

Herbs



Gifts of the Green Man

Homeopathic and Metaphysical uses

The Lord hath created medicines out of the earth; and he that is wise will not abhor them.

Apocrypha, Ecclesiasticus 34:4

Why should a man die, who has sage in his garden?

Anon, Regimen Sanitatis Salernitanum, Medieval herbal

The Great Spirit is our father, but the earth is our mother. She nourishes us; that which we put into the ground she returns to us, and healing plants she gives us likewise.

Big Thunder, North American Indian, 1900

There is life on earth – one life, which embraces every animal and plant on the planet. The time has divided it up into several million parts, but each is an integral part of the whole. A rose is a rose, but it is also a robin and a rabbit. We are all of one flesh, drawn from the same crucible.

Lyall Watson, Supernature, 1973

In the last decade interest in traditional medicine has been renewed, and much is now being done worldwide to give it the respect it deserves – green medicine is being born again.

Anthony Huxley, Green Inheritance, 1984

Sources Used

The majority of this document is directly quoted from the sources below. There are spots where I paraphrase or insert my own opinions based on my own experiences with herbalism but much of my knowledge in this field comes from the sources listed below. I make no exclusive claim to the contents herein, only the way they are arranged and the method in which this class is taught.

Dean Coleman Herbal Luxuries

<http://www.deancoleman.com>

Young Living Essential Oils

<http://www.youngliving.us/>

Moon Raven's Nest

<http://moonraven.salemconnection.net/bos/grimoire/incense.html>

Botanical.com

<http://www.botanical.com/>

Cunningham's Encyclopedia of Magical Herbs

Expanded and Revised Edition

By Scott Cunningham

ISBN # 0-87542-122-9

A Druid's Herbal for the Sacred Year

By Ellen Everet Hopman

ISBN # 0-89281-501-9

The New Age Herbalist

By Multiple Authors

ISBN # 0-684-81577

Overview

Dictionary.com defines herb as the following:

herb (ûrb, hûrb) *n.*

1. A plant whose stem does not produce woody, persistent tissue and generally dies back at the end of each growing season.
2. Any of various often aromatic plants used especially in medicine or as seasoning.
3. Slang. Marijuana.

Herbs have been used from time immemorial not only in healing our bodies and minds but also our spirits. Most modern medications and drugs used by doctors today are derived from the earth in one form or another. The use of plants and natural substances to treat illness has been a time-honored practice since the beginning of recorded history and probably for centuries before. Science verifies the medicinal uses for plants that herbalists have been using for centuries every day. Ultimately we all come from the earth and generally speaking we shall all return to the earth in one form or another. It is my personal belief that there is not a disease that occurs that Mother Nature does not provide a cure for. It's simply a matter of locating it.

Now, a note on modern medicine and antibiotics: the general welfare of the immune system of the human race as a whole is declining at a rapid pace due to the over-use of prescription antibiotics by the medical community. The natural process of infection and recovery involves our bodies being infected with an outside organism and then our own natural immune system developing natural antibodies to fight the disease, thereby making us immune to the disease (or any similar strains) infecting us again. When an antibody that our immune system didn't learn to create is used to fight a disease then we are not immune to further infection and other variant strains later. The immune system becomes lax and lethargic. It is generally better to suffer through a cold or other minor illness naturally and let your body naturally recover than it is to take prescription antibiotics. Prescription antibodies do have their place but should be used with discretion.

Taking an herbal complex to stimulate and feed your immune system when you get sick is generally the best option for you as it was for your ancestors. Immune system information is encoded directly into our genetic code so that our children and future generations can benefit from the knowledge gained in our own immune systems. When you go to the doctor ask about getting an immune system stimulant instead of antibiotics so that you can naturally defeat the infection. The homeopathic school of herbalism prescribes Echinacea and Goldenseal with large doses of Vitamin C to help stimulate the immune system naturally. This will at times take longer than using antibiotics from a doctor but generally speaking you will be immune to the strain of disease once you defeat it the first time.

Medicinal Uses

The primary method of treating patients with natural substances generally revolves around the homeopathic school of thought. The homeopathic principle states that a patient exhibiting symptoms will be treated with a substance that would cause the same symptom if it were administered in a large dose. For instance, mistletoe leaves and twigs are used in the treatment of epilepsy because in very large dose mistletoe can cause seizures, especially in children. Another example of this methodology would be the Native American tradition of treating fever with a session in a sweat lodge. The herbs or other remedies are, however, generally administered in very small doses but at frequent intervals. The homeopathic method of herbal use is usually summed up in the phrase "fight fire with fire" or "treat like with like."

Essential Oils

The active ingredient for herbal remedies on a mundane level is essential oil. Essential oil is the liquid extract of the chemical essence of the plant. This extract exists in very small amounts but is highly potent. It may take a hundred pounds of plant matter to extract a single milliliter of essential oil. All herbal remedies generally revolve around releasing the essential oil in a plant and then either ingesting the oil in one form or another or applying the substance topically. The plant is a carrier and manufacturer of the oil but it's the oil itself that contains the healing properties. It should also be noted that some herbs that are generally toxic in any amount can be used for herbal remedies even internally by diluting the essential oil enough so that it's not chemically present but a molecular signature of the oil is still present in the remedy. On a practical level, the oil is not actually present in the remedy in a chemically measurable amount and thus can do no damage but the vibration or electrical signature of the oil is still present. Often, this is more than enough to be effective.

If you decide to purchase your own essential oil for medicinal use make sure that the plant was organically grown (as pesticides can change the molecular structure of plants) and that the oil was not cut (or thinned) with another substance. This is a very common practice from most essential oil manufacturers because essential oil can be so expensive to procure. Insuring that your oil is "food grade" quality is an absolute must if you're planning on using the oil for internal medicinal uses. I personally only know of one manufacturer in the United States that produces this quality of oil. Young Living (www.youngliving.com) essential oils are superb quality and they guarantee a food grade oil. However, be prepared to pay for the quality.

The following is a listing of the generally accepted methods of preparing herbal remedies. Please keep in mind that not all herbs are fit for human consumption and not all herbs lend themselves to the same method of preparation for treatment. Refer to a good herbal remedy guide for additional information on specific herb preparation. I recommend the website <http://www.botanical.com> for an excellent free resource complete with description and homeopathic uses. Another outstanding resource complete with detailed descriptions, photographs, illustrations, chemical analysis and homeopathic remedies is the book *The New Age Herbalist* as listed in the Resources section of this document. Yet another outstanding resource with a blend of medicinal and metaphysical information is *A Druid's Herbal* for the Sacred Earth Year as well as the web site www.botanical.com as listed in the Resources section of this document.

Harvesting Herbs (taken from A Druid's Herbal)

If you choose to harvest your own herbs please keep the following information in mind.

- **Tree leaves** should be gathered before Midsummer. After that, the percentage of natural insecticide in the leaf is too high
- **Leaves and Flowers** should be gathered on a dry day when the flowers first begin to open. They are always dried in the shade.
- **Roots** are generally gathered in very early spring or in late fall after the plant has begun to die back.
- **Tree barks** generally contain the desired medicinal properties in the soft inner layer (cambium) between the sapwood and the dead outer bark, or the bark of the root.

General Rules for Herbal Preparations

When using Leaves or Flowers

Steep two teaspoons per cup of water for twenty minutes. Strain and store in a refrigerated, airtight container. The dose is generally one-fourth of a cup four times a day, not with meals. Children take one-eighth cup, and infants can receive the herbs through the mother's milk or in very trace amounts. (taken from A Druid's Herbal)

When using Roots, Barks, Seeds and Twigs

Simmer two teaspoons of plant matter for twenty minutes, strain, and store as above. The dose is one fourth cup, four times a day, not with meals. (taken from A Druid's Herbal)

Herbal teas will stay fresh in your refrigerator for about one week when stored in an airtight container. (taken from A Druid's Herbal)

If using a **mortar and pestle** to combine ingredients or crush material always remember to thoroughly wash both mortar and pestle with soap and water after each use. Rinse profusely to remove all remnants of soap. Always sanitize your mortar and pestle by boiling or lightly dowsing them in alcohol and allowing them to air dry before use. You may consider purchasing a separate mortar and pestle for resins like myrrh, frankincense, copal and dragon's blood since these elements are difficult to clean out.

Cleanliness and sterility is of the utmost importance when dealing with open wounds, internal medicine and organic compounds that will be stored for long periods of time. Therefore it is of the utmost importance to use high quality alcohol in tinctures and sterilize all equipment to be used before hand.

