

# *Wejee's Metaphysical Superstore*

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## *117 Magickal Herbs*

Many of the herbs on this list are conveniently hyperlinked to [Wejee's Metaphysical SuperStore](http://www.wejees.com). We have both 1-2 oz sizes, and big one pound bags. [Wejee's Metaphysical SuperStore](http://www.wejees.com) also carries a complete selection of herbal and vitamin supplements, and homeopathic products, as well as books on herbs and healing. Wejee's has a complete line of metaphysical, Wiccan and Pagan books, music, jewelry, and ritual supplies. [http://wejees.com](http://www.wejees.com)

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PLEASE NOTE, NONE OF THESE STATEMENTS ARE MEANT TO DIAGNOSE OR CURE ANY ILLNESS, AND ARE FOR INFORMATION ONLY.

### **[Angelica Root](#)**

#### **Sun Fire Masculine**

**Medicinal Uses-** Angelica got it's name during the Great Plagues of Europe- a monk had a dream of an Angel, telling him this herb could cure the plague. Today, Angelica is valued as a stimulant for the digestive system. It is a good remedy for gas, colic, and acid indigestion. It also is valuable in the treatment of lung diseases, coughs, and colds. It relieves buildup of phlegm due to asthma and bronchitis. Angelica is invigorating to the entire body, and can be used as a tonic for added physical vitality and mental well being. It can also be use to cleanse wounds. *Use with caution Large doses can negatively affect blood pressure, heart, and respiration. If pregnant, can stimulate menstruation, and used to dispel after birth.*

**Magickal Uses-** Use in protection and exorcism incense, and also carry the root in a blue pouch as a protective talisman. Add to bath to remove hexes. Smoking the leaves causes visions. Angelica protects by both creating a barrier against negative energy, and by filling it's user with positive, radiant energy. Removes curses, hexes, or spells that have

been cast against you. Enhances the aura, gives a joyful outlook on life. Burn sun-dried herbs while you announce your desire and retain it in your mind.

### Arnica

#### **Saturn Water Male**

**Medicinal Uses-** It has been used in Europe for hundreds of years to externally reduce bruising and swelling, and to shorten recovery after physical trauma. Use externally in herb baths, and in ointments for chapped lips and irritated nasal passages, for bruises, sprains, dislocations, rheumatism, and skin inflammation. **CAUTION- It should not be taken internally as it is an irritant and can be poisonous.**

**Magickal Uses-** Use in spells of protection, and invisibility.

### Astragalus Root

#### **Mercury Air Male**

**Medicinal Uses-** A very potent herb for strengthening the immune system- it is believed that astragalus works at a very deep level; in the bone marrow, directly enhancing T-cell function. Astragalus is also very rich in polysaccharides, the basic nutrient that our body's need. Used during a serious illness, chemotherapy or during recovery from surgery, it will not only strengthen the body's natural ability to fight off disease and recover, it will also nourish it, and also help to nourish exhausted adrenal glands.. It is a potent adaptogenic herb, also helping to detoxify the liver, help prevent coronary heart disease with it's anti-clotting properties, and increases the flow of bile and digestive fluids.

**Magickal Uses:** Burn while scrying, especially when the issue has to do with health. Carry as a charm for good health and strength.

### Balsam Fir Needles

#### **Jupiter Water Feminine**

**Medicinal Uses-** Balsam fir is an antiseptic and stimulant, and used for chest infections such as bronchitis, and urinary tract conditions such as cystitis and frequent urination. Externally, balsam fir was rubbed on the chest or applied as a plaster for respiratory infections.

**Magickal Uses-** Burning fir can aid in divination, prophetic dreams and psychic powers, and it can also be used to attract the aid and power of dragons.

### Barberry

#### **Mars Earth Feminine**

**Medicinal Uses:** Useful for many liver and gall bladder problems, hepatitis, and cirrhosis. Especially good for jaundice, and to normalize the liver's secretions. It also aids in reducing an inflamed spleen. Barberry also dilates the blood vessels, and can help to reduce blood pressure. It strengthens the body, and is a stimulating herb. Barberry is a very powerful and healing herb for the liver and spleen.

**Magickal Uses:** Spiritual cleansing, atonement, freedom from the negativity and control of others.

### Bearberry- Uva Ursi

Jupiter Fire Masculine

**Medicinal Use-** Used for kidney and bladder infections, and kidney stones. It soothes renal and urinary inflammation. It also has an antiseptic effect on the urinary tract. It also helps to balance the Ph of overly acidic urine. It also has a sedative and relaxing effect on the urinary tract, thus reducing frequent urination. It can also help to dissolve kidney stones. Used as a hot bath, it can soothe hemorrhoids. It aids in reducing sugar in the blood, thus is helpful in the control of diabetes. Strengthens the heart muscle, used as a tonic, and helps disorders of the spleen, liver, pancreas, and small intestines. Used as a diuretic. Good for female disorders. Also used in bronchitis, gonorrhea, diarrhea, and to stop bleeding. *It is not necessary to drink the tea for long periods, because acute symptoms generally will disappear within a few days with treatment of bearberry leaf tea.*

**Magickal Uses-** Native Americans mixed it with tobacco to create the smoking mixture called "Kinnikinnick". Use in spells requiring the element of fire.

### Blessed Thistle

Mars Fire Masculine

**Medicinal Uses-** An herb with many uses; Blessed Thistle strengthens the heart and lungs, and it also aids the brain and memory by increasing oxygen in the brain. It also helps to relieve headaches, especially due to menopause, and is a hormone balancer. Also useful for menstrual cramps and hormone related acne. Also a digestive tonic. *Do not take large amounts during pregnancy.*

**Magickal Uses-** Purification, hex-breaking, protection from evil- removes from the self unwanted influences, particularly of malevolent intent. Brings strength and protection. Strew to cleanse buildings or rooms, beneficial in healing spells.

### Buckeye

Jupiter Fire Masculine

**Magickal Uses:** Carried whole, anointed with money oil, or wrap a dollar bill around it, anoint it in money oil, and carry it close to your money for constant increase. Buckeyes are very lucky, and are associated with wealth and divination.

**Medicinal Uses:** Folklore claims it protects against arthritis when carried in your pocket.

### Burdock

Venus Water Feminine

**Medicinal Uses:** Also known as gobo, or "Poor-man's potatoes", it is an important food in Japan, known for its many healing properties. Traditionally used in Europe, India and China to treat respiratory disorders, abscesses, joint pain, urinary problems and to stimulate cellular regeneration, detoxification and cleansing. Burdock is one of the best

herbal blood purifiers for illnesses such as rheumatism and arthritis, chronic infections and skin diseases. It is rich in iron and other minerals.

**Magickal Uses:** Used in protection incenses and for healing, especially the feet. Carry as a protection sachet or burn for purification of the room, rinse with a root decoction for ridding oneself of a gloomy feeling about yourself or others.

### **Bramble (Blackberry) Leaf**

Venus Water Feminine

**Medicinal Use-** A mild tea can be used to treat diarrhea, especially in children. It is also a highly effective diuretic. It has been chewed in the Middle East since Biblical times to treat bleeding gums.

**Magickal Use-** Powerful herb of protection and used in invocations to the goddess Brigit, who presides over healing, poetry, sacred wells, and smithcraft. Also used to attract wealth. If twined into a wreath with rowan and ivy, will keep away evil spirits. Plaited around a grave to keep the ghost from rising. Thought to cure various ailments if the sick would walk under an archway of bramble rooted at each end. A bramble patch is a favorite hiding place for faerie folk, use to invoke and attract faerie spirits.

### **Cacao**

Venus Water Feminine

The Aztec's Food of the Gods. An aphrodisiac, a mild euphoric, and helps to heal depression. Also rich in antioxidants. It is extremely effective in love potions and spells. Cacao is a required offering during Day of the Dead, can be used to appease restless spirits, or attract passed loved ones during seance.

### **Calendula**

Sun Fire Masculine

**Medicinal Uses:** Calendula heals wounds as well as internal and external ulcers. It is an antiseptic, and improves blood flow to the affected area. As an antifungal agent, it can be used to treat athlete's foot, ringworm, and candida. The tincture applied neat to cold sores encourages healing. Calendula cream is good for acne and diaper rash. An infusion is good for digestion and relieves colitis and symptoms of menopause.

**Magickal Uses:** Sprinkle at your door to prevent evil from entering the house, and under your bed to prevent bad dreams or possession. Use to honor and assuage the dead, to attract and honor gods of the Sun, and general good favor, luck and prosperity.

