

THE HERB GARDEN - MAGICKAL

Here you will find magickal lore and correspondences for many herbs and plants, gathered from a vast number of sources. The common name of each herb is followed by its botanical name, its planetary association, and its corresponding element (if any)

Angelica (*Angelica archanegolica*): Sun, Fire. The root carried in a blue cloth bag is a protective talisman. Was considered to be under the guard of angels and therefore a good preventative charm against the plague. Put the whole root in a blue or white cloth bag and hang in the window as a protection against evil.

Anise (*Pimpinella anisum*): Jupiter, Air. Used for protection. A pillow stuffed with anise seeds is reputed to keep away nightmares.

Apple (*Pyrus malus*): Venus, Water. Used in love spells for hundreds of years. Cider can be used in place of blood or wine where called for in ancient spells and rites. The wood is made into wands used for love spells and rituals. In Cornwall, a large apple was given to each member of the household to be eaten at Samhain (Halloween) for good luck.

Asafetida (*Ferula foetida*): Saturn, Fire. Due to its disgusting odor it used to be known as devil's dung. Is used in exorcism rites and incenses. During the Middle Ages a small piece was worn around the neck to guard against plague.

Ash (*Fraxinus excelsior*): Sun, Water. A protective tree used to make brooms and healing wands. Ash leaves beneath the pillow are reputed to induce psychic dreams. In England, is believed to be a dangerous tree to shelter under during storms, as it draws lightning. The winged seeds of the ash, ash-keys, can be carried to prevent overlooking or ill-wishing. Ash leaves are considered lucky, but an even ash leaf (one with an equal number of divisions on either side) is especially lucky. An even ash leaf should be gathered with the following rhyme: 'Even ash, I do thee pluck/ Hoping thus to meet good luck/ If no good luck I get from thee/ I shall wish thee on the tree'. Carried in a buttonhole or in the pocket, the leaf is supposed to bring good fortune.

Balm of Gilead (*Populus candicans*): Saturn. The buds can be carried to mend a broken heart. Can be added to love and protection charms.

Basil (*Ocimum basilicum*): Mars, Fire. Used in wealth and prosperity rituals. Carrying basil in your pockets is supposed to attract money into them. A wife can supposedly stop her husband being unfaithful by dusting her upper body with powdered basil.

Bay Laurel (*Lauris noblis*): Sun, Fire. The leaves can be burned or chewed to induce visions. Worn as an amulet to ward off negativity and evil. Leaves under the pillow are supposed to induce prophetic dreams. Can be used in protection and purification rituals. Growing near a house, it was supposed to protect those within from infection and storms. Z. Budapest gives a spell using bay laurel for use in games of chance: take three laurel leaves and three pieces of parchment. Write on each paper the names of the Triple Goddess: Diana, Isis, Hecate. Keep the leaves and parchment in a red flannel bag in your pocket, and before starting your game of chance say: 'Isis of the Thousand Breasts, make my chance the best one yet'.

Benzoin (*Styrax benzoin*): Sun, Air. Used in purification incenses. A few drops

of tincture of benzoin helps to preserve oils and preparations.

Betony (*Stachys officinalis*): Jupiter, Fire. Add to incenses of protection and purification. Sleep on a pillow stuffed with Betony to prevent nightmares.

Chamomile (*Anthemis nobilis*): Sun, Water. Use in prosperity charms and rituals. Induces sleep. The tea brings peace and tranquillity for those times when you need to do a ritual but are seething with anger or hurt. If you wash your face and hair with chamomile, it will attract a lover.

Caraway (*Carum carvi*): Mercury, Air. Used in love charms to attract a lover.

Carnation (*Dianthus caryophyllus*): Sun, Fire. Once worn by witches to prevent capture and hanging. Produces added energy in ritual when used in incense.

Catnip (*Nepeta cataria*): Venus, Water. Creates a psychic bond between cat and 'owner'. Used in love charms and incenses.

Celandine (*Chelidonium majus*): Sun, Fire. Helps the wearer escape unfair imprisonment and entrapment. If worn, cures depression.

Cinnamon (*Cinnamomum zeylanicum*): Sun, Fire. Use in incenses for healing, clairvoyance, high spiritual vibrations. Reputed to be a male aphrodisiac. Use in prosperity charms.

Cinquefoil (*Potentilla canadensis*): Jupiter, Earth. Hang on house entrances as protection. Use in spells and charms for prosperity, purification and protection.

Clover (*Trifolium* spp.): Mercury. Associated with the Triple Goddess. Used in rituals for beauty and youth. Four-leafed clovers are carried to see fairies, heal illness, avoid military service, avoid madness, and as a general good-luck charm. To dream of clover is considered very fortunate, especially for young people.

Clove (*Caryophyllus aromaticus*): Sun, Fire. Worn to drive away negativity and stop gossip. Cloves strung on a red thread can be worn as a protective charm.

Comfrey (*Symphytum officinale*): Saturn, Earth. A herb of Hecate, used in rituals to honour the Goddess in her Crone aspect.

Coriander (*Coriandrum sativum*): Mars, Fire. Used in love spells and charms. An old coriander spell is to take seven grains of coriander and grind them in a mortar, saying 'Warm seed, warm heart, let them never be apart' three times. Drop the seeds into wine and share with your lover.

Cowslip (*Primula veris*): Venus. Cattle were once hung with cowslips to encourage healthy milk production. Cowslip flowers were believed to bring luck in love to the wearer. In Suffolk, milkmaids would wash their faces in milk in which cowslip petals had been infused on Beltane, believing that it would make their faces glow and attract their beloved during the Beltane celebrations. Were traditionally woven into funeral wreaths to be laid on the deceased one's grave at the full moon, for thirteen moons after his or her death. Posies of cowslips, placed under the pillow, were said to allow contact with the dead in dreams.

Cypress (*Cupressus* spp.): Saturn, Earth. Connected with death in all its

aspects. Cypress smoke can be used to consecrate ritual objects.

Daisy (*Bellis perennis*): Decorate the house with daisies on Midsummer's Eve to bring happiness to the home and to win the favor of the faeries. Daisies should also be worn on the person at Midsummer for luck and blessings.

Dandelion (*Taraxacum officinale*): Jupiter. A herb of Hecate, used in Samhain rituals. It is said that if you rub yourself all over with dandelion you will be welcome everywhere and all your wishes will be granted.

Dill (*Anethum graveolens*): Mercury, Fire. Used in love charms. Hang in children's' rooms to protect them.

Dragon's Blood (*Daemonorops draco* or *Dracaena draco*): Mars, Fire. Used in love and protection spells. A piece under the bed is reputed to cure impotency. Place in drawers and cupboards you don't want people looking in, with the incantation: 'Dragon's blood, watch and ward, as the dragon guards its horde'. Carry a piece with you for good luck. Dissolve a little in the bath for a strong purification bath.

Elecampane (*Inula helenium*): Mercury, Earth. Was said to have sprung from the tears of Helen which fell to the ground when Paris abducted her. Called elf dock in Denmark. Once used to raise and sustain the spirits. As an incense, can be burned as an aid to meditation.

Elder (*Sambucus canadensis*): Venus, Air. Branches can be used for wands and staves. Stand beneath the elder to be protected from lightning; sleeping under the elder tree will bring drugged and dangerous dreams of Faeryland, from which one might awaken either mad, or not at all. In the Middle Ages it was considered unlucky to burn elder, or to bring it into the house. It was only considered safe to cut an elder tree if one had first asked permission; the tree dryad would grant consent by keeping silence. Elder leaves gathered at Beltane Eve and attached to the door are said to keep away evil.

Eucalyptus (*Eucalyptus globulus*): Moon, Air. Used in healing rituals and charms of all kinds. Surround blue candles with the leaves and burn for healing vibrations. Hang green pods around the neck to cure colds and sore throats.

Eyebright (*Euphrasia officinalis*): Sun, Air. Anoint eyelids with the infusion daily to induce clairvoyant visions.

Fennel (*Foeniculum vulgare*): Mercury, Earth. Connected with mother's milk and breastfeeding; traditionally brought for new mothers and hung near the cradle to keep away flies.

Fern: Saturn, Earth. Extremely powerful protectants; grow in the house and include in vases of cut flowers. Are supposed to protect any house that contains them from damage by storms.

Frankincense (*Boswellia carterii*): Sun, Fire. A very powerful scent which aids meditation and induces a spiritual frame of mind. Burn as a general protective incense.

Gardenia (*Gardenia spp.*): Moon, Water. Wear the flower to attract love.

Garlic (*Allium sativum*): Mars, Fire. Extremely protective herb. Carry the bulb

with you on trips over water to prevent drowning. Hang in the home to protect. Also used in exorcisms.

Hawthorn (*Crataegus oxyacantha*): Mars, Fire. Used in protection sachets. In ancient Greece and Rome, was associated with happiness in marriage and carried by brides; the Romans put hawthorn leaves into babies' cradles to protect them against evil. Sitting under a hawthorn tree on Beltane, Midsummer's Day or Samhain supposedly puts one in danger of being abducted by fairies. It is considered ill-omened to fell a hawthorn. Burn hawthorn berries as an incense when you feel the need for energy and dynamism in your life, and meditate on the areas of life that need changing.

Hazel (*Corylus* spp.): Sun, Air. Good wood for all-purpose wands. Forked branches can be used as divining wands. Tie two hazel twigs together with red or gold thread to make a solar cross as a good-luck charm.

Henbane (*Hyoscyamus niger*): Saturn, Water. Poisonous! Carried to attract the love of a woman.

High John the Conqueror root (*Impomoea purga*): Saturn, Earth. Add to candle anointing oils, charms and sachets to increase their potency.

Holly (*Ilex aquifolium*): Mars, Fire. If planted around the house acts as good protection. Leaves and berries can be carried to heighten masculinity.

Honeysuckle (*Lonicera caprifolium*): Jupiter, Earth. Use in prosperity spells and charms.

Hops (*Humulus lupulus*): Mars, Water. Used in healing incenses and charms. Hops in a pillow will induce sleep. It is unwise to use hops if depressed, since they are believed to engender melancholy.

Hyssop (*Hyssopus officinalis*): Jupiter, Fire. Use in purification baths and protection spells. Was a common strewing herb during the Middle Ages, and used in the consecration of Westminster Abbey. Associated with serpents and dragons, and can be burnt as incense or thrown on the fire to tap into dragon energy.

Ivy (*Hedera* spp.): Saturn, Water. Guards and protects the houses it grows over. Often given to newlyweds, in conjunction with holly, as good-luck charm.

Jasmine (*Jasminum officinale* or *Jasminum odoratissimum*): Jupiter, Earth. Used in love spells and charms.

Juniper (*Juniperus communis*): Sun, Fire. If a sprig of juniper is worn it will protect the wearer from accidents. The berries can be dried and strung as a charm to attract lovers. Can be used in anti-theft spells, and grown at the doorstep as protection from thieves.

Lavender (*Lavendula vera* or *Lavendula officinale*): Mercury, Air. Used in purification baths and incenses. Thrown onto fires and Midsummer as tribute to the Gods and to bring visions and inspiration. Add to healing baths and sachets, carry to attract men. The scent will induce sleep. Excellent for bringing clarity and coherence to magickal workings and for focusing visualization.

Lemon Balm (*Melissa officinalis*): Drink as an infusion to soothe away the emotional pains after a relationship break-up; considered useful in recovery

from trauma and sexual assault. Has long been considered to drive away melancholy and low spirits. Is said to increase fertility, and has been used in love potions and aphrodisiacs.

Lemon Verbena (*Lippia citriodora*): Venus, Air. Wear as a love charm, and to increase one's attractiveness. Add to charms to increase their power. Hang a sprig around your neck to stop you from dreaming.

Linden (*Tilia europaea*): Jupiter. Associated with conjugal love and longevity.

Lovage (*Levisticum officinale*): Sun, Water. Add the root to cleansing baths. Carry to attract love.

Mandrake (*Mandragora officinarum*): Mercury, Earth. A powerful protective charm for the home. The root can be carried by women who want to conceive, and men who want to cure impotency. In the Middle Ages it was thought to give off a shriek when it was pulled up that was so unearthly all who heard it went mad or died. To charge a mandrake root with your personal power, sleep with it in the bed for three nights during the full moon. Carry it for courage.

Marigold (*Calendula officinalis*): Sun, Fire. In a vase, renews energy of everyone in the room where the vase is placed. Symbolizes constancy and endurance in love. To dream of marigold flowers is supposed to presage coming wealth. It was said that if you wore marigold flowers, you would be able to tell who had stolen from you.

Marjoram (*Origanum majorana*): Mercury, Air. Add to love charms. Place a bit of the herb in every room in the house for protection.

Meadowsweet (*Filipendula ulmaria*): Jupiter, Water. A sacred herb of the Druids. Arrange fresh Meadowsweet on the altar when mixing love charms or performing love spells. Strew around the house for love and peace; a garland of Meadowsweet will protect the house from evil influences. Wear garlands of Meadowsweet at Lammas to join with the essence of the Goddess.

Mistletoe (*Viscum album*): Worn as a protective amulet, or to help conceive. An anti-lightning charm.

Mugwort (*Artemisia vulgaris*): Venus, Air. Put into the shoe for protection and to prevent fatigue on long journeys. Mugwort tea will induce clairvoyance. Rub fresh leaves on magick mirrors and crystal balls to strengthen divinatory powers. Add to scrying, clairvoyance and divination incenses. In the Middle Ages it was considered one of the strongest protective plants. Hanging it in the house is reputed to protect against lightning, while putting it under the doorstep is supposed to ensure that no unwelcome person will enter. A pillow filled with mugwort will induce vivid dreams. The name, *Artemisia*, refers to the goddess Artemis, who was a protector of herbal practitioners.

Mullein (*Verbascum thapsus*): Saturn, Fire. Has been called hag's tapers, Jupiter's staff, our lady's candle. Wear to develop courage and as protection from wild animals. Was believed to have power to drive away evil spirits. Mullein can be used to clear a psychic space after work, by washing tools, floor and altar with mullein infusion. Used on crystal balls for scrying.

Myrrh (*Commiphora myrrha*): Sun, Water. Purifying and protective incense. Can be used to consecrate tools.

Myrtle (*Myrica cerifera*): Venus, Water. Sacred to Venus and used in love charms and spells of all kinds. If grown indoors it brings good luck. Carry myrtle leaves to attract love, or the wood to preserve youth. Make magic charms from the wood. Wear fresh leaves whilst making love charms.

Nettle (*Urtica dioica*): Mars, Fire. Stuff a poppet with nettles to send bad vibrations and curses back to the sender. Sprinkle around the room as protection, or add to protection charms. Considered to instill courage if carried. Was once considered an antidote to many poisons. Builds up the fire element in an individual, used to thaw frozen emotions and connect with the fiery warrior aspect.

Nutmeg (*Myristica fragrans*): Jupiter, Air. Carry a nutmeg to strengthen clairvoyant powers and to prevent rheumatism. To dream of nutmegs foretells changes in the dreamer's life.

Oak (*Quercus alba*): Sun, Fire. Sacred tree in many, many cultures, long associated with royalty; rites were often performed in groves of oak trees, and mistletoe that grew on oak was considered the most powerful. It has long been considered unlucky to fell an oak. Burn oak leaves as purification. The wood is used for all-purpose wands. Acorns are carried as fertility charms, to preserve youthfulness, and to ward off illness. Hang in windows to protect the house. Men can carry acorns to increase their sexual attractiveness and prowess.

Olive (*Olea europaea*): Sacred to Athena. Regarded as a symbol of peace and wealth, and a sign of safe travel.

Onion (*Allium cepa*): Mars, Fire. Used in protection and healing. Place cut onions in a room to absorb illness, leave overnight and throw away in the morning.

Orange (*Citrus sinensis*): Sun, Water. The dried peel is added to love and fertility charms and used in Solar incenses. A traditional Chinese symbol of good luck and prosperity.

Orris root (*Iris florentina* or *Iris germanica*): Venus, Water. Add to love charms, baths and incenses.

Parsley: In ancient Greek and Roman times, parsley was considered symbolic of death.

Patchouli (*Pogostemon cablin* or *Pogostemon patchouli*): Sun, Earth. Both sexes can carry as an aphrodisiac and to attract lovers.

Pennyroyal (*Mentha pulegium*): Venus, Earth. Put in shoe to prevent weariness; once it was carried by seafarers to prevent sea-sickness. Used in protection rituals. Under no circumstances use Pennyroyal while pregnant.

Pepper (*Capsicum spp.*): Mars, Fire. Use in protective charms.

Peppermint (*Mentha piperata*): Venus, Air. Use in healing incenses and charms; good in a healing bath. Burn as a winter incense. Any mint infusion can be sprinkled around the house as a cooling-off influence after arguments.

Periwinkle (*Vinca major*): Venus, Water. Hang on house entrances as protection.

Pimpernel (*Pimpinella magna*): Mercury, Air. Wear to detect falsehood and prevent others lying to you.

Pine (*Pinus* spp.): Mars, Earth. Burn as a purifying winter incense. Pine nuts are eaten and carried as fertility charms. Pine needles can be added to healing or cleansing baths.

Poppy (*Papaver* spp.): Moon, Water. Eat poppy seeds as a fertility charm. Carry the seeds or dried seed-pod as a prosperity charm.

Rose (*Rosa* spp.): Venus, Water. Carry roses to attract true love. Drink a tea of rose petals for divinatory dreams. Add to charms and incenses for sleep, love and healing. To dream of roses is fortunate, foretelling success in love, unless the roses are white. Drink the tea to promote beauty without and within, and mix the petals with regular tea to attract love.

Rosemary (*Rosmarinus officinalis*): Sun, Fire. Use in protection charms, incenses and baths. Used to be thought of as preventative against the plague. Wear to aid memory and learning. Is used in sea rituals and sea magick. Wash hands with rosemary infusion before performing magick, as a substitute for a ritual bath. Drink the tea before exams or interviews to make the mind alert. Can be made into a protection wreath. In mediaeval times was worn at weddings, as it was linked with fidelity, love and happy memories. Brides often wore a chaplet of rosemary, sometimes gilded. Placed under the pillow, was supposed to ward off bad dreams. Smelling rosemary is supposed to keep a person merry, young and in good spirits.

Rowan (*Sorbus aucuparia*): Sun, Fire. Tie two twigs together with red thread as a general protection and luck charm. Use as divining stick. The berries are used as a good luck amulet. A necklace of the berries can be used as a healing charm.

Rue (*Ruta graveolens*): Sun, Fire. Was once worn to guard against plague. Added to charms designed to keep illness away. The smell of the fresh herb clears the mind of emotional clutter. In mediaeval times rue was considered an antidote against all kinds of poisons; judges carried it as a precaution against jail fever. A sprig of rue can be dipped into water and used to sprinkle an area for magickal purification.

Saffron (*Crocus sativus*): Sun, Fire. Used in prosperity and healing rituals, charms and incenses.

Sage (*Salvia officinalis*): Jupiter, Earth. Used in healing and prosperity charms. Regarded as a great safeguard of health, and has a reputation for promoting longevity. Is supposed to grow best in the gardens of the wise.

St. John's Wort (*Hypericum perforatum*): Sun, Fire. Used in protective charms of all kinds. Wear to ward off fever and illness. Burn as a banishing or exorcism incense. Gather on Midsummer's Eve, pass through the smoke of bonfires to purify, and hang in the house as protection. Wear to instill courage and strengthen the will, and drink a tea of the herb to cure melancholy. Hang bunches of the herb over the bed or by the bedroom door to drive away nightmares.

Sandalwood (*Santalum album*): Moon, Air. Used in purifying, protective and healing incenses.

Sunflower (*Helianthus annuus*): Sun, Fire. Brings the blessings of the Sun into any garden in which it is grown. The seeds can be eaten by women who wish to conceive.

Thyme (*Thymus vulgaris*): Venus, Air. Burn as a purifying incense. Use in magickal cleansing baths. Inhale the scent for refreshment and renewed energy. Wear to protect oneself from negativity and grief at funerals. Is thought to inspire courage when worn.

Valerian (*Valeriana officinalis*): Mercury, Water. Use the herb in love charms and spells, and in purification baths.

Vanilla (*Vanilla aromatica* or *Vanilla planifolia*): Jupiter, Fire. The bean can be carried in a love charm, and the oil worn as an aphrodisiac.

Vervain (*Verbena officinalis*): Venus, Water. A herb sacred to the Druids and used by the Romans as a ritual cleansing plant. Used in magical cleansing baths, purification incenses, safety amulets. Hang above the bed to keep away nightmares. Used in love and protection charms. Burn for a good purification incense. Use in prosperity charms. In incenses it brings good luck and inspiration.

Violet (*Viola tricolour*): Venus, Water. Mix with lavender for a powerful love charm. A violet compress can aid headaches. Carry the flowers as a good-luck charm. To dream of violets foretells a change for the better in the dreamer's circumstances. Violets are supposed to absorb ill-will and evil spells. The scent is said to soothe and clear the mind.

Walnut (*Juglans regia*): Sun, Fire. Carry the nut as a charm to promote fertility and strengthen the heart.

Willow (*Salix alba*): Moon, Water. Willow wands can be used for healing. The Willow will bring the blessings of the Moon upon those who plant it or have it on their property. Willows can be used to bind together witch's brooms.

Wormwood (*Artemisia absinthum*): Mars, Air. Was once burned to raise spirits. Used in divinatory and clairvoyance incenses. Burn on fires at Samhain to gain protection from roaming spirits. Used in initiation rites and for tests of courage and endurance. Should not be used by those suffering from grief or shock, as it has affinity with the world of the dead; give to the dying to enable them to let go and find peace.

Yarrow (*Achillea millefolium*): Venus, Water. Used in love and marriage charms, and reputed to keep a couple together for seven years. Was once given to newlyweds as a charm. Wards off negativity when worn. Drink yarrow tea prior to divination to enhance the powers of perception. In ancient China yarrow had a reputation as a very spiritual plant, hence its use in casting the I Ching.

Herb Lore

Ok -- I'll start with the standard warning. This page reflects only my own experiments using herbs on myself, family and friends. It is not an official medical study -- the sample size isn't large enough and I used no controls. Because the only experimental subjects have been eager participants, you should also count psychological factors into the success of these experiments. My favorite herbal reference books are *The Herb Book* by John Lust and *Menopausal Years* by Susan Weed. I also use David L. Hoffman's CD-ROM *The Herbalist*. Now that you know I am not an authority, here is what I've found:

To Brew Tea from Herbs

Some herbs are stronger than tasting than others, and some batches of the same herb are more powerful than others, so you will have to experiment. As a general guideline, put 1 Tbs. dried herb (cut and sifted) or 4 Tbs. fresh herb into a teapot. Add 1 quart boiling or very hot water. Let steep for 20 minutes. This is long enough to extract the medicinal properties of the herbs and long enough to let the tea cool-off enough to drink.

Growing Herbs

Most herbs are weeds. You may already have them in your yard. And once you do plant herbs, most will come back year after year, either by sending up new shoots, or by reseeding themselves. Many will spread uncontrollably -- soon you'll be able to give mint, raspberries, comfrey and other spreaders to your neighbors. Most herbs don't require the same high quality soil that vegetables demand. I throw my old steel cans into my raspberry patch because the rust keeps down the bindweed. Most herbs don't require much care. Be sure to cut down dead or diseased canes in the raspberry patch. Cut off the flowers on the basil if you want to prolong the leafing season. My mother has kept a basil plant alive and leafing for over a year by cutting off every flower before it can go to seed. In my experience, herbs require very little care. You can pick up to 10% of the leaves off a plant without harming it. Raspberry leaves continue to taste good after frost, but basil doesn't. Some herbs will simply refuse to grow in your yard. Angelica won't even sprout for me in potting soil, but alpine strawberries do. Growing herbs is much like herb medicine -you have to experiment with what works for you.

The diseases people bring to me fit into four categories:

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- * Female Reproductive Tract
- * Wounds and Infections
- * Digestion and Nervousness
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Mucous Membranes

Mucous membrane dis-eases include colds, flu, vaginal and uterine infections,

thrush, sore throats, and eye infections

Golden Seal Root Powder

This is a very powerful herb. It tastes terrible (unless you have a bad cold). It promotes healing throughout the body, anywhere there is a mucous membrane. If taken in overdose, it can cause blisters in the mouth and on other mucous membranes. I recommend taking one 00 capsule three times a day, with meals, no more frequently than at 4 hour intervals. If you have a beastly cold, you won't taste it anyway, so you could put a 1/2 teaspoonful into a teacup of hot water and drink it.

Fenugreek seeds

Brew like cut and sifted herb tea above. This tea helps clear stuffed sinus. It also tastes good. You can also add a Tbs. of these seeds to 1 cup of rice before boiling -- I even do that when I'm not sick because I like the flavor.

Garlic

Eating this herb will help clear sinuses. that's why you feel better after eating spicy Asian foods when you have a cold. The cayenne helps, too. You can eat it raw or cooked. You can slice it into pill-sized wedges and swallow them with juice or tea as if they were pills. Garlic is also excellent for clearing up itchy vaginal infections. Depending on how sore you are, you can peel one (be sure not to nick it) and use it directly as a suppository, or you can wrap it in cheese cloth to prevent direct contact with sore tissues. Or if the infection has just gotten started and not done much tissue damage yet, you can put the garlic into a blender with plain yogurt and blend until smooth. Then apply the garlic/yogurt mix with a baster or spoon. A garlic suppository placed against the uterus will help fight uterine infections. (This is the only thing that worked to clear up an IUD caused infection -- after prescribed medicines failed.) The garlic suppository works especially well in combination with golden seal capsules taken by mouth.

Yogurt

Yogurts not an herb, but it belongs here as a folk remedy. Yogurt contains the same bacteria as a normal vagina. You can use yogurt to increase the population of the good bacteria and help them compete against the bad bacteria (bad here being defined as the ones that make women sore and itchy). You can use a blender or egg beater to make the yogurt smooth enough to apply to the walls of the vagina with a baster. Be sure to wear a sanitary pad with this -- it will leak out and a tampon won't work. (Note: when you take penicillin or other antibiotic, the medicine kills your normal intestinal flora (many of which are also the yogurt bacteria.) If you eat yogurt while you take penicillin, you will have fewer digestive problems.)

Peppermint

This herb can be added to any other tea. It tastes good and it helps fight fever. It also helps many herbs, such as catnip and fenugreek, get to work faster. I particularly recommend mixing it with raspberry leaves to reduce menstrual flow and mitigate cramps. The only caution I have here is for those people who have mint allergies.

Hyssop

This herb makes a pleasant tasting tea that helps clear sinuses.

Slippery Elm Bark

Tea made from this herb feels great on a sore throat and helps it heal.

Red Root or Jersey Tea

Tea from this herb doesn't feel good right away on a sore throat, but it does help it heal faster. You'll notice the results about 8 hours after you drink it.

Comfrey (root or leaves)

Before using this tea, or any tea, for an eye bath be sure to strain it through a folded handkerchief or several layers of paper towel. If you are using a handkerchief, it is a good idea to boil or even pressure cook it before pouring tea through it. Comfrey is soothing for inflamed eyes and conjunctivitis. The easiest way I've found to apply herbs is to dip a washcloth in the strained herb and lay the cloth over closed eyes, while you lie on your back. Enough of the tea will seep into the eyes to be effective. Put a towel under your head to catch the drips. This herb also promotes skin growth on scrapes, cuts, burns and bruises. (It was great when I got mugged. My hands were completely covered with skin again within a week -- I also used aloe vera juice to draw the new skin together.) Do not let the leaves contact any part of the body for any extended period of time -- the leaves promote skin growth, and skin will grow right to the leaf in a matter of hours. (I know -- I did this after a motorbike accident.)

Eyebright

Some people find this herb more effective than comfrey for relief of bloodshot eyes. Also, there are some people who believe that the use of herbs to improve the eyes will also improve clairvoyance.

Female Reproductive Tract

Treatments of the female reproductive tract includes infertility, pregnancy, menstrual distress, excessive uterine bleeding, and unpleasant menopausal symptoms

Red Raspberry Leaves

Tea from this herb helps the uterus reabsorb, rather than slough the monthly lining. Thus it reduces bleeding and cramping. It contains calcium. Whenever muscle contracts or relaxes, it uses calcium. This herb is useful to strengthen

the uterus during pregnancy, to relieve the Braxton-Hicks contractions of late pregnancy, and to make early labor more comfortable. Several American Indian tribes claim that the use of this herb starting at the third month of pregnancy will give a short labor. The flavor blends well with peppermint and catnip.

Chamomile Flowers

Tea from this herb will often start a late period if no pregnancy has occurred. It is not an abortifacient. It relieves menstrual cramps, but increases menstrual flow. It also helps many women who have menstrual related insomnia. If you are going to drink this tea during your menstrual period be sure to wear a maxipad even if you are wearing a tampon. Some women react very powerfully to this herb.

Blue Cohosh Root

This is a multipurpose herb. Fair warning -- it is an abortifacient in the first trimester. (It doesn't always cause miscarriage, but enough books warn of this that the warning must be passed on.) This herb is a powerful laxative, and it will work during labor so you won't have to endure an enema. It will start labor if the bag of water has broken. This herb softens the cervix, so most books don't recommend drinking the tea during pregnancy unless you are trying to induce labor. It also shortens labor. The tea tastes a bit like mud. Then again, I used it with my second pregnancy and had a one-hour labor. (My first labor was only 3 and a half hours -- so I'm not a typical example.)

False Unicorn Root (Helonius Root)

Everybody asks, so I'll answer up front -- i've never seen a true unicorn root. I've only had occasion to give this herb to three women. Two of them got pregnant (which was what they wanted). This herb is the one the books recommend most often for infertility. The books also recommend that both partners eat lots of raw wheat germ sprinkled on all their meals. And they recommend that men who want to father children wear boxer shorts to keep their testicles cool. Sperm swim best when they are 3_ below body temperature.

Shepard's Purse Leaves

Tea brewed from this herb substantially reduces uterine bleeding, either during the menstrual period or postpartum. It tastes good with a mixture of raspberry leaves and peppermint leaves. It also relieves some of the discomfort of menopause. This tea can also be applied to wounds to speed clotting and reduce external bleeding.

Nettles

Nettles are high in iron. Nettle tea simply makes periods more comfortable. Remember, having a period is work. You can make it less work by eating correctly for your body, and by taking herbs that benefit you. Still, don't expect to feel like you do the rest of the month. Kelp pills are also a good source of iron. Both kelp and nettles help during menopause, too.

Burdock

This herb has a reputation as a male aphrodisiac. Obviously, I can't try it on myself, and none of the men I know are comfortable talking about whether it

worked for them. So I'll have to say that use is still speculative and experimental. More documented uses include the secretory and excretory systems. It helps the liver and kidneys, which have extra strain during pregnancy.

Addenda:

Comfrey will heal vaginal tearing or cesarean stitches. I used it to heal the stitches in my belly button and pubic region after I got my tubes cut. Catnip will help take the edge off the tension that goes with the hormonal changes that occur with the menstrual period, pregnancy, and post parturition. Catnip tea (with a little cinnamon) is good for babies who won't sleep. So is vacuuming under their cribs or putting them on a running dryer. Vitamin E and olive oil will soothe stretched skin. Do not eat sage or drink sage tea when you are nursing. It will reduce the milk production. But if you are trying to dry up, sage is great. Anise, basil, dill, fennel, hops, and parsley will increase milk production. Nursing will cause cramps, but it reduces uterine bleeding. I recommend drinking raspberry and peppermint leaf tea before or during nursing. Other herbs for menopause are balm, rosemary, hops, chervil and lady's mantle.

Wounds and Infections

Yellow Dock Root

This herb is not normally used internally. It is a drawing herb. It will help draw an infection to the surface and will stimulate blood flow to an infected area. This herb tea is best used as hot as you can stand it, paired with ice water. The technique is to alternate soaking the affected part alternately in the hot yellow dock tea and then in the ice water. This can be done in tea cups or small bowls for small body parts like ear lobes, fingers and toes. For larger parts, apply the hot tea and ice water with wash cloths.

Aloe Vera

I don't recommend internal use of this herb. The useful part is the juice of the cactus-like leaf. You can have a plant, or buy the bottled juice. The juice speeds healing of burns and bruises, and makes them more comfortable. If you have a wound, it will help pull the edges of the skin together. Don't worry -- your skin will still fit when you are healed. Apply the juice freely to the affected area. (Note: fluoride toothpaste is also good to put on burns -- it stops the pain instantly and speeds healing.)

Lobelia herb

This herb is not recommended for internal use -- it can cause vomiting. Externally it's great to relieve swelling and itching from bee stings. You can use either the tea, or a warm oil extract. Put a few spoonfuls of salad oil in a small pan. Add a spoonful of dried lobelia herb and heat until warm. The warm oil will feel soothing, and it will stick to the bee sting better than tea. If you strain the oil, it can also be used to relieve ear aches.

Onion

Onion is good to lower blood pressure, and reduce fever. But a little known use is treatment of ear aches. Steam an onion. Cut it in half. As soon as it is

cool enough to handle, place the steamy onion against an achy ear. It stimulates blood circulation to the area and brings relief.

Lemon

The active form of this herb is the fresh squeezed juice. You can use bottled juice if necessary. Often an ear aches because the eustachian tube is blocked with mucous. Drinking even a few spoonfuls of lemon juice will often unblock the eustachian tubes and let the ear drain, thus relieving the pressure that caused the pain. Use this herb sparingly because in quantity, it can damage tooth enamel. Lemon juice is also useful to stop itching hemorrhoids and help them shrink. (Warning -- it can sting when first applied, but it's worth it.)

Cubeb Berries

This herb is also called Java Pepper and is a member of the black pepper family. It is a diuretic, and as such is very useful in fighting bladder infections. It is even more effective when used in conjunction with peach leaves. I use 1 part cubeb berries to 4 parts peach leaves. If you have a bladder infection, it helps to drink a quart a day of this tea. Also, try to reduce your sugar intake during a bladder infection, because your body will excrete the sugar and the bacteria that are causing the infection will eat the sugar and their population will increase. Some people like to drink cranberry juice cocktail during a bladder infection, too.

Addenda

Comfrey leaf and golden seal root, powdered fine, can be sprinkled into a wound (like kitchen accidents) to stop the bleeding and promote healing. Shepard's purse also helps stop bleeding for internal and external wounds. Comfrey will promote healing of all cuts, tears, scrapes, bruises and burns.

Digestion and Nervousness

Catnip

This herb does the opposite to people as it does to cats. Mixed with chamomile it will enable a sufferer of D.T.s to get some sleep. Mixed with peppermint it is a pleasant tasting tea to serve to a guest whom you don't know very well. This tea will also stop diarrhea -- even turista! It is a handy tea to drink when you are going to a job interview or after a hectic day. It calms the digestive tract, relieves colic in babies, and takes the edge off anxiety. Babies often prefer it mixed with cinnamon.

Cinnamon

This herb promotes digestion. Children often like to chew a stick of cinnamon when they have upset stomachs. Cinnamon cookies are good to end a meal.

Addenda:

The following herbs also help digestion: anise, chamomile, caraway, carrot, cayenne, comfrey, coriander, cubeb berries, dandelion, dill, fennel, garlic, hops, hyssop, parsley, peppermint, rosemary (which also makes a good hair rinse)

and helps promote hair growth after radiation treatment -- mix with sage for best results), sage, marjoram, and rhubarb.

More Information

95% of all diseases go away by themselves. In most cases, when you use herbs, you are only speeding that recovery. Most herbs work more slowly than prescribed medicines. So if you are in pain or have an emergency, you don't have time to play with herbs. Herbs are pleasant and inexpensive and fun to play with when you have time. If your dis-ease is not an emergency, or if it is not responding to standard medical treatment, or if you just want to help other medical treatments along, the above is enough to help you get started. Please -- don't use the above as a replacement for regular medical care. I don't want you to be sick!

ADVICE TO THE BEGINING HERBALISM STUDENT

Before I take this any further, and before I begin my posts on herbs and their applications, I want to make it clear that my training in this is yet incomplete. Much of what I am going to cover is taken from notes from the many teachers I have had, some very useful reference books and experience. I will pass on what I have, in hope that those who have more may add to the knowledge, present their own experiences and generally SHARE our most important community commodity - INFORMATION. The idea is to expand ourselves, thru free exchange of this information and by doing so help the entire Pagan community survive in the long run. Please feel free to distribute the information I post here in this and other message areas and in files to as many people as might be interested!

Herbalism, like midwifery skills, is one of the oldest parts of teaching within the craft, but is also one where we have lost a huge amount of information and where science has yet to catch up. Every pagan culture has utilized the herbalism of its particular region, and I have found no one source or teacher who could possibly know about every herb that grows on the Earth. Yet today we have the opportunity to perhaps achieve this within a lifespan or two, using the electronic communications at our fingertips. Science is now slowly beginning to learn the importance of the natural herbs in healing, but they will take centuries to figure it all out because of the way they go about things, unless nudged.

The first step in herbalism is to gather the tools you will need, and that is the main point of this first message. I have found the following useful and in many cases vital to learn and practice the use of herbs.

- 1) A Good mortar and Pestle, one of stone or metal is preferred. If wood is used you will need two, one for inedibles and one for edibles - make sure they do not look identical, as you do not want to accidentally poison anyone!!!
- 2) Containers. Although you can buy dried herbs over the counter in many places these days, do not store them in the plastic bags they come in, as these are usually neither reuseable nor perfectly airtight. Rubbermaid style plastic containers are good, but expensive. I have used glass coffee and spice jars/bottles to good effect, as well as some medicine bottles. The more you recycle the better ecologically, just make sure they have been thoroughly washed and dried before placing anything inside them.
- 3) Labels. This is vital! None of us in this day and age can possibly recognize each herb in its various forms simply by sight. Always label your containers as you fill them, and if possible date them when they were filled so you don't keep spoiled stock on the shelf.
- 4) Tea Ball. A good metal teaball of the single cup size can be very useful in the longrun when your are experimenting, and when you are making single person doses of teas and tonics.
- 5) CheeseCloth : Useful for straining a partially liquid mixture and occasionnally for the making of sachets.
- 6) A Good sized teakettle. Preferably one that will hold at least a quart of water.

- 7) A Good teapot for simmering mixtures. I use one from a chinese import store that has done me well.
- 8) A good cutting board and a SHARP cutting knife for just herbal work.
- 9) A notebook of some sort to record the information in as you go, both successes and failures. Always record anything new you try that may or may not work, and also and research information you get from various sources (like this echo!)
- 10) An eyedropper.
- 11) White linen-style bandages. Some ace bandages are also useful in the long run.
- 12) A metal brazier of some sort, or a metal container that can withstand heavy useage and heat from within or without, useful for several things including the making of your own incenses.
- 13) Reference sources. Shortly you should see a list of books that I have read from in the past that I consider useful, build from this as a starting point to others and to your teachers help.

Thats it to start, you'll pick the rest up as you go. Take your time studying, take lots of notes, compare your sources and your own personal results on each herb and on herbal mixtures of any kind.

Herbal Sachets and gris gris bags

Herbal amulets, gris gris bags and sachets are small fabric bags filled with herbs and other fillings intended to achieve a particular magical goal. They are popular for protection and attracting positive influences into your life such as love, psychic ability, prosperity and the like.

Amulet bags are constructed with ritual incorporating appropriate correspondences for the magical intent they are being created to achieve. These correspondences include the time and day they are made, the color of the cloth used, and the herbs and other items often including crystals which are enclosed in the amulet. You will need to choose the contents based upon what you want to achieve with the amulet. See the section on Crystal Correspondences for choosing crystals, and see below for the herbs.

Choose the color of the fabric based upon the Color Correspondences section and purchase a 1/4 yard piece of cloth in the appropriate color. If you have a quilting store nearby purchase a "fat quarter" as the fabric will be in a wider strip allowing more choice in the size and shape of the sachets. It's alright to use a print with shades of the correct color or other colors with complimentary meanings. You will need to cut a piece of the fabric to size. If you want to make a drawstring bag for your sachet cut a piece about 2-3 inches wide by 7-10 inches long. This allows for the fabric to be folded in half, meeting the printed or right sides together, with the unprinted or wrong side on the outside. You will also need a piece of cord for the drawstring about 10 inches long. If you want to make a simple sachet, cut a 3 inch square of fabric. Directions for making simple sachets and amulet bags follow. The sewing involved is minimal, you don't need a sewing machine, just a needle and thread.

Directions for Making an Amulet Bag with a Drawstring

Step one: Fold down about 3/4 inch at the top and bottom ends to create the pocket for the drawstring. Stitch straight across at both ends.

Step two: Fold fabric in half with wrong sides on the outside and right sides together.

Step three: Stitch along sides of bag, stopping at the stitching line for the drawstring pocket and allowing about a 1/2 inch seam allowance.

Step four: Turn the bag right side out. Using a 10 inch piece of matching rat tail cord, thread the cord through one side of the pocket, turn and come back through the other side. Knot the ends of the cord.

Directions for Making a Simple Sachet

Cut two 3 inch squares, or other shape, out of fabric the correct color for your intent. Place the two pieces of fabric right sides together and aligning the edges. Stitch an outline of the shape allowing a 1/2 inch seam allowance. See diagram. Leave an opening of about 1 inch so you can turn and fill the sachet. See diagram. When you finish stitching, turn the sachet right side out. You may need to use a tool such as a pencil to get the corners sharp. Insert the tool through the opening and poke gently into the corners to turn them completely right side out. You may want to press it at this point to make the edges straight. Fill the sachet with the chosen filling. Do not overfill, you don't want it tightly stuffed, loosely is best. Align the two unsewn edges where the opening is, folding the seam allowance inside the sachet. Stitch the opening closed. See diagram. A button hole stitch or simple whip stitch may be used to close the opening.

Choosing the Herbs

You may use the Herbal Correspondences section or the Planetary Correspondences section to determine the correct correspondences for your magical intent and to find the herbs that are appropriate to your magical intent. Look up the Planetary Correspondence for the intent and then find herbs that correspond to that planet in the tables of Herbal Correspondences. You may also use the following table which gives a list of herbs that are traditionally carried for a particular purpose. There are also recipes for herbal sachet blends following the table. Any herbs used should be consecrated to the magical intent using ritual done on the day and hour appropriate to the purpose. This adds immeasurably to the power of the amulet or sachet which should not be overlooked.

Herbs Carried for Various Magical Intent

Magical Intent

Herbs

Chastity

Camphor, Hawthorn, Lavender with Rosemary, Rue, Witch Hazel

Courage

Basil, Black Cohosh, Borage, Columbine, Iris, Mullein, Nettle with Yarrow, Poke, Sweet Pea, Tea, Thyme, Tonka, Wahoo, Yarrow

Creativity

Acorns, Beech, Lily, Mistletoe

Employment

Devil's Shoestring, Lucky Hand

Fertility

Acorns, Banana, Barley, Bistort, Brackenfern, Cuckoo Flower, Dates, Hawthorn, Hazelnuts, Horsetail, Mistletoe, Mugwort, Patchouli, Pomegranate, Poppy Seeds, Wheat

Fidelity

Caraway, Cumin, Elder, Spikenard

Friendship

Love Seed, Passion Fruit, Sweet Pea, Yarrow

Happiness

Celandine, Chamomile, Hawthorn, High John the Conqueror, Jasmine, Marjoram, Motherwort, Savory, St. John's Wort, Thistle, Vervain

Healing

Angelica, Balm, Brackenfern, Calamus, Camphor, Carnation, Cinnamon, Coriander, Eucalyptus, Fennel, Gardenia, Heliotrope, Hops, Lavender, Mimosa, Mint, Mugwort, Myrrh, Peppermint, Pine, Rosemary, Rowan, Rue, Sage, Sassafras, Spearmint, Thyme, Vervain, Willow, Wintergreen, Wood Sorrel

Health and Longevity

Acorn, Carnation, Cinquefoil, Cowslip, Cypress, Eucalyptus, Feverfew, Figwort, Garlic, Ginseng, Horse Chestnut, Lavender, Life Everlasting, Linden, Mint, Mistletoe, Mugwort, Myrtle, Nutmeg, Peach, Peony, Pine Cones, Rosemary, Rowan, Rue, Sage, St. John's Wort, Spikenard, Sumbul, Tansy, Thyme, Tonka, Vervain, Walnut, Wood Sorrel

Legal Matters

Buckthorn, Cascara, Celandine, Cinquefoil, Marigold, Skunk Cabbage

Love

Adam and Eve Roots, Apple Blossoms, Apricot, Ash, Aster, Balm, Balm of Gilead, Basil, Bedstraw, Belladonna, Betony, Black Snakeroot, Bloodroot, Brazil Nut, Capers, Cardamon, Catnip, Cedar, Chickweed, Cloves, Black Cohosh, Coltsfoot, Coriander, Cubeb, Daisy, Dogbane, Dutchman's Breeches, Elecampane, Elm, Eryngo, Gentian, Ginseng, Grains of Paradise, Henbane, Hibiscus, Hyacinth, Indian Paint Brush, Jasmine, Juniper, Lady's Mantle, Lavender, Lemon, Lemon Verbena, Licorice, Mallow, Meadow Rue, Meadowsweet, Mimosa, Mullein, Myrtle, Orange, Orchids, Orris, Pansy, Patchouli, Pimento, Purslane, Quassia, Rose, Rosemary, Saffron, St. John's Wort, Southernwood, Spiderwort, Sumbul, Tamarind, Tonka, Tormentil, Valerian, Vervain, Vetivert, Violet, Willow, Wormwood, Yarrow, Yerba Mate

Luck

Daffodil, Devil's Bit, Devil's Shoestring, Frankincense, Galangal, Grains of Paradise, High John the Conqueror, Holly, Huckleberry, Irish Moss, Ivy, Job's Tears, Lotus, Lucky Hand, Male Fern, Meadow Rue, Nutmeg, Oak, Olive, Poppy Seeds, Purslane, Rose, Rowan, Snakeroot, Spikenard, Star Anise, Straw, Strawberry, Sumbul, Tonka, Trillium, Vetivert, Violet with Lavender

Lust

Acorn, Capers, Cattail, Damiana, Galangal, Ginseng, Grains of Paradise, Juniper Berries, Mugwort, Nettle, Patchouli, Rosemary, Saffron, Witch Grass, Yohimbe

Power

Cedar, Cinquefoil, Oak, Rowan

Prophetic Dreams (Use in Sleep Pillow, see directions below.)

Celandine, Chamomile, Clary Sage, Coltsfoot, Heliotrope, Hops, Jasmine, Lavender, Linden, Marigold, Mimosa, Mugwort, Nutmeg, Peppermint, St. John's Wort, Vervain, Wormwood

Prosperity

Alfalfa, Alkanet, Allspice, Almond, Banana, Basil, Bergamot, Bistort, Black Snakeroot, Blue Flag,

Cascara, Cashew, Cedar, Cinquefoil, Galangal, Ginger, Ginseng, Grains of Paradise, Heliotrope, Honesty, Irish Moss, Oats, Orange, Oregon Grape, Patchouli, Pecans, Pineapple, Pipsissewa, Pomegranate, Poplar, Poppy Seeds, Sage, Sassafras, Snakeroot, Sweet Woodruff, Tea, Tonka, Trillium, Tulip, Vetivert, Wheat

Protection

Agrimony, Ague Root, Althea, Angelica, Bay, Beans, Betony, Bittersweet, Boneset, Brackenfern, Burdock, Caraway, Carnation, Castor, Cinchona, Cinnamon, Comfrey, Devil's Bit, Dogwood, Dragon's Blood, Ebony, Elder, Elecampane, Eryngo, Eucalyptus, Fennel, Frankincense, Galangal, Garlic, High John the Conqueror, Horehound, Lady's Slipper, Larch, Leeks, Marjoram, Mint, Mistletoe, Motherwort, Mullein, Nettle, Nightshade, Oak, Peony, Pepper Tree, Rice, Rose, Rose Geranium, Rowan, Rue, Sloe, Holy Thistle, Toadflax, Tulip, Valerian, Vervain, Wax Plant, Willow, Wolf's Bane, Wormwood, Yerba Santa

Psychic Powers

Althea, Bladderwrack, Broom, Clary Sage, Cinnamon, Dandelion, Deerstongue, Eyebright, Galangal, Grass, Lavender, Linden, Mugwort, Juniper, Rowan, Thyme, Uva Ursi, Vervain, Wormwood, Yerba Santa

Safe Travel

Comfrey, Daffodil, Eryngo, Feverfew, Garlic, Heather, Irish Moss, Juniper, Mountain Mahogany, Mint, Mistletoe, Mugwort, Mullein, Oak, Pennyroyal, Quince Seeds, Rowan, Rue, Sweet Woodruff, Ti, Wormwood

Spirituality

Cinnamon, Frankincense, Iris, Yerba Santa, Wood Aloes

Strength

Bay, Betony, Carnation, Comfrey, Nettle, Pennyroyal, St. John's Wort, Sweet Woodruff, Tea, Thistle

Success

Balm, Cinquefoil, Fennel, Frankincense, Ginger, High John the Conqueror, Horse Chestnut, Lucky Hand, Oregon Grape, Pennyroyal, Rowan, Wahoo, Winter's Bark

Wisdom and Mental Powers

Bodhi, Cinquefoil, Dill, Eyebright, Hazelnuts, Horehound, Iris, Mace, Mustard Seed, Rue, Sage, Savory, Spearmint, Vanilla

Directions for Herbal Sleep Pillow

Purchase 1/2 yard of fabric in light yellow. Cut a piece 12 inches by 18 inches. Fold the fabric in half with the right sides together so that it is 12 inches by 9 inches. Stitch around the edge with a 1/2 inch seam allowance, leaving a 2-3 inch opening at one end. See diagram.

Turn pillow right side out and stuff with herb mixture. Do not overfill, it should be soft, not tight.

Fold seam allowance into opening and stitch closed. See diagram.

Recipes for Herbal Sachet Blends

Anti Theft Sachet

White cloth, Caraway, Rosemary, Juniper, Garlic, Elder. May be used in the home hung up over the door or in the car or other vehicle. But don't stop locking your doors.

Car Protection Sachet

White cloth, Comfrey, Caraway, Juniper, Mugwort, Rosemary. Hide somewhere in the vehicle.

Car Protection Sachet

Basil, Fennel, Juniper, Mugwort, Vervain, Rosemary, Salt. Hide somewhere in the vehicle.

Healing Sachet

Blue or purple cloth, Cinnamon, Sandalwood, Rose, Rue, Chili Pepper, Rosemary, Ginger. Wear or put in the sickroom.

Home Protection Sachet

Red cloth, Rosemary, Basil, Fennel, Bay. Place in attic or on highest floor.

Love Sachet

Red or pink cloth, Rose Buds, Orris Root, Lavender, piece of Rose Quartz. Carry or wear.

Protection Sachet

White or red cloth, Angelica, Bay, Frankincense. Carry or wear.

Prosperity Sachet

Green cloth, Cinquefoil, Vanilla, Balm, Cloves. Carry or wear.

Gris Gris Bag Ingredients

Certain ingredients are used in gris gris bags that are not necessarily traditional to other types of amulet bags and sachets. The following table will describe some of these and following the table will be some recipes for gris gris bags for various purposes. You will note that the gris gris bag recipes all call for a red flannel or chamois bag. They include color correspondences by including pieces of fabric or feathers in the appropriate color inside the bag rather than by changing the color of the bag itself.

Ingredient

Use

Lodestones

To attract positive forces and repel negative ones. Often used in pairs for this purpose.

Four Leaf Clovers

To attract luck.

Rabbits Foot

For good luck.

Cross

To symbolise faith.

Coins

To attract money and prosperity.

Dice

To attract luck in gambling or games of chance.

Personal Items

Nail clippings, hair or photographs are used to link the energy of the amulet to a particular person.

Pieces of colored cloth or feathers

To add additional color correspondences to the amulet.

Talismans written on parchment

To add planetary influences or strengthen the intent of the amulet.

Saints medals or cards

The appropriate patron saint is added to strengthen the intent of the amulet and invoke the aid of the saint.

Magical Powders and Oils

To add strength to the intent of the amulet.

Recipes for Gris Gris Bags

Home Protection

Red flannel or chamois bag, Tbsp. of Five Finger Grass, Tbsp. Bay Leaf, Large Clove of Garlic, sm. piece of Mandrake Root, iron nail, protection oil to anoint bag.

Stopping Gossip

Red flannel or chamois bag, a piece of cloth with a face drawn on it, some hair from the person who will wear the bag, a piece of High John the Conqueror root, a Tbsp. of Slippery Elm, 1/2 Tbsp. Gag Root (I'm not sure what this is, try your local botanica), a needle and black thread, Gris Gris Faible Incense to burn while preparing bag. During the ritual preparing the bag you will use the needle and thread to sew shut the mouth on the face drawn on the cloth to represent people keeping their mouths shut.

To Obtain Money

Red flannel or chamois bag, a coin or two, a small pair of lodestones, a Buckeye, Tbsp. Five Finger Grass, Tsp. Money Drawing powder, Tsp. Silver Weed (I'm not sure what this is, try your local botanica), Shower of Gold Incense to burn while preparing bag, Money Drawing Oil to anoint the bag.

Inner Power Pouch

Purple bag or cloth, Vervain, Dragon's blood resin, Rosemary, Frankincense, Galangal or ginger root, High John oil, personal power oil or Dragon's blood oil, 1 Clear quartz crystal, A personal talisman

HERBAL BASICS

By Don Wildgrube - 1992

In Herbalism, the definition of herb is not the dictionary definition. Herb refers to all parts of the plant, whether it is the leaves (dictionary definition), stems, seeds, roots, flowers or fruit, and each are prepared differently.

Unless noted otherwise, the rule of thumb for herbal teas are as follows:

1 Teaspoon of herb per cup of water. Most recipes call for 2 cups of water (one pint) per person or dose. This would need 2 teaspoons, total, of the herb. If three or more herbs are used, mix the herbs in proportion in a container then measure out 2 teaspoons. Please note that some powdered herbs are too concentrated to be used at this strength, for example cayenne pepper and capsicum.

For regular teas (hot infusions):

Leaves and flowers are steeped. Boiling water is poured over the herb and allowed to steep for 5 to 10 minutes. Sometimes it is good to allow them to steep longer to increase the strength, but herbs like Chamomile should be steeped no longer than 5 minutes or they will become bitter.

Seeds should be bruised and steeped in hot water for 5 to 10 minutes.

Stems, bark, roots should be chopped and simmered for a minimum of 5 minutes.

Fruit coatings such as citrus can be "zested" and added to hot water to steep. Do not boil or the volatile oils will go off in the vapor. Fruit juices can be added while steeping or just before drinking.

Teas may also be made by COLD INFUSION, commonly known as "Sun Tea". Please note that the Sun is not necessary. Just place the herb in cold water, in the proper proportion as above, and let stand, in the shade, in the Sun or wherever, for at least 2 hours. This is an excellent method to extract the essence from very fragile herbs, such as flowers. This way the essence will not be "boiled off".

Another method is called maceration. This means to soak in a liquid to get the essence of the herb. It is usually done in one of two ways. The first is soaking in oil, the result is an "oil", the second is soaking in alcohol, and called a tincture.

Oils are made by filling a bottle with the herb, pouring oil over the herb to fill the bottle. Let it stand for a week or two, shaking daily, then strain the used herbs out. If the oil is not strong enough, add more herb to the bottle or jar and pour the same oil over it. Repeat as often as necessary.

The same method is used for tinctures and is an excellent way to extract certain oils that can be damaged by boiling. Place the herb in a jar or bottle, pour alcohol over the herb. Note: do not use rubbing alcohol, or wood alcohol. These are very poisonous. Wood alcohol is made from just that and can cause blindness and brain damage. Rubbing alcohol or other "denatured" alcohols are denatured by adding things such as acetone. Use alcohol which is manufactured to drink. I

use Vodka, and I buy the plain label brands or the cheapest brand.

To make salves, put a large amount of herb in a bowl. Add 1 pound of lard or other semi-solid fat, plus 2 to 3 ounces of bees wax (for firmness). Place in a low-medium oven, 250-300 degrees for 3 hours. Strain, bottle and cool.

There are many more types of herbal preparations that are not listed here, they may be found in many herbal books. I would suggest a good herbal book, such as "The Herb Book" by John Lust. In regard to Herbal Books, some books have very valuable information, but others have information that can be harmful. Be cautious, check several sources. Some Herbal Books such as "Culpeppers Herbal" base their information on planetary considerations, or the "doctrine of signatures". Planetary rulership of herbs is useful for magical purposes, but may get you into trouble when used for other purposes. The "doctrine of signatures" in essence says that Herbs heal parts of the body that they look like, such as: Broad Leaf Plantain looks like the sole of the foot, therefore is for healing feet, or Toothwort and Dandelion (Dent = tooth, of the Lion) is for teeth because they look like teeth, or Boneset for setting bones because the opposing leaves are joined at the stalk.

I hope that the above information will be of some help, and happy Wortcunning.

Herbal Baths

for tired muscles --

pine
juniper
thyme
lavender
rosemary

for relief of depression --

rose
geranium
lavender
patchouli

for stress relief --

lemon balm
rose
jasmine
sage
lavender

AN ANISE BATH

This is a bath for sharing! Anise is an herbal aroma that is enjoyed by men and women both! So why not share!! Licorice root can be used instead of anise seeds. I also recommend using anise hyssop in addition to this recipe I've acquired:

A quarter cup each of: jasmine tea, anise seeds, rose petals, and mint leaves. Place this into bath sachets and steep into 2 cups of boiling water for 10-15 minutes. Then add to your hot water bath! Place a few candles around tub, and fill a couple of champagne glasses with a favorite wine or juice! And enjoy!

A TWILIGHT BATH

Ahhhhh.....what I am needing after a week like the one I just experienced! I am going to do this after setting up this September web-letter! It is nice outside, so I will open my bathroom window, light a few candles around my deep tub, pull the white lace shower curtain closed, pour a chilled glass of wine, throw some rose petals and a sachet of herbs (listed below) into the tub, slide in, and enjoy!.

Sachet for this "blessed" bath is made by combining 1 oz. of rose petals, 1/2 oz. dried mint, and a pinch of crushed cloves together in a bath sachet bag. Let this steep under the hot water that's pouring into your tub, and then let soak in bathwater. Have a favorite towel ready for when you get out! Enjoy!

HERBAL BATH BALLS

Well, you are trying to use up all those "left over" herbs so you can replenish your stock this coming summer. So use them up in a soothing warm bath. Take 1 cup each of dried mint, rosemary, lavender flowers, rose petals, comfrey leaves, and lovage and mix well. Cut 4-5" squares of cotton fabric, and place 1 1/2 teaspoons of mix into each square. Pull four corners together and tie with ribbon or yarn. Use one herbal bath ball per bath. (Two if you would prefer!) Add a couple of candles and a cup of your favorite tea for one relaxing evening!

Herbal Blends

Almond Musk - with Natural Almond Slices. A sensuous, herbal musk, lightly brightened with almond.

Coco Rose - with Red Rose Petals. Blended oils of Coconut and Rose, fluent and sweet.

Honey Rose - with Red Rose Petals. A lively floral combination of Honeysuckle and Rose.

Jasmine Rose - with Jasmine Blossoms. A classic and elegant blend of Jasmine and Rose.

Lavender Bouquet - with French Lavender Buds, Lavender and Gardenia. Luxurious and fresh.

Lotus & Tulips - with sliced Lotus Root. A sweet and exotic blend.

Patchouly Musk - with Patchouly Leaf. Full bodied, earthy and sensous.

Spicey Musk - with Cinnamon Bark. A bright, woody combination.

Sweet Patchouly - with Patchouly Leaf. Warm, rich patchouly with a pleasing vanilla overtone.

Vanilla Orange - with Orange Blossom Petals. Joyful and fresh with a subdued and comforting sweetness.

MAGICKAL PROPERTIES IN COMMON HERBS & SPICES

There is strong magick in Herbs. Their use in ritual and ceremonial workings is invaluable. They may be used to cleanse and purify everything. You can consume them, burn them on charcoal, bathe with them, or offer them as sacrifice.

Here you will find some of the magical properties associated with common herbs and spices. **WARNING NOT** all the herbs listed can be ingested, usually, burning dried herb on charcoal, making and charging an herb bag is sufficient.

Aloe (Aloe vera) : Called the "Burn Plant" because of its effect on burns of all types. It is the best herb for sunburn. Aloe is also effective in spells for preventing accidents involving fire or heat. A charged Aloe growing in your kitchen affords not only it's healing properties, but also protection against kitchen burns and fires.

Anise (Pimpinella anisum) : A daily cup of anise tea will preserve youth. Anise burned on charcoal before bed will promote prophetic dreams.

Balm (Melissa officinalis) : Bathe in a bath of Balm to attract love. Add to incense and sachets for love and to promote healing.

Barley (Hordeum spp.) : Sprinkle Barley around the perimeter of your yard [or on windowsills] to ward off evil. A few grains under your doormat will offer protection and repel negativity and evil that would enter.

Basil (Ocimum basilicum) : Basil oil rubbed on a green candle before burning will attract wealth. The incense smoke is beneficial for the same, plus banishing, exorcising and for protection. It also makes one hell of a spaghetti sauce!

Blackberry (Rubus villosus) : To work your way through a bramble of blackberries is damn near impossible - but it is rumored to dispel, and protect from, all disease and evil.

Caraway (Carum carvi) : Use in your wedding cake, and throw caraway seeds after the ceremony. It promotes lust and fidelity. Of course - it doesn't have to be your wedding night/cake.

Catnip (Nepeta cataria) : Well, we've seen it's effect on our feline friends... giving your cat this herb can help create the psychic link needed for a familiar. Add catnip to your sachets to attract love [but keep it away from your cat].

Cayenne (Capsicum annum) : Eat a meal hot with cayenne before a night of Bacchanalian celebrating - it will curb drunkenness.

Chamomile (Anthemisis nobilis) : Ancient Egyptians associated Chamomile with Ra for its healing powers. Even other plants in your herb garden will benefit from this herb, as it repels insects & promotes healing. Chamomile also has the properties of attracting wealth.

Cinnamon (*Cinnamomum zeylanicum*) : First cultivated and used in the East, Cinnamon was burned to purify the temple. It also promotes health, vigor and libido.

Clove (*Caryophyllus aromaticus*) : burned smoked or ingested, clove promotes visions.

Dandelion (*Taraxacum officinale*) : If you see a puff off a dandelion, but there's no wind, rain is on the way. Also used to make a great wine, or tea.

Fennel (*Foeniculum vulgare*) : Ingested, Fennel promotes virility, fertility, and libido in general. Also acts as a protective herb.

Garlic (*Allium sativum*) : Ropes of garlic are used to ward off evil. Garlic is also known as a lustful herb when ingested.

Lavender (*Lavendula officinale*) : Especially useful in attracting men. Lavender promotes happiness and harmony in the home, whether burned or simply used in potpourri and sachets.

Marigold (*Calendula officianis*) : Use as a visionary herb. Burn when doing a divination for love.

Marjoram (*Origanum majorana*) : Use to dispel negativity and promote love & happiness.

Onion (*Allium cepa*) : Ingested, onions can promote prophetic visions and dreams. Onion also promotes virility and libido.

Parsley (*Retroselinum sativum*) : Promotes communion with the Maternal Aspect.

Peppermint (*Mentha piperita*) : Burn before bed for prophetic dreams. Peppermint tea aids in divination.

Rosemary (*Rosemarinus officinalis*) : Increases memory and protects against evil. It has been used in conjunction with juniper berries for centuries to purify the air.

Sage (*Salvia officianus*) : Promotes strength, courage, longevity and wisdom. It also banishes negativity and evil.

Thyme (*Thymus vulgaris*) : Burn when asking advice of loved ones who have passed on.

Valerian (*Valeriana officinalis*) : The herb of Witches. Use for cleansing and self-purification. Ingest with care. This can have side effects, and can make some people ill.

Vervain (*Verbena officinalis*) : One of the Seven Sacred Herbs of the Druids. Aids in visionary work. The Welsh called it 'llysiaur hudol' - or enchanting herb. It promotes love, lust and sexual fulfillment. Use when performing sexual magic. An herb of artists - use before any artistic performances.

Willow (*Salix alba*) : An herb of immortality.

Wintergreen (*Gaultheria procumbens*) : Use to remove jinx. Also good for

protecting children.

Witch Hazel (*Hamamelis virginica*) : Excellent for making divining rods - which can be used to find more than just water.

The following is a list of common witches' herbs and magickal properties:

ACACIA: divination
 ADDER'S TONGUE: divination
 ANGELICA: exorcism, healing, and protection against evil influences.
 AVENS: soul purification.
 BASIL: exorcism, love spells and protection against evil influences.
 BAY: clairvoyance, healing, good luck and protection against evil influences.
 BERGAMOT: prosperity.
 CAMPHOR: divination.
 CATNIP: love spells.
 CARNATION: psychic healing.
 CEDAR: healing, prosperity and sanctification.
 CHAMOMILE: sleep potions.
 CINNAMON: clairvoyance, healing and love spells.
 CINQUEFOIL: prosperity.
 CLOVES: divination, exorcism, love and spiritual purification.
 CLOVER: anti-sorcery, counterspells and protection against evil influences.
 CORIANDER: love spells.
 DILL: anti-sorcery and protection against evil influences.
 DRAGON'S BLOOD: exorcism and love spells.
 ELDER: aphrodisiac, love spells and prosperity.
 FENNEL: healing and purification.
 FERN: exorcism and spells to attract rain.
 FRANKINCENSE: consecration, divination, exorcism, healing, love spells and spiritual purification.
 GARDENIA: healing and love spells.
 GARLIC: exorcism, protection against evil influences and purification.
 GINGER: aphrodisiacs and love spells.
 HAWTHORN FLOWERS: clairvoyance and divination.
 HAZEL: aphrodisiacs and love spells.
 HONEYSUCKLE: divination.
 HOPS: healing and sleep potions.
 JASMINE: aphrodisiacs and love spells.
 JUNIPER: aphrodisiacs, exorcism, healing, love spells and protection against Evil influences.
 LAVENDER: aphrodisiacs and love spells.
 LEMON BALM: healing and love spells.
 LEMON GRASS: divination.
 LILAC: exorcism.
 LOVAGE: aphrodisiacs and love spells.
 MACE: divination.
 MALLOW: exorcism.
 MANDRAKE ROOT: aphrodisiac, cursing enemies, love spells, protection against evil influences and spells to increase psychic powers.
 MARJORAM: prophetic dreams and protection against evil influences.
 MINT: exorcism and healing.
 MUGWORT: astral projection, clairvoyance, divination, prophetic dreams, and Spells to increase psychic powers.
 MYRRH: consecration, exorcism, healing and meditation.

MYRTLE: sleep potions.
 NUTMEG: divination and healing.
 ORRIS ROOT: clairvoyance and divination.
 PASSION FLOWER: sleep potions.
 PATCHOULY: invocation of elemental powers.
 PEONY ROOT: anti-sorcery and protection against evil influences.
 PINE: prosperity.
 ROSE: divination, healing and love spells.
 ROSEMARY: counterspells, healing, love spells and purification.
 RUE: exorcism and hexing of enemies.
 SAFFRON: love spells.
 SANDALWOOD: consecration, healing and protecting against evil influences.
 SASSAFRAS: prosperity.
 SERPENTARIA ROOT: aphrodisiacs and love spells.
 SOLOMON'S SEAL: exorcism.
 THISTLE: exorcism.
 THYME: divination and healing.
 TONKA: love spells and prosperity.
 VERVAIN: anti-sorcery, astral projection and sleep potions.
 VIOLET: Healing and love spells.
 WILLOW: healing.
 WOOD ALOE: prosperity.
 WOODRUFF: prosperity.
 WORMWOOD: clairvoyance, divination and good luck.
 YARROW: divination, exorcism, love spells, prophetic dreams, and spells to
 increases psychic powers.
 YERBA SANTA: healing.

DANGEROUS PLANTS

NEVER EAT OR INGEST ANY OF THE FOLLOWING.

Avoid experimenting with ANY the plants in this section. Some of them possess highly potent medical properties and should only be used by the truly experienced witch or herbalists. Many are poisonous in part or in whole and cause serious illness or death if not used properly.

