



WICCA

HERBAL MAGIC

A BEGINNER'S GUIDE TO PRACTICING WICCAN
HERBAL MAGIC, WITH SIMPLE HERB SPELLS

LISA CHAMBERLAIN

Wicca Herbal Magic:

A Beginner's Guide to Practicing Wiccan Herbal Magic, with
Simple Herb Spells

By Lisa Chamberlain

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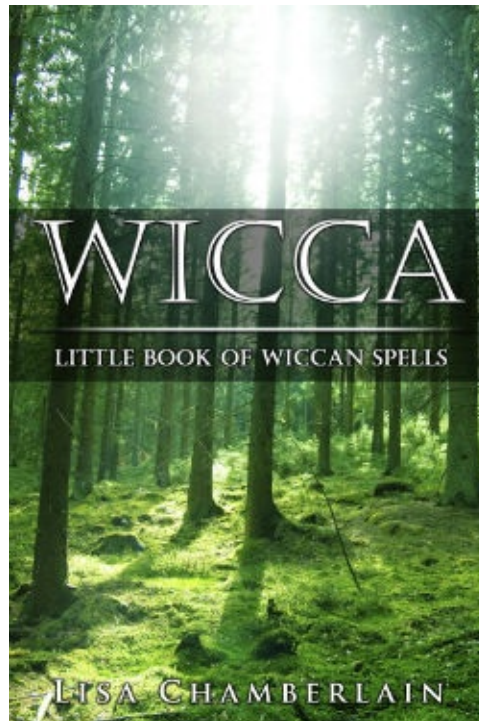
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INTRODUCTION

To those who are starting out on their path in the Craft, the word “magic” may bring to mind images of robed figures working with wands, athames, pentacles, candles, and other man-made objects in highly ritualized ways.

This is not at all an inaccurate vision. Many forms of Wicca and other Witchcraft focus heavily on these tools, and most involve a ritual structure inspired, at least to some degree, by occult societies such as the Ordo Templi Orientis and the Hermetic Order of the Golden Dawn.

The symbolism inherent in these tools of the Craft contributes to their power in helping the Witch to bring about desired results. And the intentional energy that goes into making magical tools can also be a great “boost” of power in this regard.

However, magic in contemporary Witchcraft has another source of influence that many would argue is of equal importance: the use of *nature-made* tools, in the form of water, wind, earth, stone, fire, fur, feathers, *etc.*

In fact, drawing on the power of the natural environment to manifest one’s desires into being is a tradition much older than any known form of Wicca or other Witchcraft—older than the Western Mystery Tradition altogether. And of course, the greatest and most diverse source of naturally occurring magical tools is the plant kingdom.

Whether we’re talking about trees, shrubs, creepers, vines, flowers, grasses, evergreens, succulents, annuals, perennials, fruits, vegetables, or just plain “weeds,” the world of plant life holds limitless possibilities for any Witch willing to learn its secrets.

Herbal magic is a wonderful form of magic to practice, as it keeps Witches literally in touch with the powers of the Earth—not to mention the Sun, the rain, and the wind, as well as the role played by insects and other animal life in sustaining the cycle of life and death in all of its forms.

The inherent magical power of herbs comes directly from the source of all creation and has the potential to transform lives on physical, emotional, and spiritual levels.

Indeed, while the seeds, roots, stems, leaves, or flowers of a common plant may seem small or ordinary (or perhaps even strange) to the novice, the study and

patient practice of herbal magic can prove to be the most rewarding form of the Craft a Witch can discover.

This guide provides an overview of the use of herbs in contemporary Witchcraft.

First, you'll get a brief orientation to the history of the human relationship with the magic of the plant kingdom, as well as a basic understanding of *how* these silent but powerful beings are able to aid us.

You'll also meet 13 delightful herbs commonly used in magic, and gain practical advice for obtaining and properly caring for herbs in a way that maximizes their magical potential.

Finally, you'll find several spells and other magical workings for you to try as you begin to cultivate a rewarding practice of your own.

Enjoy the journey, and Blessed Be!

SECTION ONE: THE ANCIENT ART OF HERBALISM

An Introduction to Herbalism

It all begins with a tiny seed, hidden under the soil, invisible and silent. In due time, the first delicate green shoots emerge, growing taller and stronger as the hours and days go by.

Soon enough, leaves and stems are taking their shape and drinking in the light they need to survive. Under the soil, the roots are also expanding, with the help of the water that moistens their dark surroundings.

As the plant grows and flourishes, it produces buds, blossoms, fruits, and more seeds, in order to start the process all over again. Depending on its type and what it experiences, it may live only for a season, or for thousands of years. But no matter what form it eventually takes, it was once simply a seed.

You don't have to be a Witch to witness this kind of magic. Anyone who has ever done any kind of gardening has experienced it in one form or another—with the possible exception of those who didn't meet with success at first and decided they don't have "the green thumb."

Herbalists, botanists, master gardeners and farmers are of course intimately familiar with plant life. But it could be argued that Witches have an extra degree of appreciation for the processes that create and sustain plant life (and therefore all life), as they know that plants have even more power than non-Witches—even the experts—are able to comprehend.

There has been a resurgence of interest in herbal knowledge in many healing fields over the last several decades. But since the beginning of human history, we have been making use of these gifts of the Earth. In fact, there is anthropological evidence that herbs were being used for deliberate purposes as long as 50,000 years ago.

Around the globe, all ancient societies had their own working relationships with herbs. We see this, for example, in clay tablets from the Sumerians, which listed hundreds of plants with medicinal properties.

The oldest known book on herbal medicine was written by a Chinese emperor over 5,000 years ago, and is believed to be based on even older oral traditions.

The ancient Greeks and Romans also had extensive knowledge of herbs, which was spread throughout parts of Europe as the Roman Empire expanded, and was still being used in medical texts 1500 years later. The ancient Druids—the

healers and magical practitioners of the Celts—were also well-versed in the use of many herbs.

Magic and Medicine

The healers, shamans, and other medicine men and women of the “old days” understood that herbs are useful for more than just nutrition and physical cures. While they may not have been called “Witches” in their day, they certainly made use of the magical properties of herbs as part of their practice.

In fact, physical healing was often accompanied by ritual and prayer, so that a “patient” might be treated with an herbal decoction (or tea) as well as a smudging ritual and an incantation to the spirits for a speedy recovery. One or more herbs would be involved in the physical remedy as well as the smudging ritual, and the treatment might also involve an additional herbal offering to the spirits.

Actually, compared to the entire history of humankind, the separation of “medicine” and “magic” is a relatively new development—only a few centuries separate us from the long traditions of the two being intertwined.

As modern medicine developed, along with other branches of science and the general shift into a more “rational,” evidence-based view of the world in the West, cultures let go of their understanding of magic, and instead began to call it “superstition.” (And this word is now used to describe the remaining traces of older traditions around herbs—such as kissing under the mistletoe and the use of Christmas wreaths.)

Sadly, even the use of herbal remedies on a strictly physical basis largely faded from Western society, as allopathic medicine, with its scientifically-proven methods, came to dominate the way we address health. And even as we seem to be catching back up to ourselves in this regard over the past few decades, mainstream society views herbal cures for anything with a lot of skepticism.

Yet traditional healing systems in Africa, the Americas, Asia and Oceania continue to employ herbs in both medicine and magic—“magic” being defined as any phenomena that science cannot explain—in a seamless interweaving manner, recognizing no real separation between the physical plane and the spiritual plane.

This can be seen today in the practices of the *curanderas* of Central and South America, who view all illnesses as energies that affect the mind, body, and spirit, and use a variety of methods, including herbs, candles, and divination tools in their approach to healing.

Likewise, hoodoo and other “mountain medicine” practitioners in the Southeastern United States employ herbal prescriptions as well as candle spells and working with spirits as ways of supporting the healing of their clients. These practitioners tend to work in tandem with conventional medicine, rather than attempting to replace it, but their clients consider the spiritual, or “magical” component to be every bit as important as whatever remedies their regular doctors provide.

And in recent years, we’ve seen a rise in the West of Aryurvedic and Chinese medicine systems, which address the spiritual level in terms of the invisible energy systems of chakras and the flow of *chi*. Neither of these concepts have any parallels in conventional medicine, but as healing modalities they are increasingly gaining mainstream respect, even by allopathic doctors.

Because magic and healing are truly intertwined in the traditions that eventually led to modern Witchcraft, this guide does cover information about physical healing to some degree. In fact, both the magical and the medicinal properties of herbs may be drawn upon during spellwork.

However, it’s important to note here that contemporary herbal magic in Wicca and other Witchcraft is not at all the same thing as modern medical herbal healing, and should not be confused as such.

While it’s safe enough to use some magical herbs in certain simple remedies for physical ailments, such as drinking nettle tea to help speed recovery from a common cold, herbs are complex substances that require specialized knowledge to be used safely and effectively for most medical issues—especially serious ones.

The information in this guide is not meant to be taken as medical advice, and anyone with serious conditions or taking regular medications should certainly do their due diligence in researching possible complications or drug interactions before ingesting any herbs.

(Sadly, few allopathic doctors have much knowledge about herbal medicine, but it doesn’t hurt to ask your physician if you’re unsure after seeking answers elsewhere.)

Shamanism and the Early Herbal Pioneers

Speaking of safety, many people wonder how it is that humans came to discover which plants were beneficial and which were dangerous. How did the ancient Sumerians, Chinese, Roman, Celtic, Native American, and all other cultures around the world know what was safe to consume among all the possibilities the natural world had to offer?

There are a few answers to this question.

First, like any other type of medical and/or scientific knowledge, the evolution of herbal magic and healing involved the processes of inquiry and trial and error. People sought remedies for particular problems, wondered about plants they hadn't interacted with before, entertained "hunches" about their possible uses, and then experimented to see if their intuition was correct.

This had to be done safely, of course, but that didn't mean that no one got sick or even died from ingesting too much of the wrong thing. How else would we know to avoid doing so now?

These early herbalists had advantages, however, that most of us today would not have if we were attempting to learn in the way they did.

They had a spiritual connection to the lands they lived in, and a deep understanding that spirit lived in each plant and animal they encountered in the world. Therefore, they had access to the spiritual information available in any given plant, which could tell them whether or not an interaction between the plant and the human body would be beneficial.

While not everyone in a given society would have this ability, there were always some—the early healers and shamans—who had a special knack for communicating with plants.

It was these people who developed the herbal lore that was then passed down orally from generation to generation, over many thousands of years, all the while growing and being refined by each new generation's healers and shamans, and continuing through to the first societies that began to leave written records.

Here in the 21st century, we are still benefiting from the work of our ancestors—not just in terms of utilizing the physical healing properties of herbs, but in working with their magical properties as well.

As mentioned above, these two purposes were and are always intertwined—

despite the attempts of Western mainstream culture to relegate magic to the dustbin of history.

And so healers and Witches alike owe a debt of gratitude to those early pioneers of the plant kingdom who came before us, as we continue to work with the energies of herbs to manifest positive changes in our lives on all levels.

The Many Meanings of “Herb”

So what exactly is considered an herb, as opposed to another kind of plant? The answer varies, depending on your purposes.

In botany, the word “herb” is used as shorthand for “herbaceous plant,” which has fairly specific characteristics based on the structure and growth cycle of the plant. An herb in this context is any plant that has leaves and stems, but no “woody” parts, and dies down to the soil level at the end of the growing season.

These may be annuals, which die completely at the end of the season and grow again from the seeds they drop before they die, or perennials, which have parts that survive between growing seasons either very close to, or under, the ground.

Biennial herbs, which are less common, take two growing seasons to complete their life cycle, meaning that they are only harvestable every other year.

Wild chamomile is one example of an annual herb, while dandelions are perennial. Parsley and wild onion are both biennials.

For healers, cooks, and Witches, however, the definition of “herb” is generally more broad, and can include any plant that is useful to humans, whether for cooking, medicinal healing, fragrance and aromatherapy, clothing and other functional objects, or magical and/or spiritual work. This means that trees and shrubs are included, and even fruits and vegetables.

It’s interesting to note that for Witches and herbalists alike, the designation of “herb” applies both to plants that have physical benefits to the body, and those that are known to be toxic—even potentially deadly—such as belladonna and henbane.

Those who are knowledgeable about herbs understand that no plant is either good or bad—each simply has its particular uses in relationship to the human body. Through the trial and error of our ancestors over the millennia, healers have learned how to use poisonous plants with care for many purposes, and Witches know that these plants have magical benefits, when handled with caution.

The 13 herbs you will meet later in this guide fall under one or more of the definitions listed above. Some are true “herbs” in the botanical sense, while others are actually derived from trees.

None are strictly toxic, but a few are to be treated with caution when it comes to

internal use, particularly for pregnant women. These will be noted in the descriptions of the individual herbs.

Herbs in Practice

In contemporary magic, herbs are used in a fascinating variety of ways, for many diverse purposes.

Whether working with a plant's roots, seeds, stems, leaves, flowers, or berries—or even the bark of a tree—Witches tap into the specific magical properties of the herb to enhance and strengthen their spiritual practice.

Many Wiccan practitioners use specially designated herbs to mark the sacred circle before beginning Sabbat rituals. Others use particular herbs to honor their patron deities, such as bay laurel, which is considered sacred to the Welsh goddess Cerridwen.

Smudging—the burning of dried herbs to purify and/or bless a space—is a near-universal practice found in many ancient traditions, and has also made its way into Witchcraft. The burning of incense, which often contains herbs and/or the essential oils derived from them, is an even more widely practiced component of ritual, particularly in Wiccan traditions.

Herbs are used in a variety of spellwork forms, of course, from candle magic to bath spells to workings that involve the creation of magical objects, such as spell jars, dream pillows, poppets, sachets and other charms. Some practitioners like to create their own incense and oils, which adds even more magical power to their work.

