



A DRUID'S GARDEN

Herbal Magic for the Earth Year...
and a little bit of nonsense!

DISCLAIMER

- Nothing we say here is true!
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- Take it all with a grain of salt!
- Nothing presented this evening is guaranteed to enhance your personal or professional life, enlarge or diminish any body parts, make the person next door madly in love with you, or have any other impact implicit or implied!
- If you want to know more about herbs and herbal medicine, please attend some of our other programs!

IN THE FULLNESS OF TIME

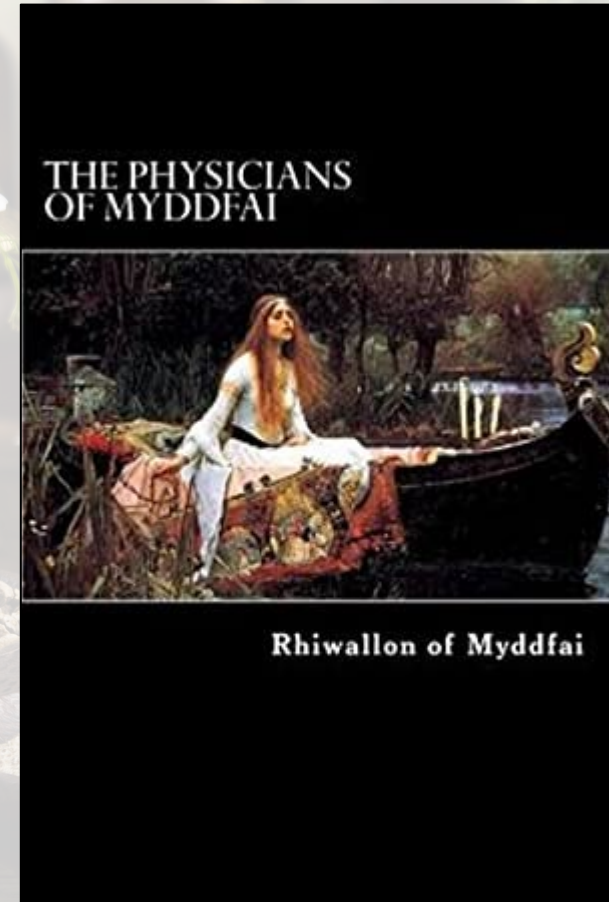
- The use of botanical substances for medicinal, magical, and culinary purposes predates our earliest historical record.
- The use of botanical substances for religious, magical, or simply mysterious purposes probably predates any rational understanding of herbal actions or reactions.
- For our purposes, magic is that twingy bit of mystery connected inextricably to the known world around us.
- In all things, first do no harm!

FROM WHENCE DOES IT COME?

- Most of what we will talk about this evening originates in medieval manuscripts or common folklore.
- Like most things, principles and practices have morphed over the years and been widely interpreted by different people.
- Before I'm done, I will tell you the single most profound magical result from herbs that I know of...because it pertains to me! If I forget, remind me!

PHYSICIANS OF MYDDFAI

- One of the oldest recorded medical documents in existence
- The family was in practice continuously from the 13th through the early 20th Century
- The legend...



LLYN Y FAN FACH



THE GENTLE ART OF SMUDGING

- Smudging is present in nearly every culture around the world
- Smudging can range from the complex use of incense blends in religious settings to the simple use of white sage smudge in the house
- At least one low-grade study indicates that smudging with herbs may have a beneficial impact on airborne bacteria
- We most often relate smudging with the cleansing of a defined space of unwanted negative energy



HERBS FOR SMUDGING

- White sage is the single most common herb used in smudging
- A blend of sage, cedar, sweetgrass, and tobacco is used extensively by NA cultures on the west coast
- In the southeast, cedar, cypress, sassafras, or mountain mint were used in smudging
- Religious incense used in a fashion similar to smudging often relied on frankincense, benzoin, myrrh, styrax, and copal



THE NINE SACRED HERBS CHARM

- *A worm came creeping, he tore asunder a man. Then took Woden nine magic twigs and he smote the serpent that he flew into nine bits.*
- *Now these nine herbs have power, against the nine magic outcasts, against nine venoms, against nine flying things, and against the loathed things that over land rove.*
- *Against the red venom, against the runlan venom, against the white venom, against the blue venom, against the yellow venom, against the green venom, against the dusky venom, against the brown venom, against the purple venom.*

THE NINE SACRED HERBS

1. Chamomile (*Matricaria chamomilla*)



2. Nettle (*Urtica dioica*)



3. Fennel (*Foeniculum vulgare*)



THE NINE SACRED HERBS

4. Crabapple (*Malus sylvestris*)



5. Mugwort (*Artemisia vulgaris*)



6. Plantain (*Plantago major*)



THE NINE SACRED HERBS

7. Watercress (*Nasturtium officinale*)



8. Chervil (*Anthriscus cerefolium*)



9. Cockspur Grass (*Echinochloa crus-galli*) OR
Betony (*Stachys officinalis*)



WATCH!



BAY LAUREL



CARDAMOM



ROSE



DILL



ORANGE

8 HERBS FOR LOVE SPELLS



ORRIS ROOT



FRANGIPANI



POPPY



BAY LAUREL

- If you are casting love spells for an existing lover, bay laurel will help to make sure that you see that person again. You can also use bay laurel effectively in love spells to do with infidelity. Using it will help ensure that neither you or your partner cheats. If your partner is willing, walk together to a bay laurel tree and pick one leaf together. Break the leaf in half, and each keeps one half of the leaf to ensure that you stay true to each other.
- If you wish to find love, write what you want on a bay leaf and burn it while thinking strongly about this wish. If your intentions are clear enough, the bay laurel will help your wish come true.

