

Home Guide for Potions, Brews and Incenses



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I. INTRODUCTON

In this pages you will learn how to make potions for love, health and also lots of things for you to use to be more healthy and happy. Everything is explained step-by-step for fast and easy understanding.

But, have you ever wondered where and when this science started? What if is modern medicine or chemistry? Well, the answer is found ages ago...the people have been mixing herbs or other plants and substances to get different results. Some may say that is alchemy or chemistry...but for the few of them is a secret passed to generations to come.

Even today, young girls or men go to this 'witches' to be helped in love (of course with a potion or a love spell) or even grown-up people to get help in health or even money.

Now you're about to learn about....

POTIONS

LOVE POTIONS

Have you ever heard about aphrodisiacs? But, what is an aphrodisiac and can you use it?

An aphrodisiac is a food, drink or device that supposedly increases sexual desire or improves sexual performance. It's named after Aphrodite, the Greek goddess of sexual love and beauty.

Here are some aphrodisiac drinks for a romantic dinner:

Aphrodite

Into a mixer or a shaker (with crushed ice):

1 measure Metaxa (Greek brandy)

1/2 measure creme de rose

1 measure pear nectar

1 tea spoon honey
 2 teaspoons fig jam
 Mix or shake and strain into a cocktail glass frosted with creme de rose and honey.

Vampire's kiss

Into a shaker (with ice):
 1 measure 1/2 Vodka
 1/3 measure Amaretto
 1/3 measure creme de peche
 2/3 measure orange juice
 1 dash lemon juice
 3 or 4 soup spoons cherry sorbet
 Shake it really hard and strain into a large cocktail glass.

Lust drink

Into a shaker (with ice):
 1 measure Gin
 1/3 measure Cointreau
 1/4 measure dry vermouth
 2 dashes grapefruit juice
 1 dash lime juice
 1 or 2 tea spoon(s) ginger
 Shake and strain into a cocktail glass frosted with lime and ginger.

Monk's fantasy

Into a shaker (with ice):
 1/2 measure Benedictine
 1/2 measure Parfait Amour
 1/2 measure banana liqueur
 1 measure grapefruit juice
 2 dashes lemon juice
 1 dash strawberry syrup
 Shake and strain into a cocktail glass.

Well, I hope that romantic dinner was excellent! For better results you may consider...

Love Potion 7

Needed:

7 ounces Sweet Red Wine
7 Basil leaves
7 Red Rose Petals
7 Apple Seeds
7 drops Vanilla extract
7 drops Strawberry juice
1 Ginseng root cut into 7 equal pieces

By the light of 7 red votive candles, put the 7 ingredients into a cauldron. Stir the potion 7 times with a wooden spoon, each time reciting the following incantation:

"Let the one who drinks this wine
Make his/her love forever mine"

Bring the mixture to a boil then reduce the heat and let it simmer for seven minutes. Remove cauldron from the heat and allow potion to cool. Bless it in the name Aphrodite seven times; cover and refrigerate until you are ready to serve it to the man or woman from whom you desire love and affection.

Word of warning: Do not allow anyone other than your beloved to look at, touch or partake of this potion.

PAN WINE

You Will Need:

1-Gallon Spring or Bottled water
1 Gallon White Grape Juice
3 Pounds Sugar or Honey
1/2 Package Active Dry Yeast

What you have to do:

Suspend the yeast in 1/4 cup of warm water. Then in a large pan, begin warming the juices and the water, add the sugar or honey slowly, stirring continuously until it dissolves. Allow it to get warm and then add the yeast which has been activated by soaking in the slightly warm water (Remember: if the water is too hot for the yeast it will kill it and ruin the entire recipe... it must be just slightly warm.) Cover the mixture lightly and allow to sit over night. Do not let it get too cold as the yeast will deactivate and if it gets too hot, you already know what happens, keep it room temperature.

The next morning pour it into bottles with * LOOSE * corks. These must be loose, as they will pop many times over the next few weeks of fermenting. Once the fermenting process has slowed, then the corks can be put in tightly as it continue to ferment for the next six to eight months. Test the sweetness of the wine periodically to assure that you aren't going to end up with pucker punch instead. If too tart, just return it to the stove and add enough sugar or honey to suit your taste, bring the mixture to a boil, then bottle tightly in an airtight container and store in a dark area until used.

SIMPLE INFUSIONS (Teas)

What is needed:

1 Pint of spring or bottled Water
1/2 Oz of Herb of Your Choice (See below)

DIRECTIONS:

Bring the water to a boil on the stove and then add it to your cup of chosen herbs. Let it steep for ten minutes and then strain it with a non-metallic strainer. You may chose to sweeten it with the old standard sweetener clover or orange honey, or you can use plain old honey if you wish to be less adventurous.

The Herbs:

Mugwort- clairvoyance.

Eyebright- eyelids are anointed for clairvoyant visions.

Rosemary- Poured over self in shower or bath for protection.

Rosemary can also be used as a simple to cleanse the hands before working your magick if there is no time for a ritual bath.

This tea is drunk to improve psychic powers.

APHRODESIA

3 Parts Rose petals

1 Part Each: Clove, Nutmeg, Lavender, Ginger

Make in the usual way, preferably in an earthen pot. Add this mixture to tea, or serve alone to increase the passions.

LOVE POTION TEA

1 pinch of rosemary

2 teaspoons of black tea

3 pinches thyme

3 pinches nutmeg

3 fresh mint leaves

6 fresh rose petals

6 lemon leaves

3 cups pure spring water

Sugar

Honey

To make another person fall in love with you, brew this tea on a Friday during a waxing moon. Place all ingredients in an earthenware or copper teakettle. Boil three cups of pure spring water and add to the kettle. Sweeten with sugar and honey, if desired.

Before drinking, recite this magical rhyme:

"By light of the moon waxing I brew this tea to make [name] desire me."

Drink some of the tea and say:

"Goddess of love hear now my plea

Let [name] desire me!"

On the following Friday, brew another pot of the love potion tea and give some to the person you want to love you. He or she will soon begin to fall in love with you.

Here is a list of some very special LOVE Potions:

Mix any of the following nine up, put 'em in a little bottle or whatever you can carry them in, and keep that bottle with you at all times! Don't lose it, and definitely don't drink it!

