
HERBS AND OILS

Practical, Magical and Aromatherapy Uses

1. ACACIA: (*Acacia senegal*) Also known as gum arabic, gum senegal and gum acacia, produced by a tree that grows in North Africa. The species of acacia that produces gum arabic and gum acacia are so closely related that one can be used for the other.

a) Parts Used: flowers, leaves, stems, root, bark, resin, seeds, and essential oil

b) Magical Use: (Herb and Oil) Burn for altar offerings or purification, aids psychic powers, meditation, platonic love, psychic awareness, purification, inspiration, wisdom, visions, anointing, protection, prophetic dreams, spirituality, money. A sprig placed over the bed wards off evil.

2. AGRIMONY: (*Agrimonia eupatoria*) the dried herb has an apricot scent and is used in sachets and potpourri. Also called "Church Steeples".

a) Parts Used: flowers, leaves, stem, and root

b) Magical Uses (Herb and Oil) Use in all protection sachets and spells, also to banish negative energies and spirits. Returns spells to sender, Promotes sleep.]

3. Alfalfa: Alfalfa is a well-known herb to health-conscious consumers. It is high in nutrients, which are drawn into the plant from deep in the soil. The richest land source of trace minerals, the roots of Alfalfa plants have been known to reach as much as thirty feet deep! The leaves of the alfalfa plant are rich in minerals and nutrients, including calcium, magnesium, potassium, and carotene. They are also a source of protein, vitamin E and vitamin K. Alfalfa has been used by the Chinese since the sixth century to treat kidney stones, and to relieve fluid retention and swelling. Alfalfa nourishes the digestive, skeletal, glandular, and urinary systems. Alfalfa contains chlorophyll, which is renowned for its cleansing qualities.

4. ALLSPICE: (*Pimenta dioica*) Tropical evergreen with aromatic bark, leaves, and berries and bunches of greenish white flowers with a pervading scent. The berries, picked when mature but still green, are dried and ground to create the familiar spice.

a) Parts Used: leaves, fruit and essential oil

b) Magical Use: (Herb and Oil) Burn for prosperity, courage, healing/health, luck, determination, magical power, energy, strength.

5. ALMOND: (*Prunus dulcis*) The Sweet Almond tree has dark-colored bark, rose to white flowers in early spring, and dry-fleshed fruit with a pitted stone containing the nut. Almonds flavor many dishes. Almond oil is a fixed oil pressed from the Sweet Almond seeds and is used in cosmetics, massage oils, and medicines. Almonds must be chewed well and slowly. The whole raw almond had been described as a cancer preventative. Arabs crossing vast deserts live on only almonds, dates and water. One ounce of almonds can be soaked overnight in four ounces of water and blended in the morning to make a milk substitute. Peeled almonds can relieve heartburn. Ground almonds make a wonderful facial scrub. The oil relieves coughs and hoarseness. Almonds have very little starch and the butter and flour of the nuts is recommended for diabetics. Caution: Almonds contain hydro cyanic acid and can be toxic if eaten in large amounts (over 50 kernels for an adult, ten for a child)

a) Parts Used: Seed and wood

b) Magical Use: (Wood) Burn for money, riches and wisdom. Almond wood makes a nice magickal wand. Sweet Almond Oil is one of the primary carrier oils for ritual and anointing blends. In an old fable, Phyllis was deserted by her lover Demophoon and died of grief. The gods changed her into a barren almond tree. When Demophoon returned and embraced the tree, it burst into leaf and flower - a symbol of true love transcending death.

c) Aromatherapy Use: (Oil) Great base for massage, bath, body and skin-care products. Sweet Almond oil is scentless and nourishing to the skin.

6. ALOE: (*Aloe Vera* or *Aloe ssp.*) This plant has remarkable qualities. Two parts are used: the clear, gel-like central leaf pulp, and the yellow-green juice from the green part of the leaf. The gel is used in creams to soothe, heal, and moisturize the skin, and in shampoos for dry, itchy scalps. It cools the skin, protects it from airborne infections and fungi, and reduces scarring. It speeds cell regeneration, and so treats radiation burns coral wounds, and dermatitis. It can be scraped from split leaves for first aid treatment of small burns, cuts, chapped skin, sunburn, eczema and Poison Ivy rash. Compounds in the leaf juice are added to sunscreens from protection against UV rays and have shown anticancer activity.

a) Part Used: Pulp or juice from the leaves

b) Magical Use: A protective houseplant. It guards against evil influences and prevents household accidents. In Africa, the aloe is hung over houses and doors to bring good luck and drive away evil.

c) Aromatherapy Use: Aloe Vera gel is used in cosmetic recipes where a cream or lotion isn't appropriate.

7. ANGELICA: (*Angelica archangelica*) also called "Angel's Food". This three-year "biennial" has a taproot, divided leaves, and umbels of green-white flowers in its third year, and then it seeds and dies. Crushed leaves in car interiors reduce travel nausea. The oil is distilled from the root or seeds. Used in infusion or tincture, the root raises body temperature and promotes digestion, making it an ideal herb for older folks. It

also helps bring down the menses. Use it for colds and flu, to induce a sweat and warm the body. The decoction of the dried root is said to remove the taste for alcohol. Simmer two teaspoons of the root in two cups of water for twenty minutes; take one cup twice a day. Caution: Do not exceed the indicated amounts, or the heart, blood pressure, and respiration can be affected. Use the root in salves for skin problems and rheumatic pains. The tincture can be used in doses of ten to thirty drops, four times a day.

a) Parts Used: Root, essential oil and seeds

b) Magical Use: Sprinkle crushed leaves around the 4 corners of a house to ward negativity and purify the home, burn for meditation, protection, divination, exorcism, healing/health and visions. The leaves can be smoked in herbal "tobacco" formulas. (Oil) Use for anointing.

c) Aromatherapy Use: Coughs, Colds, Fevers, Flatulence, Indigestion, Skin Care, Circulation. Do not use during pregnancy or if diabetic.

8. ANISE: (*Pimpinella anisum*) Anise has sweetly, aromatic leaves, rounded at the base and narrower on the stem, with umbels of flowers followed by aromatic fruits. The flowers and leaves are used in fruit salads, the stem and roots in sweet soups. In cooking or infused as a tea, the seeds aid digestion, quell nausea, and ease flatulence and colic. Anise is used in cough mixtures, as it is expectorant and soothes spasms of irritant coughs and bronchial problems. It promotes estrogen production and is used to encourage breast milk, ease childbirth, and stimulate libido. Tiny amounts of the essential oil, produced from the seeds, are added to toothpaste, perfumes and mouthwashes, and are used to mask bitter medicines, but in large amounts Anise is highly toxic. The seeds are carminative (they move gas out of the intestinal tract). Used in tea or as lozenges, they soothe a hard cough. For the tea, steep one teaspoon of the seeds in one cup of boiled water for ten minutes. Take up to one and half cups a day. The seeds can also be tinctured using two ounces of seed per on-half quart of brandy and some lemon peel. Let the mixture sit for twenty days. The dose is one teaspoon as needed. The seeds are made into a liqueur called anisette, which is mixed with hot water as a remedy for bronchitis and asthma. Anise seed tea is sweetened with honey and given to children with lung colds. Epilepsy, colic, and smoker's cough are treated with anise. For colic, simmer one teaspoon of the seed in one-half pint of milk for ten minutes, strain, and take it hot. Oil of anise is a natural insecticide.

a) Parts Used: Seeds and essential oil

b) Magical Use: Anise seeds are an herb of protection said to avert all evil. In ancient Roman times, they were baked into a cake that was served at the end of the wedding feast. Purification, Protection, entices spirits to aid in spells, divination, psychic awareness, youth, In a pillow it wards off nightmares.

c) Aromatherapy Use: Muscular aches and pains, Rheumatism, Bronchitis, Colds and coughs, Colic, Cramps, Flatulence, Indigestion.

9. APPLE: (*Malus spp.*) A Druid sacred tree. The apple is a symbol of immortality, A branch of the apple which bore buds, flowers and fully ripened fruit (sometimes known as the Silver Bough), was a kind of magical charm which enabled its possessor to enter into the land of the Gods, the underworld, in Celtic Mythology. Apples clean the liver, cure constipation, and tone the gums. When baked they can be applied as a warm poultice to sore throats and skin inflammations. The cooked apple is especially laxative. The peeled raw apple helps with diarrhea. The cider corrects intestinal flora, reduces stomach acidity, corrects gas, and helps the kidneys, take three or four cups a day. Apple cider vinegar and water make a rinse to

restore hair, scalp and skin, use equal parts of vinegar and water. Blondes should use white vinegar. Apple cider vinegar, water, and honey aid digestion when taken with meals, use two teaspoons of vinegar to a glass of water, add honey to taste. This was one of my great-grandmothers favorite cures for a sore throat.

a) Parts Used: Whole fruit (cooked or raw, apple cider, apple cider vinegar, and wood

b) Magical Use: Wiccan altars are often piled high with apples during Samhain for the apple is considered to be one of the foods of the dead. For this very reason Samhain is sometimes known as "Feast of Apples". Apples are considered symbols of life and immortality. The apple has long been used in spells of love. The blossoms are added to love sachets, brews and incenses, and they are infused in melted pink wax, then strained out to make candles suitable to burn for attracting love. Use apple cider in place of blood where it is called for in old recipes. Apples and apple blossoms are symbolic of love, healing and immortality. Burn the blossoms as incense, wear the perfume, and make them into herb candles for a hand fasting rite.

10. ASAFETIDA: *Ferula asafoetida* Also called Stinking Gum. The pungent gum is extracted from the living rootstock by notching the plant at soil level. It was a popular Roman condiment. (If you can imagine that!) Research suggests the plant is anticoagulant and lowers blood pressure. Used to treat stomach ailments such as intestinal flu, gas, and bloating. Add a pinch to beans as they cook. The herb is good in cases of *Candida albicans*. Has been used for asthma, bronchitis, and whooping cough because of its antispasmodic properties and is a good herb for croup and colic in babies (newborns should get it through their mother's milk). Another method is to give it to infants via the rectum - make an emulsion with four parts asafetida to one hundred parts water and insert. It has been used as a sedative for hysteria and convulsion. Please Note: This herb tastes awful and is perhaps best taken in capsule form, one hundred milligrams to one gram being the dose.

a) Parts Used: Resin of the root

b) Magical Use: Use for prophetic dreams, exorcism, and protection. Worn in a bag around the neck, asafetida dispels diseases and evils of all kinds. (It literally repels evil spirits!) Add a clove of garlic to enhance the effect. Asafetida is a classic for exorcism and purification rites. Use it to smudge a ritual space with smoke. Unfortunately, though asafetida is powerful, it also has a horrible odor. Just the slightest whiff of the fragrance has been known to cause vomiting. Use with Care!

11. ASH TREE: (*Fraxinus americana* or *excelsior*) A Druid sacred tree. This spring-flowering deciduous tree has smooth gray bark and showy, scented flowers, although the scent is unpleasant to some. The bark of the ash can be used as a substitute for quinine in intermittent fevers. It is reputed to clear obstructions from the spleen and liver. Simmer two tablespoons of bark for twenty minutes in one cup water, take a quarter-cup four times a day. The leaves are laxative and can be used as a substitute for senns (tree leaves are always gathered before midsummer). Steep two tablespoons of the leaf in one cup of water for twenty minutes, take one quarter cup four times a day.

a) Parts Used: Bark and Leaf

b) **Magical Use:** Ash is the sacred world tree of the Teutons, known as Yggdrasil. Ash wood makes a traditional Yule log. Druid wands were often made of ash and carved with decorations. Ash wands are good for healing, general and solar magic. Put fresh ash leaves under your pillow to stimulate psychic dreams and prosperity. An herb of the sun, ash brings light into the hearth at the winter solstice.

12. **BASIL:** (*Oncimum basilicum*) The warm, spicy taste of this popular herb's leaf combines well with garlic, tomatoes, eggplant, and Italian dishes, Basil flavors vinegar, pesto sauce, and oil. The essential oil flavors condiments and liqueurs, and scents soaps and perfumes. Inhaling the essential oil refreshes the mind and stimulates a sense of smell dulled by viral infection. The infusion relieves gas and stomach pains. Reputedly abortive, it can help expel the placenta. A warming herb, it is used for colds and flu, 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.

a) **Parts Used:** Leaf and stem

b) **Magical Use:** Burn basil to exorcise negativity from the home. To do a really thorough cleansing and protection of yourself and your home, also sprinkle a little basil in each corner of each room in the house and add to your bathwater. Basil is used to mend lovers' quarrels and brings good luck to a new home. The scent of basil causes sympathy between two people and so is worn to avoid major clashes. Basil Use it in rites of exorcism and in the ritual bath. Sprinkle to powder over the area of your heart to promote fidelity. The scent brings happiness to the home and will protect you in crowds.

c) **Aromatherapy Use:** Bronchitis, Fatigue, Colds, Loss of Concentration, Migraine, Gout, Aches and Pains, Insect bites, Insect Repellent, Coughs, Migraine, Insomnia, Anxiety, Depression, Infectious Disease. **Key Qualities:** Restorative, Tonic, Antidepressant, Refreshing, Uplifting, Fortifying, Purifying, Clearing, Warming, Cephalic, Stupefying in excess.

13. **BAY LAUREL:** (*Laurus nobilis*) The culinary leaves may be slightly narcotic, and aid digestion when added to Bouquet garni, marinades, pâté, soups and stews. The wood is used to give an aromatic tang to smoked foods, and oil of Bay, from the fruit, flavors some liqueurs. A leaf decoction added to bath water will relieve aching limbs, and diluted leaf essential oil can treat sprains and rheumatic joints but may irritate the skin. The leaf and berry are used in salves for itching, sprains, bruises, skin irritations, and rheumatic pain. The fruit and leaf are simmered until soft and made into a poultice with honey for chest colds. Bay leaf and berry tea 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.

a) **Parts Used:** Leaf and berry

b) **Magical Use:** Bay leaves were used by the Delphic priestesses. The incense and the leaf are said to produce a prophetic trance. Burn for psychic powers, purification, wish magic, exorcism, healing/health, protection, divination, visions, clairvoyance, energy, power, strength, inspiration, wisdom, meditation, defense, creative word. Put the leaves under your pillow to give inspiration and visions. An herb of the sun, bay brings the light of summer into the darkest time of the year. Carry the leaf or place in the home to ward off illness and hexes.

c) Aromatherapy Use: Sprains, Colds, Flu, Insomnia, Rheumatism.

14. BENZOIN: (Styrax benzoin) Benzoin is a shrubby tree with gray bark, simple leaves, and short racemes of small, fragrant, bell-shaped white flowers. The scented yellowish resin is thought to be created in response to injury, so it is tapped by making hatchet incisions in the trunk. The resin, called benzoin or gum benjamin, is used as incense, a fixative in perfumes, and is added to cosmetics to prevent fats turning rancid. The tree resin is used externally, diluted with water, as an antiseptic skin wash. Taken internally, it relieves intestinal gas and is antiseptic to the urinary tract. Take ten to twenty drops in water or tea four times a day. Put it in vaporizers or use it an inhalant for bronchitis, and laryngitis. A simple method is to place it, along with a few drops of the oils of peppermint and eucalyptus, in a bowl of boiling hot water. Put your face as close to the bowl as you can and cover your head, and the bowl, with a towel. Inhale the steam. Tincture of benzoin is often added to salves as a preservative, (one pound of benzoin to about one and a half quarts of salve.) Benzoin is used in Aromatherapy but may cause allergic reactions.

a) Parts Used: Resin

b) Magical Use: An herb of purification, burned in incense to sanctify an area. The scent is also used to attract business when combined with basil, peony or cinnamon. Dilute the essential oil and rub onto the body to increase your personal power. It awakens the conscious mind as well. Burn to purify, protect, for prosperity, for astral projection or to increase mental powers.

c) Aromatherapy Use: Asthma, Bronchitis, Laryngitis, Chills, Flu, Colic, Coughs, Itching, Arthritis, Colds, As a Sedative. Benzoin has been found to help retain skin elasticity. It is valuable in treating dry, cracked skin and is believed to be anti-depressant. Key Qualities: Warming, Energizing, Uplifting, Comforting, Purifying, Elevating, Stimulant, Soothing, Antidepressant.

15. BERGAMOT: (Citrus bergamia) Bergamot has aromatic flowers and fruits. The thin, smooth peel yields Bergamot oil for "true" eau de Cologne and Earl Grey Tea.

a) Parts Used: Flower and fruit

b) Magical Use: Use for money and protective rituals. Add the distilled bouquet to your bathwater for these purposes. Synthesized versions of the oil abound but should not be used.

c) Aromatherapy Use: Boils, Cold Sores, Insect Bites, Spots, Varicose Ulcers, Colds, Flu, Fevers, Acne, Tension, Wounds, Coughs, Stress, as an Antidepressant, as an Insect Repellent, Depression, Cystitis, Infectious Diseases, Tonsillitis, Halitosis, Flatulence, Loss of appetite. Key Qualities: Reviving, Refreshing, Calming, Soothing, Uplifting, Sedative, Regulating, balancing, Anti-Depressant.

16. BERGAMOT MINT: (Mentha x piperita 'citrata') This herb is sometimes confused with the Citrus of the same name. Bee Balm is also called bergamot at times. This is a hairless mint with thin smooth leaves and purple runners, it has purplish flowers. In full sun it develops a strong citrus scent and the whole plant is tinged purple. In shade the color is more coppery. Use it as an aromatic herb in potpourri or to make a honey-sweetened drink. The flavor is not so good for cooking. Also called Eau De Cologne Mint.

a) Parts Used: Leaf and Essential Oil

b) Magical Use: The leaves of bergamot mint are slipped into wallets and purses to attract money. Fresh leaves are also rubbed onto money before spending it to ensure it's return. Also used in "success" rituals and spells.

17. BETONY: (*Stachys officinalis* or *Stachys betonica* or *Betonica officinalis*) Also known as Bishop wort, Wood Betony or Purple Betony. Wood betony has fairly pungent, scalloped, hairy leaves and spikes of pale magenta summer flowers. A Druid sacred herb. The arial parts provide a tea substitute and are added to tonics and herbal cigarettes. An infusion is mildly sedative and cleansing and is a nerve and circulation tonic for migraine, anxiety, indigestion, drunkenness, and difficult labor. Wood Betony was an Anglo-Saxon protective charm

a) Parts Used: Leaf, flower, stem and root

b) Magical Use: This was a very powerful herb to the Druids as it has the power to expel evil spirits, nightmares and despair. It was burned at Midsummer Solstice for purification and protection. Sprinkle around or near al doors and windows to form a protective barrier. If troubled by nightmares fill a small cloth pillow and place it under your pillow. Betony is added to purification and protection mixtures and incenses.

18. BIRCH: (*Betula alba*) A Druid sacred tree. Also known as Lady of the Woods, Paper Birch or White Birch. The antibacterial leaves give a diuretic tea used to treat gout and rheumatism, to dissolve kidney and bladder tones and to lower cholesterol. Steep two teaspoons of leaf per cup of water for twenty minutes. The dose is one to one a half cups over a day. Birch twigs and leaves are simmered and added to the bath for itchy skin conditions and falling hair. Taken before bed, the tea is sedative. The young shoots and leaves make a tonic laxative. The inner bark is simmered and used in fevers. Twigs and bark are simmered using two teaspoons of plant per cup of water for twenty minutes. The dose is one-fourth cup four times a day. The twigs of *B. lutea* (Yellow birch) and *B. lenta* (black birch) are gathered in spring and simmered gently for twenty minutes to make a delicious beverage. Please note: the leaves must be used fresh, and not after Midsummer, as they will then contain natural insecticides. The white birch has no real flavor and does not make a good beverage tea. The bark and bud oil are used in medicated soaps.

a) Parts Used: Leaf, bark and twigs

b) Magical Use: The traditional broom of witches is made of birch twigs. Protection, purification, wards negativity, love, new beginnings, changes. Birch is a feminine tree and an embodiment of the Great Mother. Cradles are often made of her wood as a protection for the child.

c) Aromatherapy Use: Gout, Rheumatism, Eczema, Ulcers.

