



THE PACHAKUTI MESA TRADITION®
Cross Cultural Shamanic Arts for Personal & Planetary Renewal
EARTH OFFERINGS

RECIPES FOR CLEANSING WATERS

PMT Sanctioned Teacher Judy Hoaglund offers the following recipes for those who would like to make their own ceremonial waters. We recommend using organic essential oils and mixing in glass.

Agua de Florida

1 cup distilled water
3/8 cup vodka or other clear spirits
18 drops essential oil of bergamont
12 drops essential oil of lavender
3 drops essential oil of clove bud
4 drops essential oil of orange

Agua Aromática Citrica

1 cup distilled water
1 cup vodka or other clear spirits
25 drops essential oil of grapefruit
25 drops essential oil of mandarin orange
2 drops essential oil of lime
2 drops essential oil of lemon