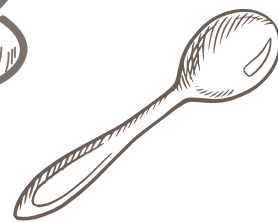
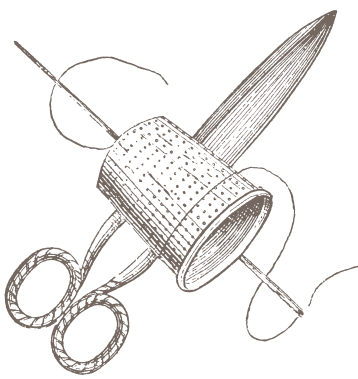
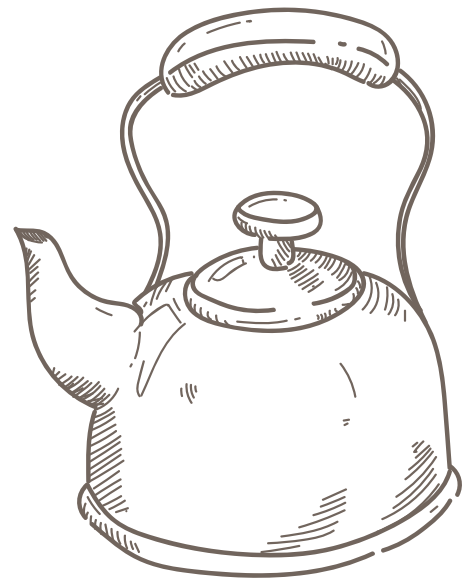


Green Magic

HEALING SPELLS, CHARMS, POTIONS, & ALL
THINGS MAGICAL



Green Magic

“You are the sister to the wolf and friend to the hawk. You know in your heart the language of the plants and the songs of the wind. You have an innate connection to the wild edges. You know the beauty of the bee in flight, and hear the call of freedom on the horizon. And yet, as you go through your day today, it may be easy to miss the drum call of the Earth.”

– Wild Woman, The Sacred Pregnancy Journey Deck by Anni Doultter

Green magic embraces nature by drawing on the energies from the earth and of untamed things. It is the true definition of nature-relatedness. When we practice green magic, we commune with the land, with stones and gems. We rely on plants, flowers, and herbs to speak to us. We call to nature for guidance and respect every living being.

Green magic understands that the earth incorporates the planet and all living things upon it, including animals, plants, and people. It asks us to realize that humans impact the natural world, not only by how we treat it but also by the feelings and energies of individuals. Because of this, nature may call us back to solitude in the untamed things. For it is harder to hear what Earth has to say when you are surrounded by the hustle and bustle of a busy life.

COMMON MINERAL CORRESPONDENCES

Fertility

Moonstone, rose quartz, aventurine, carnelian, aquamarine, fluorite, malachite, chrysoprase, jade.

Passion

Red jasper, orange carnelian, smoky quartz, pink tourmaline, rose quartz, Shiva Lingam.

Growth

Quartz, amethyst, sodalite, aventurine

Union

Serpentine, lodolite, howlite, lepidolite, ametrine, rutilated quartz, labradorite

Strength

Leopardskin jasper, Tiger's eye, carnelian, red tiger's eye, garnet, bronzite

Love

Aventurine, rose quartz, malachite.

Intimacy

Unakite jasper, yellow jasper, garnet, pyrite, rhodonite, Shiva Lingam.

Balance

Agate, bloodstone, calcite, amethyst, carnelian, moonstone, larimar, jade.

New Beginnings

Amazonite, citrine, clear quartz, selenite, black kyanite, amethyst, aventurine

Purification

Ruby, clear quartz, apophyllite, kyanite, selenite, carnelian.

Abundance

Pyrite, citrine, green aventurine, green moss agate, emerald.

Empowerment

Hematite, sodalite, amethyst, citrine, clear quartz, ametrine, amazonite, chrysocolla, garnet

Banishing

Black tourmaline, rutilated quartz, black obsidian, jet.

COMMON MINERAL CORRESPONDENCES

- Rebirth: Citrine, jasper, moonstone, & unakite
- Laboring mother: Moonstone, aventurine, unakite, amethyst, malachite, peridot, rose quartz, carnelian
- Stillness: Clear quartz, selenite, amethyst, rose quartz, smoky quartz, black tourmaline.
- Raising energy: Clear quartz, selenite, amethyst, celestite, herkimer diamond, smoky elestial, danburite
- Fire (transformation): Moldavite, citrine, orange calcite, carnelian, sunstone, labradorite, spessartine garnet,
- Protection: clear quartz, black tourmaline, black obsidian, black jade, pyrite, smithsonite.
- Blessing: Leopardskin Jasper, black obsidian, tigers eye, angelite.
- Release: Blue Lace Agate, Citrine, Smokey, Rhodonite
- New Year: Quartz, Labradorite, Onyx, Fluorite, Tiger Eye, Malachite, Jasper, Black Tourmaline
- Contact with Departed: Obsidian, Amethyst, Selenite, Bloodstone
- Rest: Amethyst, Labradorite, Leopardskin Jasper, Lepidolite
- Contemplating: Amethyst, Azurite, Rutilated Quartz, Fluorite
- Planning: Almandine Garnet, Carnelian, Siberian Gold Quartz, Tangerine Quartz
- Protection: Black tourmaline, Black kyanite, Pyrite, Malachite, Black tourmaline and Quartz
- Darkness (night): Black Agate, Garnet, Jet
- Inward (shadow work): Onyx, Jet, Black Tourmaline, Obsidian, Black Moonstone, Labradorite

ELEMENTAL MINERAL CORRESPONDENCES

Earth

Agate, Alexandrite, Amazonite, Amber, Andalusite, Apophyllite, Green Calcite, Cat's eye, Cerussite, Chrysocolla, Chrysoprase, Diopside, Emerald, Fluorite, Hematite, Jade, Jasper, Jet, Kunzite, Malachite, Moss Agate, Peridot, Petrified Wood, Quartz, Salt, Tourmaline, Turquoise, Unakite

Air

Agate (tree), Ametrine, Angelite, Aragonite, Aventurine, Blue Lace Agate, Celestite, Chrysoberyl, Desert Rose, Moldavite, Opal, Clear Quartz, Sodalite, Sphene, Staurolite, Topaz

Fire

Agate (red, snakeskin), Amber, Apache Tears, Golden Beryl, Bloodstone, Orange Calcite, Carnelion, Citrine, Diamond, Garnet, Herkimer Diamond, Red Jasper, Obsidian, Onyx, Fire Opal, Pyrite, Rhodochrosite, Rhodonite, Ruby, Serpentine, Sunstone, Tiger's Eye, Red Tourmaline, Red Zircon

Water

Amethyst, Aquamarine, Aragonite, Azurite, Blue Calcite, Charoite, Chrysocolla, Dioptase, Ocean Jasper, Kyanite, Lapis Lazuli, Larimar, Lepidolite, Lodestone, Moonstone, Morganite, Rose Quartz, Sapphire, Selenite, Sodalite, Staurolite, Blue Topaz, Blue Tourmaline, Turquoise.

COMMON PLANT CORRESPONDENCES

Fertility

Angelica, cornflower, cinnamon, mint, coriander, wheat

Passion

Rose, lavender, jasmine, hibiscus, rosemary, chamomile, vanilla, rue, yarrow, lemon verbena, damiana

Growth

Sage, rosemary, lavender, lemon balm, peppermint

Union

Lavender, damiana, rose, heather, wheat, peaflower

Strength

Dandelion, patchouli, pennyroyal, yarrow, ginger, clove, cinnamon, motherwort

Love

Rose, lavender, jasmine, vanilla, catnip, cardamom, dill, frangipani, poppy, calendula, thyme, yarrow.

Intimacy

Bay laurel, orange, orris root

COMMON PLANT CORRESPONDENCES

Balance

Cocoa, chamomile, clove, ginger, garlic, lavender, tumeric, mint

New Beginnings

Basil, lavender, rosemary, pine, cinnamon, Basil, blue vervain, coltsfoot, birch, eucalyptus, feverfew

Purification

Sage, rosemary, cedar, sweetgrass, lavender, mint, Burdock root, elderberry, lavender, peppermint, alfalfa, bearberry

Abundance

Cinnamon, ginger, cardamom, allspice, clove.