19. BLACKBERRY: (*Rubus villosus*) A Blackberry leaf decoction is a blood and skin tonic, and a poultice treats eczema. The juicy purple-black fruit are rich in fiber and Vitamin C. The root is a classic remedy for diarrhea and is reputed to clean the kidneys and urinary tract of stones and gravel. Simmer two teaspoons

for the root per cup of water for twenty minutes, and take a quarter cup four times a day. The buds and leaves are used fresh in poultices for wounds, burns, mouth sores, and sore throats. Chew the leaves or make a poultice. The berries are slightly binding (as is blackberry wine) and are useful in diarrhea, as are the leaves.

a) Parts Used: Root, leaf, bud, and berry

b) Magical Use: Sacred to Brigid, the leaves and berries are used to attract wealth or healing. This is a Goddess herb, belonging to the planetary sphere of Venus. Protection, health, prosperity, pie for Lughnasadh, to commemorate the harvest.

20. BLACKTHORN: (*Prunus spinosa*) Also know as Sloe, Mother of the Wood, or Wishing Thorn. This tree has small, serrated, oval leaves on dark, thorny branches with purple blooms and black fruit. The leaves yield a mouthwash. The astringent fruits make Sloe gin. Traditionally, the wood was used to make clubs.

a) Parts Used: Leaf, twig, fruit

b) Magical Use: Returns evil to sender. The thorns are used for sticking into black figure candles or poppets of enemies that will not leave you alone. Hung over doorways or carried, the sloe wards off evil and calamity, banishes demons and negative vibrations.

21. BORAGE: (*Borago officinalis*) The flowers decorate salads and cakes and are frozen in ice cubes. The cooling, mineral-rich leaves flavor drinks, dips, and salt-free diets. A leaf and flower infusion is an adrenaline tonic taken for stress, depression, or cortisone and steroid treatment. It reduces fevers, dry coughs, and dry skin rashes. Pressed seed oil can be used like Evening Primrose for menstrual and irritable bowel problems, eczema, blood pressure, arthritis and hangovers.

a) Parts Used: Flower, leaf, stem and seeds

b) Magical Use: Tea aids psychic power. Carry the leaves for protection. Carry the fresh blossoms to strengthen your courage. Use in money and business spells.

22. BRIAR ROSE: (*Rosa rubiginosa*) Also known as Wild Rose, Sweet Briar, Hop Fruit, or Briar. Regular scented roses may be substituted. See also ROSE.

a) Parts Used: Flower and fruit

b) Magical Use: For clairvoyant dreams, steep two teaspoons fresh or dried rose petals in one cup of boiling water. Cover and let stand five minutes. Drink at bedtime. Burn the petals with love incense to strengthen love spells. Rose essential oil is used in formulas designed to attract love, confer peace, stimulate sexual desires and enhance beauty. Healing, Creativity, Love Luck, Prophetic Dreams, Protection, Psychic Awareness, Divination, Clairvoyance, Anointing, Balance.

c) Aromatherapy Use: Anxiety, Depression, Circulatory Problems, menopausal Problems, as an Antiseptic and Tonic, Menstrual Disorders, Stress, Tension, as a Sedative.

23. BROOM: (*Genista scoparius* syn. *Cytisus scoparius* and *Sarothamnus scoparius*) Also known as Scotch Broom, and Irish broom. A Druid Sacred Tree, it is a many-branched erect shrub with simple or trifoliate leaves, and golden "sweet-pea" flowers. A flowering sprig of Broom was a heraldic battle device of Henry II of England who is said to have taken the family name Plantagenet from this medieval "planta genista". Flowering broom tips are gathered in spring (before Midsummer) and are later used fresh or dry. The seeds are as useful as the tops. Both are soluble in water and alcohol. The infusion is used to treat cardiac edema. Simmer one teaspoon of the herb or seeds per cup of water for twenty minutes. The dose is one-half cup a day in one-fourth cup doses. Broom is combined with dandelion root, uva ursi, and juniper berries to treat bladder and kidney ailments. Take one part broom, one half part uva ursi, and one half part dandelion root. Simmer until the liquid is reduced to half the original quantity. Add one-half part juniper berry and cool. A pinch of cayenne is sprinkled into each one-eighth cup dose. Caution: Acute kidney problems contraindicate this herb. Broom is a heart tonic. Use one teaspoon of the herb per cup of water, and do not exceed more than one-half cup per day. One to ten drops of tincture may be given as a dose.

a) Parts Used: Flowering twig and seed.

b) Magical Use: Broom flowers bound with colored ribbons are carried at weddings. Couples may choose to "jump the broom" as they make their transition to a new station of life. Broom can be substituted for furze (gorse) at Spring Equinox. The Irish called it the "Physician's Power" because of its diuretic shoots. Sweep your outside ritual areas with it to purify and protect. Burning the blooms and shoots calms the wind. Hang indoors for protection and purification. Toss in the air or bury it to raise or calm winds.

24. CAMPHOR: (*Cinnamomum camphora*) This white, intensely scented, crystalline substance is distilled from a tree native to China and Japan. The essential oil is steam-distilled from wood, root stumps, and branches. For many years true camphor wasn't sold in the U.S. All "camphor blocks" and mothballs were made of synthetic camphor which is extremely poisonous. Both the leaf and crystallized extract are used for wet lung conditions such as asthma and bronchitis. Camphor is useful in depression, exhaustion, and stomach cramps and to improve circulation. Use about two teaspoons of leaf per cup of water and steep for twenty minutes. Take one-fourth cup four times a day. Alternatively, use one teaspoon of the crystallized extract per two cups of water. Take it in one-teaspoon doses four times a day. The tincture is also available and is used in doses of five to ten drops four times a day. Camphor is incorporated into salves for external use to kill parasites and treat ringworm, scabies, and itch. The oil opens the lungs, making breathing easier, and helps with muscular and joint pain, arthritis, and bruises (not for open wounds). The salve functions as a "smelling salt," and the herb has been used internally to revive those in coma or delirium. Camphor can be burned to purify the air or inhaled to open lung passages. Caution: Do not use this herb if you are pregnant or if you are very weak and debilitated. Only natural plant extracts should be used, as chemical camphor is contaminated with industrial poisons.

a) Parts Used: Crystallized extract and leaf

b) Magical Use: (Solid Form) Camphor is added in small amounts to Lunar and chastity type mixtures, (Eucalyptus or Lavender oil may be substituted). Divination, Prophetic Dreams, Psychic Awareness. Burn in the home to purify the air and to dispel disease.

b)

c) Aromatherapy Use: Coughs, Colds, Fevers, Rheumatism, Arthritis.

25. CARAWAY: (*Carum carvi*) Caraway is a hardy biennial with finely cut feathery leaves, umbels of small flower heads in midsummer and capsules containing two curved narrow seeds. The seeds are a popular spice, especially in Central Europe. They enhance port, goulash, sauerkraut, cheese, and pickles and are added to cooking cabbage to reduce the smell. They flavor breads and cakes and are eaten raw or sugar-coated as Caraway comfits after a spicy meal. They sweeten the breath, aid digestion, and relieve flatulence. Chopped leaves are added to soups and salads, and the root is cooked as a vegetable. Essential oil, distilled from the seeds, flavors gin, candy, the liqueur Kumel, and mouthwashes, and scents soaps, and aftershaves. The seeds are antiseptic and a vermifuge. Caraway seeds have been used in cooking since the Stone Age. The powdered seeds are taken in doses of one-fourth to one teaspoon to promote digestion and relieve gas. Caraway tea also relieves menstrual cramps, as it helps to bring on the menstruation. Caraway increases breast milk. To make the tea, steam three teaspoons of the ground seeds in one-half cup of water for twenty minutes (use a kitchen blender to lightly crush the seed). Take up to one and a half cups a day in one-fourth cup doses, or simply chew the seeds. One to four drops of the essential oil may be taken as a digestive aid. For colicky babies, soak one ounce of the ground seed in a pint of cold water for about six hours. The dose is from one to three teaspoons of the infusion, or boil three teaspoons of seed in one-half cup of milk for a few minutes, then steep for ten minutes. The powdered seeds are moistened to make a poultice for bruises and earaches.

a) Parts Used: Seed, leaf, root and essential oil

b) Magical Use: Caraway is often added to love potions to keep lovers from being unfaithful. The seeds are placed in poppets and used in spells to find one's mate. They are said to inspire lust when baked into cakes or breads. Put some in your wedding cake, or use it instead of rice to throw at the bride and groom. Pigeons are very fond of it too!

26. CARDAMOM: (*Elettario cardamomum*) This perennial bears violet-striped white flowers and aromatic green fruits on erect or trailing racemes. The seed pods are an expensive spice, sold as whole green, bleached, or sun-dried cardamom. The seeds are digestive, stimulant, and antispasmodic, and rhizome is given for fatigue and fever. The essential oil from almost-ripe fruits is used in liqueurs and perfumes. Cardamom seeds are a symbol of hospitality.

a) Parts Used: Seed

b) Magical Use: Deliciously spicy, cardamom essential oil brings a nice jolt of energy to live and sexually oriented formulas. Burn for love spells or use in love sachets. The ground seeds are added to warmed wine for a quick lust potion. They are also baked into apple pies for a wonderful amatory pastry.

c) Aromatherapy Use: Nausea, Coughs, Headaches, Aches, as a Digestive and Tonic, Dyspepsia, Mental Fatigue, Nervous Strain, Halitosis, Anorexia, Colic. Key Qualities: Cephalic, Aphrodisiac, Warming, Comforting, Refreshing, Uplifting, Penetrating, Soothing.

27. CARNATION: (*Dianthus caryophyllus*) Also called Pink, Clove Pink or Gilly Flower. This short lived perennial has blue-green grass like foliage and spicy, fragrant long-lasting flowers in the summer. This "Flower of Divinity" and symbol of betrothal, woven into garlands is the parent of cultivated carnations, although is seldom available in its true form. Fortunately, the petals of any clove-scented Pink, with the bitter white heel removed, can be added to fruit dishes, sandwiches, soups, and sauces, or used to make floral syrup, vinegar, liqueur, or wine. This was Chaucer's "sops in wine" and is still enjoyed as a nerve tonic today. The strong-sweet spicy scent is used in soaps and perfumes. Worn during Elizabethan times to prevent coming to an untimely death on the scaffold.

a) Parts Used: Flower petals

b) Magical Use: Altar offering for the Goddess, Anointing, Protection, Strength, Health and Healing, Energy, Power, Magical Power, Blessing, Consecration. Can be used in all purpose protective spells.

28. CATNIP: (*Nepeta cataria*) A Druid sacred herb. The root and leaf scent, mint with cat pheromone overtones, intoxicates cats and repels rats and flea beetles. The tender leaves are added to salads and flavor meat. They can also be brewed as tea and were used before China tea was imported. The leaves and flowering tops treat colds, calm upset stomachs, reduce fevers, and soothe headaches and scalp irritations. When smoked, leaves give mild euphoria with no harmful effects.

a) Parts Used: Leaf

b) Magical Use: Chewed by warriors for fierceness in battle. Large dried leaves are powerful markers for magic books. Give it to your cat to create a psychic bond. Used in spells to promote beauty, happiness, love. Use in all Cat Magic Spells.

29. CASSIA: (*Cinnamomum aromaticum* var. *cassia*) This is the highest grade of Cinnamon. See Cinnamon.

a) Magical Use: Purification

b) Aromatherapy Use: See cinnamon

30. CEDARWOOD: (*Cedrus libani* or *Cedrus* spp.) A Druid sacred herb. Also known as Cedar, Tree of Life, Arbor Vitae (*Thuja occidentalis*) or Yellow Cedar (*T. occidentalis*). Ancient Celts on the mainland used cedar oil to preserve the heads of enemies taken in battle. The wood of the Atlas Cedar subspecies is distilled to produce the essential oil. Yellow cedar is used by herbalists to treat bloody cough and heart weakness. Simmer two teaspoons per cup for twenty minutes and take it cold in one-tablespoon doses, three to six

times a day. It is used internally and externally as an anti-fungal (the dry powder is excellent for Athlete's foot).

a) Parts Used: Twig and leaf

b) Magical Use: Cedar smoke purifies the home. Use it in smudge sticks, incense and sweat lodges. The scent is said to enhance psychic powers. I use it in a simmering pot which smells much better than the burning herb, it makes the whole house smell clean and sweet. Use for: Purification, Health and Healing, Luck, Good Fortune, Happiness, Banishing, Releasing, Exorcism, Money and Riches, Justice, Protection, Harmony, Peace.

c) Aromatherapy Use: Bronchitis, Catarrh, Acne, Arthritis, as a Diuretic, Sedative, Antiseborrheic.

31. CHAMOMILE: (*Chamaemelum nobile* or *Anthemis nobilis*) Also called Roman chamomile, English chamomile, Perennial Chamomile, Wild Chamomile, and Ground Apple. A Druid Sacred Herb, this aromatic evergreen has feathery, apple-scented leaves and white flowers with conical golden centers. The flowers make a digestive, soothing and sedative tea, which is used for soothing restless children, helps prevent nightmares and insomnia, and suppresses nausea. The flower compounds have shown anti-tumor activity in laboratory tests. In the garden it is a "physician plant" reviving nearby ailing plants. The essential oil is a beautiful blue color turning yellow as it ages. This herb has an affinity for the solar plexus area of the human body. Colic, upset stomachs, and fevers are benefited by the tea of the fresh or dried flower. Use two tablespoons per cup, steep for twenty minutes, and take a quarter cup four times a day. Women with menstrual cramps can try adding a few thin slices of fresh ginger root to the tea. Chamomile is an antibacterial. Sores, wounds, itches, and rashes respond to external applications. Use the tea as a wash or add the herb to salves and poultices. The oil is rubbed into swollen joints. Chamomile calms the nerves and brings on sleep. Use it in baths and gargles. Add the tea to a vaporizer to help asthmatic children. The classic tea for cranky, teething babies, it is given in the bottle or through a mother's breast milk.

a) Parts Used: Flower

b) Magical Use: Yellow chamomile brings the power of the sun to love potions, money spells and rites of purification. Use in incense for the God. When sprinkled around the house it removes hexes, curses and spells. It can be burned or added to prosperity bags to increase money. Use for: Love, Luck, Fortune, Justice, Prosperity, Purification, Meditation, Rest.

c) Aromatherapy Use: Nerves, Migraine, Acne, Inflammation, Insomnia, Menstrual Problems, Dermatitis, Analgesic, Tension Headache, Stress.

32. CHERRY: (*Prunus serotina*) A Druid sacred tree, chips of the wood or bark were burned at Celtic festivals especially Sabbaths. Also known as Black Cherry, Wild Cherry or Chokecherry (*P. virginiana*). Chokecherry bark tea is used to clear the throats of singers and public speakers, the powdered berries were once used to improve the appetite. If you've never tried chokecherry jelly, you've missed a real treat. CAUTION: The stone is poisonous.

a) Parts Used: Fruit, bark and wood

b) Magical Use: (Wood and Fruit Juice) Creativity, Healing, Long been used to attract Love, Cherry juice is used as a substitute for blood in old recipes.

33. CINNAMON: (*Cinnamomum verum* or *zeylanicum*) A tropical evergreen tree up to 50 feet tall. Cinnamon sticks are quills from the inner bark and the essential oil is distilled by water or steam from the leaves and twigs.

a) Parts Used: Bark

b) Magical Use: (Herb and Oil) Meditation, Defense, Creative Work, Divination, Energy, Power, Protection, Success, Astral Projection, Health and Healing, Love Lust, Money and Riches, Purification.

c) Aromatherapy Use: (Oil) Lice, Scabies, Wasp Stings, Poor Circulation, Childbirth (stimulates contractions), Anorexia, Colitis, Diarrhea, Dyspepsia, Intestinal Infection, Sluggish Digestion, Spasm, Flu, Rheumatism, Warts, Coughs, Colds, Viral Infections, Frigidity, Infectious Disease, Stress Related Conditions, Tooth and Gum Care, Nervous Exhaustion. Key Qualities: Warming, Reviving, Tonic, Strengthening, Aphrodisiac, Restorative, Uplifting.

34. CINQUEFOIL: (*Potentilla reptans*) Also called Five Fingered Grass, Creeping cinquefoil, and Five Leaved Grass. The rootstock was cooked as a vegetable by the Celts and Native Americans. Applied to sore areas, the fresh plant relieves pain. A root decoction is used in anti-wrinkle creams. A wash reduces skin redness, freckles, and sunburn. The powdered root and leaf are used to stop internal hemorrhaging. The powder also makes an astringent for mouth sores and treats diarrhea. Taken with honey, it relieves sore throats, coughs, and fever. Take one-quarter to one-half teaspoon at a time, or twenty to forty drops of the tincture. The leaves can be steeped using two teaspoons per cup of water for twenty minutes, or one ounce of the root can be simmered in one and a half cups of water for twenty minutes. The dose is a quarter cup four times a day.

a) Parts Used: Root and leaf

b) Magical Uses Use the infusion in ritual baths and for purification rites. Cinquefoil bestows eloquence and protection to the wearer, bring it to court. Love, power wisdom, health, and abundance are symbolized by its five petals. Prick a hole in an egg, drain it and fill it with cinquefoil. Tape the egg shut, and your home and property are protected. Bathe in the infusion every seven days to ward off evil influences. Prosperity, Protection, Defense, Purification, Anointing, Divination Dreams, Energy, Strength, Luck, Fortune, Justice, Healing, Inspiration, Wisdom, Love,. Hang at the door for protection. Add to pacificator bath sachets.

35. CLOVE: (*Syzygium aromaticum*) Cloves are the sun-dried unopened flower buds of a dense evergreen tree, they have a strong spiciness that flavors foods and prevents nausea. The flowers are used to soothe aching eyes. Clove oil, from the distillation of leaves and flower buds, is an antiseptic numbing agent for toothache and indigestion. It is added to cosmetics, perfumes, and cigarettes. There are now Clove-based anesthetics.

a) Parts Used: Leaf and flower bud

b) Magical Use: Use for: Divination, Love, Lust, Banishing, Releasing, Inspiration, Wisdom. Burn for Wealth, Purification, to ward negative thoughts, or to stop others from gossiping about you.

c) Aromatherapy Use: Nausea, Flatulence, Asthma, Bronchitis, Arthritis, Rheumatism, Toothache, Diarrhea, Infections, as an Analgesic and Antiseptic, Insect Repellent (Mosquitoes). Key Qualities: Tonic, Stimulating, Revitalizing, Aphrodisiac, Warming, Comforting, Purifying, Active.

36. CLUB MOSS: (*Lycopodium selago* or *clavatum*) Also called Selago, Foxtail, Lycopod, Vegetable Sulphur, Wolf Claw or Stag's Horn Moss. This toxic, evergreen, moss like herb has trailing stems, upright branches and developing cones encasing the ripe spores. The spores were once used for gastric and urinary disorders, as an antispasmodic sedative and to coat pills. Blackfoot Indians knew of the spores' blood-stanching, wound-healing and moisture-absorbing properties and inhaled them for nosebleeds and dusted them on cuts. They are still used on wounds and eczema. The spores are explosive when set alight, and used to create theatrical lightening and added to fireworks. Magicians once used them to create "lightening flashes" and other pyrotechnics as needed. These effects were originally intended as a form of sympathetic magic -of evocation by emulation - not simply (or deceptively) as stage effects. The club mosses are found in North America, northern Europe, Asia, and the southern hemisphere. The plants are several inches in height and resemble moss. They creep by means of prostrate stems, which branch upward at intervals, with crowded, linear, simple leaves. Large two valve spore cases product the medicinally active spores. While the whole plant was used by the ancients as a cathartic, the spores were used as a diuretic in edema, a drastic (a forceful agent of cure) in diarrhea and dysentery, a nervine for rabies and spasms, a mild laxative in cases of gout and scurvy, and a corroborant (strengthening agent) for rheumatism. The dose is ten to sixty grains of the spores. The spores also make a dusting powder for skin diseases and diaper rash. CAUTION: Selago can be an active narcotic poison when overused. For this reason it is probably better to use only the spores, which are non-toxic. The whole plant can be used externally, however, as a counterirritant - made into a poultice, it will keep blisters open and kill lice.

a) Parts Used: Above-ground portions of the herb, and spores.

b) Magical Use: Druids respected the plant to such a degree that it was gathered only under strict ritual guidelines. One of the Ovates would dress in white, bathe both feet in free-running water and offer a sacrifice of bread and spirits, and then with white robe wrapped around the right hand, using a brass hook, would dig up the plant by the roots. When properly gathered, the herb becomes a charm of power and protection. Wear it, add it to incense, and use it to commune with the Gods and Goddesses.