### **Camellia**

Moon Water Feminine

Brings riches and luxury, expresses gratitude. Place fresh blossoms in water on altar during ritual to attract money and prosperity. Used in traditional Chinese medicine for treating skin conditions.

## **Carob**

Mars Fire Masculine

Often used as a chocolate substitute, but though the flavor is similar, the correspondances are opposite. Useful for protection and prosperity (the dried pods were once used as currency). Can be burned as an incense to attract spirit helpers and familiars, or to deter poltergeists.

## **Catnip**

Water Venus Feminine

**Medicinal Uses-** Catnip tea will calm the nerves and aid a good night's sleep. Catnip enemas will quickly reduce a fever, and also calm a spastic colon. It also releases gas from the bowels. An old folk remedies is to chew to relieve a toothache.

**Magickal Uses-** Animal magick and healing pets, increases psychic bond with animals. Use as a tea for happiness and relaxation. Can also be used during meditation, increases psychic abilities. Useful in love magick- try burning dried leaves for love wishes.

## **Cedar Tips**

Sun Fire Masculine

**Magickal Uses:** Healing, purification, money, protection, love. Cedar smoke is purifying, and can cure nightmares. Keep cedar in your wallet or purse to attract money, or use in money incense. It can also be used in love sachets, or burned to induce psychic powers. Use to draw Earth energy and grounding.

**Medicinal Uses:** No real healing benefits, but the fragrant tips are popular for adding a smoked flavor to fish and meats when cooked with them. Cedar is also used to make sweet-smelling cabinets, garden and pet bedding, potpourris, and drawer and closet sachets.

## **Chamomile**

Sun Water Masculine

**Medicinal and Other Uses:** Use as a tea for happiness, relaxation and to cure insomnia. Useful in the treatment of aches and pains in muscles and joints, and it is also useful for indigestion, upset stomach, menstrual cramps, as an anti-inflammatory, and antispasmodic. Rinse light colored hair in chamomile tea to accentuate blonde highlights.

**Magickal Uses:** Use to attract money, useful as an amulet to attract prosperity. Use in sleep and meditation incense. Prepares the body and mind for magick. Add to a bath or use to wash your face and hair to attract love. Bathe children in chamomile tea to protect from the evil eye, useful in breaking curses cast against you.

## **Chickweed**

Moon Water Feminine

**Medicinal Uses-** For centuries, it was used as a health tonic for domestic birds; try sprinkling it in with their seed. Contains Vitamins A, B, C and fatty acids. Aids in nutrient absorption. A good, all around tonic and nutritious herb, also helps the digestive and respiratory systems, lowers fever. The Chippewa Indians used chickweed as an eye wash and wound poultice.

**Magickal Uses-** Useful in Moon magick. A good herb for those who work with animal magick, particularly birds.

### Cinnamon

Sun Fire Masculine

**Medicinal Uses-** Anti-bacterial and anti-fungal; was use for centuries as a food preservative, and the Egyptians included it in their embalming mixtures. Works against botulism, E-coli, staph, and candida albicans. Recent studies have discovered that cinnamon has a very positive effect on the blood sugar, an is useful in the control of diabetes.

**Magickal Uses-** Spirituality, Success, Healing, Power, Psychic Powers, Lust, Protection, Love. Burn cinnamon as an incense or use in sachets and spells for healing, money-drawing, psychic powers, and protection. Mix with frankincense, myrrh and sandalwood for a strong protection incense to be burned every day. A male aphrodisiac.

### Cloves

Jupiter Fire Masculine

**Medicinal Uses:** Cloves are useful for nausea, flatulence, poor indigestion, infections, dyspepsia, and toothache. Clove oil is also highly antiseptic- the active component of cloves is eugenol, which is known to help kill bacteria and viruses- cloves can help kill several strains of staphylococcus bacteria. Cloves promote sweating with fevers, colds, and flu.

**Magickal Uses:** Protection, exorcism, love, money, and good luck. Use in incense to attract money, drive away negativity, purify, gain luck or stop gossip. Wear to attract the opposite sex or for protection. Carry it to repel negative energies, also said to protect babies in their cribs if hung over them on a string.

### Coltsfoot

Venus Water Feminine

**Medicinal Uses:** A soothing expectorant and anti-spasmodic, which can be used to treat bronchitis, whooping cough, asthma, and chronic emphysema. *Caution: Do not use if pregnant or nursing!*

**Magickal Uses:** Add to love sachets and love spells of all kinds, and use in spells for peace and tranquility. Smoke the leaves to aid in obtaining visions.

### Comfrey Leaf

Air Saturn Feminine

**Medicinal Uses:** Very nutritious, contains almost 35% protein. Excellent for healing sprains, strains, fractures and sores. Also soothes an upset stomach. It is used externally for psoriasis and other skin afflictions. It contains allantoin, which speeds the development of new cell growth. It is excellent for closing and healing wounds, and also for stopping internal bleeding and hemmoring.

**Magickal Uses:** A strong herb for protection against any type of negativity, especially when traveling, and particularly for protection in the astral realms.

## Damiana

Mars Fire Masculine

**Medicinal Use-** Damiana was called Mizib-coc by the Maya, and use for asthma, lung problems, dizziness and a general body cleanser. In Mexico, Damiana is mostly used to treat female problems- it helps to balance the hormones, and strengthen the reproductive organs. It is particularly useful during menopause. It is also very useful in male impotency.

**Magickal Uses-** Sex Magick, Lust, Love, Visions. Use in lust spells. Use in love baths. Burn to enhance visions. Damiana can be prepared in a tea for use in sex magick. It is a mild aphrodisiac and produces a marijuana-like euphoria. It can also be made into a liqueur or be smoked. Damiana is very good for enchanting a male lover. Some say Damiana tea is the best thing for hangovers. Use caution with this herb.

## Dandelion Leaf

Jupiter Air Masculine

**Medicinal Uses-** Potassium rich, and a strong diuretic herb, dandelion will not deplete the body's potassium levels like pharmaceutical diuretics. Dandelion is also a strong liver detoxifier. Fresh dandelion is very high in Vitamin A, calcium, and many other nutrients. It is very nutritious, and makes a good addition to salads. Vegetarian pets, such as birds, rodents, rabbits and tortoises also love and benefit greatly from fresh dandelion as a regular part of their diet. Dandelion is also an important component in anti-cancer herbal remedies.

**Magickal Uses-** Divination, Wishes, Calling Spirits. Use the root in a tea to promote psychic powers. Used in Samhain rituals. Sleep Protection, Healing. Use in dream pillows and sachets, the leaves and flowers are used in a tea for healing.

## Dead Sea Salt

Saturn Earth Masculine

**Medicinal Use-** The benefits of bathing in the Dead Sea were well known in ancient times. The famous Greek physician Galen knew that that Dead Sea water was good for the treatment of arthritis, eczema, muscle pain, rheumatism, psoriasis, and, that it also relieved tension, and resulted in soft, silky skin. The Roman historian Flavius wrote "The Dead Sea cannot be praised too highly...travelers take as much of this salt as they are able to home with them, because it heals the human body, and is therefore used in many medicines." Dead Sea salts are rich in just about every mineral, and it is believed that the therapeutic properties of the Dead Sea are largely due to the healthy amounts of magnesium, potassium and bromide. Moriah Dead Sea Salt Mineral Bath Salts are from the world's oldest health spa, is rich in oxygen and minerals, and has been used for centuries to relieve symptoms of arthritis psoriasis, pain and stress.

**Magickal Uses:** Prosperity, protection, purification, consecration of ritual tools. Sprinkle a few grains around your sacred space to clear it of any unpleasant presences. Some ancient rituals call for pouring dry salt into a receptacle of water to symbolize the dissolving of evil.

### Devil's Shoestring

Jupiter Fire Masculine

**Magickal Uses:** Uses include protection, luck, especially good for attracting a raise or new job, and all magick related to jobs and employment.

**Medicinal Uses:** TOXIC, DO NOT CONSUME.

### Echinacea

Jupiter Fire Masculine

**Medicinal Uses:** It is a powerful antiviral- it stimulates the immune system by stimulating the production of white blood cells. Also a very effective anti-inflammatory and natural antibiotic. One of the most potent herbs for speeding recovery from sickness. A potent blood detoxifier and lymphatic cleanser.