Finally, herbs are used in all kinds of ways in “kitchen Craft,” whether they're found in teas, tinctures, or magically charged baked goods and other foods. We'll explore several of these magical methods in more detail later on, but first, it's worth taking a closer look at the possible reasons for why herbs and Witches work so well together.

The Magical Power of Plants

If you think about it, herbs can be argued to be the most powerful tools of magic.

A living plant is a direct conduit of the Earth's energy. Plants represent the oldest continuous life form on Earth, taking form well before the evolution of human beings and even most animals. The arrival of plant life transformed the landscape of Earth and contributed to the creation of Earth's atmosphere.

In other words, plants are master manifestors!

Furthermore, human civilization could never have arisen without the plant kingdom, as stone buildings gave way to houses made of wood, and people learned to make other key tools, such as rope and clothing, out of the plant life available to them.

And yet plants have never simply been ours for the taking, with no direct consequences—over the last several decades, we have been seeing the crucial role of the plant kingdom on our well-being as a species, as the massive deforestation of the planet and the resulting imbalance of carbon dioxide in the atmosphere wreaks more and more havoc on our global climate.

Taking the long view of Earth's evolutionary history, it's easy to see that we need plants much more than they need us, and this fact alone should earn the plant world our utmost respect.

Viewed through the lens of magic in the Western Mystery Tradition, we can see that plants literally embody the power of the four classical elements working together to create and sustain life.

They begin their growth cycle as seeds in the soil of the Earth,* where the minerals needed to sustain their life are found. When they die, they return to the soil to nourish it in turn, so that new plant life can flourish.

Plants interact with the “fire” of sunlight, which makes the process of converting carbon dioxide into oxygen possible. This process, as mentioned above, directly affects the quality of the air.

Air, in turn, fosters more plant life in the form of wind, which stimulates the growth of stems and leaves, as well as carrying and scattering seeds in order to continue the cycle.

And we all know that plants need some amount of water to live—even the hardy cactus. But many people are unaware that plants also play a crucial role in the

regulation of the planet's water cycles—by purifying water, and helping to move water from the soil to the atmosphere.

Indeed, there is perhaps no better illustration for how the elements of earth, air, water, and fire come together than in the magical existence of plants.

Furthermore, this interconnectedness—this relationship to the elements—goes on to directly nourish the human body, which must have plant life to survive and thrive. Even those who strive to eat as much meat and as few fruits and vegetables as possible are ultimately surviving on plants, as this is what sustains the animals they eat!

So we can say with confidence that all human beings, whether they are aware of it or not, are dependent on a magical system that harnesses every life-sustaining force in the Universe. And those who are aware of this magical system can gain even more benefit by consciously utilizing it to manifest positive changes in their lives.

* While it's true that some plants actually grow in water, it's the presence of minerals—derived from the Earth—in the water that allows them to grow.

The Power of Correspondence

The ancients were well aware of the magical system of the plant kingdom, and understood it as one aspect of a larger truth—that everything in the Universe is connected.

Indeed, the philosophers, magicians, and other scholars of past millennia saw *all of creation* as being inherently connected to the four elements, the dual energies of feminine and masculine (or, in Eastern systems, yin and yang), and even the other planets in our solar system.

These ideas form the underpinnings of much of the Western Mystery Tradition, which took root in the ancient world and continued to evolve throughout the Middle Ages, coming eventually to influence much of modern Wicca and other Witchcraft.

One early strand of belief within this system holds that the human body is a symbolic replica of the solar system, with each part of the body, and each physical system within the body, corresponding directly to both a Zodiac sign and a planet.

This idea paved the way for a fascinating philosophy shared by early herbal healers called the Doctrine of Signatures. In this system, every plant that is useful to humans has a pattern of resemblance to some part of the human body, and its medicinal benefits will correspond to that body part.

For example, ginger often grows in the shape of the human stomach, and it is used for a variety of digestive ailments. The walnut can be seen as a miniature replica of the human brain, and has been shown to support memory and other brain functions. Celery stalks, which are good for bone health, have a very interesting resemblance to bones themselves.

More examples are found in common names for lesser-known herbs, such as lungwort, which has long been used to treat lung infections, and eyebright, which helps clear up eye infections.

Just like fruits and vegetables, these herbs have shapes and/or colors which suggest the specific body parts they are useful for. There are several more examples of the Doctrine of Signatures in action.

And while it's certainly true that a plant can be useful for healing beyond the aspect of the body it resembles—walnuts, for example, are also good for the

heart and other areas—the correspondence between plant appearance and body appearance must surely have been extremely helpful to the plant pioneers among our early ancestors.

If plants can have direct correspondences to physical healing, it follows that they have correspondences to magical work as well. This, as mentioned earlier, was also well-known to herbalists before the advent of the scientific revolution, and was in keeping with another set of ideas that formed a cornerstone of the Western Mystery Tradition—the Hermetic Principles.

Of these 7 principles, the one most applicable here is the Principle of Correspondence, which states that the material plane and the spiritual (or “non-physical”) plane are mirrors of each other, linked by an inseverable web of symbolic connections, such as those identified in the plant/body examples above.

Such links also exist in magical traditions around the world.

For example, chamomile is associated with wealth, luck, and prosperity. One reason for this is the feeling of well-being it fosters when drunk as a tea or used in an herbal bath. When we feel that all is well, we are better positioned to attract more wealth.

Another link is the apple-like fragrance of chamomile flowers—in fact, chamomile is named for its resemblance to apples, and apples are also symbols of luck and fortune. Astrologically, chamomile is associated with the Sun, which is always linked to prosperity.

Understanding and working with these links helps Witches to utilize chamomile’s specific magical properties for these specific purposes. This is the fundamental basis for herbal magic.

Intelligent Life on Earth

There is another force, however, beyond that which is recognized in the Principle of Correspondence, that gives plants so much magical power.

Although most “rational” minds would balk at this idea, it has long been thought—and is starting to be scientifically proven—that plants actually have *consciousness*. They are not simply inanimate objects—far from it—but instead demonstrate intelligence, responsiveness to emotional stimuli, and even memory, in their everyday behavior.

Of course, plant intelligence can be seen quite easily simply by observing how plants survive and thrive, particularly in the wild.

They know how to grow in the areas where the right amount of sunlight, rainfall, and density of nutrients in the soil for their physical makeup will be found. They grow toward light, which can easily be seen in house plants that only get direct sunlight from one particular angle—the leaves will all be facing the direction of the sunlight, and not much growth will occur in the side of the plant that doesn't receive sun. Underneath the soil, they also grow toward water, which has been seen in the roots of plants that stretch toward underground pipes.

Perhaps the clearest evidence of plant intelligence, to the casual observer, is seen in the behavior of vines, which seem to know where the nearest support structure is, and grow in its direction until they reach it!

Recent scientific experiments and discoveries have taken our understanding of plant consciousness much further than these casual observations. Plants have been shown to have incredible sensory abilities—three times the number of senses as humans, in fact.

This means they can detect extremely subtle shifts in their surroundings, including sounds, chemicals in the air, the existence of nearby plants and predators, and even human emotions. (This last one isn't news to many non-scientists who have an affinity with plants, and will cheerfully tell you that talking to your plants in positive ways will encourage their growth. Some even play soothing or upbeat music to help their plants thrive even more.) And the roots of plants can even detect obstacles in their way before they get there, and shift direction in order to avoid them!

Plants also exhibit the power of memory, as seen in experiments that show

specific responses to stimuli based on prior events.

One such experiment also showed that plants are capable of learning: mimosa plants, which collapse their leaves when they perceive a threat, were repeatedly dropped (without being damaged) until they stopped collapsing their leaves, as they had learned that the dropping wasn't causing them any damage. Other disturbing stimuli would still cause them to collapse, but being dropped was no longer experienced as a problem.

Another, related ability of plants is that of hereditary awareness—plants “know their own kind” due to chemicals released by the roots under the soil. This means that if “sibling” plants begin to grow nearby, the elder plant will point its roots downward into the Earth to make room for them, allowing them to grow taller and more quickly. If “stranger” plants crop up, by contrast, the elder plant's roots will grow toward them in a horizontal direction, so that the stranger plants experience shorter, slower growth.

Perhaps most fascinating among these discoveries, however, is that plants both communicate and cooperate with each other in the wild, even among different species.

In a forest setting, trees, shrubs, and other plants will exchange information with each other through an underground network of roots and fungi. This “natural internet” allows plants to exchange nutrients with each other, helping each other make up for any shortages at various points in the growing season—much like you might “borrow” a few eggs from a neighbor and return the favor later on with some extra butter!

Plants are also able to warn each other about predators by releasing certain chemicals into the air. For example, if one leaf is bitten by an insect, the plant will release chemicals that both repel the insect and prompt its plant neighbors to release their own chemicals to do the same.

These revelations from the scientific world are big surprises to many people, including scientists themselves. However, they really only serve to confirm what many mystics, healers, shaman, and Witches have always known—that all in nature is intricately interconnected and alive.

And while there is still debate in the scientific community about whether or not the words “intelligence” and “consciousness” are appropriate for plants, which do not technically have “brains,” those with a wider view of how the Universe works aren't concerned about the terminology.

Aristotle, the famous Greek philosopher of ancient times, believed that plants have “psyches,” a word normally used to describe the human quality of soul, or spirit. Other spiritual and esoteric thinkers have used still different terms to describe the inherent energy of plants. What may matter more than what to call it, however, is having a broader framework for understanding how it is possible.

Two more Hermetic Principles are useful in this regard: the Principle of Mentalism, and the Principle of Vibration.

The Principle of Mentalism states that everything in the Universe—including all physical matter—is essentially consciousness at its most basic level. All was created out of consciousness, which is easily understood when you realize that every single thing that humans have created throughout our history once began as an idea in the mind.

The same is true for the phenomena of the natural world—it all comes from, and therefore interacts with, the Universal mind.

This principle is an important underpinning of magical theory—magic is understood to be a direct and intentional interaction with the Universal mind as a way of creating desired results. Plants are powerful agents of this interaction, as they exhibit such strong powers of consciousness in their own right.

Likewise, the Principle of Vibration shows us that everything in the Universe is constantly vibrating, each object at its own frequency.

This can be seen by the naked eye in some physical phenomena, such as fluorescent lightbulbs in industrial buildings, but most solid objects do not appear to be vibrating at all. This is because their vibrational frequency is too low and slow for us to perceive.

Plants fall into this category, seeming to be stationary and only moveable by wind, but the truth is that they are constantly vibrating, and constantly *sensing* vibration, which is how they’re able to send and respond to signals from their external environment.

It is the various vibrational frequencies of light, water, danger, *etc.* that plants are picking up on, and it is their own vibrational frequencies that plants in their vicinity pick up.

You have most likely heard, or even used, the phrases “good vibes” or “bad vibes” with regard to an impression left by a particular person or environment. Those who use this phrase may or may not know it, but they’re drawing on the

Principle of Vibration. And just as people and environments have their own specific “vibes,” so do plants.

Witches work with these specific vibrations for specific magical purposes, as we will see in more detail shortly.

Next Steps

Now that we've taken a brief tour of the history of our interaction with the plant kingdom on both the physical and spiritual—i.e. magical—levels, and examined what it is about herbs that make them such powerful tools, it's time to get a deeper look at the practice of herbal magic.

In Part Two, we'll meet 13 delightfully witchy herbs in more detail, and lay out some practical advice for incorporating herbs into your magical life.

If you're just starting out in your explorations of herbs, you'll find the basic information you need to take the next steps. And if you're reasonably familiar with herbs and herbal magic, you're still likely to find new tips and ideas for growing your practice.

So whether you're ready to start a full-blown magical garden, or just considering adding a few new items to your spice rack, read on to find out more about working with these amazing gifts from the Earth.

SECTION TWO: GETTING ACQUAINTED WITH HERBS

Where to Start

Working with herbs in magic can be an incredibly hands-on experience.

Unlike other tools and ingredients of magic such as wands, pentacles and crystals, which often remain in the same form and shape throughout their existence, herbs are incredibly capable of physical transformation.

Of course, candles are burned and therefore melt during magic, but herbs can be cut, dried, boiled, baked, crumbled, and *then* burned, if a spell calls for it! (And, of course, herbs can be used for both edible and ritual magic.)

With this versatility, however, comes a bit more complexity in terms of developing a practice with these magical tools.

The degree to which you literally get your hands involved in herbs is up to you, but it's always good to learn as much as you can about what you're working with. So in this section, you'll get a good introduction to 13 herbs commonly used in magical traditions around the world, both in ancient times and today.

Then we'll cover some basic essential information about obtaining herbs, as well as growing and harvesting them yourself, if you so desire!

Thirteen Magical Herbs

With a couple of possible exceptions, the herbs on this list should be quite easy to find right in your area.

Because the magical properties of herbs are usually intertwined with their culinary and medicinal uses, you'll find information on all three of facets in most of the descriptions, as well as alternative names, and magical correspondences for each.

All of the spells and other magical workings in Part Three make use of one or more of these wonderful herbs.

Basil (*Ocimum basilicum*) (specifically Sweet Basil)

A common kitchen herb found in many Mediterranean and Thai dishes, basil is easily recognized by its broad and fragrant deep green leaves. The leaves are used in both fresh and dried form in cooking, but magical uses tend to involve the dried leaves only, as fresh ones can wilt soon after being harvested.

An annual plant, basil is easy to grow and makes an excellent, multi-purpose staple in a magical herb garden. Basil leaves are also widely available in grocery stores, in both fresh and dried form.

Medicinally, basil's sedative quality is used in teas for aiding digestion and easing upset stomachs. In addition, the essential oil of basil has antibiotic and anti-fungal properties.

