing: Many choose a new moon to begin something new and a full moon to release.

CARE & SAFETY

For external use only. Do not drink. Patch test if you have sensitive skin. The oil can make your tub slippery — step out slowly. Store sealed in a cool, dry place. Keep away from children and pets. Not intended to diagnose, treat, cure, or prevent any condition.



By following these detailed instructions, you can harness the power of spiritual baths to manifest your intentions and deepen your spiritual practice.

How to Use Smudges

WHAT IS SMUDGING?

A smudge is a bundle of dried herbs — sage, cedar, sweetgrass, or other sacred botanicals — burned to cleanse and purify spaces, objects, or yourself. Each of our varieties supports a different intention, so know which one you are working with and why.



HOW TO SMUDGE YOUR SPACE

STEP 1: Prepare Safely — Have a fireproof bowl or abalone shell ready to catch embers. Open your windows and front door — the energy needs a path out.

STEP 2: Light & Fan — Light the tip, let it flame briefly, then gently blow it out so it smolders. Hold the bowl beneath it as you move.

STEP 3: Always Move Back to Front — Begin at the back of your space and work toward the front door, pushing stagnant and negative energy forward and out.

STEP 4: Co-Create as You Move — Speak aloud. Address Prime Creator, the Universe, or GOD and declare that you are reclaiming your space.

STEP 5: Add Music — Hz frequency music, gospel, or sound healing will amplify your clearing work.
STEP 6: Close with a Declaration — At the front door, seal the work: "So be it," "Amen," or "And so it is."

By following these detailed instructions, you can harness the power of smudging to manifest your intentions and deepen your spiritual practice.

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How to Use Smudges

PRAYER EXAMPLE

Prime Creator, as this smoke rises, cleanse this space of all that does not serve. Let peace, clarity, and light fill every corner. I declare this space restored and protected. So be it.

DAILY PRACTICE

Weekly Reset: Clear your space weekly, or after guests, arguments, illness, or a heavy day.
New Beginnings: Smudge a new home, office, or car before you settle in.

Your Tools: Pass your bracelet, keys, or oracle cards through the smoke to refresh them.
Yourself: Let the smoke move from your feet to the crown of your head, keeping it away from your face.

CARE & SAFETY

Never leave a burning smudge unattended. Extinguish fully by pressing the tip into sand or your bowl — never use water on the bundle. Make sure it is cold before storing. Keep smoke away from pets, children, and anyone with asthma or breathing concerns. Store dry and out of sunlight.



By following these steps, you can harness the power of smudging to manifest your intentions and deepen your co-creative spiritual practice.

How to Use Incense

WHAT IS INCENSE?

Our incense is made from fragrant woods, resins, and botanicals. As it burns, the rising smoke carries your prayer upward and shifts the energy of your space. It is gentler than a full smudge — perfect for everyday clearing, meditation, and prayer.

HOW TO USE

STEP 1: Prepare Your Holder — Place your incense in a fireproof holder or ash catcher on a stable surface, away from curtains, papers, and drafts.

STEP 2: Set Your Intention — Before lighting, hold the stick or cone and speak your intention to Prime Creator, the Universe, or GOD.

STEP 3: Light & Release — Light the tip, let it flame for a few seconds, then gently blow it out so it smolders and releases its fragrance.

STEP 4: Sit With the Smoke — Meditate, pray, journal, or simply breathe. Let the scent mark this time as sacred.

STEP 5: Close With Gratitude — When the incense finishes, thank the divine for the space you created.



DAILY PRACTICE

Morning: Light one stick as you set your intention for the day.

Before Prayer or Meditation: Light it to signal your mind it is time to settle.

With Your Candle: Burn incense beside your fixed prayer candle to deepen the work.
To Refresh Your Tools: Pass your bracelet, oils, or oracle cards through the smoke.

CARE & SAFETY

Never leave burning incense unattended. Burn in a well-ventilated room. Keep away from children, pets, and anyone with asthma or breathing concerns. Empty the ash once fully cooled. Store in a cool, dry place, sealed away from moisture so it lights evenly.

By following these detailed instructions, you can harness the power of incense to lift your prayers and deepen your spiritual practice.

How to Care for Your Energy Crystal Bracelet

WHAT IS AN ENERGY CRYSTAL BRACELET?

Our energy bracelets are handcrafted with natural crystal beads, anointed with oil, and prayed over with a specific intention. Each stone carries its own meaning — your bracelet is a wearable reminder of the intention you are holding.

HOW TO WEAR IT

Put it on with purpose. As you slide it onto your wrist, speak your intention to Prime Creator, the Universe, or GOD. Many wear it on the left wrist to receive and the right wrist to release — follow what feels right to you.



HOW TO KEEP IT CLEARED

Your bracelet goes everywhere you go, so clear it regularly — weekly, or after a heavy day.

