

Herbs, Plants, Oils:

A list of herbs and their purposes, including old folklore usages

by "The Busy Witch"



This is a list of some of the thousands of herbs that I have found, there are many more. They are in alphabetical order so just scroll down the list.

Agrimony: Protection. Used in all protection sachets and spells, also to banish negative energies and spirits. It has also long been used to reverse spells sent against the magician; it not only breaks hexes, it also sends them back to the hexer. Agrimony placed under the head will make one sleep as if dead, according to ancient lore, but don't use this for insomnia, for the sleeper won't awaken until the herb is removed.

Alfalfa: Prosperity, Money. Keep in the home to protect from poverty and hunger. It is best placed in the cupboard or pantry.

Almond: Money, Prosperity, Wisdom.

Amaranth: Healing. A crown of amaranth flowers worn on the head speeds healing. To make sure that you are never struck by a bullet, pull up a whole amaranth plant (including roots) preferably on a Friday during the Full Moon. Leave an offering to the plant and then fold it, roots and all, in a piece of white cloth. Wear this against your breast and you'll be 'bullet-proof.' The dried amaranth flowers have been used to call forth the dead, and are also carried to cure the affections or mend a broken heart.

Amber: Love, Calm, Prosperity. Transforms negative energy into positive. Calms and attracts loving, faithful emotions. Opens the crown chakra and aligns the etheric bodies with the physical. Attracts prosperity.

Angelica: Grown, the plant is protective. Use in all protection and exorcism incenses. Sprinkle the four corners of the house with angelica to ward off evil, or do this around the perimeter of the house. When added to the bath, angelica removes curses, hexes and any spells that may have been cast against you. The root was carried in the pocket as a gambling talisman among some American Indian tribes. Angelica is also used in healing incenses and mixtures.

Anise: Protection from fear and evil. Fill a small pillowcase with anise seeds and sleep on it. This will ensure that you have no nightmares. Use in protection and meditation incenses. Fresh anise leaves placed in a room will drive off evil, and they are sometimes placed around the magic circle to protect the magician from evil spirits. It also averts the evil eye. Anise seed is also used in purification baths, especially with bay leaves. It is used to call forth spirits to aid in magical operations. A sprig hung on the bedpost will restore lost youth.

Apple: Healing, Immortality. When eaten, the fruit induces love.

Avocado: Promotes love and lust. Good when used as a beauty mask.

Banana: Fertility, Potency, Prosperity.

Basil: Love, Exorcism, Wealth, Flying, Protection.

Bay: Activates the throat chakra and opens the bronchial passages. Facilitates full breath and full expression. Decongestive on all levels. Heals the heart. Good for colds, flu, rheumatism and sprains. Psychic purifier.

Bean: Protection, Exorcism, Wart Charming, Reconciliation, Potency, Love.

Belladonna: DEADLY POISON! Some say will help induce astral projection.

Benzoin: Awakens higher mindedness. Encourages confidence and empowerment. Calms and sedates the mind and emotions. Relieves dry skin, coughs, and arthritis. Natural deodorant and preservative.

Boneset: The plant wards off evil spirits. Make an infusion and sprinkle about the house to drive away evil.

Candles, Incense, Spells, Charms, Powders: Chat with a Witch!

Blueberry: Protection against evil spirits and negativity.

Burdock: Cast around the home to ward off negativity. Add to protection incenses and use in such spells. Gather burdock roots in the waning Moon, dry and then cut them into small pieces. String these on red thread like beads and wear for protection against evil and negativity. The leaves of the burdock, when laid to the soles of the feet, help to cure gout.

Cabbage: Good Luck.

Cactus: Protection, Chastity.

Caper: Potency, Lust, Luck.

Caraway: The caraway serves as protection against Lilith, as well as all manner of evil spirits, entities and plain old negativity. It is often carried for this purpose. Any object that holds some caraway seeds is theft-proof.

Carrot Seed: Fertility, Lust. Mother Nature's skin nurturer. Relieves and replenishes dry, aging skin. Helps to reduce wrinkles and restore elasticity. Stimulates endocrine function. *Not for use during pregnancy.

Cascara Sagrada: Sprinkle an infusion of cascara sagrada around your home before going to any court proceeding. It will help win your case. Cascara sagrada is also use in money spells, and worn as an amulet against evil and hexes.

Catnip: Given to your cat, catnip creates a psychic bond between the two of you. It is also intoxicating to the cat. Catnip is used in love sachets, usually in conjunction with rose petals. If you hold catnip in your hand until it is warm, then hold anyone else's hand, they will forever be your friend, as long as you keep the catnip you used for the spell in some safe place. Grown near the home or hung over the door, catnip attracts good spirits and great luck. Catnip is also

used in spells designed to enhance beauty and happiness. Large catnip leaves are pressed and used as bookmarks in magical texts.