Use the lowest temperature possible when using heat to prepare herbal remedies.

Simmering or boiling plant matter doesn't mean to turn it to charcoal. Extreme temperatures can very easily destroy the active chemicals in an essential oil and therefore render them medicinally useless. A boil need not be a rolling boil and a simmer need not vaporize water on contact with the pan.

One tincture does not an herbalist make. Botany and homeopathic remedies cannot be mastered overnight. There are often hundreds and thousands of sub-species of plants that all have their own unique chemical properties. Never assume that you are correct when it comes to medicine and someone's health. Doctors study intensely for many years to be licensed to begin to practice medicine. It can often take just as many years to gain mastery over herbalism.

Always be 100% sure when possible. Never take a risk with anyone's health. If the situation is an emergency and it's possible to get emergency medical attention from a qualified professional, then do so immediately.

Herbal Dosages (taken from A Druid's Herbal)

The dosages indicated in most texts assume that the patient is a 150 lb adult. Children are assumed to be approximately 75 lbs and receive one half the indicated amount. Infants are assumed to be approx. 25 lbs and receive one-quarter dose.

Salves (taken from A Druid's Herbal)

Herbs that are useful for skin conditions (such as comfrey, lavender, calendula, pine needles, aloe, etc.) can be made into salves. The ideal time to make a salve is in midsummer when the herbs are fresh and abundant, but dried herbs can be used as well. Consider adding green walnut hulls and whole, smashed horse chestnuts to the basic mix for their skin-healing and painkiller properties.

Simmer herbs in good quality olive oil in a large pot. In a separate pot, melt and simmer three to four tablespoons of fresh beeswax (the beeswax should be golden and have a strong honey scent) per cup of oil. Put enough oil in the pot to just cover the herbs. Simmer the herbs in the oil for about twenty minutes. When wax and oil reach the same approximate temperature, pour in the wax. Strain and pour into clean sanitary airtight jars. Tincture of benzoin (about one oz per quart) may be added as a preservative while the salve is still liquid although this is not strictly necessary. The most important factor in controlling mold is to have immaculately clean and dry jars and utensils. Boiling followed by thorough drying is all that is usually needed. Persons living in very hot and damp climates may want to take extra precaution of adding the tincture of benzoin.

Tinctures (taken from A Druid's Herbal)

Tinctures are made by grinding the leaves, roots, or other plant material with a mortar and pestle (or a blender) and just barely covering them with high-quality vodka, whiskey, or grain alcohol. High quality alcohol must be used in order to extract the essential oil from the plant material. Water will not work for a tincture. Shake well once daily. After 21 days strain and store in amber (or dark) airtight containers. Keep the herbal tinctures in a cool, dry place for up to five years. As a general rule resins like dragon's blood, frankincense and myrrh do not tincture well.

The dose is generally twenty drops in a cup of herb tea or warm water four times a day. In acute or emergency situations the dose is given more frequently; in the case of labor pains, for example, it might be a dropperful every five minutes.

Poultices (taken from A Druid's Herbal)

To make a poultice take fresh herbs or dried ones that have been soaked in freshly boiled water until soft. Mix them with just enough slippery elm powder to make the poultice stick together if necessary. Place it on the affected part and wrap in a clean cloth. To protect sheets and clothes from stains and help keep the warmth of a poultice in you might consider wrapping the applied poultice and limb/body part in plastic wrap. The practice of poulticing topically administers the essential oil so that it can be absorbed through the skin. The heat of a poultice can also help reduce swelling.

Formentations (taken from A Druid's Herbal)

A formentation is a strong herbal tea in which a clean cloth is dipped (the cloth can also be filled with herbs, but this would generally be considered a poultice). The cloth is then applied to the affected part.

Syrups (taken from A Druid's Herbal)

Syrups are made by boiling three pounds of Sucanat (deshicated sugar cane juice that can be bought at most organic food stores) in one pint of water until a syrupy consistency is obtained and then steeping the herbs in the hot mixture for twenty minutes to transfer the essential oils from the plant matter into the syrup. The herbs can also be simmered directly in honey or maple syrup for about ten minutes. Use two teaspoons of herb for every cup of liquid. Strain the syrup and store it, well sealed, in the refrigerator.

Herbal Decoctions (taken from A Druid's Herbal)

Similar to an infusion, or tea, a decoction is necessary when you are making remedies from tough plant materials, such as roots, bark, seeds or stems. To begin, place thinly chopped plant material into a saucepan and add cold water. Use 1-2 teaspoons of fresh or dried herbs to one cup of water. Bring the decoction to a very low boil, simmer for 15 minutes, and strain after the liquid has been reduced by one half. The lower the temperature of the boil the more intact the essential oil in the herb will be.

Spiritual Uses

Herb magic can be thought of as a way of fixing one's conscious and unconscious mind on a universal energy pattern as it manifests in the plant kingdom. For example, white jasmine is a feminine, lunar herb of the element water. When ingested, she creates erotic emotions. For this reason, jasmine is an herb of choice for a love spell.

Spells are best worked at the waxing or full moon (unless you are attempting a banishing, in which case the waning moon is more appropriate). To work a simple spell, you need only call in the sacred directions and then bury your herbs in the earth, cast them to the living waters (a lake, pond, stream, river or ocean), cast them to the air, cast them to the moon, or burn them so that the smoke can carry your intent to the winds. Then simply thank the directions and know that your spell has been activated.

Sometimes, it might be appropriate to carry an herb with you. For example, you might keep an acorn in your pocket to bring fertility to your creative acts. You might keep a certain herb (cinquefoil) in your house or bedroom to bless and protect the home. At other times, you may ritually sweep an area with an herb (juniper) to clear out negative energies, or you may wish to burn an herb (sage, frankincense) for its purifying scent as you set up your altar.

The essence of an herbal ritual is in the reverence and intent that you bring to it. Choose your herbs with care, and always leave a gift for the earth when you take of her plant children; a pinch of Vervain, tobacco, or corn meal. Or a gift of new honey or cider.

Always remember the debt we owe to our green brothers and sisters. Without them, there would be no air to breathe and no food to sustain the Earth's creatures, including ourselves.
(the above taken from A Druid's Herbal)

An excellent resource for the spiritual properties of herbs and their suggested uses is [Cunningham's Encyclopedia of Magical Herbs](#) and [A Druid's Herbal for the Sacred Earth Year](#) as listed in the resource section of this document.

In general, herbs can be mixed and burned as incense for a specific magical rite, buried in a cloth, scattered to the directions, rubbed on an object or garment, stuffed into a pillow, doll, toy or other object, bound into the shape of a doll, ritually woven into a wreath and burned or kept in a location as a ward, ritually ingested, bound in packets and hung at the corners of a room or home, or countless others methods. The general idea is the intent put into the actions. On a metaphysical level, the energy or electrical/psychic frequency of the essential oil is generally considered the active component in a ritual as well as the sacrifice of the plant itself.

On a metaphysical level, all the universe exists and communicates using vibrations, or frequencies. Each plant's oil has certain electrical properties that cycle at a specific rate (or frequency). Using these oils or herbs themselves you can alter the energy frequency (spirit) of other objects. These oils or the herbs can be used for direct energy work like cleaning chakras re-aligning to your center, shifting your mode of consciousness (also related to aromatherapy, grounding, raising, directing, filtering or otherwise altering energy. Essential oils are being used with fantastic results in the field of reiki.

It should be noted that fresh herbs have a considerably higher electrical frequency than dried herbs. Preserved or commercially canned herbs generally have almost no electrical value because the essential oils are generally destroyed in the manufacturing process. Young Living essential oils has more information over the electrical properties of essential oils.

Herbal Properties

The information presented in this document is a combination of information listed in A Druid's Herbal, Scott Cunningham's Encyclopedia and information listed on Botanical.com

Allspice

Proper name: Pimento officinalis

Folk Names: Eddo, Madere, Basheen, Kouroubag

Gender: Masculine

Planet: Mars

Element: Fire

Powers: Money, Luck, Healing

Medicinal Uses: Pimento is an aromatic stimulant and carminative to the gastrointestinal tract, resembling cloves in its action. It is employed chiefly as an addition to tonics and purgatives and as a flavoring agent.

Magical Uses: Allspices is burned as an incense to attract money or luck, and is also added to such mixtures. Allspices is also used to promote healing.