37. COMFREY: (*Symphytum officinale*) Also known as Slippery Root, Knit bone or Black wort. Teas, tinctures and compresses of comfrey roots or leaves speed healing of cuts, rashes, and broken bones.

a) Parts Used: Root and leaf

b) Magical Uses Root or leaves for healing. Carry for safe travel. To ensure the safety of your luggage while traveling, tuck a piece of the root into each of your bags.

38. COPAL: (*Bursera odorata*) Copal is a white, pale yellow or yellowish-orange gum resin. When smoldered on charcoal it produces a rich, delicious, piney-lemony fragrance. Copal is North America's equivalent of Frankincense. While it lacks some of frankincense's bittersweet odor, it is a fine substitute. When frankincense is left smoldering on charcoal for some time it eventually emits a very bitter scent. Copal, however, never varies as it burns. It is native to Mexico and Central America, and has been used as incense in religious and magical ceremonies for untold hundreds of years, beginning, perhaps, with the Mayans or even prior to the days of that fables people. The finest copal is a pale to dark yellow color with an intense resinous-citrus odor. It is usually sold in chunks and may contain leaf fragments.

a) Parts Used: Resin

b) Magical Use: Burn for protection, cleansing, purification, to promote spirituality, and to purify quartz crystals and other stones before use in magic. May be substituted for Frankincense. A piece of copal may be used as the heart in poppets.

39. CORIANDER: (*Coriandrum sativum*) The whole of this annual is pungently aromatic. The seed is a mild sedative, aids digestion, reduces flatulence, and eases migraines. The spicy essential oil, distilled from the seeds, is used in perfumes and incense, flavors medicines and toothpaste, and is added to massage oil for facial neuralgia and cramps. The seeds are strengthening to the urinary system. The leaf and seed are infused to treat bladder infections. The tea helps with stomach problems such as gas and indigestion. Steep two teaspoons of the dried seed per cup of boiled water for twenty minutes, and take up to one cup a day. The powdered seed and the oil are used to flavor other herbal preparations and to ease griping in laxative formulas. Use one-fourth to one-half teaspoon at a time. Coriander is a common ingredient of Indian curries.

a) Parts Used: Seed and leaf

b) Magical Use: Coriander oil works well in love and healing mixtures. The seeds are used for healing, especially easing headaches and are worn for this purpose. Add the powdered seeds to warm wine to make an effective lust potion. Put some in the chalice for a hand fasting ritual.

c) Aromatherapy Use: Eating Disorders, Colic, Diarrhea, Dyspepsia, Measles, Migraine, Neuralgia, General Infections, Indigestion, Influenza, Fatigue, Rheumatism, Flatulence, Nervousness, as an Analgesic, Stimulant, Aphrodisiac. Key Qualities: Aphrodisiac, Stimulating, Soporific (In excess), Refreshing, Warming, Comforting, Revitalizing, Strengthening, Purifying, Soothing, Active.

40. CYPRESS: (*Cupressus sempervirens*) This tall evergreen tree has gray-brown bark, and tiny, dark green leaves. It bears yellowish male cones and green female cones, which ripen to brown. Cypress Oil, distilled from the leaves, branches, and cones, has a refreshing, camphor-resinous scent.

a) Parts Used: Leaf, twigs, fruit, bark, wood, resin and essential oil.

b) Magical Use: Burn for Happiness, Harmony, Peace, Inspiration, Binding, Wisdom, Releasing, Defense, Longevity. Cypress Oil is used for Blessing, Consecration, and protection. The unique scent stimulates healing and eases the pain of losses of all kind.

c) Aromatherapy Use: Skin Care, Perspiration, Wounds, bruises, Hemorrhoids, Varicose Veins, Cellulites, Muscular Cramps, Edema, Poor Circulation, Rheumatism, Asthma, Bronchitis, Spasmodic Coughing, Dysmenorrhea,, Menopausal Problems, Nervous Tension, Stress-related Conditions, Treats inflamed/bleeding gums, Insect Repellent. Key Qualities: Refreshing, Purifying, Relaxing, Warming, Reviving, Restorative, Comforting, Protective, Soothing.

41. DILL: (*Anethum graveolens*) Uniquely flavored, Dill offers culinary "seeds" and leaves, but the choicest flavor is in the fresh immature green seed heads. They give character to dill pickles, vinegar and potato salad. Distilled seed oil is colorless to pale yellow, with a light, fresh, warm-spicy scent and flavors drinks, food and infant gripe water for colic. The seeds aid digestion, and their infusion reduces flatulence, hiccups, stomach pains, and insomnia. A seed decoction gives a nail-strengthening bath.

a) Parts Used: Flower, leaf, stem, fruit, seeds, and essential oil.

b) Magical Use: Seeds draw money, Leaves for protection, Flowers for love and defense. Protective when hung at the door, no one ill-disposed or envious of you can enter your house. Smell Dill to cure hiccups.

c) Aromatherapy Use: (Oil) Colic, Constipation, Dyspepsia, Flatulence, Headaches, Indigestion, Nervousness, Amenorrhea.

42. DRAGONS BLOOD: (*Draceana draco* spp.) Dragon's blood is the resin of the *Draceana draco* species. The common name of this plant is "dragon tree" hence the name.

a) Parts Used: Resin

b) Magical Use: Burn for love, protection, exorcism, and sexual potency. Use for Courage, Magical Power, Energy, Strength, Purification, Changes, Determination, Cleansing. A pinch of Dragon's blood added to other incenses increases their potency and power.

43. ELDER (*Sambucus canadensis* or *nigra*) Also known as Ellhorn, Elderberry, Lady Elder, and Black Berried Elder. A Druid Sacred Tree. Sacred to the White Lady and Midsummer Solstice. The Druids used it to both bless and curse. In Chinese medicine, the leaves, stems, and roots are used to treat fractures and muscle spasms. The flowers treat colds, sore throats, hay fever, and arthritis, and act as a mild laxative. Named the "country medicine chest" for its many health uses, the Elderberry is also rich in European folklore. The black elder (*S. nigra*) 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 flu. A pinch of cinnamon makes the tea more warming. The leaves are added to salves for skin conditions. The flowers are infused for fevers, eruptive skin conditions such as measles, and severe bronchial and lung problems. A classic flu remedy is a mixture of elder flower, 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.

a) Parts Used: Leaf, flower, and berry

b) Magical Use: Elder wands can be used to drive out evil spirits or thought forms. Music on panpipes or flutes made of elder have the same power of the wands. 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 Faeries 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. Wood is NOT to be burned as it is sacred to Hecate. Flowers are used for altar offerings. Hung over doorways and windows, it keeps evil from the house. Carry Elder to preserve against the temptation to commit adultery. Use for: Money, Riches, Love, Blessings, Banishing, Releasing, Consecration, Cursing, Purification, Cleansing.

44. EUCALYPTUS: (*Eucalyptus* spp.) Perhaps the ultimate healing oil. The *Eucalyptus* genus comprises over 500 species of aromatic trees and shrubs with deciduous bark. The most common species, Tasmanian Blue Gum (*Eucalyptus globulus*) has a blue-gray trunk, blue-green juvenile leaves, green adult leaves, and white flower stamens. *Eucalyptus* leaves, scented of balsamic camphor, are used by aboriginals to bind wounds, the flower nectar gives honey, and the oil, distilled from the leaves and twigs, is used in medicines, aromatherapy, and perfumes. *Eucalyptus* oil is antiseptic, expectorant, and anti-viral, treats pulmonary tuberculosis, lowers blood sugar levels, and is useful for burns, catarrh and flu. The roots of *Eucalyptus* trees secrete a poisonous chemical, inhibiting the growth of nearby plants.

a) Parts Used: Leaf, twigs, wood, sap and essential oil

b) Magical Use: Add to all healing blends. Apply (undiluted) to the body to relieve colds. Also used in purification mixtures. For protection, carry the leaves.

c) Aromatherapy Use: Blue Gum: Burns, Blisters, Cuts, Herpes, Insect Bites, Lice, Skin Infections, Wounds, Muscular Aches and Pains, Poor Circulation, Rheumatoid Arthritis, Sprains, Asthma, Bronchitis, Catarrh, Cough, Sinusitis, Throat Infections, Chicken Pox, Colds, Epidemics, Flu, Measles, Cystitis, Leucorrhoea, Nervous Debility, Headaches, Neuralgia, Insect Repellent. Key Qualities: Stimulating, Refreshing, Clearing, Purifying, Balsamic, Regulating. Lemon Eucalyptus: (*E. citriodora*) Athlete's Foot and other Fungal Infections (such as *Candida*), Cuts, Dandruff, Herpes, Infectious Skin Conditions (such as Chicken Pox), Asthma, Laryngitis, Sore Throat, Colds, Fevers, Infectious Diseases, Insect Repellent. Key Qualities: Invigorating, Active, Stimulating.

45. EYEBRIGHT: (*Euphrasia officinalis*) A Druid sacred herb. This semi parasitic annual extracts its nutrients from the roots of certain grasses found in poor meadowland. It has tiny oval leaves and small, scallop-edged, white flowers with yellow spots and red veins, resembling a bloodshot eye. The slightly bitter leaves have been used in salads. A whole plant infusion or strained juice from crushed, fresh stems is a general eye tonic treating strain and infections, and is a popular cosmetic wash, giving sparkle to eyes. Its antiseptic, mildly astringent, inflammation-and phlegm-reducing properties ease the irritated eyes and runny nose of hay-fever and sinusitis.

a) Parts Used: Flower, leaf, and twigs

b) Magical Use: In a tightly covered pot gently brew a handful of the herb in a pint of boiling water. Allow to stand overnight. Strain out the herb, squeezing as dry as possible. Store the liquid in a tightly sealed container away from sunlight and heat but not in the refrigerator. Drink a half teaspoon in a half cup of spring water or psychic herb tea to promote clairvoyance, clear the mind and improve memory. Burn as incense for clairvoyance and divination. Carry when you need to see the truth in a matter.

46. FENNEL: (*Foeniculum vulgare*) Sacred to the God. This biennial or perennial herb has finely cut feathery foliage, umbels of midsummer flowers, curved, ribbed seeds and a thick root, all with a fresh anise seed flavor. The seeds are chewed to allay hunger and ease indigestion. They are brewed for constipation, to increase breast milk and regulate menstruation, with root extract, they are detoxifying and diuretic. Research indicates Fennel helps repair the liver after alcohol damage. Seed and leaf steam aids deep skin cleansing, and the essential oil is used in a muscle-toning massage. Fennel oil should not be used by epileptics or young children. To help with indigestion and gas, pour boiling water over crushed fennel seeds (one teaspoon seed to a pint of water). The seeds are simmered in syrups for coughs, shortness of breath and wheezing. Powdered fennel seeds repel fleas from pets' sleeping quarters. Place fennel inside a fish when you cook it to make it more digestible. The seeds and root help clean the liver, spleen, gall bladder, and blood. The leaves and seeds when boiled with barley increase breast milk. The tea and broth of this herb are said to help in weight loss programs. Fennel is eaten in salads, soups, and breads. Fennel oil mixed with honey can be taken for coughs, and the tea is used as a gargle. The oil is eaten with honey to allay gas and it is applied externally to rheumatic swellings. The seeds are boiled to make an eye wash: use one half teaspoon of seed per cup of water, three times a day, and be sure to strain carefully before use.

a) Parts Used: Leaf, root and seeds

b) Magical Use: Hang over doors with St. John's Wort at Litha to repel evil spirits. Carry fennel to influence others to trust your words. Use for: Protection, Healing, Health, Purification.

c) Aromatherapy Use: Bruises, Dull, Oily, Mature Complexions, Cellulites, Obesity, Edema, Rheumatism, Asthma, Bronchitis, Anorexia, Colic, Constipation, Dyspepsia, Flatulence, Hiccoughs, Nausea, Menopausal Problems, Insufficient Milk in Nursing Mothers. Key Qualities: Stimulating, Balancing, Restorative, Revitalizing, Purifying, Cleansing.

47. FERNS: Especially Male Fern (*Dryopteris filixmas*), Maidenhair Fern (*Adiantum pedatum*), Bracken (*Pteridium aquilinum*), Lady Fern, Polypody, or Oak Fern (*Polypodium vulgare*). The Druids classified ferns as sacred trees. Uncurled fronds of Male fern were gathered at Midsummer, dried and carried for good luck. The mysterious regeneration of ferns led to the ancient belief that their seed could confer invisibility. The root was added to love potions and the fronds eaten by those embarking on love quests. Male Fern: The fall gathered root is a remedy for tapeworm. A few hours after it has been ingested, a purgative is given. Begin the vermifuge process by eating fresh garlic. Take one to four teaspoons of the liquid extract of the root, or of the powdered root, on an empty stomach and follow several hours later with castor oil. Caution: do not ingest alcohol while taking this herb. Overdose can result in blindness and death. The roots are added to healing salves for wounds and rubbed into the limbs of children with rickets.

a) Parts Used: Leaf and root

b) Magical Use: Fern "seeds" are said to render one invisible if gathered on Midsummer's Eve. Ferns are also said to be an herb of immortality. Moonwort (*Botrychium lunaria*) is especially effective if gathered by moonlight. This fern aids in opening locks and breaking charms, is used in love spells and has the alchemical reputation of being an herb to convert quicksilver into silver. Use it to conjure money. Burned indoors, dried male fern fronds produce a very strong wall of protection. Burned outdoors they produce rain. Use for: Luck, Love, Banishing, Releasing, Exorcism, Defense.

48. FEVERFEW: (*Tanacetum parthenum*) Also known as Feather foil or Flirt wort. Semi evergreen Feverfew has pungent, divided, medium to yellow-green leaves and white daisy flowers appearing in summer. The leaves add a bitter tang to food and are found in digestive aperitifs. They relax blood vessels, reduce inflammation and are mildly sedative. Feverfew's importance lies in its success in reducing some migraines. Chewed daily its accumulative effect is to reduce headache pains and inhibit the secretion of a compound implicated in migraine and arthritis, infused flowering tops are applied to ease headaches and arthritic swellings. A tea is taken for tinnitus and irregular periods. Warning: Fresh leaves can irritate the mouth.

a) Parts Used: Leaf, flower, essential oil

b) Magical Use: Travelers carry it as a ward against sickness or accidents during their journeys. Protection, Purification, Defense, Cleansing.

49. FIR, SILVER: (*Abies alba*) Also known as Birth Tree. A Druid sacred tree. The Silver Fir grows to a height of 180 feet. This was the original Christmas tree from central Europe, chosen for its long lasting, aromatic needles. The bark resin is distilled to make Strasburg turpentine. The buds and leaves are distilled to make the expectorant and antiseptic Silver Pine needle oil, which is used in cough drops and asthma inhalations, and to give pine scent to toiletries.

a) Parts Used: Leaf tips, bark, wood, seeds, and sap

b) Magical Use: The needles are burned at childbirth to bless and protect the mother and baby. Burn for Happiness, Harmony, Peace, Inspiration, and Wisdom.

50. FLAX: (*Linum usitatissimum*) Also called Linseed. Annual Flax has slender stems with linear green leaves, beautiful, flat blue flowers, and oily brown seeds. A teaspoon of the seed is placed in a quart of water and gently simmered down to one-half quart. The resulting liquid is given for constipation, for ulcerated sore throat, and as an expectorant for bronchitis in one-fourth cup doses throughout the day. To pass a gallstone, take one and a half to two tablespoons of linseed oil and lie on your left side for a half hour. The whole seeds (about two tablespoons) can be taken with plenty of water to relieve constipation. Follow with stewed prunes or prune juice. The cooked seeds are added to fresh grated carrots, and the mix is warmed to make a poultice to rheumatism and swellings.

a) Parts Used: Seed

b) Magical Use: the child who runs or dances in a flax field at the age of seven is assured of growing up to be attractive. Newborn babies are placed in a flax field to sleep for similar reasons. The blue flowers are worn as a preservative against sorcery. Sprinkle the altar with flax seeds while performing healing rituals or include it in healing mixtures. Use for: Protection, Psychic Awareness, Money.

51. FOXGLOVE: (*Digitalis purpurea*) Also known as Fairy Gloves, Fairy Fingers, or Dead Men's Bells. A Druid sacred herb associated with the "little people". Caution: This plant is poisonous and should be used by qualified personnel only.

a) Magical Use: Grow in a garden for protection of house and yard.

52. FRANKINCENSE: (*Boswellia carteri*) A small tree or shrub, with pinnate leaves, and white or pale pink flowers. It yields a natural oleo-resin gum, which is used to make a healing incense, which induces a meditative state. Frankincense essential oil is also useful in promoting spirituality and meditative states. Dilute before applying to the skin as it may be irritating. Pliny claimed that Frankincense was an antidote to hemlock poisoning. Avicenna advocated its 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. Caution: Prolonged use of resins can damage the kidneys.

a) Parts Used: Resin

b) Magical Use: 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. (Oil) Anoint tools, sachets or the body. Use for spirituality, exorcism, purification, luck and protection rites. (Resin) burn for protection, exorcism, spirituality, love, consecration, blessing, energy, strength, visions, healing, meditation, power and courage..

c) Aromatherapy Use: (Oil) Blemishes, Dry and Mature Complexions, Scars, Wounds, Wrinkles, Asthma, Bronchitis, Colds, Coughs, Flu, Laryngitis, Cystitis, Anxiety, Nervous Tension, Stress-related Conditions. Frankincense has the ability to slow down, and deepen the breath - very conducive to prayer and meditation.

53. GALANGAL: (*Alpinia officinalis* or *A. galanga*) Also known as Low John the Conqueror or Siamese Ginger. Galangal has dark green, sword-shaped leaves, white flowers with pink veins, round red seed capsules, and a rhizomous rootstalk that smells of ginger and camphor. The rhizome has a spicy, ginger like flavor used in Southeast Asia soups and curries. The young shoots and flowers are eaten raw and the flowers can be boiled or pickled. The rhizome yields an essential oil, essence d'Amali, used in perfumes.

a) Magical Use: Use tincture for luck, money, protection, exorcism and psychic development. Ginger can be substituted.

54. GARDENIA: (*Gardenia jasmenoides*) This evergreen shrub or small tree has exquisitely scented white double flowers and orange-red fruits, with glossy, dark green leaves.

a) Parts Used: Flower

b) Magical Use: Health, Healing, Love, Peace, Psychic Awareness, Spirituality. Place fresh blossoms in sick rooms or on healing altars to aid the process. Add dried petals to healing mixtures. Dried gardenia is scattered around a room to induce peaceful vibrations. Add to Moon incenses. Gardenias are used in love spells, and to attract good spirits during rituals. They have very high spiritual vibrations.

