

# Teen Witch

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Milo

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## **pre-release PDF version of June 2007**

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I have received heavy criticism for asking to be paid on the honor system. Why is it perfectly acceptable for a bookstore to charge money for corporate profit, but wrong for an author to provide a free PDF and then ask for payment only if you find the book useful? I am amazed at the level of anger that a request that an author be paid for work. I understand that many rich people strongly object to the minimum wage and the idea of workers being paid for their work, but by the time you read this you already have a copy of my book in your hands and there is nothing I can do to force you to pay. What's so horrible about my asking that those who believe in paying for workers voluntarily pay me if they decide that the book is worth paying for?

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## **introduction**

This book discusses witchcraft. Not just Wicca, but all forms of witchcraft.

## **guide to witchcraft**

Anyone can become a Witch. You might already be a natural Witch.

Being a Witch is a decision. It is entirely your personal choice. Trust your own heart. What do you feel inside?

Most of Modern Witchcraft is Eclectic, which means that each individual Witch creates his or her own personal version by picking and choosing from all of the world's traditions to create a customized personal version of witchcraft that is best for that one particular person.

### **no harm**

The only law of Wicca (the most common form of modern Witchcraft) is harm none (see the Wiccan rede).

The first rule of a Witch doctor is to do no harm.



picture courtesy of Golden Raven's Perch at <http://www.Goldenravensperch.net>

The threefold law states that whatever kind of magickal energy you emit into the world will return three times three back to you. So make sure that you send out positive and loving energy.



### **a plan for learning**

You do *not* have to learn everything at once. There is enough on this website to keep you busy for years. Relax and learn at your own pace. This ain't no school with the pressure of homework, tests, and assignments. Pick and choose those things about Witchcraft that personally interest you.

While you are free to randomly look through the thousands of articles on this web site, once you decide to learn about Witchcraft for real, you will want some help in figuring out which articles to read first.

The following list of articles gives you one possible path for learning about Witchcraft on your own. Witches with more experience are invited to offer their own suggested lists of articles for learning about Witchcraft (and can include articles from their own sites as well).

**Witch** Learn what a witch is.

**Witchcraft** Learn about different types of Witchcraft as you discover what kind best fits you personally. Many Witches choose to be Wiccan. Another popular choice is eclectic witchcraft, in which you pick and choose from all the varieties of witchcraft and build a personal version that is the best for you personally.



**Greetings** A short article on common Witchcraft greetings and salutations.

**Casting a Circle** Learn how to cast a magick circle to help empower your magick spells.

For a humorous example of a pagan ritual, read the article on Melting the Bunny.

**Altar** Learn how to create your own altar.

**Book of Shadows** Learn how to create your own book of shadows.

**Magick tools** A list of some of the most common magick tools used in Witchcraft, including the ever popular magick wand and athame.

Learn the difference between a **magick amulet** and a **magick talisman**.

I know it can be very confusing to sort through all of those listed. Even if you concentrate on just one ancient pantheon (grouping of Gods and Goddesses), it will still take a few months (or even a few years) to become comfortable or even remember the names and who they are. There is no hurry to memorize long lists. Take your time. Explore and see if any capture your imagination and excitement.

**Goddess Diet Plan** describes how any woman can become a living Goddess. The emphasis is on achieving a balanced diet.

The essay on we are really different discusses the differences between paganism and mainstream Western religions.

# Witch

## witches and witchcraft

### witch

A witch is a female shaman, typically including divination (astrology, palmistry, Tarot, I Ching, etc.), healing (herbal medications, aromatherapy, massage, sacred sexuality, etc.), and magick. (see note below about male witches)

### witchcraft

The practice of any of the arts of a witch or the religion of a witch.

There is a lot of confusion over exactly what witchcraft is. Part of this confusion is because “witch” has a lot of different meanings, and the number of meanings is expanding rapidly. The preceeding definition is a root definition, from which the many modern defintions are derived. Obviously there will be a lot of modern witches who don’t match the root definition. We’re not trying to exclude them. In particular, we are not trying to discriminate against guys. Of course men can be witches. Traditionally, witches are women, but there have always been a small number of male witches. In modern times it is much more common for males to become witches. Before you fire off a protest letter about males being witches (we get a lot of those), please read about the early history and development of witchcraft and you will understand the intimate relationship between early witchcraft and women’s mysteries, particularly the menstrual cycle, pregnancy, and childbirth.

**A dissenting opinion:** Hey Milo, My name is Crystal (CrystalPixie on the web). Just ran through the main page, and I have a big suggestion for you. Find a more accurate definition for the word witch. I am a Witch, but I would never consider myself a Shaman.

The title Shaman should be reserved for those who have had the proper training and everything that goes along with it. If you would like more information on Shamans, find one, they will tell you that they are not witches, most of the “real” Shamans are natives of their land (the Native Americans, Alaskans, Africans, South Americans — especially from the tribes in the Amazon, get my drift?) and have been trained by an elder of their tribe or clan. With all of the young ones that call themselves witches I doubt that very many of them would fall under such a category. If you’re going to have a domain name like “teenwitch” you’re going to get A LOT of traffic from the wannabes (I do not mean this offensively — but this is the only term I can find that correctly fits the 13-15 year olds that are into witchcraft because they think it’s “kewl”) and using inaccurate definitions you could spread bad information (then again, promoting Silver Ravenwolf will do that as well). Do yourselves a favor, ask around in the adult Pagan community for opinions and information.

Bright Blessings with Love and Light,

—CrystalPixie

**Reply:** The term “shaman” has many different meanings, including a highly restrictive meaning indicating a spiritual leader with advanced culture-dependent training (such as the kind that you mention). The use in this book is in the more generic version common in archaeology.

Read about origins and kinds of witchcraft.

### **no spell begging**

If you follow any of the links offered in this book, **no spell begging**. Especially no love spell begging.

### **certification**

Pr Ntr Kmt offers an official certificate that authorizes Witches to perform processions, circles, holy days, Sabbats, Esbats, ceremonies, celebrations, fire jumpings, commitments, weddings, handfastings, renewals, annulments, separations, divorces, funerals, blessings, namings, welcomings, baptisms, comings of age, rites of passage, affirmations, dedications, readings, and/or other rituals.

This official certificate is a beautiful work of art by the artist MichaelM (most famous for his artwork for the Marley family and his banners for hemp/cannabis legalization) that you can frame and display proudly to your family and friends.

In the United States this official certificate authorizes you to perform any ceremonies that the government recognizes other religions to perform (such as marriages or handfastings). There may be many additional requirements imposed by state governments that apply equally to all religions. Sometimes you may face active discrimination by Christians, Jews, or Muslims in government positions and may need to hire a lawyer to assert your Constitutional rights.

Obtain an official witch certificate today.

### **external websites**

- Witches’ Voice at <http://witchvox.org/>

# Witchcraft

The most famous kind of Witchcraft is Wicca, but there are many other kinds of Witchcraft both modern and ancient from cultures all over the world.

Witchcraft is the oldest known religion (based on archaeological evidence, including small Goddess figurines, burial rituals, ivory witchcraft tools, and botanical plant remains) and witchcraft is the fastest growing religion in the United States.

Reliable archaeological and historical evidence on traditional witchcraft is limited and consists mostly of accounts of Christians falsely accusing other Christians, Jews, and women of being witches during the Burning Times. Most modern witchcraft is based on some combination of archaeology, family oral traditions, modern reconstructions and interpretations, and such activities as dreams, visions, divination, and other subjective sources.

Witchcraft is the fastest growing religion in the United States and Great Britain and has surpassed (or will soon surpass, depending on who does the polling) Judaism as the third most populous religion in the U.S. (Christianity is the most populous religion in the U.S. and Islam is second). Islam is the fastest growing religion in the world (primarily because of high birth rates, not because of new conversions). Buddhism is the fastest growing religion in Australia. The Falun Dafa or Falun Gong religion is the fastest growing religion in China.

The leading voice among world Witches is [witchvox.org](http://witchvox.org). Witchvox is a great web site with listings for a wide variety of witchcraft practices and beliefs.

## witch

A witch is a female shaman, typically including divination (astrology, palmistry, Tarot, I Ching, etc.), healing (herbal medications, aromatherapy, massage, sacred sexuality, etc.), and magick. (see note below about male witches)

## witchcraft

The practice of any of the arts of a witch or the religion of a witch.

## warlock

Wizard; traitor. From Old English *wær* covenant + *-loga* one who denies (related to *leogan* to lie), literally meaning “oath-breaker”. This term reflects medieval Christian propaganda and does not accurately describe a male witch.

There is a lot of confusion over exactly what witchcraft is. Part of this confusion is because “witch” has a lot of different meanings, and the number of meanings is expanding rapidly. The preceeding definition is a root definition, from which the many modern definitions are derived. Obviously there will be a lot of modern witches who don’t match the root definition. Teen Witch is not trying to exclude them. Once you understand the root definition, it becomes easier to understand how the many modern varieties came into existence.

In particular, Teen Witch is not trying to discriminate against guys. Of course men can be witches. Traditionally, witches are women, but there have always been a small number of male witches. In modern times it is much more common for males to become witches.

## early witchcraft

The origins of witchcraft were early human efforts to deal with women’s mysteries, particularly the menstrual cycle, pregnancy, and childbirth. Nobody is certain when witchcraft first started, although it

probably started around the same time that pre-humans mastered fire (around 400,000 years ago). The oldest evidence of witchcraft is a piece of whalebone from 106,000 years ago that has a crude calendar marking the phases of the moon and a woman's menstrual cycle.

Early witchcraft combined magick ritual with herbal preparations, built on millenia of lore passed down through generations of wise women.

As one example, consider the use of the rose. Modern science has revealed that the rose hip (the sweet part at the center of a rose) has the highest concentration of iron of any plant (it is also an excellent source of vitamin C). A woman loses a lot of iron during her period, and a natural supplement of iron has obvious positive benefits. Additionally, there are a few dozen minor trace ingredients in rose hips, many of which help stabilize a woman's emotions and moods while on her period.

Obviously early witches didn't know the scientific details, but they did know that eating rose hips (either fresh, or dried rose hips used to make rose hip tea) helped during menstruation. So, taking rose hips during menstruation became a fairly standard part of witchcraft.

In fact, it is this witchcraft practice that led to the association of roses with romance. Before Christianity, the use of rose hips or rose hip tea during a woman's period was fairly common knowledge. The men who were close to a woman (particularly her husband or mate) would make sure that they brought their lover plenty of roses during her period. And obviously a man would have to be on intimate terms with a woman to know the right timing for when to bring roses.

Several Christian popes attempted to eliminate the practice of witchcraft, including outlawing growing or possessing flowers with the death penalty (because witchcraft made so much use of various flowers for herbal preparations). This harsh penalty caused a lot of the common knowledge about the herbal effects of various flowers to be lost in Western civilization, but the association of roses with romance and love remained long after the actual witchcraft meaning was lost.

Witchcraft, like any living religion, has blossomed and grown and changed through the millenia, and now has lots of different forms. But all of those new forms can be traced back to early female shamanism.

## kinds of witchcraft

Just about every culture in the world had at least one form of witchcraft. There are several hundred common forms of witchcraft practiced in the United States, Great Britain, and around the world, the two most common being eclectic witchcraft and Wicca.

**Eclectic Witchcraft** is an individual approach in which a witch picks and chooses from many different traditions and creates a personalized form of witchcraft that meets her needs and abilities.

**Wicca** is a loosely connected group of about 150 modern Western witchcraft religions.

**Tameran Witchcraft** is any modern form of witchcraft based at least in part on ancient Egyptian witchcraft, including some forms of eclectic witchcraft and some forms of Wicca.

**Kemetic Witchcraft** is an attempt to exactly recreate ancient Egyptian witchcraft, usually one particular time period in ancient Egyptian history.

## Paganism

**pagan**

1. Originally “pagan” was used as a term of derision by city dwellers in the Roman Empire to make fun of the more superstitious version of Hellenism (the Greek religion) practiced in rural areas (from Latin *paganus* for “rustic”).
2. When the Christians took military control of the Roman Empire, they quickly stamped out non-Christian religions in the cities, but many witches, Jews, Hellenists, Gnostics, Zoarastrians, Mithraists, Hermeticists, and those of many other smaller religions fled to the mountains or to India or China. The Christians picked up the term “pagan” and applied it to all non-Christian religions, including witchcraft.
3. Later, Muslims (members of the religion Islam) borrowed the word “pagan” to mean all non-Muslims, including witches.
4. While some Christians continued to use “pagan” to mean non-Christian and some Muslims continued to use “pagan” to mean non-Muslim, the word came to mean any person who didn’t worship the “One God”, that is, everyone except for Christians, Muslims, and Jews. [NOTE: This is the most common meaning.]
5. Another variation of “pagan” was everyone except for Christians, Muslims, Jews, and atheists.
6. And then yet another variation was everyone except for Christians, Muslims, Jews, atheists, and members of Buddhism, Taoism, Confucionism, and similar aesthetic Asian religions (that is, “pagan” meaning those who are members of pantheistic, polytheistic, or witchcraft/shamanic religions).
7. “Pagan” could also mean anyone who wasn’t religious in a society completely dominated by either Christians or Muslims, that is, atheists, agnostics, and “wayward” members of Christianity or Islam, whichever was dominant.
8. And in recent decades, the term “pagan” has often been used as a shorter version of “Neo-Pagan”, including witches.

## Christian Witches

There are many Christian Witches right now today — and have been for as long as the Christian Church has existed.

But the official Roman Catholic position is that Witchcraft (of any kind) is heresy — and they used to put Christian Witches to death for it.

Some modern Wiccans honor Jesus as their male God and honor Mary (or Isis, who is also known as the Black Madonna) as their female Goddess. There are Witches that only worship the “official” Christian trinity, or just Jesus, or just the Christian God. And there are Witches that combine worship of Jesus with other Gods and/or Goddesses.

You have to decide in your own heart what you think is right for you....

## Natural Witches

A natural Witch is someone who has a natural Witch talent. If you are a natural Witch, your natural Witch talent will become obvious. Usually this happens fairly early in life, but it can be delayed until late in life.

The most common natural Witch talent is having dreams that foretell the future. Another common natural Witch talent is being naturally accurate with runes, tarot, or other divination.

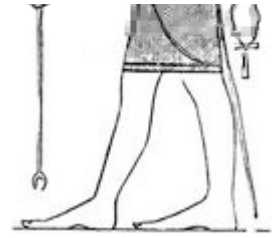
Anybody can become a Witch, but you have to be born with a Witch talent to be a natural Witch.



If you have a natural Witch talent, learning about Witchcraft and magick will help you learn how to control your natural Witch talent.

## Becoming a Witch

Becoming a Witch is pretty much the same as becoming a Buddhist, Christian, Muslim, Jainist, etc. If in your heart you know it is right for you, then you make the decision to become a Witch.



While there are some forms of Witchcraft that have specific entry requirements, most forms of Witchcraft are a personal decision. If you believe that you are a Witch, then you are a Witch.

You can perform meditation or other ritual to help you determine if Witchcraft is right for you.

You can also perform some kind of initiation ritual. Some Witchcraft traditions have specific initiation rituals. Other Witchcraft traditions call for the individual to create their own initiation ritual. And some Witchcraft traditions have no initiation at all.

It is best to learn about Witchcraft from a practicing Witch, but many Witches are self-taught.

Learning about Witchcraft can take a lifetime. There are many books out now that are designed to help beginners. The one we recommend is “Wicca for the Solitary Practitioner” by Scott Cunningham. A link for purchasing the book on-line is at Beginner’s Class.

We also recommend “The Teen Spell Book” by Jamie Wood.

If you have an AOL account, there is a scheduled class “Wicca 101” for beginners on Tuesday nights (twice, once for the east coast and once for the west coast) and a “Beginners Chat” on Thursday nights at keyword “Pagan” (then select “The Circle” Chatroom).

Witchvox.org also has resources for beginners.

## magick

- Love Spell
- Candle Magick
- Kitchen Witchcraft (with recipes)

## no spell begging

If you follow any of the links offered in this book, **no spell begging**. Especially no love spell begging.

## external websites

- Witches’ Voice at <http://witchvox.org/>

## religion

## religious variations

- Kemetic Orthodox
- Kemetic Rationalism
- native ancient Egyptian
- traditional ancient Egyptian
- Wicca
- Witchcraft

## people

- Ceremonial Magician
- Hem
- Hemet
- Magician
- Priest
- Priestess
- Sesh Per Ankh
- Shaman
- Witch
- Witch Doctor

Pr Ntr Kmt offers a certificate to verify that you are a member of the clergy and can perform weddings and other ceremonies.

Witchcraft is the fastest growing religion in the United States and Great Britain and has surpassed (or will soon surpass, depending on who does the polling) Islam as the number two religion in the U.S. (Judaism is number three, Witchcraft number four, Hinduism number five, and Buddhism number six). Islam is the fastest growing religion in the world (primarily because of high birth rates, not because of new conversions). Buddhism is the fastest growing religion in Australia. The Falun Dafa or Falun Gong religion is the fastest growing religion in China.

The largest religion in the world is subject to debate. Christianity, Islam, Buddhism, and Hinduism all claim to be the largest religion in the world. Nonreligious (including atheist, agnostic, secular humanist, deist, and theist) also rivals these large religions in numbers. Chinese traditional religions, primal-indigenous religions (including African traditional and African diasporic), and various New Age religions are large groups collectively.

## ceremonial magicians

The ancient Egyptian word for magician was Sesh Per Ankh.

### external websites

- Introduction to Ceremonial Magic at <http://www.cyberwitch.com/Wychwood/MagickalLodge/cmIntro.htm>

## Sesh Per Ankh

Sesh Per Ankh is ancient Egyptian for “scribe of the House of Life”. This can be translated into English as magician, witch doctor, priest, or professor.

## hem

Hem is the ancient Egyptian word for priest. The female version is hemet.

The general term for a priest in ancient Egyptian was Hem Ntr (priest of the divine). A priest of a specific deity was indicated by replacing Ntr with the deity name, such as Hem Ptah or Hem Bast.

## hemet

Hemet is the ancient Egyptian word for priestess. The male version is hem.

The general term for a priestess in ancient Egyptian was Hemet Ntr (priest of the divine). A priest of a specific deity was indicated by replacing Ntr with the deity name, such as Hemet Ra or Hemet Bast.

## priests

The ancient Egyptian word for priest was Hem.

## priestess

The ancient Egyptian word for priestess was Hemet.

## Shaman

Shamans are the religious leaders of many tribal religions, as well as many early human religions.

## external websites

- Shaman Links at <http://www.shamanlinks.net/>

## Witch Doctor

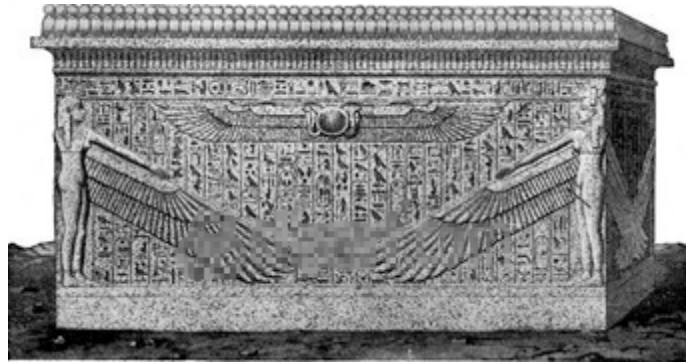
The word medicine comes from the prehistoric era of wise women who measure out plants in order to heal. More than two thirds of modern medications (total usage, not sheer numbers of drugs) are derived from ancient Witch herbal preparations!

Obviously beginning Witches don't have the knowledge to safely practice medicine. With Witchcraft now the fastest growing religion in the U.S., it may not be long before we see a return of the traditional Witch Doctor as teenage Witches prepare for medical degrees and bring back magickal healing.

Modern scientists discovered the placebo effect. They noticed that some people are cured of ailments, sometimes including normally terminal ailments, when given a sugar pill (called a placebo) rather than the actual drug being tested. A certain percentage of all people can (and have been) cured or helped by faith alone. It does not matter if the faith is faith in the power of modern medicine, or faith in Christian



angels, or faith in magick spells.



It was policy of the Christian Roman Empire to separate out magick from medicine.

Magick does not always work, even in highly skilled hands. But magick does work at a level greater than mere chance.

Some magick spells are so easy to do that they have become mass market technology. Everyone who lights a match or a lighter is using principles of ancient alchemy (the forerunner of modern chemistry).

Some magick spells take years or decades of careful preparation and practice.

Every culture from around the world has amazing tales, legends, and myths of Witches accomplishing the supernatural. But the effects that you see on television and the motion pictures aren't real.

### **no harm**

The only law of Wicca (the most common form of modern Witchcraft) is harm none (see the Wiccan rede).

The first rule of a Witch doctor is to do no harm.



picture courtesy of Golden Raven's Perch at <http://www.Goldenravensperch.net>

The threefold law states that whatever kind of magickal energy you emit into the world will return three times three back to you. So make sure that you send out positive and loving energy.

## **Wicca**

Wicca is the most common modern form of witchcraft. Wicca is any of more than a hundred formal witchcraft traditions or any of the personal eclectic variations.

### **Wiccan Rede**

The Wiccan Rede is summarized by the line “an ye harm none, do what ye will”.

## Sabbats

Wicca celebrates eight basic holy days, called Sabbats:

**Samhain** October 31st. Also called Halloween. Some Wiccans celebrate Samhain over three days (see also November 1st and November 2nd).

**Yule** December 21st (or Winter Solstice).

**Imbolc** February 1st or February 2nd.

**Ostara** March 21st (or Spring Equinox, March 20th).

**Beltane** May 1st.

**Litha** June 21st (or Summer Solstice)

**Lammas** August 1st.

**Mabon** September 21st (or Autumn Equinox).

## Books

If you want your book reviewed, please send a copy to: Milo, POB 1361, Tustin, CA 92781, USA.



**Wicca: A Guide for the Solitary Practitioner** (Llewellyn's Practical Magick Series); by Scott Cunningham; Llewellyn Publications; November 1990; ISBN 0875421180; paperback; 240 pages



**To Ride a Silver Broomstick: New Generation Witchcraft**; by Silver Ravenwolf; Llewellyn Publications; May 1993; ISBN 087542791X; paperback; 320 pages

**Witch Alone: Thirteen Moons to Master Natural Magic**; by Marian Green; Thorsons Pub; August 1991; ISBN 1855381125; paperback; 192 pages



**Embracing the Moon: A Witch's Guide to Rituals, Spellcrafts, and Shadow Work**; 1st Edition; by Yasmine Galenorn; Llewellyn Publications; March 1998; ISBN 1567183042; paperback; 312 pages



**Summoning Forth Wiccan Gods and Goddesses: The Magick of Invocation and Evocation**; by Maeve Rhea, Barbara E. Vordebrueggen; Citadel Pr; November 1998; ISBN 0806520396; paperback; 176 pages



**Teen Witch: Wicca for a New Generation**; by Silver Ravenwolf; Llewellyn Publications;

September 1998; ISBN 1567187250; paperback

If you want your book reviewed, please send a copy to: Milo, POB 1361, Tustin, CA 92781, USA.

### **no spell begging**

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### **external websites**

- Wicca, the religion ay the Ontario Center on Religious Tolerance at <http://www.religioustolerance.org/witchcra.htm>
- Witch Hunt at <http://www.geocities.com/Athens/Delphi/6696/burnwitc.htm>(Burning Times — list of witches executed)

## **Wiccan Rede**

There are many different versions of the complete Wiccan Rede. This is an older version. All versions end with some variation of the words “an ye harm none, do what ye will”. Feel free to send in your favorite version.

### **Rede of the Wicca**

Bide the Wiccan laws ye must, in perfect love and perfect trust.  
Live and let live—fairly take and fairly give.  
Cast the Circle thrice about to keep all evil spirits out.  
To bind the spell every time, let the spell be spake in rhyme.  
Soft of eye and light of touch—speak ye little, listen much.

Deosil go by the waxing Moon—sing and dance the Wiccan Rune.  
Widdershins go when the Moon doth wane, and the werewolf howls by the dread wolfsbane.  
When the Lady’s Moon is new, kiss the hand to Her times two.  
When the Moon rides ar Her peak, then your heart’s desire seek.  
Heed the North wind’s might gale—lock the door and drop the sail.  
When the wind comes from the South, love will kiss thee on the mouth.

When the wind blows from the East, expect the new and set the feast.  
When the West wind blows o’er thee, departed spirits restless be.  
Nine woods in the Cauldron go—burn them quick and burn them slow.

Elder be ye Lady’s tree—burn it not or cursed ye’ll be.  
When the Wheel begins to turn, let the Beltane fires burn.

When the Wheel has turned to Yule, light the Log and let Pan rule.  
Heed ye flower, bush and tree — by the Lady blessed be.  
Where the rippling waters go, cast a stone and truth ye’ll know.  
When ye are in dire need, hearken not to others’ greed.  
With the fool no season spend, or be counted as his friend.

Merry meet and merry part — bright the cheeks and warm the heart.  
 Mind the Threefold Law ye should — three times bad and three times good.  
 When misfortune is enow, wear the blue star on thy brow.  
 True in love ever be, unless thy lover's false to thee.  
 Eight words the Wiccan Rede fulfill — **an ye harm none, do what ye will.**



courtesy of Golden Raven's Perch at <http://www.Goldenravensperch.net>

## Dianic Witchcraft

Dianic Witchcraft is a woman oriented form of Witchcraft. It is the only form of Witchcraft that is exclusively female. While most Dianic Witches are lesbians, there are also straight and bi- Dianic Witches. Dianic Witchcraft is an earth-based, peaceful religion. Modern Dianic Witchcraft is feminist.

To an outside observer, Dianic Witchcraft may appear to be a single tradition, but actually it is an intertwined group of traditions that have influenced each other over the centuries and millenia.

### origins of Witchcraft

Witchcraft is as old as humanity (and older than modern humans). Witchcraft originated as a practical method for dealing with women's health issues, especially fertility, pregnancy, and childbirth. Over tens of thousands of years, Witchcraft expanded to include male health and most every part of daily human existence.

The practical nature of early Witchcraft can be demonstrated by the origins of the giving of roses as a romantic gesture.

Ancient Witchcraft taught that women should eat rose hips (dried or fresh) during their menstrual period. A woman's lover would gather roses for this purpose. The earliest known gardening was the planting of roses along the most travelled routes of early nomadic humans.

Modern science has identified the rose hip as having the single highest concentration of iron of any plant. Iron is a major component of red blood cells, and without iron supplements, many women feel lethargic during their periods.

Contrary to Christian and Muslim propaganda, this is the practical nature of real Witchcraft.

### Italic Dia Anna

In the pre-Roman Italic peninsula, one of the most important deities was Dia Anna, Goddess of the forest and childbirth, Lady of Beasts. Dia Anna was associated with women, particularly lesbians. Many pre-Roman Italic Witches considered Dia Anna to be their patron deity.

## Roman Diana

The Romans worshipped Dia Anna as Diana (or Diane). The Roman religion was rather primitive and very few native deities (Diana, Saturn, the Lars, and a few others). When the Romans conquered the Greeks, it became common for the Roman patricians (wealthy, ruling male citizens) to have Greek tutors. Greek culture oozed into almost every aspect of Roman, including religion. Roman deities took on the characteristics and myths of similar Greek deities (and Greek deities supplemented the original Roman, with new Latin names).

During the Roman Empire, Diana became identified with the Greek Artemis, taking on many of the characteristics and myths of the Greek Goddess. During this period, Diana became the Goddess of Light and the Moon, Queen of Heaven. Diana also became the Divine Huntress and Protector of Animals.

In classical Roman Dianic worship, the priesthood were single women (not necessarily lesbian, many left the priesthood to be married).

## Greek Artemis

Artemis first originated as a Goddess of the Anatolian people (in modern Turkey). Artemis entered Hellenism (the Greek religion) when the Greek people conquered Anatolia (recounted in Homer's Iliad — the story of Helen and the Trojan War).

The Greeks were a highly patriarchal culture, to the point of denying women any civil rights and considering women to be property (livestock). Hellenism started out with only male deities (initially, variations on the angry invisible sky father). Because of the dim view of women, Hellenism had no Goddesses (you see the same thing in other patriarchal religions such as Zoroastrianism, Judaism, Christianity, and Islam).

As the Greeks became more civilized, they added female deities by adopting the various female deities of the cultures they had conquered. Among the deities added was the Anatolian Artemis.

## Kore archetypes

There are three basic roles that Gods and Goddesses can fill: deity, archetype, and token. As deity, a God or Goddess fulfills the all encompassing divine role, usually as creator and sustainer of life and the universe (as in Christian hymns). as an archetype, a God or Goddess represents a fundamental truth (as in "what would Jesus do?"). As totem, a God or Goddess empowers a magick spell (as in Christian prayer magick).

**Kore** is the Greek word for "virgin". In ancient Greek culture, virgin meant a woman who had not yet given birth, not the Christian meaning of a woman who had not yet had sex.

The Greeks believed there were three basic Kore archetypes: Kore Persephone, Kore Athena, and Kore Artemis.

Kore Persephone was the "young maiden", a girl who was Kore because of youth.

Kore Athena was the career woman, who remained Kore because of dedication to some craft-based business.

Kore Artemis was the "wild woman", who remained Kore because she was a lesbian.

It is through the Greek influences of Artemis that Dianic Witchcraft became associated with lesbianism. At this time many lesbian Dianic rituals came into being.

## **Bast and Isis**

The Greeks already associated Artemis with the ancient Egyptian Goddess Bast before the Greeks were conquered by the Romans. Dianic Witchcraft, in turn, associated Bast with Diana.

In the Roman Empire, the two most popular deities among women were Isis and Bast. The city of Paris was named for a large temple to Isis (Per Isis means the Temple of Isis). On orders from the Christian Roman Emperor, Christian soldiers raided the Temple of Isis, killed all of the priestesses, stole all of the temple treasures, and used the building as a Christian Church. Later, the Roman Catholic Church built the Notre Dame Cathedral on the same spot. The Roman Catholic Church even kept the original carved wood statue of Isis from the original Temple of Isis, until the 1500s when a woman stormed in, claimed to be a priestess of Isis, and demanded the return of the property. She pointed out the myth of Isis and Osiris was carved into the altar. The Roman Catholic priests immediately declared the altar “Satanic” and had it smashed into little bits and burned, as well as ordering that the woman be tortured and burned alive as a “Witch”.

See the Cosmic Orgasm for an ancient Egyptian creation myth featuring Sekhmet-Bast

See >Morning Ritual for an ancient Egyptian ritual honoring Isis and Bast

## **Stregha**

After the fall of the Western Roman Empire, many of the people of the Italic peninsula returned to a modified version of the pre-Roman Italic religion. The resulting form of Witchcraft is called Stregha (sometimes called Streghe). Medieval Italic Dianic Witchcraft was part of Stregha.

In Streghe, Diana is believed to have been the mother of the Goddess Aradia. One of the most famous books on Witchcraft is “Aradia”, written in the late 1800s, recording many of the oral traditions of Stregha Witchcraft.

## **Lucia**

As Goddess of Light, Diana became associated with the Germanic Goddess of Light, Lucia. In some places, the two Goddesses became interchangeable.

## **Wicca**

In the late 1800s, Christianity’s political power had waned enough that some Witches started to practice semi-openly again. In the 1930s a reconstituted British Witchcraft, called Wicca.

Since then, Wicca has split into hundreds of varieties, placing modern Witchcraft ideas on the structure of a variety of ancient Witchcraft traditions, including Dianic Wicca.

Unlike most forms of Wicca, which invoke the divine as a heterosexual male and female pairing of Lord and Lady, Diannic Wicca invokes the divine as essentially feminine, with just a Lady (usually Diana, but also Artemis, Bast, Isis, Lucia, and other ancient Goddesses from any ancient culture). Some Dianic Wiccans reject a masculine aspect to the divine, while other Dianic Wiccans recognize a masculine aspect but only invoke the feminine in their ritual.

## American Dianics

Zsuzsanna E. Budapest and three friends founded the Susan B. Anthony Coven in 1974, calling their tradition “Dianic”. In 1975, Z Budapest was arrested for reading Tarot cards. She wrote the book **The Feminist Book of Lights and Shadows** to share her “criminal” religion.

Morgan McFarland founded her own tradition in the Dallas area. McFarland took the name “Dianic” from a reference to an ancient European nature-religion called the Dianic Cult mentioned in Margaret Alice Murray’s book **The Witch Cult in Western Europe**. McFarland was familiar with Z Budapest and admired her courage. McFarland’s version of Dianic Witchcraft includes both men and women (it is very unusual for any form of Dianic Witchcraft to include men).




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### Dianic Witchcraft related web sites

<http://www.geocities.com/Wellesley/7599/goddessg.htm> (Spiderwomon’s Dianic site — lots of cool stuff)  
<http://www.zbudapest.com/> (founder of American Dianic Witchcraft)  
<http://dianic.faithweb.com/dianics.htm> (a personal Dianic site, including Goddess devotions)  
<http://www.pagan.drak.net/dreamweaver/pagan.html> (Out of the Broom Closet — lots of cool stuff)  
<http://www.geocities.com/Wellesley/7599/dianichistory.htm> (Dianic history)  
<http://www.geocities.com/WestHollywood/Heights/5665/dianic.html> (a brief description of Dianic Witchcraft)  
<http://www.teenwitch.com/DEITY/ROMAN/DIANA.HTM> (information about Diana)  
<http://www.flashsilvermoon.com> (Flash Silvermoon’s site, including her Wise Woman’s tarot deck)

### general Witchcraft related web sites

<http://www.witchvox.org> (the Witch’s Voice — *the* Witchcraft site)  
<http://www.teenwitch.com> (introduction to Witchcraft for teenagers)  
<http://www.witchcraft.org> (Children of Artemis — Witchcraft and Wicca in the U.K.)

## Morning Ritual

Morning Ritual was one of the holiest of all ancient Egyptian rituals, a greeting of the rising sun in honor of either Bast or Isis.

Most commonly done nude, it included singing and chanting, sometimes set to music (especially the shaking of the sistrum). Neter Sentra, or incense, was burned, with a combination of cannabis hemp

flowers and cinnamon being the most common ingredients. The ritual also involved cunnilingus.

Shortly before the sunrise, worshippers of Bast or Isis would light their incense. The incense was believed to carry the wishes, dreams, and desires of the participants to the Goddess.

Cunnilingus was viewed as an important and central part of Morning Ritual. The ancient Egyptians believed that the vaginal fluids produced during orgasm had magick properties. They called these fluids the “nectar of the Goddess” and believed that this was what gave the deities their immortality. They also believed that if a human drank the nectar of the Goddess every morning at sunrise, that the human would also attain immortality. At the very least, the drinking of the nectar of the Goddess was viewed as an important component for general health.

Early Christianity originally viewed women as property (livestock) and didn’t believe that women even had souls. Therefore, Christianity overlooked women’s spirituality and ignored the religious practices of women. While Christian soldiers were slaughtering millions of pagan men, they left women to worship whomever they pleased. Most women worshipped Isis or Bast.

As a result, about two million women engaged in Morning Ritual in the city of Rome every day, their orgasmic moans filling the ancient urban skies with their devotion to Isis and Bast at sunrise.

Unfortunately, a Roman Catholic Pope liked to sleep in late and was severely annoyed by being woken at sunrise every day by millions of female orgasms.

So, the Pope outlawed oral sex with the punishment of the death penalty. The Roman Catholic Church continues the ban on oral sex even to this day (although they haven’t executed anyone for oral sex in several decades).

Bast’s Breath is the belief that the smoke of marijuana is the holy breath of the Goddess Herself. The original phrase is “Neter Sentra”, meaning incense or the “breath of the deities”.

The following incense recipe is synthesized from several ancient and modern sources.

### **Incense for Bast**

- 6 parts marijuana buds, marijuana leaves, or hashish
- 4 parts frankincense
- 3 parts acacai gum
- 2 parts myrrh
- 1 part catnip
- 1 part cedar
- 1 part cinnamon
- 1/2 part juniper
- 2 drops civet oil

The famous “hookah” started as large, intricately-carved table-like pieces of furniture, which originally served as home altars to Bast. In addition to use in home rituals such as Morning Ritual,



guests would be invited around the altar to honor the Goddess with a few tokens.

## We Really *Are* Different

an essay by Gini, a psychologist, who requests feedback and comments.

Because of the cultural environment we are in, nearly all of us must interact with Christian friends and family members, and our understandable tendency is to want to clear up the obvious misunderstandings and stereotypes based on ignorance (We don't worship the devil, hold ritual orgies, etc.) and then to focus on what unites us, not what divides us, from the Christians in our lives.

This is **our** mind-set — in our eyes all spiritual paths are equally valid to those who sincerely believe them and so we simply don't see why differences in choice of path should be a big deal. It's live and let live, right? Unfortunately, even when dealing with mainstream, non-fundamentalist, "nice" Christians who sincerely do believe in freedom of religion and separation of church and state as political principles, it doesn't necessarily work that way.

We pagan folk of whatever variety really **are** different from Christians in our world view in at least four important ways and pretending that these differences aren't there and don't matter can lead to difficult or at least awkward situations, and unrealistic expectations of tolerance and acceptance.

The first I've already mentioned. Most Christians, even those who consider themselves tolerant and open-minded and who don't try overtly to convert us, regard Christianity as **the** (and usually the **\*only\***) true religion. In their eyes we are misguided; we are ill informed; we don't understand Christianity or else we'd embrace it; we are (if young) going through a rebellious stage; we're over-reacting to a nasty experience with a so-called Christian, etc. Particularly when it comes to family members, they are only too happy to make excuses for us and wait, with more or less patience, until we "come around" as they are sure we will.

They honestly don't see how patronizing this attitude is, how horribly irritating this behavior, which we perceive as arrogance, can be. So our interactions become awkward — our Christian friends and family members are genuinely puzzled and eventually frustrated by us, and we in turn grow increasingly irritated by them. When we're together, it's like rubbing two pieces of sandpaper together, so in time we come to avoid it and drift apart.

But it's all so simple to us — a matter of live and let live and recognition of the validity of the other's path for them, and wishing joy and spiritual growth to others regardless of the path they choose. Simple to us. Unfortunately, for mutual understanding and respect, only a small minority of Christians can take that view. Even when they make a concerted effort not to interfere with us, from their perspective, our souls are at peril, and not doing something about that sets up a conflict between their behavior and their belief system. So, they bite their tongue and remain silent and uncomfortable, or they speak up and overt conflict results.

Even when we seem to have found a common language, something we agree on, sometimes we haven't, not really, and that's a second fundamental difference. Talk about "taking responsibility" is rampant these days among both Christians and pagans. But, once we agree that it's a good thing to do, we find we mean very different things by it.

When we talk about "taking responsibility" we mean accepting the fact that everything we do has consequences and that what we do is our decision to make — we are free to act. As the poet put it, "I am the master of my fate; I am the captain of my soul." In other words, "taking responsibility" means taking charge of ourselves, accepting ourselves as free people with choices to make, and valuing our uniquely human autonomy. We are in charge of us, and accept that we are responsible for the consequences, good

and bad, of exercising this freedom.

But what many Christians mean by “taking responsibility” is following the rules set forth and established by others, even when nobody is watching, of taking ownership of these rules, monitoring their own behavior for adherence to them, and internalizing the rules. In this sense, “taking responsibility” becomes not an acknowledgment and exercise of freedom but rather an acceptance of voluntary constraints. In that sense, “taking responsibility” involves a surrender and subordination of the self, presumably for the greater good.

One way of viewing this very profound difference is the distinction made by Joseph Campbell between being subjects of a society and being citizens of it. “Subject” implies a degree of subordinating oneself to a larger society. Citizenship involves taking an active role in molding and shaping the social structure. As anybody who has tried to organize a pagan gathering or function knows, we are really lousy at being followers; we are cats who just don’t herd.

“Taking responsibility” and the different meanings most of us and most Christians place on it leads to another slippery term, “Self-control”. In this case too, we agree that it’s a good idea. But we differ even more radically in what we mean by it.

To us, “self-control” means having and maintaining control over ourselves and not surrendering it to another or to a larger force except voluntarily, briefly, and under very special circumstances, (such as when we join energies with others in ritual and let somebody else direct the Work, or when two people merge themselves in the act of love). Self-control means being in charge, in command of one’s self, of doing as we will so long as it harms none. It means exerting control, and positively and intentionally directing our will in order to achieve desired goals. Underlying this view of self-control is the assumption that we as human beings are creatures of intrinsic worth, who have the capacity to achieve good, to achieve beneficial ends through the use of our own will.

The prevailing (but not only) Christian view could scarcely be more different — self-control involves overcoming one’s “baser” impulses and **not** doing that which is natural, but rather doing that which social order and Deity seem to require. In short, self-control in this sense means subordinating one’s natural will, rather than harnessing it. Behind this concept is the notion of original sin — that humans are inherently evil — or at least the idea that people are basically amoral and uncivilized.

In short, to many Christians, “self-control” means subordinating one’s self and to most pagans, it means asserting one’s self. The same term, used with meanings nearly 180 degrees different.

This difference in viewpoint concerning the intrinsic worth of the self leads to a vast difference in the way we view our relationship with Deity — the fourth and probably the largest, major disparity in world view between ourselves and our Christian friends and family members.

Most Christians view their relationship with Deity as one where the person is in the role of supplicant who petitions Deity, through prayer and other rituals. How effective prayers will be is dependent on Deity. The human is in a dependent and very much subordinate position in this interaction.

Deity is to be not just deferred to, but often actually feared, and is viewed as being both above and outside the self. This separation between self and Deity is what the Christian seeks above all to overcome. Those Christians who do not believe in literal hell and brimstone (which is probably most of them) do believe that hell is an afterlife when one is permanently separated from Deity, while heaven is an eternity spent in the company of Deity. In this view, a major goal of this life is to live in such a way that one achieves mystic unity with Deity in the afterlife.

To most of us, the idea of “fearing” Deity is very hard to comprehend. Deity is viewed as being all around us, and within us, and to fear Deity would be to fear ourselves. Consequently, we seek to work **with** Deity to achieve our purposes, not to supplicate, beg, bargain, and plea, and the extent to which we

succeed depends on us.

Achieving a oneness with Deity isn't something that has to wait for an afterlife — it is something that just is, because there is naturally within us all that which is divine, and we have the capacity to get in touch with that part of what is in us. There is no distinct line, in our view, between the “natural” and “supernatural”, between us and the more-than-us.

To the extent that Christians understand this mind-set of ours, it is, to most of them blasphemy, hubris, and incredible arrogance. It seems to them that we are setting ourselves up as veritable God/desses and surely we will be damned for it. It strikes at the very core of their belief system. They can no more accept our ideas about relationship to Deity than we can accept their claims of being **the only** true religion. And the result is the same — interactions become uncomfortable and we drift apart.

Here in Maine, there has been much recent emphasis on reaching out and building bridges, on overcoming misunderstandings and focusing on what unites us, rather than what divides us from the Christians who make up the majority of the society in which we live. Yes, we should do this — educate, gently overcome disinformation, seek to make common cause, join in ritual and celebration. If we are to gain mainstream understanding, it is both necessary and desirable to do these things.

BUT — when all is said and done, we **are** different, and these differences go to the core of what and who we are. We cannot make these differences go away or pretend they don't matter. They are very real and they do matter. We should not go out of our way to magnify them (they are big enough already) but neither should we try to sweep them under the rug. We are who we are, and while we can and should seek greater understanding, we must realize that understanding may not lead to acceptance.

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## ~\*Wicca Saves\*~

an essay by Kali Moon-Lotus

My best friend suffers from depression. Whether a doctor would label it clinical or not, it is there.

She is an eight-time suicide attempt.

Recently, she was going through much pain and stress, and she looked over at a bottle of sleeping pills. Her thoughts were, “I could take those pills, and I wouldn't wake up.”

Staring at the pills, she thought of why she couldn't kill herself. She thought of all her friends. She thought of the people who loved her. And she thought of Wicca.

Being a Wiccan has saved her life in hundreds of ways. And I am grateful that she found this wonderful faith that helps her understand how beautiful her life is.

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## greetings, salutations, and partings

### greetings

These are some of the common greetings used by witches:

**merry meet** A common Wiccan greeting, sometimes abbreviated mm.

**MM** Abbreviation for the Wiccan greeting merry meet.

**merry part** A common Wiccan parting, sometimes abbreviated mp.

**MP** Abbreviation for the Wiccan parting merry part.

**blessed be** A common Wiccan greeting and parting, sometimes abbreviated bb. Sometimes you will here jokes about blessed bees.

**BB** Abbreviation for the Wiccan greeting blessed be.

**LL** New Age and Witchcraft greeting and parting, meaning love and light. Sometimes you will hear jokes with different meanings for the two Ls, such as lust and licks.

**em hotep** Egyptian greeting. Translates into “in peace” or “in love”.

**93** Thelmic greeting. “It’s the Gematria (numerology) for the word thelma (Will) and Agape (Love), used as a Thelmic greeting.”, according to Snakedaddy156. “93 is the numeric value of the Greek words for Love and Will. 93 is shorthand for ‘Do as thou wilt shall be the whole of the law. Love is the Law. Love under Will.’”, according to Cerridwyns Fire.

## books

If you want your book reviewed, please send a copy to: Milo, POB 1361, Tustin, CA 92781, USA.

# magick

Magick topics:

- altar
- amulet
- astrology
- aura reading
- book of shadows
- box, magick
- candle magick
- casting a circle
- divination
- djed
- elements
- erotic dance
- love bath
- love spells
- magick box
- magician
- money spells
- names
- numerology
- pentacles
- pentagrams

- preparations
- potpourri
- Sesh Per Ankh
- talisman
- tet
- Wicca
- Wicca
- witch
- witchcraft

## altars

An altar (at its most basic) is a flat surface for performing ritual. It can be a table, a flat rock, a flat tree stump, or an intricate carved marble altar. Many Witches do not have a separate altar, but use the top of some ordinary piece of furniture as an altar. When this is done, there is usually a special altar cloth that is laid over the furniture top during the performance of ritual.

Exactly what goes on the altar varies by Witchcraft tradition. Some common elements include: candles, a bowl of water, salt, incense (and incense holder or censor), a statue or picture of gods or goddesses (either gods or goddesses related to the specific ritual being performed, or gods or goddesses that are special to you), flowers, berries, crystals and rocks, leaves, twigs, just about anything natural, wine glass (and ceremonial wine), representations of the elements (earth, air, water, and fire, for most Western traditions, or the five Chinese elements of metal, water, wood, fire, and earth), a ceremonial knife (called an athame), a wand, any ingredients for the rituals or spells to be performed, any special tools of your Witchcraft tradition, and anything that you feel helps connect you to the divine or to Witchcraft.

Some Witches set up a shelf or furniture top as a permanent altar setting. They may place a temporary flat surface in front of the permanent altar setting when using the altar. Or they might leave open space for this purpose in front of the permanent setting.