**Magickal Uses:** Can be used with any type of spell-it's power is to add strength to any type of magickal working, but it is especially good in money drawing spells. The dried flowers may be burned as incense. Use as an offering to spirit guides.

### Elderberries

Venus Water Feminine

**Medicinal Uses:** May be used as a diaphoretic to break fevers, urinary complaints, edema, rheumatic complaints, colds and flu symptoms and muscle pain.

**Magickal Uses:** Wear an amulet of elder to ward off attackers, and hang in the doorway to ward off evil. Use in protection spells of all kinds. Use elderberries to fulfill your most lighthearted wishes, attracts fairies.

### Eucalyptus Leaf

Air Moon Feminine

**Medicinal Uses-** Excellent as a steam for colds and flu-; it kills germs, infections, and eases lung congestion. Can be used as a poultice in decaying, gangrenous or cancerous wounds. Use as a plaster over the lungs or on the back to relieve congestion.

**Magickal Uses-** Attracts healing vibrations and protection. Use to purify and cleanse any space of unwanted energies. Also useful in dream and sleep pillows.

### **Eucalyptus Pods and Berries**

Air Moon Feminine

Exotic and unusual in appearance, Eucalyptus pods and berries are potent in volatile and fragrant oils, and very hard in texture. They make a wonderfully healing and purifying incense, and also are a nice addition to healing potpourri and spell bags.

### Eyebright Powder

Sun Air Masculine

**Medicinal Uses:** It has been used since ancient times to make a very soothing eyewash-very good for 'computer eyes'! Also good for blepharitis, cataracts, common cold, conjunctivitis, both as an eye wash and tea. Also good for colds and flu. Beneficial and soothing to the mucous membranes. When sprayed into the nose, it can relieve sneezing fits.

**Magickal Uses:** A visionary herb and good for clairvoyant works. Magickally, it works to create change internally, shifting attitude from negative to a positive serenity.

### Fennel Seed

Mercury Fire Masculine

Healing, longevity, courage, vitality, virility and strength. Use for protection spells of all kinds. Prevents curses, possession and negativity problems. Use for purification. Gives strength, courage and longevity. Delicious flavor, purifies breath, aids digestion and weight loss.

### Feverfew

Venus Water Feminine

**Medicinal Uses:** Excellent daily treatment for migraine headaches- eases inflammation and constriction of the blood vessels in the head, reduces sensitivity to light and nausea. Traditionally used in Europe since the Middle Ages to reduce fever.

**Magickal Uses:** Include in charms or sachets for love and protection. Also a strong herb for health and spiritual healing. Use as a tea to ward off sickness and bolster the immune system. Protects travelers, keep it in your suitcase or car the next time you travel.

### **Fig**

Jupiter Fire Masculine

Fertility, love spells- excellent ingredient in spell bags. Divination. Sacred to Dionysus, Juno and many others. Recommended for a Beltane altar. If placed on the doorstep before leaving it will ensure you will arrive home safely.

### Flax Seed

Mercury Fire Masculine

**Medicinal Uses:** Flax seed is one of nature's richest plant sources of essential fatty acids and is rich in Omega-3. Omega-3 fatty acids help lower cholesterol and blood triglycerides, prevent blood clots which may result in strokes, heart attacks and thromboses. Increased energy, healing, PMS relief.

**Magickal Uses:** Use to keep the peace at home- place flax seed in a bowl to absorb negative energy. Useful in healing and protection spells. Also, carry flax seeds in your wallet or purse to attract money.

### Galangal Root

Mars Fire Masculine

**Medicinal Uses-** St. Hildegard of Bingen so highly revered galangal, she called it "The spice of life," and wrote that it had been given by God to protect against illness. It appears in many of Hildegard's formulas. It is primarily used to stimulate digestion and to treat stomach problems, including indigestion, flatulence, upset stomach, gastritis, , nausea, heartburn and diarrhea.

**Magickal Uses-** Psychic abilities, luck, money. For courage, strength, and for avoiding legal problems. Worn or carried, it protects its bearer and draws good luck. In China, it is worn as a charm to ward off illness. Placed in a sachet of leather with silver, it brings money. Powdered galangal is burned to break spells and curses. It is also carried or

sprinkled around the home to promote lust. Worn, galangal aids psychic development and guards the bearer's health. A mild hallucinogen--eat about three inches of the root for this effect. Use caution with this plant.

### Ginkgo Biloba

Mercury Air Feminine

**Medicinal Uses-** Ginkgo is the oldest variety of tree alive today. It is a very hardy tree- a Ginkgo was the only tree to survive the nuclear blast in Hiroshima, and that tree is alive today. Ginkgo is an herb of longevity. Ginkgo is effective in the treatment of insufficient blood flow, particularly in the legs and brain. Ginkgo has been shown to improve glucose utilization within the brain, and to improve alertness by increasing the brain's alpha waves, and decreasing theta. It is used to treat conditions such as varicose veins. After 8 weeks to 6 months, male impotence can be relieved by increasing blood flow to the erectile tissue. Ginkgo also has powerful anti-oxidant properties, and has been shown to inhibit free radicals. One of its main healing properties is its ability to increase tissue oxygenation.

**Magickal Uses-** Ginkgo is an aphrodisiac and a fertility herb. It is used in spells of longevity and immortality. Ginkgo seeds can be substituted for Lotus seeds at weddings and feasts. The wood can be carved into amulets and charms and carried as a healing talisman. Ginkgo is very useful in ritual healing, and is considered by some to be the sacred Tree of Life. Due to the age of this species, it is considered an elder among trees and having a high spirit energy. The nuts, when dried, may be used to represent male fertility. This plant is useful in all creative work and may be included in a Handfasting.

### Ginseng Powder

Sun Fire Masculine

**Medicinal Uses-** Ginseng is an adaptogen, having a tonic effect on the pituitary gland, and stimulating the adrenals. It helps the body cope with stress. It can lower blood pressure and cholesterol. Ginseng is particularly beneficial to men, having the effect of increasing testosterone. For this reason, women should not take large amounts of ginseng, or over an extended period of time. While men will benefit from taking it daily, women should only use it occasionally, such as while recovering from physical stress.

**Magickal Use-** Rejuvenation, longevity and sexual potency. Use the root in spells to attract love, keep healthy, draw money and ensure sexual potency. Carry to enhance beauty. Burn to break curses or ward off evil spirits. Make into a lust-enhancing tea.

### **Ginger Root**

Mars Fire Masculine

**Medicinal Uses-** Ginger tea is a very effective treatment for nausea, morning and motion sickness. It aids in digestion, relieves gas, and removes excess mucous from the respiratory system. It is warming and stimulating to the body. It may help to prevent strokes and hardening of the arteries. For increasing the flow of blood, "chi" energy, and it can increase perspiration. Use ginger tea is used for colds, flu, coughs, and hangovers.

**Magickal Uses-** Love, money success and power. Eat before magickal workings to increase your power. Useful in love spells. Grow ginger near your home or sprinkle dried

ginger in your pocket or wallet to attract money. Ginger root can be a good substitute for mandrake root, and can be used to make poppets.

### **Hazelnut**

Mercury Air Masculine

**Magickal Uses-** Spells of healing, protection, luck, clairvoyance, divination, inspiration, wisdom, defense, fertility, wishes. Hazel is an ancient Celtic tree of wisdom, inspiration, and poetry. In Celtic tradition, the Salmon of Knowledge is said to eat the 9 nuts of poetic wisdom dropped into its sacred pool from the hazel tree growing beside it. Ancient Irish tales tell of poets and seers "gaining nuts of Wisdom," a metaphor for heightened states of consciousness; this belief may have root in a potent brew – hazelmead- made from hazelnuts that caused visions. To enlist the aid of plant fairies, string hazelnuts on a cord and hang up in your house or ritual room.

### **Hazel Wood**

Mercury Air Masculine

Healing, protection, luck, clairvoyance, divination, inspiration, wisdom, defense, fertility, wishes. In Celtic tradition, the Salmon of Knowledge is said to eat the 9 nuts of poetic wisdom dropped into its sacred pool from the hazel tree growing beside it. The Hazel tree provided shade, protection and baskets. In Europe and North America, hazel is commonly used for 'water-witching' - the art of finding water with a forked stick. Magically, hazel wood is used to gain knowledge, wisdom and poetic inspiration.

