

# BATH TIME CONJURE

BY ZEHARA NACHASH

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In 2001, I was initiated into the Temple of the Seekers in Boston, Massachusetts. One of the most memorable aspects of the initiation was the ritual bath. I remember how symbolic it was to be in a bathtub and to wash away my old self in order to prepare for a new journey. Since then, I have made ritual bathing a weekly occurrence, taking a hot bath on Sundays and placing oils and herbs to cleanse me and prepare for the week ahead.

Ritual bathing has existed for thousands of years, as both a form of purification and for magical workings. In Japanese Shinto practices, a ritual bath is performed prior to entering a sacred shrine or temple. To pray for rain, the Zande of Central Africa will perform a ritual bath by pouring water over a person accused of delaying rain. In Judaism, the mikvah, or ritual bath, is used as a means of achieving purity; it is often performed after contact with the dead, as well as after the passing of potential life that comes with the menstrual cycle. Additionally, for more than a century, thousands of Haitians have traveled to Saut-d'Eau, a sacred waterfall where legend has it that the Virgin Mary—or Erzulie Dantor—made an appearance in the 19th century.

Bathing is more than just an opportunity to cleanse oneself; it also provides a chance for you to do some magical work! I like to call it “Bath Time Conjure.” It can be used to draw or bring something to you or to get rid of something (like jinxes, crossings, hexes). Ritual bathing should be done at sundown, and depending on how potent you would like it, you can always do it when the moon is full. Like all magical workings, it’s important that you set your intention and follow it through to the very end, even if it means repeating the ritual bath more than once a week. If you are trying to bring in or draw something to you (e.g., money, love, luck) you want to be sure that you are drawing the water up from your feet to your head—you are drawing things up to you. If you are trying to remove bad luck, you want to make sure you are making downward strokes—you are washing things away from you. You can always sit in the bathtub while meditating on what it is you want to achieve before standing to do the rinse you desire, but always remember what it is you are trying to achieve.

One of the easiest and simplest ways to create a magical bath is by brewing a “tea,” which you can then pour into your bathtub. If you are trying to bring a lover to you, you can boil ginger, cinnamon, rose petals, and jasmine together in pot. Filter out the herbs using a cheese cloth so only the liquid is remaining, then pour the liquid into your

bathtub. Lighting pink or red candles to add to the atmosphere can help make the magic even stronger. Depending on what goal you are trying to achieve, you can soak in your bath and meditate on what you wish to bring with you. You can then save some of the water and pour it outside as an offering to bring your desired lover to your home, use it as a floor wash, or even save some for the next bath. After your bath, drip-drying is best. While you are drip-drying, you can do some additional spellwork with candles, incense, doll babies, mirrors, or whatever else suits your needs. At this time, you can speak aloud your intentions. If you plan on doing the same spell for several more days, you can snuff out the candles, dress yourself in clean clothing (preferably in the color of what you desire), and go about your business.



## INGREDIENTS

- 1 c. Epsom salt
- 10 drops lavender oil (for peace)
- 5 drops eucalyptus oil (to ward off bad energy)
- 5 drops rosemary oil (for blessings)
- 1/2 c. Florida Water
- Cedar incense (stick is fine)
- White candles

Mix the Epsom salt, lavender, eucalyptus, and rosemary oils together in a bowl. Draw yourself a nice warm bath and pour the Florida Water and the salt mixture into the bathtub. While you wait for the salts to dissolve, light the white candle and the incense. Then slowly enter the bathtub, lay in the warm water, and relax.

Focus on all the things you would like to achieve during the coming week. You can stay in as long as you'd like. When you are ready to get out, stand up, and with a sponge, wash your body using upward strokes. You are drawing in all the good things you want for the week.

When you pull the plug from the drain, simply say, “My will is done.” You can then get out of the tub and drip-dry. You can snuff the candle out (you will be using it weekly, so do not blow it out!)

You can also create magic bath crystals using herbs, oils, and Epsom salts. Place the dried herbs in a mortar and pestle and make sure you grind them down enough so as not to clog your drain. You can now add your oils and salt to your liking. Again, remember to set your intention and use herbs and oils that will help your situation, not just because they smell good or are your favorites! Make sure that the bath water is hot enough to dissolve the bath crystals and go about performing the ritual bath.

Ritual baths have many purposes, whether cleaning, blessing, or removing bad juju. The possibilities are endless! Below is the ritual bath that I created and which I perform every Sunday to prepare myself for a new week. Enjoy!