The permanent altar setting becomes a full time display honoring nature, the Lord and Lady, or anything else of interest to the Witch. Some Witches enjoy working on a permanent altar setting as a hobby or as artistic expression, continually refining it or changing it to match the wheel of the year.

Some Witches can't have a permanent altar setting (disapproving parents, pets, small children, etc.) and other Witches prefer to keep their magick more personal and out of public display.

In the Burning Times, Witches had to either cleverly hide permanent altars as just "displays" or had to use only temporary altars.

Whether permanent or temporary or some combination of both, the altar becomes a personal expression of your spirit, your spirituality, and your magick. Your altar should be both decorative and functional. Your altar should "feel right" to you.

Many Witches cast a circle when using their altar.

Feel free to submit JPEGs of your personal altar. Indicate the season, deity, Witchcraft tradition, or other special information that may help understand your altar.

## amulets

An amulet is a magically empowered item that deflects specific energies or forces from the person wearing or carrying it. Usually amulets are protection from some kind of negative energy.

A talisman is a magically empowered item that attracts specific energies or forces to the person wearing or carrying it.

In European Witchcraft traditions, amulets are natural items or jewelry made with natural items (talisman were traditionally human made items). In these traditions, amulets protected and talismans projected.

Sometimes an athame is used to consecrate, charge, or empower an amulet.

Feel free to submit JPEGs of your personal amulets. Indicate the materials, symbols, deity, Witchcraft tradition, or other special information that may help understand your amulet.

## examples of amulets

The following examples of amulets are from Earth Spirit Emporium. Many of these examples are still available for purchase, but as time passes some will no longer be offered.



### Pentacle Man Amulet

**“Pentacle Man Amulet:** The pentacle is the map of the cosmos. The attached man reminds us that we too are made of the same things as the rest of the universe. Thus we are cousins to stars and interrelated with all things. Does not come with a chain. Approximately 1" dia.” — Earth Spirit Emporium (note that products and availability may change over time)

### Earth Dragon Pentacle

**“Earth Dragon Pentacle:** Pentagram’s magic and skill clasped secure within Dragon’s legendary might manifests protection from betrayal. Produced in pewter, enhanced with Swarovski crystals and/or gold and provided with a chain. 2" x 1 1/2"” — Earth Spirit Emporium (note that products and availability may change over time)



## aura reading

by Donald M. Kraig

It has been my experience that many gifted aura readers cannot see them at all. Rather, they “sense” them.

Just as we have physical senses, we have astral senses which allow us to see onto the astral plane.

During the seance of the late 19th Century, one of the signs of contact with the spirit world was the sound of “spirit bells.” This indicated that the astral hearing sense was open. Similarly, if the astral vision is open, one can see auras (among other things).

However, here is a basic method to see auras.

1. Obtain 1 piece of 8.5 x 11 black construction paper
2. Obtain 1 poster-size piece of black cardboard
3. Obtain 1 friend who wants to help
4. Obtain 1 desktop lamp

**Experiment 1:** seeing your own aura:

1. Dim the lights so you can see, but so there are no bright lights in the room. Candlelight is often ideal.
2. Hold the black construction paper in one hand.
3. Hold your other hand, with fingers spread, an inch or two in front of the piece of black paper.
4. Allow your vision to “soften,” that is, don’t try to focus on anything.
5. Slowly move your hand a bit closer, or a bit further away.
6. In a short time you should be able to see a golden or greyish glow around your fingers and hand.
7. This is the physical aspect of the aura. With practice, this glow will expand. That is, you will see more of the aura, including colors.

**Experiment 2:** seeing the aura of another:

1. Put the lamp with a very small bulb on a small table.
2. Put the poster at the edge of the table. A small stand for the poster can help.
3. Have your victim...er...friend stand or sit in front of the poster. His or her head should be centered in front of the poster, although you can set it up so that the person is closer to the top and their shoulders are in front of the poster as well as their head. Leave at least a few inches of poster above your subject’s head.
4. Turn off all of the room lights. Turn on the light behind the poster.
5. Look at the person. Soften your focus as in experiment one. Some people describe this as looking beyond the subject.
6. Once again, you should be able to see the physical aura fairly rapidly. With practice, this can expand to other layers of the aura, including the more colorful ones.

Once you have succeeded with these experiments, try the technique in a dimly-lit room but without the black backgrounds. Later, move on to more brightly-lit rooms.

Good luck

## book of shadows

Every Witch makes his or her own Book of Shadows. A Book of Shadows is your personal magick diary, with notes on what rituals and magick you performed, when you performed it, what you did, what kind of results you got, any feelings you have about your magick, your life, or anything else that you feel is important to record about your experiences as a Witch. These notes help you to better understand both yourself and your magick. You can use any blank pages book (check stationary stores for books with both lined and unlined blank pages and many different kinds of covers) or you can learn how to make your own paper and how to bind it into a book or you can just use ordinary notebook paper and any binder of your choice.

The plural of Book of Shadows (when talking about more than one of them) is Books of Shadows (*not* Book of Shadowses). Book of Shadows is often abbreviated as B.O.S.

You will usually want to be able to easily add pages anywhere in your Book of Shadows or even move pages around. This means some kind of loose leaf binding, usually a two or three hole notebook. Some Witches prefer bound books, which means that once something is put in, that's the order it is in, and it can't ever be changed. If you use a regular two hole or three hole notebook, you can also get plastic binder pages to insert special items that you don't want to hole punch. Some Witches keep daily Books of Shadows in loose leaf notebooks, and once a year (or whenever makes sense) transfer the most important information into beautiful bound books (some even learn bookmaking and make their own books).

You may want to consider what will happen if your Book of Shadows falls into the wrong hands (angry parents, troublesome siblings, cranky teachers, etc.) and store or keep your Book of Shadows appropriately. You may want to include personal identification information (name, address, phone number, e-mail, etc.) in case your Book of Shadows gets lost.

Several people have written in and asked about sharing Books of Shadows. It is acceptable to share when you feel comfortable. Normally parts of your Book of Shadows will be very personal and won't be shared and other parts will be things you might share with other Witches. Never let anyone else pressure you into sharing something you don't want to share and never try to make someone else share something if they feel uncomfortable sharing.

Some Witches keep their Book of Shadows on a computer. It is much better if you keep a real Book of Shadows. The process of actually writing something down or drawing something out helps make it more concrete. You will be much happier in the long run with actual books. Plus, once you learn how to make magick inks, you can use magick inks for writing in your Book of Shadows.

### things to include in your Book of Shadows

You decide what you want to include. You can leave things from this list out if you don't feel like including them. You can add other things that aren't on this list if you feel like including them. It is your personal Book of Shadows — make it your own!

**Title Page** Include your name, contact information, and the dates you start and end that Book of Shadows. If you end up keeping different Books of Shadows for different subjects, then label the subject too.

**Dedication Page** Write down your spiritual commitment. Things like why you are practicing Witchcraft, what you hope to learn, how you hope to grow, that kind of thing. If you want to dedicate your book to a particular God, Goddess, or more than one, write that down and why. Include the date and whatever astrological information you know. Over time, you may find that you want to change your dedication. That's cool. In that case, *add* a new dedication page and keep the old one — you will want a record of how you have changed and grown in your craft. Don't be embarrassed by old dedications — that's a record of how you grew in the craft. Some Witches add a new dedication once a year, four times a year, or even at each Sabbat.

**Invocation of the Goddess** This is an invocation of your Goddess. You can have more than one Goddess (or not even have one yet). You can start by including the famous *Charge of the Goddess* from Leland's *Aradia* or you can make up your own. Feel free to add additional invocations of the Goddess to various Goddesses as you discover them or make up your own.

**Invocation of the God** This is an invocation of your God (and this can be Jesus, if you are a Christian Witch). You can have more than one God (or not even have one yet). Feel free to add



additional invocations of the God to various Gods as you discover them or make up your own.

**Altar Diagrams** You may include diagrams, drawings, even photographs, of altars that you plan or make. Include any notes that you feel are important. See also the article on altars.

**Circle** Write down how you call or cast your circle. Include any chants or poems you recite or make up. Include any notes about anything special you do. Save old versions. You may start with the version at casting a circle.

**Rituals** Keep notes on all the rituals you try. Write down what you did and how it turned out. You can also include rituals you are saving for later (so they are handy when it is time).

**Lunar** Keep notes on your Esbats (Full Moon and New Moon), as well as any other lunar rituals (dark moon, waxing moon, waning moon, quarter moons, etc.). You can also include notes for lunar things you might want to do in the future.

**Drawing Down the Moon** If you do a Drawing Down the Moon ritual on Full Moon, keep notes on what you did, any visions or inspirations, and how things turned out.

**Sabbats** Keep records of what you do for each of the eight Sabbats in the Wheel of the Year. You may also want to save ideas for upcoming Sabbats (rituals, recipes, crafts, decorations, incenses, potions, spells, etc.).

**Holy Days** If you celebrate any holy days other than the Esbats and Sabbats, you will probably want to keep records of those. And you may want to save information on holy days you learn about in case you ever want to celebrate them in the future.

**Other Special Days** Keep records of any other special days, including your own birthday, and the birthdays of friends and families, anniversaries, and any other days that are special to you.

**Magickal Calendar** If the sections on Esbats, Sabbats, Holy Days, lunar cycles and other special days becomes large enough, you may want to consider keeping a separate Magickal Calendar book.

**Poems** These can be your own poems, poems you find inspiring, or any combination.

**Songs** These can be your own songs, songs you find inspiring, or any combination.

**Dances** These can be your own dances, dances you find inspiring, or any combination.

**Chants** These can be your own chants, chants you find inspiring, or any combination.

**Prayers** These can be your own prayers, prayers you find inspiring, or any combination.

**Invocations** These can be your own invocations, invocations you find inspiring, or any combination.

**Wisdom** You may include wisdom you receive from visions, from power animals, from spirit guides, from dreams, from friends, from rituals, from books, even from school or your parents.

**Astrology** Keep the astrological charts of yourself, your lovers, your friends, your family, and anyone else important to you. You can use Western astrology, Chinese astrology, Hindu astrology, or any other kind of astrology, or any combination that you prefer. See the article on astrology.

**Tools** Keep records on your magick tools, their purposes, connections to the elements, markings, etc.

**Magickal Information** This section is all of your magickal information. This includes spells, of

course, but can also include tables of correspondences, potions, oils, brews, incense, ointments, inks, tinctures, herb baths, bath salts, ritual soaps, sachets, powders, gems, crystals, candles, talismans, sigils, charms, magickal alphabets, runes, elements, knots, divination, etc.

**Recipes** Some Witches keep their recipes in their magickal information section. Others have a separate section for recipes. It's really a matter of personal preference.

**Magickal Diary** Some Witches keep their magickal diary at the back of their Book of Shadows. Some Witches keep their Magickal Diary in a separate book. It is a matter of personal preference. Some Witches even keep a separate detailed Magickal Diary, but include duplicates or summaries of the most important notes in the appropriate pages of their Book of Shadows. Your Magickal Diary records all the divination you do (astrology, Tarot, I Ching, Drawing Down the Moon, etc.), all the spells you perform (with the results), all of the rituals you perform, and anything else you do in your magickal life. You will also want to record dreams and visions. And you will want to keep notes on how you feel, how your life is going, what your plans and hopes and dreams are, and anything else that you feel is important about your life or your magick.

## casting a circle

### how to cast a circle

There are many variations on how to cast a circle (also named “calling corners”). If you belong to a specific Witchcraft tradition, you should follow the methods of your own tradition. If you are an Eclectic Witch (picking the best of each tradition) or still exploring which tradition you want to join, then you can cast a circle with the basic elements and experiment with what works best for you.

Most circle castings call on the four elements (air, earth, fire, and water), once for each direction (north, east, west, and south). Some circle castings also call on a deity (one per direction, or sometimes your male God for two directions and your female Goddess for the other two, alternating between male and female — with water and earth traditionally being associated with the female). The choice of which element to match with which direction varies by tradition. If you are casting the circle with others, each person can make the call for each “corner” or direction. You can experiment and each try different corners at different castings to see which fits each member of your coven best.

Your tradition may have specific sayings, ritual, or poems for calling each direction. You can make up your own poem or song.

The castings are done in a circle, typically clockwise in the northern hemisphere and counterclockwise in the southern hemisphere (although some Witches in the southern hemisphere also cast circles clockwise). Typically the castings start with the east “corner”.

Often the castings include ceremonially walking around the circle. Some castings will actually draw the circle (with chalk or sand), while others will mark it with incense smoke or candle flame. Some castings are entirely magickal (with the marking of the circle being a magick aura). You can combine methods.

Sometimes there are specific chants done while walking around the circle (a general chant of your God's and Goddess's names will do — some traditions have specific poems — you can make up your own circle casting poem or song). Some Witches dance instead of walk. Often there are three passes around the circle (but only one calling for each direction).

If you use elements in calling each direction, you should also have a ritual that matches that element.

Examples include lighting incense for air, lighting candles for fire, pouring water for water, and pouring dirt for earth. Your crystal can also be used as your earth symbol.

The ritual can be done at the corner or at the altar in the center of the circle (with a coven, it is common to have the high priestess and/or high priest perform the ritual at the altar while other coven members call the directions). If you perform the ritual at the corner, you will want to carry the element symbol (burning candle, etc.) around the circle while casting and then place them all on the altar before ending the casting of the circle.

If you are performing the casting solo, then you may need to carry the element symbol to the altar right away. This can be combined with the three times around the circle: cast the first element in the east, travel around the complete circle and place the element symbol on your altar, cast the second element in the south, travel around the complete circle and place the element symbol on your altar, cast the third element in the west, travel around the complete circle and place the element symbol on your altar, cast the fourth element in the north, and place the element symbol on your altar (going directly to the altar).

Many Witches end the casting with a ritual at the altar. Often this involves invoking the spirit of life as represented by salt (such as pouring salt). And usually this ends with a dedication or prayer to your deity (or deities). If the circle will be used for casting magick, then you might want to dedicate the circle to a God or Goddess associated with the kind of magick you will be performing. If the circle will be used for a holy day, then you will want to dedicate the circle to the Gods or Goddesses associated with that holy day. Of course, it is always appropriate to dedicate your circles to your personal God or Goddess (or both) for any purpose.

Your magick is done inside the circle. You should not cross the line of the circle except for emergencies. If you have to cross the line of the circle for an emergency, you should perform a ritual to “repair” the circle at your earliest convenience — and before casting any new circle (the “repair” ritual does not have to be in the same location, although that is better).

When you are done, you need to ritually take down the circle. This can be simple or elaborate. Often it involves going three times in the opposite direction as the casting (usually counterclockwise). Often there is a thanking in each direction (instead of a calling) — either thanking the element or thanking the deity (if you called on a deity for each direction).

Feel free to experiment and figure out what works best for you.

## Melting the Bunny

an essay by Lisa Morgenstern

Recently with the **CNN** and the *Los Angeles Times* articles about the March 16th [2002] event in Lancaster, California, there has been some confusion about our ritual. I’d initially not mentioned the details of our ritual to the press, for precisely the reason you might expect—that a “ritual” sacrifice, even done in fun, might not come across in our favor in the press. Keep in mind, that this is the second year we’ve done this ritual, and that it was a big hit last year, and we’ve never been bothered before with protestors, so hey, who knew? By the time we knew there were onlookers it was too late. I did omit the “Kill the Wabbit” chant I was going to do, just to keep the fundies from freaking.

Like it’s been said elsewhere, we did melt the chocolate bunny for fun. This part of the ritual was supposed to create laughter, which is grounding. The circle had just done an indepth visualization of a Grove of Trees to protect the store, followed by a Mah tone chant to raise energy. We needed to ground after that. It was pretty phenomenal, despite the interference with the music and the two men circling us the whole time, trying to drown us out.

My Georgian Friends will appreciate the MIRTH involved in the ritual, but as you can see, I was quite serious about what we were doing with the stirring of the chocolate... read on...

Here is a piece of the ritual we performed, the invocation I wrote and then the part with the bunny.

**Ariadne:** I am the goddess of springtime.

**Mikhael:** I am the Lord of night.

**Both:** Together we balance dark and light.

**Mikhael:** I am the Sun God, the Lord of many names.

**Ariadne:** I am the Goddess of the Moon, countless names have I.

**Mikhael:** I am the Sun which warms the Earth, and creates the spark of life within.

**Ariadne:** I am the Earth which nurtures all living beings.

**Mikhael:** I am everything, yet I am nothing without you.

**Ariadne:** I am everything, yet I am nothing without you.

**Mikhael:** I am God.

**Ariadne:** I am Goddess.

**Both:** We stand equal before you, on this day of Spring Equinox.

(Tree Visualization, followed by a Mah chant to raise the Grove around the store)

**Ariadne:** (Chocolate Bunny and Fondue Pot) The Goddess tells us in her charge, "I ask of you no sacrifice"...But this Rabbit's gotta GO! So we are going to "kill the wabbit". Then melt the bunny, telling it, "thank you for dying so we can eat you."

Ariadne says: As male and female are joined in this time of Spring, we bring our wands (which were straight pretzels) to stir in the cauldron of renewal, to stir up those sources of creativity within our souls, and bring forth new and wonderous things. We stir the cauldron of change and merge and blend, female to male, and from that joining comes all life and new beginnings. Blessed be the Goddess, without beginning without end! We welcome the Spring! Blessed BE!

Come now and stir your wand in the cauldron of renewal. (First Mikhael and Ariadne use pretzel and cauldron, then bring in to do so as well. Attendants bring up circle members one at a time while we sing a song)—Instead we passed out straight wand-like pretzels we'd already dipped with (yes it was white!) white chocolate, Chant: She Changes every thing she touches and Every thing she touches Changes!

Author, Ariadne "Lisa" Morgenstern, used with permission

The store mentioned in this essay is The Witches Grove at <http://www.witchesgrove.com>. For more information on the Christian protest, <http://www.angelfire.com/ca2/antelopevalleypagans/hatecrime.html>.

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## djed or tet

Djed, also known as the Djed Column, Djed Pillar, Tet, Tet Column, or Tet Pillar.



The djed was originally the backbone of the ancient Egypt neteru Asar (Osiris).

There were several holy days in which the boys and men would work together in teams to see who could erect the tallest Djed Column or Djed Pillar. These temporary wooden and reed structures often surpassed 100 feet tall and were burned to create a huge bonfire for dance magick ritual. Djed related holy days include: Raising of the Djed; and Raising of the Djed Pillars.

## examples of dual pentacles

The following examples of dual pentacles are from Earth Spirit Emporium. Many of these examples are still available for purchase, but as time passes some will no longer be offered.



### Dual Pentacle Pendant

**“Dual Pentacle Pendant:** This is a Dual Pentacle Pendant. This is a symbol of completion. It is also directly related to the deuce and ten of discs in the tarot deck, symbolizing change and wealth. Comes on a nice card explaining the symbol, and is suspended from a 26" black cord that may be used for wearing.” — Earth Spirit Emporium (note that products and availability may change over time)

## Erotic Dance

Erotic dance was a sacred ritual in ancient Egypt, common in fertility rituals and sex magick. The most famous was the erotic dance of the priestesses of Het Heret [whom the Greeks called Hathor], but also common in the temples of Bast, Aset [Isis], and Nuit.

During the erotic dance ritual, the priestess would actually become the Goddess in all Her glory. According to the ancient texts, during the erotic dance ritual the priestesses would achieve visionary orgasm in which great truths were revealed.

Even in courtship the woman usually took the initiative. The love poems and letters that have come down to us are generally addressed by the lady to the man; she begs for assignations, she presses her suit directly, she formally proposes marriage. “Oh my beautiful friend,” says one letter, “my desire is to become, as thy wife, the mistress of all thy possessions.” Hence modesty, as distinct from fidelity, was not prominent among the Egyptians; they spoke of sexual affairs with a directness alien to our late morality, adorned their very temples with pictures and bas-reliefs of startling anatomical candor, and supplied their dead with obscene literature to amuse them in the grave. Blood ran warm along the Nile; girls were nubile at ten, and premarital morals were free and easy; one courtesan, in Ptolemaic days, was reputed to have built a pyramid with her savings; even sodomy had its clientele. Dancing-girls, in the manner of Japan, were accepted into the best male society as providers of entertainment and physical edification; they dressed in diaphanous robes, or contented themselves with anklets, bracelets and rings. Evidences occur of religious prostitution on a small scale; as late as the Roman occupation the most beautiful girl among the noble families of Thebes was chosen to be consecrated to Amon. When she was too old to satisfy the god she received an honorable discharge, married, and moved in the highest

circles. It was a civilization with different prejudices from our own.

— Will Durant, **Story of Civilization: Our Oriental Heritage**, page 166

Descriptions of sacred erotic dance, along with beautiful erotic paintings, were routinely destroyed by Christian and Moslem archaeologists with the notation “pornography — destroyed”.

Erotic dance ritual, particularly in the temples of Het Heret and Sekhmet, was often accompanied by the drinking of red beer.

The erotic dance of Tamera (ancient Egypt) was in some ways different than that of some modern strip bars.

The erotic dance of the priestesses was viewed as a holy activity. As a typical example, the priestesses of Het Heret [Hathor] were reknown for their erotic dance ritual as part of sex magick fertility rites.

Het Heret was the over-arching sky cow Goddess, associated with fertility and bounty and plenty. Married couples would go to the temples of Het Heret for fertility rites that would hopefully lead to a successful pregnancy. The temples were filled with sweet smelling incense. Typically sweets and red beer or golden ale would flow freely. The priestesses of Het Heret would dance to the rhythms of live drumming. When the couples were sufficiently aroused, they would engage in sexual intercourse on comfortable pillows.

Although the priestesses of Het Heret were most famous for their erotic dance, similar rituals also occurred in the temples of Bast, Aset [Isis], Sekhmet, Nuit, and many other Goddesses.

The priestesses would often enter into an altered state of consciousness during erotic dance, becoming the Goddess manifest in human form. On occasion the priestesses would experience compelling spiritual visions while in this erotically charged state.

## Modern Erotic Dance

In the modern world, a number of strippers or exotic dancers are Pagans or witches who experience visionary and divine orgasms and other dance-induced visionary, divine, spiritual, or religious states while performing erotic dance ritual in commercial clubs.

In the modern world a number of witches and Pagans have “channeled” or transformed into a Goddess while dancing. One or more modern viewers have seen women transform partially or completely into a Goddess. Often the viewer or viewers do *not* know the identity of the Goddess at the time they view the transformation. I have received reports with vague descriptions that may or may not have been Tameran (ancient Egyptian) Goddesses. I have received clear descriptions of Greek, Norse, Hindu, and Tameran (ancient Egyptian) Goddesses. I have received reports specifically identifying Greek, Norse, Hindu, and Tameran (ancient Egyptian) Goddesses. The Tameran (ancient Egyptian) Goddesses reported include: Aset [Isis], Bast Het Heret Nuit, and Sekhmet. Many reports clearly indicate that only the woman’s head transforms, while other reports indicate that the entire woman transforms into a Goddess.

## examples of healing magick

The following examples of healing magick are from Earth Spirit Emporium. Many of these examples are still available for purchase, but as time passes some will no longer be offered.





## Cross in Pentacle

**“Cross in Pentacle:** This is a Cross in Pentacle. This was worn mostly by scribes and surgeons. It is a amulet of healing. Comes on nice card explaining the symbol, and is suspended from a 26" black cord that may be used for wearing.”  
— Earth Spirit Emporium (note that products and availability may change over time)



## love spells

**Undoing love spells:** You can find a spell for reversing love spells at: myrrh or at sage. Using sage costs less and is easier to do, but using myrrh is more reliable.

So, you wanna play with love spells? Here is an authentic Kemetic (ancient Egyptian) love spell:

Put a rose under the pillow of your intended while he or she is asleep.

Now, the really cool thing about this particular love spell is that it implies an ethical approach to spell-casting.

Ignoring “Mission-Impossible” style subterfuge, this spell can only be cast on a person who would give you free access to their sleeping quarters while they are asleep. That implies an already existing bond, a level of personal trust. It implies consent.

Some persons believe in magick. Some don't. For those who do believe, magick has a real effect on the physical and spiritual realm.

Many of the same principles of ethics apply equally to both magickal and non-magickal situations.

Using magick on another person without that person's expressed consent is akin to practicing surgery without informed consent. No matter how strongly the surgeon considers the surgery to be in the best interests of the patient, the surgeon must have the informed consent of the patient. The surgeon can not force a person to have surgery.

Similarly, a witch (or anyone else) must have the



### Ritual Kit: Attract Lover

**“Ritual Kit: Attract Lover:** Our own, highly effective ritual kits to aid you in achieving your desires. Each kit contains: 1 Charged Ritual Candle; 1 pkg. Incense; 1 pkg. Spell Mix; 1 pkg. Charcoal; 1 pkg. Bath Salts; 1 Amulet; plus detailed instructions on their use.” — Earth Spirit Emporium (note that products and availability may change over time)

informed consent of any target of a spell.

Yes, there are exceptions — cases where obtaining informed consent is not possible, such as a surgeon can perform emergency surgery on an unconscious patient or a parent can grant informed consent on behalf of his or her baby.

In the case of love spells, casting a love spell on another person without that person's informed consent is just as wrong as a surgeon kidnapping someone and performing elective surgery.

So, the above mentioned love spell is an example of ethical use of magick. You ask the person who is the intended target if he or she wants you to perform a love spell on him or her. If the intended target of the spell grants permission, then go for it. With the Goddess' blessing.

The **Rose amulet** is very easy love spell. See rose.

The **love bath** is almost as easy and is very relaxing love magick. See love bath.

Share an apple with the one you love.

### herbs for love spells

- apple
- basil

### no spell begging

If you follow any of the links offered in this book, **no spell begging**. Especially no love spell or curse begging.

### love spells on the web

- Authentic Egyptian Love Spell at [http://www.michaelm.com/Merchant2/merchant.mvc?Screen=PROD&Store\\_Code=MA&Product\\_](http://www.michaelm.com/Merchant2/merchant.mvc?Screen=PROD&Store_Code=MA&Product_) (LINK)
- Love Potion No. 9 at <http://web.archive.org/web/20010628214619/http://www.pagan.drak.net/lilianna/bos-lovespell.html> (LINK)

### questions

Lauren asks:

ok well my name is lauren and i live in Australia, and for the last two years i have become very interested in witch craft. A while ago i cast a spell on a boy that i liked, i think it was called the valentine soup. anyway, i poured this spell on a flower, and as the flower grew this guy started to like me, and he eventually asked me out. we'd been going out for ages, but one day he dumped me. i was totally heartbroken. when i got home i went straight to the flower, and it wasn't there. Mum had cut it and put it in a vase. did our love die because mum cut the flower? i dont know if i am a witch or not. I think i am, most of the people at school are scared of me, they say i look like a witch. Do you think i am a witch?

This is a good example of why it is a bad idea ot cast love spells. Sooner or later, the karma is going



to catch up with you.

—Milo

## love bath

A **love bath** is an easy and safe way to perform a love ritual or love spell. This is not a bath for cleaning — you may want to take a normal shower before performing a love bath.

Prepare a warm bath in a tub and then add magickally empowered herbs. The use of chants, incense, candles, and other magickal support will help empower the love bath.

Relax in the warm scented bath water and envision yourself as a loving and caring person seeking another caring and loving person as a love partner.

**Important warning:** Remember to place a cheesecloth or nylons or similar material over the drain to prevent the herbs (especially flower petals) from clogging the drain. Your parents will be very upset if you clog up the pipes. You may also use a basket or collander to collect some of the large petals before you even release the drain.

You may also choose to use soaps or bath oils that are based on the herbs that will empower your magick.

There are several recipes for what herbs to use for a love bath. Famous Wiccan Witch Scott Cunningham suggested the following three recipes:

### love bath number 1:

- 3 parts Rose petals
- 2 parts Lovage
- 1 part Dill

### love bath number 2:

- 3 parts Rose petals
- 2 parts Rose Geranium
- 1 part Rosemary

### love bath number 3:

- 3 parts Orange flowers
- 2 parts Lavender
- 1 part Gardenia petal
- 1 part Cardamom
- 1 part Ginger
- 1 part Rosemary
- 1 part Rose petals



**“India Herbal Soap** bars, totally animal free. Made of essential oils, coconut oil, and herbs. Choose from 15 scents: Amber, Aphrodesia, Henna, Jasmine, Lavender, LemonGrass, Lily of the Valley, Lotus, Magnolia, Musk, Neroli, NightQueen, Patchouli, Sandalwood, or Rhododendron.” — Pagan Shopping (note that products may change over time)

## herbal substitutions

You can create your own love bath formulas, using either herbs (including flower petals) or



essential oils. Any of the herbs or essential oils listed in the article on Venus can be used for making your own magick love bath formula. Experiment to find what works best for you. Keep notes in your personal Book of Shadows or magickal diary or grimoire.

**Using essential oils:** Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets and away from heat and light. See the article on essential oils for detailed information on how to mix and use essential oils.

## magician's box

The ancient Egyptian Sesh Per Ankh (literally “scribe of the house of life”, including ancient Egyptian magicians and doctors) kept their most important items in a magician's box.

The box was both an easy way to transport magickal paraphernalia and a way to keep the items out of sight of commoners.

Items typically found in ancient Egyptian (Kemet) included papyrus scrolls, writing tools, wands, dolls (or poppets), modelling clay or wax, herbs, stones, statues, amulets, beads, utensils and tools, candles, incense, and pipe.

The box was usually made of wood. High quality wood was scarce in ancient Egypt (KMT). A magician's box was decorated with symbols of magic. The most common picture was of a deity associated with magic. Examples included Anpu (Anubis), Het Heret (Hathor), Aset (Isis), Hekate, Selket, Asar (Osiris), Amon-Ra, Nebt Het (Nephthys), or Nwt (Nuit). Hieroglyphs (medu neter) of power also were written on the outside of a magician's box.



In modern times, believers can keep their

## money spells

**Money spells** help set up the proper circumstances for money to come into your life. They do *not* make money grow on trees.

See an example of money spells in the magick section of the article on potato.

### money signs

Many money spells call for carving, engraving, or otherwise writing a money sign. This money sign can be a baht sign (Thailand), bolivare sign (Venezuela), cedi sign (Ghana), colone or colón sign (Costa Rica, El Salvador), cruzeiro sign (Brazil), dinar sign (Algeria, Bahrain, Iraq, Jordan, Kuwait, Sudan, Tunisia), dirham (Morocco, United Arab Emirates), dollar sign (American, Australia, Bahamas, Barbados, Bermuda, Canada, Fiji, Hong Kong, Jamaica, New Zealand, Singapore, Taiwan, Trinidad and Tobago, U.S.), dong sign (Vietnam), drachmae or drachma sign (Greece), escudo sign (Portugal), euro sign (European Union), forint sign (Hungary), franc sign (Belgium, France, Switzerland), guilder sign (Dutch, Holland, Netherlands), hryvnia sign (Ukraine), kip sign (Laos), koruny sign (Czech Republic, Slovakia), kroner sign (Denmark, Norway), kronor sign (Sweden), kronur sign (Iceland), krooni (Estonia), kuna sign (Croatia), kwacha sign (Zambia), lei sign (Romania), leke sign (Albania),

leva sign (Bulgaria), lira sign (Italy, San Marino, Turkey, Vatican City), liri sign (Malta), mark sign (Deutche, Germany), markkaa (Finland), naira sign (Nigeria), ounce sign (Palladium), peseta sign (Andorra, Spain), peso sign (Argentina, Chile, Columbia, Dominican Republic, Mexico, Philippines), pound sign (British, Cyprus, Egypt, Ireland, Lebanon, U.K.), rand sign (South Africa), real sign (Brazil), rial sign (Iran, Oman), riel sign (Cambodia), ringgit sign (Malaysia), riyal sign (Qatar, Saudi Arabis), ruble sign (Russia), rupee sign (Bengal, India, Mauritius, Nepal, Pakistan, Sri Lanka), rupiah sign (Indonesia), schilling sign (Austria), shekel or sheqel sign (Israel), shilling sign (Kenya), sole sign (Peru), taka sign (Bangladesh), tolar (Slovenia), won sign (South Korea, North Korea), yen sign (Japan), yuan sign (China), zlotych sign (Poland), or any other monetary sign (ancient or modern). The following chart shows money signs from many different world cultures:

<div>฿</div> <div>baht sign</div>	<div>₳</div> <div>Bengal rupee sign</div>	<div>¢</div> <div>cent sign</div>	<div>₤</div> <div>colon sign</div>
<div>₢</div> <div>cruzeiro sign</div>	<div>\$</div> <div>dollar sign</div>	<div>₫</div> <div>đồng dong sign</div>	<div>₯</div> <div>drachma sign</div>
<div>₵</div> <div>European Union original ECU sign</div>	<div>€</div> <div>euro sign</div>	<div>₣</div> <div>franc sign</div>	<div>₡</div> <div>generic money sign</div>
<div>ƒ</div> <div>guilder sign</div>	<div>₴</div> <div>kip sign</div>	<div>£</div> <div>lira sign</div>	<div>₪</div> <div>mil sign</div>
<div>₦</div> <div>naira sign</div>	<div>Pts</div> <div>peseta sign</div>	<div>₱</div> <div>peso sign</div>	<div>£</div> <div>pound sign</div>
<div>₯</div> <div>Reichsmark pfennig sign</div>	<div>₭</div> <div>riel sign</div>	<div>₹</div> <div>rupee sign rupiah sign</div>	<div>₪</div> <div>shekel sign</div>
<div>₮</div> <div>tugrik sign</div>	<div>₩</div> <div>won sign</div>	<div>¥</div> <div>yen sign</div>	<div>¥</div> <div>yuan sign</div>

herbs for wealth spells

- basil

examples of money pentacles

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Dual Pentacle Pendant

“Dual Pentacle Pendant: This is a Dual Pentacle Pendant. This is a symbol of



completion. It is also directly related to the deuce and ten of discs in the tarot deck, symbolizing change and wealth. Comes on a nice card explaining the symbol, and is suspended from a 26" black cord that may be used for wearing." — Earth Spirit Emporium (note that products and availability may change over time)

## magick names

There are three basic kinds of magick names: craft name, coven name, and true name.

Some Witchcraft traditions have special names and some don't.

### craft name

A craft name is one that you use when performing magick and/or ritual. You can share your craft name with other witches that you are working with. You do not have to share your craft name with other witches, even ones you are working with. It is your choice.

Some Witches are open with their craft name, placing it on their web sites and using it all the time. Other Witches are more private, being careful who they share their craft name with.

A craft name is known by other Witches who work with you on spells or ritual. In some traditions a craft name is given to you by a high priest or high priestess. In some traditions it comes to you in a vision or a dream or as the result of a spell or ritual. In some traditions you pick your own craft name (and can change it over time as you grow and change).

### coven name

A coven name is the name you use with your coven. It can be the same as your craft name, or it can be different. This is the name that you use while working ritual and/or magick with your coven and the name that the other members of your coven use for you while you are working together.

In some traditions the coven name is assigned by the high priestess or high priest. In some covens, the members work together to help each other pick a coven name, something that everyone in the coven can agree on and that helps blend everyone's magickal energy together. Helping each other come up with coven names can bring a coven closer together.

### true name

You never reveal your true name to anyone else (unless you trust them with your life), because a Witch who knows your true name can use it for powerful naming magick. You can discover your true name through a vision, dream, spell, or ritual.

Normally you find out what your true name is through a vision or dream. Sometimes you find out your true name through a special ritual.

Some Witches believe that you can't know your own true name until after you've been a Witch for at

least a year and a day.

In modern times, many religions believe in the three-fold human, made up of mind, body, and spirit. The ancient Egyptian religion believed in the seven-fold human. The true name, or *ren*, held the other six parts together.

## Isis and Ra

An important ancient Egyptian myth highlights the importance and power of the true name.

Isis (or Aset) was very skilled at magick, the second most powerful of all the Egyptian *neteru* (gods and goddesses) in the magickal arts. Her grandfather Ra was the most skilled at magick.

Isis was jealous of Ra's magick knowledge and figured out a plan to gain Ra's knowledge and power.

Because Ra had become old, he sometimes would nod off and drool. Isis secretly collected some of his spittle and mixed it with some earth that Ra walked upon. She used the clay to make a serpent, then used her magick to transform the serpent into an arrow. Isis said words of power and then hid the arrow at a crossroads.

At dawn, Ra set out on his regular walk, accompanied by other *neteru*, walking from horizon to horizon. When Ra reached the crossroads, the magick arrow sprang up and bit Ra in the leg.

Ra fell to the ground in a great deal of pain as the poison raced through his body. The *neteru* gathered around, confused about how the father of the gods, creator of all things, could be harmed by something of his own creation.

Ra beckoned all the *neteru* to his side, whispering to each (one at a time) to use their magick to heal him. But none of the *neteru* could heal Ra.

Isis whispered into Ra's ear that she could set him free from the magick if he would reveal his true name. Ra agreed to tell her his true name if she promised to tell only her son Horus (Heru Sa Aset) and that Horus keep it a secret until the end of time.

Ra tried to tell her some of his titles, such as "creator of the heavens above and the earth below", "the one who made the waters flow and caused the air to move", "lord of the horizons of dawn and dusk", and "the origin of time". Ra said that he was "Kherpi" in the morning, "Ra" at noon, and "Atum" in the evening.

Isis told Ra that he was only delaying his own healing. Finally Ra hid himself and Isis from all the other *neteru* and caused his true name to secretly move from his heart to Isis's heart.

Isis said a magick formula and the poison seeped away from Ra's body. He was fully healed, but Isis was now the most powerful of the *neteru*, greatest at magick, and she had knowledge of all things.

## pentagrams pentacles

A **pentagram** is a five-pointed star inside a circle. traditionally the five pointed star is drawn, etched, engraved, inscribed, or carved in a single continuous line. It did not matter whether the star pointed up

or down until the last few hundred years when Satanists started using the downward pointing version as their symbol. While both directions (pointing up or down) are perfectly acceptable for Witchcraft, many modern Witches avoid the downward pointing version so that they are bombarded with false claims that they are Satanists.

A **pentacle** is a pentagram as a piece of jewelry, usually worn from a chain or cord around the neck. A free-standing pentacle may be placed in the center of an altar to help focus magickal energies. Some of the common materials for pentacles include: brass, bronze, clay, copper, gold, pewter, silver, or wood.

Since Medieval times the five points of the star represent Earth (lower left point), Air (upper left point), Fire (lower right point), Water (upper right point), and Spirit (top point). The Circle represents divine space and the Goddess.

An invoking pentagram can be drawn in the air with an athame, sword, wand, or forefinger of your dominant hand. Draw starting at earth, then water, air, fire, spirit.

A banishing pentagram can be drawn in the air with an athame, sword, wand, or forefinger of your dominant hand. It is drawn in reverse order: spirit, fire, air, water, earth.

## examples of pentacles

The following examples of pentacles are from Earth Spirit Emporium. Many of these examples are still available for purchase, but as time passes some will no longer be offered.

### see also:

- Celtic pentacles
- dragon pentacles



### 2004 Pentacle Silver Pendant

**“2004 Pentacle Silver Pendant:** This is our 2004 Pentacle Silver Pendant. It is over an 1/8" thick, solid and a bit over 1" diameter. 12 grams. It has a heavy back bail for hanging. Made in the USA,” — Earth Spirit Emporium (note that products and availability may change over time)

### 3/4" Lapis Pentacle Silver Pendant

**“3/4" Lapis Pentacle Silver Pendant:** This is a 3/4" diameter LAPIS Pentacle Silver Pendant. In the center a 5mm deep blue premium LAPIS.” — Earth Spirit Emporium (note that products and availability may change over time)







### 3/4" Rainbow Moonstone Pentacle Silver Pendant

**"3/4" Rainbow Moonstone Pentacle Silver Pendant:** This is a 3/4" diameter Rainbow Moonstone Pentacle Silver Pendant. In the center a 5mm premium moonstone." — Earth Spirit Emporium (note that products and availability may change over time)

### Five Precious Ruby Silver Pentacle Pendant

**"5 Precious Ruby Silver Pentacle Pendant:** This is an AWESOME, 5 Precious Ruby Silver Pentacle Pendant 1.5" diameter. Thick and solid with 5-2.5mm REAL Burma rubies, one in each point. Rubies are pigeon red in color (photo shows true blood red color) A remarkable large pentacle pendant. Comes with a extra large jump hoop as shown! When quality and appeal count." — Earth Spirit Emporium (note that products and availability may change over time)



### Five Precious Sapphire Silver Pentacle Pendant

**"5 Precious Sapphire Silver Pentacle Pendant:** This is a AWESOME, 5 Precious Sapphire Silver Pentacle Pendant 1.5" diameter. Thick and solid with 5-2.5mm REAL African Sapphires, one in each point. Sapphires are a wonderful blue (photo shows true color) A remarkable large pentacle pendant. Comes with a extra large jump hoop as shown! When quality and appeal count." — Earth Spirit Emporium (note that products and availability may change over time)

### Pentacle Man Amulet

**"Pentacle Man Amulet:** The pentacle is the map of the cosmos. The attached man reminds us that we too are made of the same things as the rest of the universe. Thus we are cousins to stars and interrelated with all things. Does not come with a chain. Approximately 1" dia." — Earth Spirit Emporium (note that products and availability may change over time)



### Braided Edge Silver Pentacle Pendant

**"Braided Edge Silver Pentacle Pendant:** This is a 5/8" diameter, back



bail, Braided Edge Silver Pentacle Pendant.” — Earth Spirit Emporium (note that products and availability may change over time)

### Braided Jeweled Ami Pentacle

“**Braided Jeweled Ami Pentacle:** This is a Bronze Jeweled Ami Pentacle 1" diameter. Choose stone (from left to right) Blue Sapphire, Clear Crystal, Iridescent Crystal, or Siam Red. A brilliant and unique pentacle we make and offer to you. Wiccan Jewelry at its best!!!” — Earth Spirit Emporium (note that products and availability may change over time)



### Celtic Pentacle

“**Celtic Pentacle:** For Achievement of Goals. Crafted in lead-free pewter and supplied with a black cord necklace. 1 1/4" x 1 1/4"” — Earth Spirit Emporium (note that products and availability may change over time)

### Celtic Weave Pentacle Pendant

“**Celtic Weave Pentacle Pendant:** This is a fine silver Celtic Weave Pentacle Pendant. It is 1" diameter.” — Earth Spirit Emporium (note that products and availability may change over time)



### Ceremonial Pentacle Pendant

“**Ceremonial 1-3/4" Pentacle Pendant:** This is a pewter cast, Ceremonial 1 3/4" Pentacle Pendant. It is overall including bail top 1 3/4" in size. On top a heavy bail with a 1/8" hole for alot of use! It is over 1/8" thick and solid, made for extreme use and a hefty weighth.” — Earth Spirit Emporium (note that products and availability may change over time)

### Ceremonial Large Rainbow Moonstone Silver





## Pentacle Pendant

**“Ceremonial Large Rainbow Moonstone Silver Pentacle Pendant:** This is an almost 2 1/2" diameter, Ceremonial Large Rainbow Moonstone Silver Pentacle Pendant. Over 1/8" thick sterling silver with a large 10mm rainbow moonstone in the center.” — Earth Spirit Emporium (note that products and availability may change over time)

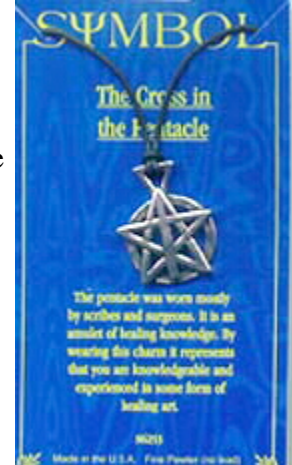


## Coven of the Nocturnal Wolves Silver Pendant

**“Coven of the Nocturnal Wolves Silver Pendant:** This is a solid, thick and heavy silver wolf pendant. Fixed top bail. This is our Coven of the Nocturnal Wolves Silver Pendant. In the top is a 6mm black onyx stone. A wonderful wicca, gothic, pagan jewelry item. It is 1 3/4" x 1 1/2". Made in the USA as many great things are!” — Earth Spirit Emporium (note that products and availability may change over time)

## Cross in Pentacle

**“Cross in Pentacle:** This is a Cross in Pentacle. This was worn mostly by scribes and surgeons. It is a amulet of healing. Comes on nice card explaining the symbol, and is suspended from a 26" black cord that may be used for wearing.” — Earth Spirit Emporium (note that products and availability may change over time)



## Crystal Blue Silver Pentacle Pendant

**“Crystal Blue Silver Pentacle Pendant:** This is a 3/4" diameter Crystal Blue Silver Pentacle Pendant. A smaller but brilliant silver pentacle.” — Earth Spirit Emporium (note that products and availability may change over time)



## Dual Pentacle Pendant

**“Dual Pentacle Pendant:** This is a Dual Pentacle Pendant. This is a symbol of completion. It is also directly related to the deuce and ten of discs in the tarot deck, symbolizing change and wealth. Comes on a nice card explaining the symbol, and is suspended from a 26" black cord that may be used for wearing.” — Earth Spirit Emporium (note that products and availability may change over time)



## Earth Dragon Pentacle

**“Earth Dragon Pentacle:** Pentagram’s magic and skill clasped secure within Dragon’s legendary might manifests protection from betrayal. Produced in pewter, enhanced with Swarovski crystals and/or gold and provided with a chain. 2" x 1 1/2"” — Earth Spirit Emporium (note that products and availability may change over time)

## Eye of the Double Pentagram Pendant

**“Eye of the Double Pentagram Pendant:** This is a pewter cast, blue colored eye ball center, EYE of the Double Pentagram Pendant. It is 1" diameter and comes on cord.” — Earth Spirit Emporium (note that products and availability may change over time)



## Dragonstar Necklace

**“Dragonstar Necklace:** Intertwined in perfect harmony the Male and Female Dragons represent the polarity of the Life Force around the Five Elements of the Magical Pentagram, forming a Talisman for Balance and Stability. Details for Dragonstar Necklace: Size: 1 1/2" Metal: Fine Pewter Enhanced With Gold and Silver Stone: Swarovski Crystal Option: Adjustable Chain Included.” — Earth Spirit Emporium (note that products and availability may change over time)

## Dracogram Star Necklace

**“Dracogram Star Necklace:** Clutching its divination ball, the Dragon symbolizes Life Force combined with the magical energy of the Pentagram to form a powerful talisman for Srying into the Future. Details for Dracogram Star Necklace: Size: 1 1/2" Metal: Fine Pewter Enhanced With Gold and Silver Stone: Swarovski Crystals Option: Adjustable Chain Included.” — Earth Spirit Emporium (note that products and availability may change over time)



## Gatekeeper Pentacle Pendant

**“Gatekeeper Pentacle Pendant:** This is a apx 1 1/2" pentacle, GateKeeper Pentacle Pendant. Comes on black cord with bronze bead.” — Earth Spirit Emporium (note that products and availability may change over time)

## Glorious Triple Goddess Rainbow Moonstone Silver Pentacle Pendant

**“Glorious Triple Goddess Rainbow Moonstone Silver Pentacle Pendant:** This is a 1" diameter, Glorious Triple Goddess Rainbow Moonstone Silver Pentacle Pendant. While still representing all of the aspects of the pentagram, this pentacle also connects more directly with the energy of the triple Goddess.” — Earth Spirit Emporium (note that products and availability may change over time)



## potpourri

The **potpourri** is a classic and simple method for herbal magick. A selection of flower petals (and sometimes additional herbs) are sewn into a small cloth bag.