In English folk magic, basil was used to keep away pests and guard against harmful spells cast by others. An old legend has it that Witches would drink "basil juice" before flying on their broomsticks. This may suggest that it was used for astral projection, or interacting with the spirit world in an out-of-body experience. In Italy, basil was a symbol of love, and women who were ready to receive suitors would place a pot of basil on their balconies.

Today, basil is used for a variety of magical purposes, including love, luck, wealth, happiness, harmony, courage, fertility, protection, and exorcism.

In its protective function, it is strewn on floors to ward off negative energy, and carried to promote courage in dangerous circumstances. For luck and prosperity, it can be sprinkled outside one's business, or worn in a charm satchel for general money attraction. Some people carry a whole dried leaf in their wallets for this purpose. It is also used to clear the mind from anxiety, confusion, and feelings of fear or inadequacy. In love spells, it is often used to encourage reconciliation between established couples.

Basil is also known as American dittany, St. Joseph's wort, common basil, and witches' herb.

Magical Associations:

Zodiac sign: Scorpio, Aries

Planet: Mars

Element: Fire

Deities: Vishnu (Hindu protector god), Ezrielie (Haitian goddess of love and beauty)

Bay Laurel (*Laurus nobilis*) (commonly known as Bay Leaf)

Most commonly known as the leaf you put in soups and sauces to flavor them while cooking (and then remove before eating!), the leaf of the bay laurel tree has a long history of magical importance.

Bay laurel is an evergreen shrub, generally 3 to 10 feet tall, with shiny oval leaves that are brighter green on top and lighter on the bottom. Once dried, the leaves begin to fade in color, so you can tell when bay leaves are old by whether they are still somewhat green or have faded to brown. Bay leaves are widely available in the spice section of grocery stores.

Some healers make a poultice of the leaves and berries of bay laurel for relieving head and chest colds. The essential oil can be included in massage oils for the relief of arthritis and sore muscles.

Bay laurel was associated with nobility, honor, and triumph in ancient times, and was used to crown heroes, poets, and other people of high regard in both Greece and Rome. Wreaths of laurel were worn to protect against any vengeful tendencies on the part of sky gods, and by doctors who considered laurel to have highly curative properties.

Bay leaves are used in spellwork for protection, purification, healing, strength, good fortune, money, and success, as well as divination, clairvoyance, and other psychic powers.

A common form of bay magic is to write your wish on a dried bay leaf and then burn it to seal the spell. Bay leaves are placed in one corner of each room in a house for protection, as well as under pillows—or in dream pillows—to encourage prophetic dreaming. In keeping with its ancient associations, bay leaf can be carried to promote luck in athletic games and competitions.

A sprig of bay laurel can be used to asperge a space, a person, and/or magical tools in preparation for ritual. Some healers wear laurel wreaths while treating their patients in order to increase positive energy and ward off any negative energy resulting from the illness. After recovery from illness, burning bay leaf in the room where the person was treated can purify the space.

In fact, bay leaf is a great smudging herb for banishing unwanted negative energy in the form of poltergeists or other disturbing spirits. On a more mundane level, bay leaves can keep bugs out of a sack of flour, and keep clothing and

linens fresh and moth-free.

Be sure not to confuse bay laurel with other plants with similar names, such as mountain laurel, which is poisonous.

Magical Associations:

Zodiac sign: Leo, Aries

Planet: Sun

Element: Fire

Deities: Apollo (Greek god of healing and poetry), Hermes (Greek god of athletics and luck), Cerridwen (Welsh goddess of prophecy and transformation)

Chamomile (*Matricaria recutita*—German chamomile, used in US); (*Chamaemilum nobile*—Roman chamomile, used in UK)

The name “chamomile” comes from the Greek word for “ground apple,” which is well-suited to this low-growing beauty of apple-like fragrance.

Chamomile is well known by many for its calming effects as a tea, but it has plenty of magical uses as well! This charming plant has feathery leaves and sweet-smelling flowers that resemble small daisies.

The flowers are dried and crushed to make tea, and chamomile essential oil has been used in skincare products as well as aromatherapy. If you don’t have access to bulk herbs and would rather not order chamomile online, you can always buy the tea and open the individual tea bags to use chamomile in spellwork.

Chamomile was used as an incense in ancient Rome, and to ease fevers in ancient Egypt. It was one of the nine sacred herbs in Anglo-Saxon traditional Witchcraft, and is still recognized as such by modern followers of that tradition.

It is used today to soothe indigestion, menstrual cramps, and stress from teething and colic in infants. However, many healing professionals warn against ingesting chamomile during pregnancy—as always, check with your doctor before trying any herbs!

It is a very handy herb to have around for those who deal with a lot of stress and anxiety. And although it’s primarily thought of as a healing herb, the fresh leaves happen to be great mixed with sour cream or butter for potatoes!

Magically, chamomile’s calming properties are also used to promote healing, stress reduction, and peaceful sleep. In fact, this is a great herb for beginners to get a feel for how the physical characteristics of a plant mirror its magical associations.

It has other magical uses, however, including workings for purification, love, and money. It can be burned in money spells or added to prosperity bags. Gamblers will wash their hands in chamomile-infused water for luck before playing cards or hitting the casino. Similarly, it’s believed that keeping a packet of the herb—such as a chamomile tea bag—with lottery tickets can increase one’s chance of winning.

Washing doors and windows with a chamomile infusion keeps unwanted energies at bay. A chamomile bath works well as a pre-ritual preparation, as well

as releasing negative emotions or an old love relationship. Chamomile is also used for workings related to tranquility and purification, and makes a good all-purpose “booster” for most spellwork. If you have a garden, try planting chamomile near delicate or struggling plants—it will help increase their vitality.

Chamomile is also known as camomile, earth apple, ground apple, whig plant, and scented mayweed.

Magical Associations:

Zodiac sign: Scorpio, Leo

Planet: Sun

Element: Water

Deities: Ra (Egyptian Sun god), Cernunnos (Celtic god of the underworld), Lugh (Celtic Sun and harvest god)

Cinnamon (*Cinnamomum cassia*)

One of the world's favorite spices for thousands of years, cinnamon comes from an Asian evergreen tree with leathery leaves and brown, paper-like bark. The tree also produces yellow flowers and purple berries. The bark, leaves, and buds are used for many purposes beyond adding flavor to hot cocoa and baked goods.

One of the more unusual uses for cinnamon in ancient Egypt was as a mummification agent. It was also beloved by Chinese healers and is referenced in the Bible. Once cinnamon found its way to Europe, it motivated explorers to locate its source, which led to the colonization of Ceylon (present-day Sri Lanka) and its reputation as “the spice that launched a thousand ships.”

Cinnamon is still used medicinally, to relieve upset stomachs and other digestive problems. Pregnant women are advised to take it easy on cinnamon, but it can be effective for morning sickness. Cinnamon taken in combination with other herbs is also known to boost the action of the combination.

Magical goals for cinnamon include love, lust, luck, protection, prosperity, spirituality, power, and success.

It is used in sachets of corresponding colors for a number of these purposes, such as pink or red for drawing love. Cinnamon also makes a very pleasant incense, and is burned to increase connectedness to spiritual energy.

Interestingly, cinnamon works particularly well in money spells in combination with its culinary companions—cloves, nutmeg, cardamom, and ginger. Cinnamon-scented decorative brooms and pinecones, which you can find commercially available at gift shops, can be charged to bring love and happiness into the home.

Cinnamon, also known as sweet wood, is classified as a dermal toxin (or skin irritant), and so should not be applied topically. If using cinnamon essential oil to anoint candles or other magical objects, wear gloves or dilute heavily in a carrier oil.

Magical Associations:

Zodiac sign: Aries, Gemini

Planet: Sun

Element: Fire

Deities: Venus/Aphrodite (Greek and Roman goddess of love), Bast (Egyptian goddess of protection and pleasure)

Dandelion (*Taraxacum officinale*)

The reputation of dandelion is interesting—it's considered a delightful flower by most children, and an annoying, unstoppable weed by many adults.

Those who bemoan the dandelion generally have no idea of its medicinal and even culinary benefits. If they did, they might stop spraying their yards with pesticides!

Found all over the globe, dandelion is an efficient herb, as the roots, leaves, and flowers can be used for a variety of purposes. In fact, up until the 1800s, people actually pulled up grass to make room for more dandelions!

Dandelion is also loved by bees, as it is one of the first sources of pollen to emerge after winter. For humans, the fresh leaves in early spring make lovely salads, and the flowers are used in jams and dandelion wine.

The French phrase “dent de lion,” or “tooth of the lion,” is where dandelion gets its name. One age-old tradition associated with this plant is still followed today—blowing on the “puff ball,” or seed head, that the flower eventually becomes and making a wish.

Another old belief was that the tallest dandelion in a field in early spring could predict the growth in height of the child who finds it. It also predicts weather, as it will close up like an upside-down umbrella at the onset of rain.

Medicinally, the dandelion is a friend of the liver and the kidneys, and both dried leaves and ground-up roots are used in detoxification teas. Dandelion tea can also help with acne, eczema, and other skin issues.

Dandelion's magical properties are fairly focused on divination, interaction with the spirit world, and granting wishes.

In addition to cleansing the liver, the tea can increase psychic powers, and pouring water over a bowl of the roots is a way of calling spirits. Dried dandelion leaves and flowers can be used in dream pillows and sachets to protect against nightmares.

For drawing good luck to your life, bury a dandelion on the northwest side of your house. For wishes, use dandelion in the bath, and/or revive the childhood tradition of blowing on the seed head after speaking your wish!

Some Witches use the fresh blossoms and green leaves for altar decorations

during spring and summer Sabbats. They are also woven into wreaths and garlands, and even ropes that can be worn during these rituals. Likewise, late-summer seed heads with their slightly silvery hue make for nice autumn altar adornments.

Dandelion is also known as blowball, cankerwort, priest's crown, puffball, and wild endive. This is a fairly safe bet for amateur foragers, but if you go this route, look for dandelions growing in wilder places, away from roadsides and yards where pesticides and other pollutants can make them unsafe to consume.

Magical Associations:

Zodiac sign: Pisces, Sagittarius

Planet: Jupiter

Element: Air

Deities: any solar deity, Brigid (Celtic goddess of healing and poetry), Hecate (Greek goddess of witchcraft and necromancy)

Elecampane (*Inula Helenium*)

Elecampane is probably the least known herb of this set of 13, but it's well worth getting acquainted with.

Popular in Celtic-based Witchcraft and used for healing purposes since ancient Rome, this helpful plant grows to be between 4 and 5 feet tall and resembles the sunflower.

Since it's not really a culinary herb (though the root was candied and enjoyed as a treat in Europe prior to the 20th century), it's unlikely to be found in grocery stores. It's popular with herbalists, however, so it should be available in a local natural foods store or any number of online botanical dispensaries.

The second part of its Latin name, "Helenium," is a reference to Helen of Troy in Greek mythology, whose tears are said to have given rise to the plant. When it was introduced to the rest of Europe in Medieval times, elecampane gained a reputation for being useful for infections, which may be why chewing it was thought to "fasten the teeth"—that is, it likely took care of inflammation of the gums.

Elecampane root was also worn as a protection against snake bites and poisonous insects. In Celtic countries, it was known as "elfwort" due to its ability to attract faeries.

Modern healers love elecampane root for its help with relieving ailments of the lung. It's an ingredient in many medicinal teas and cough syrups, and can be made into a tea on its own, though its bitter taste definitely calls for plenty of honey to make it go down easier!

The leaves and flowers are also used by some herbalists for dealing with digestive issues, but the root is the most widely available part of the plant.

Magically, elecampane is used for protection against the energies of disease and to promote general good luck. Some wear it in a sachet or other charm to attract love, though it's not exactly known as an incredibly *romantic* herb.

The energy of elecampane is more geared toward soothing feelings of conflict or uprootedness, and it's quite effective at dispelling anger and/or violent impulses or vibrations. It can be sprinkled around doorways to keep such vibrations out of the home.

It is also used to promote a stronger mind-body connection, particularly for those whose lifestyles are largely sedentary and don't get much exercise.

As a "faery herb," elecampane is particularly effective in workings for communication with the spirit world, and intuition. Drinking the tea before divination activities can strengthen the connection between the Witch and the divine.

Elecampane is also known as elecampagne, elfdock, horseheal, and yellow starwort. It should not be used during pregnancy or while breastfeeding.

Magical Associations:

Zodiac sign: Gemini, Virgo

Planet: Mercury

Element: Air

Deities: Helen of Troy (technically a "heroine" rather than a "goddess," but she is believed to have originated as a deity in very ancient times)

Hibiscus (*Hibiscus rosa-sinensis*)

Hibiscus is usually thought of only as a flower, but its petals are used medicinally as well as for culinary purposes, and the color of red hibiscus—whether it's used in a tea, a magical sachet, or some other Witchy creation—is a delightful addition to the usual greens and browns of an herbal magician's pantry.

You can find dried hibiscus in the herb section of any natural foods store, or online. If you live in a warm climate, you can also grow it in your garden and harvest and dry the petals yourself!

Hibiscus is found in a few different colors, but its red hibiscus that best serves both medicinal and magical purposes.

Hibiscus has been used in various parts of the world in teas and jams, and even for paper making. In some places, fibers from the stem of the hibiscus are used for making sackcloth and twine.

High in antioxidants, the tea is beneficial for regulating appetite, protecting the liver, and helping the body speed up healing from a cold or flu. It can lower blood pressure and cholesterol, and has even been used in some parts of the world for encouraging hair to grow more thickly and keep from turning grey prematurely.

The primary magical uses for hibiscus are love, lust, and divination.

The flowers can be brewed in a strong tea which is drunk for inducing lust and passion. It can also be carried in a sachet or burned as an incense to attract love.

Loose dried petals in a hot bath are a delightful way to raise one's vibration and induce a general sense of well-being, which is a precursor to attracting new love. (Test your bathtub's stain resistance before trying this—the color may rinse out more easily in older porcelain tubs than in newer acrylic ones.)

