



PREMIER ONLINE  
SPIRITUAL STORE

# HOW TO USE HANDBOOK

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





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

Soultribe, the first step is to listen to what your spirit's been asking for. Are you craving calm? Clarity? Protection? Each product at Beads & Potions is designed around a spiritual intention — a prayer and outcome. Take a moment to breathe, then read the product descriptions slowly; notice which one stirs something inside you. That's your spirit saying, "This one's for me."

# FAQ

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

There's no one "right" way — only your way. These tools are meant to complement your spiritual lifestyle, not complicate it. Before using your candle, oil, or bath, set an intention — a clear, heartfelt statement like, "I'm ready to release what no longer serves me and welcome peace." Then, breathe, light, anoint, or soak with focus and gratitude. The power isn't in the product alone; it's in you showing up with presence. Our tools simply help you align, not perform.



**Welcome to**  
**beadsandpotions.com**, your  
premier online spiritual store for  
self-discovery. At Beads &  
Potions, we craft more than just  
products; we create pathways to  
inner peace, harmony, and  
enlightenment. Our handcrafted  
items are imbued with prayer &  
intention, designed to guide you  
on your journey of spiritual growth  
and transformation.

Whether you're seeking energy  
healing crystal bracelets, prayer  
candles, classes or our other  
curated collection of treasures to  
support you in every step of your  
spiritual practice. Each item is  
lovingly crafted with care and  
attention to detail, harnessing the  
power of ancient wisdom and  
modern innovation.

# Let's Get Started





# How to Use Anointing Oils

## WHAT ARE ANOINTING OILS?

These oils are infused with concentrated prayers over time, imbuing them with spiritual strength.

**Choosing the Right Oil:** Our oils are designed for universal use, regardless of spiritual beliefs. Select the oil that resonates with your intention to enhance its effectiveness.

**Setting Clear Intentions:** Grab a blank sheet of paper and write your intention or speak using assertive language. Choose spiritual terms that align with your beliefs, such as "Sacred and Divine," "Higher-self," or "Over-soul." Phrase your intention positively requesting your spiritual forces to hear your request, avoiding expressions of lack and worry!

## WAYS TO USE

**Folding the Paper:** Fold the paper towards yourself three times, symbolizing the inward focus of your intention. Once folded, place it under a burning candle. Allow the candle to burn completely, infusing your intention with the energy of the flame. Afterward, gather the ashes and release them into the wind, symbolizing the dispersal of your intention to the universe.

**Anointing Objects and Spaces:** While anointing, speak prayers or affirmations aloud, infusing the oil with your intention. Apply the oil to objects, individuals, or spaces to imbue them with positive energy. You can even wear the oil on your skin as a personal talisman or use it during meditation practices.



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



# How to Use Fixed Prayer Candles

## WHAT ARE FIXED PRAYER CANDLES?

also known as dressed or prepared candles, are candles that have been ritually infused with specific oils, herbs, and other ingredients to enhance their spiritual properties. These candles are typically used in various spiritual practices, such as prayer, meditation, spiritual work,

Once fixed, the candle is typically lit while reciting prayers, affirmations, or intentions related to the desired outcome. As the candle burns, it releases the energy of the fixed ingredients into the surrounding environment, helping to manifest the intended outcome.

Overall, fixed prayer candles serve as powerful tools for focusing intention, invoking spiritual energies, and facilitating the manifestation of desired goals or blessings.



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

**Prepare Your Space:** Find a tranquil spot for your prayer ritual or meditation, whether it's an altar or a serene corner of a room.

**Cleanse Your Space:** Clear any lingering energies by smudging with sage or your preferred method to create a sacred atmosphere.

**Clarify Your Intentions with The Sacred and Divine:** Speak or write your request, addressing the Sacred and Divine to open the path for your desired outcome. Tailor your request to your needs, focusing on areas like career, relationships, or self-confidence.

**Optional Personalization:** If you have meaningful items like crystals or symbols, place them around your space to amplify your intention.

**Set Up the Candle:** Position the candle in your sacred space, focusing on the prayer or intention to unleash personal strength and empowerment.

**Prepare Yourself:** Take deep breaths to center yourself and visualize your goal, aligning your energy with your intention.

**Light the Candle:** Carefully ignite the candle, envisioning the awakening of personal power within you as the flame dances to life.

**Meditate or Perform Spiritual Working :** Spend time in quiet meditation maintaining focus on the flame and your intention.

**Express Gratitude:** Before concluding your ritual, express gratitude for the energy and strength invoked during the process.



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?

Clearing sprays are aromatic mists infused with prayer, oils, and herbs, designed to cleanse and purify spaces or individuals energetically. These sprays are used to dispel negative energy, promote clarity, and enhance spiritual well-being.