Basil

Proper name: Ocimum basilium

Folk Names: Alahaca, American Dittany, "Our Herb," St. Joseph's Wort, Sweet Basil, Witches Herb, Njilika, Balanoi, Felsien

Gender: Masculine

Planet: Mars

Element: Fire

Powers: Love, Exorcism, Wealth, Flying, Protection

Medicinal Uses: The infusion relieves gas and stomach pains. Reputedly abortive, it can help expel the placenta. A warming herb, it is used for colds and flue, constipation, vomiting, headaches and menstrual cramps. Steep two teaspoons per cup of water for twenty minutes; take up to one and a half cups per day.

Magical Uses: Basil is used to mend lovers' quarrels and in love spells. Basil attracts money and brings good luck to a new home. Use it in rites of exorcism and in the ritual bath. Sprinkle the powder over the heart area to promote fidelity. The scent brings happiness to the home and will protect you in crowds.

Bay Leaves

Proper name: Laurus nobilis

Folk Names: Baie, Bay Laurel, Bay Tree, Daphne, Grecian Laurel, Laurel, Laurier d' Apollon, Laurier Sauce, Lorbeer, Noble Laurel, Roman Laurel, Sweet Bay

Gender: Masculine

Planet: Sun

Element: Fire

Powers: Protection, Psychic Powers, Healing, Purification, Strength

Medicinal Uses: The leaf and berry are used in salves for itching, sprains, bruises, skin irritations, and rheumatic pain as a salve. The fruit and leaf are simmered until soft and made into a poultice with honey for chest colds. Bay leaf and berry teas makes a bath additive that helps the bladder, bowel, and female reproductive organs. Use two tablespoons per cup and steep for forty five minutes; add to bath water.

Magical Uses: Bay leaves were used by the Delphic priestesses to induce a prophetic trance. An herb of the sun, bay brings the light of summer into the darkest time of the year. Carry the leaf or place it in the home to ward off illness and hexes.

Blessed Thistle

Proper name: Carbenia Benedicta

Folk Names: Holly Thistle

Gender: Masculine

Planet: Mars

Element: Fire

Powers: Purification, Hex-breaking

Medicinal Uses: Blessed thistle was known to the ancients as a liver tonic. It strengthens the memory, helps with depression, and is useful in migraine headache. Combine it with peppermint, elder flowers, and ginger for colds, fevers, and backache. The leaf is used to promote breast milk. It can be eaten raw in sandwiches and salads, or taken powdered in wine or tea. Use two teaspoons per cup and steep for twenty minutes; Take a quarter cup four times a day.

Homeopaths use this for nausea, left sided stomach pain, gallstones, surging of blood, homesickness, intermittent fever, and enlarged liver, especially when eye symptoms are present and there is a sensation of contraction in many parts.

Magical Uses: Blessed thistle is an herb of protection used in the ritual bath. It is also used to counteract hexing. Thistle brings spiritual, physical and financial blessings. Carry one to bring joy, energy vitality and protection. A shirt with thistle fibers woven into it will protect the wearer from any evil spell. Thistles make men better lovers. The herb has been used to make magical wands and to conjure or communicate with spirits.

Cinnamon

Proper name: Cinnamomum Zeylanicum

Folk Names: Sweet Wood, Ceylon Cinnamon

Gender: Masculine

Planet: Sun

Element: Fire

Deities: Venus, Aphrodite

Powers: Spirituality, Success, Healing, Power, Psychic Powers, Lust, Protection, Love

Medicinal Uses: Carminative, astringent, stimulant, antiseptic; more powerful as a local than as a general stimulant; is prescribed in powder and infusion but usually combined with other medicines. It stops vomiting, relieves flatulence, and given with chalk and astringents is useful for diarrhea and hemorrhage of the womb.

Magical Uses: Cinnamon, when burned as an incense, 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 for these purposes.

Cloves

Proper name: Eugenia Carophyllus

Folk Names: Mykhet, Carenfil

Gender: Masculine

Planet: Jupiter

Element: Fire

Powers: Protection, Exorcism, Love, Money

Medicinal Uses: extremely powerful antiseptic and used for toothache. The shell and lining of the shell contain the highest percentage of essential oils.

Magical Uses: Burned as an incense, cloves attract riches, drive away hostile negative forces, produce spiritual vibrations, and purify the area. Cloves are burned as in incense to stop others from gossiping about you. Worn or carried, cloves attract the opposite sex and bring comfort to the bereaved.

Copal

Proper name: Bursera Odorata

Folk Names:

Gender: Masculine

Planet: Sun

Element: Fire

Powers: Love, Purification

Medicinal Uses: Vary according to species

Magical Uses: Added to love and purification incenses, especially in Mexico. A piece of copal can represent the heart in poppets. There are over 300 copals available around the world and perhaps a handful are commonly available in the US. All copals have a certain light sweetness in common and are therefore often used in love spells. Each of the commonly available copals has unique properties. The spiritual vibration of this resin is extremely strong.

Dragon's Blood

Proper name: Daemonorops Draco

Folk Names: Blood, Blume, Calamus Draco, Draconis Resina, Sanguis Draconis, Dragon's Blood Palm

Gender: Masculine

Planet: Mars

Element: Fire

Powers: Love, Protection, Exorcism, Potency

Medicinal Uses: Inert

Magical Uses: This resin from a palm tree is burned to entice errant lovers to return. This is usually done by women seated near an open window, looking outside, at night. 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 an incense. It will also drive away evil and negativity when burned. A pinch of dragon's blood added to other incenses increases their potency and power.

Elder Flower

Proper name: Sambucus Canadensis

Folk Names: Alhuren, Battree, Boure Tree, Bour Tree, Eldrum, Ellhorn, Frau Holle, Old Gal, Old Lady, Pipe Tree, Rob Elder, Sureau, Sweet Elder, Tree of Doom, Devil's Eye

Gender: Feminine

Planet: Venus

Element: Water

Deities: Holda, Venus

Powers: Exorcism, Protection, Healing, Prosperity, Sleep

Medicinal Uses: The black elder can be used as an insecticide in the garden or to repel insects from the face and body. A simple infusion of the fresh leaf is made for this purpose. It can also be poured down mouse and mole holes. The berries are used for jam, wine, pies, and syrups. Medicinally, they help coughs, colic, diarrhea, sore throats, asthma, and flue. A pinch of cinnamon makes the tea more warming. The leaves are added to salves for skin conditions as a salve. The flowers are infused for fevers, eruptive skin conditions such as measles, severe bronchial and lung problems. A classic flue remedy is a mixture of elderflower, yarrow and peppermint teas. Keep the patient well covered, as the flowers promote sweating. Use two teaspoons of the herbs per cup of water, steep for twenty minutes, and take up to three cups a day.

Magical Uses: Panpipes are made of elder stems. A dryad "Elder Mother" is said to live in the tree; she will haunt anyone who cuts down her wood. Stand or sleep under an elder on Midsummer Eve to see the King of the Fairies and his retinue pass by. The flowers are used in wish-fulfillment spells. The leaves, flowers and berries are strewn on a person, place or thing to bless it.

Frankincense

Proper name: Boswellia Carterii

Folk Names: Incense, Oilbans, Oilbanium, Oilbanus

Gender: Masculine

Planet: Sun

Element: Fire

Deities: Ra, Baal

Powers: Protection, Exorcism, Spirituality

Medicinal Uses: A tree resin from southern Arabia, according to Pliny it is an antidote for hemlock poisoning. Avicenna advocated it's use for tumors, fevers, vomiting, and dysentery. Chinese herbalists use it in powder form and in teas for rheumatism and menstrual pain. And externally as a wash for sores and bruises. The dose is three to six grains in a glass of wine; or twenty drops of the tincture. Frankincense is highly antiseptic and the scent is said to calm and clear the mind.

Magical Uses: Sacred to the Sun God Ra, frankincense is burned in rites of exorcism, purification and protection. It is said to accelerate spiritual growth. Rosemary may be used as a substitute.