55. GARLIC: (*Allium sativum*) Garlic has a clustered bulb made up of several bulblets (cloves) enclosed in a papery tunic. It has a single stem with long, thin leaves and an umbel of edible, rose-tinted white summer flowers and a bulb whose flavor increases the more it is sliced or crushed. Cooking with fresh ginger prevents the slight nausea some experience with Garlic. Garlic repels insects and can be applied to their bites and stings. The cloves add flavor to savory dishes, especially in hot countries where the plants develop the best flavor. Garlic purifies the blood, helps control acne, and reduces blood pressure, cholesterol, and clotting. Tests confirm antibiotic activity against samples of candida, cholera, staphylococcus, salmonella, dysentery, and typhus: and a mild anti-fungal action. Garlic clears phlegm, thus providing treatment for colds, bronchitis, pulmonary tuberculosis, and whooping cough. New tests suggest it has a role in treating lead poisoning, some carcinomas and diabetes. It's said that growing garlic around potatoes reduces potato blight. The garlic bulb is one of the great herbal "polycrests" - herbs of many uses. Fresh garlic is a preventative and a cure for intestinal worms. It is generally taken in one-teaspoon doses, three to six times a day, with some grated fresh ginger root. Garlic is a natural antibiotic for internal and external use. Mash it and use as a wound dressing. For a sore throat, lightly roast unpeeled cloves in a dry frying pan, peel them when they grow soft, and eat them. For pinworms, a slightly smashed fresh clove can be inserted into the rectum with olive oil. For vaginal infections, smash a few cloves and wrap them in cheese cloth. Insert directly into the vagina. Fresh raw garlic is more effective than the powdered and extracted forms available for sale. Garlic has been shown to be more effective than tetracycline as an antibiotic. CAUTION: Pregnant women and persons with "hot and fiery" temperaments should avoid overuse of garlic.

a) Parts Used: Bulb

b) Magical Use: In the home, braids of garlic guard against evil, repel thieves, and turn away the envious. And of course, garlic protects against vampires. It is a very effective blessing for a new home. Garlic was eaten on festival days to Hecate and was left at a crossroads as a sacrifice in Her name. Garlic was once worn to guard against the plague. It is still used to absorb diseases. Simply rub fresh, peeled cloves of garlic onto the afflicted part of the body then throw into running water. An old spell utilized garlic in protecting against hepatitis. To do this, simply wear thirteen cloves of garlic at the end of a cord around the neck for thirteen days. On the last day, in the middle of the night, walk to a corner of an intersection of two streets, remove the necklace, throw it behind you and run home without looking back. Garlic is also extremely protective. Sailors carry some while on board ship to protect against its wrecking. Soldiers wore garlic as a defense in the middle ages, while Roman soldiers ate it to give them courage. Worn, garlic guards against foul weather (mountaineers wear it) as well as monsters, and it also shields you from the blows of your

enemies. When evil spirits are about, bite into garlic to send them away, or sprinkle powdered garlic on the floor (if you don't mind smelling it for some time.) Garlic is placed beneath children's pillows to protect them while asleep, and brides once carried a clove of garlic in the pocket for good luck and to keep evil far from her on her big day. Rubbed onto pots and pans before cooking, it removes negative vibrations which might otherwise contaminate the food. When eaten, garlic acts as a lust-inducer, and when a magnet or lodestone is rubbed with garlic it loses its magical powers.

56. GINGER: (*Zingiber officinale*) Ginger has an aromatic rhizome, erect stems of two ranks, lance-shaped leaves, and spikes of white flowers. The rhizome is used fresh, dried, pickled and preserved. Essential to Asian dishes. Crystallized or infused Ginger suppresses nausea. Ginger tea eases indigestion and flatulence, and reduces fever. the root is warming to the body, is slightly antiseptic, and promotes internal secretions. Chop about two inches of the fresh root, cover with one cup of water, and simmer for about twenty minute, or one-half teaspoon of the powdered root can be simmered in one cup of water. Add lemon juice, honey, and a slight pinch of cayenne. A few teaspoons of brandy will make and even more effective remedy for colds. This preparation treats fevers, chest colds, and flu. A bath or a foot-soak in hot ginger tea is also beneficial. The tea without additives helps indigestion, colic, diarrhea, and alcoholic gastritis. Dried ginger in capsules or in juice is taken to avoid carsickness and seasickness. Use about one half teaspoon of the powder. It works well for pets and children!

a) Parts Used: Root

b) Magical Use: Powerfully spicy, Ginger essential oil is useful in sexuality, love, courage, and money attracting blends. 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. Ginger is also used in Success spells, or to ensure the success of a magical operation. In the Pacific the Dobu islanders make much 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.

c) Aromatherapy Uses Arthritis, Fatigue, Muscular Aches and Pains, Poor Circulation, Rheumatism, Sprains, Strains, Catarrh, Congestion, Coughs, Sinusitis, Sore Throat, Diarrhea, Colic, Cramp, Flatulence, Indigestion, Loss of Appetite, Nausea, Travel Sickness, Chills, Colds, Flu, Fever, Infectious Disease, Debility, Nervous Exhaustion. Key Qualities: Tonic, Aphrodisiac, Stimulating, Warming, Cephalic, Comforting

57. GINSENG: Oriental (*Panax ginseng*) or North American Ginseng (*Panax quinquefolium*) roots older than two years are a famous yang stimulant (North American less so than Oriental). Rather than treating specific problems, Ginseng strengthens the body by increasing the efficiency of the endocrine, metabolic, circulatory, and digestive systems. It reduces physical, mental, and emotional stress by increasing oxygen-carrying red blood cells and immune strengthening white blood cells and eliminating toxins. Warning-Ginseng should not be taken continuously.

a) Parts Used: Root

b) Magical Use: Lust, Creative Work, Love, Wishes, Beauty, Protection, Can be substituted for Mandrake. The root is carries to attract love, as well as to guard one's health, to draw money, and to ensure sexual potency. Ginseng will also bring beauty to all who carry it.

58. HAWTHORN: (*Crataegus* spp.) Also known as May Tree, May Blossom, or White Thorn. A Druid sacred tree, this deciduous, thorny shrub has serrated, lobed leaves, dense white flower clusters in late spring, and red false fruits (haws). The flowers consist of five white petals, sacred to the Goddess. During World War I, young Hawthorn leaves were used as substitutes for tea and tobacco, and the seeds were ground in place of coffee. The berry is a superior heart tonic, useful for almost any heart condition. Cholesterol problems and valvular diseases are benefited. The berries also strengthen the appetite and digestion. Extended use lowers blood pressure. Hawthorn berry is a good remedy for the nerves and for insomnia. The berries are simmered or tinctured. Simmer two teaspoons of berries per cup of water for twenty minutes. The dose is a quarter cup four times a day. Take ten to twenty drops of tincture four times a day. The flowers are taken as a tea to benefit the heart. Steep two teaspoons of flowers per cup of water for twenty minutes, the dose is a quarter cup four times a day.

a) Parts Used: Berry and flower

b) Magical Use: Hawthorn is the classic flower to decorate a maypole. An herb of fertility, it finds its place in weddings, May Day celebrations, and ritual groves. Beltaine was once reckoned as the day the hawthorn first bloomed. Wands made of hawthorn have great power. The blossoms are highly erotic. Use for Fertility magic, Protection, Defense, and Chastity. Hawthorn is sacred to the fairies, and is part of the tree fairy triad of Britain "Oak, Ash and Thorn" and where all three trees grow together it is said that one may see fairies.

59. HAZEL: (*Corylus avellana*) Also called European Filbert. A Druid sacred tree, Hazel is a deciduous, suckering shrub with pendulous male catkins in spring and clusters of nuts in autumn. The leaves have served as a tobacco substitute. Hazel nuts are rich in phosphorus, magnesium, potassium, and copper. Culpeper says that hazel nuts with mead or honey will cure a chronic cough. These are made into an "electuary". Grind the nuts in an electric blender, then add mead or honey or form a past, which is eaten several times a day in tablespoon doses. Add pepper to discharge phlegm.

a) Parts Used: Nut

b) Magical Use: Hazel is an ancient Celtic tree of wisdom, inspiration, and poetry. Hazel nuts are eaten before divination. Diancecht, the god of healing, invented a porridge that would cure colds, sore throats, and worms. According to legend, it consisted of hazel buds, dandelions, chickweed, sorrel, and oatmeal. It was to be taken in the mornings and evenings. Wands of Hazel symbolize white magic and healing. Forked sticks are used to find water or buried treasure. If outside and in need of magical protection quickly, draw a circle around yourself with a hazel branch. To enlist the aid of plant fairies, string hazelnuts on a cord and hang up in your house or ritual room. Healing, Protection, Luck, Clairvoyance, Divination, Inspiration, Wisdom, Defense, Fertility, Wishes.

60. HEATHER: (*Calluna vulgaris*) A Druid Sacred Herb, there are more than a thousand cultivars from this low-growing, evergreen species, which has scale like leaves and crowded racemes of flowers. Heather provides a support system for rural farmers, who use it for fuel, thatch, fodder, tea, and as a dye. Growing the plants increases the soils fertility. The flowering shoots of heather are used for insomnia, stomach pains, coughs, and skin problems. Heather, used fresh or dry, strengthens the heart and slightly raises the blood pressure. Heather is slightly diuretic. Fresh or dried heather shoots are simmered, four teaspoons to a cup of water, the dose is one-half cup a day.

a) Parts Used: Flowering shoot

b) Magical Use: Heather is a Goddess herb associated with the planet Venus and sacred to Isis. It is carried as a guard against rape and other violent crimes, or just to bring good luck. White heather is the best for this purpose. Heather when burned with fern outside attracts rain, or dip heather and fern in water and sprinkle around to conjure rain. Heather has also long been used to conjure ghosts. Red Heather is used for passion, to start or end an affair. Purple for spiritual development. White for cooling passions of unwanted suitors.

61. HOLLY: (*Ilex aquifolium*) The American variety is *Ilex opaca*. A Druid sacred tree. Sacred to the Winter Solstice, when it is used for decorating. The leaf is dried and used as tea for fevers, bronchitis, bladder problems, and gout. Steep a half ounce of the chopped leaf in boiled water for twenty minutes, take up to one cup a day. The juice of the fresh leaf is helpful in jaundice, take one tablespoon per day. CAUTION: the berries are poisonous!

a) Parts Used: Leaf

b) Magical Use: Holly, with it's warrior-like bristles, is known as an herb of protection. Cast it about to repel unwanted animals and spirits. Sprinkle newborn babies with "holly water" (water in which holly has been soaked, especially if left under a full moon overnight) to keep them happy and safe. Holly is one of the evergreens brought into the home by Druids. It symbolizes a willingness to allow the nature spirits to share one's abode during the harsh, cold season. Planted near a house, holly repels negative spells sent against you. A bag of leaves and berries carried by a man increases his ability to attract women. Carry to promote good luck. Energy, Power, Strength, Protection. After midnight on a Friday, without making a sound, gather nine holly leaves, preferably from a non-spiny plant. Wrap these up in a white cloth using nine knots the tie the ends together. Place this beneath your pillow, and your dreams will come true. The traditional crowns for the bride and groom are made of holly (a male plant) and ivy (a female plant), wreaths and altar decoration are made of these as well.

62. HONEYSUCKLE: (*Lonicera japonica*) This evergreen or semi-evergreen vine has hairy leaves and fragrant spring to summer flowers that open white and turn yellow, followed by poisonous black berries. Properties cited are for the common flower that grows wild, rather than the ornamental varieties. The flowers have a broad spectrum anti-microbial effect against salmonella, staphylococcus, and streptococcus. Chinese herbalists have long recognized honeysuckle as an antibiotic herb for colds, flu's, and fevers. Sore throats, conjunctivitis, and inflammations of the bowel, urinary tract, and reproductive organs have been treated with it. It is said to be useful in treating cancer. Combine it with seeds of *Forsythia suspensii*, the well-known yellow flowering shrub, or *Echinacea augustifolia* or *E. purpurea* for maximum antiviral and

antibacterial effect. Steep two teaspoons per cup for twenty minutes. The dose is a quarter cup, four times a day.

a) Parts Used: Flower

b) Magical Use: Health-Healing, Love, Luck, Creativity, Prophetic Dreams, Protection, Psychic Awareness, Divination, Clairvoyance, Anointing, Balance. Lightly crush the fresh flowers and then rub on the forehead to heighten psychic powers. Ring green candles with honeysuckle flowers to attract money.

63. HOPS: (*Humulus lupulus*) Also known as Beer Flavor. A Druid sacred herb, this herbaceous twining herb has large toothed leaves and flowers with a distinctive scent of beer. The young shoots are eaten as a vegetable and the leaves blanched for soups, but Hops are cultivated mainly for the brewing industry. The ripe, female flowers, called "strobiles," are added to beer to flavor, clarify, and preserve it. A pillow stuffed with dried hops aids sleep and healing.

a) Parts Used: Flower

b) Magical Use: Use in exorcism incenses and mixtures, as well as healing sachets.

64. HOREHOUND: (*Marrubium vulgare*) Horehound is a woolly herb with a faint scent of wormwood, crinkled hairy leaves, and flowering stems with whorls of small white blossoms. Navajo mothers were given a root decoction before and after childbirth. Horehound's woolly leaves were once used to clean milk pails, and the dried flower remains were floated on oil as candle wicks. The leaves are used in tonics, liqueurs, and ales, and are made into expectorant and antiseptic cough drops. An infusion relaxes muscles, and helps expel mucus, treating bronchitis, croup, and asthma. It destroys intestinal worms, and acts as a digestive and liver tonic and a laxative. The tea is used internally and externally to treat eczema and shingles.

a) Parts Used: Leaf

b) Magical Use: Use in protective sachets and carry to guard against sorcery and fascination. Also scattered as an exorcism herb. Drink an infusion of the herb and it will clear your mind and promote quick thinking as well as strengthen the mental powers. Horehound, when mixed with ash leaves and placed in a bowl of water, releases healing vibrations, and should be placed in a sickroom.

65. HYSSOP: *Hyssopus officinalis* Hyssop is a semi evergreen shrub or sub shrub with aromatic leaves and spikes of blue, two-lipped, late-summer flowers. The leaf is added to liqueurs, adds bit to sweet and savory dishes, and aids in the digestion of fatty meat. Once used for purifying temples and cleansing lepers, the leaves contain an antiseptic, antiviral oil. A mold that produces penicillin grows on the leaves. An infusion is taken as a sedative expectorant for flu, bronchitis, and phlegm. A leaf poultice treats bruises and wounds. The antiseptic, antiviral, but hazardous essential oil is used in perfumes and to treat cold sores, disperse bruises, and heal scars. Hyssop is added to potpourri and laundry rinses. Hyssop is used in companion to distract cabbage butterflies and planted near vines to increase yield. It should be avoided when pregnant and by those with hypertension and epilepsy. The herb is used (often in combination with sage, which has

similar properties, or horehound) for respiratory tract infections. Flu, sore throats, lung complaints, asthma, chronic bronchitis, gas, and bloating are treated by it. Externally, it is used as a wound herb for bruises, injuries, and rheumatism. The green tops of the herb can be added to soups to benefit asthmatics. Hyssop baths are useful for rheumatic complaints. Make a standard infusion of the herb using two teaspoons per cup of water and steeping for twenty minutes. The dose is one-fourth cup four times a day.

a) Parts Used: The above ground portions of the herb

b) Magical Use: Hyssop was a holy herb of the ancient Greeks, used to cleanse sacred spaces. It is the most widely used purification herb in magic. Hyssop can be burned in incense, worn, used in decorations, and added to the chalice. Use a bunch to ritually "sweep" the altar as a preparation for a ceremonial rite. It is added to baths in sachets, infused and sprinkled on objects or persons to cleanse them, and hung up in the home to purge it of evil negativity.

c) Aromatherapy Uses Bruises, Cuts, Dermatitis, Eczema, Inflammation, Wounds, Low or High Blood Pressure, Rheumatism, Asthma, Bronchitis, Catarrh, Cough, Flu, Sore Throat, Tonsillitis, Whooping Cough, Colic, Indigestion, Amenorrhea, Leucorrhoea, Anxiety, Fatigue, Nervous Tension, Stress related Conditions. Key Qualities: Tonic, Cephalic, Nervine, Warming, Calming, Purifying, Cleansing, Aphrodisiac, Mental Stimulant, balancing.

66. IVY: (*Hedera helix*) A Druid Sacred Herb. An ancient plant, believed by the Greeks to treat intoxication, its toxic leaves are used as a poultice to soothe neuralgia, rheumatism, and sciatica, and in a tincture for toothache and whooping cough. They reduce fevers, expel worms and in a compress, reduce cellulite. They contain saponins and in solution, darken hair, blacken silk and taffeta. Ivy leaves kill some amoebas, fungi and mollusks. Tender ivy twigs are simmered in salves to heal sunburn, follow the standard instruction for salves. The leaves are used as a douche for vaginal infections. Externally, ivy is used in poultices to heal nerves, sinews, ulcers, enlarged glands, boils and abscesses.

a) Parts Used: Twig and leaf

b) Magical Use: Connected with the Winter Solstice when it is used for decorating. Ivy provides protection when growing on or near a house. Ivy is equated with fidelity and is woven into marriage wreaths. Use in charms to bind luck, love, and fidelity to your person. It is paired with holly, magically. Ivy is carried by women for good luck in general, and is worn by brides for the same reason. Traditional crowns for the bride and groom are made of holly (a male plant) and ivy (a female plant). Wreaths and altar decorations are made from these as well.

67. JASMINE: (*Jasminum officinale*) Common Jasmine is a deciduous shrub with strongly scented, white summer flowers. The flowers make a tea that calms the nerves and increases erotic feelings. Steep two teaspoons of flowers per cup of water for twenty minutes. The dose is a quarter cup, four times a day. The oil of the leaf is rubbed on the head to heal the eyes. A syrup of jasmine flowers and honey will help with coughs and lung complaints. The essential oil of jasmine is said to help menstrual pain and lung problems. CAUTION: The berries are poisonous.

a) Parts Used: Flower

b) Magical Use: Symbolic of the moon and of the mysteries of the night. Jasmine essential oil is useful for sexuality, DON'T use synthetics! Dried Jasmine flowers are added to sachets and other love mixtures. They will attract a spiritual (as opposed to a physical) love. The flowers will also draw wealth and money if carried, burned or worn. Jasmine will also cause prophetic dreams if burned in the bedroom, and the flowers are smelled to induce sleep. Use for: Anointing, Balance, Luck, Fortune, Justice, Happiness, Harmony, Peace, Prophetic dreams, Meditation, Money, Riches, Astral Projection.

c) Aromatherapy Uses Aphrodisiac, Dry, greasy, irritated skin, Muscular spasms, sprains, Coughs, Hoarseness, Laryngitis, Frigidity, Labor Pains, Uterine Disorders, Depression, Nervous Exhaustion, Stress Related Conditions. Key Qualities: Intoxicating, Uplifting, Anti-depressant, Euphoric, Balancing, Warming, Tonic.

68. JUNIPER: (*Juniperus communis*) A Druid sacred tree, Juniper is an evergreen tree or shrub with needle-like leaves in threes and berrylike cones that ripen to blue-black in their second or third year. Primarily a diuretic, the berries help digestive problems, gastrointestinal inflammations, and rheumatism. The berries are taken as a tea (simmer two teaspoons per cup of water for ten minutes, take up to one cup four times a day), or taken as jam or syrup in water, mild, or herb tea. The dry berries can be chewed, three a day is sufficient. CAUTION: Pregnant women and people with weak kidneys should not use juniper berry.

a) Parts Used: Berry and young twig

b) Magical Use: Probably one of the earliest incenses used by Mediterranean Witches. Its berries were used with thyme in Druid and grove incenses for visions. Juniper grown by the door discourages thieves. The mature berries can be strung in the house to attract love. Men use the berries to increase potency. Burn Juniper as incense for: Exorcism, Protection, Healing, Love. The Essential oil is useful in protection, purification and healing blends.

c) Aromatherapy Uses Acne, Dermatitis, Eczema, Hair Loss, Hemorrhoids, Wounds, Tonic for Oily Complexions, Accumulation of Toxins, Arteriosclerosis, Cellulite, Gout, Obesity, Rheumatism, Colds, Flu, Infections, Anxiety, Nervous Tension, Stress Related Conditions. Key Qualities: Aphrodisiac, Purifying, Clearing, Depurative, Nerve Tonic, Reviving, Protective, Restorative.