Cedar: Attracts prosperity. Encourages flow. Eliminates blockages and toxins physically, mentally, and emotionally. Cleanses and purifies the body, skin and the environment from all negativity and stagnation. Gives relief from bronchitis, colds, arthritis. Can have a diuretic effect. Repels insects. **Not for use during pregnancy.**

Celery: Chew the seeds to aid in concentration, or use in spell pillows to induce sleep. Burned with orrisroot, celery seed increases psychic powers. The stalk, along with the seeds, induces lust when eaten.

Centauray: The smoke from burning or fuming centauray drives off snakes.

Chamomile: Chamomile is used to attract money and a hand wash of the infusion is some times used by gamblers to ensure winnings. It is used in sleep and meditation incenses, and the infusion is also added to the bath to attract love. It is also a purifying and protective herb. When sprinkled around the property, it removes curses and spells cast against you.

Cherry: Love, Divination.

Chickweed: Carry or use in spells designed to attract a love or to maintain a relationship.

Chicory: Chicory is used to remove all obstacles that might crop up in your life. It is carried for this purpose. At one time it was thought to make its possessor invisible, and to open locked boxes and doors if held against the locks. But for these last two purposes, chicory has to be gathered with a gold knife in perfect silence at noon or midnight on Midsummer. If you anoint your body with chicory juice, you will obtain favors from great persons. It is also carried to promote frugality.

Chili pepper: Chili Pepper is used to assure Fidelity, and for Hex Breaking and Love.

Cinnamon: Psychic awareness, protection. Blends with and emphasizes all other essences. Attracts money and "security." Aphrodisiac. Very healing on all levels. Good for colds, flu, headache, toothache, and sore muscles. Helps to heal the heart and kidneys.

Citron: Psychic Powers, Healing.

Citronella: Protects, cleanses and clears the aura. Strengthens the life force. Encourages self-expression and creativity. Good for writers and actors. Brings clarity to the mind and inner vision. Good for attracting prosperity. Activates the throat chakra and acts as a tonic for all throat ailments. Repels insects. Deodorizer.

Cumin: Protection, Fidelity, Exorcism.

Clary Sage: Calming relaxant. Brings well-being to the spirit. Contains a hormone-like agent similar to estrogen that regulates hormonal balance. Relieves tired, sore or injured muscles and menstrual cramping when used in massage. Aphrodisiac. Antiseptic for oily skin and dandruff. *Not for use during pregnancy. Do not drink alcohol or drive when under its influence.

Clove: Burned as incense, cloves attract riches, drive away hostile and negative forces, produce spiritual vibrations, and purify the area. Cloves are burned as an incense to stop others from gossiping about you. Worn or carried, cloves attract the opposite sex and bring comfort to the bereaved. Protects and cleanses the body and aura. Balances 2nd and 4th chakras. Calming and

comforting to the emotions. Strengthens eyesight and protects one from disease and infection. Very antiseptic, good for oral infections and toothache pain. Assists with digestive, muscular, and bronchial ailments.

Coltsfoot: Add to love sachets and use in spells for peace and tranquility.

Comfrey: Worn or carried, comfrey protects and ensures safety during travel. Also, tuck some into your suitcases so that they aren't lost or stolen. The root is also used in money spells.

Curry: Protection.

Daisy: Lust, Luck.

Damiana: Damiana is used in lust infusions as well as lust spells.

Dandelion: To find out how long you will live, blow the seeds off the head of a dandelion. You will live as many years as there are seeds left on the head. To tell the time: blow three times at the seed head. The number left is the hour. The root, when dried, roasted and ground like coffee, is used to make a tea. This infusion will promote psychic powers. This same tea, steaming and placed beside the bed, will call spirits. To send a message to a loved one, blow at the seed head in his or her direction and visualize your message. Dandelion, buried in the northwest corner of the house, brings favorable winds.

Dragon's Blood: Energizes and attracts inspiration and success. Protection, virility, strength and passion. Attraction of male energies. Purifies, "burns" out illness and infection. Helps heal bones, teeth, blood disorders, and reproductive organs.

Ebony: Protection, Power.

Echinacea: Echinacea was used by Indians as an offering to Spirit and to strengthen spells.

Edelweiss: Invisibility, Bulletproofing.

Elecampane: Worn, elecampane attracts love. Sew up some of the leaves or flowers in a pink cloth, or make a sachet. It is also carried for protection, and the herb smoldered on charcoal aids in sharpening psychic powers, particularly when crying.

