



PREMIER ONLINE  
SPIRITUAL STORE

# HOW TO USE HANDBOOK

## **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 healing crystal bracelets, fixed prayer candles, anointing oils, spiritual baths, clearing sprays, herbal teas, or any of our curated offerings — 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, powerful, 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 activates everything you hold in your hands.

# Let's Get Started





## How do I know which spiritual product is right for me

Soul Tribe, 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 an outcome.

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 and infused with concentrated prayer over time, imbuing them with spiritual strength and specific purpose. Each oil is created to work toward a particular outcome — choose the one that resonates with your need and your spirit.

## HOW TO APPLY

Anointing oils are applied by hand — this is intentional. Your hands are conductors of energy. As you apply the oil with your fingertips, you are transferring your prayer and intention directly into the work.

## THE MANY WAYS TO USE YOUR OIL

Anoint your wrists, temples, chest, or feet while declaring your prayer or intention aloud. Speak to Prime Creator, the Universe, or GOD as you apply — this is your point of contact.

### With Prayer Candles:

Anoint the outside of your candle jar before lighting, sealing your petition into the candle's energy.

### In Your Spiritual Bath:

Add a few drops of the appropriate anointing oil to your bath water to amplify the bath's intention.

### On Jewelry:

Anoint your crystal bracelets or worn jewelry to create a wearable shield against darkness and low energy.

### On a Prayer Petition:

Write your intention on paper, anoint the paper with oil, then fold it toward yourself three times and place it under a burning candle. When the candle is done, release the ashes to the wind — your petition sent.

### On Currency for Wealth Work:

Anoint a denomination of money with your prosperity oil while declaring abundance aloud to Prime Creator. Let it be a seed you plant in faith.



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.



# How to Use Fixed Prayer Candles

## WHAT ARE FIXED PRAYER CANDLES?

Also known as dressed or prepared candles, our fixed prayer candles have been ritually infused with specific oils, herbs, and concentrated prayer to enhance their spiritual properties. They are not decoration — they are active spiritual instruments.

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

## YOUR CANDLE REQUIRES A DECLARATION

These candles work through the power of the spoken word or written petition — both require faith in the work you are doing. Do not light your candle in silence and wonder why nothing shifted. Speak. Declare. Petition. Write it down if your voice needs support. Either way, address the divine directly and tell them what you need.

## WATER AS YOUR CANDLE'S FOUNDATION

After declaring your petition, place your candle in a shallow bowl or jar of cool water, filled up to the base of the candle jar. Water is a powerful conduit for Spirit — it carries your prayer and creates a next-level environment for your candle to work. It also provides an important layer of safety for your candle's environment.



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



# How to Use Fixed Prayer Candles

## Step-by-Step Practice

### STEP 1:

#### Prepare Your Space

Find a tranquil, intentional spot — an altar, a dedicated corner, or any space you claim as sacred for this moment.

### STEP 2:

#### Cleanse Your Space

Clear lingering energies by smudging with sage or your preferred clearing method. Open windows to release what is leaving.

### STEP 3:

#### Declare Your Petition

Speak aloud OR write your request and address it directly to Prime Creator, the Universe, or GOD. Be specific. Be clear. Ask for what you actually need — career, relationships, healing, abundance, peace. This is your co-creative moment.

### STEP 4:

#### Anoint Your Candle (Optional)

If you have a corresponding anointing oil, apply it to the outside of the candle jar by hand, sealing your intention into the vessel.

### STEP 5:

#### Set Your Candle in Water

Place your candle in a shallow bowl or jar of cool water, filled to the base of the candle jar. Water is a conduit for Spirit and an added layer of safety.

### STEP 6:

#### Center Yourself

Take three deep breaths. Release distraction. Align your energy with your intention and the divine power you are partnering with.



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

## STEP 7:

### Light the Candle

Ignite your candle with full presence. As the flame comes to life, see your prayer activating. This is a living declaration.

## STEP 8:

### Meditate or Pray

Spend time in stillness, focused on the flame. Speak additional prayers, affirmations, or sit in quiet trust. Both are valid. The key is presence.

## STEP 9:

### Express Gratitude

Before stepping away, thank Prime Creator, the Universe, or GOD for hearing and answering. Gratitude is the seal on every petition.

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**IMPORTANT:** Keep all candles away from children and pets. Our products are sacred spiritual tools — they carry real energy and must be respected and treated accordingly.

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



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 infused with prayer, oils, and herbs, designed to cleanse and transmute energy in your space or on your body instantly. They work fast — and that is by design.

Important to know: Our clearing sprays work instantly but do not have a long-lasting effect. They are your first line of energetic defense — use them deliberately and repeat as needed.



## KNOW YOUR SPRAY

### **Aura Cleanse Energy Reset:**

This spray is designed to transform the energetic quality of your environment while simultaneously creating a protective force field around you, the user. Use this when your space feels heavy, chaotic, or spiritually cluttered.