Empowerment

Rosemary, sage, lavender, lemon balm, peppermint, ginger

Banishing

Garlic, bay, sage, angelica, broom, black pepper, pine

COMMON PLANT CORRESPONDENCES CONT.

- Release: Mugwort, rosemary, sage, peppermint, mandrake, frankincense .
- Rebirth: Basil for protection, lavender for happiness, rosemary for cleansing, pine for healing, cinnamon for success.
- Rest: Chamomile, lemon balm, valerian, theanine, St. John's Wort, rhodiola, lavender.
- Contemplating: Star anise for mental clarity. Allspice for healing communication, compassion, determination and wisdom. Cinnamon for mental focus and warmth/comfort. Nutmeg for clarity of mind. Cloves for clarity of mind, helps memory, keep negativity at bay and gaining what you seek. Seeds for strength of mind. Salt to keep negativity away.
- Planning: Rose for love, basil for protection, orange for happiness, rosemary for healing, mint for success.
- Protection: Bay, elderberry, fennel, hyssop, mugwort, mistletoe, juniper, rosemary, St. John's Wort.
- Release: Mugwort, rosemary, sage, peppermint, mandrake, frankincense.
- New Year: Basil for protection, lavender for happiness, rosemary for cleansing, pine for healing, cinnamon for success.
- Contact with Departed: Mugwort/wormwood, rosemary, lavender, yarrow, sage, bay.
- Rest: Chamomile, lemon balm, valerian, theanine, St. John's Wort, Rhodiola, lavender.
- Contemplating: Star anise for mental clarity. Allspice for healing communication, compassion, determination, and wisdom. Cinnamon for mental focus and warmth/comfort. Nutmeg for clarity of mind. Cloves for clarity of mind helps memory, keep negativity at bay and gain what you seek. Seeds for the strength of mind. Salt to keep negativity away.
- Planning: Rose for love, basil for protection, orange for happiness, rosemary for healing, mint for success.

COMMON PLANT CORRESPONDENCES CONT.

- Protection: Bay, elderberry, fennel, hyssop, mugwort, mistletoe, juniper, rosemary, St. John's Wort.
- Darkness (night): Ginger, lady's slipper, mullen, nettle, rue.
- Inward (shadow work): Sage for clearing, lavender for stress release, chamomile for relaxation, rosemary for healing, protection, and cleansing, lemongrass for uplifting, eucalyptus for strength, cinnamon for love, myrrh for peace.

LUNAR PLANT CORRESPONDENCES

These plants correspond with moon magick.

- Chickweed: Healing, fertility, abundance, love, purification
- Marshmallow: Protection, cleansing, astral projection, fertility, abundance, love, faithfulness of lovers
- Purslane: Love, luck, protection, sleep, restlessness
- Passionflower: Love, calm, peace, sleep and friendship
- Lotus: Abundance, wealth, Creativity, fertility, protection
- Milky Oats: Rest, selfcare, exhaustion, healing
- Mugwort: Dreams, remembering, communication, lucid dreaming, protection, purification
- Willow: Love, tranquility, harmony, intuition, protections, renewal
- Lemon Balm: Awakenning, calm, clarity, focus, fertility, abundance, success

ELEMENTAL PLANT CORRESPONDENCES

Earth

Comfrey, Fern, Honeysuckle, Ivey, Jasmine, Mugwort, Primrose, Sage, Vervain, Cinquefoil, Clove Greens, Henbane, High John the Conquerer Rott and Seeds, Horehound, Mandrake, Patchouli, Reed

Air

Agrimony, Anemone, Bergamot, Borage, Broom, Clover, Comfrey, Dandelion, Fern, Ivy, Lavender, Lily of the Vally, Marjorium, Marrygold, Mugwort, Peppermint, Primrose, Sage, Spearmint, Thyme, Vervain, Violet, Yarrow. Annise, Bamboo, Bittersweet, Eyebright, Frankincense, Goldenrod, Horehound, Meadowsweet, Mistletoe, Myrrh, Nutmeg, Reed, Sandlewood, Star anise Wormwood.

Fire

Amaranth, Anemone, Angelica, Basil, Carnation, Chrysanthemum, Dill, Fennel, Garlic, Goldenseal, Gourse, Heliotrope, Hibiscus, Holy Basil (Tulsi), Lovage, Marygold, Pennyroyal, Peony, Peppermint, Poppy, Primrose, Rosemary, Rue, Saint John's Wort, Snapdragon, Sunflower, Sweet Woodruff, Vervain, Allspice, Asafoetida, Betony, Black Cohosh, Blessed Thistle, Bloodroot, Cinnamon, Cinquefoil, Clove, Corriander, Cumin, Deers Tongue, Flax, Frankincense, Galangal, Ginger, Ginseng, High John, Mandrake, Mullein, Mustard, Nettle, Nutmeg, Pepper, Thistle, Wormwood.

ELEMENTAL PLANT CORRESPONDENCES

Water

Aster, Blackberry or Bramble, Catnip, Chamomile, Columbine, Comfrey, Daffodil, Daisy, Feverfew, Foxglove, Gardenia, Geranium, Grape, Heather, Hibiscus, Hyacinth, Iris, Ivy, Jasmine, Lady's Mantle, Lemonbalm, Lilac, Lilly, Monkshood, Morning Glory, Passionflower, Perrywinkle, Poppy, Raspberry, Rose, Solomon's Seal, Spearmint, Strawberry, Thyme, Valerian, Violet, Yarrow, Aloe, Belladonna, Burdock, Cardamom, Coltsfoot, Cowslip, Dittonany, Henbane, Lady's Slipper, Lotus, Meadowsweet, Moonwort, Myrrh, Orris Root, Reed, Sandlewood, Scullcape, Spikenard, Star Anise, Thornapple, Vanilla, Water Lily.

FOLK MAGIC & HEALING

Plants

Aaron's Rod - Goldenrod or mullein stalk

Absinthe - Wormwood

Adder's Fork - Adder's Tongue Fern or Bistort

Adder's Tongue - Dog's Tooth Violet (or Adder's Tongue Fern)

Ague root - Unicorn root

Alison - Sweet Alyssum

Angel Food, Archangel - Angelica

Angel's Trumpet - Datura

Ass's Ear - colt's foot or comfrey

Ass's Foot, Bull's Foot - colt's foot

Auld Man's Bells, Old man's bells - wood hyacinth, *Hyacinthoides hispanica*

Bad Man's/Devil's Oatmeal/Porridge - hemlock

Bad Man's/Devil's Plaything - Yarrow

Bastard - false Dittany

Bat flower - tacca

Bat's Wing - Holly leaf

Bat's Wool - moss (which moss?)

Bear's Foot - Lady's Mantle

Bear's Grape Bearberry *Arctostaphylos uva-ursi*

Bear Paw - ramsons *Allium ursinum* or the root of male fern *Dryopteris Filix-mas*

Bear weed - Yerba Santa *Eriodictyon californicum*

Beard of a Monk - Chicory

Beggar's Lice - Hound's tongue

Beggar's Buttons - Burdock

Bird's Eye - Speedwell *Veronica officinalis*

FOLK MAGIC & HEALING

Bird's Foot - Fenugreek *Trigonella foenum-graecum* (Also bird's foot violet and bird's foot trefoil)

Bird's Nest - carrot, Indian pipe

Bishop's Wort, Bishop's Elder - Wood betony *Stachys betonica*

Bitter Grass - Ague Root *Aletris Farinosa*

Black Sampson - Echinacea

Blazing Star - *liatris*

Blind Eyes - Poppy

Blood from a head - Lupine *

Blood from a shoulder - Bear's breech *

Blood of a Goose - Sap from a mulberry * *Morus nigra*

Blood of an Eye - Tamarisk gall * (probably the tannin extracted from)

Blood of Ares - purslane *

Blood of Hephaestus - wormwood *

Blood of Hestia - Chamomile *

Blood - sap of the elder or bloodwort

Bloody butcher - Valerian

Bloody Fingers - Foxglove

Blue Bottle - Bachelor's buttons

Boy's Love, Lad's Love: Southernwood

Brain Thief - Mandrake

Bone of an Ibis - buckthorn * I am not sure if this is *Rhamnus cathartica* or sea buckthorn *Hippophae* spp If I can find a recipe containing this, I will know for sure by comparing its purpose to their very different qualities