LOVE POTION #1

Mix Together: 7 rose petals, 2 tbsp. basil, 2 cups rainwater, 2 Tbsp. salt, 1 piece rose quartz, 1 tsp, tobasco sauce, and 3 crushed cherries. This one is for a fling, with possibilities.

LOVE POTION #2

Mix Together: 10 dried rose petals, 2 tbsp. vanilla extract, 1 tsp. powdered sugar, 1 cup melted ice, 1 tsp. rosemary, 1 piece tumbled rose quartz, and 1 tbsp. honey. This is for a romance.

LOVE POTION #3

Mix Together: 1 orange slice, 1 tbsp. cinnamon, 1 handful cloves, 2 tbsp. garlic, 1 tiger lilly petal, 1 cup muddy water, 1 chip tiger's eye, 1 chip rose quartz, and 1 tbsp. olive oil. This one is for an intense, exotic love.

LOVE POTION #4

Mix Together: 1 cup water, 3 black cherries, crushed, 3 white rose petals, 3 tbsp. oregano, 3 tbsp. peach juice, and 3 drops honey. This is for a sweet, innocent love.

LOVE POTION #5

Mix Together: 3 drops blood, 1 cup red wine, 6 blades grass, 2 marbles, 3 pinches dirt, 1 acorn, and 1 dandelion head. This one is for a binding love.

LOVE POTION #6

Mix Together: 1 pine cone, 1 lock witches' hair, (yours will do,) 3 small ground weeds, 1 drop dragon's blood poison, 1 pinch Valerian Root, 2 tsps. buttermilk, 1-cup tapwater, 1/8 cup epsom salts, and 1 twist pepper.

Have to let someone down easy, especially for someone else? This is the one for you!

LOVE POTION #7

Mix Together: 1 Hollyhock (i.e., Rose of Sharon) stem, 1 chip quartz, 1 chip calcite, 1 piece amethyst, a charged hunk of hematite, 1 cup sweetened water, 1 twist pepper, 1 twist ginger, and 1 twist of sage. Mix this with sugar water and love oil. This is for a dominating sweep off your feet. Be careful.

LOVE POTION #8

Mix Together: 1/4 cup banana paste, Juice from 1 cherry, 1 cup ice chips, Juice from 3 grapes, 1/4 cup basil, 1 pinch sage, pieces of a geode, 1 tsp. vanilla, 1 honeysuckle bloom, 3 rose petals, a few drops of mineral/rainwater, 2 pine needles, and 3 threads of a spiderweb. This is to warm an old iced heart.

LOVE POTION #9

Mix Together: 1 handful chocolate chips, 1 pinch table sugar, 1 pinch marijuana, (can be substituted, seeing as how it's illegal,) 1 pinch ginger, 1 drop Amber oil, 1 drop vanilla, 1 piece treebark, (preferably witch hazel,) 1 tsp. honey, 1/2 cup rainwater, 1 smooth rock, (preferably from a river bed,) 1 drop witches' saliva, (can be yours, long as it's charged,) 1 pinch sage, and a chip of gold. Bodily fluids enhance this potion. This is for a head-over-feet deal. It's the all-purpose love potion.

Great LOVE Potion

Mix together: A handful of asters, sage, some rosemary, yellow rice, caraway seed, and basil. Put in something special that reminds you of love, some witch hazel, (if you can get some,) and a piece of rose quartz for a charge. Add a small bit of water, and a pinch of cinnamon. Some unscented baby oil makes this a good bath and body oil.

Love potion- To attract affection

Ingredients:

50g of dried wild pansy or heartsease.
1 litre bottle of water
3 drops of neroli oil
2 drops of sandalwood

1 warm bath

Soak the wild pansy in the litre of water for 3 hours and then bring to the boil in your cauldron. When cooled, add the neroli oil and sandalwood to the mixture and bath in the recipe everyday for a week starting at the beginning of a waxing moon. If you wish to attract affection from a particular person, mention his or her name to the God and Goddess in your temple while blessing the potion and asking that it only be so if it is their will. You should receive a sign by the end of the following week.

Love Potion – To dispel unwanted affection

Ingredients:

dried camphor leaves
 salt
 handful of chopped, dried lemonbalm
 vodka
 an item or symbol of the unwanted affection.
 your broomstick

Cover the camphor and lemonbalm with the vodka, sprinkle a few grains of salt and leave for one week in a dark place. Take the object symbolizing the unwanted affection (for example a photo, the name, etc) and place it outside your front door. Sprinkle the potion on top of the object and say...

“Like the camphor dispells moths, so my potion dispells your affection, leave me in peace and return to your own happiness.”

As the last drops of the potion saturate the object, take your broomstick and literally sweep the object away from your front door.

Come to Me Oil

Used to attract a lover. Mix equal parts of the following:

Rose

Jasmine
Bergamot
Damiana

After you have finished it, use this oil when you're going on a date.

Healing Brews

Brewing Tips

Since its discovery over 5,000 years ago, tea has become an integral part of our lives. For some, brewing and drinking tea is an art form and, according to a Japanese proverb, "If man has no tea in him, he is incapable of understanding truth and beauty."

Use fresh water. Use freshly drawn cold water as water that has been reheated gives tea a flat taste. If you're unhappy with the taste of your tea, you may, in fact, dislike the taste of your water. Try making a cup of tea with water from a purifier or bottled water and taste the difference.

Heat the water to the right temperature. Bring it to a rapid boil for black or herb tea (either in a kettle or microwave) to extract the full flavor. For green tea, the water should be hot, just to the point of boiling. Water temperature will drop rapidly, so bring your pot or cup to the stove and pour as quickly as possible.

Cover your cup. Whenever possible, if brewing tea by the cup, use the saucer to cover the cup and retain the heat. Some tea mugs on the market are designed with a built-in lid for added convenience and practicality.

Watch the clock, not the color. Never brew tea by color if you want the perfect cup. Some teas brew light, others dark. Always brew by the clock - three to five minutes for green and black teas, four to six minutes for herb teas and six minutes for wellness teas.

Squeeze the bag. Some people have debated -- to squeeze or not to squeeze. Is better squeezing the bag. Why? Tea leaves can absorb up to seven times their weight in water and compressing the bag enhances color and flavor. So, give a gentle squeeze to the tea bag before removing from the cup.

