

## **Brew Magic Formula**

Please make sure all herbs in your brew are not poisonous. Check on the herbal correspondences page and homeopathic herbal remedies page for more information. Not all dangerous herbs have been listed so don't use them unless you are 100% sure.

Brews (also known as potions) may be as prosaic as herb tea, or as mystical as rainbow infusion. They stem from early magickal, ritual and medicinal preparations, and are as effective today as they were thousands of years ago. In herb magic, brews are little more than herbal infusions or teas. They needn't be prepared over an open fire in a forest clearing; your own stove or backyard will do nicely. These brews answer a variety of needs and are utilized in various ways. Some are drunk, others added to the bath, and still others prepared to release fragrant steam into the air, infusing the area with the sum total of the herb's vibrations.

### **It's the Water**

The type of water used in brewing is of some importance. Well, spring and distilled waters are preferred over that which pours from the tap. You can buy these bottled or collect them from the source, so long as it's unpolluted and free running. Rain water is ideal for use, except when gathered in smoggy areas. Tap water can be used as a last resort, but consider purchasing the bottled variety in the future. Distilled water is used for medicinal preparations, "which is fine, but not for magickal operations, for it is inert." If your going to drink the brew (or even if you're not), distilled water is definitely better than chlorinated, fluoridated, bacteria filled tap water. If it's all you have, use it. Sea water and mineral water aren't recommended due to the high mineral content.

### **Brewing**

#### *The Heating*

Fire, gas flame or stove coils will do for the heat source. I suppose you could prepare a brew in a microwave oven, but this isn't the best idea. If nothing else, it reduces some of the magic of the process. If you're the old fashioned kind, try making a brew in a fireplace or outdoors over a blaze.

#### *The Vessels*

It's best if the water and herbs don't come into direct contact with metal while brewing. There are few exceptions to this in herbalism. One is cauldron brewing, which is little practiced today. Herbal products prepared with double boilers may also require metal pots. But in general, avoid metal. Clear glass jars work well for Solar infusions. Simply place the water and herbs into the jar and set this in direct sunlight, preferably outdoors. Leave it there for most of the day. Some brews include here are made with glass jars of various colors.

## *The Brew*

Not every brew included on this page is made in the following manner; use specific instructions where given. For a basic brew: Gather, grind and mix the herbs. For brews to be drunk, use a separate culinary mortar and pestle for grinding, not the one used for heavy-duty magickal herbs. Empower the herbs with your magickal goal. Heat about two cups water to boiling. Place about one handful of mixed, empowered herbs in a teapot or some other heat-proof, non-metallic container. Pour the water over the herbs. Cover with an equally nonmetallic, steam tight lid. Let the herbs brew for about 13 minutes. Strain through cheesecloth or a bamboo strainer, and use as directed.

Brews should be used as quickly as possible. If necessary, they can be stored in the refrigerator for three or four days. After this time return them to the Earth and create a new brew. A note regarding "love" potions. There are no drinks that will emotionally enslave another person to you, no brews that will cause love. However, some brews have long been celebrated for relaxing inhibitions and mellowing the emotions. Also, a few have been used to smooth over difficulties during long-term relationships and marriages. A few of these are included here, but they're definitely not love potions.

**Aphrodisia:** A passion drink

1 pinch Rosemary  
2 pinches Thyme  
2 tsp. Black Tea  
1 pinch Coriander  
3 fresh Mint leaves (or 1/2 tsp. dried)  
5 fresh Rosebud petals (or 1 tsp. dried)  
5 fresh Lemon tree leaves (or 1 tsp. dried Lemon peel)  
3 pinches Nutmeg  
3 pieces Orange peel

Place all ingredients into teapot. Boil three cups or so of water and add to the pot. Sweeten with honey, if desired. Serve hot.

**Aphrodisia #2**

5 parts Rose petals  
1 part Clove  
1 part Nutmeg  
1 part Lavender  
1 part Ginger

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

**Cauldron of Cerridwen Brew** (caution)

Acorns\*  
Barley  
Honey  
Ivy\*  
Hellebore\*  
Bay

Boil water in a cauldron over an open fire. Place all ingredients into the cauldron. Sit before it and entrance yourself by watching the flames. Smell its mystic scent and receive wisdom. (Do not drink. Why? It's poisonous, that's why)

**Cauldron of Cerridwen Brew** (nontoxic)

1 part Bay 1 part Tobacco 1 part Damiana 1 part Mormon Tea 1 part Broom Use according to the above directions.

### **Clairvoyance Brew**

3 parts Rose petals 1 part Cinnamon 1 part Nutmeg  
1 part Bay 1 part Mugwort

Place in teapot, fill with boiling water, let steep, covered, for a few minutes. Remove cover, sniff steam (not so that you burn your nose) for a few moments, visualize the mystic scent opening your psychic awareness, then lie down and prophesize. If you wish, drink a bit of the brew as well, and let the steam continue to rise as you stretch your psychic awareness.

