

My Granny's Potions



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Maribel Pedrera Pérez - Maga Beth

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Аннотация

Эта книга в простой и краткой форме объясняет, для чего нужна магия. Она направлена на то, чтобы разбить темы так, чтобы каждый мог ее выполнить. Я объясняю, как магия развивалась на протяжении многих лет и как мы можем использовать ее сегодня. На практике я представляю руководство по наиболее используемым магическим ингредиентам в мире домашней магии, чтобы вы могли его использовать.

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Biography

María Isabel Pedrera Pérez, better known as Maga Beth, was born in Barcelona on February 9, 1970.

With an inherited profession, her grandmother and great grandmother introduced her in the world of High Magic; she showed, at an early age, a preference towards esotericism.

María Isabel attended basic and high school education and completed higher education with a diploma in Infant Education and Childcare, specialising her studies with the following courses:

- Educator for people with learning difficulties – Autism.
- Special needs – Dyslexia.
- Stimulation and development in education with disabilities.
- Psychopathic disorders in childhood.
- Speech Therapy.
- The teacher in school failure.
- Music therapy.
- Movement and play in the teaching practice.

She combined both studies and also specialised in parapsychology, hypnosis, occultism and astrology; and completed a Master in Quality Control and Environment.

As a good Aquarius, her restless soul led her to continue gaining experience but this time in the natural world, and earned

a diploma in Naturopathy, Bach Flowers Remedies, Schüssler Salts, Dietetics and Nutrition, Lymphatic Drainage, Reflexology and Chiromassage.

María Isabel is the author of several books:

– El mágico mundo de las pirámides- Piramidología práctica y esotérica.

– Runas, símbolos mágicos.

– Diccionario de santería.

– Eshú y Pomba Gira, más allá del bien y del mal.

– The Great Secret of Holy Death

– The world of Eshú and Pomba Gira

Throughout these years, María Isabel has collaborated in several radio programmes and esoteric fairs, has given lectures and conferences, and many Tarot, Runes and High Magic courses; and also participated in the First Congress of Mediums held in Spain.

Currently, she continues working in different fields spreading her knowledge.

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Dedication

This book is dedicated to what allowed me to get here, with the good and the bad things.

Family is sometimes a curse and others the greatest blessing.

Here I have to thank my great-grandparents and my grandparents, since I wouldn't be who I am if I hadn't had them.

They are fundamental pieces in my life, and don't think that, although you are reading this book, everybody believed in magic.

Some of my family members were witches and sorcerers and others were pragmatic and very sceptical.

Thanks to them I am the person you know today: a person who fights, studies and can share the values they gave me and I am very proud of them.

When you come to a family, whether biological or adopted, and you receive their surname, they give you a lot of years, a lot of experiences and a lot of energies.

You must become strong against them and if they teach you how to use them it can be one of your best aces in life.

This book is all the wisdom my great-grandmother transmitted to me, teaching me to do my 'little things' and stand on my own, anywhere and in any situation.

Never judge someone by their appearance, they can deceive you. Fragility is not on the outside, it is something that cannot be seen: you create strength little by little, forging it with your values

and experiences. This was the greatest lesson they taught me.

You will learn something from everything you do and you will move forward in this path because you will become stronger and discover more qualities and weaknesses that you will have to work.

Go ahead!! We have a lot of work to do.

Maga Beth

Preface

This book is made with love and gives a brief and simple description of what magic is for. It aims to break the topics so that magic can be within everybody's reach.

I will briefly explain how the concept of magic has evolved over the centuries and over the years. How magic was done in ancient times and how we can make use of it today.

Magic isn't difficult to do but if you don't take precautions the rebound effect can be devastating, because it leads us to an obsession that is completely negative for us and prevents what we have asked for from happening.

In this book you'll find a compilation of all the ancestral recipes that I received spoken at meals, snacks, in the kitchen or when women got together to talk about the problems in my family.

Many of them are recipes that have been passed down from generation to generation by our ancestors, so that today they are within our reach.

In a practical way, this is a guide of the most used magic ingredients in the world of home magic.

There are many types of magic: white magic, red magic and high magic. All of them are valid as a concept of magic and, depending on how people use it; it is called one way or another.

However, nobody speaks about home magic, which would be

another type of magic; the one which is as powerful as the other types of magic or even more powerful.