Aconite
 Bittersweet
 Black nightshade
 Blue flag
 Burning bush
 Calabar bean
 Calico bush
 Camphor
 Castor oil plant (seeds)
 Celandine
 Christmas rose (root)
 Cowbane
 Daffodils
 Deadly nightshade
 Dog's mercury
 Elkweed

Ergot
Flag lily
Foxglove
Gelsemium
Hemlock (Everyone should know this is a deadly poison!)
Hellebore
Henbane
Holly (seeds)
Honeysuckle (vine and fruits)
Horse balm
Ilex
Impatiens pallida
Indian arrowroot
Inkberry
Jack-in-the-pulpit (root)
Jerusalem cherry
Jimsonweed
Laburnum (seeds)
Laurel (seeds)
Mandrake
Mayapple (roots, leaves, seeds)
Monkshood (fine as a rub - The smallest amount is deadly if used internally)
Mistletoe (seeds)
Poinsettia
Poison Dogwood, Flag, Hemlock, Ivy, Oak, and Sumac
Poke root
Rosebay
Springle tree (seeds)
Spurge
Swallow wort
Thorn apple
Tobacco (Believe it! This IS a deadly poison if concentrated and eaten)
Wahoo
Wake-robin
Water dropwort
White hemlock
White bryony
Winter rose
Wood anemone (seeds)
Yellow jasmine
Yew (seeds and berries)

Of The Tools:

These are suggestions for dedicating the tools prior to their first use or formal consecration, if any. Perform these with proper visualization and ritual intent.

The Athame or Sword:

Rub the blade with fresh basil, rosemary or oak leaves, at sunrise, outdoors where you will not be disturbed or seen. Lay the sword or Athame on the ground with its point to the South. Walk clockwise around it thrice, scattering bay leaves (preferably fresh) over it. Take up the sword or Athame, stand facing East and, holding it upward but with arms lowered, invoke the God to infuse your Athame or sword with His strength. Point it to the sky, invoking the Goddess to charge your blade with Her love and power.

Wrap your Athame or sword in red cloth and take it home. It may be stored in the cloth, if desired.

The Bolline:

Early in the morning, go to a forest (or park, garden, or your indoor garden). Choose the most beautiful and vibrant plants. Touch the point of the Bolline gently to these in turn, forging a connection between your Bolline and the plants (and, thusly, the Earth).

Next, sit on the Earth. Ensuring that you are quite alone, draw a pentagram with the Bolline's point on the ground. It is done.

The Wand:

If the wand is of wood, take it outdoors at sunset and rub it with fresh lavender, eucalyptus or mint leaves. Raise it in the air toward the East (or the Moon if it is visible) and invoke the Goddess. At sunrise, take it again outdoors, rub with the fresh fragrant leaves and invoke the God by raising it to the East.

The Pentacle:

Place the pentacle on bare Earth. Lay upon it dried parsley, patchouli, mistletoe, or fresh jasmine or honeysuckle flowers. Sit before it facing North for several seconds, visualizing the pentacle absorbing the Earth's energies. Then pick it up and scatter the herbs or flowers to the four quarters, beginning and ending in the North. If this must be done indoors, fill a small dish with fresh Earth and place the pentacle on this. Proceed as above, saving the herbs or flowers to be scattered outdoors at a latter time.

The Censer:

Fume pure rosemary, frankincense or copal within the censer prior to its first use. Do this for about an hour.

The Cauldron:

Take the cauldron to a stream, river, lake or ocean. Gather the leaves of some plants growing nearby (at the sea, perhaps seaweed). Dip the cauldron into the water to fill it. Place the leaves in the cauldron, then set it on the water's edge where it is on both water and sand. Place your hands on the cauldron and dedicate it to the Goddess in any words you like.

Empty and dry the cauldron, and return home. The charge has been made.

If performed inside, place the cauldron in a large basin of water or the bathtub, in a candle-lit room. Add a bit of salt to the water, which should be cold. Proceed as above.

Salt water corrodes metal. Thoroughly wash the cauldron after immersion in sea or salt water.

The Chalice:

Anoint the base with gardenia, rose or violet oil and fill with pure spring water. Then set afloat a sprig of ivy, a small rose, a fresh gardenia or some other appropriate flower or herb. Gaze into the Chalice and invoke the Goddess to bless it. You might also wish to take it outside at night, filled with water, and catch the Moon's reflection within it.

The Broom:

It can be fashioned from an ash staff, birch twigs and a willow binding. Brush the broom with chamomile, willow, lemon balm, elder or mallow stalks and branches, then bury these with due solemnity. You might also wish to carve a crescent Moon upon its handle.

The Crystal:

On the night of a Full Moon, rub the sphere with fresh (or dried) mugwort, then take it outside. Hold it up so that it drinks in the light and energies of the Moon. Gaze at the Moon through the crystal by holding it before your eyes. Repeat at least thrice yearly for the best benefits.

The Book of Shadows:

Sew into the cover of the Book of Shadows leaves of the sacred herbs vervain, rue, bay, willow or others, if you wish. They should be well-dried and secretly placed by the light of the Moon. The covers of the Book of Shadows should, of course, be covered with cloth for this purpose.

The Robe:

If you choose to wear one, lay it among sachets filled with lavender, vervain and cedar when not in use. Sew a bit of rosemary or frankincense into the hem while fashioning it, if desired (and if the resulting stains won't show after washing).

Of The Celebrant:

Wear fresh flowers and herbs in your hair and on your body, if you prefer, during the rites. Crowns or caplets of flowers are always appropriate for spring and summer rites. Wear oak and pine during the winter rituals.

You may wish to wear a necklace of herbs and seeds, such as tonka beans, whole nutmegs, star anise, acorns and other seeds and nuts, strung on a natural fiber. Strings of small pine cones may also be worn.

For Full Moon rituals held at night, wear night-blooming, fragrant flowers to suffuse yourself with Lunar energies.

The Herbs Of The Sabbats:

To be used as decorations on the altar, round the circle, in the home.

Samhain:

Chrysanthemum, wormwood, apples, pears, hazel, thistle, pomegranates, all grains, harvested fruits and nuts, the pumpkin, corn.

Yule:

Holly, mistletoe, ivy, cedar, bay, juniper, rosemary, pine. Place offerings of apples, oranges, nutmegs, lemons and whole cinnamon sticks on the Yule tree.

Imbolc:

Snowdrop, rowan, the first flowers of the year.

Eostara:

Daffodil, woodruff, violet, gorse, olive, peony, iris, narcissus, all spring flowers.

Beltane:

Hawthorn, honeysuckle, St. John's wort, woodruff, all flowers.

Midsummer:

Mugwort, vervain, chamomile, rose, lily, oak, lavender, ivy, yarrow, fern, elder, wild thyme, daisy, carnation.

Lughnasadh:

All grains, grapes, heather, blackberries, sloe, crabapples, pears.

Mabon:

Hazel, corn, aspen, acorns, oak sprigs, autumn leaves, wheat stalks, cypress cones, pine cones, harvest gleanings.

Offerings:

To the Goddess:

All watery and earthy flowers and seeds such as camellia, lily, water lily, willow stalks; those flowers used in Full Moon rituals; white or purple blooms such as hyacinth, magnolia, heather and lilac; sweet-scented herbs and flowers; those dedicated to Venus or to the Moon; rue, vervain and olive; or others that seem suitable.

To the God:

All fiery and airy herbs and flowers such as basil, chrysanthemum, snapdragon, clover, lavender, pine; strongly-scented, clean or citrusy herbs and flowers; those ruled by Mars or the Sun; yellow or red blooms such as sunflower, pine cones, seeds, cacti, thistles and stinging herbs; orange, heliotrope, cedar, juniper and so on.

WAYS TO PREPARE HERBS

To make an infusion

1. Take a china or glass teapot which has been warmed and put one teaspoonful of the dried herb or herb mixture into each for each cup of tea that you wish to brew.
2. Put a cup of boiling water in for each teaspoonful of herb that is already in the pot and put the lid on. Leave to steep for 10-15 minutes and then pour through a strainer into your cup.

To make a decoction

1. Put one teaspoon of the dried herb or three teaspoons of fresh herb for each cup of water into a pot or saucepan. Dried herbs should be powdered or broken into small pieces, while fresh herbs should be cut into tiny pieces. The container should be glass, ceramic or earthenware. If using metal it should be enameled. Never use aluminum.
2. Add the appropriate amount of water to the herbs in the pan.
3. Bring to a boil and simmer for the time given for the mixture or specific herb, usually ten-fifteen minutes. If the herb contains volatile oils put a lid on the saucepan.
4. Strain the tea while it is still hot.

To make an alcoholic tincture

1. Put 4 oz of finely chopped or ground dried herbs into a container that can be closed tightly. If fresh herbs are used, twice the amount should be used.
2. Pour 1 pt of 30% (60 proof) vodka on the herbs and then close the container tightly.
3. Keep the container in a warm place for two weeks and shake it well twice a day.
4. After decanting the liquid pour the residue into a muslin cloth suspended in a bowl.
5. Wring out all of the liquid. The residue makes excellent garden compost.
6. Pour the tincture into a dark bottle. Keep it well stoppered.

To fill a capsule

1. Place the powdered herbs in a flat dish and take the halves of the capsule apart.

2. Move the halves of the capsules through the powder, filling them in the process.
3. Push the two halves together.

To Make a lozenge

1. Soak 1 oz tragacanth or Acacia* in water for 24 hours, stirring as often as possible. Boil 1 pt of water. Mix in tragacanth.
2. Using a wooden spoon, beat the mixture to a uniform consistency. Force it through a muslin container to make a mucilage.
3. Mix enough of your chosen herb (in dried, powdered form) into the mucilage to make a paste. Add unrefined brown sugar if you like.
4. Dust a pastry board and rolling pin with icing sugar or cornflower to prevent sticking and roll out the paste to a layer about 1/2 in thick.
5. When the paste has cooled slightly, cut the paste into lozenges, in any shape and size you like. Leave to dry. Store in an airtight tin.

*Tragacanth or Acacia is an edible gum that can be found in any health food store or herbal pharmacy.

Several Ways of Preparing Herbs for Use.

Notes: Always keep a record of the work you do.

If using herbs for healing, remember you are NOT a doctor, use them only for adjuncts not replacements for medical treatment.

The traditional Herbal Craftsperson will meditate as the work is done and after it is completed, in this way learning is continued

The Water in the following preparations is brought to boiling then poured over the herb, the herbs are NOT boiled in the water, for that would cause a breakdown of the vitamins and minerals in the herbs that are so vital to the healing process.

MAKING AN INFUSION

This process draws the properties you want out of the herb for healing. An infusion is basically a strong tea. The normal mixture is 1 pint of water to 1/2 ounce of herb. It takes experience to learn how long each herb needs to steep, some take longer than others, the average length of time is 1/2 hour but with practice you'll learn which take longer and which take less time.

This is the easiest method.

MAKING A DECOCTION

This is much the same as an infusion (tea) except you are working with a much more solid herb such as thick pieces of root or bark which can't be ground up or the remedy calls for a much stronger dose..

This is the one case where you should BOIL THE HERB. In fact that's the whole process. Make sure that no steam escapes or the vital oils will go away with it. Also (of course) never use any metal when doing ANY herbal remedies.

If you will have more than one ingredient in the decoction begin by boiling the toughest then work down. Start with cold water and after boiling for what you consider long enough allow it to steep usually for at least 30 minutes.

MAKING A POULTICE

This is used when you need to apply the herbs externally such as for a burn or for acne. Yes it's messy but often essential for healing

Pour boiling water over the herbs using just enough to dampen them or evenly cover the plant matter, you're not trying to extract anything from the herb only to moisten it. When it is all evenly wet remove it with a strainer and place between 2 pieces of gauze (cheesecloth also works well if folded several times). You then apply the gauze with the herbs inside to the affected part and allow the moisture with the herb essence to pass within the person.

MAKING AN OINTMENT

This method involves mixing the herb(s) with a fixative such as petroleum jelly or vegetable fat. This is done by heating the fixative until it is quite warm and adding the ground herbs to it. Once mixed up the mixture can

be heated more than once and allowed to cool, Once you are satisfied that all the goody has been removed from the herb the whole mixture should be strained and put into a storage container then allowed to cool. This is the same procedure used to make salves.

MAKING A WASH

Same as an infusion (tea) except you use it externally.

TINCTURE

These are used when long term storage is required. It requires alcohol of at least a 75% grade which can be safely ingested. Place the following in a jar which can be tightly sealed

1-4 ounces of the herb
8 ounces of alcohol (drinkable!)
4 ounces of water

Seal the jar and keep it safely out of the light for 2 weeks. Each day at least once, check it and make sure that you loosed the mass of herb inside the jar by swirling it about. Continue this process until at the end of the 2 weeks the alcohol has extracted all the constituents without need of heat. This process is best begun on the new moon and completed on the full moon.

The Sacred Herbs Of The Goddesses:

Aphrodite: olive, cinnamon, daisy, cypress, quince. orris (iris), apple, myrtle
 Aradia: rue, vervain
 Artemis: silver fir, amaranth, cypress, cedar, hazel, myrtle, willow, daisy, mugwort, date palm
 Astarte: alder, pine, cypress, myrtle, juniper
 Athena: olive, apple
 Bast: catnip, Vervain
 Bellona: belladonna
 Brigit: blackberry
 Cailleach: wheat
 Cardea: hawthorn, bean, arbutus
 Ceres: willow, wheat, bay, pomegranate, poppy, leek, narcissus
 Cybele: oak, myrrh, pine
 Demeter: wheat, barley, pennyroyal, myrrh, rose, pomegranate, bean, poppy, all cultivated crops
 Diana: birch, willow, acacia, wormwood, dittany, hazel, beech, fir, apple, mugwort, plane, mulberry, rue
 Druantia: fir
 Freya: cowslip, daisy, primrose, maidenhair, myrrh, strawberry, mistletoe
 Hathor: myrtle, sycamore, grape, mandrake, coriander, rose
 Hecate: willow, henbane, aconite, yew, mandrake, cyclamen, mint, cypress, date palm, sesame, dandelion, garlic, oak, onion
 Hekat: cypress
 Hera: apple, willow, orris, pomegranate, myrrh
 Hina: bamboo
 Hulda: flax, rose, hellebore, elder
 Irene: olive
 Iris: wormwood, iris
 Ishtar: acacia, juniper, all grains
 Isis: fig, heather, wheat, wormwood, barley, myrrh, rose, palm, lotus, persea, onion, iris, vervain
 Juno: lily, crocus, asphodel, quince, pomegranate, vervain, iris, lettuce, fig, mint
 Kerridwen: vervain, acorns
 Minerva: olive, mulberry, thistle
 Nefer-Tum: lotus
 Nephtys: myrrh, lily
 Nuit: sycamore
 Olwen: apple
 Persephone: parsley, narcissus, willow, pomegranate
 Rhea: myrrh, oak
 Rowen: clover, rowen
 Venus: cinnamon, daisy, elder, heather, anemone, apple, poppy, violet, marjoram, maidenhair fern, carnation, aster, vervain, myrtle, orchid, cedar, lily, mistletoe, pine, quince
 Vesta: oak

The Sacred Herbs Of The Gods:

Adonis: myrrh, corn, rose, fennel, lettuce, white heather
 Aesculapius: bay, mustard
 Ajax: delphinium
 Anu: tamarisk
 Apollo: leek, hyacinth, heliotrope, cornel, bay, frankincense, date palm, cypress
 Attis: pine, almond
 Ares: buttercup
 Bacchus: grape, ivy, fig, beech, tamarisk
 Baldur: St. John's wort, daisy
 Bran: alder, all grains
 Cupid: cypress, sugar, white violet, red rose
 Dagda: oak
 Dianus: fig
 Dionysus: fig, apple, ivy, grape, pine, corn, pomegranate, toadstools, mushrooms, fennel, all wild and cultivated trees
 Dis: cypress
 Ea: cedar
 Eros: red rose
 Gwydion: ash
 Helios: oak
 Horus: horehound, lotus, persea
 Hypnos: poppy
 Jove: pine, cassia, houseleek, carnation, cypress
 Jupiter: aloe, agrimony, sage, oak, mullein, acorn, beech, cypress, houseleek, date palm, violet, gorse, ox-eye daisy, vervain
 Kernunnos: heliotrope, bay, sunflower, oak, orange
 Kanaloa: banana
 Mars: ash, aloe, dogwood, buttercup, witch grass, vervain
 Mercury: cinnamon, mulberry, hazel, willow
 Mithras: cypress, violet
 Neptune: ash, bladderwrack, all seaweeds
 Odin: mistletoe, elm, yew, oak
 Osiris: acacia, grape, ivy, tamarisk, cedar, clover, date palm, all grains
 Pan: fig, pine, reed, oak, fern, all meadow flowers
 Pluto: cypress, mint, pomegranate
 Poseidon: pine, ash, fig, bladderwrack, all seaweeds
 Prometheus: fennel
 Ra: acacia, frankincense, myrrh, olive
 Saturn: fig, blackberry
 Sylvanus: pine
 Tammuz: wheat, pomegranate, all grains
 Thoth: almond
 Thor: thistle, houseleek, vervain, hazel, ash, birch, rowen, oak, pomegranate, burdock, beech
 Uranus: ash
 Woden: ash
 Zeus: oak, olive, pine, aloe, parsley, sage, wheat, fig

As the Craft, we will take only that which we need from the green and growing things of the Earth, never failing to attune with the plant before harvesting, nor failing to leave a token of gratitude and respect.

COMMON KITCHEN HERBS THAT HEAL

What follows is a short list of herbs commonly found in kitchens, or easily found in most supermarkets. This list is alphabetical by herb.

Anise (*Pimpinella anisum*)

Anise helps expel gas, relieves nausea and stomach pain caused by gas.

To use: crush anise seeds into a powder. Put 1 teaspoon of the powder into 1 cup of warm water. Drink up to three times a day to relieve symptoms.

Basil (*Ocimum basilicum*)

Basil is another anti-nauseant that also relieves gas, and promotes normal bowel function.

To use: Make a strong tea using 1 teaspoon of the crushed dried herb in a half-cup of water. Drink as needed, not to exceed three cups a day.

Capsicum or Cayenne (*Capsicum frutescens*)

Cayenne helps stimulate the appetite and acts as a milk stimulant. It may reduce discomfort from the common cold.

To use: make a tea out of the dried herb, 1 teaspoon per cup of hot water. 2 cups per day only.

Note: Cayenne irritates hemorrhoids and should never be used by people with stomach problems. Do not exceed recommended dosage as high doses can cause stomach and kidney problems.

Caraway (*Carum carvi*)

Caraway works as an expectorant for coughs due to colds. It also improves the appetite and may increase breast milk in nursing mothers.

To use: Chew some seeds three or four times a day.

Dill (*Aniethum graveolens*)

Dill eases indigestion and upset stomachs.

To use: make a strong tea by steeping 2 teaspoons of dill seeds in 1 cup of hot water for 10 to 15 minutes. Strain and drink one half-cup 2 to 3 times daily.

Fennel (*Foeniculum vulgare*)

Fennel is a digestive aid and is known to relieve cramps. The oil is used to relieve stiff joints.

To use: 15 drops of extract in warm water with honey, one daily, as digestive aid. Rub oil directly on affected area for pain alleviation.

Fenugreek (*Trigonella graceum*)

Fenugreek relieves sore throats and is useful for treating irritations and other inflammations.

To use: as a gargle for sore throat - mix 1 tablespoon of pulverized seed in 1 cup hot water. Let steep for 10 minutes and strain. Gargle 3 times a day, every 3-4 hours. As a poultice for skin irritations - pulverize enough seed so that when mixed with 8 ounces of water, it forms a thick paste. Apply paste to affected areas once a day.

Garlic (*Allium sativum*)

Garlic helps fight infections, lowers blood pressure and may be able to destroy some cancer cells.

To use: stir-fry cloves for a few minutes to cut down garlic-breath. Eat 2 or 3 a day for maximum effectiveness.

Ginger (*Zingiber officinalis*)

Ginger eases cold symptoms, soothes skin inflammations and minor burns, calms upset stomachs, and is a natural remedy for morning sickness.

To use: for burn and inflammations - mash fresh ginger root, soak cotton ball and then rub juice on the affected area. For all else - add ginger extract to hot water, 10 drops per cup. This can be taken up to three times daily.

Parsley (*Petroselinium sativum*)

Parsley settles stomachs after meals. It also helps clear congestion due to colds and is soothing for asthma.

To use: make a strong tea using 1 teaspoon dried, ground parsley in 1 cup hot water. Let steep 10-15 minutes. Take once a day.

Peppermint (*Mentha piperita*)

Mint is an anti-spasmodic and is excellent for relieving cramps and stomach pain. It also relieves gas and aids in digestion. It can help reduce the sick feeling associated with migraines.

To use: drink one cup as a tea. Commercial teas are available. (Make sure it is only mint, not mint flavored.) Drink as needed.

Rosemary (*Rosmarinus officinalis*)

Rosemary is used for most head pains.

To use: as tea, to relieve nervous tension, make a strong tea. Rub rosemary essential oil on the temples to relieve headaches. Mix essential oils or leaves with olive oil to make a dandruff treatment.

Sage (*Salvia officinalis*)

Sage reduces perspiration and can be used to ease sore gums.

To use: to relieve perspiration, medium tea, one time daily. To ease gums, strong infusion, gargled, 3 times daily.

Thyme (*Thymus vulgaris*)

Thyme is good for chronic respiratory problems, cold flu and sore throat. It is also an anti-fungal.

To use: make a tea of the dried herb, drink daily. As an anti-fungal, rub extract on affected areas.

Turmeric (*Curcuma longa*)

Turmeric promotes good liver function and helps prevent gallbladder disease. It also may help prevent over-clotting of blood cells, and may help relieve arthritis symptoms.

To use: take 300mg up to 3 times daily.

Herbal Correspondences

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Herbs are commonly used in magic. The following tables give a number of correspondences for various herbs, planetary, elemental, astrological and a number of magical intents. Find the intent or correspondence you require and then look at the list of herbs that correspond to it. Choose one or more from the list to utilize in your spell casting. If you are unsure what to do with the herb, see the section on Herbal Magic. Recipes are given there.

If you are familiar with the use of herbs, you may simply use the tables for reference and compound a mixture to be used for incense, amulet bags or other use. The method of use will be determined in part by the characteristics of the herb in question. The scent of burning herbs is different than their natural scent. Not every herb makes good incense, some simply smell like burning fall leaves, and others smell foul when burned. In general the resins and woods are best for incense. Herbs that have an agreeable smell can be used in sachets or amulet bags. They can be blended with those that have no odor or very little odor. An herb with an unpleasant aroma would not be the one to choose to wear in an amulet bag around your neck or burn as incense. Valerian for example smells like dog dung, and asafoetida smells so foul it has been known to cause vomiting when used as incense by the untrained.

If you are not familiar with an herb, you can find out more about it on our sister site, Fullmoon Magic Herbs where you can also see it: [Herb Illustrations]

The herbs that I know to be poisonous if ingested are indicated by the skull and crossbones , the fact that an herb is not marked does not indicate that it is safe to ingest, it simply means that I did not have verifiable information that it was toxic. Do not ingest any of these herbs that you do not specifically know are safe, such as those that are food crops. Even some plants that have edible parts have toxic chemicals in other parts of the same plant, for instance we eat the roots of potatoes and the fruits of tomatoes, but the plants are poisonous.

Planetary Correspondences of Herbs

Planet

Herbs

Sun

Acacia, Angelica, Gum Arabic, Ash, Bay, Gum Benzoin, Carnation, Cashew, Cedar, Celandine, Centaury, Chamomile, Chicory, Cinnamon Bark, Citron Peel, Copal Resin, Eyebright, Frankincense, Ginseng, Goldenseal, Hazel, Heliotrope , Juniper, Lime, Liquidamber, Oak, Lovage, Marigold, Mastic Resin, Mistletoe , Olive, Orange, Peony, Palm, Pineapple, Rice, Rosemary, Rowan, Rue, Saffron, St. Johns Wort, Sandalwood, Sesame, Sunflower, Tangerine, Tea, Tormentil, Walnut, Witch Hazel

Moon

Adders Tongue, Aloe, Lemon Balm, Bladderwrack, Buchu, Cabbage, Calamus, Camelia, Camphor Resin, Chickweed, Club Moss, Coconut, Cotton, Cucumber, Dulce, Eucalyptus, Gardenia, Gourd, Grapes, Honesty, Irish Moss, Jasmine, Lemon, Lettuce, Lily, Loosestrife, Lotus, Mallow, Mesquite, Moonwort, Myrrh, Papaya, Poppy , Potato, Sandalwood, Purslane, Turnip, Willow, Wintergreen

Mercury

Almond, Aspen, Beans, Orange Bergamot, Bittersweet, Bracken Fern , Brazil Nuts, Caraway, Celery, Clover, Dill, Elecampane, Fennel, Ferns, Fenugreek, Filberts, Flax, Goats Rue, Horehound, Lavender, Lemongrass, Lemon Verbena, Lily of the Valley , Mace, Male Fern, Mandrake , Mint, Marjoram, May Apple, Mulberry, Papyrus, Parsley, Pecans, Peppermint, Pinpernel, Pistachio, Pomegranite, Summer Savory, Senna, Southernwood

Venus

Alder, Alfalfa, Aloes Wood, Apple, Apricot, Aster, Avocado, Bachelor Buttons, Balm of Gilead, Bananna, Barley, Bedstraw, Birch, Blackberry, Bleeding Heart, Blue Flag Iris , Buckwheat, Burdock, Capers, Cardamom, Catnip, Cherry, Coltsfoot, Columbine, Corn, Cowslip, Crocus, Cyclamen, Daffodil, Daisy, Dittany of Crete, Elder, Feverfew, Foxglove, Geranium, Goldenrod, Groundsel, Heather, Hibiscus, Huckleberry, Hyacinth , Indian Paint Brush, Iris , Ladys Mantle, Larkspur, Licorice, Lilac, Magnolia, Maidenhair Fern, Mugwort, Myrtle, Oats, Orris, Passion Flower, Pea, Peach, Pear, Periwinkle , Persimmon, Plaintain, Plum, Plumeria, Primrose, Ragwort, Raspberry, Rhubarb, Rose, Rye, Sagebrush, Wood Sorrel, Spearmint, Spikenard,

Strawberry, Sugar Cane, Sweetpea, Tansy, Thyme, Tomato, Tonka Beans, Trillium, Tulip, Valerian, Vanilla, Vervain, Vetivert, Violet, Wheat, Willow

Mars

Allspice, Anemone, Asafotida, Basil, Black Snakeroot, Blood Root, Briony, Broom, Cactus, Carrot, Chili Pepper, Coriander, Cubeb, Cumin, Curry Leaf, Damiana, Deerstongue, Dragons Blood Resin, Galangal Root, Garlic, Gentian, Ginger Root, Gorse, Grains of Paradise, Hawthorn, High John, Holly, Hops, Horseraddish, Houndstongue, Leek, Masterwort, Maguey, Mustard, Nettle, Onion, Pennyroyal, Pepper, Peppermint, Pepper Tree, Pimento, Pine, Poke Root, Radish, Reed, Shallots, Snapdragon, Squill , Thistle, Toadflax, Tobacco , Woodruff, Wormwood, Yucca

Jupiter
Agrimony, Anise, Avens, Banyan, Wood Betony, Bodhi, Borage, Cloves, Chestnuts, Cinquefoil, Dandelion, Dock, Endive, Fig, Honeysuckle, Horse Chestnut , Hens and Chickens, Hyssop, Linden, Liverwort, Meadowsweet, Maple, Nutmeg, Sage, Sarsparilla, Sassafras, Star Anise, Witch Grass

Saturn

Acconite , Amaranth, Asphodel , Beech, Beet, Belladonna , Bistort, Boneset, Buckthorn, Comfrey, Cypress, Datura , Elm, Euphorbia, Fumitory, Hellebore, Hemlock , Hemp, Henbane , Horsetail, Ivy, Morning Glory, Pansy, Patchouli, Poplar, Quince, Scullcap, Skunk Cabbage , Slippery Elm, Solomons Seal, Tamarind, Tamarisk, Yew

Elemental Correspondences of Herbs

Element

Herbs

Water

Apple Blossom, Lemon Balm, Calamus, Camomile, Camphor, Catnip, Cardamom, Cherry, Coconut, Comfrey, Elder, Eucalyptus, Iris , Gardenia, Heather, Hyacinth, Jasmine, Lemon, Licorice, Lilac, Lily, Lotus, Myrrh Resin, Orris Root, Passion Flower, Sandalwood, Peach, Plumeria, Rose, Spearmint, Stephanotis, Sweet Pea, Tansy, Thyme, Tonka Beans, Vanilla Beans, Violet, Ylang Ylang

Fire

Allspice, Angelica, Asafotida, Basil, Bay, Carnation, Cedar, Cinnamon, Clove, Copal Resin, Coriander, Deerstongue, Dill, Dragons Blood Resin, Fennel, Juniper, Lime, Marigold, Nutmeg, Orange, Peppermint, Rosemary, Rose Geranium, Sassafras Bark, Tangerine, Tobacco, Woodruff

Earth
Bistort, Cypress, Fern, Honeysuckle, Horehound, Magnolia, Mugwort, Narcissus, Oakmoss, Patchouli, Primrose, Rhubarb, Vervain, Vetivert

Air

Acacia, Gum Arabic, Almond, Anise, Gum Benzoin, Bergamot, Citron Peel, Lavender, Lemongrass, Lemon Verbena, Mace, Margoram, Mastic Resin, Parsley, Peppermint, Sage, Star Anise

Astrological Correspondences of Herbs

Sign

Herbs

Aries

Allspice, Carnation, Cedar, Cinnamon, Clove, Copal Resin, Cumin, Deerstongue, Dragons Blood Resin, Fennel, Frankincense, Galangal Root, Juniper, Musk, Peppermint, Pine

Taurus

Apple Blossom, Cardamom, Daisy, Honeysuckle, Lilac, Magnolia, Oakmoss, Patchouli, Plumeria, Rose, Thyme, Tonka Beans, Vanilla Beans, Violet

Gemini

Almond, Anise, Bergamot, Citron Peel, Clover, Dill, Lavender, Horehound, Lemongrass, Lily, Mace, Mastic Resin, Parsley, Peppermint

Cancer

Calamus, Eucalyptus, Gardenia, Jasmine, Lemon, Lemon Balm, Lilac, Lotus, Myrrh Resin, Rose, Sandalwood, Violet

Leo

Acacia, Gum Benzoin, Cinnamon, Copal Resin, Frankincense, Heliotrope , Juniper, Musk Oil,

Nutmeg, Orange, Rosemary, Sandalwood

Virgo

Almond, Bergamot, Cypress, Dill, Fennel, Honeysuckle, Lavender, Lily, Mace, Moss, Patchouli, Peppermint

Libra

Apple Blossom, Catnip, Lilac, Magnolia, Margoram, Mugwort, Plumeria, Rose, Spearmint, Sweet Pea, Thyme, Vanilla Bean, Violet

Scorpio

Allspice, Basil, Clove, Cumin, Deerstongue, Galangal Root, Gardenia, Ginger Root, Myrrh Resin, Pine, Vanilla Bean, Violet

Sagittarius

Anise, Carnation, Cedar, Clove, Copal Resin, Deerstongue, Dragons Blood Resin, Frankincense, Ginger Root, Honeysuckle, Juniper, Nutmeg, Orange, Rose, Sage, Sassafras Bark, Star Anise

Capricorn

Cypress, Honeysuckle, Magnolia, Mimosa, Oakmoss, Patchouli, Vervain, Vetivert

Aquarius

Acacia, Almond, Gum Benzoin, Citron Peel, Cypress, Lavender, Gum Mastic, Mace, Mimosa, Patchouli, Peppermint, Pine

Pisces

Anise, Calamus, Catnip, Clove, Eucalyptus, Gardenia, Honeysuckle, Jasmine, Lemon, Mimosa, Nutmeg, Orris Root, Sage, Sandalwood, Sarsaparilla, Star Anise, Sweet Pea

Planetary and Elemental Rulers of Gums and Resins

Gum/Resin

Planetary Ruler

Elemental Ruler

Gum Arabic

Sun

Air

Benzoin

Sun

Air

Camphor

Moon

Water

Copal

Sun

Fire

Dragon's Blood

Mars

Fire

Frankincense

Sun

Fire

Aloes

Venus

Water

Mastic

Sun

Air

Myrrh

Moon

Water

Pine

Mars

Air

Tragacanth

Mercury
Air
Dammar
Mercury
Air
Asafoetida
Mars
Fire
Balm of Gilead
Venus
Water
Planetary and Elemental Rulers of Woods and Barks
Wood/Bark
Planetary Ruler
Elemental Ruler
Acacia
Sun
Air
Almond
Mercury
Air
Apple
Venus
Water
Apricot
Venus
Water
Ash
Sun
Fire
Aspen
Mercury
Air
Bay
Sun
Fire
Beech
Saturn
Water
Birch
Venus
Water
Buckthorn
Saturn
Water
Cedar
Sun
Fire
Cherry
Venus
Water
Chestnut
Jupiter
Fire
Cinchona
Sun

Fire
Cinnamon
Sun
Fire
Cypress
Saturn
Water
Dogwood
Sun
Air
Ebony
Sun
Fire
Elder
Venus
Water
Elm
Saturn
Water
Eucalyptus
Moon
Water
Fig
Jupiter
Fire
Hawthorn
Mars
Fire
Hazel
Sun
Air
Holly
Mars
Fire
Horse Chestnut
Jupiter
Fire
Juniper
Sun
Fire
Lemon
Moon
Water
Lime
Sun
Fire
Linden
Jupiter
Air
Liquidamber
Sun
Fire
Magnolia
Venus
Earth
Maple

Jupiter
Air
Mesquite
Moon
Water
Mimosa
Saturn
Water
Mulberry
Mercury
Air
Myrtle
Venus
Water
Oak
Sun
Fire
Olive
Sun
Fire
Oleander
Saturn
Earth
Orange
Sun
Fire
Peach
Venus
Water
Pear
Venus
Water
Pecan
Mercury
Air
Peppertree
Mars
Fire
Persimmon
Venus
Water
Pine
Mars
Air
Pistachio
Mercury
Air
Plum
Venus
Water
Pomegranate
Mercury
Air
Poplar
Saturn
Water

Prickly Ash
 Mars
 Fire
 Quince
 Saturn
 Earth
 Rosemary
 Sun
 Fire
 Rowan
 Sun
 Fire
 Sagebrush
 Venus
 Earth
 Sandalwood
 Moon
 Water
 Sassafras
 Jupiter
 Fire
 Senna
 Mercury
 Air
 Slippery Elm
 Saturn
 Air
 Tamarisk
 Saturn
 Water
 Tamarind
 Saturn
 Water
 Tea
 Sun
 Fire
 Walnut
 Sun
 Fire
 Willow
 Moon
 Water
 Witch Hazel
 Sun
 Fire
 Herbal Correspondences to Magical Intent
 Magical Intent
 Herbs
 Astral Projection
 Dittany, Mugwort, Poplar
 Beauty
 Avocado, Catnip, Ginseng, Maidenhair, Yerba Santa
 Chastity
 Cactus, Camphor, Coconut, Cucumber, Fleabane(P), Hawthorn, Lavender, Pineapple, Sweet
 Pea, Vervain, Witch Hazel
 Courage

Borage, Black Cohosh, Columbine, Masterwort, Mullien, Poke, Ragweed, Sweet Pea, Tea, Thyme, Tonka, Wahoo

Divination

Broom , Camphor, Cherry, Dandelion, Fig, Goldenrod, Ground Ivy, Hibiscus, Meadowsweet, Orange, Orris , Pomegranate

Employment

Devil's Shoestring, Lucky Hand, Pecan

Exorcism

Angelica, Arbutus, Asafoetida, Avens, Basil, Beans, Birch, Boneset, Buckthorn, Clove, Clover, Cumin, Devil's Bit, Dragon's Blood, Elder, Fern, Fleabane, Frankincense, Fumitory, Garlic, Heliotrope , Horehound, Horseradish, Juniper, Leek, Lilac, Mallow, Mint, Mistletoe, Mullien, Myrrh, Nettle, Onion, Peach, Peony, Pepper, Pine, Rosemary, Rue, Sagebrush, Sandalwood, Sloe, Snapdragon, Tamarisk, Thistle, Witch Grass, Yarrow

Fertility

Agaric , Banana, Bistort, Bodhi, Carrot, Cuckoo Flower, Cucumber, Cyclamen, Daffodil, Dock, Fig, Geranium, Grape, Hawthorn, Hazel, Horsetail, Mandrake, Mistletoe , Mustard, Myrtle, Nuts, Oak, Olive, Date Palm, Patchouli, Peach, Pine, Pomegranate, Poppy , Rice, Sunflower, Wheat

Fidelity

Chickweed, Chili Pepper, Clover, Cumin, Elder, Licorice, Magnolia, Nutmeg, Rhubarb, Rye, Scullcap, Spikenard, Vetch, Yerba Mate

Friendship

Lemon, Love Seed, Passion Flower, Sweet Pea

Gossip, to end

Clove, Slippery Elm

Happiness

Catnip, Celandine, Cyclamen, Hawthorn, High John the Conqueror, Hyacinth, Lavender, Lily of the Valley , Marjoram, Meadowsweet, Morning Glory , Purslane, Quince, Saffron, St. John's Wort, Witch Grass

Healing

Adder's Tongue, Allspice, Amaranth, Angelica, Apple, Balm, Balm of Gilead, Barley, Bay, Bittersweet , Blackberry, Brakenfern , Burdock, Calamus, Carnation, Cedar, Cinnamon, Citron, Cowslip, Cucumber, Dock, Elder, Eucalyptus, Fennel, Figwort, Flax, Gardenia, Garlic, Ginseng, Goat's Rue, Goldenseal, Groundsel, Heliotrope , Hemp, Henna, Hops, Horehound, Horse Chestnut , Ivy, Job's Tears, Life Everlasting, Lime, Mesquite, Mint, Mugwort, Myrrh, Nettle, Oak, Olive, Onion, Peppermint, Pepper Tree, Persimmon, Pine, Plantain, Potato, Rose, Rosemary, Rowan, Rue, Saffron, Sandalwood, Wood Sorrel, Spearmint, Thistle, Thyme, Ti, Tobacco, Vervain, Violet, Willow, Wintergreen, Yerba Santa

Health

Anemone, Ash, Camphor, Caraway, Coriander, Fern, Galangal, Geranium, Groundsel, Juniper, Knotweed, Larkspur, Life Everlasting, Mandrake , Marjoram, Mistletoe , Mullien, Nutmeg, Oak, Pimpernel, Rue, St. John's Wort, Sassafras, Wood Sorrel, Spikenard, Sumbul, Tansy, Thyme, Walnut

Hexes, counteracting

Bamboo, Chili Pepper, Datura , Galangal, Huckleberry, Hydrangea, Poke, Squill , Thistle, Holy Thistle, Toadflax, Vetivert, Wahoo, Wintergreen

Legal Matters

Buckthorn, Cascara, Celandine , Hickory, Marigold, Skunk Cabbage

Love

Adam and Eve, Wood Aloes, Apple, Apricot, Aster, Avens, Avocado, Bachelor's Buttons, Balm, Balm of Gilead, Barley, Basil, Beans, Bedstraw, Beet, Betony, Bleeding Heart, Bloodroot, Brazil Nut, Caper, Cardamom, Catnip, Chamomile, Cherry, Chestnut, Chickweed, Chili Pepper, Cinnamon, Clove, Clover, Black Cohosh, Coltsfoot, Columbine, Copal, Coriander, Crocus, Cubeb, Cuckoo Flower, Daffodil, Daisy, Damiana, Devil's Bit, Dill, Dogbane, Dragon's Blood, Dutchman's Breeches, Elecampane, Elm, Endive, Eryngo, Fig, Gardenia, Gentian, Geranium, Ginger, Ginseng, Grains of Paradise, Hemp, Hibiscus, High John the Conqueror, Houseleek, Hyacinth, Indian Paint Brush, Jasmine, Joe Pye Weed, Juniper, Kava Kava, Lady's Mantle,

Lavender, Leek, Lemon, Lemon Verbena, Licorice, Lime, Linden, Liverwort, Lobelia , Lotus, Lovage, Love Seed, Maidenhairfern, Male Fern, Mallow, Mandrake , Maple, Marjoram, Mastic, Meadow Rue, Meadowsweet, Mimosa, Mistletoe , Moonwort, Myrtle, Nuts, Oleander , Orange, Orchid, Pansy, Papaya, Pea, Peppermint, Periwinkle , Pimento, Plum, Plumeria, Poppy, Prickly Ash, Primrose, Purslane, Quassia, Quince, Raspberry, Rose, Rosemary, Rue, Rye, Saffron, Sarsaparilla, Scullcap, Senna, Black Snakeroot, Southernwood, Spearmint, Spiderwort, Strawberry, Sugar Cane, Sumbul, Tamarind, Thyme, Tomato, Tonka, Tormentil, Trillium, Tulip, Valerian, Vanilla, Venus Flytrap, Vervain, Vetivert, Violet, Willow, Witch Grass, Wormwood, Yarrow, Yerba Mate, Yohimbe

Luck

Allspice, Aloe, Bamboo, Banyan, Bluebell, Cabbage, Calamus, China Berry , Cinchona, Cotton, Daffodil, Devil's Bit, Fern, Grains of Paradise, Hazel, Heather, Holly, Houseleek, Huckleberry, Irish Moss, Job's Tears, Linden, Lucky Hand, Male Fern, Moss, Nutmeg, Oak, Orange, Persimmon, Pineapple, Pomegranate, Poppy , Purslane, Rose, Snakeroot, Star Anise, Straw, Strawberry, Sumbul, Vetivert, Violet

Mental Ability

Caraway, Celery, Eyebright, Grape, Horehound, Lily of the Valley , Mace, Mustard, Periwinkle, Rosemary, Rue, Savory, Spearmint, Walnut

Peace

Dulse, Eryngo , Gardenia, Lavender, Loosestrife, Meadowsweet, Morning Glory , Myrtle, Olive, Passion Fruit, Pennyroyal, Scullcap, Vervain, Violet

Power

Carnation, Club Moss, Devil's Shoestring, Ebony, Gentian, Ginger, Rowan

Prophetic Dreams

Brackenfern , Buchu, Cinquefoil, Heliotrope , Jasmine, Marigold, Mimosa, Mugwort, Onion, Rose Prosperity

Alfalfa, Alkanet, Allspice, Almond, Ash, Banana, Basil, Benzoin, Bergamot, Blackberry, Bladderwrack, Blue Flag, Briony, Buckwheat, Calamus, Camellia, Cascara, Cashew, Cedar, Chamomile, Cinnamon, Cinquefoil, Clove, Clover, Comfrey, Cowslip, Dill, Dock, Elder, Fenugreek, Fern, Flax, Fumitory, Galangal, Ginger, Goldenrod, Goldenseal, Gorse, Grains of Paradise, Grape, Heliotrope , High John the Conqueror, Honesty, Honeysuckle, Horse Chestnut , Irish Moss, Jasmine, Lucky Hand, Mandrake , Maple, Marjoram, May Apple, Mint, Moonwort, Moss, Myrtle, Nutmeg, Nuts, Oak, Oats, Onion, Orange, Oregon Grape, Patchouli, Pea, Pecan, Periwinkle , Pine, Pineapple, Pipsissewa, Pomegranate, Poplar, Rattlesnake Root, Rice, Sassafras, Sesame, Black Snakeroot, Snakeroot, Snapdragon, Squill , Sweet Woodruff, Tea, Tomato, Tonka, Trillium, Tulip, Vervain, Vetivert, Wheat

Protection

Acacia, African Violet, Agrimony, Ague Root, Aloe, Althea, Alyssum, Amaranth, Anemone, Angelica, Anise, Arbutus, Asafotida, Ash, Balm of Gilead, Bamboo, Barley, Basil, Bay, Bean, Betony, Birch, Bittersweet, Blackberry, Bloodroot, Blueberry, Bodhi, Boneset, Briony , Broom , Buckthorn, Burdock, Cactus, Calamus, Caraway, Carnation, Cascara, Castor , Cedar, Celandine, Chrysanthemum, Cinchona, Cinnamon, Cinquefoil, Clove, Clover, Club Moss, Coconut, Black Cohosh, Cotton, Cumin, curry, Cyclamen, Cypress, Datura , Devil's Bit, Devil's Shoestring, Dill, Dogwood, Dragon's Blood, Ebony, Elder, Elecampane, Eucalyptus, Euphorbia, Fennel, Fern, Feverwort, Figwort, Flax, Fleabane, Foxglove, Frankincense, Galangal, Garlic, Geranium, Ginseng, Gorse, Grain, Grass, Hazel, Heather, Holly, Honeysuckle, Horehound, Houseleek, Hyacinth, Hyssop, Irish Moss, Ivy, Juniper, Kava Kava, Lady's Slipper, Larch, Larkspur, Lavender, Leek, Lettuce, Lilac, Lily, Lime, Linden, Liquidamber, Loosestrife, Lotus, Lucky Hand, Mallow, Mandrake , Marigold, Masterwort, Meadow Rue, Mimosa, Mint, Mistletoe, Mugwort, Mulberry, Mullien, Mustard, Myrrh, Nettle, Oak, Olive, Onion, Orris, Papaya, Papyrus, Parsley, Pennyroyal, Peony, Pepper, Pepper Tree, Periwinkle, Pilot Weed, Pimpernel, Pine, Plantain, Plum, Primrose, Purslane, Quince, Radish, Ragwort, Raspberry, Rattlesnake Root, Rhubarb, Rice, Rose, Rosemary, Rowan, Sage, St. John's Wort, Sandalwood, Southernwood, Spanish Moss, Squill , Sweet Woodruff, Tamarisk, Thistle, Ti, Toadflax, Tomato, Tormentil, Tulip, Turnip, Valerian, Venus Flytrap, Vervain, Violet, Wax Plant, Willow, Wintergreen, Witch Hazel, Wolf's Bane , Wormwood, Yerba Santa, Yucca

Psychic Powers

Acacia, Althea, Bay, Bistort, Bladderwrack, Borage, Buchu, Celery, Cinnamon, Citron, Elecampane, Eyebright, Flax, Galangal, Grass, Honeysuckle, Lemongrass, Mace, Marigold, Mastic, Mugwort, Peppermint, Rose, Rowan, Saffron, Star Anise, Stillengia, Sumbul, Thyme, Uva Ursi, Wormwood, Yarrow, Yerba Santa

Purification

Alkanet, Anise, Asafotida, Avens, Bay, Benzoin, Betony, Bloodroot, Broom , Cedar, Chamomile, Coconut, Copal, Euphorbia , Fennel, Gum Arabic, Horseradish, Hyssop, Iris , Lavender, Lemon, Lemon Verbena, Mimosa, Parsley, Peppermint, Pepper Tree, Rosemary, Sagebrush, Shallot, Holy Thistle, Thyme, Tobacco, Tumeric, Valerian, Vervain, Yucca

Sex

Avocado, Caper, Caraway, Carrot, Cattail, Celery, Cinnamon, Daisy, Damiana, Deerstongue, Dill, Dulce, Endive, Eryngo , Galangal, Garlic, Ginseng, Grains of Paradise, Hibiscus, Lemongrass, Licorice, Maguey, Mint, Nettle, Olive, Onion, Parsley, Patchouli, Radish, Rosemary, Saffron, Sesame, Black Snakeroot, Southernwood, Vanilla, Violet, Witch Grass, Yerba Mate, Yohimbe

Sleep

Agrimony, Chamomile, Cinquefoil, Datura , Elder, Hops, Lavender, Lettuce, Linden, Passion Fruit, Peppermint, Purslane, Rosemary, Thyme, Valerian, Vervain

Spirituality

African Violet, Wood Aloes, Cinnamon, Frankincense, Gardenia, Gum Arabic, Myrrh, Sandalwood

Strength

Bay, Carnation, Masterwort, Mugwort, Mulberry, Pennyroyal, Plantain, Saffron, St. John's Wort,

Sweet Pea, Tea, Thistle

Success

Ash, Balm, Cinnamon, Clover, Frankincense, Garlic, Ginger, High John the Conqueror, Mistletoe,

Rowan, Vervain, Wahoo, Winters Bark

Wisdom

Bodhi, Clary Sage, Eyebright, Hazel, Iris , Peach, Sage, Sunflower

The Herbal Encyclopedia

Aloe Vera

MEDICINAL: The gel of the inner part of an aloe leaf is used to treat burns, skin rashes, and insect bites, as well as chafed nipples from breastfeeding, when applied to the affected area externally. Internally it can be used to keep the bowels functioning smoothly, or when there is an impaction, although it can cause intestinal cramping when taken internally, and there are other herbs that do this job better. It aids in healing wounds by drawing out infection, and preventing infection from starting. The fresh gel is best to use, rather than "stabilized" gels found in the stores. The fresh gel was used by Cleopatra to keep her skin soft and young.

MAGICKAL: Growing an aloe vera plant in the kitchen will help prevent burns and mishaps while cooking. It will also prevent household accidents, and guard against evil.

GROWING: Best grown indoors in pots. Those living in the deep South, as in southern Texas or southern Florida, can grow aloe outdoors. Remember that Aloe is a succulent, not a cactus, so it needs water to keep the leaves fleshy and juicy.

Amaranth

MEDICINAL: Amaranth is used to battle stomach flu, diarrhea, and gastroenteritis. It was used by Native Americans to stop menstruation and for contraception. Applied externally, it can reduce tissue swelling from sprains and tick bites. Not to be used by pregnant or lactating women.

MAGICKAL: Amaranth is used to repair a broken heart. It is also associated with immortality, and is used to decorate images of gods and goddesses. It is sacred to the god Artemis. Woven into a wreath, it is said to render the wearer invisible. Also used in pagan burial ceremonies.

Angelica

MEDICINAL: Angelica is a good herbal tea to take for colic, gas, indigestion, hepatitis, and heartburn. It is useful to add in remedies for afflictions of the respiratory system. Angelica should not be used by pregnant women or diabetics.

MAGICKAL: Grow it in your garden as a protection for garden and home. The root is often used as a protective amulet, and has been used to banish evil by burning the leaves. It is also used to lengthen life, and is used in protection against diseases. Adding it to a ritual bath will break spells and hexes.

GROWING: Angelica needs rich, moist garden soil in partial shade. It prefers wet bottomlands and swamps. Prefers the cooler northern regions to grow best. It is a perennial that can reach up to 6 feet tall.

Anise

MEDICINAL: Another good herb for colic, gas, and indigestion. It can also be used in herbal remedies for coughing, as it aids in loosening phlegm. It is the

mildest of the herbs used for these purposes.

MAGICKAL: Anise mixed with bay leaves provides an excellent bath additive prior to ritual. Using anise in potpourri around the house wards off evil, and anise in your sleeping pillow at night will chase away the nightmares. The essential oil is used in ritual baths prior to any divination attempts. It is believed that hanging an anise seed head on your bedpost will restore lost youth.

GROWING: Anise likes warm, sunny areas with well-drained, rich sandy soils. It is suitable for all areas of North America. It is an annual, and grows 1-2 feet high. It needs 120 days to produce fully ripened seed heads.

Apple

MEDICINAL: Apples are used to treat constipation. The pectin in fresh apples can help to lower cholesterol levels, an aid in treating heart disease. Crushed apple leaves can be rubbed on a fresh wound to prevent infection.

MAGICKAL: Apple blossoms are used in love and healing incenses. An apple should be given to a lover as a present - you should eat one half, the other the other. It is given as an offering on Samhain to the dead, since it is a symbol of immortality. Apple wood is used to make magickal wands. Pouring apple cider on the ground in your garden before you plant gives the earth life.

GROWING: Apple trees grow over most of North America. They need a cool winter period, making them unsuitable for low desert or tropical regions. Check with your local nursery for varieties best suited to your area and growing conditions.

Astragalus

MEDICINAL: Astragalus strengthens metabolism and digestion, raises metabolism, and is used in the healing of wounds and injuries. It is often cooked with broths, rice, or beans for a boost to the healing energies during those illnesses that prevent one from eating normally.

Basil

MEDICINAL: Basil is used to treat stomach cramps, vomiting, fevers, colds, flu, headaches, whooping cough, and menstrual pains. It is also used to reduce stomach acid, making it a valuable part of any treatment for ulcers, and a valuable addition to any recipe using tomatoes for those with sensitive stomachs. Externally, it can be used for insect bites, to draw out the poisons. It has been used in other countries to eliminate worms from the intestines, and the oil from basil leaves is applied directly to the skin to treat acne.

MAGICKAL: Basil protects from evil and negativity, and aids in attracting and keeping love. It is used for purification baths, and in wealth and prosperity rituals. Carrying a basil leaf in your pocket brings wealth, and if powdered basil is sprinkled over your mate while they sleep, it is supposed to eliminate infidelity from your marriage.

GROWING: Basil will grow in any well-drained, fairly rich soil, and full sun. It can be grown throughout most of North America. It is an annual, which reaches 2-3 feet tall. Pinch off the tips to promote bushiness and flower buds to maintain growth.

Bayberry

MEDICINAL: Bayberry, taken in small doses, increases the vitality of your total body systems, improving circulation. It can also be used as a poultice over varicose veins to strengthen the blood vessels. A douche made of the tea is used for vaginal infections. Tea made of Bayberry is a good gargle for sore throat and tonsillitis.

MAGICKAL: The oil of Bayberry will bring prosperity and luck.

Bay Laurel

MAGICKAL: The leaves are burned to enhance psychic powers and to produce visions. Worn in an amulet, it will provide protection from evil and negativity. The leaves are used as decorations during the Yule season, and placed in your window it will protect against lightning striking your house. Write a wish on a bay leaf and then burn it if you want the wish to come true. Sprinkling the crushed leaves in your cupboards will keep out cockroaches and other insect pests.

Bistort

MEDICINAL: Bistort root, when ground and mixed with echinacea, myrrh, and goldenseal, is a great dressing for cuts and other wounds. It is also a powerful astringent, used by mixing a teaspoon in a cup of boiled water, and drunk several times a day, as a treatment for diarrhea and dysentery. The same mixture can be used as a gargle for sore throats. Bistort is good to drive out infectious disease, and is effective for all internal and external bleeding.

MAGICKAL: An amulet fashioned of the root of Bistort is carried when one wishes to conceive.

GROWING: Bistort prefers damp soils, such as in cultivated fields. It is native to Europe, but has been grown in Nova Scotia and as far south as Massachusetts. It is a perennial that reaches up to 30 inches tall. Sprinkle an infusion of bistort around your home to keep out unwanted visitors of the mischievous variety, such as poltergeists, sprites, etc.

Black Cohosh

MEDICINAL: Black Cohosh is useful in all conditions dealing with arthritis. It improves blood circulation, and is used in treating delayed and painful menstruation, and is often used in conjunction with other herbs in treating menopause symptoms. It should not be used during pregnancy. Black Cohosh can be poisonous in large doses. It contains a chemical much like estrogen, so those advised by their doctor's not to take the Pill should avoid using this herb.

MAGICKAL: Black Cohosh leaves laid around a room is said to drive away bugs, and to drive away negativity.

GROWING: Black Cohosh grows in open woody areas. It needs good soil and partial to mostly shade to do well. It has been grown as far south as Georgia, and as far west as Missouri. It is a perennial which reaches 3 - 8 feet tall.

Blessed Thistle

MEDICINAL: Blessed Thistle is used to strengthen the heart, and is useful in all remedies for lung, kidney, and liver problems. It is also used as a brain food for stimulating the memory. It is used in remedies for menopause and for menstrual cramping. Blessed Thistle should never be taken alone, nor should it be used during pregnancy.

GROWING: Blessed Thistle is generally found along roadsides and in wastelands. It is an annual, and reaches to 2 feet tall. Most folks consider this a pesky weed, so cultivation is not common. Try gathering some for yourself from the wild.

Blue Cohosh

MEDICINAL: Blue Cohosh is used to regulate the menstrual flow. It is also used for suppressed menstruation. Native Americans used this herb during childbirth to ease the pain and difficulty that accompany birthing, as well as to induce labor. This herb should not be taken during pregnancy, and should be taken in very small amounts in conjunction with other herbs, such as Black Cohosh.

GROWING: Blue Cohosh grows best in deep, loamy, moist woodlands. The berry of this plant is poisonous, and the plant itself can irritate the skin. The root is the part used in herbal medicine. It has a range from southern Canada, as far south as the Carolinas, and as far west as Missouri. This herb is best purchased from the stores, rather than cultivated.

Burdock

MEDICINAL: Burdock Root is used to treat skin diseases, boils, fevers, inflammations, hepatitis, swollen glands, some cancers, and fluid retention. It is an excellent blood purifier. A tea made of the leaves of Burdock is also used for indigestion.

MAGICKAL: Used to ward off all sorts of negativity, making it invaluable for protective amulets and sachets. Add to potpourri in the house.

Caraway

MEDICINAL: Caraway aids digestion, can help promote menses, can increase a mother's milk, and is good to add to cough remedies as an expectorant.

MAGICKAL: Carry Caraway in an amulet for protection. Carrying caraway seeds promotes the memory. It can also guard against theft. It is said to promote lust when baked into breads, cookies, or cakes.

GROWING: Caraway can be found in meadows, woods, and rocky areas. It prefers a rich soil. Native to Europe, Asia, and Africa, it also grows wild here in North America. It is a biennial that reaches 1 1/2 - 2 feet high.

Catnip

MEDICINAL: Catnip is effective alone or in herbal remedies for colds, flu, fevers, upset stomach, and insomnia. Particularly good for children with upset stomachs in a very mild infusion.

MAGICKAL: Use the large leaves, well dried, to mark pages in magickal books. Use in conjunction with rose petals in love sachets. It will also create a psychic bond between you and your cat. Grow near your home to attract luck and good spirits.

GROWING: Catnip will grow in most soils, and tends to enjoy a bit of the dry spells once it is established. It grows throughout North America, and is a perennial reaching to 3 feet high.

Cayenne

MEDICINAL: Cayenne, also called capsicum, is very effective added to liniments for all sorts of arthritis and muscle aches. It benefits the heart and circulation when taken alone or added to other remedies. It is also used to stimulate the action of other herbs. It will stop bleeding both externally and internally, making it excellent for use with ulcers. It is used in antibiotic combinations, for menstrual cramps, and as a part of treatment for depression.

MAGICKAL: Cayenne pepper scattered around your house will break bad spells. Adding it to love powders will ensure that your love will be spicy, and can inflame the loved one with passion.

GROWING: Cayenne pepper plants like a good, rich soil, plenty of water, and full sun. The peppers are dried after ripening. For herbal use, the peppers are usually ground into a powder and mixed with other powdered herbs in capsules.

Cedar

MAGICKAL: Cedar chips used in rituals or burnt attracts money, and is also used in purification and healing. It is a symbol of power and longevity. Hung in the home it will protect against lightning. Juniper can be used in place of cedar.

Chamomile

MEDICINAL: Use the tea for nerves and menstrual cramps. The tea is also useful for babies and small children with colds and stomach troubles. Also used to calm the body for inducing sleep in insomniac conditions. It is also a good wash for sore eyes and open sores.

MAGICKAL: Chamomile is used in prosperity charms to attract money. Added to incense, it will produce a relaxed state for better meditation. Burned alone it will induce sleep. Added to a ritual bath, it will attract love. Sprinkle it around your property to remove curses and bad spells.

GROWING: Chamomile is an annual that adapts to most soils, likes lots of water and full sun. It grows up to 20 inches tall.

Cinnamon

MEDICINAL: Add cinnamon to remedies for acute symptoms, as this herb is a stimulant to other herbs and the body, enabling herbal remedies to work faster. It is also a blood purifier, an infection preventer, and a digestive aid. Do not

ingest cinnamon oil.

MAGICKAL: Burned in incense, cinnamon will promote high spirituality. It is also used to stimulate the passions of the male. It should also be burned in incenses used for healing. The essential oil is used for protection.

Clover

MEDICINAL: Red Clover is used as a nerve tonic and as a sedative for exhaustion. It is used to strengthen those children with weak systems, and is used with children for coughs, bronchitis, wheezing, as it is mild to their systems. It is often used in combination with many other drugs in the treatment of cancer. It is also used for skin eruptions (acne).

MAGICKAL: Clover brings luck, prosperity, and health. Carrying a three-leaf clover gives you protection. Worn over the right breast it will bring you success in all undertakings.

GROWING: Grow clover as you would lawn grasses. Clover is an excellent cover crop, planted in fallow areas and turned under in the fall, it makes an excellent fertilizer for poor soils.

Cloves

MEDICINAL: Clove oil will stop a toothache when it is applied directly to the cavity. It is very warm and stimulating to the system, and is very useful with people who have cold extremities. Cloves will promote sweating with fevers, colds, and flu. It is often used in remedies for whooping cough. Cloves are also safe and effective for relieving vomiting during pregnancy.

MAGICKAL: Cloves worn in an amulet will drive away negativity and hostility, and stop gossip. It is often carried to stimulate the memory, and can be added to attraction sachets. Clove oil is also worn as an aphrodisiac, and the buds when eaten are said to stir up bodily lusts. It is placed in sachets with mint and rose to chase away melancholy and to help one sleep soundly. Carried, it can also bring comfort to the bereaved and mourning.

Comfrey

MEDICINAL: A poultice of comfrey heals wounds, burns, sores, and bruises. It is a powerful remedy for coughs, ulcers, healing broken bones and sprains, and is used in treating asthma. Large amounts or dosages can cause liver damage, but there are no problems with using it externally. Used internally, it is best and safest to use a tea, rather than capsules.

MAGICKAL: Carrying comfrey during travel will ensure your safety. Put some in your luggage to prevent it being lost or stolen. It will also bring luck to the carrier.

GROWING: Comfrey prefers well-drained soils and partial shade. It grows from Canada to Georgia, as far west as Missouri, in the wild. It is a perennial that grows to 3 feet high. It can be started from seed, but you will be more successful with cuttings. Once established, it will spread vigorously. Harvest leaves when the flowers bud, and roots in the autumn after the first frost.

Cornflower

MEDICINAL: Juices from the stems of this plant are used externally to treat wounds and cuts.

MAGICKAL: Cornflower is used to promote and enhance psychic sight, as well as normal eyesight.

GROWING: Cornflower is adaptable to many soils and conditions. It is an annual that grows 1 - 2 feet tall.

Cramp Bark

MEDICINAL: Cramp Bark is one of the best female regulators in the herb world. It is a uterine sedative, aiding in menstrual cramps and afterbirth. It helps to prevent miscarriage, as well as internal hemorrhaging.

Damiana

MEDICINAL: Damiana is used to regulate the female cycles. It is also used to stimulate the sexual appetite. It is good for urinary problems and nervousness, as well as hypertension.

MAGICKAL: Damiana is used in infusions to incite lust, and is burned to produce visions.

Dandelion

MEDICINAL: Dandelion benefits all aspects of the liver. It clears obstructions and detoxifies poisons. It will also promote healthy circulation. The juice from a broken stem can be applied to warts and allowed to dry; used for 3 days or so it will dry up the warts. It is also used to treat premenstrual syndrome, as it is a diuretic.

MAGICKAL: It is a sign of rain when the down from a ripened dandelion head falls without wind helping it to do so. To blow the seeds off a ripened head is to carry your thoughts to a loved one, near or far.

GROWING: Dandelion is a common yard, garden, and roadside weed. Do not gather where chemicals have been used, and don't gather those near roadsides, as they have been contaminated from exhausts.

Dill

MEDICINAL: Dill is used to treat colic, gas, and indigestion.

MAGICKAL: Dill is used in love and protection sachets. The dried seed heads hung in the home, over doorways, and above cradles provides protection. Add dill to your bath to make you irresistible to your lover.

GROWING: Dill grows in most regions of North America. It needs sun and a well-drained soil, and frequent waterings. It is a hardy annual, biennial in the deep southern regions, that reaches 2 - 3 feet tall. Dill matures quickly, and self-sows for the following year. Plant in six week intervals for a season-long

supply of fresh dill.

Dragon's Blood

MEDICINAL: The resin of Dragon's Blood is used externally as a wash to promote healing and stop bleeding. Internally it is used for chest pains, post-partum bleeding, internal traumas, and menstrual irregularities.

MAGICKAL: Added to love incenses and sachets, it increases the potency of other herbs used. A piece of the plant is often used under the mattress as a cure for impotency. It is also used in spells to bring back a loved one. A pinch added to other herbs for magickal purposes will increase their potency.

Echinacea

MEDICINAL: Echinacea, also known as Purple Coneflower, is a natural antibiotic. It increases the production of white blood cells, and improves the lymph glands. The tea from this herb should be used in all infections, and has been used in treating skin cancers and other cancers.

MAGICKAL: Echinacea is used as an offering to the spirits or gods and goddesses to strengthen a spell or ritual.

GROWING: Echinacea likes the prairies and other open, dry places. It adapts to most soils, in full sun, except wet ones. It grows over most of North America. It is a perennial, and reaches to about 2 feet tall. The root is used ground, and the leaves are used for teas.

Elder

MEDICINAL: Elder flowers mixed with mint and yarrow blossoms are excellent internal cleansers when fighting flu and colds. A tea of the elder flowers and sassafras is a remedy for acne. Elder flower oil is a remedy for chapped skin. Should not be used internally by pregnant or lactating women.

MAGICKAL: The branches of the sacred elder are used to make magickal wands for ritual. Scattering the leaves in the four winds will bring protection. Elderberry wine, made from the berries, is used in rituals. In Denmark, it is believed to be unlucky to have furniture made of elder wood. Grown near your home, elder will offer protection to the dwellers. It is used at weddings to bring good luck to the newlyweds. Flutes made from the branches are used to bring forth spirits.

GROWING: Elder is a tree or shrub, growing to 30 feet tall. It prefers moist areas throughout North America. The leaves, bark, and roots of the American varieties generally contain poisonous alkaloids and should not be used internally.

Elecampane

MEDICINAL: Elecampane is used for intestinal worms, water retention, and to

lessen tooth decay and firm the gums. It gives relief to respiratory ailments. It is usually used in combination with other herbs. Externally it is used as a wash for wounds and itching rashes. It is burned to repel insects.

MAGICKAL: Add this herb to love charms and amulets of all kinds. Used with mistletoe and vervain, it is especially powerful. Use when scrying for better results.

GROWING: Elecampane enjoys roadsides and damp fields and pastures. Plant it in full sun in a damp, but not soggy, location. It is a perennial that grows 3 - 6 feet tall. The root is most commonly used.

Eucalyptus

MEDICINAL: Eucalyptus oil is a powerful antiseptic, and is used to treat pyorrhea (gum disease), and is used on burns to prevent infections. The oil breathed in will help clear the sinuses, as will the steam from boiling the leaves. When mixed with water or vegetable oils, it makes a good insect repellent. A small drop on the tongue eases nausea.

MAGICKAL: Healing energies come from the leaves. A branch or wreath over the bed of a sick person will help spread the healing energies. The oil is added to healing baths, and for purifications.

GROWING: Eucalyptus reigns among the tallest trees in the world, capable of reaching heights of over 250 feet tall. It thrives only in areas where the average temperature remains above 60 degrees, and is adaptable to several soil conditions.

Evening Primrose

MEDICINAL: Evening Primrose oil stimulates to help with liver and spleen conditions. In Europe, it has been used to treat Multiple Sclerosis. It lowers blood pressure, and eases the pain of angina by opening up the blood vessels. It has been found to help slow the production of cholesterol, and has been found to lower cholesterol levels. Used with Dong Quai and Vitex, it is a valuable part of an herbal remedy for treating the symptoms of pre-menstrual syndrome (PMS) and menstrual cramping.

GROWING: The American variety is found throughout North America. It enjoys dry soils and full sun. It is a biennial, and grows 3 - 6 feet tall. The seed oil is the most commonly used portion of the plant. Some nurseries sell evening primrose, but they are actually a small, showy hybrid of the perennial Missouri Primrose, and does not have the same medicinal uses.

Eyebright

MEDICINAL: Eyebright stimulates the liver to remove toxins from the body. It has been used internally and externally to treat eye infections and afflictions, such as pink-eye. The herb strengthens the eye, and helps to repair damage.

MAGICKAL: Eyebright is used to make a simple tea to rub on the eyelids to induce and enhance clairvoyant visions.

GROWING: Eyebright is adaptable to many soil types in full sun. It is a small annual, growing 2 - 8 inches high. It attaches itself by underground suckers to the roots of neighboring grass plants and takes its nutrients from them. To be cultivated, it must be given nurse plants on whose roots it can feed.