### **Blac Orchid:**

This spray is crafted to restore self-love during times of insecurity and challenge. It brings comfort, empowers your forward movement, and helps restore the inner balance you are seeking. Use this when you need to reconnect with your own worth.

# How to Use Clearing Spray

## HOW TO USE

Mist the spray around your body or throughout your space 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. The spray transmutes the energy; your spoken word with divine partnership directs where it goes.

## SAFETY:

Our spiritual sprays are for external use only. Keep out of the reach of children and pets. Avoid all sensitive skin areas. Do not use if skin is irritated.

## CO-CREATION REMINDER:

Every spray is a tool. Your declaration to Prime Creator, the Universe, or GOD is the power. Use them together.



# How to Use Spiritual Bath

## WHAT IS A SPIRITUAL BATH?

Our spiritual baths are ceremonial baths fixed and infused with concentrated prayer, intention, herbs, salts, and natural olive oil, aimed at cleansing the body, mind, and spirit. Like our candles, each bath is fixed with a specific purpose — what the bath does is determined by which one you are working with.

We have already done the spiritual work of infusing 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. Set aside uninterrupted time — this is your sacred appointment. Fill with warm water and add your spiritual bath blend.

### STEP 2:

Add Your Anointing Oil

If you have a corresponding anointing oil, add a few drops to the bath water. This creates another layer of intentional energy aligned with your outcome.

### STEP 3:

Light a Candle

It does not matter whether it is a B&P fixed prayer candle or a simple household candle — you are in spiritual working when you take this bath. The flame adds presence and elevates the experience.

### STEP 4:

Set the Sound

Add another layer to your experience by playing music that elevates your spirit toward your intended outcome — hz frequency music, classical, gospel, high-frequency sound healing, or whatever opens you up. Music is a spiritual carrier.



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

## HOW TO USE

### STEP 5:

Call Out to the Divine

While in the bath, speak aloud. Call out to Prime Creator, the Universe, or GOD. Declare your intention. Receive the work being done. This is your co-creative moment — do not be silent in it.

### STEP 6:

Soak for 20–40 Minutes

Allow yourself to fully receive. Focus on releasing, healing, or receiving — whatever the bath is designed to bring.

### STEP 7:

Rinse & Close

Rinse off well to remove residual energy. After bathing, cleanse the tub with white vinegar to clear any negative energy that was released. Drink water — you may feel deeply relaxed or tired after the experience.

### SAFETY NOTE:

**IMPORTANT:** Keep all spiritual bath products away from children and pets. These are sacred ritual products and must be treated with reverence.

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### CLOSING

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



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, palo santo, or other sacred botanicals — used in spiritual practice to cleanse and purify spaces, objects, or individuals. We carry several different smudge varieties, each doing something completely different with a different outcome. Know which one you are working with and why.

## HOW TO SMUDGE YOUR SPACE

### STEP 1:

**Open Your Windows & Front Door**

Before you begin, open windows and your front door. You are creating an exit for what you are releasing. The energy needs a path out.

### STEP 2:

**Always Move Back to Front**

Begin smudging at the back of your space and work your way toward the front door. You are pushing darkness, stagnant energy, and negative spirits forward and out — not trapping them deeper in.

### STEP 3:

**Co-Create as You Move**

As you smudge, speak aloud. Address Prime Creator, the Universe, or GOD and declare that you are reclaiming your space. Speak the removal of negative energy from every room with authority. This is not passive — you are an active participant in this clearing.



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



# How to Use Smudges

## HOW TO SMUDGE YOUR SPACE

### STEP 4:

#### Add Music to the Environment

Play music that aligns with your desired outcome as you smudge — hz frequency music, gospel, high-vibration sound healing. Sound is a carrier of energy and will amplify your clearing work.

### STEP 5:

#### Close with a Declaration

When you reach the front door, close your prayer with a statement of completion — "So be it," "Amen," or "And so it is" — whatever seals the work in your tradition.

### PRAYER EXAMPLE

Prime Creator, as this sacred smoke rises,  
cleanse this space of all that does not serve.  
I reclaim this ground as holy.  
Let peace, clarity, and light fill every corner  
as darkness is pushed out and released.  
I declare this space restored and protected.  
So be it.



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



# How to Brew Your Beads & Potions Loose Leaf Tea

## How to Brew Your Beads & Potions Loose Leaf Tea

Brewing your Beads & Potions tea is more than a daily ritual — 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 Your Beads & Potions 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.

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## 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.**



# How to Brew Your Beads & Potions Loose Leaf Tea

## 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.

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

### 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, Soul Tribe — 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.

Stay nourished and inspired at Soultribe.Media — your digital home for practical spirituality, guided storytelling, and community conversations that keep your mind clear, body grounded, and soul connected.

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You don't have to walk this path alone. We are here — growing and learning together, one breath, one prayer, one intention at a time.