What differentiates home magic from the other types of magic is that instead of being done by a magician, i.e., a specialist in the field, it can be done by anyone with a little preparation, patience, perseverance and insistence.

The only difference between us today and our grandparents is that they were more constant and had fewer distractions (television, WhatsApp, cinema, radio, concerts, etc.), and they were the most stubborn.

Chapter 1 – The History of Magic



There are many types of magic and thus many books about magic, which you must have already read. That is why, right now, I do not want to fill you with pages and pages about magic to create a good impression.

I will summarise it for you in the simplest way. We are all born with a special intuition and, as we grow, we all develop this intuition towards something that draws our attention. Some

people are scared of it or are lucky enough to block their intuitive part and push those feelings away.

And here you could say: Hey, there is a grammar mistake!!! You have written 'lucky enough'... No, I haven't made a mistake. Seeing or feeling what the person in front of you is thinking is, at the beginning, sometimes good and funny. However, as you grow older and your gift does not disappear and is real, it is not much fun because it is not a suit that you can take off whenever you want... You have it during a consultation and this helps you to buy food, which is good –to be honest-, but you also see it when you truly love someone and is your friend, your partner, your family and, then, sometimes it is better not to know certain things...

Therefore, dear friends, it is better to work with intuition as in this book: that is, whenever you need it to do a work, to help a friend or to help yourself because that gap is always open. This is the so called residual intuition and it does not mean to be connected 24 hours.

You will also notice that when someone is more or less normal, she/he will act normal, dress normal, life normal, look normal and is someone just like you, there is no difference. This person does not need to wear a disguise unless it is carnival. Many times it is good to listen to a friend who knows you well, who is always giving you good advice, even if she/he is not wearing a disguise; because her/his energy and yours can be very much akin.

In this book you are going to learn how to use your own energy

for yourself, to be strong and to learn to make decisions. To be like the reeds that can bend but never break even if gales appear, to return to your initial position, to regain your strength, to grow and to feel good.

In short, I would like you to learn to believe in yourself.

Chapter 2 – How to Prepare Yourself to Make Potions



There are different types of superstitions we must all take into account to a greater or lesser extent when doing things. The fact that they may be known does not mean that if you do them that way, nothing will happen to you.

In any case, when getting ready to perform magic the following is fundamentally requested.

You must take a shower before to disconnect from bad vibes and to be able to concentrate in the work you are about to do since it is a spiritual work and you are asking for you or for someone else. Then, you can start all the work. Each ritual must be done with the highest concentration so that there is no rebound effect.

You must let yourself be carried away by your intuition and choose the potion that most catches your attention or the one with which you have the most affinity.

You should never use any product used in magic to cook or eat it. It is important not to use it since it has been worked at an energetic level.

All the potions described in this book were used by my grandmother and her ancestors, passed down from generation to generation, and have already demonstrated their effectiveness.

Sometimes the results are not immediate since obstacles arise. You may have to repeat the ritual or be patience and wait a little longer.

When getting ready to make the potions, it is very important to have a good disposition, wishing the best for that ritual, and not becoming obsessed because many times you do not get it right the first time because obstacles have to be solved.

Keep in mind that when we ask for something in which we include another person, many times we must cleanse their spiritual path of fear and anguish as well as ours; because we are asking that person to jump into the void and give us a chance.

However, we must also give this person a chance and these

changes are in both directions, not just in one. When we ask for something and we do a work, much energy are moved and that is why we sometimes have to do the ritual again, and not because we have not done it well, but because we are modifying situations so that what we are asking for is really linked in the right way.

We must always rely on honesty. It is not necessary to say everything but every relationship means sacrifice by both sides, and although we like someone, we do not have to like everything that person carries with her/him.

I believe this person does not have to like everything we carry either and that is why every ritual requires a time for adaptation.

How many times –ask yourselves –, have you ask for something with all your strength and when you have had it, you have thought: ok, but now that I have it, I would need some things to change, because I am happy but this is not exactly what I wanted ...

We must learn to know what we ask for and what we want, and this is why reflection and preparation when asking is so important.

Although you will see that the things you are going to use are not expensive or cost a fortune never underestimate them because they have a lot of power: the power of nature, creation, your energy and the possibility to channel such power.