For divination and clairvoyance, mix hibiscus into an incense. The flowers can also be used as a scrying tool when placed in a wooden bowl filled with water.

Hibiscus is also known as kharkady and shoeflower.

Magical Associations:

Zodiac sign: Scorpio

Planet: Venus

Element: Water

Deities: Kali (Hindu goddess of soul liberation), Ganesha (Hindu god of good fortune)

Lavender (*Lavandula angustifolia*)

Lavender is well known as a very fragrant, calming herb used in many bath oils as well as sachets and sleep pillows.

Although it isn't widely used in cooking these days, culinary lavender does make a nice addition to teas and many desserts.

A member of the mint family (though known for having more of a "tangy" than a "minty" taste), lavender is somewhat similar in appearance to rosemary, with narrow green leaves resembling short pine needles. Both the leaves and the purple, white, and/or blue flowers blooming at the tops of the plant hold a unique flavor and an unmistakable aroma.

During Cleopatra's day in Rome, lavender had a reputation for attracting love and passion. However, other cultures prized it for its apparent protective properties, and used it to keep away the "evil eye" and/or unwanted spirits. It was found to be useful against the plague in the Middle Ages, most likely because it repelled the fleas that carried and spread the disease. Bundles of lavender were traditionally given to women during childbirth to hold onto, in order to promote courage and strength.

Lavender is an incredibly versatile herb in magical workings as well. While it's very often used for love, peace, and restful sleep, other purposes include clairvoyance, consecration, happiness, healing, money, passion, protection (both physical and psychic), purification, relief of grieving, longevity, memory retention, meditation, divination, and wedding blessings.

Lavender is a classic staple ingredient in dream pillows, bath spells, sachets and love spells.

The flowers are particularly effective in love spells, especially those aimed at attracting a man into one's life. The ashes of dried lavender flowers can also be sprinkled around the home to promote peacefulness.

For those who have trouble falling asleep at night, burning lavender incense can be tremendously helpful. (If you can't find lavender incense, a few drops of essential oil sprinkled on your pillow can also help.) For purifying a space, lavender makes for a great asperging herb as well.

Because of its calming and centering energy, lavender can be of great benefit to use before working magic of any kind.

For example, if you're wanting to work a Full Moon spell but can't seem to get in the right frame of mind after a busy day of work, try taking a ritual purification bath with lavender flowers or essential oil. At the very least, you can inhale the fragrance of lavender as you breathe deeply for a few moments, readying yourself to begin your magical work.

Lavender is also known as spike, nardus, and elf leaf. Take advantage of its pest-repellent qualities by placing lavender sachets or wands in cupboards, closets, and other storage areas to keep away moths.

Magical Associations:

Zodiac sign: Gemini, Virgo

Planet: Mercury

Element: Air

Deities: Mercury (Roman god of divination and boundaries), Hecate (Greek goddess of witchcraft and necromancy)

Mugwort (*Artemisia vulgaris*)

Mugwort is a member of the daisy family, and though it's not quite as pretty to look at as some of its cousins, it is a favorite herb among Witches.

Growing between three and six feet tall, with a subtly purple stem and small, reddish or greenish yellow flowers, this versatile plant was used to flavor beer before the cultivation of hops became standard. Some say that this is where the herb gets its name—from the “mug” that the beer would be drunk from.

However, like lavender, mugwort is also a great repeller of moths, and some believe the name comes from an older word for “moth.”

Aside from its early role in beer-making, mugwort is not considered a culinary herb, but it has many medicinal and magical uses that make it worth adding to any Witch's herb pantry.

Like chamomile, mugwort is among the nine sacred herbs in the Anglo-Saxon Witchcraft tradition.

Roman soldiers valued mugwort for its ability to combat fatigue, and put sprigs of it in their sandals to keep their feet from getting worn out on long marches. Later, as Christianity spread across Europe, mugwort was associated with John the Baptist in Germany and Holland. People would gather mugwort on St. John's Eve—a holiday coinciding with the Summer Solstice—and make crowns of it to wear for luck and prevention of illness. Other reputed reasons for carrying mugwort were the prevention of backaches and the curing of “madness.”

Today, mugwort is used medicinally as a topical anesthetic, and for relief of burning and/or itching of the skin.

Some people chew fresh mugwort leaves to alleviate tiredness and clear their minds. An infusion of fresh leaves can calm chronic stomach issues and help increase appetite, and dried mugwort mixed with honey can be used to fade bruises.

However, mugwort is a very potent herb and should not be used internally on a regular basis, as it can cause a host of problems, especially for pregnant women. If you are just beginning your education in herbalism, stay away from ingesting mugwort until you have done thorough research and have developed a strong intuition about what will serve your body well.

For now, it's enough to stick to external, magical uses for this powerful herb. These magical uses include dream work, divination, safeguarding the home from unwanted energies, and protection during travel.

Mugwort added to dream pillows can encourage prophetic dreaming, while placing sprigs of the herb near divination tools, such as Tarot cards and runes, can increase their power and accuracy. Some Witches like to use an infusion of mugwort to clean their ritual tools, and especially their scrying tools, such as crystal balls and mirrors.

Burning mugwort during divination sessions can also enhance receptivity to the messages coming through. Hanging mugwort on or over a door protects the space inside from unwelcome spirits or other energies, and carrying a mugwort sachet while traveling can help prevent delays and mishaps.

Finally, the "St. John's Eve" tradition continues today in its pagan form, as Witches may wear a garland of mugwort while dancing around the fire at Midsummer's Eve. Throw the garland into the fire at the end of the night for protection throughout the coming year.

Mugwort is also known as artemesia, felon herb, St. John's plant, and sailor's tobacco. It is classified as a "noxious weed" in some parts of the U.S., so beware of planting any without first doing further research, or you could face fines.

Magical Associations:

Zodiac sign: Gemini, Taurus, Libra

Planet: Moon, Venus

Element: Earth

Deities: Artemis/Diana (Greek/Roman, both goddesses of the Moon and the forest)

Nutmeg (*Myristica fragrans*)

A favorite winter spice for baked goods and hot drinks, what we know as nutmeg is actually the grated or powdered seed of an Indonesian evergreen tree.

The herb known as mace comes from the same tree, and is derived from the covering of the seed. The nutmeg tree also produces a fruit, the skin of which can be used to make jellies and jams, but this is a more rare use for this exotic plant.

The potent fragrance and taste of nutmeg are a testament to its overall power as a culinary, medicinal, and magical herb.

The whole seeds were worn in charms and amulets in the Middle Ages for protection against malicious deeds and danger of all kinds. Some also believed it could attract admirers, and men would wear it in combination with wood, silver, or ivory to promote strength and energy.

Medicinally, nutmeg can be used to aid digestion and appetite, as well as promoting restful sleep.

Like mugwort, nutmeg is very potent and should be taken only in small doses—no more than 1 teaspoon is generally recommended. Large amounts can be toxic and even induce hallucinations, so be careful with this beloved spice!

Magical uses for nutmeg include attracting money and prosperity, general good luck, protection, and dissolving of negative energy directed from another person. Try sprinkling nutmeg on a green candle in money spells, or anointing candles and/or other magical tools with a blend of nutmeg and other money-drawing essential oils.

Like chamomile, nutmeg can help with games of chance, so gamblers will carry whole seeds for luck. You can also carry it in your pocket for luck during travel.

Wrapped in a purple cloth, whole nutmeg can be used for success in legal matters.

For enhanced meditation and/or divination, add powdered or grated nutmeg to a hot beverage to drink before the session, or rub a massage oil containing nutmeg into your temples.

If you like to bake, start experimenting with adding nutmeg to banana bread, muffins, and other sweet treats. Place an intention into the dry mix of flour(s)

and spices as you stir them together, and take note of how your personal energy shifts into a positive state when eating your magical creations!

Nutmeg is also known as myristica.

Magical Associations:

Zodiac sign: Sagittarius, Pisces

Planet: Jupiter

Element: Air

Deities: Danu (Irish Earth mother goddess), Cerridwen (Welsh goddess of prophecy and transformation)

Rosemary (*Rosmarinus officinalis*)

Another favorite of Witches and cooks alike, rosemary has long been used for a wide variety of culinary, medicinal, and magical purposes.

This fragrant herb tends to resemble lavender in appearance, but you can easily tell the difference between the two by rubbing the leaves with your hands, which will release the aromatic oils for easy identification. Another distinguishing characteristic is that rosemary leaves are whitish underneath and a deeper green on top, while lavender leaves tend to have a more blue-green hue.

You can find dried rosemary in the spice section of any grocery store, but it's also quite easy to grow in a garden or a kitchen window.

In the ancient world, rosemary was sacred in Greece, Rome, and Egypt, and had associations with both festive and somber occasions. While the wood of the rosemary bush was used to make musical instruments, and brides wore wreaths made from the branches, Egyptians used it in embalming the dead. It was also used in funeral rites in Wales, where mourners would throw sprigs into the gravesite while the coffin was being lowered into it.

In contemporary times, rosemary is used for improving circulation and warming cold arms and legs, as well as for improving the appearance of hair and skin. This herb has an all-around energetic quality of clarification, purification, and rejuvenation.

Magical workings for rosemary make use of its purifying properties, particularly for eliminating negative vibrations from a physical space or one's own person. For this reason, burning rosemary before spellwork is highly recommended, as is using an infusion of rosemary in a ritual bath prior to magical work.

Alternatively, you can make a sacred water with rosemary to rinse your hands in before magic, or to purify and bless ritual tools.

Combined with juniper, rosemary makes a great smudge for healing, and for clearing out any residual energies of disease in a room where someone has been ill.

Other uses for rosemary include healing, protection, love, lust, retaining youth, combating jealousy, and strengthening mental clarity and focus.

In love spells, rosemary is stuffed into poppets or sachets to draw new suitors.

This same method can be used in spells for focusing during an examination, so rosemary is a great herb for students to make regular use of. And a fresh sprig of rosemary placed by the pillow promotes a solid night's sleep, which is a key component in retaining one's youthful vitality.

Rosemary is also known as elf leaf, sea dew, and compass weed.

As with many other potent herbs, it should not be used medicinally by pregnant women, but it's fine to use as a seasoning on food.

Magical Associations:

Zodiac sign: Leo, Scorpio

Planet: Sun, Moon

Element: Fire

Deities: Hebe (Greek goddess of youth), Aphrodite (Greek goddess of love)

Sage (*Salvia officinalis*)

Another member of the mint family, sage has been associated with healing for thousands of years. Its Latin name, “salvia,” comes from the Latin word meaning “to heal,” as in applying a salve to a wound.

Sage—sometimes called “common sage” or “garden sage”—is used as a culinary spice, particularly in its native region of the Mediterranean, and so is easily found in grocery stores.

It has long, pale, almost silvery-green leaves which are wonderful both fresh and dried, but the taste is very strong, so a little goes a long way.

Sage was both sacred and very practical for the Romans, who revered it at harvest time and also used it to clean their teeth, as well as to boost brain power and memory.

This particular power has been utilized consistently throughout history, including the 10th century, when Arab doctors boiled sage leaves and drank the tea with honey in order to increase their mental clarity. In the Middle Ages, sage tea was drunk to treat such diverse conditions as liver disease, epilepsy, and fevers.

The English drank it as a “healthful tonic,” and made use of it in meat dishes as well. An old custom there holds that no man needs to die “whilst sage grows in his garden.”

Sage has also been used for years to treat a variety of throat and lung ailments, including symptoms of tuberculosis.

Sage’s magical properties make it ideal for smudging to clear a space, object, or person of negative or otherwise unwanted energies. It is particularly good for dealing with the energies of grief and loss, helping to dispel energy that might otherwise get trapped within the grieving person and prolong the grieving process.

Other magical uses include longevity, wisdom, protection, and wish fulfillment.

Aside from being used as a smudge or an incense ingredient, sage can be added to sachets for both wisdom and healing from grief. For the fulfillment of a wish, write the wish on a sage leaf and sleep with it under your pillow for three days. Then, bury the leaf outside of your home.

Note: a non-culinary, non-ingestible species of sage is used by Native Americans in smudging rituals and other spiritual practices. Usually called “white sage” (*Salvia apiana*), this variety is in danger of becoming extinct. While common sage grows easily and robustly almost anywhere, white sage grows only in the American Southwest.

Increased interest in both Native American and Western Witchcraft traditions across the globe have led to over-harvesting in the wild. Because common sage works just as well for all purposes described above, this guide recommends avoiding purchasing white sage, as doing so will only increase the likelihood of extinction.

Magical Associations:

Zodiac sign: Taurus, Sagittarius, Cancer

Planet: Jupiter

Element: Air

Deities: Zeus/Jupiter (Greek/Roman, both gods of the sky)

Thyme (*Thymus vulgaris*)

In contrast to the long, broad pale green leaves of garden sage, thyme leaves are very small, oval-shaped and dark green, with tiny pink flowers that bloom in spring and summer.

This hardy perennial is popular in kitchen herb gardens, but can also be found in dried form in the spice aisle of any grocery store. Thyme also grows in the wild, though wild thyme is not thought to be as potent as the cultivated variety.

Once you've worked with thyme, whether through cooking or through magic, its pungent scent is unmistakable.

Originating in the Mediterranean and spread throughout Europe by the Romans, thyme was used in Sumeria as early as 3000 BC for its antiseptic properties. It was likely used by the Greeks as a smudging herb—the word “thyme” comes from the Greek for “fumigate.”

Like rosemary, thyme was used as an embalming herb in ancient Egypt and placed into the coffins of the recently deceased in Europe. Roman soldiers placed thyme in their bathwater to increase their strength and bravery—an association that continued into the Middle Ages, when knights wore sprigs of thyme embroidered into their scarves.