### **Dream Tea**

2 parts Rose petals 1 part Mugwort 1 part Peppermint  
1 part Jasmine flowers 1/2 part Cinnamon

Mix. Add one teaspoon to a cup. Pour boiling water over this and let steep, covered, for a few minutes. Drink before going to bed to produce psychic dreams.

### **Exorcism Brew (caution)**

3 parts Rosemary 1 part Bay 1 pinch Cayenne\*

Mix, add one teaspoon mixture to a cup, pour boiling over the herbs and let steep for nine minutes, covered. Drink a few teaspoons a day, or add to the bath. (Cayenne pepper is marked here with a caution because it is a strong herb. Use with care and respect)

### **Headache Brew**

Ingredients: A pinch of: White Willow bark, Blue Vervain, Feverfew leaves, Rosemary leaves, Skullcap.

Directions: Brew and drink half a teaspoons of dry tea daily. Can be used daily. **DO NOT TAKE IF YOU ARE PREGNANT OR LACTATING.**

Indications: The herbs in this blend can help relieve pain and fix the underlying cause. Chronic pain is often a signal of an underlying problem, so please get diagnosed by a doctor. Do not take this tea if you are pregnant or lactating. Always ask your doctor before taking any herbs

### **Headache or Insomnia Tea:**

Put a pinch of Willow bark, Chamomile, Wild Clover, and a Catnip in a coffee filter in your coffee maker, (or a teaball in a mug) with enough water for one serving. Brew. (For insomnia, Willow bark can be excluded because it acts more as a pain inhibitor, I'd recommend putting it in the mixture anyway.) Within about 15 minutes to half an hour of drinking the mixture, you should feel quite tired and less sore. Be sure to have a comfortable place to sleep.

### **Isis Healing Brew**

1 part Rosemary 1 part Sage 1 part Thyme 1 part Cinnamon

Half fill a blue glass bottle with fresh water. Add the ground, empowered herbs to it and let this sit in the Sun all day. If by sunset the water has been colored by the herbs, it is ready for use. If not, store in the refrigerator overnight and steep in the Sun the following day. Strain. Anoint the body or add to bath water while visualizing yourself as being in perfect health.

### **Cernunnos Protection Brew**

1 part Pine needles 1 part Caraway 1 part Bay  
1 part Basil 1 part Anise

In a red glass bottle half-filled with water, steep the herbs in the Sun for a day. Strain and add to bath water, or anoint your body for personal protection. Also, anoint protective amulets and talismans.

### **Love Wine**

3 tsp. Cinnamon 3 tsp. Ginger 1 one inch piece Vanilla bean  
2 cups Red Wine 2 tsp. Rhubarb juice (optional)

Score the vanilla bean along its length. Add herbs to the red wine with the vanilla bean. Add two teaspoons rhubarb juice (if available) and let sit for three days. Serve.

### **Money Brew**

3 parts Sassafras 2 parts Cedar 1 part Allspice 1 part Clove  
1 part Dill 1 part Vetivert 1 part Calamus

Half fill a green glass bottle with fresh water. Add about a handful or so of the mixed, empowered herbs. Cap tightly and leave in full sunlight all day. At dusk, sniff the water. If the scent is strong, strain and add to baths, wash hands, anoint money charms and so on. If it isn't strong enough, chill overnight and return to the Sun the following day.

### **Moon Brew**

Set a silver container filled with water out on the night of the Full Moon just as it rises (which will be at sunset). Allow the water to soak up Lunar rays all night. Just before dawn, rise and retrieve the water. Place in an earthen jug and cork tightly. (Never expose to the rays of the Sun). Add to the bath for love; anoint money to increase wealth; touch to the brow to promote psychic awareness; place in the bath to attune with the spiritual planes or prior to Lunar rituals

### **Protection Brew**

3 parts Rue 2 parts Rosemary 1 part Vetivert  
1 part Hyssop 1 part Mistletoe\*

Brew as usual, strain and anoint each window and door of the house. Pour the rest down the drain to safeguard them. Do not drink!!

### **Psychic Teas**

3 parts Rose petals 2 parts Yarrow 1 part Cinnamon

Brew, strain and drink a cup before or during divination and psychic work to enhance your psychic awareness.

### **Purification Brew**

Collect any nine sacred plants, such as vervain, rue, rosemary, oak, pine, acacia, rose, carnation, thyme, basil, jasmine and so on. Place in a nonmetallic pot or bowl. Add rain water (or fresh water) and let the herbs soak, covered and away from light, for three days. Strain. Use for asperging the house, others, or yourself for purification.

## **Purification Brew #2**

1 part Lemon Verbena 1 part dried Lemon peel 1 part Chamomile

Brew, drink for purification prior to ritual. If desired, add a splash of lemon juice, a teaspoon of honey or sugar. (Sugar is used by Peruvian shamans in purification ceremonies).

## **Rainbow Brew**

When it rains, wait for the clouds to break somewhere and look for a rainbow. If you find one, put a saucer or some other nonmetallic pan outside where it can catch rain. If it rains while the rainbow is still present, save the water for ritual uses. It has been blessed by the rainbow's appearance. Because the rainbow contains all colors, this "brew" is useful for all types of magic. Bottle and label. Add to bathe or anoint the body and hands while visualizing your magickal goal.

