

A brief recipe for making a spagyric extract of Peppermint (*Mentha piperita*)

1. Materials needed:
 - a. Peppermint Leaf, dried (4 ounces)
 - b. Pure grain alcohol, 1 pint
 - c. Distilled water, 1 quart
 - d. Medium-sized pot with a tight-fitting lid or metal bowl
 - e. Percolation cone or filter
 - f. Collecting bowl
 - g. Mason jar
 - h. Heat source for boiling water
 - i. An eyedropper
 - j. Flameproof cast iron pot, open fire and vent (for calcinations)
2. Refining the Mercury
 - a. Mercury is universal in the plant world- that is, the distillate from fermented corn or other grains is chemically and alchemically identical to the pure distillate of fermented Peppermint.
 - b. What remains is to extract the chemical constituents of Peppermint using the grain alcohol (Mercury) in a percolation apparatus.
 - c. First, thoroughly moisten 2 ounces of Peppermint leaf with 8 ounces of grain alcohol.
 - d. Next, pour 8 more ounces of alcohol into the percolation apparatus. Green extract should begin to drip into the collecting bowl. When you have 8 ounces of extract, the percolation is complete (may require some squeezing).
 - e. Set the extract aside in the mason jar. This is your Mercury of Peppermint.
3. Refining the Sulfur
 - a. Sulfur is the individual "personality" of the herb you are extracting: its smell, its flavor, its experience, and its soul. It obviously then varies from plant to plant, and is usually embodied in the essential oil.
 - b. We can isolate some of the essential oil using a simple steam distillation system.
 - c. Take the remaining 2 ounces of Peppermint leaf, pulverize it in a mortar and pestle, and place it in the bottom of the cooking pot. Place your now empty collecting bowl in the middle of the pot.
 - d. Pour just enough distilled water to cover the Peppermint into the pot, taking care not to get any in the collecting bowl.
 - e. Place the lid or metal bowl on the pot upside-down, and apply heat. Allow the pot to simmer only five minutes, then turn off the heat and wait for it to cool.
 - f. When the pot is cool, remove the lid and look in the collecting bowl. There should be a mixture of water and oil in it; draw it into the dropper and wait for the oil to rise to the top (this may take a little patience). Squeeze out the excess water, and add the oil to the mason jar. This is your Sulfur of Peppermint.

4. Refining the Salt through calcination
 - a. Salt is the tether, the connection to the physical plane, which is also unique to each herb you process. It represents the refined physical emanation of the plant, its "body", the vessel that Vital Force chose to incarnate into and, along with the Sulfur, animate.
 - b. The Salt is embodied in the soluble salts of the herb, which are extracted through calcination and subsequent evaporation.
 - c. The first step is to collect all the Peppermint you used so far and place it in the flameproof cast-iron pot.
 - d. Next, apply strong heat to the pot either outdoors, under a hood, or in a fireplace. There will be a good amount of smoke generated as the Peppermint burns.
 - e. It may be wise to cover the pot with a good lid, to prevent any ashes or too much smoke from escaping. After a few hours, the Peppermint should be burned down to a white ash. Stirring is helpful to ensure complete calcination.
 - f. Remove the ash, place it in the bottom of a separate vessel (ideally clear glass) and add 4 ounces of distilled water.
 - g. Allow the "death's head" (*caput mortuum*) to fall out of solution. These are the insoluble salts. When a clear liquid remains above the death's head, decant it into your collecting bowl.
 - h. Evaporate the liquid from your collection bowl either in a slow (150°) oven, or in the sunlight. You should be left with a white crystalline, salty residue. This are the soluble salts of the herbs you used for extraction, serving the biochemical purpose of hydrating cells and dispersing the extract into the far corners of the body, and the alchemical purpose of Salt of Peppermint.
 - i. Pulverize the Salt in a mortar and pestle, and add it to the mason jar.
5. The spagyric extract of Peppermint is complete! Label it and place it for storage in a cool, dark place or bottle as needed.