Bread and Cheese - Hawthorn

Bride of the Meadow - meadowsweet

Bull's Blood - beet or horehound

FOLK MAGIC & HEALING

Burning bush - false dittany, also a modern name for species of *Euonymus*

Cow's Horn - Fenugreek *Trigonella foenum-graecum*

Bride of the Sun - calendula

Brown Dragon - wake robin

Buttons - tansy

Calf's snout - Snapdragon

Candlemas Maiden - snowdrop

Candlewick - mullein, the flower stalk

Capon's Tail - valerian

Carpenter's Herb - bugleweed *Lycopus europaeus*

Carpenter's Square - knotted figwort

Carpenter's weed - Yarrow

Cat - catnip

Cat's foot - white balsam, black cohosh, ground ivy

Cat's herb - valerian

Chameleon star - bromeliad

Cheeses - marsh mallow

Chocolate flower - wild geranium (I don't buy it)

Christ's eye - wild clary *Salvia verbenaca*

Christ's ladder - centaury

Christ's spear - adder's tongue fern *Ophioglossum vulgatum*

Church steeple - Agrimony

Clear eye - clary sage

Cleavers - bedstraw

Click - goosegrass

Clot - great mullien

Cocklebur - Agrimony

FOLK MAGIC & HEALING

Cock's comb - amaranth

Colt's Tail - fleabane

Crane's bill - wild geranium

Crow's foot - wild geranium, or wood anemone bulbous buttercup (verified)

Crowdy kit - figwort

Cuckoo's bread - common plantago

Cucumber tree - magnolia

Cuddy's lungs - great mullein

Crown for a king - wormwood

Dagger flower - blue flag

Daphne - bay laurel

Dead man's bells foxglove

Death angel - fly agaric Amanita Muscaria

Death cap - fly agaric Amanita Muscaria

Death flower - Yarrow

Death's Herb - Belladonna

Delight of the Eye - rowan

Devil Plant - basil

Devil's Apple - Mayapple or Mandrake

Devil's beard - houseleek

Devil's bit - false unicorn root

Devil's cherries Belladonna berries

Devil's plaything - yarrow

Devil's dung - asafoetida

Devil's ear - wakerobin

Devil's eye - henbane or periwinkle

Devil's flower - bachelor's buttons

FOLK MAGIC & HEALING

Devil's fuge - mistletoe

Devil's guts - dodder

Devil's herb - belladonna

Devil's milk - celandine

Devil's nettle - yarrow

Devil's Shoestring: Various varieties of vibernum, esp Black Haw, cramp bark, hobblebush

Dew of the Sea - Rosemary

Dog Berry - wild rose hips

Dog's mouth - snap dragon

Dog's tongue - hound's tongue

Dove's foot - wild geranium

Dragon - tarragon

Dragon Flower - blue flag (really, wild iris? not an arum or a Antirrhinum?)

Dragon wort - bistort

Dragon's blood - calamus

Eagle - ramsons *Allium ursinum*

Earth apple - potato

Earth smoke- fumitory

Elf's wort - Elecampane

Enchanter's plant - vervain

Englishman's fruit/ White man's foot - common plantain

Everlasting friendship - goosegrass

Eye root - goldenseal

Fairy smoke - Indian pipe

Fairy fingers - foxglove

Fat from a Head - spurge *

FOLK MAGIC & HEALING

Felon herb - Mugwort

Five fingers - cinquefoil

Fox's Clote - burdock

Frog's foot - bulbous buttercup

From the belly - Earth-apple. * potato?? Did the writers know about potatoes? When was pgm written?

From the foot - houseleek *

From the loins - chamomile *

Goat's foot - morning glory

Goat's Horn - Fenugreek *Trigonella foenum-graecum*

God's hair - hart's tongue fern

Golden's star - avens

Gosling's wing - goosegrass

Graveyard dust - mullein (and sometimes it's just graveyard dust)

Hag's taper - mullien stalk

Hagthorn - hawthorn

Hair of Venus - Maidenhair fern

Hairs of a Hamadryas Baboon: Dill Seed *

Hare's beard - mullein

Hawk's Heart, Old Woman - Wormwood *Artemisia absinthium* crown or seed head *

Hind's tongue - hart's tongue fern

Holy herb - yerba santa

Holy rope - hemp agrimony *Eupatorium cannabinum*

Horse tongue - hart's tongue fern

Hundred eyes - periwinkle

FOLK MAGIC & HEALING

Innocence - bluets

Jacob's Staff - Great Mullein

Joy of the Mountain - Marjoram

Jupiter's Staff - Great Mullein

King's Crown: Black Haw vibernum

Knight's Milfoil - Yarrow

Kronos' Blood - sap of Cedar *

Lady's glove - foxglove

Lamb's ears - betony but more likely lamb's ear *Stachys byzantina*

Lion's Hair - The extra little roots that stick out of the turnip bulb or the base leaves *Brassica rapa* *

Lion's tooth - dandelion

Little dragon - tarragon

Love in idleness - pansy

Love Lies Bleeding - amaranth (Not so ancient, a modern ornamental variant)

Love Leaves - burdock

Love man - goosegrass

Love Parsley - lovage

Love root - orris root

Maiden's Ruin - Southernwood

Man's Bile - Turnip Juice *

Man's Health - Ginseng

Master of the Woods - Woodruff

FOLK MAGIC & HEALING

May Lily - Lily of the Valley

May Rose - Black Haw viburnum

May - Black Haw viburnum

Maypops - Passion Flower

Mistress of the Night - Tuberose

Mutton Chops - Goosegrass

Old Man's Flannel - Great Mullein

Old Man's Pepper - Yarrow

Old-Maid's-Nightcap - Wild Geranium

Password - primrose

Peter's Staff - Great Mullein

Poor Man's Treacle - Garlic

Priest's Crown - Dandelion leaves

Queen of the Meadow Root - Gravelroot

Queen of the Meadow - Meadowsweet

Queen of the Night - Vanilla Cactus

Rats and Mice - Hound's tongue

Ram's horn - valerian

Ring a Bells - bluebell

Robin run in the grass - goosegrass

Scaldhead - blackberry

Seed of Horus - horehound

FOLK MAGIC & HEALING

See bright - Clary sage

Semen of Ammon - Houseleek *

Semen of Ares - Clover *

Semen of Helios - White Hellebore *

Semen of Hephaistos - Fleabane *

Semen of Herakles - arugula *

Semen of Hermes - Dill *

Seven Year's Love Yarrow

Shameface - Wild Geranium

Shepherd's Heart - Shepherd's Purse

Silver Bells - Black Haw viburnum

Snake Root - black cohosh

Soapwort - Comfrey or Daisy or maybe Soapwort

Sorcerer's Violet - Periwinkle

Sparrow's Tongue - Knotweed

St. John's Herb - Hemp Agrimony

St. John's Plant - Mugwort

Star Flower - Borage

Star of the Earth - Avens

Starweed - Chickweed

Sweethearts - Goosegrass

Swine's Snout - Dandelion leaves

Tail of a Pig - Leopard's bane *

Tanner's bark - toadflax

Tartar root - ginseng

Tears of a Hamadryas Baboon - Dill Juice *

FOLK MAGIC & HEALING

Thousand weed - yarrow

Thunder plant - houseleek

Titan's Blood - Wild Lettuce *Lactuca virosa* *

Torches - mullein flower stalk

Unicorn's horn - unicorn root or false unicorn root

Urine - dandelion or maybe urine

Wax dolls - fumitory

Weasel - rue

Weasel snout - yellow archangel

Winter wood - wild cinnamon *Canella alba*

White - ox eye daisy

Witch's Asprin - white willow bark

Witch's brier - wild brier rose hips

Wolf claw - club moss

Wolf's foot - bugleweed

Wolf's milk - euphorbia

Woodpecker - herbLpeony

Worm fern- male fern *Dryopteris Felix-mas*

Yerba Santa Maria - epazote

FOLK MAGIC & HEALING

Plant Parts/Body Parts

Blood - Sap or juice

Eye - The disc of a composite flower, or a seed

Foot - Leaf

Guts - Roots, stalks, tangly bits

Hair - Very stringy roots (sometimes silk or tangly stems)

Head - Flower head or seed head

Tail - Stem

Tongue - Petal, sometimes stigma

Toes - leaf or bud

Paw - sometimes bud, usually leaf

Privates - Seed pod

Worm - stringy roots

Wool - Moss

Minerals

A Snake's Ball of Thread - soapstone *

Blood of a Snake - hematite *

Crocodile Dung - Soil from Ethiopia *

A Physician's bone - sandstone *

FOLK MAGIC & HEALING

Animal Parts

A Snake's Head - A leech *

Blood of a Hyrax - A rock badger, * small weasel-like/rodent-like (but actually neither) creature native to Africa and the Middle East

Blood of a Hamadryas Baboon - Blood of a spotted gecko *

Bull's semen - the egg of a blister beetle *

Lion Semen - Human semen *

Kronos' Spice - Pig Milk *

A M A G I C A L G A R D E N



The Promise of the garden is "change." The earth's rhythm is marked by the revolving cycles in nature. Keeping even a small kitchen garden with just a few herbs can help you nurture your connection with your wild roots.