Eucalyptus: The leaves are used to stuff healing poppets and are carried to maintain good health. To relieve colds, ring green candles with the leaves and pods and burn them to the socket, visualizing the person (or yourself) as being completely healthy. Also hang a small branch or twig of eucalyptus over the sick bed. String the immature (green) pods on green thread and wear to help heal sore throats. Placed beneath the pillow, the pods guard against colds. The leaves are also carried for protection.

Evening Primrose: Rich in GLA, vitamins and minerals. Excellent for face and body massage, especially to combat dry skin and eczema. A nerve tonic, hormone balancer, good for menstrual problems and for balancing the symptoms of menopause.

Fennel: Grown around the home, fennel confers protection. Wearing a piece of fennel in the left shoe will prevent wood ticks from biting your legs. Fennel is also hung up at windows and doors to ward off evil spirits, and the seeds can be carried for the same reason. Fennel is used in purification sachets, as well as healing mixtures.

Fern: Rain Making, Protection, Luck, Riches, Eternal Youth, Health, Exorcism.

Figwort: Hung from the neck, the figwort keeps the wearer healthy and protects against the evil eye. The plant is also smoked over Midsummer fires and then hung in the home for its protective powers.

Frankincense: A sacred, purifying scent used to cleanse the body, aura, and environment of all negative influences. Promotes a meditative state. Sun energy. Opens the crown chakra and has a healing affect on infection and viruses. Revitalizes dry and/or aging skin. Helps with asthma and bronchial infections.

Garlic: Garlic was once worn to guard against the plague. It is still used to absorb diseases. Simply rub fresh, peeled cloves of garlic onto the afflicted part of the body, and then throw into running water. An old spell utilized garlic in protection against hepatitis. To do this, simply wear thirteen cloves of garlic at the end of a cord around the neck for thirteen days. On the last day, in the middle of the night, walk to a corner of an intersection of two streets, remove the necklace, throw it behind you and run home with out looking back. Garlic is also extremely protective. Sailors carry some while on board ship to protect against wreckage. Soldiers wore garlic as a defence in the middle ages, while Roman soldiers ate it to give them courage. It is placed in the home to guard against the intrusion of evil, to keep out robbers and thieves, and is hung over the door to repel envious people. Garlic is especially protective in new homes. Worn, garlic guards against foul weather (mountaineers wear it) as well as monsters, and it also shields you from the blows of your enemies. When evil spirits are about, bite into garlic to send them away, or sprinkle powdered garlic on the floor (if you don't mind smelling it for some time). Garlic is also placed beneath children's pillows to protect them while asleep, and brides once carried a clove of garlic in the pocket for good luck and to keep evil away on the wedding day. Rubbed onto pots and pans before cooking in them garlic removes negative vibrations which might otherwise contaminate the food. When eaten, garlic acts as a lust-inducer, and when a magnet or lodestone is rubbed with garlic, it loses its magic powers.

Geranium: Balances the mind and body. Calms and stabilizes the emotions. Astringent, good healing oil for all skin types. Helps to relieve eczema and psoriasis. Repels insects and negative thought forms and environments. Diuretic. Good as massage oil for cellulite.

Ginger: Eating ginger before performing spells will lend them power, since you have been 'heated up' by the ginger. It is especially true of love spells, in which ginger is often used. Whole ginger roots are planted and grown to attract money, or the powdered root is sprinkled into pockets or on money for this purpose. Ginger is also used in success spells or to ensure the success of a magical operation. In the Pacific, the Dobu islanders make much use of ginger in their magic. They chew it and spit it at the 'seat' of an illness to cure it, and also spit chewed ginger at an oncoming storm while at sea to halt it.

Ginseng: The root is carried to attract love and to guard one's health, to draw money, and to ensure sexual potency. Ginseng will also bring beauty to all who carry it. Burn ginseng to ward off evil spirits and to break hexes and curses. A tea of ginseng is used as a powerful lust-inducing drink, whether alone or mixed with other like herbs. Hold a ginseng root in your hands, visualize your wish into the root, and throw it into running water. Or, carve your wish onto a root and toss into the water. Ginseng can be a substitute for the mandrake.

Gotu Kola: Used in meditation incenses. Burn small amount prior to (but not during) meditation.

Grape: Fertility, Garden Magic, Mental Powers, Money.

Grapefruit: Refreshing and uplifting. Brings renewed energy, "a second wind." Antiseptic to the skin. Tones all bodily tissues and helps *erase* cellulite. Antidepressant.

Grass: Psychic Powers, Protection.