False Unicorn

MEDICINAL: False Unicorn is very soothing for a delicate stomach. It also stimulates the reproductive organs in women and men. This herb is very important for use during menopause, due to its positive effects on uterine disorders, headaches, and depression.

Fennel

MEDICINAL: Fennel helps to take away the appetite. It is often used as a sedative for small children. It improves digestion, and is very helpful with coughs. It is also used for cancer patients after radiation and chemotherapy treatments.

MAGICKAL: Use for scenting soaps and perfumes to ward off negativity and evil. Grow near the home for the same purpose.

GROWING: Fennel prefers dry, sunny areas. It is a perennial that can reach 4 - 6 feet tall.

Fenugreek

MEDICINAL: Fenugreek is used to soften and expel mucous. It has antiseptic properties and will kill infections in the lungs. Used with lemon and honey, it will help reduce a fever and will soothe and nourish the body during illness. It has been used to relax the uterus, and for this reason should not be taken by pregnant women.

MAGICKAL: Adding a few fenugreek seeds to the mop water used to clean your household floors will bring money into the household.

GROWING: Fenugreek likes dry, moderately fertile soil in a sunny location. It is an annual, and grows to 1 - 3 feet tall.

Feverfew

MEDICINAL: Feverfew is used to treat colds, fevers, flu, and digestive problems. It is often used to end migraines and other headaches.

MAGICKAL: Feverfew is carried for protection against illnesses involving fever, as well as for preventing accidents.

GROWING: Feverfew bears a resemblance to chamomile. It prefers dry places, will tolerate poor soil, and is a hardy biennial or perennial, growing to 2 1/2 feet. It prefers full sun.

Frankincense

MEDICINAL: Frankincense relieves menstrual pains, and treats rheumatic aches and pains. Externally it is used for liniments and for its antiseptic properties.

MAGICKAL: Frankincense is burned to raise vibrations, purify, and exorcise. It will aid meditations and visions. The essential oil is used to anoint magickal tools, altars, etc.

Garlic

MEDICINAL: Garlic is a powerful natural antibiotic. It can stimulate cell growth and activity. It reduces blood pressure in hypertensive conditions. A main advantage to using garlic for its antibiotic properties is that it does not destroy the body's natural flora. It is excellent for use in all colds and infections of the body. When ingesting the raw cloves, a sprig of parsley chewed immediately after will freshen the breath.

MAGICKAL: Peeled garlic cloves placed in each room is said to ward off disease. It is hung in new homes to dispel negativity and evil, and (don't laugh!) to ward off vampires. It is a strong protective herb. Place a clove under the pillow of sleeping children to protect them.

GROWING: Garlic is a perennial herb that likes moderate soil and lots of sun and warmth. The plant grows to 2 feet tall. The bulb is the most common used portion, although the greens are often used in salads.

Ginger

MEDICINAL: Ginger is an excellent herb to use for strengthening and healing the respiratory system, as well as for fighting off colds and flu. It removes congestion, soothes sore throats, and relieves headaches and body aches. Combined with other herbs, it enhances their effectiveness. It is also very effective in combatting motion sickness.

MAGICKAL: Ginger is used in passion spells, to "heat up" the relationship. It is used in success spells, and to ensure the success of spells.

GROWING: Ginger grows through most of North America. It reaches to 6 inches high, and is a perennial. The dried ground root is the part used for healing.

Ginseng

MEDICINAL: Ginseng stimulates the body to overcome all forms of illness, physical and mental. It is used to lower blood pressure, increase endurance, aid in relieving depression, and is a sexual stimulant. The dried root is used for healing purposes. It has been used throughout ancient times to the present day for use in conjunction with most herbs in treating all sorts of illnesses, including cancers, digestive troubles, and memory.

MAGICKAL: Ginseng is carried to guard your health and to attract love. It will also ensure sexual potency. Ginseng can be a substitute for mandrake.

GROWING: Ginseng can be very difficult to grow. Germination of disinfected seeds (to kill mold, which plagues ginseng at all stages of growth) can take up to a year or more. Plant in early autumn in raised beds of very humus-rich soil. Plants must be shaded at all times. Roots are not harvested until the plants are at least 6 years old. Take care during harvesting and drying not to break off any of the "arms" of the root. Dry for one month before use.

Goldenseal

MEDICINAL: Goldenseal is another natural, powerful antibiotic. It should not be used by pregnant women. The herb goes straight to the bloodstream and eliminates infection in the body. It enables the liver to recover. When taken in combination with other herbs, it will boost the properties for the accompanying herbs.

MAGICKAL: Goldenseal is used in prosperity spells, as well as healing spells and rituals.

GROWING: Goldenseal prefers rich soils in partial shade. It is a perennial herb that grows 6 - 18 inches high. The dried ground root is the part most often used, although the dried leaves are used in teas. It is difficult to grow successfully, and the plants need to be at least 6 years old before harvesting.

Gotu Kola

MEDICINAL: Gotu Kola is an excellent mental stimulant. It is often used after mental breakdowns, and used regularly, can prevent nervous breakdown, as it is a brain cell stimulant. It relieves mental fatigue and senility, and aids the body in defending itself against toxins.

MAGICKAL: Gotu Kola is used in meditation incenses.

Hawthorn

MEDICINAL: Hawthorn is effective for curing insomnia. Hawthorn is used to prevent miscarriage and for treating nervousness. Hawthorn has been used for centuries in treating heart disease, as regular use strengthens the heart muscles, and to prevent arteriosclerosis, angina, and poor heart action.

MAGICKAL: The leaves are used to make protection sachets. They are also carried to ensure good fishing. In Europe, Hawthorn was used to repel witchcraft spells. Bringing branches of it into the home is supposed to portend death. It is incorporated into spells and rituals for fertility. It will protect the home from damaging storms.

GROWING: Hawthorn is a deciduous tree or shrub, that can reach 40 feet tall. It grows throughout North America. It is tolerant of most soils, but prefers alkaline, rich, moist loam. Consult a nursery for the best species to use in your area. The fruit is the part used in healing.

Hazel

MAGICKAL: Hazel's forked branches are used for divining, and the wood makes wonderful wands. Hazel nuts hung in the house will bring luck, and can be carried to cause fertility. Eaten, the nuts bring wisdom.

GROWING: Hazelnut trees do best when planted in a well-drained, fertile, slightly acid soil. They do best where the winter temps are above -10.

Heather

MEDICINAL: A tea made of heather blossoms is used to suppress coughing, and as

an aid for sleeplessness.

MAGICKAL: Heather is carried as a guard against rape and violent crime. In potpourri, it adds protection. When burned with fern, it will bring rain.

GROWING: Heather prefers rocky or sandy soils and full sun. It is an evergreen shrub that grows 1 -2 feet tall.

Henbane

MEDICINAL: Henbane stops pain, and lessens perspiration. Henbane is very toxic, so it should not be used by pregnant women or the weak or children, and should be used in only extremely small amounts for external use only, and not on a regular basis. A poultice of leaves is used briefly to remove pain from wounds.

MAGICKAL: Henbane is sometimes thrown into the water to bring rain. In olden times, it had many more uses, but is seldom used today due to its poisonous nature.

GROWING: Henbane grows wild throughout temperate North America. Due to its toxic nature, it is not advisable to grow in the home garden.

Holly

MAGICKAL: Holly is used as a protective plant, and used as decoration during the Yule season. Planted outside the home, it will also afford protection. Sprinkle holly water on newborn babies to protect them.

GROWING: Holly likes slightly acid soils, and can tolerate poor, sandy soil. It needs full sun, and grows to about 4 feet tall.

Hops

MEDICINAL: Hops is a sedative. Therefore, it is useful in treating insomnia and nervous tension. It is mild and safe. It is used in brewing beer and ales. Hops is also used for treating coughs, bladder ailments, and liver ailments. Externally it is used to treat itching skin rashes and hives. It also removes poisons from the body.

MAGICKAL: Hops is used in healing incenses. Sleep pillows often include hops to induce sleep and pleasant dreams.

GROWING: Hops prefers full sun, and will adapt to many soils. It is a perennial vine that reaches to 30 feet in length. The portion of the plant used in healing are the dried flowers.

Horehound

MEDICINAL: Horehound is used in children's cough remedies, as it is a gentle but effective expectorant. It acts as a tonic for the respiratory system and stomach. In large doses it acts as a laxative.

MAGICKAL: Horehound is used in incenses for protection. It is also used in exorcisms.

GROWING: Horehound likes dry sandy soils and full sun. It is a perennial (except in very cold climates) that reaches to 3 feet tall. It is a vigorous grower and can become a pest if not carefully controlled. It needs little water, tolerates poor soils, and does best in full sun. It blooms during its second year.

Horsetail

MEDICINAL: Horsetail is used in treating urinary tract infections. It aids in coagulation and decreases bleeding. It will also help broken bones heal faster, and will help brittle nails and hair, due to its high silica content. It has also been used as part of a treatment for rheumatoid arthritis. Do not use if pregnant or nursing.

MAGICKAL: Whistles made from the stalks of Horsetail are used to call the spirits.

GROWING: Horsetail needs swamps and damp places to grow, in full sun to partial shade. It grows to 1 - 2 feet tall. The plant itself is used in healing.

Hyssop

MEDICINAL: Hyssop is used in treating lung ailments. The leaves have been applied to wounds to aid in healing. The tea is also used to soothe sore throats. It has been used to inhibit the growth of the herpes simplex virus.

MAGICKAL: Hyssop is used in purification baths and rituals, and used to cleanse persons and objects.

GROWING: Hyssop prefers dry conditions, tolerates most soils, and full sun. It is a member of the mint family. It is a perennial shrubby plant growing to 3 feet tall.

Iceland Moss

MEDICINAL: Iceland Moss, a lichen, has been used for centuries to treat all kinds of chest ailments. It is used to nourish the weak, elderly, and weakly children.

GROWING: Iceland Moss grows in cold, humid mountain areas and wooded areas. It grows to 4 inches tall.

Ivy

MAGICKAL: Ivy is grown to grow up the outside of the home to act as a guardian and protector. It is worn by brides to bring luck to the marriage.

GROWING: Ivy has many different varieties, and most will adapt to many different soil and growing conditions. It grows throughout North America.

Jasmine

MAGICKAL: Jasmine is used in love sachets and incenses. It is used to attract spiritual love. A drop of the essential oil in almond oil, massaged into the skin, is said to overcome frigidity. Carrying, burning, or wearing the flowers attracts wealth and money. If burned in the bedroom, Jasmine will bring prophetic dreams.

GROWING: Jasmine is best grown indoors in pots. It is an evergreen vine. It likes bright light, but no direct sun, some support such as a trellis, lots of water, and occasional fertilizing.

Jojoba

MEDICINAL: Jojoba oil from the seed has been used to promote hair growth and relieve skin problems for centuries. It is effective in treating dandruff, psoriasis, dry and chapped skin.

Juniper

MEDICINAL: Juniper has been used to clear uric acid from the body. It is high in natural insulin, and has the ability to heal the pancreas where there has been no permanent damage. It is useful for all urinary infections and for water retention problems. Juniper is used externally as a compress to treat acne, athlete's foot, and dandruff.

MAGICKAL: Juniper is used to protect from accidents and theft. Grown at your doorstep, it will offer you protection. It is used in incenses for protection.

GROWING: Junipers of all species are adaptable to many growing conditions. They are low-maintenance plants. Choose a species suited to your landscape needs, to avoid problems later, as some folks plant them with no regard for their eventual size, and sometime find they have a nuisance on their hands as the plant matures. If you want berries, you must plant a male and a female juniper.

Kelp

MEDICINAL: Kelp is used to strengthen and promote the glands. It controls the thyroid and regulates metabolism. It is a sustainer to the nervous system and the brain, and is a terrific boost for pregnancy and the developing child. It contains over 30 minerals and vitamins.

GROWING: Best found in stores, as this is a seaweed that grows in the ocean.

Lavendar

MEDICINAL: Lavendar tea made from the blossoms is used as an antidepressant. It is used in combination with other herbs for a remedy for depression and nervous tensions. It is also used as a headache remedy.

MAGICKAL: Lavendar is used in purification baths and rituals. It is used in healing incenses and sachets. Carrying the herb will enable the carrier to see ghosts. The essential oil will heighten sexual desire in men. Lavendar water

sprinkled on the head is helpful in keeping your chastity. The flowers are burned to induce sleep, and scattered throughout the home to maintain peaceful harmony within.

GROWING: Lavendar likes light sandy soil and full sun. It grows to 18 inches. It should be mulched in colder climates for winter protection for this perennial.

Licorice

MEDICINAL: Licorice Root is a great source of the female hormone estrogen. It is used for coughs and chest ailments. It is an important herb to use when recovering from an illness, as it supplies needed energy to the system.

MAGICKAL: Licorice root was buried in tombs and caskets to help the soul pass easily into the Summerland. Chewing on a piece of the root will make you passionate. It is added to love sachets, and an ingredient in spells to ensure fidelity.

GROWING: Licorice is a perennial that reaches 3 to 7 feet tall. Hard freezes will kill it, so it grows best in warm sunny climates.

Lovage

MEDICINAL: Lovage root eases bloating and flatulence. It is also used with other herbs to counteract colds and flu.

MAGICKAL: Lovage is added to baths to clean the psychic portion of the mind. Added to baths with rose petals will make you attractive to the opposite sex.

GROWING: Lovage is a perennial that grows 3 - 7 feet tall. It is adaptable to many conditions, and does best in full sun.

Mandrake

MEDICINAL: Mandrake is a very strong gland stimulant. It is used to treat skin problems, digestion, and chronic liver diseases. It is most often combined with other herbs. It is very powerful and should be used with caution, as well as in very small small dosages. Pregnant women should not use this herb. It is potentially very toxic if improperly used. Do not use this herb without the proper guidance from a professional!

MAGICKAL: Mandrake is used in the home as a powerful protection. It is carried to promote conception, and men carry it to promote fertility and cure impotency.

Marigold

MEDICINAL: Marigold is a great first aid remedy. It relieves headaches, earaches, and reduces fevers. It is excellent for the heart and for the circulation. It is also used externally to heal wounds and bruises.

MAGICKAL: Fresh marigolds in any room heightens the energy within. Placed under the pillow before bed, it induces clairvoyancy. Planted in rows with tomatoes, it will keep pests from them and other vegetables. Planted near the porch/deck, it will keep mosquitoes away. It is also used to attract and see the fairies. Scattered under the bed, they protect during sleep. Add to bath

water to win the respect of everyone you meet.

GROWING: Marigold is an annual plant that comes in many sizes and colors. It is adaptable to many soils. Give plenty of water and full sun.

Marjoram

MEDICINAL: Marjoram is useful for treating asthma, coughs, and is used to strengthen the stomach and intestines, as well as used with other herbs for headaches.

MAGICKAL: Marjoram should be added to all love charms and sachets. A bit in each room will aid in protection of the home. If given to a grieving or depressed person, it will bring them happiness.

GROWING: Marjoram is a perennial herb growing 1 - 3 feet tall. It likes all kinds of soils, and prefers full sun and rich soil. It is grown as an annual or wintered indoors in cold regions.

Marshmallow

MEDICINAL: Marshmallow aids in the expectoration of difficult mucous and phlegm. It helps to relax and soothe the bronchial tubes, making it valuable for all lung ailments. It is an anti-irritant and anti-inflammatory for joints and the digestive system. It is often used externally with cayenne to treat blood poisoning, burns, and gangrene.

GROWING: Marshmallow needs marshes and swamps to grow. It is a perennial growing to 4 feet tall.

Mugwort

MEDICINAL: Mugwort is used in all conditions dealing with the nervousness, shaking, and insomnia. It is used to help induce menses, especially combined with cramp bark. It should not be used by pregnant women. Fresh juice from the plant is used to treat poison ivy.

MAGICKAL: Add to divination incenses. It is carried to prevent poisoning and stroke. Fresh leaves rubbed on magickal tools will increase their powers. An infusion made of mugwort is used to cleanse crystals and scrying mirrors. Placed beneath your pillow, it will promote astral travel and good dreams.

GROWING: Mugwort likes dry areas in full sun. It is a perennial shrubby plant that grows 1 - 6 feet tall, depending upon growing conditions.

Mullein

MEDICINAL: Mullein is a terrific narcotic herb that is not addictive or poisonous. It is used as a pain killer and to bring on sleep. It loosens mucous, making it useful for treating lung ailments. It strengthens the lymphatic system.

MAGICKAL: Mullein is worn to give the carrier courage. The leaves are also carried to prevent animal attacks and accidents when in the wilderness. In a sleeping pillow it will guard against nightmares. Use as a substitution in old spells for "grave dust".

GROWING: Mullein is adaptable to many soils. It prefers full sun. It is a biennial plant growing to 8 feet tall. It is a prolific self-sower.

Myrrh

MEDICINAL: Myrrh is a powerful antiseptic, being a remedy second only to echinacea. It is a strong cleaning and healing agent, soothing the body and speeding the healing process. It is often used with goldenseal. It is most often used in mouthwashes, gargles, and toothpastes for fighting and preventing gum disease.

MAGICKAL: Myrrh is burned to purify and protect. It is used to consecrate and purify ritual tools and objects needing to be blessed. It is a standard magickal herb to be included in the tools of everyone.

Myrtle

MEDICINAL: Myrtle is used to treat bronchitis, bruises, bad breath, wounds, colds, sinusitis, and coughs.

MAGICKAL: Myrtle is burned as an incense to bring beauty, to honor Diana and to Venus, and is a symbol of glory and happy love. Myrtle tea will make you look beautiful to your loved one. A distillation of the leaves and flowers combined will make a wonderful beauty wash for the face, and is known as "angel water". It is used in spells to keep love alive and exciting. Grow on each side of the house to preserve and protect the love within.

GROWING: Myrtle is an evergreen plant that prefers warm climates. It has small pointed leaves, and grows to about 12 feet high. Its blossoms are small, white, and in clusters. The leaves are gathered and dried for use in August.

Nettle

MEDICINAL: The plant is used for high blood pressure, gout, PMS, rheumatism, and ending diarrhea, scurvy, liver and prostate problems. Externally it is used as a compress to treat neuralgia and arthritis.

MAGICKAL: Sprinkle nettle around the room to protect it. It is also burned during ceremonies for exorcism. Stuffed in a poppet and sent back to the sender of a curse or bad spell, it will end the negativity. Nettles gathered before sunrise and fed to cattle is said to drive evil spirits from them.

GROWING: As nettle is considered a bothersome weed, it is best to purchase this herb from a store. The spines on a nettle plant can cause painful stinging, so it is not a good idea to include it in your herbal garden.

Nutmeg

MEDICINAL: A small amount of nutmeg, about the size of a pea, can be taken once daily over a long period (6 months to a year) to relieve chronic nervous problems, as well as heart problems stemming from poor circulation. Added to milk, and baked fruits and desserts, it aids in digestion, and relieves nausea. Large doses can be poisonous, and may cause miscarriage for pregnant women.

MAGICKAL: Carried, nutmeg will help with clairvoyancy, and ward off rheumatism.

It is included in prosperity mixtures. Nutmegs are carried as good luck charms.

Oak

MEDICINAL: Oak bark is used to treat diarrhea, dysentery, and bleeding. For external use the bark and/or leaves are boiled and then applied to bruises, swollen tissues, wounds that are bleeding, and varicose veins.

MAGICKAL: The oak is the most sacred of all the trees. The most powerful mistletoe grows in oaks. The leaves are burned for purification, and the branches make powerful wands. The acorn is a fertility nut. It is carried to promote conception, ease sexual problems, and increase sexual attractiveness. The leaves and bark are used in binding spells. Planting an acorn in the dark of the Moon will bring you money. Oak wood carried will protect from harm, and hung in the home it will protect the home and all within.

Oats

MEDICINAL: Oats are a traditional food for those recovering from an illness. It also supplies necessary fiber in the diet. Oats made into packs and pastes clear up many skin disorders, such as acne.

MAGICKAL: Oats are used in prosperity and money spells, and in rituals to the harvest.

GROWING: Oats are an annual grass that grows up to 4 feet tall. Easiest to purchase from a health food store, as much is needed to be beneficial, and takes up more room than the average gardener has available. It does make a pretty ornamental grass in the garden and around foundations.

Onion

MEDICINAL: Onion is used externally as an antiseptic. Internal, it can alleviate gas pains, reduce hypertension, and reduce cholesterol.

MAGICKAL: Has been used as a charm against evil spirits. Halved or quartered onions placed in the home absorb negativity. An onion under your pillow will give you prophetic dreams. Magickal swords and knives are purified by rubbing them with an onion half.

GROWING: Onion is a perennial herb that grows from a bulb. It prefers rich garden soils and plenty of water. The greens above ground can be used alone, and the bulb harvested by pulling from the ground, and allowing the tops to dry before storing in a dry location, with temperatures between 35 and 50 degrees F.

Orange

MAGICKAL: The dried peel is added to love charms. The fresh or dried orange flowers added to the bath makes you attractive. The fruit itself hinders or banishes lust. Orange juice is used in rituals in place of wine.

GROWING: Oranges prefer a rich, sandy soil, and warm year-round temperatures. For most of us, that means growing them indoors as house plants.

Oregano

MEDICINAL: Oregano is used to promote perspiration as a treatment for colds, flu, and fevers. A tea of oregano is often used to bring on menses and relieve associated menstrual discomfort. It is also used in baths and inhalations to clear lungs and bronchial passages.

MAGICKAL: Oregano is used to help forget and let go of a former loved one, such as a former spouse, boyfriend, girlfriend, etc. Burn in incenses or drink the infusion to aid in spells for letting go.

GROWING: Oregano is a perennial that prefers well-drained, slightly alkaline soil and full sun. It is propagated by seed, root division, or cuttings. Harvest just as the plant is about to bloom for medicinal use.

Patchouli

MEDICINAL: Patchouli is used to treat dysentery, diarrhea, colds without fevers, vomiting, and nausea.

MAGICKAL: Patchouli is a powerful oil worn to attract the opposite sex. It is a sensual oil, and it can ward off negativity and evil. It is also burned in incenses to aid divination and clairvoyance.

Pennyroyal

MEDICINAL: Pennyroyal removes gas from the digestive system. It is also used as a tea, taken a few days before menstruation to aid a suppressed flow. It's strong minty smell makes its essential oil useful for externally repelling insects such as mosquitoes, fleas, and flies. It should not be taken by pregnant women. Large internal doses have been known to cause convulsions and coma. Pennyroyal oil is an effective insect repellent.

MAGICKAL: Pennyroyal placed in a shoe will prevent weariness on long walks and hikes, or journeys. It is also added to protection and exorcism incenses. It aids in making favorable business deals. It is given to arguing couples to cease their fighting and restore harmony in the relationship.

GROWING: Pennyroyal is a perennial that grows to 1 1/2 feet high. It tolerates most soils, and prefers direct sun. Grow as you would any member of the mint family.

Peony

MEDICINAL: Peony root treats menstrual cramps and irregularities. It is also used in combination with other herbs to ease emotional nervous conditions.

MAGICKAL: Dried Peony roots are carved and/or made into bracelets and necklaces for protection, as well as for breaking spells and curses. Peonies planted outside the home guard against storm damage and demons. A chain of beads cut from the dried root was worn as a protection against illness and injury, and to cure insanity.

GROWING: Peonies are a perennial shrub-like plant, growing 2 - 4 feet high. They prefer rich, humousy, well-drained soils, and full sun.

Peppermint

MEDICINAL: Peppermint cleans and strengthens the body. It acts as a sedative on the stomach and strengthens the bowels. It is also mild enough to give to children as needed for chills and colds.

MAGICKAL: Peppermint is used in charms to heal the sick, as well as in incenses in the sickroom of the patient. It is burned to cleanse the home, and is used in sleep pillows to aid in getting to sleep. Placed beneath the pillow, it can bring dreams that give a glimpse into the future. The essential oil is used in spells to create a positive change in one's life.

GROWING: Peppermint is a perennial grown in full sun, is tolerant of most soil types, and grows to 3 feet tall.

Periwinkle

MEDICINAL: Periwinkle is used made into a tea or salve for external use to treat skin problems such as dermatitis, eczema, and acne.

MAGICKAL: Periwinkle can help restore memory when it is gazed at or carried. It is also hung on a door to protect all within, and to prevent a witch from entering a home.

GROWING: Periwinkle is a perennial plant that spreads by putting out runners, mostly used for a ground cover in partial to full shade. It prefers moist, well-drained soils.

Plantain

MEDICINAL: Plantain is used to clear mucous from the body, and to neutralize poisons. As a mild tea it is used to treat lung problems in children, and as a stronger tea is used to treat stomach ulcers. It is also used for diarrhea, bladder infections, and for treating wounds.

MAGICKAL: Plantain is hung in the car to guard against evil spirits.

GROWING: Plantains are common weeds, some varieties being annual and some perennial. They are found in all soil types, and prefer full sun.

Poppy

MEDICINAL: Poppy is used for pain, insomnia, nervousness, and chronic coughs.

MAGICKAL: Poppy seed pods are used in prosperity charms. The seeds are added to food to aid in getting pregnant. To find the answer to a question, write it in blue ink on a piece of white paper. Place the paper inside a poppy seed pod and put it beneath your pillow. The answer will come to you in a dream.

GROWING: Poppies are perennials that like poor to average soils that tend toward dryness. There are varieties that will grow most anywhere in North America. Their foliage tends to die off by July, after a spectacular showing of flowers in the spring, but the foliage begins rejuvenation around September, which waits until spring to begin growing again.

Queen Anne's Lace

MEDICINAL: Queen Anne's Lace is used for treating gallstones and kidney stones, as well as water retention and strains and sprains.

GROWING: Queen Anne's Lace is found throughout most of North America. It is a wildflower, distinguished by the one red flower in the center of a cluster of many tiny white flowers. It is a biennial that grows to 3 feet tall.

Raspberry

MEDICINAL: Red Raspberry is one of the most proven female herbs. It strengthens the uterine wall during pregnancy, reduces the pain of childbirth, and helps to reduce false labor pains. After childbirth it is used to decrease uterine swelling and cut down on post-partum bleeding. It is used to ease menstrual cramps and to regulate the flow during menstruation. It is also good for vomiting in small children, and dysentery and diarrhea in infants.

MAGICKAL: Raspberry is served as a love-inducing food. The brambles are hung at the entrance to the home to prevent unwanted spirits from entering.

GROWING: Red Raspberry is a biennial or perennial, depending on the variety, growing 3 - 6 feet tall. They need a cold winter and a long cool spring, so they do not do well in the South. They aren't too picky about soil, so long as they get plenty of water.

Rose

MEDICINAL: Rose hips are very nourishing to the skin, as well as containing vitamin C. It is used as a blood purifier, and for treatment of infections, colds, and flus.

MAGICKAL: Rose water is used in gourmet dishes and in love potions. Petals are used in healing incense and sachets, and burned to provide a restful night's sleep. The essential oil is used in ritual baths to provide peace, love, and harmony within the self. The hips are strung like beads and worn to attract love. Rose petals sprinkled around the home will calm personal stress and upheavals in the home.

GROWING: Roses of all varieties are adaptable to most soils as long as they have adequate water, and are occasionally fed through the growing season. There are varieties that will grow throughout North America. Plant them where you can enjoy their beauty and fragrance.

Rosemary

MEDICINAL: Rosemary is a stimulant of the circulatory system. It is used to treat bites and stings externally. Internally it is used to treat migraines, bad breath, and to stimulate the sexual organs. It is also used to treat nervous disorders, and is used to regulate the menstrual cycle and to ease cramps. Mix the crushed leaves generously into meats, fish, potato salads, etc. at your next picnic to prevent food poisoning.

MAGICKAL: Rosemary in all of its forms is used for protection and banishment. Rosemary leaves under your pillow do away with evil spirits and bad dreams. It is hung on porches and doors to keep thieves out. Rosemary is grown to attract

elves.

GROWING: Rosemary is a perennial that prefers mild climates, so it needs to be grown indoors where the winters are harsh, or very heavily mulched. It reaches 2-4 feet in height, and is tolerable of poor soils. Cut back after flowering to keep it from becoming leggy.

Rue

MEDICINAL: Rue is used in small amounts to expel poisons from the system, such as those from snake bites, scorpion, spider, or jellyfish bites. It should not be taken with meals, and it should never be used by pregnant women. Juices from the fresh plant can cause the skin to blister. It is used internally and externally as a remedy for tendonitis.

MAGICKAL: The herb is used in sachets and amulets to ward off illness. The smell of the fresh, crushed herb will chase away thoughts of envy, egotism, and love gone wrong. Rue leaves placed on the forehead will chase away headaches. Added to baths, rue drives away spells and hexes placed on you. Rue is said to grow best if it is stolen.

GROWING: Rue is a bushy perennial growing to 2-3 feet tall. It is found in average to poor soils throughout North America, and prefers full sun.

Saffron

MEDICINAL: Saffron is used as a preventative for heart disease, as it prevents the build-up of cholesterol. It is also used to soothe the membranes of the stomach and colon. It is not to be taken in large doses, nor should it be taken by pregnant women.

MAGICKAL: Saffron is used to clean the hands before rituals. It is used in healing mixtures. The essential oil is used to induce clairvoyancy. Thrown into the air, it can bring the winds.

GROWING: Saffron grows from a bulb commonly known as a corm. It is a perennial. Plant in the fall, 3 inches deep in light, well-drained soil where it will receive plenty of sun. The three-pronged stigmas that remain after flowering is the part to harvest for healing use.

Sage

MEDICINAL: Sage is used to relieve excess mucous buildup. It is beneficial to the mind by easing mental exhaustion and by strengthening the concentrating abilities. In a lotion or salve, it is useful for treating sores and skin eruptions, and for stopping bleeding in all cuts. Chewing the fresh leaves soothes mouth sores and sore throats, as will sage tea. It is good for all stomach troubles, diarrhea, gas, flu and colds. As a hair rinse, it removes dandruff. Sage combined with peppermint, rosemary, and wood betony provides an excellent headache remedy. It is used to regulate the menstrual cycle, to decrease milk flow in lactating women, and is used as a deodorant.

MAGICKAL: Sage is used in healing amulets, incenses, and sachets, and is also used in the same manner for bringing prosperity. Sage burned at the altar or in sacred space consecrates the area. Burned in the home, it removes impurities and

banishes evil, as well as providing protection.

GROWING: Sage is an evergreen perennial, growing to 2 feet tall. It does best in sandy, limey soil in full sun.

St. Johnswort

MEDICINAL: St. Johnswort is useful for bronchitis, internal bleeding, healing wounds, and for dirty, septic wounds. It is used to ease depression, headaches, hysteria, neuralgia, as well as symptoms that occur during menopause. It is useful in swellings, abscesses, and bad insect stings. Studies are showing that it may be effective in combatting AIDS by increasing the immune functions of the body. **DO NOT GO INTO THE SUN** if using this herb, as it causes blistering sunburns, especially in fair-skinned people.

MAGICKAL: St. Johnswort is hung around the neck to prevent fevers. Wearing the herb aids you in war and other battles, including those of the will and indecision. Burnt it will banish evil and negativity. Hung in the home or carried, it will prevent spells of others from entering, and it is used in exorcisms. If you pick the plant on the night of St. John and hang it on your bedroom wall, you will dream of your future husband.

GROWING: St. Johnswort is a perennial reaching 32 inches tall. It is grown throughout much of North America. It prefers rich to moderately rich soils, and full sun. It is not long-lived, so replant every few years. Harvest the leaves and flower tops as they bloom and store in air-tight containers.

Sandalwood

MEDICINAL: Sandalwood oil is used to cool the body during fevers and heat stroke. It is also used to aid in the passing of kidney and gall stones, and for infections in the urinary tract.

MAGICKAL: Sandalwood oil is massaged on the forehead and between the eyes to help center and calm the mind. It is used in healing oils and sachets. It is burned as a purifying agent in every room of the home, and as a protective agent.

Scullcap

MEDICINAL: Scullcap is a food for the nerves. It supports and strengthens as well as giving immediate relief from all chronic and acute diseases that affect the nerves. It is used to regulate sexual desires, and is very useful in remedies for feminine cramps and menstrual troubles. It reduces fevers and aids in easing insomnia and restlessness. It is also used to lessen the affects of epilepsy.

MAGICKAL: Scullcap is used in spells that bring about peace, tranquility, and relaxation.

GROWING: Scullcap prefers moist well-drained soils. It is a perennial that reaches to 3 feet in full to partial shade. It is not long-lived, so replant every few years.

Slippery Elm

MEDICINAL: Slippery Elm is used to neutralize stomach acids. It is used to boost the adrenal glands, draws out impurities and heals all parts of the body. It is most useful for the respiratory system. Externally it is an excellent healer for burns, skin cancers, poison ivy, and wounds.

MAGICKAL: Slippery elm is burned to stop gossip.

GROWING: The inner bark of the slippery elm is the portion used for healing. It is a deciduous tree that grows 50-80 feet tall. It needs full sun and good soils. It is found from Canada to Florida, west to the Dakotas and Texas.

Solomon's Seal

MEDICINAL: Solomon's Seal is used to treat tuberculosis, diabetes, and wasting diseases. It is also used as a kidney tonic, and as a healer of broken bones.

MAGICKAL: It is added to protection sachets and incenses. It is also used for exorcisms and cleansing mixtures.

GROWING: Solomon's Seal is a perennial herb that grows from 1 - 3 feet high. It prefers moist woods, thickets, and roadsides. It prefers full to partial sun.

Spearmint

MEDICINAL: Spearmint is a valuable herb for stopping vomiting during pregnancy. It is gentle enough to use for colic in babies, while aiding in curing colds, flu, and gas.

MAGICKAL: Spearmint is added to healing incenses and sachets to aid in healing lung diseases and other afflictions. Place some in a sleeping pillow for protection during sleep.

GROWING: Grow Spearmint as you would any other member of the Mint family. It is a perennial growing to 3 feet tall and is tolerable of many different growing conditions.

Squawvine

MEDICINAL: Squawvine is most beneficial in childbirth. It strengthens the uterus, helps prevent miscarriage, and relieves congestion of the uterus and ovaries. It's antiseptic properties make it valuable for treating vaginal infections, and is a natural nerve sedative. It is most often used in combination with Raspberry.

GROWING: Squawvine is a perennial evergreen creeper that grows on forest floors.

Taheebo

MEDICINAL: Also known as Pau d' Arco. Taheebo is found in South America. It is a powerful herb with antibiotic and virus-killing properties. It gives the body the energy needed to defend itself and to help resist diseases. It is used in South America to battle cancer and leukemia. It is useful in aiding all chronic diseases.

Thyme

MEDICINAL: Thyme is a powerful antiseptic. It is used in cases of anemia, bronchial ailments, and intestinal disturbances. It is used as an antiseptic against tooth decay, and destroys fungal infections as in athlete's foot and skin parasites such as crabs and lice. It is good for colic, flatulence, and colds.

MAGICKAL: Thyme is burnt to purge and fumigate magickal rooms and spaces, as well as to bring good health. Thyme in a sleeping pillow repels nightmares.

GROWING: Thyme is a perennial that loves warm, sunny fields, and is found throughout North America. It grows to 15 inches tall, and makes an excellent ground cover on dry slopes. Trim it back after flowering to prevent it from becoming woody.

Uva Ursi

MEDICINAL: Uva Ursi strengthens and tones the urinary tract. It is especially useful for kidney infections, bladder infections, and inflammatory disease of the urinary tract. It is used as a diabetes remedy for excessive sugar in the blood. It is used for postpartum women to return the womb to its natural size, as well as to prevent infection of the womb after childbirth. It should not be used by pregnant women.

MAGICKAL: Add to sachets to increase psychic powers.

GROWING: Uva Ursi rarely grows more than a few inches tall. It is best propagated from cuttings. It takes an unusually long time to root, so consider instead buying small plants from nurseries. It does poorly in rich soil, as it prefers poor soils in full sun. Once established, it spreads and becomes an attractive, hardy ground cover, surviving temperatures of -50.

Valerian

MEDICINAL: Valerian is a relaxer, and is very effective for insomnia. It is often used as a tranquilizer, but it leaves no sluggish effects on the user. It is used for nervous tension, pain relieving, and for muscle spasms. It should not be taken over a long period of time, as it can cause mental depression in some people after long-term steady use.

MAGICKAL: Valerian is used to get fighting couples back together, in spells of love, and in purification baths.

GROWING: Valerian is a perennial plant that grows to 3 feet tall. It prefers full sun, and average to rich well-drained soil. Root cuttings are best for propagation, and once the plants are established, they self-sow and spread by root runners. Valerian has a similar effect on cats as catnip, so you may need to protect your patch with chicken wire. Harvest roots for medicinal use in the fall of their second year.

Vervain

MEDICINAL: Vervain is used to treat the liver and diseases related to the liver, as well as painful or irregular menses. It will also help increase the flow of a mother's milk.

MAGICKAL: Vervain is used for cleansing incenses and baths. Buried in a field,

it will make your crops abundant. It is burned to attract wealth, and hung above a bed to prevent nightmares, and above a baby's crib (out of reach!) to offer protection for the little one, and will enable the child to grow up with a love of learning and a happy outlook. Hung in the home it offers protection from negative spells, and is used as a pledge of mutual faith when given to a friend.

GROWING: Vervain is a perennial herb that grows 1-2 feet tall. It prefers full sun, average to rich soils, and is grown throughout temperate North America. It is rather short-lived, but self-sows. Harvest leaves and flower tops as the plants bloom.

Violet

MEDICINAL: Violet is effective in healing internal ulcers. It is used both internally and externally for pimples, abscesses, tumors, and swollen glands. It is useful in treating malignant growths, as well.

MAGICKAL: Violet in a pillow will help ease headaches away. Carrying the flowers brings a change in luck, and mixed with lavender makes a powerful love sachet.

GROWING: Violets are a perennial, prefer partial shade, average to rich well-drained soil, and grow to 8 inches tall.

Walnut

MEDICINAL: Walnut bark is used to treat dysentery and skin diseases. The nut is used to promote strength and weight gain. The hull of the nut is used to treat skin diseases, herpes, head and body lice, and internal parasites. Walnut leaf is used to treat eczema, hives, and boils.

MAGICKAL: The nut still in its shell is carried to promote fertility. To discover if a Witch is in your midst, legend has it that you should drop a walnut still in its shell into the lap of the person suspected, and if that person is truly a Witch, they will be unable to rise from a sitting position as long as the walnut is in their laps.

GROWING: Walnuts are trees that grow to 60 feet tall. They prefer full sun, deep and well-drained soil, and regular water. They grow well in areas such as the eastern and midwestern United States.

Wild Cherry

MEDICINAL: Wild Cherry Bark is a very good expectorant. It is therefore useful for all illnesses that have related lung congestion. The bark is boiled down into a syrup, which is safe to use even for children.

Willow

MEDICINAL: Willow works like aspirin. In fact, aspirin was derived from willow bark. It is also used to cleanse and heal eyes that are infected or inflamed. It is safe to use, and is mild on the stomach and leaves no after-effects.

MAGICKAL: Willow trees are planted near the home as a guard. Its branches have been used for the bindings on a witch's broom, and as healing wands. It is also used to bring the blessings of the moon into your life.

GROWING: Willows prefer damp, low spaces, as a long rivers and streams, or areas that receive regular water. They grow throughout North America. It grows to 70 feet or more.

Witch Hazel

MEDICINAL: Witch Hazel is used externally for insect bites, burns, bleeding wounds, hemorrhoids, and varicose veins. Internally it will stop bleeding from internal organs, treats bronchitis, flu, and coughs as well as promotes healing of stomach ulcers. It is often used as a mouthwash for conditions of the mouth and throat, and for bleeding gums.

MAGICKAL: The forked twigs of the Witch Hazel are used for divining. It will help heal a broken heart and cool passions when carried.

GROWING: Witch Hazel is a shrub or small tree that grows 5 - 15 feet. It ranges throughout the eastern half of North America. It prefers full sun, and average soils.

Wormwood

MEDICINAL: Wormwood is used for all problems within the digestive system, as well as liver and bladder ailments. It promotes menstruation and will help with menstrual cramps. Do not give to small children, and use only in very small quantities for very short periods of time, as the FDA considers this a poisonous plant.

MAGICKAL: Wormwood is burned to raise your spirits to a higher level, enabling easier divination and clairvoyance. Thrown on the fire at Samhain, it will protect from the spirits that roam that night.

GROWING: Wormwood grows mainly in temperate regions of the eastern portion of North America. It is a perennial shrub that reaches to 4 feet tall, and prefers full sun and average to poor soils.

Yarrow

MEDICINAL: Yarrow is used to stimulate and regulate the liver. It acts as a blood purifier and heals the glandular system. It has been used as a contraceptive, and as a part of diabetes treatment, as well as treating gum ailments and toothache. Pregnant women should avoid this herb.

MAGICKAL: Since Yarrow has the ability to keep a couple together for 7 years, it is used in love sachets as well as a gift to give to newlyweds. When worn it wards off negativity, and if held in your hand it repels fear.

GROWING: Yarrow is a perennial, and its various varieties range from 8 inches to 3 feet tall. It prefers full sun, and average to poor dry soils.

Yellow Dock

MEDICINAL: Yellow Dock is a powerful blood purifier and astringent. It is used in treating all diseases of the blood and skin. It is very high in iron, making it useful for treating anemia. It nourishes the spleen and liver.

Herbal First Aid Kit

Contents and Instructions

* Calendula Ointment - Use for minor cuts and grazes, red rashes and any minor skin rash.

* Comfrey Ointment - Suitable for all bruises and minor damage to external blood vessels and veins.

* St. Johns Wort Oil - Beneficial for itchy skin and irritable psoriasis. Also good for sunburn when applied at night.

* Liver Mixture - Has mild laxative properties and helps with the digestion of rich food. Take one teaspoon at night or 30 minutes before your main meal.

* Parasite Mixture - Effective against some common internal parasites. If infestation is suspected abstain from all food for 24 hours. Then take one tablespoon of the mixture in a little water and repeat this dose after four hours and then once again after another four hours. Your parasites should by then have died. You should be able to recommence eating four hours after the last dose, (Gasp!). May also be used as a skin wash for external parasites.

* Nervine and Sedative Mixture - Take 25 drops 3 x daily on an empty stomach as a general sedative. If you have trouble sleeping at night take one teaspoon in a little water 30 minutes before bed-time.

* Astringent Mix. - Good for internal bleeding and also as an effective remedy for occasional diarrhea. If you are stricken with "the runs" take one teaspoonful in a little water every two hours until symptoms subside. Follow up with Echinacea and Goldenseal tincture.

* Echinacea and Goldenseal - Similar in effect to an anti-biotic. Use only in the event of serious infection etc. Take 25 drops in a little water 4 x daily half an hour before meals. Continue for at least two weeks. May be used externally as an antiseptic and anesthetic lotion.

* Echinacea Tincture - Similar to the previous mixture but more suitable for use over a long period when taken internally. May be taken for up to one month in order to boost the overall effectiveness of the immune system.

Important - These remedies are in no way intended as a substitute for proper medical care and attention. If your symptoms persist please consult with a reputable health care practitioner.

HERBAL INVOCATION

"Earth, divine Goddess, Mother Nature who generates all things and brings forth anew the sun which you have given to the nations; Guardian of sky and sea and of all gods and powers....through your power all nature falls silent and then sinks in sleep. And again you bring back the light and chase away night and yet again you cover us most securely with your shades. You do contain chaos infinite, yea and winds and showers and storms; you send them out when you will and cause the seas to roar; you chase away the sun and rouse the storm. Again when you will you send forth the joyous day and give the nourishment of life with your eternal surety; and when the soul departs to you we return. You are indeed duly called Great Mother of the Gods; you conquer by your divine name. You are the source of strength of nations and of gods, without you nothing can be brought to perfection or be born; you are Great Queen of the Gods. Goddess! I adore thee as divine; I call upon your name; be pleased the grant that which I ask of you, so shall I give thanks to thee, Goddess, with due faith. Hear, I beseech you, and be favorable to my prayer. Whatsoever herb your power does produce, give, I pray, with goodwill to all nations to save them and grant me this my medicine. Come to me with your powers, and howsoever I may use them, may they have good success to whosoever I may give them. Whatever you grant, may it prosper. To you all things return. Those who rightly receive these herbs from me, please make them whole. Goddess, I beseech you, I pray as a suppliant that by your majesty you grant this to me. Now I make intercession to you all your powers and herbs and to your majesty, you whom Earth parent of all has produced and given as a medicine of health to all nations and has put majesty upon you, I pray you, the greatest help to the human race. This I pray and beseech from you, be present here with your virtues, for She who created you has Herself promised that I may gather you into the goodwill of him on whom the art of medicine was bestowed, and grant for health's sake good medicine by grace of your powers. I pray grant me through your virtues that whatsoever is wrought by me through you may in all it's powers have good and speedy effect and good success and that I may always be permitted with the favor of your majesty to gather you into my hands and to glean your fruits. So shall I give thanks to you in the name of the majesty which ordained your birth.'

Herbal Magic - Infusions

Basically infusions, brews and washes are just tea. Herbs steeped in hot water to release their volatile oils and essences into the water so the resulting liquid may be used to transfer their energies to an object, place or person. Infusions may be used in a number of ways; to sprinkle around a space or onto an object or person, to bathe an object or person, or to drink as tea. They are generally brewed when they will be used as they do not keep well. The herbs may be mixed in advance and placed in small cheesecloth bundles, ready to use like a tea bag. If you use a particular infusion often you may want to make up these tea bags and have them on hand. Mixing the herbs should be done with ritual, visualization and the appropriate time correspondences as with any magical herb preparation. The prepared tea bags should be stored in an airtight jar, in a dry, cool place. The following table lists some herbs traditionally used in infusions for various magical intents.

Herbs Traditionally Used in Infusions

Herb

Use

Bistort

Infusion is sprinkled to drive out poltergeists.

Boneset

Infusion is sprinkled to drive out evil.

Buchu

Tea is brewed and drunk to develop psychic powers.

Cascara

Infusion is sprinkled at home before going to court to win favor with the judge/jury.

Chamomile

Infusion is added to bath to attract love.

Cinquefoil

Wash the head and hands with the infusion 9 times to rid yourself of hexes.

Clover, Red

Infusion is sprinkled to drive away evil and negativity.

Cohosh, Black

Infusion is added to the bath to cure impotency.

Damiana

Infusion is drunk to increase sexual stimulation.

Dill

Infusion is added to the bath to attract love.

Fumitory

Infusion is sprinkled around the house to attract money.

Gentian

Infusion is added to the bath to attract love.

Ginseng

Tea is drunk to induce lust.

Hibiscus

An infusion of the flowers is drunk to induce lust.

Hyssop

Infusion is sprinkled or added to the bath for purification.

Kava Kava

A tea is drunk to enhance psychic powers.

Lemon

Infusion is used to induce lust.

Lemon Verbena

Infusion is sprinkled or added to the bath for purification.

Lovage

Infusion is added to the bath to attract love.

Marigolds

Infusion is added to the bath to attract respect and admiration.

Mimosa

Infusion is added to the bath to break hexes.

Mugwort

Infusion is used to wash divinatory tools to increase their effectiveness.

Orange

Infusion is added to the bath to be more attractive.

Parsley

Infusion is added to the bath for purification.

Pineapple

Infusion is added to the bath to attract luck.

Poke

Infusion is sprinkled or added to the bath to break hexes.

Rattlesnake Root

Infusion is added to the bath for protection.

Rose

Rosebud tea drunk before bed induces prophetic dreams.

Rosemary

Infusion is added to the bath for purification.

Rue

Infusion is added to the bath for breaking hexes and exorcism.

Saffron

Infusion is drunk to improve psychic powers.

Sagebrush

Infusion is added to the bath for purification.

Shallots

Infusion is added to the bath for luck.

Solomons Seal

Infusion of the roots is sprinkled to drive away evil.

Tormentil

Infusion is drunk to improve psychic powers, and give protection.

Vervain

Infusion is sprinkled to exorcise evil spirits and negativity.

Wintergreen

Infusion is sprinkled for purification.

Yarrow

Infusion of the flowers is drunk to improve psychic powers.

Yerba Mate

Infusion is drunk as a lust inducing potion.

Yerba Santa

Infusion is added to the bath to be more beautiful.

Yohimbe

Infusion is drunk as a lust inducing potion.

Herbal Magic – Incense

Incense is the easiest thing to make, but the hardest to make really well. At the start you will no doubt blend up some noxious combinations and at least a few really delightful ones. The key is to keep track of what you are adding while you are adding it so you can recreate your best efforts and avoid the less than successful ones. Keep a pad next to you as you work and write down what you add and the amount you used. Remember that things don't necessarily smell the same when they're burning as they do when you just sniff the herb in a jar. Some things will be more pleasant than others, you will learn which herbs you like the scent of as you gain in experience. It's helpful to keep notes of your likes and dislikes to assist with future blending. You may find, as I have, that you prefer resins and oils in incense as they smell more as you expect them to smell. Experiment, you'll learn what you like as you go.

Incense Herbs

Magical Intent

Herbs

Astral Projection

Gum Benzoin, Dittany of Crete, Cinnamon, Jasmine, Poplar, Sandalwood

Divination

Anise, Camphor, Clove, Hibiscus, Meadowsweet, Mugwort, Orange, Orris Root

Exorcism

Angelica, Basil, Clove, Copal Resin, Cumin, Dragons Blood Resin, Frankincense, Fumitory, Garlic, Heliotrope, horehound, Juniper, Lilac, Mallow, Mistletoe, Myrrh Resin, Cayenne, Peppermint, Pine, Rosemary, Sagebrush, Sandalwood, Snapdragon, Thistle, Vetivert, Yarrow
Love

Apple Blossom, Apricot, Basil, Camomile, Catnip, Chickweed, Cinnamon, Clove, Copal Resin, Coriander, Cumin, Dragons Blood Resin, Dill, Gardenia, Rose Geranium, Ginger Root, Hibiscus, Jasmine, Juniper, Lavender, Lemon, Lemon Balm, Lemon Verbena, Lime, Lotus, Margoram, Mastic Resin, Mimosa, Myrtle, Neroli Oil, Orange, Orris Root, Rose, Peppermint, Plumeria, Rosemary, Sarsparilla, Stephanotis, Sweet Pea, Thyme, Tonka Beans, Tuberose, Vanilla Bean, Vervain, Vetivert, Violet, Yarrow, Ylang Ylang

Lust

Ambergris Oil, Caraway, Cinnamon, Civet Oil, Cloves, Deerstongue, Ginger Root, Ginseng, Grains of Paradise, Hibiscus, Lemongrass, Nettle, Olive, Parsley, Patchouli, Peppermint, Rosemary, Saffron, Sesame, Stephanotis, Tuberose, Vanilla Beans, Yerba Mate

Money

Allspice, Almond, Basil, Bergamot, Calamus, Chamomile, Cedar, Cinnamon, Cinquefoil, Clove, Clover, Dill, Elder, Galangal Root, Ginger Root, Heliotrope, Honeysuckle, Hyssop, Jasmine, Myrtle, Nutmeg, Oakmoss, Orange, Patchouli, Peppermint, Pine, Sage, Sassafras, Tonka Beans, Vervain, Aloes Wood, Woodruff

Peace

Cumin, Gardenia, Lavender, Lilac, Magnolia, Meadowsweet, Narcissis, Pennyroyal, Tuberose, Violet

Protection

Angelica, Anise, Gum Arabic, Asafotida (note: EXTREMELY foul smelling. Do not use in an enclosed space or use more than a tiny, tiny bit and then only as a last resort.) Balm of Gilead Buds, Basil, Bay, Bergamot, Black Pepper, Calamus, Caraway, Carnation, Cedar, Cinnamon, Cinquefoil, Cloves, Clover, Copal Resin, Cumin, Cypress, Dill, Dragons Blood Resin, Eucalyptus, Fennel, Fern, Flax, Frankincense, Galangal Root, Rose Geranium, Heather, Hyssop, Honeysuckle, hyacinth, juniper, Lavender, Lilac, Lime, Lotus, Mandrake, Marigold, Mimosa, Mistletoe, Mugwort, Myrrh Resin, Orris Root, Patchouli, Pennyroyal, Peony, Peppermint, Pine, Rose, Rue, Sage, Sandalwood, Thistle, Valerian (Smells like dog dung. Use only small quantities if used.) Vervain, Vetivert, Violet, Wood Aloes, Woodruff, Wormwood

Psychic Ability

Gum Acacia, Anise, Bay, Camphor Gum, Cassia, Cinnamon, Citron Peel, Clove, Cinquefoil, Flax, Galangal Root, Gardenia, Heliotrope, Honeysuckle, Jasmine, Lemongrass, Lilac, Mace, Marigold,

Gum Mastic, Mimosa, Mugwort, Nutmeg, Orange, Orris Root, Peppermint, Rose, Saffron, Star Anise, Thyme, Tuberose, Wormwood, Yarrow
Purification

Anise, Gum Arabic, Bay, Gum Benzoin, Calamus, Camomile, Camphor Resin, Cedar, Cinnamon, Copal Resin, Eucalyptus, Frankincense, Rennel, Hyssop, Lavender, Lemon, Lemon Verbena, Lime, Musk Oil, Mimosa, Myrrh, Parsley, Peppermint, Pine, Rosemary, Sandalwood, Thyme, Tobacco (remember the Surgeon General warning), Valerian (Smells like dog dung. Use only small quantities if used.), Vervain

Some Commonly Used Incense Herbs You May Want to Keep on Hand

The following ingredients are often used in incense recipes and you may want to keep them around the house for blending your own incense. As you make more incense you can alter the list to suit the type of work you do most often. The form used is given with the name of the herb.

Frankincense Resin

Myrrh resin

Benzoin resin

Copal resin

Pine resin 7.00

Camphor resin

Dragon's Blood resin

Gum Arabic resin

Rose petals dried and powdered

Bay leaves dried and powdered

Cinnamon bark powdered

Juniper berries dried and powdered

Cedar needles dried and powdered or wood chips

Sandalwood chips

Thyme whole herb dried

Vervain whole herb dried and powdered

Orange peel dried and powdered

Vertvert grass dried and powdered

Rosemary leaves dried and powdered

Basil whole herb dried and powdered

Mullein leaves dried and powdered

Cloves buds dried and powdered

Rue whole herb dried and powdered

Patchouli whole herb dried and powdered

Sage whole herb dried and powdered

Wormwood whole herb dried and powdered

Mugwort whole herb dried and powdered

Allspice berries dried and powdered

Tobacco whole herb dried and powdered

Lavender whole herb dried and powdered

This list gives you a wide range of correspondences plus the essentials such as Frankincense, Myrrh and Sandalwood which you will use often.

Recipe for Homemade Charcoals

Ingredients

Barbeque Charcoals

Potassium Nitrate

Egg Whites - or - Plain Knox Gelatin - or - Agar

The hardest part of this recipe is grinding up the charcoals, they're really a bugger to pulverize. I've had the best luck using a hammer. You could just hit them with it, but then you'd have charcoal bits flying everywhere. You have to contain them in something that won't be punctured by the sharp pieces while you pound them up. I have tried a number of sorts of bags and canvas works the best. The problem is getting a canvas bag. I don't know of anywhere they are sold, I happened to have some from some sandbags. You could sew one, they sell canvas or poplin at every fabric store. Put the charcoals, the regular barbeque kind, in the bag about 5-7 at a time

and pound away. Get as close to powder as you can repounding the larger pieces to break them up more.

When you have your charcoal ready you add potassium nitrate powder, one part to three parts of charcoal powder. You can buy the potassium nitrate at the pharmacy in that little section where they have the iodine and flowers of sulfur. The potassium nitrate is what will keep the charcoal burning. To form the loose powder into patties you add egg whites, just the whites, until you create a paste. How many egg whites you will require depends upon how many charcoals you used. Just keep adding them until you can get the paste to hold together. You may substitute plain, unflavored, Knox gelatin mixed with enough warm water to dissolve it into a thick gel if you like. Vegans may use agar from the health food store which is a seaweed product.

Form the paste into little patties about 1 1/2 to 2 inches across. You can use those mini muffin tins if you have them. Let the patties dry completely, this may take a couple of days. You want them crispy with no wet centers. When they are absolutely dry you can store them in tightly closed glass jars to keep them fresh. If you keep them in plastic bags they will draw damp and not burn properly. To use the charcoals you must have a proper incense burner. If placed in a glass or ceramic container to burn it may shatter and a metal container will burn the surface it sits on. They will become too hot to use in a ceramic or glass container without sand or salt in it to absorb and dissipate the heat. You can use a bowl of any sort with about two inches of either sand or salt in it. Light the charcoal with a match, it may take a try or two. The burning charcoal may sparkle or pop a bit, this is the potassium nitrate. You may notice a slight scent from the burning egg white, but it goes away. Put the herb, wood, resin or oil on the smouldering charcoal to burn.

Incense Blend Recipes

The following recipes are from a variety of sources. If you prefer a blend of scents in your incense to one herb alone try some of these. To have the most power they should be compounded with ritual on the appropriate day and time for the intent. See Correspondences for more information regarding timing and rulership of intents. Measurements vary but those with fractions simply mean that fraction of the quantity you are compounding should be of that material. A part can be 1 teaspoon, 1 cup, 1 pound; anything you want depending upon how much incense you want to make. I recommend starting with teaspoons along with the appropriate fractions of a teaspoon. Measurements can be cut down to produce a smaller quantity. The ratios of ingredients may be altered to suit your sense of smell. None of these incenses will remain lit by themselves, they must be smouldered on charcoals. And remember, they are for a purpose, not all of them are pleasantly scented since the herbs were chosen for a reason. Some just smell like burning leaves, some smell incensy, and some are not so nice.

Categories:

Purification, Peace, Banishing, Exorcism Incenses

Protection Incenses

Love, Lust, Relationship (begining or ending) Incenses

Money, Business, Prosperity Incenses

Health, Healing, Physical and Emotional

Seasonal, Planetary, Elemental, Magical Workings and Deity Incenses

Psychic Powers, Divination, Prophetic Dreams Incenses

Purification, Peace, Banishing, Exorcism Incenses

Domestic Tranquility Incense

Sage 3/4, Rue 1/4, Ground Ivy 1/2, Baybery Oil few drops, Baybery 1/4, Linden 1 1/4

Eightfold Hearth Incense

Burn for a safe, warm, loving home. Dragons Blood Resin 2, Juniper 12, Sassafrass 1/2, Orange Flowers 1/2, Myrrh Resin 2, Rose Petals 1/2

House Purification Incense

Frankincense 3, Dragons Blood Resin 2, Myrrh Resin 1, Sandalwood 1, Wood Betony 1, Dill

Seed 1/2, Rose Geranium Oil few drops

Exorcism Incense

Frankincense 3, Rosemary 1, Bay Leaves 1, Avens 1, Mugwort 1, St Johns Wort 1, Angelica 1, Basil 1. Burn with windows open to drive out very heavy negativity.

Purification Incense

Sandalwood 2, Cinnamon 1, Bay 2, Vervain 1, Salt 1 pinch. Burn with windows open to clear a

disturbed home.

End Negativity Incense

Marjoram 1, Thyme 1, Oregano 1/2, Bay Leaves 1/4, Cloves 1/4

Banishing Incense

Bay Leaves 1, Cinnamon 2, Rose Petals 1, Myrrh Resin 2, Salt 1 pinch

Uncrossing Incense

Orris 1, Frankincense 2, Tonka Beans (ground) 1, Ginger Root (ground) 2

Marital Bliss Incense

Vanilla Bean (ground)1, Wintergreen 2, Khus Khus 1, Narcissus 1, Wintergreen Oil few drops.

Burn at night when you go to bed.

House Blessing Incense

Lavender 1, Basil 1, Hyssop 1, Cucumber or Melon Oil few drops

Jinx Removing Incense

Rose Geranium Oil few drops, Clove 2, Deerstongue 1

Kyphi Incense

Used for banishing and purification. Based on ancient Egyptian formula. Myrrh 1, Frankincense 1, Storax 1, Balm of Gilead Buds (ground)1, Cassia or Cinnamon 1, Lotus Oil few drops, Musk Oil few drops. The ancient Egyptians also added honey and wine to the mixture which you may do if you like. Add only a little and let the incense dry prior to use.

Pax (Peace) Incense

Lavender 1, Lemon 1, Violet 1, Orris Root (ground) 2, Cardamom 1

Uncrossing Incense

Lavender 2, Rose, 1, Bay 2, Verbena 1

Binding Incense

Use outdoors to rid yourself of negative thoughts and habits. Nettle 4, Belladonna (poisonous, don't inhale)1/4, Aconite (poisonous, don't inhale) 1/4, Blessed Thistle 4, Bay 2

Clearing Incense

Frankincense 1, Copal Resin 1, Myrrh Resin 1, Sandalwood 1/2. Burn with windows open to remove negativity from the home.