## **Sleep Brew**

1 part Rose petals 1 part Myrtle leaves 1 part Vervain

Soak rose petals in a pot of water for three days. Add more rose petals each day. On the third day, add myrtle and vervain at sunrise and let soak all day. That night, just before going to bed, bathe your forehead with three handfuls of the brew. Your sleep should be free from nightmares. Use the brew until gone, then make another batch if needed.

## **Solar Cleansing**

2 parts Fern 2 parts Juniper 2 parts Rosemary 1 part Cumin  
1 part Yarrow 1 part Pepper 1 part Rue

Place the ground, mixed and empowered herbs in a red bottle half-filled with water. Set this in the Sun, let steep, strain. For a gentle cleansing, sprinkle the brew around the house at sunrise for three or four days every month.

## **Sun Water**

Set a glass or crystal container of pure water outside just at dawn, in a place where the Sun's rays will shine on it all day. At sunset, bottle and cork the water. Keep it in a sunny place. Add to baths for energy, sprinkle around the home to remove evil, anoint yourself for purification and so on.

**These washes are designed to attract or dispel certain influences.**

***To make wash:***

herbs should be steeped in a pint of fresh water  
stored in a previously blessed dark place for 3 days prior to use  
shake wash each evening while chanting a rhyme pertaining to the purpose of the wash  
on the 4th day strain herbs from water and repeat chant  
repeat chant when using wash

**Business Drawing Wash**

Businesses with walk-in customers: wash down entrance floor, door handle and the aisle while using your chant mail order business or if business gets checks through mail: wash down mailbox inside and out

How to use:

Once a week use wash in scrub water to wash down floors and walls of your business. Don't use wash for longer than a week after you first use it. Make a fresh batch when necessary. Wash is also good for attracting tenants to an empty apartment or house.

Wash:

Mix 1 oz. of powdered squill root, 1 oz. of powdered yellow dock, 1/4 oz. of five-finger grass, 1 tsp. of cinnamon, and a tbsp. of blessed salt.

Mix well and add 2 tsps. of mixture to 1 pint of fresh water.

**Day In Court Wash**

Best when used in conjunction with a ritual to destroy your enemy's power to harm you.

How to use:

3 days before your court appearance, make wash. Put bottle in a blessed dark place and chant over it. Chant each evening and morning. On the morning of your court date, pour the mixture out of your front door where you must walk to leave the house on your way to court. Also, carry a large piece of High John the Conqueror root in your pocket to the courtroom.

Wash:

To 1 pint of water add 1/4 oz. jalop powder, 3/4 oz. of snake head, and 1 tsp. of blessed salt. Essence of Louisiana Van Van

Used as a sprinkling solution to attract luck and power of all kinds when used full strength.

## **Rid Evil**

How to use:

Add to scrub water to wash down the floor and steps of a home or business to get rid of evil.

Wash:

Put 1 1/2 oz. Louisiana Van Van Oil in 16 oz. of alcohol. Shake well before each use.

## **Water of Notre Dame**

Used to promote peace and tranquility.

How to use:

Sprinkle about the house.

Wash:

Crush 1 1/2 oz. of white rose petals in 16 oz. of spring water. Let the rose petals steep for 3 days. Strain and bottle liquid for use.

# Gem Elixirs

A gem elixir is allowing the properties of a stone or crystal to be extracted into a drink for medicinal or magical use. However, by no means is it a replacement for medical attention, but a helper.

### **Gem Elixir for Pain**

You will need-

1/2 pint of spring water

1/2 pint of vodka

1 aventurine

1 lapis lazuli

Decanter made from glass

Put all the ingredients in the decanter, let it sit outside in full sunlight for at least twelve hours. Place elixir into fridge until use. Drinking a cup should help the pain.

### **Moon Goddess Elixir**

You will need-

1 pint white wine

1 moonstone

Decanter made from glass

Let it sit in the light of the full moon overnight. Place in fridge until use.

### **Energy Elixir**

You will need-

1 pint of spring water

1 agate

1 tiger's eye

1 Decanter made of glass

Place in fridge until use

### **Aphrodite Elixir**

What you will need-

1/2 pint of brandy or rum

1/2 pint of spring water

1 Carnelian

Let it sit for 24 hours in sunlight then in moonlight. Place in fridge until use.

### **Meditation Elixir**

You will need-

1 pint of spring water

1 Amethyst

1 Clear Quartz

Decanter made from glass

Let it sit overnight in the moonlight. Place in fridge until use.

## **One Wish Potion**

Ingredients:

2 pinches rubbed oregano  
1 pinch dilweed  
Dash of ground rosemary  
Dash or ground sage  
1 pinch sweet basil  
Pinch mint  
1 cup water

1st) Put water in a pot and while bringing to a boil, mix all ingredients in a bowl. Add them in order.

2nd) Once water is brought to boil add all ingredients to water.