Hawthorn: Hawthorn has long been used to increase fertility. Because of this power, it is incorporated into weddings, especially those performed in the spring. The leaves, curiously enough, are also used to enforce or maintain chastity or celibacy. The leaves are placed beneath the mattress or around the bedroom for this purpose. Carried in a sachet on a fishing trip, hawthorn ensures a good catch. Worn or carried, it promotes happiness in the troubled, depressed, or sad. Hawthorn protects against lightning, and in the house in which it resides, no evil ghosts may enter. It is also powerful for protecting against damage to the house from storms. The Romans placed hawthorn in cradles to guard the child from evil spells. In the past, most Witch's gardens contained at least one hawthorn hedge. The hawthorn is sacred to the fairies, and is part of the tree fairy triad of Britain of 'Oak, Ash and Thorn.' Where all three trees grow together it is said that one may see fairies.

Heliotrope: Exorcism, Prophetic dreams, Healing, Wealth, Invisibility.

Hemlock: POISON. Destroys Sexual Drives.

Henna: Healing.

Hibiscus: Lust, Love, Divination.

Honeysuckle: Strengthens the mind and memory. Balancing to the right and left brain. Awakens the crown and brow chakras, bringing psychic awareness. Induces prophetic dreams and assists one to let go of the past. Strengthens and brings flexibility to the body. Helps heal sore throats, headaches and asthma.

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

Huckleberry: Luck, Protection, Dream Magic, Hex Breaking.

Hyssop: Hyssop is the most widely used purification herb in magic. It is added to baths in sachets, infused and sprinkled on objects or persons to cleanse them, and hung up in the home to purge it of evil and negativity.

Iris: Purification, Wisdom.

Irish Moss: Irish moss is carried or placed beneath rugs to increase luck and to ensure a steady flow of money into the house or pockets of the person. Irish moss is also carried while on trips for protection and safety, and is used to stuff luck or money poppets.

Jasmine: Good luck in love and wealth. Aphrodisiac. Alleviates depression and tension. Raises self-esteem. Opens the heart chakra and stimulates clarity of thought. Enables one to lucid dream, when it is used before sleeping. Good for use during childbirth. Rejuvenates the skin when used in massage and cosmetics. Beautiful fragrance when worn as a single note.

Juniper: Used throughout Europe as a protective herb, Juniper also guards against theft. It was

probably one of the earliest incenses used by Mediterranean Witches. Juniper hung at the door protects against evil forces and persons, and it is burned in exorcism rites. A sprig of the plant protects its wearer against accidents and attacks by wild animals. It also guards against ghosts and sickness. Juniper is added to love mixtures, and the berries are carried to increase male potency. When carried or burned, juniper enhances psychic powers, breaks hexes and curses, and drives off snakes.

Juniper Berries: Protection from all negative influences. Transforms negative emotions into positive. Purifies the aura and the subtle body. Diuretic action also encourages "flow" in all areas of life. *Not for use during pregnancy. Tonic, astringent, and antiseptic. Reduces swelling and relieves arthritis. Good for dissolving fat and cellulite when used with massage. Is believed to boost the immune system.

Lavender: Ancient scent used for protection, relaxation, and healing. Good for headaches, insomnia, pain, arthritis, and depression. Antiseptic and astringent. Good for burns, insect bites, acne and eczema. Helps to reduce scarring. Promotes hair growth. Activates the crown chakra. Ancients believed it ensured fidelity.

Lemon: Attracts joy and benevolent energies. Clears and stimulates the mind while relaxing the muscles and relieving stress. Attunes to the third chakra. Antibacterial and antiseptic. Good for oily skin conditions. Tonic to the lymphatic and digestive system. Very good for dieters, when put in water, and will help break up cellulite when used with massage. Bleaches hair and fabrics. Conditions skin and nails. Dilute well when used on skin.

Lemongrass: Lemongrass planted around the home and in the garden will repel snakes. It is also used in some lust potions, as well as in an infusion to aid in developing psychic powers.

Lemon Verbena: Purification, Love.

Lettuce: Chastity, Protection, Love, Divination, Sleep.

Licorice: Chewing on a licorice stick (the root, not a piece of candy) will make you passionate. It is also a good practice to use while quitting smoking. Licorice is added to love and lust sachets, carried to attract love, and used in spells to ensure fidelity. Licorice sticks make useful wands.

Lilac: Exorcism, Protection.

Magnolia: To promote and assure fidelity.

Mandrake: A whole mandrake root, placed on the mantel in the home, will give the house protection, fertility, and prosperity. Mandrake is also hung on the headboard for protection during sleep, carried to attract love, and worn to prevent contraction of illnesses. Where there is mandrake, demons cannot reside, and so the root is used in exorcism. To 'activate' a dried mandrake root (i.e., to bring its powers out of hibernation), place it in some prominent location in the house and leave it there undisturbed for three days. Then place it in warm water and leave overnight. Afterwards, the root is activated and may be used in any magical practice. The water in which the root has bathed can be sprinkled at the windows and doors of the house to protect it, or onto people to purify them. The mandrake has also long served as a poppet in image magic, but its extreme scarcity and high cost usually forces the magician and Witch to look for substitutes; ash roots, apples, the root of the briony, the American may-apple and many others have been used. Money placed beside a mandrake root (especially silver coins) is said to double, and the scent of the mandrake causes sleep.