Protection Incenses

Iron Protection Incense

Iron Filings 1/4, Galangal Root (powdered)1, Citronella Oil few drops

New Orleans Protection Incense

Myrrh 2, Bay Leaves 1/2, Cloves 1, Cinnamon 1

Pennyroyal Protection Incense

Verbena or Vetivert 2, Galangal 1, Pennyroyal 1, Rue 1/4, Cinnamon 1/2

Rosemary Incense

Rosemary 2, Orris Root (ground) 1/2, Basil 1, Frankincense 1

Peace and Protection Incense

Lavender 4, Thyme 3, Vervain 2, Basil 3, Frankincense 1, Rue 1 pinch, Gum Benzoin 1 pinch, Bergamot Oil few drops, Jasmine Oil few drops

Sandalwood Protection Incense

Sandalwood 3, Juniper 2, Vetivert 1

Total Protection Incense

Frankincense 2, Dragons Blood Resin 1, Wood Betony 1/2

10 Herb Protection Incense

Frankincense 2, Myrrh Resin 2, Juniper Berries 1, Rosemary 1/2, Avens 1/4, Mugwort 1/4, Yarrow 1/4, St Johns Wort 1/4, Angelica 1/2, Basil 1

5 Resins Protection Incense

Frankincense 2, Copal Resin 1, Myrrh Resin 1, Dragons Blood Resin 1/2, Gum Arabic 1/2

Home Protection Incense

Orris Root (ground)1, Patchouli 1/4, Cloves 1/4, Sandalwood, 1, Lavender 1/2

Witches Bottle Home Protection Incense

Frankincense 1/2, Sage 3/4, Basil 1/2, Mistletoe 1/2, Garlic (dried and ground) 1/4, Rosemary 3/4, Rue 1/4, Sandalwood 1, Myrrh 1/2, Orris Root 1/2, Yarrow 1/2

Prevent Theft Incense

Ground Ivy 1, Juniper 1/2, Rosemary 1 1/2
 Stop Theft Incense
 Dogwood 1/2, Caraway 1/4, Rosemary 1/2, Tarragon 1/4, Willow 1, Honeysuckle Oil few drops
 Valerian Psychic Protection Incense
 Elder 1/2, Cinquefoil 1, Bay Leaves 1/2, Valerian (smells like dog dung) 1/8
 Psychic Protection Incense
 Broom 1/4, Agrimony 1/2, Basil 1/2, Cranesbill 1/4, Vetivert 1, Oregano 1/2
 Psychic Protection Resin Incense
 Gum Benzoin 1/2, Dragons Blood Resin 1/4, Frankincense 1/2, Camphor Gum 1/4, Cassia 1/2,
 Patchouli 1/4, Sandalwood 2
 Spice Rack Protection Incense
 Protection incense made with ingredients from your spice rack. Basil 1/4, Cinnamon 1/2,
 Rosemary 1/2, Thyme 1/2, Sage 1/2, Star Anise 1/2
 Simple Protection Incense
 Bay Leaves 1/2, Cloves 1/2, Oregano 3/4, Sandalwood 3/4
 Simple Psychic Protection Incense
 Frankincense 1/4, Oregano 1/2, Lovage 1/4, Cloves 1/2, Ginger Root (ground) 1/4, Sandalwood
 1/2, Star Anise 1/4
 Protection Incense
 Verbena 4, Galangal Root (ground) 1, Peppermint 1, Cinnamon 1, Rue 1/2
 Love, Lust, Relationship (beginning or ending) Incenses
 Draw and Strengthen Love Incense
 2 parts Sandalwood, 1/2 part Basil, 1/2 part Bergamot, Rose Oil few drops, Lavender Oil few
 drops
 Love Incense
 Dragons Blood Resin 2, Orris Root (ground) 1, Cinnamon 1/2, Rose Petals 1/2, Musk Oil few
 drops, Patchouli Oil few drops
 Caliphs Beloved Incense
 Musk Oil few drops, Ambergris Oil few drops, Coriander 1/2, Cardamon 1/2, Carnation 1/2
 Cleopatra Incense
 Helps love problems. Pine Bark 1/2, Sandalwood 2, Orris Root (ground) 1/4, Patchouli 1/4, Myrrh
 Resin 1/4, Frankincense 1/4
 India Bouquet Incense
 Draws the opposite sex, brings harmony to relationships. Ginger Root (ground)1, Cinnamon 1,
 Coriander 1/2, Myrrh Resin 1/2, Cardamom 1/2
 Lost and Away Incense
 For gettiing rid of unwanted attention. Mistletoe 1, Orris Root (ground) 1, Sage 1, Sulfur small
 pinch (smells foul, open windows)
 Love Breaker Incense
 For breaking up. Vetivert 1/2, Patchouli 1, Lemongrass 1, Mullien 1/2
 Love Incense
 Orris Root (ground) 1, Musk Oil few drops, Sandalwood 1, Violet 1/2, Gardenia Oil few drops
 Lovers Incense
 Increases your attractiveness. Musk Oil few drops, Civet Oil few drops, Ambergris Oil few drops,
 Patchouli 1
 Stay at Home Incense
 To end infidelity. Clove 1/2, Allspice 1/2, Deerstongue 1/2, Mullein 1, Sage 1
 Attract a Lover Incense
 Lovage 1, Orris Root (ground) 1/2, Lemon Verbena 1, Patchouli 1/4, Lemon Verbena Oil few
 drops
 Break Off an Affair Incense
 Camphor 1/4, Slippery Elm 1, Pennyroyal 1 1/2
 End an Affair Incense
 Menthol 1/4, Willow 1 1/2, Lavender 1 1/2
 Attract Love Incense
 Cloves 1/2, Rose 1, Saw Palmetto 1/4, Juniper 1/2, Musk Oil few drops, Rose Oil few drops, Red

Sandalwood 1/2

Conceive a Child Incense

Mistletoe 1/2, Mandrake 1, Motherwort 1 1/2, Strawberry Oil few drops

Divorce Incense

To get one. 1/2 part Frankincense, 1/2 part Rue, 1/2 part Allspice, 1/4 part Marjoram, 3/4 part

Pennyroyal, 1/2 part Yarrow, 1/8 part Camphor Resin, 1/2 part Sandalwood

Domestic Tranquility

3/4 part Sage, 1/2 part Ground Ivy, 1/4 part Rue, 1/4 part Bayberry, 1 1/4 part Linden, Bayberry

Oil few drops

Fertility Incense

Basil 1/2, Dragons Blood Resin 1/2, Holly 1/4, Pine 1, Juniper 1/4

Increased Fertility Incense

Allspice 1/2, Cherry 1, Saw Palmetto 1/2, Strawberry 1/4, Blueberry 1/4, Yarrow 1/2, Cucumber

1/4, Strawberry Oil few drops

Fidelity Incense

Basil 1/4, Dragons Blood Resin 1/4, Red Sandalwood 1, Rosemary 1/2, Dogwood 1, Honeysuckle

Oil few drops

Friendship Incense

Acacia 1/2, Rosemary 1, Elder 1/4, Frankincense 1/2, Dogwood 1

Love Incense

Rose 1 1/4, Musk Root 1/4, Patchouli 1/4, Red Sandalwood 1, Cinnamon 1/2, Rose Oil few

drops, Musk Oil few drops

Increase Love Incense

Benzoin Gum 1/2, Jasmine 1/4, Rose 1, Patchouli 1/4, Musk Root 1/2, Sandalwood 1/2, Musk Oil

few drops, Civet Oil few drops, Rose Oil few drops, Jasmine Oil few drops

Simple Love Incense

Lavender 1, Rosemary 1, Rose 1/2

Rose Love Incense

Rose 1 1/2, Rose Oil few drops, Cinnamon 1/2, Deerstongue 1/2, Red Sandalwood 1/2

Fiery Passion Incense

Yohimbe 3/4, Cinnamon 1/2, Ginger Root 1/4, Damiana 2 1/2, Ambergris Oil few drops

Passion Incense

Cranes Bill 1/2, Cascara 1 1/4, Savory 1/2, Civit Oil few drops, Musk Root 1/2

Physical Love Incense

Damiana 3/4, Yohimbe 1/2, Musk Root 1/2, Cascara 3/4, Bergamot Oil few drops, Ambergris Oil

few drops

Release and Ending Incense

Bay 1/2, Lemon Balm 1/2, Yarrow 1/4, Pennyroyal 1/2, Willow 1, Lemon Balm Oil few drops,

Peppermint Oil few drops

Virility Incense

Holly 1/2, Patchouli 1/4, Savory 1/2, Mandrake 1/2, Civit Oil few drops, Dragons Blood Resin 1/4,

Oak 1/2, Musk Root 1/4, Musk Oil few drops

Simple Fertility Incense

Allspice 3/4, Fennel 1/2, Star Anise 3/4, Sandalwood 1

Spice Rack Love Incense

Made from ingredients found in your spice rack. Cloves 1/2, Cinnamon 1/2, Sage 1/4, Savory 1/4,

Oregano 1/2, Bay Leaves 1/4, Allspice 1/4

Money, Business, Prosperity Incences

Business Incense

2 parts Gum Benzoin, 1 part Cinnamon, 1 part Basil

Games of Chance Incense

1/2 part Dragon's Blood Resin, 2 parts Mastic Resin, 1 part Frankincense Resin

Honors Incense

2 parts Gum Benzoin, 1 part Rue, 1 part Sandalwood

Prosperity Incense

1 part Frankincense, 1/2 part Cinnamon, 1/4 part Nutmeg, 1/2 part Balm

Riches and Favor Incense

2 parts Gum Benzoin, 1/2 part Clove, 1/2 part Pepperwort

Total Confidence Incense

1 part Rosemary, 1/4 part Garlic, 1/2 part Chamomile, 1 part Musk Root

Complete Confidence Incense

1 part St. Johns Wort, 1 part Thyme, 1/2 part Oak, 1/4 part Sweet Woodruff

Determination Incense

1/2 part Althea, 1/2 part Chamomile, 1 part Thyme, 1/4 part Garlic

Determination #2 Incense

1 part Rosemary, 1 part Willow, 1 part Musk Root, few drops Musk Oil

Determination Incense #3

1/2 part Allspice, 1 1/4 part St. Johns Wort, 1/2 part Southernwood, 3/4 part Willow

Financial Gain Incense

1/2 part Star Anise, 1/4 part Poppy Seed, 1/2 part Mistletoe, 1/2 part Juniper, 1 part Cherry

Financial Increase Incense

1/4 part Cucumber, 3/4 part Allspice, 1 part Sunflower, 1/4 part Saw Palmetto, 1/2 part Marigold

Good Luck Incense

1/2 part Dragon's Blood Resin, 1/2 part Mistletoe, 1 part Cascara, 1 part Linden

Good Luck in Life Incense

1/2 part Musk Root, 1 1/2 part Rose, 1/2 part Red Clover, 1/2 part Galangal Root, few drops Rose oil

Improve Luck Incense

1 part Rosemary, 1/2 part Dragon's Blood Resin, 1/2 part Musk Root, 1/2 part Sandalwood, few drops Rose oil, few drops Musk oil

Money Incense

1 part Basil, 1 part Cinquefoil, 1/2 part Hyssop, 1/2 part Galangal

More Money Incense

3/4 part Cinnamon, 1/2 part Dragon's Blood, 1 1/4 part Cascara

Money Incense

1 1/4 parts Lavender, 1/4 part Chamomile, 1/4 part Comfrey, 1 part Red Clover, 1/4 part Acacia

Financial Gain Incense

1 part Lovage, 1 part Bay, 1/4 part High John the Conqueror, 1/2 part Meadowsweet

More Money Incense

1 1/4 part Thyme, 1 part Red Clover, 1/2 part Spikenard, 1/4 part Nutmeg

Overcome Opposition Incense

3/4 part Cloves, 1/2 part Garlic, 1/4 part High John the Conqueror, 1/2 part Sweet Woodruff, 1/2 Red Clover

General Success Incense

1/2 part Basil, 1/2 part Bay, 1 part Cedar, 1/2 part Oak

Success Incense

1/4 part Mistletoe, 1/2 part Marigold, 1/2 part Sunflower, 1/4 part Onion, 1 part Sandalwood

Successful Incense

1/2 part Solomon's Seal, 1 1/2 part Cedar, 1/2 part Musk Root, 1/4 part Myrrh

Knowledge and Wisdom Incense

1 part Solomon's Seal, 1/4 part Benzoin, 1/2 part Vervain, 1/2 part Cloves, 1/2 part Bay

Gain Knowledge and Wisdom Incense

1/4 part Angelica, 1/4 part Vervain, 1 part Sage, 1/2 part Solomon's Seal

Legal Matters Incense

1 1/2 parts Cascara, 1 part Galangal, 1/2 part High John the Conqueror

Law Incense

1 part Sandalwood, 1/4 part Cascara, 1/4 part Onion

Success Incense #4

1/4 part Frankincense, 1/2 part Sweet Woodruff, 1 1/2 part Vetivert, 1/4 part Angelica, 1 part Sandalwood

Greater Success Incense

1 1/2 parts Sandalwood, 1/2 part Sarsaparilla, 1/2 part Motherwort, 1/2 part Quassia, few drops

Jasmine oil

Prosperity Incense

2 parts Frankincense, 1 part Cinnamon, 1 part Nutmeg, 1 part Balm

Study Incense

2 parts Mastic, 1 part Rosemary

Wealth Incense

1 part Nutmeg, 1/2 part Pepperwort, 1 pinch Saffron

Increased Wealth Incense

2 parts Frankincense, 1 part Cinnamon, 1 part Nutmeg, 1/2 part Clove, 1/2 part Ginger, 1/2 part Mace

Gain Wealth Incense

2 parts Pine, 1 part Cinnamon, 1 part Galangal, few drops Patchouli oil

Health, Healing, Physical and Emotional

Healing Incense

1 part Rosemary, 1 part Juniper

Beat that Cold Incense

1/2 part Cloves, 1/4 part Juniper, 2 parts Willow, 1/8 part Menthol, few drops Eucalyptus oil, few drops Wintergreen oil

Cold Healing Incense

1 1/4 part Pine, 1/2 part Cedar, 1/8 part Camphor, 1/8 part Menthol, 1/2 part Spruce, few drops Pine oil

Beauty Incense

1/2 part Angelica, 1 part Elder, 1 part Cherry, 3/4 part Musk Root, few drops Strawberry oil

Increase Beauty Incense

1 part Rose, 1/2 part Maidenhair Fern, 3/4 part Linden, 1/2 part Lady's Mantle, few drops Rose oil

Ease Emotional Pain Incense

3 parts Bay, 3/4 part Allspice, 1/4 part Dragon's Blood, 3/4 part Storax

End Negativity and Give Hope Incense

1 part Thyme, 1/2 part Rue, 1/2 part Sweet Woodruff, 1/2 part Cloves

End Negativity and Give Hope Incense #2

1 part Dittany, 1/2 part Chamomile, 1/4 part Patchouli

Divine Intervention Incense

1/2 part Dragon's Blood, 1/2 part Frankincense, 1/4 part Angelica, 3/4 part Galangal, 1/2 part Bay, 1/2 part Sandalwood, 1/4 part Cinnamon

End Nightmares Incense

1 part Thyme, 1 part Willow, 1 part Chamomile

No More Nightmares Incense

1/4 part Star Anise, 3/4 part Lemon Verbena, 3/4 part Thyme, 1 part Willow, few drops Lemon Verbena oil

Happiness Incense

1/4 part Myrrh, 1/4 part Marjoram, 1 part Dittany, 3/4 part Sandalwood, 3/4 part Oregano, few drops Spearmint oil

Happiness Incense #2

1 part Oregano, 1 part Rosemary, 1 part Marigold

Sleepytime Incense

1 part Poppy Seeds, 1 1/2 parts Chamomile, 1 1/4 parts Willow

Rest and Sleep Incense

1/2 part Catnip, 1/2 part Dill, 1/4 part Poppy, 1 part Lemon Verbena, 1/2 part Motherwort, few drops Lemon Verbena oil

Strength Incense

1/2 part Dragon's Blood, 1/2 part Musk Root, 1 1/2 part Vetivert, 1/2 part Cinquefoil, few drops Musk oil, few drops Ambergris oil

Strength Incense #2

1/2 part Cinnamon, 1/4 part Dragon's Blood, 1/4 part Frankincense, 1/2 part Musk Root, 1/4 part Patchouli, 1 part Vetivert, 1/4 part Yarrow, few drops Musk oil

Tranquility Incense

1 part Sage, 1 1/2 parts Rose, 1/4 part Benzoin, 1/2 part Meadowsweet, few drops Rose oil
 Healing Incense

2 parts Myrrh, 1 part Cinnamon, 1 pinch Saffron
 Regain Health Incense

3 parts Myrrh, 2 parts Nutmeg, 1 part Cedar, 1 part Clove, 1/2 part Balm, 1/2 part Poppy Seeds,
 few drops Pine oil, few drops Sweet Almond oil
 Healing Incense #2

1 part Rose, 1 part Eucalyptus, 1 part Pine, 1 pinch Saffron
 Courage Incense

2 parts Dragon's Blood, 1 part Frankincense, 1 part Rose Geranium, 1/4 part Tonka, few drops
 Musk oil
 Seasonal, Planetary, Elemental, Magical Workings and Deity Incenses

Air Incense

2 parts Benzoin, 1 part Mastic, 1/2 part Lavender, 1/4 part Wormwood, 1 pinch Mistletoe
 Earth Incense

2 parts Pine, 1 part Patchouli, 1 part Cypress, 1 pinch Salt
 Fire Incense

2 parts Frankincense, 1 part Dragon's Blood, 1 part Red Sandalwood, 1 pinch Saffron
 Water Incense

2 parts Benzoin, 1 part Myrrh, 1 part Sandalwood, few drops Lotus oil
 Mercury Incense (Planetary)

2 parts Benzoin, 1 part Mace, 1/2 part Marjoram, few drops Lavender oil
 Venus Incense (Planetary)

2 parts Sandalwood, 1 part Benzoin, 1 part Roses, few drops Rose oil, few drops Patchouli oil
 Earth Incense (Planetary)

1 part Pine, 1 part Thyme, few drops Patchouli oil
 Jupiter Incense (Planetary)

1 part Clove, 1 part Nutmeg, 1 part Cinnamon, 1/2 part Balm, 1/2 part Lemon Peel
 Moon Incense (Planetary)

2 parts Juniper, 1 part Calamus, 1/2 part Orris, 1/4 part Camphor, few drops Lotus oil
 Mars Incense

2 parts Galangal, 1 part Coriander, 1 part Cloves, 1/2 part Basil, pinch Black Pepper
 Saturn Incense

2 parts Cypress, 1 part Myrrh, 1 part Dittany, few drops Patchouli oil
 Aphrodite Incense

1 part Cinnamon, 1 part Cedar, few drops Cypress oil
 Apollo Incense

2 parts Frankincense, 1 part Myrrh, 1 part Cinnamon, 1/2 part Bay
 Hecate Incense

3 parts Sandalwood, 2 parts Cypress, 1 part Spearmint
 Horned God Incense

2 parts Benzoin, 1 part Cedar, 1 part Pine, 1 part Juniper, few drops Patchouli oil
 Moon Goddess Incense

2 parts Benzoin, 1 part White Onion Skins, 1 1/2 parts Allspice, 1 1/2 part Camphor, 1/2 part
 Poppy
 Sun God Incense

1 part Frankincense, 1 part Benzoin, 1 part Cinnamon, 1/2 part Coriander
 Cernunnos Incense

1 part Pine, 1 part Sandalwood, pinch Valerian, 1/2 part Cinnamon, few drops Musk oil
 Cernunnos Incense #2

1 part Oak, 1/2 part Sandalwood, 1/2 part Allspice, 1/2 part Coriander, few drops Cedar oil
 Hermes Incense

1 part Lavender, 1/2 part Mastic, 1/2 part Cinnamon
 Astarte Incense

1 part Sandalwood, 1 part Rose, few drops Orange oil, few drops Jasmine oil
 Isis Incense

1 part Myrrh, 1 part Frankincense, 1/2 part Orange Peel, 1/4 part Storax, 1/2 part Vetivert
 Beltane Incense
 1 part Rose, 1/2 part Frankincense, 1/2 part Musk Root
 Beltane Incense #2
 3/4 part Benzoin, 1/2 part Rose, 1/2 part Rosemary, 1/2 part Cinnamon, 3/4 part Sandalwood,
 few drops Lemon Verbena oil
 Hallows Incense
 1/2 part Frankincense, 1/4 part Myrrh, 1/2 part Bay, 1/4 part Vervain, 1/4 part Wormwood, 1/4
 part Patchouli, 1/2 part Cinnamon, 1/2 part Sandalwood
 Hallows Incense #2
 1 part Dittany, 1/2 part Pine, 1 part Sandalwood, 1/4 part Patchouli, 1/4 part Benzoin, few drops
 Pine oil
 Lammas Incense
 1/4 part Broom, 1/2 part Oregano, 1/2 part Cinnamon, 1/2 part Meadowsweet, 1/4 part
 Frankincense, 1/2 part Sandalwood
 Spring Incense
 1/4 part Primrose, 1 part Cherry, 1 part Rose, 1/2 part Sandalwood, few drops Lilac oil, few drops
 Rose oil, few drops Strawberry oil
 Summer Incense #2
 1 part Cedar, 1/2 part Juniper, 1 part Sandalwood
 Consecration Incense
 1 part Mace, 1/2 part Storax, 1 part Benzoin, 1 part Gum Arabic
 Crystal Purification Incense
 2 parts Frankincense, 2 parts Copal, 1 part Sandalwood, 1 part Rosemary
 Circle Incense #2
 1/2 part Frankincense, 1 part Willow, 1/2 part Cinnamon, 1/4 part Patchouli, 1/4 part Copal, 1/4
 part High John the Conqueror
 Yule Incense
 2 parts Pine, 1 part Cedar, 1 part Jupiter, 1/2 part Holly
 Talisman and Amulet Consecration Incense
 2 parts Frankincense, 1 part Cypress, 1 part Tobacco, 1/2 part Ash
 Sabbat Incense
 2 parts Frankincense, 1 part Myrrh, 1 part Benzoin, 1/2 part Bay, 1/2 part Fennel, 1/2 part Thyme,
 1/2 part Pennyroyal, 1/2 part Solomon's Seal, 1/4 part Rue, 1/4 part Wormwood, 1/4 part
 Chamomile, 1/4 part Rose
 Ostara Incense
 1 part Benzoin, 1 part Dragon's Blood, 1/2 part Nutmeg, 1/2 part Violets, 1/2 part Orange Peel,
 1/2 part Rose
 Midsummer Incense
 2 parts Sandalwood, 1 part Mugwort, 1 part Chamomile, 1 part Gardenia, few dropw Rose oil, few
 drops Yarrow oil, few drops Lavender oil
 Mabon Incense
 1 part Sandalwood, 1 part Cypress, 1 part Juniper, 1 part Pine, 1/2 part Oakmoss, 1/4 part Oak
 Lughnasadh Incense
 2 parts Frankincense, 1 part Heather, 1 part Apple Blossoms, 1 part Blackberry Leaves
 Imbolc Incense
 3 parts Frankincense, 2 parts Dragon's Blood, 1/2 part Red Sandalwood, 1 part Cinnamon
 Full Moon Celebration Incense
 2 parts Sandalwood 1/2 part Gardenia, 1/2 part Rose, few drops Lotus oil
 Full Moon Incense
 2 parts Frankincense, 1 part Sandalwood
 Esbat Incense #3
 2 parts Frankincense, 2 parts Myrrh, 1 part Benzoin, 1/2 part Sandalwood, 1/2 part Gardenia, 1/4
 part Orris, 1/4 part Thyme, 1/4 part Poppy, 1/2 part Rose
 Circle Incense #1
 2 parts Frankincense, 1 part Myrrh, 1 part Benzoin, 1/2 part Sandalwood, 1/4 part Cinnamon, 1/2

part Rose, 1/2 part Bay, 1/4 part Vervain, 1/4 part Rosemary

Ritual Magic Incense

2 parts Frankincense, 1 part Wood Aloe, few drops Musk oil, few drops Ambergris oil

Ceremonial Magic Incense

1 part Frankincense, 1/2 part Mastic, 1/4 part Sandalwood

Beltane Incense#5

3 parts Frankincense, 2 parts Sandalwood, 1 part Sweet Woodruff, 1 part Rose, a few drops

Jasmine oil, a few drops Orange Blossom oil

Altar Incense

1 part Frankincense, 1/2 part Myrrh, 1/4 part Cinnamon

Esbat Incense #2

1/2 part Patchouli, 1/4 part Calamus, 1/4 part Mugwort, 1/2 part Cinnamon, 1/4 part Camphor, 1

part Sandalwood, few drops Musk oil

Esbat Incense

1 part Sandalwood, 1/2 part Frankincense, 1/4 part Myrrh, 1/2 part Cinnamon, 1/4 part Vervain,

1/2 part Dittany, 1/4 part Patchouli, 1/2 part Bay

Fall Incense

1/4 part Oak, 1/2 part Pine, 1/4 part Frankincense, 1/4 part Cinnamon, 1/4 part Cloves, 1/2 part

Rosemary, 1/4 part Sage, 1/2 part Pomegranate

Winter Incense #2

1/2 part Mistletoe, 1/4 part Holly, 1/2 part Bay, 1/2 part Oak, 1 part Pine, 1/2 part Cedar, few

drops Pine oil, few drops Cedar oil

Summer Incense

1 1/2 part Lavender, 1 part St. John's Wort, 1/2 part Mistletoe

Winter Incense

1 1/4 parts Lavender, 1/2 part Cloves, 1/2 part Cinnamon, 1/4 part Benzoin, 1/4 part Patchouli,

1/4 part Mistletoe, 1/4 part Orris, few drops Bergamot oil

Summer Incense #3

1/2 part Mugwort, 1/2 part Vervain, 1 part St. John's Wort, 1/2 part Frankincense, 1/4 part

Mistletoe, 1/4 part Bay

Circle Incense #3

1/2 part Bay, 1/2 part Camphor, 1/2 part Lavender, 1/2 part Broom, 1/2 part Linden, 1/2 part

Ground Ivy

Psychic Powers, Divination, Prophetic Dreams Incenses

Vision Incense

3 parts Frankincense, 1 part Bay, 1/2 part Damiana

Divination Incense

1 part Rosemary, 1/4 part Parsley, 1/2 part Bay, 1 part Dittany, 1/2 part Pomegranate

Divination Incense #2

1 part St. John's Wort, 3/4 part Wormwood, 3/4 part Bay, 1/2 part Frankincense

Divination Incense #3

1 part Dittany, 1/2 part Damiana, 1/2 part Orris, 1/4 part Camphor, 1/4 part Solomon's Seal

Divination Incense #4

3/4 part Cinquefoil, 1/8 part Valerian, 1/2 part Deerstongue, 1/2 part Frankincense, 1 part

Sandalwood

Divination Incense #5

1/2 part Cinnamon, 1/2 part Chickweed, 1 part Thyme, 1 part Sandalwood

Divination Incense #6

1 part Yarrow, 1 part St. John's Wort, 1/4 part Frankincense, 1/2 part Bay

Divination Incense #7

1 part Lavender, 1 part Rose, 1/2 part Star Anise, 1/2 part Sandalwood

Divination Incense #8

1 part Dittany, 3/4 part Acacia, 3/4 part Cinquefoil, 1 part Clary Sage

Psychic Dream Incense

2 parts Sandalwood, 1 part Rose, 1 part Camphor, few drops Tuberose oil, few drops Jasmine oil

Gypsy Sight Incense

1 part Mugwort, 1/2 part Clove, 1/2 part Cinquefoil

Divination Incense

2 parts Sandalwood, 1 part Orange Peel, 1/2 part Mace, 1/2 part Cinnamon

Prophetic Dream Incense

2 parts Frankincense, 1 part Buchu, 1 part Mugwort

Second Sight Incense

1 part Parsley, 1/2 part Hemp Seeds, 1/2 part Frankincense

Psychic Power Incense

1 part Frankincense 1/4 part Bistort

Psychic Incense

2 parts Sandalwood, 1 part Gum Arabic

Fortune Teller Incense

1 part Frankincense, 1 part Sandalwood, 1 part Cinnamon, 1 part Nutmeg, few drops Orange oil, few drops Clove oil

Sight Incense

2 parts Mastic, 2 parts Juniper, 1 part Sandalwood, 1 part Cinnamon, 1 part Calamus, few drops

Patchouli oil, few drops Ambergris oil

Scrying Incense

1 part Mugwort, 1 part Wormwood

Prophetic Dreams Incense

1/2 part Mugwort, 1 part Dittany, 1/4 part Poppy, 1 part Willow, 1/4 part Frankincense

Psychic Incense #1

3/4 part Safflower, 1/4 part Wormwood, 1/2 part Cinnamon, 1 part Dittany, 1/2 part Red Sandalwood

Psychic Power Incense

1/4 part Cloves, 1/4 part Myrrh, 1 part Sandalwood, 3/4 part Dittany, 1/4 part Cinnamon

Recall Past Lives Incense

1 1/2 parts Sandalwood, 1/2 part Water Lily, 1/2 part Holly, 1/2 part Frankincense, few drops Lilac oil

Remember Past Lives Incense

1 part Sandalwood, 1/2 part Cinnamon, 1/2 part Myrrh, few drops Myrrh oil, few drops Cinnamon oil, few drops Cucumber oil

Herbal Magic

Other Herbal Creations

There are a number of herbal preparations that do not fall into any of the other categories, or for which I have only a few recipes, not enough to make a whole category. This is the place for all of these odds and ends.

Herbal Sleep Pillows

These are small pillows filled with herbal mixtures to help you fall asleep, or to help you to have pleasant or prophetic dreams.

Basic Sleep Pillow

Make a small pillow following the directions given in the sachet section. Stuff the pillow with two parts dried hops flowers, one part chamomile flowers, and one part lavender flowers. Place atop your regular pillow when going to bed.

Aspergers

These are used for sprinkling consecrated water to purify an area of negative vibrations and energies.

Herbal Asperger

For this you will need fresh herbs. These should be available in the produce section of your supermarket if you don't have them in your garden. You will need one or two sprigs about six inches long each of the following herbs: Rosemary, Sage, Mint. Bind their stems together at the top with white thread to make a bundle. Dip into the consecrated water and sprinkle it throughout the area to be purified.

Ointments

These are recipes for several ointments, a flying ointment that won't kill you, a great ointment for skin problems for your familiar or yourself, a couple of herbal ointments for healing and several other miscellaneous ones. None of these ointments are meant to substitute for seeking the care of a Doctor or Vet for serious injury or illness. Also, it is possible to be allergic to some of the ingredients so test the ointment on a small patch of skin before you use it for the first time.

Yellow Dock Ointment

This ointment is great for annoying skin problems your pet may pick up such as ringworm on cats or mange type diseases in dogs. It will work on you too, for any sort of itchy or rashy things. To make this recipe, you need flowers of sulfur, available at the pharmacy, a small jar of vaseline, a bottle of apple cider vinegar and the roots. You will need to gather about 6 or 8 yellow dock roots. They are long yellow tap roots, and difficult to dig up. Look for plants growing in moist ground, it's a bit easier to dig them there. Dice up your roots and place them into a small saucepan. Pour in enough apple cider vinegar to just cover them and simmer over low to medium heat until the roots are soft. Put the roots through the blender or a sieve to mash them thoroughly. Scrape the vaseline out of the jar into a bowl and add the mashed roots. Add 1 teaspoon of the flowers of sulfur. Stir to mix completely. You can put the blend back into the vaseline jar. To use just apply to the affected area twice a day for about a week, or less if it goes away sooner.

Violet Ointment

For this you will need two bars of cocoa butter, fresh violet leaves and a bit of lanolin. Melt the cocoa butter in the top of a double boiler. Add as many violet leaves as you can mash down into the cocoa butter and cook till the leaves wilt. Add as many more leaves as you can mash into the cocoa butter and wilt again. Do not boil, but simmer over the hot water for about 15 minutes. Remove from heat and add two teaspoons of lanolin. Stir, then pour through a sieve into a glass jar. If the ointment is too hard, remelt in a water bath and stir in a bit more lanolin. This ointment is good for any minor scrapes and cuts you might get. It helps them heal faster and keeps them from getting infected.

Flying Ointment

This ointment will not make you fly. Witches never could fly. I hope that doesn't disillusion you too much, but they were getting high, not flying. The old Flying Ointments had all sorts of poisonous plant alkaloids in them and if they didn't kill you, they certainly got you loaded. The goal was not to fly, it was to astral project. The flying thing came in because ignorant peasants couldn't understand the concept of astral projection. This ointment contains herbs that are known for

aiding astral projection. It is made exactly like the violet ointment above except the following herbs are substituted for the violet leaves. Dittany of Crete, Cinquefoil, Mugwort, and Parsley in equal parts. Chop up the fresh herbs and simmer in the cocoa butter as above. Add the lanolin and strain into a jar. As above, if the ointment hardens too much remelt in a water bath and add more lanolin to give it a creamy texture. Rub the ointment on to help you to astrally project.

Calendula Ointment

For this ointment you will need about a cup of calendula flowers, also called pot marigold. You will also need a jar of vaseline, a double boiler and a strainer. Scoop the vaseline out of the jar into the top of the double boiler. Put water in the bottom and place on a medium heat to melt the vaseline. When the vaseline is liquid, add the flowers and simmer for about 30 minutes, but don't boil. Allow to cool a bit then strain the mixture to remove the spent flowers and pour the vaseline back into the jar. This ointment is good for skin irritations, small cuts and scrapes and the like.

Basic Herbal Ointment

This is a basic ointment that you can make with any herb you want to use for a magical purpose. Just choose the herb you want by consulting the correspondences and add it as directed. You'll need 1 ounce of lanolin or cocoa butter and 1/2 oz of beeswax, 3-4 ounces of apricot kernel oil, 1 ounce of strong herb infusion of your choice, and 5 drops of essential oil of your choice. You can match the infusion and essential oil or use different herbs. Melt the lanolin or cocoa butter and the beeswax in the top of a double boiler. When completely melted begin adding the oil, pouring a very stream into the pan while stirring constantly until all the oil is added. Turn off the heat and slowly add the herb infusion stirring constantly until the cream has cooled. Add the essential oil and stir in completely. Spoon or pour the cream into an opaque white jar or clear jar covered with paper. You may add 6-8 drops of tincture of benzoin to the mixture when you add the essential oil as a preservative if desired.

Magical Soaps

A couple of simple recipes for soap to use for ritual cleansing and purification. These are based upon purchased castile soap which you can get at health food stores. I learned this method from one of Scott Cunningham's books, "The Complete Book of Incense, Oils and Brews". You will need one bar for each recipe. Either put the soap through the food processor on grate or grate it by hand. Put the grated soap in a bowl. To the grated soap you will add a bit, between 1/4 and 1/2 cup of hot water to soften the soap. Allow the soap and water to sit for a few minutes and then try working it like dough with your hands. If it is still too hard add a bit more water and let it sit a bit longer. Now add the essential oils to give it scent and the powers of the herbs. You will need to add a fair lot of oil to overcome the existing smell of the soap. Try about 1/2 teaspoon and add more if need be. Mix thoroughly and then mold with your hands into rough rounds. Wrap each round with cheesecloth and tie up tightly. Suspend in a warm dry room for several days to dry.

Purification Soaps

1. Use a 50/50 blend of Lemon and Lemon Verbena oils. 2. Use Lavender oil straight. 3. Use Peppermint oil straight. 4. Use Tincture of Benzoin, about 1 T.

Psychic Power Soap

Use Honeysuckle, Rose, and Lemongrass. Aids development of psychic powers.

Bath Salts and Herbal Bath Mixtures

Blends of herbs in cheesecloth bags you can use like giant tea bags to produce beautifying and purifying baths, and bath salts for purification and a number of other magical purposes.

Purification Bath

Use dried herbs for this herbal blend. Place the herbs in a square of cheese cloth 3-4 layers thick and about 7 inches square. Place into center of square 1 T Rosemary, 1 T Sage, 1 T Mint. Bring the edges of the cheesecloth together into a bundle and tie with a piece of string. (see diagram below) To use, place under faucet as bath fills and allow to steep a bit to release the herbs essences into the water before you get in. Immerse yourself completely in the water at least once.

Citrus Purification Bath

Use the same method as above with 1 T Orange Peel, 1 T Lemon Peel, 4 drops Orange Oil, and 1 T Lemon Verbena.

Exorcism Bath

Use the same method as above with 2 T Basil, 1 t Rue, and 1 t Yarrow.

Protection Bath

Use the same method as above with 2 T Rosemary, 2 Bay leaves, 1 T Angelica.

Psychic Power Bath

Use the same method as above with 2 T Lemongrass, 1 T Marigold Flowers, and 1 T Mugwort.

Exorcism Bath Salts

Blend 1 C Epsom Salts, and 1/2 C Rock Salt. To this base add the following essential oils in the proportion indicated Frankincense 2 parts, Rosemary 3 parts, Rose 3 parts. The amount of oil will depend upon your nose, keep adding until you like the scent.

Healing Bath Salts

Use the same method as the previous recipe to make the base. Add Eucalyptus 3 parts, Pine 1 part, and Wintergreen 1 part. Use food color to dye the bath salts blue or purple.

Love and Romance Bath Salts

Use the same method as the previous recipes to make the base. Add Rose 3 parts, Basil 1 part, Lavender 1 part. Use food color to dye the bath salts pink.

Purification Bath Oil

Combine 1/2 cup avocado oil, 1 cup apricot kernel oil, 1/2 ounce each Orange and Lemon oils in a bottle. Shake to blend before each use. Use 1-2 tablespoons per bath. Smells clean and citrusy.

Magical Inks

Inks you can blend yourself to use with a dip pen to write out amulets or your Book of Shadows. Actually, it's hardly worth doing when there are such wonderful prepared inks available at the art supply store, but for those who insist.... For the herbal ones you use the herb indicated steeped in 1 oz of hot water to dissolve the pigment. You will need to add about 1/4 to 1/2 t of Gum Arabic or Gum Tragacanth in order to make the liquid thick enough to write with.

Red Inks

Use Dragon's Blood resin prepared as described above, or beet juice straight or with the gum added, but with no water.

Purple Inks

Use fresh juice from blackberries, poke berries or grape juice concentrate.

Dark Brown Ink

Use black walnut hulls, the green outer casing of the nut, boiled in a small amount of water.

Yellow Inks

Use saffron or tumeric boiled in a small amount of water.

Black Ink

This can be produced using lampblack, the black powder you get from holding a spoon over a burning candle, mixed with water. This is easier said than done however, the lampblack is very lightweight and floats on water. You must add a drop of water at a time to the lampblack and mix it thoroughly. Why not just buy some ink? You can put a quartz crystal into the bottle and consecrate it for magical use.

Sweet Smelling Sachets

Here are a couple of recipes for nice smelling pomanders and small sachets you can use to scent your dainties or ritual robes.

Citrus Pomander Ball

I'm sure you've seen these before, oranges studded with cloves. All you need is an orange, tangerine, or a lemon; about two cups of whole cloves, and a skewer. Remove the little hard button on the stem end of the fruit and any stickers that the store put on. Using the skewer, poke rows of holes through the skin of the fruit and insert the stem end of a clove into each one. They can be done in patterns or in rows. Place the cloves about 1/4 inch to 1/8 inch apart and cover the entire surface of the fruit. Then you dry them for about two weeks in a warm, dry place. Check them every few days to watch for signs of molding, if they start you will need to find a dryer place to put them. I dry mine a bit faster in my oven, turned to about 100o. Those who have gas ovens won't even have to turn them on, the pilot light is enough. When the fruit is completely browned and dry they are ready to use.

Apple Cinnamon "Cookies"

Sachets For this recipe you will need a small jar of prepared applesauce and about 3 cups of powdered cinnamon. Buy the cinnamon in bulk or this is too expensive to do. Put the cinnamon into a bowl and add the applesauce in stages, mixing as you go until you have enough

applesauce to moisten all the cinnamon and produce a dough. This dough can be rolled and cut out with cookie cutters if you are careful not to make it too thin, about 1/4 inch thick is right. If it is too thin, the 'cookies' will be too brittle. You can also roll balls of it and if you like, flatten them into patties with cookie presses.. Once dried, these cinnamon 'cookies' keep for years and smell great.

Herbal Magick 2

Herbs occupy a primary place in Wiccan magic. The elder witches used herbal magic extensively. Often these long ago witches were the only recourse for those in their village who were ill, and they used herbs for much of their healing work. Herbs have been used for centuries for both healing and magic, a great deal is known about their actions in both fields. We are primarily interested in their uses for magic here, there are a number of very good sites out there on using herbs for healing. I recommend highly The Herbal Encyclopedia. It's a beautiful site, and it's huge! Tons of very well researched information on the medical uses of plants. many witches feel that healing with herbs is a natural part of their practice and become quite expert in this field. As with other natural objects herbs are natural repositories for the power of the earth. The nature of each herb is discernable and they have been placed in categories according to their actions. The following recipes and spells outline some of the uses of herbs in magic. (see also the tables of Herbal Correspondences) Some of these herbs are commonly used in food and you can obtain them from your kitchen or the super market. Others are a bit more esoteric and can only be obtained at an herb shop, by mail order, at an occult supply store or possibly at a well stocked health food co-op. There are a number of on-line herb shops available if you do not have one in your area. Try to obtain your herbs from a reputable source that sells correctly labeled, fresh herbs. I realize this is easier said than accomplished, but if there is dust on the package, it isn't a good sign.

It is important to note how the herb is to be used for the intended purpose. Are you to burn it as incense? Scatter it? Put it in an amulet bag and carry it? The tables are separated by how the herb is utilized. If it is not stated, you can feel confident doing what is easiest for you, but if directions are given please follow them. If the herb is listed as an incense that means that you must smoulder it on charcoals specially made for burning incense. These can be obtained at the occult shop, by mail order or via the internet. It is also possible to make your own. A recipe will be given in the section on incense. If the herb is to be put into an amulet bag you can either buy the bags you need or stitch them up yourself. I recommend making them, the sewing involved is simple and the ready made bags are hugely overpriced. Directions will be given for sewing amulet bags in the section on amulet bags. Scattering is rather self explanatory.

Also, there are a number of herbs that are dangerous to ingest. You will note that none of my directions suggest that you ingest any herbal preparations, this is intentional. I cannot be responsible for any untoward and unexpected allergic response to an herb that is generally considered safe. Those with allergies or asthma will likely want to avoid incense, however I have asthma and am not particularly bothered by it. Responses to such things are idiosyncratic, you know your body, I don't. Some of the herbs often quoted by inexperienced writers as being used by witches are in fact poisonous, and occasionally deadly. The so-called flying ointments are often trotted out by persons with no actual experience in herbal magic. These recipes are no longer used. There will be none of these ancient curiosities given here.

Some of the herbs are used in the form of essential oils. These are produced by extracting the volatile oils from the plant or it's flowers by one of several methods. They are generally expensive if natural. If you happen upon an especially good bargain on essential oils you can be fairly sure they are artificial. Generally it is best to use the actual essential oil, naturally produced, in magic. I have however used artificial oils with good results. It is an individual decision. Natural essential oils should be diluted with apricot kernel or other vegetable based oil for application to the skin and no essential oil should be used on the skin unless you are specifically directed to do so. Even following these precautions it is possible to be allergic to the oils, so test them on a small patch of skin before you start anointing liberally. Some cause photosensitivity or are toxic when applied to the skin so don't just experiment unless you do some research first.

Unless otherwise noted the whole herb is to be used. In those cases where a particular part of the herb is used it will be indicated. Often a specific preparation of the herb is the magically active part, the roots, the bark, the gum or resin, the oil for examples. Use the correct preparation for the result you desire, do not substitute. There are fairly long lists for each category of intent, if you do not have one of the herbs in the form required, choose another, don't just use another part of the plant it may have an entirely different result. As I said, if no part is specified, use the whole herb.

For those who are so inclined, it is possible to gather herbs from the wild. If you choose to gather them be ABSOLUTELY SURE of your identification. I must emphasize this, be sure of what you are gathering! Also, it is important to consider the law when gathering herbs, both the mundane laws and the natural ones. In most localities it is against the law to pick or dig up plants from parks of any sort; city, state, or national. It is always against the law to trespass on private property to do so. Ask for permission from the land owner first and follow their wishes.

As for the natural laws, you must show respect for the earth from whom you are taking something of value. Conserve resources by taking only what you need, never all of a plant when some leaves will do, and never, never the only plant of its kind in a particular location. If there are many similar plants fine, but if not buy it at the store. It isn't as if you don't have a choice. You must also thank the earth for what you are taking in some way. Historically a gift is left in exchange for the gift you are receiving; this could be a coin or token of some sort, water or milk poured on the ground, or a bit of poetry or other verbal thank you. This should be observed when you gather the herbs or harvest the herbs you have grown. The earth does not mind you using her bounty, but she would like you not to be an ungrateful little wretch about it.

Those who have green thumbs and a bit of space to garden can easily grow many of the herbs they will need for their magic. If you live in an apartment, perhaps there is a community garden nearby where you could obtain a plot. Seeds for those herbs used for culinary purposes can be obtained at any nursery, but some of the more obscure herbs may take a bit of finding. I heartily recommend Chiltern Seeds in the UK. They have a huge catalog of things listed by their botanical names. You will have to convert your remittance into pounds sterling, but there's no better place to find the seemingly unfindable. They have a website now at Chiltern Seeds They have an online catalog and it has a search capacity. A local nursery near me does mail orders and has a wide range of herb plants and seeds, as well as some very interesting vegetables. They are called Nichols Garden Nursery and can be found at Nichols. They have an online catalog, search, and you can request a free catalog be sent to you. Another good source for seeds is the Seed Savers Exchange at SeedSavers.org There is a membership fee and then you can browse through their listings or request a particular type of seed that you are looking for. They have an online catalog that includes the more basic items. If you are interested, there is a plan and some further information about a Witches garden located here.

Once you have your herbs you must store them properly in order to maintain their freshness and potency. Herbs can be kept in dry form for up to a year if a whole herb, up to two years if a root, and up to three years if a resin, when stored correctly. Keep your herbs in airtight bottles or jars, not in the paper or plastic bags they may come in. They should be stored in a cool, dry, dark spot. Although quite decorative, the bundles of herbs hanging from the ceiling plan doesn't work. If you store your herbs that way consider them for appearance only, not to use. Avoid attics, the cupboard over the refrigerator, garages and the like, they are generally too hot. Also avoid storing bags of herbs in the refrigerator as they tend to absorb moisture and odors from the food.

When you jar up your herbs label and date the jar with when the contents were gathered or purchased and what herb the jar contains. This will avoid future problems with identification and lack of freshness. Be sure if you are drying your own home grown herbs that they are completely dry before you store them or they will mold. You may use a food dehydrator at the lowest setting if you have one, or if you have a gas oven dry your herbs in the oven with just the pilot light. Do not dry herbs at a temperature of over 100° or you will lose the volatile oils. If at all possible, simply air dry the herbs for several days to a week until they are crunchy when crushed. When drying roots allow more time and cut them into small pieces before drying as they generally are too hard to break up easily after they are dry.

For the most part you will not require any special equipment to do herbal magic. Much of what you will use can be found in your kitchen. If you find that you are performing a great deal of herbal magic and wish to have specific tools for magical use you may want to consider purchasing or collecting some of the following items for dedicated use. Do note, if you use your coffee grinder for herbs AND coffee, be sure the herbs aren't poisonous and clean it carefully even if they are ok, you may not like the taste of Valerian Lattés.

coffee grinder or mortar and pestle for pulverizing herbs

labels and permanent marker for jars

colored cotton cloth for sachets and amulet bags

epsom salts and rock salt for making bath salts

wooden or plastic spoon for mixing

glass bowl to blend in

cheese cloth and coffee filters for straining

eyedroppers for blending oils

apricot kernal, sesame or almond oil for oil base

an assortment of large and small jars and vials

You can add to this list as you go along and determine what methods you will be using most frequently.

The herbal tables and recipes are arranged according to how they are prepared or used. Follow these links.

Herbal Magick – Powders

Scattering herbs and powders is a common way of invoking the influence of the herbs to achieve your magical intent. They are dusted around places of business to improve sales, scattered in bedrooms to light the spark of love, and sprinkled over people to bless or protect them. Powders are particularly common in traditional American folk magic and hoodoo where there are hundreds of them in common use. They are a relatively easy product, scattering herbs are single herbs or blends that are spread around a home, store, property or other sort of place to produce a magical intent. Powders are finely ground dried herbs, mixtures of herbs, or oils added to a base of talcum powder. A coffee grinder is useful in grinding the herbs finely to make powders although you may use a mortar and pestle. You want the herbs truly powdered, a very fine mixture without large bits scattered through it.

Any recipe for oil may be made into a powder by adding the oil blend to a small quantity of unscented talcum powder. Most sachet blends may be made into powders by finely grinding them. I would avoid grinding those that have resins in them however since they gum up your coffee grinder. It is easier to purchase finely ground resins for use in powders than to grind them yourself. Consider also that some things will tend to stain items they are dusted on such as tumeric, saffron, dragon's blood resin, and avoid them or use them only outside or on objects which won't be damaged. Also, some resins leave a sticky residue when sprinkled such as pine. With most powders a light touch is preferred when sprinkling, if you can see a green path through your livingroom, you may have been a bit heavy handed.

7.00

Powders may be dusted onto your altar to enhance your magical workings, sprinkled onto ritual objects to strengthen the connection to your magical intent, or blown into the air to spread their magical influence through a room or place. You may add a protection powder to the casting of the circle ritual, sprinkling it around the sacred space. Using powders is something you will need to use your imagination for. If you plan to dust the powder on yourself it would be a good idea to test a bit of it on a small patch of skin to see if you may be allergic to any of it's ingredients first. That love powder won't work as well if you have hives!

Below there is a table that gives some traditional uses of scattering herbs and below that are some recipes for powders. They all must be dedicated to the magical intent through ritual to bring out their power. You should invoke their power via ritual and visualization with a proper consecration to your magical purpose, utilizing the appropriate day and time correspondences. This is important if you want them to work properly.

Herbs Traditionally Scattered for Various Magical Purposes

Magical Intent

Herbs

Exorcism

Avens, Bay, Black Pepper with Salt, Chili Pepper, Cumin, Garlic, Horehound, Horseradish, Hydrangea Bark, Lilac, Nettle, Pine Needles, Sandalwood, Tamarisk, Yarrow

Love

Basil, Orris, Rose Petals, Vetivert, Witch Grass

Lust

Deerstongue, Galangal, Periwinkle

Peaceful Home

Dragon's Blood, Dulce, Eryngo, Gardenia Blossoms, Lavender, Loosestrife, Meadowsweet, Olive Leaves, Passion Flower, Purslane, Rose Petals

Prosperity

Alfalfa Ashes, Cinnamon, Ginger, Orange Peel, Patchouli, Sandalwood, Sarsaparilla

Protection

Ague Root, Angelica, Ash Leaves, Barley, Basil, Betony, Buckwheat Flour, Burdock, Chamomile, Chili Pepper, Dragon's Blood, Grain, Ivy, Mustard Seed, Tumeric

Purification

Bay, Betony, Basil, Chili Pepper, Cumin, Dragon's Blood, Horseradish, Loosestrife, Mint, Nettle, Sandalwood, Wintergreen

Some Recipes for Powders

For all of these recipes simply combine equal parts of each of the herbs called for and grind in your magical coffee grinder.

Algiers Powder

This powder from Hoodoo is used to attract love by dusting the body with it before going out or for luck in gambling by dusting the hands before gambling. Vanilla Oil, Patchouli, Cinnamon.

Astral Travel Powder

A Wiccan powder intended to assist your attempts at astral projection. Sprinkle on the bedsheets before sleeping. Sandalwood, Mugwort, Cinnamon.

Aunt Sally Dream Powder

Another recipe from Hoodoo, this one is used for prophetic dreams by sprinkling on your sheets before going to bed. Licorice, Cinnamon, Cardamon, Corriander.

Bend Over Powder

Hoodoo has some interesting names for their preparations. This one is intended to send evil back to the sender, break hexes and make others do your bidding. Rose, Frankincense, Vetivert, Honeysuckle.

Blessed Powder

This is also from Hoodoo. The silver magnetic powder can be purchased at occult stores and botanicas or check with Papa Bones at <http://www.papabones.com/default.htm>. Lavender, Silver Magnetic Powder, Ylang Ylang, Musk.

Delight Powder

This Hoodoo powder is used to overcome inhibitions and increase pleasure when sprinkled on your lover. Sandalwood, Rose, Melon Oil.

Draw Back Powder

A single ingredient powder from Hoodoo that is to be sprinkled around your home to prevent anyone from hexing you and reverse all evil spells. Dragon's Blood. Remember, this will stain.

Drawing Powder

A Hoodoo powder to attract good luck and assistance of all good spirits when performing magical work. Sprinkle on altar. Jasmine, Violet, Lavender.

Easy Wrath Powder

This Hoodoo powder is intended to eliminate hatred and anger in anyone you have pissed off. You sprinkle it on them, I suppose surreptitiously, since if they see you it may piss them off more! Ashes, Red Pepper, Rose, Jasmine, Sandalwood.

Envy and Jealousy Powder

Intended to eliminate feelings of jealousy in people you want to get along with, this Hoodoo powder is to be sprinkled on their door. Bayberry, Vetivert, Sassafras, Arrowroot.

Exorcism Powder

This Wiccan powder is used to exorcise negativity from any area and protect it's inhabitants. Basil, Frankincense, Rosemary, Yarrow, Rue.

French Love Powder

Not what it seems, this Hoodoo powder is for increasing psychic powers and producing prophetic dreams. Sprinkle on your sheets, on your tarot cards or rune stones, or dust some on yourself.

Musk, Orris, Ambergris Oil, Vetivert.

Get Away Powder

Another Hoodoo powder, this one is to sprinkle in the path of anyone you want to stop bothering you. You can also sprinkle it on your window sills and front porch to get rid of the Salesmen, Mormons and Jehovahs Witnesses. Sulfur, Chili Powder, pinch of Asafotida.

Goddess of Love Powder

A Hoodoo powder to rub on your hands prior to meeting with a person you are "interested" in to encourage them to reciprocate your interest. Rose oil, Mint oil and Musk oil in a base of rose pink talc. Purchase colored talc at an occult supply or color your own with food coloring.

Happy Times Powder

This Hoodoo powder is used to change luck, reverse unfortunate circumstances and eliminate

poverty. Sprinkle around your home. Orange Peel, Vanilla oil, Strawberry oil.

Happiness Powder

A Wiccan powder designed to bring joy and lift your spirits. Create a circle by sprinkling the powder and sit within it while visualising the powers of the herbs filling you with positive feelings.

Lavender, Catnip, Marjoram.

Health and Healing Powder

Wiccan powder intended to cure illness, and maintain health. Can be used with blue candles in a healing ritual or sprinkled in the ill persons bedroom. Eucalyptus, Myrrh, Thyme, Allspice.

Inspiring Powder

Hoodoo morale booster for those who need confidence and inspiration. Sprinkle on the person to increase their creativity, optimism and confidence. Pine, Lily, Hyacinth, Clove.

Isis Powder

A Hoodoo powder to increase determination, will power and concentration. Orris Root, Sweet Flag oil.

Jalop Powder

The best of the Hoodoo blessing and protection powders. Galangal, Rosemary, Jalop (High John the Conqueror), Orris.

Jinx Removing Powder

Sprinkle this Hoodoo powder all around the inside of your home to remove hexes, curses and evil spells and protect all who live there. Mint, Wintergreen. Best when combined with sprinkling Chamomile outside the house and on the front and back door sills.

Jury Winning Powder

For this Hoodoo powder to work you have to sprinkle some on the Judges seat and in the jury box, hard to do, or around a purple candle in a protection ritual, easy to do. You pick. Hydrangea, High John the Conqueror, Low John (Galangal), Asafotida (smells bad).

Jyoti Powder

A Hoodoo powder used for financial gain, purification, and overcoming hexes. Sprinkle powder around your home. Galangal, Nasturtium Seeds, Patchouli.

Kindly Spirit Powder

Use this Hoodoo powder when you want others to like and sympathize with you. Can be included in rituals to end loneliness and make friends. Lily, Hyacinth, Lemon.

Kyoto Powder

Sprinkle this Hoodoo powder on the head of anyone seeking healing of an illness, overcoming bad luck or just looking to have a more positive outlook. Orris, Vanilla, Clove, Lavender.

Lost and Away Powder

This Hoodoo powder is used to get rid of someone. Sprinkle in their path, where they will walk, or on your front porch. Dirt from a crossroad, Mistletoe, Sulfur, Orris, Sage.

Love Powder

Sprinkle this Wiccan powder on yourself, your bedsheets, and in the bedroom when that special person is coming over or when you want to meet a special person. Yarrow, Ginger, Rose Petals, Basil, Lavender.

Love Powder

Sprinkle this Hoodoo powder on the newlyweds before they leave for their honeymoon to increase understanding and bring peace and love. Gardenia, Lilac, Muguet (Lily of the Valley), Lily.

Luck Around Business Powder

Use this Hoodoo powder to bring in new customers and increase business. The Gold Sand can be purchased at an Occult Supply or Botanica, or check with Papa Bones at <http://www.papabones>. I have never tried to pulverize money, but if you try putting it in your coffee grinder I'd cut it up into little pieces first. Pulverized \$1 bill, Gold Sand, Frankincense, Heliotrope oil.

Luck Powder

Sprinkle this Wiccan powder around your home or on yourself to bring about a positive change and remove any negative energies. Vetivert, Calamus, Nutmeg, Allspice.

Lucky Mystic Powder

A Hoodoo powder to bring prophetic dreams, increase psychic ability and give clairvoyance. The

Silver Magnetic Sand can be purchased at an Occult Supply or Botanica, or check with Papa Bones at <http://www.papabones>. Silver magnetic sand, Basil oil, Vetivert oil.

Lucky Powder

Despite its name, this Hoodoo powder is intended to stop infidelity from starting or continuing in a marriage. Supposedly if the person is truly in love with the "other" woman or man it won't work, but if it's just for the sex it will. Lime, Orange, Peach Blossom oil, Melon oil, in a base of yellow talc.

Money Drawing Powder

This Hoodoo powder protects against financial loss, and attracts money and material things. Sprinkle around the home, in the wallet or around your business. Frankincense, Heliotrope, Tonka, Gold magnetic sand.

Money Powder

A Wiccan powder to use like the Hoodoo one above. Cedar, Patchouli, Galangal, Ginger.

Mount Powder

Odd name for this Hoodoo powder intended to give you added physical strength, vitality and enthusiasm. Rub it on your arms and legs or sprinkle it on your altar during ritual. Basil, Rum, Bay, Thyme, Aloe.

Musk Love Powder

This Hoodoo powder gives the shy confidence, persistence, and will power. A strong attractant for use by women and gay men. Musk oil, Violet or Orris oil, Vetivert.

Obitsu Powder

A powerful Hoodoo uncrossing powder which removes hexes and protects. Jasmine, Violet, Citronella.

Peaceful Home Powder

Sprinkle this Hoodoo powder around your home if you have been fighting with your partner, or the house is upset and chaotic to calm things down again. Lemon, Rose, Lilac.

Prosperity Powder

Rub this Hoodoo powder on your hands, sprinkle around your home or business, or circle a green candle in a prosperity ritual. Allspice, Patchouli, Myrrh, Cinnamon, Sandalwood, Orris, Orange Peel.

Prosperity Powder

A Wiccan powder to attract money and material blessings. Sprinkle around the home or business. Sassafras, Cinnamon, Pine, Basil.

Protection Powder

Wiccan powder to protect against all sorts of calamities and negative influences. Sprinkle around the outside of your house to act as a barrier. Dragon's Blood, Sandalwood, Salt.

Protection Powder

This Hoodoo powder is used to protect against hexes, negativity, bad moods, you name it. Sprinkle it around your home and in your bedroom. Vetivert, Vervain, Galangal, Peppermint, Rue, Cinnamon.

Protection Powder

Another Wiccan protection powder to use inside your home. May be used for individual protection by creating a circle of it and standing within. Visualise the wall of protection being created around yourself and feel yourself being bathed in the warm protective embrace of the herbs power. This ritual can be done daily if desired. Mugwort, Dill, Juniper, Frankincense, Cumin.

Psychic Ability Powder

Increase your psychic powers with this Hoodoo powder which can be used when doing readings, at seances, when meditating or sprinkled on the sheets to have prophetic dreams. Mastic, Cinnamon, Sandalwood, Clove, Myrrh.

Psychic Power Powder

A Wiccan powder to sprinkle as above to increase your psychic and clairvoyant abilities. Yarrow, Eyebright, Lemongrass, Mugwort, Rose Petals.

Quitting Powder

This Hoodoo powder is intended to make married members of the opposite sex leave you alone and prevent people from attacking you. Tobacco ashes, Nutmeg, Cinnamon, Powdered Newsprint.

Red Rose Powder

A Hoodoo powder to overcome hatred between former friends and associates. Sprinkle on the person or where they will be, or use in a ritual. Rose, Mint.

Separation Powder

This Hoodoo powder is used to break up with someone either a relationship or a business associate. It creates animosity. Chili powder, Cinnamon, Galangal, Black Pepper, Iron Filings, Vetivert

Spiritual Vibrations Powder

Wiccan powder to sprinkle before conducting ritual or meditating to raise the spiritual vibrations of the area and the people present. Frankincense, Sandalwood, Myrrh.

Stay at Home Powder

Another powder to end infidelity on the part of your partner and make them stay at home instead. You dust it on yourself before going to bed with them. I don't know how to pulverize a bedsheet, sorry. Clove, Allspice, Deerstongue, Mullein, Sage, Pulverized Bedsheet.

Thief Powder

This is a Hoodoo powder to discover who has stolen something from you. You sprinkle it around the scene of the crime and the thief will be revealed to you. Galangal, Vetivert, Poke Root, Hydrangea.

Untruthful Powder

Rub this Hoodoo powder on your hands and then touch someone you feel is lying to you. They will be forced to apologise and stop lying, if they are that is. Mint, Rose, Nutmeg.

Venus Powder

Sprinkled on your clothes this Hoodoo powder makes you more attractive to the opposite sex and attracts a lover. Rose oil, Lavender oil, Violet oil, Musk oil, Amber oil, in a base of pink talc.

Versatile Powder

A useful Hoodoo powder to make you more adaptable, creative, quick thinking and increase your potential for success. Rum, Peach Blossom, Lilac, Cinnamon.

Wishbone Powder

This Hoodoo powder helps your dreams and wishes to come true. Sprinkle on yourself before going to bed or meditating, or use in rituals designed to achieve your dreams. Sandalwood, Orris, Allspice, Deerstongue, Musk.

Ya Ya Powder

Increases fertility, helps a woman become pregnant or prevent a miscarriage, and increases male sexual potency. Sprinkle on yourself prior to the event, or regularly depending upon why you are using it. Khus Khus (Vetivert), Cinnamon, Sage, Rose.

Herbal Magic - Oils

Magical oils are mixtures of real essential oils or synthetic scented oils blended into a base of vegetable oil such as almond oil or apricot kernel oil. The scented oils are added drop by drop and diluted with the base oil. They are mixed in small quantities to produce an oil to anoint yourself, or objects with to achieve a magical intent. Tinctures and extracts are produced from the herb itself which is steeped in grain alcohol over a period of days. The alcohol acts as a solvent for the volatile oils in the plant material, drawing them out and absorbing them. The tincture or extract when done contains the essential elements of the plant material and can be used like an oil.

The oils you'll need depend upon what sort of magical work you want to do. I recommend buying them as you need them rather than stocking up in advance. True essential oils are expensive and all oils are volatile and must be stored properly to maintain their strength, by purchasing them in small quantities as needed you will be assured of having full strength oils and not spend money unnecessarily. Store all essential oils (EOs) in a cool, dry, dark place in the cobalt or amber bottle in which they were purchased. The bottle is dark to protect the oil from exposure to light. Do not purchase EOs in clear glass, or plastic bottles. Citrus and pine EOs should be stored in the refrigerator to retard the development of irritating chemicals which takes place naturally as they age.

EOs do not become rancid, but some lose their effectiveness with prolonged storage. As a rule of thumb, buy no more than you can use in a year's time. Older EOs that retain their fragrance may still be used for that purpose. The base oils can be found at the grocery or health food store. I suggest storing your base oil in the refrigerator to lengthen its life. All vegetable oils will eventually go rancid no matter how they are stored, it is a chemical process that comes from exposure to air and cannot be prevented indefinitely. When you make tinctures or extracts you use the fresh or dry herb. Grain alcohol can be purchased where you purchase liquor, either at a grocery store or a liquor store. You may have to ask for it, Clearsprings or Everclear are two brandname versions. If you cannot get grain alcohol where you live, use an inexpensive vodka. You will need a minimum of equipment to produce oils and tinctures. An assortment of amber or deep blue glass bottles and vials to blend your oils in and store your tinctures and blended oils in to protect them from light. They should be kept in a cool, dry place since heat dissipates the essential oils and excessive moisture clouds the blend. It is necessary to point out here that your blends will eventually go rancid due to their vegetable oil base so make small quantities that you can use up quickly. Do not use any plastic or metal containers in making your oils and tinctures. Plastics absorb scents and will cross contaminate your product and metals can react with the essences. Some glass eyedroppers will be useful for measuring fragrant oils into the oil base and several larger, wide mouth jars such as well cleaned mayonnaise jars for steeping tinctures in will complete your equipment. You will want some labels for your finished product, fancy or plain, depending upon your taste. If possible use an indelible ink that won't dissolve if alcohol or oil spills on it or cover the label with clear cellophane tape like they do at the pharmacy.

When you are experimenting with oil blends it is wise to write down what you are adding and how much of it as you go. Otherwise, you may create the most wonderful, delicious smelling, love oil that works like a charm and not be able to recreate it when you want to make more. If you keep track of what you are trying you will know the exact, replicatable steps to make your fabulous creations again, and you will know what sounded good and smelled like crap so you don't have to try that combination again. Keep the recipes in a notebook or in your BOS for later reference. Two cautions, it is possible to be allergic to oils and tinctures. If you plan to anoint yourself with them test your skin in a small patch before using them to be sure you won't have a reaction. Also, in case it occurs to you that you could use the essential oils straight, don't. Most of them will cause skin irritation if used full strength. Nobody wants to go to circle with a witch who has itchy, scaly, weeping sores all over them. You have been warned! And finally, if you are planning to anoint objects with your oils and tinctures be aware that they will stain. Both will leave oily residues and greasy marks on whatever you put them on. The alcohol in the tinctures can bleach the color out of some fabrics and all papers and will damage the finish on wood furniture. Keep this in mind when anointing to be sure you don't ruin anything precious or delicate.

As with any herbal product it is best to compound oils using the correct correspondences for the intent. See Correspondences for the correct timing for the ritual. Tinctures take more than one day to make so you cannot start and finish them at an hour chosen from the chart. If possible though, start them steeping on the correct day for the intent and strain and bottle them on the correct day and time one week later. Any herbal product will be stronger if compounded with ritual designed for the magical intent. It is important to visualise the achievement of your goal whilst preparing and bottling your creations.

Some herbs that you may want to use will not be available as a true essential oil. There are several possible reasons for this. Some herbs or flowers are so difficult to extract oils from that it is not done commercially. Some herbs or flowers produce Toxic essential oils, or oils that cause sensitization reactions severe enough to warrant them not being sold. In addition, some available essential oils are not safe to use during Do not use during Pregnancy and some oils cause what is known as Phototoxicity upon exposure to ultraviolet light which can cause anything from mild brown blotches through to severe burning of the skin. Many essential oils are irritating to the skin if not properly diluted. For these oils, you may want to substitute a synthetic perfume oil. Since the synthetic product does not contain the actual essences of the plant it does not have the same side effects. Some argue that the synthetic oils do not have the same magical attributes as the true essential oil, but in my experience, oils blended with synthetic oils do work.

Safety Information for Essential Oils

Safety information on essential oils is given in the following list. The safety information here is based upon: Julia Lawless, The Illustrated Encyclopedia of Essential Oils (Rockport, MA: Element Books, 1995) and Robert Tisserand, Essential Oil Safety (United Kingdom: Churchill Livingstone, 1995). Those herbs labeled "Do not use during Pregnancy" indicates that they are not safe for use while pregnant, generally because they cause injury to the developing baby..

Angelica-Phototoxic , Do not use during Pregnancy

Benzoin-Sensitizer

Bergamot-Phototoxic

Bitter Almond-Toxic

Arnica-Toxic

Basil-Do not use during Pregnancy, Possible Carcinogen

Bay-Do not use during Pregnancy, Sensitizer

Bergamot-Phototoxic

Birch (Sweet)-Toxic

Broom-Toxic

Calamus-Toxic Carcinogen

Camphor-Toxic

Cedar, Atlas-Do not use during Pregnancy

Cedarwood-Do not use during Pregnancy

Clove-Irritant

Cinnamon Bark-Sensitizer

Deertongue-Toxic

Eucalyptus-Sensitizer, Toxic Orally

Fennel-Carcinogen, Sensitizer, Do not use during Pregnancy

Garlic-Toxic

Geranium-Do not use during Pregnancy, Irritant

Ginger-Phototoxic

Grapefruit-Phototoxic

Horseradish-Toxic

Hyssop-Toxic , Do not use during Pregnancy

Inula-Toxic

Juniper Berry-Do not use during Pregnancy

Lavandin-Do not use during Pregnancy, Toxic

Lemon-Phototoxic , Irritant

Lime-Phototoxic

Marigold-Phototoxic , Toxic

Marjoram-Do not use during Pregnancy

Mugwort-Toxic
 Myrrh-Do not use during Pregnancy
 Mustard-Toxic
 Nutmeg-Possible Carcinogen, Toxic
 Oakmoss-Toxic , Do not use during Pregnancy, Sensitizer, Irritant
 Onion-Toxic
 Oregano-Irritant
 Parsley-Very Dangerous Do not use during Pregnancy, Toxic
 Pennyroyal-Toxic , Carcinogen
 Peppermint-Irritant
 Peru Balsam-Sensitizer
 Rosemary-Do not use during Pregnancy, Toxic
 Rue-Toxic
 Sassafras-Toxic , Carcinogen
 Spearmint-Irritant
 Tansy-Toxic
 Thuja-Toxic
 Thyme-Irritant
 Verbena-Sensitizer
 Wintergreen-Toxic
 Wormseed-Toxic
 Wormwood-Toxic
 Yarrow-Sensitizer, Toxic , Do not use during Pregnancy
 The Magical Properties of Oils
 Magical Intent
 Oils
 Attracting Men
 Ambergris, Gardenia, Ginger, Jasmine, Lavender, Musk, Neroli, Tonka
 Attracting Women
 Bay, Civet, Musk, Patchouli, Stephanotis, Vetivert, Violet
 Courage
 Cedar, Musk, Rose Geranium
 Fertility
 Musk, Vervain
 Friendship
 Stephanotis, Sweet Pea
 Harmony
 Apple Blossom, Sweet Pea, Tuberose
 Healing
 Carnation, Eucalyptus, Gardenia, Lotus, Myrrh, Narcissus, Rosemary, Sandalwood, Violet
 Hex Breaking
 Bergamot, Myrrh, Rose Geranium, Rosemary, Rue, Vetivert
 Love
 Clove, Gardenia, Jasmine, Orris, Plumeria, Rose, Sweet Pea
 Luck
 Cinnamon, Cypress, Lotus
 Lust
 Cinnamon, Clove, Musk, Vanilla
 Meditation
 Acacia, Hyacinth, Jasmine, Magnolia, Myrrh, Nutmeg
 Mental Ability
 Honeysuckle, Lilac, Rosemary
 Money
 Almond, Bayberry, Bergamot, Honeysuckle, Mint, Patchouly, Pine, Vervain
 Peace
 Benzoin, Cumin, Gardenia, hyacinth, Magnolia, Rose, Tuberose

Power
 Carnation, Rosemary, Vanilla
 Protection
 Cypress, Myrrh, Patchouly, Rose Geranium, Rosemary, Rue, Violet, Wisteria
 Psychic Ability
 Acacia, Anise, Cassia, Heliotrope, Lemongrass, Lilac, Mimosa, Nutmeg, Sandalwood, Tuberose
 Purification
 Acacia, Cinnamon, Clove, Frankincense, Jasmine, Lavender, Myrrh, Olice, Sandalwood
 Sleep
 Lavender, Narcissus
 Spirituality
 Heliotrope, Lotus, Magnolia, Sandalwood
 Vitality
 Allspice, Carnation, Rosemary, Vanilla
 The Magical Properties of Oils
 Oil
 Magical Properties
 Acacia
 Meditation, psychic ability, purification
 Almond
 Aphrodisiac, mainly used as base for other oils
 Allspice
 Vitality
 Bay
 Attracting women
 Benzoin
 Increases personal power and activates the mind
 Bergamot
 Financial gain and protection
 Black Pepper
 Courage, strength and protection
 Camomile
 Bringing peace, meditation, sleep
 Camphor
 Purification and abstinence
 Cardamon
 Love and sexuality
 Carnation
 Power, vitality and healing
 Cedar
 Spirituality and purification
 Cinnamon
 Psychic ability, financial gain
 Clove
 Courage, sexuality and protection
 Coriander
 Healing and love
 Cypress
 Consecration, protection, grief
 Eucalyptus
 Healing and purification
 Frankincense
 Spirituality and meditation
 Ginger
 Sexuality, love, courage and financial gain
 Grapefruit

Purification
Jasmine
Love, peace, psychic abilities
Juniper
Protection, purification and healing
Lavender
Peace, love, sleep and healing
Lilac
Harmony, mental powers, psychic ability
Lemon
Healing and purification
Lemongrass
Purification and psychic ability
Lemon Verbena
Love and sexuality
Lime
Purification and protection
Lotus
Meditation, spirituality and healing
Magnolia
Love, meditation and psychic ability
Musk
Courage, fertility, sexuality,
Myrrh
Healing, meditation and spirituality
Narcissus
Harmony, healing, sleep
Neroli (Orange Blossom)
Purification, marriage, happiness
Oakmoss
Financial gain
Orange
Purification
Patchouli
Sexuality, financial gain
Peppermint
Purification
Pine
Purification, protection, financial gain, and healing
Rose
Love, peace, beauty, and sexuality
Rose Geranium
Protection and happiness
Rosemary
Healing and love
Rue
Protection, hex breaking
Sandalwood
Spirituality, meditation and healing
Sweet Pea
Friendship, happiness and love
Tangerine
Strength and power
Tonka
Financial Gain
Tuberose

Love and peace
 Vanilla
 Sexuality, power, vitality
 Vetivert
 Financial gain
 Violet
 Protection, attracting women, healing
 Wisteria
 Protection and grief
 Yarrow
 Psychic ability, love and courage
 Ylang Ylang
 Love, sexuality and peace
 Some Recipes for Oil Blends

All of these recipes are for the scented oil blend which is to be added to an oil base. If the recipe does not give amounts of each oil you may combine them to suit yourself using 3-12 drops of each. If the recipe is given in parts you may use that number of drops or a multiple of that number if you are making a larger quantity. They assume that you will use a 2 ounce vial for the given quantity of essential oils in order to dilute it properly. If you are using synthetic oils, you do not have to dilute them this much, you can use a 1 dram vial instead. True essential oils are much stronger than synthetic oils are and it takes much less of them to scent the base oil. It is easiest to place the scented oil into the vial as directed and then fill it the rest of the way with the base oil which may be apricot kernel or almond. If desired you may add a 1/4 teaspoon of wheat germ oil and a tiny bit of benzoin to each vial as a preservative.

True Essential Oil Blends

The measurements for these recipes are for true essential oils, not synthetic oils. See below for versions with synthetic oils.