The oldest method for using a potpourri is to place it under the sleeping person's head. Your choice whether you place it directly under your head, inside your pillow, or even under your pillow. Your body heat warms up the essential oils in the flower petals. Some of the essential oils are breathed in while you sleep. Some of the essential oils are absorbed through the skin while you sleep. This isn't enough essential oils for medicinal purposes, but works great for magickal purposes.

You can also place your potpourri amongst your clothing. The essential oils of the flowers will be transferred to your clothing every time you open up your clothes drawer. This will make your clothing smell nicer as well as transferring magickal properties to your clothing.

## potpourri flowers

- buttercup: divination, energy, innocence, prosperity, youth
- carnation: bravery, energy, safety, strength
- chrysanthemum: humor, protection, survival
- clover: love, luck, success
- daisy: humor, survival
- dandelion: communications, oracles, wishes
- foxglove: protection
- geranium: health, protection
- heather: beauty, long life, luck, protection, rain magick
- nasturtium: aspiration, strong beliefs, ethics, festivity
- pansy: divination, love, weather magick
- pink geranium: love (plus general geranium uses)
- red clover: finances (plus general clover uses)
- red geranium: guests (plus general geranium uses)
- white clover: protection (plus general clover uses)

## talismans

A talisman is a magically empowered item that attracts specific energies or forces to the person wearing or carrying it.

An amulet is a magically empowered item that deflects specific energies or forces from the person wearing or carrying it.

In European Witchcraft traditions, talismans are human-made items (while amulets were natural). In these traditions, amulets protected and talismans projected.

Sometimes an athame is used to consecrate, charge, or empower an talisman.

Feel free to submit JPEGs of your personal talismans. Indicate the materials, symbols, deity, Witchcraft tradition, or other special information that may help understand your talisman.

## examples of talismans

The following examples of talismans are from Earth Spirit Emporium. Many of these examples are still available for purchase, but as time passes some will no longer be offered.



**Celtic Pentacle**





“**Celtic Pentacle:** For Achievement of Goals. Crafted in lead-free pewter and supplied with a black cord necklace. 1 1/4" x 1 1/4"” — Earth Spirit Emporium (note that products and availability may change over time)

### Dracogram Star Necklace

“**Dracogram Star Necklace:** Clutching its divination ball, the Dragon symbolizes Life Force combined with the magical energy of the Pentagram to form a powerful talisman for Srying into the Future. Details for Dracogram Star Necklace: Size: 1 1/2" Metal: Fine Pewter Enhanced With Gold and Silver Stone: Swarovski Crystals Option: Adjustable Chain Included.” — Earth Spirit Emporium (note that products and availability may change over time)



## candle magick



**Candle magick** is magick using candles.

One of the earliest forms of candle magick was Full Moon celebrations in honor of Aset (Isis) in which ancient Egyptians would place lit candles on miniature boats and float them on the Nile. Often colored paper would be rigged around the candle so that the Nile River surface was aglow with the silvery light of the Full Moon combined with the many different colors from the candles, creating a fantastic light show in honor of the Goddess Aset (Isis).



You can make your own candles (see **candle making**) or purchase your candles with the scents and/or colors needed for your candle magick.

Candles used for magick should be annointed (this is called dressing the candle) with herbs appropriate to the magick, spell, or ritual. Combine finely ground herbs appropriate for the spell with some kind of vegetable oil (the vegetable oil is just a carrier for the herbs and can whatever you have handy). See the article on essential oils for detailed information on how to mix and use essential oils (especially the importance of diluting them so that they don't irritate or burn your skin).

Rub the mixture of oil and herbs on the outside of the candle starting from the center and rubbing to the top of the candle. Recite an appropriate chant or poem to consecrate the candle as a magickal tool. Then rub the mixture of oil and herbs from the center of the candle to the base. Recite a chant or poem to dedicate the candle to the Goddess (or other divine) that will be called on for the magick, spell, or ritual.

## divine sacred colors

Candle magick involves using candles for magickal or ritual or ceremonial purposes.

The following is a listing of deities associated with specific candle colors:

### White:

- Anu (Celtic Mother Goddess)
- Apollo (Greek Sun God)
- Arrianrhod (Celtic Fertility Goddess)
- Arrianrhod (Welsh Fertility Goddess)
- Artemis (Greek Moon Goddess)
- Asherah (Hebrew Fertility Goddess)
- Asherali (Canaanite Fertility Goddess)
- Astarte (Phoenician Love and fertility Goddess)
- Astraea (Greek Goddess)
- Athena (Greek Goddess)
- Bast (Kemetic Goddess)
- Brighid (Celtic Goddess)
- Diana (Roman Moon Goddess)
- Selene (Greek Moon Goddess)
- Themis (Greek Goddess)
- Vairocana (Buddhist God)

**White:** Anu, Apollo, Arianrhod, Artemis, Asherali, Astraea, Athena, Bast, Brighid, Diana, Khons, Luna, Maat, Ptah, Selene, Themis

White candles are associated with: Monday

White candles are associated with: purity, truth, sincerity.

### Silver:

- Aah (Kemetic Moon God)
- Artemis (Greek Moon Goddess)
- Asherah (Hebrew Fertility Goddess)
- Asherali (Canaanite Fertility Goddess)
- Astarte (Phoenician Love and fertility Goddess)
- Selene (Greek Moon Goddess)

**Silver:** Aah, Artemis, Asherali, Astarte, Djehuti, Nebt Het, Selene

Silver candles are associated with: cancellation, neutrality, stalemate.

### Gray:

#### Gray:

Gray candles are associated with: cancellation, neutrality, stalemate.

### Black:

- Anpu (Kemetic Death God)



- Anu (Celtic Death Goddess)
- Anubis (Kemetic Death God)
- Freya (Norse Goddess)
- Persephone (Greek Goddess)

**Black:** Anpu, Anu, Anubis, Asar, Freya, Persephone, Seth

Black candles are associated with: Saturday.

Black candles are associated with: evil, loss, discord, confusion.

## **Red:**

- Agni (Hindu Sun God)
- Amitaba (Buddhist God)
- Aodh (Celtic Fire God)
- Aphrodite (Greek Love Goddess)
- Bast (Kemetic Goddess)
- Freya (Norse Goddess)
- Woden (Anglo-Saxon God)

**Red:** Agni, Aodh, Aphrodite, Astarte, Bast, Bellona, Freya, Mars, Neith, Odin, Sekhmet (crimson), Seth, Thor, Woden

Red candles are associated with: Tuesday.

Red candles are associated with: strength, health, vigor, sexual love.

## **Crimson:**

**Crimson:** Sekhmet

## **Pink:**

- Aphrodite (Greek Love Goddess)
- Astarte (Phoenician Love and fertility Goddess)
- Venus (Roman Love Goddess)

**Pink:** Amon-Ra, Aphrodite, Astarte, Cybele, Mercury, Venus

Pink candles are associated with: honor, love, morality.

## **Orange:**

- Demeter (Greek Grain Goddess)

**Orange:** Ceres, Demeter

Orange candles are associated with: encouragement, adaptability, stimulation, attraction.

## **Brown:**

**Brown:** Ceres

Brown candles are associated with: hesitation, uncertainty, neutrality.

**Yellow:**

- Amaterasu (Japanese Sun Goddess)
- Ratnasambhava (Buddhist God)

**Yellow:** Amaterasu-O-Mi-Kami, Ceres, Heru, Sol

Yellow candles are associated with: Sunday.

Yellow candles are associated with: attraction, persuasion, charm, confidence.

Greenish-yellow candles are associated with: sickness, cowardice, anger, jealousy, discord.

**Gold:**

- Amaterasu (Japanese Sun Goddess)
- Apollo (Greek Sun God)
- Helios (Greek Sun God)
- Zeus (Greek Sun God)

**Gold:** Amaterasu-O-Mi-Kami, Apollo, Helios, Heru, Ptah, Ra, Sunna, Zeus

Gold candles are associated with: attraction, persuasion, charm, confidence.

**Green:**

- Amogashiddhi (Buddhist God)
- Amon (Kemetic Sky God)
- Anaitis (Persian Fertility Goddess)
- Arrianrhod (Celtic Fertility Goddess)
- Arrianrhod (Welsh Fertility Goddess)
- Asherah (Hebrew Fertility Goddess)
- Asherali (Canaanite Fertility Goddess)
- Astarte (Phoenician Love and fertility Goddess)
- Bast (Kemetic Goddess)
- Demeter (Greek Grain Goddess)
- Freya (Norse Goddess)

**Green:** Abundantia, Anahita, Arianrhod, Aset, Asherali, Astarte, Baal, Bast, Ceres, Demeter, Frey, Freya, Geb, Nebt Het (pale green)

Green candles are associated with: Friday.

Green candles are associated with: finance, fertility, luck.

Greenish-yellow candles are associated with: sickness, cowardice, anger, jealousy, discord.

**Blue:**



- Aditi (Hindu Sky Goddess)
- Akshobya (Buddhist God)

**Blue:** Aditi, Djehuti (royal blue), Heru (royal blue), Het Heret (light blue), Nuit (royal blue)

Blue candles are associated with: Thursday.

Light blue candles are associated with: tranquility, understanding, patience, health.

Dark blue candles are associated with: impulsiveness, depression, changeability.

## Royal Blue:

**Royal Blue:** Djehuti, Heru (royal blue), Nuit

## Purple:

- Athena (Greek Goddess)
- Woden (Anglo-Saxon God)
- Tiu (Germanic God)

**Purple:** Athena, Bacchus, Djehuti, Jupiter, Odin, Tyr, Woden

Purple candles are associated with: Wednesday.

Purple candles are associated with: tension, ambition, business progress, power.

## Web Sites

If you follow any of the links offered in this book, **no spell begging**. Especially no love spell or curse begging.

Book of Shadows — Consecration Ritual at  
<http://web.archive.org/web/20010628214619/http://www.pagan.drak.net/lilianna/bos-consecration.html>

## Books

If you want your book reviewed, please send a copy to: Milo, POB 1361, Tustin, CA 92781, USA.

**The Magick of Candle Burning;** by Gerina Dunwich; Citadel Press ((Library of the Mystic Arts); 1989; ISBN 0-8065-1141-9; paperback; 194 pages.

If you want your book reviewed, please send a copy to: Milo, POB 1361, Tustin, CA 92781, USA.

# candle making

**Candle making** is useful for increasing the quality of your candle magick.

Melting the wax is the most dangerous part of candle making. The fumes from melting wax are flammable and can cause a serious fire.



**Double boiler** Use a double boiler to melt the wax. You heat water in a lower pot that then heats the upper pot. Never melt wax directly in a single pan or pot (the wax will catch on fire). It is better to use electric stoves rather than gas stoves because the open flame of a gas stove can ignite wax fumes. The water in a double boiler can't get above 212° F. The double boiler helps distribute the heat evenly and helps to prevent dangerously high temperatures by separating the wax from the heat source.



You can make your own homemade double boiler by placing a smaller pot into a larger pot. You can use a metal cookie cutter on the bottom of the pot to elevate the upper pot. A real double boiler has use for lots of kinds of cooking in addition to melting wax for candle making.

**Fire extinguisher** Keep a smother-style fire extinguisher (rated for grease fires) nearby. Review the instructions before you start work, to make sure you know how to operate the fire extinguisher if you need it. If the wax catches on fire, you need to smother the flames and put out the fire the same way that you would for a grease fire. If the fire is small enough, you may be able to smother it with a pot lid. Using water will only spread the fire (the burning wax will float on the water and spread around your kitchen).

**Melting wax** It will take a long time for the wax to melt. You need to keep a patient eye on the wax, because once it starts to melt the temperature of the wax will rise rapidly and catch fire. The flash point for wax is above 300° F. Use a thermometer to make sure that your wax never gets hotter than 250° F.

Put an inch or two of water into the lower pot. Bring the water to a boil. Once the water is boiling, turn down the heat to keep a steady simmer. Simmering water and rapidly boiling water are both at the exact same temperature, 212° F. You may need to occasionally add more water to make up for water lost to evaporation. Never let the double boiler run dry.

There are numerous on-line sources for candle wax. The most commonly used is paraffin. Food-grade paraffin makes shiny candles. Non-food grade paraffin may contain oils and other impurities, some of which may be toxic or harmful. Sometimes a mixture of paraffin and bee's wax is used for magick candles.

**Molds** Once the wax is melted, you will want to pour it into a candle mold. There is a wide variety of metal pillar molds that can be used for candle making, offering a wide variety of shapes. Metal pillar molds are typically made from sheet metal or aluminum, but there are also plastic, latex, and silicone pillar molds. Metal pillar molds should last for years of use. As an alternative, you can use disposable molds, such as empty milk cartons (almost anything that won't catch on fire when exposed to melted wax).

**Wick** Pick a wick that has the proper size for the diameter of mold you are using. If you are using a metal pillar mold, thread the wick through the wick-hole in the base of the mold. If you are using a homemade mold (such as milk carton), punch a small hole in the bottom of your mold. If you have trouble getting the wick through the wick hole (possibly because the wick end is frayed), dip the end in some molten wax and roll it in your fingers until you have a pointed end on your wick.

**Wick rod** Place a wick rod over the top of your mold. bring the wick up from the wick hole at the base of the mold and tie the wick to the wick rod. Make sure that the wick rod is secure on top of your mold. A toothpick or small wooden stick serves as a fine wick rod. You want the wick to taut, but not too tight. If the wick is too tight, it might warp and ruin your candle mold.

**Wick screw** Secure the end of the wick to the wick hole with a wick screw. Don't over-tighten the wick screw as it may cut or damage the wick. The purpose of the wick screw is to hold the wick firmly in place, not to seal the wick hole. Trim the wick with scissors or diagonal cutters. You want to leave about 1/2 inch or one inch of wick sticking out the base of the mold.

**Mold sealer** Press mold sealer over the wick hole, wick screw, and wick. press firmly and create a tight seal so that no hot wax can leak out of the base of your mold. You do not want to be able to see any wick sticking out of the mold sealer.

**Scents and colors** For magick candles, you will almost always want to add scents and/or colors. You can use melted wax crayons, but that will tend to make your candles very smokey (and annoying). Dyes for candle making are easily available. Most scents are essential oils from various herbs. You can purchase candle making scents or you can prepare your own from raw herbs and/or from essential oils. Because essential oils are highly volatile, you will want to add the oils shortly before pouring the wax so that the oils don't evaporate away on you.

Watch the temperature of the melting wax until it gets around 175-185° F. Add fragrance oils, dyes, and other additives now, just before pouring the wax into a mold. Mix well with a wooden spoon.

**Initial pour** Carefully pour the melted wax into your mold. You should have an old towel or cloth handy to wipe up any spills. Fill your mold to about 1/2 inch from the top of the mold. Save some melted wax for later, but don't return it to the heat yet (to preserve scents and colors).

**Relief holes** Let the wax cool a bit until a surface has formed. Poke several relief holes into the surface to allow for the wax to naturally shrink as it cools and solidifies. The relief holes should surround the wick and should be poked almost all the way down the wax (about one inch less than the total depth of the mold). Air will get sucked into these relief holes. Without relief holes the candle might get air cavities, the wick might get pulled off center, or the external walls of the candle might get warped and deformed. You may need to poke relief holes several times during cooling to keep the air vents open and clear.

Let the candle cool completely to room temperature. This may take several hours for a typical candle, and may take more than a day for a really large candle.

**Repour** Re-melt the leftover wax you saved from before. Heat to a temperature about 5-10° F. higher than the original pouring temperature. Carefully pour the melted wax into the relief holes. Fill to a level just below the original filling. Filling higher will leave an ugly visible horizontal seam line at the base of your candle. Overfilling might also allow new wax to seep down between the mold and the candle, creating very ugly streaks on the outside of your candle.

**Remove candle** Remove the mold sealer and the wick screw. Your candle should slide easily out of the mold. If you have a problem getting the candle out of the mold, try refrigerating it for about 15 minutes. the cooling should shrink the wax from the sides of the mold and allow the candle to easily slide out. If you used a homemade mold (such as a milk carton), you may optionally tear or cut the mold away from your candle (do this gently so you don't damage your new candle).

**Trim wick** Use scissors or diagonal cutters to trim the end of the candle wick that is tied to the wick rod. This will be the bottom of your candle, so you want to cut the wick cleanly so that the bottom of the candle is flat. Cut the top wick so that you leave about 1/4 inch of wick above the top of the candle. If the base of the candle isn't smooth enough for you, you can heat up a cookie sheet and then press the base of the candle against the heated cookie sheet. The heated cookie sheet will melt the candle enough to make a flat base.

**Burn candle** Burn your candle on a candle holder away from drafts, small children, and pets. never leave a burning candle unattended.

## magick tools

- athame
- sword
- wand

## athame

The athame, a witch's ceremonial knife, is the most important Witchcraft tool.

**safety warning:** Everything you learned about knife safety applies to an athame. An athame is sharp and dangerous. Always practice knife safety with your athame. If you don't know knife safety, learn knife safety *before* you handle or use an athame.

### correspondences of an athame

There is honest disagreement among Witches as to which element the athame corresponds with. Some Witches believe that the athame corresponds to the element fire. Some Witches believe the athame corresponds with the element air (and the direction east). Experiment and see which works best for you personally, but honor the right for other Witches to honestly have a different choice.

The athame is considered to be a phallic tool and therefore of masculine element and male energy.

In many Witchcraft traditions the athame must have a black handle (white handled knives being reserved for cutting). If you don't belong to a restrictive tradition, then you can have an athame with any color handle (although many Witches want an athame with a black handle anyway).

It is your personal choice how decorative the handle is. Many Witches personalize their athame handle with magick symbols, magick writing, and other decorations. Some Witches keep the athame handle plain so that non-Witches won't realize there is anything special about it.

You change an ordinary knife into an athame through a consecration ritual. This can be a newly purchased knife or a keepsake you've had for years. You might find great knives or daggers to use as an athame at swap meets, flea markets, antique stores, New Age festivals, or Renaissance faires.

### purification of an athame

If you purchase a used knife you will want to purify the knife of any bad karma or negative vibrations from previous unknown owners. One easy method is to expose the knife to direct sunlight for at least one hour a day for the full cycle of the moon, usually starting at Full Moon or New Moon. This can be by placing the knife inside a window (to prevent possible theft). Other purification methods include water, alcohol, salt, crystals, and herbal smudgings.

Some Witches believe that an athame should never be purchased, that either you must make your own tools or receive them as gifts. That probably worked fine in ancient times, but how many people know how to make their own knives nowadays?

A gift athame is considered a great honor. The athame will have all the energy of years of use by the previous owner. That energy can help guide and empower your own magick, merging your magickal energy with the magickal energy of the Witch who gave the gift. Obviously you don't cleanse out the previous energy from a gift athame (in this case, you *want* that energy to stay in the athame).

Once the knife has been purified (you can skip this step if you or someone you know has owned the knife for years or if you purchase a new knife), you may have a consecration ceremony.

## consecration of a sword

**Consecration:** When you finish choosing or making an athame, you will want to dedicate it to magickal work. You may create your own little ceremony that dedicates the knife for sacred use and transforms it from an ordinary knife into an athame. The ritual should be short and simple: place the tool on the altar, cast a circle, and perform a short ritual to consecrate the tool.

A brief ceremonial purification and cleansing of previous mundane uses might involve mixing a small amount of salt and water in a chalice or bowl and then sprinkling the tool. This is just ceremonial purification. If the tool needs a complete purification, then this should be done before the consecration ritual.

You will probably also want to recite a short poem about the knife being transformed into an athame. One, two, three, or four lines are plenty. It doesn't have to rhyme unless you want it to. Some Witches directly speak to the new athame.

Eileen Holland suggests the simple phrase "Knife, you are brought into this circle of transformation to be forever after my athame."

If you have a permanent altar, you might leave your athame on your altar for 24 hours after your ceremony before making use of your new athame. Any of the Sabbats or New Moon or Full Moon are particularly appropriate times to dedicate a new athame.

Feel free to submit JPEGs of your personal athame. Indicate the materials, symbols, deity, Witchcraft tradition, or other special information that may help understand your athame.

## naming athames

In some traditions (especially Nordic, Teutonic, or Germanic) the athame is given a ceremonial name. Sometimes this ceremonial name is carved into the handle in runes or magick writing system. There are many examples of European knives and daggers inscribed with runic names by shamans of Odin. You may optionally invoke the name of Odin or any male deity to empower the consecration.

## uses of an athame

**Uses:** There are many uses for your athame:

**Casting the circle.** Most Witches use their athame to point out (or mark) the borders when casting their circle. Some Witches use an athame for most circles, reserving wands for casting circles of special significance.

**Drawing lines.** There are many rituals that call for drawing a line. Sometimes the athame marks an imaginary line in the air. Other times the athame actually draws a visible line in something material, such as dirt or salt. Sometimes a line is carved into an object (amulet, talisman, tool, etc.).

**Mixing.** The athame is the most common tool when used for mixing salt and water or mixing potions. Pick up ingredients with the point of your athame. Proportions may be measured out on the tip of the blade. The tip of the athame may also be used for stirring.

**Charging.** The athame may be used when consecrating, charging, or empowering amulets, talismans, or poppets.

**Setting limits.** Often you will have a ritual where you are magickally setting limits of some kind. You

can use the athame to ceremonially mark the limit.

**Making choices.** Some traditions use the athame for making choices and carrying them out.

Some Witches believe that the athame should only be used inside a circle, while other Witches believe that the athame can be used as an ordinary knife outside the circle. During the Burning Times, Witches had to hide their Witchcraft tools in plain sight (which is why every Witchcraft tool other than a sword looks like an ordinary kitchen utensil).

## other

You want to be careful about who else touches or handles your athame. Magickal tools are sensitive and will absorb the energy of anyone who touches them. Some Witches don't let anyone else touch their athame. Some Witches will allow member of their coven, their family, and close friends to touch their athame.

If someone touches your athame, you can smudge it with sage. Light a sage leaf on fire, then gently blow out the flame, leaving a bright red burning ember. Wave your athame through the sage smoke. This will cleanse out the energy from the unwanted touching without driving out all of the positive magickal energy you've built up in your athame (a complete purification would get rid of your magickal energy as well). You can also sprinkle a small amount of salt and water, as described in the consecration ritual above.

A knife that has been used as a weapon shouldn't be used as an athame. If a knife has ever drawn blood, it must be purified before it can be consecrated as an athame. If you ever accidentally cut yourself with your athame, you will want to smudge with sage, sprinkle with salt water, or otherwise symbolically purify it.

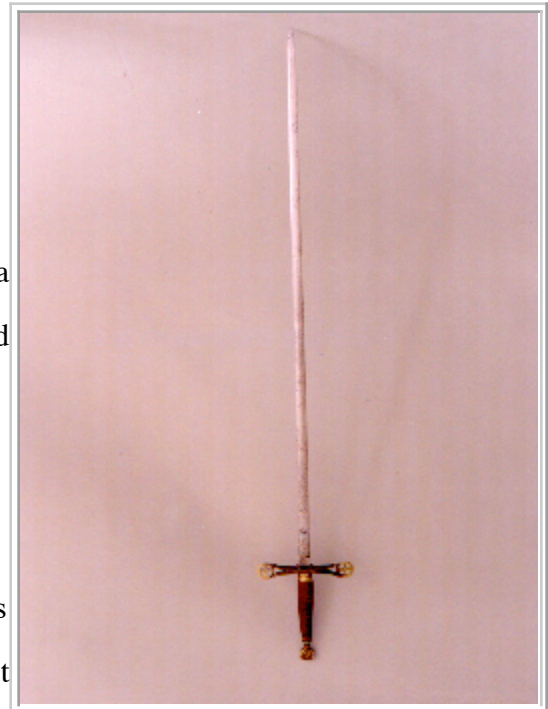
## sword

The sword is an optional Witchcraft tool. The use of the sword comes mostly from British ceremonial magick and isn't part of most Witchcraft traditions.

**safety warning:** Everything you learned about knife safety applies to a sword. A sword is sharp and dangerous. Always practice sword safety. Some Witches use a ceremonial sword (made of plastic or wood or some other material) that doesn't have an actual cutting edge. If you use a sword, make sure to keep it hidden when it isn't in use, because boys tend to find swords completely irresistible and want to play with them (and can hurt themselves or someone else).

### correspondences of a sword

There is honest disagreement among Witches as to which element the sword corresponds with. Some Witches believe that the sword corresponds to the element fire. Some Witches believe the sword corresponds with the element air. Experiment and see which works best for you personally, but honor the right for other Witches to honestly have a different



choice.

The sword is considered to be a phallic tool and therefore of masculine element and male energy. The sword corresponds with the planet Mars.

A sword can be used for most of the same purposes as an athame, but is more formal. Witches that use a sword reserve the use of the sword for highly formal occasions. The sword is not an ordinary, everyday Witchcraft tool.

Sword is Doreen Valiente's ritual sword. Hexagon were responsible for archiving the Doreen Valiente collection in 2000 and produced the late Doreen's last publication "Charge of the Goddess".

Picture copyright >Hexagon/Hoopix at <http://www.doreenvaliente.com>

## purification of a sword

You will want to purify and consecrate a sword before you use it for ritual or ceremonial purposes.

If you purchase a used sword you will want to purify the sword of any bad karma or negative vibrations from previous unknown owners. One easy method is to expose the sword to direct sunlight for at least one hour a day for the full cycle of the moon, usually starting at Full Moon or New Moon. This can be by placing the sword inside a window (to prevent possible theft). Other purification methods include water, alcohol, salt, crystals, and herbal smudgings.

Some Witches believe that an athame should never be purchased, that either you must make your own tools or receive them as gifts. That probably worked fine in ancient times, but how many people know how to make their own swords nowadays?

A gift sword is considered a great honor. The sword will have all the energy of years of use by the previous owner. That energy can help guide and empower your own magick, merging your magickal energy with the magickal energy of the Witch who gave the gift. Obviously you don't cleanse out the previous energy from a gift sword (in this case, you *want* that energy to stay in the sword).

Once the sword has been purified (you can skip this step if you or someone you know has owned the sword for years or if you purchase a new sword), you may have a consecration ceremony.

## consecration of an sword

**Consecration:** When you finish choosing or making a sword, you will want to dedicate it to magickal work. You may create your own little ceremony that dedicates the sword for sacred use and transforms it from an ordinary sword into a magickal tool. The ritual should be short and simple: place the tool on the altar, cast a circle, and perform a short ritual to consecrate the tool.

A brief ceremonial purification and cleansing of previous mundane uses might involve mixing a small amount of salt and water in a chalice or bowl and then sprinkling the tool. This is just ceremonial purification. If the tool needs a complete purification, then this should be done before the consecration ritual.

You will probably also want to recite a short poem about the mundane sword being transformed into a magickal tool. One, two, three, or four lines are plenty. It doesn't have to rhyme unless you want it to. Some Witches directly speak to sword.

Janet and Stewart Farrar suggest the simple phrase "With this sword in my hands, I am the ruler of the circle."

If you have a permanent altar, you might leave your sword on your altar for 24 hours after your ceremony before making use of your new sword. Any of the Sabbats or New Moon or Full Moon are

particularly appropriate times to dedicate a new sword.

Feel free to submit JPEGs of your personal sword. Indicate the materials, symbols, deity, Witchcraft tradition, or other special information that may help understand your sword.

### **naming swords**

In some traditions (especially Nordic, Teutonic, or Germanic) the sword is given a ceremonial name. Sometimes this ceremonial name is carved into the handle in runes or magick writing system. There are many examples of European weapons inscribed with runic names by shamans of Odin. You may optionally invoke the name of Odin or any male deity to empower the consecration.

The earliest writings tell of sword names. The ancient Anglo-Saxon epic poem *Beowulf* describes a sword named Hrunting:

Not the least or worst of his weaponry  
Was the sword Hrothgar's herald lent him  
In his hour of need — name Hrunting —  
An ancient heirloom, trusty and tested;  
Its blade was made of iron, with engraved design  
Tempered in the blood of many battles  
Never in combat had it failed the hand  
That drew it, risking the dangers of war,  
The enemy's onslaught. Not the first time then  
That its edge must be ventured in deeds of valour.

Sword names reflect the quality of the weapon on both a physical and magickal level. The meanings of some ancient sword names have been lost.

The sword owned by two kings named Offa was called Skrep and the sword was the symbol of Saxon and Mercian kingship.

The Norse saga *Magnus Barefoot's Saga* says that King Magnus “was girded with a sword called Leggbitr [Leg-biter]. Its guards were of walrus ivory, and its hilt was sheathed with gold. It was one of the best weapons.”

*Egils Saga*, about the Battle of Brunanburgh in northern England in 937 describes some sword names: “Thorolf has a wide and thick shield, a very strong helmet on his head and a sword which he called Lang [Long One], a large and good weapons ... Egil had the same equipment as Throlf, he had a sword which he called Nadr [Adder], which he had obtained from Kurland; it was an excellent weapon...”

*Kormac's Saga* describes the misuse of the famous sword named Sköfnung.

Some other sword names recorded in the Nordic sagas include: the Battle-Fire, the Byrnie's Fear, the Dog of the Helmet, the Fire of the Shields, Harmer of War-Knittings, the Ice of Battle, Odin's Flame, the Sea-King's Fire, Serpent of the Wound, Snake of the Byrnie, Tongue of the Scabbard, and Torch of the Blood.

### **uses of a sword**

**Uses:** Most Witches do *not* use a sword. The sword is used for many of the same purposes as an athame, but is more formal.



A sword is used for the ritual of Invoking the Lords of the Watchtowers.

A sword is used for ruling the circle (in important rituals, such as initiating a new member into a coven).

The sword can be used for making formal salutations.

When a woman straps on a sword, she symbolically becomes male for the ritual. Because some rituals call for a male participant, but Witches were traditionally mostly women, one of the women would strap on a sword to invoke the male role.

Some Witches believe that the sword should only be used inside a circle. During the Burning Times, Witches had to hide their Witchcraft tools in plain sight (which is why every Witchcraft tool other than a sword looks like an ordinary kitchen utensil).

## **other**

You want to be careful about who else touches or handles your sword. Magickal tools are sensitive and will absorb the energy of anyone who touches them. Some Witches don't let anyone else touch their sword. Some Witches will allow member of their coven, their family, and close friends to touch their sword.

If someone touches your sword, you can smudge it with sage. Light a sage leaf on fire, then gently blow out the flame, leaving a bright red burning ember. Wave your sword through the sage smoke. This will cleanse out the energy from the unwanted touching without driving out all of the positive magickal energy you've built up in your sword (a complete purification would get rid of your magickal energy as well). You can also sprinkle a small amount of salt and water, as described in the consecration ritual above.

If a sword has ever drawn blood, it must be purified before it can be consecrated for magick. If you ever accidentally cut yourself with your sword, you will want to smudge with sage, sprinkle with salt water, or otherwise symbolically purify it (many Witches use ceremonial swords that don't have a cutting edge).

## **wands**

There are a lot of variations on magick wands, depending on the purpose and the Witchcraft tradition.

In many European based Witchcraft traditions, the magick wand is a simple unadorned stick of natural wood, often with the bark still intact. The wand is typically six inches to two feet in length and a quarter inch to two inches in diameter, either straight or with bends (one slight bend is the most common). The wand can be cut, but usually it is uncut and kept exactly as it was found laying on the ground in nature. Witches used to break dead branches off of trees.

In earlier times Witches broke off dead wood, never sawing or cutting live wood. This policy actually helped keep the forests healthy, because insects and other vermin went infect dead branches and then spread into the rest of the tree. In many areas of the world there are now too many people impacting the available trees and it is no longer environmentally sound to harvest dead wood directly from a tree.

Eileen Holland reports a tradition of cutting wands "from one-year-old trees, in a single stroke, at sunrise on a Wednesday." Ask for permission from the tree before cutting a wand. Thank the tree for the gift of the wand. Possibly leave a small token of thanks, such as a pebble, ribbon (natural fibers and

colors), or feather.

When picking up sticks for use as a wand, the Witch will pick a natural stick that looks right and feels good when held. A Witch will recognize the right stick because it “feels” right (an inner feeling in your heart).

When picking up sticks for use as a wand, the Witch will pick a natural stick that looks right and feels good when held. A Witch will recognize the right stick because it “feels” right (an inner feeling in your heart).

Various kinds of wood are associated with specific kinds of magick and the Witch will find a wand from the right kind of tree for the magick to be performed.

The most famous of these simple stick wands is the divining rod, used for locating water or lost items. The divining wand will have a fork (two short ends that come together into a longer single length, kind of like a “Y”) and is held loosely by the branched end (one branch in each hand). The wand will slightly twitch or vibrate to give the Witches hints on which direction to look.

In high ceremonial magick the wands are very elaborate, typically constructed of metal (or fine wood that has been covered with gold, a process called “gilding”) and encrusted with valuable gems. Magick runes or symbols are carved on the length of the wand and typically there is a valuable gemstone at the tip.

Many Witches craft a much less expensive ceremonial wand by wrapping a piece of wood (such as a dowel from the local hardware store) with cloth, leather, twine, and other materials. Magick runes or symbols can be burned or carved into the wood or drawn on cloth or leather strips and wrapped onto the wand. Seashells, feathers, crystals, and other items from nature can be tied or glued to the wand.

With these kinds of homemade wands, the personal expression of the individual Witch is important. Often the choice of items attached to the wand will be based on the Goddess or God the Witch honors (for example, a wand dedicated to Aphrodite might have seashells while a wand dedicated to Diana might have small sterling silver trinkets). The important thing is to trust your heart and create a wand that matches your personality and beliefs.

A wand shouldn't be longer than the length from your elbow to your fingertips.

For some rituals or spells, the wand might have something temporarily attached to it. For example, for a Full Moon ritual, a Witch might write down the goals and desires for the next month on a small piece of paper and then tie or wrap the piece of paper on the wand.

As in most of Witchcraft, it is important to figure out what works for you personally. Something may be great for everyone else but not work for you, while another thing that nobody else does might be perfect for you. Trust your heart.

When you finish choosing or making a wand, you will want to dedicate it to magickal work. The ritual should be short and simple: place the tool on the altar, cast a circle, and perform a short ritual to consecrate the tool. If you belong to a specific Witchcraft tradition, use the ritual specified by your tradition. If you are an eclectic Witch or still undecided on tradition, make up your own short ceremony, possibly based around a poem you write.

If you have a permanent altar, you might leave your wand on your altar for 24 hours after your ceremony before making use of your new wand. Any of the Sabbats or New Moon or Full Moon are particularly appropriate times to dedicate a new wand.

Feel free to submit JPEGs of your personal wand. Indicate the materials, symbols, deity, Witchcraft

tradition, or other special information that may help understand your wand.

### correspondences of a wand

Some traditions correspond wands with the element air. Some traditions correspond wands with the element fire. In some traditions, the element is determined by the materials and decorations, including runes and other magick writing.

The wand is considered to be a phallic tool and therefore of masculine element and male energy. The wand corresponds with the planet Mars.

### uses of a wand

Wands are most commonly used to channel energy. Match the wand's materials and decorations and magick writings to the kind of energy being channeled.

Wands may be used to cast a circle. Some Witches use an athame for most circles, reserving wands for casting circles of special significance.

Wands may be used to invite and control entities.

Wands may be used for manifestation.

### wood used for magick wands

- ash

## certificate



Pr Ntr Kmt offers an official certificate that authorizes performance of religious ceremonies and rituals.

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This official certificate is a beautiful work of art that you can frame and display proudly to your family and friends. Created by the artist MichaelM (most famous for his artwork for the Marley family, his banners for

hemp/cannabis relegalization, his goddess charcoal drawings, and his hypervue paintings).

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In the United States this official certificate authorizes you to perform any ceremonies that the government recognizes other religions to perform (such as marriages or handfastings). There may be many additional requirements imposed by state governments that apply equally to all religions. Sometimes you may face active discrimination by Christians, Jews, or Muslims in government positions and may need to hire a lawyer to assert your Constitutional rights.

The **title** on the certificate can be: Druid, Guru, Hem Ntr (or any specific deity), Hemet Ntr (or any specific deity), Kher Heb, Magician, Minister, Monk, Nun, Priest, Priestess, Scribe, Sesh Ked, Sesh Per Ankh, Shaman, Web, or Witch. You may suggest a different title that better fits your beliefs.

**Hem** (male) and **hemet** (female) were the primary ancient Egyptian words for priest and priestess. The **web** priest (or priestess) was responsible for the purity of the ritual and the cleanliness of sacred rooms, tools, paraphernalia, and priesthood. The **kher heb** was the priest or priestess who recited the liturgy and magick spells. The **sesh per ankh** were the learned priesthood (including mathematicians, doctors, and scientists). The **sesh ked** were the artists of the priesthood.

The certificate authorizes you to perform weddings, processions, circles, holy days, Sabbats, Esbats, ceremonies, celebrations, fire jumpings, commitments, handfastings, handpartings, renewals, annulments, separations, divorces, funerals, natural healing artistry, blessings, namings, welcomings, baptisms, comings of age, rites of passage, affirmations, dedications, readings, and/or other rituals.

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Note that in some places a minor can not perform legal marriages. If you are a minor, any age-restricted ceremonies become available as soon as you reach the age required by your government (18 in the U.S.).

**IMPORTANT:** Please carefully read and follow the instructions. Pr Ntr Kmt is not responsible for errors or failed delivery of certificates if you make mistakes. We want you to receive your beautiful certificate in perfect condition.

Clearly label each item. Write legibly (someone who doesn’t know your handwriting will have to try to read your writing). You are encouraged to print your request from a computer or typewriter to increase your accuracy.

**Name:** Clearly write your name exactly as you want it to appear on the certificate (including the exact capitalization). Use Roman/Latin letters only (other writing systems may become available in the future). This can be your craft name for witches and pagans. This can be other special religious names. If this is a name other than your legal name, please add your legal name to the address portion.

**Title:** Clearly write the requested title exactly as you want it to appear on the certificate (including capitalization). Use Roman/Latin letters only (other writing systems may become available in the future). If you want a deity specified, make sure you include this in the title (such as “Hemet Bast” or “Priestess of Sekhmet” or “Witch of Isis”). Titles currently available include Druid, Guru, Hem Ntr (or any specific deity), Hemet Ntr (or any specific deity), Kher Heb, Magician, Minister, Monk, Nun, Priest, Priestess, Scribe, Sesh Per Ankh, Shaman, Web, or Witch. You may add a deity to any title. If you have a different title in mind, please suggest it. You may explain what the title means. Pr Ntr Kmt may reject any suggested title. You may want to include an alternative title from the approved list of titles.

**Signature:** Normally a member of the Pr Ntr Kmt staff will *not* sign the certificates. You may request that the signature line be left blank so that you can self-initiate or so you can present the certificate to someone else with your signature. Certificates will be left blank unless you specifically request that the signature line be signed by Pr Ntr Kmt staff.

**Date:** Normally the certificates will be dated on the date they are processed by the Pr Ntr Kmt staff. You may specifically request a date in the future if you intend to present the certificate as a gift or as part of a ceremony. You may specifically request a date in the past, but only if the certificate is for an initiation that occurred in the past.

**Mailing address** Include a legible and full mailing address. Pr ntr Kmt is not responsible for any inability to read your mailing address.

**Phone number** A phone number is optional. Pr Ntr Kmt may use a phone number to clear up any uncertainties.

**E-mail address** An e-mail address is optional. Pr Ntr Kmt may use a phone number to clear up any uncertainties.

**Declaration** You need to include a signed declaration. If you are awarding the certificate to another person, you need to sign a declaration stating "I (your name) am declaring the sincerely held religious belief that (name of recipient) is named a (title) on (date)." If you are self-declaring, you need to sign a declaration stating "I (your name) have a sincerely held religious belief that I am a (title)."

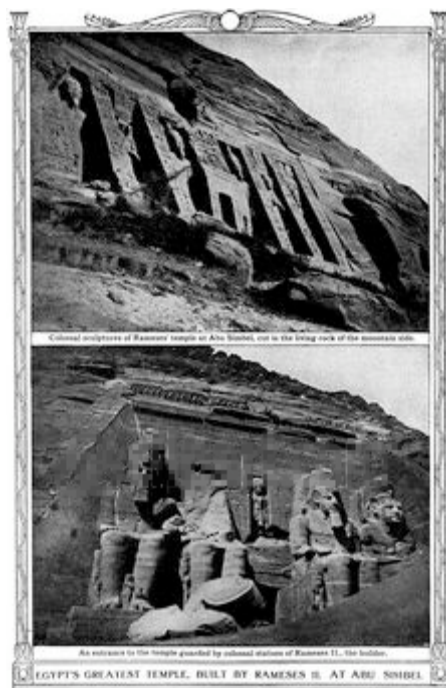
**No harm** You need to include a signed statement that you will do no harm and understand that Pr Ntr Kmt may revoke your title at any time. If you are a Wiccan, your no harm statement should state "I (name) agree to obey the Wiccan Rede and will refrain from doing any harm. I understand that if I violate this standard that Pr Ntr Kmt can revoke my title as (title)." For all others, your no harm statement should state "I (name) agree to obey and uphold Ma'at and will refrain from doing any harm. I understand that if I violate this standard that Pr Ntr Kmt can revoke my title as (title)." If you want to use some other ancient creed, please contact us in advance for possible approval.

**Donation** Make a donation of at least \$10 (bigger donations really help) plus at least \$5 for mailing in the United States (for a total of at least \$15). Make checks or money orders in American dollars payable to "Pr Ntr Kmt". Wrap cash in opaque paper.

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Get a Pr Ntr Kmt certificate as proof that your religion is real and you are a real witch, shaman, priest, priestess, etc.



## starting a pr starting a temple starting a coven starting a church

This is an article about starting your own local religious group. I simply don't have the time necessary to personally speak with everyone who keeps asking how to do this.

Keep things simple.

### solitary or group

Most modern Witches and most modern followers of the Kemetic religions (and there is a lot of overlap between the two groups) are solitary worshippers or solitary practitioners. There is nothing wrong with this. And solitary work is as simple as you can get. Get a certificate and start practicing in your home or a natural spot of your choice.

But some people yearn for a group. Witches often gather together into covens. Followers of Kemetic (ancient Egyptian) religions often gather together into pers or temples.

If you are going to start your own coven or temple (pr), you should still start off simple. The really strict government rules don't kick in until your group has more than \$5,000 income a year (the limit for the federal government and most states, check you local state laws).

When you start to get formal, you will need a constitution or articles of incorporation (and you can start with a constitution and switch to articles of incorporation later), by-laws, leadership, EIN (to open a bank account), and additional paperwork that may be required by your bank, state, or the federal

government.

Again, start off simple, and build up over time rather than trying to do everything all at once.

### **churches**

The correct ancient Egyptian word is “per” or “pr”. This word is sometimes translated as “temple”.

The U.S. and state governments require the use of the word “church”.

The modern English word church comes from the Middle English word *chirche* which comes from the Old English word *cirice* which comes from the Medieval Greek word *ku~rikon* which comes from the Late Greek word *ku~riakon* (*do~ma*), which literally means “the Lord’s House”. The English word church specifically means the body of those who believe in and accept Jesus Christ as their Lord and Savior.

Therein is a serious problem. Government laws and officials requiring that *all* religions, including non-Christian religions, acknowledge the completely fictional and non-existent Jesus Christ as their Lord and Savior is unambiguous violation of the first amendment prohibition against establishment of religion and the first amendment requirement for freedom of religion.

The U.S. Supreme Court has ruled that while the first amendment protects Christian religious thoughts, it can not be assumed to allow all religious thought and that the legislators have a reasonable social interest in imposing Christian beliefs when there is a “compelling government interest”.

So, you have to decide how strongly you want to fight for religious freedom. Many non-Christians simply give in and call their group a Church and their leaders Ministers so as to avoid expensive legal fights that a five person Roman Catholic majority of the U.S. Supreme Court probably will win anyway.

This leads to such bizarre things as Buddhist temples calling themselves Churches and even leads to Jews calling themselves Churches and thereby in government paperwork acknowledging Jesus as their Lord in Savior after millenia of their brethren being tortured to death rather than acknowledge Jesus.

I leave to each reader to decide how to deal with this issue.

### **the I.R.S. guidelines**

The I.R.S. has a 14 point list of Church Qualification Guidelines. These used to be requirements, but federal courts told the I.R.S. that they couldn’t make these requirements, so now the I.R.S. calls them “guidelines” and enforces them anyway.

1. Distinct legal existence.
2. Recognized creed and form of worship.
3. Definite and distinct ecclesiastical government.
4. Formal code of doctrine and discipline.
5. Distinct religious history.
6. Membership no associated with any other church or denomination.
7. Organization of ordained ministers.
8. Ordained ministers selected after completing prescribed courses of studies.
9. Literature of its own.
10. Established places of worship.
11. Regular congregations.
12. Regular religious services.
13. Sunday schools for religious instructions of the young.

#### 14. Schools for preparation of its ministers.

I will later return to a point by point discussion of the I.R.S. guidelines, but for now am just making you aware of your challenges.

You will also want to know about the Meyers Matrix, which I will discuss in a separate article (not yet written).

### **certificate**

The first thing you will want is some kind of legal documentation of your status as a religious leader.

You can obtain a certificate from Pr Ntr Kmt with your religious title by calling Presiding Elder MichaelM at 949-566-0001 or by writing to:

Pr Ntr Kmt  
3345 Newport Blvd. #204  
Newport Beach  
California  
92663  
United States of America

In the United States this official certificate authorizes you to perform any ceremonies that the government recognizes other religions to perform (such as marriages or handfastings). There may be many additional requirements imposed by state governments.

The **title** on the certificate can be: Druid, Guru, Hem Ntr (or any specific deity), Hemet Ntr (or any specific deity), Kher Heb, Magician, Minister, Monk, Nun, Priest, Priestess, Scribe, Sesh Ked, Sesh Per Ankh, Shaman, Web, or Witch. You may suggest a different title that better fits your beliefs.

**Hem** (male) and **hemet** (female) were the primary ancient Egyptian words for priest and priestess. The **web** priest (or priestess) was responsible for the purity of the ritual and the cleanliness of sacred rooms, tools, paraphernalia, and priesthood. The **kher heb** was he priest or priestess who recited the liturgy and magick spells. The **sesh per ankh** were the learned priesthood (including mathematicians, doctors, and scientists). The **sesh ked** were the artists of the priesthood.