Meadowsweet: Most sacred to the Druids, a favorite for bridal garlands (also called bridewort). Very powerful in tea to rid body of excess fluids and to alleviate heartburn. May be purchased in powder form at herb stores.

Mint: Money, Love, Lust, Healing, Exorcism, Travel, Protection.

Mistletoe: Long used for protection against lightning, disease, misfortune of every kind, fires and so on, it is carried or placed in an appropriate spot for these uses. The leaves and berries are used. Mistletoe is placed in cradles to protect children from being stolen by fairies and replaced with changelings. A ring carved of mistletoe wood will ward off sicknesses when worn and the plant will cure fresh wounds quickly when carried (do not apply to the wound). Mistletoe is also carried or worn for good luck in hunting, and women carry the herb to aid in conception. It has also been utilized in spells designed to capture the elusive state of immortality, and to open locks. Laid near the bedroom door, mistletoe gives restful sleep and beautiful dreams, as it does when placed beneath the pillow or hung at the headboard. Kiss your love beneath mistletoe and you'll stay in love. Burned, mistletoe banishes evil. Wear it around your neck to attain invisibility. Mistletoe is an all-purpose herb.

Mugwort: Awakens one to the psychic energies around and within them. Facilitates astral travel and dream interpretation. Opens and purifies circulatory channels. Strengthens the uterus and eases painful menstrual cramping. Excellent for strengthening the life force in the fetus. *Some say not for use during pregnancy.

Mullein: Mullein is worn to keep wild animals from you while hiking in untamed areas. It also instills courage in the bearer, and a few leaves placed in the shoe keeps one from catching a cold. Mullein is also carried to obtain love from the opposite sex. Stuffed into a small pillow or placed beneath your pillow, mullein guards against nightmares. In India, mullein is regarded as the most potent safeguard against evil spirits and magic, and is hung over doors, in windows, and carried in sachets. It is also used to banish demons and negativity. In the Ozarks, men performed a simple love divination. The man went to a clearing where a mullein grew and bent it down so that it pointed toward his love's house. If she loved him, the mullein would grow upright again; if she loved another it would die. Graveyard dust-an infrequent ingredient in spells-can be substituted with powdered mullein leaves. At one time Witches and magicians used oil lamps to illuminate their spells and rites, and the downy leaves and stems of the mullein often provided the wicks.

Musk: Stimulates the root and spleen chakras, arousing the reproductive organs and instincts. Healing and cleansing to the heart, lungs, and blood. Encourages self-esteem and desirability. Can assist in transmuting sexual love into higher emotion and spiritual connection.

Mustard: The Hindus used mustard seed to travel through the air. A more down-to-earth use is carrying mustard seed in a red cloth sachet to guard against colds and to increase mental powers. Italian peasants sprinkle mustard seed on the doorsill for protective reasons, and mustard seed buried under your doorstep will keep all manner of supernatural beings from your home. When eaten, mustard seed increases fertility in women.

Myrrh: Burned as incense, myrrh purifies the area, lifts the vibrations and creates peace. However, it is rarely burned alone, but usually in conjunction with frankincense or other resins. Myrrh increases the power of any incense to which it is added. Myrrh is also included in healing incenses and sachets, and its smoke is used to consecrate, purify, and bless objects such as amulets, talismans, charms, and magical tools. Myrrh aids meditation and contemplation. It is often added to sachets, usually with frankincense.

Neroli: Soothes, relaxes, and uplifts the spirit. Instills confidence. Excellent for dry, sensitive skin, scars and stretch marks. Aphrodisiac. Stimulates circulation. Brings calm and relieves

stress and tension. Good for calming "butterflies" in the stomach.

Nettle: The protective powers of the nettle have long been used in magic. To remove a curse and send it back, stuff a poppet with nettle, or carry some in a sachet. Also, sprinkle nettle around the house to keep evil out and to send it back. Nettle is also thrown onto a fire to avert danger, held in the hand to ward off ghosts, carried with yarrow to allay fear, and worn as an amulet to keep negativity far away. A pot of freshly cut nettles placed beneath a sickbed will aid in the person's recovery. Nettle has sometimes been used as a lust-inducing herb, and contemporary Mexican spiritualists recommend its use in purification baths because it is 'more carnivorous' than other herbs, and so will work more efficiently.