### **Hawthorn Berries**

Mars Fire Masculine

**Medicinal Uses-** Hawthorn is beneficial to the heart due to its ability to increase the ability of the heart to use oxygen. It increases enzyme metabolism in the heart muscle, and acts as a mild coronary and vasodialator. Hawthorn is a valuable cardiac tonic beneficial to all heart conditions. Both the flowers and the berries are astringent and a decoction of these will help ease sore throats. It also can decrease restlessness and insomnia.

**Magickal Uses-** The hawthorn tree is believed to have been the Crown of Thorns placed upon Christ's head, and is sacred in the Christian tradition. It is used to increase fertility and is incorporated into marriage rituals. Use in protection sachets. The leaves can be used to maintain chastity. Used in protection sachets. Hawthorn has been used by witches for centuries, and many rituals can be performed underneath the thorn. Hawthorn is the seat of the old wild magick and was used to decorate may poles. Entering into a relationship with Hawthorn will bring adventure and chaos into your life.

### **Heal All**

Venus Earth Feminine

**Medicinal Uses:** Heal All (also known as Prunella) is a very old healing herb of European origin, which has spread to many parts of the world. It is an astringent which can be used to stop bleeding, both internal and external. . An infusion is said to be effective with most internal ailments. It is also useful for excessive menstrual flow, hemorrhoids and diarrhea. Heal All is antibiotic and antiseptic. It is used in gargles to relieve sore throat and ulcerations in the mouth, and to stop infections from spreading. It speeds up the

healing of wounds, cuts, bruises, burns, ulcers, and sores. It is also believed to reduce scarring. It can reduce lymphatic congestion and has been used to relieve swollen glands. The latest research has shown that Heal All shows promise as an herb to heal herpes and combat HIV.

**Magickal Uses:** Good luck and money spells. Proclaimed as a Holy herb thought to cure all ailments of man or beast, and to drive away the devil and demons.

### Hibiscus Flower

Venus Water Feminine

**Medicinal Uses:** Soothes nerves, antispasmodic. The tea tart citrusy tea aids digestion, and sweetens the breath. A wash is helpful with itchy skin.

**Magickal Uses:** Useful as an aphrodisiac and in love spells. Also use to induce dreams, enhance psychic ability and divination.

### High John

Mars Fire Masculine

**Magickal Uses:** Very versatile and powerful herb- increases the strength of any spell.

Love prosperity, success, happiness, hex breaking, protection, legal matters. Medicinal Uses: TOXIC, DO NOT CONSUME!

### **Holly Leaf**

Mars Fire Masculine

**Magickal Use-** Luck, dream magick. An excellent protective herb, keeps away lightning, poison, evil spirits, and other malign forces. The wood is used for all magickal tools as it will enhance any wish you have. A powerful protection.

**Medicinal Use-** *Do not consume, toxic. For ritual use only.*

### Hops

Mars Air Masculine

**Medicinal Uses:** Aids digestion, and is a mild sedative for insomnia. Hops poultice is used for abscesses, boils, tumors, and pain. Honey combined with Hops is good for bronchitis. Hops has antibacterial and antimicrobial effects.

**Magickal Uses:** Use in healing incenses and spells. Put the flowers inside your pillow to induce sleep, and the tea also helps with sleep. Also drink the tea after magickal practices, to help balance and refocus your energy back to ordinary reality. Use in healing sachets and amulets. Also burned during healing prayers.

### Horehound

Mercury Earth Masculine

**Medicinal Uses:** The leaves and stems are used in candies, cough drops and syrups. Used to treat asthma, coughs, colds, bronchitis, sore throats, and skin irritations. Also used as a diaphoretic, diuretic, expectorant, laxative, stimulant, and stomachic.

**Magickal Uses:** Use as a tea to increase energy and strength, both physically and mentally- it increases concentration and focus. Carry or burn for protection wishes. Called the "Seed of Horus" by the Ancient Egyptians, it is excellent for blessing one's

home. Gather flowering Horehound and tie it with a ribbon, then hang it in your home to keep it free from negative energies.

### Hyssop

Jupiter Fire Masculine

**Medicinal Uses:** Hyssop is an ancient herb, used since biblical times as a cathartic. Prepared as a tea, hyssop will soothe colic, improve digestion and eliminate flatulence. It is healing to the digestive membranes. It is an excellent nerve tonic, and also helps one to build up strength after an illness. It is recommended for coughs, colds, flu, and as a gargle for sore throats. Recently, hyssop has been shown to have antiviral properties.

**Magickal Uses:** An excellent purifying herb. Use in purification baths and spells, and strew about a room or ritual space to cleanse and purify it. Associated with serpents and dragons, and can be burned as an incense to call on dragon energy. Aids in physical and spiritual protection.

### Jasmine Flowers

Venus Water Feminine

**Magickal Uses:** Love spells of all kinds, as well as prosperity, divination, psychic dreams, good for charging quartz crystals.

**Medicinal Uses:** Considered an aphrodisiac and a sedative.

### Juniper Berries

Sun Fire Masculine

**Medicinal Uses:** The fragrant scent of Juniper was believed to ward off the plague in ancient Europe. It has a long history of use as a diuretic, and more recently, it has been utilized as a remedy to ease arthritis and rheumatism. Aids in kidney function, by assisting in the removal of uric acid (but if you have kidney damage, avoid Juniper, as it is too stimulating to the kidneys). An excellent blood cleanser. Applied as a poultice to wounds, it can help prevent infection.

**Magickal Uses:** Useful for protection magick of all kinds. Makes a good incense for protection. It can be burned or carried to enhance psychic powers. Attracts good, healthy energy, and love.

### Kava Kava

Saturn Water Feminine

**Medicinal Uses:** Muscle relaxant, also used to reduce stress and anxiety, insomnia and improve circulation. Produces a relaxed and euphoric mood.

**Magickal Uses:** Uses include an aphrodisiac, a potent sacramental drink, hypnotic, euphoric visions, aids astral work. It aids access to the subconscious.

### Kelp

Moon Water Feminine

**Medicinal Uses:** Kelp is seaweed, and is rich in all the minerals and trace elements of the sea. It is high in iodine, and helps regulate an underactive thyroid. Relieves the pain of rheumatism and rheumatic joints. Mineral-rich Kelp is a popular salt substitute. Because the plant's nutrients come in a natural form, they are easily assimilated by the body. It

can be used to enhance the flavor of soups, broths, and chowders. A favorite addition to soothing cosmetic baths, it tones, hydrates and clears the skin. Very rich source of natural vitamins and minerals, including essential trace minerals. A great source of Magnesium, Calcium, Phosphorus, Iron, Potassium, 12 vitamins (including A, B1, B2, C, D and E ), 21 amino acids and over 60 minerals and trace elements. It is particularly rich in the trace element

**Magickal Uses:** Offers protection to those at sea. Summons sea spirits and sea winds. Uses in sachets and spells to increase psychic powers. Scrub floors and doors of business with infusion to attract customers and bring good vibes into store. Use in money spells. Fill small jar with whiskey, add kelp, cap tightly and place in kitchen window. Ensures steady flow of money into the household.

### Lavender

Mercury Air Masculine

**Magickal Uses:** Sacred to Hecate, the goddess of witchcraft. Useful in love spells of all kinds. Used during handfastings. Also useful in incenses for healing, sleep, scrying and purification. Perfect for use in dream pillows to promote peaceful sleep and prophetic dreams. Use to manifest money or to attract necessities- use caution- if the spell is for a desire rather than a true need, the spell could backfire. Leave around the house for spiritual and emotional protection. Aids in contacting spiritual beings, and protects against the evil eye.

**Medicinal and Other Uses:** The fragrance is a useful aromatherapy for insomnia, headaches and many other ailments.

### **Lemon**

Moon Water Feminine

Longevity, purification, love, friendship. Add to purification baths. Use in love sachets and spells. Make good poppets. From "Aradia, Gospel of the Witches"- "THE CONJURATION OF THE LEMON AND PINS- A lemon stuck full of pins of different colours always brings good fortune. If you receive as a gift a lemon full of pins of diverse colours, without any black ones among them, it signifies that your life will be perfectly happy and prosperous and joyful. But if some black pins are among them, you may enjoy good fortune and health, yet mingled with troubles which may be of small account."

### Lemon Balm

Feminine Moon Water

**Medicinal Uses:** Most often used for relieving cold and flu symptoms and reducing fever. Strengthens the immune system, and helps to prevent infection and disease. Relaxes and restores the nervous system. It is great to aid sleep, but it is also beneficial for other nerve disorders including fainting, hysteria and migraine headaches.

