

Baked Chicken Breasts

Brine the chicken.

As you add 1 tablespoon of salt per cup of water, remember that salt purifies. Your intention is to clear any bad juju. State that as you mix the salt into the water: "*With this salt, I purify. To malevolent intent, I bid goodbye.*" Or whatever. Really, sometimes the words just come at the right time. You don't have to follow any spell except the one the Universe sends to you.

Cover the chicken breasts with salty water and refrigerate for 30 minutes to 4 hours.

You can add other herbs if you want. Peppercorns have a number of magical qualities, but I like to set the intention to banish negative energies in a brine mix. It seems to work well with the purification—Get rid of any wandering demons and keep them out.

Preheat your oven to 450.

When you get ready to cook, drain away the salty water and pat the chicken breasts dry. Take your time—nourish a happy, contented manner. Hum something catchy or think about all the chicken jokes you know.

Roll the chicken breasts in olive oil and then rub in herbs.

Again, you can say your intention. I like rosemary, sage, thyme, and garlic, and my intention is going to rhyme if I can do it.

Garlic and Rosemary

Sage and Thyme

With these herbs chopped so fine

I add Wisdom and Healing and Courage divine.

Or something fun like:

Bibbety Bobbity Boo

Into the oven with you

For courage and healing and wisdom too,

Bibbety bobbety boo

But go crazy—use whatever herbs speak to you. Sometimes I just open a couple of herb jars and sniff to see which ones smell like magic. Every herb has multiple magical uses, but I like to pick the thing I am most in need of and concentrate on that.

Bake on a broiling pan until the internal temperature of the thickest chicken breast reaches 165 F. Use an accurate thermometer, because this part is important. Magic is magic, but bacteria are bacteria. Should take 20 minutes or a bit more. If you want to brown it a little, a quick broil for just a couple of minutes will do the trick. Let the chicken breasts rest on the stove for about 10 minutes before trying to slice them. Slice thinly for sandwiches or use in chicken salad.

Add a nice veggie or two, and there you go.

Chicken in the fridge is good for 3 days. After that, freeze it or pop it in a stew.

But you're not done yet. If you make a meal with intention, it's good to revisit it later in the day or week and see how that intention manifests. Did you indeed find wisdom, courage, and healing? How did that work for you? Of course, manifesting anything happens on the Universe's timeline and not yours, so give it a bit and see what happens.

Happy baking!!