Niaouli: Protection. Antiseptic, helps to heal cuts and wounds, infections, acne, skin irritations and allergies, bacterial viruses, sore throats and respiratory problems. Good when used in a vaporizer or as a chest rub for bronchial clearing.

Nutmeg: Calms the mind and body, therefore it is good for insomnia. Brings visions. Attracts wealth and health. Good for the intestinal tract and reproductive organs. Is said to reverse impotency and hair loss. *Can be dangerous if taken internally, but as a seasoning is fine.

Nuts: Fertility, Prosperity, Love, Luck.

Oak: Protection, Health, Money, Healing, Potency, Fertility, Luck.

Olive: Peace of heart and mind. Assures fidelity in love and can attract a marriage partner. Inspires fruitfulness and security in love, family and business. Attracts money. Revitalizes all physical systems as well as the mind.

Onion: Protection, Exorcism, Healing, Money, Prophetic Dreams, Lust.

Orange: Purification on every level. Encourages emotional expression and the gentle healing and restructuring of emotional memories. Attracts abundance and happiness through love and marriage. Tonic to the digestive system. Antiseptic. Good for oily skin. Dilute well when using on the skin.

Orris: Aphrodisiac. Attracts love and romance. Good for treating acne and insect bites. Helps relieve coughs, colds and bronchitis. Diuretic, said to ease upset stomach and toothache. Whole pieces of the root have been used as infants' teething rings. The violet-like scent grows more beautiful with age.

Palma Rosa: Attracts love. Regenerates the cellular body. Clears and "wakes up" the mind. Powerful healer for skin conditions such as acne, eczema and dry aging skin. Antiseptic. Helps to regulate the thyroid. Used to treat anorexia and as a tonic for the entire system.

Papaya: The papaya has long been used in magical rites. One of the simplest of these is to tie a rag around a limb of a papaya tree while visualizing your need. Hang several twigs of papaya wood over the doorsill; this will keep evil from entering the house. Eat the fruit and serve to a loved one; it will intensify feelings of love.

Parsley: When eaten, parsley provokes lust and promotes fertility, but if you are in love, don't cut parsley - you'll cut your love as well. Though the plant has associations with death and is often regarded as evil, the Romans tucked a sprig of parsley into their togas every morning for protection. It is also placed on plates to guard the food from contamination. Parsley is also used in purification baths, and to stop all misfortune. A wreath of parsley worn on the head prevents (or delays) inebriation. Also a good diuretic. Helps to relieve urinary tract infections and kidney

problems. Rich in vitamin B and potassium. Good for gall bladder problems and helping to expel gall stones. Excellent breath deodorant. Stimulates the pituitary gland. Sedative, good for nervous conditions. Parsley has been said to dry up mother's milk after birth.

Passion Flower: Contrary to its name, the passion flower is placed in the house to calm problems and troubles, and to bring peace. Carried, it attracts friends and great popularity. Placed below the pillow it aids in sleep.

Patchouli: Aphrodisiac, awakens fertility. Stimulates and balances the yin or feminine aspects. Purifies and aligns the root and spleen chakras. Attracts prosperity, dispels negativity. Clears the complexion and helps heal other skin conditions. Preserves youth.

Peach: The fruit, when eaten, induces love, and so a peach or peach pie served a desired one may help to win his or her heart. Branches of the peach tree are used to drive off evil spirits in China, and also to root out illnesses. Children in China wear a peach pit suspended about the neck to keep demons away. Carrying a bit of peach wood will increase one's life span and may even lead to immortality. The Japanese use the peach to increase fertility, and branches of the tree are utilized as divining and magical wands

Pear: The fruit, when eaten, induces love, and so a pear pie served a desired one may help to win his or her heart.

Pennyroyal: Creates a shield of protection. Repels negativity. Energizes the body and calms the mind and nerves. Diuretic. Good for colds and bronchitis. Eases nausea and intestinal cramps. Fortifies the spleen and solar plexus chakras. Used for ulcers, headache and fever. Tonic for the reproductive system. *Not for use during pregnancy as it stimulates menstruation and uterine contractions. Deodorant and insecticide.

Pepper: Protection, Exorcism.

Peppermint: Peppermint has long been used in healing and purification spells. Its presence raises the vibrations of an area. Smelled, it compels one toward sleep, and placed beneath the pillow it sometimes offers one glimpses of the future in dreams. It is rubbed against furniture, walls and floorboards to cleanse them of evil and negativity. Peppermint excites love, and so can be added to this type of mixture.

Pettigraine: Uplifting, relieves stress and anxiety. Cleanses and rejuvenates the spirit. Brings clarity to the mind. Helps to relieve insomnia. Good for healthy hair. Antiseptic and tonic, good deodorant and insecticide. Good also for sunburn and itchy skin.