3rd) while ingredients are boiling for 2 minutes repeat this chant over and over until done boiling:

*For luck, For wish,  
those who may drink  
this may be granted  
one wish*

4th) Strain it and let it cool a bit. Put extra in a container.

Helpful hints: move hands over steam and repeat chant. Roll all ingredients except water in hands to get freshness out. And always clean up your mess afterwards.

Warning: do not get too close to steam it may burn or scald you. Under 13yrs old have a parents help you.

### **Beltane Love Potion**

This Potion would best be made under the full moon closest to Beltane....this year, April 30. Cast your circle in a place outdoors (or, indoors, hopefully next to a window with a view of the Full Moon.) If bad weather/cloudy skies present an obstacle, use a candle flame instead. Holding a bowl full of pure spring water, catch the reflection of the Moon (or candle flame) within. Call to the Goddess Aphrodite, or any other diety that represents Love to you, to send Her Divine Essence flowing into the water with the moonlight. Concentrate on what perfect Love means to you and instill your own essence into the water by blowing gently upon it.

Next, add rose petals and buds to the water. Add a crystal that you've held up to the moonlight and consecrated to a Goddess of Love.

Pour your water into a beautiful decanter and add an equal portion of Vodka to seal the Potion. Keep this Potion in a dark space out of the sunlight - for the magickal properties of the Night to remain potent.

Use this potion to annoint candles and magickal writings - Love Spells. Use it like a perfume to attract a perfect love to you. Add a few drops to your own drink for the same effect, and naturally, I don't recommend using this Potion in any manipulative manner.

### **Snow Potion**

(A Beauty Potion)

Need: Scoops of newly fallen snow - preferably the First Snow of Winter - allow to melt; Leaves of Holly Ivy; Vodka

Fill a beautiful clear decanter half way with the melted snow. Add the Holly Ivy leaves. Fill to the top with Vodka.

Place the decanter on a windowsill where it will be able to absorb moon and star light. Allow it to sit undisturbed for at least one full moon cycle.

I splash a little of this potion on my face every morning - but it would be just as effective to use it before going to bed. The magical beauty of that first lovely snow combined with the moonlight and starlight will be reflected on your face.

\*This Potion is for external use only and don't use anything you know you're allergic to ivy.

## **ROSEWATER**

Rosewater may be used in the bath (about 1 Cup), hot tub, or as a splash after bathing or showering. Floral waters tone and clear the skin, they also act as hydrating agents, and help to normalize the acid balance of the skin

2 cups distilled water

1/4 Cup vodka

1/2 cup chemical free red rose petals

15 drops rose oil (optional)

Combine water, vodka, and petals in a covered jar, and place it in the sun. In less than a day the sun will extract the color and the fragrant oils from the petals. Strain through a coffee filter. Refrigerate in a covered bottle, and use within 2 weeks.

## **Seven Flower Tea**

You can make this fragrant tea with herbs from your garden or dried herbs that you buy. Seven Flower Tea cools you down on a warm summer's day, helping to keep you calm and soothe your digestion.

- 1 quart boiling water
- 2 teaspoons chamomile flower
- 1 teaspoon linden flower
- 1 teaspoon calendula flower
- 1 teaspoon lavender flower
- 1 teaspoon honeysuckle flower
- 1 1/2 teaspoon passion flower
- 1 1/2 teaspoon orange flower or orange peel

Pour boiling water over the flowers. Allow to steep for 20 minutes. Strain. Drink.

### Headache Tea

Put a pinch of Lavender, Chamomile, Rosemary, and Mint into a coffee filter and make it like you would coffee. Or you can put the herbs in a spice ball and leave in hot water for 15 to 30 minutes.

### ACNE

Herbs Used: Evening Primrose Oil, Raspberry Leaf, Nettle, Dandelion, Lemon Grass  
Recipe for Acne Help Bring to a simmer in a non-metallic pan 2 quarts water, 3 tablespoons Witch hazel bark, 1 tablespoon ground cinnamon, 1 tablespoon ground cloves; let simmer for 5 minutes. Then add 1/2 cup chopped fresh thyme, 1 cup fresh chopped peppermint leaves, and 1/2 cup fresh chopped marjoram. Simmer 5 more minutes, set aside until cold. Mix 1/2 cup of the simmered mixture with 2 teaspoons cider vinegar, 2 ounces grain alcohol (vodka is best), 4 drops lemon oil, and enough water to make one pint. Apply with cotton to acne prone areas after washing. A good aloe moisturizer afterwards is recommended.