Altar Oil

4 drops Frankincense, 2 drops Myrrh, 1 drop Cedar

Astral Travel Oil

5 drops Sandalwood, 1 drop Ylang Ylang, 1 drop Cinnamon

Business Success Oil

3 drops Bergamot, 1 drop Basil, 1 drop Patchouli, 1 pinch ground Cinnamon

Citrus Purification Oil

3 drops Orange, 2 drops Lemongrass, 2 drops Lemon, 1 drop Lime

Money Oil

7 drops Patchouli, 5 drops Cedarwood, 4 drops Vetivert, 2 drops Ginger

Healing Oil

4 drops Rosemary, 2 drops Juniper, 1 drop Sandalwood

Initiation Oil

3 drops Frankincense, 3 drops Myrrh, 1 drop Sandalwood

Interview Oil

Use for all sorts of interviews to create a good impression. 4 drops Ylang Ylang, 3 drops

Lavender, 1 drop Rose

Lunar Oil

4 drops Sandalwood, 2 drops Camphor, 1 drop Lemon

Pax(Peace) Oil

3 drops Ylang Ylang, 3 drops Lavender, 2 drops Chamomile, 1 drop Rose

Protection Oil

4 drops Basil, 3 drops Rose Geranium, 2 drops Pine, 1 drop etivert

Psychic Ability Oil

5 drops Lemongrass, 1 drop Yarrow

Purification Oil

4 drops Eucalyptus, 2 drops Camphor, 1 drop Lemon

Sleepy Time Oil

2 drops Rose, 1 drop Jasmine, 1 drop Chamomile

Synthetic Oil Blends

These recipes are for use with synthetic oils. They do not have specific amounts because synthetic oils vary so much. You can test with your nose to see how much of each oil you need to scent the base oil properly. If you want you can omit the base oil entirely and mix the synthetic oils and use them.

Altar Oil

Frankincense, Myrrh, Galangal, Vervain, Lavender

Courage Oil

Musk, Rose Geranium

Domination Oil

Use to give yourself added strength. Clove oil, olive oil

Far Sight Oil

Acacia, Cassia, Anise

Fast Money Oil

Mint, Patchouli, Pine, Cinnamon

Fast Money Oil #2

Honeysuckle, Mint, Vervain

Healing Oil

Sandalwood, Carnation, Rosemary

Healing Oil #2

Myrrh, Rose, Sage, Eucalyptus, Violet

Initiation Oil

Frankincense, Myrrh, Sandalwood

Interview Oil

4 parts Lotus, 3 parts Sweet Pea, 1 part Cedar, 1 part Musk

Love Oil

Bergamot, Lavender, Clove, Musk, Ambergris

Lunar Oil

Gardenia, Jasmine, Lotus

Moon Oil

Sandalwood, Jasmine, Lemon, Rose

Nymph Oil

To attract men. 3 parts Jasmine, 3 parts Rose, 2 parts Ylang Ylang, 2 parts Gardenia, 2 parts Violet, 1 part Musk, 1 part Lavender

Peace Oil

Gardenia, Rose, Tuberose

Prophetic Dream Oil

Cinnamon 1/2 teaspoon, Nutmeg 1/2 teaspoon, Anise seeds 1 teaspoon in 1/2 c base oil warmed on stove till nearly hot then cooled, strained and bottled.

Protection Oil

Rosemary, Rose Geranium, Cypress

Psychic Oil

Sandalwood, Lilac, Cassia

Purification Oil

Frankincense, Myrrh, Sandalwood, base oil. May be used as bath oil for a purification bath or worn.

Satyr Oil

Wear to attract women. 3 parts Musk, 3 parts Patchouli, 3 parts Civet, 2 parts Ambergris, 2 parts Cinnamon, 1 part Allspice, 1/2 part Carnation

Sleepy Time Oil

Rose, Mace

Wealth Oil

Patchouli, Cinnamon

Hoodoo Oil Blends

This group of oil blends are recipes from Hoodoo. I have omitted the ones for crossing, controlling, binding and those with turpentine, tar or lodestones in them. If you want to put a hex on someone

you'll have to do the research yourself, sorry. I have not tried all of these, but the names are certainly colorful.

All Night Long Oil

Jasmine in Almond oil

Amor Oil

Orange, Cinnamon, Balm of Gilead in Almond

Arabian Nights Oil

Myrrh, Rose, Lilac

Attraction Oil

16 parts Frankincense, 8 parts Sandalwood, 4 parts Myrrh, 8 parts Cinnamon, 4 parts Orris

Caliphs Beloved Oil

Musk, Ambergris, Coriander, Cardamon, Carnation

Cleopatra Love Oil

Balm of Gilead, Musk, Orange, Frankincense

Come to Me Oil

Rose, Jasmine, Gardenia, Lemon

Crucible of Courage Oil

Vanilla, Rose, Lilac, Lavender

Dixie Love Perfume Oil

Patchouli, Cinnamon, Jasmine

Eve Love Oil

Apple Blossom, Rose, Lemon

Fast Luck Oil

Patchouli, Rose, Juniper

French Creole Oil

Used to make your dreams come true. Lilac, Musk, Bay, Lime

House Blessing Oil

Cucumber or Melon, Lavender, Basil, Hyssop

India Bouquet Love Oil

Ginger, Cinnamon, Coriander, Myrrh, Cardamon

Isis Love Oil

Myrrh, Vetivert, Frankincense, Orange, Civit, Myrtle

Joy Oil

Brings happiness and draws opposite sex. Acacia, Carnation, Camellia

King Solomon Oil

Brings wisdom and psychic ability. Solomon Seal, Hyssop, Rose

Lucky Dog Oil

For gambling luck. Vanilla, Cinnamon, Strawberry, Watermelon

Meditation Oil

Sandalwood, Orris, Mastic, Cinnamon

Mint Bouquet Oil

Removes bad spells and attracts positive spirits. Pennyroyal, Mint, Lemon

Nine Mysteries Oil

For overcoming domestic and business troubles or to bless a business. Orange, Violet,

Wintergreen

Protection Oil

Vetivert, Galangal, Peppermint, Rue, Cinnamon

Satyr Oil

1/2 part Ambergris, 1/2 part Musk, 1/2 part Civit, part Valerian, 1 drop Cinnamon

Special Favors Oil

For luck and success. Line, Carnation, Gardenia, Wintergreen

Special Perfume Oil

For courage and protection. Gardenia, Jasmine, Orris, Muguet (Lily of the Valley)

Spirits Guide Perfume Oil

Don't wear this one, use it on candles to assist in communicating with the dead. Orange, Lily, Acacia

Three Jacks Oil

For luck while gambling. Galangal, Vetivert, Patchouli, Cardamon

Tiger Perfume Oil

To develop psychic and clairvoyant powers. Wintergreen, Gardenia, Rose, Peppermint, Cinnamon, Bay

Uncrossing Oil

Lemon 1 part, Bay 1/4 part, Rose 1 part, Lily 1 part

Venus Oil

To attract a lover. Jasmine 4 parts, Rose 1 part, Ylang Ylang 3 parts, Civit few drops, Ambergris 1 part, Myrtle or Muguet 1 part

Zorba Perfume Oil

Use to develop psychic powers and clairvoyance. Mastic, Frankincense, Cinnamon, Lavender, Bay

HERBAL LORE: MYTHS AND CEREMONIES

THE RITE OF CEREMONY

DISCLAIMER: These facts and interpretations regarding Ceremonies are meant only for information and entertainment. I am not involved with and do not endorse any Ceremonies done with negative intent or using unhealthy, unwholesome, or illegal practices. I make no claims about or take any responsibility for the effects of participating in any Ceremony.

In preparing Ceremonies for present-day needs, I respectfully research and borrow from various traditions. I adapt these concepts in a spirit of peace and love, and with the hope and intention that reading about them will prove beneficial. Because Ceremonial information is so diverse, actual historical practices and data may differ, according to time, place, and observer.

Check out a Spring Equinox Ceremony

ABOUT CEREMONIES

Before we discuss Herbs and Ceremony, let's discuss Ceremony itself. To me, Ceremony means Taking Notice of Life with the Wonder of Innocence, no matter how old we are. It means releasing the child within us so that we can see through his or her eyes the wonder of it all.

I heard a line in a movie once that said something like, "Normal is extraordinary." My goal is to celebrate the normal, the ordinary, the every day events with ceremony, because, in fact, your whole life is one magnificent ceremony, one long dramatic myth with you as its central character. We are all accustomed to celebrating our birthdays, yet we frequently do it without and Reverence. Awe and Reverence are part of ceremony. Birth Day is the day that Spirit came to earth in Your Name, to take up its earthform in Your Body and depend on Your Wisdom, Faith, Courage and Guardianship. It's the day Spirit came to earth so you could take your earthwalk this time, and grow yet once again. It is the commemoration of your Spirit's Birth Day on this planet, under your name, in your shape. Do you remember? Do not wait. What can you do to commemorate the Divine grandeur of your Birth Day TODAY...even if, especially if, today is not the anniversary of the day you were born. Do not wait! You are Here, now. You are Now, here. Celebrate!

THE NEED FOR CEREMONY

Spiritual peoples tend to be more likely to remember to acknowledge, in ceremony, or prayer, if you like, the most ordinary daily events, like breathing, waking up, drinking water, eating, arriving, departing, because they recognize the immensity of these acts. Many tribal people the world over celebrate the rising of the sun every day, not for the sun's benefit, but for their own, for the connection, for the reminder. Some pay homage to the marvel of Dreams, for who can really explain the mystery of Dream Messages? After all, what is a miracle, but something beyond our limited "scientific" understanding or something that happens with such great infrequency and unexpectedness that we forget from generation to generation, and therefore remember to be awed. But look, is there no greater mystery, or miracle, than your breathing in and out every hour of every day for your entire life? Is that not cause for ceremony?

But most of us forgot, and as the world became busier and noisier and faster and more sophisticated, we started to think that ceremony was something that ancient peoples did or tribal peoples did because it was long ago, or they were strange, or they had other needs. We envisioned colorful costumes, exotic symbols, foreign tongues, awkward movements, and we shook our heads and said, "That's not me." Or we remembered the negative aspects of negative rituals and worked to put lots of space between them and us.

But then the yearning starts within us again because it is all going by so fast. The milestones and benchmarks pass with barely any notice, or none at all. Families are often far away, or estranged. Friends are strangers and we can't find our place in something called community. Time, that old gypsy, as one poem says, keeps ticking, ticking, ticking, and age and change wrap us in that ancient shawl. When will come the right time for ceremony to mark your progress on this earthwalk? It is time here. It is time now. Every milestone in our lives needs acknowledgment, needs a ceremony, to center us, to connect us to the universe and to each other and to every other life form and non-life form with whom we share this planet. Ceremony makes the connection between the internal and external, the spirit and the body, the individual and the cosmos, the life form and the life form. Ceremony makes the connection, so each path joins the other, and together we commune and become Community.

CEREMONY FOR SURVIVING

So, what can you acknowledge with a ceremony? You can acknowledge any aspect of life, from the tiniest seedling growing to the most cataclysmic tragedy. The fact is, we all know about celebrating the big joys: the births, the promotions, the graduations, the weddings, the house-movings. We know about commemorating the greatest loss of all, as a beloved life energy passes from here to there, out of our realm. But what about the other passages, the ones that allow you to grow because they force you to confront painful truths or difficult experiences...the ones that you often suffer through all by yourself...the ones that occurred too early in life for you to have acknowledged when they happened...the ones that are locked somewhere inside you because they are so sad...the tiny ones like a favorite vase breaking...the gasp-for-air ones like an earth-shattering betrayal. With every trial we walk through, we make passage to our truest nature, to our greater selves. We survive with every grief. And survival demands notice! Alone or with friends, we have to satisfy the need to apply dignity to the events in our lives, big or small, easy or difficult, happy or sad... to transmit and receive love, to draw the sacred shield, to make Ceremony.

CEREMONIES TO HONOR THE WORLD WE LIVE IN

I believe that regardless of the immediate predicament you may find yourself in, you are always a nurtured and integral part of the Universe, and therefore, in ways we may never fully understand, we are always safely home, no matter when or where we are. A Zen Roshi was on his death bed, and his followers begged him not to go. "Go?" he asked. "Where would I go. There is nowhere else to go." All is here, and here is everywhere.

Perhaps this is the reason that we perform Ceremonies not only to honor ourselves and our lives, but also to honor the Earth and her cycles. For in doing so, we empower and stabilize ourselves. There is not a place in the world, for instance, where the Seasons have not been commemorated in some way. If each of us is a microcosm of the Universe, then we celebrate our own birth

when we celebrate Spring...our own active adult years when we celebrate Summer...our own letting-go of children, illusions, unproductive habits when we celebrate Autumn and our own wisdom and faith in the rebirth hidden seeds and hidden potential when we celebrate Winter. So teaches the Medicine Wheel of the Native Americans and similar concepts among human beings the world over.

We know that our cycles are enmeshed with the ebb and flo of the oceans and the lunar rotations of the moon. That we draw power from the sun and nourishment from the earth. Doesn't it make sense, then, that in honoring them in Ceremony, we are honoring the Sacred connection that immortalizes us? Whenever you stop the feel the wind blowing out of the west, you perform a Ceremony by hearing his voice, his movement, his direction, his energy. Ceremony means stopping the world long enough to take notice.

HOW TO DESIGN A CEREMONY

How do you create a ceremony that's right for you? Ritual is the name for ceremonies that have been done over and over again through the ages in exactly the same way. But for many, the old rituals no longer feel right. For others, there are so many rituals, from so many corners of the earth and so many settings of the timespan that feel right, that you want to borrow, improvise, adapt, personalize, modernize. But some things never change. All Ceremonies use some or all of these:

1. A location made special for the occasion.
2. Words, original or traditional, said aloud or silently, in speech, or poetry, or chant, or song.
3. Sound and rhythm...music, drumming, horns, woodwinds, clapping, tapping, rattling.
4. Lighting...often flames from candles.
5. Movement designed for the occasion.
6. Symbols: rocks, shells, semi-precious stones or crystals; totem animals.
7. Aromas or scents.
8. Herbs, flowers or plants.
9. Food and drink
10. An appropriate place to put these things. Some call this special place an Altar. Some place them directly on the ground, believing that Mother Earth is our primary and most sacred altar.

Step lightly on her face. Every step upon her is a Ceremony.

WHERE

Ceremonies can be held in huge arenas with thousands of people attending, and not just for religious purposes. Even a parade is a magnificent public Ceremony! They can be held in small quarters with just a few close kindred spirits. Or you can hold a ceremony by yourself, and make it exquisitely

meaningful.

HERBS AND CEREMONIES

And then, there are ceremonies that are focus on or incorporate specific herbs. Every herb has its own personality, appearance, and unique energy. People all over the earth, have combined the power of herbs with ceremony. From horseradish at the Passover Seder to the Palm leaves at Easter to Sage for a Vision Quest to Mistletoe at Christmas to Frankincense at the Winter Solstice of the ancient Druids, to cardamom the Scandinavian Yuletide to St. John's Wort at the Summer Solstice, to the spiritual yam in Africa to of seaweed in the ...the list as endless as the peoples on the face of the earth and the variety of herbs and foodstuffs that grow in their vicinity. The tie between the Green Standing People and us, the two-leggeds, is without controversy. The connection is essential to our life force. The connection is tangible and mystical at the same time. To understand the energy of herbs in our ceremonies, you need to first understand the herb.

BEING CLOSE. BEING STILL. JUST BEING

How do we learn to understand something. Look at the word "understand". Take it apart. Under. Stand. We learn to really know something by Standing Under it.

By being silent, and drawing in its energy.
 By listening for its song.
 By connecting with the rhythm of its vibrations.
 By bringing to it the essence of who, of what, we are.
 By combining energies.
 By not talking.
 By not asking.
 By not wanting.
 By not taking.
 By Being.
 By being, together.

Try it. Today.

Find the lowliest of herbs growing near you, which, oftentimes is the most useful, and in some areas, the most sacred. Find a Dandelion. A Plantain leaf. Some Chickweed. The Parsley growing on your window sill. The Queen Anne's Lace down the street. The light blue Chicory in the lot. The velvet leaves of Mullein growing near the railroad tracks.
 Be next to it.
 Lie down on the ground beside it.
 Hold it in your hand.
 Feel its rhythm.
 Hum to it.
 Hold it to the light.
 Smell it.
 Crumple it.
 Press it to your heart.
 To your lips.
 Hear its song.

When you connect with an herb that vibrates to the same energy rhythm as you do, make it yours and use it in Ceremony. Welcome it to Your Circle. Welcome yourself to the larger circle of human kind. And then the larger circle of all life and non-life forms.

METHODS OF HERBAL PREPARATION

by Anna Korn

I am thankful to the authors Michael Moore, Rosemary Gladstar, Susun Weed, and to local teaching herbalists Adam Seller (Bay Area) and Prudence Smith (Massachusetts) for teaching me. Also to Edward Bach, Patricia Kaminski and Richard Katz for flower essence information.

WATER PREPARATIONS

Herbs (and nearly all patent medicines as well) work quickest in fluid-filled spaces of the body: hence they are not as effective for bone or cartilage ailments. Water is, in general, a very good solvent for many of the herb's properties, but water will not dissolve resins or oils.

Solar Infusions

Put fresh (or dried) herb in a jar with cool water, place in sun for 1-2 days. Compared with hot infusions, solar infusions seem more alive and pleasant, with subtle non-acidic flavors, more plant spirit. Adam Seller calls it Grace in a jar. I make them all summer. Lunar Infusions are similar: These enter the realm of lunar magickal influences and Moon signs.

Suspended Cold Infusions

A density-based convection cell is set up--good for leaves, flowers, slimy or mucilaginous roots and barks. This method preserves volatiles & mucopolysaccharides: (Ex.: Althea, Comfrey, Echinacea, slippery Elm bark) Mucopolysaccharides are soothing to mucosa, stimulate T-cell multiplication, are used in poultices, good for sore throat, UTIs, upset stomach: ½ to 1 oz. herbs to quart jar.

Hot Infusions

Use glass, enamel, stainless steel, or ceramic containers. Boil water, turn off heat, Infuse herbs in covered container. 1 tsp/cup dried herb (or 2 tbsp/cup fresh herb) from 5 min.- 10 min for chamomile, mint, or beverage teas (tisanes) ½ oz to 1 oz. in 1 pt. to 1 qt. water from 30 minutes to overnight for medicinal strength teas. (Ex: Valerian root, Mint, Pau d'Arco; For fennel and chamomile: a few teaspoons are OK.; no long infusions for chamomile or it turns bitter.) It is sensible to make a day's supply at one time; usually about a quart.

*Susun Weed's tisanes are 1 tsp./cup; infusions are medicinal strength at the following concentrations: roots and barks: 1 oz/pint/8 hours; leaves, hips/haws: 1 oz/qt/4 hours; seeds/flowers: 1 oz/qt/ 30 min to 2 hours-- except chamomile, which gets bitter after 30 min. Dosage: 2 cup/day--over 125 lbs.; 1 cup/day--65-75 lbs, ½ c/day--30-40 lbs, 1/4 c/day-- 15-20 lbs.

Decoctions

Use for Roots, Barks, or Seeds unless they are aromatic. (If aromatic, such as fennel, an infusion is better. Goldenseal and valerian, although roots, are high in volatiles, and are best as infusions., but both taste awful, so you may prefer pills or tinctures.) Put herb in cool water, cover, simmer for 20 minutes (minimum) to 1 hour, let sit covered for one hour to overnight. You can decoct the same batch of herbs several times, adding a little fresh herb mixture each time to maintain the strength. You can decoct, turn the heat off, and then add herbs to be infused to a tightly covered container, if you have a mixture that needs both decoction and infusion techniques.

*Susun Weed's method is unusual: She begins her decoctions with strained infusions, and reduces them by ½ for a single or simple decoction, (4x as strong as an infusion); reduced to 1/4 for a double decoction (16x as strong as an infusion). Dosage: single: 1/4 c. adult, 1 tbsp infant; double: 1tbsp/day adult, ½ tsp/day, infant.

Inhalations

Boil water. Take kettle off heat. Pour hot water over herbs in a ceramic or glass bowl, and when

cool enough to do so, inhale the herbal steam with a towel covering your head, forming a tent over the bowl. One can put a paper bag over the bowl with a hole to inhale through. Facial steams are great for the complexion, sinusitis, upper respiratory complaints and allergies. These are heating therapies which speed up the heart rate, stimulate flushing and sweat, etc.--They should be used only by those who have some reserves of strength.(Ex: Eucalyptus, Sage:-mild anti-inflammatory, decongestant, antiviral)

Adam Seller has made a "Card Table Sweat Lodge" by covering a card table with plastic or blankets, and placing an electric hot plate with a boiling kettle inside-- but be careful !!

Poultice

Mashed, usually warm, herbs on skin.

Fomentation

A compress made of a cloth dipped in a strong tea.

Herbal Baths

Many 19th century water cures and spas had ties with the feminist lecture circuit. (Read Donnegan's *Hydropathic Highways To Health*: many promoted natural attitudes toward sex and nudity, as well as hygiene and public sanitation.) Baths have physiologic & psychologic effects. Bathe with a giant tea bag to avoid clogging drain with loose herbs. Combine herbs: for example, a warm lavender bath with a cool rosemary washcloth on forehead.

Foot, Hand, or Sitz Baths

Chamomile, rosemary and ginger for tired feet: end with foot massage.

Also: soaks, enemas, douches, eyewashes are possible.

Boil any substance which is entering a body orifice other than the mouth, let cool to body temperature. Important safety note to avoid amebic keratoconjunctivitis: If making eyewash, always use freshly-boiled water for each dose! Discard any excess and make new eyewash from scratch for each dose.

HERBAL EXTRACTIONS

(Tinctures, liniments, vinegars, essences, glycerates)

Alcoholic tinctures preserve virtues of the herb for a long time, are easy to carry, are excellent for herbs which go bad or lose their potency easily, and are best for rare plants--Due to better medicinal extraction, they are more concentrated, with less waste. Shelf life is 1 year to a few centuries. The alcohol can be vaporized with hot water if the person taking the tincture does not want to ingest alcohol. Vinegar or Glycerin extracts are not as strong, are more difficult to make, don't work as well in extracting medicinal properties, don't work at all for resins, and herbal vinegars last longer refrigerated.

Menstruum Proportions

To each oz. by weight of plant material, 2 oz of alcohol by volume.

Ex: 1 oz wt plant: 2 oz EtOH vol. / 20 gms plant: 40 ml alcohol (*Susun Weed recommends 1 oz dried herb to 5 oz spirit, or 1 oz fresh herb to 1 oz spirit) Use 195 proof (97.05%) EVERCLEAR (Grana de Puro) if available. (see below for additional comments if not)

Maceration

Herbs sitting in Alcohol 10 days.--> 1 year. OK to use whole plants, but more surface area if crushed or cut. If crushed, may also leach insolubles such as plant waxes, into tincture --won't hurt anything, but clouds the tincture. (Ex: Yerba Santa) Good to keep in a warm place --on top of refrigerator is good. Shake daily for two weeks. The leftover strained mash is called "marc." (*Susun Weed suggests average of six weeks' maceration time: put up at new moon, and decant at second full moon.)

Some plants require FRESH tinctures (Ex: Avena, Lamiaceae) and some require dried or aged herbs (Ex: Cascara Sagrada.) Consult reputable herbalists or their books for guidance.

If using weaker alcohol than EVERCLEAR: (Ex: 100 proof vodka): Blend Alcohol and herb together in a blender, then shake each day for two weeks.

Dry Plant Tinctures

One can buy or make special percolation glasses, which will speed up the extraction: instead of two weeks, the percolators will result in tinctures finished in ½ to 2 days. So far, I have no experience with these. 1 oz herb, freshly powdered in blender --best NOT prepowdered too long in advance, as they dry out too fast. A quart Mason Jar fits the Osterizer blender, which is the herbalist's favorite! Proportion: 1 part by weight to 5 parts by volume (except Cayenne: 1 part to 10 parts alcohol) Shake each day for two weeks, or blend it for FIVE minutes. BE SURE TO LABEL AND DATE IT!!

(For one class, we each made one quart of a tincture, and when it was completed, we divided it into 1 oz. dropper bottles to share. This way we each made just one tincture, but we each got a collection of tinctures in dropper-bottles to take home.)

For more dilute alcohol:(100 proof = 50% EtOH) Some plants do better extractions with less than 100% EtOH, for example: skullcap: 50%; goldenseal, osha, black cohosh: 65-70% but 100% for cayenne, myrrh.

Tinctures made with rubbing alcohol are LINIMENTS. EXTERNAL USE ONLY. Liniments can be made with edible alcohol, and then can be used internally or externally. (Ex: Arnica)

Flower Essences

A magical remedy, like the dew--flower essences work on energetic and psychic levels. Pick flowers without touching the petals with your hands--you can use the plant's own leaves. Some people prefer crystal bowls for the solar infusion, and cut the flowers with magical knives or crystals. The Solar Infusion, preserved with brandy, gives a "Mother Tincture." Use four drops of Mother Tincture or several Mother Tinctures, to make a treatment bottle, then fill bottle most of the way with spring water, then preserve with brandy. You can use flavored brandies if you like! You can ingest drops, apply topically, bathe in it, or sprinkle it on your Senator's doorstep. Usually flower essences are taken at least four times a day plus as needed to deal with psychological and spiritual issues, often while reciting affirmations focusing on the issue. Used in this way, they do help to re-train the subconscious mind and communicate with the animal-self or unihipili.

Glycerates

Equal parts glycerin and water, or 60% glycerin: 40% water. Use to extract herbs; but won't extract resins very well. Vegetable glycerins are best for vegetarian use; animal glycerins will warm the skin if you rub it on and then blow on it; Rosemary Gladstar claims that animal glycerin is for cosmetic, not internal use. People sometimes prefer glycerates for children and alcoholics. Herbal vinegars

Also a way to extract plants. Chop the herb finely, and pour warmed apple cider vinegar over it to cover it, plus a few inches more, to allow for herb swelling. Macerate for 4-6 weeks. Shake extracts daily. Strain and press extract, and rebottle. They should be refrigerated between uses since they can mold--the acidity of the vinegar has been decreased by plant fluids released into the vinegar.

Plant Oils

2 oz herb: 1 cup oil

The wetter and juicier the plants, the more danger of rancidity. Can be placed in the sun, or in sandboxes heated by the sun. You can also extract herbs into oil in a double boiler, crock pot, or in mason jars in a water bath in the oven at very low heat for several (2-4) hours. LOW HEAT is best!! Rosemary Gladstar relates that an "electric oven roaster" can macerate an herbal oil for 2-4 weeks, giving a dark green herbal oil. Olive, almond, or jojoba oils are the usual solvents--(Ex: rose and lavender oil, mugwort oil, St. John's oil, Mullein oil, comfrey & calendula oil.) Steep the plant (usually fresh but wilted to decrease water content) in oil--jar must be full--no air and little moisture, or it will go rancid. Some herbalists recommend wiping the jar's headroom with a cloth or tissue each day, and topping off with oil. Remove any water that collects below the oil with a turkey baster or siphon. Do not mix oils that are pressed or expressed with those that are simply strained without pressing. The pressed oils will be more likely to spoil, as they will have more water, microbes, and sediment. Pressed oil portions should be used up quickly, and it is wise to store them refrigerated.

VERSION 1: Tap jar each day and top off with more oil if needed. Let the oil sit--water will sink to the bottom. Use a turkey baster to withdraw top oil temporarily, then discard water & oil near the bottom. Let sit 2-3 weeks, then strain out herbs--DO NOT squeeze!

VERSION 2: powder herb and moisten with pure grain alcohol as an "Intermediary solvent extraction". Let sit, covered, 20 min to 1 hour, then blend in blender: 1 oz Herb/EtOH/ 6 oz. oil Blend until mixture becomes warm, then blend a little more. Strain through cloth. To get rid of alcohol: put in jellyroll pan, and put in oven with pilot light on, or on radiator (less than 150 degrees), or place fans blowing over jellyroll pan for 4-8 hours. Can restrain to get particles out, or use turkey baster when particles have settled. Some add vitamin E or tincture of benzoin (1 tsp tincture of benzoin per qt. oil) against rancidity. Store excess in refrigerator.

SALVE

PER 1 CUP OIL, ADD 2 OZ. BY VOLUME OF BEESWAX, or: 1 part wax: 4 parts oil.

(*Susun Weed suggests 1 TBSP beeswax per 1 oz (2 TBSP)oil, or 1 part wax: 2 parts oil.) The wax is a stiffener, and some people prefer softer salves. (Recipe example: yarrow, chickweed, dock, plantain, calendula, comfrey, St. John's wort oil, vitamin E, essential oil like Thuja or tea tree, myrrh or Usnea tinctures.) Olive oil and herbs in double boiler; simmer 30 min to one hour (also gets rid of water) strain, add wax. Spoon test: dip spoon in hot salve, cool in refrigerator or freezer to test texture. You can use a turkey baster to pour into small tins.

Adam Seller starts with a ready-made green oil too: blend oil with wilted comfrey leaves until green, strain, use this as your starting oil. Makes a rich green salve.

PILLS

Powdered herbs can be moistened with water & honey or maple syrup to form a sticky paste. Add a drop of essential oil (orange, peppermint, wintergreen) and mix in well, but too much essential oil can ruin the mixture. Thicken with slippery elm powder, and knead until it becomes the texture of bread dough. Roll into small balls. They can be dusted with carob or slippery elm powder, if desired. Place on a cookie sheet and dry in a very low oven or the sun.

CAPSULES: If you don't have an encapsulating machine, this method works well for small numbers of pills. Since powdered herbs dry out quickly and lose their virtues, you should probably make small batches anyway. Powder the herbs, and place in a bowl or shallow plate. Fill separated caps by "grinding" the open halves gently into a pile of powdered herbs. Place the two ends of the capsule together. Two "00" caps are a standard adult dose, and the "00" size is used in most encapsulating machines. One oz. of powdered herb fills about 30 capsules..

SYRUPS

Syrups sweeten bitter herbs, preserve the mixture from spoiling, and soothe a sore throat.

Cough Syrup

Decoct the 2-4 oz of the following herbs with a quart of water, reduce by one-half: to one pint. mullein, horehound, pleurisy root, wild cherry bark, orange peel. Strain out herbs, add yerba santa tincture, and lobelia tincture. Then dissolve in 1 pint honey or simple syrup (preserves, sweetens, soothes throat.) When cooled, add peppermint, wintergreen, orange, or eucalyptus essential oils. Some people like to add brandy (3-4 tbsp /cup) or a fruit concentrate. Best to store refrigerated. *Susun Weed: To one cup fluid, use 8 oz sugar or 4 oz honey; OPT: 15 ml or 1 TBSP Brandy. Dose: 1 tsp up to eight times per day for adults; ½ tsp up to 8 times/day, kids 60-75 lbs., 1/4 tsp. up to 8 times/day, for infants less than 30 lbs. (Safety warning: do not give infants honey--they can get botulism from bacterial spores in the honey.)

HERBAL RECIPES
By Don Wildgrube - 1992

TEAS

LEMON UPPER:

Equal amounts by weight:

Green Yerba Mate

Spearmint

Lemon Balm

Lemon Grass

NIGHT CAP

Amounts by volume:

Chamomile one part

Lemon Balm one part

Hops one part

Valerian half part

Vervain half part

WOW! By Andy Goldman

Chamomile Equal amounts by volume

Passion Flower " " " "

Hibiscus " " " "

Lemon Balm " " " "

Rose Hips " " " "

Licorice Root ½ " " "

TONIC

1 tsp Dock root

1 pt water

Boil 10 minutes

Add: 2 tsp spearmint

1 tsp eyebright

Steep 10 minutes

SMOKING MIXTURES

(Unless otherwise noted, equal amounts by weight)

GYPSY TOBACCO:

Coltfoot

Eyebright

Wood Betony

Thyme

Rosemary

Spearmint

HERB MIX #2:

Coltsfoot
 Rosemary
 Wood Betony
 Lavender - ½ amount
 Mullein - ½ amount
 Sage - ½ amount

HERB MIX #3:

Coltsfoot
 Knic-Knic
 Sage
 Lavender
 Wood Betony

INTOXICATING SMOKE:

Damiana
 Gota Kola
 Hops
 Catnip
 Spearmint - ¾ amount
 Yohimbe - ½ amount
 Loebelia - ½ amount
 Passion Flower - ½ amount

INCENSES

PURIFICATION INCENSE:

Equal parts by volume:
 Frankincense
 Hyssop

HEALING INCENSE:

Equal parts by weight:
 Heal All (Prunella Vularis)
 Hyssop
 Vervain
 Aloeswood
 ½ part by weight:
 Dragons Blood
 Mandrake
 Cinquefoil

SWEET DREAMS:

Powdered Charcoal	100 grams
Wormwood	25 grams
Apple Wood (sawdust)	25 grams
Lavender	15 grams
Saltpeter	8 grams
Lavender Oil	1 ounce *
Patchouli Oil	1 ounce *

FOREST GOD INCENSE by Belaxis

Charcoal	2 tsp
Frankincense	2 tsp
Pine Needles	1-1/2 tsp
Must Root	1 tsp
White Sandlewood	1 tsp
Cascarilla Bark	1 tsp
Benzoin	1 tsp
Camphor	1/2 tsp
Clove Oil	7 drops *
Must Oil	10 drops *
Civit Oil	9 drops *
Cedar Oil	9 drops *
Ambergris Oil	8 drops *
Cinnamon Oil	5 drops *

ENCHANTED DREAMS by Belaxis

Charcoal	2 tsp
Benzoin	1 tsp
Orris Root	1 tsp
Camphor	1 tsp
Must Root	1/2 tsp
Must Oil	15 drops *
Ambergris Oil	10 drops *

ARCADY CIRCLE INCENSE

Finely reduced:

Frankincense	25 grams
Pine Needles	17 grams
Patchouli	10 grams
Mugwort	10 grams
Vervain	10 grams
Bay Leaves	2 grams (about 10)

Add 1 TBSP each:

Musk Oil
Patchouli Oil
Lavender Oil
Vanilla Oil
Honeysuckle Oil
Orange Blossom Oil

Add:

Powdered charcoal to absorb oil
 Approx. 5-10% (by weight) Saltpeter

* The amount of oils depend upon the strength of the oil. Some are very concentrated, others not so much. You will have to trust your won senses when it comes to the amounts. I think that Belaxis used some essential oils, where as I used inexpensive candle scents. I have found that candle scents work really well in incense since they are meant for burning as opposed to anointing or healing.

REFERENCE GUIDE FOR HERBS

Overview

Herbs are a gift from nature. They include leaves, bark, berries, roots, gums, seeds, stems and flowers. They have been used for thousands of years to help maintain good health.

ALFALFA

Aids in healing allergies, arthritis, morning sickness, peptic ulcers, stomach ailments & bad breath; cleanses the kidneys & removes poisons from the body; neutralizes acids; is an excellent blood purifier & blood thinner; improves the appetite and aids in the assimilation of protein, calcium & other nutrients.

ALOE VERA

Helps alleviate constipation, aids in healing burns & wounds, canker sores, cold sores, ulcers, acne and digestive disorders.

BLESSED THISTLE

Helps strengthen the heart & lungs; aids in healing urinary, pulmonary & liver disorders; increases circulation to the brain; aids digestion, reduces fever, expels worms, helps alleviate menstrual cramps.

BURDOCK ROOT

Is an excellent blood purifier and cleanser; aids in healing skin blemishes, arthritis & rheumatism; promotes healthy kidney function.

CAPSICUM

Promotes cleansing of the circulatory & digestive system; reduces fever, purifies the blood; helps prevent muscle aches, tiredness, skin blemishes, headaches, rheumatism, ulcers & sore throats; helps in regulating your blood pressure and pulse rate.

CASCARA SAGRADA

Stimulates the secretions of the entire digestive system; helps prevent nervous disorders, colon & constipation problems.

CHAMOMILE

An excellent cleanser & toner of the digestive tract; aids in calming the nerves; expels worms & parasites; Improves the appetite & helps eliminate dandruff.

CHAPPARAL

Aids in healing skin blemishes, acne, arthritis & allergies; promotes hair growth; acts as a natural antibiotic within the body with no side effects.

COMFREY

Aids in healing respiratory ailments, anemia, arthritis, fractures, mucous membranes, lungs & wounds; it is soothing to the gastrointestinal tract; aids in cell proliferation; helps the pancreas in regulating blood sugar level; helps promote the secretion of pepsin & is a general aid to digestion.

ECHINACEA

Is the most effective blood & lymphatic cleanser in the botanical kingdom; its acts as a natural antibiotic and works like penicillin in the body with no side effects; aids in reducing fever, infections, bad breath & mucous buildup.

EUPHRASIA

Aids in reducing skin blemishes, clears bloodshot eyes, and helps with impotence.

GARLIC

Is extremely effective in dissolving and cleansing cholesterol from the blood stream; it stimulates the digestive tract; it kills worms, parasites and harmful bacteria; it normalizes blood pressure and reduces fever, gas & cramps; it used by athletes for increasing physical strength & energy.

GINGER

Aids in fighting colds, colitis, digestive disorders, flu & gas; it helps increase the secretion of saliva; is excellent for the circulatory system and helps increase stamina.

GINSENG

Aids in increasing endurance, longevity & vitality; aids in balancing hormonal activity; acts as a sexual stimulant, mental & physical stimulant; normalizes blood pressure levels; helps protect the body against stress; strengthens the endocrine glands; stimulates the activity of RNA & DNA in your cells, thus helping retard the aging process.

GOTU KOLA

Is an excellent "brain food" which promotes memory & helps alleviate mental fatigue; excellent for the eyes, impotence, endurance, energy & normalizing blood pressure; considered to be an excellent nerve tonic.

HAWTHORN BERRIES

Strengthens the muscles and nerves to the heart; aids in relieving emotional stress; regulates high & low blood pressure; helps combat arteriosclerosis, hypoglycemia and heart disease.

HYSSOP

Regulates blood pressure, purifies the blood & promotes circulation, excellent aid for the eyes, hoarseness, lungs, mucous buildup, nervous disorders and skin problems.

LICORICE

Expels mucous from the respiratory tract aids in healing hoarseness, hypoglycemia, coughs & constipation; promotes healthy adrenal glands; acts as a sexual stimulant; helps increase endurance & vitality; helps in reducing skin blemishes (age spots).

MA HAUNG

A stimulant of the adrenal glands; helps increase energy level; aids in healing asthma, bronchitis, lung, coughs & congestive disorders.

MULLEIN

A bone, flesh and cartilage builder; aids in healing respiratory ailments, asthma, bronchitis, diarrhea, sinus congestion; soothing to any inflammation and relieves pain; acts to relieve spasms & clears the lungs.

ROSE HIPS

Used to fight infection & curb stress. it is the highest herb in Vitamin C content and contains the entire C-Complex.

SARSAPARILLA

Helps cure impotence; relieves inflammation & gas and will increase the flow of urine; an excellent blood purifier; aids rheumatism, heartburn, hormones, gout, fever and mucous buildup; also used to promote perspiration.

SPIRULINA

Is an algae containing 65 - 70% protein; it contains 26 times the Calcium of milk; also contains phosphorous & niacin and is far more nutritious than any known food; used for rejuvenation & weight reduction; an excellent blood and colon cleanser; very high in Vitamin B12 content.

YELLOW DOCK

A nutritive tonic, high in Iron and useful in treating anemia; also nourishes the spleen and liver, thus, being effective for the treatment of Jaundice, Lymphatic problems & skin eruptions; strengthens, cleanses & tones the entire body; excellent for boils, ulcers, wounds, and cleansing the blood.

HERBAL TEAS

Relaxation/Sleep

1/4 t. lavender flowers
1/2 t. lemon balm leaves
1/2 t. linden flowers
1/2 t. chamomile

OR

1/2 t. valerian root
1/2 t. passion flower
1/2 t. chamomile
1/2 t. vervain

Pick-me-up

1/2 t. rose hips
1/2 t. peppermint
1/2 t. hibiscus

For a cold

1 t. wintergreen
1 t. lemon verbena

OR

1 t. yarrow
1 t. valerian
1 t. birch leaf

Herbal Wines

One of the many pleasures of a life in the country is the abundance of free food and the makings of fine drink. Sitting here at my desk, glass of Dandelion wine in hand, the golden glow of the flickering firelight passing through the pale amber nectar drifts my mind back to the Spring and the picking and preparation that led to this magic moment. Anyone who has ever made their own wine or beer will understand my feelings but nowadays of course, wine nearly always refers to a Chateau produced store bought liquid, made from grapes grown in some exotic far away land. However until very recently, many other varieties of fruit and even flowers were used by enterprising brewers. Dandelion, Red Clover, Rosemary and Rose flowers were all used and all have their own distinctive nose, flavour and effect Herbs were used for their traditional medicinal values, the wine-making process being me rely the method of preservation.

Dandelion for the digestion and liver
 Cowslip to help with sleep
 Clover flowers as a tonic and mild euphoriant

These herb wines are very simply made, with minimal amounts of time and equipment and once tried and successfully imbibed, they can become an integral part of your routine and life style. After all, what better way is there to take your medicine than in a glass of fragrant ambrosia? Hoping that I've caught your interest, (excuse me while I pour myself an other glass!), perhaps you'd like to give flower wines a try.

Here to help you on your way is my own tried, and very well tested, recipe.

Ingredients:

Two quarts of Red Clover or Dandelion flower-heads. (Or any other type of edible/medicinal flower. Good ones to try are Calendula, Rose, Violet, Elderflowers, etc; Use your own judgement, the recipe is good for almost any combination of flowers and herbs).

One Kilo of sugar & 3 lemons.
 Four ounces un-coated raisins or sultanas.
 One packet Champagne type wine yeast.

You will also need some equipment, most of which can be found in the kitchen, viz:

One, two or three gallon container, (stainless steel, earthenware, glass or un-chipped enamel).

A one gallon glass flagon, Fermentation lock, campden table and syphon tube.

(These can be obtained quite inexpensively from any home-brewing store).

Now for the...Method:

Pick the flowers on a sunny morning after the dew has dried. They are best picked after several days of full sun but Mother Nature is not always so obliging. Choose only the best flowers and discard all green parts at the base of the flowers. (They will make the wine bitter). Collect two full quarts of flowers for each gallon you wish to make. (This is a good job to give to the

kids on a sunny Sunday afternoon. You won't see them for at least an hour.) It is very important that you collect only from areas that have not been sprayed with garden or agricultural pest sprays. Avoid all roadside flowers as they contain high levels of pollutants.

It is important before starting in the kitchen to ensure that all the implements and containers used are scrupulously clean. Make up a sterilizing solution using the campden tablets, (follow the instructions on the pack) and then thoroughly rinse and clean everything you intend to use. This is the most important operation in home wine making, get it right and your wines turnout perfectly every time, screw-up and your friends will find all sorts of reasons for why they can't pop over to watch the game, join the barbecue, etc; etc; Anyway, we are digressing. Back to the wine.

Clean the flowers of insects and dirt and place them into the largest container. Add the juice from the three lemons and the washed raisins or sultanas, and immediately pour over them six pints of boiling water. Stir it all up with a sterilized spoon, cover the container with a sterilized lid and leave to stand for twenty four hours.

Next day, lift up the lid and take a peek at the dead flowers and other bits, floating in the water. Hmm...Give it all a good stir and then strain out the liquid into a clean sterilized container. Rinse out your original container with some sulphite solution and then immediately pour the strained liquid back in. Add the sugar and two pints of boiling water, stirring well so as to dissolve the sugar, and then add the yeast, which has been prepared beforehand as instructed on the package. Stir it again, cover and put it away in a warm spot where the temperature stays around 70-80 degrees. Now forget all about it for one month.

The month has passed and you rush like the wind to take a look at your wine. Urrghh!! It smells weird and looks weirder, but don't worry, every thing should work out fine. This is where the syphon, flagon and fermentation lock come into the picture. First sterilize all your equipment with a sulphite solution and rinse thoroughly. Then syphon the contents of your brewing bin into the flagon. This will give you your first taste, but don't despair it gets much better! Set up the fermentation lock as per the manufacturer's instructions, pop it on top of the flagon and now take it back to that warm out of the way place where you hid it before.

Now comes the hardest part of the whole show. You have to forget all about this big bottle of fermenting nectar for at least six months. Don't be tempted to peek inside, smell or God forbid! taste your new concoction. Don't even think about it! That day is still in the far future.

Six months have passed. November arrives and the nights are getting longer. Remember the wine?? It's now ready to be bottled. You'll need about six or seven bottles for each gallon. Use only those bottles that are designed to hold pressure, i.e. Champagne or sparkling wine bottles, even those thick heavy old-fashioned cola bottles. Use a sulphite solution to sterilize the bottles, corks and caps, and using a sterilized syphon tube, carefully syphon the clear liquid from the flagon into the bottles without disturbing the sediment in the flagon. Tastes pretty good now eh!

To make your wine just a little sparkling add no more than a half teaspoon of sugar to each bottle. Seal the bottles well and let them stand in a warm

place for three days. Then place them in the coolest part of the house and wait six more weeks. It will then be just about ready to drink. Of course like many wines it will taste better if left longer, (about a year is best).

But of course we're all only human and so must inevitably try out the fruits of our labour. Invite around your true friends, break out the best glasses and then carefully open your first delicately cooled bottle, without disturbing the sediment on the bottom. Pour carefully into each glass, filling them all in one delicate movement, again so as not to disturb the sediment. Sit back, raise your glass in a toast and sip this delightful ambrosia. Revel in the complements and congratulations of your friends, for they are truly deserved. And think of the coming Spring and the fifteen gallons that you plan to brew.

Good luck!!!

Witchcraft Herbal Lore and Flying Ointments

Some of the earliest records that make reference to the use of substances to affect the mental and physical condition have been about Witches and Witchcraft.

The practitioners of this craft, most often women, were frequently consulted by individuals who desired a potion or charm that would ward off evil, attract love or heal an illness.

Their knowledge of the uses and misuses of plants was reknown and many modern writers acknowledge that it is these individuals who developed and retained through history, the herbal lore which has been extensively employed by modern medicine and pharmaceutical companies.

Often we are unaware of the history of the drugs we take so much for granted in our lives. A brief review of the origins of drugs such as Aspirin and Digitalis demonstrates that these drugs have plant origins and were in use long before modern medicine discovered and isolated them.

Foxglove for instance, (also known as Fairyglove and Witchesglove), was the source of Digitalis, the drug which has saved the lives of many people suffering heart conditions. Digitalis was discovered by Dr. William Withering, in his book, 'An Account of Foxglove and its Uses', (1785), he acknowledges his debt to Witchcraft herbal lore in leading him to the use of Foxglove for assisting those with Heart conditions.

Tradition has it that Witches would often go out on nights of a full moon to collect strange plants. Rather than being an obscure magical ritual, the collecting of plants at night-time and when the moon is full has a basis in plant biology. Many of the plants employed by Witches have their highest active drug content at these times. If one were to remove some of the more obscure magical aspects of Witchcraft, a deep understanding of Herbal Lore, Medicine and Psychology is revealed.

Our society, modern medicine and the multimillion pound pharmaceutical industry, owe much to the traditions of Witchcraft and the knowledge passed through the centuries by these practitioners of an ancient and persecuted art.

Unguentum Sabbati.

Nights of the full Moon are associated with Witches and as indicated above it was often at these times when plants were collected. The full Moon has special significance for Witches and at certain times of the year it coincides with the "Witches Sabbath", when Witches are said to gather to worship their god or goddess. During these meetings it is reported that ritual ointments, made principally of plant substances, were and are employed to promote particular experiences.

Another common theme in Witchcraft folklore is Witches flying on broomsticks to go about their nocturnal deeds. In a number of texts there are frequent references to Witches flying and meeting the incarnation of their particular

Goddess/God. While some may argue that these accounts were extracted by the cruel tortures of their persecutors, for instance the 'Malleus Maleficarum' (1486). There are some that appear to reflect what many Witches believe they have actually experienced.

A number of written accounts are available which speak of the use of Ointments or Unguents to enable a Witch to fly. They include; 'The Book of the Sacred Magic of Abramelin The Mage', (1458), by Abraham the Jew, and 'De Miraculis Rerum Naturalium', (1560) by Giovanni Battista Porta, (both these texts are in the British Library however access to them is restricted). In the account of Abraham the Jew, he is provided an unguent by a young Witch that after rubbing on the principal pulses of the feet and hands, created a sensation of flying. Porta's account has a section which is entitled 'Laiarum Unguenta', "Witches Unguents", in this he describes the recipe of flying ointments.

An investigation of these accounts and the ceremonial ointments used by Witches at their Sabbaths, reveal a number of plants which have extreme physical and psychological effects when taken internally or rubbed on the skin. Many of them are extremely poisonous and the reports of their use by rubbing into specific areas of the body or all over, demonstrates a recognition of the lethal properties of these plants if taken internally.

The use of plants to promote a sense of flying, "out of body experience" and the ability to convene with the Spiritual World, is a recurrent theme in many ancient religious practices. The Shamans of America and priests and priestesses of religions throughout the world share the Witches use of specific plants to extend the normal boundaries of human experience.

While there are a number of recipes for Flying ointments, there are many difficulties in identifying the plants exactly. There was no universal plant classification system during these times, many plants share common names or are confused with others, finally the chances of mistranslating from these ancient texts are high.

Despite these problems a number of plants were known to be associated with Witches and even the common names of some plants provide a clue to their uses. Certain plants occur regularly in recipes of Flying Ointments and Witches Sabbath ointments. These include:

Deadly Nightshade. (*Atropa Belladonna*).
 Monkshood. (*Aconitum Napellus*).
 Henbane. (*Hyoscyamus Niger*).

Others that appear include:
 Thornapple. (*Datura stramonium*).
 Poplar.
 Foxglove.
 Poppy.
 Cinquefoil.
 Smallage.
 Woody Nightshade.
 Hemlock and Water Hemlock
 Parsley.
 Wild Celery. (*Apium graveolens*).

At times there is mention of more exotic elements, for instance the fat of human babies and bats blood. These are most likely sensationalist reports or there to "spice" up the magical aspect of the recipe. However the use of a fat, probably from an animal, was employed to provide an oily base for the crushed plants, enable its application on the skin and as a medium to prevent the rapid evaporation of the volatile plant alkaloids.

Despite many Witches being aware of Mushrooms and Fungi that promote altered states, they have not been mentioned in any of the texts on Flying/Sabbath ointments. (A discussion on the range of hallucinogenic fungi is provided later).

The reproduction of Flying ointment recipes and their application has promoted similar experiences of flying, out of body experience and meeting fantastic gods and demons. Dr Erich Peuhart, of the University of Gottingen, Germany conducted experiments on himself and a colleague to investigate the effects of Flying ointments, his subsequent report was similar to the accounts provided by Witches, and included flying through the air, landing on a mountain top, orgiastic rites and the appearance of monsters and demons.

A more recent experiment was conducted on the night of the 30st April, the Walpurgis Sabbath, 1992, by an individual known to this writer, who we will call Richard, it was described as follows; The unguent was rubbed on the pulse points of the hands and feet, after 5 minutes, a great feeling of tiredness and coldness overcame me and I lay down, my breathing slowed and I began to feel a bit panicky that I would die, however I convinced myself that if I did go into respiratory collapse or heart failure the instructions I had left with a friend who was attending me would enable him to provide artificial respiration and call an ambulance. My understanding of time became impossible so I could not decide how long my experiences lasted. Eventually I stopped being fearful and my mind seemed to be becoming detached from its normal state, there was still a feeling of coldness then I seemed to be floating upwards. I found myself soaring above the rooftops of London and my body was no longer human it had become amorphous like a giant squid, with its tentacles streaming behind it. With a little concentration I could change my body into virtually any shape I so desired. I seemed to be heading West and eventually came to a hillside, there I met a number of other people who informed me that the meeting place was not on this world but in the stars. I immediately shot into the sky towards a very bright star, I was not alone and as I flew towards the star many others were with me, our bodies seemed to melt into each other and I remember intense sensations of pleasure running up and down my body, which at the same time was not my body but everyone's, it's difficult to describe. Eventually I came to an enormous hall and walked upon its cold floor towards a flight of steps, either side of the hall were enormous pillars that stretched up so high I could not see a ceiling. As I came to the top of the steps I saw a hooded figure of a woman, she looked at me though her face was hidden by the hood. I suddenly felt an incredible sensation of power emanating from the woman and I became very frightened. The woman began to remove her hood and through fear I averted my gaze, a voice in my head told me to look up, I did and the face of the woman shone so brightly it hurt, not just my eyes but my whole body. I then remember a sensation of falling and cannot remember anything else.

The report of the friend who attended Richard made notes, these notes were as follows;

1. 10:55 pm. Pulse 75 beats per minute, Blood pressure 110/70, Temperature 34C
2. The unguent was applied to the hands and feet at 11pm.
3. Pulse at 11:02 was 85 beats per minute.
4. 11:10, Richard is getting very drowsy, incoherent and reports feeling cold.
Pulse 92
5. 11:20, He has fallen sleep, pulse is 95 beats per minute and strong,
Breathing is regular and slow.
6. 11:30, pulse 97, he feels clammy. Temp 38 degrees C
7. 12:00, Breathing is slow, long and regular, pulse 102.

The accounts from 12am until 9am were of a gradual reduction in pulse rate to normal until Richard awoke and immediately wrote down his experiences. Apart from an intense feeling of thirst and a headache no negative effects could be discerned straight after or for a month following the experiment. The attendant who monitored Richard said, that apart from being petrified that Richard would die on him when the pulse just seemed to be rising and rising the first hour, nothing untoward happened.

Many of these experiments have been conducted by medically trained individuals, current practitioners of Witchcraft and a number of people seeking interesting and novel experiences. It is uncertain if the similarities of their experiences are a feature of the plant substances used or their expectancies before they used the drug. Richard choosing a known Witches Sabbath date to conduct the experiment perhaps set up in his own unconscious mind a potential script of what he would experience.

The ready availability of many of the plants containing the active constituents of Flying Ointments, are a potential danger to individuals who have a desire to experiment on themselves. Given the lethal properties of these plants and the inability to ascertain dose, it is an activity left to the experienced, trained or foolish. It should be noted the internal administration of most of these plants is extremely dangerous, this point being reflected in their use externally by Witches.

Belladonna

Belladonna, (*Atropa Belladonna*), or commonly known as deadly nightshade is relatively rare in the UK. In Britain it is usually found in chalky soils, shaded areas and waste ground or old ruins.

It is extremely poisonous and has been employed for many centuries for beneficial and less beneficial purposes. According to folklore it is a plant that belongs to the Devil, who tends it. being diverted from this duty only on the night of the Walpurgis night Witches Sabbath.

The name Belladonna, "Beautiful Lady", is thought to derive from its use by Italian ladies, to dilate the pupil of the eye to make them more attractive. The generic name, "Atropa", is derived from the Greek, Atropos, one of the fates

that held the shears to cut the thread of human life.

The properties of Belladonna depend on the presence of Hyoseyamine and Atropine, the root is the principle source of preparing tinctures, however, the whole plant including the berries contain these alkaloids.

Atropine has been used in ophthalmology for the dilation of the pupil and was used as an antidote to opium.

It was also used to lessen pain and inflammation. It has anti spasmodic activity and was used for asthma and whooping cough.

It increases the rate of the heart by approximately 20 - 40 beats per minute.

In poisonous doses it causes paralysis and excitement and delirium.

Woody Nightshade (solanum Dulcamara)

Bittersweet.

A very common plant in the U.K. growing in hedgerows and shaded areas which has frequently been confused with Deadly Nightshade.

Its active constituent is Solamine which acts narcotically, in large doses it causes paralysis. It slows the heart and respiration, reduces temperature and causes vertigo and delirium, eventually convulsions and death.

Woody Nightshade was used widely for a number of ailments including rheumatism, fever, inflammation and jaundice.

It was believed to guard against the evil eye and has been revered for thousands of years - a necklace of the berries was found in Tutenkahmun's tomb.

Aconite (Aconitum Napellus) Monkshood

Aconite is a plant which was introduced to England ago. Reports of it are included in manuscripts of the tenth century downwards. it is found growing wild in western counties of England and South Wales and was popular as a flowering garden plant.

The poisonous properties of aconite have been used to coat arrowheads for use on humans and animals.

Its medical uses was mainly restricted for the alleviation of muscular and rheumatic pain. Applied externally to the affected area.

A number of alkaloids have been identified within aconite but the group which is believed responsible for its medical and poisonous activity are the Aconitines.

Aconite is extremely poisonous and the symptoms of poisoning begin with numbness in the mouth, crawling sensations on the skin, vomiting, stomach pains, labored breathing, irregular and weak pulse, giddiness and staggering, eventual cardiac arrest or asphyxiation. The mind remains clear.

In cases of poisoning artificial respiration and stimulants are indicated.

Hemlock (Conium maculatum)

Hemlock is a common plant in the U.K. found in meadows, banks and hedge banks.

It has some similarities to Parsley but is distinguished by blood red markings/spots on its stem and root.

All parts of the plant contain a very strong poisonous alkaloid called conium.

Conium (produced by extraction of the juice of hemlock) is a narcotic, sedative and antispasmodic. Its medical use in the past was to treat coughing, epilepsy or any over activity of the muscles.

In poisonous doses it produces loss of sensation, complete paralysis of striated muscle, loss of speech, the respiration slows and eventually stops. Death results from asphyxiation. During this process the mind remains clear and unaffected.

The most famous account of the use of Hemlock is the poisoning of the ancient Greek philosopher, Socrates.

Conium is a highly volatile plant alkaloid and loses its potency rapidly. Heat destroys it.

In cases of poisoning artificial respiration and the use of stimulants are indicated.

The possible inclusion of Hemlock or Water Hemlock which shares similar paralyzing properties could.....

Thornapple (Datura Stramonium) Solanaceae

Relatively uncommon in England, but common in America Thornapple is strongly narcotic and doses lead to dilation of the pupils, giddiness, delirium and mania.

The active constituents are the same as Belladonna, i.e.. hyoseyamine and atropine, but in smaller concentrations and its medical uses are the same as Belladonna. Its effects on coughing and respiratory conditions being slightly stronger.

Henbane (Hyosyamus niger) Solanaceae

It is relatively common in the UK. growing in shaded areas and has a long history of use and mythology. In Greek legend the dead in Hades were crowned with Henbane as they wandered beside the Styx.

The plant was used in magic and diabolism for its power of causing delirium and hallucinations. In poisonous doses poor vision, dizziness, sleepiness is followed by delirium and convulsions.

The active constituents are Hyoseyamine, Atropine and Hyoseine. Similar to Belladonna in its medicinal uses, however the added presence of Hyoscine gives it the properties of reducing secretions and relax spasm of involuntary muscles. It has been employed in hysteria, pain and rheumatism.

Henbanes sedative action does not give rise as much rise to the delirium associated more with high concentrates of Atropine. It was also used extensively in insane asylums for treating mania and delirium tremens.

Foxglove (Digitalis purpurea) Scrophulariaceae

Common in England growing best in sunlight this plant has extremely powerful action on the heart. Digitalis containing a number of glucosides, three of which are cardiac stimulants; digitoxin, digitalin and digitalun. The other glucoside is digitonin, a cardiac depressant.

Digitalis has been used from early times for its properties on the heart and circulation. Its first action is to increase blood pressure due to contraction of the heart and arteries. The pulse slows and regulation of an irregular pulse.

In toxic doses it causes disturbances of the senses, blurs the visual field. Low dose poisoning leads to slow and irregular pulse. Higher concentrations of poisoning leads to rapid heart beat and arrest.

Tradition has it that Foxglove is a plant of women and of the Goddess Diana

This investigation into the early records of drug use is taking a lot of time and more information will be provided as my researches continue.

I strongly urge people not to experiment with any of the plants mentioned, as they are extremely poisonous.

CONTAINER HERB GARDENING

Living in a flat, apartment or just a room need not stop you from growing green plants for health and pleasure! The house I am currently sharing is rented and has no garden space which we're allowed to dig up, and anyway I'm reluctant to plant stuff in the ground when I'm going to be moving on in a few years anyway. All my plants are contained. In fact, there are some plants which are better contained, as they will grow to take over your garden (mint being a very pertinent example!)

Container gardening gives you the opportunity to fit your greenery in wherever you like, inside or out. You can grow plants on your verandah, balcony, windowsill, porch, backyard or inside the house. It's not as languor-intensive as outdoor gardening - no digging! - and you need very few tools and little equipment. If you use a lot of herbs, it can save you a lot of money. Most herbs are amazingly tough and easy to grow.

Anything which can hold a reasonable amount of soil can grow herbs. You can use buckets, barrels, tin cans with holes punched in them, old gumboots, kids' wading pools, old baths or basins, animal watering or feeding troughs, rusty wheelbarrows, soft drink bottles, wooden crates or tea chests... the selection is limited only by your imagination and the space and materials available to you. (One warning: If you are growing plants on a wooden porch or balcony, be careful since a constant water run-off from your containers can make your wooden surface rot or disfigure a polished or finished surface. Provide trays for the water to catch in.)

Your climate should also be taken into consideration. If you live somewhere hot or very sunny, growing things in metal containers or troughs is not a good idea as they tend to heat up too much and burn the plants. Anything you use to grow plants in should have drainage holes drilled, punched or gouged in it, although generally speaking, the larger and deeper the container, the less need there will be for drainage holes. Wooden containers (unfinished or unsealed) are also exceptions as the wood does seem to absorb excess water.

The climate you live in should also influence your choice of what you grow and where you grow it. I can leave my herbs outside all year round, but in colder climates where there is frost and snow they are usually better off inside during the colder months. Many herbs have great difficulty growing outside in a cold climate. Basil goes yellow and sick if the temperature dips below 10 degrees Celsius (50 degrees Fahrenheit). Rosemary and lavender dislike a wet climate, and their soil should be allowed to dry out between waterings. Basil and the mints prefer their soil to be constantly moist, but not overwatered.

Starting the Herbs

Herbs can be grown from seeds, cuttings or roots.

Seeds

If you know someone who grows herbs from seed, see if you can beg or barter a few seeds from them - why buy a whole packet if you can get just enough for your needs? Seeds are easy to work with. You can start seeds growing in trays filled with potting mix - try using egg cartons, paper cups, cut-off milk cartons, or plastic trays (try take-away food trays, or the kind you buy cakes, etc, in).

Keep the soil damp and preferably have the trays somewhere where they will catch a great deal of light and be kept warm. Transplant them into a larger container after the second set of leaves has formed and the seedlings look strong.

Cuttings

If you know someone with herb plants, perhaps they would let you have a few cuttings. Herbs that grow well from cuttings include rosemary, lavender, mint, thyme, scented geraniums and oregano. Take the cutting in spring or (preferably) summer, using a section of stem without flowers which is at least a few inches long. The stem should be firm enough that it can't be merely pinched off. A side branch growing from the main stem of the plant is best. Use shears to remove the stem, and make a slanting cut below the lowest set of leaves. If you can take a cutting which has a 'foot' on it, so much the better - this means that there will be more space for the stem to suck up water and nutrients from the soil. Remove the lower sets of leaves, leaving a reasonable section of bare stem - this is where the roots will form. However, you should leave a few sets of leaves at the top of the cutting. Poke a hole gently into the potting mix and insert the bare stem of the cutting, then press the rest of the potting mix firmly around it. Water well, and after the first watering keep the soil moist but not completely saturated. The cutting will be ready to transplant when it has started to grow more leaves, or when it has formed enough roots that it resists being pulled out of the ground when you tug very gently on it.

Roots

Certain herbs grow best from root pieces - comfrey and ginger being good examples. Take a healthy-looking 'finger' of root, plant it in the soil and keep it well-watered and in a warm sunny place. The root will grow into a healthy plant, which in turn can have more root fingers taken from it when it's mature.

Care of Container Plants

I suggest you buy, beg or borrow a good book on caring for herbs in your own country, as what you should do with them does vary greatly depending on conditions.

Indoor Herbs

Indoor plants need a lot of light; most of them will prefer a good 6-8 hours of natural sunlight per day, so try to position them near windows or under skylights. If you can't get enough natural light for them, consider installing a grow-light. Most herbs prefer humid surroundings, so if the air in your house is dry, keep a little mister nearby and use it regularly. They like it warm, but keeping them right near a heater, stove or heating duct will be far too dry for them. One of the best places for culinary herbs is your kitchen windowsill, where they'll get some sunlight and will be near the tap to be watered regularly.

Herbs which can be grown indoors include mint, basil, lavender, scented geranium, sage, rosemary, chives, sage, lemon verbena, thyme, parsley, marjoram.

Recycled Pots

I make my own small pots from the bottoms of 2-liter plastic soft drink bottles; here are instructions for making them.

Wash or peel the label off, if there is one, and mark a straight line to cut along with tape about 6-8 inches from the bottom of the bottle. Pierce the bottle initially with pointy nail scissors, then switch to your normal craft scissors and cut along the tape line. If the edges are sharp, you can always mask them with tape. The bottom of the bottle makes your pot, and the top can be dumped in the recycling bin.

Now turn the pot over so the underside is facing you, and gouge some drainage holes with your pointy nail scissors. Make the initial hole and then sink the scissors in up to the screw and rotate to make the hole nice and round. Try to have any sharp edge bits sticking inside the pot rather than outside it (so you don't cut yourself). You can put the holes right on the bottom, or on the sides where they join the bottom. I use soft drink bottles with those knobby bits at the bottom, so I gouge my holes one each side of each Knobby bit, very close to the bottom. Turn the pot up, and voila! It's ready.

DEFINITION, NUMBER AND TYPES OF HERBS AVAILABLE

Early herb gardens served as the major source of seasonings in the preparation of foods. But the need for homegrown herbs declined with the advent of modern stores. Today, many gardeners are rediscovering the joy and pleasure of producing their own herbs.

Definition of Herb

From the botanical viewpoint, an herb is a seed plant that does not produce a woody stem as does a tree. But an herb will live long enough to develop flowers and seeds -- including annuals, biennials, and perennials.

To simplify the definition, consider an herb as a plant which, because of its particular aromatic or healing property, is useful for scenting, flavoring, or medicinal purposes. In addition, some herbs are grown strictly as ornamental plants.

Number of Herbs Available

A true herb connoisseur can select from a wide variety of common and not-so-common herbs. For example, the E & A Everts Ashfields Herb Nursery of Shropshire, England, lists 57 herbs, 16 mints, 17 onion-type herbs, 20 sages, and 17 thymes in a recent catalog.

The Brooklyn Botanic Garden Handbook on Herbs lists 73 different types of herbs.

Some herbs fit into one or more classifications according to use -- culinary, aromatic, ornamental, and medicinal.

Culinary Herbs

Culinary herbs are probably the most useful to herb gardeners, having a wide range of uses in cooking. These herbs, because of their strong flavors, are generally used in small quantities to add flavor. Parsley, produced in the largest amount, is used mostly as a garnish. Next in popularity is sage -- an important flavoring in pork sausage. Other popular culinary herbs include chives, thyme, savory, marjoram, mint, and basil.

Aromatic Herbs

Aromatic herbs have some novel uses and are not as popular to grow. Most have pleasing smells from flowers or foliage. The oils from aromatic herbs can be used to produce perfumes, toilet water, and various scents. For home use, the plant parts are used intact, often to scent linens or clothing. When dried, many aromatic herbs will retain their aroma for a considerable period. Some common aromatic herbs include mint, marjoram, lovage, rosemary, and basil.

Ornamental Herbs

Ornamental herbs have brightly colored flowers and foliage. Many have whitish or light-colored flowers. Valerian has crimson blossoms; borage and chicory are blue-flowered forms. Such herbs as variegated thyme, mint, lavender, and chives produce variegated foliage.

Medicinal Herbs

Medicinal herbs have long been thought to have curative powers. But while present medical knowledge acknowledges some healing properties, others are highly overrated. Medicinal herbs should be used carefully. Some herbs are harmless while others can be dangerous if consumed.

Herb Types

Herbs can also be classified as annuals, biennials, and perennials. Annuals bloom one season and then die. Biennials live for two seasons, blooming the second season only. Perennials overwinter and bloom each season once established.

HERBS FOR BEGINNING GARDENERS

Beginning herb gardeners may have a problem deciding which herbs to plant. There are numerous herbs from which to select. A quick check of your supermarket shelf will give some idea of the types of herbs used in cooking and will also serve as a planting guide. Many cookbooks also offer information on uses of various herbs as flavorings.

Following is a good variety of flavors and uses of recommended herbs for beginners:

Strong herbs -- winter savory, rosemary, sage

Herbs strong enough for accent -- sweet basil, dill, mint, sweet marjoram, tarragon, thyme

Herbs for blending -- chives, parsley, summer savory

As your interest and needs increase, you can add to the variety of herbs in your garden. Herbs can be annuals, biennials, or perennials. Keep these classifications in mind when selecting herbs to grow for the first time.