1. Observe and learn from mother nature. Grow what's in season where it easily grows. So, get to know your climate and area.
2. Learn to mindfully forage and wildcraft. Use what is available to you and learn what you can cultivate in your yard.
3. Plant your garden based on the intended correspondences.
4. Garden based on the Moon cycles and astrology.
5. Harvest under the Full Moon for extra potent energy.
6. Talk to your plants and tell them what you need help with. They are our plant allies. Or chant while you water them.
7. Create sacred space within your garden. An altar, meditation area, or home for Fae Folk.
8. Give back to the land by learning about sustainable practices and conservation efforts.
9. Establish a daily garden ritual of caretaking and spending time.

A MAGICAL GARDEN CONT.

Here are a few simple herbs, each provides a remedy for the corresponding season.

- Winter- Season of Resting: Onion - Cleansing, healing, wards off negativity. Used to detox the body and spirit.
- Mid-Winter: Bay - Manifestation, prosperity, protection, cleansing, and psychic development.
- Spring- Season of Planting: Parsley - Protection, strength, healing, good luck, prosperity.
- Mid-Spring: Violet - Beauty, transformation, attraction loved by the Fae.
- Summer- Season of Growing: Chives - Protection, knowledge, divine insight.
- Mid-Summer: Lemon Verbena - Love success, protection, purification.
- Autumn- Season of Harvest: Basil - Money, wealth, love, relationships, purification.
- Mid-Harvest: Sage - Immortality, Longevity, Wisdom, Protection, Wishes, cleansing.

GARDEN BLESSING

When the time comes to cover your garden or to plant winter crops, take a moment to honor the earth, give thanks for a bountiful harvest, and ask for a successful growing season. This blessing can also be used for simple garden work, landscaping, or potted plants.

If you are planting a winter crop, bless the plants (or seeds) by sprinkling them with consecrated water.

If you are covering the garden until spring, you can symbolically bless this as a place of rest. Place quartz crystal points in the ground point side up to draw the energy of the sun or moon to your plot.

You can also burn incense or herb.

Choose one of the methods above and do this on a new or full moon while visualizing lush, vigorous growth and chant:

"Branches, buds, fruit, and seeds,
Soil, blossoms, vines, and leaves.
Bless this space and help plants grow,
On this garden strength bestow."

T O R E S U R R E C T A P L A N T

You'll need:

- A plant that needs to be transplanted or needs TLC. This works great with plants in general but is a wonderful to use if you need to revive a working. Just include something from that working to anchor the two intentions together.
- 1 tbsp of epsom salt
- 2 tbsp oats
- Fresh soil and new pot (this can be done in the garden too)

Working:

- Cast a circle if your tradition calls for it.
- Pull the plant out of the old pot and shake off the old dirt until the roots are exposed.
- Mix half old soil and half new soil together. Add epsom salt and oats to the soil mix (both add nutrients back into the soil) while saying:

"I call upon the elemental powers from every direction
Charge this plant with the energy for resurrection
Erase death from our sight and bring it back to life
From its roots to its leaves
As I will
Blessed be."

- Transplant your plant and watch your magic grow.

ROSEMARY PROTECTION WREATH

Gather rosemary (on a full moon is best but not necessary). You may gather as much as you like. Some prefer to gather a lot to create bundles and tie to a wreath frame to create a large wreath, while others prefer to use a few sprigs tied together in a circle to create a small simple wreath. Whichever you prefer is fine. If making a larger wreath with bundles, watch this video [here](#) to see how to affix them to a frame.

Once gathered and before you craft your wreath, cleanse your space and turn on music or chants if you like. Light an intention candle if you choose and set your intention for your working.

Once complete, hang your wreath:

- On your door to protect the home
- Above your bed to protect your sleep and remember dreams
- Above your kitchen for kitchen protection
- Above a child's bed for protection during sleep
- In the family room for family protection

Once in place you may say any words you like or try this incantation:

"Inside and out, head to toe
All harm, away from us go
With this blessing of protection
Any discord is cast in a new direction
Safety, go wherever we roam
Shield, protect, and guard this home"

WISHING SPELL

You'll need:

- Bay Leaf or leaves
- Pencil
- Fire-safe container like a pot or cauldron.
- Lighter/matches

Working:

Choose your intention and do this spell during the corresponding moon phase.

- New Moon for new beginnings like a business venture.
- Waxing Moon for increasing, growing, or drawing to you like money or attraction.
- Full Moon for Gratitude or powerful but fast-acting magick that won't need to be sustained over a long period of time like putting an offer on a house.
- Waning Moon for banishing or drawing away from you like a bad habit or debt.

- Write your wish on the bay leaf. Visualize your wish as if it has already come true in detail. Imagine how you feel receiving your wish and how you receive it.
- Light the leaf on fire and place it in the fire-safe container. Allow it to burn before scattering the ashes in the wind.

BLESSING A NEW BEGINNING

You'll need:

- Red candle for strength and passion
- Rose or geranium oil for peace and harmony

Working:

- Anoint the candle with the oil drawing towards you.
- Hold the candle in your dominant hand, light it and visualize fire.
- Say:

"Grant me knowledge, power, fearlessness, and skill.

Infuse me with inspiration. Grant me protection for what I am about to do and grant me the energy to commence this new beginning.

May your light be my guide, and my guides be my light.

Blessed be!"

- Allow the candle to burn out if you are able to.

ANTI-ANXIETY SPELL BAG

You'll need:

- A cloth bag
- Lavender
- Eucalyptus
- Spearmint or peppermint
- Selenite (self cleansing and charging), or coarse salt, clear quartz to keep it cleansed and charged
- Optional: amethyst to heal anxiety, rose quartz to balance emotions, clear quartz for centering, and black tourmaline to banish tensions.
- White candle or black for banishing
- Form of cleansing such as smoke, water, or sound
- Oil (flying ointment or peppermint oil in carrier oil)
- Pin, thorn or something sharp for carving

Working:

This is great on a new or waxing moon but can be done during the waning moon if you set your intentions to banishing anxiety instead of attracting peace. Consider a black candle for banishing.

- Cleanse space and all tools. Ground and center energy. Visualize yourself in a state of peace and calm.
- Dress the candle by using a pin to inscribe your full name and the words: balance, ground, center emotions, happiness, joy, and peace to attract those into your life. Alternatively, carve the words: stress, anxiety, tension, moon swings, doubt, anger or other words that you wish to banish from your life.
- Anoint the candle with a few drops of oil moving towards you for attracting and away for banishing depending on your intention/timing. Light the candle and place herbs and crystals inside the bag. Lay the bag beside the candle. Say:

•

"To center and process these feelings I ask for clarity in these dealings

Stress and tension within shall cease

Grant me calmness, rest, and peace

Release from me restlessness and anxiety

This is my will, Blessed be!"

Leave the candle to burn out if possible. Keep the bag with you.

RELAX AND RESTORE SPELL CHARM

You'll need:

- 10 Dried lavender stems
- 2 Minerals that correspond to your intention such as amethyst and jasper.
- A blank piece of paper or cloth
- Sit comfortably in your bed or in a space where you want to feel restful like a bath.

Take a mineral in each hand and focus on them. Visualize a warm light radiating from the minerals through your hands and filling your entire body. Feel calm and grounding energy filtering your thoughts and changing anything negative into useful energy. Relax into this energy and when you are ready say:

"Minerals of the earth, gift me your magical powers,
Imbue me with calmness and healing this very hour,
Lavender bring me the peace I desire,
Restore my energy & rid me of this restless tire,
Let me slumber in softness till morning light,
My mind is relaxed, my body calm all through the night"

Wrap the minerals and lavender in paper or cloth and place them under your pillow for a restful nights sleep.

NEW MOON PROSPERITY SPELL POUCH

You'll need:

- Bag or pouch
- Pyrite or other abundance/fertility mineral
- Cinnamon for luck, clove for prosperity, anise for clarity, allspice for success.
- Coins or dollar
- Something that represents how you plan to earn this money. ex: A thimble if you want your sewing business to prosper.