### ALLERGIES AND ASTHMA

Herbs used: Blessed Thistle, Scullcap, Horehound, Mullein, Wild Cherry Bark, Barberry Root, Peppermint Leaves, Goldenseal, Cayenne, Marshmallow, Lobelia, Burdock. Other uses: Colds, Hay Fever, Upper respiratory infections

### ANEMIA

Herbs Used: Red Beet, Yellow Dock, Lobelia, Burdock, Nettle, Mullein Other uses: Energy, Fatigue, Multiple Sclerosis, Parkinson's Disease

### ARTERIOSCLEROSIS

Herbs Used: Cayenne, Garlic, Hawthorne, Parsley Other Uses: Blood Pressure, Heart

### ARTHRITIS

Herbs Used: Yucca, Comfrey, Devil's Claw, Wild Yam Root, White Willow Bark, Sarsaparilla Root, Horsetail, Chickweed, Alfalfa, Yarrow, Cayenne, Lobelia, Burdock, Chaparral, Black Cohosh, Cat's Claw, Lemon Grass Other uses: Bursitis, Rheumatism, Gout, Blood Cleanser

### ATHLETE'S FOOT

Apply diluted tea-tree oil (half oil, half water) several times a day. Apply cider vinegar directly to the area. Soak feet in a warm infusion of red clover.

### BLOOD CLEANSE

Dandelion root, Yellow Dock, Sarsaparilla root, Burdock root, Echinacea root, Licorice root.

## BOILS

Put breadcrumbs in a calico bag or between two pieces of gauze. Dip into boiling water and wring out. Apply to the boil and cover to keep hot. Have a second poultice to apply when the first one cools.

Cooked, hot mashed onion can also be used as a boil poultice.

## CHOLESTEROL

Hawthorn berries, Psyllium husk, Devil's Claw, Juniper berries, Ginger root.

## COLDS

Herbs used: Chamomile, Slippery Elm, Cayenne, Goldenseal, Myrrh, Peppermint, Sage, Lemon Grass, Rose Hips, Garlic Other uses: Bronchitis, Ear infections, Fevers, Flu, Tonsillitis

## COLIC

Herbs Used: Alfalfa, Peppermint, Fennel, Catnip Other uses: Digestive disorders, Heartburn, Appetite

## CONSTIPATION

Herbs Used: Aloe Vera, Butternut Root, Cascara Sagrada, Senna Leaves, Ginger Root, Burdock Root, Slippery Elm, Barberry Other uses: Cleansing, Colon.

## COUGHS

Herbs Used: Elecampane, Wild Cherry Bark, Bayberry root, Horehound, Ginger Root, Slippery Elm Bark, Licorice, Comfrey Root, Lobelia Other uses: Hay fever, Sore throats

## DEPRESSION

St. John's Wort, Kava, Siberian Ginseng, Gotu Kola, Ginger root, Butternut root bark

## DIABETES

Uva-Ursi, Fenugreek seed, Gentian root, Huckleberry leaves, Raspberry leaves, Buchu

## DIAPER RASH

Apply cream made from calendula, or a cream made from aloe

## DIGESTION

Papaya leaves, Peppermint leaves, Fennel seeds, Ginger root, Gentian root, Butternut root bark

## DRUG WITHDRAWAL

Herbs Used: Chamomile, Ginseng, Licorice, Cayenne, Gotu Kola Other uses: Endurance, Energy, Memory

## EARACHES

Herbs Used: Oil of Mullein, Garlic Oil, or Lobelia Extract drops directly into the ear.

## ENERGY

Herbs Used: Cayenne, Ginseng, Gotu Kola Other uses: Endurance, Fatigue, Memory

## EYE PROBLEMS

Herbs Used: Goldenseal, Bayberry, Eyebright Other uses: Eyewash, Allergies, Hay fever, Cataracts

## FEMALE PROBLEMS

Herbs Used: Black Cohosh, Passion Flower, Ginger, Fenugreek Seeds, Licorice Root, Chamomile, Black Haw Bark, Saw Palmetto Berries, Wild Yam Root, Butternut Root, Raspberry Leaf, Blessed Thistle, Dong Quai Other uses: Hormonal balance, Vaginal problems, Uterine infections

## FERTILITY

Damiana Leaves, Siberian Ginseng Root, Saw Palmetto Berries, Sarsaparilla Root, Buckthorn Bark

## FLU

Herbs Used: Ginger, Cayenne, Goldenseal, Licorice Other uses: Nausea, Motion sickness

## FRACTURES

Herbs Used: Comfrey, Horsetail, Alfalfa, Slippery Elm Other uses: Fingernails, Hair, Joints, Teeth

## GALL BLADDER

(TO CLEANSE) Before bed, mix together the juice of 2 lemons, 4 ounces olive oil, 6 ounces Coke Classic; drink. Upon rising, take 10 ounces of magnesium citrate (available in drug stores). Do not eat until you have had your first bowel movement. Bowel movements will continue sporadically for several hours, so do this on a day you are at home!

## GLAND AND NERVE

Gentian root, Siberian Ginseng root, Chamomile flowers, Blue Vervain, Dandelion root, Yellow dock root, Skullcap, Wood Betony, Ginger root, Saw Palmetto berries

## HAIR

Saw Palmetto berries, Horsetail, Juniper berries, White Willow bark, Rosemary leaves, Burdock root, Mullein leaves

## HANGOVERS

Drink a lot of water before going to bed, and drink more everytime you wake up during the night.

Essential Oil Blend For Hangovers: Peppermint - OR - 2 drops sandalwood, 2 drops Juniper, 2 drops Grapefruit. Both these blends are designed to reduce nausea, refresh and uplift.