**Magickal Uses:** Love, Success, Healing, Happiness and Fertility. Lemon Balm main is primarily used in healing. Use in healing incense, sachets and spells. Carried, it repels illness. It can also be carried to draw love and ensure success. Drink as an infusion to ease emotional pains after a relationship break-up. It drives away depression and increases fertility.

### Lemon Verbena

Mercury Air Masculine

**Medicinal Uses-** Lemon Verbena has calming and gentle sedative action, and soothes abdominal discomfort. It has a mildly tonic effect upon the nervous system, helps to lift the spirits and depression. It can help during colds and flus, by helping to clear and dry up mucus.

**Magickal Uses:** Uses include protection, love spells, excites spiritual love, wear to prevent dreams, adds power to charms, use for purification.

### Lemongrass

Mercury Air Masculine

**Medicinal Uses:** Try Lemongrass tea before bed to induce sleep. The infusion is also used to loosen and reduce mucous, to treat fevers, cramps, and stress.

**Magickal Uses:** Refines psychic abilities and mental clarity, use in love spells to induces lust, purification of ritual space and objects.

### Licorice Root

Venus Water Feminine

**Medicinal Uses:** Licorice root is beneficial during menopause, due to its phytoestrogens. It also induces the adrenals to produce higher levels of cortisone. This can allow the body to handle stress, and bestows a general feeling of well being. Licorice also possesses anti-arthritic properties. Caution: Avoid during pregnancy and nursing, do not use if you are sensitive to estrogen. Avoid if you have high blood pressure.

**Magickal Uses:** Love spells, fertility, incites passion and increases the libido- the Kama Sutra recommends mixing the tea with milk as an aphrodisiac. Carry to attract love.

### Linden Flower

Jupiter Water Feminine

**Magickal Uses:** Excellent for love spells, dream pillows, spells for longevity, and for good luck.

**Medicinal Uses:** Uses include remedy for colds, coughs, sore throats, flu, mild bladder/kidney problems, and as a mouthwash/gargle. DO NOT USE FOR PROLONGED PERIODS- can lead to heart damage. For occasional use only!

### Lobelia

Saturn Water Feminine

**Medicinal Uses:** Counteracts spasms in the lungs, and acts as a bronchial dilator. Excellent in cough preparations. It is also a powerful relaxant and cleansing herb. Drink lots of water with Lobelia, to assist in flushing out toxins. *Caution- excessive use can be toxic.*

**Magickal Uses:** Spells dealing with overcoming self defeating behaviors, psychic development, protection from psychic attack, and uncovering past lives.

### Mandrake Root

Mercury Fire Masculine

**Magickal Use-** Protection, love, money, fertility, health. Mandrake intensifies the magick of any spell. To charge mandrake root with your personal power, sleep with it for three nights during the full moon. A hallucinogen when used in a tea- it has great power as a visionary herb, empowering your visions, and propelling them into manifestation. A whole mandrake root placed in the home will bring protection and prosperity. Carried, it will attract love and courage.

**Medicinal Use-** *Mandrake should only be used medicinally by a qualified herbalist. It is easy to overdose on Mandrake, and it is **TOXIC**.*

### Marshmallow Root

Moon Water Feminine

**Medicinal Use-** The demulcent and emollient properties of Marshmallow make it useful in treating inflammation and irritation of the alimentary canal, and of the urinary and respiratory tract. It also makes an excellent poultice, both soothing and healing wounds. It is calcium and vitamin rich, and can be used to enrich and increase mother's milk.

**Magickal Use-** Peace, happiness, femininity and love. Use as a tea to develop an appreciation for the small things and natural beauty of life.

### Milk Thistle Seed

Mars Fire Masculine

**Medicinal Use-** Contains the flavonoid silymarin, which has a direct, beneficial effect on liver cells. Very effective liver cleanser, and also aids in the treatment of hepatitis and cirrhosis. It has a protective, rejuvenating and rebuilding effect not only on the liver, but also the gall bladder, spleen and kidneys. It has powerful antioxidant and free radical scavenger action. It is a known remedy against Amanita mushroom poisoning, and counteracts the toxic effects of dry cleaning fluid. Increases breast milk. It has been used medicinally since ancient times. The ancient Greeks used it as a snake bite remedy, and it was mentioned by herbalist Gerard in 1597.

**Magickal Use-** The Anglo-Saxons believed that if milk thistle was hung around a man's neck, all snakes in his presence would begin fighting!

### Mistletoe

Sun Air Masculine

**Medicinal Uses:** Although Mistletoe leaves are reputed to be a remedy for high blood pressure, the U.S. Food and Drug Administration has labeled this herb "unsafe" and does not approve of its use in treating any illnesses. It was been used in Medieval times for epilepsy, nervous disorders and "St. Vitus dance". It is also a folk remedy for cancer. Use Caution: *The berries are highly toxic, and the leaves can also be toxic.*

**Magickal Uses:** A fertility herb, an herb of consecration, love, immortality, protection, and an aphrodisiac. great for protection spells.

### **Morning Glory Blossoms**

Neptune Water Masculine

**Magickal Uses-** Happiness, peace, visions. Place under your pillow to stop nightmares and induce beneficial psychic dreams. Sacred to the Aztecs. ***Do not consume, toxic.***

## **Moss**

Jupiter Earth Masculine

Luck, Money- To ensure good luck (especially with money), carry any type of moss removed from a gravestone. A natural wonder, Oak Moss belongs to the element Earth, growing on barks of trees, with a gray suede like appearance. Use this sweet smelling "moss" in Prosperity spells, Gnome magic and spells to Mother Earth. Use in "Witch Bottles" for home & business. Oak Moss attracts Male lust, placing a sachet of Oak Moss in bra When MALE lover is near.

## **Mugwort**

Venus Earth Feminine

**Medicinal Uses-** Mugwort is used to slow heavy menstrual bleeding, menstrual cramps, uterine bleeding, and vaginal pain. Crushed fresh leaves can cure warts. It is an antidote for many poisonous mushrooms. Can improve digestion, relieve constipation and liver function. Mugwort placed in clothing help protect against moths.

**Magickal Uses-** Use in dream pillows for prophetic dreams. Burn with sandalwood or wormwood in scrying rituals. Drink as a tea sweetened with honey before divination. The plain tea can also be used to wash crystal balls and magick mirrors. Leaves of mugwort can be placed around these to aid in scrying.

## **Mullein**

Saturn Fire Feminine

**Medicinal Use-** Useful as an expectorant to clear and heal the lungs, stops diarrhea and soothes hemorrhoids. During the Civil War, the Confederates used mullein to treat respiratory problems when conventional medicines ran out. It has been used for centuries as a treatment for the symptoms of tuberculosis. It will clear the lungs and relieve spasms, treat lymphatic congestion. Mullein will also strengthen nasal tissue, and allow for freer breathing.

**Magickal Use-** Protection and courage. Keeps away demons and nightmares while sleeping, also protects against wild animals. Useful in protection and exorcism spells. Invokes spirits, use on scrying tools to aid divination. This plant is the Original Witch's torch, used to illuminate spells and rites.

## **Mustard Seed**

Mars Fire Masculine

**Medicinal Use-** Mustard plasters have been used since ancient times to relieve chest congestion. It warms the skin, and breaks up mucous to allow for freer breathing. Mustard plasters can also relieve arthritis and rheumatism when applied to joints. It can also relieve digestive problems.

**Magickal Use-** Fertility, protection, mental power. Ancient talisman, symbolizing faith that change can happen. Keeps lovers faithful. Sprinkle mustard seed on your doorstep for protection, and bury it in front of the door to keep supernatural beings and ghosts away from your home.

## Nettles

Mars Fire Masculine

**Medicinal Use-** Highly nutritious for anemia, alkalizing the body, treating skin disorders and allergies, and gout. Nettles is a good treatment for dandruff. Dilates the blood vessels, and also cleanses the digestive system.

**Magickal Use-** Nettle was cultivated in Scotland beginning in the Bronze Age, for its durable, linen-like fiber. Carry to remove a curse and send it back, or sprinkle around the house to keep out evil. Use in purification baths. One of the nine sacred herbs of the Anglo-Saxons.