The certificate authorizes you to perform processions, circles, holy days, Sabbats, Esbats, ceremonies, celebrations, fire jumpings, commitments, weddings, handfastings, renewals, annulments, separations, divorces, funerals, blessings, namings, welcomings, baptisms, comings of age, rites of passage, affirmations, dedications, readings, and/or other rituals.

If you have multiple leaders of your per or coven, each should get his or her own certificates.

Note that when you obtain your Pr Ntr Kmt certificate you will have to agree to follow either the Law of Ma'at or the Wiccan Rede. If you have another similar standard to follow, ask.

### **association or corporation**

You will need to decide if you want your coven or per to be an association or a corporation.

A group of individuals coming together for a non-profit reason (including religion) without filing specialized government paperwork is called an association.



Corporations are normally controlled by state laws. Every state has different rules and laws. Most states distinguish between for profit and not-for-profit (or non-profit) corporations. California has a third category, religious corporations.

Some groups specifically avoid incorporation because they don't want their religious activities subject to government control or interference. Some groups specifically want the government protection provided by a corporation.

Your group can start out as an association and convert over to a corporation if needed, but it is very difficult to go the other way (from corporation to association).

If you are uncertain, start as an association.

## **foundational document**

You will need to write up a foundational document. The most common approach is either a Constitution (for an association) or Articles of Incorporation (for a religious non-profit corporation).

The details of Articles of Incorporation are controlled by state laws, but the principles are very similar to those for an association's constitution.

If you want to incorporate, you will want to hire a lawyer. You can research and prepare the paperwork yourself, but you should have a lawyer review it before you submit it to the government (the fee will be a lot less if you come with the paperwork prepared). or you can simply have a lawyer create all the correct paperwork for you.

I will discuss a constitution simply because most of you are going to start as an association.

It is important to keep your constitution as simple as possible, because governments don't like continual changes to constitutions. All of the specific details and things subject to change should go into your by-laws.

## **name**

The first section of your constitution should give the name of your per, temple, coven, or church and the location where you operate. See the sample below:

*Name is a per/temple/coven/church located in city/town in the state of state.*

You can provide an exact street address.

## **purpose**

The second section is your purpose.

The government likes to specifics. And the government will be checking to see if there are any non-religious or for-profit activities or purposes listed.

You will also want to be general enough that your group can respond to changing times and start new activities.

You may want to look at the purpose of Pr Ntr Kmt as an example.

## secular officers

The third section is your officers and secular leadership.

You will want to list the officers of your organization, both secular and religious. These can be combined or separate.

There are officer-less churches, but those are fairly rare and go against the grain of what the government wants to see.

Your constitution should list your required officers and a summary of their duties. You can also state how they are selected (or elected), or you can state that the board of directors is responsible for establishing those procedures. You may grant your board of directors authority to add additional officers.

There are four standard secular officers. These jobs may be combined with religious jobs.

The **president** is the person who is in charge of running things. This could be called the **high priest** or **high priestess** or **presiding elder**.

The **secretary** is the person who is in charge of keeping all the written records and filing all paperwork with the government.

The **treasurer** is the person who is in charge of keeping track of the money.

It is possible to combine those two jobs into a single secretary-treasurer.

The **board of directors** is the group that has ultimate secular authority. You may combine religious authority as well and call the group by a religious name, such as **board of elders**. This group writes the by-laws, often selects the three primary officers, and oversees all operations of your group.

The board of directors may or may not include the three above officers, at your option. Even if combined, the officers might be elected separately. You might consider having the board choose the three officers from its membership. There are a lot of choices of structure here.

Sometimes the president is also the **chairperson of the board** of directors, but sometimes these are different offices.

You may want to have one or more vice presidents. A single **vice president** typically has the responsibility to be ready to step in and carry out the president's duties when the president isn't available. With multiple vice presidents, each vice president is usually in charge of some particular area of your group's activities. If there are multiple vice presidents, you may also want an **executive vice president** who coordinates the other vice presidents and carries out the duties of the president when the president isn't available.

You may have additional officers who are charged with important responsibilities.

A simple example follows:

A board of directors of at least three directors and not more than 15 directors will be chosen by the religious leadership. The board of directors will choose a president (who will also serve as chairperson of the board of directors), secretary, and treasurer.

The board of directors will be responsible for overseeing the secular, business, and legal activities of *name of group* and writing and maintaining the by-laws.

The president will supervise the day to day secular, business, and legal activities of *name of group* and serve as chairperson of the board of directors.

The secretary will keep all written records of *name of group*, including minutes of the meetings of the board of directors, and file all paperwork required by state and federal government.

The treasurer will keep all financial records of *name of group*, manage the budget, money, and assets of *name of group*, and provide the secretary and board of directors with all financial paperwork required by state and federal government.

## religious hierarchy

Your religious hierarchy may include the same people who serve in the secular officers, be a completely different group of people, or some combination.

Normally the secular officers answer to the religious hierarchy, although you can do things the other way around.

A coven typically has a **high priest** and/or **high priestess**. Some covens have degrees of priesthood, often three degrees (with third degree usually being the highest). Many covens give an actual religious job and title to every member of the coven. There can be a person who is the **guardian** of each of the four cardinal directions or four magickal elements. There can be a specific person (or more than one) who are designated to recite important rituals. If you want a religious job for every member of your coven, you can keep dividing up the ritual tasks until everyone has a religious title. Many covens have a religious title for every member other than new ones.

A group built on the traditional kemet (ancient Egyptian) model will have a **high priest** and/or **high priestess**. **Hem** (male) and **hemet** (female) were the primary ancient Egyptian words for priest and priestess. The **web** priest (or priestess) was responsible for the purity of the ritual and the cleanliness of sacred rooms, tools, paraphernalia, and priesthood. The **kher heb** was the priest or priestess who recited the liturgy and magick spells. The **sesh per ankh** were the learned priesthood (including mathematicians, doctors, and scientists). The **sesh ked** were the artists of the priesthood.

Other religious traditions based on the Kemet have other structures. If you belong to another tradition, you can research the historical religious structure of your tradition.

## membership

The fourth section is your membership.

This section explains who can become members and what authority the members have.

In some groups the members elect the board of directors. In other groups the board of directors is selected by the religious hierarchy. In other groups the board of directors chooses their successors.

The same choices also apply to other officers: elected by the membership, selected by the religious hierarchy, or elected by the board of directors.

A simple version:

The categories of membership, qualifications for membership, and the manner of admission shall be set forth in and regulated by the By Laws.

## By-Laws

You need some method for the creation, amendment, and modification of your by-laws.

A simple version:

The board of directors shall write the by-laws of *name of group* at its first meeting. The initial by-laws and all amendments, modifications, and changes to the by-laws shall be approved by a majority of the board of directors.

Note that you may also want to give your religious hierarchy power to veto, approve, or otherwise control the by-laws.

### **non-profit stuff**

The federal government requires that the constitution or articles of incorporation specifically require that assets are only used for legitimate charitable and religious purposes and that upon breaking up all of the group's assets will only go to other qualifying charitable organizations.

You must decide if your group is under 501(c)(3) or 508. Under section 508, churches are exempt from paying federal income tax and from filing a lot of paperwork normally required of non-profit organizations. Under 501(c)(3) the donations made by members or others are tax-deductible (within certain limits), but the church has greater restrictions on how it uses its assets and is forbidden from certain kinds of political speech or writing.

Some churches forego the ability to have donations be tax deductible in trade for greater freedom of operation and freedom of speech.

Some groups follow the 501(c)(3) restrictions because it makes it easier to get donations and grants. Also, some states do *not* have special tax exempt categories for 508 churches, so in some states you have to go with the 501(c)(3) restrictions to avoid having to pay taxes on all of the church's income.

You can name specific organizations for assets to be distributed to upon dissolution, but also must indicate how assets will be distributed if that organization doesn't exist or refuses the assets.

In some states you may also have to add wording that indicates that you will follow similar state rules and laws.

A simple version for 501(c)(3):

*name of group* is organized and operated exclusively for religious purposes within the meaning of Section 501(c)(3) of the Internal Revenue Code.

Notwithstanding any other provision of these articles, *name of group* shall not carry on any other activities not permitted to be carried on by a religious organization exempt from federal income tax under Section 501(c)(3) of the Internal Revenue Code.

No substantial part of the activities of *name of group* shall consist of carrying on propaganda, or otherwise attempting to influence legislation, and *name of group* shall not participate or intervene in any political campaign (including the publishing or distribution of statements on behalf of any candidates to public office).

Upon dissolution of *name of group*, assets shall be distributed for one or more exempt purposes within the meaning of Section 501(c)(3) of the Internal Revenue Code, or the corresponding section of any future federal tax code, or shall be distributed to the federal

government, or shall be distributed exclusively for such organization or organizations which are organized and operated exclusively for such purposes.

### other provisions

You can add other provisions as you see fit. It is best to keep your constitution simple and put detailed rules into your by-laws.

**Amendements:** You may want a special section discussing how your constitution amended.

**Prohibitions:** You may include specific prohibitions to limit the activities of your group. A common one is forbidding any assets going to the benefit of any individual person. A common wording:

No part of the net earnings of *name of group* shall inure to the benefit of, or be distributed to its members, trustees, officers, or other private persons, except that *name of group* shall be authorized and empowered to pay reasonable compensation for services rendered and to make payments and distributions in furtherance of the purposes set forth in Article Two hereof (*the purpose article*).

**Indemnification:** Some groups indemnify their officers and board of directors from being sued. If there is a lawsuit over something done by the officers or board of directors, the group is agreeing to be legally responsible. This level of protection can attract higher quality officers and directors. This can be backed with the purchase of insurance to pay any settlements or court decisions.

Your state may have additional provisions that are required, especially if you incorporate.

## opening a bank account

The rules for opening a bank account will vary by bank. These typically include an EIN, a constitution, by-laws, and minutes of the meeting appointing or electing the current officers. In some states you will also need to obtain a DBA. Individual banks may have additional requirements.

You can go to your bank and ask for a copy of their requirements for opening a church or non-profit organization checking account. These guidelines will serve as a roadmap of essential paperwork you must create or obtain.

### EIN

In order to open a bank account you will need a federal Employer Identification Number (EIN). This is similar to a personal social security number, except it is used by organizations (including businesses) rather than individuals.

You will need to fill out IRS form SS-4 to get your EIN. Once the form is filled out properly, you can call the IRS and obtain the EIN over the phone for free (with a letter mailed out in a few weeks).

The link for downloading the PDF of the form is <http://www.irs.gov/pub/irs-pdf/fss4.pdf> .

The link for downloading the PDF of the instructions on filling out form SS-4 is <http://www.irs.gov/pub/irs-pdf/p1635.pdf> .

The IRS also provides a quick reference guide for churches and religious organizations at <http://www.irs.gov/pub/irs-pdf/p1828.pdf> .

# Bonewit's Cult Evaluation

an essay © 1979, 1996, 2001 Isaac Bonewits

Events in the last few decades have clearly indicated just how dangerous some religious and secular groups (usually called “cults” by those opposed to them) can be to their own members as well as to anyone else whom they can influence. “Brainwashing,” beatings, child abuse, rapes, murders, mass suicides, military drilling and gunrunning, meddling in civil governments, international terrorism, and other crimes have been charged against leaders and members of many groups, and in far too many cases those accusations have been correct. None of this has been very surprising to historians of religion or to other scholars of what are usually labelled “new” religions (no matter how old they may be in their cultures of origin). Minority groups, especially religious ones, are often accused of crimes by members of the current majority. In many ways, for example, the “Mormons” were the “Moonies” of the 19th century — at least in terms of being an unusual minority belief system that many found “shocking” at the time — and the members of the Unification Church could be just as “respectable” a hundred years from now as the Latter Day Saints are today.

Nonetheless, despite all the historical and philosophical caveats that could be issued, ordinary people faced with friends or loved ones joining an “unusual” group, or perhaps contemplating joining it themselves, need a relatively simple way to evaluate just how dangerous or harmless a given group is liable to be, without either subjecting themselves to its power or judging it solely on theological or ideological grounds (the usual method used by anti-cult groups).

In 1979 I constructed an evaluation tool which I now call the “Advanced Bonewits’ Cult Danger Evaluation Frame,” or the “ABCDEF,” a copy of which was included in that year’s revised edition of my book, *Real Magic* (LINK) (Samuel Weiser Pub., 1989). I realize its shortcomings, but feel that it can be effectively used to separate harmless groups from the merely unusual-to-the-observer ones. Feedback from those attempting to use the system has always been appreciated. Indirect feedback, in terms of the number of places on and off the Net this ABCDEF has shown up, has been mostly favorable. For example, it was chosen by and is now displayed on the website of the Institute for Social Inventions, who paraphrased it for their “Best Ideas — A compendium of social innovations” (LINK) listing.

The purpose of this evaluation tool is to help both amateur and professional observers, including current or would-be members, of various organizations (including religious, occult, psychological, or political groups) to determine just how dangerous a given group is liable to be, in comparison with other groups, to the physical and mental health of its members and of other people subject to its influence. It cannot speak to the “spiritual dangers,” if any, that might be involved, for the simple reason that one person’s path to enlightenment or “salvation” is often viewed by another as a path to ignorance or “damnation.”

As a general rule, the higher the numerical total scored by a given group (the further to the right of the scale), the more dangerous it is likely to be. Though it is obvious that many of the scales in the frame are subjective, it is still possible to make practical judgments using it, at least of the “is this group more dangerous than that one?” sort. This is *if* all numerical assignments are based on accurate and unbiased observation of *actual behavior* by the groups and their top levels of leadership (as distinct from official pronouncements). This means that you need to pay attention to what the secondary and tertiary leaders are saying and doing, as much (or more so) than the central leadership — after all, “plausible deniability” is not a recent historical invention.

This tool can be used by parents, reporters, law enforcement agents, social scientists, and others interested in evaluating the actual dangers presented by a given group or movement. Obviously, different observers will achieve differing degrees of precision, depending upon the sophistication of their numerical assignments on each scale. However, if the same observers use the same methods of

It should be pointed out that the ABCDEF is founded upon both modern psychological theories about mental health and personal growth, and my many years of participant observation and historical research into minority belief systems. Those who believe that relativism and anarchy are as dangerous to mental health as absolutism and authoritarianism, could (I suppose) count groups with total scores nearing either extreme (high or low) as being equally hazardous. As far as dangers to physical well-being are concerned, however, both historical records and current events clearly indicate the direction in which the greatest threats lie. This is especially so since the low-scoring groups usually seem to have survival and growth rates so small that they seldom develop the abilities to commit large scale atrocities even had they the philosophical or political inclinations to do so.

**(version 2.6)**

8 \_\_\_\_\_

**9 Sexual Manipulation:** of members by leader(s) of non-tantric groups; amount of control exercised over sexuality of members in terms of sexual orientation, behavior, and/or choice of partners.  
9 \_\_\_\_\_

**10 Sexual Favoritism:** Advancement or preferential treatment dependent upon sexual activity with the leader(s) of non-tantric groups. 10 \_\_\_\_\_

**11 Censorship:** Amount of control over members' access to outside opinions on group, its doctrines or leader(s). 11 \_\_\_\_\_

**12 Isolation:** Amount of effort to keep members from communicating with non-members, including family, friends and lovers. 12 \_\_\_\_\_

**13 Dropout Control:** Intensity of efforts directed at preventing or returning dropouts.  
13 \_\_\_\_\_

**14 Violence:** Amount of approval when used by or for the group, its doctrines or leader(s).  
14 \_\_\_\_\_

**15 Paranoia:** Amount of fear concerning real or imagined enemies; exaggeration of perceived power of opponents; prevalence of conspiracy theories. 15 \_\_\_\_\_

**16 Griminess:** Amount of disapproval concerning jokes about the group, its doctrines or its leader(s). 16 \_\_\_\_\_

**17 Surrender of Will:** Amount of emphasis on members not having to be responsible for personal decisions; degree of individual disempowerment created by the group, its doctrines or its leader(s).  
17 \_\_\_\_\_

**18 Hypocrisy:** Amount of approval for other actions which the group officially considers immoral or unethical, when done by or for the group, its doctrines or leader(s); willingness to violate group's declared principles for political, psychological, economic, military, or other gain.  
18 \_\_\_\_\_

1 2 3 4 5 6 7 8 9 10  
low high

An item that was formerly in the list but now has been distributed into other categories: **8**  
**POLITICAL POWER:** Amount of external political influence desired or obtained; emphasis on directing members' secular votes. 8 \_\_\_\_\_

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A German translation of the 2.0 version of this is available at:



[http://www.neopagan.net/ABCDEF\\_German.html](http://www.neopagan.net/ABCDEF_German.html) Isaac Bonewits' Sektengefahr Checkliste (LINK)

A French translation of the 2.6 version of this is available at:  
[http://www.neopagan.net/ABCDEF\\_French.html](http://www.neopagan.net/ABCDEF_French.html) Grille avancée de Bonewits pour l'évaluation du danger potentiel d'une secte (LINK)

An Italian translation of the 2.6 version of this is available at:  
[http://www.neopagan.net/ABCDEF\\_Italian.html](http://www.neopagan.net/ABCDEF_Italian.html) *Documento Avanzato di Isaac Bonewits per la Valutazione del Pericolo del Culto* (LINK)

A Polish translation of the 2.6 version of this is available at:  
[http://www.neopagan.net/ABCDEF\\_Polish.html](http://www.neopagan.net/ABCDEF_Polish.html) Zaawansowany Kwestionariusz Bonewitsa Oceniający Niebezpieczeństwo Sekty (LINK)

A Portuguese translation of the 2.6 version of this is available at:  
[http://www.neopagan.net/ABCDEF\\_Portuguese.html](http://www.neopagan.net/ABCDEF_Portuguese.html) *A Ferramenta Avançada de Bonewits para Avaliação de Seitas* (LINK)

Isaac Bonewits' home page is at: <http://www.neopagan.net/> (LINK)



## Books

If you want your book reviewed, please send a copy to: Milo, POB 1361, Tustin, CA 92781, USA.



**Real Magic:** An Introductory Treatise on the Basic Principles of Yellow Magic (revised edition); by Isaac Bonewits; Samuel Weiser; October 1989; ISBN 0877286884; paperback; 304 pages

**Authentic Thaumaturgy** (2nd edition); by Isaac Bonewits, Ray Snyder Eric Hotz (Illustrator), Clifford VanMeter (Illustrator), Steve Jackson (Editor); Steve Jackson Games; November 1998; ISBN 1556343604; paperback; 144 pages; **note:** This book is apparently about using principles of real magic in fantasy role playing games, according to the review at Amazon.com.

If you want your book reviewed, please send a copy to: Milo, POB 1361, Tustin, CA 92781, USA.

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## religious freedom and religious rights

It is important to become involved in the religious rights for Witches, especially in a time period when

George Bush and other Christians are actively seeking a return to the Burning Times when Witches are killed without fair trials.

### **Wiccan burials:**

**NOTE:** As this book goes to press the VA has finally agreed to obey the law and has added the Wiccan pentagram to authorized gravestone markers.

The US Department of Veterans Affairs has been fighting AGAINST allowing the Wiccan pentagram on military gravestones. There is currently a lawsuit regarding SSgt. Stewart, who was killed in Afghanistan.

As part of delaying tactics the VA got the judge to delay the court case because the VA is issuing new regulations on the matter.

The proposed new regulations would make it illegal to have any new gravestone marker that members of any other religion would find objectionable — and Christians are very vocal in their objections to the Wiccan pentagram.

The time period for making protests against the new proposed regulations are running out.

**Act Now!** Please go on record with your concerns right away, and urge others to do so as well.

See text of proposed procedures:

<http://www.circlesanctuary.org/liberty/veteranpentacle/vaproposedrules.htm>

See guide for making comments:

<http://www.circlesanctuary.org/liberty/veteranpentacle/VARuleComment.htm>

See how to view comments already submitted:

<http://www.circlesanctuary.org/liberty/veteranpentacle/commentreview.htm>

More information about the Veteran Pentacle Quest:

<http://www.circlesanctuary.org/liberty/veteranpentacle/>

### **Partial success**

There has been an important development in the Veteran Pentacle Quest!

Although the US Department of Veterans Affairs (VA) still has not approved the Pentacle, Sgt. Stewart is getting the Pentacle on his plaque!

Sgt. Patrick Stewart is a casualty of Operation Enduring Freedom and George W. Bush's "war on terror." Sgt. Stewart put his life on the line. He fought for freedom. He died serving the United States of America.

The Nevada Office of Veterans Services announced today that they have taken action to get Sgt. Stewart's plaque with the Pentacle on it produced and installed on the Wall of Heroes at the Northern Nevada Veterans Memorial Cemetery in Fernley, Nevada.

This decision was made after the Nevada Attorney General's Office determined that the state has sole discretion over state veteran cemeteries.

Tim Tetz, the Executive Director of the Nevada Office of Veterans Services, said in a press release

issued today (September 13, 2006): "I promised his widow and many others that we would diligently pursue every option to make certain Sgt. Stewart received recognition for his contributions as an Army soldier, a Nevadan, and an American hero."

Of course, there is still a need to send letters to your Congress person and to your Senators asking that ALL Wiccans who die in the service of their country receive the same first amendment rights as Christian soldiers.

Sgt. Patrick Stewart was shot down in a US Chinook helicopter on September 25, 2005. He was only 34 years old. He was not just a soldier. He was a beloved son, a husband, and a father of two beautiful children.

Sgt. Stewart wore military issued dog tags that identified his religion: Wiccan. When his widow, Roberta Stewart, asked the US Department of Veterans Affairs (VA) to place the Wiccan religious emblem on his memorial plaque, she was told the Pentacle was not on the National Cemetery Administration (NCA) list of 38 religious emblems and could not be included.

There is still no government-issued Memorial plaque for him on the Wall of Heroes at the Northern Nevada Veterans Memorial Cemetery. His space remains blank. It continues to be blank and without the plaque because the VA continues its 9 year pattern of discrimination against the Wiccan religion and its emblem of belief.

Join others to raise a call for Religious Freedom for All to our elected officials on Capitol Hill in Washington, DC. Write and FAX letters to your US Senators and Representatives. Ask them to launch a Congressional investigation into the conduct of the US Department of Veterans Affairs regarding their on-going discrimination against the Wiccan religion and its emblem of belief. Ask your Senators and Congressperson to call, fax, and send letters to the VA demanding the approval of the Pentacle for use on government issued headstones, markers, and plaques for deceased veterans.

The VA's failure to honor a dead soldier's freedom of religion is an insult — and it is symbolic of the disintegration of our Constitutional rights.

Do not give up your right to Freedom of Religion without a fight. Sgt. Patrick Stewart deserves the same respect any of us would expect if we ourselves or our loved ones were killed in an act of war, especially while fighting for freedom and justice for all.

## **Pagan Alert from Circle Sanctuary Fort Hood, Texas**

### **news alert**

### **Pagans Plan Response to Labor Day Anti-Witch March in Texas**

Lady Liberty League News #6 Wednesday, September 1, 1999

from <http://www.circlesanctuary.org/liberty>

Pagans, Christians, and others supportive of religious diversity are planning to make a peaceful and

centered stand — for religious freedom, and against bigotry — in response to an anti-Witch march scheduled to take place on Labor Day (Monday, September 6, 1999) in local communities near Fort Hood in Texas. The march is being organized and led by an anti-diversity Christian preacher who has been one of the most vocal opponents of freedom of worship for Wiccans in the US military. He has tried repeatedly to stir up public pressure to stop the Sacred Well Congregation's Fort Hood Open Circle from having Wiccan rituals at Fort Hood.

This preacher, Rev. Jack Harvey of Tabernacle Baptist Church in Killeen, calls his action, "march against wickedness." He plans to start the march in Killeen on Monday morning and end it in the afternoon at a Pagan owned metaphysical store in Copperas Cove. He has spoken out against Witches and the Wiccan religion both publicly and privately.

Some of his anti-Wiccan propaganda is quoted in an article written by reporter Barry Schlachter which was published in the August 7, 1999 issue of the Fort Worth Star-Telegram newspaper. The entire article is on-line at:

<http://www.star-telegram.com/news/doc/1047/1:METRO73/1:METRO730807 99.html>

"This is war," thundered the Rev. Jack Harvey of nearby Killeen, who has vowed to run the witches off base. Harvey, who has announced a Labor Day "march against wickedness," sees no difference between Wicca and devil worship or voodoo. He has instructed that at least one member of his congregation carry a handgun at services — "in case a warlock tries to grab one of our kids."

"I've heard they drink blood, eat babies. They have fires, they probably cook them. This is unbelievably wrong," said Harvey, who repeatedly pounded his desk during an interview at Tabernacle Baptist Church, then apologized for his hell-broth boil.

"Sorry. I get very emotional about this," he said.

There was no sign of human, or animal, sacrifice at the Lughnassadh or first harvest service on July 31, which was followed by a potluck turkey dinner. Adherents insist that Wicca, a nonproselytizing faith traced back to pre-Christian nature worship but largely reborn, with a strong feminist influence, during the 1970s, has nothing to do with Satanism.

Like others at the Saturday night rite, Jessica Ek said she had been a "solitary Wiccan," practicing in secret for years until discovering the Killeen "open circle," which she joined after moving from Arlington. The caped 19-year-old said she has lost count of the bonfire vaults she made with young soldiers caught up in the emotional exuberance of the moment.

Fort Hood officers, citing their soldiers' constitutional right to religious freedom, have allowed Wiccan worship since August 1997. And they have not buckled under to critics — or rethought their policy, as Gov. George W. Bush, R-Tex., urged in an interview broadcast nationally on ABC- TV.

The legally incorporated Sacred Well Congregation of San Antonio had been quietly sponsoring the base rituals with little outside notice until the Austin American-Statesman ran a lengthy piece in May.

Its photo of the congregation's high priest, Fort Worth-reared psychologist David Oringerff, hurdling a Fort Hood bonfire was widely reprinted, raising the ire of fundamentalist Christians in Congress such as Sen. Strom Thurmond, R-S.C., and Rep. Bob Barr, R-Ga.

"What's next?" Barr wrote in a letter to Lt. Gen. Leon S. Leponte, the base commander.

“Will armored divisions be forced to travel with sacrificial animals for Satanic rituals? Will Rastafarians demand the inclusion of ritualistic marijuana cigarettes in their rations?”

In keeping with the original compromise with the Texas Wiccans, there is still no traditionally “skyclad,” or naked, bonfire jumping at Fort Hood.

In June, 13 conservative religious groups announced a boycott of enlistment and re-enlistment until Wiccan worship is taken off Fort Hood. The call drew national attention. But the boycott hasn’t affected potential recruits, Army spokeswoman Maria Taylor said from the Pentagon. Moreover, Pat Robertson’s Christian Coalition and another group have withdrawn from the boycott.

In July, Barr was rebuffed in an attempt to insert a provision in a military authorization bill that would have prevented Wiccans from using base facilities or getting Army-supplied candles. It never made it out of committee, his staff said.

Bush, a conservative Christian and the front-runner for the Republican presidential nomination, told ABC in June: “I don’t think witchcraft is a religion. I would hope the military would take a second look at the decision they made.”

According to Heidi Morrow, who owns the New Age Connection, the store in Copperas Cove, Texas, being targeted by Harvey and his march on September 6, Harvey has told her and other area Witches that all Witches should be dead. He has repeatedly quoted a passage from Exodus 22:18 of the King James Version of the Bible: “Thou shalt not suffer a witch to live.” Although the word witch in this version is a mistranslation of “ob” meaning “poisoner,” from his remarks, Harvey appears to have no understanding of this and seems to be taking the words of the King James version of the passage quite literally.

Lianna Costantino-Mead, a Wiccan high priestess, has heard similar rhetoric from Harvey. He also told her that all Witches should be killed. He proclaimed this after refusing her invitation for him to join in an interfaith dialog meeting between local Christian and Pagan religious leaders about religious freedom concerns. Due to threats Harvey has made against her, Lianna filed a report with the police.

On Saturday, August 28 at the Killeen Community Center, an interfaith dialog meeting, organized by Lianna and facilitated by a religiously neutral (agnostic) local therapist, went well. David Oringerff, executive director of the Sacred Well Congregation, was among the Pagan leaders who spoke, as did Marcy Palmer, high priestess of the Fort Hood Open Circle, SWC. Lianna and Heidi also were among the Pagans who spoke. A variety of Pagan paths were represented as well as several Christian denominations. Some of the Christian ministers who took part in this dialog meeting are planning to join Wiccans and other Pagans at Heidi’s store on Labor Day in a show of solidarity against the bigotry espoused by Harvey.

### **how you can help**

- Send blessings of strength, centeredness, protection, well-being, and other support to the Pagans, Christians, and others who will be at Heidi’s store on Labor Day. Also send blessings to the store itself, its owner, employees, and customers. Invoke the blessings and protection of Lady Liberty.
- Send well wishes for the continuance of interfaith dialog efforts begun in the local area by Lianna.
- Send blessings of support to the Wiccans in the Fort Hood Open Circle, SWC, at the nearby Fort Hood Army Post.
- Pass the word about this situation on to others who may be interested in contributing support for religious freedom and for greater acceptance of religious diversity in this region.

If you and/or others you know are interested in being part of the peaceful and centered presence at

Heidi's store during the day of Monday, September 6, please contact Lianna and Heidi for more details. Those being part of this presence at the store should be adults who can stay centered and silent in the face of taunts and other possible harassment by bigots. In addition, participants should be dressed conservatively and be willing to have their faces appear in the media, since both national and local media have indicated they plan to cover the event. Furthermore, adults should **not** bring any children with them. Although police will be monitoring the situation, it is uncertain what those taking part in the anti-Witch march will do. Pagans, Christians, and those of other religions who support religious freedom and oppose religious bigotry are welcome to contact Lianna and Heidi for more information about the gathering at the store.

Lianna Costantino-Mead

PO Box 4247, Killeen, TX 76540

(254) 539-7040

organizer of the interfaith pro-diversity response to the March organizer of Pagan-Christian interfaith dialog in the Killeen area

Heidi Morrow

home: (254) 542-8123

store: (254) 518-3434

fax: (254) 518-2669

newage@vvm.com

Witch & owner of the New Age Connection, Copperas Cove, Texas

If you make arrangements with them to be part of the pro-religious freedom gathering at the store, please send an email to LLL (circle@mhtc.net) and share your perspectives about what occurs.

If you see press coverage of this event, please email reports and/or send press clippings to LLL Archives.

Lady Liberty League (LLL) is an international Nature Religions civil rights organization. More information and links about efforts to preserve first amendment rights for Wiccans in the US Military is on-line at the LLL website (<http://www.circlesanctuary.org/liberty>).

Copies of this email LLL News Alert can be forwarded to others. Please help spread the word:

- by emailing others you know,
- by adding a link to your website,
- by posting on bulletin boards,
- by publishing this in newsletters,
- by forwarding this to lists,
- by mentioning in chat rooms, & other ways.

Thank you.

LADY LIBERTY LEAGUE NEWS

Email Newsletter of the Lady Liberty League

<http://www.circlesanctuary.org/liberty>

# Tempest Smith

In February 2001, Tempest Kayne Smith, at the age of twelve years old, committed suicide due to bullying and persecution. The behavior she was subjected to began when she was in the second grade and increased with intensity until Tempest could no longer dispel the torment through nonviolent reaction. She left written words indicating her decision.

Twelve year old Detroit, Michigan, schoolgirl Tempest Smith was continually harassed by her classmates, including bombardment with Christian hymns to ridicule her Wiccan beliefs.

Tempest Smith hung herself on February 20, 2001, with her own leopard-print scarf.

In September 2002, after more than a year of meditation and inner contemplation, Tempest's mother Denessa Smith, stepped out into the community with a mission and a message.

In January 2003, the Tempest Smith Foundation legally began. The debut of TSF was at the Tempest Smith Memorial Ritual held at ConVocation. The ritual was performed by several prominent figures of the pagan community to honor Tempest, ensuring that her convictions would not go unnoticed.

No parent should have to find their child dead because of Christian harassment. No teenager should have to face religious discrimination and hatred so great that suicide seems to be the only option.



## Tempest Smith Foundation

Train Educate & Motivate Parents, Educators & Students in Tolerance

<http://tempestsmithfoundation.org/>

## legal background

This is *not* legal advice. it is best to have a lawyer. While teens have been successful in court in recent years, mostly fighting school regulations against Wiccan pentagrams, there is no guarantee that you will just because you are right.

The following information may help your lawyer prepare for your case.

The United Nations Universal Declaration of Human Rights was adopted and proclaimed by General Assembly resolution 217 A (III) of 10 December 1948.

Article 18 states “Everyone has the right to freedom of thought, conscience and religion; this right includes freedom to change his religion or belief, and freedom, either alone or in community with others and in public or private, to manifest his religion or belief in teaching, practice, worship, and observance.”

In 1968 the United Nations International Conference on Human Rights agreed that the United Nations Universal Declaration of Human Rights “constitutes an obligation for the members of the international community” to protect and preserve the rights of its citizenry.

With almost every nation in the world being a member of the United Nations, this applies on nearly a world-wide basis. The ability to use the United Nations Universal Declaration of Human Rights in a particular nation’s courts may vary greatly.

The U.S. Constitution’s first amendment states “Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof, or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.”

The portion prohibiting a government religion is known as the Establishment Clause. The portion guaranteeing freedom of religion is called the Free Exercise Clause.

Until the passing of the Fourteenth Amendment, the Establishment Clause was held to prohibit the establishment of a national religion, or the preference of any one religion over another, or the preference of religion over non-religion. Section 1 of the Fourteenth (14th) Amendment states “All persons born or naturalized in the United States, and subject to the jurisdiction thereof, are citizens of the United States and of the State wherein they reside. No State shall make or enforce any law which shall abridge the privileges or immunities of citizens of the United States, nor shall any State deprive any person of life, liberty, or property, without due process of law; nor deny to any person within its jurisdiction the equal protection of the laws.”

The Supreme Court has ruled that the Fourteenth Amendment extends the “substantive rights” of free speech, freedom of religion, protection from unreasonable searches, protection from cruel and unusual punishment, and other limitations on government power. This is known as the Incorporation Doctrine.

Between 1938 and 1955 the Jehovah’s Witnesses had more than forty (4) cases before the U.S. Supreme Court, winning the majority of them, asserting the freedom of religion even in the face of state legislation.

In the 1938 case *Lovell v. City of Griffin* the Supreme Court held that cities could not require government permits for the distribution of pamphlets.

In the 1939 case *Schneider v. Town of Irvington* the Supreme Court struck down anti-littering laws that were only enforced against Jehovah’s Witnesses passing out pamphlets.

In the 1940 case *Cantwell v. Connecticut* the court ruled against a law that forbid soliciting donations without obtaining a certificate from the Public Welfare Council. The Supreme Court ruled that any law granting a public body with the function of determining if a cause was religious or not violates the First Amendment.

In the 1940 case *Minersville School District v. Gobitis* the Supreme Court held that members of the Jehovah’s Witnesses could be required to salute the American flag in public schools. Justice Frankfurter claimed that members of minority religions could attempt to reverse discriminatory laws through the



exercise of the vote. **NOTE:** This decision was overruled in 1943.

In the 1943 case *West Virginia State Board of Education v. Barnette* the Supreme Court reversed the Gobitis decision. Justice Robert H. Jackson wrote “the very purpose of the Bill of Rights was to withdraw certain subjects from the vicissitudes of political controversy, to place them beyond the reach of majorities ... One’s right to life, liberty, and property, to free speech, to free press, freedom of worship and assembly, and other fundamental rights may not be submitted to vote.” While the Supreme Court did not rule that the Pledge of Allegiance was unconstitutional, it did rule that students may not be compelled to recite it.

In the 1947 case *Everson v. Board of Education*, 330 US 203, 91 L. Ed. 711, applied the Establishment Clause to the states through the Due Process Clause of the 14th Amendment. Justice Black wrote “The establishment of religion, of the First Amendment means at least this: Neither can pass laws which aid one religion, aid all religions, or prefer one religion over another. Neither can force or influence a person to go to or remain away from a church against his will or force him to profess a belief or disbelief in any religion. No person can be punished for entertaining or professing religious beliefs or disbeliefs, for church attendance or nonattendance.”

Under Chief Justice Earl Warren the U.S. Supreme Court expanded religious rights.

In the 1962 case *Engel v. Vitale* the Supreme Court struck down a non-denominational prayer written by the New York Board of Regents. Justice Black wrote “it is no part of the official business of government to compose official prayers for any group of American people to recite as part of a religious program carried out by the Government.”

In the 1963 case *Abington Township v. Schempp* the Supreme Court struck down laws requiring a teacher to read the Lord’s Prayer or the Bible in the classroom of a public school. The Supreme Court introduced the “secular purpose” and “primary effect” tests to determine compatibility with the Establishment Clause.

In the 1963 case *Sherbert v. Verner*, 374 U.S. 398 the court ruled in favor of Adele Sherbert, who was denied unemployment benefits by the state of South Carolina because she refused to work on Saturdays, as required by the Seventh-day Adventist faith. **NOTE:** This right was partially revoked in 1990.

In the 1972 case *Wisconsin v. Yoder*, 406 U.S. 205 the Supreme Court established the Compelling Interest doctrine, ruling that a law that “unduly burdens the practice of religion” without a compelling interest, even though it might be “neutral on its face”, would be unconstitutional. **NOTE:** This right was partially revoked in 1990.

In the 1974 *Universal Life Church (ULC)* case Civil No. S-1964 federal Judge James F. Battin wrote “Neither this Court, nor any branch of this Government, will consider the merits or fallacies of a religion. Nor will the Court compare the beliefs, dogmas, and practices of a newly organized religion with those of an older, more established religion. Nor will the Court praise or condemn a religion, however excellent or fanatical or preposterous it may seem. Were the Court to do so, it would impinge upon the guarantees of the First Amendment.” The judge required the IRS to accept the ULC as a legal church. The IRS had belittled the ULC as a mail-order church. The IRS’s official rules for determining what constituted a legal religion were struck down. The IRS responded by simply retitling the exact same rules as unofficial guidelines.

The Universal Life Church has *only* two beliefs (1) “the absolute right of freedom of religion” and (2) “to do that which is right”. Federal Judge Dale A. Kimball wrote in a 2002 decision “The ULC claims that each person has the right to do what is right for him or her as long as it does not infringe on the rights of others and is within the law.” THE ULC ordains ministers for free and sells certificates. Judge Kimball also wrote “The ULC requires virtually nothing from its ministers; they are not required to

perform any religious ceremonies, to oversee a congregation, to provide religious guidance or counseling, ...”

In the 1985 case *Wallace v. Jaffree* the Supreme Court ruled against an Alabama state law requiring that students in public schools observe a daily period of silence for the purpose of private prayer. While the Supreme Court did not rule that a moment of silence was unconstitutional, it ruled that the sole purpose of the Alabama law was to advance religion, which violated the secular purpose test.

Unfortunately, in the 1990 case *Employment Division v. Smith*, 494 U.S. 872 ruled that a state law could prohibit free exercise as long as it does not target a particular religious practice. Alfred Smith and Galen Black, both Native Americans, were fired from their jobs as counselors for a private drug rehabilitation organization for using peyote during religious ceremonies of the Native American Church. Oregon law prohibits the knowing or intentional possession of peyote, so the state of Oregon denied unemployment compensation.

In the 1992 case *Lee v. Weisman* the Supreme Court ruled that it was unconstitutional for religious officials to offer prayers before voluntarily attended ceremonies such as graduation, prohibiting the government from conducting religious exercises at public occasions even if attendance was not compulsory.

In the 1993 case *Church of Lukumi Babalu Aye v. City of Hialeah* the Supreme Court struck down a Hialeah, Florida, city ordinance that forbade killing of animals, while allowing numerous exemptions, such as killing for food, killing for leather, and killing as part of the kosher slaughter of Judaism. It was obvious that the law only applied to ritual slaughter as practiced by the Santeria religion, even though the religion wasn't specifically named in the law. The Supreme Court ruled that because the city ordinance was not “generally applicable” that it was subject to the compelling interest test, which it did not meet.

In 1993 the U.S. Congress passed the Religious Freedom Restoration Act (RFRA), restoring the Sherbet Test of the compelling interest standard to all laws. The RFRA required that courts determine whether a person has a claim involving a **sincere religious belief** and whether the government action is a substantial burden on that person's ability to act on that belief. If the first two tests are met, then the government must prove that it is acting in furtherance of a compelling state interest and that the government has pursued that interest in the manner least restrictive (least burdensome) to religion.

In 1993 the state of Rhode Island passed the oldest (first) state Religious Freedom Restoration Act, General Laws of Rhode Island, title 42, Chapter 80.

In 1994 the U.S. Congress passed the American Indian Religious Freedom Act Amendments of 1994, which extended the American Indian Religious Freedom Act to “provide for the traditional use of peyote by Indians for religious purposes”.

In the 1996 case *United States v. Meyers* No. 95-8079 by the United States Court of Appeals for the Tenth Circuit, the court ruled against David Meyers and claimed that the Church of Marijuana was not actually a religion. The court created a list of rules based on the Abrahamic religions that all non-Abrahamic religions are required to meet to be entitled to the same freedom of religion as Christians.

In the 1997 case *City of Boerne v. Flores* the Supreme Court struck down the RFRA for state and local governments. The Roman Catholic Archdiocese of San Antonio wanted to enlarge a church in Boerne, Texas, but a city ordinance protected the church as a historic landmark and did not allow it to be torn down.

In response *City of Boerne v. Flores* to several states passed their own versions of the Religious Freedom Restoration Act, including Alabama, Arizona, Connecticut (S 52-571b), Florida, Idaho, Illinois, New Mexico, Rhode Island (passed in 1993), South Carolina, and Texas.

In 1998 the California legislature passed AB1617, with very similar wording to the federal Religious Freedom Restoration Act. Governor Pete Wilson vetoed the California law, claiming it would be misused by prisoners. Governor Jim Edgar vetoed the Illinois RFRA. The Illinois House overrode the veto 110-3 and the Illinois Senate overrode the veto 55-0. A RFRA in Virginia was returned to committee in 1999, where it died because it didn't include a definition of religion restricting the rights to mainstream religions.

In the 2002 *Universal Life Church (ULC)* case Civil No. 2:01CV278K federal Judge Dale A. Kimball struck down a Utah law banning ministers ordained by mail or over the internet from officiating legal marriage. The court ruled in favor of ULC, claiming that there was no essential difference between internet-based or mail-order application and application by courier, fax machine, phone, or in person. The Utah law would have unintentionally “defrocked” ministers from many major mainstream Christian religions that conducted official church business via U.S. mail.

In 2002 in the case *Guam v. Guerrero*, (September 8, 2000) 2000 Guam 26, No. CRA99-025 the U.S. 9th Circuit Court of Appeals in San Francisco ruled that Bennie Toves Guerrero, a Hispanic Rastaman also known as Ras Iyah Ben Makahna, could not be prosecuted for possession of marijuana on federal lands for religious reasons. Guerrero had been arrested at the Guam airport and charged with importing five ounces of marijuana and 10 ounces of seeds. Unfortunately, the Appeals Court ruled that “Rastafarianism does not require importation of a controlled substance, which increases availability”, and therefore allowed the prosecution for importing marijuana.

In the February 21, 2006, case *Gonzales v. O Centro Espirita Beneficente União do Vegetal*, 126 S. Ct. 1211 the Supreme Court upheld the RFRA applying to the federal government. The complete text of this Supreme Court decision is [here](#).



## time line

A time line on the persecution of Witchcraft.

**1491 B.C.E.** Hebrew priests write Exodus 22:18 in their Torah, requiring the death penalty for all Witches. **Jewish death penalty for Witchcraft.**

**550** Byzantine emperor Justinian sends an army to Philae to murder the worshippers at the Great Temple of Isis. Christian soldiers destroy statues and deface reliefs with Christian crosses. Bishop Theodorus leaves an inscription taking credit for this “good work”. Centuries later Muslims deface Christian artwork at the site.

**906** *Canon Episcopi*, a collection of church laws, declared that belief in Witchcraft is heresy.

**1233** Pope Gregory IX authorizes the Roman Catholic Inquisition.

**1320** Pope John XXII officially declares Witchcraft and the Old religion of the Pagans as a “heretical movement” and a “hostile threat” to Christianity.

**1324** Petronilla de Meath flogged, excommunicated, and burned at the stake for Witchcraft at Kilkenny, Ireland, the first Witch murdered in Ireland.

**1484** Pope Innocent VIII issued an edict entitled *Summis desiderantes affectibus* alleging that many men and women were in collusion with the Devil. All Christians were required to assist the two Dominican monks, Jacob Sprenger and Heinrich Kramer, placed in charge of handling this supposed Witchcraft problem.

**1486** Dominican monks Jacob Sprenger and Heinrich Kramer publish *Malleus Maleficarum* or “the Witch’s Hammer”, codifying the charges, interrogation procedures, and judicial resolutions for Witchcraft trials.

**25 August 1538** Martin Luther calls for the murder of all Witches.

**1541** Witchcraft made illegal in England.

**1563-1603** At least 17,000 Witches killed in Scotland.

**1573-1700** At least 70,000 Witches killed in England.

**1600-1680** At least 40,000 Witches killed in Great Britain.

**1604** England passes law decreeing capital punishment for Witches and Pagans.

**1610-1840** At least 22,000 Witches killed in Bamberg, Germany.

**1644** New England colonies made death the penalty for suspicion of Witchcraft.

**1986-1996** At least 300 Witches killed in South Africa.

**1998** At least 100 Witches killed in Indonesia.

## pharmacy and sorcery

The Greek word for sorcery or witchcraft is **Pharmakia**, from which we get the modern English word **pharmacy**.

Christians have for centuries been pointing out that the use of drugs is witchcraft and the use of drugs to cast spells is sorcery.

“Gal 5:20 Sorcery/witchcraft, is from the Greek word, “**Pharmakia**” the same word we get **pharmacy** from. it means the general illicit use of drugs (same application as today) and the use of drugs to cast spells etc.” ... “Ask for discussion: “Who are the two drug dealers of the Bible?” Elymas and Simon: Acts 13:6 ; Acts 8:9” ... “Notice this is illustrative of what Gal 5:20 condemns. These men, called sorcerers, magicians, witchcraft.” — Steve Rudd, author of *Drugs and the Bible: E, Shrooms, Cocaine, Crack, Marijuana* at <http://www.bible.ca/s-marijuana.htm>

**Harper's Bible Dictionary:** "On the lowest level were the 'imposters' (2 Tim. 3:13) who played their tricks as do circus magicians today. Between these were the sorcerers, enchanters, and charmers who could cast spells and knew how to use herbs, potions, and drugs." — quoted by Steve Rudd, author of *Drugs and the Bible: E, Shrooms, Cocaine, Crack, Marijuana* at <http://www.bible.ca/s-marijuana.htm>

**W. E. Vine's Bible Dictionary:** "In sorcery, the use of drugs, whether simple or potent, was generally accompanied by incantations and appeals to occult powers, with the provision of various charms, amulets, etc., professedly designed to keep the applicant or patient from the attention and power of demons, but actually **to impress the applicant with the mysterious resources and powers of the sorcerer.**" — quoted by Steve Rudd, author of *Drugs and the Bible: E, Shrooms, Cocaine, Crack, Marijuana* at <http://www.bible.ca/s-marijuana.htm>

"We see the high death rate among young people, the threat of violence, the deplorable proliferation of drugs which strike at the deepest roots of youth today. For these reasons, we hear talk of a 'lost youth'." — Pope Benedict XVI, Papal Address to Youth, Pacaembu, Brazil, May 10, 2007

## Witchcraft potions magick potions

Witches are famous for their potions, which are herbal medications made from natural plants.