Likewise, Scottish Highlanders drank thyme tea to keep nightmares at bay. Medicinally, thyme has been most widely used in cough remedies, but it can also help with skin inflammation, digestive problems, and rheumatism.

Thyme's magical properties make it ideal for workings focused on healing, purification, love, and psychic knowledge.

Wearing a sprig of thyme is still a way of drawing courage during difficult experiences, as is adding an infusion of thyme to the bath. Those who struggle with nightmares can try adding thyme to a dream pillow for more restful sleep.

Hang a sprig of dried thyme in the home to purify the energies and attract good health to all who live there. When you're working on a project or other goal that feels impossible, use thyme in a spell for staying upbeat and positive as you see it through to the end.

To attract faeries to your garden, plant thyme around the edges. Smudging with thyme can dispel feelings of melancholy, hopelessness, and other negative

vibrations, particularly when you're just coming out of a long illness or experiencing some other prolonged struggle.

Thyme is also known as common thyme and farigoule. The woody stems can be used to flavor barbecue smoke, and the flowers are edible as well.

Magical Associations:

Zodiac sign: Taurus, Libra, Capricorn

Planet: Mercury, Venus

Element: Water

Deities: Freya (Norse goddess of beauty, love, and destiny), Aphrodite (Greek goddess of love)

Practical and Magical Tips for Working with Herbs

Of all the tools used in magic, herbs are by far the most hands-on and versatile. This means that there's a lot to learn about working with these amazing sources of energy.

Below you'll find some basic information on purchasing, growing, and preparing herbs for magical use. This is by no means a comprehensive guide, but there's enough material here to get even the most brand-new beginner started on the path to herbal magic.

Purchasing Herbs

Obviously, the fastest way to acquire herbs to begin your magical practice is to purchase them (unless of course you can borrow from a friend or neighbor).

As noted in the discussion of 13 herbs above, a great variety of herbs can be easily found in the spice section of any grocery store. These will be in dried form, and either chopped, powdered, or whole, depending on the herb.

You may even find both a powdered and whole form of the same herb, so whether you're purchasing for a spell or a recipe, be sure you know exactly which one you need.

Several herbs can also be found fresh in the produce section—particularly basil, dill, mint, parsley, rosemary, sage, and thyme.

But what can you do about those herbs that aren't used for culinary purposes, and are therefore not readily available? Depending on where you live, you may have a few options.

Those living in an area with a natural health foods store are quite lucky, as they are likely to find a wide selection of both culinary and medicinal herbs available in the bulk section of these stores.

This is particularly true of cooperatively owned grocery stores, which are fairly common in North America. Some coops have literally hundreds of herbs to choose from, which can be overwhelming for the budding herbal magician, but it's still a sight to behold!

The great advantage to purchasing in bulk is that you can buy as little or as much as you want of any given herb. This makes it extremely inexpensive to try new things—whether it's a spice for a new recipe or an herb for a new spell.

You can literally purchase a teaspoon's worth, if that's all you want. (This is also a great advantage for cooks, as prepackaged spices tend to go stale before you can ever use the whole thing, and are generally overpriced as well!)

And although a natural health food store is no more likely than a grocery store to be promoting the magical uses of their products, any herb you find in either of these places is almost guaranteed to have magical properties.

If you don't have access to a health food store, take a look around in your area for other possible vendors of non-culinary herbs, such as shops specializing in

Chinese and other alternative medicine.

These places may or may not sell single herbs in bulk, but may have blends of dried herbs, or tinctures and oils that can be put to magical use. Their staff may also be able to recommend a reputable online retailer for you to order single herbs from.

Of course, you can also try your nearest Wiccan or otherwise “New Age” shop, if you’re lucky enough to live near one. They may or may not be able to carry bulk herbs due to licensing regulations, particularly in the U.S., but they are almost certain to be able to help you track down what you’re looking for.

If you’ve exhausted your options in terms of shopping locally, there are many online retailers selling a wide variety of culinary, medicinal, and magical herbs in various forms.

These include businesses run and designed specifically for Wiccans and other Witches, which may even sell pre-charged herbs for use in specific types of spells. But plenty of other herbal vendors exist online as well, which may or may not have better quality and/or lower prices than the magically-oriented websites.

The potential issue here is that some uneducated or even unethical vendors may ship you the wrong herb, and you might not be able to tell the difference. So be sure to do some investigative research before placing any orders. Read reviews, compare prices, and, above all, listen to your intuition!

Creating Your Own Magical Garden

If you're able to do so, growing your own herbs is a wonderfully satisfying way to deepen your relationship with their magical powers. While most people are highly unlikely to be able to grow each and every herb they ever use in their magical practice, even just a couple of plants in a kitchen window can make an incredible difference.

Of course, there's absolutely nothing wrong with purchasing already-harvested fresh or dried herbs—almost every Witch will have the need to do so. But the growing and harvesting process, spread out over time, can really deepen one's relationship to the spiritual energies of the plant, adding an extra potency to whatever magical workings the plant is used for.

Plus, living plants just naturally improve the energetic quality of a space, whether indoors or outdoors, which is always conducive to successful magic.

If you've never considered yourself to be much of a gardener, think again! All you need is a little bit of space, faith and patience.

You don't need to overturn your yard and plant seven different kinds of herbs all at once. Feel free to start out small—even with just a single plant—so there's no risk of feeling overwhelmed. After all, plants pick up on people's energies, so if you're stressed out and/or pessimistic about your odds of success while you're trying to care for a giant garden, the plants aren't likely to fare very well anyway!

In fact, it's generally a better idea to begin with an indoor, potted herb or two than to try working directly with plants in the ground. Depending on the climate where you live, outdoor growing can be quite tricky due to seasonal changes, whereas indoors you can reasonably expect herbs to thrive year-round.

Plus, you're less likely to forget to water your herbs if you see them continually throughout your day. So start by identifying an ideal place in your home to start your magical garden—however humble it may be at first.

For many Witches, particularly those in urban areas, this means a windowsill in the kitchen, but it really depends on where in your home you get the most ideal sunlight for the herbs you want to grow.

If you don't get much direct sunlight, then choose herbs that don't need much, such as spearmint or peppermint. You can easily find information online about

which herbs are the best choice for your living situation.

Whichever herb(s) you choose, be sure to follow instructions for their optimal care. Some plants actually don't like a lot of water and can be easily damaged by over-watering—rosemary is one example. Others, such as thyme, require a substantial amount of sunlight and may even benefit from supplemental “grow lights” to keep them as healthy as can be.

Furthermore, different herbs thrive best in different types of soil, so take this into consideration when doing your research, as you will, with any luck, need more soil to repot your plants in as they grow!

And don't feel the need to start your plant(s) from seed, either—especially if you're new to gardening. You can find plant “starts” at many home and garden stores, farmers' markets, and even grocery stores during the growing season.

Of course, you don't necessarily have to choose edible plants for your magical garden, but doing so really helps to infuse more areas of your life with magic, as you'll be able to add that little energetic boost to your soups, sauces, and baked goods!

Growing your own herbs has so many benefits. As noted above, it adds positive energy to your home environment and enhances your magical work (as well as your cooking). But just as importantly, it helps you develop a practice of tuning in to your own personal energy.

Every time you water your herbs, make a point to radiate positivity and love into the very soil. Gently touch the leaves and whisper your thanks to the plant for its many blessings in your life. Be sure to greet your plants every day, even (and especially) those that don't require daily watering.

Nurture your magical garden with positive energy, and you will be nurturing yourself at the same time. Both you and your plants will benefit from this synergistic relationship, and you will be connecting with your magical ancestors by continuing this age-old practice.

Astrology and the Elements in Gardening

Incorporating elements of the Western Mystery Tradition, much of which is integrated into Wicca and other forms of Witchcraft, can really enhance the magic of your garden.

In particular, the relationship between astrology and the four classical elements can be used to create a balanced harmony throughout the life cycle of your plants. Paying attention to the Moon's travels through each sign of the zodiac is one way of aligning your garden with the elements.

For example, when the Moon is in an Earth sign (Capricorn, Virgo, or Taurus), this is an ideal time for getting your herb garden started.

The Moon in Water signs (Scorpio, Pisces, and Cancer) is a good time for planting annual herbs.

Moon visits to Fire signs (Sagittarius, Aries, and Leo) are ideal times for harvesting.

And Air signs (Gemini, Libra, and Aquarius) are great for cultivation work, such as fertilizing, repotting, and pruning.

To be sure, the needs of your plants should take priority over the sign of the Moon, so don't wait to prune an overburdened basil plant simply because the Moon is in Scorpio.

But since the Moon enters a new sign every couple of days or so, it can be fairly easy to get the hang of working with these astrological and elemental correspondences in your gardening practice.

Gathering in the Wild

Another age-old practice that is still followed today, though much less so in recent centuries in the Western world, is the harvesting of wild herbs, or “foraging.” This is, of course, how the first humans acquired their knowledge of the plant kingdom.

Today, not many people are skilled enough in identifying plants in the wild to safely harvest anything, but there are still some who do, either for personal use or for commercial trade (or both.)

Some wild herbs are used for culinary purposes, but not many—our taste buds have grown too used to the sweeter, richer flavors of cultivated herbs over the centuries. Instead, most wild harvesting is done for medicinal purposes, and only then for plants that don’t grow well in domestication.

Ginseng and Solomon’s seal are two examples of highly sought-after herbs in the Northern hemisphere. Unfortunately, both are over-harvested due to their commercial value, and the planet is at great risk of losing both of these wonderful specimens if human greed isn’t reined in.

As for magical purposes, Witches who know how to forage are generally ecologically-minded by nature, and know how to harvest responsibly, with reverence for the magical energies of the environment and the intention to keep it sustainable.

If you live near a forest, a body of water, or other natural area where a diversity of plant life is found, you might want to see if there are foraging classes or trainings available in your community.

It is never recommended to go foraging without any kind of education in it, as it can be very easy to mistake one plant for another—with potentially deadly results! So don’t simply print off a guide to common wild herbs and head out into the woods to find ingredients for your next magical tea.

But if you can learn from an expert naturalist, even just how to identify one or two useful and abundant herbs, the experience of harvesting in the wild can add an astoundingly powerful influence to your magical practice.

Magical Harvesting

Whether you're foraging or making use of the herbs you've grown yourself, it's worth paying attention to timing and method when it comes to harvesting.

The best time for this activity is in the early part of the day, after the morning dew has dried but before the heat of the sun begins to set in. This preserves the optimal flavor and energetic potency of the plant.

Be sure to only take what you need for your spell or recipe, unless you're pruning in order to promote more growth. (Researching your individual herbs will help you get a sense for how much is ideal to take at one time, and how often to do so.)

The leaves of some plants, like basil and patchouli, can be easily pinched off with your fingers. Others, like rosemary, have heartier stems and require a cutting tool.

Speaking of cutting, whether you're growing your own, gathering in the wild, or even opening a package of fresh herbs from the produce section, sooner or later you will have to cut the plants you're working with in order to use them.

Knowing that plants have consciousness, as we saw in Part One, makes this a bit harder for some people to do than it might have been before. What happens to the magical energy of a living plant that's being attacked by a knife or a pair of scissors? Is it possible for the disturbances the plant experiences to affect the magical work?

Many Wiccans and other Witches would answer yes, but fortunately there are ways to balance the energetic effects of making use of herbs in this way.

In many Wiccan traditions, a specially designated knife, called a boline, is used for harvesting herbs for ritual purposes. This knife is usually (but not always) white-handled, and the blade may be straight, or slightly curved like a sickle.

Using a boline or other designated knife strictly for your magical work (as opposed to harvesting a bit of basil for your pasta sauce) is one way to honor the energy of the plant being harvested.

However, some Witches, particularly those who are adept in the kitchen, see no real distinction between ritual spellwork and cooking, as all of their work with herbs is infused with magic, and so they feel no need to maintain a separate knife

or other cutting tool.

Whether or not you choose to keep a boline, the main thing to pay attention to is your energy and focus when cutting into a plant. Maintain a respectful and reverent attitude, and give thanks to the plant for sharing its gifts with you.

Some Witches like to leave an offering to the plant, such as a small crystal or a few drops of milk or grains.

Depending on how often you harvest from plants, this may or may not be practical, but it's a good way to remind yourself to commune with the plant spirits, rather than just mindlessly snipping away at them. (One more practical alternative is to offer them a little water, soil, or organic fertilizer.)

As for fresh herbs that have already been harvested, you can still thank the spirit of the plant that your bundle came from, which will make your magic and/or your cooking turn out better.

Drying and Storing Herbs

Another benefit of growing your own herbs is that you can dry them yourself, which means you'll have better quality spices for your cooking, and more potent magical energy for your spellwork than you do with store-bought herbs.

There are several ways to dry herbs, the simplest being to simply hang them in bunches upside down in a dry, well-ventilated place away from direct sunlight. Many Witches find these upside-down bundles to be a joyful enhancement of the atmosphere of their homes.

You can buy herb drying racks specially for this purpose, or simply use rubber bands or twist ties to keep the bunches together, and hang them from the ceiling with string, or even just on a nail in the wall. Just be sure they're getting enough air—you may want to rotate them from time to time.

It takes about three weeks for most herbs to dry in this manner. Once the leaves crack when pinched, they're dry.

Another, faster method is to lay the herbs flat on a cookie sheet and dry them in the oven on low. This will only take a few hours, but requires regularly checking on the herbs, as you don't want to burn them!

By the way, you can use either of these methods with any leftover fresh herbs that you bought for a spell or a recipe, so no need to worry anymore about fresh herbs going to waste!

As for storing, most fresh herbs are best kept in the refrigerator, though basil lasts longer if you keep it on the counter with the stems in water and the leaves loosely covered with a plastic bag. For dried herbs, glass jars are ideal, though plastic ziplock bags can work fine, as long as they're sealed airtight.