Garlic

Proper name: Allium Sativum

Folk Names: Ajo (Spanish), Poor Man's Treacle, Stinkweed

Gender: Masculine

Planet: Mars

Element: Fire

Deity: Hecate

Powers: Protection, Healing, Exorcism, Lust, Anti-Theft

Medicinal Uses: An extremely powerful topical and internal antiseptic. Syrup of Garlic is an invaluable medicine for asthma, hoarseness, coughs, difficulty of breathing, and most other disorders of the lungs, being of particular virtue in chronic bronchitis, on account of its powers of promoting expectoration. It is made by pouring a quart of water, boiled hot, upon a pound of the fresh root, cut into slices, and allowed to stand in a closed vessel for twelve hours, sugar then being added to make it of the consistency of syrup. Vinegar and honey greatly improve this syrup as a medicine. A little caraway and sweet fennel seed bruised and boiled for a short time in the vinegar before it is added to the Garlic, will cover the pungent smell of the latter.

Magical Uses: extremely potent as a protection herb and for "absorbing" diseases. Also used to protect against theft.

Ginger

Proper name: Zingiber Officinale

Folk Names: African Ginger

Gender: Masculine

Planet: Mars

Element: Fire

Powers: Love, Money, Success, Power

Medicinal Uses: Stimulant, carminative, given in dyspepsia and flatulent colic excellent to add to bitter infusions; specially valuable in alcoholic gastritis; of use for diarrhea from relaxed bowel where there is no inflammation. Ginger Tea is a hot infusion very useful for stoppage of the menses due to cold.

Magical Uses: Eating ginger before performing spells will lend them power. Since you have been "heated up" by the ginger. This is especially true of love spells in which ginger is much-used. Whole ginger roots are planted and grown to attract money, or the powdered root is sprinkled into pockets or onto money for this purpose. Ginger is also used in success spells, or to ensure the success of a magical operation. In the Pacific the Dobu islanders make use of ginger in their magic. They chew it and spit it at the "seat" of an illness to cure it. And also spit chewed ginger at an oncoming storm, while at sea, to halt it.

Hemp

Proper name: Cannabis Sativa

Folk Names: Chanvre, Gallowgass, Ganeb, Ganja, Grass, Hanf, Kif, Marijuana, Neckweede, Tekrouri, Weed, Reefer

Gender: Feminine

Planet: Saturn

Element: Water

Powers: Healing, Love, Visions, Meditations

Medicinal Uses: The principal use of Hemp in medicine is for easing pain and inducing sleep, and for a soothing influence in nervous disorders. It does not cause constipation nor affect the appetite like opium. It is useful in neuralgia, gout, rheumatism, delirium tremens, insanity, infantile convulsions, insomnia, etc.

The tincture helps parturition, and is used in senile catarrh, gonorrhoea, menorrhagia, chronic cystitis and all painful urinary affections. An infusion of the seed is useful in after pains and prolapsus uteri. The resin may be combined with ointments, oils or chloroform in inflammatory and neuralgic complaints.

The drug deteriorates rapidly and hence is very variable, so that it is best given in ascending quantities to produce its effect. The deterioration is due to the oxidation of cannabinol and it should be kept in hermetically-sealed containers.

The action is almost entirely on the higher nerve centers. It can produce an exhilarating intoxication, with hallucinations, and is widely used in Eastern countries as an intoxicant, hence its names 'leaf of delusion,' 'increaser of pleasure,' 'cement of friendship,' etc.

The nature of its effect depends much on the nationality and temperament of the individual. It is regarded as dangerous to sleep in a field of hemp owing to the aroma of the plants.

Magical Uses: Love spells, divination

Juniper

Proper name: Juniperus Communis

Folk Names: Enebro, Gemeiner, Wachholder, Geneva, Gin Berry, Ginepro, Gin Plant

Gender: Masculine

Planet: Sun

Element: Fire

Powers: Protection, Anti-Theft, Love, Exorcism, Health

Medicinal Uses: Use the berry and young twig. Primarily a diuretic, the berries help digestive problems, gastrointestinal inflammations, and rheumatism. The berries are taken as a tea, jam or syrup in water, milk or herb tea. The dry berries can be chewed; three times a day is sufficient. *Caution: Pregnant Women and people with weak kidneys should not use the berry.*

Magical Uses: Juniper when burned is a purifying and protective herb. Men use the berries to increase potency. The herb enhances psychic powers and attracts love.

Lavender

Proper name: Lavendula Officinate

Folk Names: Elf Leaf, Nard, Nardus, Spike

Gender: Masculine

Planet: Mercury

Element: Air

Powers: Love, Protection, Sleep, Chastity, Longevity, Purification, Happiness, Peace

Medicinal Uses: The oil is used for intestinal gas, migraine, and dizziness. Being an antiseptic, lavender is added to healing salves. A tea of the leaf allays nausea and vomiting. Steep lavender blossoms in white wine for two weeks to make an anti-depressant beverage. Lavender and rose petal vinegar is applied to the temples and brow to ease headache. Lavender oil is added to footbaths, eases toothaches and sprains, and is used as a rub for hysteria and palsy. Lavender essential oil is also a supreme treatment for burns, almost instantly deadening pain and healing quickly with almost no scarring.

Magical Uses: Lavender is strewn into bonfires at Midsummer as an offering to the Gods and Goddesses. An ingredient of love spells, its scent is said to attract men. Lavender in the home brings peace, joy and healing.

Lemon

Proper name: Citrus Limon

Folk Names: Ulamula

Gender: Feminine

Planet: Moon

Element: Water

Powers: Longevity, Purification, Love, Friendship

Medicinal Uses: Lemon juice is probably the best of all antiscorbutics (excellent source of Vitamin C), being almost a specific in scurvy. It is valuable as a cooling drink in fevers, and for allaying thirst. The juice may be used in diaphoretic and diuretic draughts. It is highly recommended in acute rheumatism, and is sometimes given to counteract narcotic poisons, especially opium. Locally, it is a good astringent, whether as a gargle in sore throat, in pruritis (severe itching related to urinary infection) of the scrotum, in uterine hemorrhage after delivery, or as a lotion in sunburn. It is said to be the best cure for severe, obstinate hiccough, and is helpful in jaundice (yellowing of the skin) and palpitation of the heart. The decoction has been found to be a good antiperiodic (preventing the re-occurrence of a symptom of a disease), useful as a substitute for quinine in malarial conditions, or for reducing the temperature in typhoid. Pure essential oil can irritate the skin but if taken internally is generally good for helping with gastrointestinal issues.

Magical Uses: Lemon juice is mixed with water and used to wash and cleanse negative psychic energies from items. The juice can also be added to a bath during the full moon for purative effects. The dried flowers and peel are added to love sachets and mixtures, and the leaves are used in lust teas. A lemon tree grown from a seed which is taken from a lemon that you have consumed is a highly appropriate gift to a loved one, although admittedly this is a long process. Lemon pie, served to a spouse, will help strengthen fidelity, and a slice of fresh lemon placed beneath a visitor's chair ensures that your friendship will last. Lemons may be used as poppets.

Lobelia

Proper name: Lobelia Inflata

Folk Names: Asthma Weed, Bladderpod, Gagroot, Indian Tobacco, Pukeweed

Gender: Feminine

Planet: Saturn

Element: Water

Powers: Halting Storms, Love

Medicinal Uses: Expectorant, diaphoretic, anti-asthmatic. It should not be employed as an emetic. (Herbalists, who use lobelia far more than the ordinary practitioners, nearly always prescribe it in doses large enough to prove emetic, and regard it as of greater value thus used. – EDITOR from botanical.com.) Some authorities attach great value to it as an expectorant in bronchitis, others as a valuable counterirritant when combined with other ingredients in ointment form. It is sometimes given in convulsive and inflammatory disorders such as epilepsy, tetanus, diphtheria and tonsillitis. There is also difference of opinion with regard to its narcotic properties. Where relaxation of the system is required, as, for instance, to subdue spasm, Lobelia is invaluable. Relaxation can be counteracted by the stimulating and tonic infusion of capsicum. It may be used as an enema.

Externally, the tincture can be used as a local application for sprains, bruises, or skin diseases, alone, or in powder combined with an equal part of slippery elm bark and weak lye-water in a poultice. The oil of Lobelia is valuable in tetanus. One drop of oil triturated with one scruple of sugar, and divided into from 6 to 12 doses, is useful as an expectorant, nauseant, sedative, and diaphoretic, when given every one or two hours.

Magical Uses: Stopping storms and attracting love.

Mace

Proper name: Myristica Fragrans

Folk Names: Masculine

Gender: Mercury

Planet: Air

Element: Psychic and Mental Powers

Powers:

Medicinal Uses: Both Mace and Nutmeg help digestion in stomach weakness, but if used to excess may cause over-excitement. They increase circulation and body heat.