"Since the beginning of time, shamans and priest/esses in every human culture have used sacred substances -- hallucinogenic mushrooms, hashish, peyote, wine, to name a few -- to achieve altered states of consciousness, the "divine frenzy" that opens a magician's mind to the realm beyond the ordinary. When Xtianity imposed on Western culture its puritanical fear of ecstasy, the lore of sacred substances was kept alive by the hidden children of the Old Religion. Don't believe the rote anti-drug disclaimers printed in popular books on the Craft -- Witches really do mutter enchantments over our cauldrons (or at least our cooking pots) as we stir handfuls of strange herbs into magic potions and flying ointments. The use of mind-altering substances for ritual purposes is as integral to Wicca -- and as historically well attested -- as it is to any other indigenous religion, and we consider the outlawing and persecution of traditional sacred plants such as cannabis (marijuana) and Amanita Muscaria (the "fairy mushroom") to be a direct violation of Wiccans' First Amendment right to freedom of religion." — Lady Passion, author of *General Information about Witchcraft* at [http://members.aol.com/oldenwilde/gen\\_info/intro.html](http://members.aol.com/oldenwilde/gen_info/intro.html)

"So like a witch that stirs her pot of secret brewing herbs, who then takes a small bottle of the potion and gives it to someone, so too with Elymas and Simon [Acts 13:6 and 8:9]. The witch was a drug dealer. Simon would give hallucinogen drugs like "THC" (cannabis) "Psilocibin" or "Cybelcyblin" (magic mushroom) "Cocaine", "Heroin" (poppy plant) to someone, wait a few minutes then as the drug starts to set in, start waving his hands around giving the impression that HIS POWER is causing all the pink elephants to fly " — Steve Rudd, author of *Drugs and the Bible: E, Shrooms, Cocaine, Crack, Marijuana* at <http://www.bible.ca/s-marijuana.htm>

"Witches are perhaps the most varied of the supernaturals, although The Possessed may rival them. The paradigm by which a Witch does his or her hell-black magic is always different. Sometimes it is readings from cards or the sky, sometimes it is needles in the skin or re-arranging of furniture to tap sick "dragon energy," sometimes it is chanting and fire,

sometimes psychic powers, sometimes it is taking drops of sinister potions and rolling around giggling. Whatever it may be, Witch magic always takes a dire and ironic cost. Witches were responsible for the Vietnam War, for example.” — the hunter, 2007, at [http://www.the-hunter-net.org/index.php?page\\_id=8](http://www.the-hunter-net.org/index.php?page_id=8)

## false claims

Witchcraft has been persecuted on the basis of many false claims.

Christians claim that Witchcraft is supposedly associated with Satan.

One false claim is that Witchcraft is supposedly dangerous.

Another common false claim is that Witchcraft is supposedly the cause of bad weather and crop failure.

- non-existence
- Satanism
- dangerous
- disease
- bad weather
- agricultural failure
- crop failure
- milk cows going dry
- hens not laying eggs

## non-existence

With all the persecution of Witchcraft, Witch Hunts, and Witch Trials, ironically many Christians make the claim that Witches supposedly don't exist and that Witchcraft religion doesn't exist.

According to *Wesley's Notes*: “Witchcraft not only gives that honour to the devil which is due to God alone, but bids defiance to the divine providence, wages war with God's government, puts his work into the devil's hand expecting him to do good and evil. By our law, consulting, covenanting with, invoking or employing any evil spirit to any intent whatever, and exercising any enchantment, charm, or sorcery, whereby hurt shall be done to any person, is made felony, without benefit of clergy; also pretending to tell where goods lost or stolen may be found, is an iniquity punishable by the judge, and the second offence with death. This was the case in former times. But we are wiser than our fore - fathers. **We believe, no witch ever did live!** At least, not for these thousand years.”

## false claims of Satanism

Witchcraft has been persecuted on the basis of many false claims.

One false claim is the Witchcraft is supposedly Satanic, worshipping the Christian Satan or Devil.

No Christian police officer or prosecutor has *ever* proven the existence of Satan or the Devil in *any* American court of law.



Christian chroniclers recording the proceedings of Witch Trials would automatically write in the word “Devil” whenever a defendant referred to his or her God. This led to huge number of trial transcripts where accused Witches speak of their worship of the Devil when they were actually speaking of worship of God or Goddess.

As recently as April 20, 2007, the *Los Angeles Times* ran a front page article (California section) entitled “The case of the missing remains: a real witch hunt” in which Times Staff Writer Garrett Therolf quotes Detective Jim Geist of the Santa Ana Police Department’s robbery unit falsely claiming that witches were robbing graves in Santa Ana.

Buried deep in the article on the next to last page of the section was the information that Det. Geist discovered through fingerprint evidence and a confession that the robbery wasn’t done by witches, but instead done by mentally ill 42-year-old woman named Maria Isabel Foster, who had been arrested for writing bad checks.

Det. Geist is quoted by the *Los Angeles Times* as saying that interviews with neighbors “confirmed his suspicions” when unnamed sources supposedly told the detective that “she lived with a human skeleton and spoke of an interest in witchcraft”. The Santa Ana robbery detective said that when he interviewed Foster on January 4th that she was “shy and distant” and “didn’t want to talk about witchcraft” but the detective said “I told her I was into it and I wanted to understand” and she replied “She wanted to be understood.”

Yes, the detective admitted to the newspaper that he lied to a mentally ill woman and was able to bully her into admitting that she wanted to be understood!

The front page portion of the *Los Angeles Times* article claims that Det. Geist “calls believers in witchcraft creeps” and that his investigation into the stolen cremation remains involved “tapping ‘Orange County witchcraft’ and ‘Orange County satanic worship’ into the Yahoo search engine.”

The newspaper also reports that Det. Geist claimed to have numerous times, as a patrolman, “enter[ed] the fenced-in cemetery at night without a flashlight” to investigate “seances and strange rituals”, but the police officer was never able to catch anyone in the act because “black-caped figures would run away when he drew near.”

In 1484 Pope Innocent VIII issued an edict entitled *Summis desiderantes affectibus* alleging that many men and women in collusion with the Devil supposedly caused disease and pestilence, harmed harvests and cattle, and perpetuated other heinous crimes.

In 1595 Nicholas Remy of France write in *Daemonolatreia* “Whatever is not normal is due to the Devil.”

In 1851 the Roman Catholic Church (RCC) accused Eugene Vintras of the Church of Carmel in France of conducting Black Masses and engaging in homosexual acts as part of his rituals.

According to *Wesley’s Notes*: Witchcraft not only gives that honour to the devil which is due to God alone, but bids defiance to the divine providence, wages war with God’s government, puts his work into the devil’s hand expecting him to do good and evil. By our law, consulting, covenanting with, invoking or employing any evil spirit to any intent whatever, and exercising any enchantment, charm, or sorcery, whereby hurt shall be done to any person, is made felony, without benefit of clergy; also pretending to tell where goods lost or stolen may be found, is an iniquity punishable by the judge, and the second offence with death. This was the case in former times. But we are wiser than our fore - fathers. We believe, no witch ever did live! At least, not for these thousand years.

## false claims of danger

One of the false claims against Witchcraft has been the claim that Witchcraft in general is supposedly dangerous.

### disease

One of the false claims against Witchcraft has been the claim that Witchcraft in general is supposedly the cause of disease.

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### bad weather

One of the false claims against Witchcraft has been the claim that Witchcraft in general is supposedly the cause of bad weather.

In 1456 and 1457 there was unusually bad weather in Metz, France, harming many of the local crops. This was attributed to Witchcraft and major Witch Hunts resulted in numerous deaths.

In 1488, in Metz, France, an unusually cold summer (the result of the European mini-Ice Age) was blamed on Witchcraft and twenty-eight (28) persons were burned alive for Witchcraft.

## agriculture failure

One of the false claims against Witchcraft has been the claim that Witchcraft in general is supposedly the cause of agricultural failures.

Some of the forms of agricultural failures attributed to Witches include:

- crop failure
- hens not laying chicken eggs
- milk cows going dry

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## milk cows going dry

One of the false claims against Witchcraft has been the claim that Witchcraft in general is supposedly the cause of milk cows going dry and failing to produce milk.

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In his Small Catechism, Martin Luther taught that Witchcraft was a sin against the second commandment and prescribed the Biblical death penalty for it in a “table talk”.

On 25 August 1538 there was much discussion about witches and sorceresses who steal chicken eggs out of nests, or steal milk and butter. Doctor Luther said “One should so no mercy to these [women]; I would burn them myself, for we read in the Law that the priests were the ones to begin the stoning of criminals.”

The original Latin and German text:

25, Augusti multa dicebant de veneficis et incantatricibus, quae ova ex gallinis et lac et butyrum furarentur. Respondit Lutherus: Cum illis nulla habenda est misericordia. Ich wolte sie selber verprennen, more legis, ubi sacerdotes reos lapidare incipiebant.”

## hens not laying chicken eggs

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## the law against Witchcraft

The law against Witchcraft all goes back to early Judaism. The Jewish Torah, Christian Bible, and Islamic Koran (Quran) all specifically call for the death penalty for Witchcraft.

### verses

The main verse against Witchcraft is Exodus 22:18.

Additional verses against Witchcraft are found throughout the Bible and Torah.

### church law

*Canon Episcopii* passed in 906 C.E. This collection of church laws declared that belief in Witchcraft was heresy.

*Summis desiderantes affectibus* is a 1484 edict issued by Pope Innocent VIII alleging that many men and women were in collusion with the Devil. All Christians were required to assist the two Dominican monks, Jacob Sprenger and Heinrich Kramer, placed in charge of handling this supposed Witchcraft problem.

### French law

In 500 C.E., the French government passed a Witchcraft law requiring proof that an act of evil had been committed. Otherwise the accuser had to pay damages. Under modern U.S. law, DEA agents and other Christian police are immune from having to pay damages for false accusations.

In 1390, the Parlement de Paris encouraged secular courts to take over from the Inquisition. The first French secular Witch Trial was held that year and over the next few hundred years cases moved from Church Inquisitions to secular Witch Trials.

In 1579, the French government extended the death penalty to everyone who practiced any form of divination.

## Exodus 22:18

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The basic law on the matter appears in the verse Exodus 22:18 of the Jewish Torah and the Christian Bible..

### Exodus 22:18

Exodus 22:18 “Thou shalt not suffer a **witch** to live. 21st Century King James Version (KJ21)

Exodus 22:18 Thou shalt not suffer a sorceress to live. American Standard Version (ASV)

Exodus 22:18 You shall not allow a woman to live who practices sorcery. Amplified Bible

Exodus 22:18 Put to death any woman who does evil magic. The Answer

Exodus 22:18 Any woman using unnatural powers or secret arts is to be put to death.  
Bible in Basic English (BBE)

Exodus 22:18 Death is the punishment for **witchcraft**. Contemporary English Version (CEV)

Exodus 22:18 Thou shalt not suffer a **witch** to live. Darby Translation (DBY)

2 Mosebok 22:18 En trollkvinne skal du ikke la leve Det Norsk Bibelselskap 1930 Norse

2 Mosebog 22:18 En Trolldkvinde må du ikke lade leve. Dette er Biblen på dansk Danish

2 Mose 22:18 Jeder, der bei einem Tier liegt, muß getötet werden. Elberfelder German

Exodus 22:18 “You shall not permit a sorceress to live. English Standard Version (ESV)

Exodus 22:18 Never let a **witch** live. God’s Word Translation (GWT)

Exodus 22:18 Put to death any woman who practices magic. Good News Version

Egzòd Se pou nou touye tout fanm k’ap fè maji. Haitian Creole Version Creole

Exodus 22:18 Een tovenares moet worden gedood. Het Boek Dutch

Exodus 22:18 “You must not allow a sorceress to live. Holman Christian Standard Bible  
(HCSB)

2 Mózes 22:18 Varázslò asszonyt ne hagyj életben. Hungarian Károli Hungarian

Önnur bók Móse 22:18 Eigi skalt þú láta galdrakonu lífi halda. Icelandic Bible Icelandic

Exodus 22:18 You shall not allow a sorceress to live. Jerusalem Bible

Éxodo 22:18 Não permitirás que viva uma feiticeira. João Ferreira de Almeida Atualizada  
Portuguese

Exodus 22:18 Thou shalt not suffer a sorceress to live. JPS Tanakh

Exodus 22:18 Thou shalt not suffer a **witch** to live. King James Version/Authorized Version  
(KJV)

Exode 22:18 Quiconque s’accouple à une bête sera puni de mort. La Bible du Semeur  
French

Éxodo 22:18 No dejarás con vida a la hechicera. La Biblia de las Américas Spanish

- Esodo 22:18 Non lascerai vivere la strega. La Nuova Diodati (LND) Italian
- Exodus 22:18 A sorceress shall be put to death. Living Bible
- Exode 22:18 Tu ne laisseras point vivre la magicienne. Louis Segond French
- 2 Mose 22:18 Die Zauberinnen sollst du nicht leben lassen. Luther Bibel 1545 German
- Exodus 22:18 Kei tukua e koe te wahine makutu kia ora. Maori Bible Maori
- Exodus 22:18 “Don’t let a sorceress live. The Message
- Exodus 22:18 Allow no sorceress to live. Modern Language Bible
- Exodus 22:18 You shall not allow any sorceress to live. James Moffatt Translation
- Exodus 22:18 You shall not let a sorceress live. New American Bible
- Exodus 22:18 “You shall not allow a sorceress to live. New American Standard Bible (NASB)
- Exodus 22:18 Put to death any woman who does evil magic. New Century Version
- Exodus 22:18 “Do not let a woman who does evil magic stay alive. Put her to death. New International Reader’s Version (NIRV)
- Exodus 22:18 “Do not allow a soceress to live. New International Version (NIV)
- Exodus 22:18 Do not allow a sorceress to live. New International Version - UK (NIVUK)
- Exodus 22:18 “You shall not permit a sorceress to live. New King James Version (NKJV)
- Exodus 22:18 “Do not allow a woman to live who does **witchcraft**. New Life Version (NLV)
- Exodus 22:18 “You must not allow a sorceress to live. New Living Translation (NLT)
- Exodus 22:18 You shall not permit a female sorcerer to live. New Revised Standard version
- Exodus 22:18 You must not preserve a sorceress alive. New World Translation
- Éxodo 22:18 »No dejes con vido a ninguna hechicera. Nueva Versión Internacional Spanish
- Éxodo 22:18 Os feiticeiros terão de morrer. O Livro Portuguese
- Exodus 22:18 Death is the punishment for **witchcraft**. The Promise: Contemporary English Version
- Éxodo 22:18 A la hechicera no dejarás que viva. Reina-Valera Antigua Spanish
- Éxodo 22:18 A la hechicera no dejarás que viva. Reina-Valera 1960 Spanish
- Éxodo 22:18 »A la hechicera no dejarás que viva. Reina-Valera 1995 Spanish
- Exodus 22:18 You must not allow a **witch** to live. Revised English Bible

Exodus 22:18 You shall not permit a sorceress to live. Revised Standard Version

Exod 22:18 Pe vra ù jitoare sa n'o las ü i sa ù tra ù iasca ù. Romanian Romanian

Exodus 22:18 “Do not allow a sorceress to live. Today’s New International Version (TNIV)

Exodus 22:18 Thou shalt not suffer a **witch** to live. Webster’s Bible Translation (WBS)

Exodus 22:18 You shall not allow a sorceress to live. World English Bible (WEB)

Exodus 22:18 A **witch** thou dost not keep alive. Young’s Literal translation

According to the *Scofield Reference Bible* this Hebrew verse was originally written in the year 1491 B.C.E.

According to *Wesley’s Notes*: Witchcraft not only gives that honour to the devil which is due to God alone, but bids defiance to the divine providence, wages war with God’s government, puts his work into the devil’s hand expecting him to do good and evil. By our law, consulting, covenanting with, invoking or employing any evil spirit to any intent whatever, and exercising any enchantment, charm, or sorcery, whereby hurt shall be done to any person, is made felony, without benefit of clergy; also pretending to tell where goods lost or stolen may be found, is an iniquity punishable by the judge, and the second offence with death. This was the case in former times. But we are wiser than our fore - fathers. We believe, no witch ever did live! At least, not for these thousand years.

## other verses against Witches

The main verse against Witchcraft is Exodus 22:18.

### related prohibitions

Leviticus 19:26 “You shall not eat anything with the blood, nor practice divination or soothsaying. New American Standard Bible (NASB)

Leviticus 19:31 “Do not turn to mediums or spiritists; do not seek them out to be defiled by them. I am the LORD your God. New American Standard Bible (NASB)

Leviticus 19:31 “Do not turn to mediums or seek out spiritists, for you will be defiled by them. I am the LORD your God. New International Version (NIV)

Leviticus 20:6 As for the person who turns to mediums and to spiritists, to play the harlot after them, I will also set My face against that person and will cut him off from among his people. New American Standard Bible (NASB)

Leviticus 20:6 “I will set my face against the person who turns to mediums and spiritists to prostitute himself by following them, and I will cut him off from his people. New International Version (NIV)

Leviticus 20:27 “No a man or a woman who is a medium or a spiritist shall surely be put to death. They shall be stoned with stones, their bloodguiltiness is upon them.” New American Standard Bible (NASB)

Leviticus 20:27 “A man or woman who is a medium or spiritist among you must be put to death. You are to stone them; their blood will be on their own heads.” New International Version (NIV)

Deuteronomy 18:10 “There shall not be found among you anyone who makes his son or his daughter pass through the fire, one who uses divination, one who practices witchcraft, or one who interprets omens, or a sorcerer, New American Standard Bible (NASB)

Deuteronomy 18:11 or one who casts a spell, or a medium, or a spiritist, or one who calls up the dead.” New American Standard Bible (NASB)

I Samuel 15:23 “For rebellion is as the sin of divination, And insubordination is as iniquity and idolatry Because you have rejected the word of the LORD, He has also rejected you from being king.” New American Standard Bible (NASB)

I Samuel 28:3 Now Samuel was dead, and all Israel had lamented him and buried him in Ramah, his own city And Saul had removed from the land those who were mediums and spiritists. New American Standard Bible (NASB)

Jeremiah 27:9 “But as for you, do not listen to your prophets, your diviners, your dreamers, your soothsayers or your sorcerers who speak to you, saying, ‘You will not serve the king of Babylon.’ New American Standard Bible (NASB)

Jeremiah 27:10 “For they prophesy a lie to you in order to remove you far from your land; and I will drive you out and you will perish. New American Standard Bible (NASB)

Malachi 3:5 “Then I will draw near you for judgment; and I will be a swift witness against the sorcerers and against the adulterers and against those who swear falsely, and against those who oppress the wage earner in his wages, the widow and the orphan, and those who turn aside the alien and do not fear Me,” says the LORD of hosts. New American Standard Bible (NASB)

## Witch of Endor

The main verse against Witchcraft is Exodus 22:18.

The story of the Witch of Endor highlights the dangers to the lives of Witches in ancient Israel.

## Witch of Endor

I Samuel 28:3 Now Samuel was dead, and all Israel had mourned for him and buried him in his own town of Ramah. Saul had expelled the mediums and spiritists from the land. New International Version (NIV)

I Samuel 28:7 Saul then said to his attendants, “Find me a woman who is a medium, so I may go and inquire of her.”

“There is one in Endor,” they said. New International Version (NIV)

I Samuel 28:8 So Saul disguised himself, putting on other clothes, and at night he and two men went to the woman. “Consult a spirit for me,” he said, “and bring up for me the one I name.” New International Version (NIV)

I Samuel 28:9 But the woman said to him, “Surely you know what Saul has done. He has cut off the mediums and spiritists from the land. Why have you set a trap for my life to bring about my death?” New International Version (NIV)

I Samuel 28:10 Saul swore to her by the LORD, “As surely as the LORD lives, you will not be punished for this.” New International Version (NIV)

I Samuel 28:11 Then the woman asked, “Whom shall I bring up for you?”  
“Bring up Samuel,” he said. New International Version (NIV)

I Samuel 28:12 When the woman saw Samuel, she cried out at the top of her voice and said to Saul, “Why have you deceived me? You are Saul!” New International Version (NIV)

I Samuel 28:13 The king said to her, “Don’t be afraid. What do you see?”  
The woman said, “I see a spirit coming up out of the ground.” New International Version (NIV)

I Samuel 28:14 “What does he look like?” he asked.  
“An old man wearing a robe is coming up,” she said.  
Then Saul knew it was Samuel, and he bowed down and prostrated himself with his face to the ground. New International Version (NIV)

I Samuel 28:15 Samuel said to Saul, “Why have you disturbed me by bringing me up?”  
“I am in great distress,” Saul said. “The Philistines are fighting against me, and God has turned away from me. He no longer answers me, either by prophets or by dreams. So I have called on you to tell me what to do.” New International Version (NIV)

I Samuel 28:16 Samuel said, “Why do you consult me, now that the LORD has turned away from you and become your enemy?” New International Version (NIV)

I Samuel 28:17 “The LORD has done what he predicted through me. The LORD has torn the kingdom out of your hands and given it to one of your neighbors — to David. New International Version (NIV)

I Samuel 28:18 “Because you did not obey the LORD or carry out his fierce wrath against the Amalekites, the LORD has done this to you today. New International Version (NIV)

I Samuel 28:19 “The LORD will hand over both Israel and you to the Philistines, and tomorrow you and your sons will be with me. The LORD will also hand over the army of Israel to the Philistines.” New International Version (NIV)

I Samuel 28:20 Immediately Saul fell full length on the ground, filled with fear because of Samuel’s words. His strength was gone, for he had eaten nothing all that day and night. New International Version (NIV)

I Samuel 28:21 When the woman came to Saul and saw that he was greatly shaken, she said, “Look, your maidservant has obeyed you. I took my life in my hands and did what you told me to do. New International Version (NIV)

I Samuel 28:22 “Now please listen to your servant and let me give you some food so you may eat and have the strength to go on your way.” New International Version (NIV)

I Samuel 28:23 He refused and said, “I will not eat.”  
But his men joined the woman in urging him, and he listened to them. He got up from

the ground and sat on the couch. New International Version (NIV)

I Samuel 28:24 The woman had a fattened calf at the house, which she butchered at once. She took some flour, kneaded it and baked bread without yeast. New International Version (NIV)

I Samuel 28:25 Then she set it before Saul and his men, and they ate. That same night they got up and left. New International Version (NIV)

## Papal Bull of 1484 Pope Innocent VIII *Summis desiderantes affectibus*

On December 5th, 1484, Pope Innocent VIII issued an edict (Bull) entitled *Summis desiderantes affectibus* alleging that many men and women were in collusion with the Devil. All Christians were required to assist the two Dominican monks, Jacob Sprenger and Heinrich Kramer, placed in charge of handling this supposed Witchcraft problem.

Pope Innocent VIII put Sprenger and Kramer in charge of seeking out and fighting people who supposedly in association with Satan to cause disease and pestilence, harm harvests and cattle, and perpetuate other heinous crimes.

### full text of the Papal Bull of 1484:

#### Innocent VIII: BULL *Summis desiderantes*, Dec. 5th, 1484

*Bullarium Romanum (Taurinensis editio), sub, anno 1484.*

Innocent, bishop, servant of the servants of God, *Ad futuram rei memoriam*

Desiring with supreme ardor, as pastoral solicitude requires, that the catholic faith in our days everywhere grow and flourish as much as possible, and that all heretical depravity be put far from the territories of the faithful, we freely declare and anew decree this by which our pious desire may be fulfilled, and, all errors being rooted out by our toil as with the hoe of a wise laborer, zeal and devotion to this faith may take deeper hold on the hearts of the faithful themselves.

It has recently come to our ears, not without great pain to us, that in some parts of upper Germany, as well as in the provinces, cities, territories, regions, and dioceses of Mainz, Koln, Trier, Salzburg, and Bremen, many persons of both sexes, heedless of their own salvation and forsaking the catholic faith, give themselves over to devils male and female, and by their incantations, charms, and conjurings, and by other abominable superstitions and sortileges, offences, crimes, and misdeeds, ruin and cause to perish the offspring of women, the foal of animals, the products of the earth, the grapes of vines, and the fruits of trees, as well as men and women, cattle and flocks and herds and animals of every kind, vineyards also and orchards, meadows, pastures, harvests, grains and other fruits of the earth; that they afflict and torture with dire pains and anguish, both internal and external, these men, women, cattle, flocks, herds, and animals, and hinder men from begetting and women from conceiving, and prevent all consummation of marriage; that, moreover, they deny with sacrilegious lips the faith they received in holy baptism; and that, at the instigation of the enemy of mankind, they do not fear to commit and perpetrate many other abominable offences and crimes, at the risk of their own souls, to the insult of the divine majesty and to the pernicious example and scandal of multitudes. And, although our beloved sons



Henricus Institoris and Jacobus Sprenger, of the order of Friars Preachers, professors of theology, have been and still are deputed by our apostolic letters as inquisitors of heretical pravity, the former in the aforesaid parts of upper Germany, including the provinces, cities, territories, dioceses, and other places as above, and the latter throughout certain parts of the course of the Rhine; nevertheless certain of the clergy and of the laity of those parts, seeking to be wise above what is fitting, because in the said letter of deputation the aforesaid provinces, cities, dioceses, territories, and other places, and the persons and offences in question were not individually and specifically named, do not blush obstinately to assert that these are not at all included in the said parts and that therefore it is illicit for the aforesaid inquisitors to exercise their office of inquisition in the provinces, cities, dioceses, territories, and other places aforesaid, and that they ought not to be permitted to proceed to the punishment, imprisonment, and correction of the aforesaid persons for the offences and crimes above named. Wherefore in the provinces, cities, dioceses territories, and places aforesaid such offences and crimes, not without evident damage to their souls and risk of eternal salvation, go unpunished.

We therefore, desiring, as is our duty, to remove all impediments by which in any way the said inquisitors are hindered in the exercise of their office, and to prevent the taint of heretical pravity and of other like evils from spreading their infection to the ruin of others who are innocent, the zeal of religion especially impelling us, in order that the provinces, cities, dioceses, territories, and places aforesaid in the said parts of upper Germany may not be deprived of the office of inquisition which is their due, do hereby decree, by virtue of our apostolic authority, that it shall be permitted to the said inquisitors in these regions to exercise their office of inquisition and to proceed to the correction, imprisonment, and punishment of the aforesaid persons for their said offences and crimes, in all respects and altogether precisely as if the provinces, cities, territories, places, persons, and offences aforesaid were expressly named in the said letter. And, for the greater sureness, extending the said letter and deputation to the provinces, cities, dioceses, territories, places, persons, and crimes aforesaid, we grant to the said inquisitors that they or either of them joining with them our beloved son Johannes Gremper, cleric of the diocese of Coonstance, master of arts, their present notary, or any other notary public who by them or by either of them shall have been temporarily delegated in the provinces, cities, dioceses, territories, and places aforesaid, may exercise against all persons, of whatsoever condition and rank, the said office of inquisition, correcting, imprisoning, punishing and chastising, according to their deserts, those persons whom they shall find guilty as aforesaid.

And they shall also have full and entire liberty to propound and preach to the faithful word of God, as often as it shall seem to them fitting and proper, in each and all of the parosh churches in the said provinces, and to do all things necessary and suitable under the aforesaid circumstances, and likewise freely and fully to carry them out.

## *Malleus Maleficarum*

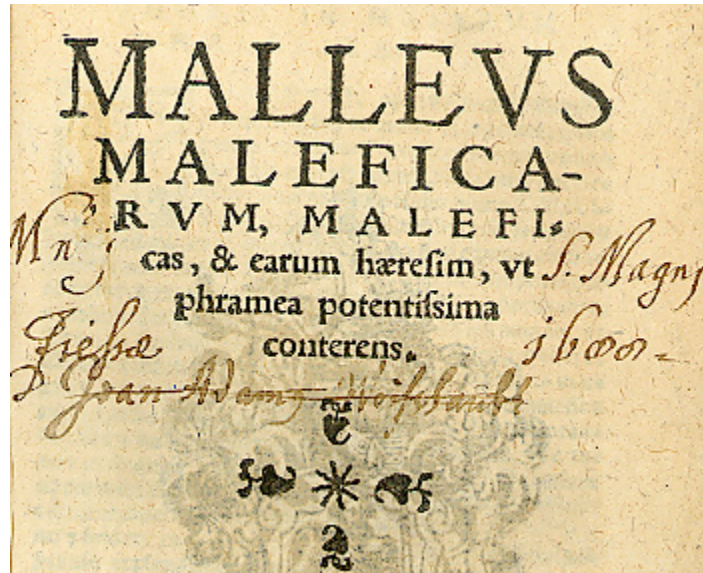
*Malleus Maleficarum* or “the Witch’s Hammer” was the primary Roman Catholic document about how to persecute Witches. It was written by Jacob Sprenger and Heinrich Kramer, Dominican monks working on orders from Pope Innocent VIII.

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In 1486 Sprenger and Kramer published *Malleus Maleficarum* or “the Witch’s Hammer”, codifying

the charges, interrogation procedures, and judicial resolutions for Witchcraft trials.



cover of the seventh Cologne edition, 1520

Latin Text: “MALLEUS MALEFICARUM, Maleficas, & earum hæresim, ut phramea potentissima conterens”

English Translation: “The Hammer of Witches, smashing the Witches and their heresies with a mighty spear.”

## Martin Luther

Martin Luther, the founder of Lutherism and Protestantism, was an active persecutor of Witches.

In 1517 Martin Luther posted his theses, resulting in large scale wars and other extremes of violence between Protestants and Roman Catholics.

The followers of Luther believed that the Roman Catholics were inspired by the Devil, resulting in a major increase of Witch Trials. The Roman Catholics responded with the same charges of Satanic inspiration against the Protestants.

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In his Small Catechism, Martin Luther taught that Witchcraft was a sin against the second commandment and prescribed the Biblical death penalty for it in a “table talk”.

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The original Latin and German text:

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# separation of Church and State

The primary purpose of the separation of Church and State was to put an end to the horrors of the Witch Trials and Witch Hunts.

The American Revolution (1776) and French Revolution (1789) marked the end to the widespread use of the Witch Trials in Western society by confirming the separation of secular and ecclesiastic powers..

## torture

In 1604 King James I of England issued his statute against Witchcraft, in which the king wrote that Witches are “loathe to confess without torture.”

In Germany confessions were usually obtained under torture, following a format established by Roman Emperors Constantine, Valentine, and Valens in the fourth century. As a result, the vast majority of records from German Witch Trials in the 1500s and 1600s are repetitive and monotonous.

The Malleus Maleficarum states: “He must not be too quick to subject a witch to examination, but must pay attention to certain signs which will follow. And he must not be too quick for this reason: unless God, through a holy Angel, compels the devil to withhold his help from the witch, she will be so insensible to the pains of torture that she will sooner be torn limb from limb than confess any of the truth. But the torture is not to be neglected for this reason, for they are not equally endowed with this power, and also the devil sometimes of his own will permits them to confess their crimes without being compelled by a holy Angel.”

### kinds of Christian torture:

- bruloir
- burning alive
- burning stakes
- pressing

**November 4, 1660** Elizabeth Brose tortured to death for Witchcraft in the castle at Gommern, Germany.

## bruloirs

Bruloirs are large ovens used to kill Witches in probably the most painful manner possible. In Spain these Christian torture devices are called quemadero or brassero.



abstract painting of a bruloir

Saint Augustine claimed that burning stakes and bruloirs were justified because hell is a cruel place and cruelty that lasts for less than an hour is preferable to cruelty that lasts for eternity.

The use of bruloirs increased the efficiency of the Christian campaign of death in the exact same way as the infamous Nazi gas chambers, by allowing authorities to kill larger numbers of innocent Witches.

Christian authorities used bruloirs to kill entire families, including the children of Witches.

In 1812, Jacob and Wilhelm Grimm published a collection of fairy tales drawn from German folk sources, including such famous fairy tales as Rapunzel, Rumpelstiltskin, and Hansel and Gretel. In *Kinder und Hausmarchen* (page 68) the Brothers Grimm describe the burning of a witch in an oven:

Hu! da fing sie an zu heulen, ganz grauselig;  
 aber Gretel lief fort, und  
 die gottlose Hexe musste elendiglich verbrennen.

Which translates into English as: “Oh! How the (old witch) did howl, it was quite horrible to hear her; but Gretel ran away, and the irreligious witch had to burn miserably.”

One writer reports: “In a study on the agony of dying based on judgments of forensic pathologists (Rhyne, et.al., 1995), the most excruciating way to die is by fire, followed by pain of death resulting from cutting the throat and by stabbing the abdomen. The bruloirs intensified the pain of death by fire by slowing down the process and increasing its psychological impact by the horror of being enclosed in a small, dark place where the temperature was steadily raising. This method of execution is salient among the cruelest methods designed to intensify the agony of death.”

## pressing

Pressing was a method of torture used to attempt to get a person to confess to Witchcraft, but it often ended up killing the person. In some cases the killing would be deliberate after the confession.

A large wooden board would be placed on the Witch's chest and then heavy stones would be piled on the board, slowly increasing the pressure on the rib cage to make breathing difficult. Sometimes the

weight of the stones broke the ribs, crushing the Witch to death.

**September 19, 1692** Giles Corey pressed to death for Witchcraft at Salem, New England.

## Elizabeth Báthory

Elizabeth Báthory is a perfect example of how Christians make up false charges and hold fake trials in order to seize the property of innocent humans, especially powerful and independent women.



portrait painted in 1585 and stolen in the 1990s

Elizabeth Báthory (Erzsébet Báthory in her native language) was born in 1560, the second child of George (Gyorgy) and Anna Báthory. Her family was one of the richest and most powerful in Transylvania. She grew up on the Báthory estate at Ecsed in Transylvania. She spent much of her adult life at the Castle Cachtrice, near the town of Vishine in the current day Slovak Republic.

Elizabeth Báthory grew up in a time when the Hapsburg Austrian armies were fighting the Ottoman Empire over much of what is present day Hungary.

In 1571 her cousin Stephen became the Prince of Transylvania and in 1581 he became the king of Poland.

In 1571 eleven-year-old Elizabeth was engaged to marry 16-year-old Count Ferencz Nadasdy. On May 8, 1575, Elizabeth married Count



Ferencz Nadasdy. Her family sided with the Protestants against the Roman Catholic Church.

After her husband's death on January 4, 1604, Elizabeth moved to Vienna. She also spent time at the family estates in Blindoc (Beckov) and Csejthe, both in modern Slovakia. Anna Darvulia, later accused of Witchcraft, started working for Elizabeth.

For years Countess Báthory kept pestering King Matthias II of Hungary repay the debt of 17,408 gulden owed her late husband. She sold her castle at Theben in 1607 and her castle at Blindoc in 1610.

In 1610 Imre Megyery (Megyery the Red) presented a formal complaint before the Hungarian Parliament. An inquiry was conducted.

On December 29, 1610, the Hungarian King Matthias II ordered Lord Palatine, Elizabeth's cousin Count Cuyorgy Thurzo and governor of the province, to raid Castle Csejthe and place Elizabeth under house arrest. The official charge was Witchcraft on the false claim that Elizabeth had killed more than 600 women to drain their blood. Supposedly the Countess had bathed in the blood to keep her youthful and beautiful appearance.

A trial was conducted a few days later by Count Thurzo, an agent for the king. No testimony was presented to support any of the charges. There is no independent contemporary evidence of any kind that Elizabeth Báthory engaged in any of these activities.

A second trial was held on January 7, 1611, at Bitscse. This time a mysterious register was introduced that supposedly was a list of 650 names of victims in Elizabeth Báthory's own handwriting (even though the handwriting didn't match any of her other handwriting).

The first trial was held in Hungarian and the second trial was held in Latin. The purpose was not just conviction, but also confiscation of her extensive land holdings.

After being tortured, Elizabeth's manservant Thorko claimed to have introduced the Countess to the occult.

Supposed accomplices, all testifying after extremes of Christian torture, included János Ujvary, Thorko, a forest witch named Anna Darvula, and a witch named Dorottya Szentes. The supposed accomplices were beheaded and cremated.

Despite repeated requests to speak in her own defense, Count Thurzo refused to allow her to appear or testify at her trial, claiming that allowing her to testify in her own defense would disgrace the Báthory family name.

Transcripts of the trial were sealed on orders from King Matthias II. A hundred years later a Jesuit priest named Laszlo Turoczy located copies of the original trial documents and gathered additional evidence.

Elizabeth Báthory was sentenced to be sealed into a room in Castle Cachtice without windows or doors and only a small opening for food and air. She died three years later on August 21, 1614.

The real reason for the trial was to steal her lands and cancel debts owed to her. After the trial, the crown seized the ample lands she owned and cancelled the debt from when the crown had borrowed large sums of money from her husband.

## **mobs**

In addition to organized religious activity, Christians often act in mobs.

**1704** Janet Corset killed by a mob for Witchcraft at Pittenweem, Scotland.

## death penalty

The traditional punishment for Witchcraft is the death penalty.

The law against Witchcraft goes back to early Judaism. The Jewish Torah, Christian Bible, and Islamic Koran (Quran) all specifically call for the death penalty for Witchcraft. See Exodus 22:18 and other verses.

In 1579, the French government extended the death penalty to everyone who practiced any form of divination.

### methods of death penalty

- beheading
- burning
- hanging
- hanged, drawn and quartered
- mob
- pressing

### witches who died in prison

**1310** Peter of Albano died in prison for Witchcraft.

**August 21, 1614** Elizabeth Báthory died for Witchcraft in a sealed room in Castle Cachitice in Slovakia.

### witches killed where the method wasn't recorded

**December 1, 1595** Helen Calles executed for Witchcraft at Braynford, England.

**October 21, 1596** Sieur de Beaumont accused of Witchcraft.

**1597** Jean Belon executed in France for Witchcraft.

**July 22, 1612** Mary Barber executed for Witchcraft in Northhampton, England.

**July 22, 1612** Arthur Bill executed at Northhampton, England, for Witchcraft.

**July 22, 1612** Agnes Browne executed at Northhampton, England, for Witchcraft.

**July 22, 1612** Joan Browne executed at Northhampton, England, for Witchcraft.

**1612** Jane Bulcock executed at Lancaster, England, for Witchcraft.

**1612** John Bulcock executed at Lancaster, England, for Witchcraft.



**March 20, 1619** Etienne Audibert condemned for Witchcraft in France.

**1619** Anne Baker executed for Witchcraft in Leicester, England.

**1652** Francis Adamson executed at Durham, England, for Witchcraft.

**August 19, 1692** Martha Carrier executed at Salem, New England, for Witchcraft.

**September 22, 1692** Martha Corey executed at Salem, New England, for Witchcraft.

**1751** Anna Bayerin executed at Salzburg, Austria, for Witchcraft.

William Barton executed for Witchcraft in Scotland (year unknown).

## hanging

The traditional punishment for Witchcraft is the death penalty.

A common method of carrying out the Christian death penalty against Witches was hanging.

**November 18, 1441** Roger Bolingbroke was hanged, drawn and quartered at Tyburn, England, for Witchcraft.

**1574** Arnold (first name unknown) hanged at Barking, England, for Witchcraft.

**1616** Agnes Berrye hanged at Enfield, England, for Witchcraft.

**1631** Edmund Bull hanged at Taunton, England, for Witchcraft.

**1649** Matthew Bulmer hanged at Newcastle, England, for Witchcraft.

**1650** Joan Allen hanged at Old Bailey, London, England, for Witchcraft.

**July 1652** Anne Ashby hanged at Maidstone, England, for Witchcraft.

**July 1652** Mary Browne hanged at Maidstone, England, for Witchcraft.

**1653** Anne Bodenham hanged at Salisbury, England, for Witchcraft.

**1655** mother Boram (first name unknown) hung at Bury St. Edmunds, England, for Witchcraft.

**1655** daughter Boram (first name unknown) hung at Bury St. Edmunds, England, for Witchcraft.

**March 26, 1658** Jane Brooks hanged in England for Witchcraft.

**June 10, 1692** Briget Bishop hanged at Salem, New England, for Witchcraft.





the hanging of George Burroughs

**August 19, 1692** George Burroughs executed at Salem, New England, for Witchcraft.

## hanged, drawn and quartered

The traditional punishment for Witchcraft is the death penalty.

A method of carrying out the Christian death penalty against Witches was being hanged, drawn and quartered.

This punishment was first imposed on William Maurice for piracy in 1241 under King Henry III of England.

The punishment of hanged, drawn and quartered was carried out as follows:

1. Dragged on a hurdle to the place of execution. A hurdle was a wooden frame.
2. Hanged by the neck for a short time, until almost dead.
3. Disembowelled. The genitalia of the condemned Witch would be cut off and burned before the condemned's eyes. The entrails (intestines and other soft organs) of the condemned Witch would be drawn out of the body and then burned before the condemned's eyes.
4. Quartered. Beheaded and the body divided into four parts.

Typically the five parts of the Witch (the four quarters of the body and the head) would be gibbeted (placed on public display).

The drawing and quartering carried special religious significance for the Christians of Western Europe. They believed that mutilating a human body was contrary to proper dignity and thereby punished the person beyond the grave.

One trial transcript from the Old Bailey, London, England, on July 12, 1683 states (*The Proceedings of the Old Bailey* Ref. t16830712-4):

Then Sentence was passed, as followeth, viz. That they should return to the place from whence they came, from thence be drawn to the Common place of Execution upon Hurdles, and there to be Hanged by the Necks, then cut down alive, their Privy-Members cut off, and Bowels taken out to be burnt before their Faces, their Heads to be severed from their Bodies, and their Bodies divided into four parts, to be disposed of as the King should think fit.

**November 18, 1441** Roger Bolingbroke was hanged, drawn and quartered at Tyburn, England, for

Witchcraft.

## beheading

The traditional punishment for Witchcraft is the death penalty.

A common method of carrying out the Christian death penalty against Witches was beheading.

**1500s** Mark Antony Bragadini beheaded for Witchcraft in Italy.

**1628 or 1629** Ancker (first name unknown) beheaded for Witchcraft at Wurzburg, Germany.

**1628 or 1629** Zuickel Babel beheaded for Witchcraft at Wurzburg, Germany.

**1628 or 1629** Babel (first name unknown) beheaded for Witchcraft at Wurzburg, Germany.

**1628 or 1629** husband Bannach (first name unknown) beheaded for Witchcraft at Wurzburg, Germany.

**1628 or 1629** wife Bannach (first name unknown) beheaded for Witchcraft at Wurzburg, Germany.

**1628 or 1629** Fredrick Basser beheaded for Witchcraft at Wurzburg, Germany.

**1628 or 1629** Batsch (first name unknown) beheaded for Witchcraft at Wurzburg, Germany.

**1628 or 1629** Gabriel Bebelin beheaded for Witchcraft at Wurzburg, Germany.

**1628 or 1629** Viertel Beck beheaded for Witchcraft at Wurzburg, Germany.

**1628 or 1629** Beck (first name unknown) beheaded for Witchcraft at Wurzburg, Germany.

**1628 or 1629** Christopher Berger beheaded for Witchcraft at Wurzburg, Germany.

**1628 or 1629** mother Bentz (first name unknown) beheaded for Witchcraft at Wurzburg, Germany.

**1628 or 1629** daughter Bentz (first name unknown) beheaded for Witchcraft at Wurzburg, Germany.

**1628 or 1629** Beutler (first name unknown) beheaded for Witchcraft at Wurzburg, Germany.

**1628 or 1629** Brickmann (first name unknown) beheaded for Witchcraft at Wurzburg, Germany.

**1628 or 1629** Bugler (first name unknown) beheaded for Witchcraft at Wurzburg, Germany.

**1628 or 1629** Bursten-Binderin (first name unknown) beheaded for Witchcraft at Wurzburg, Germany.

**1628 or 1629** Canzler (first name unknown) beheaded for Witchcraft at Wurzburg, Germany.

**April 14, 1647** Catterina Baroni beheaded and burned for Witchcraft at Castelnovo, Italy.

**April 14, 1647** Domenica Camelli beheaded and burned for Witchcraft at Castelnovo, Italy.

**April 14, 1647** Lucia Caveden beheaded and burned for Witchcraft at Castelnovo, Italy.

**April 14, 1647** Zinevra Cemola beheaded and burned for Witchcraft at Castelnovo, Italy.

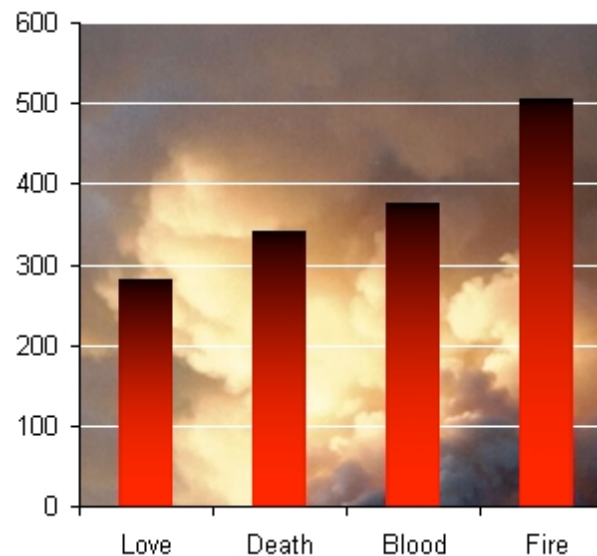
## burning Witches

While some Witches were burned to death, most commonly the dead body of the Witch was burned after execution by some other means, usually hanging.



One writer reports: “In a study on the agony of dying based on judgments of forensic pathologists (Rhyne, et.al., 1995), the most excruciating way to die is by fire, followed by pain of death resulting from cutting the throat and by stabbing the abdomen. The bruloirs intensified the pain of death by fire by slowing down the process and increasing its psychological impact by the horror of being enclosed in a small, dark place where the temperature was steadily raising. This method of execution is salient among the cruelest methods designed to intensify the agony of death.”

Christians have a long standing fascination with burning people to death.



The word “fire” is one of the most frequent words in the Christian Bible. The words “fire” (506 occurrences), “blood” (375), and “death” (342) outnumber the word “love” (only 281 occurrences). the word “fire” appears 79 times in the “New Testament” and 427 times in the “Old Testament”.