Working:

- Under the new moon (or by a window) cleanse your space, then ground and center your energy.
- Beginning with the bag, hold each item up to the moon and say

"I seek your wisdom to illuminate
The many ways of abundance that I can create
Whether swift or made to wait
With your lunar power this to gestate."

- Place items into the bag and place the bag where you work or where you make money ex. at your desk.
- Add additional herbs or minerals as the moon continues her cycle. See mineral and plant correspondence pages for suggestions. Say the incantation every time you add to the bag (you can take away items as needed to fit)
- When the moon is in the dark moon phase (about 3 days within the new moon) deconstruct the bag, cleanse all items, and begin the spell again on the new moon.

A KISSING BOUGH BLESSING

While mistletoe was sacred to Druids and has a strong connection to Norse mythology, the kissing under the mistletoe's roots dates back to ancient Greece during certain celebrations, including marriages. Romans and Scandinavians would resolve issues with their foes under mistletoe as a sign of peace. Eventually, the tradition of kissing under the mistletoe came about in England. Mistletoe was incorporated into the Kissing Bough, a popular decoration during Tudor times.

Once gathered and before you craft your bough, cleanse your space and turn on music or chants if you like. Light an intention candle if you choose and set your intention for your working.

To make a Kissing Bough, gather ivy, holly, and mistletoe. You may use two hoops (embroidery hoops or hoops made from wire will work well) or simply use the ivy as your base. Create two hoops of equal size and cover both in greenery. You may incorporate the mistletoe throughout or hang it from the middle once complete. Once both hoops are covered, place one inside the other to create quadrants. One hoop east to west, the other north to south. Hang the mistletoe in the center if you please.

The Tudor tradition is to hang the Kissing Bough at the doorway and the host would kiss each guest as they enter the feast, removing one berry from the mistletoe for each kiss. Once all berries have been removed then the kissing may stop.

A kiss as a blessing has significance in many cultures. As you hang your Kissing Bough try this incantation:

"To bring about merry wishes and bliss
I hang this bough and bless all with a kiss"

SAGE HONEY



INGREDIENTS

- Glass Jar, sanitized
- Enough fresh sage to fill $\frac{1}{2}$ the jar or enough dry sage to fill $\frac{1}{4}$ of the jar
- Enough local, raw honey to fill the jar to the brim

MAKE

- Chop your fresh sage up as fine as you can and add it to the jar until it fills up about half way. If you are using dry, cut sage and add enough sage to fill the jar up $\frac{1}{4}$ of the way.
- Fill the jar to the top with local raw honey and allow the air bubbles to release themselves.
- Add more honey to top off the jar leaving about $\frac{1}{4}$ – $\frac{1}{2}$ inch at the top. Cover the jar with a lid and allow to sit in a cool, dark, dry place for 2-4 weeks.

Uses:

- An herbal tea to sooth colds and throat 1 tbsp per 6oz
- As a potion (magickal tea) to cleanse, purify, and sweeten.
- Take 1 tbsp daily to ward of illness and negativity
- Add to jar spells to sweeten intention, protect and cleanse
- Use to anoint candles and objects in workings for protection and sweetness.

ARONIA BERRY SYRUP

- 1 cup fresh or 2/3 cup dried aronia berries (elderberries work too)
- 1 cup water (3 cups of water for dried berries)
- 2 Tb fresh ginger, grated or 1 tsp dry
- 1 tsp cinnamon
- 1/4 tsp ground cloves
- 1/2 cup honey (local and raw, if possible)



MAKE

- Bring berries, spices, and water to a boil, then lower the heat to simmer.
- Cover and simmer for 20 minutes (or 45 minutes if using dried elderberries).
- Strain out elderberries, pushing on them with a wooden spoon to get all the juice out.
- Let cool. Stir in honey. Store in jars and keep in the refrigerator. Lasts for months.
- Use in drinks, on ice cream, pancakes, etc., or just take 1 tsp per day as an immunity tonic.

PINE NEEDLE COUGH SYRUP



INGREDIENTS

- 1 1/4 cup water
- 1 cup fresh pine needles or other edible conifer needles
- 1/2 cup raw honey

MAKE

- Bring the water to a boil then pour it over the pine needles in a pint mason jar. For a stronger pine needle flavor, you can boil the pine needles in the water for a few minutes before taking off the heat. (Just be aware that this does diminish some of the vitamin C content).
- Let the infusion steep until the water has cooled to room temperature, then strain out the pine needles and stir in the honey.
- Store the syrup in a covered jar in the refrigerator and it will keep for 2-4 weeks. If you'd like to increase the shelf life of this syrup, freeze it in baggies or ice cube trays and then thaw as needed before use.

ROSE SYRUP



INGREDIENTS

- 1/3 cup dried rose
- 1 cup water
- 1 cup Honey or maple syrup

MAKE

- Add water to a saucepan and bring to a boil then turn heat off.
- Rose petals to water. Cover the saucepan with a lid, and let steep for 30 minutes.
- Strain and allow to cool to room temperature.
- When cool, add honey to rose infusion.
- Mix well. Store in fridge.

Best served as an iced drink. Fill a glass 2/3 full with marshmallow infusion. Top with 1/3 of rose syrup for added sweetness.

BELTANE TEA

INGREDIENTS

- 1/4 cup green tea
- 1/4 cup rose petals or hips
- 1/4 chamomile
- 1/4 cup jasmine
- 1/8 cup mint
- 1/4 cup lemonbalm



MAKE

- Mix all ingredients together in a jar.
- To serve hot, steep 1 tsp of mixture in 8 oz of boiling water for 5 minutes.
- To serve iced, boil a kettle of water (3-4 cups) and pour into a pitcher.
- Steep 1/4 cup of the mixture for 20 minutes or until it reaches room temperature depending on how strong you like your tea. Alternatively, you can make sun tea but combining 4 cups of water and 1/4 cup of mixture in a large pitcher or half-gallon sized jar and placing it in the sun for most of the day.
- After the mixture steep, fill the rest of the pitcher with cold water and ice.

MAGICAL PROPERTIES

- Green Tea: Health, longevity, sexual performance, love, passion, money, cleansing.
- Rose: Love, lust, passion, calm. Petals correspond with the Mother while hips correspond with the Crone
- Chamomile: Calming, cleansing, luck, money, love
- Jasmine: Love, spiritual awakening, things that are meant to be, union
- Lemon Balm: Activation, awakening, anxiety, business, calm, clarity, comfort, focus, fertility, money, rebirth, heartbreak, relationships, restores the senses, success.
- Mint: Cleansing, purifying, recharge energy, focus, stamina. Digestive tonic, upset stomach, respiratory, sleep, anxiety.

HERBAL DETOX INFUSION



INGREDIENTS

- 1/4 cup Nettle leaf
- 1/4 cup Oat Straw
- 1/4 cup Astragalus
- 1/4 cup Dandelion root
- 1/4 Skullcap

MAKE

- Combine all herbs in equal parts in a large bowl and blend well. Store in a sealed glass container for the month.
- To brew, steep 1 tablespoon in 2 cups hot water for 10 minutes. Strain, and sip consciously several times per day.
- For overnight infusions, take a 1-quart glass mason jar, add 3 tablespoons of the herbal mixture and cover with room temperature water. Cover, and let sit overnight. In the morning, shake well and strain. Sip throughout the day.

MARSH MALLOW INFUSION



INGREDIENTS

- Dried marshmallow root
- Cold water
- Glass jar

MAKE

- Fill jar 1/3 full with dried marshmallow root.
- Pour cool water over herbs, filling jar 1 inch from the top.
- Let sit for 30 minutes to 4 hours.
- Strain herbs.
- You may reuse herbs to make another infusion.

FLOWER ESSENCE



CHOOSE YOUR ESSENCE

Choosing an essence can be as simple as picking a flower that calls to you. It can be growing in your garden or it can be one that you found from a list of corresponding energies. Flower essences are considered non-toxic because they contain only small traces of actual substance and have no direct impact upon the body's biochemistry. It's still important to make and consume flower essences with care. Only harvest flowers from plants that you have positively identified and know to be safe for consuming.

HARVEST FLOWERS

Harvest flowers on a clear, sunny day, when there are no clouds in the sky. Preparing a flower essence is a magical experience so you need to tune in to your mind, body, and spirit and see if you can be completely present in the moment. Make sure you are putting good intentions into the flower essence. Try your best not to touch the blossoms. You can use a leaf from the plant to cover your fingers. Try to avoid using clippers or tools. Gloves are ok.