Pine: Cleansing and rejuvenating. Fresh starts. Inspires positive, enthusiastic feelings. Good for colds, bronchitis, and asthma. Antiseptic and deodorizing. Repels insects. Brings harmony to the home.

Pineapple: Luck, Money, Chastity.

Potato: Image Magic, Healing.

Prickly Ash: Use the fruits of the prickly ash as a perfume to attract love.

Raspberry: The brambles (branches) of red raspberry are hung up at doors and windows for protection. This is also done when a death has occurred, so that the flu spirit won't re-enter the house once it has left. Raspberry is served as a love-inducing food, and the leaves are carried

by pregnant women to alleviate the pain of pregnancy and childbirth.

Rhubarb: Wear a piece of rhubarb root around the neck on a string to protect against pains in the stomach. Rhubarb pie served to a mate helps to maintain his or her fidelity.

Rice: Protection, Rain, Fertility, Money.

Rose: Attracts love, confidence and healing to the heart. Activates yin or feminine energies. Calms emotions and brings understanding. Protects secrets. Christ consciousness. Soothes and heals female reproductive organs. Help to heal sore throats and cold sores. Very good for rejuvenating the skin. Awakens sensuality.

Rosemary: Rosemary, when burned, emits powerful cleansing and purifying vibrations, and so is smoldered to rid a place of negativity, especially prior to performing magic. It is one of the oldest incenses. When placed beneath the pillow, rosemary ensures a good sleep and drives away nightmares. Laid under the bed, it protects the sleeper from all harm. Rosemary is also hung on the porch and doorposts to keep thieves from the house and is carried to remain healthy. Placed in the bath it purifies. A chaplet of rosemary, worn, aids the memory, while the wood, smelled often, preserves youthfulness. To ensure the latter, add a rosemary infusion to the bath water. Rosemary has long been used in love and lust incenses and other mixtures, and healing poppets are stuffed with rosemary to take advantage of its curative vibrations. Rosemary infusion is used to wash the hands before healing work, and the leaves mixed with juniper berries are burned in sickrooms to promote healing. If you wish to receive knowledge or the answer to a question, burn rosemary on charcoal and smell its smoke. Rosemary is also grown to attract elves, and the powdered leaves wrapped in linen cloth and bound to the right arm dispel depression and make the emotions light and merry. Rosemary is generally used as a substitute for frankincense.

Sage: Sage has been utilized to ensure a long life-sometimes even immortality. This is done by eating some of the plant every day, or at least in May: Sage is carried to promote wisdom; he who would live for aye must eat sage in May. The leaves are used in countless healing and money spells. Attracts well-being and prosperity. Brings what is needed. To guard yourself against contracting the dreaded evil eye, wear a small horn filled with sage. There are a few curious gardening tips concerning sage: first, it is bad luck to plant sage in your own garden; a stranger should be found to do the work. Second, a full bed of sage brings ill, so ensure that some other plant shares the plot. Incidentally, toads love sage. Permeates the environment and creates a barrier of protection while neutralizing the existing negativity. Sacred to Native Americans as a "smudging" herb. Astringent. Helps heal skin eruptions. Good for sores, bacterial infections, bronchitis, rheumatism, arthritis, catarrh, sprains and aching muscles. Helpful for relieving depression, anxiety and exhaustion. Calms the digestion and eases menstrual cramping. *Not for use during pregnancy.

Sandalwood: Aligns all chakras, allowing healing energy to flow through and out. Sedates and relaxes. Good for meditation, healing, and manifestation practices. Aphrodisiac. Awakens sacred sensuality. Facilitates concentration. Considered to bestow holy protection. Regenerates dry/aging hair and skin.

Sarsaparilla: Sarsaparilla is mixed with cinnamon and sandalwood powder and sprinkled around the premises to draw money. It is also utilized in love spells.

Sesame: Money, Lust.

Spearmint: Spearmint is used in all healing applications, especially in aiding lung diseases. Smelled, spearmint increases and sharpens mental powers. For protection while asleep. Cooling

stimulant. Restores energy and balance to the system. Strengthens the nerves and muscles. As a tea, spearmint calms a nervous stomach rapidly. Deodorant and insect repellent. Relieves insomnia. Antiseptic. Helps headaches, fever, indigestion, intestinal cramps, colic and hemorrhoids. Helps to alleviate depression.

Strawberry: Strawberries are served as a love food, and the leaves are carried for luck. Pregnant women may wish to carry a small packet of strawberry leaves to ease their pregnancy pains.

Sugar Cane: Love, Lust.