## Nutmeg

Jupiter Fire Masculine

**Magickal Uses:** Luck, money and health. Carry for good luck, and to strengthen clairvoyant powers. Use in money and prosperity spells. A hallucinogen when made into a tea. ***TOXIC in large doses! Take no more than a pinch!***

## Oat Straw

Venus Earth Feminine

**Medicinal Use-** Very calming to the nerves. Excellent for treating skin conditions such as itching and irritation, or even gout. Supports and soothes the nervous system, helps build healthy bones, skin, hair and nails.

**Magickal Use-** Money and prosperity spells, also fertility spells.

## Olive Leaf

Sun Fire Masculine

**Medicinal Use-** Olive leaf is a powerful antibiotic, with both antiviral and antifungal properties. Olive leaf supports the immune system, eliminating harmful bacteria, without harming beneficial bacteria. It can stimulate an immune response in which healthy cells ingest harmful microorganisms. Contains oleuropein and several types of flavonoids, including rutin, apigenin, luteolin.

**Magickal Use-** Healing, fertility, potency, protection, and peace. Sacred to many gods and goddesses throughout the ancient Mediterranean world, the Olive branch to this day is a symbol of peace and harmony. Olive leaves can ensure female fertility, and sexual potency in men.

## Orange Peel

Sun Fire Masculine

**Medicinal Uses-** Orange Peel is also a source of pectin, an indigestible carbohydrate that stimulates the growth of probiotic bacteria in the large intestine. These bacteria help prevent food-borne pathogens. Orange Peel has also been shown to aid in the prevention of indigestion, lower cholesterol, and help in the digestion of fatty foods. Orange Peel has been studied as an anti-cancer agent. Supplementing with Orange Peel Powder is a healthy way to increase Vitamin C intake, thus improving overall health in regards to the increased immunity to cold and flu that Vitamin C provides, as well as aiding digestion and preventing food-related illnesses.

**Magickal Uses-** Love, Divination, Luck, Money. Use the dried peel and seeds in love sachets. Use the flowers in sachets for wedding happiness. Use orange peel in prosperity incenses and spells. Use the peel in Solar incenses.

### Orris Root

Venus Water Feminine

**Medicinal Uses-** It has been used for respiratory diseases, it also has anti-spasmodic and anti-ulcer properties. Good for headaches, constipation and the thyroid gland. DO NOT USE during pregnancy!

**Magickal Uses-** Love, protection, divination. Use to find and hold love- a powder made from the root is used as a love drawing powder. Protection from evil spirits. Roots and leaves hung in the house, and added to the bath are good for personal protection.

### Osha Root

Mercury Air Masculine

**Medicinal Use-** A native of the high of the Rocky Mountains, the root of the osha plant is a traditional Native American treatment for indigestion and upper respiratory infections. Ancient Chinese physicians used plants like osha to "open the interstices" or sweat out a respiratory infection. Like its Chinese cousin ligusticum, osha will induce sweating, thought to prevent the development of a full-blown cold or flu. Osha is also used to help coughs become productive. Like other bitter herbs, osha stimulates appetite.

**Magickal Use-** Purification rites. Spells and rituals involved in developing new ideas, communication and influencing others, and psychic development. Carry an Osha root while taking tests or while public speaking.

### Passion Flower

Venus Water Feminine

**Medicinal Uses-** Calming and soothing, promotes emotional balance, aid in sleep. Use to relieve nerve pain and hysteria. Calms hyperactivity.

**Magickal Use-** The Passion Flower gained its name from 17<sup>th</sup> Century Jesuit explorers of the New World- to them, the finely cut crown in the center of the flower looked like the Crown of Thorns Jesus wore during the Passion. Magickally, passion flower promotes emotional balance, peace, attracts friendship and prosperity. Heightens libido, use in love spells.

### Patchouli Leaf

Sun Earth Feminine

**Magickal Uses:** Uses include reversal spells, clairvoyance, divination, passion, love, sex magick, manifest prosperity, and physical strength.

**Medicinal Uses:** No known uses.

### Pau d'Arco

Pluto Fire Masculine

**Medicinal Uses-** The active ingredient is xyloidin, a very potent antibiotic. Also an anti-fungal, antiseptic, anti-swelling agent, anti-inflammatory anti-bacterial, and anti-viral. Used to treat chronic candida. Hospitals in South America have successfully used it to

inhibit the growth of ulcers and tumors. Potent tonic, and a powerful blood and cell regenerator, stimulating natural defenses and revitalizing the body. It is also a sedative, an analgesic, and a diuretic.

**Magickal Uses-** Works best during the energy of the waning Moon- a remedy can best be empowered by drawing down the Moon directly into the herb.

### [Pennyroyal](#)

Mars Fire Masculine

**Medicinal Uses:** The tea is often used as a diaphoretic to inducing sweating to aid in eliminating toxins from the body, and it also as a carminative to relieve gas, stimulate digestion and to relieve nausea. Used in a steamer, it acts as a decongestant and an expectorant, helping to remove excess mucus from the lungs. Used as an insect repellent against fleas, ants, and other pests. *CAUTION: stimulates menstruation when consumed or used vaginally, and can induce miscarriage and abortion.*

**Magickal Uses:** Carry in a green bag to attract money, and to aid in business transactions. Burn for protection during meditation and astral travel. Useful for blocking negative thoughts cast against you- carry when dealing with negative vibrations of all kinds.

### [Peppermint](#)

Mercury Fire Masculine

**Medicinal Uses:** Very useful for stomach upset and heartburn, nausea, and to ease congestion during colds and flu.

**Magickal Uses:** Purification, sleep, love, healing, and psychic powers. Promotes sleep and visionary dreams. Use in healing and purification baths. Burn as a winter incense.

### [Plantain Leaf](#)

Venus Earth Masculine

**Medicinal Uses:** An anti-toxic, anti-inflammatory and expectorant. Useful in lung disorders. It is antimicrobial and it is said to stimulate the healing process, and to stop bleeding. Its also used for asthma, bed-wetting, bronchitis, bruise, chronic skin disorders, cough, dermatitis, diarrhea, hemorrhoids, inflammation, insect bites, bee stings, sores, sore throat, and wounds.

**Magickal Uses:** One of the Nine Sacred Herbs of the Anglo-Saxons. Can be used to increase the strength of any spell, especially those of healing and protection.

### [Pomegranate](#)

Venus Water Feminine

**Medicinal Uses:** Good source of anti-oxidants when fresh.

**Magickal Uses:** Given as a gift, may bestow abundance and wishes. May be used to decorate the temple or altar. Brings love, happiness, fertility and prosperity.

### [Raspberry Leaf](#)

Venus Water Feminine

**Medicinal Uses:** Raspberry leaves have been used to treat diarrhea. In midwifery, raspberry has been connected to female health, including pregnancy. During childbirth,

hemorrhaging can be prevented, false labor pains are reduced, and the uterine muscles regulated during delivery. Raspberry leaf tea is rich in iron, and can enrich the colostrum found in mother's milk. It is also a remedy for excessive menstrual flow.

**Magickal Uses:** Protection, healing, and love. Calming, it promotes sleep and visions.

### Red Clover

Mercury Air Masculine

**Medicinal Use-** A nutritious herb, blood building and purifying. Contains many trace minerals, vitamins and nutrients. Used in many anti-cancer formulas and teas. A very versatile and beneficial herb.

**Magickal Use-** Protection, Money, Love, Fidelity, Exorcism, Success, Clairvoyance, Beauty. Brings good look. Induces clairvoyant powers. Use for rituals to enhance beauty and youth.

### Red Cedar

Sun Fire Masculine

**Magickal Uses-** Healing, purification, money, protection, love. Cedar smoke is purifying and can cure nightmares. Keep cedar in your wallet or purse to attract money, and use in money incense. It can also be used in love sachets or burned to induce psychic powers. Use to draw Earth energy and grounding.

**Medicinal and other uses-** The fragrant tips are popular for adding a smoked flavor to fish and meats when cooked with them. Cedar is also used to make sweet-smelling cabinets, garden and pet bedding, potpourris, and drawer and closet sachets.

### Rose Petals

Venus Water Feminine

**Medicinal Uses:** Helps clear away headaches, dizziness, mouth sores and menstrual cramps. Heart and nerve tonic. The earliest known gardening was the planting of roses along the most traveled paths of Neolithic nomads.

**Magickal Uses:** Love, psychic powers, healing, luck, protection. Use in love spells of all kinds. Drink rose tea before bedtime for prophetic dreams. Domestic peace and happiness, promotes joy of giving.