LET'S GET STARTED!

Herb Tea

Place one tea bag in your favorite cup. Add boiling water and let steep 4 to 6 minutes. Sweeten if you desire -- we recommend honey!

Black Tea

Place one tea bag in your cup and pour boiling water over it, cover and steep 3 to 5 minutes, depending on desired strength. Remove tea bag. We recommend adding honey to sweeten.

Green Tea

Green tea is brewed differently from black tea because its fresh green leaf makes a slightly astringent tea. With cooler water and shorter brewing time, you get more delicate flavor from the unfermented leaf.

Place one tea bag in your cup. Pour very hot (just at the brink of boiling) water over the tea bag. Cover and steep 3 minutes. Remove tea bag and add lemon and/or sweetener if desired. Traditionally, green tea is served without milk.

For ages, the local 'wise' woman would have spent many hours preparing her "magickal potions" to help and heal the local villagers and enrich their lives. They depended on her knowledge and wisdom to heal their aches and pains and mend their broken hearts, to bring love into their lives and a good harvest to their pantry, to cleanse their skin and cleanse their soul.

Balm tea

Balm has been used from time immemorial as a wound dressing, for it is rich in ozone and therefore strongly antiputrescent. It also makes a flavorful and mildly sedative tea to aid in opening the pores to reduce fevers produced by Flu or chest colds. Other Names: Sweet balm, Lemon Balm, Garden Balm, Melissa.

Infuse 2 teaspoons dried herb in 1 covered cup boiling water for 15 minutes (Or 1-ounce herb to 1 pint boiling water if a larger quantity is required). Strain, and

flavor with sugar or honey and a twist of lemon, if desired, before drinking.

Psychic Tea

3 parts Rose Petals
 2 parts Thyme
 2 parts Yarrow
 1 part Cinnamon
 1 part Clove

Brew in boiling water for about ten minutes. Strain and add honey for taste if needed, do not add cream or milk. Use before divination psychic work, and astral travel to enhance the awareness.

HEALING Potion

You need:

2 parts Cinnamon, 2 parts Sandalwood, 1 part Rose petals, 1 part Cayenne, 1 part Ginger, 1 part Rue, blue or purple cloth, Eucalyptus oil, Camomile, White Willow bark, or Wood Betony

Mix and tie the ingredients in a blue or purple cloth. Anoint with Eucalyptus oil and wear or place near bed at night. Some herbs that are medicinally good for pain relief and magically good for healing that you might add into the sachet would be Camomile, White Willow bark and Wood Betony.

Muscle Relaxer

Soak in this relaxing bath to sooth soar, aching muscles. Great after a hard day. Add the following essential oils to a mixture of fine rock salt, sea salt, and cornstarch.

Cedar 2 parts
 Cypress 2 parts
 Lavender 2 parts
 Lemongrass 1 part

Purification

Perfect for use before rituals to cleanse your thoughts and mind.

Geranium 3 parts
 Frankincense 1 part
 Rosemary 1 part

Healing Cream

Good for sores and pulled muscles.

Needed:

Carrier oil

Your favorite essential oil

Crystal energy (a liquid that aids our cell's ability to retain water)

Spring water

Sea salt

Dried, ground sage

Carmex

8- hour cream

Mix 1 part spring water to 2 parts crystal energy along with 5-part essential oil and 20-part carrier oil. Add a pinch of sage and a pinch of salt. Mix solution with a half carmex half 8-hour cream content. Bless under a full moon for 1 night.

Great tea for Skin

1/2 (2 1/2 ml) teaspoon Sarsaparilla
 1/2 teaspoon (2 1/2 ml) Licorice root
 1/2 teaspoon (2 1/2 ml) Burdock
 1/2 teaspoon (2 1/2 ml) Pau D'Arco
 3 cups (720ml) water

Gently simmer herbs in water for 10 minutes. Strain. Drink a cup (240ml) of tea 3 or 4 times a day.

OIL for beautiful HAIR

1 pint (480ml) of boiling water
 1 teaspoon (5ml) Burdock root
 1 teaspoon (5ml) Calendula flowers
 1 teaspoon (5ml) Chamomile flowers
 1 teaspoon (5ml) Lavender flowers
 1 teaspoon (5ml) Lemongrass
 1 teaspoon (5ml) Sage Leaves
 1/4 cups (60ml) vinegar

Pour boiling water over herbs and steep for about 30 minutes. Strain and add vinegar. Pour over scalp and hair as final rinse after shampooing. Leave on without rinsing out.

COLD & FLU TEA

1/2 teaspoon (2 1/2 ml) Echinacea root
 1/2 teaspoon (2 1/2 ml) Peppermint leaves
 1/2 teaspoon (2 1/2 ml) Hyssop leaves
 1/2 teaspoon (2 1/2 ml) Yarrow leaves
 1/2 teaspoon (2 1/2 ml) Elder flowers
 1/2 teaspoon (2 1/2 ml) Shizandra berries
 1 quart (1.13liters) boiling water

Combine herbs and pour boiling water over them. Steep for at least 20 minutes. Strain and drink frequently throughout the day. You can also make instant tea with tinctures using the same proportions.

HONEY COUGH SYRUP

1 tablespoon (15ml) Licorice root
 1 tablespoon (15ml) Marshmallow root
 1 tablespoon (15ml) Plantain leaves
 1 pint (480ml) water
 4 tablespoons (60ml) Honey
 1/8 teaspoon (5/8 ml) Anise
 Essential oil

Prepare a triple strength tea by simmering the herbs in water for 20 minutes.

Strain the tea, then stir in honey while tea is warm. Then add essential oils.

Take 1 tablespoon (15ml) at a time, every 2 hours or so. Store in a refrigerator. This syrup will keep for several months.

APPETITE STIMULANT TEA

1 teaspoon (5ml) fresh, grated Gingerroot

2 cups (480ml) water

1/4 teaspoon (1 1/4 ml) Peppermint leaves

1/4 teaspoon (1 1/4 ml) Anise seed

1/4 teaspoon (1 1/4 ml) Cinnamon

1 teaspoon (5ml) Honey (optional)

Simmer ginger in water a few minutes, and then remove from heat. Add other

ingredients, cover and steep for about 20 minutes, then strain. Drink 1 or 2

cups (480ml) as needed.

