



# Enchanted Blend



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Some days go so well that they seem almost magical. Other days can be a struggle just to get through. On those days, maybe a bit of enchantment in the form of a hot drink can help.

Enchanted Blend can be a journaling game or thought exercise, whatever makes your day magical. All you need are these instructions, your favorite hot drink, and maybe 2 six-sided dice and something to write with and on, depending on how you want to use this.

To play, make yourself a hot drink. Though this is made with teas in mind, any hot drink will do. Does coffee shake off the haze? Would hot chocolate bring a smile to your face? Or would tea be your cup of tea? Whatever it is that does the trick, make that drink for yourself. You can even add a new ingredient to represent what you need from it. Maybe some nutmeg with your coffee for something enchanting? Or what about some lemon in your tea to bring it some moxie? Perhaps some cinnamon in your hot chocolate to brighten it up? Or if your standard drink makes you happiest, then stick with it! This is all about what will help you most.

Once you have your favorite hot drink, find a quiet place to focus. It can be with soothing candlelight curled up in some blankets or outside beneath your favorite tree. Whatever is most comfortable for you.

Now choose an item from each Table on the next page - pick those that catch your eye or roll 2 dice to let the fates decide. Combine the words to decide what blend and effects you get. Is it the Phoenixfire blend, energizing your courage? Or will you have the Diamondmist blend, strengthening your sense of peace?

Whatever your needs, whatever you roll (as long as it's beneficial to you), take a moment to close your eyes. Take a few deep breaths, and focus on infusing your drink with the new blend you have created. Picture it being poured or lowered into your tea. Imagine it swirling around in threads of magic as you stir your drink.

Now take a sip.



Imagine how the new blend might change the drink. Does it add a sharpness to the smell? Does it make it sweeter? Drink in the enchanted warmth and let it fill you with what you need to get through the day. Take your time and savor every sip, focusing on how this drink will make things easier.

Once you're done with your drink, you're prepared to face the day. As you go through your day, remember that you now have this magic flowing through you, at your use whenever you need it. If your needs change, fix yourself another hot drink and begin again.

If you decide to use a journal, record any ingredient you added to your hot drink (if any) and what blend you used, and how it might have changed your drink. At the end of the day, write how the drink helped you. How did the Phoenixkissed blend energize you to comfort a friend in need? Did the Sun glitter blend brighten up your creativity for your project? Or would the Starglitter blend work better next time to motivate your creativity instead? Whatever the case, record anything that comes to mind. As time passes, you can go back and remember the blends that work best for you.

However you use this game, remember that the real magic is inside of you. This is a visualization technique simply meant to make it easier for you to tap into your own inner abilities.

### Table 1

- 1 ~ Sun: Uplifting ~or~ Encouraging
- 2 ~ Moon: Soothing ~or~ Easing
- 3 ~ Star: Inspiring ~or~ Motivating
- 4 ~ Fairy: Enchanting ~or~ Bewitching
- 5 ~ Phoenix: Energizing ~or~ Revitalizing
- 6 ~ Diamond: Centering ~or~ Strengthening



### Table 2

- 1 ~ Light: Guidance ~or~ Clarity
- 2 ~ Mist: Peace ~or~ Patience
- 3 ~ Glitter: Playfulness ~or~ Creativity
- 4 ~ Kissed: Comfort ~or~ Love
- 5 ~ Fruit: Health ~or~ Moxie
- 6 ~ Fire - Courage ~or~ Decisiveness

