

Magical Herbs Workshop

Herbs, Spices and Flowers
Bringing their magic into your life

by
Amy Sampsell

The many culinary uses of various herbs, spices and yes, even flowers, have been touted and sprouted from mouths for many generations. However, the magickal aspects of these are a fading knowledge to many of us.

Today, I am going to speak to you Michigan herbs, spices and flowers. Not the cooking aspects, but their uses for magick to enhance our daily lives

I love the diversity of Michigan! From the four seasons, to what these beautiful seasons produce for us as well.

If we look closely, the bounty is everywhere!

All we have to do is gather them!

Today I am going to focus on the following herbs, spices and flowers.

Black raspberries

Burdock

Calundula

Cattails

Dandelion

Lemon Balm

Mullein

Plantain

Vanilla

Pitcher Plant

Walnut (Black)

Yellow Toadflax



BLACK RASPBERRY

Many people have raspberries growing on their property, and they consume jams and jellies in their homes. But what about the magickal properties?

Energy is Feminine

Associated with the planet Venus.

Associated with the Water element

Deity association is Bridget

Use for Healing, Money, Protection.

Use leaves and berries in spells of wealth.

Dry fruit and powder it for use in magickal healing potions.

Weave pentagrams from the brambles to hang in the home for protection

Make a tea of the leaves for feminine fertility

Use the berries in cooking spells for prosperity (hence why they are baked into pies for Lughnasadh and Lammas).



CALENDULA
(Pot Marigolds)

Energy is Masculine

Associated with the planet Sun

Associated with the Fire element

Use for Protection, Prophetic Dreams, Legal Matters, Psychic Powers.

This is also the flower that many plant in their yards – Pot Marigolds.

Now mind you, there are only certain parts edible on this flower, and that's the petals. It has a flavor range from spicy to bitter, tangy to peppery. Their sharp taste resembles saffron (also known as Poor Man's Saffron).

It will aid one in all visionary sight as it assists in finding stolen property by producing a vision of the thief in the mind and the location of the stolen property.

If you dry the petals, they can be used either alone or in conjunction with incenses to consecrate divination tools.

You can macerate the petals and mix with sunflower oil to make an oil of consecration.



Cattails

Energy is Masculine
Associated with the planet Mars
Associated with the Fire element

Used for spells and magicks related to lust.

Used also for tinder for fire making, food as well as weaving materials for either as a mat or a blanket

Parts Used: Stems - trail nibble, salad, cooked vegetable.

The young shoots and stems taste like cucumber.

Flower spikes - Cooked Vegetable.

Rhizome- Flour

Corm- Flour, potato substitute

Tubers- Potato substitute

Leaves- Thatching, weaving mats.

Dried flower head - Tinder to start fires

Cattails are an extremely useful plant to know. Their abundance makes them a viable food source for anyone looking to supplement their diet with a tasty, highly nutritious carbohydrate.

Cattails are a good source of beta carotene, niacin, phosphorus, potassium, riboflavin, thiamine, and vitamin C.



Dandelion

Energy is Masculine

Associated with the planet Jupiter

Associated with the Fire element

Use for Divination, Wishes, Calling Spirits

A member of the Daisy family. They are used as an antacid, antihypertensive, astringent, Diuretic, Hepatic, Lymphatic, tonic and much more.

The leaves, Roots and Flowers are all used in the dandelion. The leaves have a high level of Vitamins A and C. A simple tea made from the leaves is used as a tonic to promote general health. When dry roasted, and ground, the root is supposed to make a good coffee substitute.

A tea of the flowers and leaves may be drunk to increase psychic ability while pouring boiling water over a bowlful of roots will aid in calling spirits.

The dandelion head can be used in place of a candle spell as you make your intentions known then blow on the seed head to release it.



Lemon Balm

Energy is Masculine

Associated with the planet Jupiter

Associated with the Earth element

Use for Love, success, healing, and psychic/spiritual development. Use in love charms & spells to attract a partner. Use in healing spells & rituals for those suffering from mental or nervous disorders.

