

Season 18, Episode 37

The Flash Spell of Walnut Wishes by Allie Theiss © Allie Theiss LLC, 2023

Ingredients:

- 1 walnut with shell intact
 - A small piece of parchment or paper
 - A quill or fine-tipped pen
 - Moonlit water (water left under a full moon's light for at least one hour)
-

Instructions:

1. Begin in a quiet space, free from interruptions, under the moonlight, if possible.
2. Take a deep breath and focus your thoughts on the wish you'd like to make. Let the wish fill your heart and mind.
3. On the small piece of parchment or paper, write your wish succinctly.
4. Carefully break the walnut in half, ensuring the two halves remain intact.
5. Place the paper with your wish inside the walnut and secure it closed. You can use a small drop of moonlit water to moisten the edges, making them stick better.
6. Hold the walnut between your palms and close your eyes. Picture your wish coming true, envisioning every detail as vividly as possible.
7. Whisper the incantation: *"Walnut shell, strong and tight,
Guard my wish this very night.
Moon's embrace and star's soft kiss,
Bring to life my deepest wish."*
8. Bury the walnut in a place that holds meaning for you, or in a pot with fertile soil. As the walnut decays, it is believed that your wish will take root in the universe and begin its journey toward fruition.
9. Water the burial spot with the moonlit water, imbuing your wish with the moon's energy.
10. Trust in the universe and be patient. Some wishes take time, while others manifest in unexpected ways. Always remember to be open to the journey as much as the outcome.