69. LAVENDER: (*Lavandula species*) Also called Elf Leaf, Nard, Nardus, Spike. There are 28 species of these aromatic, evergreen, shrubby, perennials, all with small, linear leaves and spikes of fragrant, usually purple or blue, two-lipped flowers. The best-quality essential oil is from *L. stoechas* and *L. angustifolia*. Aromatic oil glands cover all aerial parts of the plants but are most concentrated in the flowers. The flowers flavor jams, vinegar, sweets, cream, and Provençal stews, and are crystallized for decoration. Dried flowers add long-lasting fragrance to sachets and potpourri. Flower water is a skin toner useful for speeding cell renewal and is an antiseptic for acne. Flower tea treats anxiety, headaches, flatulence, nausea, dizziness, and halitosis. The essential oil is a highly valued perfume and healer. It is antiseptic, mildly sedative, and painkilling. It is applied to insect bites, and treats burns, sore throats and headaches. Queen Elizabeth I is said to have consumed up to 10 cups of lavender water a day to relieve migraines. The oil is used for intestinal gas, migraine, and dizziness. Being antiseptic, lavender is added to healing salves. A tea of the leaf allays nausea and vomiting. Use two teaspoons per cup of water and steep for twenty minutes. The

dose is one-fourth cup four times a day. Steep lavender blossoms in white wine and strain to make a natural antidepressant 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.

a) Parts Used: Flower and leaf

b) Magical Use: 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. The essential oil is included in health, love, peace, and conscious mind-oriented formulas. Use to attract love, to produce sleep by anointing your forehead and pillow, to purify by adding to baths and to promote chastity and peace. Attracts elves, burn for purification, peace. Burn at Litha as an offering. Love, Psychic Awareness, Happiness, Creative Work, Money and Business, Anointing, Exorcism, Harmony, Peace, Healing. The odor of lavender is conducive to long life and so should be smelled as often as possible.

c) Aromatherapy Uses Abscess, Acne, Allergies, Athlete's Foot, Boils, Bruises, Burns, Dermatitis, Eczema, Inflammation, Insect Bites and Stings, Lice, Psoriasis, Ringworm, Scabies, Spots, Sunburn, Wounds, Lumbago, Rheumatism, Sprains, Asthma, Bronchitis, Catarrh, Flu, Halitosis, Throat Infections, Whooping Cough, Colic, Dyspepsia, Flatulence, Nausea, Cystitis, Dysmenorrhea, Leucorrhoea, Depression, Headache, Hypertension, Insomnia, migraine, Nervous tension, Stress. Key Qualities: Soothing, Sedative, Antidepressant, Calming, Relaxing, Balancing, Restorative, Cephalic, Appeasing, Cleansing, Purifying.

70. LEMON: Citrus lemon The fruit, juice, and peel of citrus fruits flavor food and drink and provide vitamin C. Essential oils from the peel scent food, cosmetics and perfume. The seed oils are used in soaps.

a) Magical Use: Use in Lunar oils. Wear diluted lemon oil during the Full Moon to attune with its energies. Use in purification and healing oils. Purification, Love. A Lemon may serve as a poppet.

b) Aromatherapy Uses Acne, Anemia, Brittle Nails, Boils, Chilblains, Corns, Cuts, Greasy Skin, Herpes, Insect bites, Mouth Ulcers, Spots, Throat Infections, Warts, Arthritis, Cellulites, High Blood Pressure, Nosebleeds, Obesity, Poor Circulation, Varicose Veins, Rheumatism, Asthma, Bronchitis, Catarrh, Dyspepsia, Colds, Flu, Fever, Infections. Key Qualities: Refreshing, Mental Stimulant, Cephalic, Purifying, Reviving, Strengthening, Soothing.

71. LEMON BALM: *Melissa officinalis* This bushy herb has square stems, lemon-scented foliage, and late-summer flowers that mature from white or yellow to pale blue. Fresh leaves add a delicate flavor to many dishes, oils, vinegars, and liqueurs, provide a relaxing bath, soothe insect bites, and make a sedative and tonic tea.

a) Parts Used: Leaf and Flower

b) Magical Use: Soak in wine for 3 hours, remove and serve wine to friends and loved ones. Used in spells to ensure success.

72. LEMONGRASS: (*Cymbopogon citratus*) This aromatic grass has clumped, bulbous stems becoming leaf blades and a branched panicle of flowers. The stem and leaf, used widely in Thai cuisine, have a distinct lemon flavor. Leaf tea treats diarrhea, stomachache, headaches, fevers, and flu, and is antiseptic. The essential oil is used in cosmetics, food and aromatherapy.

a) Parts Used: Leaf, stem and oil

b) Magical Use: The essential oil strengthens psychic awareness and is also useful in purification mixtures.

c) Aromatherapy Uses Acne, Athlete's Foot, Excessive Perspiration, Open Pores, Pediculosis, Scabies, Tissue Toner, Muscular Pain, Poor Circulation and Muscle Tone, Slack Tissue, Colitis, Indigestion, Gastroenteritis, Fevers, Infectious Diseases, Headaches, Nervous Exhaustion, Stress-Related Conditions, Insect Repellent (fleas, lice and ticks). Key Qualities: Refreshing, Active, Stimulating, Soothing.

73. LEMON VERBENA: (*Aloysia triphylla* syn. *Lippia citriodora*) Lemon Verbena has strongly lemon-scented whorls of three or four leaves along its stems and panicles of tiny, pale summer flowers. The leaves are used to flavor drinks and fruit and sweet dishes, and to make herb tea. The tea is refreshing and mildly sedative. The leaves also yield a green coloring and essential oil. The leaves and flowering tops are used to lower fevers and to relieve gas and indigestion. Lemon Verbena is calming, a sedative for the nerves. Steep two teaspoons per cup of water for twenty minutes and take one-fourth cup four times a day. Stimulating to the skin, lemon verbena makes a good facial scrub for pimples and blemishes. To make the scrub, grind the dry herb or use the powder and mix in a little natural clay and ground oatmeal, add water to make a paste.

a) Parts Used: Leaf and flowering top

b) Magical Use: Often sold simply as "Verbena" This full lemon-scented essential oil is wonderful in love blends. Added to other mixtures to increase their strength, and is also used to purify an area or is added to bathwater for protection and purification purposes. Lemon Verbena is worn to make oneself attractive to the opposite sex, and is used in love spells and mixtures.

74. LILAC: (*Syringia vulgaris*) Lilac is a deciduous, twiggy shrub or small tree with a mass of heart-shaped leaves and showy panicles of small, waxy, spring flowers. The perfume is extracted from the flowers and used commercially. The flowers were once used to treat fever. In the language of flowers, Lilac symbolizes the first emotions of love. If inhaled too deeply, however, the strong flower fragrance can cause nausea.

a) Parts Used: Flower

b) Magical Use: Lilac drives away evil where it is planted or strewn. It was originally planted in New England to keep evil from the property. The fresh flowers can be placed in a haunted house to clear it. Peace, Clairvoyance, Divination, Creativity, Happiness, Harmony, Exorcism, Protection: Psychic Awareness, Reincarnation.

75. LIME: (*Citrus limata*) A small evergreen tree, up to 15 feet, with stiff, sharp spines, smooth ovate leaves, and small white flowers. The bitter fruit is a pale green color, about half the size of a lemon. The essential oil is extracted from the fruit peel.

a) Parts Used: Fruit

b) Magical Use: (Peel) Useful in purification and protection spells. The peel is used in love mixtures and incenses.

c) Aromatherapy Use: Anti-rheumatic, antiscorbutic, antiseptic, antiviral, aperitif, bactericidal, febrifuge, restorative, tonic. Use for Acne, anemia, brittle nails, boils, chilblains, corns, cuts, greasy skin, herpes, insect bites, mouth ulcers, spots, warts, arthritis, cellulitis, high blood pressure, nosebleeds, obesity, poor circulation, rheumatism, asthma, bronchitis, catarrh, dyspepsia, colds, flu, fever, throat infections, and other infections. Key Qualities: Refreshing, Uplifting, Active.

76. LINDEN: (*Tilia* spp.) Linden have small highly fragrant flowers, and can be hard to identify, since they hybridize freely. The flowers are brewed to make a tea, the classic digestive end to a continental meal, and a treatment for insomnia, nervous tension, and overwrought children. The world's most valued honey is made from Linden blossoms and is used in liqueurs and medicines. The inner bark treats kidney stones, gout and coronary disease.

a) Parts Used: Flower, leaf, twigs, bark and wood

b) Magical Use: Bark used for protection, leaves and flowers or immortality. Good Fortune, Sleep and Love. Hang branches over the door for protection or grow in the garden.

77. LOOSESTRIFE: (*Lythrum salicaria*) Purple Loosestrife has a creeping rootstock, angled stems with lance-shaped leaves, and spikes of purple-red flowers. The leaves are eaten as an emergency vegetable and fermented into a mild alcohol. The flowering plant is an intestinal disinfectant, treating diarrhea and food poisoning. It acts as a typhus antibiotic, a sore throat gargle, and is given for fever and liver problems.

a) Parts Used: Flower, leaf and stem

b) Magical Use: Placed in the corners of each room, this herb restores harmony and brings peace. Give as a gift to bring about an accord.

78. LOTUS: (*Nelumbo nucifera* or *Nymphaea lotus*) This aquatic herb's waxy leaves rise high above the water its long-stalked fragrant flowers open at dawn and close at sunset. Lotus stalks, leaves, petals, seeds and rhizome are all eaten. The flowers are a religious offering in many cultures and are planted for devotional reasons. The leaf of *Nelumbo nucifera* is used for fever, sweating, irritability, dysentery, diarrhea, and scanty urine. It is a styptic (stops bleeding) and has been used to antidote alcohol and mushroom poisoning. It affects the liver, heart, and spleen energies. The nodes of the root are used to stop bleeding and to break down blood clots. All types of internal bleeding are affected. The plumule (bud) affects the

heart, kidney, and spleen. It is used to calm mental agitation and worry, relieve insomnia, and lower fevers. The seed affects the kidney, heart, and spleen. It is used for agitation, insomnia, palpitations, dry mouth, dark urine, and chronic diarrhea. It strengthens the heart and kidneys. The leaf is steeped, and the bud, root, and seed are simmered, using two teaspoons of herb per cup of water, for twenty minutes. The dose is one-fourth cup, four times a day.

a) Parts Used: Leaf, node of the root, buds, and seeds

b) Magical Use: Lotus is an all-purpose spiritual elixir. Burned as incense, it encourages the dead to seek their highest possible reincarnation. It reminds the living of their inner sanctity and divinity. Lotus plants thrive in murky waters. They float serenely on the stagnant surface and never a drop sticks to them. Anyone who breathes the scent of the lotus will receive its protection. It's said that if you place the root of a lotus under the tongue and say the words "SIGN, ARGIS" toward a locked door. It will open miraculously. Lotus seeds and pods are used as antidotes to love spells and any part of the lotus carried or worn ensures blessing by the Gods and Good Luck. There are no true Lotus oils. Perfumers simply haven't found a way to capture the scent of the flower. Use this mix to approximate the odor: Rose, White Musk, Jasmine and Ylang-Ylang, Mix until the scent is heavy, floral and warm. Use in spirituality, healing and meditation formulas.

79. MACE: (*Myristica fragrans*) This bushy evergreen has scented leaves and tiny yellow flowers. The fruits hold the seed -nutmeg- and its aril, a red, lacy shell coating -mace. Nutmeg and Mace are culinary spices used in sweet and savory dishes in a variety of cuisines. Nutmeg increases the intoxicating and soporific effect of alcoholic drinks and is claimed to be an aphrodisiac. It is prescribed for flatulence and nausea. The essential oil is added to perfumes, soaps, hair oils, tobacco, and fumigants. The nuts yield an oil, nutmeg butter, used in skin creams. Large doses of nutmeg are toxic, because of the presence of the hallucinogen myristicin.

a) Magical Use: Burn to increase psychic power, or for creative work. Carry to improve the intellect.

b) Aromatherapy Use: Indigestion, General Weakness, Bacterial Infections, Gout, Rheumatism, Arthritis, As an aid to Circulation.

80. MARIGOLD: (*Calendula officinalis*) Also known as Calendula, Hologold, Pot Marigold and Bride of the Sun. A Druid sacred herb, this cheerful annual or perennial has hairy leaves and golden-orange daisy flowers. The leaves are added to salads and garnishes of flowers color rice and fish dishes. Calendula is antiseptic and anti-fungal and contains hormone and vitamin A precursors. Essential oil is extracted from the petals but is extremely expensive. This is the "pot marigold" not the African variety so common in American gardens. The flowers are a healing agent. Added to fomentations, poultices and salves, they speed healing of wounds and of nerve damage. The infusion is given for intestinal problems and to clean lymph and blood. Useful in fevers, the herb can be used fresh, dry, or in tincture. For tea, steep two teaspoons of flowers per cup of water for twenty minutes, take one teaspoon per hour. Using tincture, take five to twenty drops four times a day.

a) Parts Used: Flower and leaf

b) Magical Use: Known as "summer's bride", the yellow calendula embodies the Sun's fire and life sustaining virtue. Calendula is carried into court for a favorable verdict. In the mattress it encourages prophetic dreams. Pick in full sun. Added to bathwater it helps with the respect and admiration of everyone you meet. Garlands of marigolds strung on the doorposts stop evil from entering the house. Use for: Marriage spells, Love, Divination, Protection, Enhanced Psychic Powers.

81. MARJORAM: (*Origanum majorana*) Also known as Sweet Marjoram, Winter sweet, and Pot Marjoram (*O. onites*). Sweet Marjoram leaves have a sweeter, spicier taste than the leaves of Oregano and Pot marjoram. It is a popular culinary herb used in salads, sauces, cheese, and in liqueurs and as part of herbes de Provence. As an aromatic tea, Sweet Marjoram aids digestion, relieves flatulence, colds and headaches, soothes nerves and encourages menstruation. Marjoram essential oil is distilled from the leaves and flowering tops. It is antioxidant, reduces skin aging, antiviral, eases spasms, and stimulates local circulation.

a) Parts Used: Leaf and flower

b) Magical Use: An infusion of marjoram, mint and rosemary can be sprinkled around the house for protection. This also works for protecting specific objects. Brings happiness to a depressed person. Violets and Marjoram, mixed together, are worn during the winter months as an amulet against colds. Grown in the garden it offers shielding powers against evil. Love, Protection, Defense, Wealth, Happiness, Purification, Cleansing.

c) Aromatherapy Use: Chilblains, Bruises, Tics, Arthritis, Lumbago, Muscular Aches and Stiffness, Sprains, Strains, Asthma, Bronchitis, Colds, Coughs, Colic, Constipation, Dyspepsia, Flatulence, Amenorrhea, PMS, Headache, Hypertension, Insomnia, Migraine, Nervous Tension, Stress Related Conditions. Key Qualities: An aphrodisiac, stupefying on large doses, Cephalic, Sedative, Nervine, Restorative, Warming, Comforting.

82. MASTIC: (*Pistachia lentiscus*) Also known as Gum Mastic. This aromatic, evergreen shrubby tree has scented pale green spring flowers in clusters and red to black berries. The bark is tapped for mastic, its resin, which chewed in the eastern Mediterranean as a breath freshener and employed as a flavoring for bread, pastries, and the liqueur Mastiche. This resin can be difficult to find, if unavailable try substituting a combination, equal parts of gum arabic and frankincense.

a) Parts Used:

b) Magical Use: Love, Magical Power, Psychic Awareness, Adds potency and power to any incense.

83. MEADOWSWEET: (*Filipendula ulmaria*) Also known as Queen of the Meadow, Gravel Root, and Meadow wort. One of the three most sacred Druid herbs, (with Mint and Vervain), this herb has upright stems of wintergreen-scented, divided leaves, topped by frothy umbels of almond-scented cream flowers. The stems grow up to four feet tall and are sometimes purple. The leaves smell like almonds and the flowers give an almond flavor to mead, herb wines, jam and stewed fruit. Dried flowers scent linen and yield an astringent skin tonic. Flower buds contain salicylic acid, a chemical from which aspirin was synthesized (not

from Filipendula but from Spirea, a related herb), but the herb as a whole is gentler on the stomach. Herbalists use flower tea for stomach ulcers and headaches, as an antiseptic diuretic, and for feverish colds, diarrhea, and heartburn. Meadowsweet was a favorite strewing herb of Elizabeth I. Traditional herbalists simmered the flowers in wine to treat fevers and to cure depression. The fresh flower tops, taken in tea, promote sweating. Steep two teaspoons of the herb in one cup boiled water for twenty minutes. Take one-quarter cup four times a day. A distilled water of the flowers makes an eyewash to treat burning and itching. Meadowsweet is a classic for diarrhea, especially valued for children. The leaf is added to wine to bring a "merry heart", that is, to treat depression. Meadowsweet contains methyl salicylate, making it a good herb for rheumatic complaints and flu's. It is astringent and helps with indigestion. It has diuretic properties, which make it helpful in edema. The tea has been used for respiratory tract infections, gout, and arthritis. It can help bladder and kidney problems, epilepsy, and rabies. The whole plant is used - roots, flowers, and leaves - with the root being more useful for fevers. To prepare the root, simmer two tablespoons of the dried root in one cup of water for twenty minutes. Take one cup a day. The leaf is placed in claret wine to enhance the taste, and it was at one time added to mead.

a) Parts Used: Root, leaf and flower

b) Magical Use: According to Grieve, meadowsweet, water mint, and vervain were the three most sacred herbs of the Druids. Meadowsweet is an herb of Jupiter and is useful in love spells. Use fresh flowers to decorate the altar during love spells, use the dried petals in love mixtures. Strew about the house to keep peace. Fresh flowers should be included in the bridal bouquet. Use for: Love, Happiness, Divination, Peace.

84. MINT: (*Mentha spicata*, *sativa*, *aquatica*, and others) A Druid sacred herb, most mints are creeping plants that hybridize easily, producing infinite variations. They have erect, square branching stems, aromatic foliage and flowers in leaf axils. Mints are stimulant, aid digestion, and reduce flatulence. They flavor candy, drinks, cigarettes, toothpastes, and medicines. The infusion of the herb has been used for diarrhea and as an emmenagogue (it brings down the menses). It is a classic for colds and influenza, especially when mixed with elder flower-but be careful, as this remedy will make you sweat, and you must take care to keep well covered with blankets and woolens. Stomach flu is helped by a mint, elderflower, and yarrow combination in a standard infusion of two teaspoons per cup steeped for twenty minutes and taken in quarter-cup doses. Mint is helpful in stomach complaints, but a strong infusion will be emetic (it makes one throw up). Mint tea eases colic and eases depression. It relieves earaches when the fresh juice of a few drops of the essential oil are placed in the ear. A few drops of the oil in water, applied with a cloth, help burning and itching, heat prostration, and sunburn. Apply it directly to an itchy skin condition or sunburn. For heat prostration place the cool fomentation on the forehead and wrists. Mint tea with honey soothes a sore throat. A classic cold remedy that will unblock the sinuses is two drops of mint essential oil, two drop eucalyptus essential oil and the juice of half a lemon in a cup of hot water. The mix is first inhaled and then drunk when warm.