### Rose Hips

Venus Water Feminine

**Medicinal Use-** Rose hips are very high in Vitamin C. Rose hips also contain A, B, E, and K, organic acids and pectin, and has high concentrations of iron.

**Magickal Use-** The hips are strung like beads and worn to attract love. A woman should eat rose hips (dried or fresh) during their menstrual period. A woman's lover should gather roses for this purpose. The earliest known gardening was the planting of roses along the most traveled routes of early nomadic humans.

### Rosemary

Sun Fire Masculine

**Medicinal Use-** During WWII in French hospitals, rosemary and juniper berries were burned to help kill germs. Rosemary tea sharpens the senses, alleviates headaches,

nervous systems and to improve memory. Circulatory, digestive and nerve stimulant. Treats stomach aches and halitosis. Use as a hair rinse to enhance dark shades of hair. **Magickal Use-** To the ancient Greeks, rosemary was believed to strengthen the memory, and students wore rosemary in their hair while they studied. Protection, love, lust, mental powers, exorcism, purification, healing, sleep, youth. Burn to purify and cleanse. Use in love and lust incenses and potions.

### Sage

Jupiter Air Masculine

**Medicinal Uses:** Heals wounds, aids weak digestion, eases muscle and joint pain, colds and fever. Can slow perspiration, and relieve the "night sweats" of menopause. Also a natural deodorant. Dries up breast milk. Calms the nerves, and is a powerful anti-oxidant.

**Magickal Uses:** In antiquity, sage was thought to be the herbal Saviour of Mankind- it's latin name, "salvia" means saviour. Spells involving immortality, longevity, wisdom, protection, and prosperity. Use in healing and money spells. Use as incense during sacred rituals-walk the smoke to the four corners of the room to repel and rid negative energies and influences. This is especially good when moving into a new home to dispel and purify any "bad vibes" left behind by the previous occupants.

### Sandalwood Chips

Moon Water Feminine

**Magickal Uses:** An herb of consecration, immortality, and a visionary herb. Often used as an aphrodisiac. Used to assist with meditation, trance work, and all forms of divination. It calms the mind and helps one become spiritually focused. Used to increase opportunities and success. Burn as a purifying incense. **Medicinal and other uses-** The essential oil has aromatherapy benefits.

### Skullcap

Saturn Water Feminine

**Medicinal Uses:** A tranquilizer and a nervine. Skullcap influences the central and sympathetic nervous systems. It will bring about a very relaxed sleep. Most herbalists recommend using Skullcap regularly for best effect. Can help with drug and alcohol detox. Antispasmodic.

**Magickal Uses:** Use in spells for love, fidelity, relaxation and peace. Calms and centers the mind for magick.

### Shavegrass

Saturn Earth Feminine

**Medicinal Use-** Also known as Horsetail. Nutritious, helps the body absorb calcium, may help to strengthen bones, hair and nails. Control excess oil on the skin. Diuretic, helps to relieve urinary disorders. Said to help the blood to clot, reduce fevers, reduce nervous tension, and temper an overactive liver.

**Magickal Use-** Fertility spells. Also can be used in snake charming!

### **Scotch Broom Leaf**

Mars Air Masculine

A Druid sacred tree. Use in purification and protection spells and scatter to exorcise evil spirits. Burn to calm the wind. The branches are used to make traditional besoms. The tea can induce psychic powers, and it's smoke is a sedative. *Toxic, for Magickal use only!*

### Seaweed

Moon Water Feminine

**Medicinal Uses:** Kelp is seaweed, and is rich in all the minerals and trace elements of the sea. It is high in iodine, and helps regulate an underactive thyroid. Relieves the pain of rheumatism and rheumatic joints. Mineral-rich Kelp is a popular salt substitute. Because the plant's nutrients come in a natural form, they are easily assimilated by the body. It can be used to enhance the flavor of soups, broths, and chowders. A favorite addition to soothing cosmetic baths, it tones, hydrates and clears the skin. Very rich source of natural vitamins and minerals, including essential trace minerals. A great source of Magnesium, Calcium, Phosphorus, Iron, Potassium, 12 vitamins (including A, B1, B2, C, D and E ), 21 amino acids and over 60 minerals and trace elements.

**Magickal Use-** Offers protection to those at sea. Summons sea spirits and sea winds. Uses in sachets and spells to increase psychic powers. Scrub floors and doors of business with infusion to attract customers and bring good vibes into store. Use in money spells. Fill small jar with whiskey, add kelp, cap tightly and place in kitchen window. Ensures steady flow of money into the household.

### Slippery Elm

Saturn Earth Feminine

**Medicinal Uses:** Can be used as a tea for inflammatory bowel or for bronchitis. It is healing and soothing to mucous membranes. Slippery elm's calcium content makes it a good calmative for emotional or nervous problems. As a tonic it is known for its ability to soothe and strengthen the organs, tissues and mucous membranes, especially the lungs and stomach. Antibiotic and anti-microbial effect. It is alleged to revitalize the entire body.

**Magickal Uses:** Burn to attract prosperity, fertility and growth. Use in spells to stop gossip.

### Solomon's Seal

Saturn Water Masculine

**Medicinal Uses:** Astringent, demulcent, and tonic. A laxative and restorative, and is good in inflammations of the stomach, indigestion, profuse menstruation, lung ailments, general debility, fades bruises, also apply to cuts and sores.

**Magickal Uses:** An aphrodisiac, an herb of consecration, and an herb of protection. Excellent herb to use when consecrating a ritual room or space for the first time. Use to make and keep oaths.

### **Spanish Moss**

Jupiter Earth Masculine

Luck, money, banish poltergeists- To ensure good luck, especially with gambling, carry Spanish moss. Use in "Witch Bottles" for home & business. Place around home, or burn to banish poltergeists.

## Spearmint

### **Air Mercury Masculine**

**Medicinal Uses-** Spearmint is used as a flavoring in many dishes, candies, and drinks, and as an ingredient in cosmetics. Medicinally, Spearmint Leaf is similar to Peppermint, though it is considered to be milder. For this reason, Spearmint Leaf has traditionally been used in treating stomachaches in children. Spearmint Leaf is primarily used in digestive problems, including indigestion, flatulence, vomiting, and colic. It has also been used as a mild diuretic, anti-inflammatory, and as a fever reducer.

**Magickal Uses-** Purification, sleep, love, healing, psychic powers. Promotes sleep and visionary dreams. Use in healing and purification baths. Burn as a winter incense.

## Spirulina

### **Moon Water Feminine**

**Medicinal Uses-** Spirulina is a blue-green algae containing complete, balanced protein and a wide range of valuable nutrients. It is considered a "Super Food". Spirulina is a wonderful way to consume high quality, vegetarian protein that is easy on the body- ounce for ounce, it has almost 4 times the protein of beef. It is 70% protein, compared to beef's 18%. In addition to being one of the most nutrient-rich foods on earth, Spirulina is low in fat, calories and carbohydrates. Spirulina is an RNA/DNA balancer, it removes toxins from the body, and it boosts the immune system, and is one of the most complete foods known.

**Magickal Uses-** Use to summon and connect with the Source of All, with Primal Substance, primeval gods and goddesses.

## St. John's Wort

### **Sun Fire Masculine**

**Medicinal Uses:** St. Johns Wort has been used for over 2,000 years as an antiseptic and a calming herb. Used as an herbal remedy for mild to moderate depression, anxiety, and sleep disorders. St. Johns Wort helps support levels of serotonin. Its also used as a digestive aid, pain killer, and to reduce chronic tension headaches.

**Magickal Uses:** Health, protection, strength, love divination, happiness, and exorcism. A Druid sacred herb. Use in protection and exorcism spells and incenses of all kinds. Use as a tea to treat depression. Use the leaves in a necklace to ward off sickness and tension. Carry to strengthen your courage and conviction. Burn to banish negative thoughts and energies.

## Star Anise

### **Jupiter Air Masculine**

**Medicinal Use-** A stimulant and diuretic. Promotes digestion and to relieves flatulence. Delicious flavor!

**Magickal Use-** Protection, purification, youth, psychic powers, luck. Use for protection, meditation and psychic power incenses. Can be used in purification baths. Wards off evil and averts evil eye. A pillow stuffed with anise seeds will keep away nightmares. The tree is planted by the Japanese around temples and on graves as an herb of consecration and protection. The seeds are burned as incense to increase psychic powers, and are also

worn as beads for the same purpose. Sometimes star anise is placed on the altar to give it power; one is placed to each of the four directions. It is also carried as a general luck-bringer, and the seeds make excellent pendulums. The tree is often grown near Buddhist temples where it is revered.