John 15:6 “Unless any one abide in me he is cast out as the branch, and is dried up; and they gather them and cast them into the fire, and they are burned.” Darby Translation

John 15:6 “If a man abide not in me, he is cast forth as a branch, and is iwithered; and men gather them, can cast them into the fire, and they are burned.” King James Version (KJV)

John 15:6 “If anyone does not abide in Me, he is thrown away as a branch and dries up; and they gather them, and cast them into the fire and they are burned.” New American Standard Bible (NASB)

John 15:6 “If any man dwelleth not in me, he shall be cast out as a branch, and shall wax dry; and they shall gather him, and they shall cast him into the fire, and he shall burn [and he burneth]”. Wycliffe New Testament

John 15:6 “If any ne may not remain in me, he was cast forth without as the branch, and was withered, and they gather them, and cast to fire, and they are burned;” Young’s Literal Translation

In 383 C.E., Priscillian of Avila was burned to death. Although originally accused of Manichaeism, the official reason he was executed was for Witchcraft.

In 1488, in Metz, France, an unusually cold summer (the result of the European mini-Ice Age) was blamed on Witchcraft and twenty-eight (28) persons were burned alive for Witchcraft.

In 1580 C.E., Jean Bodin wrote in *De la Démonomani des Sorciers* that “burning over a slow fire” was “not punishment enough for Witches” because it only took “about half an hour”.

In 1590, so many wooden stakes had been erected for burning Witches in Wolfenbüttel, Germany, that the site looked like a small forest.

In 1631, most of the villages and towns near Cologne, Germany, featured numerous stakes outside the walls with women bound to them and burned for Witchcraft.

In 1812, Jacob and Wilhelm Grimm published a collection of fairy tales drawn from German folk sources, including such famous fairy tales as Rapunzel, Rumpelstiltskin, and Hansel and Gretel. In *Kinder und Hausmärchen* (page 68) the Brothers Grimm describe the burning of a witch in an oven:

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aber Gretel lief fort, und  
die gottlose Hexe musste elendiglich verbrennen.

Which translates into English as: “Oh! How the (old witch) did howl, it was quite horrible to hear her; but Gretel ran away, and the irreligious witch had to burn miserably.”

Numerous engravings from Medieval Europe show people being burned as Witches, their bodies surrounded by flames, their hair singed, their eyes dilated by fear. When Christians preach “love” they mean such horrible tortures as burning innocent Witches to death.

**383** Priscillian of Avila burned for Witchcraft.

**1275** Angela de la Barthe burned for Witchcraft at Toulouse, France.

**1324** Petronilla de Meath flogged, excommunicated, and burned at the stake for Witchcraft at Kilkenny, Ireland, the first Witch murdered in Ireland.

**1330** Barthelémy Andrius burned for Witchcraft at Carcassonne, France.

**1330** Jean Andrius burned for Witchcraft at Carcassonne, France.

**1330** Phillippe Andrius burned for Witchcraft at Carcassonne, France.

**May 30, 1431** Joan d’Arc burned for Witchcraft at Rouen, France.

**1546** Anne Askew burned for Witchcraft.

**mid-1500s** Madeline Amalaric burned for Witchcraft in France.

**reign of Henry IV** (December 13, 1553 - May 14, 1610) Marie Balcoin burned for Witchcraft in France.

- 1572** Janet Bowman burned for Witchcraft in Scotland.
- 1581** Anna Beuchel burned for Witchcraft at Waldsee, Germany.
- 1581** Appollonia Buckh burned for Witchcraft at Waldsee, Germany.
- 1583** Jean Bonnet burned alive for Witchcraft at Boissy-en-Ferez, France.
- June 25, 1594** Agata Birenseng burned for Witchcraft at Waldsee, Germany.
- December 16, 1594** Alison Balfour burned for Witchcraft at Edinburgh, Scotland.
- 1598** Pierre Aupetit burned for Witchcraft at Bordeaux, France.
- 1620** Anne Boulay burned for Witchcraft at Nancy, France.
- 1643** Janet Barker burned for Witchcraft in Scotland.
- 1643** Janet Brown burned for Witchcraft in Scotland.
- 1643** John Brugh burned for Witchcraft in Scotland.
- April 14, 1647** Catterina Baroni beheaded and burned for Witchcraft at Castelnovo, Italy.
- April 14, 1647** Domenica Camelli beheaded and burned for Witchcraft at Castelnovo, Italy.
- April 14, 1647** Lucia Caveden beheaded and burned for Witchcraft at Castelnovo, Italy.
- April 14, 1647** Zinevra Cemola beheaded and burned for Witchcraft at Castelnovo, Italy.
- August 21, 1647** Thomas Boulle burned alive for Witchcraft at Rouen, France.
- 1661** Jonet Allen burned for Witchcraft in Scotland.

## burning stakes

Burning stakes are the primary method that Christians use for burning Witch's bodies.

Saint Augustine claimed that burning stakes and bruloirs were justified because hell is a cruel place and cruelty that lasts for less than an hour is preferable to cruelty that lasts for eternity.

In 1590, so many wooden stakes had been erected for burning Witches in Wolfenbüttel, Germany, that the site looked like a small forest.

In 1631, most of the villages and towns near Cologne, Germany, featured numerous stakes outside the walls with women bound to them and burned for Witchcraft.

## burning in Hell

Christians claim that Witches are burned in the Christian Hell.

Saint Augustine claimed that burning stakes and bruloirs were justified because hell is a cruel place and cruelty that lasts for less than an hour is preferable to cruelty that lasts for eternity.

Saint Augustine wrote in his 69th address “*Ad Fratres in Eremitate Sermo LXIX*” a description of Hell in which Satan seizes a woman’s damned soul and commands his fellow devils to:

“pierce her eyes with forks as she enjoyed looking at unclean things, pierce her mouth as she used them for blasphemy, pierce her heart, as she did not harbor piety, compassion, clemency, and forgiveness there, pierce her hands with the heavy fork forged in Hell since she reached with them at things unclean and did not use them to distribute alms and help her neighbors, use the feiry forks to pierce her legs she used to dance and meet her lovers.”

According to Saint Augustine, after the devils performed these tasks, the devils spread their black wings and transported the stabbed woman’s soul to hell. When the gates of Hell open:

“out steps a hideous, horrible dragon, always ready to devour souls. The dragon inserts the soul into his mouth, full of stench. After chewing and digesting the soul, the ddragon vomits the soul into a fiery lake, where millions of other sinful souls wait for their trial by our Lord.”

Saint Augustine continued with a description of women fried for eternity in oil and men burned in their own sperm.

## sealed records

It is common for Christians and other Witch Hunters to seal the records of their trials and executions.

To this day the Roman Catholic Church refuses to open its archives of Witchcraft trials, forbidding acces even to academic scholars.

The Roman Catholic church does this to make it impossible to accurately tabulate the number of victims of Witchcraft Trials. Estimates run into millions more than the number of Jews lost in the Nazi Christian Holocaust.

In 1611 King Matthias II of Hungary ordered the transcripts of the trial of Elizabeth Báthory to prevent embarassment to the crown.

While few Christian theologians and Bible scholars deny the existence of Witch Trials, they use the lack of access to church records to try to minimize the extent of the persecution and reduce the number of reported victims.

## elements

- fire
- water
- air
- earth

**the Heavens of Assiah:** 10 is the Sphere of the Elements in numerology — Aleister Crowley

# fire

**Fire** is one of the four basic Western magickal elements.

The **basic fire spell**: Cut a small piece of paper into a triangle (homemade paper is best, but you can use store bought paper). Write or draw an appropriate magick symbol on the paper. If you do not know a magickal writing system, you can write out your request in regular words or draw a picture of what you want. Place the enchanted herbs in the center of the paper and crumple the paper tightly so all of the herbs are trapped inside. You may anoint the herbal package with oils (olive oil is always acceptable). Build a fire (indoor fireplace or outdoor firepit). Throw the herb packet into the fire while visualizing the magick effect desired. Any additional chants or rituals may be performed, especially if they help you with magickal visualization. The spell is done.

## herbs associated with fire:

- ale
- allspice
- angelica
- basil
- bay
- beer
- bdellium
- bloodroot
- buttercup
- carnation
- carrot
- celery
- chamomile
- chrysanthemum
- cinnamon
- clove
- coffee
- cranberry
- currant
- daisy
- dill
- fennel
- fig
- garlic
- ginger
- gum bdellium
- mango
- marigold
- nutmeg
- orange
- pineapple
- pomegranate

## deities associated with fire:

- Agni (Hindu God)
- Aodh (Celtic God)



## water

**Water** is one of the four basic Western magickal elements.

The **basic water spell**: Place the enchanted herbs in a bag or other container. Go to a river, spring, lake, seashore, or other body of water. Hold the enchanted herbs tightly in your power hand while visualizing the magick effect desired. Scatter the herbs over the water with a sweeping motion of your power hand. Any additional chants or rituals may be performed, especially if they help you with magickal visualization. The spell is done.

### herbs associated with water:

- aloe
- aloe vera
- apple
- blackberry
- catnip
- celery
- chamomile
- coconut
- cowslip
- cranberry juice
- currant
- daisy
- foxglove
- geranium
- grape
- heather
- honey
- key lime
- kiwi
- lemon
- lime
- milk
- pansy
- passion fruit
- peach
- plum
- wood aloe

See also: water and hard water



# air

**Air** is one of the four basic Western magickal elements.

The **basic air spell**: Stand in an open place at the top of a hill or mountain, higher up than surrounding trees or hills (in urban and suburban areas, try to find a tall building or other high place). Put the enchanted herbs in the palm of your power hand. Face north and blow a little of the herbs while visualizing the magick effect desired. Face east and repeat the spell. Face south and repeat the spell. Face west and blow away all the remaining enchanted herbs while visualizing the magick effect desired. Any additional chants or rituals may be performed, especially if they help you with magickal visualization. The spell is done.

## herbs associated with air:

- almond
- anise
- benzoin
- broom
- caraway
- clover
- dandelion
- lavender
- mint
- mulberry
- nasturtium

## deities associated with the sky

- Aditi (Hindu Goddess)

## deities associated with the wind

- Amon (Kemetic God)

# earth

**Earth** is one of the four basic Western magickal elements.

The **basic earth spell**: Place enchanted herbs into bag or other simple container. Go out into the wilds (in suburban or urban areas, try to find a place with real dirt that is unlikely to be disturbed). Dig a small hole (a few inches or centimeters deep). Pour the herbs into the hole while visualizing the magick effect desired. Any additional chants or rituals may be performed, especially if they help you with magickal visualization. Cover the hole and leave. The spell is done.

## herbs associated with earth:

- potato
- quince
- rhubarb
- whole grains

## examples of earth pentacles

The following examples of elemental earth pentacles are from Earth Spirit Emporium. Many of these examples are still available for purchase, but as time passes some will no longer be offered.



### Earth Dragon Pentacle

**“Earth Dragon Pentacle:** Pentagram’s magic and skill clasped secure within Dragon’s legendary might manifests protection from betrayal. Produced in pewter, enhanced with Swarovski crystals and/or gold and provided with a chain. 2" x 1 1/2"” — Earth Spirit Emporium (note that products and availability may change over time)

## feminine herbs

Western magick divides herbs into masculine and feminine genders.

### feminine herbs

- Adam and Eve root
- adder’s tongue
- African violet
- alfalfa
- alkanet
- aloe
- aloe vera
- amaranth
- apple
- apricot
- aster
- apple
- bachelor’s buttons
- balm of Gilead
- banana
- barley
- catnip
- cowslip
- foxglove
- geranium
- heather
- lemon balm
- nasturtium
- pansy
- wood aloe

See also yin foods and masculine herbs

# masculine herbs

Western magick divides herbs into masculine and feminine genders.

## masculine herbs

- acacia
- agrimony
- allspice
- almonds
- amanita mushrooms
- anemone
- angelica
- anise
- Arabic gum
- arbutus
- asafoetida
- ash
- aspen
- avens
- bamboo
- banyan
- basil
- bay
- beans
- benzoin
- bloodroot
- broom
- buttercup
- carnation
- chrysanthemum
- clover
- daisy
- dandelion
- marsh mallow
- poplar
- string bean

## divination

**Divination** is the act of foretelling the future or determining the past or revealing other knowledge through augury or magick or supernatural method.

### methods of divination:

- aerimancy: atmospheric phenomena
- aeromancy: atmospheric phenomena  
[long detailed article]
- alectromancy: roosters pecking grain
- alphetomancy: test for lying using barley



loaf

- anemoscropy: winds
- astrology: stars, planets, and other heavenly bodies
- astromancy: stars, comets, meteors
- austromancy: clouds and winds
- axenomancy: stone balanced on hot axe
- bibliomancy: books
- botanomancy: burning branches
- brontoscopy: thunder
- ceraunomancy: lightning
- ceraunoscopy: thunder and lightning
- chaomancy: visions in the sky
- cometomancy: comets
- eromancy: atmospheric phenomena
- keraunoscopy: thunder and lightning
- meteormancy: meteors
- neladoracht: clouds
- nephelomancy: atmospheric phenomena
- nephomancy: clouds
- numerology: numbers
- rodomancy: stars, comets, meteors



**Divination herbs:** The article on Mercury lists herbs and essential oils related to the astrological planet Mercury. These herbs and essential oils can be used in conjunction with your favorite divination methods to enhance the magickal and psychic power.

## examples of divination jewelry

The following examples of divination jewelry are from Earth Spirit Emporium. Many of these examples are still available for purchase, but as time passes some will no longer be offered.



### Dracogram Star Necklace

**“Dracogram Star Necklace:** Clutching its divination ball, the Dragon symbolizes Life Force combined with the magical energy of the Pentagram to form a powerful talisman for Srying into the Future. Details for Dracogram Star Necklace: Size: 1 1/2" Metal: Fine Pewter Enhanced With Gold and Silver Stone: Swarovski Crystals Option: Adjustable Chain Included.” — Earth Spirit Emporium (note that products and availability may change over time)

# astrology

**Astrology** is divination using the stars, planets, and other objects in the sky.

## planets

- Sun
- Moon
- Mercury
- Venus
- Mars
- Jupiter
- Saturn
- Uranus
- Neptune
- Pluto



## other topics

- affliction
- ages of man

## Sun

### astrology:

The Sun is one of the basic Western astrological planets (even though it is scientifically a star). The Sun is personal in sign, house, and aspects.



The sun rules will power and ego. It is the core of your potential and uniqueness as an individual; who you are and what you are about. It represents the main direction and focus you want your life to take, and your determination to accomplish what you set out to do. It is your personal honesty and integrity, and the ability to command respect and authority, to impress and influence others. —Peggy, astro-consulting

In the traditional ages of man, the Sun rules early adulthood.

### numerology:

In numerology the Sun vibrates to the number 10 or 1 (in numerology, 10 reduces to 1).

**the Heavens of Assiah:** 6 is the Sphere of Sol in numerology —Aleister Crowley

### herbs associated with the Sun:

Plants (and herbs) ruled by the Sun can be used in spells relating to: healing, illumination, magickal power, physical energy, protection, success, and putting an end to legal matters. Note: some herbs correspond to more than one astrological planet.

Herbs marked with an asterisk (\*) may be substituted for other herbs in magick spells and formulas related to solar matters (see list in paragraph above). Be careful in any recipes that will be ingested, as not all herbs are safe for internal use. These substitutions are *not* appropriate for healing or medicinal uses (where you need to use the exact right herb).

- acacia \*
- angelica
- arabic, gum \*
- bay \*
- benzoin \*
- buttercup
- carnation \*
- cedarwood \*
- chrysanthemum
- cinnamon \*
- citron \*
- copal \*
- daisy
- frankincense \*
- gum acacia \*
- gum arabic \*
- gum mastic \*
- juniper \*
- mastic, gum \*
- mistletoe \*
- oak \*
- orange \*
- rosemary \*
- sandalwood \*
- tangerine \*
- wood aloe \*

### essential oils associated with the Sun:

Essential oils ruled by the Sun can be used in spells relating to: healing, illumination, magickal power, physical energy, protection, success, and putting an end to legal matters.

Any of the following essential oils may be substituted for each other in magick spells and formulas related to solar matters (see list in paragraph above). Be careful in any recipes that will be ingested, as very few essential oils are safe for internal use. These substitutions are *not* appropriate for healing or medicinal uses (where you need to use the exact right essential oil).

**Important:** See the article on essential oils for detailed information on how to mix and use essential oils (especially the importance of diluting them so that they don't irritate or burn your skin).

- bay
- benzoin
- cedarwood
- cinnamon
- frankincense
- juniper
- orange
- rosemary
- sandalwood

- tangerine

### **stones associated with the Sun:**

Stones that are **yellow** in color are ruled by Mercury and the Sun.

### **days associated with the Sun:**

**Sunday** is named for the Sun. See sunday.

### **deities associated with the Sun:**

- Agni (Hindu God)
- Amaterasu (Japanese Goddess)
- Apollo (Greek God)
- Frau Sonne (Germanic Goddess)
- Helios (Greek God)

## **Moon**

You will often see an image of a witch riding on the moon. This is a reflection of ancient traditions associating witches with the Moon.

### **astrology:**

The Moon is one of the basic Western astrological planets (even though it is scientifically a natural satellite). The Moon is personal in sign, house, and aspects.



The moon rules desires as opposed to ego, need as opposed to expediency or reason. It describes how you feel about yourself, how you handle relationships, and how you emotionally respond to situations and experiences. It describes the flow of your daily functions; physical, emotional, and mental. The moon represents your residence and domestic environment. It rules babies and young children, your mother and other important females in your life. —Peggy, astro-consulting

In the traditional ages of man, the Moon rules infancy.

### **numerology:**

In numerology the Moon vibrates to the number 2.

**the Heavens of Assiah:** 9 is the Sphere of Luna in numerology — Aleister Crowley

### **herbs associated with the Moon:**

Plants (and herbs) ruled by the Moon can be used in spells relating to: compassion, dreams, family, fertility, gardening, healing, love, peace, promoting sleep, prophecy, prophetic (or psychic) dreams), psychic awareness, sleep, and spirituality. Note: some herbs correspond to more than one astrological planet.

Herbs marked with an asterisk (\*) may be substituted for other herbs in magick spells and formulas

related to lunar matters (see list in paragraph above). Be careful in any recipes that will be ingested, as not all herbs are safe for internal use. These substitutions are *not* appropriate for healing or medicinal uses (where you need to use the exact right herb).

- aloe \*
- aloe vera \*
- anise
- calamus \*
- camphor \*
- coconut \*
- gardenia \*
- grape \*
- jasmine \*
- lemon \*
- lemon balm \*
- myrrh \*
- poppy seed \*
- sandalwood \*
- selenetrop \*
- sweet flag \*
- willow \*
- wood aloe

### **essential oils associated with the Moon:**

Essential oils ruled by the Moon can be used in spells relating to: compassion, dreams, family, fertility, gardening, healing, love, peace, promoting sleep, prophecy, prophetic (or psychic) dreams), psychic awareness, sleep, and spirituality.

Any of the following essential oils may be substituted for each other in magick spells and formulas related to lunar matters (see list in paragraph above). Be careful in any recipes that will be ingested, as very few essential oils are safe for internal use. These substitutions are *not* appropriate for healing or medicinal uses (where you need to use the exact right essential oil).

**Important:** See the article on essential oils for detailed information on how to mix and use essential oils (especially the importance of diluting them so that they don't irritate or burn your skin).

- camphor
- jasmine
- lemon
- lemon balm
- myrrh
- sandalwood

### **bouquets associated with the Moon:**

Bouquets are similar to essential oils, and are used and mixed the same as essential oils. Bouquets ruled by the Moon can be used in spells relating to: compassion, dreams, family, fertility, gardening, healing, love, peace, promoting sleep, prophecy, prophetic (or psychic) dreams), psychic awareness, sleep, and spirituality.

- lotus



### stones associated with the Moon:

Stones that are **white** in color are ruled by the Moon.

### days associated with the Moon:

**Monday** is named for the Moon. See monday.

### deities associated with the Moon:

- A (Chaldean Goddess)
- Aah (Kemetic God)
- Ariadne (Minoan Goddess)
- Artemis (Greek Goddess)
- Asherah (Canaanite Fertility Goddess)
- Asherah (Hebrew Fertility Goddess)
- Asherali (Canaanite Fertility Goddess)
- Astarte (Phoenician Love and fertility Goddess)
- Diana (Roman Goddess)

## Mercury

### astrology:

Mercury is one of the basic Western astrological planets. Mercury is personal in sign, house, and aspects. Mercury the planet is named for Mercury the Roman god.



Mercury indicates mental outlook, intellectual endeavors, the way you think and communicate. It represents ideas, methods, and information. It rules your hands and thus manual dexterity and mechanical skills. Mercury also describes transportation; that is, how you get where you're going physically and mentally. —Peggy, astro-consulting

In the traditional ages of man, Mercury rules early education/childhood.

### numerology:

In numerology Mercury vibrates to the number 5.

**the Heavens of Assiah:** 8 is the Sphere of mercury in numerology —Aleister Crowley

### herbs associated with Mercury:

Plants (and herbs) ruled by Mercury can be used in spells relating to: overcoming addiction, breaking bad habits, communication, divination, eloquence, intelligence, mental powers, psychic powers, self-improvement, study, travel, and wisdom. Note: some herbs correspond to more than one astrological planet.

Herbs marked with an asterisk (\*) may be substituted for other herbs in magick spells and formulas related to Mercury matters (see list in paragraph above). Be careful in any recipes that will be ingested, as not all herbs are safe for internal use. These substitutions are *not* appropriate for healing or medicinal uses (where you need to use the exact right herb).

- almond \*
- anise \*
- bergamot mint \*
- caraway \*
- clover
- dill \*
- fennel \*
- lavender \*
- lemongrass \*
- lemon verbena \*
- peppermint \*
- thyme \*

### **essential oils associated with Mercury:**

Essential oils ruled by Mercury can be used in spells relating to: overcoming addiction, breaking bad habits, communication, divination, eloquence, intelligence, mental powers, psychic powers, self-improvement, study, travel, and wisdom.

Any of the following essential oils may be substituted for each other in magick spells and formulas related to Mercury matters (see list in paragraph above). Be careful in any recipes that will be ingested, as very few essential oils are safe for internal use. These substitutions are *not* appropriate for healing or medicinal uses (where you need to use the exact right essential oil).

**Important:** See the article on essential oils for detailed information on how to mix and use essential oils (especially the importance of diluting them so that they don't irritate or burn your skin).

- lavender
- lemongrass
- lemon verbena
- peppermint

### **bouquets associated with Mercury:**

Bouquets are similar to essential oils, and are used and mixed the same as essential oils. Bouquets ruled by Mercury can be used in spells relating to: overcoming addiction, breaking bad habits, communication, divination, eloquence, intelligence, mental powers, psychic powers, self-improvement, study, travel, and wisdom.

- bergamot mint

### **stones associated with Mercury:**

Stones that are **yellow** in color are ruled by Mercury and the Sun.

### **days associated with Mercury:**

**Wednesday** is named for Mercury in the Romance languages. See wednesday.

### **deities associated with Mercury:**

- Mercury (Roman God)

# Venus

## astrology:

Venus is one of the basic Western astrological planets. Venus is personal in sign, house, and aspects. Venus the planet is named for Venus the Roman goddess.



Venus rules your social attitudes and behavior, and your aesthetic tastes and inclinations. It is female relationships and social interactions at every level. Venus indicates your values. It describes romance, marriage and other partnerships, capacity for humor, and the pursuit of pleasure. —Peggy, astro-consulting

In the traditional ages of man, Venus rules adolescence.

## numerology:

In numerology Venus vibrates to the number 6.

**the Heavens of Assiah:** 7 is the Sphere of Venus in numerology —Aleister Crowley

## herbs associated with Venus:

Plants (and herbs) ruled by Venus can be used in spells relating to: beauty, fidelity, friendship, love, and youth. Note: some herbs correspond to more than one astrological planet.

Herbs marked with an asterisk (\*) may be substituted for other herbs in magick spells and formulas related to Venus matters (see list in paragraph above). Be careful in any recipes that will be ingested, as not all herbs are safe for internal use. These substitutions are *not* appropriate for healing or medicinal uses (where you need to use the exact right herb).

- apple blossom \*
- blackberry \*
- bloodroot
- cardamom \*
- catnip
- cinnamon \*
- cowslip
- crocus \*
- daisy \*
- foxglove
- geranium
- heather \*
- hyacinth \*
- iris \*
- licorice \*
- lilac \*
- magnolia \*
- marjoram \*
- myrtle \*
- orchid \*
- orris \*
- plumeria \*

- rose \*
- rose geranium \*
- spearmint \*
- stephanotis \*
- tansy \*
- thyme \*
- tonka \*
- tuberose \*
- vanilla \*
- violet \*
- willow \*

### essential oils associated with Venus:

Essential oils ruled by Venus can be used in spells relating to: beauty, compassion, fidelity, friendship, happiness, interchanges, joy, love, luck, meditation, pleasure, reconciliation, and youth.

Any of the following essential oils may be substituted for each other in magick spells and formulas related to Venus matters (see list in paragraph above). Be careful in any recipes that will be ingested, as very few essential oils are safe for internal use. These substitutions are *not* appropriate for healing or medicinal uses (where you need to use the exact right essential oil).

**Important:** See the article on essential oils for detailed information on how to mix and use essential oils (especially the importance of diluting them so that they don't irritate or burn your skin).

- cardamom
- rose
- rose geranium
- spearmint
- tonka
- ylang-ylang

### bouquets associated with Venus:

Bouquets are similar to essential oils, and are used and mixed the same as essential oils. Bouquets ruled by Venus can be used in spells relating to: beauty, compassion, fidelity, friendship, happiness, interchanges, joy, love, luck, meditation, pleasure, reconciliation, and youth.

- magnolia
- sweet pea

### stones associated with Venus:

- abalone

Stones that are **green** in color are ruled by Venus. Stones that are **pink** in color are also associated with Venus (green is the primary color for Venus).

### days associated with Venus:

**Friday** is named for Venus in the Romance languages. See friday.

## deities associated with Venus:

- Aphrodite
- Venus

See also: astrology and the Goddess Venus

# Mars

## astrology:

Mars is one of the basic Western astrological planets. Mars is personal in sign, house, and aspects. Mars the planet is named for Mars the Roman god.



Mars rules physical energy and efforts. It describes the strength and direction of the physical force that drives your ego, fires your emotions, and encourages your mental endeavors and communicative skills. It describes male relationships and associations, risk-taking inclinations, and the physical challenges you are likely to encounter. —Peggy, astro-consulting

Mars and Saturn are considered malefic. Mars and Saturn appearing in a significant relationship in the sky is supposed to herald bad events on earth.

In 1345 a conjunction of Jupiter (the planet of health), Mars, and Saturn in Aquarius marked the beginning of the Black Death.

In 1496 the conjunction of Mars and Saturn in Pisces heralded the introduction of syphilis into Europe.

In the traditional ages of man, Mars rules the prime of life.

## numerology:

In numerology Mars vibrates to the number 9.

**the Heavens of Assiah:** 5 is the Sphere of Mars in numerology — Aleister Crowley

## herbs associated with Mars:

Plants (and herbs) ruled by Mars can be used in spells relating to: aggression, courage, defensive magick, exorcism, healing after surgery, hex-breaking, lust, physical strength, politics, protection, sexual energy, sexual potency, and strength.

Herbs marked with an asterisk (\*) may be substituted for other herbs in magick spells and formulas related to Mars matters (see list in paragraph above). Be careful in any recipes that will be ingested, as not all herbs are safe for internal use. These substitutions are *not* appropriate for healing or medicinal uses (where you need to use the exact right herb).

- allspice \*
- asafoetida \*
- basil \*

- bdellium
- benzoin
- bloodroot
- broom \*
- coriander \*
- cumin \*
- deerstongue \*
- dragon's blood \*
- galangal \*
- ginger \*
- gum bdellium
- nettle \*
- peppermint \*
- pine \*
- tobacco \*
- woodruff \*
- wormwood \*

### essential oils associated with Mars:

Essential oils ruled by Mars can be used in spells relating to: aggression, courage, defensive magick, exorcism, healing after surgery, hex-breaking, lust, physical strength, politics, protection, sexual energy, sexual potency, and strength.

Any of the following essential oils may be substituted for each other in magick spells and formulas related to Mars matters (see list in paragraph above). Be careful in any recipes that will be ingested, as very few essential oils are safe for internal use. These substitutions are *not* appropriate for healing or medicinal uses (where you need to use the exact right essential oil).

**Important:** See the article on essential oils for detailed information on how to mix and use essential oils (especially the importance of diluting them so that they don't irritate or burn your skin).

- basil
- coriander
- ginger
- peppermint
- pine

### stones associated with Mars:

Stones that are **red** in color are ruled by Mars.

### days associated with Mars:

**Tuesday** is named for Mars in the Romance languages. See tuesday.

### deities associated with Mars:

- Mars (Roman God)

## Jupiter

## astrology:

Jupiter is one of the basic Western astrological planets. Jupiter is personal in sign, house, and aspects. Jupiter the planet is named for Jupiter the Roman god.



Jupiter rules your potential for growth and expansion on many levels; physical, intellectual, spiritual, cultural, and the accumulation of material assets, power, and status. It describes your optimism and aspirations. It represents your father and his position in society. —Peggy, astro-consulting

In the traditional ages of man, Jupiter rules middle age.

## numerology:

In numerology Jupiter vibrates to the number 3.

**the Heavens of Assiah:** 4 is the Sphere of Jupiter in numerology —Aleister Crowley

## herbs associated with Jupiter:

Plants (and herbs) ruled by Jupiter can be used in spells relating to: growth, legal matters, luck, meditation, money, prosperity, settling legal matters, and spirituality.

Herbs marked with an asterisk (\*) may be substituted for other herbs in magick spells and formulas related to Jupiter matters (see list in paragraph above). Be careful in any recipes that will be ingested, as not all herbs are safe for internal use. These substitutions are *not* appropriate for healing or medicinal uses (where you need to use the exact right herb).

- anise \*
- cinquefoil \*
- clove \*
- dandelion
- honeysuckle \*
- hyssop \*
- maple \*
- nutmeg \*
- oakmoss \*
- sage \*
- sarsaparilla \*
- star anise \*
- ti \*

## essential oils associated with Jupiter:

Essential oils ruled by Jupiter can be used in spells relating to: growth, legal matters, luck, meditation, money, prosperity, settling legal matters, and spirituality.

Any of the following essential oils may be substituted for each other in magick spells and formulas related to Jupiter matters (see list in paragraph above). Be careful in any recipes that will be ingested, as very few essential oils are safe for internal use. These substitutions are *not* appropriate for healing or medicinal uses (where you need to use the exact right essential oil).

**Important:** See the article on essential oils for detailed information on how to mix and use essential

oils (especially the importance of diluting them so that they don't irritate or burn your skin).

- clove
- nutmeg

### **bouquets associated with Jupiter:**

Bouquets are similar to essential oils, and are used and mixed the same as essential oils. Bouquets ruled by Jupiter can be used in spells relating to: growth, legal matters, luck, meditation, money, prosperity, settling legal matters, and spirituality.

- oakmoss

### **stones associated with Jupiter:**

Stones that are **purple** in color are ruled by Jupiter and Neptune.

### **days associated with Jupiter:**

**Thursday** is named for Jupiter in the Romance languages. See thursday.

### **deities associated with Jupiter:**

- Jupiter (Roman God)

## **Saturn**

### **astrology:**

Saturn is one of the basic Western astrological planets. Saturn is personal in sign, house, and aspects. Saturn the planet is named for Saturn the Roman god.



Saturn rules responsibilities, restrictions and limitations you are apt to encounter, and the lessons you must learn in life. It does not deny or diminish imagination, inspiration, spirituality, and good fortune, but it does demand that these things be given structure and meaning. —Peggy, astro-consulting

Mars and Saturn are considered malefic. Mars and Saturn appearing in a significant relationship in the sky is supposed to herald bad events on earth.

In 1345 a conjunction of Jupiter (the planet of health), Mars, and Saturn in Aquarius marked the beginning of the Black Death.

In 1496 the conjunction of Mars and Saturn in Pisces heralded the introduction of syphilis into Europe.

In the traditional ages of man, Saturn rules old age.

### **numerology:**



In numerology Saturn vibrates to the number 8.

**the Heavens of Assiah:** 3 is the Sphere of Saturn in numerology — Aleister Crowley

### herbs associated with Saturn:

Plants (and herbs) ruled by Saturn can be used in spells relating to: growth, legal matters, luck, meditation, money, prosperity, settling legal matters, and spirituality.

Herbs marked with an asterisk (\*) may be substituted for other herbs in magick spells and formulas related to Saturn matters (see list in paragraph above). Be careful in any recipes that will be ingested, as not all herbs are safe for internal use. These substitutions are *not* appropriate for healing or medicinal uses (where you need to use the exact right herb).

- amaranth \*
- bistort \*
- comfrey \*
- cypress \*
- elm
- lavender \*
- mimosa \*
- pansy \*
- patchouly \*
- tamarisk \*

### essential oils associated with Saturn:

Essential oils ruled by Saturn can be used in spells relating to: growth, legal matters, luck, meditation, money, prosperity, settling legal matters, and spirituality.

Any of the following essential oils may be substituted for each other in magick spells and formulas related to Saturn matters (see list in paragraph above). Be careful in any recipes that will be ingested, as very few essential oils are safe for internal use. These substitutions are *not* appropriate for healing or medicinal uses (where you need to use the exact right essential oil).

**Important:** See the article on essential oils for detailed information on how to mix and use essential oils (especially the importance of diluting them so that they don't irritate or burn your skin).

- cypress
- patchouly

### stones associated with Saturn:

- picture jasper

Stones that are **black** in color are ruled by Saturn.

### days associated with Saturn:

**Saturday** is named for Saturn. See saturday.

### deities associated with Saturn:

- Saturn (Roman God)

# Uranus

## astrology:

Uranus is one of the modern Western astrological planets. Uranus is generational in sign and personal in house and aspects. Uranus the planet is named for Uranus the Greek titan.



Uranus, as well as Neptune and Pluto, is a generational planet. Because Uranus takes so long to travel around the Sun, an entire generation shares the same Uranus sign. Astrologers chart the outer planets effect on entire generations rather than specific individuals. In an individual person's chart, Uranus comes into play only in aspects (and possibly house placement) with the inner planets, midheaven, and ascendant. These aspects indicate how the individual is placed in their entire generation.

Uranus rules personal as well as societal freedom. It indicates originality of thought and expression. In society it rules radical ideas and people as well as revolutionary events that upset established structures. Uranus takes approximately seven years to transit one sign, taking about 84 years to complete all twelve signs. Since groups of people with Uranus in the same sign are separated by 84 years, the influence of this planet in a sign is generational. The personal implications of Uranus in your life are described by its house position and the aspects it makes with other planets in your natal chart. It describes areas of unpredictability, and where your or your life style may be different than those around you. It relates to the unusual or unique. Friends and associations to which you belong are also indicated, as is your potential involvement with science and technology, computers, and the media. —Peggy, astro-consulting

## numerology:

In numerology Uranus vibrates to the number 4.

## deities associated with Uranus:

- Aphrodite (Greek Goddess)
- Uranus (Roman God)

# Neptune

## astrology:

Neptune is one of the modern Western astrological planets. Neptune is generational in sign and personal in house and aspects. Neptune the planet is named for Neptune the Roman god.



Neptune, as well as Uranus and Pluto, is a generational planet. Because Neptune takes so long to travel around the Sun, an entire generation shares the same Neptune sign. Astrologers chart the outer planets effect on entire generations rather than specific individuals. In an individual person's chart, Neptune comes into play only in aspects (and possibly house placement) with the inner planets, midheaven, and ascendant. These aspects indicate how the individual is placed in their entire generation.

Neptune rules those who are oppressed or abandoned; the misfits of society. On a higher

level it rules visionaries, and those who are glamorous and charismatic. It represents spirituality, mysticism, and ideals. Neptune is in one sign for approximately thirteen years, taking about 164 years to complete its cycle through all twelve signs. Since 164 years separate people born during its transit of one sign and those born when it returns, Neptune's significance in any sign is described as generational or historical. On a personal level, Neptune's house position and the aspects it makes with other planets in your natal chart will describe spirituality, abstract thinking, illusion, disillusionment, and other areas of your life where things aren't always what they seem. It rules derangement, guilt, persecution, and describes the potential for experiences related to confinement, abandonment, and addiction or physical intolerance to drugs. —Peggy, astro-consulting

### **numerology:**

In numerology Neptune vibrates to the number 7.

### **herbs associated with Neptune:**

- nasturtium \*

### **stones associated with Neptune:**

Stones that are **blue** in color are ruled by Neptune.

Stones that are **purple** in color are ruled by Jupiter and Neptune.

### **deities associated with Neptune:**

- Minerva (Roman Goddess)
- Uranus (Roman God)

## **Pluto**

### **astrology:**

Pluto is one of the modern Western astrological planets. Pluto is generational in sign and personal in house and aspects. Pluto the planet is named for Pluto the Roman god.



Pluto, as well as Uranus and Neptune, is a generational planet. Because Pluto takes so long to travel around the Sun, an entire generation shares the same Pluto sign. Astrologers chart the outer planets effect on entire generations rather than specific individuals. In an individual person's chart, Pluto comes into play only in aspects (and possibly house placement) with the inner planets, midheaven, and ascendant. These aspects indicate how the individual is placed in their entire generation.

Pluto takes approximately 248 years to make one cycle through all twelve signs. The period Pluto spends in each sign can vary from twelve years to thirty two years due to the eccentricity of its orbit. Like atomic energy (a force ruled by Pluto), the presence and direction of Pluto's energy are never obvious until it is used. Pluto's influence in any sign is interpreted as generational or historical. In your personal life, Pluto's significance is interpreted from its house position and the aspects it makes to other natal planets in your horoscope. Pluto rules intense energy, and describes the areas in which you consciously or subconsciously seek to exercise power or control. Pluto is also linked to your karmic

responsibility, and in this aspect, it describes the areas where you must gain the deepest level of understanding. —Peggy, astro-consulting

### **numerology:**

In numerology Pluto vibrates to the number 0. Some astrologers believe that Pluto vibrates to the number 9.

### **herbs associated with Pluto:**

- mint \*

### **deities associated with Pluto:**

- Pluto (Roman God)

## **afflictions**

**Affliction** is when an astrological planet receives difficult aspects from other astrological planets, especially conjunctions or parallels with the malefics. Afflictions with benefics are considered easier to resolve. The most difficult afflictions are those that affect the Sun, the Moon, or the Ascendant.

Afflictions in a birth chart represent psychological problems that the individual must consciously overcome to achieve his or her full potential. Heavily afflicted charts are associated with psychological problems, but are also associated with highly creative persons who have great accomplishments.

## **ages of man**

**Ages of man** is an ancient belief that the astrological planets rule the series of stages (or ages) of a person's life (man is used in the outdated patriarchal manner). Each of the traditional astrological planets rules a seven year period.

1. Moon: infancy (0-7)
2. Mercury: early education (7-14)
3. Venus: adolescence (14-21)
4. Sun: early adulthood (21-28)
5. Mars: prime of life (28-35)
6. Jupiter: middle age (35-42)
7. Saturn: old age (42-49)

With the longer life expectancies of modern times, the ages of Jupiter and Saturn (middle age and old age) are both expanded beyond seven years each.

Confirmation in the Roman Catholic Church occurs at age seven, marking the passing from the age of innocence (Moon) to the age of discretion (Mercury).

Bar Mitzvah, a Jewish ritual of puberty (Venus), occurs at age 13, one year before the matching astrological age.

The traditional European age of majority (Sun) occurred at the age of 21.

When reading a person's chart, take into account the ruler of the person's age.

## numerology

**Numerology** is the art of divination by examining the numbers associated with words, names, and other things.

The most common Western Latin version of numerology works by the following method:

1. Replace all latin (Roman) letters with the number of their order in the alphabet (A=1, B=2, C=3, ... Z=26).
2. Add all of the numbers together for the total for the word (advanced numerologists will use this number).
3. Take each digit of the resulting number and add them together (for example, 123 becomes 1+2+3)
4. Repeat the process (third step) until you reach a single digit total.
5. Apply the meaning of the single digit to the original word, name, etc.

Please see each of the individual number articles for the specific meanings of each number.

### numbers

**Qabalah** The Jewish Qabalah (or Kabbalah) is a numerology system based on the Hebrew script.

**Gematria** The Greek Gematria is a numerology system based on the Greek alphabet.

**Runes** There is a Nordic system of divination and numerology based on the Germanic Runes.

**Ogham** There is a system of divination and numerology based on the Celtic Ogham and Bardic Alphabet.


## 000 triple zero

See the main numerology article for instructions on how to do numerology.

**Naples Arrangement:** 000 (triple zero) is called Ain and is equal to Zero Absolute — Aleister Crowley

## 0 zero

See the main numerology article for instructions on how to do numerology.

**Planet:** In numerology Pluto vibrates to the number 0 (some astrologers believe that Pluto vibrates to the number 9. )

**Etymology:** From the Italian *zero* from Medieval Latin *zephirum* from Arabic *sifr* (nothing or cipher).

# 1

## one

One (1) has the primary numerological meanings of singularity, beginnings, the self, and the Sun.

See the main numerology article for instructions on how to do numerology.

**Jewish Qabalah:** The Number One is the first Sephira, the Monad of Pythagoras. The other nine numbers of Jewish numerology are hidden in this number. The name of the first sephira is KThR, Kether, the Crown. The number one (1) is representative of the unchangeable Father of all. —Aleister Crowley

**Planet:** In numerology the Sun vibrates to the number 10 or 1 (in numerology, 10 reduces to 1).



**the Heavens of Assiah:** 1 is the Sphere of the Primum Mobile —Aleister Crowley

**Etymology:** From the Middle English *on* from Old English *an* from Indo-European *oi-no-*.

# 2

## two

Two (2) has the primary numerological meanings of duality, alternatives, and partnerships.

See the main numerology article for instructions on how to do numerology.

**Jewish Qabalah:** The Number Two is the second Sephira, the Duad. The name of the second sephira is ChKMH, Chokmah, Wisdom. The number two (2) is representative of the masculine active potency. —Aleister Crowley

**Planet:** In numerology the Moon vibrates to the number 2.



**the Heavens of Assiah:** 2 is the Sphere of the Zodiac or Fixed Stars —Aleister Crowley

**Etymology:** From the Middle English *two* from Old English *twa* from Indo-European *dwo-*.

# 3

## three

Three (3) has the primary numerological meanings of trinity, body-mind-spirit connection, fortitude, and symmetry.

In ancient times, three and seven were considered to be the perfect or complete numbers. This is the reason that trinites were holy in so many ancient religions.

See the main numerology article for instructions on how to do numerology.

**Jewish Qabalah:** The Number Three is the third Sephira, the completion of the trinity. The name of the third sephira is BINH, Binah, the Understanding. The number three (3) is representative of the feminine passive potency. —Aleister Crowley

**Planet:** In numerology Jupiter vibrates to the number 3.



**the Heavens of Assiah:** 3 is the Sphere of Saturn —Aleister Crowley

**Etymology:** From the Middle English *three* from Old English *three* from Indo-European *trei*-.

## 4 four

Four (4) has the primary numerological meanings of foundations, achievement, earth (the element), and success.

See the main numerology article for instructions on how to do numerology.

**Jewish Qabalah:** The Number Four is the fourth Sephira, the union of the second and third Sephiroth. The name of the fourth sephira is ChSD, Chesed, Mercy or Love (also called GDVLH, Gedulah, Greatness or Magnificence). The number four (4) is representative of the mighty one. —Aleister Crowley

**Planet:** In numerology Uranus vibrates to the number 4.



**the Heavens of Assiah:** 4 is the Sphere of Jupiter —Aleister Crowley

**Etymology:** From the Middle English *four* and *fower* from Old English *f&#eacute;ower* from Old High German *fior* (source of German *vier*) from Goth *fidwor* from Indo-European *k<sup>w</sup>etwer*-. Related to Latin *quattuor*, Greek *t&#eacute;sseres*, and Attic *t&#eacute;ttares*.

## 5 five

Five (5) has the primary numerological meanings of insight, adaptability, and flexibility.

See the main numerology article for instructions on how to do numerology.

**Jewish Qabalah:** The Number Five is the fifth Sephira, the emanation of the feminine passive potency. The name of the fifth sephira is GBVRH, Geburah, Strength or Fortitude (also called DIN, Deen, Justice; or PChD, Pachad, Fear). The number five (5) is representative of righteousness.

—Aleister Crowley

**Planet:** In numerology Mercury vibrates to the number 5.



**the Heavens of Assiah:** 5 is the Sphere of Mars —Aleister Crowley

**Etymology:** From the Middle English *five* from Old English *fif* from Indo-European *penk<sup>w</sup>e*.

## 6 six

Six (6) has the primary numerological meanings of determination, completion, and protection.

See the main numerology article for instructions on how to do numerology.

**Jewish Qabalah:** The Number Six is the sixth Sephira, the union of justice and mercy. The name of the sixth sephira is ThPARTh, Tiphereth, Beauty or Mildness. The number six (6) is representative of union of justice and mercy to obtain beauty or clemency. —Aleister Crowley

**Planet:** In numerology Venus vibrates to the number 6.



**the Heavens of Assiah:** 6 is the Sphere of Sol —Aleister Crowley

**Etymology:** From the Middle English *six* from Old English *six* from Indo-European *s(w)eks*.

## 7 seven

Seven (7) has the primary numerological meanings of awareness and diversity.

In ancient times, seven and three were considered to be the perfect or complete numbers. This is the reason that there were seven wonders of the ancient world.

See the main numerology article for instructions on how to do numerology.

**Jewish Qabalah:** The Number Seven is the seventh Sephira, the brilliant ones. The name of the seventh sephira is NTzCh, Netzach, Firmness and Victory. The number seven (7) is representative of the brilliant ones. —Aleister Crowley

**Planet:** In numerology Neptune vibrates to the number 7. The older association was with the Moon.



**the Heavens of Assiah:** 7 is the Sphere of Venus —Aleister Crowley

According to Jewish mythology, the soldiers of Joshua carried the ark of the covenant seven times



around Jericho before committing genocide.

**Etymology:** From the Middle English *seven* from Old English *seofon* from Indo-European *sept*.

## 8 eight

Eight (8) has the primary numerological meanings of wholeness, change, leadership, power.

See the main numerology article for instructions on how to do numerology.

**Jewish Qabalah:** The Number Eight is the eighth Sephira. The name of the eighth sephira is HVD, Hod, Splendour. The number eight (8) is representative of the procession of the feminine passive potency. —Aleister Crowley

**Planet:** In numerology Saturn vibrates to the number 8.



**the Heavens of Assiah:** 8 is the Sphere of Mercury —Aleister Crowley

**Etymology:** From the Middle English *eighte* from Old English *eahta* from Indo-European *okto(u)*.

## 9 nine

Nine (9) has the primary numerological meanings of universal truths.