Whichever container you choose, keep dried herbs in a cool, dark area—out of direct sunlight and away from sources of consistent heat, such as over the stove.

And be sure to label all herbs—you may think you'll remember which is which when you're first placing them in the jars, but it's always better to be safe than sorry!

Charging Herbs for Magical Use

As we saw in Part One, plants already carry the magical energy of the Earth within them. However, like any other magical tool, it's best to charge your herbs with focused energy before use in spellwork.

If you're growing your own, you can charge the seeds (or plant starts) before you plant them, so they will already be charged when harvested. For dried or fresh herbs that you've purchased, there are a few methods you can use. Experiment with more than one to find out what works best for you.

Moonlight is a wonderful source of magical energy. Leave herbs outside or on a window sill under moonlight for several hours, preferably when the Moon is waxing—a Full Moon is ideal. Be sure to remove them before sunlight hits them, as this can end up “bleaching” them and diminishing their energy.

If you have a large enough quartz crystal, lay your herbs on the crystal for a few hours, as quartz is a natural charger.

Visualization is another great charging tool. Hold the herb in the palm of your dominant hand, and place the other palm lightly over it. Close your eyes, breathe deeply, and visualize a white light surrounding and filling your body.

Now see the light entering the herb in your hands. Hold this image until the herb is completely saturated with the white light. With practice, you will begin to sense the energy of the herb awakening between your palms.

If you are working with a large quantity of the herb, you can just take a small portion for charging, and then return it to the herb container, gently mixing it in to “spread” the charge.

Finally, words of power can be used to charge herbs. This is particularly useful when you want to program the herb for a particular purpose. You can say something like this:

*I charge this [name of herb]
through the Universal power
to bring [name the magical purpose]
into my life.
So let it be.*

Note: generally, magical tools are cleared, or “cleansed” of unwanted energy before charging. This is not particularly necessary for herbs you’ve grown yourself or gathered from nature. However, you may want to clear store-bought herbs, as they have likely been handled by many people before you acquired them.

For fresh herbs, rinsing with water can do the trick—simply visualize all negative or unwanted energy clearing away under the running water. For dried herbs, you can use a smudging herb to clear them (which will be explained in Part Three), or place them under a bell or chime while you ring it.

Moonlight also doubles as a clearing agent, so if you’re using moonlight to charge, there’s no need to clear first! As with charging, different methods will work best for different people, so experiment and listen to your intuition as you get more comfortable with these processes.

Are You Ready for Some Magic?

When it comes to growing your own herbs, there really is a lot to learn—much more than the scope of this guide can cover. So if you're not already familiar with gardening, be sure to research the plants you're interested in growing.

Of course, you really don't have to grow anything yourself in order to use herbs in magic, and the spells and other workings in the next section will work just fine with store-bought herbs.

Still, even just one potted plant in your home can really enhance your connection to the magic of the Earth, so consider giving yourself that gift, even if you've never grown anything before!

In Part Three, we'll look at a number of ways in which herbs are used in magic, with plenty of example spells and other workings for you to try.

So get ready to root through your spice rack and/or your herb garden, or add a few ingredients to your next shopping list, and enjoy the blessings of bringing the plant kingdom into your magical practice!

SECTION THREE: AN HERBAL GRIMOIRE

Getting Started with Herbal Magic

Due to the incredible versatility and variety of the plant kingdom, the uses for herbs in magic are practically endless.

The following spells and other workings represent just a handful of ways in which the power of herbs can help you manifest positive change in your life, and encourage your spiritual and magical growth.

You'll find a diverse assortment of "hands-on" workings here, including simple concoctions, handmade creations, spells, rituals, and blessings. All of these use the magical energies of herbs in one way or another.

As with any other form of magic, however, the strength of your focus and your clarity of mind are more important than any other ingredient. It's very important to take time to ground and center before spellwork, in order to get the results you're seeking.

Happily, some of the workings here are actually aimed to help you do just that. So read on, taking note of anything that really resonates with you on an intuitive level, and have fun experimenting with the power of herbs!

Magical Teas

One of the oldest medicinal remedies in human history, herbal teas have long been used to address physical, emotional, and spiritual concerns.

Teas make for particularly good herbal magic because the herbs interact directly with the physical body, immediately altering your vibrational frequency and putting you in tune with the unseen spirit world. They're also a great way to make use of an herb's medicinal and magical properties at the same time.

Another advantage of drinking tea is that to non-Witchy types, it looks like a perfectly normal activity. So you can do your magic in secret, if need be, even when you're in the presence of others.

There are plenty of delicious and well-crafted herbal teas available commercially, but for magical work, it's highly recommended that you make the tea from scratch—i.e., using loose dried herbs rather than a pre-made tea bag.

You can place the loose herbs in a stainless steel mesh tea ball—a very worthwhile investment if you're a tea drinker—or steep them loose and then pour into a new mug through a fine strainer.

Some herbs will actually settle at the bottom of the mug and don't really need to be strained, but this is up to individual preferences.

Just know that the more contact the dried herb makes directly with the water (as opposed to through a tea bag), the more potent the magical energy will be.

Basic instructions for brewing magical tea:

- Boil purified water using a stove-top or electric kettle. If you don't have a kettle, try a small saucepan on the stove, rather than resorting to the microwave.
- Wait about one minute after taking the water off the heat before pouring it onto the herbs, to avoid scorching.
- Allow the tea to steep for 5 to 10 minutes, depending on your preferred strength. If you're brewing in a drafty or otherwise cold environment, cover the mug while steeping.
- As you pour the water, visualize your intention, whether it be a positive frame of mind, a successful divination session, or a healing of some kind.
- If you're not generally a fan of herbal tea, try adding a little honey. Some,

but certainly not all, herbs have a pleasing taste. If you can enjoy the tea on its own, it may have more potent magical effects, but if you're shuddering at the taste, then the energy of that resistance creates a bigger obstacle than any amount of honey could, so go ahead and use it.

Magical Evening Tea

Transitioning from the work day to the evening can be hard to do.

This tea is particularly useful when you need to unwind from a tough day and want to shift into a positive and calm state of mind—whether for working additional magic, or just because it’s good to be at peace at the end of your day!

You will need:

- 1 teaspoon chamomile
- ½ teaspoon hibiscus
- ¼ teaspoon lavender

Instructions:

Combine the herbs together in a small bowl and stir them gently together with your fingers before placing them in the mug.

As you pour the tea over the herbs, softly chant these (or similar) words:

“All is well with me. All is well in my world. All is well.”

As you enjoy your tea, pay attention to how your energy begins to settle out and a positive, relaxed feeling comes over you.

This feeling can last for several hours, or until you go to bed.

Divination Tea

Dandelion, as we saw in Part Two, is strongly associated with divination and psychic powers.

Try a cup of this tea as you prepare for a divination session, whether you're working with specific tools like Tarot cards or runes, or just wanting to connect more clearly with your own intuition.

If you're working with dandelion root rather than the leaves, you may want to add honey, as it's fairly bitter.

You will need:

- 1 teaspoon dandelion leaf or chopped root

Instructions:

As you pour the water over the dandelion, say these (or similar) words:

“I ground and center myself so that I may be open to clear messages from the non-physical world. So let it be.”

Lucky Prosperity Tea

This fun blend is generally better for daytime use, since it's caffeinated—although you could use decaf black tea as well.

If you normally add milk and/or sugar to black tea, go ahead and do so before adding the herbs.

It's meant to be a pleasing, energetic lift, so you need to be able to enjoy it!

You will need:

- 1 black tea bag
- Pinch of cinnamon
- Pinch of nutmeg

Instructions:

Brew the tea and steep for 1 to 3 minutes, depending on your preference.

Then add the cinnamon and nutmeg while repeating this chant three times:

*“Lucky, lucky tea,
lucky, lucky me.”*

Allow the natural lift of the fragrances of the herbs to bring your energy up to a higher vibration.

If you like, keep repeating the chant and dance around a little bit in your kitchen. It's a whimsical chant for a reason—you attract more positivity into your life when you feel positive. So envision how delightful it feels when an unexpected source of good luck comes your way—whether it's something material or some kind of opportunity—and be open to receiving such a surprise in your very near future.

Then, when your tea is gone, forget about it, so the Universe can do its part to bring it to you.

Magical Baths

The magic of water has been with us since ancient times, as water has always been associated with healing, cleansing, and other transformative processes.

Incorporating herbs into a ritual bath is a great way to utilize the magical powers of Earth energies as well. Like teas, baths involve a direct connection between the plant and the body—this time through interaction with the skin, rather than ingestion.

Immersing yourself in water that's been infused with herbs, rather than soapy, artificial bubble bath, can create a truly magical experience.

Of course, in this modern age, not everyone is blessed with a bathtub. If you're in this situation, however, don't feel left out! You can still create a magical bath by using a bucket of hot water and a mug, and perform this ritual in your shower!

Simply steep the herbs in the bucket. Then, using the mug to dip into the bucket and pour the water over your body.

There are a few different options for how to add the herbs to the water.

The most common way is to make an infusion. Pour boiling water over the herbs in a large pot, cover steep for 15 to 20 minutes, and then strain the water into another container.

Another option is to place the herbs in a cloth bag or wrap them in a washcloth (you can tie the washcloth closed with a ribbon). Even a sock will do for this purpose! Place the bundled herbs directly into the tub (or bucket).

Finally, it can be a delightful experience to just let the herbs float loosely around you in the water. Only use this method if you have a good mesh "hair trap" or other device that will prevent the herbs from clogging the pipes when you drain the tub—dried herbs will expand when saturated and can cause plumbing problems if they make it into the drain! Run the water until the tub (or bucket) is about halfway full before adding the herbs or infusion.

In order to make the most of your magical bath, find a time when you can be sure you won't be disturbed. If possible, light one or more candles and leave off any artificial lights for the duration of the bath. Stay in the water for at least 20 minutes. If you have the time, it's ideal to stay in until the water is no longer warm enough to be comfortable.

Clear Channel Psychic Bath

This bath is very effective for all methods of divination, as it purifies any lingering mundane energies from the day, readying you to be a clearer channel for spiritual communication.

But you don't have to be a divination practitioner to benefit—these herbs can also help you tune your energies toward living a more intuition-led life in general.

You will need:

- ¼ to ½ cup mugwort leaves
- 4 bay leaves
- ¼ to ½ cup dandelion leaves

Instructions:

As you step into this bath, visualize yourself leaving all unwanted thoughts, information, and other energy behind you.

Relax deeply and allow the powers of the herbs to clear out any blockages that keep your mind in a “noisy” state.

If you like, repeat this mantra to yourself whenever you feel that you're wandering into unwanted or unhelpful thoughts:

“I am open to receiving divine wisdom.”

Good Vibrations Bath

This combination of herbs can be used as a preparation for any kind of magic, and goes particularly well with love spells.

The lavender and hibiscus are well-suited for inviting loving vibrations into one's life, while the chamomile can help soothe any unsettling emotions.

If you wish to add sea salt, it will add an extra “charge” to the overall energy, but it isn't strictly necessary.

(Note: as mentioned earlier, loose hibiscus flowers may stain the tub, so test a small area with a wet hibiscus flower first. In an infusion or a cloth bag, hibiscus is fine.)

You will need:

- ¼ to ½ cup chamomile flowers
- ¼ cup hibiscus
- ¼ cup lavender flowers
- ½ cup sea salt (optional)

Instructions:

This bath is so delightful that you will most likely find yourself instantly able to visualize happiness, tranquility, and a loving feeling in your life.

You can enhance this experience, however, with a mantra like this:

“I am saturated with love, light, and happiness.”

Herb and Candle Spell

Just as herbal baths and teas combine the magical properties of Earth and water, incorporating herbs into candle spells activates the synergy between Earth and fire.

Fire is the element of transformation, and in many spells, including the two below, the moment the candle is lit is considered to be the moment when the magic is sent out into the non-physical planes.

Spell candles, tea lights, or votives are should be used for these spells as they will burn down in a reasonable amount of time. Be sure to use an appropriately sized holder.

Healing Love Spell

Not every love spell is about attracting a date or a relationship. Love has its difficult and even painful moments, and magic can be used for healing from these times. In fact, this kind of magic is often more powerful than any other.

This spell is intended for recovering from a break up, but can also be used for healing a major rift with a committed partner.

If you work it for the second purpose, be sure to focus on healing your own feelings with your own power, rather than on something you want your partner to do or say to make it right. To do so would be manipulative magic, which will generally either not work at all, or even bring negative results.

Incense is used in this spell to help soothe hurt feelings and facilitate a peaceful state of mind. Some people are bothered by the smoke of incense. If this is the case for you, try an essential oil in a diffuser instead. (A few drops of oil on top of a wide-based lit candle can also work.)

You will need:

- 1 pink or white candle
- Amber, frankincense, copal, or Nag Champa incense
- 2 teaspoons dried hibiscus flower
- 2 teaspoons elecampane root

Instructions:

Light the incense.

Take a few moments to breathe deeply with your eyes closed, focusing on what it feels like to have a sense of peace and feeling loved.

You may not be feeling that way lately, obviously, but you can allow yourself to trust that you will experience it again. This spell is for speeding up the time it will take to get there.

When you feel ready, sprinkle the elecampane in a clockwise circle around the candle, saying the following words (or create your own affirmation):

“I heal the energy of this loss within myself, and release it to be transformed into positive energy.” (You can substitute “conflict” for “loss” if this is for a conflict in an existing relationship.)

Then do the same with the hibiscus flowers while saying:

“I raise my vibration to the level of highest love.”

Light the candle, and say *“So let it be.”*

Spend a few moments gazing softly at the flame.

Leave the candle to burn all the way down, and let go of any thoughts of the issue for as long as you can.