Magical Uses: the outer covering of nutmeg, is burned to increase psychic powers and is carried to improve the intellect.

Mint

Proper name: Mentha spp.

Folk Names: Garden Mint

Gender: Masculine

Planet: Mercury

Element: Air

Deities: Pluto, Hecate

Powers: Money, Lust Healing, Travel, Exorcism, Protection

Medicinal Uses: Use the above ground portions of the herb. An infusion can be used for diarrhea and as an emmenagogue (bringing down the menses). It is a classic for influenza, especially when mixed with elder flowers – but be careful, as this remedy will make you sweat, and you must take care to keep well covered with blankets and woolens. Stomach flue is helped by mint, elderflower and yarrow combinations in a standard infusion. Mint is generally helpful in stomach complaints but a strong infusion will make the patient vomit. Mint tea eases colic and lifts depression. It relieves earaches

when the fresh juice or a few drops of the essential oil are placed in the ear. A few drops of the oil in water, applied to a cloth, help burning and itching, heat prostration, and sunburn. Apply it directly to an itchy skin condition or sunburn. For head prostration place the cool formentation on the forehead and wrists. Try honey with an infusion to ease soar throat. Caution: no more than two drops of essential oil should be taken at any time, and no more than two cups a day of the above mixture. Larger doses can be toxic to the kidneys. Mint clears the mind and can help in relieving headaches.

Magical Uses: Grow in the home as a protective herb. Place it on the alter when working healing spells. Mint brings easy travel, attracts prosperity, and is placed in the wallet to draw money

Mistletoe

Proper name: American – Phoradendron Leucarpum, European – Viscum Album

Folk Names: All Heal, Birdlime, Devil's Fuge, Donnerbesen, European Mistletoe, Golden Bough, Holy Wood, Lignam Sanctae Crucis, Misseltoe, Thunderbesem, Witches Broom, Wood of the Cross

Gender: Masculine

Planet: Sun

Element: Air

Deities: Apollo, Freya, Frigga, Venus, Odin

Powers: Protection, Love, Hunting, Fertility, Health, Exorcism

Medicinal Uses: Rich in phosphorus, magnesium, potassium, and sulphur. Its proteins, polysaccharides, and fat substances are strongly tumor-inhibiting. Tumor-inhibiting bacteria have also been found in the plant. Mistletoe seems to increase killer cells (a special sell in the immune system), increase cell-mediated cytotoxic activities, and augment levels of granular lymphocytes.

Many nervous conditions such as convulsions, delirium, hysteria, neuralgia, urinary disorders, and heart conditions have benefited from mistletoe. It has been used to temper spasms of epilepsy. Mistletoe strengthens the heart and has been used as a heart tonic in cases of typhoid fever. It strengthens the glandular system and has helped with inflammation of the pancreas. It promotes hormonal balances when taken daily for more than six months.

Mistletoes is recommended for used after a stroke or when hardening of the arteries is suspected. It will stop pulmonary and intestinal bleeding caused by dysentery and typhoid. It helps to lower high blood pressure and raise low blood pressure, and it has been used to ease heavy menstrual flow, heart palpitations, hot flashes, and the anxiety associated with menopause. The fresh juice has been said to increase fertility in barren women.

Anthroposophical medicine has produced a remedy, Iscador, which is available from anthroposophical physicians and pharmacies. Otherwise, one can take the dried leaf powdered, or in a tea, or as an alcohol tincture. The green plant can be simmered as a standard decoction. Mistletoe is especially sympathetic to complaints on the left side of the body. *Caution: The berries should not be used for internal consumption. They are used in salves and washes for wounds.*

Magical Uses: Not quite herb, not quite tree, beyond the limitation of classification, freed from the restrictions of convention, and resembling a constellation of stars suspended in midair from the bough of a sacred tree – such is the “spirit” of this plant. It belongs to the in-between times of dusk and dawn, or the extract interval between two seasons. It is the gateway to something “other.”

Myrrh

Proper name: Commiphora Myrrha

Folk Names: Gum Myrrh Tree, Karan, Mirra Balsom Odendron

Gender: Feminine

Planet: Moon

Element: Water

Deities: Isis, Adonis, Ra, Marian

Powers: Protection, Exorcism, Healing Spirituality

Medicinal Uses: Astringent, healing. Tonic and stimulant. A direct emmenagogue, a tonic in dyspepsia, an expectorant in the absence of feverish symptoms, a stimulant to the mucous tissues, a stomachic carminative, exciting appetite and the flow of gastric juice, and an astringent wash.

Magical Uses: Bured as an incense myrrh purifies the area, lifts the vibrations and creates peace. However 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 and sachets, and its smoke is used to consecrate, purify, and bless objects such as amulets, talismans, charms, and magical tools. Myrrh also aids meditation and contemplation. It is often added to sachets, usually with frankincense.

Nutmeg

Proper name: Myristica Fragrans

Folk Names: Qoust, Sadhika, Wohpala, Bicuiba Acu

Gender: Masculine

Planet: Jupiter

Element: Fire

Powers: Luck, Money, Health, Fidelity

Medicinal Uses: Powdered nutmeg is rarely given alone, though it enters into the composition of a number of medicines. The expressed oil is sometimes used externally as a gentle stimulant. The properties of mace are identical to those of the nutmeg. Both nutmeg and mace are used for flatulence and to correct the nausea arising from other drugs, also to allay nausea and vomiting.

Magical Uses: Long carried as luck charms, and are strung with star anise and tonka beans for a potent herbal necklace. Specifically, nutmegs are carried to ward off rheumatism, cold sores, neuralgia, boils, and sties. Sprinkle onto green candles to bring wealth. Offer in ceremony for fidelity.

Parsley

Proper name: Petroselinum Crispum, Petroselinum Sativum

Folk Names: Devil's Oatmeal, Percely, Persil, Petersilie, Petroselinum, Rock Parsley

Gender: Masculine

Planet: Mercury

Element: Air

Deity: Persephone

Powers: Lust, Protection, Purification

Medicinal Uses: The second-year roots, the leaf and the seed are used. Parsley is a diuretic and helpful for gravel and stone as well as for edema, jaundice, and kidney problems. The root is the most powerful part. The oil of the seed has been used to bring on menstruation. The seed, when decocted, has been used for intermittent fevers.

Parsley leaves (with violet leaf and figwort herb when possible) are used in poultices for cancer. A parsley poultice will help insect bites, stings, and sore eyes. Parsley tea is used for asthma and coughs.

Magical Uses: Generally used in funeral rites by the Greeks. When eaten, parsley provokes lust and promotes fertility, but if you are in love don't cut parsley – you'll cut your love as well.

Though the plant has associations with death and is often regarded as evil, the Romans tucked a sprig into their togas every morning for protection. It is also placed on plates of food to guard it from contamination.

Parsley is also used in purification baths, and those to stop all misfortune. A wreath of parsley worn on the head prevents (or delays) inebriation.

Peppermint

Proper name: Mentha Piperita

Folk Names: Brandy Mint, Lamint

Gender: Masculine

Planet: Mercury

Element: Fire

Deity: Pluto

Powers: Purification, Sleep, Love, Healing, Psychic Powers

Medicinal Uses: The characteristic anti-spasmodic action of the volatile oil is more marked in this than in any other oil, and greatly adds to its power of relieving pains. From its stimulating, stomachic and carminative properties, it is valuable in certain forms of dyspepsia, being mostly used for flatulence and colic. It may also be employed for other sudden pains and for cramp in the abdomen; wide use is made of Peppermint in cholera and diarrhea. It is generally combined with other medicines when its stomachic effects are required, being also employed with purgatives to prevent griping. Oil of Peppermint allays sickness and nausea, and is much used to disguise the taste of unpalatable drugs, as it imparts its aromatic characteristics to whatever prescription it enters into. It is used as an infants' cordial. It is most commonly used as an infusion. Peppermint is good to assist in raising internal heat and inducing perspiration, although its strength is soon exhausted. In slight colds or early indications of disease, a free use of Peppermint tea will, in most cases, effect a cure.

Magical Uses: Used in healing potions and mixtures. Peppermint also has a long history in purification spells. The fresh leaves rubbed against the head are said to relieve headaches. Peppermint worn at the wrist assures that you will not be ill. Its presence raises vibrations of an area. Fresh peppermint on the altar will call good spirits to be present and aid you in magic. Smelled, it compels on toward sleep, and placed beneath the pillow it sometimes offers one glimpses of the future in dreams. It is rubbed against furniture, walls and floorboards to cleanse them of evil and negativity. Pliny stated that peppermint excites love, and so can be added to this type of mixture.