With the knowledge of the old ways, here is a list of herbs and spices, gums, resins and barks that have both medicinal and magickal powers to help you gain control of your health, your wealth and your happiness.

List Of HERBS and Magickal PROPERTIES

There are great many uses for herbs, resins, and other organic materials depending on which one you are using and what you want to achieve. The herbal information tables list only a sample. Herbs also may be used in a variety of forms such as their natural form, usually dried, or in oils, powders and incenses. While there are some differences in the methods of use, the properties of the herbs and resins remains the same.

Plant	Botanical Name	Common Names	Element	Planet	Magickal Properties
Acacia	Acacia senegal	Cape Gum, Gum Arabic,	Air, Fire	Sun	Protection, psychic enhancement, anointing altars, tranquility

		Wattle Bark			
Alfalfa	Medicago sativa	Buffalo Herb, Lucerne	Earth	Venus, Jupiter	Fertility, abundance
Allspice	Pimenta officinalis	Pepper, Pimento	Fire, Earth	Mars, Venus	Communication, compassion, determination, energy, healing, money, luck
Almond	Amygdalus communis	Greek Nuts, Shakad	Air	Mercury, Venus	Compassion, fertility, money, prosperity, wisdom
Amber Resin	--	--	Earth	Jupiter, Moon	Stability, self-confidence, protection, peace
Ambergris	--	--	Earth, Water	Venus, Mars	Animals, commanding, emotion, love, passion
Angelica	Angelica archangelica	Masterwort	Fire	Sun	Protection, exorcism
Anise	Pimpinella anisum	Aniseed, Anneys	Air	Jupiter, Mercury	Consecration, divination, prevent nightmares, protection, purification, youth
Anise, Star	Illicium verum	Chinese Anise	Air	Jupiter, Moon	Consecration, banishing negative
Apple	Pyrus malus	Fruit of the Gods, Fruit of the Underworld, Silver Brough, Silver Branch, Tree of Love	Water	Venus	Love, friendship, immortality
Balm of Gilead	Populus candicans, commiphora opobalsamum	Balessan, Balm Mint, Balsam Tree, Balsumodendron Gileadensis, Mecca Balsam, Poplar Buds	Water, Fire	Venus, Jupiter	Inspiration, knowledge, new love, mend broken heart, protection, strength
Basil	Ocimum basilium	Alabahaca, Basil, Herb of Kings, St Josephswort, Witches' Herb	Fire	Mars	Clairvoyance, commanding, divination, exorcism, harmony, honesty, love, protection, psychic development, purification, wealth
Bay	Laurus nobilis	Baie, Bay Laurel, Daphne, Grecian Laurel, Laurier d'Apollon, Laurier Sauce, Lorbeer, Noble Laurel, Roman Laurel, Sweet Bay, True Laurel	Fire	Sun, Jupiter	Wisdom, protection, clairvoyance, purification

Bayberry	Berberis vulgaris, Myrica cerifera	Berberis Dumetorum, Berbery, Candleberry, Pipperidge Bush, Tallow Shrub, Wax Myrtle, Wachsgagle	Earth	Jupiter	Money, good luck, peace, harmony, well-being
Benzoin Gum Resin	Stryax benzoin	Ben, Benjamin, Gum Benzoin, Siamese Benzoin	Air	Sun, Mars	Purification, prosperity, concentration
Bergamot	Monarda fistulosa, mentha citrata	Orange mint	Air	Mercur	Hex-breaking, Money
Blessed Thistle	Cnicus benedictus	Holy Thistle	Earth	Moon	Purification, protection, hex-breaking spells, motherhood
Buckeye	Aseculus Hippocastanum	Horse Chestnut	--	Jupiter	Attracts money, luck, wards off aches and pains
Buckthorn	Rhamnus spp.	--	Water	Saturn	Protection, exorcism, wishes, legal matters, elf magick
Burdock	Arctium lappa	Beggar's Buttons, Clot-Bur, Cockle Buttons, Fox's Clote, Happy Major, Lappa, Love Leaves	Water, Earth	Venus	Protection, healing, Earth magick
Camphor	Cinnamomum Camphora	Laurel Camphor, Gum Camphor	Water	Moon, Saturn	Awakens past life memories, stimulates psychic awareness, health, divination
Carnation	Dianthus carophyllus	Gillies, Gilliflower, Jove's Flower, Nelka, Scaffold Flower, Sops-in-Wine	Fire	Sun	Protection, strength, healing, vitality
Cascara Sagrada	Rhamnus purshiana	Sacred Bark, Cascara, Chittem Bark	Fire	Sun	Legal matters, money, protection
Cat's Claw	Unicaria tomentosa	--	--	--	Protection, prosperity, money drawing

Catnip	<i>Nepeta cataria</i>	Catnep, Catmint, Cat's-wort, Field Balm, Nepeta, Nip	Water	Venus	Cat magick, attracts good spirits, love, luck, beauty, celebration
Cedar	<i>Cedrus spp.</i>	--	Fire, Air	Sun, Mercury	Healing, courage, purification, protection, money, hex-breaking
Chamomile	<i>Anthemis nobilis, Matricaria chamomilla</i>	Camomyle, Earth Apple, Ground Apple, Manzanilla (Spanish). Maythen, Whig Plant	Water	Sun, Mercury	Sleep, meditation, money, love, purification, luck
Cherry	<i>Prunus avium</i>	Sweet Cherry	Water	Venus	Divination, love
Chickweed	<i>Stellaria media</i>	Adder's Mouth, Indian Chickweed, Passerina, Satin Flower, Starweed, Starwort, Stitchwort, Tongue Grass, Winterweed	Water	Moon	Fidelity, love
Cinnamon	<i>Cinnamomum zeylanicum</i>	Sweet Wood	Fire	Sun	Healing, knowledge, love, lust, power, protection, psychic awareness, spirituality, success
Cinquefoil	<i>Potentilla reptans L.</i>	Crampweed, Five-Fingers, Five Finger Grass, Five Leaf, Goose Tansy, Goosegrass, Moor Grass, Silverweed	Fire	Jupiter, Mercury	Safety during travel, wealth, money, healing, removing hexes
Clove	<i>Eugenia caryophyllata</i>	<i>Eugenia Aromatica</i>	Fire	Jupiter, Sun	Money, love, lust, exorcism, protection
Clover	<i>Trifolium pratense</i>	Honey, Honeystalks, Shamrock, Three-Leaved Grass, Trefoil, Trifol	Air	Mercury	Protection, money, love, fidelity, success, exorcism
Coltsfoot	<i>Tussilago Farfara</i>	Ass's Foot, Bullsfoot, Coughwort,	Water	Venus	Peace, tranquility, promotes visions, used in spells involving animals