I am going to explain this to you in detail, as it has been used since ancient times in my family. You will see how easy it is and you will also discover how to stand up for yourself.

The most important thing for me is that you will also begin to channel and feel your spiritual strength and energy stronger day by day, connecting with your deepest self. Since each ritual you do will give you feelings and strength; either because you have achieved it and you have it, or it is getting closer. You will notice by yourself the things you do not want.

Things will be put into the right place. Simply with the things you have around you, within your reach, without harming anyone, working your own energy, feeling free and moving forward every day.

As final curiosities, I will give you some wise advice given by magicians and sorcerers of all times.

1 – When you have to sweep and use a broom, always do it from the inside of the house to the front door, since otherwise you will drive away prosperity.

2 – If any undesirable person has come to your home, place the broom upside down behind the front door. You will see how she/he will leave soon.

3 – When you hang up clothes on the terrace or balcony always hang them inside out to drive away envies.

4 – In order for your body to recharge with energy, it is good to sleep with the head facing north and the feet facing south.

5 – If someone in your family is having a bad streak, place a pair of open scissors with the tips pointing upwards behind the mattress for seven days.

6 – Always have magnets near your house's front door.

Magnets have a great power to neutralise negative energies.

Chapter 3 – Lunar Phases

The Moon is essential for doing any kind of magic. All Moon Phases must be taken into account since much of the success of the ritual will depend on the moment in which the phase of the Moon is. It is very important to do the ritual in the Moon phase indicated because its effectiveness partly depends on it.



Waxing Moon: during this lunar phase you should do rituals to unite couples, to strengthen loving bonds, to awaken the interest on the person you love, to recover lost objects, to increase economic income, to recover health, or to get something done quickly. It is a very beneficial phase for any aspect you want to work on.

Full Moon: unless you have a great knowledge of magic you should not do any kind of rituals during this lunar phase. It can help to find a new love, to increase personal magnetism, charisma and influence on others; it is also appropriate to do a work for you. In addition, it is a good phase to prepare talismans both for you and for others. However, you must wait until the phase changes to give these talismans to the people you want.

Waning Moon: this is an important phase for everything that implies removing, whether they are persons, feelings, negative energies or bad vibrations from your home or your environment. It is a good phase to remove a lover that is not good for you or to change a person's attitude towards you.

New Moon: this moon is very good so that the effects of the rituals last for a long time. In general, the ritual will be effective if you focus intensely.

Eclipses: No ritual should be performed when there is a solar or a lunar eclipse, either total or partial. It is a very conflicting moment since the energies are confused and can interfere with each other, rebounding and coming back to you. Large asteroids or meteorites passing close to the Earth can also alter the results of rituals.

Chapter 4 – Special Hours



It is very important to respect the schedules indicated for each

ritual. The effectiveness of a ritual is to strictly follow a series of guidelines, such as the lunar phase, the appropriate day of week, a certain wind and a specific time.

If I explain a recipe to attract love or passion I suggest you always do it during the morning, at dawn, or before ten. Obviously, this is for a reason: magicians from all ages have verified that these are the hours when energy flows with greater direction without dispersing.

During the day, the energy of the Sun helps the activity of all living beings, favouring the confluence of energies and vibrations. At night, on the contrary, the Moon makes the forces more receptive and promotes introspection.

When you want to discover something, whether an infidelity, a secret, or anything related with the loss of an object, you must always do the ritual at night.

If the ritual indicates between 11:00 and 12:00 pm. for a particular ritual, do not think that 5 minutes more or less are not important. Think that at every hour –and even at every second – cosmic vibrations change in leaps and bounds, varying both the results and the potential force.

Do not be surprised that, although the moment of most receptiveness is at night, in some very specific recipes it is indicated to perform other types of rituals. This is because of the mixture of ingredients require specific schedules.

Chapter 5 – The Winds



Winds are yet another phenomenon of nature and, as such, they must be taken into account when performing any ritual.

In some countries such as Argentina, the magicians of Tierra del Fuego never do rituals when the winds blow from the North. However, if the ritual must be done, they recite a spell at the same time and cast nine seashells on it.

In Scotland, when the witches had to start a wind blowing for

a spell, they used to soak a piece of cloth, hit it three times on a stone and said the following spell:

“I hit this stone with this cloth so that the wind starts blowing and won’t calm down until I want to.”