FLOWER ESSENCE

PREPARE THE MENSTRUUM

Fill a glass bowl with spring water or rain water. Avoid distilled water.

INFUSE THE ESSENCE

Place the flowers on top of the water covering the entire surface of the water. Place the bowl in direct sunlight where no shadows will cross over it, including your own for three to four hours. During this time, the essence of the flowers will be infused into the water through solar energy.

STRAIN & BOTTLE

Skim the flowers off of using a leaf from the plant if possible. The water left in the bowl is now the "mother essence". Pour this into a clean, amber glass bottle, filling the bottle halfway with the mother essence and halfway with 80 proof brandy. Label mother essence, the date, ingredients, where it was made, and any other important information. Store it in a cool, dark, dry place. Mother essences and stock bottles should retain their potency for up to 10 years.

ALLERGY REMEDY



INGREDIENTS

- Angelica, root
- Nettle, root
- Red clover leaf/flowers
- Everclear or grain alcohol 151 or 190 proof
- 1/8 tsp sunflower lecithin
- Sterile quart sized jar

MAKE

- Fill jar 1/2 way with red clover, then add enough angelica root and nettle root to bring the herbs up to 3/4 full of herbs.
- Fill with alcohol to the top. Add a piece of paper between the lid and jar and seal.
- Place in a cool, dark place for 6-8 weeks. Shake every few weeks. Strain and your tincture is ready for use. Bottle it in amber dropper bottles. I take 1 drops daily.

Make this into a healing spell by using the To Find Balance spell above an example. Ground and center your energy, cleanse yourself, space, and tools. Say an incantation when adding ingredients and say an incantation when using the potion. Incantation:

"Grumpy, sniffing, sneezing mess

Herbal allies aid me in my distress

Angelica, nettle, sunflower, and red clover

Defend my body until allergy season is over."

DOUBLE EXTRACTION MUSHROOM TINCTURE



INGREDIENTS

- 80 proof or higher alcohol
- Organic (and consciously harvested) dried mushrooms such as reishi, maitake, chaga, or shiitake
- Water (spring water is preferred but purified is fine)

MAKE

- Fill a quart-sized glass jar halfway with dried mushrooms. Fill jar with alcohol, making sure that it completely covers the mushrooms, but leave about a 1/2 inch space at the top of the jar.
- Secure lid and let it sit for a month, shaking daily.
- After a month, strain mushroom-infused alcohol into another jar and set aside.
- Next, make a water extract by bringing a half gallon of water to a simmer in a stock pot. Add the mushrooms from the alcohol extract to the simmering water. Simmer the mushrooms for about 2 hours, until the water has reduced to approximately 8 to 16 ounces. Add water as needed.
- Let it cool, strain using a funnel and cheesecloth, reserving the mushroom-infused water. Compost the mushrooms. Combine the water extract with the alcohol extract. The final product is your mushroom double extract. The alcohol percentage should be somewhere between 25% and 35%, making it shelf stable.

RAW CIDER VINEGAR + FIRE TONIC

RAW CIDER VINEGAR

INGREDIENTS

- Apple or pear peelings or cores
- Sugar (1 tablespoon per one cup of water used)
- Water

MAKE

- Fill the glass jar $\frac{3}{4}$ of the way with the apple peels and cores.
- Stir the sugar into the water until it's mostly dissolved, and pour over the apple scraps until they are completely covered.
- Cover loosely and set in a warm, dark place for around two weeks. If any brownish/greyish scum develops on the top, simply skim it off.
- After two weeks, strain the scraps from the liquid and set the strained liquid aside for another 2-4 weeks.



FIRE TONIC INGREDIENTS

- 1 large horseradish root scrubbed
- 1 large ginger root
- 1 large onion, peeled
- 1 large orange unpeeled
- 1 lemon unpeeled
- 16 cloves of garlic peeled
- 2-4 jalapeno peppers s
- 1 tablespoon ground turmeric
- Handful of fresh thyme, rosemary, and sage
- Raw apple cider vinegar
- Raw honey (optional)
- Large jar or multiple smaller jars

MAKE

- Roughly chop all ingredients and stuff them into a jar. Cover with ACV Lay a piece of parchment paper over the rim of the jar, then screw the lid tightly in place. Let the mixture sit in a dark, cool place, allowing it infuse for 4 weeks, shaking once daily. Strain and store for up to 1 year.



*I take 1 to 2 tablespoons at the first sign of a cold, and then repeating every 3 to 4 hours until symptoms subside. Or, mix into salad dressing.

LEMON BALM & RASPBERRY SHRUB



INGREDIENTS

- 2 cups raspberries
- 1 cup sugar
- 1/2 cup lemon balm, chopped
- 1 cup apple cider vinegar

MAKE

- In a large bowl, mix together the raspberries, sugar, and lemon balm.
- Mash the berries with a potato masher. Put the bowl in the refrigerator and let stand at least 12 hours or up to 2 days.
- Give it a stir from time to time.
- Put a double layer of cheesecloth over a fine mesh sieve. Strain the berries through the cheesecloth.
- After the most of the liquid has seeped through, pick up the edges of the cloth and squeeze to get as much of the liquid from the berry mixture as is possible.
- The liquid should measure about 1 Cup. Add an equal amount of vinegar to the berry liquid and mix well.
- Pour the finished shrub into a clean glass bottle with a tight fitting lid. Refrigerate for at least an hour for the flavors to meld and mellow before serving.

WINTER OXYMEL



INGREDIENTS

- Dried herbs of choice
- 1 part raw apple cider vinegar
- 1 part raw honey

Herbs to try: Dandelion, elderberries and elderflowers, garlic, lemon balm, hyssop, nettle, tulsi (Holy Basil), rosehips, turmeric, basil, elecampane, garlic, mullein, lemon peel, thyme, oregano, rosemary

MAKE

- Fill a pint jar 1/4 full with herbs.
- Cover with equal parts apple cider vinegar and honey to fill jar.
- Stir to incorporate. Wipe any liquid off the rim and top with a tight-fitting plastic lid. Alternatively, place a piece of parchment paper under a metal canning lid and ring to keep the vinegar from touching the metal.
- Shake jar until thoroughly mixed. Store jar in a cool, dark place to extract for two weeks. Shake jar at least twice a week to assist in extraction. Strain out herbs, pressing down on the herbs to release as much liquid as possible, retaining liquid and setting herbs aside to compost. Pour strained oxymel into glass storage jars or bottles. Label and date. Store in cool, dark place until ready to use. When stored properly, shelf life is approximately 6 months.

Try it as a tea, drink flavoring, or vinaigrette.

CITRUS SPICED DIGESTION BITTERS

INGREDIENTS

- 1 cup white rum
- 4 tsp of fresh orange peel
- 2 tbs dried dandelion root and leaf (or 6 tbs fresh, chopped finely)
- 2 tsp fresh ginger
- 1/2 tsp cinnamon
- 6 cardamom pods



MAKE

- Place all herbs into a sterilized mason jar, pour in the alcohol and fill to the top of the jar.
- Label your jar with the name, plants used, alcohol used and alcohol strength. Include the date on the label.
- Shake daily for two weeks, and then strain out the herbs. Be sure to squeeze out any remaining liquid from the herbs.
- You should have enough extract to fill about six (or more) one ounce dropper bottles.
- Make sure to sterilize the dropper bottle before filling.

ROSE VINEGAR

INGREDIENTS

- Vinegar, I like raw ACV
- Rose petals (fresh or dried)
- Large glass jar with lid
- Dark glass container for long term storage

USES

Astringent - Roses are said to have a toning effect on the skin.

Anti-inflammatory - Use on rashes.

Analgesic - In Ayurveda, roses are renowned for their cooling and soothing properties. Helpful for itching, irritation, sunburn, bug bites, hives and allergic reactions.

Antimicrobial - Can help control the growth of bacteria on the skin. This is helpful for acne.

Antioxidant - These antioxidants scavenge free radicals on the skin, helping to protect it from oxidation and skin aging.

Salad Dressing - You can use this to make a vinaigrette or eat the pickled rose petals.



MAKE

- First, make sure that your jar is clean.
- Next, fill your jar with rose petals. There is no correct amount to use.
- Pour in enough vinegar to cover the petals.
- Pack your petals down with your wooden spoon until the vinegar covers them.
- Place your jar in a dark area and let your vinegar infuse at least 2 weeks. Shake gently every couple of days.
- Strain and store in a dark glass container.