See the main numerology article for instructions on how to do numerology.

**Jewish Qabalah:** The Number Nine is the ninth Sephira. The name of the ninth sephira is ISVD, Yesod, the Foundation or Basis. The number nine (9) is representative of the yielding of the third trinity. —Aleister Crowley

**Planet:** In numerology Mars vibrates to the number 9. Some astrologers believe that Pluto vibrates to the number 9.



**the Heavens of Assiah:** 9 is the Sphere of Luna —Aleister Crowley

**Chinese:** Nine is the number of the Chinese emperor.

**Etymology:** From the Middle English *nine* from Old English *nigon* from Indo-European *new*.

## 10 ten

Ten (10) has the primary numerological meanings of fulfillment, the conscious mind, the logical mind.

See the main numerology article for instructions on how to do numerology.

**Jewish Qabalah:** The Number Ten is the tenth Sephira, the completion of the decad of numbers. The name of the tenth sephira is MLVTh, Malkuth, the Kingdom. The number ten (10) is representative of the connecting link of the Sphiroth, the Ruach, spirit, and the Mezla, the hidden influence. — Aleister Crowley

**Planet:** In numerology the Sun vibrates to the number 10 or 1 (in numerology, 10 reduces to 1).



**the Heavens of Assiah:** 10 is the Sphere of the Elements — Aleister Crowley

**Etymology:** From the Middle English *ten* from Old English *tien* from Indo-European *ddek*.

## 12 twelve

Twelve (12) has the primary numerological meanings of cycles and endurance.

See the main numerology article for instructions on how to do numerology.

## 13

Thirteen (13) has the primary numerological meanings of abundance, certainty, and devotion.

See the main numerology article for instructions on how to do numerology.

Thirteen is the number of rebirth. The number 13 appears in the Great Seal of the United States (and the U.S. one dollar bill) in the number of arrows in the claws of the eagle and in the leaves in the olive branch in the other claw of the American bald eagle. This represents that the U.S. was a rebirth of a new nation dedicated to civilization at its highest.



## aeromancy

**Aeromancy** is divination by observing atmospheric phenomena.

Aeromancy is also known as nephelomancy and aerimancy. In Italian this field of divination is called aeromanzia.

The word aeromancy comes from Greek, *aero* meaning air and *manteia* meaning divination.

Aeromancy is more than just predicting the weather, it is the art of foretelling the future by observing atmospheric, air, and sky phenomena. This includes observing wind currents, cloud shapes, cloud formations, comets, falling meteors (“falling stars”), rainbows, changes in weather patterns, storms, and anything else natural that can be seen in the sky.

Ancient peoples associated the weather with the gods and goddesses, believing that the weather revealed the will of the divine.

Eromancy is divination by taking omens from the air.

Austromancy is divination by studying the winds and cloud shapes.

Anemoscopia is divination by studying the winds. This ancient practice involves studying the speed, direction, and sound of the wind.

Anemoscopia can also include observing certain objects (such as dust or smoke) blowing in the wind, especially the shape of dust clouds blowing in the wind. A variation of anemoscopia involves asking a question and then tossing a handful of dirt, sand, or seeds into the air and observing the answer from the pattern of the resulting dust clouds.

Anemoscopia by the sound of the wind involves discerning answers and messages directly from the changing sounds of stronger winds or even the sounds of wind chimes moving in gentle winds.

A pendulum variation of anemoscopia involves holding a pendulum over a circle lined with runes or other symbols and observing how the wind blows the pendulum.

Nephomancy is divination by studying clouds. This involves observing and interpreting the color, shape and position of clouds in the sky.

The Celtic Druids made extensive use of nephomancy, which they called neladoracht.

A Medieval form of aeromancy involved summoning ghosts and specters to project images of future events onto clouds.

François de la Tour Blanche wrote that aeromancy was the art of fortune-telling when specters materialize in the air, possibly with the aid of demons, projecting images of the future onto clouds like a magic lantern.

Modern nephomancers observe the ever changing shapes of cloud formations as a form of meditation.

Chaomancy is a form of aeromancy that looks for visions in the sky, particularly in the shapes of clouds and cloud formations. The Hindu, Etruscans, and Babylonians made extensive use of chaomancy.

Ceraunoscopy (also called keraunoscopy) is divination by observing thunder and lightning. Ancient peoples believed that thunder and lightning were direct communications from the gods and goddesses, such as Thor (thunder) or Zeus (lightning). The Hindu, Etruscans, and Babylonians made extensive use of ceraunoscopy.

Tinia, the Etruscan god of lightning, was particularly associated with ceraunoscopy. Similarly, Adad, the Babylonian god of thunder, lightning, and prophecy, was particularly associated with ceraunoscopy.

François de la Tour Blanche “As for thunder and lightening these are concerned with the auguries, and the aspect of the sky and of the planets belong to the science of astrology.”

In the Middle Ages, Europeans believed that thunder and lightning were omens of coming war, floods, or the death of an important person.

Ceraunomancy is divination by observing lightning. Ancient Roman augurs believed that lightning bolts from the east were favorable omens, while lightning bolts from the west were bad omens. Lightning bolts from the north were the worst omens. Lightning bolts from the northwest were a sign that very bad news would arrive soon.

Brontoscopy is divination by listening to the sound of thunder. Ancient Roman augurs (priests who specialized in the interpretation of auspices, the movement of birds, or sometimes other animals) believed that thunder from the left was a lucky omen or happy ending. Thunder from the right was a bad omen. Thunder on Sunday indicated the death of an educated or wise man, such as a judge, general, or scholar. Thunder on Monday indicated the death of a woman. Thunder on Tuesday or Thursday was a good omen, indicating plenty of grain (especially wheat, which the Romans called corn, not to be confused with maize) and sheep. Thunder on Wednesday indicated the death of a prostitute or beggar or some other more general kind of bloodshed. Thunder on Friday indicated the murder of a great man. Thunder on a Saturday indicated widespread death, especially by plague.

Roadomancy (also called astromancy) is divination by observing stars, comets, and meteors. This differs from astrology.

Some people believe that a sincere wish made on the first star seen in the night sky will come true. Often the first night object seen in the sky is the planet Venus, which is sometimes called the morning star or evening star (depending on when it is seen).

Cometomancy is the taking of omens from comets. Information can be gathered by observing the appearance of comet tails.

Meteormancy is divination by observing meteors (often called “falling stars” or “shooting star”). Some people believe that a sincere wish made quickly while a “shooting star” can still be seen in the night sky will come true. In the 19th Century (1800s) people believed that a “shooting star” was a sign that a child had been born.

In Mithraism, the story of the birth of Mithra includes an example of aeromancy. Twelve Zoroastrian Magi (highly respected priest-magicians from the sacred caste of the Medes in Persia) followed the sign of a bright star that suddenly appeared in the sky to mark the location of the birth of Mithra. Mithra was born of a virgin Goddess. The Magi brought three gifts, gold, frankincense, and myrrh, symbols of a king.

Several hundred years later the Christian followers of Paul claimed that an unspecified number of eastern Magi (by tradition, three) followed the sign of a bright star that suddenly appeared in the sky in the east. After meeting with King Herod and the high priests of Judaism in Jerusalem, the Magi followed the star six miles southward to Bethlehem to find the location of the birth of Jesus by the virgin Mary. The Magi presented gifts of gold, frankincense, and myrrh. The Magi then were told in a dream to return home without seeing Herod.

### **deities associated with the sky**

- Aditi (Hindu Goddess)

### **deities associated with the wind**

- Amon (Kemetic God)

## deities associated with lightning

- Agni (Hindu God)

## alectromancy

**Alectromancy** is divination about the future by observing the way roosters pick up grain.

## alphitomancy

**Alphitomancy** is divination where a subject is tested for lying by swallowing a specially prepared barley loaf.

## anemoscopy

Austromancy is divination by studying the winds and cloud shapes. This is a category of aeromancy

**Anemoscopy** is divination by studying the winds. This ancient practice involves studying the speed, direction, and sound of the wind.

Anemoscopy can also include observing certain objects (such as dust or smoke) blowing in the wind, especially the shape of dust clouds blowing in the wind. A variation of anemoscopy involves asking a question and then tossing a handful of dirt, sand, or seeds into the air and observing the answer from the pattern of the resulting dust clouds.

Anemoscopy by the sound of the wind involves discerning answers and messages directly from the changing sounds of stronger winds or even the sounds of wind chimes moving in gentle winds.

A pendulum variation of anemoscopy involves holding a pendulum over a circle lined with runes or other symbols and observing how the wind blows the pendulum.

## austromancy

**Austromancy** is divination by studying the winds and cloud shapes. This is a form of aeromancy.

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Nephomancy is divination by studying clouds. This involves observing and interpreting the color, shape and position of clouds in the sky.

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A Medieval form of aeromancy involved summoning ghosts and specters to project images of future events onto clouds.

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Modern nephomancers observe the ever changing shapes of cloud formations as a form of meditation.

Chaomancy is a form of aeromancy that looks for visions in the sky, particularly in the shapes of clouds and cloud formations. The Hindu, Etruscans, and Babylonians made extensive use of chaomancy.

### deities associated with the wind

- Amon (Kemetic God)

## axinomancy

**Axinomancy** is divination of “yes” or “no” by observing a stone balanced on a red hot axe blade.



A related form of divination is using a hot knife and cannabis seeds.

# bibliomancy

**Bibliomancy** is divination by picking a random passage from a book to answer a question.

Bibliomancy is very easy to do: Ask a question. Pick up a book. Thumb through the pages, stopping at a randomly chosen page. Without looking at the page, poke your finger anywhere on the page. Read what your finger landed on. That's your answer. If the answer doesn't make sense, repeat until you get a good answer.

Usually it is best to ask your question outloud. This forces you to have a well-formed question.

Picking a book is an important part of the process. Some books are much better for bibliomancy than others. Books of wisdom and books of poetry tend to be the best books for bibliomancy.

Good poetry is subject to many interpretations, making it more likely that a collection of poems will produce answers to almost any question.

Christians often use the Christian Bible for bibliomancy. The word "Bible" is Latin for "the Book". The "biblio—" part of the word "bibliomancy" means "book" and the "—mancy" party means "to use divination". An old traditional method that Christians have used for naming their babies is to use bibliomancy and name their child with the first name of matching gender to wherever their finger landed in the Christian Bible.

Jews sometimes use the Jewish Torah for bibliomancy. Muslims sometimes use the islamic Koran (or Quran) for bibliomancy.

Some of the ancient Chinese and Hindu books are used for bibliomancy. The Book of tao is particularly popular, even among those who aren't Taoists (it is a collection of short sayings, so it works really well for bibliomancy).

Witches often create their own bibliomancy books. This can be part of thier Book of Shadows, or it can be a separate book just for this purpose. Start collecting poems, sayings, and other short passages that are meaningful to you. The more the better, because bibliomancy works best if you can't remember what is written on the pages or where ont he pages certain things are written.

Like any form of divination, you have to be intune enough to recognize when the divinatoin is working and when it isn't. Sometimes the answers in any form of divination are just random junk. You have to be able to feel when an answer is real and when it isn't. If you feel that an answer isn't real, then repeat the divination to get a real answer. With practice you will be able to recognize when a junk answer comes up.



# botanomancy

**Botanomancy** is divination by observing burning briar or vervain (verbena) branches.

# brontoscopy

**Aeromancy** is divination by observing atmospheric phenomena. Ceraunoscopy (also called

keraunoscopy) is divination by observing thunder and lightning. Ceraunomancy is divination by observing lightning.

**Brontoscopy** is divination by listening to the sound of thunder. Ancient Roman augurs (priests who specialized in the interpretation of auspices, the movement of birds, or sometimes other animals) believed that thunder from the left was a lucky omen or happy ending. Thunder from the right was a bad omen. Thunder on Sunday indicated the death of an educated or wise man, such as a judge, general, or scholar. Thunder on Monday indicated the death of a woman. Thunder on Tuesday or Thursday was a good omen, indicating plenty of grain (especially wheat, which the Romans called corn, not to be confused with maize) and sheep. Thunder on Wednesday indicated the death of a prostitute or beggar or some other more general kind of bloodshed. Thunder on Friday indicated the murder of a great man. Thunder on a Saturday indicated widespread death, especially by plague.

Ceraunoscopy (also called keraunoscopy) is divination by observing thunder and lightning. Ancient peoples believed that thunder and lightning were direct communications from the gods and goddesses, such as Thor (thunder) or Zeus (lightning). The Hindu, Etruscans, and Babylonians made extensive use of ceraunoscopy.

Tinia, the Etruscan god of lightning, was particularly associated with ceraunoscopy. Similarly, Adad, the Babylonian god of thunder, lightning, and prophecy, was particularly associated with ceraunoscopy.

François de la Tour Blanche “As for thunder and lightening these are concerned with the auguries, and the aspect of the sky and of the planets belong to the science of astrology.”

In the Middle Ages, Europeans believed that thunder and lightning were omens of coming war, floods, or the death of an important person.

## ceraunomancy

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## chaomancy

Aeromancy is divination by observing atmospheric phenomena. Austromancy is divination by studying the winds and cloud shapes. Nephomancy is divination by studying clouds.

**Chaomancy** is a form of aeromancy that looks for visions in the sky, particularly in the shapes of clouds and cloud formations. The Hindu, Etruscans, and Babylonians made extensive use of chaomancy.

A Medieval form of chaomancy involved summoning ghosts and specters to project images of future events onto clouds.

François de la Tour Blanche wrote that aeromancy was the art of fortune-telling when specters materialize in the air, possibly with the aid of demons, projecting images of the future onto clouds like a magic lantern.

## cometomancy

Aeromancy is divination by observing atmospheric phenomena. Roadomancy is divination by observing stars, comets, and meteors. This differs from astrology.

**Cometomancy** is the taking of omens from comets. Information can be gathered by observing the appearance of comet tails. Comets were often seen as a bad omen, especially war, plague, or the death of a national leader.

## eromancy

**Eromancy** is divination by taking omens from the air.

## meteormancy

Aeromancy is divination by observing atmospheric phenomena. Roadomancy is divination by observing stars, comets, and meteors. This differs from astrology.

**Meteormancy** is divination by observing meteors (often called “falling stars” or “shooting star”). Some people believe that a sincere wish made quickly while a “shooting star” can still be seen in the night sky will come true. In the 19th Century (1800s) people believed that a “shooting star” was a sign that a child had been born.

## nephomancy

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## roadomancy

**Roadomancy** (also called astromancy) is divination by observing stars, comets, and meteors. This differs from astrology.

Some people believe that a sincere wish made on the first star seen in the night sky will come true.

Often the first night object seen in the sky is the planet Venus, which is sometimes called the morning star or evening star (depending on when it is seen).

Cometomancy is the taking of omens from comets. Information can be gathered by observing the appearance of comet tails.

Meteoromancy is divination by observing meteors (often called “falling stars” or “shooting star”). Some people believe that a sincere wish made quickly while a “shooting star” can still be seen in the night sky will come true. In the 19th Century (1800s) people believed that a “shooting star” was a sign that a child had been born.

In Mithraism, the story of the birth of Mithra includes an example of roadomancy. Twelve Zoroastrian Magi (highly respected priest-magicians from the sacred caste of the Medes in Persia) followed the sign of a bright star that suddenly appeared in the sky to mark the location of the birth of Mithra. Mithra was born of a virgin Goddess. The Magi brought three gifts, gold, frankincense, and myrrh, symbols of a king.

Several hundred years later the Christian followers of Paul also engaged in roadomancy when they claimed that an unspecified number of eastern Magi (by tradition, three) followed the sign of a bright star that suddenly appeared in the sky in the east. After meeting with King Herod and the high priests of Judaism in Jerusalem, the Magi followed the star six miles southward to Bethlehem to find the location of the birth of Jesus by the virgin Mary. The Magi presented gifts of gold, frankincense, and myrrh. The Magi then were told in a dream to return home by a different route without returning to Herod.

Aeromancy is divination by observing atmospheric phenomena.

## examples of scrying jewelry

The following examples of scrying jewelry are from Earth Spirit Emporium. Many of these examples are still available for purchase, but as time passes some will no longer be offered.

### Dracogram Star Necklace

**“Dracogram Star Necklace:** Clutching its divination ball, the Dragon symbolizes Life Force combined with the magical energy of the Pentagram to form a powerful talisman for Scrying into the Future. Details for Dracogram Star Necklace: Size: 1 1/2" Metal: Fine Pewter Enhanced With Gold and Silver Stone: Swarovski Crystals Option: Adjustable Chain Included.” — Earth Spirit Emporium (note that products and availability may change over time)



## magick stones

- abalone
- picture jasper

## abalone

### magickal uses of abalone

#### abalone and witchcraft



Abalone has many uses for Witchcraft. Abalone has been used by Kemetic (ancient Egyptian), Phoenician, Greek, Roman, Italian (Streggha), Celtic (Druidic and Faerie), French, Spanish, Portuguese, Gypsy, Norse, Germanic, British, Scottish, African, Polynesian, Japanese, Chinese, Asian Indian, and Native American witches.

A very popular use for abalone is for empowering love spells and for love talismans. Many beginners call it a “love amulet”, but amulets repel, while talismans attract. That’s why amulets are typically for protection. If you want to attract love, then you want a love talisman, not a love amulet.

Abalone amulets protect the witch from negative energy. Abalone talismans attract creativity to the witch. A magick amulet protects from some kind of energy, while a magick talisman draws in some kind of energy. A witch can magickally charge the same abalone as both an amulte and a talisman.

Witches can use abalone for meditation and chakra balancing.

Witches can use whole abalone shells as an incense holder.

#### abalone amulet

Wearing abalone shell as a magickal amulet will protect the wearer from negativity, especially anger, depression, fear, and/or sadness. The abalone amulet should be charged with a protection spell and/or ritual (protection from negativity, protection from anger, protection from depression, protection from fear, protection from sadness).

#### abalone talisman

As mentioned above, abalone can be used for empowering love spells (abalone is ruled by the planet Venus, often used in love spells) and empowered as a love talisman (abalone is special to Aphrodite). The Greek goddess of love, Aphrodite, sometimes rode the ocean waves on a giant abalone shell. The Romans called Aphrodite by the name Venus (still used as a planet name).

Wearing abalone shell as a magickal talisman will bring inspiration and creativity, especially in writing. This magick effect is strongest with creative writing, especially lyric poetry, but can also be used for business or school writing. The abalone talisman should be charged with a creativity spell and/or ritual. An abalone talisman can be used to help with inspiration and creativity in any art. Carrying or wearing an abalone talisman will help give you creative ideas, especially if magickally charged.

## **abalone meditation**

Because of the abalone's magick energy protects from negativity, a magick abalone amulet is great for meditation.

An abalone talisman can help you move past negative emotions and bring you in touch with your own inner beauty.

The same abalone shell can be magickally charged as both an amulet and a talisman. A dually charged magick abalone is particularly good for meditation.

## **abalone chakra balancing**

Abalone can be used for chakra balancing. This is an advanced metaphysical subject. Because abalone has all of the colors of the rainbow, abalone can be used with almost any chakra balancing techniques you have learned.

## **abalone incense holder**

A complete abalone shell can be used as a magick incense holder (for stick incense). Because abalone has all of the colors of the rainbow, it can be used as an incense holder for any kind of magick ritual or spell. Abalone's power to protect from negativity helps protect your magick spells and rituals. Incense burned in an abalone shell incense holder is empowered for any kind of magick.

An abalone shell incense holder should be placed in the center third (middle of middle, left, and right) of a witch's altar.

Abalone shell is not appropriate as a censor. Use an abalone shell incense holder with stick incense only.

## **abalone planetary ruler**

Venus is the planetary ruler for abalone. This makes abalone good for love, romance, fine food, and creativity (especially poetry and music).

## **abalone element**

Water is the element for abalone. A piece of abalone can be used to represent the element water during calling of corners (when casting a circle). A witch can use abalone on the altar for any magick spell that needs a symbol or representative of the element water.

## **abalone and candles**

Abalone works well with any candle color. Use any color candles on your altar when magickally charging abalone.

## **abalone and silver**

Silver is the only metal that should come into contact with abalone being used for magickal rituals or spells. Sterling silver is acceptable for abalone worn as an amulet or talisman.

## **picture jasper**

### **magickal uses of picture jasper**

#### **picture jasper and witchcraft**



Picture jasper, featuring bands or stripes of beiges and browns, has many uses for Witchcraft. Witches from cultures all over the world have used picture jasper. Almost any color can appear as stripes or bands in picture jasper, with dark or medium brown being one of the colors. There can be as few as just two colors, or up to 11 or more colors (or variations of colors). Picture jasper gets its name because sometimes the bands of color create beautiful pictures.

Picture jasper is a subtle stone, its effects building up over time. Don't expect instant results with any kind of jasper. Using picture jasper takes patience.

Picture jasper amulets are great for protection of any kind. Picture jasper talismans attract healing energy to the witch. A magick amulet protects from some kind of energy, while a magick talisman draws in some kind of energy. A witch can magickally charge the same picture jasper as both an amulet and a talisman.

Witches can use picture jasper for meditation and chakra balancing.

Picture jasper is ruled by Saturn and associated with the element earth.

#### **picture jasper amulet**

Wearing picture jasper as a magickal amulet will protect the wearer from anything the witch wants protection from. Picture jasper is a great all-purpose protection stone. It can be charged for general purpose protection or for any one specific kind of protection (with increased effectiveness).

A witch can use the picture jasper over and over, charging it each time for a different kind of protection or charging it for general protection. The picture jasper amulet should be charged with a protection spell and/or ritual.

Picture jasper amulets work best over long periods of time. This is a patient stone.

#### **picture jasper talisman**

Wearing picture jasper as a magickal talisman will bring beauty. The picture jasper talisman should be charged with a beauty spell and/or ritual. Carrying or wearing a picture jasper talisman will help build up both your inner beauty and your outer beauty, giving you more confidence with the opposite sex (or same sex, if so inclined), especially if magickally charged.

Wearing picture jasper as a magickal talisman will bring health and healing. This magick effect is

strongest when charged for a specific kind of healing. The picture jasper talisman should be charged with a healing or health spell and/or ritual. Wearing a picture jasper talisman doesn't replace medical care, but can make any medical care more effective.

Picture jasper talismans work best over extended periods of time. This is a subtle stone.

## **picture jasper meditation**

Picture jasper is great for meditation. It is particularly useful for grounding and centering in preparation for meditation.

Picture jasper can help a witch see the "big picture". Picture jasper enhances creative visualization.

Picture jasper can increase a witch's awareness and love of the earth and nature.

Picture jasper can help you surface problems so that you can release them. As the negative patterns are released, the witch becomes more harmonized with his or her self and surroundings.

Picture jasper can help you harmonize with yourself and your surroundings (especially nature).

The same picture jasper can be magickally charged as both an amulet and a talisman. A dually charged magick picture jasper is particularly good for meditation.

## **picture jasper chakra balancing**

Picture jasper can be used for chakra balancing. Picture jasper stimulates insight and works on the third-eye chakra, enhancing creative visualization. Chakra balancing is an advanced metaphysical subject.

## **picture jasper planetary ruler**

Saturn is the planetary ruler for picture jasper. This makes picture jasper good for grounding, centering, protection, purification, and luck.

## **picture jasper element**

Earth is the element for picture jasper. A piece of picture jasper can be used to represent the element earth during calling of corners (when casting a circle). A witch can use picture jasper on the altar for any magick spell that needs a symbol or representative of the element earth.

## **picture jasper and candles**

Picture jasper works particularly well with gray or brown candles. Use gray, brown, or white candles on your altar when magickally charging picture jasper.

## **picture jasper and silver**

Silver is the best metal for mounting picture jasper being used for magickal rituals or spells, particularly for amulets, talismans, or meditation. Sterling silver is acceptable for picture jasper worn as

an amulet or talisman.

# Cosmic Orgasm

## *the Cosmic Orgasm*

The ancient Egyptians had hundreds of creation stories, in part because each of the major regional deities had their own creation myths before Egypt became the world's first nation, but also because the ancient Egyptians recognized that their creation myths were metaphors for basic truths and they had plenty of room for additional creation truth.

One of the major ancient Egyptian creation myths was about the Cosmic Orgasm.

Originally there was the Chaos of Nun, a nether void without organization or theme.

In the Chaos of Nun, the Cosmic Egg came into existence. The Cosmic Egg was the safe place for the combined deity Sekhmet-Bast. Among their many roles, the Goddesses Sekhmet and Bast represented the dichotomy of creation (Bast) and destruction (Sekhmet).

After untold time the combined Goddess Sekhmet-Bast became lonely, so She split into two Goddesses, Sekhmet and Bast.

The two Goddesses showered each other with love, engaging in lesbian sex in the Cosmic Egg.

Their love was so great that they caused the Cosmic Egg to grow so large that the Cosmic Lotus had to come into existence just to support the weight.

As the intensity of their lesbian sex grew, so did the Cosmic Egg and the Cosmic Lotus, emerging from the Chaos of Nun.

In a blinding burst of light (Ra), Cosmic Orgasm burst open the Cosmic Egg, parting the Chaos of Nun and creating the universe.

## divine

**Ntr** is the ancient Egyptian name for the divine. The **neteru** is the ancient Egyptian name for the ancient Egyptian Gods and Goddesses.

The hieroglyph for Ntr looks like a flag because in the pre-dynastic period roadside shrines were marked with long pennant flags on a very tall flagpole.

Ntr is written in Roman letters as Ntr, Ntr, Neter, Netjer, or Netcher. The underlined t represents the sound tch (or tj).

The word God is indicated by adding the determinative for male god to the hieroglyph Ntr. The word Goddess is indicated by adding the determinative for female goddess to the hieroglyph Ntr.





**Ancient Egyptian traditionalists** will primarily be concerned with ancient Egyptian neteru and the native ancient Egyptian interpretations. ancient Egyptian hieroglyph for Ntr

**Wiccans** and **neo-pagans** may concentrate on one pantheon or may combine from many pantheons. Each Wiccan will choose one or more Gods to be their **Lord** and one or more Goddesses to be their **Lady**. Wiccans may invoke any deity for a particular spell or ritual (not limited to just their Lord and Lady).

Naomi Ozaniec divides the **Puat Neteru** (company of the divine or the ancient Egyptian pantheon) into three major hierarchies: metaphysical, cosmic, and terrestrial (giving the following examples of each; note that a particular neteru may be in multiple categories):

**Metaphysical:** Atum, Neith, Ra.

**Cosmic:** Anubis (Anpu), Asar (Osiris), Aset (Isis), Djehuti (Thoth), Heru (Horus the Younger), Het Heret (Hathor), Nebt Het (Nephthys), Nwt (Nut), Set

**Terrestrial:** Amun-Min, Anpu (Anubis), Mwt (Mut), Ptah, Set

## pantheons

- ancient Egyptian
- African
- ancient
- Anglo-Saxon
- Assyrian
- Buddhist
- Canaanite
- Celtic
- Chaldean
- Crete
- German
- Greek
- Egyptian
- Hebrew
- Hindu
- Japanese
- Kemetic (ancient Egyptian)
- Minoan (Crete)
- Norse
- Persian
- Phoenician
- Roman
- Welsh

## deities

### list of Witchcraft Goddesses

### list of Wiccan Gods

- African deities
  - A Kwa Ba
- ancient deities
  - Acheulian Goddess

- Cycladic Nude
- Anglo-Saxon deities
  - Woden
- Assyrian deities
  - Astarte
- Buddhist deities
  - Akshobya Buddha
  - Amitaba Buddha
  - Amogasiddhi Buddha
  - Avaloketishwara
  - Dakini
  - Ratnasambhava Buddha
  - Vairocana Buddha
- Caananite deities
  - Asherah
  - Asherali
- Celtic deities
  - Anu
  - Aodh
  - Arrianrhod
  - Aulnay
  - Brighid
  - Brigit
- Chaldean deities
  - A
- Creten deities
  - Adriane
- German deities
  - Frau Sonne
  - Tiu
- Greek deities
  - Achelotīs
  - Aphrodite
  - Apollo
  - Ares
  - Artemis
  - Astraea
  - Athena
  - Demeter
  - Dionysus
  - Helios
  - Hermes
  - Persephone
  - Rhea
  - Selene
  - Themis
  - Thetis
  - Zeus
- Hebrew deities
  - Asherah
  - Astarte
- Hindu deities
  - Aditi
  - Agni
  - Babaji

- Brahma
- Chaitanya
- Devi
- Dhanvantari
- Kali
- Shiva
- Inuit deities
  - Aakuluujjusi
- Japanese deities
  - Amaterasu
- Kemetic neteru
  - Aah
  - Agathadaimon
  - Ahti
  - Ahy
  - Amon
  - Anpu
  - Anubis
  - Bast
  - Neith
  - Neter
  - Udjat
  - Wadjet
- Minoan deities
  - Ariadne
- Norse deities
  - Freya
- Persian deities
  - Anaitis
- Phoenician deities
  - Astarte
  - Baal
- Roman deities
  - Bacchus
  - Diana
  - Penates
  - Venus
- Welsh deities
  - Arrianrhod

## Kemetic neteru

The **neteru** is the ancient Egyptian name for the ancient Egyptian Gods and Goddesses.

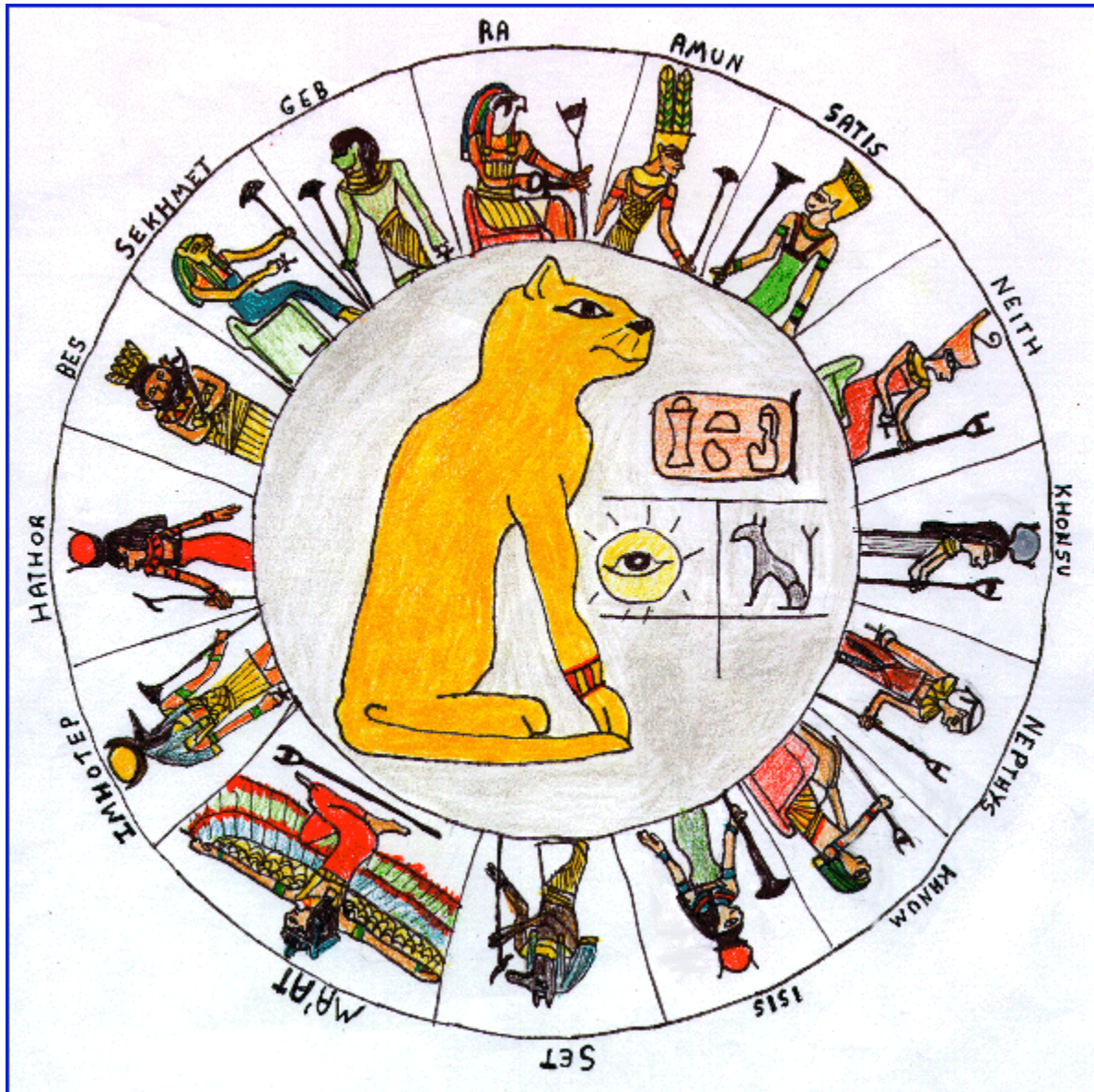
### deities

- Áa
- Aah
- Aah-te-Huti
- Åh
- Agathadaimon
- Ahti

- Ahy
- Amana
- Amen
- Ammon
- Amon
- Amon-Ra
- Amun
- Anpu
- Anubis
- Asar
- Aset
- Aten
- Athyr
- Aton
- Atum
- Ausar
- Ba en Aset
- Bast
- Bastet
- Bes
- Bisu
- Black Madonna
- Buto
- Chons
- Disk
- Djehuti
- Djhowtey
- Edjo
- Ehi
- Eset
- Geb
- Hammon
- Hap
- Hapi
- Hapy
- Hat Hor
- Hathor
- Hep
- Heru
- Heru Sa Aset
- Heru the Elder
- Heru-Ur
- Her Ur
- Hor
- Horus
- Horus the Elder
- Het Heret
- Het Heru
- Isis
- Ihy
- Keb
- Khensu
- Kherpi
- Khnum
- Khonsu

- Ma'at
- Mayet
- Mertseger
- Mut
- Mwt
- Nebet Het
- Nebt Het
- Nebthet
- Neb Hut
- Neith
- Netcher
- Neter
- Netjer
- Nephthys
- Neuth
- Ntr
- Nu
- Nuit
- Nun
- Nunet
- Nut
- Nwt
- Osiris
- Pasch
- Ptah
- Ra
- Re
- Sashet
- Seb
- Sekhmet
- Selkhet
- Seshat
- Seshet
- Setech
- Setekh
- Setesh
- Set
- Seti
- Seth
- Shu
- Sos
- Su
- Sun DIsk
- Sutech
- Sutekh
- Tefenet
- Tefnet
- Tefnuit
- Tefnut
- Tefnwt
- Tehuti
- Tem
- Thoth
- Tphenis
- Traveller

- Tum
- Ubasti
- Udjat
- Udjo
- Usire
- Wadjet
- Wanderer
- Zehuti



Picture is © 1996 Jessica C. Feinberg.

**NOTE:** The text labels for Khonsu and Nepthys are accidentally swapped.

# Ntr

**Summary:** Ntr is the ancient Egyptian divine.

### names:

**Kemetic name:** Ntr, Neter, Netjer, Netcher

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**Ntr** is the ancient Egyptian name for the divine. The **neteru** is the ancient Egyptian name for the ancient Egyptian Gods and Goddesses.

The hieroglyph for Ntr looks like a flag because in the pre-dynastic period roadside shrines were marked with long pennant flags on a very tall flagpole.



small wooden shrine discovered near Tell-el-Amarna

Ntr is written in Roman letters as Ntr, Ntr, Neter, Netjer, or Netcher. The underlined t represents the sound tch (or tj).

The word God is indicated by adding the determinative for male god to the hieroglyph Ntr. The word Goddess is indicated by adding the determinative for female goddess to the hieroglyph Ntr.

“The word for God and ‘god’ is, from first to last, *neter*, the original meaning of which is unknown.”—E.A. Wallis Budge, *Osiris and the Egyptian Resurrection*, Vol. I, page 350

## religious title certificate

Get a beautiful certificate declaring that you are a priestess, priest, high priestess, high priest, hem ntr, hemet ntr, kher heb, sesh ked, sesh per ankh, scribe, witch, or shaman of Ntr. This is a real religious certificate meeting government standards for conducting marriages and other ceremonies.



**Hem** (male) and **hemet** (female) were the primary ancient Egyptian words for priest and priestess. The generic version was hem ntr or hemet ntr (priest or priestess of the divine). The ntr could be replaced with a specific deity name, such as Hem Ra or Hemet Bast. The **web** priest (or priestess) was responsible for the purity of the ritual and the cleanliness of sacred rooms, tools, paraphernalia, and priesthood. The **kher heb** was he priest or priestess who recited the liturgy and magick spells. The **sesh per ankh** were the learned priesthood (including mathematicians, doctors, and scientists). The **sesh ked** were the artists of the priesthood.

## Sekhmet and Bast

Bast and Sekhmet are the two primary Kemetic (ancient Egyptian) feline goddesses. There are many

others, next most famous being Seshat.

In pre-dynastic times, Bast and Sekhmet both were depicted with the head of a lioness. Over time Bast came to be depicted with the head of the African desert cat (better known as the common house cat). This change became important in understanding the relationship between these two important goddesses.

Bast is the goddess of cats and the dawn. These two elements are important for understanding the multitude of layers of meaning of Bast.

Both cats and the dawn are ancient symbols of enlightenment. Bast is the preminent goddess of enlightenment.

Shamans have long known that certain physical things can be conduits to and symbols of enlightenment, notably drugs, herbs, sex, music, and dance. Bast is, by extension from being goddess of enlightenment, also the goddess of drugs, sex, music, and dance.

In addition to their role in enlightenment, these things are also associated with physical pleasures. So Bast, again by extension, is the goddess of physical pleasures, in modern slang, the goddess of sex, drugs, and rock 'n' roll.

These same things are also traditionally used in healing, from very early times. Bast was sometimes also viewed as a goddess of healing, but more commonly Sekhmet and Het Heret (Hathor) were viewed as the goddess of healing. Aset (Isis), Bast, Het Heret (Hathor), Nut, Sekhmet, and Tefnut were commonly viewed as goddesses of healing.

Bast's (older) sister was Sekhmet, the setting sun. The Tamerans (ancient Egyptians) viewed the Bast-Sekhmet pairing as one of the most important pairings in their religion. This pairing represented a large number of fundamental concepts in an easy to absorb package. Sekhmet was the destroyer, the end, the death, the wisdom of age, while Bast was the creator, the beginning, the birth, the enthusiasm of youth. An important point in this pairing is that the two sisters are equals. Youth is not better than Old Age. Creation is not better than Destruction. Birth is not better than Death. Both must be in complete balance. Also, as there are times when destruction is necessary and good, there are times when creation is undesirable and bad.

Remember that the Kemetic neteru (deities) are ultimately all the same single ultimate goddess as well as distinct individual deities. Also, the Kemetic neteru freely merge with each other into combined forms and that the Kemetic neteru are completely interchangeable with each other, although there are substitutions and combinations that were commonly used and others that were rare.

Bast and Sekhmet are also viewed as the same goddess at different times. Bast is often confused (purposely) with Sekhmet, especially as the wife of Ptah. This is a different take on the cosmic truths. Creation and Destruction are not just balanced against each other, they are the same thing. Maybe they are the same at different times (such as sunrise and sunset), maybe they are the same thing at the same time (such as sculpting, where some rock is torn away while the sculpture is being revealed).

Notice also the subtle distinction: Bast is the goddess of enlightenment, while Sekhmet is the goddess of wisdom. It is not surprising to find the physical pleasure aspects of sex, drugs, and music to be associated with Bast, while the healing aspects of sex, drugs, and music tend to be associated with Sekhmet.

In E.A. Wallis Budge's famous translation, the *EGYPTIAN BOOK OF THE DEAD*, we find Bast, Sekhmet, and Ra joined into a single deity:

Homage to thee, O Sekhmet-Bast-Ra, thou mistress of the gods, thou bearer of wings,



thou lady of the red apparel, queen of the crowns of the South and North. Only One, sovereign of her father, superior to whom the gods cannot be, thou mighty one of enchantments (or, words of power) in the Boat of Millions of Years, thou art preeminent, who risest in the seat of silence, mother PASHAKASA, queen of PAREHAQA-KHEPERU, mistress and lady of the tomb, Mother in the horizon of heaven, gracious one, beloved, destroyer of rebellion, offerings are in thy grasp, and thou art standing in the boat of the divine father to overthrow (the fiend) Qeti. Thous has placed Ma'at in the bows of his boat. Thou are the fire goddess Ammihet, whose opportunity escapeth her not. ... Praise be unto thee, O Lady, who are mightier than the gods, words of adoration rise unto thee from the Eight Gods of Hermopolis. The living souls who are in their hidden places praise the mystery of thee, O thou who art their mother, thou source from which they sprang, who makest for them a place in the hidden Underworld, who makest sound their bones and preservest them from terror, who makest them strong in the abode of everlastingness, who preserves them from the evil chamber of the souls of HES-HRA, who is among the company of the gods. Thy name is SEFI-PER-EM-HES-HRA-HAPU-TCHET-F.

Note that references to god and a male Ma'at are biases from Budge's Christianity.

Several important Kemetic (ancient Egyptian) myths are referenced in this passage. The myth of the Ogdoad, or the Eight of Hermopolis, will be covered elsewhere in this book.

This passage makes reference to a famous myth, "The Myth of the Destruction of Mankind" by the Goddess Sekhmet-Het Heret (Hathor), recorded in sculptures on the walls of the tomb of Seti and in scattered religious writings. This story is told over and over again, with numerous subtle variations.

Ra or Re (the major sun god in later historical times) became senile (possibly a reference to winter, when the sun is slow to awaken and fast to go to sleep). Humans became impatient with the divine Pharaoh and heretical priests and magicians plotted to overthrow him, using the powers granted by the Deities for the benefit of humanity.

Ra learned of the rebellious plans and was furious, ordering the destruction of either all humans or all of the rebellious humans, depending on the way the myth was told (in some versions all of the humans were rebellious). Ra ordered a council of the most ancient and powerful neteru (deities), those who had been with him in the primeval waters before time. They decided that Sekhmet, the force against which no other force avails, should be sent to slay the humans. In some tellings of the myth the daughter is Het Heret (Hathor), who is also referred to as the Eye of Ra (his agent to perform his work, a title also given to his daughter Aset (Isis) and other goddesses. In most tellings of the myth the daughter sent is Sekhmet, the destroyer, the goddess of war.

In every telling of this myth, one or the other (Sekhmet or Het Heret) is sent. In many written versions of the myth, the name of the daughter changes back and forth between the two names (Sekhmet and Het Heret), usually to highlight a particular point about the nature of the goddess at that particular moment in the myth. Additionally, there are temples inscribed as being dedicated to the goddess Sekhmet-Het Heret.

After some number of humans died (varies from one tenth to almost all), Ra felt that humans had been punished enough and relented. Various neteru (deities) are sometimes included as the counselor who petitioned on behalf of humanity and convinced Ra to relent.

Unfortunately, Sekhmet did not stop as ordered. She had become enthralled in a blood-lust, killing for the pure pleasure of killing (an important point about the nature of war, fighting, and soldiers), enjoying the act of spilling and drinking of blood.

When Ra realized that Sekhmet could not be stopped, he waited until she had rested for the evening

(she is a sun goddess, and therefore rests at night) and ordered a special preparation of red beer. In some versions of the myth, the red beer is prepared at Het Heret's (Hathor's) temple at Elephantine, while in other versions, the red beer is prepared simultaneously in all of Ra's temples, and in yet other versions, the god Sekti mixes the red beer at Heliopolis. The amount of red beer is often specified, the exact number carrying additional cosmic significance (a common amount is 7,000 measures).

The recipe for the beer also changes from version to version. In some versions barley beer is combined with either mandrake root or with red ochre. Other versions mention plants of the *Solanaceae* family, which can be brewed into a powerful mind-altering drug. Cannabis hemp and opium are also mentioned in some texts as ingredients. regardless of the recipe, this particular beer has the exact same appearance as blood.

Before Sekhmet-Het Heret could rise again in the morning (a reference to Sekhmet as Bast), Ra had the beer poured over the fields. When Sekhmet arose, she started killing again and drinking the blood that was spilt, but she also was drinking the red beer. The beer (as well as the other ingredients, in some versions of the myth) placed Sekhmet into a drunken stupor and she was transformed into the docile cow goddess Het Heret (the over-arching mother goddess).

After that, Ra addressed Sekhmet as the One Who Comes in Peace, and human celebrations in the temples of Sekhmet and Het Heret (Hathor) feature a feast at which beautiful dancing girls, serving as priestesses of Sekhmet or het Heret, served red beer and cannabis to the shaking of the sistrum, followed by orgiastic sexual rituals performed in Sekhmet's (or Het Heret's) honor.

In part because of these feasts, Sekhmet-Bast became associated with the ecstasies of sex. Gerald Massey, 19th century scholar, identifies Sekhmet as the Great Mother, Mother of Mystery, denounced in the Christian *Book of Revelation of John* as the Great Harlot:

In revelation, the mother of mystery is called "Babylon the Great, the mother of harlots and of abominations of the earth," who has the same name of mystery written on her forehead (ch xvii, 5). But there was an earlier Babylon in Egypt, known to the secret wisdom, which is traditionally identified with the locality of Coptos, nominally seat of Kep, the Kamite mother of mysteries. The mother of mystery did not originate with the scarlet woman of Babylon (nor as the red hag of the Protestants), although the title of the Great Harlot was applied to her also, who was the mother of harlots and to whom the maiden-tributes were religiously furnished in the city. Hers is a figure of unknown antiquity in the astronomical mythology, which was constellated as the red hippopotamus that preceded the Great Bear. The red hippopotamus (Apt) had already become the scarlet lady in the Ritual. Hence the Great Mother, as Sekhmet-Bast, who is higher than all the gods, and is the only one who stands above her father, is called *The Lady of the Scarlet-Coloured Garment* (Rit, ch. 164, Naville). The Kamite Constellation of the "birthplace" may also serve to show why the "great harlot" should have been so badly abused in the Book of Revelation. The creator of the Great Mother was depicted in the sign of the mesnhen to indicate the place of bringing forth by the cow of heaven whose "thigh" [genitals and womb] is the emblem of great magical power in the hieroglyphics. The mother of mystery also carries "in her hand a golden cup full of abominations, even the unclean things of her fornication."

In another work, Massey adds additional explanation:

The Great Mother is saluted as the Supreme Being, the "Only One," by the name of Sekhmet-Bast, the goddess of sexual passion and strong drink, who is mistress of the gods, not as wife, but as the promiscuous concubine — she who was "uncreated by the gods" and who is "mightier than the gods". To her the eight gods offer words of adoration. Therefore they were not then merged in the Put-circle of the nine. It is noticeable too that Sekhmet is not at that time saluted as the consort of Ptah. Sekhmet was undoubtedly far

more ancient than Ptah.