		Hallfoot, Horsehoof, Foalswort, Fieldhove, Donnhove, Pas d'âne (French)			
Comfrey	Symphytum officinale	Ass Ear, Blackwort, Boneset, Bruisewort, Common Comfrey, Consolida, Cons ound, Gum Plant, Knitback, Knitbone, Slippery Root, Wallwort, Yalluc	Water	Saturn	Healing, money, travel safety
Copal Resin	Bursera fagaroides	--	Fire	Sun	Love, purification
Cyclemen	Cyclamen hederaefolium	Groundbread, Sowbread, Swine Bread	Water	Venus	Love , truth, fertility, happiness
Cypress	Cupressus sempervirens	Tree of Death	Earth	Saturn	Comfort, easing feelings of loss, longevity, healing, protection
Damiana	Turnera aphrodisiaca, Turnera diffusa	Mexican damiana	Fire	Mars	Lust, love, visions
Dandelion	Taraxacum officinale	Blowball, Cankerwort, Lion's Tooth, Piss-a-bed, Priest's Crown, Puffball, Swine Snout, White Endive, Wild Endive	Air	Jupiter, Mars	Divination, wishes, calling spirits
Dill	Anethum graveolens	Aneton, Dill Weed, Dilly, Garden Dill	Fire	Mercur y	Love, lust, money, protects children
Dragon's Blood Resin	Daemomorops draco	Calamus Draco, Draconis Resina, Sanguis draconis, Dragon's Blood Palm, Blume.	Fire	Mars	Power amplifier, protection, love, banishing, potency
Elder Berry	Sambucus	Sweet Elder,	Water	Venus	Nature magick, releases spells,

	nigra	Tree of Doom, Pipe Tree, Witch's Tree, Old Lady			protection, exorcism
Elder Flowers	Sambucus nigra	Black Elder, Common Elder, Pipe Tree, Bore Tree, Bour Tree, Hylder, Hylantree, Eldrum, Ellhorn, Hollunder, Sureau	Water	Venus	Seeking knowledge, crone magick
Eucalyptus	Eucalyptus globulus	Blue Gum Tree, Stringy Bark Tree	Water	Moon	Healing, Australian Aboriginal magick, protection
Eyebright	Euphrasia officinalis	Euphrasia, Casse-lunette, Augentröst	Air	Sun	Memory, clairvoyance, seeking truth
Feverfew	Chrysanthemum parthenium, Tanacetum parthenium	Pyrethrum Parthenium, Featherfew, Featherfoil, Flirtwort, Bachelor's Buttons	--	Venus	Protection from accidents
Five Finger Grass	(see cinquefoil)	--	--	--	--
Frankincense Resin	Boswellia carteri	--	Fire	Sun	Spirituality, protection, exorcism, consecration
Galangal Root	Alpinia officinarum, Alpinia galanga	Galanga, China Root, India Root, East India Catarrh Root, Lesser Galangal, Rhizoma Galangae, Gargaut, Colic Root, Kaempferia Galanga	Fire	Mars	Courage, strength, avoiding legal problems, hex breaking, adding power to spells
Gardenia	--	--	Water	Moon	Love, peace, healing, spirituality
Garlic	Allium sativum	--	Fire	Mars	Banishing, exorcising, protection
Geranium	Pelargoneum graveolens	--	--	Venus	Fertility, health, love
Ginger	Zingiber officinale	--	Fire	Mars	Success, power, money, love, passion, inspiration

Ginkgo	Ginkgo biloba	Ginkgo Biloba	--	--	Contact spirits
Ginseng	Panax quinquefolium	--	Fire	Sun	Attracting love, luck, health, wishes
Golden Seal Root	Hydrastis canadensis	Eye Balm, Eye Root, Ground Raspberry, Jaundice Root, Indian Dye, Indian Tumeric, Orange Root, Wamera, Wild Curcuma, Yellow Puccoon	Fire	Sun	Healing, money
Gota Kola	Centella asiatica	--	--	--	Meditation, mental stimulation
Hawthorn Berry	Crataegus oxyacantha	Faery Tree, May, Mayblossom, Quick, Thorn, Whitethorn, Haw, Hazels, Gazels, Halves, Hagthorn, Ladies' Meat, Bread and Cheese Tree	Fire	Mars, Moon	Wishes, fertility, chastity
Heliotrope	Heliotropium peruviana	--	Fire	Sun	Money, Gaining power
Hemlock	Conium maculatum	--	Water	Saturn	Astral projection, purification
Hibiscus	Hibiscus sabdariffa	Kharkady	Water	Venus	Love, lust, divination
Honeysuckle	Lonicera caprifolium	Dutch Honeysuckle, Goat's Leaf	Earth	Jupiter, Moon	Money drawing, psychic awareness, memory, healing, power, honesty
Hops Flowers	Humulus Lupulus	Beer Flower	Air	Mars	Healing, sleep
Hyacinth	Hyacinthus nonscriptus	--	Water	Venus	Love, protection
Hyssop	Hyssopus officinalis	Yssop, Hyssop Herb, Ysopo	Fire	Jupiter	Purification, protection, banishing
Jasmine Flowers	Jasminum officinale	Jessamin, Moonlight on the Grove	Water	Moon	Love, prophetic dreams, money, sleep, love, healing, health, meditation
John the Conqueror	Ipomoea purga, I.	High John, High John the	Fire	Mars	Money, love, happiness, hex-breaking, protection