### HEADACHE INHALER

In a small vial (preferably of dark glass or opaque glass) mix 10 drops Lavender oil, 10 drops Peppermint Oil, 10 drops Marjoram Oil, 10 drops Rose Oil and 5 drops Clove Oil. Carry with you and inhale to cure a headache.

### HEADACHE TEAS

Camomile, Sage, Rosemary, Peppermint, or Wormwood. Any of these made into a tea and drunk will ease a headache.

### HEART

Herbs Used: Hawthorn Berries, Cayenne, Motherwort, Rosemary Leaves, Wood Betony, Shepherd's Purse, Garlic Other uses: Arteriosclerosis, Cholesterol, Circulation

### HEARTBURN

Herbs Used: Anise seed, Fennel seed, Peppermint, Cinnamon, Lavendar

### HEMORRHOIDS

Witch Hazel leaves, Mullein leaves, Slippery Elm bark, Plantain, Butternut root bark, Peppermint leaves

### HYPERTENSION

Blessed Thistle, Black Cohosh Root, Parsley Leaves, Valerian Root

### INDIGESTION

Drink Peppermint tea, or an infusion of half Peppermint and half Rosemary. An infusuion of equal parts Peppermint, Camomile, and Lemon Balm is also useful. Make a tea of Anise, Caraway and Peppermint.

### IMMUNE SUPPORT

Herbs Used: pau d'arco (taheebo), Echinacea, Burdock, Spirulina, Kelp, Cat's Claw

### INFECTIONS

Herbs Used: Echinacea, Goldenseal, Cayenne, Myrrh Other uses: Colds, Earaches, Fevers, Flu, Measles, Mumps

### INSECT BITES

For mosquitoes, etc., apply a dab of undiluted Lavender Oil or Tea-Tree Oil to the bite. If there are many bites, take a bath containing half a cup of cider viegar, 10 drops of Lavender Oil, 5 drops of Thyme Oil. Apply Lavender or Tea-Tree Oil to all bites after the bath. You can also dab on Witch Hazel, or a potion of bicarbonate of soda dissolved in water.

Herbal Bath To Sooth Insect Bites: some or all of; Rosemary, Orange Peel, Chamomile, Alfalfa, Comfrey, Eucalyptus, Mint, Lemon Balm, Parsley.

## INSECTS, REPELLING

For repelling insects on skin: Mix 1 teaspoon each of essential oils of pennyroyal, citronella, eucalyptus, rosemary, and tansy. Shake oils in 1 cup of vegetable or olive oil. Store away from light in a sealed container. Use by rubbing a small amount between the palms of your hands, and then apply to any exposed skin. Avoid applying to the face to prevent eye contact. Reapply as necessary. Discontinue using if a rash develops (some people are sensitive to pennyroyal oil. Test on a small area first). Also safe for animal use.

## INSOMNIA

Herbs Used: Valerian, Passionflower, Dandelion root, Chamomile, Hawthorn Berries, Scullcap, Hops Other uses: Headaches, Stress, Hyperactivity

## INSOMNIA

Jeanne Rose's Herbal Sleep Pillow To Rekindle Energies During The Night: 8 parts Rose petals, 4 parts Mint, 4 parts Rosemary, 1 part crushed Clove.  
Small but Strong Sleep Pillow: Approximatley equal quantities of Rose petals, Chamomile, Mint and Rose Geranium. Add a few drops of Neroli essential oil. This one's quite strong and floral.

## Interesting Dreams Pillow:

Stuff your pillow with Mugwort (*Artemisia Vulgaris*). It produces truly spectacular technicolor dreams. Add a drop or two of Clary Sage Oil to help get to sleep (it also helps open the third eye). It also produces euphoria, but don't over do it because in large quantities it can cause headaches.

## KIDNEYS

Herbs Used: Juniper, Uva Ursi, Marshmallow, Ginger, Goldenseal, Dandelion Other uses: Bladder, Urinary problems

## LIVER

Herbs Used: Dandelion Root, Parsley, Horsetail, Blessed Thistle, Milk Thistle Seeds, Burdock Root, Peppermint Leaves, Chamomile, Lobelia, Wild Yam , Ginger, Sassafras, Kelp Other uses: Cleansing, Kidneys, Spleen, Gall Bladder

## LOW BLOOD SUGAR

Licorice root, Gotu Kola, Siberian Ginseng, Ginger root

## LOW ENERGY

Siberian Ginseng root, Gotu Kola, Peppermint leaves, Ginger root

## LUNGS

Herbs Used: Comfrey, Fenugreek, Marshmallow, Mullein, Chickweed Other uses: Asthma, Bronchitis, Coughs, Hay Fever, Pneumonia

## MENOPAUSE

Herbs Used: Black Cohosh, Licorice, False Unicorn, Ginseng, Squaw Vine, Blessed Thistle Other uses: Hormone imbalance, Menstrual problems, Hot flashes, Uterine problems

## MENSTRUAL CRAMPS

Herbs Used: Cramp Bark, Ginger root, Raspberry Leaf, Yellow Dock, Vitex, Wild Yam