Peppermint is also used in travel spells. Its bright green leaves and crisp scent leads to its use in money spells and in prosperity spells, the easiest of which is to place a few leaves in the wallet or purse, or rub where your money is kept.

Rosemary

Proper name: Rosemarinus Officinalis

Folk Names: Compas Weed, Dew of the Sea, Elf Leaf, Guardrobe, Incensier, Libanotis, Polar Plant, Sea Dew

Gender: Masculine

Planet: Sun

Element: Fire

Powers: Protection, Love, Lust, Mental Powers, Exorcism, Purification, Healing, Sleep

Medicinal Uses: The leaf and flowers are stimulating to the liver and digestion. For this reason rosemary is a classic herb for migraine headache when associated with the liver or stomach torpidity. Rosemary stimulates the circulation and slightly raises blood pressure when taken as an infusion. Use rosemary in salves for eczema, wounds, and sores. The oil benefits stomach and nerves. Steep the herb in a white wine for one week and strain. Rub the rosemary wine into gouty and paralyzed limbs. Taken internally, the wine quiets the heart and stimulates the kidneys, brain, and nervous system. Rosemary tea relieves depression. Rosemary and coltsfoot are smoked as herbal tobacco to relieve asthma and lung conditions. *Caution: when used as an infusion, the dose should not exceed one cup per day. Overdose can cause fatal poisoning.*

Magical Uses: As an herb of purification, rosemary can be a substitute for frankincense. Rosemary (sometimes in conjunction with Juniper berries is burned for protection against disease. Place in books and drawers to repel moths.

Sage

Proper name: Salvia Officinalis

Folk Names: Garden Sage, Red Sage, Sawge

Gender: Masculine

Planet: Jupiter

Element: Air

Powers: Immortality, Longevity, Wisdom, Protection, Wishes

Medicinal Uses: Sages is a drying agent for the body. The tea of the leaf will dry up night sweats, breast milk, and mucus congestion. It benefits the nerves and minstrel cycle as well. Being astringent, it helps with diarrhea. Use it as a sore throat gargle and as a poultice for sores and stings.

Magical Uses: Tradition holds that those who eat sage become immortal both in wisdom and in years. Sage is used in wish manifestations, healing spells and to attract money.

Sandalwood

Proper name: Santalum Album

Folk Names: Sandal, Santal, White Sandalwood, White Saunders, Yellow Sandalwood

Gender: Feminine

Planet: Moon

Element: Water

Powers: Protection, Wishes, Healing, Exorcism Spirituality

Medicinal Uses: The fragrant heartwood is a classic for bladder infections. It is taken to help in the passing of stones, in kidney inflammations, and in prostatitis. The oil is cooling to the body and useful for fevers and infections when used as a massage. The scent is calming to the mind. Sandalwood has been used internally for chronic bronchitis and to treat gonorrhea and urethral discharge that results. Use as a decoction or tincture. It's also used homeopathically for aching in the kidneys.

Magical Uses: Sandalwood oil placed on the forehead aids in focusing the mind. The scent opens the highest spiritual centers and so makes an appropriate incense for rituals, exorcisms, and healings. The powdered wood is strewn to the directions as an offering to the fire to bring protection and consecration to any ceremony. Mix it with lavender to enhance contact with the spiritual world. Mix it with frankincense for the highest spiritual "octave." The scents of frankincense and sandalwood have some of the highest vibrations inherent in any plant. They will resonate with aspects of ourselves or with the Devic/Angelic beings of the highest order. Rose is another herb used with that level of frequency, thus attracting or eliciting the highest spiritual vibrations from within ourselves and the cosmos.

Slippery Elm

Proper name: Ulmus Fulva

Folk Names: Indian Elm, Moose Elm, Red Elm

Gender: Feminine

Planet: Saturn

Element: Air

Powers: Halts Gossip

Medicinal Uses: Used externally in poultices for wounds and inflammations. As an infusion, it is used for sore throats, bronchitis, diarrhea, urinary problems, and dysentery. It is incorporated into suppositories, enemas, and douches because of its soothing nature. It tends to bunch when mixed with water. Add only small amounts at a time if using powdered slippery elm.

Magical Uses: Used to stop gossip and slander. Make a charm to be worn about the neck of a child to help with learning speech and to be a persuasive speaker later in life.

Thyme

Proper name: Thymus Vulgaris

Folk Names: Common Thyme, Garden Thyme

Gender: Feminine

Planet: Venus

Element: Water

Powers: Health, Healing, Sleep, Psychic Powers, Love, Purification, Courage

Medicinal Uses: Use above ground portions of the herb. Thyme is an excellent lung cleanser. Use it to dry up and clear out moist phlegm and treat whooping cough. It makes a good tea for the mother after childbirth, as it helps expel the placenta. A natural antiseptic, thyme is often used in salves for wounds, swellings, sciatica, and failing eyes. The tea relieves gas and colic.

Magical Uses: Thyme is burned in incense to purify an area. It is worn or added to the ritual cup to aid in communing with the deceased. A place where wild thyme grows will be a particularly powerful energy center on the earth. It is also said that carrying thyme will help see into the "otherworld."

Tobacco

Proper name: Nicotiana

Folk Names: Tabacca, Tabak, Taaba

Gender: Masculine

Planet: Mars

Element: Fire

Powers: Healing, Purification

Medicinal Uses: Although it is commonly smoked, it is a highly poisonous plant. The alkaloid nicotine is a virulent poison producing great disturbance in the digestive and circulatory organs. It innervates the heart, causing palpitation and cardiac irregularities and vascular contraction, and is considered one of the causes of arterial degeneration. Nicotine is very like coniine and lobeline in its pharmacological action, and the pyridines in the smoke modify very slightly its action. Tobacco was once used as a relaxant, but is no longer employed except occasionally in chronic asthma. Its active principle is readily absorbed by the skin, and serious, even fatal, poisoning, from a too free application of it to the surface of the skin has resulted. The smoke acts on the brain, causing nausea, vomiting and drowsiness. Medicinally it is used as a sedative, diuretic, expectorant, discutient, and sialagogue, and internally only as an emetic, when all other emetics fail. The smoke injected into the rectum or the leaf rolled into a suppository has been beneficial in strangulated hernia, also for obstinate constipation, due to spasm of the bowels, also for retention of urine, spasmodic urethral stricture, hysterical convulsions, worms, and in spasms caused by lead, for croup, and inflammation of the peritoneum, to produce evacuation of the bowels. The leaves in combination with the leaves of belladonna or stramonium make an excellent application for obstinate ulcers, painful tremors and spasmodic affections. Externally nicotine is an antiseptic. It is eliminated partly by the lungs, but chiefly in the urine, the secretion of which it increases. Formerly Tobacco in the form of an enema of the leaves was used to relax muscular spasms, to facilitate the reduction of dislocations. A pipe smoked after breakfast assists the action of the bowels.

Magical Uses: Held sacred by several tribes of Native Americans. It is used to produce visions and to communicate with the spirits. Burning tobacco as an incense purifies the area of all negativity and spirits (both good and bad), and to cure earaches tobacco smoke is blown into the ear. Tobacco is a magical substitute for sulphur, as well as datura and nightshade, both of which are related to tobacco.

Vervain

Proper name: Verbena Officinalis

Folk Names: Brittanica, Enchanter's Plant, Herba Sacra, Herb of Enchantment, Herb of Grace, Herb of the Cross, Holy Herb, Juno's Tears, Pigeon's Grass, Pigeonwood, Simpler's Joy, Van-Van, Verbena, Vervan

Gender: Feminine

Planet: Venus

Element: Earth

Deities: Kerridwin, Mars, Venus, Aradia, Isis, Juniper, Thor, Juno

Powers: Love, Protection, Purification, Peace, Money, Youth, Chastity, Sleep, Healing

Medicinal Uses: Vervain is renowned for its ability to purge gravel from the bladder. An infusion is used to increase breast milk and is helpful in lowering fever, especially of the intermittent type. It will benefit eczema and other skin eruptions, and it is a kidney and liver cleanser. Jaundice, whooping cough, edema, mastitis, and headaches fall under its sphere.

Externally it is used in poultices for ear infections, rheumatism and wounds.