## HOW TO USE

Simply mist the spray around your body or space while speaking a clear intention with the desired outcome you seek to create a sense of sacredness and harmony, leaving you feeling refreshed and uplifted.



Our spiritual sprays are for external use only.

Keep out of the reach of children .

Avoid all sensitive skin areas  
do not use if skin is irritated





# How to Use Spiritual Bath

## WHAT IS A SPIRITUAL BATH?

Spiritual baths are ceremonial baths infused with concentrated prayer and intentions, herbs, salts, and natural olive oil, aimed at cleansing the body, mind, and spirit.

These baths are used in various spiritual practices to remove negative energies, promote relaxation, and enhance spiritual clarity and well-being.

By soaking in a spiritual bath, one can experience a deep sense of purification, renewal, and connection to higher energies.

## HOW TO USE

Experience a deeper level of cleansing:  
Setting the Bath: Start with a clean tub and set aside uninterrupted time. Fill the tub with warm water and add the spiritual ingredients.

Immersive Relaxation: Soak for a minimum 20-40 minutes, focusing on releasing stress and negativity.

Once you are done, please rinse off well to remove any lingering negative energy.  
After bathing, it is crucial to cleanse the bathtub with white vinegar to get rid of the residual negative energy.

It is recommended to drink water after bathing due to being submerged in the bath and one might feel greatly dehydrated and tired.



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, typically sage, cedar, or sweetgrass, used in spiritual rituals to cleanse and purify spaces, objects, or individuals.

When lit, the smudge stick produces fragrant smoke, which is believed to clear away negative energies, promote healing, and create a sacred atmosphere.

Smudging has been practiced for centuries by various cultures as a way to purify and bless environments, making it a powerful tool for spiritual cleansing and renewal.

## HOW TO USE

Use smudge sticks for a thorough cleanse:

Before smudging, open the windows and front door to release the smoke.

Burn the smudge stick while asserting the removal of negative energies from each room.

When smudging, speak a prayer of clearing and cleansing, and once you are done finish the prayer by saying so be it.

## PRAYER EXAMPLE:

Divine Spirit, as this sacred smoke rises, Cleanse this space of all negative energies and strife. With each wisp of fragrant herb, may purity thrive, And blessings of peace and light now arrive. May this sacred act bring harmony and grace, As we walk in alignment with your loving embrace.



By following these detailed instructions, you can harness the power of smudging to manifest your intentions and deepen your 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's an invitation to slow down and reconnect. Every blend is handcrafted in small batches, energetically enhanced to support balance, clarity, and emotional restoration. As you steep your tea, you're not just infusing herbs — you're infusing intention.

We invite you to make this moment sacred. Breathe deeply. Release distraction. 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.

### Spiritual Focus:

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



#### ⚠️ 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)

Brewing your Beads & Potions tea is more than a daily ritual — it's an invitation to slow down and reconnect. Every blend is handcrafted in small batches, energetically enhanced to support balance, clarity, and emotional restoration. As you steep your tea, you're not just infusing herbs — you're infusing intention.

We invite you to make this moment sacred. Breathe deeply. Release distraction. 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 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.
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.



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✨ Drink mindfully. Sip responsibly. Listen to your body.



# How to Use Magnesium Oil

## WHAT IS MAGNESIUM?

Magnesium stands as a crucial mineral, pivotal for various bodily functions such as muscle and nerve operations, energy generation, and maintaining a steady heartbeat. The perks of having adequate magnesium levels are abundant, from promoting better sleep to alleviating muscle soreness, cramps, leaving stress, and even addressing growing pains in children.

## HOW TO USE

For the best results with magnesium oil, timing matters.

Here's how:

Below the heart (stomach, legs, feet): Apply magnesium oil here in the evening, before bed, for a relaxing effect that sets the stage for a restful sleep.

Above the heart (arms, shoulders, hands): Use magnesium oil in the morning or around exercise time for an energy boost, enhanced muscle performance, and overall vitality.

By knowing when to apply it above or below the heart, you can tailor your usage to suit your wellness goals.

And here's a tip from our founder, Charmaine: Beat the 3pm slump or sugar cravings by applying 2-3 sprays of magnesium oil to your upper back, shoulders, and neck. Feel the energy shift and watch those cravings vanish!



Our magnesium oil is for external use only.

Keep out of the reach of children .

Avoid all sensitive skin areas\  
do not use if skin is irritated





# KEEP IN TOUCH

Remember, your spiritual tools are just that — tools. The real power comes from how you choose to show up for yourself each day. As you continue your journey, stay nourished and inspired with us at [SoulTribeMedia.com](https://SoulTribeMedia.com) — your digital home for practical spirituality, guided stories, and community conversations that keep your mind clear, body grounded, and soul connected.

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



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