Annuals (bloom one season and die) -- anise, basil, chervil, coriander, dill, summer savory

Biennials (live two seasons, blooming second season only) -- caraway, parsley

Perennials (overwinter; bloom each season once established) -- chives, fennel, lovage, marjoram, mint, tarragon, thyme, winter savory.

EXTENSION News

West Virginia University Extension Service
 Extension News
 Geraldine Kessel, Extension Specialist-Communications

MOUNTAINEER GARDENER

Make Room in your Garden for Herbs

If you love the taste of fresh herbs, why not add them to your backyard

vegetable garden?

Horticulture specialists with the West Virginia University Extension Service suggest keeping annual and perennial herbs separate. You can section off 12- by 18-inch sections within the garden for herbs. A diagram of the area and labels for the plants will help. You may want to grow some of the more colorful and frequently used herbs, such as parsley and purple basil, as border plants.

When selecting a site for your herb garden, consider drainage and soil fertility. Drainage is critical because herbs will not grow in wet soils. If the area drains poorly, you will have to modify the soil to have any chance of success.

To improve drainage, remove the top 15 to 18 inches of soil. Place a 3-inch layer of crushed stone or similar material on the bottom of the excavated site. Mix some compost or sphagnum peat and sand into the soil that you remove to lighten its texture. Then, return to the soil to the bed area, refilling the beds higher than the original level to allow for settling.

The soil does not have to be especially fertile. Generally, highly, fertile soil tends to produce excessive amounts of foliage that is poor in flavor. Some herbs, such as chervil, fennel, lovage and summer savory, require moderate amounts of fertilizer. Adding several bushels of peat or compost per 100 square feet of garden area will help improve soil and retain needed moisture.

Nearly all herbs can be grown from seed. Very few diseases or insects attack herbs, although rust infects mints. In hot, dry weather, red spider mites can be found on low-growing plants. Aphids may attack anise, caraway, dill and fennel.

You need to contain a few herbs, including mints, or they will take over a garden. Plant them in a No. 10 can or bucket; punch several holes just above the bottom rim, for drainage. You also can use a drain tile, clay pot or cement block. Sink these into the ground; they should confine the plants for several years.

You also can grow herbs in containers, in window boxes or in hanging baskets. These methods necessitate some extra care, especially watering.

If possible, sow seeds in shallow boxes in late winter, then transplant the seedlings outdoors in the spring. A light, well-drained soil is best for starting the seedlings indoors. Be careful not to cover the seeds too deeply with soil. Generally, the finer the seed, the more shallow it is sown. Sow anise, coriander, dill and fennel directly in the garden since they do not transplant well.

Most biennials should be sown in late spring directly into the ground. Work the soil surface to a fine texture and wet it slightly. Sow the seeds in very shallow rows, and firm the soil over them.

Fine seeds, such as marjoram, savory or thyme, will spread more evenly if you mix them with sand. Cover the bed with wet burlap or paper to keep the soil moist during germination. Water with a fine spray to prevent washing away of the soil.

You can harvest fresh leaves as soon as the plant has enough foliage to maintain growth. To insure good oil content, pick leaves or seeds after dew has

disappeared but before the sun becomes too hot.

For dry, winter use, harvest leaves before the flower buds open. Pick seed heads as color changes from green to brown or gray. Wash dirty leaves and seed heads in cold water; drain them thoroughly before drying.

GROWING HERBS

Home growing of herbs is gaining in popularity as more and more herbs are being enjoyed dried in fragrant sachets and potpourris. Herbs are very easy plants to grow and can even be grown indoors. They require little care and space, have few insect and disease problems and require only moderate fertility levels. Thus, growing herbs has become continuing and satisfying hobby for many home gardeners.

When beginning an herb garden, it is important to choose a proper site. An optimal site is one where the herb garden receives at least 4 to 6 hours of sunlight a day. Herbs will grow well under a wide range of soil conditions, with the exception of extremely wet, poorly drained soil. Popular herbs such as sage, rosemary and thyme require a well-drained but moderately moist soil. Poorly drained soil can be improved by modifying or amending the soil or by use of raised beds. Although they have little fertility requirements, herbs do better in soils of low to medium fertility.

The garden site should be prepared in the same manner as a vegetable garden: spaded to a depth of 6 to 12 inches, leveled and raked to remove any large clods and debris. The size of the garden depends largely upon the quantity of herbs desired; a good size for an average kitchen herb garden is 4 by 20 ft.

More common herbs, such as dill, basil and parsley are usually available from local seed dealers, and those that are less common may be purchased from companies specializing in herbs. Annuals usually grown from seed tend to grow, flower and produce seed during one season and then die. Biennial herbs grow for two seasons, flowering the second year only, and perennial herbs overwinter and flower each season.

Summer care includes weed control and provision for adequate moisture. Mulch is an attractive and effective means of controlling weeds and maintaining constant soil moisture and temperature for the root systems. Mulches include bark chips or shredded bark, compost, ground corn cobs, pecan hulls or dried grass clippings and should be applied at least 3 inches deep around the plants.

Some recommended varieties for use in planting include:

BALM, LEMON (*Melissa Officinalis*)

Uses: Herb and iced teas, leaves gloss and scent on wood furniture

Description: Heart shaped, light, bright green leaves, yellow or white flowers, strong lemon scent

Culture: Started from cuttings or seed in spring or early fall, harvest just before flowering stage, leave 2 to 3" of stem above ground

BASIL, SWEET (*Ocimum basilicum*)

Uses: Small culinary uses for both leaves and seeds

Description: Blue green, feathery foliage, grows 2 to 4 ft. tall, tiny yellow

blossoms

Culture: Started from seed, April through July. Sow in a well-drained, sunny place, thin the seedlings to 8 to 10 inch spacing

LAVENDER (*Lavandula vera*)

Uses: Lovely subtle fragrance, used in sachets and perfumes

Description: Somewhat woody perennial, grows from 1 1/2 to 3 ft. tall, bluish lavender flowers

Culture: Propagate by means of cuttings or layered divisions of three year old plants, dry, well drained sunny location in alkaline soil, harvest as bloom opens

MINT: Peppermint (*Mentha piperita*) and Spearmint (*Mentha apicata*)

Uses: Many culinary uses and used as ingredients in potpourris and sachets

Description: Upright growing, reach 2 ft. *in height. Peppermint has dark green leaves, reddish stem and lavender flowers. Spearmint is lighter green with pink flowers. Both emit a warm, spicy scent.

Culture: Easily propagated by division of clumps, space at 2 foot intervals, harvest entire plant by cutting the shoots to 1 inch above ground just before flowering.

OREGANO (*Origanum vulgare*)

Uses: Major ingredient in Italian and Mexican main courses

Description: Sprawling stems, may reach 2 ft. in height, 2 to 4 in. clusters of small, purple-pink flowers

Culture: Grows well in poor soil and can be propagated by seed or division, flavor is best just after the flower buds form.

PARSLEY (*Petroselinum crispum*)

Uses: Culinary and as garnish

Description: Two types-curl and Italian. Curled has tightly curled foliage while Italian has broad, flat leaves and stronger flavor

Culture: Plant seeds in early spring in medium-rich soil, can be harvested as soon as the plants are 6 inches tall. Leaves may be stored fresh in ajar in the refrigerator or dried for later use.

ROSEMARY (*Rosemarinus officinalis*)

Uses: A cooking herb, used dried or fresh

Description: Evergreen shrub that reaches a height of 2 to 4 feet.

Needle-like, leathery, dark green leaves with a gray undersurface. Flowers are pale lavender blue and the whole plant has a "balsamic smell" -

Culture: Propagation by means of cuttings 4 to 6 inches long, well drained soil containing lime. Soil must be kept moist.

SAGE (*Salvia officinalis*)

Uses: Culinary-aromatic and slightly bitter

Description: Shrubby with oblong, wooly, wrinkled gray green leaves; grow to a height of 2 feet and sprawl unless kept trimmed. Lilac blue flowers.

Culture: Can be started from seeds, cuttings or from crown divisions and planted in sunny location when they are 3 to 4 inches tall. Harvest before plants bloom

or cut the stems 6 to 8 inches long and hang to dry.

TARRAGON, FRENCH (*Artemisia dracunculus*)

Uses: One of truly "fine" herbs, adds special flavor to food.

Description: Grows 2 to 3 feet tall, with dark green, narrow, elongated leaves.

Culture: Plants best started from clump divisions in early spring and grown in sunny, fertile, well-drained site. Harvest for fresh in early July and again in August for drying.

THYME (*Thymus vulgaris*)

Uses: Culinary, oil used in medicines and perfumes

Description: Low-growing, wiry stemmed, grows 4 to 8 inches tall. Stems stiff and woody while leaves are small, oval and gray green and flowers are purple clusters.

Culture: Light, well-drained soil, started from seed, cuttings or division. New plants should be started every 3 or 4 years, sometimes two or more crops can be harvested in the same season.

Some other herbs worth consideration when planting are:

Borage, Caraway, Chamomile, Chervil, Coriander, Fennel, French Sorrel, Salad Burnet, Summer Savory, and Sweet Marjoram.

PROPAGATION TECHNIQUES

Some suggestions for good germination

1. Use clean, disease free soil and pots. Many seedling diseases are transmitted through using "dirty" pots, and "used" soil. They may both be "sterilized", but that's another subject. There are many good commercial germination mixes available, but when I have time, I use the recipe below to make my own.

5 parts of homemade or store bought compost (make sure it's VERY fine; may need to run through a sieve)

4 parts sand, either lava or granite

3 parts earthworm castings

2 parts colloidal phosphate

1 part greensand

Mix it all up and it's ready to use. Increasingly, there are prepackaged soils containing some of the ingredients listed above. In a pinch, you can mix half (by volume) finely milled peat moss, with half, either vermiculite or perlite. Throw in one teaspoon each of ground limestone and bonemeal per quart. In a MAJOR pinch, just buy some. Before using any mix, moisten it to the consistency of a wrung out sponge.

2. Provide constant moisture, but NOT saturated, soaking wet conditions. Use warm tap water, if possible, in winter, for quicker germination. After germination, mist seedlings with a fine spray a few, or several times a day. They benefit from high humidity for awhile.

3. Provide AIR! Make sure soil isn't constantly saturated with water, and start seeds in containers with good drainage holes.

4. Let there be warmth. In general, maintaining a temperature of between 65-75 degrees is optimal for germinating most seeds. Temps below 50 degrees will result in poor, if any, germination. There are some finicky seeds out there which require more exacting conditions, but that's another discussion. If possible, try to provide bottom heat by using heating cables or pads. I've had excellent luck in the past putting them on top of the fridge, in the closet with the hot water heater, or on a warm, sunny windowsill. A soil thermometer comes in handy here to make sure you've got them in the right spot. Try not to let the temperature vary more than 10 degrees.

5. Lightness and grace. Some of the little tiny seeds need light to germinate. If you have any doubts about which ones need light, ask the Bulletin Board. If you know your seeds require light, they need to be just lightly pressed onto the surface of the soil, and germinated in a well lit area. All seedlings need good light after germination to avoid that leaning, leggy look. With good light, they will develop nice, stout stems and grow straight up. Supplemental lighting may be an option here if the light isn't adequate.

6. Don't plant seeds too deep. A good rule of thumb is to plant them at a depth of 2 to 3 times their width. Sometimes it's very hard to determine this depth exactly. Common sense tells you to plant the smaller seeds shallower, and the larger ones correspondingly deeper. I seldom run across a seed that needs to be planted deeper than 1/4". Be careful to keep the more shallow planted seeds soil surface moist.

7. Food and drink. The potting soils mentioned above will contain all the nutrients necessary for a good start in life for the seedlings. After the seedlings have gotten about 6 true leaves, I start fertilizing with a dilute solution of fish and seaweed emulsion. This will provide everything they need till transplanted into the garden, as well as boost their immunity to disease and insects. At this point, the amount of water may also be reduced, although not to the point of letting the soil become completely dry.

GROWING HERBS IN THE HOME GARDEN

James C. Schmidt - Department of Horticulture - VC-44-93

Little wonder that herbs have earned a place in American gardens. Freshly harvested herbs have pungent and aromatic qualities that far exceed those of their commercially obtained counterparts--whether fresh or dried.

Even after the outdoor growing season is over, you can still enjoy dried herbs in fragrant potpourris and sachets. You can also grow herbs indoors in pots on sunny windowsills, and use them for culinary purposes, either fresh, dried, or frozen.

You will enjoy growing herbs because their culture is easy. They require little care and space, have very few insect and disease problems, and generally require only moderate fertility levels. Above all, herbs provide you with a continuing and satisfying hobby.

CHOOSING A SITE

Herbs flourish under the same conditions that you provide for your flower or vegetable garden. Although most herbs will grow in partial shade, it is better if the herb garden receives at least 4 to 6 hours of sunlight a day. A majority of herbs will grow well under a wide range of soil conditions, with the exception of extremely wet, poorly drained soils. Note, however, that sage, rosemary, and thyme require a well-drained but moderately moist soil.

If the garden soil is poorly drained, you can improve the situation by modifying or amending it. Even more effective would be the use of raised beds. To improve soil fertility and tilth, add several bushels of compost per 100 square feet of soil before planting. Spade it into the soil thoroughly.

In general, herbs do better in soils of low to medium fertility, so additional fertilizer applications are not needed. Soils with high fertility tend to produce lots of foliage that is low in flavor.

Prepare your garden site in the same manner that you would a vegetable garden, spading it to a depth of 6 to 12 inches. Then level and rake the site to remove any large clods and debris.

DETERMINING THE SIZE OF YOUR HERB GARDEN

The size of your garden will depend largely upon the quantity of herbs that you need and want to grow. A dozen annuals and/or perennials will provide you with a good variety.

FITTING HERBS INTO YOUR LANDSCAPE

Decide on a type of garden. An herb garden can take any form. They can be planted in a formal garden; informally with flowers, trees, and shrubs; or in theme gardens.

A formal herb garden generally is composed of a series of beds that are not identical but appear balanced. The herbs are arranged by height, foliage color, and/or use, often in rows. Wide walkways are used to separate the beds and give the garden a sense of spaciousness. Formal gardens of the 16th century were designed as knot gardens. This style used plants to create intricate, geometric designs within a square or rectangle. The designs were often edged with low-growing hedges of lavender or boxwood that showed off the subtle characteristics of the herbs. When choosing plants for a knot garden, select those that are compact, low-growing, and are manageable. Some suggested herbs are thyme, germander, rue, hyssop, rosemary, and santolina. Avoid invasive herbs such as the mints. In addition to the herbs, statuary, topiaries, and container-grown plants are important features to include in a formal garden.

Herbs are typically planted in a garden by themselves. Unfortunately, most herbs look great in May and June, and then get scraggy and unattractive the rest of the season. For this reason, they are often informally combined with annual and perennial flowers, trees, shrubs, groundcovers, vegetables, or other plant material. This allows you to take advantage of the various colors, textures, sizes, and shapes that other plants have to offer. For a listing of herbs recommended for Illinois, refer to Horticulture Fact Sheet VC-36 Culinary Herbs for Illinois Gardens, and Horticulture Fact Sheet VC-37 Ornamental Herbs for Illinois Gardens.

Some gardeners prefer to select a specific theme for their herb garden and choose the herbs accordingly. Some examples are a kitchen garden (including thyme, sage, basil, tarragon, dill); a single color garden such as gray-green (including horehound, lavender, artemesia, and wormwood); a scented garden (including mint, scented geranium, lemon balm, silver thyme, and rosemary); or a garden with different varieties of a specific herb (common sage, Tricolor sage, golden sage, purple sage, clary sage, pineapple sage). The possibilities are limited only by your imagination.

Don't limit your use of herbs to specific situations. You can use them to enhance most any garden. Of course, some grow better as groundcovers, others as edging plants; still others are best when intermingled with different plants in a mixed border. Most, however, are best used where their fragrance and beauty can be appreciated up close.

Put your ideas on paper. Once you have decided on the type of garden you want, make a rough sketch or drawing on paper. This helps to visualize what the garden will look like and will help in figuring the number of plants needed. Think about the staging (shorter plants in front, taller towards the back) as well as succession of flowering. Consider the specific requirements of the herb (sun vs. shade; moist vs. dry soil). It is much easier having it on paper than trying to remember it. Consider color schemes and combinations. Use specific plant characteristics when deciding where to locate the plants. Color is one of the most noticeable features of a plant. By choosing a single color scheme, you can create a garden that gives a sense of space, openness, and brightness. For greatest effect, vary the height, shape, texture, and size of the flowers and tones of the color. Colors can also be used in combination; some colors blend together better than others. For example, a silver-foliated plant such as horehound enhances a red or pastel foliage or flowers. Yellow and blue is always a good combination. Orange and blue, yellow and violet, and red and green are complementary colors and create a strong effect.

Contrast is another technique to use to make your garden more interesting. By definition, contrast is using opposing elements close together to produce an intense or intriguing effect. You can contrast textures, darks, lights, colors, shapes, lines, flower form, flower height any design element. For example, rounded plant forms look best next to those that are upright; a plant with round flowers is complemented by a plant with spiky flowers.

Keep the plants together. It is very important to define the garden. The plant will look better if kept together rather than scattered through the lawn. Edging the herb garden defines the planting area and makes the garden look as though it belongs in the landscape. If the plants are located next to a wall, a sidewalk or path can provide the boundary. If they are located in a lawn area, a permanent edging of brick or wood can be useful. A defined area looks more "finished" and is easier to maintain.

Create a unified effect. In addition to the plant material, other things to consider are benches, sculptures, and other objects that serve as focal points or enhance the planting.

GROWING HERBS IN CONTAINERS

Many herbs can be grown successfully in containers on a patio, balcony or terrace. There are many reasons why you may want to grow herbs in containers

rather than in the garden. First, many of them are small and tend to get lost in a landscape; growing them in containers brings them closer to the viewer. This is especially true of ornamental herbs that have unique qualities that should be viewed up close. Container growing is especially recommended for herbs that need good drainage and tend to rot in overly wet garden soils, or for tender herbs that need to be overwintered indoors. Containers are easily transported and can be arranged in attractive groupings with containers of flowering plants.

Choosing a container. Any container is suitable for growing herbs as long as it has a drainage hole. Clay pots are often preferred because they are more porous than plastic. Other containers that work well include window boxes, strawberry jars, and hanging baskets.

Soil mix. The soil you use should be loose and well-drained. A recommended mix for container grown plants can be made by mixing equal parts of potting soil, peat moss, and perlite (or vermiculite).

Choosing the plants. Small and slow-growing herbs look best in containers. Some examples are variegated sage, purple sage, golden sage, parsley, Greek oregano, rosemary, prostrate rosemary, marjoram, bush basil, thyme, chives, and summer savory. Window boxes, strawberry jars, and large pots can accommodate a combination of several herbs and flowers.

Care of herbs in containers. Watering is the most difficult part of container gardening. Plants growing in containers dry out faster than in the ground. On a hot, sunny day, a container may require water once or twice daily. Of course, the water requirements vary from plant to plant. When the top of the soil feels dry, apply enough water to allow a small amount to come out the drainage holes in the bottom of the container. Since most herbs do not require high fertility, you should not need to fertilize them as much as you would other container-grown plants such as flowers or houseplants. During the growing season, pinch the plants back to keep them bushy and compact and remove any dead or diseased leaves to keep them healthy.

Growing herbs indoors. Herbs growing in containers can be easily moved indoors for the winter. Before doing so, the plants should be acclimatized in early fall. Gradually move them indoors a few hours at a time over the period of several days so they get adjusted to the differences in temperature and light. Herbs growing indoors should be treated differently than those out-of-doors. One of the biggest problems is providing sufficient light to keep the plants from getting spindly. Grow them in the sunniest location you have or under fluorescent lights. Since the plants will not be using as much water as they did outdoors, water only when the soil is dry; apply enough water so that some drains out the bottom of the pot. Avoid overwatering which will cause the roots to rot. Check the plants frequently for aphids, spider mites, and whiteflies which are common pests on herbs grown indoors.

AVAILABILITY OF SEEDS AND PLANTS

Seeds and plants of various herbs can be obtained from mail order companies that specialize in herbs, or you can often find a fairly good selection at local seed and nursery firms. The seeds of the more common herbs, such as dill, basil, and parsley are usually available from local seed dealers, while the less common ones should be purchased from companies specializing in herbs. For a listing of some recommended sources of herb seeds and plants, see Fact Sheet VC-32, Sources of Herbs.

CLASSIFICATION OF HERBS

Herbs are classified either as annuals, biennials, or perennials. Annual herbs are usually grown from seed; they grow, flower, and produce seed during one season, and then die. Biennial herbs grow for two seasons, flowering the second year only. Perennial herbs, once established, overwinter and flower each season. Some herbs are tender perennials; these do not survive severe winters and are best grown as annuals or over-wintered indoors.

SUMMER CARE OF THE HERB GARDEN

Your herb garden will need attention throughout the growing season. Weed control and provision for adequate moisture are two important cultural necessities. When rainfall is less than 1 inch per week, provide additional moisture. The use of a mulch is an attractive and effective means of controlling weeds and maintaining constant soil moisture and temperature for the root systems of your herbs. Mulches that you might consider include bark chips or shredded bark, compost, ground corncobs, pecan hulls, or dried grass clippings. To be effective, the mulch should be applied at least 3 inches deep around the plants.

WINTER PROTECTION

Most perennial herbs are hardy plants that are able to survive winter. However, in Illinois, winter weather can be severe. Sometimes herb plants succumb to the extreme temperatures but often they are killed by extreme temperature fluctuations. Here are some suggestions to ensure plant survival.

First, start out with healthy plants and maintain vigor throughout the growing season. Though many herbs tolerate poor or wet soils, the majority prefer to grow in well-drained soils. Plants in overly wet soils will grow poorly and are subject to root rots. Soils that are heavy should be amended with organic matter to loosen the clay structure. Another method of improving drainage is to plant the herbs in raised beds.

Avoid late fertilizing and pruning. Most herbs are more flavorful when the fertility is not too high. Pruning should be done during spring and summer; avoid excessively cutting the plants back in the fall. The growth serves to catch leaves that help insulate the plants. An additional mulch of evergreen branches or some other material should be placed around the plants. Avoid a mulch that packs down and stays too wet during the winter, which would cause the plants to rot.

Finally, plants that are marginally hardy (such as rosemary and Greek oregano) should be dug up, potted, and overwintered indoors. They can be moved back to the garden the following spring.

RESOURCES

There are many resources available that have information about herb gardening and design. Your local library and retail bookstore should have a number of excellent books and magazines about herbs. You may also wish to contact a local herb society for more information.

HERBS FROM SEED

I recently heard that some herbs do not come true to type if grown from seed. Is this true?

Yes, there are some herbs you should avoid growing from seed because they may be poor quality or may not germinate properly. Propagating by cuttings is faster than by seed for some plants (rosemary) and may be the only option for getting the aromatic varieties of other plants. For example, French tarragon is the only variety that provides the aromatic oils that impart the anise-like flavor in recipes, but it does not set viable seed. If you've been disappointed in the plants you started from seed or even those purchased at a nursery, it's because they were Russian tarragon, a sad cousin to the culinary herb.

English thyme (*Thymus* 'Broad-leaf English') is a female plant and produces hybrids if grown from seed. Because characteristics differ slightly depending on the source of the pollen, it must be propagated vegetatively.

Peppermint (*Mentha x peperita*) is sterile, meaning it doesn't produce viable (live) seed. It is best to divide mints for more plants.

Lavender doesn't come true from seed, so cultivated varieties usually are propagated vegetatively to produce named plants, such as Hidcote and Munstead. Rosemary seed has a low germination rate and is somewhat variable. Cutting propagation is used for named varieties.

Most of the oregano seed available from large seed houses lack enough aromatic oils for culinary purposes. It usually is *Origanum vulgare* (subspecies *hirtum*). It comes true from seed, but the seed may be difficult to find.

Basil, dill, fennel, coriander, sorrel, sage, and chive can be direct seeded very successfully. When chives get too long, just cut off the tops.

ORNAMENTAL USES OF HERBS IN THE LANDSCAPE

Traditionally, many herbs are used for culinary, medicinal, fragrant or other household purposes and are thus defined in a horticultural rather than a botanical sense. They are prevaillingly members of the mint and parsley families (*Labiatae* and *Umbelliferae*) and are mostly aromatic plants. However, gardeners should not overlook their ornamental qualities.

Herbs offer a wide variety of foliage colors that vary widely; the blue green of rue, the silver gray of lavender, and the bright green of parsley to the reddish purple hues of "Purple Ruffles" Basil. The foliage texture of herbs provide an ornamental contrast; from the needle-like leaves of dill to the bold leaves of angelica. In addition, some herbs have very decorative flowers, such as chive or lavender, while others possess attractive plant forms, such as the compact mound form of santolina. Although many "herbs" are herbaceous in the botanical sense, there are also woody plants that fit the herbalists' definition; including sage, thyme, lavender and rosemary.

There are many uses for herbs in a garden setting. Herbs can be used in a variety of garden settings including perennial borders, vegetable gardens, rock gardens, or as pot plants in an urban landscape. They are suitable plants to be used in knot gardens when plants are carefully selected to insure the appropriate materials. Exquisite effects can be created by the combination for

textural qualities of foliage; for example, the blending of wooly greens with lacy shades of grays and blues will offer a rich composition of subtle effects throughout the garden. Certain herb plants are particularly well suited to this function; including Thymus, Artemisia, Santolina, Salvia, Alchemilla, Rosmarinus, Lavandula and Stachys. A vertical accent herb like Angelica archangelica can be used almost like a sculpture in the garden, or can be placed in a pot or tub on the patio to highlight its bold texture and exotic appearance.

Both Artemisia abrotanum, southernwood and Artemisia pontica can be grown as a hedge; as they spread rapidly by their roots. The true lavender, Lavandula Augustifolia, is often used as an informal low hedge or edging for a garden path: its foliage remains attractive well into the winter for added interest and its cut flowers can be used in arrangements.

Arctostachylos uva-ursi, bearberry galium odoratum, sweet woodruff and many of Thymus spp. will make excellent ground-cover in the border, rock garden or for naturalizing. For shady spots, there are beautiful herbs which thrive in moist, cool shade like the sweet cicely, Myrrhis odorata.

Cultural requirements must be taken into consideration when using herbs ornamentally. Most herbs do best in a sunny location, with the exception of a few such as angelica, woodruff and sweet cicely, plants which prefer partial shade. Any garden loam will prove satisfactory for most herbs, while a soil pH of neutral to slightly alkaline is best. Good drainage is essential: poorly drained sites should be avoided or improved with deep cultivation and the addition of sand and organic matter. Once established, most herbs prefer a rather dry soil and require watering only during a fairly severe drought. However, a few herbs such as mint, angelica, and lovage do best in a moist soil.

There is a large variety of herbs recommended for use in the rock garden, including:

Achillea; yellow-flowers and A. decolorans, A. tomentosa "Moonlight", A. ptarmica "Angel's Breath"
 Ajuga genevensis
 Alchemilla vulgaris var. mollis; A. alpina
 Anemone patens
 Anneria maritima
 Artemisia schmidtiana
 Asarum canadense; A. europaeum
 (pergola "final rock" foreground)
 (Daffodil- a few early miniature)
 Dianthus - label lost
 Digitalis lutea; D. minima
 Filipendula vulgaris
 Heuchera sanguinea
 Hosta albo-marginata
 Hypericum kalmianum
 Lavandula officinalis "Mmisteard Dwarf"
 Linum perenne
 Myrrhis odorata
 Nepeta mussim
 Oniganum vulgare
 Polygonatum biflorum
 Salvia officinalis

Sanguinaria canadensis, single
 Satureia montana
 Sempervivum tectorum
 Stachys olympica
 Thymes- both bush and creeping.
 Hardy creepmig favorites are T. Herbabarona and T. pseudolamiginosus
 Trillium grandiflorum
 Viola

ADDING HERBS TO YOUR LANDSCAPE

I really love fresh herbs. Can you give me some pointers for adding herbs to my landscape?

As interest 'in herbs continues to escalate, gardeners are seeking more creative ways to use these hardy, pest-resistant plants. Beyond the traditional, Williamsburg-style herb garden is a world of possible applications for the diverse colors, textures, and fragrances of herbs. A few suggestions include:

- * As a border to annual flowers, try globe basil, parsley, or thyme. For interesting color and texture in the perennial border, include clumps of chives or one or two fennel plants placed toward the back of the border.
- * As a ground cover in mass plantings to eliminate mowing or cover bare areas, oregano, lamb's ear, pennyroyal, and many of the thymes have proven effective.
- * For container culture, mints do very well and provide the added benefit of soothing aromas when you brush against them. Cultivating them in a container eliminates the threat of complete take-over accompanying the presence of most mints.
- * As specimen plants, rosemary can be trained into interesting and unusual shapes. Between stones along pathways or at the sides of patios, use creeping thyme, dwarf yarrow, or low-growing speedwell (*Veronica officinalis*).
- * In rock gardens and retaining walls, thyme, oregano, winter savory, and pennyroyal can be combined with *Sedum* and *Sempervivum* for an attractive display.

GROWING HERBS ORGANICALLY

Herbs have a great many more uses than those in the culinary world. Some make excellent landscape plants. Rosemary, bay, germander, santolina make excellent permanent plants and are all evergreen in the warmer parts of the country.

Perennial herbs make great garden additions by adding fragrance, foliage texture and flower color. Some of the most beautiful and easiest to grow include the following:
 artemisia (soft silvery gray foliage in summer), garlic and onion chives (summer flowers of white and lavender), sweet marigold (yellow flowers late summer into fall), mealy blue salvia (blue flowers in summer), Gregg salvia (red, pink or white flowers in the south all summer), yarrow (lovely delicate foliage and yellow, white, pink or red flowers in summer), purple coneflower (beautiful white or purple-pink flowers in summer). Elderberry is a spring flowering herb

with berries in late summer and fall.

Some herbs make excellent ground covers. Lamb's ear is a soft-textured, light gray-green herb good for small areas; prostrate rosemary is a very low growing version of the regular rosemary; lanium is a silvery-leafed ground cover good for partially shaded areas; pennyroyal is a tough, low growing evergreen ground cover that is excellent for use between stepping stones; and creeping thyme is not only a durable ground cover but also has flowers in a range of colors from white to lavender. Greek oregano is a good winter hardy ground cover. Gotu kola and gill ivy are also good ground cover herbs.

Some trees are herbs. The most noteworthy is ginkgo. It has interesting, delicate foliage and beautiful yellow fall color.

Herbs can help with insect control and make excellent companion plants for our vegetables and ornamentals. They are great choices for organic gardens - in fact anyone who sprays toxic pesticides on herbs is a nut. People like to pinch, small, taste and eat herbs fresh out of the garden. Besides, pests aren't usually a problem.

Even if your herbs are only to look at, pesticides shouldn't be used on them. The following are some of my favorite herbs:

Bay	Ginkgo	Mint	Southernwood
Basil	Elderberry	Mullein	Sweet marigold
Borage	Lamb's ear	Oregano	Thyme
Chives	Lemon balm	Purple coneflower	Yarrow
Comfrey	Lemongrass	Rosemary	
Garlic	Lemon verbena	Salad bumet	

Bay (*Laurus nobilis*) A slow-growing evergreen that needs protection from hard winters. Bay is tough, easy to grow, has a delicious flavor and is an attractive plant.

Basil (*Ocimum spp.*) Plant after danger of frost in sun or partial shade. Great flower for food or tea.

Borage (*Borago officinalis*) grows about three feet tall. It has gray-green leaves with whitish bristles and blue star shaped flowers that bloom throughout the summer.

Chives (*Allium schoeoprasum*) grows in clumps and look a bit like thin monkey grass. Onion chives have narrow leaves and lavender flowers. Garlic chives (*A. tuberosum*) has wider leaves and white flowers.

Comfrey (*Symphytum officinale*) "The healing herb" has large, fuzzy, 10-inch long leaves, spreads to three feet high by three feet wide and wider and has lovely pink or purple bell shaped flowers which hang gracefully from vertical stems.

Garlic (*Allium sativum*) The foliage of garlic is dark green and grass-like. The flowers on some species are very interesting as they curve around and finally burst open in the early summer. Elephant garlic, actually a leek, has large round decorative flower balls.

Ginkgo (*Ginkgo biloba*) The leaves when used in food or tea are good for your memory. Great, although short lived, yellow fall color. Open lacy overall effect.

Elderberry (*Sambucus canadensis*) A large growing, graceful shrubby perennial with edible purple-black berries from August through September. Grows to 10 feet in most soils and has lovely white flower clusters in the summer.

Lamb's ear (*Stachys byzantina*) A tough, soft, gray, fuzzy-leaved herb, that makes a good small area plant.

Lemon balm (*Melissa officinalis*) An easy-to-grow lemon flavored perennial herb with scalloped edge oval leaves.

Lemongrass (*Cymbopogon citratus*) A grass-like herb that looks like a small scale pampas grass. Its wonderful lemon scent makes it excellent for making tea. If it freezes, which is often in all but tropical areas, just plant new plants each year.

Lemon verbena (*Aloysia triphilla*) In addition to being one of the most delicious flavoring herbs, lemon verbena is a wonderful addition to the landscape garden as well as the herb garden. It will freeze, so it is best treated as an annual.

Mint (*Mentha* spp.) Mints make good landscape ground covers but they spread aggressively. *Mentha pulegium*, pennyroyal, is reported to repel fleas.

Mullein (*Verbascum thapsus*) Common mullein or old man's flannel is a big wildflower that looks like a large, upright version of lamb's ear. Its flowers are yellow, white or purple depending on the variety.

Oregano (*Oreganum* spp.) The strongest in flavor is Greek oregano, which is also an excellent ground cover plant. Excellent in sauces, soups and salads.

Purple coneflower (*Echinacea* spp.) An absolutely terrific perennial herb that should be used in every landscape. Bright pink or white daisy-like flowers with yellow centers.

Rosemary (*Rosmarinus officinalis*) Gray-green shrub that can grow to a height of 4 feet. It freezes in hard winters but is worth replacing every year if necessary. The low-growing ground cover type is *Rosemary prostratus*.

Salad burnet (*Poterium sanguisorba*) A compact, rosette evergreen herb that will reach a height of 2 feet. Lacy foliage provides a pleasant cucumber fragrance.

Southernwood (*Artemisia abrotanum*) My favorite artemisia. It has finely textured, dusty-gray foliage and constant lemon scent that's stronger when crushed.

Sweet marigold (*Tagetes lucida*) French tarragon substitute. It flowers with yellow blossoms in late summer and early fall. Some people call it Mexican mint marigold.

Thyme (*Thymus vulgaris*) I especially like the creeping thymes which make fragrant ground covers. Use between stepping stones, on borders and in stone pockets.

Yarrow (*Achillea millefolium*) Lacy, fern-like foliage and is an evergreen perennial in warmer climates. Colorful flowers on tall stalks which bloom in early summer.

Herb culture: Plant in any well drained soil improved with compost and rock dust. Fertilize twice each year with mild organic fertilizer. It's that easy.

Gathering Flowers, Herbs and Plants:

Before cutting with the Boline, attune with the plant through visualization. Feel its energies. As you cut, say these or similar words:

O little plant of (name, such as hyssop, etc.) I ask that you give of your bounty that it may aid me in my work. Grow stronger by my stroke, stronger and more powerful, O plant of (name)!

If it is a tree, substitute the appropriate word (tree of oak). Gently cut only what you need, and never from very young plants or more than twenty-five percent of the growth. At the base of the plant leave an offering: a silver coin, a bright jewel, a bit of wine or milk, grain, a quartz crystal and so on. Cover the offering and it is done.

MEDICINAL HERBS

For eons herbs have been used for their medicinal, topical and aroma therapeutic properties. Most can be consumed dried or fresh, all can be burned, extracted into oils, ointments, tinctures, poultices and dozens of other applications. They can be grown easily on a sunny windowsill, and are guaranteed to make you feel better - the simple exercise of growing and harvesting your own herbs is very rewarding, let alone their healthy [not to mention tasty] attributes. (To see the folklore and magical properties associated with these herbs, [click here.](#))

From Aloe to Yarrow, following is a compendium of herbs and their medicinal attributes and applications. I have tried to concentrate on common and culinary herbs here, but in the future you can expect to see an expanded list. As an obvious disclaimer, please seek medical attention if you are seriously ill. My personal suggestion is if you have it for more than a week and your remedies aren't working, see a physician.

I have only included one "warning" herb: Valerian root is THE BEST for sleep disorders and nervousness. Mash the root, which grows to just above soil level, and insert into gel capsules [obtainable at your local health food store] and take with beverage. Do not take more than 3 capsules at one time, and don't repeat that dosage again for at least 4 hours. When taken with responsibility, Valerian root can be a beneficial addition to your herbal medicine cabinet.

CONCOCTIONS:

Decoction Mixes [herbs boiled in water]: STRONG = 1 ounce herbs to 2 pints water, simmer 10 minutes, steep 15 minutes; MODERATE = 2/3 ounce herbs to 2 pints water, simmer 10 minutes, steep 15 minutes; WEAK [Tea] = 1/3 ounce herbs to 2 pints water, simmer 8 minutes, steep 15 minutes.

Infusion Mixes [boiling water poured over herbs]: STRONG = 1 ounce herbs to 1 pint water, steep 30 minutes; MODERATE = 2/3 ounce herbs to 1 pint water, steep 20 minutes; WEAK [Tea] = 1/2 ounce herbs to 1 pint water, steep 15 minutes.

Tincture: Place 4 ounces herbs, 4 ounces water, and eight ounces 75% grain alcohol [Everclear] in container and cap very tightly. Store out of any light for two weeks. At least once a day [I do it twice] mix up the herb inside and make sure all is being saturated. At the end of two weeks, drain herbs, cap tightly, and store out of sunlight. Will store a LONG time. [I've never had a batch go bad].

Ointment: Place herbs in sesame oil over low flame until warm and oils are extracted. This process may be repeated over and over, but be careful not to heat it up too much. Drain, allow to cool, and store for external use. Will keep for approximately one month if kept in a cool dark place.

Poultice: Pour boiling water just to wet herbs, but not drown them. Place wet herbs between two sheets of cheesecloth or gauze and apply externally to affected area.

THE HERBS:

Aloe: Internally for ulcers, but ask a pharmacist about an over-the-counter type [powder], and use according to directions. Externally for general

antibiotic superficial wound care, excellent for burns - use gel directly from the plant.

Anise: Internally for general lung ailment, headache, colic, relieves flatulence. Externally as an antiseptic, relief from insect bite, and as an aromatic oil.

Balm: Internally for colds, congestion, fever and flu. As a mild stimulant, will also help to relieve the dragging sleepy feeling that goes with colds/flu.

Barley: For centuries it's been used in soup... here's why: When taken internally, is a nutritive, reduces the risk of cancer, acts as an expectorant, and keeps our lower pipes working the way they should.

Basil: Internally for headache and general pain, nausea and stomach ache, soothes nerves. Externally as an antiseptic and aromatic.

Blackberry: Internally for diarrhea, flu, whooping cough, sore throat/laryngitis, anemia, is a nutritive and provides vitamins. Can be ingested liberally in almost any form you desire. Externally as an astringent and for skin irritations if you don't mind the lingering but truly temporary tattoo it leaves.

Caraway: Internally aids digestion and stomach ache. Externally as an aromatic.

Catnip: Internally for relief of colic, fever and chills, headache, stomach ache, soothes nerves yet is a mild stimulant, aids in relief of nightmares, promotes menstrual discharge.

Cayenne: Internally for colds, relieves chills, is a mild stimulant, source of vitamin C.

Chamomile: Internally for colic, diarrhea, stomach ache, earache, toothache, heartburn, soothes nerves, aids in relief of nightmares, aids digestion, promotes menstrual discharge, in large doses induces vomiting. Externally as an antiseptic and astringent.

Cinnamon: Internally for nausea, stomach ache, colic, relieves flatulence, is a mild stimulant. Externally as an astringent and antiseptic.

Cloves: Internally stomach ache, bronchitis, colic, acts as an expectorant, aids digestion, relieves nausea, relieves flatulence. Externally for toothache [oil], as an anesthetic, antiseptic, and aromatic.

Dandelion: Internally for bladder infections, constipation, jaundice, acts as a diuretic, aids gall bladder kidneys and liver, is a mild stimulant. Externally for skin irritations, acne, as an astringent. Source of vitamins A and E, potassium, iron, magnesium and copper.

Fennel: Internally for stomach ache, aids in digestion, relieves flatulence. Externally as an aromatic.

Garlic: Internally for asthma, bronchitis and lung ailments, is an expectorant, is a diuretic, is a mild stimulant. Externally as an antiseptic.

Lavender: Internally for bronchitis, headaches, toothache, soothes nerves. Externally as an aromatic.

Marigold: Internally is a mild stimulant and strengthens pulse, reduces discomfort of measles. Externally for skin irritations.

Marjoram: chew a fresh leaf to relieve the pain of toothache. Externally for bruises and sprains.

Onion: Internally is a diuretic. Externally as an antiseptic.

Parsley: Internally for colic, jaundice, aids kidneys and liver, is a diuretic, is a mild sedative.

Peppermint: Internally for colds, flu, chills, stomach ache, colic, relieves flatulence, promotes menstrual discharge. Externally as an anesthetic, antiseptic, and an aromatic. Source of magnesium.

Rosemary: Internally for stomach ache, colic, colds, soothes nerves yet is a mild stimulant. Externally for hair conditioning, shine and growth stimulation, is also an aromatic.

Sage: Internally for colic, colds, sore throat [gargle], aids in digestion, is an expectorant, promotes menstrual discharge, reduces discomfort of measles. Externally is antibacterial, antiseptic, and is an aromatic.

Thyme: Internally for stomach ache, colic, colds, cough, is an expectorant. Externally is antiseptic.

Valerian: Internally for sleep disorders, is a diuretic.

Vervain: Internally for asthma, bronchitis, aids kidneys, spleen and liver, promotes menstrual discharge. Externally as an astringent.

Willow: Internally for easing pain, diarrhea [bark]. Externally as an astringent.

Wintergreen: Internally for chills, cramps and menstrual discomforts, is a diuretic, is a mild stimulant, promotes menstrual discharge. Externally as an astringent, as an aromatic.

Witch Hazel: Internally is a mild sedative. Externally as an astringent.

Yarrow: Internally to stop bleeding, for colds and fever. Externally as an astringent and an aromatic. Rumored to keep baldness at bay when used on the scalp.

THE STUDY OF HERBS

ANDELICA: (Sun, fire) The root, carried in a blue cloth bag, is a protective talisman. Was considered to be under the guard of angels and a preventive against plague. The whole root in a blue or white cloth bag protects against evil.

ANISE: (Jupiter, air) Protection. A pillow stuffed with anise seeds keeps evil away.

APPLE: (Venus, water) Love spells. The wood is fashioned into wands and used for love spells and rituals. A large apple eaten at All Hallows brings good luck.

ASAFETIDA: (Saturn, fire) Called Devil's Dung for its disguising odor. Used in exorcism. A small piece worn around the neck guarded against plague.

ASH TREE: (Sun, water) Protective, used to make brooms and healing wands. Leaves placed beneath pillow induce psychic dreams. The winged seeds are carried to prevent overlooking or ill-wishing. Leaves are lucky, especially even ones.

Leaves should be gathered saying:

"Even ash, I do thee pluck,

hoping thus to bring good luck.

If no good luck should come from thee

I shall wish thee on the tree."

BALM OF GILEAD: (Saturn) The buds can be carried to mend a broken heart. Can be added to love and protection charms.

BASIL: (Mars, fire) Wealth and prosperity. Carrying basil in pockets attracts money to them. A wife can dust her upper body with powdered basil to keep her husband faithful.

BAY LAUREL: (Sun, fire) The leaves can be burned or chewed to induce visions. Worn as an amulet to ward off evil. Leaves under the pillow induce prophetic dreams. Can be used for protection and purification. Growing near a house, it protects occupants from infection and storms.

BENZOIN: (Sun, air) Used in purification. A few drops of tincture preserves oils and preparations.

BETONY: (Jupiter, fire) Protection, purification. Stuff a pillow to prevent nightmares.

CHAMOMILE: (Sun, water) Used in prosperity charms and rituals. The tea brings peace and tranquility. Wash face and hair with it to attract a lover.

CARAWAY: (Sun, fire) Worn by witches to prevent capture and hanging. Produces added energy in ritual when used as an incense.

CATNIP: (Venus, water) Creates psychic bond between cat and owner. Used in love spells and incenses.

CELANDINE: (Sun, fire) Helps wearer escape unfair imprisonment or entrapment. Cures depression.

CINNAMON: (Sun, fire) Used in incenses for healing, clairvoyance, high spiritual vibration. Used as a male aphrodisiac.

CINQUEFOIL: (Jupiter, earth) Hang on house entrances for protection. Use in spells and charms for prosperity, purification and protection.

CLOVE: (Sun, fire) Worn to drive away negativity and stop gossip. Cloves strung on red thread can be worn as a protection charm.

CLOVER: (Mercury) Associated with the Triple Goddess. Used in rituals for beauty and youth. Four leaves are carried to see faeries, heal illness, avoid military service, avoid madness and for good luck.

COMFREY: (Saturn, earth) An herb of Hecate, used in rituals to honor the Crone.

CORIANDER: (Mars, fire) Used in love spells and charms. An old spell is to take 7 grains of coriander and grind them in a mortar, saying three times:
"Warm seed, warm heart.
Let them never be apart."
Drop seeds into wine and share with lover.

COWSLIP: (Venus) Brings luck. Posies of cowslips placed under the pillow allows contact with the dead in dreams.

CYPRESS: (Saturn, earth) Connected with death in all aspects. The smoke can be used to consecrate ritual objects.

DAISY: Used to decorate the house on Midsummer's Eve to bring happiness and win the favor of faeries. Worn on the person on Midsummer's Eve for luck and blessings.

DANDELION: (Jupiter) An herb of Hecate, used in Samhain rituals. If you rub yourself all over with it, you will be welcomed everywhere you go and all your wishes will be granted.

DILL: (Mercury, fire) Used in love charms. Hang in children's rooms to protect them.

DRAGON'S BLOOD: (Mars, fire) Love and protection spells. A piece under the bed cures impotency. Place in drawers or cupboards you don't want people looking in with the incantation:
"Dragon's blood, watch and ward
and the dragon guards his hoard."
Carry a piece for good luck. Dissolve in water for a strong purification bath.

ELECAMPANE: (Mercury, earth) Said to have sprung from the tears of Helen when Paris abducted her. Used to raise and sustain the spirits. Can be burned as an incense to aid meditation.

ELDER: (Venus, air) Branches can be used for wands and staffs. Stand beneath it to be protected from lightning. Sleeping beneath it will bring drugged and dangerous dreams of faerieland where one might awaken mad or not at all. Unlucky to bring into house. Leaves attached to door on Beltane eve keeps away evil.

EUCALYPTUS: (Moon, air) For healing charms of all kinds. Surround blue candles with leaves and burn for strong healing vibrations. Hang green pods around neck

to cure colds and sore throats.

EYEBRIGHT: (Sun, air) Anoint eyelids with the infusion daily to induce clairvoyant visions.

FENNEL: (Mercury, earth) Connected with mother's milk and breastfeeding.

FERN: (Saturn, earth) Powerful protectant. Grow in house and in flower vases. Protects house from storm damage.

FRANKINCENSE: (Sun, fire) Aids meditation, induces spiritual frame of mind. General protection.

GARDENIA: (Moon, water) Wear flower to attract love.

GARLIC: (Mars, fire) Extremely protective, carry the bulb with you on trips over water to prevent drowning. Hand in home to protect. Used in exorcisms.

HAWTHORNE: (Mars, fire) Used in protection sachets. Associated with happy marriage. Put into cradles to protect babies. Sitting under the tree on Beltane, Midsummer's Day, or Samhain puts one in danger of being abducted by fairies. Never cut the tree. Burn Hawthorne berries for energy and mediation on change.

HAZEL: (Sun, air) Makes good all purpose wands. Can be used as divining rods. Tie two hazel twigs together with red or gold thread to make the Solar Cross, a good luck charm.

HENBANE: (Saturn, water) ****POISON**** Carried to attract the love of a woman.

HIGH JOHN THE CONQUEROR ROOT: (Saturn, earth) Add to candle anointing oils, charms and sachets to increase their potency.

HOLLY: (Mars, fire) Plant around house for protection. Leaves and berries can be carried to heighten masculinity.

HONEYSUCKLE: (Jupiter, earth) Use in prosperity spells and charms.

HOPS: (Mars, water) Healing incenses and charms. Placed in a pillow will induce sleep. Unwise to use if depressed.

HYSSOP: (Jupiter, fire) For purification baths and protection spells. Associated with serpents and dragons, it can be burned to tap into dragon energy.

IVY: (Saturn, water) Protects the house it grown over. Often given (with holly) to newlyweds.

JASMINE: (Jupiter, earth) Used in love spells and charms.

JUNIPER: (Sun, fire) Protects wearer from accidents. Berries can be dried and strung to attract a lover. Can be used in anti-theft spells and grown at doorstep to protect from thieves.

LAVENDER: (Mercury, air) Purification baths and incenses. Thrown onto fires at Midsummer in tribute to the Gods and to bring visions and inspiration. Carry to attract men. Scent induces sleep. Brings clarity and focus to workings.

LEMON BALM: Brink as an infusion to soothe away emotional pains after a breakup. Useful in recovering from trauma and sexual assault. Drives away low spirits, increases fertility.

LEMON VERBENA: (Venus, air) Wear as a love charm and to increase attractiveness. Add to charms to increase their power. Hand sprig around neck to stop dreaming.

LINDEN: (Jupiter) Conjugal love and longevity.

LOVAGE: (Sun, water) For cleansing baths. Carry to attract love.

MANDRAKE: (Mercury, earth) Strong protection for home. Carried by women who want to conceive and men to cure impotency. Sleep with it in the bed for three nights under a full moon. Carry for courage.

MARIGOLD: (Sun, fire) Renews energy wherever vase is placed. Wear flowers to see who has stolen from you.

MARJORAM: (Mercury, air) Add to love charms. Put a bit in every room.

MEADOWSWEET: (Jupiter, water) Arrange fresh flowers on altar when mixing love charms or performing love spells. Wear garland at Lammas to join the essence of the Goddess.

MISTLETOE: Protective, anti-lightning.

MUGWORT: (Venus, air) Put into shoe for protection and to prevent fatigue. Mugwort tea induces clairvoyance. Rub fresh leaves on scrying mirrors or crystal balls to strengthen divination. Add to scrying, clairvoyance and divination incenses. One of the strongest protectants. Hang in house to guard against lightning. Place under doorstep to keep unwanted people out. Fill pillow to induce vivid dreams.

MULLEIN: (Saturn, fire) Wear to develop courage and protect from wild animals. Drives away evil.

MYRRH: (Sun, water) Purification, protection. Used to consecrate tools.

MYRTLE: (Venus, water) Sacred to Venus, used in love charms and spells. Grown indoors, it brings good luck. Carry leaves to attract love or the wood to preserve youth. Make magick charms from wood. Wear fresh leaves during love spells.

NETTLE: (Mars, fire) Stuff a poppet with nettles to send bad vibrations or curses back to the sender. Carry for courage, add to protection charms. An anti-toxin.

NUTMEG: (Jupiter, air) Carry one to strengthen clairvoyant powers and prevent rheumatism.

OAK: (Sun, fire) Sacred tree. Burn leaves for purification. Make wands from wood. Carry acorns for fertility, youth and wellness. Hang in windows to protect house. Men can carry acorns to increase sexual attractiveness and prowess.

OLIVE: Sacred to Athens. Symbol of peace and wealth, sign of safe travel.

ONION: (Mars, fire) Protection, healing. Place cut onions in a room to absorb illness. Leave overnight, discard in the morning.

ORANGE: (Sun, water) Dried peel is added to love and fertility charms and used in solar incense. Good luck.

ORRIS ROOT: (Venus, water) Add to love charms, baths and incenses.

PARSLEY: Symbolic of death.

PATCHOULI: (Sun, earth) Carry as an aphrodisiac and to attract lovers.

PENNYROYAL: (Venus, earth) Put in shoe to prevent weariness. Carry to prevent sea-sickness. Highly abortive.

PEPPER: (Mars, fire) Protection.

PEPPERMINT: (Venus, air) Healing, good in bath. Used to cool off arguments.

PERIWINKLE: (Venus, water) Hang in house for protection.

PIMPERNEL: (Mercury, air) Wear to detect falsehoods and to prevent others from lying to you.

PINE: (Mars, earth) Burn as a winter incense. Nuts are eaten and carried for fertility. Needles can be added to healing and cleansing baths.

POPPY: (Moon, water) Eat seeds for fertility. Carry for prosperity.

ROSE: (Venus, water) Carry to attract true love. Drink tea of petals for divinatory dreams. Add to charms for sleep, love and healing. Drink tea to promote beauty. Mix petals with regular tea to attract love.

ROSEMARY: (Sun, fire) Protection. Wear to aid memory and learning. Used in sea rituals and sea magick. Wash hands with infusion before magick as a substitute for a ritual bath. Drink tea to make mind alert. Linked to fidelity, love and happy memories. Place under pillow to ward off nightmares.

ROWAN: (Sun, fire) Tie 2 twigs together with red thread for good luck and protection charm. Use for divining. Berries can be used in a good luck amulet.

RUE: (Sun, fire) Add to charms to keep illness away. A sprig can be dipped in water and used to sprinkle an area for purification.

SAFFRON: (Sun, fire) Prosperity and healing.

SAGE: (Jupiter, earth) Prosperity and healing. Safeguards health, promotes longevity. Grows best in the gardens of the wise.

ST. JOHN'S WORT: (Sun, fire) Protective. Wards off fever and illness. Burn as a banishing or exorcism incense. Wear to instill courage and strengthen the will. Drink tea to cure melancholy. Hang branches over bed to prevent nightmares.

SANDALWOOD: (Moon, air) Use in purifying, protection and healing incenses.

SUNFLOWER: (Sun, fire) Brings blessings of the Sun into the garden. Seeds can be

eaten by a woman who wants to conceive.

THYME: (Venus, air) Purifying incense. Use in magickal cleansing baths. Sniff for refreshment and renewed energy. Wear to protect self from grief during funerals.

VALERIAN: (Mercury, water) Use in love charms and spells and in purification baths.

VANILLA: (Jupiter, fire) The bean can be used in a love charm. The oil can be worn as an aphrodisiac.

VERVAIN: (Venus, water) Sacred to the Druids, used for cleansing. Hang above bed to keep away nightmares. Used in love and protection charms. Incense brings good luck and inspiration.

VIOLET: (Venus, water) Mix with lavender for a powerful love charm. Violet cures headaches and absorbs ill-will and evil spells.

WALNUT: (Sun, fire) Carry to promote fertility and strengthen heart.

WILLOW: (Moon, water) Make wand for healing. Brings moon blessings when on your property.

WORMWOOD: (Mars, air) Burn to raise spirits. Used in divinatory and clairvoyant incenses. Burn in fire on Samhain to protect against roaming spirits. Give to the dying to enable them to go in peace.

YARROW: (Venus, water) Love and marriage charms. Keeps a couple together for at least 7 years. Wards off negativity when worn. Drink tea to enhance the powers of perception.

Acacia

Acacia Sp.

Planet: Sun

Element: Air

Description: Tree

Part Used: Gum (see Gum Arabic), wood, flowers

Uses: Incense to stimulate psychic powers. Prosperity spells. A good incense for consecration of ritual tools or blessing any sacred space. Aspergers may be made from the fresh twigs and flowers.

Adam and Eve Root

Orchis Sp.

Planet: Venus

Element: Water

Description: Root of an orchid

Part Used: Root

Uses: Very popular in Hoodoo, Santeria and other related faiths, available at Botanicas. Love spells, carried as an herbal amulet to attract love.

Agrimony

Agrimonia eupatoria

Planet: Jupiter

Element: Air

Description: Herb

Part Used: Herb

Uses: Protection against hostile magic, exorcism, turning negative spells back to the sender. Used in sleep pillows to aid insomnia due to worrying.

Ague Root

Aletris farinosa

Planet: Sun

Element: Fire

Description: Herb

Part Used: Herb

Uses: Protection as a scattering herb or in an amulet bag. Reversing negative spells.

Alkanet

Anchusa sp.

Planet: Jupiter

Element: Water

Description: Herb

Part Used: Herb

Uses: Burned for purification, prosperity spells.

Almond

Prunus dulcis

Planet: Jupiter

Element: Air

Description: Tree

Part Used: Wood, nuts

Uses: Prosperity, nuts eaten for wisdom, used as an amulet for finding treasure. Aids in developing psychic abilities or in divination. As an incense for invoking Artemis, Hecate, and Zeus. The nuts may be eaten alone or in food, the wood may be made into tools or incense. Sweet almond oil makes a good carrier oil for essential oils or base for massage oil.

Aloe

Aloe vera, Aloe sp.

Planet: Moon

Element: Water

Description: Herb

Part Used: Herb

Uses: Herb grown for protection, prevents accidents. Fresh leaves good for burns from hot candle

wax or incense coals.

Aloes, Wood

Aquilaria agallocha

Planet: Venus

Element: Water

Description: Tree

Part Used: Wood

Uses: Carried to attract love, burned to purify, raise spiritual level. Difficult to find and expensive.

Available from purveyors of high end Buddhist and Japanese incenses.

Althea (Marshmallow)

Althea officinalis

Planet: Mercury

Element: Water

Description: Herb

Part Used: Herb

Uses: Protection, increases psychic abilities, attracts positive spirits.

Alyssum

Alyssum sp.

Planet: Moon

Element: Water

Description: Herb

Part Used: Herb

Uses: Calms anger, protection against manipulative magic.

Amaranth

Amaranthus sp.

Planet: Saturn

Element: Fire

Description: Herb

Part Used: Flowers

Uses: Healing, easing emotional loss.

Anemone

Anemone sp.

Planet: Mars

Element: Fire

Description: Herb

Part Used: Flowers, herb

Uses: Flowers used in healing rituals, plant grown for protection. Chinese flower of death.

Egyptian symbol of sickness. Offered in rituals to Venus and Adonis.

Angelica

Angelica archangelica

Planet: Sun

Element: Fire

Description: Herb

Part Used: Root, essential oil

Uses: Very powerful protection herb, used powdered in healing and exorcism incenses, herb scattered for protection, oil in bath for uncrossing. Protects against negative energy and attracts positive energy. Grants deeper understanding and insight.

Anise

Pimpinella anisum

Planet: Jupiter

Element: Air

Description: Herb

Part Used: Seeds, Leaves

Uses: Aids in finding happiness. Seed in sleep pillow to prevent disturbing dreams, incenses for protection and meditation, in bath for purification. Fresh leaves for exorcism and protection.

Traditionally used in wedding sweets. Used to invoke Mercury and Apollo.

Apple

Pyrus sp.

Planet: Venus

Element: Water

Description: Tree

Part Used: Wood, flowers, fruit

Uses: Sacred to Aphrodite. Love spells, brews, sachets, and incense. Healing, maintaining health. The wood is used for wands.

Apricot

Prunus armeniaca

Planet: Venus

Element: Water

Description: Tree

Part Used: Fruit, leaves and flowers

Uses: Fruit used in love spells. Leaves and flowers used in love sachets.

Arabic, Gum

Accacia vera

Planet: Sun

Element: Air

Description: Tree

Part Used: Resin

Uses: Purification, increased spirituality.

Arbutus

Arbutus sp.

Planet: Mars

Element: Fire

Description: Flowering shrub

Part Used: Leaves

Uses: Purification, protection, exorcism.

Asafoetida

Ferula foetida

Planet: Mars

Element: Fire

Description: Herb

Part Used: Resin

Uses: As an incense for exorcism, protection. Smells foul, use only in emergency. Will strip the charge from any magical tools in the vicinity when used. They will have to be reconsecrated and recharged. Use only a very, very small piece, the size of the head of a glass headed pin. Can be found in Indian Grocery stores as it is used there as a spice.

Ash

Fraxinus excelsior or americana

Planet: Sun

Element: Fire

Description: Tree

Part Used: Wood, leaves, seeds

Uses: Used to remove unwanted energies, spells and hexes. Ash leaf tucked in a car or on a motorcycle provides protection from accidents. Wood used for making wands. Leaves for prophetic dreams. Protection, healing. An elf tree. The seeds are protective against hostile magic. Used for healing and prosperity spells.

Aspen

Populus sp.

Planet: Mercury

Element: Air

Description: Tree

Part Used: Leaves

Uses: Anti theft spells.

Aster

Callistephus chinensis

Planet: Venus

Element: Water

Description: Herb

Part Used: Flowers

Uses: Carried for love or added to love sachets.

Avens

Geum urbanum

Planet: Jupiter

Element: Fire

Description: Herb

Part Used: herb

Uses: Exorcism, purification, protection amulets.

Balm, Lemon

Melissa officinalis

Planet: Moon

Element: Water

Description: Herb

Part Used: Whole plant

Uses: Love, healing, success. Carried in an amulet or used as a bath herb to attract love into your life. Rids you of depression as well.

Balm of Gilead

Populus tremuloides

Planet: Venus

Element: Water

Description: Tree

Part Used: Buds

Uses: Love, healing emotional loss, healing, protection. The buds are included in love sachets.

Also assists in healing from the loss of a loved one. Carried for healing and protection.

Bamboo

Bambusa sp.

Planet: Sun

Element: Fire

Description: Shrub or tree

Part Used: Plant, wood

Uses: Grown for luck and protection. Wood for protection, breaking hexes. Ground bamboo is used as a commercial incense base for self burning incense power. In this form it is called Bamba

Banana

Musa sp.

Planet: Venus

Element: Water

Description: Shrub

Part Used: Fruit, leaves and flowers

Uses: Fertility, curing impotence, money and prosperity.

Basil

Ocimum basilicum

Planet: Mars

Element: Fire

Description: Herb

Part Used: Whole plant

Uses: Associated with dragons, basilisks and salamanders. Used in rituals of the dead and planted on graves. Used to invoke Vishnu or Krishna. Love, exorcism, prosperity, courage, purification, protection. Dispels confusion, fears, weakness, drives off hostile spirits. Used to purify sacred space.

Bay

Laurus nobilis

Planet: Sun

Element: Fire

Description: Shrub

Part Used: Leaves

Uses: Sacred to Apollo. Leaves can be used as amulets or in amulet bags for protection.

Protection, purification, exorcism, prophetic dreams, strength, protects against poltergeists and lightning. Attracts love.

Bedstraw, Fragrant

Galium triflorum

Planet: Venus

Element: Water

Description: Herb

Part Used: Whole plant

Uses: Love

Benzoin

Styrax benzoin

Planet: Sun

Element: Air

Description: Tree

Part Used: Gum

Uses: Mostly as incense or in scented oil. Purification, protection, exorcism. Storax substitute, attracts customers. Aids in spiritual ventures. Helps concentration and mental faculties. Sacred to Venus, Aphrodite and Mut. Aids in conquering selfishness.

Betony, Wood

Betonica officinalis

Planet: Jupiter

Element: Fire

Description: Herb

Part Used: Whole plant

Uses: Placed in amulets and sachets intended to drive away negativity and hostile forces.

Protective when grown in the garden. Purification, protection, love, preventing bad dreams.

Birch

Betula sp.

Planet: Venus

Element: Water

Description: Tree

Part Used: Twigs 7.00

Uses: Protection, exorcism, purification. Sacred to Thor. It is held that the Great Mother looks poorly on those who take its bark. If you wish to have some, collect it from downed branches or trees felled by lightning. The twigs were used to divert the evil eye.

Bistort

Polygonum bistorta

Planet: Saturn

Element: Earth

Description: Herb

Part Used: Whole plant

Uses: Psychic ability, fertility, money

Bittersweet Nightshade

Solanum dulcamara

Planet: Mercury

Element: Air

Description: Herb

Part Used: Whole plant

Uses: Protection when hung in a secret place in the home, healing, forgetting past loves, vertigo.

Poisonous if taken internally.

Blackberry

Rubus villosus

Planet: Venus

Element: Water

Description: Shrub

Part Used: Leaves and berries

Uses: Healing, money, protection.

Bladderwrack (Kelp)

Fucus visiculosus

Planet: Moon

Element: Water

Description: Seaweed

Part Used: Whole plant

Uses: Protection at sea, summoning the wind and spirits of the sea, money, psychic ability, preventing mental illness.

Blue Flag

Iris versicolor

Planet: Venus

Element: Water

Description: Herb

Part Used: Root

Uses: Attracts business, money. Poisonous if taken internally.

Boneset

Eupatorium perfoliatum

Planet: Saturn

Element: Water

Description: Herb

Part Used: Whole plant

Uses: Protection and exorcism.

Borage

Borago officinalis

Planet: Jupiter

Element: Air

Description: Herb

Part Used: Whole plant

Uses: Aids in developing Courage, or psychic ability. Aids in overcoming depression. The flowers are edible and lovely in salads.

Broom

Cytisus scoparius

Planet: Mars

Element: Air

Description: Shrub

Part Used: Twigs, leaves

Uses: Purification, protection, psychic ability. Somewhat toxic internally.

The twigs may be bound together to form the sweeping portion of a besom to ritually purify the circle. For this purpose the floor is swept with the broom held above the surface, not touching the floor. It may also be used as an asperger.

Calamus

Acorus calamus

Planet: Moon

Element: Water

Description: Herb

Part Used: Root, leaves

Uses: Luck, healing, money, protection. Pieces of root placed in each corner of the kitchen prevents hunger and poverty. Used as a strewing herb in temples.

Calendula, See Marigold

Camphor

Cinnamomum camphora Planet: Moon

Element: Water

Description: Tree

Part Used: Gum extracted from wood

Uses: Chastity, health, divination. Used to invoke Diana, or any Maiden Goddess, or the Moon or Moon Goddesses. Cleanses and purifies the temple of negative energy. Burned as an incense to aid in divination.

Caraway

Carum carvi Planet: Mercury

Element: Air

Description: Herb

Part Used: Seeds, oil

Uses: Protection, lust, health, anti-theft, mental powers. Putting the seeds inside an item renders it theft proof as does anointing with the oil. Used to consecrate magical tools. Placed in sachets to discourage theft or grown in the garden. May be thrown at weddings to ensure the couple remain together and faithful.

Cardamon

Elettario cardamomum Planet: Venus

Element: Water

Description: Herb

Part Used: Seeds and seed pods

Uses: Lust, love. May be used in baking pastries for amatory purposes, or for flavoring hot beverages such as chocolate or coffee.

Catnip

Nepeta cataria Planet: Venus

Element: Water

Description: Herb

Part Used: Whole plant

Uses: Protection while sleeping. Tea drunk before divination or clairvoyant work. Sacred to Bast and should be used in any ritual involving cats or cat deities. Love, beauty, happiness. Used with rose petals in love sachets. Used in fertility charms but do not take internally if pregnant.

Cedar

Cedrus sp. , *Thuja plicata*

Planet: Sun

Element: Fire

Description: Tree

Part Used: Needles and twigs

Uses: Very purifying as an incense, oil or strewing herb. Healing, purification, money, protection. Forces hostile or negative forces to depart. Cedar smoke purifies the home. Use it in smudge sticks, incense and sweat lodges. The scent is said to enhance psychic powers. Used in work to strengthen magical powers. Particularly useful in consecrating the wand. Carrying the twigs is said to bring money. Used to invoke Wotan.

Celery

Apium graveolens

Planet: Mercury

Element: Fire

Description: Herb

Part Used: Leaves, seeds and stems

Uses: Mental powers, lust, psychic ability. Improves concentration. Drink a tea of the seeds prior to divination.

Chamomile

Anthemis nobilis or *Matricaria chamomilla* Planet: Sun

Element: Water

Description: Herb

Part Used: Flowers, leaves

Uses: Money, sleep, love, purification. In pillows intended to bring sleep or divinitory dreams. Healing, aids depression and stress. Adding it to a sachet or spell increases the chances of it's success. Used to invoke Karnayna. When sprinkled around the house it removes hexes, curses and spells. It can be burned or added to prosperity bags to increase money.