	jalapa	Conqueror, John the Conqueror, Jalap Root			
Juniper Berries	Juniperus communis	Genévrier, Ginepro, Enebro, Gemeiner Wachholder	Fire	Sun	Protection, health, increases psychic powers
Kava Kava Root	Piper Methysticum	Ava, Intoxicating Pepper, Ava Pepper	--	Saturn	Seeking visions, luck, protection
Lavender	Lavandula angustifolia	Spike, Elf leaf, Nardus	Air	Mercury	Chastity, love, peace, happiness, clairvoyance, longevity, sleep, protection
Lemon	Citrus Limonum	Citrus medica, Citrus Limonum, Citronnier, Neemoo, Leemoo, Limoun, Limone	Water	Moon	Longevity, moon magick, purification, love, friendship
Lemon Balm	Melissa officinalis	Melissa, Bee Balm, Sweet Balm, Lemon Balm	Water	Moon	Esbat rituals, love, healing
Lemongrass	Cymbopogon citratus	--	Air	Mercury, Moon	Lust, psychic powers, repel snakes
Licorice Root	Glycyrrhiza glabra	Lacris, Lacrisse, Lycorys, Reglisse, Sweet Root	Water, Fire	Venus	Lust, passion, fidelity
Lilac	Syringa vulgaris	Common Lilac	Water	Venus	Protection, banishing ghosts
Lily of the Valley	Convallaria magalis	May Lily, Convallaria, Our Lady's Tears, Convall-lily, Lily Constancy, Ladder-to-Heaven, Jacob's Ladder, Male Lily	Air	Mercury	Peace, harmony, love
Lotus	Nymphaea lotus	--	Water	Moon	Spirituality, love, protection
Mace	Myristica fragrans	Arillus Myristicae,	Air	Mercury	Enhancing psychic abilities, luck

		Myristica officinalis, Myristica moschata, Macis, Muscadier			
Magnolia	Magnolia acuminata	Cucumber Tree, Magnoliae cortex, Blue Magnolia, Swamp Sassafras, Magnolia Tripetata	Earth	Venus	Peace, nature spells, hair growth
Mandrake	Podophyllum pelatum	Manroot, Circeium, Gallows, Herb of Circe, Mandragor, Raccoon Berry, Ladykins, Womandrake, Sorcerer's Root, Wild Lemon	Fire	Mercury, Saturn	Protection, power, magick, fertility, money, love
Marigold	Calendula officinalis	Caltha officinalis, Golds, Ruddes, Mary Gowles, Oculus Christi, Pot Marigold, Marygold, Fiore d'ogni mese, Solis Sponsa	Fire	Sun	Protection, prophetic dreams, legal matters, psychic powers
Milk Thistle Seed	Silybum marianum	--	Fire	--	--
Mistletoe	Viscum album, Phoradendron flavescens	All-heal, Birdlime, Devil's Fuge, Golden Bough, Holy Wood, Misseltoe, Druid's Bough	Air	Sun	Protection, love, fertility, health, exorcism
Motherwort	Leonurus cardiaca	Lion's ear, Lion's tail, Roman Motherwort, Throwwort	--	--	Ease childbirth, female strength
Mugwort	Artemisia Vulgaris	Felon Herb, St. John's Plant,	Earth	Venus, Moon	Strength, psychic powers, healing, astral projection

		Cingulum Sancti Johannis, Artemis Herb, Naughty Man, Old Man, Sailor's Tobacco			
Musk	--	--	--	--	Courage, fertility, lust
Mustard Seed	Sinapis alba	yellow mustard, white mustard	Fire	Mars	Purification, Voudoun charms
Myrrh Resin	Commiphora molmol	Balsamodendro n Myrrha, Commiphora Myrrha, var., Molmol, Mirra, Morr. Didin, Didthin, Bowl	Water	Moon	Spirituality, healing, protection, exorcism, transformation, consecration
Narcissus	Narcissus spp.	Asphodel, Daffy-Down- Lily, Fleur de Coucou, Goose Leek, Lent-Lily, Porillon	Venus	Water	Peace and harmony, love, fertility, luck
Nettle	Urtica dioica, Ortiga ancha	Stinging Nettle, Beggar's Lice	Fire	Mars	Protection, Healing, Lust, Exorcism, Spell-Breaking, Confidence
Nutmeg	Myristica fragrans	Nux Moschata, Myristica aromata, Myristica	Fire	Mercury	Fidelity, luck, money, health, psychism, visions, scrying
Oak Moss	Evernia prunastri	--	Earth	Jupiter	Money drawing
Orange	Citrus sinensis	Bigarade Orange, Portugal Orange, China Orange, Citrus dulcis	Fire	Sun	Divination, love, luck, money, harmony, joy, warmth
Orris Root	Iris germanica florentina	Florentine Iris, Queen Elizabeth Root	Water	Venus	Love, attraction, harmonious relationships
Passion Flower	Passiflora incarnata	May Pops, passion vine, purple passion flower, Grandilla, Maracoc	Water	Venus	Peace, sleep, friendship, calming
Patchouli	Pogostemon cablin	Pucha-pot, Patchouly	Earth	Saturn, Venus	Fertility, lust, money, protection, divination

Pennyroyal	<i>Mentha pulegium</i>	Lurk-in-the-Ditch, Mosquito Plant, Run-by-the-Ground, Squaw Mint	Fire	Mars	Strength, protection, peace
Pepper, Black	<i>Piper nigrum</i>	Piper	Fire	Mars	Protection, strength, irritation, lust, warding charms
Peppermint	<i>Mentha piperita</i>	Brandy Mint, Lamint	Fire	Mars	Love, psychic awareness, lust, mental stimulant, energy
Pine	<i>Pinus pinaste</i>	--	Air	Mars	Healing, protection, exorcism, fertility, money
Plumeria	<i>Plumeria acutifolia</i>	Graveyard Flowers, Melita, Temple Tree	Water	Venus	Love
Poppy	<i>Papaver somniferum</i>	Opium Poppy, Mawseed	Water	Moon	Love, lust
Primrose	<i>Primula vulgaris</i>	English Cowslip, Butter Rose, Password	Earth	Venus	Protection, love
Raspberry	<i>Rubus idaeus</i>	--	Water	Venus	Love, protection
Red Clover Tops	<i>Trifolium pratense</i>	Honeystalks, Shamrock, Trefoil, Trifol	--	Mercury	Luck, protection, success, anti-hexing, love
Rose	<i>Rosa centifolia</i>	--	Water	Venus	Love, beauty, psychic powers, divination, healing, luck, protection
Rose Hips	<i>Rosa canina</i>	--	--	Venus	Love
Rose Geranium	<i>Pelagonium graveolens</i>	--	--	--	Protection, fertility, love, health
Rosemary	<i>Rosmarinus officinalis</i>	Elf Leaf, Sea Dew, Guardrobe, Polar Plant, Compass Weed, Dew of the Sea, Mary's Cloak, Stella Maria, Star of the Sea, Incensier	Fire	Sun	Strega magick, mental powers, youth, protection, love, lust, purification, sleep, exorcism
Rowan	--	Mountain Ash, Delight of theye, Quickbane, Ran Tree, Rowanberry, Thor's Helper, Wicken-tree, Wiky, Wild Ash, Witch Bark,	Fire	Sun	Protection, psychism, magical power, success, anti-haunting

