

FORMULAS

1. **Of the incenses of the LEGIONS of the 4 GUARDIAN ANGELS** (if no other are specified in the comment or information about each angel).

Mix in a sealable glass container 100 grams of olibanum in small drops together with 10 millilitres of the essence indicated. Keep it in a dark place during 26 days, turning it upside down several times every day so the essence gets impregnated correctly with the olibanum. After 26 days we can make use of it.

2. **Of ROSE WATER**

You must choose about twenty roses two hours after sunrise. Then you separate the petals one by one, discarding the withered petals, and you let them dry in the Sun during two days. You chop them up slightly in a mortar, storing them together with the liquid that appears after chopping them, in a dark glass bottle with a (threaded) totally sealable bottle top. You should add 0.125 litres of 90° ethyl alcohol, then close the bottle correctly and let it settle during six weeks in a dark and fresh place.

Once this time has elapsed, you must clarify the essence obtained, making it pass through a paper filter or a linen cloth, and add 0.25 litres of distilled water. Ethyl alcohol and distilled water can be bought in pharmacies.

3. **Of the OIL OF THE 4 ANGELIC GUARDIANS**

Mix in a smoked glass container 30 millilitres of sweet almond oil with 15 drops of olive oil and 5 drops of the essence with reference to the following table:

- For the Legions of MICHAEL, ROSE essence.
- For the Legions of GABRIEL, JASMINE essence.
- For the Legions of RAPHAEL, VIOLETS essence.
- For the Legions of URIEL, MUSK essence.