CAUTION: No more than two drops of the essential oils 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.

a) Parts Used: The above ground portions of the herb.

b) Magical Use: Mint is placed in the home as a protective herb. It belongs to the sphere of Venus and has long been used in healing potions and mixtures. The fresh leaves rubbed against the head are said to relieve headaches. Mint worn at the wrist assures that you will not be ill. Its bright green leaves and crisp

scent led to its use in money and prosperity spells. Fresh mint laid on the altar will call good spirits to be present and aid you in magic, especially healing spells. Added to incenses it cleanses the house or ritual area. Use for: Protection, Healing, Prosperity, Good Luck, Fortune, Justice, Travel, Exorcism.

c) Aromatherapy Use: (Peppermint) Acne, Dermatitis, Ringworm, Scabies, Toothache, Neuralgia, Muscular Pain, Palpitations, Asthma, Bronchitis, Sinusitis, Spasmodic Cough, Colic, Cramps, Dyspepsia, Flatulence, Nausea, Colds, Flu, Fevers, Fainting, Headache, Mental Fatigue, Migraine, Nervous Stress, Vertigo, Halitosis, Insect Repellent. Key Qualities: Refreshing, Restorative, Nerve Tonic, Cephalic, Aphrodisiac, Mental Stimulant.

85. MISTLETOE: (*Viscum album*) Also known as Birdlime, All-Heal, Druid's Herb, and Golden Bough. It is the most sacred "tree" of the Druids and rules over Winter Solstice. The berries are poisonous. Mistletoe is thought to be most powerful if growing on an oak tree. The leafy twigs, toxic in volume, are a heart tonic, reduce blood pressure, slow heart rate, strengthen capillary walls, stimulate the immune system and inhibit tumors. Mistletoe grows from northern Europe to northwest Africa and east to Asia and Japan. Different varieties are found on hard-wood and softwood trees, which include apple (the most common), elm, oak, spruce, pine, and poplar. Druids considered that the mistletoe found on oak was the most potent and sacred. The berries ripen in midwinter and have a further peculiarity in that the ripe berries, open flowers, green berries, and immature leaves can all be found on the same plant. Mistletoe does not adhere to the linear logic of most plants, with their budding, flowering, and seed production sequence. It also seems to ignore heliotropism and geotropism, it will grow upside down, sideways, or in any direction it "chooses". Another unique feature is that it germinates only in the light, unlike most plants, which require darkness to germinate. The flower buds form in May but do not open until February. The berries ripen the following winter. The entire process, from flower to fruit, can take almost two years! Even its name mistle (different) twig (from the Anglo-Saxon) reminds us of its peculiarities. Mistletoe is a semi-parasitic plant, generally spread by bird droppings. It forms a globular mass that can reach up to three feet in diameter. There are male plants and female plants, and both derive their water and minerals from the host tree and produce their own carbohydrates via photosynthesis. Mistletoe seems to hold itself aloof from the rhythms and laws of the earthly season, and in this way parallels the illogical and uncontrolled growth of cancerous cells in the body. As early as 1961, laboratory studies demonstrated that mistletoe, along with other immune stimulant plants (such as eupatorium, astragalus, echinacea, acathopanax, chamomilla, and sabal), inhibited tumors in mice. Fermented mistletoe taken from oak trees was shown to stimulate the activity of killer cells and showed an especially strong effect on rat hepatomas (liver cancers). Unfermented mistletoe showed a strong effect on human leukemia (Molt 4) cells. Korean mistletoe (*Viscum coloratum*) was found to be more active in inhibiting the growth of leukemia L1210, especially when used fresh. Mistletoe extracts have been shown to possess significant anti-tumor activity, not only against murine tumors but also in cases of Lewis' lung carcinoma, a colon adenocarcinoma 38 and C3H adenocarcinomas of the breast. The extracts are not toxic and may be administered in high doses. Twenty drops four times a day is the average dose. Many nervous conditions such as convulsions, delirium, hysteria, neuralgia, urinary disorders, and heart conditions have benefited from the activity of mistletoe. It has also been used to temper the 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 balance when taken daily for six months. Mistletoe is recommended for use 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. The green plant can be simmered using a standard concoction of two teaspoons of the herb per cup of water and taken in tablespoon doses several times a day. CAUTION: Large doses have been known to induce convulsions in children. The berries should not be used for internal consumption. They are used in salves and washes for wounds.

a) Parts Used: Twig and leaf

b) Magical Use: Not quite herb, not quite tree, beyond the limitations 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 exact interval between two seasons. It is a gateway to something "other". In Italy, there is an old tale of a radiantly beautiful fairy who appeared to a certain knight with the image of the crescent moon and the Holy Grail at her feet. In her hands she held a sprig of mistletoe. She told the knight that the mistletoe was what kept her eternally young and beautiful. Mistletoe should be cut on Midsummer's Day, or else when the moon is six days old. Druids would use a golden sickle to cut it and it wasn't allowed to touch the ground. It is traditionally hung in the home at Yule, and those who walk under it exchange a kiss of peace. Bunches of mistletoe can be hung as an all-purpose protective talisman. Long used for protection against lightning, disease, misfortune of every kind fires and so on. Laid near the bedroom door, mistletoe gives restful sleep and beautiful dreams, as it does when placed beneath the pillow or hung at the headboard. Kiss your love beneath mistletoe and you'll stay in love. Burned, Mistletoe banishes evil. Its wood is a good choice for wands and ritual implements. Mistletoe is an excellent all-purpose herb.

c) Use in spells for: Protection, Love, Hunting, Fertility, Health, and Exorcism.

86. MUGWORT: (*Artemisia vulgaris*) Also known as Sailor's Tobacco, Witch Herb, and Old Man. A Druid sacred herb, this aromatic perennial its wood is a good choice for wands and ritual implements. The plant has medium green leaves with silver, downy undersides and red-brown florets. The classic herb for premenstrual symptoms, used in tea and the bath. Use a standard infusion of two teaspoons per cup of water steeped for twenty minutes, take one-fourth cup four times a day. It makes a good footbath for tired feet and legs. Cleansing to the liver, it promotes digestion. Mugwort in an emmenagogue, especially when combined with pennyroyal, blue cohosh, or angelica root. It is helpful in epilepsy, palsy, and hysteria and is useful for fevers. When laid among clothing, mugwort repels moths.

a) Parts Used: Leaf and stem

b) Magical Uses Mugwort is burned with sandalwood or wormwood during scrying rituals, and a mugwort infusion is drunk (sweetened with honey) before divination. The infusion is also used to wash crystal balls and magic mirrors, and mugwort leaves are placed around the base of the ball (or beneath it) to aid in psychic workings. In China it is hung over doors to keep evil spirits for buildings. Mugwort is also carried to increase lust and fertility, to prevent backache, and to cure disease and madness. Placed next to the bed it aids in achieving astral projection. It is said to protect travelers from fatigue, sunstroke, wild animals, and evil spirits.

87. MULLEIN: (*Verbascum thapsus*) Also known as Hag's Taper, Candlewick Plant, Aaron's Rod, Velvet Plant, and Shepherd's Club. This biennial has a rosette of woolly leaves and a tall, thick, downy, resinous

stem of bright yellow flowers, followed by many-seeded capsules. The honey-scented flowers flavor liqueurs and yield skin-softening mucilage. The expectorant, soothing, and spasm-sedating properties of the leaf and flowers are used to treat raspy coughs and are added to herbal tobacco. Woolly leaf wraps preserve figs and are used as tinder and emergency bandages. The powdered leaves are sometimes called "Graveyard Dust", and can be substituted for such. The leaf is a classic remedy for bronchitis (as well as other coughs) and burning urination. Simmer two teaspoons per cup and take a quarter cup four times a day. A tea of the flowers take before bed brings on sleep. A poultice of the leaves helps wounds and sores. The leaves steeped in vinegar and water will soothe inflammations, painful skin conditions, and hemorrhoids when used externally as a poultice. They may be used in tincture form, fifteen to forty drops every two to four hours.

a) Parts Used: Leaf and flower

b) Magical Uses In India, mullein is regarded as the most potent safeguard against evil spirits and magic, and is hung over doors, in windows and carried in sachets. It is also used to banish demons and negativity. At one time Witches and magicians used oil lamps to illuminate their spells and rites and the downy leaves and stems of the mullein often provided the wicks. Protection, Divination, Health, Courage, Determination, Exorcism, Defense.

88. MYRRH: (*Commiphora myrrha*) Ancient and sacred incenses, the antiseptic, anti-inflammatory oil of Myrrh was used for embalming. It is now found in toothpaste and perfume. Myrrh was burned to Ra at noon in Ancient Egypt and was also fumed in the temples of Isis. Especially valued as a disinfectant, myrrh is used as a wash for wounds. Use as a wound wash only after the wound has been well cleaned. It has the tendency to seal wounds once it is placed on them. Use the alcohol tincture in water or the tea as a wound wash. Myrrh promotes circulation and increases heart rate and power. Said to move stagnant blood through the uterus, it has been used for menopause, menstrual irregularities, and uterine tumors. Myrrh benefits diabetes and obesity, the dose is one to fifteen grains. Combined with Echinacea and mullein to one quarter part myrrh, steep two teaspoons per cup of water for twenty minutes, take a quarter cup every four hours. Myrrh, goldenseal, arnica, and cayenne can be soaked in rubbing alcohol for a few weeks to make a liniment for bruises and sprains. CAUTION: Prolonged internal use of myrrh (longer than a few weeks) can lead to kidney damage.

a) Parts Used: Resin

b) Magical Use: Myrrh is a Goddess plant of the Moon's sphere, sacred to Isis. Burned as incense, myrrh purifies the area, lifts the vibrations aids contemplation and meditation and creates peace. However, it is seldom 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. It also aids meditation and contemplation. The essential oil can be added to blends designed to enhance spirituality and meditation. It is also used in healing mixtures.

c) Aromatherapy Use: Athlete's Foot, Chapped and Cracked Skin, Eczema, Ringworm, Wounds, Wrinkles, Mature Complexions, Arthritis, Asthma, Bronchitis, Catarrh, Colds, Coughs, Sore Throats, Voice Loss, Diarrhea, Dyspepsia, Flatulence, Hemorrhoids, Loss of Appetite, Thrush, Purities, Treats Gum Infections and Mouth Ulcers. Key Qualities: Purifying, Uplifting, Revitalizing, Sedative, Restorative, Soothing.

89. MYRTLE: (*Myrtus communis*) This dense, evergreen shrub has aromatic leaves and flower buds, creamy white flowers, and blue-black berries. The flowers are made into toilet water called eau d'ange, added with the leaves to acne ointment, and dried for potpourri. Leaf essential oil is the source of myrtle, given for gingivitis.

a) Magical Use: Love, Money and Riches, Creative Work, Youth. If grown on each side of a house love and peace will reside within and it is a lucky plant to grow in window boxes if a woman plants it.

b) Aromatherapy Use: Acne, Hemorrhoids, Oily Skin, Open Pores, Asthma, bronchitis, Catarrhal conditions, chronic Coughs, Tuberculosis, Colds, Flu, Infectious Disease. Key Qualities: Mildly stimulating, Nerve Tonic, Antiseptic, Clarifying, Cleansing, Uplifting, Aphrodisiac, Refreshing.

90. NUTMEG: (*Myristica fragrans*) See Mace.

a) Magical Uses Nutmegs have long been carried as good luck charms, and are strung with star anise and Tonka beans for a potent herbal necklace. Burn for prosperity. luck, psychic awareness, fortune, clairvoyance, divination, justice, and meditation.

b) Aromatherapy Use: Arthritis, Gout, Muscular Aches and Pains, Poor circulation, Rheumatism, Flatulence, Indigestion, Nausea, Sluggish Digestion, Bacterial Infection, Frigidity in Women, Impotence in Men, Neuralgia, Nervous Fatigue. Key Qualities: Aphrodisiac, Analgesic, Narcotic, Tonic (nerve and heart), Comforting, Soothing, Calming, Elevating, Cephalic, Euphoric.

91. OAK: (*Quercus alba* or spp.) Also known as Tanner's Bark, White Oak, and Common Oak. A Druid Holy tree, the oak was the King of trees in a grove. Oak bark and galls are astringent and antiseptic. Oak bark provides tannin and as leather tanners seemed immune to tuberculosis, the bark was used for treatment of the disease. The white oak (*Q. alba*) is the best for internal use. Infuse the inner bark or young leaf (before Midsummer) for douches and enemas. Internal rectal problems, hemorrhoids, leucorrhoea, menstrual irregularities, and bloody urine are also benefited. Take internally as a tea and apply externally in fomentation, to shrink varicose veins. The tea brings down fevers, treats diarrhea, and makes a wash for sores. Up to three cups a day may be safely taken. As a gargle, it treats mouth sores and sore throats. Being an astringent, it stops internal bleeding. Black oak (*Q. tinctoria*) and red oak (*Q. rubra*) can be used externally. English oak (*Q. robur*) can be used both externally and internally. Oak leaves are prepared in infusion for douches to treat vaginal infections, gather them before Midsummer. To prepare, steep one tablespoon per quart of water for thirty minutes. A tea of the buds is a valuable tonic for the liver, steep two teaspoons per cup of water for twenty minutes. Simmer the bark in salves to make a remedy for hemorrhoids.

a) Parts Used: Inner bark (cambium) and young leaf, for the leaf, use two teaspoons per cup and steep for twenty minutes, for the bark, use one tablespoon per cup and simmer for twenty minutes.

b) Magical Use: The Oak is a tree of the sun, and sacred to Brighid and the Dagda. Druids do not celebrate unless in the presence of an oak, yew, ash, or other sacred tree. Oak symbolized abundance, fertility, longevity, protection, and the ability to withstand the lightening blasts of spiritual awareness while remaining firmly rooted in the material. All parts of the tree are powerful protective charms, which bring healing. Magic wands are made of Oak Wood (Mine Is!). A tree as long-lived and strong as the oak naturally offers magical protection. Oak Galls, known as Serpent's Eggs, were used in magical charms. Acorns bring fertility and abundance to any endeavor. Carry one for luck. Acorns gathered at night hold the most fertility powers. The Druids and priestesses listened to the rustling oak leaves and the wrens in the trees for divinatory messages. Burning oak leaves purifies the atmosphere. Represents the God. Use galls in chars. Acorns draw money; burn the wood for good health, energy, strength, power, protection, defense, money and business.

92. OAK MOSS: (*Pseudevernia prunastri*) Oak Moss is a whitish blue to green, shrubby lichen. Lichen is an alga (which photosynthesizes) and a fungus operating together in a symbiotic relationship. The Arabs use ground Oak Moss to leaven bread. It is collected as a violet-scented fixative and an oleoresin, extracted for perfumes and soap. Native Americans used it when binding wounds, it is a stomach tonic and an expectorant, and soothes coughs. Oak Moss yields a purple wool dye, but air pollution has made it scarce.

a) Parts Used: Whole Plant

b) Magical Use: Use to attract money.

93. ORANGE, SWEET: (*Citrus sinensis*) See Lemon

a) Magical Uses Use Peels in incense for love, good fortune, divination, balance, healing, harmony, peace, money and riches, Psychic awareness, Luck. A highly Solar scent, add essential oil to purification blends.

b) Aromatherapy Use: Dull and oily complexions, Obesity, Palpitations, Water Retention, Bronchitis, Chills, Colds, Flu, Constipation, Dyspepsia, Spasm, Nervous Tension, Stress-Related Conditions, Used to treat Mouth Ulcers. Key Qualities: Tonic, Refreshing, Warming, Uplifting, soothing, Sedative, Comforting.

94. ORRIS ROOT: (*Iris germanica var.florentina*) Orris root has a stout rhizome, sword like leaves, and large, scented flowers in early summer that range in color from pale blue to white.

a) Parts Used: Root

b) Magical Use: The Orris root has long been used to find and hold love. The whole Orrisroot is carried; the powder is added to sachets, sprinkled on sheets, clothing and the body as well as around the house. Orrisroot powder is sometimes known as "Love Drawing Powder".

c) Use for: Divination, Protection, And Psychic Awareness.

95. PARSLEY: (*Petroselinum sativum* also *crispum*) Parsley is a tap rooted biennial with solid stems, triangular, toothed and curled leaves divided into three segments, umbels of tiny cream summer flowers, and aromatic "seeds". Grown near roses, it improves their health and scent. Leaf infusions are a tonic for hair, skin and eyes. The leaves, root, and seeds are diuretic, scavenge skin-aging free radicals, and reduce the release of histamine. The second-year roots, the leaf, and the seed are used. Parsley is 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 (five to fifteen drops) has been used to bring on menstruation. The seed, when decocted, has been used for intermittent fevers. Steep one teaspoon of leaf per cup for twenty minutes or simmer one teaspoon of the root or seed for twenty minutes. The dose is one-fourth cup, four times a day. 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. CAUTION: Persons with weak kidneys should avoid this herb.

a) Parts Used: Root, leaf and seed

b) Magical Use: the Greeks used Parsley in funeral rites, it was held sacred to Persephone. It was wound into funeral wreaths and used to decorate tombs. 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 used in purification baths, and those to stop all misfortune.

c) Aromatherapy Use: Accumulation of toxins, Arthritis, Broken Blood vessels, Cellulites, Rheumatism, Sciatica, Colic, Flatulence, Indigestion, Hemorrhoids, Amenorrhea, Dysmenorrhea, To aid Labor, Cystitis, Urinary Infection. Key Qualities: Refreshing, Stimulating, And Warming. Avoid during Pregnancy.

96. PATCHOULI: (*Pogostemon patchouli* or *heyeanus*) This tender, aromatic herb has upright, square stems with soft oval leaves and whorls of whitish flowers on spikes. The leaves, placed among clothes to deter insects, give Indian shawls their characteristic fragrance. Patchouli gave the distinctive scent to original India ink and Chinese red ink paste.

a) Parts Used: Leaf

b) Magical Use: Patchouli smells like rich earth, and so has been used in money and prosperity mixtures and spells. It is sprinkled onto money, added to purses and wallets, and placed around the base of green candles. Also, owing to its earthiness, Patchouli is used in fertility talismans and is also substituted for 'graveyard dust'. Patchouli is added to love sachets and baths. Patchouli is used to attract people and to promote lust. Burn as incense for: Drawing Money, Fertility, Protection, Defense, Lust, Banishing, Releasing, Love, Earth, and Underworld.

c) Aromatherapy Use: Acne, Athlete's Foot, Cracked and Chapped Skin, Dandruff, Dermatitis, Eczema, Fungal Infections, Hair Care, Impetigo, Sores, Oily Hair and Skin, Open Pores, Wounds, Wrinkles, Frigidity, Nervous Exhaustion, Stress Related Conditions. Key Qualities: Stimulant in small amounts, Sedative in large doses, Aphrodisiac, Nerve Tonic, Appeasing, Calming, Uplifting.

97. PEPPERMINT: (*Mentha piperita*) See Mint.

a) Magical Use: This familiar scent is excellent when used for purification. Though slow-growing the results are worth the wait. Rub against furniture and walls and floorboards to cleanse them of evil and negativity. Smelled it compels one towards sleep and placed beneath the pillow it sometimes offers one glimpses of the future in dreams. Burn as Incense for: Exorcism, Health, Healing, Lust, Money and Riches, Changes, Psychic Awareness, Purification.

b) Aromatherapy Use: See Mint

98. PINE: (*Pinus* spp.) Sacred to the Druids, the pine was known as one of the Seven Chieftain Trees of the Irish. Dry distillation of Scotch Pine (*Pinus sylvestris*) needles, twigs, and cones gives the best quality pine oil for perfumes and for expectorants in inhalations for bronchitis and colds. The root tar is included in some hair growth stimulation products. The needles and young twigs of the white pine (*Pinus strobus*, *Pinus alba*) are made into infusions for coughs and as an antiscorbutic, use two teaspoons per cup of water and simmer for twenty minutes. High in vitamin C, they helped our ancestors get through the long winters. The knot of the wood is boiled with angelica, acathopanax, quince, and mulberry branches to make a bath for arthritis and rheumatism. Pine needles are simmered into massage oils. The oil is used externally to relieve rheumatic pain, chronic bronchitis, sciatica, pneumonia, and nephritis. Simply cover the needles with a good quality olive oil and simmer at low heat for twenty minutes, or place in a low (180°) oven overnight. The resin heals the kidneys, liver and lungs. The scent is calming to the lungs and nerves.

a) Parts Used: Needle, twig, and knot of the wood

b) Magical Uses Pine is the "tree of peace" of the Native American Iroquois confederacy. Burn pine to purify the home and decorate with its branches to bring healing and joy. Mix with equal parts of Juniper and Cedar; burn to purify the home and ritual area. The cones and nuts can be carried as a fertility charm. Placing pine needles in a loose-woven bag and running bathwater over this makes a good magical cleansing and stimulating bath. To purify and sanctify an outdoor ritual area, brush the ground with a pine branch. The oil is commonly added to purification, protection, money and healing mixtures. Burn as incense for, money, purification, healing and exorcism.

c) Aromatherapy Use: (Scotch Pine) Cuts, Lice, Excessive Perspiration, Scabies, Sores, Arthritis, Gout, Muscular aches and pains, Neuralgia, Poor Circulation, Rheumatism, Asthma, Bronchitis, Catarrh, Colds, Coughs, Flu, Sinusitis, Sore Throat, Cystitis, Urinary Infection, Fatigue, Nervous Exhaustion, Stress Related Conditions. Key Qualities: Strengthening, Cleansing, Restorative, Reviving, Refreshing, Stimulant, Soothing.