		Witchwood			
Rue	--	Goats-rue, Herb of Grace, Garden Rue, Mother of Herbs, Rewe, Ruta	Fire	Sun, Mars	Mental powers, protection, love, curse-breaking, reversing
Sage	Salvia officinalis	Garden Sage, Red Sage	Earth, Air	Jupiter, Saturn	Wisdom, animal guides, wishes, immortality
Sandalwood	Santalum spicatum	--	Water	Moon, Sun	Spirituality, protection, wishes, healing, exorcism
Sassafras	Smilax ornata	--	Fire	Jupiter	Health, money
Saw Palmetto Berries	Serenoa repens	Dwarf Palm Tree, Cabbage Palm, Sabal	--	--	--
Scullcap	Scutellaria lateriflora	Helmet Flower, Madweed, Hoodwort	Water	Saturn	Love, relaxation, peace, fidelity
Slippery Elm Bark	Ulmus rubra	Sweet Elm, Indian Elm, Moose Elm, Red Elm	Air	Saturn, Mercury	Anti-gossip, persuasion
Spearmint	Mentha spicata	Green Mint, Garden Mint, Lamb Mint, Mismin, Yerba Buena	Water	Venus	Healing, love, mental powers, money
Spikenard	Aralia racemosa	Bitter Root, Nard, Nardo	Water	Venus	Good luck, fidelity, health, attraction
Strawberry	Fragaria vesca	--	Water, Earth	Venus	Love, luck, beauty, divination
Sweet Pea	--	--	Water	Venus	Friendship, courage, strength
Tangerine	Citrus reticulata	--	Fire	Sun	Psychic powers, mental powers
Tea Tree	Melaleuca alternifolia	--	--	--	Healing, anti-fungal (medicinal)
Thyme	Thymus vulgaris	Garden Thyme, Common Thyme	Water	Venus	Health, courage, purification, attracting faeries
Tobacco	Nicotiana Tabacum	--	Fire	Mars	Banishing
Tonka Beans	Dipteryx odorata	Tonqua, Wish Beans, Coumaria Nut, Tonquin Bean	Water	Venus	Love, luck, money, courage, wishes

Crystals

I have always like crystals and gem stones, etc, and didn't know that they actually have healing qualities.

Crystals do have special powers and healing qualities and you can use your crystals to strengthen and to assist you in healing. Crystals can also be used to balance and cleanse your chakras.

How to pick the Right Crystal for You

I have found that it is the crystal that actually picks you as you may feel drawn to a particular crystal or color. A little something that just catches your eye or seems to jump out at you when you look at a display table full of crystals and jewelry.

In picking the crystals that is best suited to you and your needs, you are advised to use your intuition, allow yourself to be drawn to the crystal you need. Once you have been drawn to a crystal or a type of crystal, choose one that has good clarity and has no chips taken out of it and a nice point.

Hold the crystal in your hand, enclosing your fingers around it, and focus on the energy and feelings that the crystal is giving you. If it is the right crystal for you, the crystal will feel warm, comfortable and nice in your hand.

If you are choosing the crystal for someone else, focus on the person and picture them in your mind's eye then select the crystal that you feel drawn too. Visualize the person as you hold it in your hand and see how you feel.

There are several ways that you can **cleanse** your **crystals**:

SALT WATER - Soaking your crystal in salt water is a good way to get rid of any negativity and cleanse your crystal. This can be either seawater from the beach near you or natural sea salt added to fresh water.

THE MOON - The moon has excellent healing and cleansing properties of its own. Simply place your crystals in a safe place where they will not be taken or in the way and allow them to soak up the energies of the moon.

List of Crystals

AMAZONITE - This crystal can be used to balance the heart and solar plexus, also the etheric and mental bodies. Cools and soothes the mental state. Important for healing and spiritual growth.

AMETHYST - Keeps away all negativity. Great for meditation. Helps calm the nervous system, stimulates spiritual awareness and aids intuition. Amethyst can be used to gain a peaceful night's sleep, ease tension and headaches. Also used to stimulate love and healing energies.

APACHE TEAR DROP - This is a very calming crystal, great for meditation, takes away negativity and promotes new positive changes. Said to bring good luck. It balances emotions and a good help with someone that is grieving. Can be used for protection to stop the owner being taken advantage of and used as an amulet to stimulate success in business ventures.

APOPHYLITE - This uplifting stone clears the energy that connects with the chakras.

AQUAMARINE - One of the Beryl family. Gently opens the throat and will clarify the emotions and inner and outer communication.

BLOODSTONE - An iron oxide. Known for its warmth and calming effects, this stone strengthens and detoxifies the circulation, kidneys, liver, spleen and blood. A very powerful crystal to use when cleansing the physical body.

BLUE LACE AGATE - This is the crystal for the throat chakra. This light blue energy cools, clears and clarifies our ideas for communication. Helps you stay well-balanced and develop your inner peace.

CARNELIAN - The crystal for the navel chakra. Part of the chalcedony family. This is the stone for creativity. Used for activating, revitalizing and

regenerating. Strengthens the liver and helps overcome lethargy, confusion and anger.

CITRINE - This is the crystal for the solar plexus area. Its yellow energy is like the sun, warming, comforting, energizing and life giving.

CHRYSOPRASE - A translucent chalcedony quartz. Used to awaken the psychic body.