Wind from the North: this wind is very favourable to ward off the negative energies that disturb us, both for a personal work or for other people.

Wind from the South: this wind is a very favourable force for any type of ritual. It is very important to accept its influence in those rituals in which the spell is intended for love, passion or for recovering the loved one.

Wind from the East: bear in mind this wind when you want to promote communication, telepathy or new unions.

Wind from the West: this wind is considered by all magicians as the cleansing wind at all levels: mental, physical and spiritual.

Chapter 6 – The Days



Throughout these rituals you will discover that there are favourable phases of the Moon that make them more effective. Well, the same things happen with the days of the week.

It is important to do the spell on the indicated day, otherwise in magic there is no use in doing it.

Below I briefly explain the things you can ask for for each day

of the week.

Monday: this day is a general road opener to attract all kinds of relationships, to attract friendship and love, to promote a change of luck at work, for money or to unblock situations.

Tuesday: this day has extra strength and energy to clean and purify homes, workplaces and personal clothing, to remove toxic people and those who disturb you, and to clean your environment.

Wednesday: this day is ideal to strengthen all kinds of unions, whether emotional or business. Also to improve health and harmony between people. It is the best day to activate communication.

Thursday: use this day to create your talismans, light candles for cleanings and for rituals for prosperity and material well-being. Also to ask for a job, activate the economy and to ask for clarity to see where to go.

Friday: this day is special to get a job, remove negative vibrations, and boost love and personal magnetism. To believe in oneself, to decide which paths to follow, to work at a spiritual level, to attract and think what type of relationship you want in your life, and if in a relationship to strengthen it even more.

Saturday: this is the right day to influence love conquest and unblock stagnant issues. It is the day for cleansing and removing anything negative, both for you as for anyone you love.

Sunday: to move away or remove any kind of bad vibrations. It is the best day to connect with your higher Self.

Chapter 7 – The candles



When making potions and rituals with Home Magic, candles are very important. I will give you four brushstrokes throughout the book, since what I could explain to you, I would give to write an entire book.

Chapter 8 – The Water



Water is essential when practicing Home Magic. You have to put a glass of water nearby, whenever you want to perform any type of spell.

Better if it is a glass of running water, because the energy must flow.

It is important to keep the water in the glass clean as this cleans the room of any negative energy that may be present.

The fact of having the glass of water halfway, is related to the fact that half of the human body is made up of water, and the water represents in ritual the physical aspect of the human being.

Chapter 9 – Your Protection: The Talisman.



Talismans is an important part since it implies the protection that everyone needs when they perform a ritual or practice magic.

You can find them on my website or my YouTube page, for information.

Also if you can't buy one or have it done, I explain in my book how to do it.

Chapter 10 – Your inner preparation

Preparation in clothing is important because you have to feel comfortable with the clothes you wear, so that nothing distracts you when performing the ritual.

It is usually recommended to use light colours such as white or beige, so that the energy flows.

No less important is your inner preparation, basically your predisposition to do the rituals, cultivating your spiritual part implies being willing to perform the rituals with faith. There are people who relax drawing mandalas, others listening to music, etc.

Either way is valid, the important thing is that you feel predisposed to do magic.

Chapter 11- The importance of prayer and invocation



The prayer and invocation of each ritual is very important.

It depends on each religion, on what each person creates and on the philosophical part they carry.

As I believe in different religions and it depends on when I am, I pray one or another prayer or invocation; That is why I have not put prayers out of respect for what everyone wants to pray.

You can also do it if you do not like to pray, and you prefer to meditate or make a reflection, when you start to make the potion or ritual.

The important thing is the strength you put in and the intention with which you do things.

Chapter 12 – Guide to Magic Ingredients or Homemade Magic Seasonings:

Here is a guide to magical ingredients or homemade magical condiments, arranged in alphabetical order from A to Z. Just do the following: Meditate and visualize what you are going to order

1 – Oil



The oil has been used by humanity for many centuries for many different purposes: some magical, others culinary and others for personal use; because it was considered a fruit that enjoyed God's blessing.

Its symbolism refers to the power of its consistency and unctuousness. It has been widely used throughout the Mediterranean countries where a large number of olive trees were available, since they were large cultivation areas.

In cultures such as ancient Egypt it was mixed with aromatic

herbs to be offered to the pharaohs when they left for the afterlife.