Due to its medicinal properties of being an antibiotic, antimicrobial, antioxidant, antiviral, anxiolytic, bactericidal, hypnotic, nervine, relaxant and a sedative; this is a plant to make sure that you have year round. It has been shown to be effective in the treatment of herpes simplex.

Used as a mild sedative and calming agent, it has been shown to be effective at relieving stress. It has also been shown to improve mood and mental performance. It has also shown promise in treating mild to moderate Alzheimer's Disease.

There is also evidence that Lemon Balm is effective in the treatment of Grave's Disease, or hyperthyroidism.



Mullein

Energy is Feminine

Associated with the planet Mercury

Associated with the Fire element

Use for Courage, Protection, Health, Love, Divination, Exorcism

If you are making your own candles for ritual, consider using Mullein stalks for the wicks. Or the whole stalk may be burnt as a candle of itself.

In Indian lore, mullein is considered a sure safe guard against evil spirits and magic. Powdered mullein can be used in spells that call for graveyard dirt.

In a survival situation, you can carry just a small bit of seed and a bit of blossom as these items can easily paralyze fish for consumption without harming you.

The flowers, leaves, and the roots can all be used from this plant as it is an Anti-asthmatic, Antibacterial, Anticatarrhal, Anti-Infective, Anti-Inflammatory, Antimicrobial, Antispasmodic, Antitussive, Demulcent, Expectorant, Lymphatic, and Pectoral



Plantain

Energy is Feminine

Associated with the planet Venus

Associated with the Earth element

Use for Protection from evil spirits and snake bites, removing weariness, healing headaches; house & business blessing.

Place a pinch of dried leaves in the flame of a candle or throw into an East wind for healing.

Hang plantain leaves in the car for protection from evil and jealousy.

Plantain is another of those herbs that, despite having a long and venerable reputation as a medicinal herb, has little or no information associated with it in terms of what it can do for a person on a more energetic, emotional level.

\Magically, much like many herbs, Plantain is used to bring protection to the home and car as well as to give strength to magical workings. Bound to the forehead with red wool, it can apparently remove headaches, and when put under the feet it eases fatigue.

The root carried in the pocket guards the carrier from snake bites.



Pitcher Plant

Energy is Feminine
Associated with the planet Venus
Associated with the Water element

Used for spells and magicks related to love, ease of childbirth and women.
Used also for cups and toys for children

** This plant on the endangered species list and use of it should be kept to a very low minimum



Vanilla

Energy is Masculine

Associated with the planet Jupiter

Associated with the Fire element

Use for Love, Lust, Mental Powers

Magickal uses include love, lust, passion, and restoring lost energy. Carried to increase energy & strengthen mental abilities.

Magical uses: The bean is used in a love charms, the oil is worn as an aphrodisiac.

In cooking, vanilla offers a calming and restorative essence to all foods ingested, thus leaving people open to changes.



YELLOW TOADFLAX
(Butter Flower)

Energy is Masculine
Associated with the planet Mars
Associated with the Fire element

Used for Protection and the breaking of hexes.

Toadflax is reported to be astringent and was used to stimulate the liver and as a wash or oil infusion for skin problems and hemorrhoids.

Toadflax is reported to be useful in getting rid of flies if boiled in milk and set out where flies are a nuisance.



Walnut (Black)

Energy is Masculine

Associated with the planet Sun

Associated with the Fire element

Health, Mental Powers, Infertility, Wishes, Cleansing, Spirituality, focus, insight and protection.

Black walnut trees are notorious for preventing the growth of other plants. Early settlers used the outer part of the walnut to dye their hair dark brown and black.

RECOMMENDATIONS

Peterson's Field Guide to Medicinal Plants & Herbs

Wild Medicinal Plants of the United States
by Alice Henkel

Identifying and Harvesting Medicinal & Wild Plants
by Steve Brill

Tom Brown's Field Guide to Wild & Medicinal Plants

Wild Medicinal Plants
by Amy Schneider

Encyclopedia of Medicinal Plants
by Andrew Chevallier

www.phoenixrisingcoven.org