BAY LAUREL (CONTINUED)

- Medicinally, bay laurel is antibacterial and antifungal. Oil made with bay laurel is good for burns and will ease muscle aches and pains. Make a poultice with it and place it on the chest to help relieve colds and congestion. This is a great herb to add to a bath if you have just given birth as it is particularly good for healing vaginal complaints.
- Other Magical Uses: Enhances psychic ability, protection, healing, breaking jinxes and curses, luck

CARDAMOM

- If you are in need of one of our powerful herbs for love spells, cardamom should be your go-to. It's considered an aphrodisiac and pops up in many love charms but more so in charms and spells for lust. Cardamom will also bring you good luck in love affairs
- To make a powerful charm, add cardamom, rose petals, and lavender flowers to a red pouch and carry it with you. If you meet someone to whom you have a good connection, this charm will increase the attraction between the two (or more) of you.

Dill

- Dill is wonderful for breaking jinxes, particularly jinxes placed on your love life. Sprinkle it in all four corners of your home in order to dispel any jinx that may have been cast on you. Dill will also attract romance. Run a bath and add dill oil or some fresh dill. Soak in the bath for as long as you can, while thinking about how wonderful you are. When you exit the bath, you will have increased your attractiveness. If you don't have a bath, you can do the same thing in the shower.
- Use dill to dispel jealousy. Keep some dried or fresh dill on your person in order to keep away harmful and hateful people who may be jealous of you. If you are feeling jealousy, or an emotional imbalance, keep a small container of dill oil on you and smell as needed to dissipate these feelings. This charm will also bring you luck, so carry a little in your pocket if you are going on a first date!

FRANGIPANI

- Frangipani is another delectable-smelling herb often associated with love and love spells. It is used in many spells that relate to Venus, such as beauty, friendship, joy, and love spells. The flowers are particularly good for use in spells relating to romantic love.
- Frangipani was often used in spells relating to distant love. For example, if you loved a sailor and wanted to bring him back to you. As such frangipani is perfect for anyone casting a love spell relating to a long-distance love or relationships. If one of these relationships ends, burn frangipani flowers to restore peace and harmony to yourself. It provides soothing energies which can help you heal.

ORANGE

- Oranges lend themselves very well to love spells. Next time you eat an orange, save the peel and dry it so you always have some in your magical ingredient kit. If someone needs a little help in making their mind up in a love situation, oranges should be your go-to. If you are making a love charm, add dried orange peel or orange blossoms to help whenever the charm is for make up their mind. It helps to clarify situations and will bring you luck at the same time. If you are having trouble making up your own mind over a love situation, take a bath with orange peel in it.
- Oranges are also great for fertility spells. They are associated with the Gaia and represent fecundity as the trees can simultaneously carry fruit and have blossoms.

ORRIS ROOT

- Orris root, also known as Queen Elizabeth root, is a herb found in many love spells and charms. It is particularly useful for love spells involving love-drawing. It provides luck in love and passion affairs.
- It can increase sex appeal and will draw people to you. Take a bath with some powdered orris root in it before going out on a date to increase feelings of attraction between you. You could also sprinkle some of the powder onto your clothes for the same effect.
- If you want to find companionship, you can use orris root. It will help to increase your popularity and personal success while aiding communication and opening dialogue. Make a charm with orris root, coriander, and jasmine to draw love to you.

POPPY

- Poppies are great for use in love spells. They are associated with fertility and abundance. If you are having trouble and need some guidance in love, poppy can help. Take a full head of poppy seeds and make a small hole in the top. Write down your dilemma or question onto a slip of paper. Insert the piece of paper into the poppy head and place it under your pillow. When you head to bed, think strongly about the problem which is troubling you. As you sleep, let the poppy and your dreams guide you to the answer.
- Use poppy seeds in fertility charms and spells. Eating poppy seeds can help to increase your chances of conceiving.

ROSE

- Roses have become the ultimate flower of love. They have been used for centuries to symbolize romantic love and affection. Hanging a rose from the ceiling means that everything which occurs beneath it should be kept absolutely secret. This is a good thing to do if you would like to keep a romantic tryst quiet. White roses are thought to bring security and future happiness to newly wedded couples. This is why they are often included in wedding bouquets and in buttonholes. Red roses are often used as an ingredient in love spells.

IMBOLC!

- Imbolc is a feast day dedicated to Brighid in Her various identities as Pagan Goddess, Christian Saint, and Patron of the crafts!
- Not widely celebrated in the US except in some predominantly Irish congregations, Imbolc is one of the primary Irish feast days.
- The herbs sacred to Imbolc are: angelica, basil, bay, blackberry, benzoin, celandine, coltsfoot, heather, iris, myrrh, tansey, and violets

THE REAL MAGIC OF HERBS

- Contact with the soil is a grounding and centering practice.
- Over the centuries, many herbs have been considered sacred or magical because of the way they make people feel.
- In other instances, herbs have been considered magical because they had a pronounced, if poorly understood, effect on illness.
- Remember the untold unwashed, many of whom undoubtedly died in the trial and error approach to herbal magic, medicine, and lore.
- Herbs are simply good for what ails you even if nothing ails you.

SOURCES AND REFERENCES

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