Smoke: Pass it through incense or smudge smoke while speaking a releasing prayer.
Sound: Ring a bell or singing bowl near it for one minute.
Selenite: Rest it on a selenite plate or bar overnight.
Clearing Spray: Mist the air around it — not directly on the beads.

HOW TO KEEP IT ENERGIZED

Moonlight: Set it on a windowsill under the full moon overnight.

Anointing Oil: Touch one drop of oil to a lava stone bead — lava holds the oil and scent.

Prayer: Hold it in both hands and restate your intention aloud.

DAILY PRACTICE

Each morning, hold your bracelet, take three breaths, and speak your intention before putting it on.

CARE & MAINTENANCE

Remove before showering, swimming, sleeping, or exercising. Keep it away from lotion, perfume, and cleaning products. Roll it on and off — never pull or stretch the cord. Avoid long direct sunlight, which can fade amethyst and rose quartz. Store it in a soft pouch.

No water or salt cleansing is listed on purpose: some stones are porous or soft and can be damaged.

By following these detailed instructions, you can harness the power of your energy bracelet to carry your intentions and deepen your spiritual practice.

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How To Brew Loose Leaf Tea

How to Brew Your Beads & Potions Loose Leaf Tea

Brewing your Beads & Potions tea is more than a daily practice — it is an invitation to slow down and co-create with Prime Creator, the Universe, or GOD. Every blend is handcrafted in small batches, energetically enhanced to support balance, clarity, and restoration.



As you steep your tea, you are not just infusing herbs — you are infusing intention. Make this moment sacred. Breathe deeply. Release distraction. Speak to the divine as you prepare your cup. Let your mind, body, and soul align with each sip.

How to Brew Loose Leaf Tea (Flowers, Leaves, and Soft Herbs)

What You'll Need:

1–2 teaspoons of Beads & Potions tea blend per 8 oz (1 cup) of hot water
A tea infuser, strainer, or reusable sachet
Your favorite mug or teapot
An open heart and calm breath.

Instructions:

1. Heat your water to just below boiling (about 200°F / 93°C).
2. Add 1–2 teaspoons of your tea blend per cup of water.
3. Pour the hot water over your tea and allow it to steep for 5–7 minutes.
4. As it steeps, inhale the aroma and exhale any heaviness from the day.
5. Strain, pour, and sip slowly — letting the warmth move through your body as you reflect on your intention.

How To Brew Loose Leaf Tea

SPIRITUAL FOCUS:

This gentle steeping process represents allowing, not forcing — reminding us that healing unfolds when we create space for stillness and trust the divine process.

TEA SAFETY & LIABILITY DISCLAIMER:
All Beads & Potions teas are handcrafted in small batches using natural herbs, flowers, and roots selected for their energetic and traditional properties. Our teas are intended to support relaxation, mindfulness, and spiritual wellness — they are not intended to diagnose, treat, cure, or prevent any medical condition.

Always consult with your healthcare provider before consuming herbal products, especially if you are pregnant, nursing, taking medication, or have any health concerns.

To avoid injury, use caution when handling hot water or brewed tea — allow it to cool before drinking, and never leave boiling water unattended.

By purchasing or consuming Beads & Potions teas, you acknowledge that you are doing so at your own discretion and understand that Beads & Potions, The Mystikal Apothecary, and Charmaine Carraway assume no liability for adverse reactions, burns, or any outcomes related to improper preparation or consumption.



Drink mindfully.
Sip responsibly.
Listen to your body.

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How to Brew Root Teas

How to Brew Teas with Roots or Dense Ingredients (Roots, Barks, or Seeds)

Some of our blends include roots, barks, or seeds — denser botanicals that require a longer, slower extraction. These teas are brewed on the stovetop and teach us something spiritual in the process: deep healing takes time and intention.



What You'll Need:

- 1 tablespoon of Beads & Potions tea blend per 12 oz (1.5 cups) of water
- A small pot or saucepan (for stovetop simmering)
- A fine strainer or reusable tea bag

Instructions:

1. Add 1 tablespoon of your root-based tea blend to 1.5 cups of water in a small pot.
2. Bring to a gentle boil, then reduce to a low simmer for 10–15 minutes.
3. As the tea simmers, notice the sound and movement of the water — a reflection of your own energy transforming. Speak your intention aloud.
4. Remove from heat and let sit for an additional 5 minutes before straining.
5. Pour into your favorite cup, sip slowly, and breathe gratitude into your next chapter.

Spiritual Focus:

Root teas teach grounding — they remind us that true healing begins when we allow ourselves to slow down and anchor deeply in the now, in partnership with the divine source that sustains us.

As you brew, speak.
As you sip, receive.
Every cup is a conversation with Prime Creator, the Universe, or GOD.

KEEP IN TOUCH!

Remember, Soultribe — your spiritual tools are just that: tools. The real power lives in the co-creation between you and Prime Creator, the Universe, or GOD. Every candle you light, every prayer you speak, every drop of oil you apply is an act of faith between you and the infinite.

Show up with presence. Declare with faith. Trust the work.

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