Tangerine: Purification. Awakens joy and dissolves negativity. Antiseptic and antispasmodic. Assists in lymph drainage. Balances dry scalp and dandruff conditions while moisturizing hair and skin. Sedative and tonic.

Tea Tree: Nature's antiseptic. Good for use on wounds, burns, insect bites, scratches, rashes, and herpes. Relieves itch and kills germs. Good for dandruff, athlete's foot, acne, ringworm, candida and warts. Anti-fungal and anti-viral. Good as an airborne disinfectant.

Tarragon: Protection. Prevents fatigue, stimulates the appetite, relieves gastrointestinal disorders, colic and rheumatism. Anesthetic action can help toothaches. Calms nervous stomach. Antioxidant and anti-fungal. Enhances and protects health and well-being. Can stimulate menstruation when taken internally in large quantities so, *Not for use during pregnancy.

Thyme: Courage and confidence. Helps insomnia and depression. Brings calm and balance to the 6th and 7th chakras. Accelerates the healing process and strengthens the immune system. Antibiotic, antiseptic and diuretic. Very good for lung ailments, viruses and infections. Brings relief for bladder infections. Revives the liver and circulatory system. Regulates digestion and eases indigestion. Disinfectant and insect repellent. *Not for use during pregnancy or in cases of high blood pressure.

Tobacco: Healing, Purification.

Tuberose: "The Mistress of the Night" awakens erotic feelings and attracts romance. Enhances the capacity for emotional depth. Brings peace to the mind and heart. Opens the crown chakra and assists in psychic development. Attracts inspiration. Tonic for the reproductive system as well as the heart and mind.

Uva Ursa: Add to sachets designed to increase psychic powers.

Vanilla: Love, Lust, Mental Powers.

Vetivert: Protection. Attracts prosperity, love and feelings of security. Awakens sensuality and repels negativity. Stimulates circulation and helps relieve arthritis and joint pain. Relaxing. Said to help lower blood pressure. Luck, Money, Anti-Theft.

Violet: When the flowers are carried, they offer protection against spirits and bring changes in luck and fortune. Mixed with lavender, they are a powerful love stimulant and also arouse lust. If you gather the first Violet of the season, the dearest wish will be granted. Ancient Greeks wore the violet to calm tempers and to induce sleep.

Willow: Willow leaves are carried or used in mixtures to attract love, and the wood is used to fashion magical wands dedicated to Moon Magic. If you wish to know if you will be married in

the new year, on New Year's Eve throw your shoe or boot into a willow tree. If it doesn't catch and stay in the branches the first time, you have eight more tries. If you succeed in trapping your shoe in the tree you will be wed within 12 months, but you'll also have to shake or climb the tree to retrieve your shoe. All parts of the willow guard against evil and can be carried or placed in the home for this purpose. Knock on a willow tree ('knock on wood') to avert evil. The leaves, bark and wood of the willow are also utilized in healing spells. If you wish to conjure spirits, mix crushed willow bark with sandalwood and burn at the waning Moon outdoors. Magical brooms, especially Witches' brooms, are traditionally bound with willow branch.

Yarrow: Attracts love and calm, self-confidence. Courage. Soothing to the heart. Said to stimulate hair growth when used as shampoo. Alleviates dandruff. Astringent and anti-inflammatory. Helps to stop internal and external bleeding (helps blood to thicken). Assists in healing persistent wounds and infections. Brings healing to all mucous membranes. Calms digestive tract. Good for bringing rapid recovery from the flu. Relieves toothache.

Yerba Mate: To perform any love spells. Enhances fidelity and lust.

Yerba Santa: Yerba santa is carried to improve or to attain beauty, and the infusion is added to baths for the same reason. The leaves are added to healing incenses and are worn around the neck to ward off illnesses and wounds. It is also carried for spiritual strength, to increase psychic powers and to protect the bearer.

Ylang Ylang: Aphrodisiac. Promotes calm, peaceful relaxation. Relieves anxiety and depression. Good for insomnia and meditation. Tones and awakens the sex center. Lowers blood pressure. Restores skin and hair to a natural, balanced state of health.

Yucca: A hoop or loop of twisted yucca fibers will transmute a person into an animal if he or she jumps through it, according to American Indian magic. Another method instructs the magician to place a small wreath of yucca fibers on his or her head. This allows the person to assume any form desired. A cross of yucca fibers twisted together and placed on the hearth protects the house from evil. Suds made from the yucca plant are used in purifying the body before magic. If a spell to remove curses or illnesses is performed, repeat the yucca-suds bath afterward to ensure that all traces of the evil or sicknesses are removed.

Visit [the website of the Busy Witch](#), or [send her an e-mail](#). Hard to find herbs can be purchased at www.mothenature.com