## MENTAL STAMINA

Peppermint leaves, Siberian ginseng, Gotu Kola, Rosemary leaves, Damiana leaves, Butternut Root

## MIGRAINES

Herbs Used: Fenugreek, Thyme, Lobelia, Wood Betony, Feverfew Other uses: Fever, Flu, Headache

## MORNING SICKNESS

Herbs Used: Wild Yam, Dandelion, Ginger, Vitex

## NERVES

Herbs Used: Black Cohosh, Cayenne, Valerian, Ginger, St. Johnswort, Hops, Wood Betony Other uses: Headaches, Anxiety, Stress

## PMS

Herbs Used: Evening Primrose Oil, Dong Quai, Vitex Other uses: Menstrual regulation, Painful breasts

## POISON IVY/OAK

Herbs Used: Burdock, Mullein, Yellow Dock (bathing in a peppermint tea bath will relieve the itching as well as aid in drying up the oak/ivy) Other uses, Itching, Insect Bites

## PROSTATE

Herbs Used: Black Cohosh, Licorice, Kelp, Gotu Kola, Ginger, Pumpkin Seeds, Cornsilk, Parsley Leaves, Nettle Root, Burdock Root, Cayenne, Juniper, Uva Ursi, Taheebo, Saw Palmetto, Cat's Claw Other uses: Bladder, Liver, Spleen

## REDUCING WEIGHT

Herbs Used: Chickweed, Licorice, Safflower, Echinacea, Black Walnut, Hawthorn, Papaya, Fennel, Dandelion Other uses: Energy, Cleanser

## SEXUAL DESIRE

Stimulant: Damiana, Ginseng, Saw Palmetto, Gotu Kola Depressant: Hops, Scullcap, Valerian

## SKIN

Herbs Used: Horsetail, Burdock Root, Gotu Kola, Yellow Dock Root, Dandelion Root, Milk Thistle, Red Clover, Sarsaparilla Root, Sage, Rosemary Other uses: Hair, Nails

## STRESS

Passion Flower, Wood Betony, Gingerroot, Skullcap, Chamomile, Blessed Thistle

## SORE THROAT TEA

Equal parts of Sage and Rosemary, with a spoonful of honey. Pennyroyal tea with honey is also good, but do not take during pregnancy.

## STOP SMOKING

Herbs Used: Hops, Scullcap, Slippery Elm, Valerian, Lobelia Other uses: Cough, Nerves, Stress

## THYROID

Herbs Used: Irish Moss, Kelp, Parsley, Black Walnut, Sasparilla Other uses: Fatigue, Glands, Lymphatic System

## TIRED EYES

Cover the eyes with any of the following and lie down in a darkened room. Be sure to keep the eyes closed! Cold tea bags, raw potato slices, raw cucumber slices.

## TIRED FEET

Soak in a warm footbath with any of the following added; 2 Tbsp. bicarbonate of soda, 1 Tbsp. each of bicarbonate of soda and sea salt. Add 4 drops of Rosemary oil, 1 drop each of Lavender, Rosemary, and Cypress Oil.

## TUMORS

Herbs Used: Chaparral, Red Clover, Taheebo (Pau d'arco) Other uses: Cleansing, Blood Disorders

## ULCERS

Herbs Used: Cayenne, Goldenseal, Myrrh, Marshmallow, Calendula Other uses: Indigestion, Heartburn

## WOUND WASH

In 1/2 cup water, mix 5 drops each Lavender and Tea-Tree Oil. Dip cotton wool in the mixture and swab the area until clean of dirt and other impurities.

## VIRUS

Echinacea, Licorice Root, Blue Vervain, Butternut Root Bark.

#### WATER RETENTION

Cornsilk, Parsley Leaves, Uva Ursi, Cleavers, Juniper Berries, Queen of the Meadow Root.

#### YEAST INFECTION

Herbs Used: Cayenne, Garlic, Witch Hazel Leaves, Plantain, Pau d'Arco, Slippery Elm Bark, Blue Cohosh Root, Uva Ursi, Juniper Berries, White Oak Bark, Marshmallow, Mullein (all mixed together and used as a bolus) Other uses: Leuchorea, Vagina

## **HERBAL TEAS**

Chamomile - A mild sedative, it is said to aid digestion and relieve menstrual cramps. Also believed to help colicky babies. Small amounts of pollen residue in the tea may cause dermatitis or other allergic symptoms in people sensitive to ragweed, chrysanthemums, and other members of the daisy family.

Dandelion - Tea made from this common weed is mildly diuretic. Some women use it to reduce problems of premenstrual bloating.

Elder Flower - Extracts of elder are sometimes used in over-the-counter cold remedies, and elder flower tea may alleviate cold and flu symptoms. The flowers and ripe berries of the elder are safe, but avoid the roots, stems and leaves. The tea is a mild stimulant.

Fennel - With a flavor similar to licorice, fennel tea is used to soothe an upset stomach. Traditional herbalists often recommend it as an appetite suppressant and slimming aid.