Cherry

Prunus avium

Planet: Venus

Element: Water

Description: Tree

Part Used: Fruit, bark, wood

Uses: Love. May be served to ones beloved. Creativity, Healing. Cherry juice is used as a substitute for blood in old recipes. The wood makes a good wand. Cherry was one of the trees of the Druids and chips of the wood were added to the sacred fire.

Chickweed

Stellaria media

Planet: Moon

Element: Water

Description: Herb

Part Used: Whole plant

Uses: Fidelity and love. Carry to attract a new love or to maintain an existing one.

Chicory

Cichorium intybus

Planet: Sun

Element: Air

Description: Herb

Part Used: Whole plant

Uses: Removing obstacles, favors, frugality, silence and secrecy. Chicory is one of the herbs called for in spells for invisibility which in fact does not render you invisible, simply makes you less noticable. It was carried for frugality and to remove obstacles. Rubbing it on your body will bring favors from highly placed persons.

Chili Pepper

Capsicum sp.

Planet: Mars

Element: Fire

Description: Herb

Part Used: Fruits

Uses: Hex breaking, love. May be used in food served to the beloved as an aphrodesiac. The powder may be sprinkled around your home to break a spell cast against you.

Cinnamon

Cinnamomum zeylanicum

Planet: Sun

Element: Fire

Description: Tree

Part Used: Bark

Uses: Burned as an incense or carried for spirituality, success, healing, power, lust, protection, love. Aids in focusing the mind and brings understanding. Clears away obstacles. May be used as a seasoning in pastries or food for a love feast to encourage amore. Increases concentration. Enhances your psychic ability.

Cinquefoil

Potentilla canadensis or *Potentilla reptans*

Planet: Jupiter

Element: Fire

Description: Herb

Part Used: Whole plant

Uses: Money, protection, prophetic dreams of your perfect partner when used as an incense, sleep. Increases the strength of any magical work. Good herb for those who fish either as a sport

or for a living. Referred to as Five Fingered Grass in Hoodoo. Make a wash to wipe down the floors and counters of a place of business to bring business. Carrying the root will improve your abilities at communication and persuasion as well as warding off hostile magic. May be used in the bath for uncrossing or removing spells cast against you.

Clove

Caryophyllus aromaticus

Planet: Jupiter

Element: Fire

Description: Tree

Part Used: Buds

Uses: Protection, exorcism, love, money as an incense or wash. Used in incense to increase psychic abilities. Aids those who seek astral sight. May be used in amatory foods like Cinnamon and Cardamom. The incense purifies an area and raises the spiritual vibrations. Also burned to stop gossip.

Clover

Trifolium sp.

Planet: Mercury

Element: Air

Description: Herb

Part Used: Leaves and flowers

Uses: Protection, money, love, fidelity, exorcism, success, luck. Used in the consecration of magical tools which are made of copper. May be carried in a sachet, made into a wash, or burned as an ingredient in incense.

Coltsfoot

Tussilago farfara

Planet: Venus

Element: Water

Description: Herb

Part Used: Whole plant

Uses: Love sachets, smoke the leaves to bring on visions, may be combined with damiana for this purpose. May also be used in incense.

Columbine

Aquilegia sp.

Planet: Venus

Element: Water

Description: Herb

Part Used: Whole plant

Uses: Carry for courage. The seeds are used for a love spell in which they are crushed and rubbed on the hands.

Comfrey

Symphytum officinale

Planet: Saturn

Element: Water

Description: Herb

Part Used: Whole plant

Uses: Money, safety during travel, and any Saturnian purpose. Workings of stability, endurance and things related to real estate or property in some way.

Copal

Bursera odorata

Planet: Sun

Element: Fire

Description: Tree

Part Used: Resin

Uses: Used in love, purification incense. Mexican magic.

Coriander

Coriandrum sativum

Planet: Mars

Element: Fire

Description: Herb

Part Used: Seeds

Uses: Love, health, healing, protection, aids in maintaining independence. Protects when grown in the garden or hung in the home. Brings peace and security.

Cubeb

Piper cubeba

Planet: Mars

Element: Fire

Description: Herb

Part Used: Berries

Uses: Love and sex as an incense, in sachets.

Cumin

Cuminum cyminum

Planet: Mars

Element: Fire

Description: Herb

Part Used: Seeds

Uses: Protection, fidelity, exorcism, as an incense. Used in amulets for protection. Used in cooking to improve sex drive.

Cypress

Cupressus sempervirens

Planet: Saturn

Element: Earth

Description: Tree

Part Used: Needles, twigs

Uses: Longevity, healing, comfort, protection. Has associations with death, eternity and immortality. Used in rituals to communicate with the dead, or honor them.

Daffodil

Narcissus sp.

Planet: Sun

Element: Fire7.00

Description: Herb

Part Used: Bulb, flowers

Uses: When grown it is protective and drives off negative influences. The flowers may be used for love rituals, or in the bedroom for fertility.

Damiana

Turnera diffusa

Planet: Mars

Element: Fire

Description: Shrub

Part Used: Leaves

Uses: Lust spells, potions, smoking mixtures, and incense. May be used as a tea to improve psychic ability or burned to induce visions.

Dandelion

Taraxacum officinale

Planet: Jupiter

Element: Air

Description: Herb

Part Used: Whole plant

Uses: Protective when grown or used in mixtures. Particularly good at defeating negativity. The root is used to brew a beverage like coffee that aids telepathy and can help visions.

Datura

Datura sp.

Planet: Saturn

Element: Water

Description: Herb

Part Used: Leaves

Uses: Breaking spells as a scattering herb. Protection. A sacred plant to the Aztecs. Made somewhat famous by Carlos Castaneda. Poisonous.

Dill

Anethum graveolens

Planet:Mercury

Element: Fire

Description: Herb

Part Used: Seed, plant

Uses:Protection, banishing, mental clarity and rationality. Used to break enchantments. Placed over doors and windows to keep out negativity. Purifying spaces.

Dittany of Crete

Origanum dictamnus

Planet:Venus

Element: Water

Description: Trailing herb

Part Used: Leaves

Uses: Burned as an incense to allow spirits to manifest physically or to aid astral projection. Used to invoke Persephone and Osiris.

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Dock

Rumex sp.

Planet: Jupiter

Element: Air

Description: Herb

Part Used: Seeds

Uses: Brewed like tea and sprinkled in a shop or business it draws in business. Money spells

Dragons Blood

Daemonorops draco or Dracaena draco

Planet: Mars

Element: Fire

Description: Palm tree or shrubby plant

Part Used: Resin00

Uses: Increases the strength of other incences, purifies, protects. Used to make Dragons Blood ink which is used to seal documents. Used to consecrate ritual tools.

Elder

Sambucus sp.

Planet: Venus

Element: Water00

Description: Shrub to tree

Part Used: Flowers, berries, wood

Uses: Exorcism, protection, healing, prosperity, sleep. Sleep pillows are made of the dry flowers. The tree planted in the garden is protective. It is unfortunate to cut the wood or burn it. A gift must be left by the tree when gathering twigs as the tree is sacred to the Lady. Twigs are attached to barns with red yarn to protect livestock and leaves are hung by doors and windows to prevent negativity from entering the home.

Elecampane

Inula helenium

Planet: Mercury

Element: Air

Description: Herb

Part Used: Whole plant

Uses: Love, protection, psychic abilities. Associated with elves. In a sachet to attract love. Used as an incense to purify initiates.

Elm

Ulmus sp.

Planet: Saturn

Element: Water

Description: Tree

Part Used: Leaves

Uses: Associated with Odin, Hoenin and Lodr. Said to aid in communication with elves and fairies. Attracts love when carried. The leaves are placed under the pillow to encourage prophetic dreams.

Eucalyptus

Eucalyptus sp.

Planet: Moon

Element: Water

Description: Tree00

Part Used: Leaves and oil

Uses: Healing and protection. The branches may be placed in the sick room to speed recovery. The leaves are used in protection sachets.

Euphorbia

Planet: Saturn

Element: Water

Description: Herb

Part Used: Leaves

Uses: Purification, protection. The plant is grown for protection. Poisonous and the sap can be irritating to the skin.

Eyebright

Planet: Sun

Element: Air

Description: Herb

Part Used: Whole plant

Uses: Mental and psychic abilities. A good herb to encourage a positive outlook. Improves the memory and encourages rationality. An infusion is applied to the eyelids to increase psychic ability, or the herb is carried for this purpose.

Fennel

Foeniculum vulgare

Planet: Mercury

Element: Fire

Description: Herb

Part Used: Seeds, stalks

Uses: Protection, healing, purification. Protective when grown in the garden or hung over the doors and windows. An infusion is used to bring courage and give strength in a bad situation. Maintains fertility and virility.

Fenugreek

Trigonella foenum-graecum

Planet: Mercury

Element: Air

Description: Herb

Part Used: Seeds

Uses: Money, used as an infusion to wash the floors. An infusion brings the "wisdom of Apollo" if drunk. Used in incense for Apollo.

Fern

Many sp.

Planet: Mercury

Element: Air

Description: Herb

Part Used: Leaves and stems

Uses: Protection, exorcism when the dried plant is tossed into the fire, will bring rain if done

outdoors.

Fig

Ficus carica

Planet: Jupiter

Element: Fire

Description: Shrub to tree

Part Used: Branches

Uses: Divination, fertility, love, luck when grown.

Figwort

Scrophularia nodosa

Planet: Venus

Element: Water

Description: Herb

Part Used: Whole plant

Uses: Health, protection when worn.

Flax

Linum usitatissimum

Planet: Mercury

Element: Fire

Description: Herb

Part Used: Seeds, flowers

Uses: Money, protection, beauty, psychic abilities, healing. Seeds are used in money spells. The flower is burned as incense or worn to protect against hostile magic. The seeds, mixed with red pepper, kept in a box in the home protect it.

Fleabane

Inula dysenterica

Planet: Venus

Element: Water

Description: Herb

Part Used: Whole plant

Uses: Exorcism, protection, chastity

Foxglove

Digitalis purpurea

Planet: Venus

Element: Water

Description: Herb

Part Used: Whole plant

Uses: Associated with fairies. The plant is grown in the garden to protect the household and attract fey. The plant is poisonous, do not ingest.

Frankincense

Boswellia thurifera or *carterii*

Planet: Sun

Element: Fire

Description: Shrub to tree

Part Used: Resin

Uses: Used as incense for spiritual development. Protection, exorcism, spirituality. The resin is smouldered on burning charcoal as an incense. Raises the vibration of the room where burned and drives away negativity. Used in sachets for success. Associated with a number of deities including Bel, Apollo, Adonis, and Demeter. Improves focus on task at hand.

Fumitory

Fumaria officinalis

Planet: Saturn

Element: Earth

Description: Herb

Part Used: Whole plant

Uses: Consecration, protection, money, exorcism. Associated with the underworld. An infusion is

cast about the home to attract money. Herb is smouldered to exorcise an area or thing. Herb00

Galangal

Alpinia galanga or *Alpinia officinarum*

Planet: Mars

Element: Fire

Description: Herb

Part Used: Root

Uses: Carried for protection. Burned as incense to remove evil spells. Carried to improve psychic abilities and bring good health. Galangal is in the same family as ginger and if it is not available ginger may be used. Galangal is sold in Oriental markets as it is used as a seasoning in Thai food.

Gardenia

Gardenia sp.

Planet: Moon

Element: Water

Description: Shrub

Part Used: Flowers

Uses: Fresh flowers are used for love, regaining health. The dried petals are strewn to bring peace or used in healing sachets.

Garlic

Allium sativum

Planet: Mars

Element: Fire

Description: Herb

Part Used: Bulb

Uses: Protection from evil, purification of spaces and things. Used to invoke Hecate. Sacred to Cybele. Guards against negative magic, and spirits. Health and happiness are attracted by the bulbs. Exorcism, particularly the repulsion of vampires. Used to stimulate lust and as an aphrodisiac. Anti-theft.

Gentian

Gentiana sp.

Planet: Mars

Element: Fire

Description: Herb

Part Used: Leaves

Uses: Adds power to other herbs. Added to love baths. Adds power to incense mixtures.

Geranium

Pelargonium sp.

Planet: Venus

Element: Water

Description: Herb

Part Used: Whole plant

Uses: Grown for protection. Pink flowered varieties are used for love magic. White flowered ones are used for fertility. Red flowered ones are used for protection and healing. Scented varieties are used according to their scent.

Ginger

Zingiber officinalis

Planet: Mars

Element: Fire

Description: Herb

Part Used: Root

Uses: Love spells in food, as incense or in a sachet. Grown for prosperity. Added to other herbs to ensure the success of a spell and increase its power. Improves health when eaten or carried.

Ginseng

Panax quinquefolius

Planet: Sun

Element: Fire

Description: Herb

Part Used: Root

Uses: Carried to bring love, health and beauty. Counteracts negative magic. The root is available in Oriental markets in many forms.

Goldenrod

Solidago odora

Planet: Venus

Element: Air

Description: Herb

Part Used: Flower

Uses: Money spells.

Golden Seal

Hydrastis canadensis

Planet: Sun

Element: Fire

Description: Herb

Part Used: Root

Uses: Used internally and externally for healing, also in incense for that purpose. Also used in money spells. Often available in health food stores as it has medicinal qualities.

Gorse

Ulex europaeus

Planet: Mars

Element: Fire

Description: Shrub

Part Used: Leaves

Uses: Brings money. Grown for protection.

Gotu Kola

Hydrocotyl asiatica

Planet: Moon

Element: Water

Description: Herb

Part Used: Leaves

Uses: Meditation incense burned to prepare the space prior to meditation.

Grape

Vitis vinifera

Planet: Moon

Element: Water

Description: Shrubby vine

Part Used: Fruit

Uses: Associated with Dionysus, Hathor and Bacchus. Used as a food to improve fertility. The oil pressed from the seeds is a good carrier oil for essential oil blends.

Hawthorn

Crataegus sp.

Planet: Mars

Element: Fire

Description: Tree

Part Used: Berries, twigs

Uses: The flowers are used to bring fertility and are often used in marriage ceremonies. The leaves are placed under the mattress to enforce chastity. Used by fishermen to attract fish when carried as a charm. Grown for protection. Brings happiness and dispels depression and stress. Associated with the fae. Harvest only fallen trees for wood and always leave behind an offering.

Hazel

Corylus sp.

Planet: Mercury

Element: Air

Description: Tree

Part Used: Nuts, wood

Uses: Any part of the plant can be used in spells to increase mental abilities. Often used for wands. Carry the nuts or hang in the home to bring luck. Eat the nuts to encourage fertility. Place twigs in the windows for protection from lightning.

Heather

Erica sp. or Calluna sp.

Planet: Venus

Element: Water

Description: Sub-Shrub

Part Used: Leaves and twigs

Uses: Protection, rain, luck. Burned in combination with ferns to bring rain.

Heliotrope

Heliotropium europaeum or H. arborescens

Planet: Sun

Element: Fire

Description: Herb

Part Used: Whole plant

Uses: Exorcism scattering blends and incenses, put under the pillow it stimulates prophetic dreams, healing sachets, attracts wealth when carried.

Hibiscus

Hibiscus sp.

Planet: Venus

Element: Water

Description: Shrub

Part Used: Flowers

Uses: Love, lust, divination. Used in love brews, makes a pleasant tasting tea.

High John The Conqueror

Ipomoea purga or I. jalapa

Planet: Mars

Element: Fire

Description: Vine

Part Used: Root

Uses: Money, love, success, happiness. Poisonous, do not take internally. Carried for all purposes listed.

Holly

Ilex sp.

Planet: Mars

Element: Fire

Description: Shrub to tree

Part Used: Leaves, wood

Uses: Protection against evil, brings luck, protective against lightning.

Honesty

Lunaria sp.

Planet: Moon

Element: Earth

Description: Herb

Part Used: Seed pods

Uses: Money spells

Honeysuckle

Lonicera sp.

Planet: Jupiter

Element: Earth

Description: Vine

Part Used: Flowers

Uses: Ring a green candle to draw prosperity, psychic abilities, protection. Grown for protection.

Hops

Humulus lupulus

Planet: Mars

Element: Air

Description: Vine

Part Used: Seed pods

Uses: Healing, sleep. Hop stuffed pillows aid sleep.

Horehound

Marrubium vulgare

Planet: Mercury

Element: Air

Description: Herb

Part Used: Leaves

Uses: Money, healing

Horseradish

Cochlearia armoracia

Planet: Mars

Element: Fire

Description: Herb

Part Used: Root

Uses: Purification, exorcism. Sprinkle around home, on door and windowsills to drive out evil.

Hyssop

Hyssopus officinalis

Planet: Jupiter

Element: Fire

Description: Sub-shrub

Part Used: Leaves and flowers

Uses: Purification, protection

Indian Paint Brush

Castilleja sp.

Planet: Venus

Element: Water

Description: Herb

Part Used: Flowers

Uses: Love

Iris

Iris sp.

Planet: Venus

Element: Water

Description: Herb

Part Used: Flowers

Uses: Purification, wisdom, faith, courage

Irish Moss

Chondrus crispus

Planet: Moon

Element: Water

Description: Seaweed

Part Used: Whole plant

Uses: Money, luck, protection

Ivy *Hedera sp.*

Planet: Saturn

Element: Water

Description: Vine

Part Used: Leaves

Uses: Protection, healing.

Jasmine

Jasminum sp.

Planet: Moon

Element: Water

Description: Vine

Part Used: Flowers

Uses: Love, money, prophetic dreams

Juniper

Juniperus communis

Planet: Sun

Element: Fire

Description: Tree

Part Used: Leaves, berries and twigs

Uses: Protection, love, exorcism, health

Kava Kava

Piper methysticum

Planet: Saturn

Element: Water

Description: HerbHerb00

Part Used: Root

Uses: A tea made of the root enhances psychic abilities and can induce visions. Also used for protection.

Knotweed

Polygonum sp.

Planet: Saturn

Element: Earth

Description: Herb

Part Used: Leaves and stems

Uses: The plant may be held and ones troubles willed into it, the plant is then burned to prevent their return.

Lavender

Lavendula sp.

Planet: Mercury

Element: Air

Description: Herb

Part Used: Flowers and leaves

Uses: Love, protection, healing, sleep, chastity, purification, and peace. The oil is worn to attract the opposite sex. The flowers are put in sleep pillows, purification and peace incenses. Used in healing mixtures. When combined with rosemary it was believed to preserve chastity.

Lemon

Citrus limon

Planet: Moon

Element: Water

Description: Tree

Part Used: Fruit, dried flowers or fruit peel

Uses: Juice mixed with water may be used as a wash to purify objects or oneself. Love sachets use the flowers or dried peel of the fruit. A protective charm may be made of a lemon stuck full of pins with glass heads in any color except black. This is then hung in the home to bring luck and protect the household.

Lemongrass

Cymbopogon citratus

Planet: Mercury

Element: Air

Description: Herb

Part Used: Leaves

Uses: Potions to improve psychic powers, and to induce lust. May be used to season food for a feast with your loved one. Available fresh and dried in Oriental markets.

Lemon Verbena

Lippia citriodora

Planet: Mercury

Element: Air

Description: Herb

Part Used: Leaves

Uses: Worn to increase attractiveness or to bed to prevent dreams. Added to other herbal mixtures to increase their effectiveness. May be used in purification baths.

Licorice

Glycyrrhiza glabra

Planet: Venus

Element: Water

Description: Herb

Part Used: Roots

Uses: Love, carry or add to potions and mixtures. Available dried in Oriental markets.

Lilac

Syringa sp.

Planet: Venus

Element: Water

Description: Shrub to small tree

Part Used: Flowers, live plant

Uses: Planted in the garden it protects the home from evil. The flowers may be used to exorcise and purify space inside the home.

Lily

Lilium sp.

Planet: Moon

Element: Water

Description: Herb

Part Used: Whole plant, flowers

Uses: Counteracts love spells. Planted in the garden they protect against evil, ghosts and unwanted visitors.

Lily of the Valley

Convallaria magalis

Planet: Mercury

Element: Air

Description: Herb

Part Used: Flowers

Uses: Improves memory. It brings joy when grown.

Lime

Citrus aurantifolia

Planet: Moon

Element: Water

Description: Tree

Part Used: Fruit and twigs

Uses: Twigs are carried for protection. Lime peel is used in love mixtures.

Linden

Tilia europaea

Planet: Jupiter

Element: Air

Description: Tree

Part Used: Flowers, leaves and branches

Uses: The branches are hung over the door to protect. The flowers and leaves are used in love mixtures. The flowers are used in sleep pillows.

Liquidamber (Sweet Gum)

Liquidamber sp.

Planet: Sun

Element: Fire

Description: Tree

Part Used: Nuts, bark

Uses: The nuts are used for protection. The bark is used instead of storax, to which it is related.

Loosestrife, Purple

Lythrum salicaria

Planet: Moon

Element: Earth

Description: Herb

Part Used: Flowers, leaves

Uses: Scattered in the home it brings peace and protects. Given to a person with whom you've quarreled it brings reconciliation.

Lotus

Nymphaea lotus

Planet: Moon

Element: Water

Description: Herb

Part Used: Flower, root, seeds and pods

Uses: The root is carried for good luck. The root and seeds are available in Oriental markets. The flower represents the sacred principal to a number of religions. Smelling the flower brings protection. The seeds and pods are used in love spells.

Lovage

Levisticum officinale

Planet: Sun

Element: Fire

Description: Herb

Part Used: Whole plant

Uses: Used in the bath to increase attractiveness and attract love.

Lucky Hand

Orchis sp.

Planet: Venus

Element: Water

Description: Herb (orchid)

Part Used: Root

Uses: Carried to bring luck, success, employment and protection.

Mace

Myristica fragrans

Planet: Mercury

Element: Air

Description: Tree

Part Used: Seed covering

Uses: Burned to improve psychic ability. Carried to improve mental ability.

Magnolia

Magnolia grandiflora

Planet: Venus

Element: Earth

Description: Tree

Part Used: Twigs

Uses: Put under the bed to preserve fidelity.

Mallow

Malva sp.

Planet: Moon

Element: Water

Description: Herb

Part Used: Leaves, flowers

Uses: An ointment made of the leaves and stems is used for protection and exorcism. A bouquet

of the flowers is said to aid in the return of lost love.

Mandrake

Mandragora officinale

Planet: Mercury

Element: Fire

Description: Herb

Part Used: Root

Uses: The root is hung in the home for protection, prosperity, fertility, exorcising evil, carried to attract love, and worn to preserve health.

Marigold, Pot

Calendula officinalis

Planet: Sun

Element: Fire

Description: Herb

Part Used: Flowers

Uses: Scattered under the bed they give prophetic dreams and protect the sleeper. Garlands of the flowers hung at the doorways will prevent negativity from entering the home. Added to the bath they bring respect and admiration. Carried they bring favor in court. This is not the commonly used bedding plant Marigold, which is *Tagetes*, not *Calendula*.

Marjoram

Origanum majorana or *vulgare*

Planet: Mercury

Element: Air

Description: Herb

Part Used: Leaves and stems

Uses: Love spells, protection, happiness and prosperity.

Masterwort

Imperatoria ostruthium

Planet: Mars

Element: Fire

Description: Herb

Part Used: Leaves

Uses: Worn for strength and courage, and to calm emotions and protect against evil intent.

Mastic

Pistacia lentiscus

Planet: Sun

Element: Air

Description: Tree

Part Used: Resin

Uses: Increases psychic ability when burned, added to incense to increase it's power. Put in love potions.

May Apple

Podophyllum peltatum

Planet: Mercury

Element: Fire

Description: Herb

Part Used: Root

Uses: The same as Mandrake, known as the American Mandrake. The root is hung in the home for protection, prosperity, fertility, exorcising evil, carried to attract love, and worn to preserve health.

Meadowsweet

Filipendula sp.

Planet: Jupiter

Element: Air

Description: Herb

Part Used: Flowers, herb

Uses: One of the three most sacred Druid herbs, with Mint and Vervain. The leaf is added to wine to bring a "merry heart", that is, to treat depression. Useful in love spells. Use fresh flowers to decorate the altar during love spells, use the dried petals in love mixtures. Strew about the house to keep peace. Fresh flowers should be included in the bridal bouquet.

Mint

Mentha sp.

Planet: Mercury

Element: Air

Description: Herb

Part Used: Herb

Uses: As noted above, mint is one of the three most sacred Druid herbs, with Meadowsweet and Vervain. Often used in healing mixtures, potions, washes etc. Used in spells for safe travel. Made into a sachet or wash for monetary gain and business increases. Used in prosperity spells of all types. An asperger may be made of the fresh stems and used for purification. Placed on the altar during a magical working mint will draw helpful spirits who will aid the achievement of the goal. The dried plant or just the leaves may be kept in the home for protection. Also used for success as a part of spells, incense, or in a sachet or wash.

Mistletoe

Viscum album (European) or *Phoradendron flavescens* (American)

Planet: Sun

Element: Fire

Description: Herb

Part Used: Herb

Uses: A very sacred herb to the Druids. Associated with the celebration of Yule. Promotes fertility and creativity both artistic and literal. May be hung in the home to protect it especially from fire and particularly fire caused by lightning. When worn in an amulet around the neck it repels negativity and ill will. It will increase the power of any other herb for magical use. Powerfully protective it repels all negative spirits and magic, prevents illness and misfortune. Carried for luck in hunting. Burned as incense to dispel negativity.

Mugwort

Artemisia vulgaris

Planet: Venus

Element: Earth

Description: Shrub

Part Used: Leaves

Uses: Mugwort is burned with sandalwood or wormwood, and a mugwort infusion is drunk (sweetened with honey) before divination and to increase psychic ability. The infusion is also used to wash crystal balls and magic mirrors, and mugwort leaves are placed around the base of the ball to add to their power. Stuffed into a sleep pillow it will bring about prophetic dreams. In China it is hung over doors to keep evil spirits from buildings. Mugwort is also carried to increase lust and fertility, to prevent backache, and to cure disease and madness. Placed next to the bed it aids in achieving astral projection. Used to protect travelers from all manner of ills.

Mullien

Verbascum sp.

Planet: Saturn

Element: Fire

Description: Herb

Part Used: Herb

Uses: Placed in a sleep pillow to prevent nightmares. Carried for courage. Hung over the doors and windows of the home to protect it from evil. Carried in sachets for protection and to repel negativity. Powdered leaves of Mullien are the ingredient "Graveyard Dust" sometimes called for in spells. Torches may be fashioned of the whole plant, dipping the head in parafin or beeswax and these may be used as a part of the Samhain celebration. Sacred to Jupiter.

Myrrh

Comiphora myrrha

Planet: Moon

Element: Water

Description: Tree

Part Used: Resin

Uses: Sacred to Isis, Adonis, Ra. Burned as incense to purify the area, lifts the vibration, aids contemplation and meditation and creates peace. Usually used in combination with frankincense or other resins. Increases the power of any incense to which it is added. Often included in healing incenses and sachets. Used to consecrate, purify and bless objects such as amulets, talismans, charms, and magical tools. It also aids meditation and contemplation. The essential oil can be added to blends designed to enhance spirituality and meditation. It is also used in healing mixtures.

Myrtle

Myrtus communis

Planet: Venus

Element: Water

Description: Tree

Part Used: Wood, leaves

Uses: Spells for money and riches. If grown on each side of a house love and peace will reside within. Associated with life and death, myrtle works in both worlds, here and the hereafter. Sacred to Aphrodite, Venus and Hathor. Carried to preserve love and used in love sachets and spells. Used in money spells and incense. Worn it encourages fertility. Works to eliminate violence and repel it, aids in the healing of those who are of a violent nature.

Nettles

Urtica dioica

Planet: Mars

Element: Fire

Description: Herb

Part Used: Leaves, but do not touch the fresh plant.

Uses: Protective. Used to turn back a spell on the one who cast it by carrying it in a sachet. Sprinkle the dried herb in the home to drive off evil and negativity. The fresh herb causes a rather uncomfortable rash. Carried to protect. Strengthens the will, aids the ability to handle emergencies. According to tradition, nettles are added to the wash into which the heated blade of a new athame is plunged during its consecration. They have the ability to dispel darkness and fear and are often combined with yarrow for this purpose and carried.

Nightshade, Deadly - See Belladonna

Nightshade, Bittersweet - See Bittersweet

Nutmeg

Myristica fragrans

Planet: Jupiter

Element: Fire

Description: Tree

Part Used: Seed

Uses: Nutmegs are carried as good luck charms. Burn for prosperity, luck, psychic awareness, fortune, clairvoyance, divination, justice, and meditation. Sprinkled on green candles for prosperity. Included in money magic and sachets. Used to season food to increase psychic powers or as an incense while scrying. Intensifies dreams and may be used to achieve prophetic dreams as an incense before bed.

Oak

Quercus sp.

Planet: Sun

Element: Fire

Description: Tree

Part Used: Leaves, acorns, wood, galls

Uses: Druids do not celebrate unless in the presence of an oak, yew, ash, or other sacred tree. Oak symbolized abundance, fertility, longevity, protection, and the ability to withstand the lightning blasts of spiritual awareness while remaining firmly rooted in the material. All parts of the tree are powerful protective charms, which bring healing. Oak Galls, known as Serpent's

Eggs, were used in magical charms. Acorns bring fertility and abundance. Carry one for luck. Acorns gathered at night hold the most fertility powers. Two twigs bound together with red yarn in the form of an "X" and hung in the home are a wonderful protective charm. Oak is sacred to Zeus, Rhea, Jupiter, Odin, and Bloddeuwedd, Dianus, Herne, Pan, Janus, Cybele, Hecate, Erato, Thor, Brighid and the Dagda as well as a number of thunder gods from other pantheons including: Slavic- Perun, Lithuanian- Perkunas, Egyptian- Shu, and the Baltic-Rueivit. The oak was considered to be a sacred tree by many cultures including the Germanic Tribes, the Slavs, the Balkans, Lithuanians, Latvians and Druids. The wood is burned as the Yule log, and is an important part of the Midsummers fire as well.

Oak Moss

Pseudevernia prunastri

Planet: Moon

Element: Water

Description: Lichen

Part Used: Herb

Uses: Use to attract money. Used as a fixative in perfumery and for it's violet scent.

Oats

Avena sativa

Planet: Venus

Element: Earth

Description: Grass

Part Used: Seeds

Uses: Prosperity and money spells of all kinds.

Olive

Olea europaea

Planet: Sun

Element: Fire

Description: Tree

Part Used: Wood, leaves, fruit, oil pressed from fruit

Uses: Hung over a houses doors, branches of olive guard against negativity and ills of all sorts.

Eaten to ensure fertility and potency, and induce lust. The leaves scattered or placed in a room bring a peaceful vibration. The oil is used to anoint persons or things when a solar influence is desired. It may also be used to dress ritual candles. The oil is used to ritually bless and consecrate incense burners. Long associated with peace, hence the term "extend the olive branch of peace".

Onion

Allium cepa

Planet: Mars

Element: Fire

Description: Herb

Part Used: Bulb

Uses: A small onion stuck full of black headed pins and placed in a window guards against evil and negativity. Halved or quartered and placed in each room of a home will absorb negativity.

Placed beneath the pillow an onion will encourage prophetic dreams.

Orange

Citrus sinensis and *C. aurantium*

Planet: Sun

Element: Fire

Description: Tree

Part Used: Fruit, peel, flowers, flower water, oil

Uses: The dried peel is added to love sachets. The flowers are used in marriage sachets. Orange juice may be substituted for wine in ritual. Orange flower water, available where bar supplies are sold, is used in love and lust potions and baths. The flowers are added to the bath to make you more attractive. Orange peel is used in prosperity powders, sachets, and incense. The orange is a symbol of luck in China. Orange oil pressed from the peel is used in protection spells and oils.

Oregano, same as Marjoram

Orris

Iris florentina

Planet: Venus

Element: Water

Description: Herb

Part Used: Root

Uses: To find and hold onto love the root is carried. The roots and leaves are hung in the home or used in the bath for protection. The powder is used in sachets, and sprinkled for love and is called Love Drawing Powder in Hoodoo.

Palm, Date

Phoenix dactylifera

Planet: Sun

Element: Air

Description: Tree

Part Used: Fruit, Leaves

Uses: A symbol of fertility the fruit may be eaten to encourage fertility. Leaves of the tree or dates may be carried as well for fertility. The pits are carried to bring back male sexual potency. A palm frond hung near the door of the home keeps evil and uncanny creatures from entering. Sacred to Taht, Apollo, Artemis, Hecate, Isis, Ra.

Pansy

Viola tricolor

Planet: Saturn

Element: Water

Description: Herb

Part Used: Herb

Uses: Worn or carried to bring love.

Parsley

Petroselinum sativum

Planet: Mercury

Element: Air

Description: Herb

Part Used: Herb

Uses: Served in food to induce lust and ensure fertility. Worn for protection. Used in purification and uncrossing baths. It was formerly thought that tossing parsley into water would heal fish. Sacred to Venus and Aphrodite. Used for success when gathered on a Friday during a waxing moon. Made into a bath for pregnant women to ensure the health of the baby. Fed to horses to bring them health, speed, success and agility. Used when communing with the departed to when working with the afterworld.

Passion Flower

Passiflora sp.

Planet: Venus

Element: Water

Description: Vining herb

Part Used: Herb

Uses: Grown to bring peace. Carried to bring popularity and friends. Placed in a sleep pillow to encourage sleep. Placed in the house to calm trouble and arguments and bring peace. Used as an incense to change the energy of a room to a peaceful, calm one. Added to ritual incense for the Autumnal equinox. Used as a wash to diminish disagreements and stress.

Patchouli

Pogostemon patchouli or P. cablin

Planet: Saturn

Element: Earth

Description: Herb

Part Used: Herb, oil

Uses: Used for lust inducing incense. The oil is used to make one more attractive to potential lovers. May be used to dress candles for lust spells, or the Great Rite. Used for money spells and

prosperity sachets, and mixtures. Put on ones wallet to draw money. Placed in fertility charms and sachets, used in incense for fertility. Love sachets and baths. It helps to ground you and bring the conciousness back to the physical level.

Pennyroyal

Mentha pulegium or *Hedeoma pulegioides*

Planet: Mars

Element: Fire

Description: Herb

Part Used: Herb

Uses: Sacred to Demeter. Carried for physical strength and endurance. Worn to guard against the evil eye and bring success in business. Calms arguments between couples and brings peace and reconciliation. Carried to avoid seasickness. Aids in the understanding of reincarnation, death and rebirth. Used to bathe the dead or in rituals intended to aid them in passing over peacefully into the afterlife.

Pepper, Black

Piper nigrum

Planet: Mars

Element: Fire

Description: Herb

Part Used: Berries

Uses: Put in protective sachets to ward off the evil eye. Worn to overcome envy. Mixed with salt and sprinkled about the home to dispel evil and negativity.

Peppermint

Mentha piperita

Planet: Mercury

Element: Fire

Description: Herb

Part Used: Herb, oil

Uses: Healing and purification spells, mixtures and incences. Raises the vibrations of a space. Placed in sleep pillows or drunk as tea at bedtime to ensure peaceful sleep and can bring about prophetic dreams. Anointed on furnishings and household objects to purify them of evil and negativity. Used in love mixtures.

Periwinkle

Vinca major or *V. minor*

Planet: Venus

Element: Water

Description: Vining herb

Part Used: Herb, flowers, root

Uses: Placed over the door to protect the home. Carried to attract money and protect. The dried flowers may be added to any herbal mixture or spell to enhance it's effectiveness. The root or flowers may be carried to bring about the changes necessary to attract love into your life. Offered as a token of friendship. Assists parents heal from the loss of a child, and is appropriate to be planted on the childs grave. Helps keep the memories alive while encouraging healing. When gazed upon it restores lost memories. Increases ones passions when sprinkled under the bed or carried. The patron herb of witches and sorcerers.

Pimpernel

Pimpinella sp. or *Anagallis arvensis*

Planet: Mercury

Element: Air

Description: Herb

Part Used: Herb

Uses: Carried for protection. Used in sachets to avoid deceptions. Hung in the home to ward off illness and accidents. Rubbed on the blade of a new athame or sword as a part of the consecration. Put in safe travel sachets to protect from all ills. Used in mixtures for depression and to bring happiness.

Pine

Pinus sp.

Planet: Mars

Element: Air

Description: Tree

Part Used: Resin, wood, needles, cones

Uses: Pine needles are used as incense to purify and exorcise, or scattered for this purpose.

They are used in cleansing baths. The incense turns back spells cast against you. Cones are used in fertility spells. Branches are hung over the bed to prevent illness or heal the sick. Hung over the door to the home they bring happiness to the inhabitants. Pine is used in prosperity spells as well. The resin makes a wonderful incense for any of the purposes mentioned. |

Plantain

Plantago sp.

Planet: Venus

Element: Earth

Description: Herb

Part Used: Herb

Uses: Hung in the car to guard against accidents. Increases the power of other herbs used for magical purposes. Placed under the pillow to prevent nightmares and negativity.

Pomegranate

Punica granatum

Planet: Mercury

Element: Fire

Description: Tree

Part Used: Fruit, wood

Uses: Sacred to Persephone and Ceres. The seeds are eaten for fertility. The skin of the fruit is carried for fertility. A branch hung in the home or business attracts prosperity. The skin is dried and used in incense for prosperity. A branch hung over a door guards against negativity. The fruit is a symbol of fertility and creativity and may be used on the altar during spells for these purposes. Associated with the Crone. The juice may be used instead of wine in ritual. It may also be used as ink.

Poplar

Populus sp.

Planet: Saturn

Element: Water

Description: Tree

Part Used: Buds, leaves

Uses: The buds and leaves are used to attract money and are added to incense for prosperity.

Poppy

Papaver sp.

Planet: Moon

Element: Water

Description: Herb

Part Used: Seeds, flowers

Uses: The seeds and flowers are used in spells and mixtures to ensure sleep. The seeds are eaten or carried for fertility, luck and prosperity. The seeds are used in food or mixtures for love. Sacred to Demeter and Hypnos. The flowers are used on the altar for during spells for any of the purposes mentioned.

Primrose

Primula sp.

Planet: Venus

Element: Earth

Description: Herb

Part Used: Flower, herb

Uses: The flowers are used on the altar to honor the Goddess. Used in a bath they increase inner beauty and desirability. They are carried to attract love. Grown in the garden they guard it and attract fairies.

Purslane

Portulaca sp.

Planet: Moon

Element: Water

Description: Herb

Part Used: Herb

Uses: Generates positive energy and dispels negative energies. Used as a tea it is a useful magical tonic. Aids those afraid of the dark, prevents nightmares, and protects against the evils of the night. Sew into a sleep pillow for these purposes. Carried to attract love. Protects soldiers in battle. Scattered about the home it brings happiness.

Quassia

Picraena excelsa

Planet: Venus

Element: Water

Description: Tree

Part Used: Wood

Uses: Used in love incense and sachets intended to either attract or continue love. Used in powdered incense bases.

Quince

Cydonia sp.

Planet: Saturn

Element: Earth

Description: Tree

Part Used: Fruit, seeds

Uses: The seeds are carried for protection against accidents, negativity and physical harm. The fruit is eaten by pregnant women to ensure the intelligence of the baby. The fruit is served to one's partner to ensure fidelity. Eaten at weddings by the bride and groom to ensure their future happiness, the preserves may be included in the cake filling for this purpose. Sacred to Venus and Aphrodite. Used on the altar at handfastings and eaten by the celebrants. Repels negative energy coming from others.

Radish

Raphanus sativus

Planet: Mars

Element: Fire

Description: Herb

Part Used: Root

Uses: Eaten to induce passion. Carried for protection.

Raspberry

Rubus idaeus

Planet: Venus

Element: Water

Description: Shrub

Part Used: Fruit, vines and leaves

Uses: A branch is hung at each door and window to protect the home and its occupants. Served as part of a love meal to the beloved. Leaves are carried by pregnant women to reduce the pain involved in pregnancy and childbirth. Do not use raspberry leaves internally when pregnant however.

Red Clover

Trifolium sp.

Planet: Mercury

Element: Air

Description: Herb

Part Used: Herb, flowers

Uses: Added to baths to aid in the solution of financial arrangements. Used in lust provoking potions. Made into a wash for removing negativity which may be sprinkled about a place for this purpose. Protects and blesses domestic animals.

Rice

Oryza sativa

Planet: Sun

Element: Air

Description: Grass

Part Used: Seed

Uses: Sprinkled on the roof of a dwelling to protect it against misfortune. Carried as protection against evil. Used to protect the home by keeping a small jar of rice near the entrance. Added to fertility and prosperity spells and mixtures. The custom of throwing rice at newly married couples is intended to increase their fertility.

Rose

Rosa sp.

Planet: Venus

Element: Water

Description: Shrub

Part Used: Flowers, oil, flower water, hips

Uses: Rose oil is used in formulas designed to attract love, confer peace, stimulate sexual appetites, and enhance beauty. Sacred to Aphrodite, Venus, Cupid, and Bacchus. Used in rituals to honor the Goddess. Represented joy to the Romans. Rose flower tea induces prophetic dreams if you drink it at bedtime. Wearing roses or having them on the altar during love magic will strengthen the spell. Rose water may be used in the bath prior to love magic as well, or as part of a ritual, and it may be included in food for the love feast. The flowers are also used for luck and protection when carried. Associated with handfastings and weddings the flowers are carried by the participants, placed in vases and often scattered as well. Rose petal and hips are used in healing spells and mixtures. Rose petals sprinkled around the house calm personal stress and household upheavals. Different color roses represent different symbolism, red roses are for passionate love, pink roses are love and caring, white roses are for innocence and sweetness, yellow roses are for friendship. Roses or rose oil may be used in amulets to attract love.

Rosemary

Rosemarinus officinalis

Planet: Sun

Element: Fire

Description: Shrub

Part Used: Leaves, twigs

Uses: Placed in a dream pillow it prevents nightmares and brings peaceful sleep. Put under the bed it protects the sleeper from all harm. Healing popets are stuffed with rosemary. The infusion is used to cleanse the hands prior to healing work. Used in the bath for youthfulness, and purification. Burned as incense for purification and cleansing vibrations and removing negativity prior to spell work. Hung in the entry to protect the home from thieves. Carried for good health. Mixed with juniper berries as a healing incense for sickrooms. An ingredient in love and lust mixtures. Worn to improve the memory.

Rowan

Sorbus sp.

Planet: Sun

Element: Fire

Description: Tree

Part Used: Berries, wood, leaves, bark

Uses: Carrying the wood increases psychic powers. Wands are made of the branches. The leaves, bark and berries are used in healing, power, success, luck and health sachets and mixtures. Two twigs tied with red yarn to make an x is a charm against evil and malevolent magic. Used to banish, protect, and purify. Prevents hostile magical workings. The berries and wood may be used to invoke spirit guides and invite familiars. Rowan may be used to drive off harmful or malicious fairies. A new home may be blessed by planting a rowan. One of the sacred trees of the Druids. Sacred to Thor.

Rue

Ruta graveolens

Planet: Mars

Element: Fire

Description: Shrub

Part Used: Leaves

Uses: Worn to bring healing and ward off problems with health. Smelling the fresh plant is said to bring clear thinking in love and improve mental acumen. Exorcism incense and mixtures are made with it and it is used as an asperger to cast salt water for purification of the circle. Used in healing mixtures or stuffed into popets for healing. Used in the bath it breaks spells cast against you and removes hexes and bad luck. Grown in the garden, rue protects it. Used in home blessings and magic to bring protection and good fortune to the home and family. Purifies and exorcises objects to be used in ritual when used as incense.

Saffron

Crocus sativa

Planet: Sun

Element: Fire

Description: Herb

Part Used: Stamens

Uses: Love sachets and mixtures including food. Added to healing rituals and an infusion is used in the water used to wash prior to healing sessions. The infusion is drunk to improve psychic ability. Believed to be aphrodesiac.

Safflower

Carthamus tinctorius

Planet: Sun

Element: Fire

Description: Herb

Part Used: Flower, oil

Uses: The petals are used as coloring and the oil is used as a carrier oil.

Sage

Salvia officinalis

Planet: Jupiter

Element: Air

Description: Herb

Part Used: Leaves

Uses: Carried to improve mental ability and bring wisdom. Leaves are used in healing sachets and incense. Associated with long life. Sacred to Jupiter, Zeus, Cadmus, and Consus. Banishes evil, grants strength, wisdom, mental health. Promotes health of all types, spiritual, mental, emotional and physical. Used for self purification. Removed negative energy and brings a health attitude toward life. Helps when dealing with grief and loss. Good to use in consecrating an incense burner for ritual use. Some say it is strongest when grown near Rue.

Sagebrush

Artemisia sp.

Planet: Venus

Element: Earth

Description: Shrub

Part Used: Leaves

Uses: Used for purification and exorcism. In bath mixtures to purify yourself of all negative previous deeds and past evil acts. Burnt as incense to purify spaces and objects, driving away evil and negativity. Used in healing. This is the sage used by Native Americans in ritual.

St. John's Wort

Hypericum perforatum

Planet: Sun

Element: Fire

Description: Herb

Part Used: Leaves and flowers

Uses: Worn to prevent colds and fevers. Attracts love. Cures depression and wards off mental illness if carried (or taken internally according to directions). Placed in a jar in the window or

burned in the fireplace, it protects from lightning, fire and evil spirits. Dried over the Midsummer fire and hung near the window to keep ghosts, necromancers and other evil doers out of the home. Burned to banish demons and evil spirits. Placed under the pillow will induce prophetic dreams of a romantic type. Use in ritual or carry to detect magicians. Used for banishing, protection and blessing in nearly any form.

Sandalwood

Santalum album

Planet: Moon

Element: Water

Description: Tree

Part Used: Wood

Uses: Associated with Venus. May be powdered and scattered about a place to clear it of negativity. Burned during spells for protection, healing and exorcism. Mixed with lavender to burn to draw spirits. Very high spiritual vibrations and is burned in combination with Frankincense at full moon rituals. Used as a religious herb in Jainism. Commonly used to assist with meditation, trance work, and divination. Aids in focusing the mind on spiritual matters. Used to increase opportunities and aid in bringing success. Aids visionary workings. Protective, purifying and spiritual.

Sarsaparilla

Similax aspera

Planet: Jupiter

Element: Fire

Description: Herb

Part Used: Root

Uses: Mixed with cinnamon and sandalwood and sprinkled to draw money and used in love spells.

Sassafras

Sassafras albidum

Planet: Jupiter

Element: Fire

Description: Shrub

Part Used: Bark of the roots

Uses: Placed in the wallet or purse to attract money. used as a prosperity incense. Added to sachets for healing.

Scullcap

Scutellaria galericulata

Planet: Saturn

Element: Water

Description: Herb

Part Used: Herb

Uses: For peace and relaxation. Women wear it to keep their husbands faithful. Used in sleep pillows and internally for sleep. Used to bind oaths and consecrate vows and commitments such as handfastings and initiations.

Senna

Cassia marilandica or *C. acutifolia*

Planet: Mercury

Element: Air

Description: Shrub

Part Used: Bark

Uses: Enhances tact and diplomacy. Used by agents, envoys, bards and in fields that depend upon bringing people together and convincing others of your point. Used in love sachets and spells. Not internally however, it is a strong laxative.

Sesame

Sesamum orientale

Planet: Sun

Element: Fire

Description: Herb

Part Used: Seeds, oil

Uses: The seeds are eaten to encourage lusty feelings. The oil is said to keep the health and vitality of the sexual organs intact. The oil may be used as a base for massage oils for sexual encounters. A jar of seeds in the kitchen with the lid off will draw money to the household.

Replace the seeds once a month.

Snapdragon

Antirrhium majus

Planet: Mars

Element: Fire

Description: Herb

Part Used: Herb, seeds, flowers

Uses: Worn to prevent others from deceiving you. The seed worn around the neck prevents bewitchment. The flowers may be placed on the altar during protective spells to strengthen them. A bouquet of the flowers may be placed on the altar with a mirror behind it if spells have been cast against you and it will turn them back to their sender. Hole one if you feel that you are in danger and it will protect you. Brings protection to the garden and home when grown.

Solomons Seal

Polygonatum officinale or *P. multiflorum*

Planet: Saturn

Element: Water

Description: Herb

Part Used: Root

Uses: Placed in the four corners of the home for protection. Used in protection spells and mixtures. Incense and mixtures for exorcism. Infusion of the root may be used to cast about a place for exorcising it of evil and negative forces. Used in offeratory incenses. Used in ceremonial magic to bind magical workings, make sacred oaths and promises and keep them ever binding. Used in love potions and mixtures. Amplifies the effect of other amatory herbs. May be used in consecration of magical objects as it tends to hold the magical charge in the object.

Southernwood

Artemisia abrotanum

Planet: Mercury

Element: Air

Description: Shrub

Part Used: Leaves, twigs

Uses: Used in love and lust inducing spells. Carried or placed in the bedroom for these purposes. Burned as an incense to drive off problems, and guard against trouble. Used in ritual baths in preparing for handfastings. Represents the promise of faithfulness to the beloved.

Spearmint

Mentha spicata

Planet: Venus

Element: Water

Description: Herb

Part Used: Herb

Uses: Used in healing spells and mixtures, particularly respiratory ailments. The scent aids mental ability. Include in a sleep pillow for protection while sleeping.

Spikenard

Inula conyza

Planet: Venus

Element: Water

Description: Herb

Part Used: Herb

Uses: Worn in a sachet around the neck it brings luck and drives off illness. It helps maintain fidelity in relationships.

Squill

Urginea scilla

Planet: Mars

Element: Fire

Description: Herb

Part Used: Bulb

Uses: Protects the house when hung. Place in a container with silver coins to draw wealth. Carry to break spells cast against you.

Star Anise

Illicium verum

Planet: Jupiter

Element: Air

Description: Tree

Part Used: Seed pods

Uses: Burned as incense to improve psychic abilities. Placed on the altar to increase the power generated. Carried to bring luck.

Strawberry

Fragaria vesca

Planet: Venus

Element: Water

Description: Herb

Part Used: Leaves, fruit

Uses: The fruit is served as part of the love feast to the beloved. The leaves are carried for luck. The leaves are carried by pregnant women to bring less painful child bearing.

Sumbul

Ferula sumbul

Planet: Jupiter

Element: Air

Description: Herb

Part Used: Herb

Uses: Carried to attract love. Use in bath or burn as incense for the same purpose. Burned to increase psychic abilities. Worn to bring luck and prevent illness.

Styrax or Storax

Liquidambar orientalis

Planet: Sun

Element: Fire

Description: Tree

Part Used: Resin

Uses: Promotes change. Sacred to Hermes, Loki, Mercury and Thoth. Used for purification and protection.

Tamarind

Tamarindus indica

Planet: Saturn

Element: Water

Description: Tree

Part Used: Seed pods, seeds

Uses: Carry to attract love.

Tamarisk

Tamarix sp.

Planet: Saturn

Element: Water

Description: Tree

Part Used: Leaves

Uses: Scatter the leaves to exorcise an area.

Tansy

Tanacetum vulgare

Planet: Venus

Element: Water

Description: Herb

Part Used: Flowers, leaves

Uses: Carried for long life. Used in rituals of death and dying. Tansy may be used as an asperger during rites for the deceased. Strong association with rebirth. Assists with transition from life to the hereafter.

Tarragon

Artemisia cracunculus

Planet: Mars

Element: Fire

Description: Herb

Part Used: Herb

Uses: Sacred to Lilith. Promotes compassion for others but not in a codependent way. Useful for women who are caretakers to assist them in being loving without losing themselves. Also for women who have been abused to help them reclaim their strength.

Thistle

Carduus sp.

Planet: Mars

Element: Fire

Description: Herb

Part Used: Herb

Uses: Carry for energy and strength. A vase of thistles strengthens the spirit and renews the vitality of those near it. Grown it wards off thieves. Planted at the doorstep they protect against evil. Thistle down stuffed into a poppet works well for magic to break hexes. Used in healing spells. Carried by men for increased sexual prowess. When thrown into the fire will ward off lightning. A flower carried guards against evil. Thistles are scattered to exorcise evil. Carried to aid depression. Represents endurance and can be used to increase it. Used in healing spells for animals both wild and pets.

Thistle, Carline

Carlina vulgaris

Planet: Mercury

Element: Air

Description: Herb

Part Used: Herb

Uses: Used traditionally against disease, particularly epidemic disease.

Thistle, Holy

Centaurea benedicta

Planet: Mars

Element: Fire

Description: Herb

Part Used: Herb

Uses: Hex breaking spells, protection against negativity and evil, and in purification baths.

Thistle, Milk

Silybum maarianum

Planet: Moon

Element: Water

Description: Herb

Part Used: Herb

Uses: Used to attune oneself with the maiden aspect of the Goddess.

Thistle, Scotch

Onopordon acanthium

Planet: Mars

Element: Fire

Description: Herb

Part Used: Herb, flowers

Uses: Associated with Scotland may be used in any ritual calling upon Scottish deities.

Thyme

Thymus vulgaris

Planet: Venus

Element: Water

Description: Herb

Part Used: Herb

Uses: Burned to bring good health or worn for health. Used in healing spells. Placed in sleep pillows it ensures sleep with no nightmares. Purification in incense or as a scattering herb. Used in combination with marjoram in a cleansing bath. Worn it assists the development of psychic ability. Carried to give courage and energy. Used in ritual to reestablish contact with the departed. Attracts fairies.

Toadflax

Linaria sp.

Planet: Mars

Element: Fire

Description: Herb

Part Used: Herb

Uses: Carried in a sachet to ward off evil and negativity. Used to turn back negative magic and clear hexed conditions.

Tobacco

Nicotiana sp.

Planet: Mars

Element: Fire

Description: Herb

Part Used: Leaves

Uses: Burnt as incense to purify an area of all negativity and spirits of all kinds. A substitute for sulphur, datura or nightshade in old magical recipes. Used as a visionary herb by indigenous peoples of the Americas. If you intend to use it as a visionary herb, you should not smoke it recreationally as it will dilute the effect.

Tomato

Lycopersicon sp.

Planet: Venus

Element: Water

Description: Herb

Part Used: Fruit

Uses: Grown it is protective. Place a tomato on the mantle to attract prosperity to the home, replace with a new fruit every three days. Put a tomato on the windowsill or in the door of a home to guard it from negativity and evil. May be served to the beloved as part of a love inducing meal.

Tonda Bean

Dipteryx odorata

Planet: Venus

Element: Water

Description: Tree

Part Used: Seed and fruit

Uses: Used in love sachets or carried to attract love. Worn to gain prosperity. Carried to grant luck. Gives courage when worn. Protects from disease when carried.

Tormentil

Potentilla tormentilla

Planet: Sun

Element: Fire

Description: Herb

Part Used: Herb

Uses: An infusion is used for protection when drunk. May be served to the beloved to maintain a relationship. Mediums and channels drink the tea to prevent themselves from being possessed by spirits permanently. Herb is carried to attract love. Hung in the home the plant is protective.

Tumeric

Curcuma longa

Planet: Mercury

Element: Air

Description: Herb

Part Used: Root

Uses: Used for protection, either scattered on the floor or daubed onto the third eye area as in Nepal, or carried. Used for purification in Hawaii.

Unicorn Root

Aletris farinosa

Planet: Uranus

Element: Air

Description: Herb

Part Used: Root

Uses: Used to invoke unicorns and bring them into their magic.

Unicorn Root, False

Chamaelirium luteum

Planet: Saturn

Element: Earth

Description: Herb

Part Used: Root

Uses: Used to enhance sexual desire.

Uva Ursa

Arctostaphylos uva-ursi

Planet: Mars

Element: Fire

Description: Herb

Part Used: Herb

Uses: Increases intuitive and psychic abilities. Taken daily as a spiritual tonic. Used in smoking mixtures by some Native Americans. Add to sachets to increase psychic power.

Valerian

Valeriana officinalis

Planet: Venus

Element: Water

Description: Herb

Part Used: Root

Uses: Placed in protective sachets or hung in the home to protect it. Smells foul. It has long been used for sleep, either as an infusion, capsule or in a sleep pillow. The root is used in sachets for love. It is said to be able to settle an argument between a couple by being near them. Purifying sacred space.

Vanilla

Vanilla sp.

Planet: Venus

Element: Water

Description: Orchid

Part Used: Seed pods

Uses: Used in love sachets and mixtures. Also used in foods intended to induce love. carried to increase energy and strengthen the mental abilities.

Vervain

Verbena officinalis

Planet: Venus

Element: Earth

Description: Herb

Part Used: Herb

Uses: Sacred to Kerridwen, Mars, Venus, Aradia, Isis, Jupiter, Thor, Juno. Used to cleanse altars. Added to love mixtures. Protective when worn or carried. Placed in the home it protects from lightning and storms. The infusion sprinkled about a place removes evil and negative forces. Added to exorcism incense and scattering mixtures. The dried herb is used to bring peace to an

upset home. Purification baths may be made with the infusion. Used in prosperity spells and to attract money. Buried in the yard or put in the home it will encourage wealth. Prevents nightmares if put under the pillow. As an incense it ends unrequited love. Good as an asperger or in the consecration of ritual tools. Used to magically treat depression by carrying any part of the herb.

Vertiver

Vertiveria zizanioides

Planet: Venus

Element: Earth

Description: Herb

Part Used: Root

Uses: Placed in cash register or cash box to attract business. Used as an incense to break evil spells. Used in love powders or incenses. The infusion may be added to the bath to make one more attractive. Carried to attract luck. Burned to deter theft. Used in money spells and sachets.

Violet

Viola odorata

Planet: Venus

Element: Water

Description: Herb

Part Used: Herb

Uses: Carried to protect and encourage fortune and changed luck. Mixed with lavender to attract lust and love. Worn to calm tempers and bring sleep. Brings comfort to parents who have lost a child. Bring inspiration and good fortune to women.

Walnuts, Black

Juglans nigra

Planet: Sun

Element: Fire

Description: Tre

Part Used: Nuts

Uses: Carried to treat rheumatism and strengthen the heart. Bring solar energy to any occasion by eating baked goods with walnuts or just walnuts.

Watercress

Nasturtium officinale

Planet: Moon

Element: Water

Description: Herb

Part Used: Herb

Uses: Carrying a sachet of red filled with watercress will bring safety to travelers by water, or accross water. Eaten to induce visionary dreams. Increases compassion and understanding. Made into an oil, it brings balance and stimulates the third eye.

Water Lily

Nymphaea sp.

Planet: Moon

Element: Water

Description: Herb

Part Used: Flowers, oil

Uses: Brings inner peace. Eases depression.

Wheat

Triticum sp.

Planet: Venus

Element: Earth

Description: Grass

Part Used: Seeds

Uses: A symbol of fertility, may be eaten or carried for fertility or prosperity. Sacred to Demeter, Ceres, Siva.

Willow

Salix sp.

Planet: Moon

Element: Water

Description: Tree

Part Used: Leaves, twigs, bark

Uses: Leaves are carried to attract love. Wands for moon magic are crafted of the branches.

Guards against negativity and evil forces. Used in healing spells. Sacred to Aino, Artemis, Circe, Diana, Hecate, Hera, Hermes, Orpheus, Persophone. Makes an excellent wand.

Wintergreen

Gaultheria procumbens

Planet: Moon

Element: Water

Description: Herb

Part Used: Herb

Uses: Sprinkled to cure disease and rid a place of hexes. Used in healing spells. Attracts positive spirits when placed on the altar.

Wisteria

Wistaria chinensis

Planet: Saturn

Element: Water

Description: Shrub

Part Used: Flowers, oil

Uses: Wearing the oil makes you a better student. The infusion of the flowers is good when preparing for an exam. Promotes mental clarity and abilities.

Witchgrass

Agropyron repens

Planet: Jupiter

Element: Fire

Description: Grass

Part Used: Whole plant

Uses: Carried or placed under the bed it attracts new lovers. Used in spells intended to remove hexes. Worn to counteract depression. Sprinkled for exorcism

Witch Hazel

Hamamelis virginica

Planet: Sun

Element: Fire

Description: Shrub

Part Used: Twigs and bark

Uses: Protects against evil. Carried it eases grief over a lost love. Used to reduce passions by carrying in a sachet.

Wolf's Bane

Aconitum sp.

Planet: Saturn

Element: Water

Description: Herb

Part Used: Herb

Uses: Protection sachets, particularly for protection against vampires and werewolves.

Woodruff

Asperula odorata

Planet: Mars

Element: Fire

Description: Herb

Part Used: Leaves

Uses: Carried to draw money. Brings victory in war and athletics when carried. Worn in a leather sachet it protects from harm. Formerly a strewing herb used to prevent infection, add a pleasant scent to a place and protect from evil.

Wormwood

Artemisia absinthium

Planet: Mars

Element: Fire

Description: Shrub

Part Used: Leaves

Uses: Incense to improve psychic abilities, or sachets for this purpose. The tea may be used to enhance prophecy and divination. Carried for protection from the evil eye. Protects vehicles from accidents due to dangerous roads when carried within. Burned to summon spirits. Sacred to Iris, Diana, and Artemis. Used to remove anger, stop war or inhibit violent acts.

CELTIC FOLKLORE REGARDING HERBS & PLANTS

Until fairly recently, in Irish and Scottish rural society it was believed that sickness and disease were caused by the fairies.

A remedy could only be given by a 'fairy doctor', a person gifted with some natural skill in combating fairy magic. The most common herbs used in Gaelic fairy medicine were VERVAIN, EYE BRIGHT & YARROW over which secret words would be uttered and a ritual performed.

A potion made of herbs by a fairy doctor must be paid for in silver. However, a charm is never paid for; a gift may be given instead. Herbs had to be gathered in a special manner, at the correct phase of the moon, while reciting incantations.

Herbs found by the side of sacred streams were particularly effective, and used to cure wounds, bruises and so on.

YARROW: A sacred herb and a very potent healer, it intensifies the medicinal action of other herbs taken with it. Helps eliminate toxins (good for colds). It was most useful in its ability to staunch blood flow. Also associated with weather divination.

VERVAIN: 'crubh-an-leoghain'(dragon's claw) A sacred herb in many different cultures; associated with visions and prophecy; flowers used on Druidic altars. Good for eye compresses and hair tonics. Sedative, anticoagulant.

EYEBRIGHT: 'lus-nan-leac' for all manner of eye ailments; also hay fever, colds, coughs, sore throats.

PLANTAIN: ("slanlus" - herb of health) a very common remedy, used for many ills. Antiseptic; expectorant. If hung around the neck of a child, would prevent abduction by the sidhe.

TANSY: boiled, good for the heart. As a compress for bruises and strains.

CHAMOMILE: ("athair talamh" - father of the ground) One of the finest healing herbs, has been used for centuries. Good for stomach disorders, anti-inflammatory for wounds, sedative for nervous disorders. **LOOSESTRIFE:** ("camal buidhe") keeps all bad things away.

WATER BUTTERCUP: ("fearaban") good for bones and joints

LICHEN: ("dubh cosac") good for the heart

DANDELION: ("garbh lus" - rough herb) used for many ills, especially good for the heart, for hypertension, also a good diuretic.

RIBGRASS: ("slanugad") will purge the body of all lumps.

MULLEIN: ("lus mor" - great herb) used alot in folk magic/medicine; can bring 'back' children abducted. If a small piece taken regularly, will ensure long life.

WOOD ANEMONE: ("bainne bo bliatain") put leaves in a poultice on the head for

headaches.

TRAILING PEARLWORT: ("mothan") very effective as a protective herb when carried on the person. When placed below the right knee of a woman in labor, it brought relief. Given to a cow to eat, it protected both the milk and the calf. When placed above the door lintel, prevented the fairy host from 'spiriting away' any member of the household. Also used by women as a love charm - pluck nine roots, knot into a ring, and place in the mouth. Then seek a kiss from the man you desire.

ST. JOHN'S WORT: to ward off fever; sedative, pain reducing; also used on St. John's Eve (midsummer) in divination.

PURPLE ORCHIDS: A magical plant ("Ius an Talaidh" - herb of enticement). Used in love charms. It has two roots, one larger than the other, representing a man and a woman. The plant is to be pulled by the roots before sunrise, facing South. Which-ever root is used is to be immediately placed in spring water; if it sinks the person in question will be the future husband or wife. The root can also be ground up and placed under the pillow to bring dreams of your future partner.

ROWAN: Tree of high magic, from which potent charms are procured. Normally planted at the door of the house for protection. Also twigs placed over the byre door. Necklaces of rowan berries with red thread worn for protection by Highland women.

ELDER: Another highly protective tree, beloved of the Sidhe. It is extremely unlucky to cut down or harm an elder (bourtrees). The green sap of the bark applied to the eyelids gives the "Second Sight". Elder is also often planted outside the house for protection. Elder is the medicine chest of the country folk. Elder flower water used for eye and skin complaints, burns, bruises and sprains; as an infusion both flowers and berries are used in cold remedies.

HAZEL: Used in the sacred need fires at Beltaine. Also used in water divination. Hazel nuts associated with wisdom of the Otherworld. Children were given 'the milk of the nut' to make them strong.

APPLES: The fruit of life of the Sidhe, and passport to the Otherworld. Apples and hazelnuts used in divination rites at Samhain.

JUNIPER: Berries have protective properties. Burnt by Highlanders in the house and byre at New Year for purification.

IVY: Used for the protection of flocks, of milk and milk products. Ivy, woodbine and rowan woven together in a wreath and placed under the milk vessels. Other "magic hoops" consisted of milkwort, butterwort, dandelion, marigold; or trefoil, vervain, St. John's wort, dill.

----- FAIRY TREES -----

Certain trees in particular places are said to be under the care and protection of the Sidhe.

A lone thorn bush growing in an uncultivated field is often such a tree, especially if it is growing on a sharp hill slope. Hawthorn is the favorite, but other important fairy trees are: hazel, blackthorn, elder, rowan, willow, also alder and ash.

The site of each tree is important to the Sidhe. It must be growing within the banks of a rath (fort), inside a fairy ring, or in a rocky field of rough grass, especially if growing near to a large boulder or a spring.

The sidhe will protect their special trees. If someone harms or disturbs the tree, they will suffer, often by becoming ill.

If three thorn trees grow close together, it is dangerous to get involved with them.

It is considered unlucky to bring hawthorn into the house.

The Herbs and Plants Of Full Moon Rituals:

Place upon the altar all nocturnal, white or five-petaled flowers such as the white rose, night-blooming jasmine, carnation, gardenia, cereus, lily, iris; all pleasingly-scented flowers which shall call forth the Goddess. Camphor is also symbolic.

HARVEST THOSE HERBS!!

You can check out any book on herbs and look up a section on drying herbs, and you will find maybe a page or two or three! That is because there is not too much "to-do" about herb drying, although it is different from plant to plant. You want to choose your herbs when they are just about to flower, when buds have formed but not opened. Gather them in the morning before the sun hits them, but yet after the dew has dried. Pick only the tips of the plant (about 2-3" is good) keeping your plant in good shape, and thus producing more branches for later harvesting.

The old-fashioned way of drying herbs is to just hang bunches of each different type in a warm spot, or near a heat source (like the pot-bellied stove or in a window). Although this is a cute way of displaying herbs (and flowers), it is not the best way for they become dusty and may lose their flavor over a period of time. If you choose to hang your herbs to dry, make small bunches and rubberband them at the top and place them in a brown paper bag and secure at top. Hang until herbs are dry. Herbs are dry when they crumble off the stem. After crumbling off stem, place in a lidded dark colored jar for up to one year. You want to use a dark jar because light causes the herbs to fade and lose flavor.

OVEN DRYING is one of the more efficient ways to dry your herbs. Place your herbs on a cookie sheet in a thin layer and place in a VERY low setting oven. If your herbs are turning brown, then the oven temp is still too high. If you are drying your herbs in a humid condition, then stir your herbs a bit until they are dry and for the first few hours of the drying process, have the temp up a tad bit.

FREEZING HERBS is my own favorite way of keeping my herbs. It seems to retain the flavor better and I never have had any herbs turn moldy on me! I take and place the herbs on a cookie sheet and place in freezer just long enough for the plants to freeze. Then I place them into plastic storage bags until further use. By freezing them flat and then placing into bags, the herbs are "separated", so I can just use the amount I need at the time. If the herbs were just placed in a bag together, they would freeze together making it harder for separation. Some herbs that keep better by freezing are the basil, chervil, dill leaves, chopped chives, lemon verbena leaves, scented geranium leaves, tarragon, rose petals, and spearmint. Another way to freeze your herbs for cooking is by making herb butters. These butters can be a mix of herbs or one herb. You can also make herb ice cubes to be added to your cooking later.