Money Attraction Spell

Basil and nutmeg make a powerful combination when it comes to bringing some extra cash into your life.

In the days after you work this spell, be careful not to try to figure out where the extra money will come from, or you'll get in the way of the magic's ability to work.

Money can come from all kinds of unexpected places. Go about your usual routine, and trust that you will see the results of the spell when the time is right.

You will need:

- 1 green or gold votive candle
- A teaspoon of dried basil
- A tiny pinch of nutmeg or cinnamon
- Rosemary essential oil or Prosperity Oil (see recipe below!)

Instructions:

Anoint the candle with the oil by placing a drop or two at the base and rubbing it in with your fingertips, moving upward to the top. (Wipe your fingers on a cloth to remove any excess oil.)

Roll the candle in the basil so that a significant amount of it sticks.

Place the candle in the holder and say the following words (or create your own affirmation):

“From the endless stream of universal abundance, money flows to me.”

Light the candle, then sprinkle the nutmeg or cinnamon lightly above the flame, so as not to put it out.

Leave the candle to burn all the way down.

Magical Creations

Classic, ceremonial spellwork like the candle spells above can be highly effective, but it's also worthwhile—and enjoyable—to work more lasting magical creations that can enhance your life in many ways.

Herbs make great ingredients for charms, dream pillows, magical oils, and more. Try these simple recipes below, and/or use them as templates for your own unique creations!

Magical Oils

Specially blended oils are one of the oldest forms of magical work, dating as far back as ancient Mesopotamia.

Although commercially available blends can be of very good quality, making your own oils tends to be less expensive, and adds an extra personalized touch to your magic.

All you need is a carrier oil, such as almond, olive, grape seed, or safflower oil, and some magical herbs. You can also add a few drops of your favorite essential oil, if you like!

The recipes below make a fairly small quantity of oil. You can double or triple the recipe if you plan to use it regularly, but keep in mind that most carrier oils only have a 1-year shelf life, so starting out small may be a wise choice.

Prosperity Oil

This power trio of prosperity herbs lends a hand with all kinds of magical work aimed at increasing your material well-being.

You will need:

- 1 tablespoon fresh basil, leaves torn gently into pieces
- 1 tablespoon fresh rosemary leaves
- 1 teaspoon grated whole nutmeg
- ½ cup carrier oil of your choice
- Small jar with tight-fitting lid
- Cheesecloth (optional)

Instructions:

Combine the herbs in a bowl, mixing them together thoroughly with your fingers.

Pour the carrier oil into the jar, then add the herbs.

Close the jar tightly, and give it a slight shake to spread the herbs out into the oil.

Hold the jar in your hands for a moment while you envision the feeling of having everything you need, and the assurance of more on its way.

Leave the jar in a cool, dark place for three to five days. You can then strain the oil through a cheesecloth into another jar. This step isn't strictly necessary, but it will help the oil to keep longer if the herbs themselves are removed.

You can use the oil to anoint your candles, other ritual tools, and even your skin as a preparation for magic.

Love Attraction Oil

This recipe makes use of the aromatherapeutic properties of essential oil in addition to the herbs.

The oils listed below are all associated with love, and you can create a custom blend of one or more of them that is pleasing to you.

Be sure not to ever place essential oils directly on your skin, as they are highly concentrated and likely to cause irritation.

You will need:

- A few to several drops rose, sandalwood, ylang-ylang, and/or jasmine essential oil
- ½ cup almond oil
- 1 tablespoon dried lavender
- 1 tablespoon dried chamomile
- 2 teaspoons powdered cinnamon

Instructions:

Follow the initial instructions for Prosperity Oil, above.

After shaking the jar to spread the herbs through the oil, open it again and add a few drops of the [essential] oil.

Then reseal the jar and shake again.

Open it and inhale the aroma. If it doesn't have a strong enough scent, add more [essential] oil.

Repeat this process until you're satisfied with the scent, and then hold the jar in your hands and spend a few moments visualizing the feeling of being unabashedly adored by an ideal partner.

Leave the jar in a cool, dark place for three to five days, and strain the herbs if desired.

As with the prosperity oil, you can use this oil for anointing candles and tools, but be sure to wear it on your skin when you go out to attract love!

Luck Charm Sachet

Charmed herbal sachets are great for carrying with you in a pocket or purse, or even wearing on a cord around your neck.

It's ideal to use small drawstring bags made of cotton, silk, or muslin, which you can purchase online or at a craft store, but you can also make a charm "bundle" with a piece of scrap cloth tied together with a ribbon.

Bring this charm with you on a journey, to a job interview, or any other occasion when you'd like a little extra boost of luck.

If you can't find one of the crystals listed below, use a small stone, pebble, or seashell that has significance to you.

You will need:

- 1 cinnamon stick
- 1 bay leaf
- ¼ cup dried chamomile flowers
- Small piece of agate, amber, citrine, or aventurine crystal
- 1 candle
- Pencil

Instructions:

Gather your ingredients and place them on your altar (or other working surface).

Light the candle and take a few deep breaths to still your mind.

Place the chamomile flowers in the sachet, followed by the cinnamon stick.

On the bay leaf, write this (or a similar) phrase:

"Good luck is my constant companion."

Place the bay leaf in the sachet, and then add the crystal or stone.

Leave the charm next to the burning candle to charge for at least one hour.

Prophetic Dream Pillow

As you most likely noted from many of the herb descriptions in Part Two, various herbs are known for their ability to affect sleep and dreaming.

Dream pillows allow you to harness these particular energies and direct them into your dream experience.

To sew your own, cut a piece of fabric into two identical squares or rectangles. Place them together and sew along three edges, leaving the fourth open. Turn the “pillow case” inside out so that the stitches are hidden. Place the dried herbs inside, then sew up the final edge. (If you’re not inclined in the needle and thread department, you can use a larger size of the drawstring bags described above.)

The herbs in this pillow are particularly good for bringing dreams that portend future events, though they may or may not make logical sense to you right away.

It’s very helpful to keep a notebook near your bed for recording any interesting or significant dreams in the morning. Every few weeks or so, read over your dream journal, and you’ll begin to learn how various dream symbols are communicating to you about the events in your life.

You will need:

- Fabric, scissors, needle and thread (or pre-made drawstring bag)
- ¼ cup mugwort
- ¼ cup rosemary
- 3 bay leaves
- ½ cup chamomile
- ½ cup lavender
- 1 candle

Instructions:

Gather your ingredients and place them on your altar (or other working surface).

Light the candle and take a few deep breaths to still your mind.

Sew the three sides of the pillow and turn inside out.

Mix the loose herbs together in a bowl with your fingers, then add the bay leaves.

Gently empty the bowl into the pillow.

Sew up the fourth side, and leave the dream pillow next to the burning candle to charge for at least one hour.

Then place it under your regular pillow before going to sleep.

Smudging Rituals

While burning incense is traditionally associated with Wicca and other forms of contemporary Witchcraft, the practice of smudging has been used in sacred rituals around the globe since ancient times.

Both incense and smudging involve the use of dried herbs, but incense is usually made from a more complex blend of powdered herbs, oils, resins, and bark, which creates a richer, more perfume-like scent.

Incense is often an ingredient in spellwork, and various types of incense have specific correspondences with particular magical purposes. Smudging, on the other hand, is usually done before spellwork, and generally has a singular purpose: purifying the energy of a space, or a person.

The particular herbs used may depend on the reason for the purification, which can range from healing from a physical illness to eliminating negative, “haunted” energy from a house. (Incense can also be used for purification, but because it doesn’t tend to burn as cleanly as simple dried herbs, many Witches prefer smudging for this purpose.)

These days, you can find smudge sticks—bundles of dried herbs tied with string—at most New Age shops, as well as other places where medicinal herbs are sold. These are easy to handle and tend to last a long time, so they can be used repeatedly.

However, you can also burn loose sprigs of dried herbs for a “single use” smudge, which requires a bit more caution, but allows you to choose exactly which herb(s) you want to burn, depending on your purpose. (The two workings described below make use of loose herbs, but you can substitute a pre-made smudge stick if you prefer.)

The easiest way to approach smudging with loose herbs is to find sprigs of the dried herbs, ideally four inches long at a minimum, that you can hold with your fingertips. However, you can also place the herbs inside a fire-proof dish, and then place the dish in a skillet, using the handle of the skillet to carry the smoldering herbs.

Whichever method you choose, be sure to thank the spirits of the herbs before lighting them.

Remember that it’s the smoke from the herbs that does the cleansing, so only light them enough to get them smoldering, rather than trying to set them

completely on fire. As with anything involving flame, use extreme caution. And if you're working indoors, be sure to leave at least one window cracked open so that the energy being removed from the space has a way to get out.

When the smudging is finished, you can put out the burning herbs in a pot of soil or leave them to burn out on their own in a heat-proof dish.

Many smudging traditions use a feather to fan the smoke around the space, or over the person, being purified. This is symbolic of the element of Air.

Likewise, many use a sea shell to catch the ashes from the smoldering herbs, which honors the element of Water. (Earth and Fire are already represented by the herbs and the flame.)

Whether you incorporate these items is up to you—you can also use your hand to wave the smoke around, and a bowl to catch the ashes, if you like.

Clearing Unwanted Energy

Sage is the herb most people think of when it comes to smudging, but adding thyme to the mix really boosts the power to clear away even the most stubborn negativity from a space.

This is a good ritual to use after a long winter, or to dispel a feeling of being in a “slump.”

Be sure to give the space you’re smudging a good dusting and sweeping first—dust and dirt can interfere with the sage’s ability to completely clear away unwanted energy.

You will need:

- 1 sprig of dried sage
- 1 sprig of dried thyme

Instructions:

As you light the herbs, say the following (or similar) words:

“Spirit of sage, spirit of thyme, thank you for your cleansing, healing powers. With your energies I transform this space into a place of only love and light. Blessed Be.”

Stand facing north, and move the smoldering herbs throughout the space, walking in a clockwise direction. Be sure to smudge the corners of the room as well as the more central area.

Visualize the space being saturated with white light.

When you’re finished, leave the room for a few moments and then return. Notice how much lighter and easier you feel in the space now that the energy has been cleared!

Preparing for Magical Work

This blend is particularly suited for preparing a sacred space before ritual and/or spellwork.

It's also a good one for clearing unwanted energy from other herbs if need be—such as prepackaged, store-bought dried herbs that may want a bit of “sprucing up” before use in magic.

You will need:

- 1 sprig of dried rosemary
- 1 sprig of dried lavender

Instructions:

As you light the herbs, say the following (or similar) words:

“Spirit of rosemary, spirit of lavender, thank you for lending your energies to this forthcoming work. With your help I remove any energy of distraction, and infuse this space with magical power. Blessed Be.”

Follow the same process described in the clearing ritual, above.

A Blessing for Magical Gardens

As we saw in Part One, living plants respond to vibrational energy on every level. You can enhance the growth and abundance of your living garden—even if that garden is just one potted plant—with focused magical energy.

This spell is ideal in the spring, when the growing cycle is just gearing up, but it can really can be worked any time. In fact, it can be quite helpful to any indoor plants that seem to be struggling to get through the winter! You can also work this blessing after planting new seeds or plant starts, to welcome them to your garden.

The quantity of herbs you'll need will depend on the size of your garden. For smaller potted plants, a pinch of the herb mixture will do. For larger, outdoor gardens, you may want a few tablespoons or more.

Be sure to use only the dried leaves of each herb—don't include any seeds if you don't want to invite “joiners” into your garden!

You will need:

- Basil
- Dandelion
- Sage
- Thyme

Instructions:

Start by giving some loving attention to the plants you're working with.

Prune any dying or dead leaves, and clean out dropped leaves and other detritus from the soil under and around the plants.

Check the leaves of indoor plants for dust, and gently wipe them down. (Indoor plants may also like a light spritzing from time to time.)

When the plants are ready, combine the herbs in a bowl, mixing them together gently with your fingers.

Then sprinkle the herb mixture over the soil around the plant(s), and say the following (or similar) words:

“With this offering I bestow blessings to these living herbs, that all may flourish here in this magical space. Blessed Be.”

Finish by watering your plants (lightly if need be—don't over water them).
Scatter any leftover herb mixture in your yard.

Enhancing Communications with Plant Spirits

As you develop your practice of working with magical herbs, you will almost certainly notice a deepening of your intuition when it comes to deciding which herbs are most suitable for your spellwork.

You may even notice that the names of certain herbs pop into your mind out of the blue, or certain spice jars may catch your eye when you're in your kitchen. When this happens, it's often because there's a current or forthcoming need in your life that the herb can assist you with.

You can deepen this intuitive communication with plant spirits if you consciously recognize and affirm these subtle nudges, and open yourself to receiving more of them.

The energy of elecampane is particularly well-suited to opening the channels that allow wisdom from the plant world to flow toward you. Elecampane root is quite bitter, so you'll most likely want to add honey. If you can't find elecampane, or just can't tolerate the taste, you can use dandelion root, which is slightly less bitter.

This ritual is ideally performed outside, while sitting at the base of a tree, or in your garden, or anywhere in nature that you have access to.

If this isn't an option, however, the indoor version works as well. (If you're inside, burn some incense to facilitate an opening of your intuitive mind.)

Either way, you need a plant to have tactile contact with, by placing your palm against the trunk of a tree, or holding a leaf of a living plant gently between your palms.

Indoors, you can do this with a potted plant, or you can bring in leaves that have fallen from a tree or other plant outdoors (but don't pluck a leaf for this purpose).

If you have no access to any of these options, dried leaves of an herb from your kitchen will also work.

You will need:

- Elecampane tea (use just ¼ teaspoon chopped root)
- A living tree, plant, or plant material such as leaves or dried herbs
- Frankincense or sandalwood incense (if working indoors)

Instructions:

Brew the tea for up to 5 minutes, then sweeten with honey. If you're going outdoors, particularly if you're going beyond your yard, you'll probably want to transfer it to a thermos.

