

how to make a reality shifting spell jar, by u/mindscapers [-:



the basics, heavily recommended

- salt, any - protection
- [mugwort](#) - lucid dreaming, travel
- rosemary - general dream work, protection against nightmares
- basil - astral projection, luck, travel
- bay leaf - fortune, luck, prosperity
- [citrine](#) - abundance, protection against nightmares, positivity
- [amethyst, any](#) - meditation, positivity, providing balance, protection against nightmares, addiction and anxiety
- [clear or white quartz](#) - meditation, dream work, clairvoyance, providing balance
- [red](#) and/or [yellow jasper](#) - astral projection/travel, protection, "returning home" (wink wink)
- [tiger iron/eye](#) - extremely strong manifestation, provides courage, protection and relief for fear and worry

optional

i added most if not all of these, but they are not needed. alternatively, feel free to swap these with some of the above! do whatever calls to you [-:

- [poppy/seed](#) - deep sleep, dream work, abundance, luck, love (could be helpful for a reality shift to somewhere where you're dating a specific person, along with lavender)
- clove - luck, prosperity, friendship (same as poppy but for friendship?)

- [lavender](#) - clarity, cleansing, love
- sage, any - cleansing, protection, purification, success
- [seraphinite](#) - connecting with other realities/spirit guides, very strong vibrations, strengthens chakras/energy
- [aragonite](#) - can help "recognize reality" (wink WINK), boosts courage and resolve

- [satin spar](#)/[selenite](#) - connecting with other realities, clarity, meditation, cleansing
 notes for selenite: you could keep the jar itself on top of a slab of it, [like this one](#), instead of using dust.
 also keep in mind most selenite marketed as selenite is actually satin spar! they are, however, made of the same material (gypsum) and are virtually identical

- [labradorite](#)/[rainbow moonstone](#) - meditation, insight, aids "being able to see many possibilities at once" (WINK WINK), meditation, overall very calming
- [scolecite](#) - connection to other realities, astral travel, raises vibrations, brings restful sleep, very calming as well

note for scolecite: can be on the expensive side for a Rock! alternatively, you could get a crystal in the same group (zeolite), like apophyllite, although those can also be pretty expensive as well.... green kyanite instead maybe?

i did not add a link for most of the herbs and flowers (with the exception of mugwort, poppy and lavender since i don't think grocery stores sell those) because you can basically just use whatever's in your kitchen cabinet and garden! i did exactly that [-:

now, as far as a container, i [used these](#). these are...pretty small, so if you're planning on using All of these ingredients, i'd recommend going a couple inches bigger, especially if you're also stuffing a sigil in there. speaking of.....

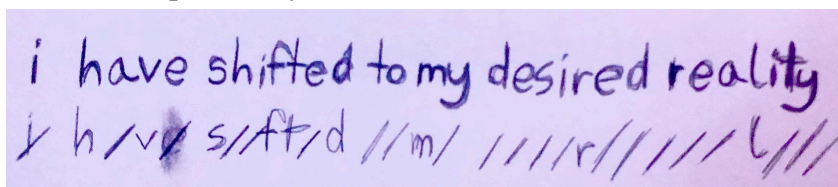
sigils! (and how to make them)

it's.... sort of hard to explain what a sigil is. essentially, its a homemade rune that can provide magical/manifestational help in whatever your sigil is about. in this case, it'll be reality shifting.

i know when i first got into sigil-making i thought "oh Gosh !!! this sounds Complicated !" well *FEAR NOT, THOSE THINKING THE SAME!* its Incredibly easy.

first, choose a sentence. in this case, i'll be using "i have shifted to my desired reality". write it down, and cross out all vowels and repeating letters. there's no real consensus on whether "y"

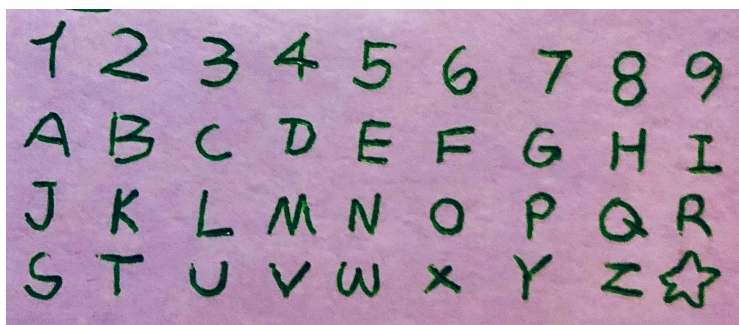
counts, but i personally cross it out.



i have shifted to my desired reality
h/v s/ft/d //m/ ///r////l///

(image id: image of the above sentence with all vowels and repeating letters crossed out below it)

what's left is "hvsftdmrl." now, we refer to this chart.

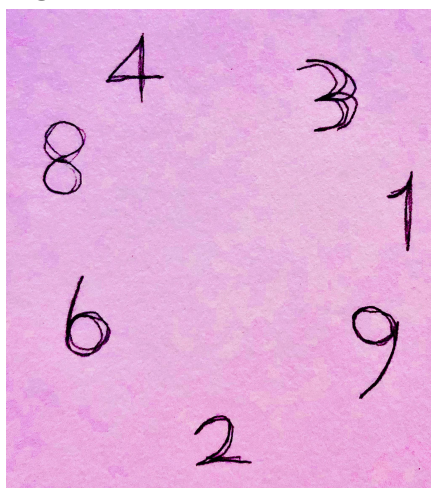


1	2	3	4	5	6	7	8	9
A	B	C	D	E	F	G	H	I
J	K	L	M	N	O	P	Q	R
S	T	U	V	W	X	Y	Z	☆

(image id: a chart with numbers corresponding to letters. it goes as follows:

1: A, J, S. **2:** B, K, T. **3:** C, L, U. **4:** D, M, V. **5:** E, N, W. **6:** F, O, X. **7:** G, P, Y. **8:** H, Q, Z. **9:** I, R.)

