

✨ Spell Jar Crafting Checklist

Core Jar Materials

- A jar with lid
- Items to go into jar (Fillers)
- Decorative elements

Pro Tip:

Look at the properties of the individual elements, herbs, and decorations you choose to incorporate in your jar.

Below I've listed a few common household options in regards to herbs, crystals and jar fillers. We will discuss more about herb & filler ingredient selection during the workshop. Also, don't be afraid to do a quick google search to find herbs and ingredients that align with your intention. Properties matter, but the MOST important ingredient is your intention!

Household Herbs

- Bay leaves
- Rosemary
- Basil
- Thyme
- Cinnamon
- Lemon
- Jasmine
- Cloves
- Sea salt or table salt
- Lemon Balm

Fillers

Add ingredients that match your energetic intention. A good rule of thumb for beginners is to think of the 4 elements—Literal earth for grounding and slow moving energy or water/liquid to evoke emotion, movement and a flowing, fluid energy. I personally like to utilize pieces of nature or my surroundings. Below are some suggestions.

- Water (Purified, Ocean, Moon, etc.) for flowing movement
- Sand, Earth, Moss
- Essential oils

Other Materials

- Incense
- Pieces of nature (flowers, seeds, rocks, crystals)
- Ash
- Items of sentimental value

Decorative + Energetic Add-Ins

- Candle wax for sealing (optional)
- Glitter (optional)
- Small crystals (chips or mini stones)
- Ribbon, twine, or yarn (optional)
- Charms
- Sigils

Tools

- Funnel or small spoon for filling your jar
- Lighter or matches (for wax sealing) ***If you plan on using fire please do so safely. Make sure you are in a well ventilated area, and utilize fire safe materials to burn in. Like a fire safe cauldron.***
- Writing utensil (pen, pencil, or marker)
- Small piece of paper for intention writing
- Tray or towel for your workspace