Undoubtedly, then, its magical use throughout history. It was widely used in rituals of sexuality, fertility, attracting abundance, having health and personal strength.

Oil is synonymous with longevity because all cultures that use it enjoy good health.

1.1. Ritual to recover the loved one with oil

Ingredients:

A liter of olive oil

A piece of blue ribbon

A white candle

A plastic pot with a lid

A red ink nib or a red pen

Preparation:

This potion is made once a month, on a Tuesday throughout the day before eight at night.



Find a quiet place and light the white candle on a plate or candle holder.

On the blue ribbon write with a red ink nib (or you can use a red pen), your name and surname, and the name and surname of the person you want to recover. Write it in reverse, for example if the person you love is called Jose, you will write "esoj".

Put the name tape inside the plastic pot and fill it with the oil. Close the pot and drop four drops of wax onto the cross-shaped lid. When you do, repeat the following three times:

"Just as oil is spilled
towards the four cardinal points,
leave, oh lord!

that the love of....

(name of the person you want to recover)

just be for me.

So it is sealed

in the name of the Father,

of the Son

And of the holy spirit. Amen."

Keep everything for three weeks and then bury the pot in a pot
where the pot takes you, or buried in the garden if you have it.

1.2. Oil to unlock



Ingredients:

250 ml of oil

10 ml of lavender essential oil

An individual vial

Process:

You can choose between two types of oil, between apricot oil or between coconut oil. In both cases, don't mix them.

Mix the oil with the lavender essential oil, you must leave it covered and in total darkness, thinking about the person you want to unlock, whether it is you or someone else.

From there, you uncover it and you can put a smaller amount in an individual vial so you can take it with you.

During the day when you feel blocked you will put a little of this oil on your wrists and you will smell its fragrance.

At night after you have showered, you will give yourself a scrub all over your neck and insisting even behind your ears.

1.3. Oil to zoom out

Ingredients:

A pan

A thread screw

A smooth screw

A alcayata

Oil as necessary

Sheets

A pen

A thread or twine



Process:

Take the paper and write the name and surname of the person you want to get away from you. And write the following:

"That this person (name and surname) is entertaining enough with other people or situations, either because they are having fun or are bothering you, so that you get away from me and my environment."

Wrap it and tie it with a thread or twine, to the thread screw

Next, take the plain screw and write on the following paper:

"Like this smooth screw, you cannot grab me, I escape through your fingers and everything you try to harm me will harm you, and in front of your friends, family, work and people you want, it will make you look bad."

Securely tie the paper to the screw and leave it tightly wrapped.

Take the spike and the last piece of paper, and write:

"Your so-and-so, you stay fixed on my past (put the date), because you don't interest me, because I don't look for you, nor do you deserve me. Really everything that happens to you, you look for yourself, I only wish you the best, but keep your way far from mine that your destiny finds you, that you do not deserve my help or even my contempt.

You tie the paper well, and when you have the three papers well tied, take the pan, add the necessary oil, put the three tied, put the oil to heat until they are well fried and the paper burned.

Finally, when this is done, you turn off the pan, let it cool, take it all out, and bury it.

You just have to wait and you will see how that person on an energetic level stops bothering you.

2 – Basil



Basil is an ancient plant that has been used throughout all centuries. It is an intense green leafy plant with esoteric properties.

In some areas of the Congo, it is still used today to block evil spirits and drive them away, also to heal wounds.

The greatest esoteric use made of it is to cleanse energy, both at home and at work and to make attractive aphrodisiac lotions.

2.1. Attract positive energies to your home

Ingredients:

A sprig of fresh basil

A little holy water

9 mint leaves

9 celery leaves

9 garlic heads

9 liters of water

9 grains of coarse salt

1 blue candle

A saucepan or a pot to boil everything



Preparation:

This ritual is always performed at 07:00 in the morning. For two days in a row, it is important not to leave the house to avoid receiving negative external energies. It is recommended to do it in the waning moon phase, or when the westerly winds blow.

Put all the ingredients in a pot with water and let them boil for 30 minutes. Then strain them and pour everything into a bucket to scrub the floor of your house, to which you will add the 9 liters of water. If you want cleaning to be more intense, light a blue candle while scrubbing.

Конец ознакомительного фрагмента.

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