Vervain is an emmenagogue and soothes the nerves. It is reputed to have aphrodisiac

properties. It is a powerful lymphatic detoxifier and has a cleansing effect on the female organs.

Blue Vervain (the American variety) is a natural tranquilizer and is helpful with colds and fevers, especially when the upper respiratory tract is involved. It will eliminate intestinal worms and is used externally for wounds. It is distinguished from the European variety by its deeper blue flowers and denser, bristly flower spikes. It is also used as an infusion, tincture or poultice. Homeopathically it's used as a cure for poison oak.

Magical Uses: This is a profoundly magical herb belonging to the sphere of Venus. Roman priests and priestesses used it as an alter plant. Vervain is most potent when picked at the rising of the Dog Star, at the dark of the moon, just before flowering. The spiritual vibration of this plant is on par with that of Frankincense and Myrrh.

Wormwood

Proper name: Artemisia Absinthium

Folk Names: Absinthe, Old Woman, Crown for a King, Madderwort, Wormot

Gender: Masculine

Planet: Mars

Element: Fire

Deities: Iris, Diana, Artemis

Powers: Psychic Powers, Protection, Love, Calling Spirits

Medicinal Uses: The leaves and flowers are used in a light infusion to help digestion, flatulence, and heartburn. Wormwood improves circulation and stimulates the liver. An infusion is said to help relieve labor pains. A formentation of the leaves and flowers soothes bruises and sprains. The oil relieves arthritis. *Caution: The oil is for external use only. Prolonged used of wormwood can lead to nerve damage.*

Magical Uses: Burn as an incense to increase psychic powers. Burned in a graveyard, it is used to summon the spirits of the departed. Sometimes it is mixed with sandalwood for this purpose.

Ceremonial Incense Blends

From Moon Raven's Nest

<http://moonraven.salemconnection.net/bos/grimoire/incense.html>

Festival Incense Blends

SABBAT INCENSE

4 parts frankincense
2 parts Myrrh
2 parts Benzoin
1/2 part Fennel
1/2 part Bay
1/2 part thyme
1/2 part Pennyroyal
1/2 part Solomn's Seal
1/4 part Rue
1/4 part wormwood
1/4 part Camomile
1/4 part Rose petals
Burn at Wiccan Sabbats.

YULE INCENSE

2 Parts Frankincense
2 Parts Pine needles or resin
1 Part Cedar
1 Part Juniper Berries
Mix & smolder at Wiccan rites on Yule or during the winter months.

OSTARA INCENSE

2 Parts Frankincense
1 Part Benzoin
1 Part Dragon's Blood
1/2 Part Nutmeg
1/2 part Violet flowers (or few drops violet oil)
1/2 Part Orange peel
1/2 Part Rose petals
Burn during Wiccan rituals on Ostara or to Welcome the Spring & to refresh your life.

SAMHAIN INCENSE

2 parts Frankincense
1 part Benzoin
1 part cinnamon
pinch of saffron
few drops lemongrass oil
few drops vetiver oil
Burn during Samhain rituals or to attune with the God in his dark aspects

IMBOLC INCENSE

3 Parts Frankincense
2 parts Dragon's Blood
1/2 Part Red Sandalwood
1 Part Cinnamon
few drops red wine
To this mixture, add a pinch of the first flower (dry it first) that is available in your area of Imbolc. Burn during Wiccan ceremonies or Imbolc, or simply to attune with the symbolic rebirth of the Sun - the fading of winter & the promise of Spring.

BELTANE INCENSE

3 Parts Frankincense
2 Parts Sandalwood
1 Part Woodruff
1 Part Rose petals
a few drops Jasmine oil
a few drops neroli Oil
Burn during Wiccan rituals on Beltane or May Day for fortune & favors & to attune with the changing of the seasons.

MIDSUMMER INCENSE

2 Parts Sandalwood
1 Part Mugwort
1 Part Camomile
1 Part Gardenia petals
few drops Rose oil
few drops Lavender oil
few drops yarrow oil

LUGHNASADH INCENSE

2 Parts Frankincense
1 part Heather
1 Part Apple Blossoms
1 pich Blackberry leaves
few drops Ambergris oil
Burn during Wiccan rituals on Aug 1 or 2, or at that time to attune with the coming harvest.

FALL SABBAT INCENSE

3 Parts Frankincense
2 parts Myrrh
1 Part Rosemary
1 Part Cedar
1 Part Juniper
Burn during fall & winter sabbat rituals.

MIDSUMMER INCENSE 2

3 Parts Frankincense
2 Parts Benzoin
1 Part Dragon's Blood resin
1 Part Thyme
1 Part rosemary
1 Pinch Vervain
few drops Red Wine
Burn at Wiccan rituals at the Summer Solstice or at that time of the year to attune with the seasons & the Sun.

MABON INCENSE

2 Parts Frankincense
1 Part Sandalwood
1 Part Cypress
1 Part Juniper
1 Part Pine
1/2 Part Oakmoss (or few drops of Oakmoss Bouquet)
1 Pinch Pulverized oak leaf
Burn during Wiccan ceremonies on Mabon or at that time to attune with the change of the seasons.

SPRING SABBAT INCENSE

3 parts Frankincense
2 Parts Sandalwood
1 Part Benzoin
1 Part Cinnamon
few drops Patchouly oil
Burn during Spring & Summer Sabbat rituals.

Planetary Incense Blends

EARTH INCENSE

1 part Pine needles
1 Part Thyme
few drops Patchouly oil
Burn to honor the Earth, & for all earth-reverencing rituals.

JUPITER INCENSE

2 Parts Wood Aloe
1 Part Benzoin
1 Part Gum Arabic
1/4 Part Ash seed
few drops Olive oil
1 pinch powdered Lapis Lazuli
Mix & burn. This unusual formula includes a stone & could also be mixed together & carried as a Jupiterian talisman charm. Burn for spells involving riches, expansion, the law & luck

JUPITER INCENSE 3

1 Part clove
1 Part Nutmeg
1 part Cinnamon
1/2 Part Lemon Balm
1/2 Part Citron peel (or = parts dried lemon & orange peel)

MARS INCENSE 2

2 Parts Galangal
1 Part Coriander
1 part Clove
1/2 Part Basil
A scant pinch Black Pepper

MERCURY INCENSE

2 parts benzoin
1 Part Mace
1/2 part Marjoram
few drops Lavender oil
Burn to invoke its powers, or during spells involving intelligence, travel, divination & so on.

MERCURY INCENSE 3

2 Parts Sandalwood
1 Part Gum Mastic
1/2 Part Lavender
few drops Lavender oil

NEPTUNE INCENSE

Lay incense coals on a bed of sea salt. When the coals are hot, toss on a mixture of:
1/2 tsp myrrh gum
1 1/2 tsp copal resin
1 tbsp sandalwood chips
1 tsp dried Irish moss
3 drops oakmoss oil

JUPITER INCENSE 2

3 parts frankincense
1 Part Mace
1 Part Cardomon
1/2 Part Balm of Gilead
1/4 part pulverized Pomegranate rind
1 pinch saffron
few drops Ambergris oil
Another like the above.

MARS INCENSE

4 Parts Benzoin
1 Part Pine needles (or resin)
a scant pinch Black pepper
Burn to attract its influences, or during spells involving lust, physical strength, competitions, ritua; concerning men, etc.

MARS INCENSE 3

2 Parts Dragon's Blood
1 Part Cardamom
1 Part Clove
1 Part Grains of Paradise

MERCURY INCENSE 2

2 Parts Benzoin
1 Part Frankincense
1 Part Mace

PLANETARY INCENSE (caution)

1 Part Myrrh
1 Part Gum mastic
1 Part Costus
2 Parts Gum Arabic
1 Part Thyme
1 Part Frankincense
1 part camphor
1 Part red Sandalwood
1 Part Wood Aloe
1 Part Euphorbium*
For general magickal workings. The baneful substance euphorbium, can be replaced w/tobacco.

SATURN INCENSE 2

1 Part Pepperwort
1 Part Mandrake
1 Part Myrrh
few drops Musk Oil

SUN INCENSE 2

3 Parts Frankincense
2 Parts Sandalwood
1 Part Bay
1 pinch Saffron
few drops Orange Oil
Another like the above.

THOUSAND-NAMED SOLAR INCENSE

3 Parts Frankincense
1 Part Clove
1/2 Part Red Sandalwood
1/2 Part Sandalwood
1/4 Part Orange Flowers
3 pinches Orris
Burn for Solar influences.