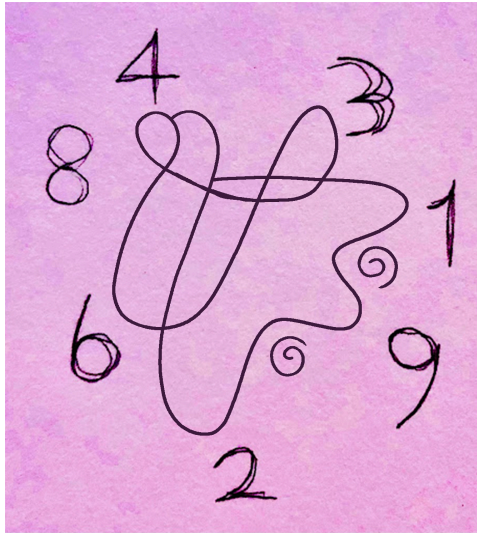
replace all letters with their corresponding numbers and remove repeating numbers; i ended up with 8416293. now, arrange these in a circle, numbers going where your intuition is telling them to go, not in numerical order.



(image id: the numbers above arranged in a circle.)

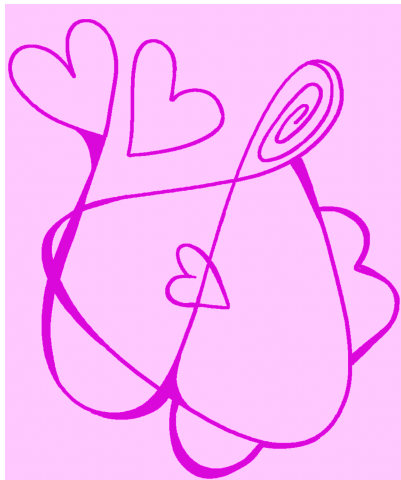
next, connect these numbers in no particular order, again going by your intuition. some people like to add embellishments for duplicate numbers (i.e. adding an extra swirl to 4 because i had

multiple 4s in mine), but you don't have to do this. i ended up with this as a base



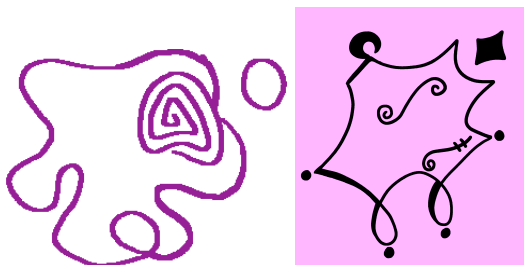
(image id: the numbers in a circle from above with a swirly design.)

from here, have fun with it! finagle until you have something you like and can remember easily enough. after messing around with it a little, this is my end result.



(image id: the above swirly design, now more refined. it has a heart motif.)

and that's it! once you're done, you can draw it in places you're more likely to see it, like a notebook, as a drawing on your hand, as a phone background, or anything else you can think of! here's a few more i've made.



(image id: two different images; the left is a particularly blobby sigil, and the right a bit more spikey.)

feel free to use any of these instead of making your own!

few notes and disclaimers before we go onto assembling:

1 - i am Not sponsored by any of these sellers, they are just people i trust/others trust/i have bought from ! i Hope this is obvious

2 - this is all pretty based in paganism/witchcraft/new age stuff so don't take any of these meanings as gospel! prioritize what You feel from herbs and crystals than what new age site number 4983 says!

3 - do **Not** get selenite, aragonite, rainbow moonstone, labradorite, scolecite, and seraphinite wet, as they can dissolve, lose their luster, or emit dangerous chemicals. if you aren't sure if you can get a crystal wet, better safe than sorry!

4 - make sure your herbs are dry!!!! no ones wants a moldy spell jar]-:

now with that out of the way....

assembling!

this is..... pretty self explanatory. however, here's a few things i'd recommend:

- cleanse/charge your crystals beforehand. you can do this by meditating with them and just...putting your Shifting Energy into them, washing them with water (if it's safe to do so), leaving them in moonlight, incense, or leaving them with another crystal, like kyanite or selenite.
- put the salt at the bottom, along with the herbs. salt is the source of the "protection" aspect of all these materials, so putting it at the bottom kind of... protects everything above it?? it's kind of hard to explain. for the herbs i put them on the bottom just because i use the crystals to hold 'em down.
- if you cant fit your sigil inside the jar, draw it on one of those gift card thingies and tie it around your jar!



one of these things

now, once you've assembled all of it, it's time to seal it! take a candle, especially a white, purple or blue candle, and seal the top of the bottle shut with wax. once it's hardened, you're done! you can optionally charge it like how you'd do with a crystal to give it an extra Pep in its Step, or just leave it on your bedside table. and you're done!!!! good job!!!! !!

if you have any remaining questions, concerns, want to show me your finished spell jar, or just to chat, feel free to comment or dm me! happy shifting!!

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informational sources:

witchipedia.com

AGuideToCrystals (phone app)

my sister, a seasoned pagan