Lavender Flower - Tea brewed from dried lavender flowers is said to be mildly sedative.

Lemon Balm - This minty tea may help soothe jittery nerves.

Nettle - Made from the same plant that causes stinging skin irritation, nettle tea is rich in Vitamin C and several minerals. Herbalists recommend it to treat arthritis and gout and to increase milk production in nursing mothers.

Peppermint - Tea from this mint plant is refreshing and may stimulate digestion. It should be avoided by anyone with a Hiatal Hernia, because peppermint promotes reflux of the stomach contents into the esophagus.

Raspberry Leaf - Herbalists recommend raspberry tea to ease discomfort from menstrual cramps.

Rose Hip - Rich in Vitamin C, rose hip tea can substitute for orange juice when citrus fruits are not readily available.

Rosemary - Tea from this popular garden herb is said to relieve gas and colic, but drinking more than two or three cups a day may irritate the stomach.

Thyme - Herbalists recommend thyme tea for gastrointestinal complaints and to alleviate lung congestion.

## POTPOURRI

These mixtures make fine gifts if packed in canning jars, labeled, and tied with a ribbon of the appropriate color. (They would probably sell well too) The following recipes yield approximately enough for one use. These may be doubled or tripled and the magical potpourri kept in tight containers for later use. To use these mixtures, fill a pot with at least 2 cups water. Add the mixture. Simmer over low heat for 1/2 hour or longer. If you'll be simmering for longer than a half hour add more water. If you wish, use a potholder to carry the simmering pan around your house to further spread its energies.

### LOVE SIMMERING POTPOURRI

To expand, broaden, or to introduce love into your life, simmer this mixture of herbs. (This can be used to strengthen a long-lasting relationship, or to bring your own family closer together. Love begins within. Love yourself, then seek another with whom to share love.)

3 TBS rose petals  
2 TBS camomile  
1 TBS coriander  
1 TBS lavender  
1 tsp. cinnamon  
1/2 vanilla bean

Mix in a small bowl and charge with loving energies. Simmer while saying:

*Love awakens*

*In these rooms;*

*Come by the power*

*Of these blooms!*

Use every day.

### MONEY SIMMERING POTPOURRI

If money is a problem rather than a pleasure, when you're faced with unexpected financial obligations, when the money you earn doesn't seem to come in fast enough, brew up one of these and set money attracting energies into motion.

2 cinnamon sticks, broken into pieces  
4 TBS whole cardamom seeds  
2TBS whole cloves  
1 tsp. ground nutmegs (or two whole nutmegs)  
1 tsp. ground ginger

With your fingers, mix these ingredients in a small bowl, while visualizing increased prosperity. As you mix them, say these or similar words:

*Money simmer in the air;*

*Money shimmer everywhere!*

To use, simmer according to the instructions above.

## PROTECTIVE SIMMERING POTPOURRI

Simmer this mixture at regular intervals (once a week or so) to drench your home with protective energy. This safeguards it from outside influences of all kinds - if it's performed with the proper intent.

4 TBS rosemary (whole)

3 bay leaves (whole)

1 TBS basil (whole)

1 TBS sage (whole)

1 TBS fennel (whole)

1 tsp dill seed (whole)

1 tsp juniper berries (whole)

A pinch dried garlic (can be omitted)

Mix in a small bowl with hands, visualizing your home as a protected place. Charge the herbs with protective energies. Add to simmering water.

When the scent steam rises, chant the following or similar words :

*Air and Water, work my will*

*To guard this house with power bold;*

*Earth and fire, work to still*

*All dangers both untold and told.*

## PURIFICATION SIMMERING POTPOURRI

While spring cleaning or at any time you wish to clear away the cobwebs of useless energies that exist within all homes, after household arguments, when a roommate moves out, whenever tension is in the air, simmer this mixture with at least one window open.

(During winter or rain, open the fireplaces damper, crack a window an inch, or otherwise ensure that there's a clear and easy path out of your home for the duration of the ritual.)

6 TBS peppermint

1 TBS spearmint

1 TBS rosemary

1 TBS dried lemon peel

1 TBS dried lime peel

Mix, charge, and simmer as you say these or similar words:

*Scented breeze, blow pure and clear*

Unwanted power far from here.

## PSYCHIC SIMMERING POT

If you wish to link your conscious mind with your psychic awareness, if you wish to use tarot cards or rune stones or other tools to glimpse possible future events, create this blend and simmer to stimulate your psychic mind.

3 TBS galangal

1 TBS star anise (or 2 whole)

1 TBS lemon grass

1 TBS thyme

1 TBS rose petals

A pinch mace

A pinch real saffron

Mix and charge the herbs in a small bowl. Visualize your psychic awareness as being under your control. Smell the fragrance rising from the herbs. Inhale the energies. Relax, chant the following words, and foretell.

*Starlight swirls before my eyes;*

*Twilight furls its wisdom wise;*

*Moonlight curls within the skies:*

*The time has come to prophesize.*

(Genuine saffron is quite expensive. However just a pinch is necessary here and it may be omitted.)