99. ROSE: (*Rosa* spp.) The Rose has aromatic, cosmetic, medicinal, culinary, and craft uses. Fresh petals and rosewater flavor sweet and savory dishes and are crystallized for decoration. Rosewater revives tired skin and eyes. Dog Rose (*Rosa canina*) is the major source of hips for jam, syrup, tea and wine. Associated with pure love and femininity, it is valued by aroma therapists for its rejuvenating qualities. Adding twice the petals' weight of sugar and infusing in hot water can make rose petal syrup. Alternatively, the fresh petals can be ground with a little boiling water and strained, and the liquid combined with honey. The resulting liquid is a natural laxative and a tonic for the stomach. The rose hips should be gathered after the first frost. They will be red and ready for drying or making into jam. The jam or jelly is used for coughs. The dried hips are opened, the seeds and hairs removed, and the skins used for an excellent sore throat tea, use two

teaspoons per cup of water and simmer for ten minutes. An infusion of the petals, one ounce to one pint of water, makes a soothing eye lotion, strain it first through cheesecloth.

a) Parts Used: Flowers and hips

b) Magical Use: The Rose is a Goddess herb belonging to Venus and the Water element. Rose is the accepted love scent. Rose buds are added to bath water to conjure a lover. Place some in a red cloth bag and pin it under your clothes. Rose hips worn as beads attract love. True rose essential oil (known as Otto) and rose absolute are expensive but worth it, one drop has powerful properties. DO NOT use synthetics. Rose oil is used in formulas designed to attract love, confer peace, stimulate sexual appetites, and enhance beauty. A tea of rosebuds drunk before sleep induces prophetic dreams. Rose petal and hips are used in healing spells and mixtures. Rose petals sprinkled around the house calm personal stress and household upheavals. Roses planted in the garden attract fairies and are said to grow best when stolen. Burn as incense for: Healing, Health, Love, Luck, Creativity, Balance, Anointing, Divination, Clairvoyance, Protection, Psychic Awareness.

c) Aromatherapy Use: Thread Veins, Dry, Mature and Sensitive Skin, Wrinkles, Eczema, Herpes, Palpitations, Poor Circulation, Asthma, Coughs, Hay Fever, Cholecystitis, Liver Congestion, Nausea, Irregular Menstruation, Leucorrhoea, Menorrhagia, Uterine Disorders, Depression, Impotence, Insomnia, Frigidity, Headache, Nervous Tension, Stress Related Conditions. Key Qualities: Aphrodisiac, Soothing, Comforting, Antidepressant, Sedative, Uplifting, Appeasing, Regulating, and Heart Tonic.

100. ROSEMARY: (*Rosmarinus officinalis*) Rosemary leaves are an ancient savory herb, especially popular in Italian dishes, and with shellfish, pork and lamb. The antiseptic, antioxidant leaves help preserve food, aid digestion of fat, and are included in several slimming compounds. The flowers can be used fresh as a garnish or crystallized as decoration. Distilled flower water makes soothing eyewash. The leaf and flowers are stimulating to the liver and the digestion. For this reason, rosemary is a classic herb for migraine headache when associated with liver or stomach torpidity. Rosemary increases the circulation and slightly raises blood pressure. To make the tea, steep two teaspoon of the dried flowering tops in one cup of water for twenty minutes. Take one-fourth cup four times a day. Use rosemary in salves for eczema, wounds, and sores. The tea makes a mouthwash for bad breath. The oil benefits stomach and nerves. Steep the herb in white wine for a week and strain. Rub the rosemary wine into gouty or 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 an herbal tobacco to relieve asthma and lung conditions. CAUTION: When rosemary is used as a tea, the dose should not exceed one cup per day. Overdose can cause fatal poisoning.

a) Parts Used: Leaf and flower

b) Magical Use: "Any home where rosemary thrives is a home where the mistress rules." Rosemary when burned, emits powerful cleansing and purifying vibrations, and so is smoldered to rid a place of negativity, especially prior to performing magic. It is one of the oldest incenses. Burn for protection, exorcism, purification, healing, to cause sleep, To restore or maintain youth, to bring love and to increase intellectual powers. Rosemary infusion is used to wash the hands before healing work, and the leaves mixed with

juniper berries are burned in sickrooms to promote healing. Rosemary may be substituted for any other herb, in any spell or mixture. It is generally used as a substitute for Frankincense.

c) Aromatherapy Use: Acne, Dermatitis, Eczema, Lice, Scabies, Hair, Scalp, Arteriosclerosis, Fluid Retention, Gout, Muscular Pain, Neuralgia, Palpitations, Poor Circulation, Varicose Veins, Rheumatism, Asthma, Bronchitis, Whooping Cough, Colitis, Dyspepsia, Flatulence, Hepatic Disorders, Jaundice, Dysmenorrhea, Leucorrhoea, Colds, Flu, Infections, Headaches, Hypo tension, Nervous Exhaustion, Stress Related Conditions. Key Qualities: Stimulant (nervous and mental), Analgesic, Tonic, Strengthening, Restorative, Purifying, Protective, Reviving, Refreshing.

101. ROWAN: (*Sorbus aucuparia*) Also known as Mountain Ash, Witch wood, Witch bane, and Sorb Apple. A Druid sacred tree and sacred to the goddess Bride/Bridgit, Rowan bears clusters of spring flowers and bright red berries in autumn, when the leaves may turn red. The berries, rich in vitamin C, can be made into a tart jelly, Ground into flour, fermented into wine, or distilled into spirit. The seeds should be removed as they can contain hydro cyanic acid and are considered poisonous. Rowan is a traditional country charm against witchcraft.(!) Rowan is a close relative of *Sorbus americana* (American mountain ash) and can be used in the same way herbally. The bark is decocted for diarrhea and for vaginal douches, simmer two teaspoons of the bark per cup of water for twenty minutes. The bark is tinctured in alcohol for eight days to treat fevers (especially intermittent fevers). The berries are gathered when ripe and then dried or made into jam. The berries are very high in vitamin C and are useful for sore throats and tonsillitis. Take one teaspoon of the fresh berry juice or a quarter cup of the tea made by simmering one teaspoon per cup of water for twenty minutes. The ancient Welsh made an ale from rowan berries.

a) Parts Used: Fruit

b) Magical Use: Rowan is said to have come from the land of Fairy and as such is a very magical tree used for wands, rods, amulets, and spells. All parts of the tree are sacred. Make a tea with a few of the ripe berries and add it to the ritual chalice. A forked branch can help find water. Wands are for knowledge, locating metal, and general divination. Fires made of Rowan serve to summon spirits, especially when facing conflicts. Incense of leaves and berries for divination. Grow for protection of home. Carrying Rowan wood increases psychic powers. Rowan carried on board ship will prevent its involvement in storms, kept in the house it guards against lightning strikes, and when planted on a grave Rowan keeps the deceased one from haunting the place. Rowans growing near stone circles are the most potent. The leaf and berry are used in incense to increase psychic powers. Wear a tiny cross of rowan wood somewhere in your clothing or protection.

102. RUE: (*Ruta graveolens*) Also known as Herb of Grace. This evergreen subshrub has yellow summer flowers and deeply divided, bluish, aromatic leaves. Rue is a stimulant and abortifacient and strengthens capillaries. Its antispasmodic action treats high blood pressure, epilepsy and colic. A leaf wash treats tired eyes and was used by da Vinci and Michelangelo. Rue's round-lobed leaves inspired the symbol for the suit of clubs. CAUTION: Some people may experience skin irritation when picking the fresh plant. The whole herb is used, fresh or dry. It is taken warm to bring on menstruation. The infusion benefits coughs, cramp, and colic. Steep two teaspoons of the dried herb in a cup of water for twenty minutes. Take no more than one-half cup per day. The leaves are used in poultices and salves to relieve sciatica, gout, and rheumatic pains. The fresh leaves are placed on the temples to relieve headache. Fomentations of the tea are placed

on the chest to help bronchitis. The juice or oil is placed in the ear to relieve earaches. CAUTION: This is a strong herb. Use in dosages only as indicated. Overdose will lead to vomiting.

a) Parts Used: Above-ground portions of the herb

b) Magical Use: Ancient Celts considered Rue an anti-magical herb, which is a defense against spells and dark magic. A fresh sprig can be used to sprinkle sacred water for consecration, blessings and healings. Burned in exorcism or purification incenses, it routs negativity and gets things moving. Used in altar oil, blessing, purifying, cleansing, consecration, protection, banishing, releasing, exorcism, inspiration, wisdom. Fresh Rue leaves placed on the forehead relieves headaches. Rue added to baths breaks all hexes and curses that may have been cast against you. Rue is another plant said to grow best when stolen, and indeed its presence in the garden beautifies and protects it. For some reason, toads have an aversion to Rue.

103. SAFFRON: (*Crocus sativus*) The stigmas and style tops flavor and color liqueurs and many dishes, especially rice. Saffron is considered an aphrodisiac, but too much may be narcotic. It is given to reduce fevers, cramps, and enlarged livers, and to calm nerves, and is applied externally for bruises, rheumatism, and neuralgia. In India saffron is used ceremonially. Although water soluble, it is used cosmetically and as a sacred dye. Turmeric is mistakenly called saffron in Asia.

a) Parts Used: Stamens

b) Magical Use: Saffron is added to love sachets as well as though aimed at raising lustful feelings. It is used in healing spells, and the infusion is used as wash water for the hands prior to healing rituals. Sheets were rinsed with a saffron infusion in Ireland so that the arms and legs would be strengthened during sleep, and the ancient Persians used Saffron to raise the wind. Use in spells for: Happiness, Health/Healing, Lust, Psychic Awareness, Wing Raising, Strength.

104. SAGE: (*Salvia officinalis*) Sage leaf has a strong taste that increases when dried. Used sparingly to flavor and aid the digestion of fatty meats, it is popular in poultry stuffing and combines well with strongly flavored foods. The flowers are tossed in salads and are brewed for a light, balsamic tea, while the leaf tea is an antiseptic nerve and blood tonic. Sage contains hormone precursors that help irregular menstruation and menopause symptoms. Sage is a drying agent for the body. The tea of the leaf will dry up night sweats, breast milk, and mucous congestion. It benefits the nerves and the menstrual cycle as well. Being astringent, it helps with diarrhea. Use it as a sore throat gargle and as a poultice for sores and stings. Use two teaspoons of the herb per cup of water, steep for twenty minutes and take a quarter cup four times a day. Tincture, fifteen to forty drops, up to four times a day.

a) Parts Used: Leaf

b) Magical Use: Sage absorbs negativity and misfortune. It drives away disturbances and tensions, and lifts the spirits above the mundane cares of life. Burn it to consecrate a ritual space. Carry it as an herb of protection. Use it in the ritual bath and chalice. Tradition holds that those who eat sage become immortal in both wisdom and years. Sage is used in wish manifestations and to attract money. Smolder to promote

healing and spirituality. Carry to promote wisdom. Use in spells for: Protection, Wisdom, Health, Money and Riches, Spirituality.

c) Aromatherapy Use: (Clary Sage *Salvia sclarea*) Acne, Boils, Dandruff, Hair Loss, Inflamed Skin Conditions, Oily Skin and Hair, Ulcers, Wrinkles, High Blood Pressure, Muscular Aches and Pains, Asthma, Throat Infections, Whooping Cough, Colic, Cramps, Dyspepsia, Flatulence, Labor Pain, Irregular Menstruation, Depression, Frigidity, Impotence, Migraine, Nervous Tension, Stress Related Conditions. Key Qualities: Relaxing, Rejuvenating, Balancing, Inspiring, sedative, Revitalizing, Aphrodisiac, Intoxicating, Euphoric, Warming.

105. ST. JOHN'S WORT: (*Hypericum perforatum*) A Druid sacred herb, the Celts passed it through the smoke of the Summer Solstice fire, then wore it in battle for invincibility. This herb has woody-based stems, with pairs of small, balsamic-scented leaves and clusters of lemon-scented, yellow summer flowers. The leaves are used in salads and to flavor liqueurs. Extract of the flowering tops is antiviral, astringent, and sedative, it treats inflammation, wounds, and diarrhea. Taken internally, it calms nerves and treats depression. It is under research for AIDS treatment. The flowers yield yellow and red dyes. The herb is the part used for lung problems, bladder complaints, diarrhea, dysentery, depression, hemorrhages, and jaundice. Steep two teaspoons of the herb per cup of water for twenty minutes. Take one-half cup in the morning and one-half cup at bed time. Bedwetting is helped by a nightly cup of the tea. The oil and fomentation are applied externally the injuries, especially when nerve endings are involved (i.e. fingers and toes) and to soften tumors and caked breasts. To make the oil, cover the flowers with good cold-pressed olive oil and leave the sealed preparation in the hot sun for twenty-one days or until it becomes a rich red. The oil is excellent for massages, as it affects the spine directly. Varicose veins, mild burns, inflammations, neuralgia, and rheumatism are helped by a poultice of it. CAUTION: Malignant tumors must be treated with care. Never rub or massage a malignant growth, as cells may become detached and travel to other parts of the body.

a) Parts Used: Flower, leaf, and stem

b) Magical Use: The Welsh called this plant "leaf of the blessed." It was understood to be an idea combination of water and fire, the ultimate healing essence. Fire symbolized the fruitful light-filled forces of summer, and water the gathering and settling forces of the dark season. Midsummer was the time of balance between these forces of light and dark. Burn at Litha to send away negativity, wear for invincibility, health and willpower. Gather at Litha or on a Friday and worn it will keep mental illness at bay and also cure melancholy. When placed in a jar and hung by a window, St. John's Wort protects against thunderbolts, fire and evil spirits. Both flowers and leaves are used for this purpose. At one time St. John's Wort was held to the mouth of accused Witches to attempt to force them to confess.

106. SANDALWOOD: (*Santalum album*) Sandalwood is one of the most valuable woods in the world. All parts yields Sandalwood oil, particularly the heartwood and the roots, which yield about 6 percent essential oil. Recorded in Ayurvedic medicine and Egyptian embalming, the oil is now used as an inhalant for its expectorant and sedative effect on coughs and as a powerful antiseptic for lung and urinary tract infections. Sandalwood makes a popular incense, as its calming effect aids meditation. It is commonly used for funeral pyres in India, where devotees believe the scent protects places from evil spirits. 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 gonorrhoea and the urethral discharge that results. Simmer one teaspoon of the wood per cup of water for twenty minutes, and take up to two cups a day in quarter-cup doses.

a) Parts Used: Heartwood

b) Magical Use: Lower grades of Sandalwood (light colored with little scent) are not recommended to use in magic. Sandalwood powder is burned during protection, healing and exorcism spells. When mixed with lavender it makes an incense designed to conjure spirits. This fragrant wood possesses very high spiritual vibrations and is mixed with Frankincense and burned at séances and Full Moon rituals. Powdered sandalwood can be scattered about a place to clear it of negativity. Sandalwood beads are protective and promote a spiritual awareness when worn. 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 scents of frankincense and sandalwood have some of the highest vibrations inherent in any plant. They will resonate with aspects of ourselves or with Devic/Angelic beings of the highest order. Rose is another herb held to have that frequency, thus attracting or eliciting the highest spiritual vibrations from within ourselves and the cosmos. Sandalwood is used as an incense base for: Protection, Healing, Exorcise, Spirituality, Wishes, Full Moon Esbats, Wards Negativity, Astral Projection, Reincarnation, Spirit Offering.

c) Aromatherapy Use: Acne, Dry, Cracked, Chapped Skin, After Shave, Greasy Skin, Moisturizer, Bronchitis, Catarrh, Coughs (dry, persistent), Laryngitis, Sore Throat, Diarrhea, Nausea, Cystitis, Depression, Insomnia, Nervous Tension, Stress Related Conditions. Key Qualities: Aphrodisiac, Soothing, Relaxing, Uplifting, Purifying, Warming, Grounding, Opening, Elevating, Sedative.

107. SPEARMINT: (*Mentha spicata*) Also called Garden Mint, Our Lady's Mint, Sage of Bethlehem, Erba Santa Maria and Lamb Mint. Spearmint is the most generally cultivated of the culinary mints. The leaves are almost or completely stalkless, lance-shaped bright-green and hairless. Mice hate the smell of mint and will avoid any place where the herb is scattered.

a) Magical Use: Spearmint is used in all healing applications, especially in aiding lung diseases. Smelled, spearmint increases and sharpens mental powers. For protection while asleep, stuff a pillow or mattress with spearmint.

b) Aromatherapy Use: See Mint

108. STAR ANISE: (*Illicium verum*) All parts of this small, evergreen tree are aromatic, the smooth, gray-white bark, narrow to elliptic shiny green leaves, solitary yellow flowers, and glossy brown seeds. The distinctive seeds and pods are used as a spice in Asian cookery, notably as an ingredient of Chinese five-spice powder. The fruits and foliage yield an essential oil, used as a substitute anise seed flavoring, or, medicinally to relieve chest complaints, rheumatism, and flatulence. The oil appears in soaps, hair oils, and Asian perfumes. Chew the seeds after a meal to help the digestion. Simmer the seeds to make a tea for colic and rheumatic complaints. Steep one teaspoon of the crushed seed in one cup of boiled water for twenty minutes and take up to two cups a day. Often added to other brews to improve taste, the tea of the

seed will help cramps and nausea, promote menstruation, and increase breast milk. It also relieves insomnia. The seeds are simmered into salves for scabies and lice. The oil is a stomach tonic. The seeds can be tinctured in brandy (rather than the usual vodka, whiskey, or grain alcohol) with some lemon peel, the dose is one-fourth to one-half teaspoon.

a) Parts Used: Seed

b) Magical Use: The powdered bark is used as an incense in Japanese temples. The tree is planted by the Japanese around temples and on graves as an herb of consecration and protection. The seeds are burned as incense to increase psychic powers, and are also worn as beads for the same purpose. Sometimes star anise is placed on the altar to give it power, one is placed to each of the four directions. It is also carried as a general luck-bringer, and the seeds make excellent pendulums. The tree is often grown near Buddhist temples where it is revered.

c) Aromatherapy Use: Couldn't find any reference to it's use in Aromatherapy, though it is widely used in homeopathy.