GARNET - This crystal pulses and energizes the lower chakras and helps the body regenerate.

HEMATITE - An iron oxide with a beautiful silvery polish. Hematite strengthens the circulation and detoxifies the blood.

JADE - Great for promoting peace and tranquillity. This crystal helps to clean and clear any negative vibrations as it does not absorb it. Said to promote long life, protects from accidents.

LAPIS LAZULI - Known as the "Messenger of Heaven". A brilliant crystal for cutting through the unconscious blocks and reveals the intuitive senses. This crystal has very healing qualities and is excellent for use in meditation.

MOONSTONE - This crystal soothes and balances your emotional states, promoting calmness and peace of mind. Great to use when meditating as it helps you communicate with your guides easier.

OBSIDIAN - This is a very strong crystal for cutting through the consciousness to reveal pattern underneath and helps to break them down.

PETRIFIED WOOD - Not a crystal as such but still well worth a mention. It is very grounding and will assist you if you require balancing or relief from stress and tension. Can be used as a protective amulet and is said to bring good luck to the owner.

RHODONITE - This crystal is ideal for anyone who suffers with stress, restlessness, confusion, anxiousness. It gets rid of any unwanted influences from the other planes of existence. Rhodonite is great for anyone who is developing psychically or is sensitive to their surroundings.

Helps boost the confidence and self-esteem. Good for period pain and associated problems.

ROSE QUARTZ - The love quartz, its rose color brings in the loving energy, emphasizing self-love and self-healing. Use for giving and receiving love. This is the crystal for the heart chakra and as such is great for anyone dealing with heart problems or burdens, dissolving fears, sorrow and resentments.

RUTILATED QUARTZ - This crystal raised the vibrations of the user, increases clairvoyance and strengthens the visions. It energizes, rejuvenates and balances the nervous and immune systems. Said to slow down diseases and prevent depression.

SMOKEY QUARTZ - A good crystal for grounding. Brings the white light into the physical. Helps with overcoming depression. Aids emotional or mental problems that can drain our energy. Said to protect and strengthen anyone that uses it as an amulet.

SODALITE - Great for athletes as it is said to prolong performance. It creates harmony and inner well-being and stops inner conflicts. Sodalite helps clear away old thinking patterns and anyone who has trouble sleeping or oversensitive to their surroundings.

TIGER EYE - This has been worn through the ages to help ward off eye problems. It also gives good insight to the user as they are said to become "all seeing" and able to view things from different angles. A protective crystal that will fend off any negativity.

TURQUOISE - Strengthens and focuses on mental communication. A good stone to use to promote general good health.

TOURMALINE - Energy flows along this crystal very fast and this quality makes it excellent for cleansing. It is good for breaking through physical blocks and comes in a variety of colors that work on different areas of the body. PINK is for the heart area. Cleanses the heart area and helps improve expression. GREEN is a cleanser of emotional and physical blocks; clears the way for manifesting power. WATERMELON is the combination of green and pink helps to balance and clarify the emotions.

INCENSE

Incense is a mixture of dried herbs, resins, roots, gums and oils, magickally ground together and smoldered on a glowing charcoal block. The fragrant smoke that is released then purifies the air, rids the area of negative vibrations and fills it with powerful properties of transformation. Incense is burned during rituals to create an altered state of mind, and to represent the element of Air.

Tips on Incense Burning

There is nothing quite so satisfying as giving your home a good cleanse with the real stuff. So, here are the instructions as to what to do with real incense.

Incense that consists of resins, herbs and oils, need heat to burn, so most suppliers will sell charcoal blocks in packs of ten. Always include a resin such as frankincense or copal as they herbs will simply "burn" without them.

So, now you have your incense and charcoal. Now what? So, here's what to do:

Obtain a small dish such as a Chinese bowl, pate dish or similar, whatever you have available. This will be your holder. I have 2 seashells simply glued together, or you could purchase a brass incense holder or similar. Whatever you decide to use, fill your container with rock salt, earth or sand to absorb the heat from the charcoal block.

Strike a match and hold onto the side of the block until it begins to spark. If you are lucky enough to have a coal fire, simply sit the block onto a hot coal and then remove with the coal tongs (that is what I do anyway). A candle can be used in the same way as long as you have a pair of tweezers or similar to safely hold the block into the flame – remember, once it has caught, it will get hot so don't use fingers.

Once it has started to spark, leaves sat or place back on the salt or similar, and wait until it begins to glow. This is the part where the charcoal it be reduced to ash. Try to do something else in this time.

Once it resembles a glowing coal, then sprinkle some of the incense into the hollow on the top of the block. The incense will start to smolder and produce herbal smoke, which will be nothing to what you have been used to if you have only used incense sticks.

Allow the smoke to fill the room or walk clockwise around the room, with your dish of incense in your hand, to allow the smoke to fill all those little nooks and crannies. Continue around the home in a clockwise motion should you require a complete cleansing; say after cooking, or a family argument, or simply to cleanse the atmosphere. Continue adding more incense should it be required, and the charcoal should have turned completely to ash within the hour.

Remember to keep charcoal blocks in a dry place. If you feel the home really needs a lift, then choose a suitable incense, fill the house with smoke, then open all doors and windows and let out all the staleness and negativity, then repeat again, this time keeping in all the smoke to get to all the hidden away areas. It is done and all will be filled with positive, healing energies.

This incense is also very purifying to such things as crystals and gemstones, magical tools, crystal spheres etc, so don't waste your block whilst you have a hot one around. Hold items in the smoke for a few minutes, watching the negativity they have absorbed be taken away in the smoke, and give healing items etc a cleanse too. They will really appreciate this and will be able to work much more efficiently for you.

Here are 2 incenses that you can use them right-away.

Meditation Incense

Used as an aid to meditation, you'll want this to be a personal blend. Start some charcoal before mixing the incense. Add a little of each ingredient to the base powder and burn a pinch. Experiment with mixture until the scent suits you.

Frankincense

Rosemary

Sage

Cinnamon

Sandalwood

Perfect Mate Incense

To attract the perfect mate for you at this time in your life.

Red sandalwood 3 parts

Patchouli 2 parts

Orris root 1 part

Dragon's blood 1 part

Lemmongrass 1 part