VENUS INCENSE 2

1 part Violets
1 Part Rose petals
1/2 Part Olive leaves

SATURN INCENSE

2 Parts Sandalwood
2 Parts Myrrh
1 Part Dittany of Crete
few drops Cypress Oil
few drops Patchouly Oil
This is the recommended Saturn incense formula. Others that I've found contained some nasty toxins.

SUN INCENSE

3 Parts Frankincense
2 Parts Myrrh
1 Part Wood Aloe
1/2 part Balm of Gilead
1/2 Part Bay
1/2 Part Carnation
few drops Ambergris Oil
few drops Musk Oil
few drops Olive Oil
Burn to draw the influences of the Sun & for spells involving promotions, friendships, healing, energy & magickal power.

SUN INCENSE 3

3 Parts Frankincense
2 Parts Galangal
2 Parts Bay
1/4 Part Mistletoe *
few drops Red Wine
few drops Honey
A third like the above.

VENUS INCENSE

3 Parts Wood Aloe
1 Part Red rose petals
few drops Olive Oil
few drops Musk Oil
Few drops Ambergris Oil
Mix well & burn for Venusian influences, such as love, healing, partnerships & rituals involving women.

VENUS INCENSE 3

2 Parts Sandalwood
2 Parts Benzoin
1 Part Rosebuds
few drops Patchouly Oil
few drops Rose oil

Elemental Incense Blends

AIR INCENSE

4 Parts Benzoin
2 Parts Gum Mastic
1 Part lavender
1 Pinch Wormwood
1 Pinch Mistletoe

Burn to invoke the powers of the element of Air, or to increase intellectual powers; to obtain travel; for communication, study & concentration, or to end drug addiction. Smolder during divinatory rituals.

FIRE INCENSE

2 parts Frankincense
2 parts Dragon's Blood
1 Part Red Sandalwood
1 Pinch Saffron
few drops musk oil

Smolder for summoning the powers & beings of Fire, & also for success, strength, protection, health, passion & other similar goals. Genuine Saffron is expensive, so only a pinch. You can use Orange peel instead.

EARTH INCENSE

2 Parts Pine resin or needles
1 Part Patchouly
1 pinch finely powdered salt
few drops Cypress Oil

Burn for invoking the powers of the element of earth for money, stability & so on.

WATER INCENSE

2 Parts Benzoin
1 part Myrrh
1 Part Sandalwood
few drops Lotus bouquet
few drops Ambergris oil

Burn to attract the influences of this element, as well as to develop psychism, to promote love, fertility, beauty and so on.

Deity Incense Blends

APHRODITE INCENSE

1 Part Cinnamon
1 Part Cedar
a few drops Cypress Oil
Burn during rituals designed to attract love.

GODDESS INCENSE

1/2 dram Cypress oil
1/2 dram Olive oil
1/2 oz dried rose petals
1/2 oz White willow bark
3 dried Rowan berries
1 tsp anise seeds

HECATE INCENSE

3 Parts Sandalwood
2 Parts Cypress
1 Part Spearmint (peppermint)
To honor Her, burn at crossroads or during ritual at the waning of the Moon.

HORNED GOD INCENSE

2 Parts Benzoin
1 Part Cedar
1 part Pine
1 Part Juniper berries
few drops Patchouly oil
Burn to honor Him in His many guises, especially during Wiccan rituals.

ISIS INCENSE

3 Parts Myrrh
2 Parts Sandalwood
1 part Frankincense
1 Part Rose petals
few drops Lotus bouquet
Burn while revering Isis. or, burn during any type of magickal operation, since Isis is the Goddess of All Things.

APOLLO INCENSE

4 Parts Frankincense
2 Parts Myrrh
2 Parts Cinnamon
1 Part Bay
Burn during divination & healing rituals.

GREEK GOD/GODDESS INCENSE

4 parts Frankincense (sacred/Apollo)
2 Parts Myrrh (Demeter)
1 part Pine (Poseidon)
1 Part Rose Petals (Aphrodite)
1 part sage (Zeus)
1 Part White Willow bk (Persephone)
few drops Olive oil (Athena)
few drops Cypress oil (Artemis/Hecate)
Burn to honor them.

HECATE INCENSE 2

1/2 tsp dried bay leaves
1/2 tsp dried mint leaves
1/2 tsp dried thyme
pinch of myrrh resin
pinch of frankincense resin
13 drops Cypress oil
3 drops Camphor Oil

HORNED GOD INCENSE 2

7 drams tincture Benzoin
1/2 dram Sandalwood oil
1/2 dram myrrh oil
1/2 dram frankincense oil
saltpeter
1 oz pwd Charcoal
pinch of dried asafoetida
pinch of dried blessed thistle
pinch of dried peppermint

PELE INCENSE

2 Parts Frankincense
1 part Dragon's Blood
1 Part Red Sandalwood
1 Part Orange peel
1 Part Cinnamon
few drops Clove oil
Burn while honoring Pele, the Hawaiian Goddess of Volcanoes. When needing additional strength for any ritual; when you feel manipulated by others, or for Fire spells in general. Burn when you wish to be fulfilled with the power of Pele.

Functional Incense Blends

ASTRAL TRAVEL INCENSE

3 Parts Sandalwood
3 Parts Benzoin
1 part Mugwort
1 Part Dittany of Crete
Burn a small amount in the room to aid projecting the astral body.

CONSECRATION INCENSE

2 Parts Wood Aloe
1 Part Mace
1 Part Storax (or Gum Arabic)
1 Part Benzoin
When purifying or consecrating magickal tools, jewelry, quartz crystals & other stones, smolder this incense & pass the tool through its smoke several times. So this while visualizing the fumes purifying the tool.

CRYSTAL PURIFICATION INCENSE

2 Parts Frankincense
2 Parts Coral
1 Part Sandalwood
1 Part Rosemary
1 Pinch finely powdered salt
a small purified Quartz crystal point
Pour a bit of incense (leaving the crystal in the jar) onto charcoal. Smoulder & pass the crystal to be purified through the smoke wafting away the stones impurities. Natuarally, this incense can be used in connection with the others recommended purfying rituals, or in place of them.

DIVINATION INCENSE 2

2 Parts Sandalwood
1 Part Orange Peel
1 Part Mace
1 Part Cinnamon
Another like the above, & this one smells better.

CLEARING INCENSE

3 Parts Frankincense
2 Parts Myrrh
1 Part Sandalwood
Burn this incense to clear your home of negative vibrations, especially when household members are arguing or when the house seems heavy & thick with anger, jealousy, depression, fear & other negative emotions. Leave the windows open while burning this mixture.

COURAGE INCENSE

2 Parts Dragon's Blood
1 Part Frankincense
1 Part Rose Geranium Leaves (or few drops Rose Geranium oil)
a few drops Tonka Bouquet
a few drops Musk Oil
Smolder this incense when you lack courage. If you are in a situation where you cannot burn it, recall its scent & be strong. If Tonka Bouquet is unavailable - use Tonka tincture or vanilla extract.

DIVINATION INCENSE

1 Part Clove
1 Part Chicory
1 Part Cinquefoil
Smoulder during or directly before using Tarot cards, Runes, etc. But be aware: Doesn't smell good!

DREAM INCENSE

2 Parts Sandalwood
1 Part Rose petals
1 Part Camphor
few drops Tuberose bouquet
few drops Jasmine oil
Burn a bit in the bedroom prior to sleep to produce psychic dreams. Remove the censer from the room before retiring. Use only genuine camphor.

ATTUNEMENT TO SPIRIT WORLD

1/4 tsp ground Sandalwood
Or - 1/2 tsp Sandalwood chips
1/4 tsp Balm of Gilead
1/8 tsp Sage

HOUSE PURIFICATION INCENSE

3 Parts Frankincense
2 parts Dragon's Blood
1 part Myrrh
1 Part sandalwood
1 part Wood Betony
1/2 part dillseed
few drops Rose Geranium oil
Burn in your home to cleanse it at least once a month perhaps on the Full moon. Additionally, burn this mixture in a new home before moving in

MEDITATION INCENSE

1 Part Gum Arabic
1 Part Sandalwood
Burn a small amount prior to meditation to relax the conscious mind.

PROTECTION INCENSE

2 parts Frankincense
1 Part Dragon's Blood
1/2 part Betony
Burn for both physical & psychic protection while visualizing.