You can begin drinking the tea as soon as it's ready—ideally for a few minutes as you prepare for the ritual.

Go outside to your selected tree or plant or place in your garden, and sit comfortably. Spend a few moments enjoying the feeling of being outdoors.

Breathe deeply and calm your mind. Drink some more of the tea. Then place your palm on the tree trunk, or take the leaf of the plant and hold it gently in your hands, and sit quietly for a few more minutes.

When you feel fully centered, say the following affirmation (or create one of your own):

“Living spirits of Earth, teach me to listen from the stillness of my center. Blessed Be.”

If you're inside, bring the tea and your plant or leaves/herbs to a quiet, comfortable place where you won't be disturbed.

Light the incense, and spend a few moments breathing deeply and calming your mind. Drink some more of the tea.

Then take the plant material and hold it gently in your hands, and sit quietly for a few more minutes.

When you feel fully centered, say the above affirmation (or create one of your own).

Whether you're indoors or out, continue to sit quietly, drinking the tea, and just observe whatever comes into your mind.

You may want to repeat this ritual once a week for a month or so, and keep track of how your intuition regarding plants and herbal magic continues to evolve.

CONCLUSION

Now that you've had a basic grounding in herbal magic, you can broaden your horizons by reading more about herbs and their many magical applications.

A short suggested reading list is included at the end of this guide, as well as Tables of Correspondence for easy reference to the magical properties of selected herbs, essential oils, and incenses.

You can also, of course, experiment on your own and create spells and rituals, charms and oils, and teas and bath recipes to suit your particular needs and preferences. The possibilities truly are endless.

Just be sure to research any herb you're unfamiliar with before using it for any purpose, to prevent any possibility of accidental harm due to toxicity.

And don't forget that books, online resources and herbal experts are not the only sources of information about herbs. The plant kingdom itself can communicate with you directly, if you'll only listen.

So the next time you're at a farmer's market looking at plant starts, or even just standing in the spice section of the grocery store, quiet your mind and open up to any particular herb that may be calling to you. You just may be surprised at what you hear!

I sincerely hope you've enjoyed reading this book, and I hope this book will help you take valuable first steps into the world of herbal magic. Whether you consider yourself Wiccan, a Witch, or any other variation, you're more than welcome here. I hope you can impact your life in a positive way by practicing herbal magic (and all other variations of spellwork!).

Be patient, practice lots, and trust your abilities. Like with any activity, it can take some time to achieve results, and magic is no different. With the right time, energy, and persistence, the results will come.

I make a point of ending all of my books with the following mantra: in Wicca, I believe there is no right or wrong—only interpretations. You, or a different author, might have different interpretations to my own. Make your own mind up.

Although the descriptions of the herbs I've used are commonly accepted by most Witches, perhaps you disagree—perhaps your intuition tells you that a particular herb would benefit you in a completely different way. That's great, and I say feel free to experiment!

The more you read, the more you'll understand the magical properties of the herbs that interest you. This will help you achieve the results you desire from your spellwork.

For now, though, it's time for me to say goodbye. I sincerely hoped you enjoyed learning about herbal magic with me. I wish you all the best with your spellwork and I hope that magic has a wonderfully positive impact on your life.

Thank you one more time for reading.

Blessed Be.

Tables of Correspondence

Included here are very brief sample table of correspondence. Be sure to research further, however—there are countless tables of correspondence with much more detailed information than is presented in this brief guide.

Sample Tables of Correspondence: Herbs

Herb	General Magical Uses
Basil	fosters loving vibrations, protection, wards off negativities in a home
Bay Leaf	protection, purification, healing, strength, good fortune, money, and success
Chamomile	brings love, healing, relieves stressful situations
Cinnamon	love, luck, prosperity, success, raises spiritual vibrations
Dandelion	divination, interaction with the spirit world, wishes
Elecampane	protection, luck, dispels negative vibration, plant spirit communication
Hibiscus	divination, dreams, love and lust
Lavender	love, peace, restful sleep, clairvoyance, happiness, healing, money, passion, protection, relief from grief, longevity, meditation
Mugwort	psychic powers, protection, increases lust and fertility *Do not ingest, and do not even handle if pregnant
Nutmeg	money, prosperity, good luck, protection
Rosemary	love and lust spells, promotes healthy rest
Sage	longevity, wisdom, protection, dispels negative energy
Star Anise	luck, spiritual connection, psychic & magical power
Thyme	attracts loyalty, affection, psychic abilities
Valerian	protection, drives away negativity, purifies sacred space
Yarrow	healing, divination, love, promotes courage and confidence

Sample Tables of Correspondence: Essential Oils

Essential Oil	General Magical Uses
Bergamot	promotes energy, success, prosperity
Cinnamon	increases psychic connections, promotes healing, success, luck
Clove	protection, courage, banishing negative energies, cleanses auras
Eucalyptus	healing and purification
Frankincense	relieves stress, aids meditation, brings heightened spiritual awareness
Jasmine	strengthens intuition and inspiration, promotes sensuality and love
Lavender	healing, cleansing, removing anxiety
Patchouli	prosperity, lust, physical energy
Rose	love, peace, enhancing beauty
Sandalwood	clears negativity, promotes balanced energy flow
Ylang-Ylang	promotes happiness, calms anger, enhances sexual attraction

Sample Tables of Correspondence: Incense

Incense	General Magical Uses
Amber	healing, meditation, divination
Cedarwood	strength, courage, power
Copal	inspiration, attraction, purification, happiness
Frankincense	peace, resolving conflict, meditation
Jasmine	love, beauty, emotional connection, friendship
Nag Champa	a blend containing sandalwood and other herbs, this all-purpose vibration raiser is very popular and widely available
Patchouli	grounding, attracting joy, money, prosperity
Sandalwood	purification, protection, healing, spiritual awareness

Suggestions for Further Reading

The topic of herbalism is enormous, and within it you may find that the perceived boundaries between magic, medicine, and cooking sometimes overlap.

This brief list of references focuses on the use of herbs in magic, but readers who find themselves growing fond of herbs may want to branch out into the other, related realms for an even deeper understanding of these very powerful plants.

Happy reading!

Paul Beyerl, [*A Compendium of Herbal Magic*](#) (1998)

Scott Cunningham, [*Cunningham's Encyclopedia of Magical Herbs*](#) (1985)

Scott Cunningham, [*The Complete Book of Incense, Oils and Brews*](#) (2002)

Ellen Dugan, [*Herb Magic for Beginners*](#) (2006)

Ellen Dugan, [*Garden Witch's Herbal: Green Magick, Herbalism & Spirituality*](#) (2012)

Did You Enjoy Wicca Herbal Magic?

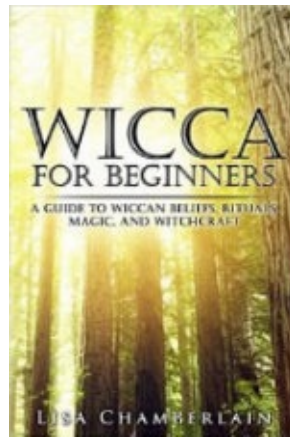
Again let me thank you for purchasing and reading my guide.

There are a number of great books on the topic, so I really appreciate you choosing my guide.

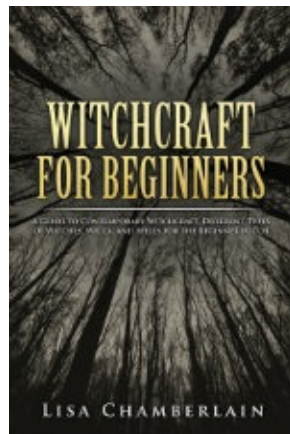
If you enjoyed the book, I'd like to ask for a small favor in return. If possible, I'd love for you to take a couple of minutes to leave a review for this book on Amazon.

Your feedback will help me to make improvements to this guide, as well as writing books on other topics that might be of interest to you. Hopefully this will allow me to create even better guides in future!

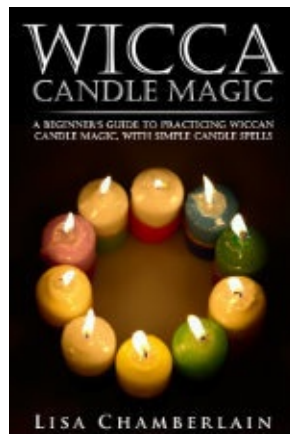
Other Guides by Lisa Chamberlain



[Wicca for Beginners: A Guide to Wiccan Beliefs, Rituals, Magic, and Witchcraft](#)



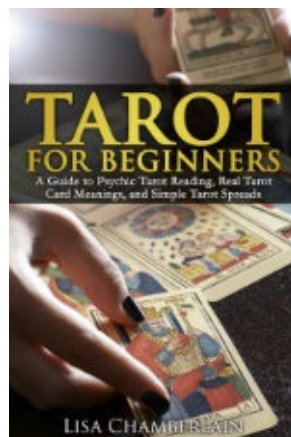
[Witchcraft for Beginners: A Guide to Contemporary Witchcraft, Different Types of Witches, Wicca, and Spells for the Beginner Witch](#)



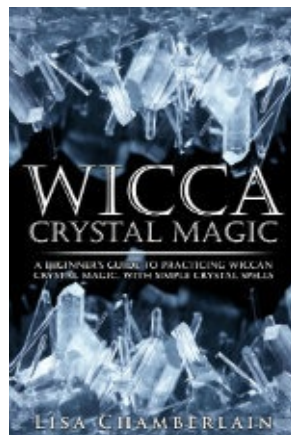
[Wicca Candle Magic: A Beginner's Guide to Practicing Wiccan Candle Magic, with Simple Candle Spells](#)



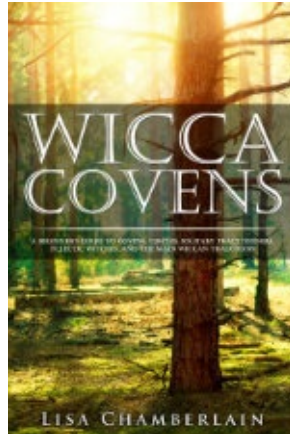
[Wicca Elemental Magic: A Guide to the Elements, Witchcraft, and Magic Spells](#)



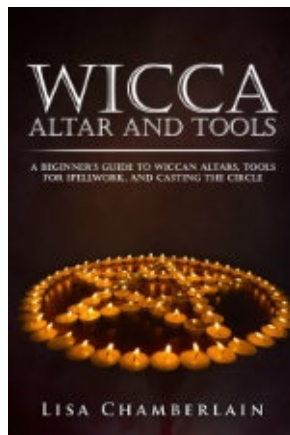
[Tarot for Beginners: A Guide to Psychic Tarot Reading, Real Tarot Card Meanings, and Simple Tarot Spreads](#)



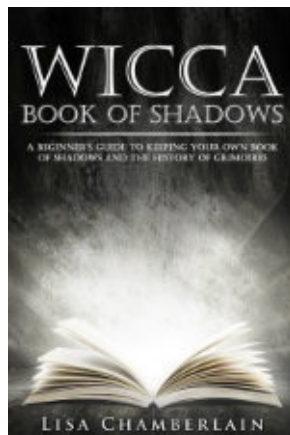
Wicca Crystal Magic: A Beginner's Guide to Practicing Wiccan Crystal Magic, with Simple Crystal Spells



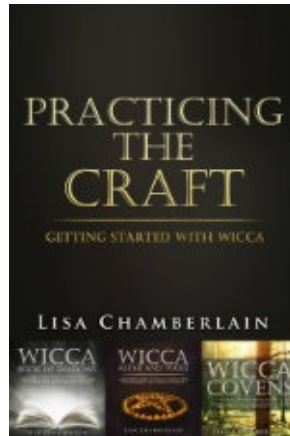
Wicca Covens: A Beginner's Guide to Covens, Circles, Solitary Practitioners, Eclectic Witches, and the Main Wiccan Traditions



Wicca Altar and Tools: A Beginner's Guide to Wiccan Altars, Tools for Spellwork, and Casting the Circle



[Wicca Book of Shadows: A Beginner's Guide to Keeping Your Own Book of Shadows and the History of Grimoires](#)

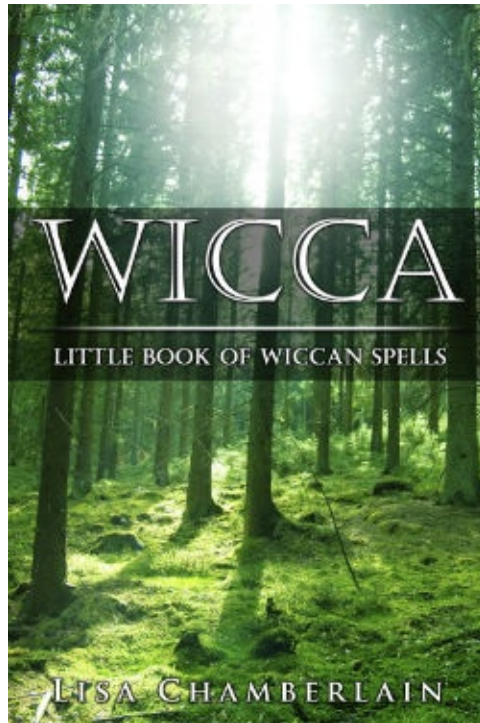


[Wicca Practicing the Craft: Getting Started with Wicca \(Complete Series\)](#)

FREE Gift Reminder

Here's one final reminder of the free downloadable book I'm offering, as I'd hate for you to miss out!

Wicca: Book of Wiccan Spells is ideal for any Wiccans looking to start practicing Witchcraft. It includes a collection of ten spells that I have deemed suitable for beginners. [You can download it by clicking here](#). I hope you enjoy it!



www.wiccaliving.com/bonus