MICROWAVE preserving is one that I would not recommend for it has a tendency to burn the leaves and "cook" the flavor from the herbs. Some would say it is because I don't do it right- and they are most likely to be right! I think that the watts of my microwave are too high and I can't get them lower! The way I have done it is placing the herbs on the turntable and setting the microwave on the lowest setting possible for your own machine. Let it go for about 3-4 minutes. This will vary according to each microwave and by how much you are drying at a time. So, keep checking, and when they are dry, process storing like mentioned above.

Remember to check your stock over the year for freshness of your herbs. If they smell moldy or look moldy, pitch them. And remember that you will have a new stock source in a year, so get rid of the old and put in the new! Good luck with

your herb preserving! It is really very easy!

HERBS IN MAGICK

** ASTRAL PROJECTION
** BEAUTY
** CHASTITY
** COURAGE
** DIVINATION
** EMPLOYMENT
** EXORCISM
** FERTILITY
** FIDELITY
** FRIENDSHIP
** GOSSIP
** HAPPINESS
** HEALING/HEALTH
** HEXES
** HUNTING
** IMAGE MAGIC
** IMMORTALITY
** INFERTILITY
** INVISIBILITY
** LEGAL MATTERS
** LOCKS
** LONGEVITY
** LOVE
** LUCK
** LUST
** MANIFESTATIONS
** MEDITATION
** MENTAL POWER
** MONEY/WEALTH/PROSPERITY/RICHES
** PEACE
** POWER
** PROPHETIC DREAMS
** PROSPERITY
** PROTECTION
** PSYCHISM
** PURIFICATION
** RAIN
** SEXUAL ENERGY
** SLEEP
** SNAKES
** SPIRITS
** SPIRITUALITY
** STRENGTH
** SUCCESS
** THEFT
** VISIONS
** WIND
** WISDOM
** WISHES
** YOUTH

**** ASTRAL PROJECTION**

- * Dittany of Crete
- * Mugwort
- * Popular

**** BEAUTY**

- * Avocado
- * Catnip
- * Flax
- * Ginseng
- * Maidenhair
- * Yerba Santa

**** CHASTITY**

- * Cactus
- * Camphor
- * Coconut
- * Cucumber
- * Fleabane
- * Hawthorn
- * Lavender
- * Pineapple
- * Sweetpea
- * Vervain
- * Witch Hazel

**** COURAGE**

- * Cactus
- * Camphor
- * Coconut
- * Cucumber
- * Fleabane
- * Hawthorn
- * Lavender
- * Pineapple
- * Sweetpea
- * Vervain
- * Witch Hazel

**** DIVINATION**

- * Broom
- * Camphor
- * Cherry
- * Dandelion
- * Fig
- * Goldenrod
- * Ground Ivy
- * Hibiscus
- * Meadowsweet
- * Orange

- * Orris
- * Pomegranate

** EMPLOYMENT

- * Devil's Shoestring
- * Lucky Hand
- * Pecan

** EXORCISM

- * Angelica
- * Arbutus
- * Asafetida
- * Avens
- * Basil
- * Beans
- * Birch
- * Boneset
- * Buckthorn
- * Clove
- * Clover
- * Cumin
- * Devil's Bit
- * Dragon's Blood
- * Elder
- * Fern
- * Fleabane
- * Frankincense
- * Fumitory
- * Garlic
- * Heliotrope
- * Horehound
- * Horseradish
- * Juniper
- * Leek
- * Lilac
- * Mallow
- * Mint
- * Mistletoe
- * Mullein
- * Myrrh
- * Nettle
- * Onion
- * Peach
- * Peony
- * Pepper
- * Pine
- * Rosemary
- * Rue
- * Sagebrush
- * Sandalwood
- * Sloe
- * Snapdragon

- * Tamarisk
- * Thistle
- * Witch Grass
- * Yarrow

** FERTILITY

- * Agaric
- * Banana
- * Bistort
- * Bodhi
- * Carrot
- * Cuckoo-Flower
- * Cucumber
- * Cyclamen
- * Daffodil
- * Dock
- * Fig
- * Geranium
- * Grape
- * Hawthorn
- * Hazel
- * Horsetail
- * Mandrake
- * Mistletoe
- * Mustard
- * Myrtle
- * Nuts
- * Oak
- * Olive
- * Palm, Date
- * Patchouly
- * Peach
- * Pine
- * Pomegranate
- * Poppy
- * Rice
- * Sunflower
- * Wheat

** FIDELITY

- * Chickweed
- * Chili Pepper
- * Clover
- * Cumin
- * Elder
- * Licorice
- * Magnolia
- * Nutmeg
- * Rhubarb
- * Rye
- * Scullcap
- * Spikenard
- * Vetch, Giant
- * Yerba Mate

**** FRIENDSHIP**

- * Lemon
- * Love Seed
- * Passion Flower
- * Sweetpea

**** GOSSIP**

- * Clove
- * Slippery Elm

**** HAPPINESS**

- * Catnip
- * Celandine
- * Cyclamen
- * Hawthorn
- * High John the Conqueror
- * Hyacinth
- * Lavender
- * Lily of the Valley
- * Marjoram
- * Meadowsweet
- * Morning Glory
- * Purslane
- * Quince
- * Saffron
- * St. John's Wort
- * Witch Grass

**** HEALING/HEALTH**

- * (to promote:)
- * Adder's Tongue
- * Allspice
- * Amaranth
- * Angelica
- * Apple
- * Balm, Lemon
- * Balm of Gilead
- * Barley
- * Bay
- * Bittersweet
- * Blackberry
- * Bracken
- * Burdock
- * Calamus
- * Carnation
- * Cedar
- * Cinnamon
- * Citron

- * Cowslip
- * Cucumber
- * Dock
- * Elder
- * Eucalyptus
- * Fennel
- * Figwort
- * Flax
- * Gardenia
- * Garlic
- * Ginseng
- * Goat's Rue
- * Golden Seal
- * Groundsel
- * Heliotrope
- * Hemp
- * Henna
- * Hops
- * Horehound
- * Horse Chestnut
- * Ivy
- * Job's Tears
- * Life Everlasting
- * Lime
- * Mesquite
- * Mint
- * Mugwort
- * Myrrh
- * Nettle
- * Oak
- * Olive
- * Onion
- * Peppermint
- * Pepper Tree
- * Persimmon
- * Pine
- * Plantain
- * Plum, Wild
- * Potato
- * Rose
- * Rosemary
- * Rowan
- * Rue
- * Saffron
- * Sandalwood
- * Sorrel, Wood
- * Spearmint
- * Thistle
- * Thyme
- * Ti
- * Tobacco
- * Vervain
- * Violet
- * Willow
- * Wintergreen
- * Yerba Mate

* (to maintain:)

- * Anemone
- * Ash
- * Camphor
- * Caraway
- * Coriander
- * Fern
- * Galangal
- * Geranium
- * Groundsel
- * Juniper
- * Knotweed
- * Larkspur
- * Life Everlasting
- * Mandrake
- * Marjoram
- * Mistletoe
- * Mullen
- * Nutmeg
- * Oak
- * Pimpernel
- * Rue
- * St. John's Wort
- * Sassafras
- * Sorrel, Wood
- * Spikenard
- * Sumbul
- * Tansy
- * Thyme
- * Walnut

** HEXES

- * Bamboo
- * Chili Pepper
- * Datura
- * Galangal
- * Huckleberry
- * Hydrangea
- * Poke
- * Squill
- * Thistle
- * Thistle, Holy
- * Toadflax
- * Vetivert
- * Wahoo
- * Wintergreen

** HUNTING

- * Fuzzy Weed
- * Mistletoe
- * Parosela
- * Yellow Evening Primrose

**** IMAGE MAGIC**

- * Ash
- * Briony
- * Mandrake
- * Potato
- * Straw

**** IMMORTALITY**

- * Apple
- * Linden
- * Sage

**** INFERTILITY**

- * (to create:)
- * Walnut

**** INVISIBILITY**

- * Amaranth
- * Chicory
- * Edelweiss
- * Fern
- * Heliotrope
- * Mistletoe
- * Poppy
- * Wolf's Bane

**** LEGAL MATTERS**

- * Buckthorn
- * Cascara Sagrada
- * Celandine
- * Hickory
- * Marigold
- * Skunk Cabbage

**** LOCKS**

- * Chicory
- * Lotus
- * Mistletoe
- * Moonwort

**** LONGEVITY**

- * Cypress
- * Lavender
- * Lemon
- * Life Everlasting
- * Maple

- * Peach
- * Sage
- * Tansy

** LOVE

(to attract:)

- * Adam and Eve
- * Aloes, Wood
- * Apple
- * Apricot
- * Aster
- * Avens
- * Avocado
- * Bachelor's Buttons
- * Balm, Lemon
- * Balm of Gilead
- * Barley
- * Basil
- * Beans
- * Bedstraw, Fragrant
- * Beet
- * Betony
- * Bleeding Heart
- * Bloodroot
- * Brazil Nut
- * Caper
- * Cardamom
- * Catnip
- * Chamomile
- * Cherry
- * Chestnut
- * Chickweed
- * Chili Pepper
- * Cinnamon
- * Clove
- * Clover
- * Cohosh, Black
- * Coltsfoot
- * Columbine
- * Copal
- * Coliander
- * Crocus
- * Cubeb
- * Cuckoo-Flower
- * Daffodil
- * Daisy
- * Damiana
- * Devil's Bit
- * Dill
- * Dogbane
- * Dragon's Blood
- * Dutchman's Breeches
- * Elecampane
- * Elm

- * Endive
- * Eryngo
- * Fig
- * Fuzzy Weed
- * Gentian
- * Geranium
- * Ginger
- * Ginseng
- * Grains of Paradise
- * Hemp
- * Hibiscus
- * High John the Conqueror
- * Houseleek
- * Hyacinth
- * Indian Paint Brush
- * Jasmine
- * Joe-Pye Weed
- * Juniper
- * Kava-Kava
- * Lady's Mantle
- * Lavender
- * Leek
- * Lemon
- * Lemon Verbena
- * Licorice
- * Lime
- * Linden
- * Liverwort
- * Lobelia
- * Lotus
- * Lovage
- * Love Seed
- * Maidenhair
- * Male Fern
- * Mallow
- * Mandrake
- * Maple
- * Marjoram
- * Mastic
- * Meadow Rue
- * Meadowsweet
- * Mimosa
- * Mistletoe
- * Moonwort
- * Myrtle
- * Nuts
- * Oleander
- * Orange
- * Orchid
- * Pansy
- * Papaya
- * Pea
- * Peach
- * Pear
- * Peppermint
- * Periwinkle

- * Pimento
- * Plum
- * Plumeria
- * Poppy
- * Prickly Ash
- * Primrose
- * Purslane
- * Quassia
- * Quince
- * Raspberry
- * Rose
- * Rosemary
- * Rue
- * Rye
- * Saffron
- * Sarsaparilla
- * Scullcap
- * Senna
- * Snakeroot, Black
- * Southernwood
- * Spearmint
- * Spiderwort
- * Strawberry
- * Sugar Cane
- * Sumbul
- * Tamarind
- * Thyme
- * Tomato
- * Tonka
- * Tormentil
- * Trillium
- * Tulip
- * Valerian
- * Vanilla
- * Venus' Flytrap
- * Vervain
- * Vetivert
- * Violet
- * Willow
- * Witch Grass
- * Wormwood
- * Yarrow
- * Yerba Mate
- * Yohimbe

(divinations of:)

- * Dodder
- * Lettuce
- * Mullein
- * Pansy
- * Rose
- * St. John's Wort
- * Willow

(to break a love spell:)

- * Lily
- * Lotus
- * Pistachio

**** LUCK**

- * Allspice
- * Aloe
- * Bamboo
- * Banyan
- * Be-still
- * Bluebell
- * Cabbage
- * Calamus
- * China Berry
- * Cinchona
- * Cotton
- * Daffodil
- * Devil's Bit
- * Fern
- * Grains of Paradise
- * Hazel
- * Heather
- * Holy
- * Houseleek
- * Huckleberry
- * Irish Moss
- * Job's Tears
- * Linden
- * Lucky Hand
- * Male Fern
- * Moss
- * Nutmeg
- * Oak
- * Orange
- * Persimmon
- * Pineapple
- * Pomegranate
- * Poppy
- * Purslane
- * Rose
- * Snakeroot
- * Star Anise
- * Straw
- * Strawberry
- * Sumbul
- * Vetivert
- * Violet
- * Wood Rose

**** LUST**

(to increase or create:)

- * Avocado
- * Caper
- * Caraway
- * Carrot
- * Cat Tail
- * Celery
- * Cinnamon
- * Daisy
- * Damiana
- * Deers Tongue
- * Dill
- * Dulse
- * Endive
- * Eryngo
- * Galangal
- * Garlic
- * Ginseng
- * Grains of Paradise
- * Hibiscus
- * Lemongrass
- * Licorice
- * Maguey
- * Mint
- * Nettle
- * Olive
- * Onion
- * Parsley
- * Patchouly
- * Radish
- * Rosemary
- * Saffron
- * Sesame
- * Snakeroot, Black
- * Southernwood
- * Vanilla
- * Violet
- * Witch Grass
- * Yerba Mate
- * Yohimbe

(to decrease:)

- * Camphor
- * Lettuce
- * Vervain
- * Witch Hazel

** MANIFESTATIONS

- * Balm of Gilead
- * Dittany of Crete
- * Mastic

** MEDITATION

- * Bodhi
- * Gotu Kola

** MENTAL POWER

- * Caraway
- * Celery
- * Eyebright
- * Grape
- * Horehound
- * Lily of the Valley
- * Mace
- * Mustard
- * Periwinkle
- * Rosemary
- * Rue
- * Savory, Summer
- * Spearmint
- * Walnut

** MONEY/WEALTH/PROSPERITY/RICHES

- * Alfalfa
- * Allspice
- * Almond
- * Basil
- * Bergamot, Orange
- * Blackberry
- * Bladderwrack
- * Blue Flag
- * Briony
- * Bromeliad
- * Buckwheat
- * Calamus
- * Camellia
- * Cascara Sagrada
- * Cashew
- * Cedar
- * Chamomile
- * Cinnamon
- * Cinquefoil
- * Clove
- * Clover
- * Comfrey
- * Cowslip
- * Dill
- * Dock
- * Elder
- * Fenugreek
- * Fern
- * Flax
- * Fumitory
- * Galangal
- * Ginger
- * Goldenrod

- * Golden Seal
 - * Gorse
 - * Grains of Paradise
 - * Grape
 - * Heliotrope
 - * High John the Conqueror
 - * Honesty
 - * Honeysuckle
 - * Horse Chestnut
 - * Irish Moss
 - * Jasmine
 - * Lucky Hand
 - * Mandrake
 - * Maple
 - * Marjoram
 - * May Apple
 - * Mint
 - * Moonwort
 - * Moss
 - * Myrtle
 - * Nutmeg
 - * Oak Oats
 - * Onion
 - * Orange
 - * Oregon Grape
 - * Patchouly
 - * Pea
 - * Pecan
 - * Periwinkle
 - * Pine
 - * Pineapple
 - * Pipsissewa
 - * Pomegranate
 - * Poplar
 - * Poppy
 - * Rattlesnake Root
 - * Rice
 - * Snapdragon
 - * Sassafras
 - * Sesame
 - * Snakeroot
 - * Snakeroot, Black
 - * Squill
 - * Tea
 - * Tonka
 - * Trillium
 - * Vervain
 - * Vetivert
 - * Wheat
 - * Woodruff
- ** PEACE
- * Dulse
 - * Eryngo
 - * Gardenia

- * Lavender
- * Loosestrife
- * Meadowsweet
- * Morning Glory
- * Myrtle
- * Olive
- * Passion Flower
- * Pennyroyal
- * Scullcap
- * Vervain
- * Violet

** POWER

- * Carnation
- * Club Moss
- * Devil's Shoestring
- * Ebony
- * Gentian
- * Ginger
- * Rowan

** PROPHEPIC DREAMS

- * Bracken
- * Buchu
- * Ciquefoil
- * Heliotrope
- * Jasmine
- * Marigold
- * Mimosa
- * Mugwort
- * Onion
- * Rose

** PROSPERITY

- * Alfalfa
- * Alkanet
- * Almond
- * Ash
- * Banana
- * Benzoin
- * Nuts
- * Oak
- * Tomato
- * Tulip

** PROTECTION

- * Acacia
- * African Violet
- * Agrimony
- * Ague Root
- * Aloe
- * Althea

- * Alyssum
- * Amarath
- * Anemone
- * Angelica
- * Anise
- * Arbutus
- * Asafoetida
- * Ash
- * Balm of Gilead
- * Bamboo
- * Barley
- * Basil
- * Bay
- * Bean
- * Betony, Wood
- * Birch
- * Bittersweet
- * Blackberry
- * Bladderwrack
- * Bloodroot
- * Blueberry
- * Bodhi
- * Boneset
- * Briony
- * Bromeliad
- * Broom
- * Buckthorn
- * Burdock
- * Cactus
- * Calamus
- * Caraway
- * Carnation
- * Cascara Sagrada
- * Castor
- * Cedar
- * Celandine
- * Chrysanthemum
- * Cinchona
- * Cinnamon
- * Ciquefoil
- * Clove
- * Clover
- * Club Moss
- * Coconut
- * Cohosh, Black
- * Cotton
- * Cumin
- * Curry
- * Cyclamen
- * Cypress
- * Datura
- * Devil's Bit
- * Devil's Shoestring
- * Dill
- * Dogwood
- * Dragon's Blood

- * Ebony
- * Elder
- * Elecampane
- * Eucalyptus
- * Euphorbia
- * Fennel
- * Fern
- * Feverwort
- * Figwort
- * Flax
- * Fleabane
- * Foxglove
- * Frankincense
- * Galangal
- * Garlic
- * Geranium
- * Ginseng
- * Gorse
- * Gourd
- * Grain
- * Grass
- * Hazel
- * Heather
- * Holly
- * Honeysuckle
- * Horehound
- * Houseleek
- * Hyacinth
- * Hyssop
- * Irish Moss
- * Ivy
- * Juniper
- * Kava-Kava
- * Lady's Slipper
- * Larch
- * Larkspur
- * Lavender
- * Leek
- * Lettuce
- * Lilac
- * Lily
- * Lime
- * Linden
- * Liquidamber
- * Loosestrife
- * Lotus
- * Lucky Hand
- * Mallow
- * Mandrake
- * Marigold
- * Masterwort
- * Meadow Rue
- * Mimosa
- * Mint
- * Mistletoe
- * Molluka

- * Mugwort
- * Mulberry
- * Mullein
- * Mustard
- * Myrrh
- * Nettle
- * Norfolk Island Pine
- * Oak
- * Olive
- * Onion
- * Orris
- * Papaya
- * Papyrus
- * Parsley
- * Pennyroyal
- * Peony
- * Pepper
- * Pepper Tree
- * Periwinkle
- * Pilot Weed
- * Pimpernel
- * Pine
- * Plantain
- * Plum
- * Primrose
- * Purslane
- * Quince
- * Radish
- * Ragwort
- * Raspberry
- * Rattlesnake Root
- * Rhubarb
- * Rice
- * Roots
- * Rose
- * Rosemary
- * Rowan
- * Sage
- * St. John's Wort
- * Sandalwood
- * Sloe
- * Snapdragon
- * Southernwood
- * Spanish Moss
- * Squill
- * Tamarisk
- * Thistle
- * Ti
- * Toadflax
- * Tomato
- * Tormentil
- * Tulip
- * Turnip
- * Valerian
- * Venus' Flytrap
- * Vervain

- * Violet
- * Wax Plant
- * Willow
- * Wintergreen
- * Witch Hazel
- * Wolf's Bane
- * Woodruff
- * Wormwood
- * Yerba Mate
- * Yucca

** PSYCHISM

- * Acacia
- * Althea
- * Bay
- * Bistort
- * Bladderwrack
- * Borage
- * Buchu
- * Celery
- * Cinnamon
- * Citron
- * Elecampane
- * Eyebright
- * Flax
- * Galangal
- * Grass
- * Honeysuckle
- * Lemongrass
- * Mace
- * Marigold
- * Mastic
- * Mugwort
- * Peppermint
- * Rose
- * Rowan
- * Saffron
- * Star Anise
- * Stillengia
- * Sumbul
- * Thyme
- * Uva Ursa
- * Wormwood
- * Yarrow
- * Yerba Santa

** PURIFICATION

- * Alkanet
- * Anise
- * Arabic, Gum
- * Asafoetida
- * Avens
- * Bay
- * Benzoin

- * Betony, Wood
- * Bloodroot
- * Broom
- * Cedar
- * Chamomile
- * Coconut
- * Copal
- * Euphorbia
- * Fennel
- * Horseradish
- * Hyssop
- * Iris
- * Lavendar
- * Lemon
- * Lemon, Verbena
- * Mimosa
- * Parsley
- * Peppermint
- * Pepper Tree
- * Rosemary
- * Sagebrush
- * Shallot
- * Thistle, Holy
- * Thyme
- * Tobacco
- * Turmeric
- * Valerian
- * Vervain
- * Yucca

** RAIN

- * Bracken
- * Cotton
- * Fern
- * Heather
- * Pansy
- * Rice
- * Toadstool

** SEXUAL ENERGY

- * Banana
- * Beans
- * Caper
- * Cohosh, Black
- * Dragon's Blood
- * Oak
- * Olive
- * Palm, Date

** SLEEP

- * Agrimony
- * Chamomile
- * Ciquefoil

- * Datura
- * Elder
- * Hops
- * Lavendar
- * Lettuce
- * Linden
- * Passion Flower
- * Peppermint
- * Purslane
- * Rosemary
- * Thyme
- * Valerian
- * Vervain

* SNAKES

(to call:)

- * Horsetail

(to enrage:)

- * Thistle, Milk

(to repel:)

- * Clover
- * Elder
- * Juniper
- * Lemongrass
- * Geranium
- * Plantain
- * Rattlesnake Root
- * Yellow Evening Primrose

** SPIRITS

- * Dandelion
- * Pipsissewa
- * Sweetgrass
- * Thistle
- * Tobacco
- * Wormwood

** SPIRITUALITY

- * African Violet
- * Aloes, Wood
- * Arabic, Gum
- * Cinnamon
- * Frankincense
- * Gardenia
- * Myrrh
- * Sandalwood

** STRENGTH

- * Bay
- * Carnation
- * Masterwort
- * Mugwort
- * Mullberry
- * Pennyroyal
- * Plantain
- * Saffron
- * St. John's Wort
- * Sweetpea
- * Tea
- * Thistle

** SUCCESS

- * Balm, Lemon
- * Cinnamon
- * Clover
- * Ginger
- * High John the Conqueror
- * Rowan
- * Wahoo
- * Winter's Bark

** THEFT

- * Aspen
- * Caraway
- * Cumin
- * Garlic
- * Juniper
- * Vetivert

** VISIONS

- * Angelica
- * Coltsfoot
- * Crocus
- * Damiana
- * Kava-Kava

** WIND

- * Bladderwrack
- * Broom
- * Saffron

** WISDOM

- * Bodhi
- * Iris
- * Peach
- * Sage

- * Sunflower

** WISHES

- * Bamboo
- * Beech
- * Buckthorn
- * Dandelion
- * Dogwood
- * Ginseng
- * Grains of Paradise
- * Hazel
- * Job's Tears
- * Liquidambar
- * Pomegranate
- * Sage
- * Sandalwood
- * Sunflower
- * Tonka
- * Violet
- * Walnut

** YOUTH

- * Anise
- * Cowslip
- * Fern
- * Myrtle
- * Rosemary
- * Vervain

List of magical needs and their corresponding herbs

Protection- clove, pepper, rosemary, basil, anise

Psychic- bay leaf, cinnamon, thyme

Money- basil, cinnamon, sage, ginger

Mind- caraway, celery

Healing- Fennel, garlic, sage, thyme

Love- basil, clove, ginger, thyme

Exorcism- garlic, basil, clove, pepper

Oils

Almond-money, fertility, prosperity

Anise-psychic powers, divination

Basil-harmony, healing, money, sweeten situation

Bay-divination, attract women, magnetism, psychic powers

Cinnamon-purification, luck, lust, money, stimulating, strength

Clove-healing, pain relief, intellectual stimulant, banishing

Dragons Blood-potency, protection, strength

Frankincense-anointing, astral strength, protection, cleansing

Gardenia-spirits, peace, love, healing

Ginger-magnetic, attract men, drawing

Jasmine-love, money, lust, dreams, sensuality

Lavender-cleansing, healing, love, calming, soothes stress

Lemon-love, longevity, calling spirits, energy, cleansing

Lilac-warding of evil and negativity, soothes nerves, spirit world

Musk-aphrodisiac, prosperity

Orange-attract men, drawing, power, luck

Peppermint-energy, mental stimulant, healing

Rosemary-energy, remembrance

Sage-purification, protection, cleansing, wisdom, clarity

Strawberry-luck, love, lust

Vanilla-lust, mental powers

MAGICAL HERBS

ALOE: Powers - Protection, Luck

BASIL: Powers - Love, Exorcism, Wealth, Flying, Protection

CATNIP: Powers - Cat Magic, Love, Beauty, Happiness

CEDAR: Powers - Healing, Purification, Money, Protection

CINNAMON: Powers - Spirituality, Success, Healing, Power, Psychic Powers,
Lust, Protection, Love

CLOVE: Powers - Protection, Exorcism, Love, Money

COCONUT: Powers - Purification, Protection, Chastity

COTTON: Powers - Luck, Healing, Protection, Rain, Fishing Magic

DANDELION: Powers - Divination, Wishes, Calling Spirits

DRAGONS BLOOD: Powers - Love, Protection, Exorcism, Potency

GARDENIA: Powers - Love, Peace, Healing, Spirituality

GINGER: Powers - Love, Money, Success, Power

GINSENG: Powers - Love, Wishes, Healing, Beauty, Protection, Lust

HEMP: Powers - Healing, Love, Visions, Meditation

HONEYSUCKLE: Powers - Money, Psychic Powers, Protection

JASMINE: Powers - Love, Money, Prophetic Dreams

MINT: Powers - Money, Lust, Healing, Travel, Exorcism, Protection

NUTMEG: Powers - Luck, Money, Health, Fidelity

PARSLEY: Powers - Lust, Protection, Purification

PATCHOULY: Powers - Money, Fertility, Lust

PEPPERMINT: Powers - Purification, Sleep, Love, Healing, Psychic Powers

POPPY: Powers - Fertility, Love, Sleep, Money, Luck, Invisibility

ROSEMARY: Powers - Protection, Love, Lust, Mental Powers, Exorcism,
Purification, Healing, Sleep, Youth

SAGE: Powers - Immortality, Longevity, Wisdom, Protection, Wishes

SESAME: Powers - Money, Lust

SPEARMINT: Powers - Healing, Love, Mental Powers

SUNFLOWER: Powers - Fertility, Wishes, Health, Wisdom

THYME: Powers - Health, Healing, Sleep, Psychic Powers, Love, Purification,
Courage

Welcome to my Magickal Garden

In my garden, is information about herbs, flowers and vegetables. Below is a list of some of my favorites and the most popular for magickal purposes. I have also listed on the next three pages, a more complete list with meanings and uses.

Herbal Magick or Wortcunning, as it is known by most Witches, is an essential part of magick making.

Plants, trees, shrubs, herbs and spices also embody different magickal qualities, which resonate with the planetary forces in our solar system. These properties have been used since the earliest times as well. Herb magick is easy because the power or vibrations lie in the herbs themselves. A few procedures are all that are necessary. These procedures include: tying knots, boiling water, lighting candles, sewing and burying things in the earth. More important than the simplicity perhaps, is the fact that herb magick works.

The herbs are also best used if enchanted first, this is to ensure that their vibrations are attuned to the need. Herb magick is a personal art, one in which the practitioner must actually participate. Oils, incense and ointments are made from herbs, plants and flowers. Herb magick is a specialized form that utilizes the power of the plants. An act of herb magick can be as simple as rubbing a scented oil onto a colored candle, setting it in a holder, lighting it and visualizing your magickal need.

ANGELICA - *Archangelica officinalis*. Properties: Masculine, Venus, Fire. Attributes: Exorcism, protection, visions, healing. Used in the dark ages to ward off sorcerers and evil spirits, and to break curses; also named "the root of the holy ghost." Grow in the garden as a protection. Carry the root with you as an amulet. Burn the dried leaves in exorcism rituals.

ALOE - *Agave Americana*. Properties: Feminine, Moon, Water. Attributes - Attributes: Beauty, protection, success, peace. Aloe has always been known for its healing qualities i.e., treating wounds, maintaining healthy skin. After using the gel, the opened leaf will seal itself so you can store it in a sealed plastic bag in the refrigerator for future uses. Hang at the front door or in doorways to attract luck and protection.

ANISE - *Pimpinella Anisum*. Properties: Masculine, Jupiter or Moon, Air. Attributes: Protection, purification, awareness, joy. A good breath freshener in the morning. Used in dream pillows for a good nights sleep. A good general cleansing bath is made with a handful of anise seeds and a few bay leaves. Wear on your person in sachet. Used often in Aromatherapy. Burn while meditating.

CARAWAY - *Carum Carvi*. Properties: Masculine, Mercury, Air. Attributes: Protection, Passion, Memory. Carry the seeds in a sachet for protection. To strengthen the memory, use in sleep pillows to help remember your dreams. Add to love sachets and charms to attract a lover in the more physical aspect. Also a mild stimulant for digestion.

CATNIP - *Nepeta cataria*. Properties: Venus, Feminine, Water. Attributes: Cat Magick, Love, Beauty, Happiness. Given to your cat, catnip creates a psychic bond between the two of you. It is also intoxicating to the cat. Catnip is used in love sachets, usually in conjunction with rose petals. Grown near the home or hung over the door, catnip attracts good spirits and great luck. Large catnip leaves are pressed and used as bookmarks in magickal books.

CHAMOMILE - *Anthemis nobilis*. Properties: Sun, Masculine, Water. Attributes: Money, Sleep, Love, Purification. Chamomile can be used to attract money, and a hand wash of the infusion is used by gamblers to ensure winnings. Used in sleep and meditation incenses. The infusion is also added to the bath to attract love. When sprinkled around the property, it removes curses and spells cast against you.

CINNAMON - *Cinnamomum zeylanicum*. Properties: Sun, Masculine, Fire. Attributes: Spirituality, Success, Healing, Power, Psychic Powers, Lust Protection, Love. The leaves of the cinnamon tree were woven into wreaths which were used to decorate ancient Roman temples. When burned as an incense, it raises high spiritual vibrations, aids in healing, draws money, stimulates psychic powers and produces protective vibrations. Cinnamon is also used in making sachets and infusions.

CLOVES - *Syzygium aromaticum* or *Caryophyllus aromaticus*. Properties: Jupiter, Masculine, Fire. Attributes: Protection, Exorcism, Love, Money. Burned as an incense, cloves attract riches, drive

away hostile and negative forces, produce spiritual vibrations, and purify the area. Worn or carried, cloves attract the opposite sex and bring comfort to the bereaved.

BASIL - *Ocimum basilium*. Properties: Masculine, Mars, Fire. Attributes: Protection, love, wealth (if carried in your wallet), healing relationships, courage, fertility, exorcism. In tincture form, it makes a good hair rinse for brunettes. A wonderful ingredient for a purification bath sachet. Add to love sachets and incenses. Flowery tops and leaves. Burn crushed powdered Basil while you announce your desire. You can also sprinkle a little on your person. Can be mixed with other herbs for protection and love.

DRAGON'S BLOOD - *Daemonorops draco*; *Dracaena* spp. NOT FOR CONSUMPTION.

Properties: Mars, Masculine, Fire. Attributes: Love, Protection, Exorcism, Potency. A stick of dragon's blood placed under the pillow or mattress will cure impotency. The dried resin is a powerful protectant when carried, sprinkled around the house, or smoldered as incense. It will also drive evil and negativity away when burned. A pinch of dragon's blood added to other incenses or oils increases their potency and power.

FRANKINCENSE TEARS - *Boswellia carteri*. NOT FOR CONSUMPTION. Properties: Sun, Masculine, Fire. Attributes: Protection, Purification, Consecration, Exorcism, Spirituality. When burned, Frankincense releases powerful vibrations which not only uplift those in the area, but also drives out all evil and negativity. It is also burned to induce visions and to aid meditation, and is added to sachets for luck, protection and spiritual growth. Rosemary may be used as a substitute.

GARLIC - *Allium sativum*. Properties: Masculine, Mars, Fire. Attributes: Protection, healing, good weather, courage, exorcism. Shrinks warts, relieves pain from teeth and ear aches. Hang in a kitchen, patio or window sill to help keep you strong in your will and/or to bring togetherness in the family. Burn while you make your wish. Carry as a sachet for trips over water. Also said to ward off bad weather when you are participating in outside events.

GINSENG - *Panax quinquefolium*. Properties: Masculine, Sun, Fire. Attributes: Love, wishes, beauty, desire. Stimulant, tonic, and agent for prolonged life. Also a mild pain killer, and improves blood circulation. Reported to successfully treat asthma, bronchitis, cancer, diabetes, weakness, fever, coughs and heartburn, and a mild stimulant. In tea form it helps to relieve stress.

HIGH JOHN - *Ipomoea purga* or *I. jalapa*. POISONOUS. Properties: Mars, Masculine, Fire.

Attributes: Money, Love, Success, Happiness. Anoint one of the roots with mint oil and tie up in a green sachet. Carry to attract money. It is also carried to stop depression, bring love and success, protect from all hexes and curses, and to break and destroy spells and hexes. To make a simple anointing oil suitable for all purposes, take three roots, make small cuts into them with a sharp knife. Place these in a bottle of vegetable, olive, or mineral oil. Let the roots soak in the oil for several weeks. Leave the roots in the oil and use to anoint candles, etc.

IRISH MOSS - *Chondrus crispus*. This herb is great to use in spells for money, luck, and protection. You can carry some with you or place some in your home to increase your luck and to ensure a steady flow of money into your house or pocket. Some place it under the rugs in their house for these purposes. Carry a little amulet filled with Irish Moss with you while traveling, for protection.

LAVENDER FLOWERS - *Lavendula officinale* or *L. vera*. Properties: Mercury, Masculine, Air. Attributes: Love, Protection, Sleep, Chastity, Longevity, Purification, Happiness, Peace. Lavender has long been used in love spells and sachets. These flowers are also burned or smoldered to induce sleep and rest, and are scattered about the home to maintain peacefulness. Lavender is also used in healing mixtures, carried to see ghosts, and worn to protect against the evil eye. It is added to purification baths.

LEMON GRASS - *Cymbopogon citratus*. Properties: Mercury, Masculine, Air. Attributes: Repel Snakes, Lust, Psychic Powers. Lemon Grass planted around the home and in the garden will repel snakes. It is also used in some lust potions, as well as in an infusion to aid in developing psychic powers.

LEMON VERBENA - *Lippia citriodora*. Properties: Mercury, Masculine, Air. Attributes:

Purification, Love. If this plant is hung around the neck, or a bit of its juice is drunk, it will preserve you from dreaming. Lemon Verbena is used in love spells and mixtures. The herb is added to other mixtures to increase their strength, and is sometimes used to purify an area. Add to bathwater for purification purposes.

MISTLETOE - *Viscum album*. NOT FOR CONSUMPTION. Properties: Sun, Masculine, Air.

Attributes: Protection, Love, Hunting, Fertility, Health, Exorcism. Mistletoe is placed in cradles to protect children from being stolen by the faeries and replaced with changelings. Mistletoe is also carried or worn for good luck in hunting. It has also been utilized in spells designed to capture that elusive state of immortality, and to open locks. Laid near the bedroom door, it gives restful sleep and beautiful dreams. Burned, it banishes evil. Wear it around your neck to attain invisibility.

Mistletoe is an all-purpose herb.

MUGWORT - *Artemisia vulgaris*. Properties: Venus, Feminine, Earth. Attributes: Strength, Psychic Powers, Protection, Prophetic Dreams, Healing, Astral Projection. A pillow stuffed with Mugwort and slept upon will produce prophetic dreams. It is also burned with sandalwood or wormwood during scrying rituals. A Mugwort infusion is used to wash crystal balls and magick mirrors, and Mugwort leaves are placed around the base of the ball (or beneath it) to aid in psychic workings. Placed next to the bed it aids in achieving astral projection.

MYRRH - *Commiphora myrrha*. NOT FOR CONSUMPTION. Properties: Moon, Feminine, Water. Attributes: Protection, Exorcism, Healing, Spirituality, Consecration, Purification. Burned as an incense, it purifies the area, and creates peace. It is rarely burned alone; usually in conjunction with frankincense or other resins. Myrrh increases the power of any incense to which it is added. Myrrh is also included in healing incenses, sachets, and its smoke is used to consecrate, purify and bless objects such as amulets, talismans, charms and magickal tools.

ORRIS ROOT - *Iris florentina*. NOT FOR CONSUMPTION. Properties: Venus, Feminine, Water. Attributes: Love, Protection, Divination. It has long been used to find and hold love. The whole root is carried, the powder added to sachets, sprinkled on sheets, clothing and the body, as well as around the house. Suspend a whole root from a small length of cord or yarn and with this pendulum find the answers to your questions.

PEPPERMINT - *Mentha piperita*. NOT FOR CONSUMPTION. Properties: Mercury, Masculine, Fire. Attributes: Purification, Sleep, Love, Healing, Psychic Powers. Used in healing, purification spells and it's presence raises vibrations of an area. Placed beneath a pillow, it sometimes offers glimpses of the future in dreams. Rub against furniture, walls and floorboards to cleanse them of evil and negativity.

PINE - *Pinus* spp. Properties: Mars, Masculine, Air. Attributes: Healing, Fertility, Protection, Exorcism, Money. Cones from pine trees are carried to increase fertility and to have vigorous old age. A pine cone gathered on Midsummer (still retaining its seeds) is an awesome magickal object. Pine needles are burned during the winter months to purify and cleanse the house. Scattered on the floor they drive away evil, and when burned, exorcise the area of negativity.

They are also used in cleansing baths. Pine needles are burned to reverse and send back spells. ROSE BUDS / PETALS - *Rosa* spp. Properties: Venus, Feminine, Water. Attributes: Love, Psychic Powers, Healing, Love Divination, Luck, Protection. Roses have long been used in love mixtures, owing to the flower's association with the emotions. A chaplet of roses worn when performing love spells (remove the thorns), or a single rose in a vase on the altar, are powerful love-magick aids. Rose water distilled from the petals is added to love baths. Rose hips (the fruit of the rose) are strung and worn as love-attracting beads.

ROSEMARY - *Rosemarinus officinalis*. Properties: Sun, Masculine, Fire. Attributes: Protection, Love, Lust, Mental Powers, Exorcism, Purification, Healing, Sleep, Youth. Rosemary, when burned, emits powerful cleansing and purifying vibrations and is smoldered to rid a place of negativity, especially prior to performing magick. It is one of the oldest incenses. When placed beneath the pillow rosemary ensures a good sleep and drives away nightmares. Laid under the bed it protects the sleeper from all harm. Rosemary is generally used as a substitute for frankincense.

RUE - *Ruta graveolens*. NOT FOR CONSUMPTION. Properties: Mars, Masculine, Fire. Attributes: Healing, Health, Mental Powers, Exorcism, Hex-Breaking, Love. Add to healing incenses and poppets. Rue added to baths breaks all hexes and curses that may have been cast against you, and it is also added to exorcism incenses and mixtures. It will clear negativity and protect when hung up at the door or placed in sachets.

SAGE - *Salvia officinalis*. Properties: Jupiter, Masculine, Air. Attributes: Immortality, Longevity, Wisdom, Protection, Wishes. Used to ensure a long life and promote wisdom. If you desire to make a wish come true, write it on a sage leaf, hide it beneath your pillow and sleep on it for three nights. If your dream does not materialize, bury the sage in the ground so that you do not come to

harm.

ST. JOHNS WART - *Hypericum perforatum*. Properties: Sun, Masculine, Fire. Attributes: Health, Protection, Strength, Love, Divination & Happiness. If worn, it wards off fevers, colds, makes soldiers invincible, and attracts love. When placed in a jar and hung by a window, it protects against thunderbolts, fire and evil spirits. Both flowers and leaves are used for this purpose. It is also dried over the Midsummer fires and hung near the window to keep ghosts, and other evil doers from the house, and is burned to banish spirits and demons.

SANDALWOOD - *Santalum album*. NOT FOR CONSUMPTION. Properties: Moon, Feminine, Water. Attributes: Protection, Wishes, Healing, Exorcism, Spirituality. When mixed with lavender it makes an incense designed to conjure spirits. This fragrant wood possess very high spiritual vibrations and is burned at séances and Full Moon rituals when mixed with frankincense.

Sandalwood beads are protective and promote a spiritual awareness when worn. Powdered sandalwood can be scattered about a place to clear it of negativity.

SKULL CAP - *Scutellaria galericulata*. Properties: Saturn, Feminine, Water. Powers: Love, Fidelity, Peace. Skullcap is used in spells of relaxation and peace. A woman who wears skullcap protects her husband against the charms of other women.

VALERIAN - *Valeriana officinalis*. Properties: Venus, Feminine, Water. Attributes: Love, Sleep, Purification, Protection. The rather ill-smelling root, powdered, is used in protective sachets, hung in the home to guard it against lightning, and placed in pillows to aid in falling asleep. Valerian root is also added to love sachets. The Greeks hung a sprig of valerian under a window to charm away evil. Valerian root, powdered, is sometimes used as "graveyard dust".

VERVAIN - *Verbena officinalis*. Properties: Venus, Feminine, Earth.

Attributes: Love, Protection, Purification, Peace, Money, Youth, Chastity, Sleep, Healing. A common ingredient in love mixtures and protective spells. A crown of Vervain on the head protects while invoking spirits. Any part of the plant may be carried as a personal amulet. Scatter around the home as a peace-bringer.

VETIVERT - *Vetiveria zizanioides*. Properties: Venus, Feminine, Earth. Attributes: Love, Hex-Breaking, Luck, Money, Anti-Theft. Vetivert root is burned to overcome evil spells. It is also used in love powders, sachets and incenses and is added to the bathwater in a sachet to make yourself attractive to the opposite sex. Vetivert is also used in money spells and mixtures, placed in the cash register to increase business, carried to attract luck and burned in anti-theft incenses.

VIOLET FLOWERS - *Viola odorata*. Properties: Venus, Feminine, Water.

Attributes: Protection, Luck, Love, Lust, Wishes, Peace, Healing. When the flowers are carried they offer protection against 'wicked spirits' and bring changes in luck and fortune. Mixed with lavender, they are a powerful love stimulant and also arouse lust. If you gather the first violet in the spring your dearest wish will be granted. Violets fashioned into a chaplet and placed on the head cures headaches and dizziness.

WILD THYME - *Thymus vulgaris*. Properties: Venus, Feminine, Water. Attributes: Healing, Health, Sleep, Love, Psychic Powers & Purification. Thyme is burned to attract good health and is also used in healing spells. Placed beneath the pillow, it ensures restful sleep. Worn, Thyme aids in developing psychic powers and it is also a purification herb. In spring a magickal cleansing bath composed of marjoram and thyme is taken to ensure all the sorrows and ills of the past are removed from the person. If you wear it you will be able to see fairies.

YARROW - *Achillea millefolium*. Properties: Venus, Feminine, Water.

Attributes: Courage, Love, Psychic Powers, Exorcism. When worn, it protects the wearer, and when held in the hand, it stops all fear and grants courage. A bunch of dried yarrow hung over the bed or used in wedding decorations ensures a love lasting at least seven years. Yarrow is also used in love spells. Carrying Yarrow not only brings love but it also attracts friends and distant relations you wish to contact.

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Magickal Library
Herbs and their Magical uses

Acacia
Protection, Psychic Powers
Adam & Eve Roots
Love, Happiness.
Adders Tongue
Healing

African Violet

Spirituality, Protection

Agaric

Fertility

Agrimony

Protection, Sleep

Ague Root

Protection

Alfalfa

Prosperity, Anti-hunger, Money

Alkanet

Purification, Prosperity

Allspice

Money, Luck, Healing

Almond

Money, Prosperity, Wisdom

Aloe

Protection, Luck

Aloes, Wood

Love, Spirituality

Althea

Protection, Psychic Powers

Alyssum

Protection, Moderating Anger

Amaranth

Healing, Protection, Invisibility

Anemone

Health, Protection, Healing

Angelica

Exorcism, Protection, Healing, Visions

Apple

Love, Healing, Garden Magic, Immortality

Apricot

Love

Arabic Gum

Purify negativity and evil

Arbutus

Exorcism, Protection

Asafetida

Exorcism, Purification, Protection

Ash

Protection, Prosperity, Sea Rituals, Health

Aspen

Eloquence, Anti-Theft

Aster

Love

Avens

Exorcism, Purification, Love

Avocado

Love, Lust, Beauty

Bachelor's Buttons

Love

Balm, Lemon

Love, Success, Healing

Balm of Gilead

Love, Manifestations, Protection, Healing

Bamboo

Protection, Luck, Hex-Breaking, Wishes

Banana

Fertility, Potency, Prosperity

Banyan

Luck

Barley

Love, Healing, Protection

Basil

Love, Exorcism, Wealth, Flying, Protection

Bay

Protection, Psychic Powers, Healing, Purification, Strength

Bean

Protection, Exorcism, Wart Charming, Reconciliation's, Potency, Love

Bedstraw/Fragrant

Love

Beech

Wishes

Beet

Love

Benzoin

Purification, Prosperity

Bergamot, Orange

Money

Be-Still

Luck

Betony/wood

Protection, Purification, Love

Birch

Protection, Exorcism, Purification

Bistort

Psychic Powers, Fertility

Bittersweet

Protection, Healing

Blackberry

Healing, Money, Protection

Bladderwrack

Protection, Sea Spells, Wind Spells, Money, Psychic Powers

Bleeding Heart

Love

Bloodroot

Love, Protection, Purification

Bluebell

Luck, Truth

Blueberry

Protection

Blue Flag

Money

Bodhi

Fertility, Protection, Wisdom, Meditation

Boneset

Protection, Exorcism

Borage

Courage, Psychic Powers

Bracken

Healing, Rune Magic, Prophetic Dreams

Brazil Nut

Love

Briony

Image Magic, Money, Protection

Bromeliad

Protection, Money

Broom

Purification, Protection, Wind Spells, Divination

Buchu

Psychic Powers, Prophetic Dreams

Buckthorn

Protection, Exorcism, Wishes, Legal Matters

Buckwheat

Money, Protection

Burdock

Protection, Healing

Cabbage

Luck

Cactus

Protection, Chastity

Calamus

Luck, Healing, Money, Protection

Camellia

Riches

Camphor

Chastity, Health, Divination

Caper

Potency, Lust, Luck

Caraway

Protection, Lust, Health, Anti-theft, Mental Powers

Cardamon

Lust, Love

Carnation

Protection, Strength, Healing

Carob

Protection, Health

Carrot

Fertility, Lust

Cascara Sagrada

Legal Matters, Money, Protection,

Cashew

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Castor

Protection

Catnip

Cat Magic, Love, Beauty, Happiness

Cattail

Lust

Cedar

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Celandine

Protection, Escape, Happiness, Legal Matters

Celery

Mental Powers, Lust, Psychic Powers
 Centaury
 Snake Removing
 Chamomile
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 Cherry
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 Chestnut
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 Chickweed
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 Chicory
 Removing Obstacles, Invisibility, favors, Frigidity
 Chili pepper
 Fidelity, hex Breaking, Love
 China Berry
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 Chrysanthemum
 Protection
 Cinchona
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 Cinnamon
 Spirituality, Success, Healing, Power, Psychic Powers, Lust, Protection, Love
 Cinquefoil
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 Citron
 Psychic Powers, Healing
 Cloth of Gold
 Understand animal languages
 Clove
 Protection, Exorcism, Love, Money
 Clover
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 Club Moss
 Protection, Power
 Coconut
 Purification, Protection, Chastity
 Cohosh, Black
 love, courage, protection, potency
 Coltsfoot
 Love, Visions
 Columbine
 Courage, Love
 Comfrey
 Safety during travel, Money
 Copal
 Love, Purification
 Coriander
 Love, Health, Healing
 Corn
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 Cotton
 Luck, Healing, Protection, Rain, Fishing Magic
 Cowslip
 Healing, Youth, Treasure Finding
 Crocus

Love, Visions
 Cubeb
 Love
 Cuckoo-flower
 Fertility, Lover
 Cucumber
 Chastity, Healing, Fertility
 Cumin
 Protection, Fidelity, Exorcism
 Curry
 Protection
 Cyclamen
 Fertility, Protection, Happiness, Lust
 Cypress
 Longevity, Healing, Comfort, Protection
 Daffodil
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 Daisy
 Lust, Luck
 Damiana
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 Dandelion
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 Datura
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 Deer tongue
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 Devils Bit
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 Devils Shoestring
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 Dill
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 Dittany of Crete
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 Dock
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 Dogbane
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 Dogwood
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 Dragons Blood
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 Dulse
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 Dutchmans Breeches
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 Ebony
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 Echinacea
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 Edelweiss
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 Elecampane
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 Elm
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 Endive
 Lust, Love
 Eryngo
 Travelers Luck, Peace, Lust, Love
 Eucalyptus
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 Euphorbia
 Purification, Protection
 Eyebright
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 Fennel
 Protection, Healing, Purification
 Fenugreek
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 Fern
 Rain Making, Protection, Luck, Riches, Eternal Youth, Health, Exorcism
 Feverfew
 Protection
 Fig
 Divination, Fertility, Love
 Figwort
 Health, Protection
 Flax
 Money, Protection, Beauty, Psychic Powers, Healing
 Fleabane
 Exorcism, Protection, Chastity
 Foxglove
 Protection
 Frankincense
 Protection, Exorcism, Spirituality
 Fumitory
 Money, Exorcism
 Fuzzy Weed
 Love, Hunting
 Galangal
 Protection, Lust, Health, Money, Psychic Powers, Hex breaking
 Gardenia
 Love, Peace, Healing, Spirituality
 Garlic
 Protection, Healing, Exorcism, Lust, Anti-Theft
 Gentian
 Love, Power
 Geranium
 Fertility, Health, Love, Protection
 Ginger
 Love, Money, Success, Power
 Ginseng
 Love, Wishes, Healing, Beauty, Protection, Lust
 Goats Rue
 Healing, Health
 Goldenrod

Money, Divination
 Golden Seal
 Healing, Money
 Gorse
 Protection, Money
 Gotu Kola
 Meditation
 Gourd
 Protection
 Grain
 Protection
 Grains of Paradise
 Lust, Luck, Love, Money, Wishes
 Grape
 Fertility, Garden Magic, Mental Powers, Money
 Grass
 Psychic Powers, Protection
 Ground Ivy
 Divination
 Groundsel
 Health, Healing
 Hawthorn
 Fertility, Chastity, Fishing Magic, Happiness
 Hazel
 Luck, Fertility, Anti-Lightning, Protection, Wishes
 Heather
 Protection, Rain Making, Luck
 Heliotrope
 Exorcism, Prophetic dreams, Healing, Wealth, Invisibility
 Hellebore, Black
 Protection *POISON*
 Hemlock
 Destroy sexual drives *POISON*
 Hemp
 Healing, Love, Vision, Meditation
 Henbane
 POISON Not used
 Henna
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 Hibiscus
 Lust, Love, Divination
 Hickory
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 High John the Conquerer
 Money, Love, Success, Happiness
 Holly
 Protection, Anti-Lightning, Luck, Dream Magic
 Honesty
 Money, Repelling Monsters
 Honeysuckle
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 Hops
 Healing, Sleep
 Horehound
 Protection, Mental Powers, Exorcism, Healing
 Horse Chestnut

Money, Healing
 Horseradish
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 Horsetail
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 Huckleberry
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 Hyacinth
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 Ivy
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 Jasmine
 Love, Money, Prophetic Dreams
 Jobs Tears
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 Joe-pye weed
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 Juniper
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 kava-Kava
 Visions, Protection, luck
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 Ladys mantle
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 Ladys slipper
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 Larch
 Protection, Anti theft
 Larkspur
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 Lavender
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 Leek
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 Lemon
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 Lemongrass
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 Lemon Verbena
 Purification, Love
 Lettuce

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 Lilac
 Exorcism, Protection
 Lily
 Protection, Breaking Love spells
 Lily of the Valley
 Mental Powers, Happiness
 Lime
 Healing, Love, Protection
 Linden
 Protection, Immortality, Luck, Love, Sleep
 Liquidamber
 Protection
 Liverwort
 Protection, Love
 Looestrife
 Peace, Protection
 Lotus
 Protection, Lock-Opening
 Lovage
 Love
 Love Seed
 Love, Friendship
 Lucky Hand
 Employment, Luck, Protection, Money, Travel
 Mace
 Psychic Powers, Mental Powers
 Maguey
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 Magnolia
 Fidelity
 Mahogany, Mountain
 Anti-Lightning
 Maidenhair
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 Male Fern
 Luck, Love
 Mallow
 Love, Protection, Exorcism
 Mandrake
 Protection, Love, Money, Fertility, Health
 Maple
 Love, Longevity, Money
 Marigold
 Protection, Prophetic Dreams, Legal Matters, Psychic Powers
 Marjoram
 Protection, love, Happiness, Health, Money
 Master Wort
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 Mastic
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 Meadow Rue
 Divination
 Meadowsweet
 Love, Divination, Peace, Happiness
 Mesquite
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 Mimosa
 Protection, Love, Prophetic Dreams, Purification
 Mint
 Money, Love, Lust, Healing, Exorcism, Travel, Protection
 Mistletoe
 Protection, Love, Hunting, Fertility, Health, Exorcism
 Molukka
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 Moonwort
 Money, Love
 Moss
 Luck, Money
 Mugwort
 Strength, Psychic Powers, Protection, Prophetic Dreams, Healing, Astral Projection
 Mulberry
 Protection, Strength
 Mullein
 Courage, Protection, Health, Love, Divination, Exorcism
 Mustard
 Fertility, Protection, Mental Powers
 Myrrh
 Protection, Exorcism, Healing, Spirituality
 Myrtle
 Love, Fertility, Youth, Peace, Money
 Nettle
 Exorcism, Protection, Healing, Lust
 Norfolk Island Pine
 Protection, anti hunger
 Nuts
 Fertility, prosperity, love, luck
 Oak
 Protection, Health, Money, Healing, Potency, Fertility, Luck
 Oats
 Money
 Olive
 Healing, Peace, Fertility, Potency, Protection, Lust
 Onion
 Protection, Exorcism, Healing, Money, Prophetic Dreams, Lust
 Orange
 Love, Divination, Luck, Money
 Orchid
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 Oregon Grape
 Money, Prosperity
 Orris
 Love, Protection, Divination
 Palm, Date
 Fertility, Potency
 Pansy

Love, Rain Magic, Love, Divination
 Papaya
 Love, Protection
 Papyrus
 protection
 Parosela
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 Parsley
 Love, Protection, Purification
 Passion Flower
 Peace, Sleep, Friendship
 Patchouly
 Money, Fertility, Lust
 Pea
 Money, Love
 Peach
 Love, Exorcism, Longevity,. Fertility, Wishes
 Pear
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 Pecan
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 Pennyroyal
 Strength, Protection, Peace
 Peony
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 Pepper
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 Peppermint
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 Pepper Tree
 Purification, Healing, Protection
 Periwinkle
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 Persimmon
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 Plot Weed
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 Pimento
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 Pimpernel
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 Pine
 Healing, Fertility, Protection, Exorcism, Money
 Pineapple
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 Pipsissewa
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 Pistachio
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 Plantain
 Healing, Protection, Strength, Snake Repelling
 Plum
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 Plumeria
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 Poke

Courage, Hex Breaking
 Pomegranate
 Divination, Luck, Wishes, Wealth, Fertility
 Poplar
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 Poppy
 Fertility, Love, Sleep, Money, Luck, Invisibility
 Potato
 Image Magic, Healing
 Prickly Ash
 Love
 Primrose
 Protection, Love
 Purslane
 Sleep, Love, Luck, Protection, Happiness
 Quassia
 Love
 Quince
 Protection, Love, Happiness
 Radish
 Protection, Lust
 Ragweed
 Courage
 Ragwort
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 Raspberry
 Protection, Love
 Rattlesnake Root
 Protection, Money
 Rhubarb
 Protection, Fidelity
 Rice
 Protection, Rain, Fertility, Money
 Roots
 Protection, Power, Divination
 Rose
 Love, Psychic Powers, Healing, Love, Divination, Luck, Protection
 Rosemary
 Protection, Love, Lust, Mental Powers, Exorcism, Purification, Healing, Sleep, Youth
 Rowan
 Psychic Powers, Healing, Protection, Power, Success
 Rue
 Healing, Health, Mental Powers, Exorcism, Love
 Rye
 Love, Fidelity
 Saffron
 Love, Healing, Happiness, Wind Raising, Lust, Strength, Psychic Powers.
 Sage
 Immortality, Longevity, Wisdom, Protection, Wishes
 Sagebrush
 Purification, Exorcism
 St. Johns Wort
 Health, Power, Protection, Strength, Love, Divination, Happiness
 Sandalwood
 Protection, Healing, Exorcism, Spirituality
 Sarsaparilla

Love, Money
Sassafras
Health, Money
Savory/Summer
Mental Powers
Scullcap
Love, Fidelity, Peace
Senna
Love
Sesame
Money. Lust
Shallot
Purification
Skunk Cabbage
Legal Matters
Slippery Elm
Halts Gossip
Sloe
Exorcism, Protection
Snakeroot
Luck Money
Snakeroot/black
Love, Lust, Money
Snapdragon
Protection
Solomons Seal
Protection, Exorcism
Sorrel Wood
Healing, Health
Southern Wood
Love, Lust, Protection
Spanish Moss
Protection
Spearmint
Healing, Love, Mental Powers
SpiderWort
Love
Spikenard
Love
Squill
Money, Protection, Hex Breaking
Star/anise
Psychic Powers, Luck
Stillengia
Psychic Powers
Straw
Luck, Image Magic
Strawberry
Love, Luck
Sugar Cane
Love, Lust
Sumbul
Love, Luck, Health, Psychic Powers
Sunflower
Fertility, Wishes, Health, Wisdom
Sweetgrass

Calling Spirits
 Sweetpea
 Friendship, Chastity, Courage, Strength
 Tamarind
 Love
 Tamarisk
 Exorcism, Protection
 Tansy
 Health, Longevity
 Tea
 Riches, Courage, Strength
 Thistle
 Strength, Protection, Hex Breaking, Healing
 Thistle/holy
 Purification, Hex Breaking
 Thistle/milk
 Snake enraging
 Thyme
 health, Healing, Sleep, Psychic Powers, Love, Purification, Courage
 Ti
 Protection, Healing
 Toadflax
 Protection, Hex Breaking
 Toadstool
 Rain Making
 Tobacco
 Healing, Purification
 Turmeric
 Purification
 Turnip
 Protection, Ending Relationships
 Uva Ursa
 Psychic Workings
 Valerian
 Love, Sleep, Purification, Protection
 Vanilla
 Love, Lust, Mental Powers
 Venus Flytrap
 Protection, Love
 Vervain
 Love, Protection, Purification, Peace, Money, Youth, Chastity, Sleep, Healing
 Vetch/Giant
 Fidelity
 Vetivert
 Love, Hex Breaking, Luck, Money, Anti-Theft
 Violet
 Protection, Luck, Love, Lust, Wishes, Peace, Healing
 Wahoo
 Hex-breaking, Courage, Success
 Walnut
 Health, Mental Powers, Infertility, Wishes
 Wax Plant
 Protection
 Wheat
 Fertility, Money
 Willow

Love, divination, Protection, Healing
Wintergreen
Protection, Healing, Hex Breaking
Winters Bark
Success
Witch Grass
Happiness, Lust, love, Exorcism
Witch Hazel
Protection, Chastity
Wolfs Bane
Protection, Invisibility
Wood Rose
Luck
Woodruff
Victory, Protection, Money
Wormwood
Psychic Powers, Protection, Love, Calling Spirits
Yarrow
Courage, Love, Psychic Powers, Exorcism
Yellow Evening Primrose
Hunting
Yerba Mate
Fidelity, Love, Lust
Yerba Santa
Beauty, Healing, Psychic Powers, Protection
Yew
Raising the Dead
Yohimbe
Love, Lust
Yucca
Transmutation, Protection, Purification

LIST" OF HERBS AND THERE MAGICAL MEANINGS

Plants, trees, and herbs are really wonderful things. They are nature's way of providing us with the tools to help ourselves and our world. They can be used in ritual, in magick, and in meditation. They can, and should also be made a part of your daily life. In the days of cyberspace, apartment buildings, concrete, and smog, they are the simplest and most fundamental way to reconnect with the earth that houses us.

I will keep adding to this list

AFRICAN VIOLET..... Spirituality, Protection
ALLSPICE..... Money, Luck, Healing
ALMOND.....Money, Prosperity, Wisdom
ALOE.....Protection, Luck
AMBER OIL.....Love, Healing(cost alot)
APPLE.....Love, Divinations, Goddess Symbol, Fertility
BARLEY.....Protection, Healing, Fertility
BASIL.....Protection, Used to purify circles, As a tea for female health
BAY.....Purification, Promotes vitality
BLACKBERRY.....Prosperity, rest, stress
BONESET.....Exorcism, healing
CARNATION.....Protection, Healing
CATNIP.....Drink the tea to promote sleep, attract a familiar, Love spells.
CINNAMON....love, business, friendship, healing, psychic energy.
CHAMOMILE..... Money, Sleep, Love, Purification
CHERRY..... Love, divination
EUCALYPTUSE....Healing, purification.(snuffy snoses)
FENNEL.....Protection, Healing, Purification
FERN.....Rain Making, Protection, Luck, Riches, Eternal Youth, Health, Exorcism
GINGER....Energy, strength, passion.
LAVENDERL.... beauty, love, peace, protection, dreams, sleep.(lavender is also a great healer for cuts and scrapes in a jar I have lavender flowers in oil and I but it on bobo's)
NUTMEG....Dreams, psychic energy, money.
PATCHOULY....Business, money.
PEPPERMINT....Healing, travel.
ROSE....Protection, creativity, dreams, psychic ability, love.
ROSEMARY....negative energies, purification, intellect.
SAGE....Employment, money.
SANDALWOOD...Relaxation, sleep.
THYME....Beauty, courage, health.

HERBAL MAGIC PROCEDURES

Attunement:

Pour the needed amount of dried herb into a bowl. Sit or stand calmly and gaze into the herb. Sense its vibrations awaiting within the leaves and flowers and stems; see them emerging from the plant or lying in wait. Psychics can see the vibrations leaving the plants in various forms, such as sharp jagged lines, lazy spirals or blazing comets. Lean toward the bowl and place your power hand within it, touching the herb. Leave it motionless for a few seconds. Visualize your need strongly.

Enchantment:

Run your fingers through the herb. Still strongly visualizing your need, send it into the herb. Feel your fingertips charging the herb with energy. If you find trouble holding the image in your mind chant simple words that match your need, such as: Yarrow, yarrow, make love grow. Chant this endlessly under your breath. As you run your fingers through the herb feel them infusing the plant with your need. When the herb is tingling with power (or when you sense that the enchantment is complete) remove your hand. The plant has been enchanted.

Sachets:

Herbs to be carried or placed in the house (over doors, windows, etc.) should be made into sachets. A sachet is a small bag or piece of cloth in which herbs are contained. In voodoo magic this is often called a 'charm bag' or 'root bag'. They are exceedingly easy to make. Take a small amount of material (square, round, or triangular shaped) of the appropriate color. Felt works well and its relatively inexpensive. Place the enchanted herbs (usually no more than a tablespoon or so) on the center of the material. Gather the ends together and tie with a piece of cord or yarn of a matching color. As you knot the cord firmly visualize your need. (In actual fact, do this during the entire procedure). Make two more knots and the sachet is finished. The smaller the sachets are, the easier they are to carry in the pocket. Household sachets may be made larger since they aren't carried.

Poppets:

This is also known as the 'voodoo doll', although it has been in magical use at least 4,000 years and was only lately associated with voodoo. Though they have been made out of roots, potatoes, lead, bark, paper and other materials, in magical herbalism poppets are usually fashioned of cloth and herbs. The poppet is a doll made to represent the person to be aided through magic. Poppets are most often made to speed healing, and are also fashioned to draw money, love, and all the various magical needs. For best results do not construct a poppet representing another person; only yourself. Poppets are easy to make: draw a rough outline of a human figure (about eight inches long). Transfer this outline to a piece of cloth doubled-over of the appropriate color. Cut it out so that you have two identical pieces of cloth. Pin these together and begin to sew them around the edges. When three-quarters of the doll is stitched, fill it with the appropriate enchanted herbs. Once the poppet is completed hold it in your power hand and visualize your need. State in plain

words that you have fashioned the poppet to aid you in becoming healthy, to draw money, etc. The herbs within the poppet will go to work in manifesting your need. The poppet filled with healing herbs (for example) represents you 'filled' with health. Place the poppet on the altar. Burn candles of the proper colors and stare at the poppet, visualizing your need. Store the doll in a safe place when not in use. After the poppet has done its job, pick it apart and bury the herbs and cloth.

Infusion:

The infusion is the origin of the 'potion' so identified with Witches.

It is simply a process of soaking herbs in hot water.

There are some refinements, however. Use no metal pots when boiling water or during the steeping process, for they interfere with the herb's powers. Keep the liquid covered during infusion so that little steam is lost. Finally, enchant all herbs prior to infusion.

Use one teaspoon dried herb to every cup of water. Heat water until just boiling. Pour over herb and cover. Let steep 9 to 13 minutes. Strain and cool before using. Infusions are drunk as teas, of course, but they are also added to baths, rubbed onto furniture and floors, and used to anoint the body.

Needless to say never make an infusion of a poisonous plant.

Baths:

Baths are often used in herbal magic, for they are an easy way to spread an herb's power over the entire body.

There are two methods; one, make a sachet (use about one-half to one cup of the appropriate enchanted herb) of cheesecloth. Drop this into the warm bath water.

A better method entails the preparation of an infusion. Add the strained liquid to the tub. Essential oils are also sometimes added to baths. Just a few drops are all that is needed for most oils; too much may irritate the skin.

Ointments:

An old form of herb magic as well as medicine, an ointment is simply any fatty substance to which powdered herbs and/or oils have been added. In the past, lard was generally used as the base, but today vegetable shortening is usually substituted. It certainly smell better.

To a cup of shortening, add three tablespoons of the enchanted, powdered herb(s). Pound or mash them together while visualizing until well-mixed, then place in an air-tight container to store.

An alternative method is to melt the base over low heat. Add the herbs and steep for about 9 minutes or until the herb is 'fried'. Strain and allow the ointment to cool before use.

A third method is even easier; melt the shortening, add drops of the appropriate oils, and cool.

Using the ointment is easy: simply apply to the body at the pulse points (wrist, neck, etc.). Such ointments are best stored in air-tight containers in cool place.

Oils:

Though extracting oils by steam distillation and other methods is almost prohibitively expensive, we are spared this cost by wide availability of essential oils and synthetics on the market today. Many so-called 'essential oils' are actually synthetic; this does not negate their use in magic, however. If they smell good, use them.

Essential oils are used in numerous ways. They are worn on the body, rubbed onto candles, dabbed onto sachets and poppets, added to baths, burned on charcoal blocks and smeared onto roots.

Incense:

Incense composition and use is an art form in itself. Basically, an incense is any combination of plant materials, perhaps combined with essential oils and a base, which are mixed together and burned or smoldered on charcoal. (This type of incense is known as 'raw' or 'granular'. It is usually used in magic, rather than the stick or cone forms).

In magical use, incense is burned for its vibrations alone as a kind of spell, while visualizing. But it can also be used as a background while performing other types of magic. In composing your own incense formula remember that 'more' is not always better. Any recipe requiring over 9 substances is probably too complicated. Simply choose a few plants appropriate to your need. The herbs are reduced to powder form with a mortar and pestle and then enchanted. The resultant mixture is ready for use. To use incense, ignite a charcoal block and place in a heat-proof container. An incense burner is fine, as is a dish half-filled with salt or sand. Sprinkle a small amount of incense on the glowing charcoal every few minutes during your spell. Remember, however, that many sweetly-scented plants smell quite different when burning, so don't be surprised if your incense isn't pleasant. The important factors here are the vibrations and not the scents.