109. SUNFLOWER: (*Helianthus annuus*) This fast-growing annual has a thick, tall, hairy stem, heart-shaped leaves, and large yellow flower heads in late summer. The nutritious seeds are eaten raw, roasted, and ground into meal or nut butter and were used by Native American warriors as "energy cakes." The flower buds give a yellow dye and are cooked like artichokes. The pressed seeds yield an all-purpose oil with culinary, cosmetic, and industrial uses. Medicinally, the seeds are used as a diuretic and expectorant and treat coughs, dysentery, and kidney inflammation. The root is a laxative and treats stomach pain. The stem pith yields potash and fibers for textiles and paper, and its cellular lightness is used for microscope slide mounts. The seed heads provide food for birds in winter.

a) Parts Used: flower, leaves, stalk, root and seeds

b) Magical Use: In Aztec temples of the sun, priestesses carried sunflowers and wore them as crowns. As sun symbols, these flowers symbolize the healthy ego, the wisdom, and the fertility of the solar logos. Sunflower seeds are eaten by women who wish to conceive. To protect yourself against smallpox wear sunflower seeds around the neck, either in a bag or strung like beads. If you cut a sunflower at sunset while making a wish, the wish will come true before another sunset - as long as the wish isn't too grand. Sleeping with a sunflower under the bed allows you to know the truth in any matter. If you wish to become virtuous, anoint yourself with juice pressed from the stems of the sunflower. Sunflowers growing in the garden guard it against pests and grant the best of luck to the gardener.

110. TEA TREE: (*Melaleuca alternifolia*) Tea tree oil has huge healing potential. It is a powerful antiseptic and immune stimulant, active against bacteria, viruses, and fungi such as athlete's foot and thrush. It helps treat colds, flu, lesions, warts and acne. Tea Tree is the best remedy for yeast infections!

a) Aromatherapy Use: Abscesses, Acne, Athlete's Foot, Blisters, Burns, Bruises, Chicken Pox Rash, Cold Sores, Dandruff, Herpes, Insect Bites, Oily Skin, Spots, Rashes, Warts, Wounds (infected), Asthma,

Bronchitis, Catarrh, Coughs, Sinusitis, Tuberculosis, Whooping Cough, Thrush, Vaginitis, Colds, Fever, Flu, Infectious Illnesses, Cystitis, Pruritis. Key Qualities: Penetrating, Medicinal, Stimulating, Refreshing.

111. THYME: (*Thymus vulgaris*) Also known as Common Thyme, Mother of Thyme, and Garden Thyme. A Druid sacred herb, culinary Thyme aids the digestion of fatty foods and is part of bouquet garni and Benedictine liqueur. Thyme oil is distilled from the leaves and flowering tops and is a stimulant and antiseptic. It is a nerve tonic used externally to treat depression, colds, muscular pain and respiratory problems. The oil is added to acne lotions and mouthwashes. Research has confirmed Thyme strengthens the immune system. Thyme is an excellent lung cleanser. Use it to dry up and clear out moist phlegm and to treat whooping cough. It makes a good tea for the mother after childbirth, as it helps expel the placenta. Steam one-half teaspoon fresh herb or one teaspoon dried herb in one-half cup of hot water for five minutes. Take up to one and a half cups a day in quarter-cup doses. A natural antiseptic, thyme is often used in salves for wounds, swellings, sciatica, and failing eyes. The tea relieves gas and colic (as does the oil, taken in one- to five-drop doses). The tincture can be used in ten- to twenty-drop doses, taken three times a day. Use thyme for headaches and hangovers.

a) Parts Used: Above-ground portions of the herb.

b) Magical Use: Thyme is burned in incense to purify an area. A place where wild thyme grows will be a particularly powerful energy center on earth. A magical cleansing bath can be made by pouring a tea made with thyme and marjoram into the bathwater. A pillow stuffed with thyme cures nightmares. When attending a funeral, wear a sprig of thyme to repel the negativity of the mourners. Use as incense for: Health, Healing, Purification, Clairvoyance, Courage, Love, Psychic Awareness, Energy, Power, Strength. Thyme is often burned prior to magical rituals to cleanse the area. Carried and smelled to give courage and energy.

c) Aromatherapy Use: Abscess, Acne, Bruises, Burns, Cuts, Dermatitis, Eczema, Insect Bites, Lice, Arthritis, Gout, Muscular Aches and Pains, Obesity, Edema, Poor Circulation, Rheumatism, Sprains, Asthma, Bronchitis, catarrh, Coughs, Laryngitis, Sinusitis, Tonsillitis, Diarrhea, Dyspepsia, Flatulence, Chills, Colds, Flu, Infectious Diseases, Cystitis, Urethritis, Headaches, Insomnia, Stress Related Conditions. Key Qualities: Stimulating, Restorative, Warming, Reviving, Refreshing, Purifying, Antidepressant.

112. TOBACCO: (*Nicotiana tabacum*) This annual or biennial has large, long leaves and green-white to rose tubular flowers. The cured, dried leaves are smoked as a narcotic, but the poisonous nicotine they contain causes heart and lung disease and cancer. North and South American tribes smoke the leaves in ceremonies and apply poultices to sprains, to infected cuts and bites, and to problem skin. The juice is applied externally to relieve facial neuralgia, and wet leaves offer a quick cure for hemorrhoids. Research has revealed a chemical in the leaves that inhibits tumors.

a) Parts Used: Leaf

b) Magical Use: Candidates for some shamanic systems must drink tobacco juice to induce visions as part of their training. Tobacco has long been used in religious ceremonies by some of the American Indians. Indeed many peoples still regard the plant as sacred. Tobacco is a magical substitute for sulphur, as well as for datura and nightshade, both of which are related to tobacco. It can be substituted for any other

poisonous herb in ritual incense blends. Although it is regularly smoked by millions, tobacco is a very poisonous plant and can kill.

113. VALERIAN: (*Valeriana officinalis*) Also known as Garden Heliotrope, Vandal Root, and St. George's Herb. Valerian has compound leaves with a fresh pea pod scent, and clusters of honey scented flowers in midsummer. Both have unpleasant fetid undertones. Their musky root is used in stews and perfumes and unskinned root is a tranquilizer. The herb treats headaches, muscle cramps and irritable bowel syndrome and is used topically for wounds, ulcers, and eczema. Laboratory tests show anti-tumor activity. Composted leaves are rich in minerals. Do not take large doses or continuously. Although the root of the herb has a strong pungent scent, some cats love it more than catnip. (Mine do!!)

a) Parts Used: Root

b) Magical Use: A sprig of the plant pinned to a woman's clothing will cause men to 'follow her like children'. Valerian Root is added to Love Sachets. Put in pillows to promote deep rest. Use in spells for: Protection, Purification, Harmony, Peace, Happiness, Love, Creative Work, Money and Riches.

c) Aromatherapy Use: Insomnia, Nervous Indigestion, Migraine, Restlessness, Tension States. Key Qualities: Sedative, Depressant of the Central Nervous System, Mildly Hypnotic, Regulator, Calming, Soothing, Grounding.

114. VERVAIN: (*Verbena officinalis*) Also known as Enchanters Herb, Holy Herb, Verbena, Blue Vervain, and Holy Wort. A Druid sacred herb, common in their many rites and incantations, this hardy perennial has deeply cut lower leaves and smooth upper leaves with small dense spikes of pale lilac-pink flowers. An ancient sacred herb of purification, visions, and love potions, it was included in liqueurs and aphrodisiacs. Vervain was so highly regarded by the Druids that offerings were placed on altars. "Vervain" is a derivative of the Celtic *fer* (to drive away) and *faen* (stone), given to it because of its ability to purge calculi (gravel) from the bladder. A tea of the herb helps to increase breast milk and is helpful in lowering fever, especially of the intermittent type. It will benefit eczema and other skin eruptions, as it is a kidney and liver cleanser. Jaundice, whooping cough, edema, mastitis, and headaches fall under its sphere. To make the tea, steam one tablespoon of the herb per cup of water for twenty minutes. Externally, vervain is used in poultices for ear infections, rheumatism and wounds. Vervain is an emmenagogue (brings down the menses) 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 (*Verbena hastata*), 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 vervain by its deeper blue flowers and denser, bristly flower spikes. Blue vervain is also prepared in a standard infusion or tinctured in alcohol.

a) Parts Used: Above ground portions of the herb.

b) Magical Use: Vervain is a profoundly magical herb belonging to the sphere of Venus. Roman priests and priestesses used it as an altar plant - it was tied in bundles and used to ritually "sweep" and purify the altar. Druids placed it in water that was sprinkled on worshipers as a blessing. Vervain was picked at the rising of the Dog Star, at the dark of the moon, just before flowering. It was taken from the earth with the sacred

sickle and raised aloft in the left hand. After prayers of thanksgiving were spoken the Druid or Druidess left a gift of honey to recompense the Earth for her loss. Vervain was once infused in wine and worn on the body to ward off the stings of insects and serpents. It is used in the bath as a protection from enchantments and to make dreams come true. Wearing or bathing in vervain places one under the influence of Diana. After washing your hands in the infusion, it will be possible to engender love in the one you touch. To dispel fears, light a candle daily and surround it with vervain. Speak aloud a prayer to the Gods and Goddesses asking for release from your fear. Do this as long as necessary. On the night of the full moon, go outside with a chalice filled with water, vervain and salt. Take also a candle and a piece of petrified wood. Dip the stone into the water mixture and then pass it through the candle flame. Touch the stone to your feet, hands, shoulders, and head. As you do this ask for the blessings of youth and beauty. Repeat the process seven times. Vervain is worn as a crown during Druidic initiatory rites and as protection for those who are working magic. Sprinkle throughout the home for protection and to bring peace. Keep some in the bedroom to bring tranquil dreams. Keep it in the home to attract wealth and to keep plants healthy. Sprinkle some on the garden as an offering to the elementals and other nature spirits. Drinking the juice of fresh vervain is said to cut sexual desire. Burn it to banish the pangs of unrequited love. Vervain is worn to recover stolen articles. Tucked into a child's cradle, the plant brings joy and a lively intellect. When burned, Vervain is powerful for warding psychic attack, but it is also used in spells for love, purification and attracting wealth. It is a powerful attractant to the opposite sex. Use for Anointing, Banishing, Gather and burn at Litha, Altar Offering, Creativity, Energy, Strength, Power.

115. VETIVERT: (*Vetivera zizanioides*) Also called Khus-khus. This perennial grass grows in dense clumps of stout stems with long leaves and has an aromatic rhizome and roots. The distilled root essential oil flavors Asian sherbets and sweets, fixes perfumes, and scents quality soaps, cosmetics and aftershaves. The scent is a deep yet refreshing, woody, resinous mixture of myrrh and violets.

a) Parts Used: Root

b) Magical Use: Vetivert root is burned to overcome evil spells. It is also used in love powders, sachet and incenses and is added to the bathwater in a sachet to make yourself more attractive to the opposite sex. Vetivert is also used in money spells and mixtures, placed in the cash register to increase business, carried to attract luck, and burned in anti-theft incenses.

c) Aromatherapy Use: Acne, Cuts, Oily Skin, Wounds, Arthritis, Muscular Aches and Pains, Rheumatism, Sprains, Stiffness, Debility, Depression, Insomnia, Nervous Tension. Known as the "Oil of Tranquility". Key Qualities: Sedative, Soothing, Calming, Tonic, Grounding, Uplifting, Protective.

116. VIOLET: (*Viola odorata*) Also called Heartsease, Little Faces, and Viola. This stem less perennial has scalloped, heart-shaped leaves and violet or white, sweetly scented flowers from winter to spring. The crystallized flowers flavor sweets and liqueurs and are tossed in salads with the leaves. The root treats bronchitis The leaves are a folk remedy for breast and lung cancer. The flower syrup is antiseptic and a mild laxative, and with the leaves treats coughs, headaches, and insomnia. Ancient Greeks wore the violet to calm tempers and to induce sleep The whole plant is used, fresh or dry. The leaves can be eaten as a type of wild spinach, and the flowers are used in salads and desserts. High in iron, the fresh leaf is used internally and externally for cancer, especially of the colon, throat, and tongue. For this purpose, the fresh laves should be infused daily and taken as tea, using one teaspoon of plant parts to a half cup of water, steep and

take a quarter cup four times a day. The tea can be applied externally as a fomentation. The flowers are laxative, the roots and stems are emetic and purgative. The fresh leaves are used in salves and poultices for wounds.

a) Parts Used: Whole Plant

b) Magical Use: violet crowns are said to cure headache, bring sleep, and calm anger. Violets are mixed with lavender, apple blossoms, yarrow, and roses in love potions. The leaf is a protection from all evil. Use for: Protection, Luck, Love, Lust, Wishes, Peace, Healing. Mixed with Lavender, the flowers are a powerful live stimulant and also arouse lust. Violets and Periwinkle are used to decorate the graves and corpses of children.

117. WILLOW: (*Salix alba*) Also known as White Willow, European Willow, Tree of Enchantment, and Witches Aspirin. One of the Seven Sacred Trees of the Irish. A Druid sacred tree, the willow is a Moon tree sacred to the White Lady. It's groves were considered so magical that priests, priestesses and all types of artisans sat among these trees to gain eloquence, inspiration, skills, and prophecies. The stem bark is a painkiller, a fever-reducer, and an original source for salicylic acid for aspirin. The infused leaves make a tea for nervous insomnia and are added to baths to ease rheumatism. The *Salix* species provide the best-quality artists' charcoal, branches are used for weaving, and the White Willow var. *caerulea* is the source of wood for cricket bats. The genus name *Salix* comes from the Celtic *sal-lis*, "near water". Black willow (*S. nigra*) bark is used to treat gonorrhea and ovarian pain. The white willow contains salicin, the active constituent from which Aspirin was first synthesized. White willow bark is used for rheumatic complaints, arthritis and headaches as well as diarrhea and dysentery. Fevers, edema, and the aftereffects of worms are treated with willow bark. To make the tea, steep three teaspoons of the bark in on cup of cold water for two to five hours, boil for one minute, and strain. Willow is also available as a powder. The dose is one teaspoon, three times a day in tea or capsules. The tincture can be taken in ten- to twenty-drop doses four times a day.

a) Parts Used: Bark, collected in the Spring.

b) Magical Use: Willows are commonly found near ancient British burial sites. The willow is a guardian tree, said to protect from evil influences. The willow tree has a healing aura that blesses all it touches. All parts of the willow guard against evil and can be carried or placed in the home for this purpose. Burn bark with sandalwood for divination and love. Magical brooms, especially Witch's brooms, are traditionally bound with a willow branch.

118. WITCH HAZEL: (*Hammamelis virginiana*) Also called Spotted Alder, and Winter Bloom, Witch Hazel, a distillation from the leaves and flower-bearing twigs, is included in skin products for its disinfectant and astringent properties. It is used on chapped and sunburned skin, bruises, swellings, and rashes, to stop bleeding, and to reduce varicose veins and hemorrhoids. The seeds are edible and the leaves can be brewed for a warming tea. Commercially distilled witch hazel contains 14 percent alcohol. It must not be confused with tincture of Witch Hazel, which may be much more astringent and could disfigure skin.

a) Parts Used: Leaf and young twigs

b) **Magical Use:** Witch hazel has long been used to fashion divining rods, hence the common name. The bark and twigs are also used to protect against evil influences. If carried, witch hazel helps to mend a broken heart and cool the passions.

c) **Aromatherapy Use:** Distilled witch hazel is one of the basics in any home first aid kit. It is useful for stings, bruises, cuts, scrapes, sprains, tissue swelling, and many other minor conditions. It is also useful in skin care regimes.

119. **WOOD ALOE:** (*Aquilaria agallocha*) The prized elusive scent of Wood Aloe exists only in resin-saturated diseased wood.

a) **Magical Use:** Wood Aloe possesses high spiritual vibrations. Will bring love if worn. Use in incense for Love, Protection, Money and Riches, and Spirituality.

120. **WORMWOOD:** (*Artemisia absinthium*) Also known as Absinthe. A Druid sacred herb, Wormwood is very magical and sacred to Moon deities. An accumulative poison if ingested. Wormwood is a bitter herb used to flavor vermouth and the now-banned liqueur absinthe. A leaf and flowering top infusion is a tonic for the digestive system, liver, gallbladder, and blood, reducing inflammation and clearing impurities. The plant treats fever, expels worms, and reduces the toxicity of lead poisoning. As a companion plant, it acts as a deterrent against several insect pests. Toxic in high doses! The leaves and flowers are used in a light infusion to help digestion, flatulence, and heartburn. Wormwood improves circulation and stimulates the liver. The tea is said to relieve labor pains. Use one teaspoon per cup and steep for twenty minutes, take a quarter cup up to four times a day, or use as a tincture, eight to ten drops in water up to three times a day. A fomentation of the leaves and flowers soothes bruises and sprains. The oil relieves arthritis. **CAUTION:** The oil is for external use only! Prolonged use of wormwood can lead to nerve damage.

a) **Parts Used:** Leaf and flower

b) **Magical Use:** The scent of wormwood is said to increase psychic powers. Burned with incenses on Samhain to aid evocation, divination, scrying and prophecy. Especially good when combined with Mugwort. Strengthens incenses for exorcism and protection. Hung from a rear-view mirror, wormwood protects vehicles from accidents on treacherous roads. Use in spells for: Binding, Psychic Awareness, Evocation, Love, Clairvoyance.

121. **YARROW:** (*Achillea millefolium*) Also known as Seven Year's Love, Milfoil, and Woundwort. The flowering tops are a digestive and cleaning tonic and a diuretic and are used to reduce high blood pressure. Fresh leaves arrest bleeding and are applied as a poultice to wounds or are placed on shaving cuts. One of the true treasures of the earth, Yarrow essential oil is naturally blue and possesses an incredible scent. The oil treats colds, flu, and inflamed joints. This is a classic herb for flu, especially the intestinal variety. Try a mixture of elderflower, peppermint, and yarrow to bring down a fever and induce perspiration. The tea benefits the kidneys. Yarrow is used in salves for hemorrhoids and in poultices to stop bleeding and help heal wounds. Cramps and rheumatism are treated with the tea, as are intestinal gas, diarrhea, anorexia, and hyperacidity.

a) Parts Used: Above-ground portions of the herb

b) Magical Use: Large patches of yarrow growing in a field indicate a very grounded energy spot. Sit there to center and relax. Yarrow is used to exorcise evil and negativity from a person, place or thing. A bunch of dried yarrow hung over the bed or yarrow used in wedding decorations ensures a love lasting at least seven years. Use in spells for: Divination, Love, Happy Marriage, Wards Negativity, Defense, Protection, Gather at Litha, Psychic Awareness, Banishing, Releasing, Clairvoyance.

c) Aromatherapy Use: Acne, Burns, Cuts, Eczema, Hair Rinse, Inflammation, Rashes, Scars, Wounds, Arteriosclerosis, High Blood Pressure, Rheumatoid Arthritis, Thrombosis, Varicose Veins, Constipation, Cramps, Flatulence, Hemorrhoids, Indigestion, Amenorrhea, Colds, Fever, Flu, Cystitis, Hypertension, Insomnia, Stress Related Conditions. Key Qualities: Balancing, Restorative, Tonic, Strengthening, Opening, Grounding, Revitalizing, Mildly Stimulating.

122. YLANG-YLANG: (*Cananga odorata*) Ylang-ylang has glossy leaves and masses of perfumed, greenish-yellow (sometimes mauve or pink) flowers with narrow petals that resemble witch hazel flowers but appear during two flowering periods. The essential oil is distilled by steam from freshly picked flowers and is featured in many perfumes, soaps, skin lotions, and to balance sebum in Macassar hair oil. Use in moderation, since the oil's heady scent can cause headaches or nausea. Ylang-Ylang means "flower of flowers".

a) Magical Use: (Oil) Useful for Peace, Love and Sex Spells. It can be worn on the body or included in mixtures for these purposes.

b) Aromatherapy Use: (Oil) Acne, Hair Growth, Hair Rinse, Insect Bites, Irritated and Oily Skin, General Skin Care, High Blood Pressure, Palpitations, Depression, Frigidity, Impotence, Insomnia, Nervous Tension, Stress Related Disorders. Key Qualities: Powerfully Sedative, Soothing, Calming, Regulating, Euphoria-inducing, and narcotic when used in large quantities, Aphrodisiac.