### **Thistle Flower**

Mars Fire Masculine

Represents courageous defense and deep rooted ideals. Protection spells, also is used to bring spiritual and financial blessings. Carried in an amulet for joy, energy, vitality, and protection. Can be burned as an incense for protection and also to counteract hexing.

### **Thyme**

Venus Water Feminine

**Medicinal Uses:** Thymol, its active ingredient, is a powerful germicide. (Thymol is one of the active, germ killing ingredients in Listerine) Thyme helps to loosen phlegm, combats bronchial spasms, and discourages growth of bacteria. It is a general antispasmodic, helpful in calming coughs. Also useful in uterine and intestine spasms.

**Magickal Uses:** The name Thyme is derived from the Greek word thymos, which meant strength. For an ancient greek to say someone smelled like thyme was a great compliment! Burn for good health and use in healing spells. Burn as purification incense. Wear to increase psychic powers. Aphrodisiac.

### **Tobacco Leaf**

Mars Fire Masculine

Sacred to the Native American Tradition. Tobacco ties- wrap tobacco leaves in pieces of white, red, yellow and black cloth, and hang them around the ceremonial space at the 4 cardinal directions. Smoke to allow communication with spirits. Burn as an incense to purify a space. Spirits appreciate offerings of tobacco.

### **Tonka Beans**

Venus Water Feminine

**Magickal Use-** These beans are used for all forms of good luck, be it in finances, love, health or anything else. They can also help keep your spirits up during difficult times. Sometimes the oil from the tonka plant is used, but it's most commonly the beans. Tonka beans are a common item in Voodoo magick.

**Medicinal and other uses-** Often used as a vanilla like fragrance in cosmetics, perfumes and tobacco.

### **Uva Ursi -Bearberry**

Jupiter Fire Masculine

**Medicinal Use-** Used for kidney and bladder infections, and kidney stones. It soothes renal and urinary inflammation. It also has an antiseptic effect on the urinary tract. It also helps to balance the Ph of overly acidic urine. It also has a sedative and relaxing effect on the urinary tract, thus reducing frequent urination. It can also help to dissolve kidney stones. Used as a hot bath, it can sooth hemorrhoids. It aids in reucing sugar in the blood, thus is helpful in the

control of diabetes. Strengthens the heart muscle, used as a tonic, and helps disorders of the spleen, liver, pancreas, and small intestines. Used as a diuretic. Good for female disorders. Also used in bronchitis, gonorrhoea, diarrhoea, and to stop bleeding. *It is not necessary to drink the tea for long periods, because acute symptoms generally will disappear within a few days with treatment of bearberry leaf tea.*

**Magickal Uses-** Native Americans mixed it with tobacco to create the smoking mixture called "Kinnikinnick". Use in spells requiring the element of fire.

### Valerian Root

Venus Water Feminine

**Medicinal Uses:** Valerian has been in use since pre-Christian times as a sedative and sleep aid. A muscle relaxant and a potent tranquilizer, useful in treating anxiety, nervous disorders and insomnia. A common misbelief is that Valium is derived from Valerian; this is not true, but Valerian has found use in easing withdrawal symptoms for those with Valium addictions. It works by effecting the central nervous and cerebrospinal systems.

**Magickal Uses:** Use for dream magick and sleep protection baths. Keep in the home or grow in the garden to aid a harmonious atmosphere. May be used to purify a ritual space. Useful in consecrating incense burners. Drink tea daily, in moderate doses, during times of purification.

### Vervain

Moon Water Feminine

**Medicinal Uses:** In medicinal use since Roman times, Vervain does a little good for a lot of things; colds, nerves, gout, skin conditions, painful or irregular periods, expels worms and more. Today, it is mostly used to decongest and cleanse the liver.

**Magickal Uses:** The Romans used Vervain to purify their homes and temples. The Catholics believe that Vervain staunched Christ's bleeding at the crucifixion, and was given the name, "Herb of the Cross". Protection amulets and spells, purification, aids divination, consecration, love potions and spells, creativity.

### Wheatgrass Powder

Venus Earth Feminine

**Medicinal Use-** Exceptionally rich in vitamins, minerals and all good things! Increases hemoglobin production and rebuilds the blood. Neutralizes toxins, carcinogens, and helps to purify the liver. Improves blood sugar disorders, keeps hair from graying. Improves digestion, removes heavy metals from the body, reduces high blood pressure, and aids in the prevention and curing of cancer. Wheatgrass is gluten free!

**Magickal Uses-** Use for fertility spells, to honor the Goddesses of the Earth, prosperity and health spells.

### White Sage

Jupiter Air Masculine

**Medicinal Uses:** Heals wounds, aids weak digestion, eases muscle and joint pain, colds and fever. Can slow perspiration, and relieve the "night sweats" of menopause. Also a natural deodorant. Dries up breast milk. Calms the nerves, and is a powerful anti-oxidant.

**Magickal Uses:** In antiquity, sage was thought to be the herbal Saviour of Mankind- it's latin name, "salvia" means saviour. Spells involving immortality, longevity, wisdom, protection, and prosperity. Use in healing and money spells. Use as incense during sacred rituals-walk the smoke to the four corners of the room to repel and rid negative energies and influences. This is especially good when moving into a new home to dispel and purify any "bad vibes" left behind by the previous occupants.

### White Willow Bark

Moon Water Feminine

**Medicinal Uses:** White Willow's active ingredient is glucoside salicin, an effective pain reliever similar to aspirin. But while natural White Willow has the same benefits as aspirin, it will not have the same harsh side effects. It reduces inflammation and eases muscle and joint pain.

**Magickal Uses:** Love, divination, protection, and healing. Carry and use in spells to attract love. Use the leaves, bark and wood in healing spells. Burn with sandalwood to conjure spirits. Brings the blessings of the moon into one's life.

### Wild Cherry

Venus Water Feminine

**Medicinal Uses-** Due to its powerful sedative action, it is used primarily in the treatment of irritating and persistent coughs when increasing expectoration is inappropriate, and thus has a role in the treatment of bronchitis and whooping cough and in the racking cough of debility or convalescence. It can be combined with other herbs to control asthma. Both the cyanogenic glycosides and volatile oil help to improve the digestion, and may be used as a bitter where digestion is sluggish. The cold infusion of the bark may be used as a wash in eye inflammation and as an astringent in diarrhoea.

**Magickal Uses-** Love spells and divination.

### Wormwood

Mars Fire Masculine

**Medicinal Uses:** Useful with stomach disorders, liver and cardiac stimulant, and a classic herb for expelling intestinal worms. It is also helpful in stopping internal bleeding and can counteract some poisonous mushrooms. It is useful for constipation. It promotes menstruation and reduces cramps. CAUTION: Do not give to children!

**Magickal Uses:** Psychic powers, protection, and summoning spirits. Burn with sandalwood to increase psychic powers or to conjure spirits. Use in divinatory and clairvoyant incenses. Carry for protection. banishes anger and negativity, exorcism.

### Yarrow Flower

Venus Water Feminine

**Medicinal Uses:** Yarrow's latin name, "Achillea" comes from ancient Greek legend, that says the hero Achilles used Yarrow to bind the wounds of his soldiers during the conquest of Troy. Another version of the story says that it was used to bind Achille's wounded heel. Yarrow does have the ability to stop bleeding and assist with the healing process. Yarrow is a good remedy for colds, it opens the pores, increases warmth and

purifies the blood. It aids the liver. It removes uric acid from the blood, thus relieving gout. The Navajo call Yarrow "Life Medicine" and used it chewed to stop tooth aches, and made a tea of the flowers, which was poured into the ears for ear aches.

**Magickal Uses:** Use to dispel melancholy, negative energy, lingering sorrow, or depression. Carried as a sachet or amulet, it repels and rids negative influences. Aids in divination. Builds courage to overcome adversity.

Many of the herbs on this list are conveniently hyperlinked to [Wejee's Metaphysical SuperStore](#). We have both 1-2 oz sizes, and big one pound bags. [Wejee's Metaphysical SuperStore](#) also carries a complete selection of herbal and vitamin supplements, and homeopathic products, as well as books on herbs and healing. Wejee's has a complete line of metaphysical, Wiccan and Pagan books, music, jewelry, spell and ritual supplies. <http://wejees.com>

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