WITCH HAZLE ASTRINGENT



INGREDIENTS

- 1 cup witch hazel twigs and leaves
- 3 cups 80-proof alcohol (or 1. cups 70% isopropyl alcohol diluted with 1 cup water, plus more as needed)
- 1 half-gallon Mason jar with lid

MAKE

- Place the witch hazel in the Mason jar. Add the alcohol, adding more as needed to cover the plant material completely. Place a piece of parchment paper or wax paper over the jar (the alcohol will corrode the metal lid).
- Seal the lid. Let the mixture infuse, out of direct sunlight, for at least 2 to 4 weeks, shaking daily. Strain the liquid into a large bowl or measuring cup.
- Measure it and return it to the Mason jar. Add an equal amount of water to the jar to dilute the alcohol. (We are trying to get to a finished alcohol percentage of 15 to 20 percent.)
- Label, store, and use as needed. The mixture should keep for at least 6 months. Refrigerate for longer storage.

DANDELION OIL

INGREDIENTS

- Fresh dandelions, air dried for a day
- Olive oil



MAKE

- Fill a jar to about 1/2 full with dandelions. Pour oil to the top.
- Place jar on a sunny windowsill anywhere from 5 days to 2 weeks.

LAVENDER & SAGE SALVE



INGREDIENTS

- 1/3 cup sage leaves
- 1/3 cup dried lavender (optional other herbs: chamomile and rosemary)
- 1/4 cup coconut oil
- 2/3 cup sweet almond oil, olive oil, or grapeseed oil
- 2 ounces beeswax
- 1 ounce shea butter
- 20-30 drops essential oil I like to use 10 drops each of lavender and sage
- Tin, jelly jar, or small glass jar

MAKE

- Place the herbs in a half pint glass jar.
- Melt the coconut oil over low heat. Add the coconut oil to the jar of herbs and then fill the jar the rest of the way with sweet almond oil.
- Cover the jar and put in a cool and dark place to infuse for 2-6 weeks (the longer the better).
- Strain out the herbal material.
- Put 1/2 cup of infused oil and beeswax into a double boiler and stir as the beeswax melts. Once the beeswax has completely melted, add the shea butter and stir until it dissolves.
- Remove the mixture from the double boiler and stir in the essential oils, then pour into a container to let cool.

Uses:

- To soothe dry skin, lips, and cuticles
- On cuts and scrapes
- As a magickal ointment for calming and clarity. Apply just between the brows.

EVERGREEN SALVE OR BODY BUTTER

INGREDIENTS

- Pine needles dried
- Fir needles dried
- Juniper berries (crushed or ground in coffee grinder) dried
- Spruce needles dried
- Grapeseed oil
- 1/4 cup beeswax or calendula wax
- 1/4 cup shea butter
- 1/4 cup mango butter



MAKE

- Fill a jar 1/2 full with evergreens.
- Cover entirely with grapeseed oil. Place a piece of parchment paper between the lid and jar. Let infused for 2 weeks.
- To make salve: Gently heat beeswax in a double boiler and add 1 cup of infused oil. Remove from heat and add a few drops of essential oils if you like. Mix, then pour into a tin or jar. Let cool.
- To make body butter gently melt beeswax, shea butter, and mango butter in a double boiler until melted. Remove from heat and add a few drops of essential oils if you like. Let cool, then use a hand mixer to whip into a body butter. Store in a jar.

BREATH EASY SALVE (HOMEMADE VAPOR RUB)



INGREDIENTS

- 2 Tbsp beeswax or calendula wax
- 1/2 cup coconut oil
- 20 drops peppermint essential oil
- 20 drops eucalyptus essential oil
- 15 drops lemon essential oil 15 drops lavender essential oil
- 10 drops tea tree essential oil
- Peppermint and eucalyptus globulus should not be used on children under the age of 2.

MAKE

- Melt wax first, then add coconut oil and allow to melt.
- Remove from heat and stir in essential oils.
- Pour into a jar and allow to solidify.

Uses:

- Apply a thick layer to the upper chest.
- Keep clothing around the chest and throat loose to allow the scent to reach the nose and mouth.
- If desired, you can cover it with a warm dry cloth.
- I also apply a light coating right under my nose.
- Instead of applying to upper chest and under nose, you can apply to feet and cover with socks

COURAGE OINTMENT

INGREDIENTS

- Dandelion oil
- 2 1/2 tbsp Beeswax or calendula wax
- optional 2 tbsp rosehip oil

First make the infused oil:
Fill a jar to about 1/2 full of dried rose and beetroot. Pour oil to the top. Place jar on a sunny window sill anywhere from 5 days to 2 weeks. Or heat on stove on low for 2 hours. Strain. Use roses in a bath.



MAKE

- In a double boiler combine 1/2 cup dandelion oil with beeswax over medium heat until melted. If using rosehip oil reduce dandelion oil in half (2 tbsp)
- Remove from heat. Add 15 drops of essential oils for scent if you prefer.
- Pour into a container and let cool.
- Use anytime you need a boost of courage.

ROSE SALVE



INGREDIENTS

- Dried rose
- Oil, I used a camfrey and sage infused oil that was a blend of olive oil and grape seed oil
- 1 small sliver of beetroot or pinch of powder.
- 2 1/2 tbsp Beeswax or calendula wax
- optional 2 tbsp rose hip oil

First make the infused oil:
Fill a jar to about 1/2 full of dried rose and beetroot. Pour oil to the top. Place jar on a sunny window sill anywhere from 5 days to 2 weeks. Or heat on stove on low for 2 hours. Strain. Use roses in a bath.

MAKE

- In a double boiler combine 1/2 cup rose infused oil with beeswax over medium heat until melted. If using rose hip oil reduce rose infused oil in half (2 tbsp)
- Remove from heat. Add 15 drops of essential oils for scent if you prefer.
- Pour into container and let cool.

BLOSSOM BAR

INGREDIENTS

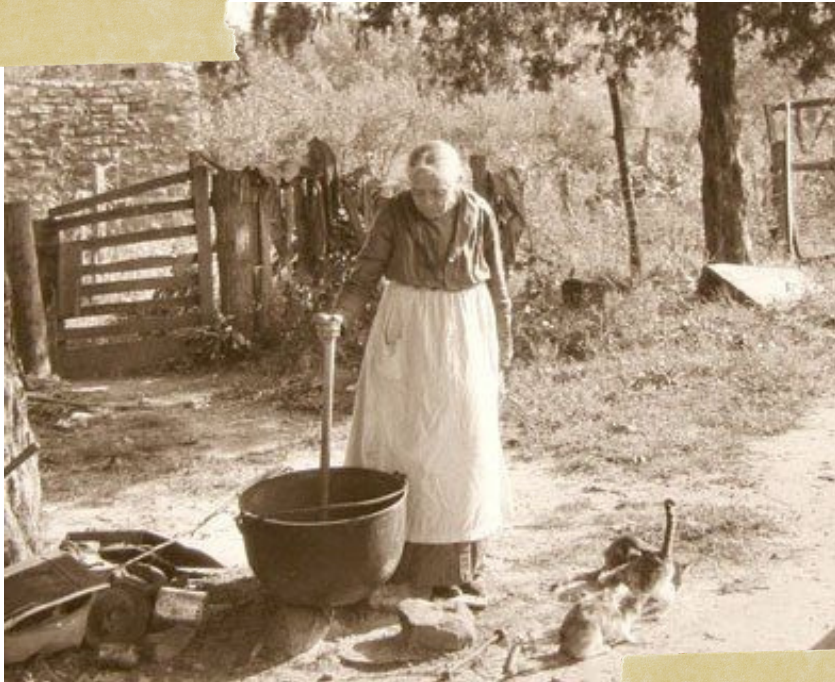
- 6.08 ounces coconut oil
- 6.40 ounces flower infused oil such as dandelion
- 3.20 ounces shea butter
- .32 ounces castor oil
- 2 Tablespoons honey
- 6.08 ounces water
- 2.31 ounces lye (get it at a local hardware store-you want sodium hydroxide)



SOAP MAKING EQUIPMENT:

- Eye protection
- Rubber gloves
- Plastic bowl, large enough to hold the lye water
- Wooden spoon
- Stick blender
- Crockpot with lid
- Oven-safe bowl
- Kitchen scale
- Thermometer

BLOSSOM BAR



The most basic supplies for soap making are those found in nature. Historically, many people made soap by mixing animal fats with lye or ash, but any fat such as plant oils work too. Today, soap is still produced from fats. Either the modern cold process method or the historical hot process.

