



# TEMPLE VESPERITAS

UBI OPUS DIABOLI FACIMUS

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## Vesperian Flying Tea Recipe

Similar to historical witch flying ointments, the Vesperian Flying Tea can help to induce altered states of consciousness if brewed correctly. The following recipe is intended to invoke shamanic and altered states of mind while being safe for the average person to consume through the use of legal, non-toxic herbs. It is meant to help induce visionary experiences, astral projection, lucid dreams, etc. For most people, this tea will have subtle effects. *Again, when considering dosage, please take into consideration your own biometrics (size, weight, metabolism, possible allergies, etc) before consuming.*

At the risk of being repetitive, I'm afraid I need to display the same disclaimer as the recipe prior:

***DISCLAIMER:*** *The author and publisher of this work and their affiliates, including Temple Vesperitas and its clergy, members, and affiliates, are not responsible for any adverse reactions, health risks, or consequences resulting from the use or misuse of our flying ointments, ritual teas, or any herbal preparations. These recipes are offered for spiritual, ceremonial, or educational purposes only and are not intended to diagnose, treat, cure, or prevent any disease. Always perform a patch test for topical products and consult with a qualified healthcare professional or physician before using any herbal product, especially if you are pregnant, nursing, taking medication, or have a medical condition. By using these products, you acknowledge and accept full responsibility for your own health and safety.*

### ***Ingredients***

- Blue Lotus (*Nymphaea caerulea*) – 1 tsp dried petals
- Mugwort (*Artemisia vulgaris*) – ½ tsp
- Damiana (*Turnera diffusa*) – ½ tsp
- Lavender (*Lavandula angustifolia*) – ¼ tsp

- Crushed Rose Petals – ½ tsp
- Lemon Balm (*Melissa officinalis*) – 1 tsp
- Honey (optional) – to taste

### ***Preparation***

- Boil 1½ cups (about 350ml) of water.
- Pour water over the herbs in a heat-safe container.
- Cover and steep for 10–15 minutes (longer for stronger effect).
- Strain, add honey if desired, and drink slowly 30–60 minutes before meditation, ritual, or sleep.

### ***Safety Notes***

**DO NOT USE DURING PREGNANCY, BREASTFEEDING, OR IF PRONE TO SEIZURES.**

- Do not combine with alcohol, sedatives, or psychiatric medications.
- For your first time, try half the dose to assess your body's response.
- Mugwort and wormwood are cousins—if you're sensitive to one, avoid both.
- *ALWAYS* consult a doctor when considering ingesting herbs or substances you are unsure about.
- Be a responsible adult.