MAKE

- First add water to the crockpot and turn on high heat.
- Gently melt the shea butter and coconut oil together in a microwave or stove top. Let cool to 80 degrees F.
- In an open area with good ventilation, add the lye to the water. Stir gently to combine. Turn off heat and allow the lye/water mixture to cool to less than 80 degrees.
- When the lye water has cooled, add to the oil mixture and stir to combine.
- Using a stick blender on low, blend the mixture until a thick pudding-like consistency has been reached. This is called "trace". It's the moment when the lye and oils are emulsified.
- Cover the crockpot, turn on low, and allow the soap to cook for one hour.
- Turn the crockpot off, and prepare your molds. This will also allow the soap to cool enough to handle.
- Add the honey to the mixture and stir completely.
- Pour the soap into the molds and allow to cool for 24-48 hours, then remove. Cut into bars and store in an open area, allowing air to help cure the bar further.

ALOE, BASIL, & MINT SOOTHING SKIN CUBES



INGREDIENTS

- Aloe vera plant (Aloe vera var. chinensis creates gel, while Aloe vera barbadensis var. miller create juice. Both can be used here)
- Knife
- Spoon
- Ice tray or mold
- Handful of fresh mint
- Handful of fresh basil
- 1 cup boiling water
- Optional 1 TBSP raw honey

*You can also use store bought aloe juice or gel.

MAKE

- Set intention of healing.
- Steep mint and basil in 1 cup of boiling water for 5-7 minutes.
- Meanwhile, harvest aloe vera leaves from the base of the plant. Set upright in a glass to drain for 10 minutes.
- Lay the leaf flat on a cutting board and slice the top skin off with a sharp paring knife.
- Use a spoon to scrape gel into a blender. Save the leaf parts, cut off spikes, store in freezer to rub directly on skin when needed.
- Pour gel, herb water with herbs, and honey into blender. Blend until well combined and herbs are minced.
- Pour into molds and freeze for at least 4 hours.
- Use cubes to sooth sunburn, bug bits and stings, or as a moisturizing skin and facial treatment.

GROUNDING HERBAL BATH MILK



INGREDIENTS

- 1/2 cup rolled oats
- 1/2 cup dried calendula
- 1/2 cup dried chamomile
- 1/2 cup dried rose petals
- 1 cup epsom salts
- 1/2 cup Rhassoul red clay
- 15 drops rose essential oil
- 5 drops sandalwood essential oil

MAKE

- Place the oats, calendula, chamomile, and rose in a food processor.
- Blend on high until you have a fine powder.
- Add the powder to a bowl, then stir in the epsom salts, red clay, 5 drops rose essential oil and 5 drops sandalwood essential oil.
- To store, place in a jar with a tightly fitted lid and stow in a cool dark place.
- Add 1/4 cup to a warm bath.

HERBAL BUG SPRAY



INGREDIENTS

- A handful of fresh lemon balm leaves
- A generous pinch each of basil, catnip and mint from your garden.
- 1 drop basil essential oil
- 1 drop citronella essential oil
- 1 drop lemongrass (or lemon eucalyptus) essential oil
- 2-3 drops rose geranium oil
- Witch hazel extract

MAKE

- Stuff a glass jar full of the herb leaves, then pour witch hazel extract over them, almost to the top.
- Cap the jar and set it in a cool, dark cupboard for a week or two.
- Strain and store out of heat and light.
- When you're ready to mix up a fresh batch of spray, fill a small glass spray bottle or mister half way with the infused witch hazel.
- Then add essential oils and shake.

LEMON BALM, CHAMOMILE, & CATNIP HYDROSOL



INGREDIENTS

- 2 cups combination of fresh chamomile, lemon balm, and catnip
- 4 cups distilled water

MAKE

- Add 2 cups herbs and 2 cups distilled water to the bottom of a pot.
- Let soak for a couple hours.
- Place a vegetable steamer over the herbs and water in the pot.
- Then place a small bowl on top of that. If you don't have a vegetable steamer, you can also place a stone at the bottom of the pot and prop the bowl on top of that.
- Put a lid *upside-down* to seal the pot. Make sure the lid doesn't have steam holes in it.
- Place ice on top of the upside-down lid. As the ice melts, you'll need to replace it with fresh ice. Use a turkey baster to pull out the water.
- Put your DIY distiller on the stove over low-medium heat. As the chamomile water starts to evaporate, the steam will rise and hit the cold lid, turning back into a liquid. Because the lid is upside down, the drops of liquid will drip into the center and fall into your bowl. This is your hydrosol.
- The process will take a couple of hours. When you have your hydrosol, let it cool, then assemble your toner in a small spray bottle. A dark-colored glass is best. Scale these numbers up or down as needed to accommodate the size of your spray bottle. 2 oz hydrosol to 2 tsp apple cider vinegar

HERBAL SMOKE CLEANSING BUNDLES



YOU'LL NEED

- Scissors or garden clippers
- Cotton string
- Fresh plants such as sage, mugwort, rosemary, English lavender, lavandin, juniper, cedar, lemongrass, pine, rose, etc.

The burning of fragrant herbs in a ritual context is found in numerous societies throughout history as early as 1500 b.c.e. Smoke is said to be purifying, brings in good energy, blessings, concentrating, and healing. It is often used in combination with fasting, praying, warding, divination, etc.

MAKE

- Harvest plants in lengths about 4-6 inches long.
- Put several branches together and align the cut ends.
- Wind the string tightly around the stems of the bundle, leaving two inches of loose string where you began.
- Wrap the remaining length of string around the base of the branches several times to secure it.
- Gradually, work your way along the length of branches to the end, then back to create a crisscross pattern.
- Tie the remainder of the string to the two inch loose piece you left at the beginning.
- Hang the bundle up for drying or place in a dehydrator to speed up the process and keep the plants from turning brown.

HOW TO USE HERBAL SMOKE CLEANSING BUNDLES



FEEL FREE TO USE THIS AS
INSPIRATION AND DON'T BE AFRAID TO DO WHAT FEELS
GOOD FOR YOU. THIS IS MY METHOD AND NOT MEANT TO
FOLLOW ANY SPECIFIC TRADITION.

- Open a window.
- Light a candle (spirit candle), then light your dried herbal wand from the candle. Start with yourself by allowing the smoke to waft over you and imagine the smoke is a waterfall washing over you and cleansing anything that does not serve your higher purpose.
- Move counterclockwise (widdershins or banishing) around the room starting from the entrance. Waft the smoke towards the walls of the room.
- Continuing to do this around the perimeter of the room until you reach the entrance again.
- When moving into a new home, I like to do this to each room to cleanse the entire house.
- When receiving new objects I like to pass them through the smoke to cleanse them too.
- You don't always need to use the whole wand, you can pull off one leaf at a time when cleansing only yourself or a small space.

CLEANSING KINDLING



Cleansing kindling is a form of smoke cleansing but instead of burning the dried herbaceous part of the plant, you are burning the woody parts.

ANY OF THE FOLLOWING
WOODS SMELL GREAT WHEN
BURNED

MAKE

- Find wood from a tree that has naturally fallen branches if possible. Otherwise, choose a tree that you have a relationship with, only harvest a small portion and make an offering when you are done.
- Pull the bark from the branch to expose the wood inside. Split the branches/wood if needed until they are able to be handled easily. Save the bark to grind and use in loose incense blends.
- Be sure that the wood is completely dry before burning.
- Light and burn as you would an herb bundle.

- Apple
- Beech
- Black Locust
- Blackthorn
- Bitternut Hickory
- Cedar
- Cherry
- Cinnamon Bark
- Hawthorn
- Hophornbeam
- Maple
- Mesquite
- Pine
- Red Oak
- Sycamore
- White Ash
- White Elm
- White Oak
- Yellow Birch
- Yew

Sources

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Some adaptations from:

The Hearth Witch's Compendium

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Folk: * From Ecloga ex Papyris Magicis: Liber I, V, xxvi
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...and various other sources collect over 20 years. Some are printed, some are handwritten, while others are scribbled on a napkin. I've had many teachers over the years and many of my biggest inspirations came from simple conversations and gatherings rather than formal lessons or rituals. Because of this, I may not always have every source of information but if you recognize something, I would be happy to add it to the list.