Bast was one the the original fertility goddesses from before written history. In the earliest myths she was depicted as so potent a fertility goddess that no one husband could satisfy her sexual needs and she therefore was mistress to the neteru and bore children to every male neteru in existence.

In later times as Bast shifted from a lioness-headed goddess to a cat-headed goddess, Bast came to represent the prototypical young female, whose constant renewal among humans was both the hope for the future of the species and the symbol of reincarnation in action. As time progressed, Bast became a virgin goddess and eventually a lesbian goddess, associated with Artemis and Diana.

Sekhmet's name is derived from the Kemetic (ancient Egyptian) word for strength or power, "sekhem". Sekhmet and Bast represented the *Kundalini* (of Tantric tradition), the "coiled serpent" or feminine sexual energy originating at the base of the spine in both men and women. In an elaborate system of sexual mysticism, the *shakti*, or "power aspect" of the individual is exercised to gradually burn away all impurities in the physical body. Shakti is the "psychic energy" capable of combining with the "cosmic energy" directed through psychic energy centers, known as the seven *chakras*, to fulfill the potential of a person and achieve "Enlightenment". With proper sexual ritual any woman alone, two or more women, or one or more women with any number of men, can raise Kundalini (men cannot raise the Kundalini without the participation of at least one woman) to achieve the supreme force of human orgasm, a mind-altering experience involving a shift in the state of consciousness similar to that achieved on LSD, mushrooms, peyote, or ayahuasca.

Although Chakras and Kundalini Shakti are Hindu words, Joseph Campbell, the world's leading authority on comparative mythology, points out that these are originally Kemetic (ancient Egyptian) knowledge and that even the word *shakti* is a Hindu derivation from the name Sekhmet.

Many Christian commentators claim that the ancient Egyptians switch back and forth between Sekhmet and Het Heret (Hathor) seemingly at whim. The Christian writers have missed the point. There is important religious information encoded in the choice of when to switch names. Tell the myth entirely using Het Heret (Hathor) and then tell it entirely using Sekhmet. If you understand who each goddess is and what she symbolizes, you end up with two very different myths! Now, if you tell the myth, swapping out the two goddesses' names in a carefully planned manner you end up with a specific telling of the myth that highlights one or more subtly different cosmic truths!

## Aah-te-Huti

**Summary:** Aah is the native ancient Egyptian (Kemetic) God of the Moon.

### names:

**Kemetic name:** Aah, Aah-te-Huti. Áa, Åh

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

Aah's name meant moon, but also meant collar, to embrace, and defender.

### basic information:

**Aah:** Kemetic Moon God

## magickal information and correspondences:



**Symbol:** Aah's symbol is the crescent moon.

**Sacred candle color:** silver

**Planet:** Moon



## other:

Aah-te-Huti is the ancient Egyptian moon god.

Aah was one of the earliest ancient Egyptian deities and was in charge of the ancient lunar year (12 to 13 months of 28 days each). By the Pharaonic period, the Egyptian months were organized as twelve 30-day months, each with three ten-day weeks, for a total of 260 days a year. The months did not have individual names until the New Kingdom. Months were grouped into three four-month seasons. The extra five days of the 365-day year were considered outside of the normal year and not a part of any month.



The ancient Egyptian hieroglyph for month was a crescent moon (the first visible crescent after the New Moon) over the symbol for star.

After the early period of Kemet, Aah faded in popularity and his duties became somewhat shadowy. Aah is quoted in the Book of Coming Forth into the Day (often called the Egyptian Book of the Dead) as saying "I am the moon-god Aah, the dweller among the gods."

Aah was sometimes depicted with the sun disk on top of the moon crescent.



Aah was often accompanied by Thoth (Djehuti) and Khons. Aah was often depicted as Thoth-Aah, a crescent moon resting on a Thoth pedestal resting on a boat (see picture above under symbol).

Aah gambled with Djehuti (Thoth) and lost, resulting in five extra days added to the year.



Aah was sometimes depicted as Osiris-Aah (or Asar-Aah), the moon crescent and solar disk on the head of Asar (Osiris).



## Agathadaimon

**Summary:** Agathadaimon is the native ancient Egyptian (Kemetic) God of the hearth.

**names:**

**Kemetic name:** Agathadaimon

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

## Ahti

**Summary:** Ahti is the native ancient Egyptian (Kemetic) Goddess of disorder, fear, and chaos.

**names:**

**Kemetic name:** Ahti

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### other:

Ahti is depicted as the head of a wasp on the body of a hippopotamus.

The hippopotamus is a dangerous river animal (even crocodiles defer to hippos). The ancient Egyptians viewed the hippopotamus as a symbol for disorder and strength. The wasp had a bad reputation among the native Egyptians because its stings could kill small children.



The ancient Egyptians believed that Ahti was a very spiteful goddess.

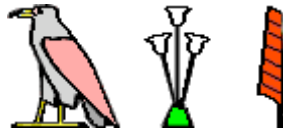
Ahti was never used on amulets and was seldom depicted in art.

## Ahy

**Summary:** Ahti is the native ancient Egyptian (Kemetic) God of music and musicians.

### names:

**Kemetic name:** Ahy, Ahi, Ehy, Ihy



ancient Egyptian hieroglyphs for Ahy

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### basic information:



Ahi is depicted as a child, shown in artwork as a teenage boy. Ahy is shown with short hair except for the long curly side hair-lock of a child. Ahy is shown wearing a small diadem with the Buto cobra.

Ahy is the god of music and musicians. Ahy is depicted holding a highly decorated sistrum in his right hand. The sistrum was a rattle-like percussion instrument used for creating rhythmic patterns. Ahy's mother Het Heret (Hathor) is also often shown with the sistrum.

The main focus of ancient Egyptian (Kemetic) worship of Ahy



was in the great temple of Het heret (Hathor) in Dendera.

### Ahy's relations:

Ahi is the son of Heru Sa Aset (Horus) and Het Heret (Hathor).

## magickal information and correspondences:

**Symbol:** sistrum

## Amon



**Summary:** Amon is the native ancient Egyptian (Kemetic) God of wind, fertility, life, and secrets. Amon was sometimes with Min to be the neteru Amun-Min.

### names:

**Kemetic names:** Amon, Ammon, Amun, Amana, Amen, Hammon

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### basic information:

**Amon:** God of wind, fertility, and secrets. Husband of Mwt. Thousands of children, including Bast, Neith, Hapi, and Khons. Amon-Ra is an important combined deity (Amon and Ra). Amon is often shown with the large-curving horns of a ram unique to the Nile Valley or as the Sphinx.

### Amon's relations:

Amun, Mwt, and Khonsu form the great triad of Thebes.

## magickal information and correspondences:

**Sacred candle color:** green

### Karnak temple





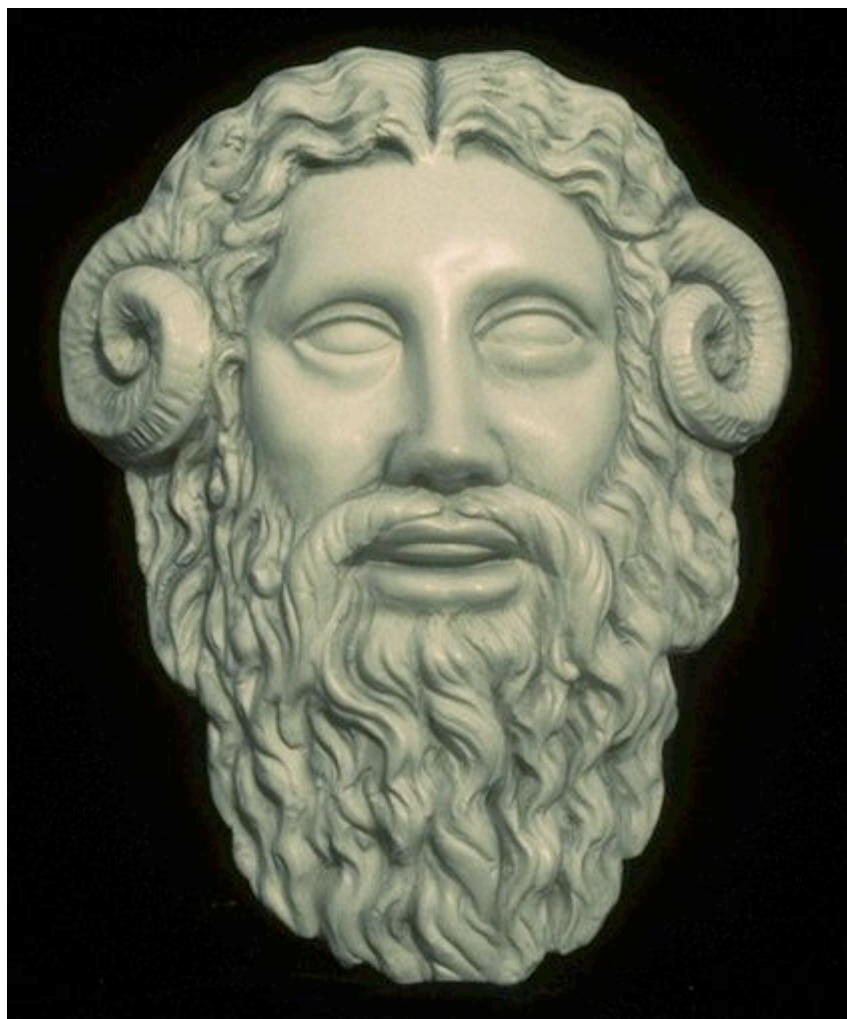
**other:**

**cornucopia**



**Ammon** — The Egyptian Ram God. According to murals at the ancient temple of Luxor, this fertility god assumed the form of the reigning king in order to procreate, and divinify, the royal lineage. The transformation of horned beast to god reflects the animal's crucial importance in Neolithic herdsman culture. The patron of Thebes, Ammon spoke through oracles and was equated by the Greeks with Zeus. In his name we find the universal sound (amen, amin, aum) whose utterance was holy. This Hellenized mask (c. 100 CE) hangs in the Vatican museum. —picture and text © 1999 JBL Statues (now called Sacred Source)





Picture courtesy of JBL Statues  
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terraced cliff temple to Ammon built by Queen Hatshepsut

## Anpu

# Anubis



**Summary:** Anpu (Anubis) is the native ancient Egyptian (Kemetic) God of death, magic, and loyalty.

## names:

**Kemetic name:** Anpu

**Greek names:** Anubis, Golden Dawn, Ano-Oobist



(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

## basic information:

**Anpu:** God of orphans, travelers, and the lost. Guide of the dead. Son of Asar (Osiris) and Nebt Het (Nephthys). Anpu is shown as a dark-skinned man with the head of a jackal or sometimes as a black jackal.

## Anpu's relations:

Son of Asar (Osiris) and Nebt Het (Nephthys)

Adopted son of Aset (Isis)

Adopted brother of Heru Sa Aset (Horus the Younger) and Bast

## magickal information and correspondences:



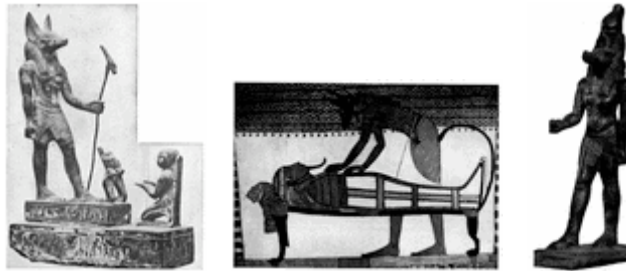
**Symbol:** sarcophagus

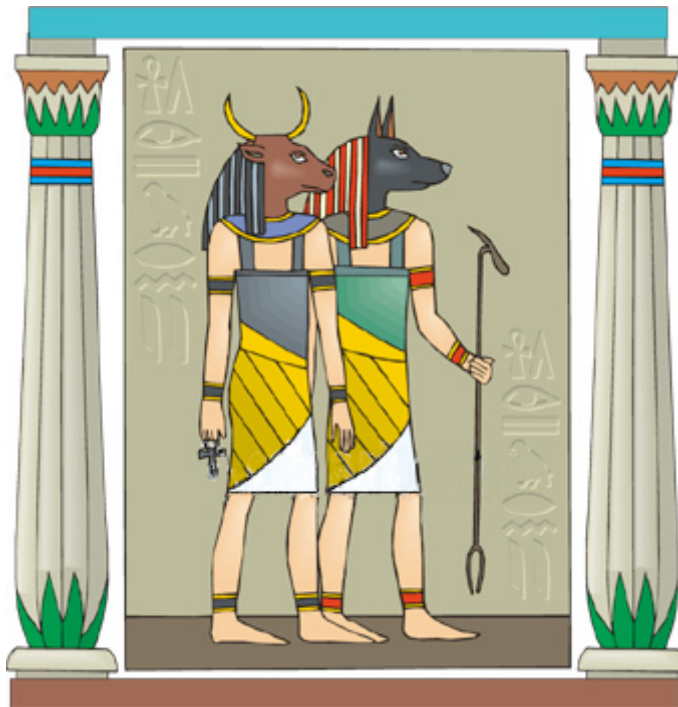
**Sacred candle color:** black

## other:

## holy days

**Day of Keeping Things:** Celebrated on January 1st.





### **pictures and links:**

If you follow any of the links offered in this book, **no spell begging**. Especially no love spell or curse begging.

- <http://osiris.colorado.edu/LAB/GODS/anubis.html> (LINK to University of Colorado)
- <http://web.archive.org/web/20010628214619/http://www.pagan.drak.net/lilianna/bos-deathrite.html> Death Rite (LINK)

If you have an Anpu [Anubis]-related web page, please send the URL to Milo. Please indicate if there is a picture on your web page.

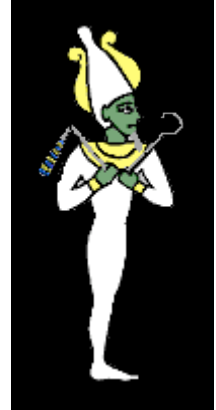
## Asar (Osiris)

### names:

**Kemetic names:** Asar, Ausar, Wesir (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**Greek names:** Osiris, Usire

**English name:** Green Man (the term “Green Man” refers to a class of deities from many different traditions, of which Asar is a Tameran example — Asar was commonly depicted as a green man)



### basic information:

**Asar [Osiris]:** God of life and death. Husband and brother of Aset, brother of Set, Nebt Het, and Heru the Elder, son of Nwt and Geb, and father of the twins, Bast and Heru, lover of Nebt Het, and father of Anpu. Asar is shown as a virile green man or as a mummified black man. See also information on the religious item known as the Djed.

### magickal information and correspondences:



**Symbol:** djed

**candle colors:** black

### holy days

**Day of Keeping Things:** Celebrated on January 1st.

**Asar's Birthday:** Celebrated on July 14.

**Sacred Rites of Koiak:** The sacred rites of Koiak and the Koiak festivals are dedicated to the Osirian mystery cycle. Celebrated on October 31.

**Third Day of the Isia:** The Search for Asar. Seven-day fall ceremony honoring the Osirian Mysteries. Celebrated on October 30.

**Fourth Day of the Isia:** Seven-day fall ceremony honoring the Osirian Mysteries. Celebrated on October 31.

**Fifth Day of the Isia:** The Finding of Asar. Seven-day fall ceremony honoring the Osirian Mysteries. Celebrated on November 1.

**Sixth Day of the Isia:** The Recovery of Asar from death. Seven-day fall ceremony honoring the Osirian Mysteries. Celebrated on November 2.

### **pictures and links:**

If you follow any of the links offered in this book, **no spell begging**. Especially no love spell begging.

- <http://osiris.sund.ac.uk/mythology/Osiris.html> (LINK to Sund)
- <http://osiris.colorado.edu/LAB/GODS/osiris.html> (LINK to University of Colorado)

If you have an Asar [Osiris]-related web page, please send the URL to Milo. Please indicate if there is a picture on your web page.

### **Books**

If you want your book reviewed, please send a copy to: Milo, POB 1361, Tustin, CA 92781, USA.



**The Passion of Isis and Osiris: A Union of Two Souls;** by Jean Houston; Ballantine Books; September 1998; ISBN 0345424778; paperback; 437 pages

If you want your book reviewed, please send a copy to: Milo, POB 1361, Tustin, CA 92781, USA.

## **Aset (Isis)**

### **names:**

**Kemetic names:** Aset, Ast, Eset (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**Greek name:** Isis

### **basic information:**

**Aset [Isis]:** Goddess of civilization and primary mother Goddess. Wife and sister of Asar, sister of Nebt Het, Set, and Heru the Elder, daughter of Nwt and Geb, and mother of the twins, Bast and Heru Sa Aset. Sometimes considered to be the wife and/or daughter of Ra. Aset is usually shown with wings and sometimes appears as a swallow or kite. She appears as both a golden glowing skinned woman and as a dark black skinned woman.

**Black Madonna** The famous “Black Madonnas” of the Roman Catholic and Eastern Orthodox Churches are statues of Aset with Heru converted to use as Mary and Jesus. Some of these statues are missing the arm that carried Bast. The Christians didn’t like using the statues of Aset with the baby girl.

### **Aset’s relations:**

Wife and sister of Asar, sister of Nebt Het, Set, and Heru the Elder, daughter of Nwt and Geb, and mother of the twins, Bast and Heru Sa Aset. Sometimes considered to be the wife and/or daughter of





Ra. See also Cassandra Selene's "Isis's relations with other deities" at <http://www.geocities.com/daughterofisis18/relat.html>.

## magickal information and correspondences:



**Symbol:** knot, buckle, throne, sistrum

**candle colors:** green

### other information:

#### Aset's myths

See Cassandra Selene's "Myths of Isis" (at <http://www.geocities.com/daughterofisis18/myths.html>) and Cassandra Selene's "The History of Isis" (at <http://www.geocities.com/daughterofisis18/hist.html>).

#### holy days

**Tuesday:** Aset [Isis] is associated with Tuesday.

**Wednesday:** Aset [Isis] is associated with Wednesday.

**Friday:** Aset [Isis] is associated with Friday.

**Advent of Aset:** Celebrated on January 2nd.

**Aset's Birthday:** Celebrated on July 17.

**Third Day of the Isia:** The Search for Asar. Seven-day fall ceremony honoring the Osirian Mysteries. Celebrated on October 30.

**Fourth Day of the Isia:** Seven-day fall ceremony honoring the Osirian Mysteries. Celebrated on October 31.

**Fifth Day of the Isia:** The Finding of Asar. Seven-day fall ceremony honoring the Osirian Mysteries. Celebrated on November 1.

**Sixth Day of the Isia:** The Recovery of Asar from death. Seven-day fall ceremony honoring the Osirian Mysteries. Celebrated on November 2.

See also <http://www.geocities.com/daughterofisis18/holy.html> Cassandra Selene's "Holy Days of Isis".

### other information:

<http://www.geocities.com/daughterofisis18/stonesgems.html> Sacred Stones and Gems

<http://www.geocities.com/daughterofisis18/metalsminerals.html> Sacred Metals and Minerals

<http://www.geocities.com/daughterofisis18/symbols.html> Symbols of Isis

<http://www.geocities.com/daughterofisis18/names.html> Names for use for Isis's worship

<http://www.geocities.com/daughterofisis18/ancientpriestess.html> Isis's Priestesses and Priests in the Ancient World

<http://www.geocities.com/daughterofisis18/presetnpriestesses.html> Isis's Priestesses and Priests in the Present

<http://www.geocities.com/daughterofisis18/ritual.html> Rituals

<http://www.geocities.com/daughterofisis18/ritualrobe.html> Ritual Robe Colors

### **pictures and links:**

If you follow any of the links offered in this book, **no spell begging**. Especially no love spell begging.

- Cassandra Selene's web site
  - <http://www.geocities.com/daughterofisis18/Isis-intro.html> The Temple of Isis (main home page)
  - <http://www.geocities.com/daughterofisis18/learning.html> Learning and Training
  - <http://www.geocities.com/daughterofisis18/hist.html> The History of Isis
  - <http://www.geocities.com/daughterofisis18/myths.html> Myths of Isis
  - <http://www.geocities.com/daughterofisis18/holy.html> Holy Days of Isis
  - <http://www.geocities.com/daughterofisis18/cleopatra.html> Queen Cleopatra VII
  - <http://www.geocities.com/daughterofisis18/stonesgems.html> Sacred Stones and Gems
  - <http://www.geocities.com/daughterofisis18/metalsminerals.html> Sacred Metals and Minerals
  - <http://www.geocities.com/daughterofisis18/symbols.html> Symbols of Isis
  - <http://www.geocities.com/daughterofisis18/relat.html> Isis's relations with other dieties
  - <http://www.geocities.com/daughterofisis18/names.html> Names for use for Isis's worship
  - <http://www.geocities.com/daughterofisis18/ancientpriestess.html> Isis's Priestesses and Priests in the Ancient World
  - <http://www.geocities.com/daughterofisis18/presetnpriestesses.html> Isis's Priestesses and Priests in the Present
  - <http://www.geocities.com/daughterofisis18/dieties.html> Egyptian Dieties
  - <http://www.geocities.com/daughterofisis18/ritualrobe.html> Ritual Robe Colors
  - <http://www.geocities.com/daughterofisis18/ritual.html> Rituals
  - <http://www.geocities.com/daughterofisis18/links.html> Links
- <http://osiris.colorado.edu/LAB/GODS/isis.html> (LINK to University of Colorado)

If you have an Aset [Isis]-related web page, please send the URL to Milo. Please indicate if there is a picture on your web page.

### **Books**

If you want your book reviewed, please send a copy to: Milo, POB 1361, Tustin, CA 92781, USA.



**The Mysteries of Isis: Her Worship and Magick** (Llewellyn's World Religion & Magic Series); by deTraci Regula; Llewellyn Publications; October 1995; ISBN 1567185606; paperback; 300 pages; I personally strongly recommend this book. deTraci does an excellent job of showing both ancient beliefs and modern Isis worship. Lots of pictures. Well written, in a personal style that is



obviously grounded in a love for this Goddess. Well researched.



**The Passion of Isis and Osiris: A Union of Two Souls;** by Jean Houston; Ballantine Books; September 1998; ISBN 0345424778; paperback; 437 pages; an excellent book, especially for couples.



**The Isis (Yssis Papers/Keys to the Colors);** by Frances Cress Welsing; Third World Press; December 1991; ISBN 0883781042; paperback; 301 pages



**Isis in the Ancient World;** by R. E. Witt; Johns Hopkins Univ Press; June 1997; ISBN 0801856426; paperback; 336 pages

If you want your book reviewed, please send a copy to: Milo, POB 1361, Tustin, CA 92781, USA.

## Aten

### names:

**Kemetic names:** Aten, Aton, Disk, Sun Disk (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### basic information:

**Aten:** A single solar deity of the Amarna Revolution. Originally a God of the moon and mirrors.

## Atum

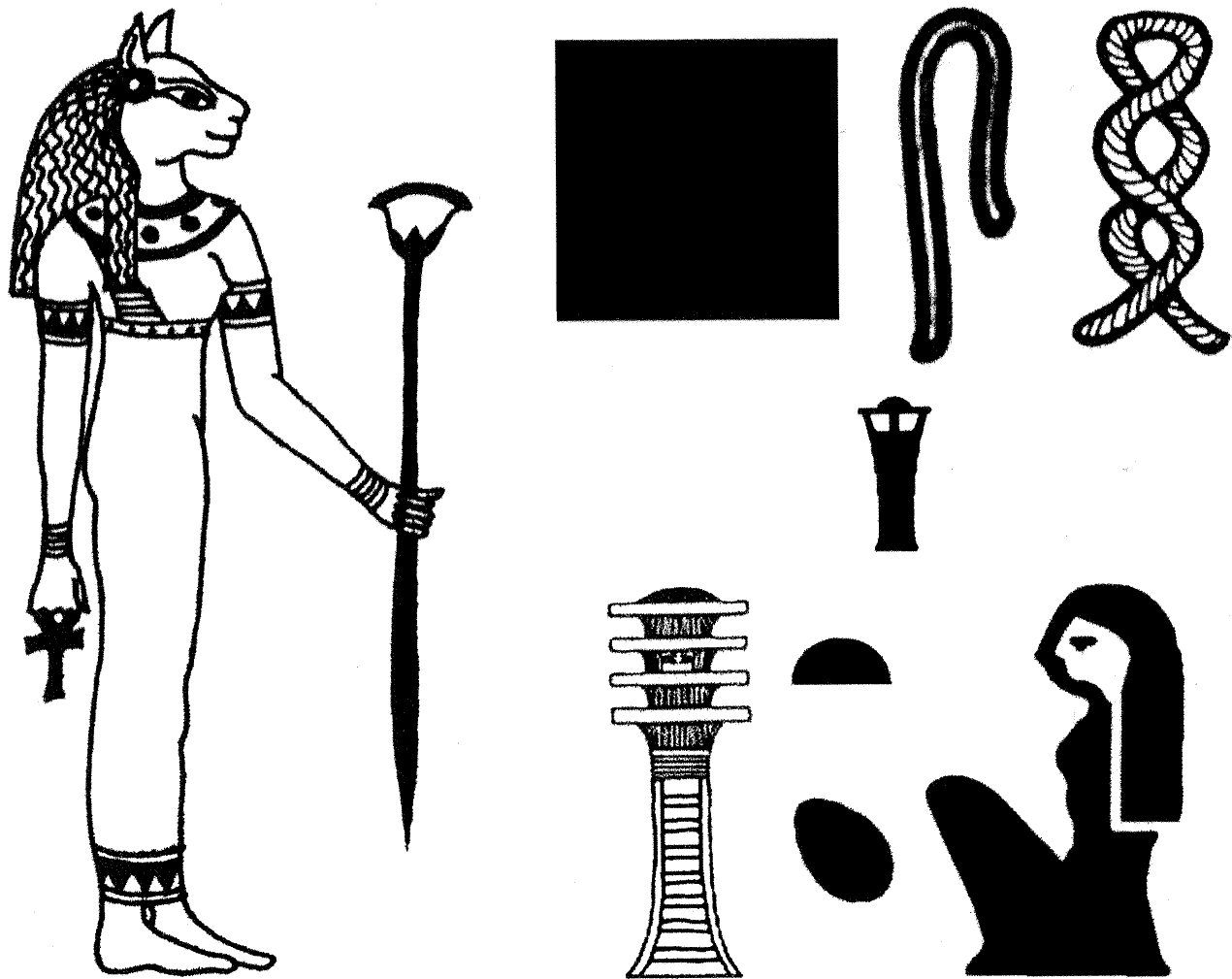
### names:

**Kemetic names:** Atum, Tum, Tem (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### basic information:

**Atum:** Solar God. In some early creation myths He is the creator of the universe. Father of Shu and Tefnut. Atum-Ra is an important combined deity (Ra and Atum). Atum is often shown with the head of a hawk.

## Bast



Above are three forms of Bast's name in hieroglyphs.

The top row is her ancient name "Pasch". The "P" is a doorway. The "S" is a folded piece of hemp cloth (meaning expansion or growth). The "H" is a twisted piece of hemp rope (meaning the ladder to Heaven or eternity).

The center is a simple one character form of her name. The most ancient Kemetic deities have single character names. This has been described as a woman carrying a plate of bread (symbolizing her role as goddess of abundance) or a woman in the heights of sexual orgasm.

The bottom row does not spell her name, but was taken to identify Bast. The Djed is the symbol of Bast's father (Asar or Osiris). The woman is the symbol of her mother (Aset or Isis). The loaf of bread is the symbol of the womb (or vagina) and the egg is the symbol for life. This hieroglyph also summarizes the idea of sexual reproduction, Bast being the promise of reincarnation through the birth of young girls.

Christian scholars refer to Bast as either the ancient Egyptian goddess of cats and the dawn or as the ancient Egyptian goddess of physical pleasures (especially food, sex, drugs, dance, and music).

## Bast

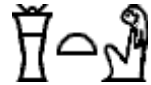
**Summary:** Bast is one of the oldest known deities.



**Bast** (Bastet, Pasch, Ubasti, Ba en Aset) is the Kemetic (ancient Egyptian) Goddess of cats, dawn, civilization, home, bounty, plenty, enlightenment, art, music, dance, creation, birth, fertility, sex, physical pleasure, lesbians, truth, hemp, marijuana, drugs, the Moon, and the rising Sun.

### names:

**Kemetic names:** Bast, Ba en Aset, Bastet, Pakhet, Pasch, Ubastet, Ubasti

**Greek names:** Ailuros, Artemis, Kore Artemis



The hieroglyphs for Bast's name are the bas-jar  and the feminine ending 't' , meaning "She of the bas-jar". Bas-jars were heavy perfume jars, typically filled with expensive perfumes.

ancient Egyptian  
hieroglyphs  
for Bast

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### basic information:

Although Bast originated in ancient Egypt, this goddess was worshipped in a lot of other cultures, including the Greek, Roman (where she was the second most popular goddess among women, after Isis), Germanic, and others. The information in this book combines variations of Bast from many different cultures, not just the original. For a presentation that sticks to the ancient Egyptian original, try <http://www.per-bast.org>.

Ta-Mera is one of several native names for the Two Lands of the Nile.

In ancient artwork, Bast is typically shown as a beautiful girl with the head of a cat. She is commonly shown with black, white, yellow, or glowing skin. Sometimes She is shown as a light-skinned European girl with long blonde hair and bright blue eyes. She is often shown as fully cat.



Bastet is the name of Bast when She is in fully cat form.

According to E.A. Wallis Budge, Pasch is recorded in extremely ancient documents as being an older version of Her name. Some modern worshippers believe we get the modern English word "passion" from Pasch.

Bast is an extremely ancient Goddess, long predating writing. She had many, sometimes contradictory, roles. **NB:** *not* all of the following was believed simultaneously. Beliefs about Bast evolved over thousands of years and the views under the Old Kingdom were significantly different than the Greco-Roman views, not to mention a wide variety of modern variations.

### Herodotus, Histories, Book II, Chapter 60

When the people are on their way to Bubastis, they go by river, a great number in every boat, men and women together. Some of the women make a noise with rattles, others play flutes all the way, while the rest of the women, and the men, sing and clap their hands. As they travel by river to Bubastis, whenever they come near any other town they bring their boat near the bank; then some of the women do as I have said, while some shout mockery

of the women of the town; others dance, and others stand up and lift their skirts. They do this whenever they come alongside any riverside town. But when they have reached Bubastis, they make a festival with great sacrifices, and more wine is drunk at this feast than in the whole year besides. It is customary for men and women (but not children) to assemble there to the number of seven hundred thousand, as the people of the place say.

Bast is the Goddess of cats. In early Kemetic history she started as a Lioness Goddess like Sekhmet.

Bast is the Goddess of the rising sun. When Ra became popular Bast became the Eye of Ra (and a daughter of Ra).

Bast is the Goddess of enlightenment.

Bast is the Goddess of truth. This was a very early association.

Bast is the Goddess of lesbians. This is connected to an ancient belief that lesbians were associated with truth.

Bast is the Goddess of civilization, bounty, and plenty. This is because of an association with Aset (Isis) and became an especially popular view in the Roman Empire.

Bast is the Goddess of the household and protector of the home. This view developed in later Egyptian and Greek periods.

Bast is the enlightened Maiden of the Triple Goddess. This started with the Greeks.

Bast is the Goddess of Goddess of creation.

Bast is the Goddess of sex, fertility, and birth. This was a Greek view.

Bast is the Goddess of physical pleasures. This was a Greek view.

Bast is the Goddess of bountiful positive energy.

Bast is the Goddess of music, dance, and the arts. The priestesses of Bast were known for their erotic dance ritual, as part of the introduction of Bes worship and belly dancing into New Kingdom culture..

Bast is the Goddess of the moon and possessor of the Utchat, the Eye of Her twin brother Heru Sa Aset [Horus]. This belief came from the Greeks and their association of Bast with Artemis.

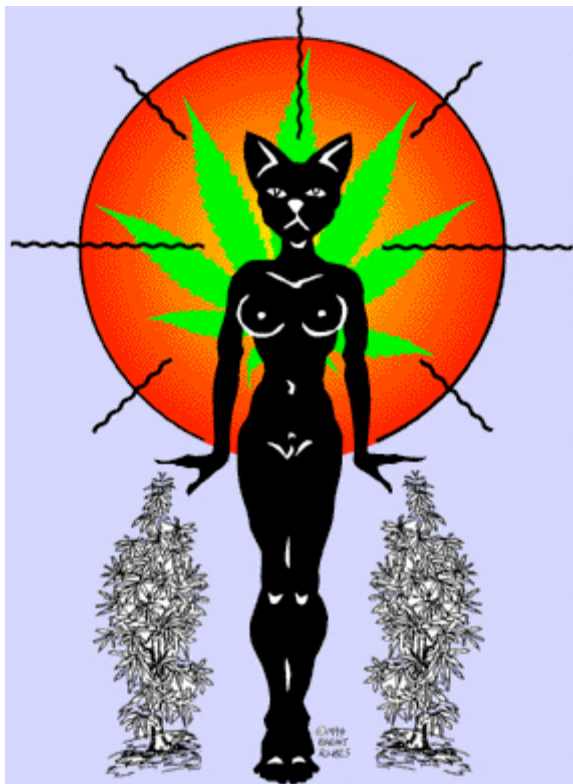
Bast is the Goddess of hemp and marijuana. This is a controversial association.





The center of Bast worship was at the Nile Delta city of Per Bastet (which the Greeks called Bubastis) in the 18th Septat (or state, which the Greeks called a nome) of the Delta, called Am Khent (the Prince of the South).

### Bast's relations:



Bast was sometimes connected with Het Heret (Hathor), Skhmet, and Tefnut (Tefnut).

Daughter of Mwt (also Mut) and Amun (also Amon or Amen).; daughter of Asar (Osiris) and Aset (Isis) and twin sister of Heru Sa Aset (Horus); and daughter of Ra (also Re) and sister of Djehuti (Thoth), Sekhmet, Seshat, Het Heret (Hathor), and Ma'at.

Twin sister of Sekhmet and creators/destroyers of time and space. See Cosmic orgasm. Bast was a goddess of Lower Egypt and Sekhmet was a goddess of Upper Egypt and joining the two goddesses mirrors the Pharaoh. The connection between Sekhmet and Het Heret (Hathor) is a stronger connection than the connection between Sekhmet and Bast.

In the Roman Empire Bast was viewed as the sexual partner of every God and Goddess.

Wife of Ptah and mother of Maahes; wife of Ra (also Re); and wife of Heru (Horus).

Mother of Nefertem. Many ancient Egyptian goddesses were mother of Nefertem.

Associated by the Greeks with Artemis, that is, the Greeks believed that Bast and Artemis were the same Goddess.

Considered by the Greeks to be the same Goddess as the Roman Diana.

## magickal information and correspondences:

**Symbol:** sistrum

**candle colors:** red, green, white

**Planet:** Sun



### herbs associated with Bast:

- cannabis
- catnip
- cinnamon
- vervain

### other:

**Bast** — Her holy city Bubastis possessed Egypt's greatest temple. She is depicted enthroned as the cat-headed incarnation of Isis, or alternately as the seated Sacred Cat. Related to Neith, the Night Goddess, Bast symbolized the moon in its function of making a woman fruitful, with swelling womb. She was also the Egyptian goddess of pleasure, music, dancing and joy. —picture and text © 1999 JBL Statues (now called Sacred Source)

### the Chapter of the Deification of the Members from the Pyramid of Pepi I

The breast of this Meri-Ra is the breast of Bast; he cometh forth therefore and ascendeth into heaven.

*Rubric* If this Chapter be known by the deceased upon earth, he shall become like unto Thoth, and he shall be adored by those who live. He shall not fall headlong at the moment of the intensity of the royal flame of the goddess Bast, and the Great Prince shall make him to advance happily.

### holy days

**Monday:** Bast is associated with Monday.

**March:** Bast is associated with March.

**Ostara:** Wiccan holy day. Ostara is one of the eight Sabbats of the Wiccan religions. Ostara is the Germanic version of Bast. Celebrated on March 21.

**April:** Bast is associated with April.

**Sagittarius Festival:** Greek holy day. Sagittarius Festival, dedicated to Artemis/Diana, whom the



Picture courtesy of JBL Statues  
this reproduction sold by Sacred Source  
JBL Statues is now Sacred Source



Greeks considered to be the same Goddess as Bast. Celebrated on November 22.

**Feast of Sekhmet and Bast:** Dedicated to Sekhmet and Bast. Forerunner of Halloween. Celebrated on October 31.



Bast rising over the desert

Picture combines picture by Brent colorized and merged with 3-D rendering by Milo

### **pictures and links:**

If you follow any of the links offered in this book, **no spell begging**. Especially no love spell begging.

- Bast and Sekhmet: Eyes of Ra (LINK to Storm Constantine & Eloise Coquio at <http://members.aol.com/MahesBast/> — **PICTURE**)
- LINK to Encyclopedia Mythica <http://www.pantheon.org/mythica/articles/b/bastet.html>
- LINK to University of Colorado <http://osiris.colorado.edu/LAB/GODS/bast.html>
- Herodotus Book 2 LINK to Herodotus text <http://www.perseus.tufts.edu/GreekScience/hdtbk2.html>
- modern Bast picture LINK to Linfa at <http://www.eerie.fr/People/Guest/Linfa/bastet.jpg> — **PICTURE**
- Who is Bast? (LINK to Michael Pio Deguara at <http://www.catchat.net/bast.htm> — **PICTURE**)
  - How Cats Came to be Worshipped in Egypt (LINK to Michael Pio Deguara's pages at <http://www.catchat.net/bast1.htm> — **PICTURE**)
  - Actual History of the Worship of Bast as Feline Goddess at <http://www.catchat.net/bast2.htm> (LINK to Michael Pio Deguara's pages — **PICTURE**)
  - Purrsonality of Bast at <http://www.catchat.net/bast3.htm> (LINK to Michael Pio Deguara's pages)

- **PICTURE**)
- Genealogy and Family Relations of Bast at <http://www.catchat.net/bast4.htm> (LINK to Michael Pio Deguara's pages — **PICTURE**)
- The Name of Bast at <http://www.catchat.net/bast5.htm> (LINK to Michael Pio Deguara's pages — **PICTURE**)
- Visualizing Bast at <http://www.catchat.net/bast6.htm> (LINK to Michael Pio Deguara's pages — **PICTURE**)
- The Temple of Bubastis at <http://www.catchat.net/bast7.htm> (LINK to Michael Pio Deguara's pages — **PICTURE**)
- Associations of Bast and Other Deities at <http://www.catchat.net/bast8.htm> (LINK to Michael Pio Deguara's pages — **PICTURE**)
- The Festivals of Bast at <http://www.catchat.net/bast9.htm> (LINK to Michael Pio Deguara's pages — **PICTURE**)
- Prayer Corner at <http://www.catchat.net/bast10.htm> (LINK to Michael Pio Deguara's pages — **PICTURE**)
- Asking Bast for Guidance at <http://www.catchat.net/bast11.htm> (LINK to Michael Pio Deguara's pages — **PICTURE**)
- Development of the Cat Cult Outside Egypt at <http://www.catchat.net/bast12.htm> (LINK to Michael Pio Deguara's pages — **PICTURE**)
- Sources at <http://www.catchat.net/bast13.htm> (LINK to Michael Pio Deguara's pages — **PICTURE**)
- The Cat Goddess Bast at <http://www.waterholes.com/~dennette/1996/bast.htm> (LINK to The Cat Goddess Bast — **PICTURE**)
- Bast at <http://www.catharon.com/jessicaf/dragon/nymphaea.html> (LINK to Nymphaea)
- Hymn to Bast at <http://www.catharon.com/jessicaf/dragon/hymns.html> (LINK to Nymphaea)
- Home of the Cat Goddess at <http://home.earthlink.net/~roscoecat/> (LINK to Home of the Cat Goddess — **PICTURE**)
  - Cat Sanctuary at <http://home.earthlink.net/~roscoecat/sanct.html> (LINK to Home of the Cat Goddess pages — **PICTURE**)
  - Under the Protective Paw of the Cat Goddess at <http://home.earthlink.net/~roscoecat/protect.html> (LINK to Home of the Cat Goddess pages — **PICTURE**)
  - Cat Cemetary at <http://home.earthlink.net/~roscoecat/cem.html> (LINK to Home of the Cat Goddess pages — **PICTURE**)
  - Links at <http://home.earthlink.net/~roscoecat/links.html> (LINK to Home of the Cat Goddess pages — **PICTURE**)
- Bubastis: House of Cats at <http://www.fortunecity.com/victorian/cloisters/77/> (LINK to Our House)
  - Main Welcome Page at <http://members.xoom.com/TheHouseofCats/ourhouse.html> (LINK to Our House pages — **PICTURE**)
  - Herstory at <http://members.xoom.com/TheHouseofCats/herstory.html> (LINK to Our House pages — **PICTURE**)
  - Bast Prose at <http://members.xoom.com/TheHouseofCats/bastprose.html> (LINK to Our House pages)
  - Bast Prayers at <http://members.xoom.com/TheHouseofCats/bastprayers.html> (LINK to Our House pages)
  - Bast Pleasures at <http://members.xoom.com/TheHouseofCats/bastpleasures.html> (LINK to Our House pages)
    - Bast Salts and Oils at <http://members.xoom.com/TheHouseofCats/saltsoils.html> (LINK to Our House pages)
    - Bast Offerings at <http://members.xoom.com/TheHouseofCats/offerings.html> (LINK to Our House pages)
    - Bast Feast Foods at <http://members.xoom.com/TheHouseofCats/foods.html> (LINK to Our



## House pages)

- BomBast at <http://members.xoom.com/TheHouseofCats/bombast.html> (LINK to Our House pages — **PICTURE**)
- Book Suggestions at <http://members.xoom.com/TheHouseofCats/bookbastion.html> (LINK to Our House pages — **PICTURE**)
- Necropolis of Bast at <http://members.xoom.com/TheHouseofCats/nec1.html> (LINK to Our House pages — **PICTURE**)
- Bast at <http://goddessoracle.com/bast.html> (LINK to Goddess Oracle — **PICTURE** — item for sale)
- Bast Statue and Incense Burner at <http://www.maxinet.com/shadows/mt40.htm> (LINK to Abaxion — **PICTURE** — item for sale)
- Bast Statues at <http://www.ravennest.com/statues.htm> (LINK to The Raven Nest Internet Store — **PICTURE** — items for sale)
- Sacred Scents Blended Essential Oils at <http://www.monmouth.com/~equinoxbook/bast.html> (LINK to Equinox Books — items for sale)
- Cat Mythology Around the World at <http://members.tripod.com/~pio/catmyths.html> (LINK to C.A.T.S. Magic Paw — **PICTURE**)
- Temple of the Sacred Cat of Burma at <http://www.vcnet.com/valkat/temple.html> (LINK to Katascali Cattery — **PICTURE**)
- Mystic Cat Ring at <http://www.webring.org/cgi-bin/webring?ring=mysticcat;addform> (LINK to Mystic Cat Ring — **PICTURE**)

If you have a Bast-related web page, please send the URL to Milo. Please indicate if there is a picture on your web page.

## virtual priesthood for Bast

priest/ess	web page
Laurie	Crossroads at <a href="http://beam.to/crossroads">http://beam.to/crossroads</a>

## Goddess of cannabis and Hemp

Bast is the Kemetic (ancient Egyptian) Goddess of hemp and marijuana.

marijuana/hemp bud with animal spirits



## **civilization**

Bast is the Goddess of civilization. The Tamerans (ancient Egyptians) believed that paradise could be accomplished in our lives (not just in some future afterlife) and that civilization was the gift of the deities (particularly Bast, Aset [Isis], Asar [Osiris], Ptah, Djehuti [Thoth], and Seshat) for achieving paradise. The obvious connection to hemp is the general usefulness of the plant, providing fuel, lighting, fabric, rope, sails, cooking oil, nutritional meal, medication, and enlightenment. Writing and mathematics were originally viewed as magical arts, to be performed with reverence and respect on hemp and other papers (N.B. the first paper was made of papyrus, not hemp).

## **agriculture**

Hemp may have been among the first plants used for agricultural purposes in ancient Kemet (Egypt). We get the modern English word “bast”, meaning the fibers of the hemp plant, from Her name.

There are many Tameran (ancient Egyptian) deities that are associated with agricultural production, including Aset [Isis], Asar [Osiris], and Geb. Bast is more associated with the bounty of the harvest than the process of farming. Any of these deities would also be associated with the nutritional uses of hemp seed oil and meal.

There are many Tameran (ancient Egyptian) deities that are associated with cloth, rope, paper, and other industrial hemp products. In addition to Bast, these also include Hapi, Nwt, Het Heret [Hathor], and Aset [Isis] (Aset being particularly associated with hemp rope and sails used in ancient sailing).



Cannabis Sativa plant parts diagram.



model wrapped in 50 year old hemp fiber

Hemp helps wildlife.





peasants harvesting hemp

## food and nutrition

Hemp seed provides a highly nutritious gruel that includes more amino acids than any other plant and a highly nutritious oil that includes an array of important fatty acids.

hemp seed nutrition (cornucopia)



## medicine

Marijuana and herbal preparations made from marijuana have a long history of use in the medical arts. Marijuana was used for easing the pain of menstrual cramps and child birth, and for assistance in both sexual activity and enlightenment. Food, sex, drugs, music, and dance all have clear magical and religious significance.

There are many Kemetic (ancient Egyptian) deities that are associated with herbal medications and healing magick, including Bast, Het Heret [Hathor], Imhotep, Sekhmet, Aset [Isis], Buto (also known as Wadjet or Edjo), Kherpi, and Tauret.

## Ntr Sentra poem

*Mau Bast! Mau Bast!  
A Basti, per em setat,  
erta-na chu em asui  
**neter sentra** semu hena net'emmit,  
hetep ab em asui tau heqt.*

Translation:

Hail Bast! Hail Bast!  
Hail Bast, coming forth from the secret place,  
may there be given to me splendor in the place  
of **incense** (cannabis smoke), herbs, and love-joys,  
peace of heart in the place of bread and beer.

## enlightenment

Bast is the Goddess of enlightenment (symbolized by both cats and the rising sun). There is the obvious connection of the spiritual altered state of consciousness that some experience while under the influence of marijuana, hashish, bhang, and other herbal hemp preparations. She is Goddess of cats and the dawn, two important Kemetic (ancient Egyptian) symbols for enlightenment. The Tamerans believed that enlightenment was a gift from the Goddess and was delivered to the human mind in the form of artistic inspiration. Painters, sculptors, poets, musicians, storytellers, dancers, and other members of the artistic community were at the forefront of the priesthood.

The Tamerans (ancient Egyptians) believed in a strong connection between physical pleasure and enlightenment. Food, sex, drugs, music, and dance all have clear magical and religious significance. Marijuana, as well as other plants with drug effects (especially poppies and mushrooms), was used extensively in Kemetic magical and religious ceremonies and rituals.

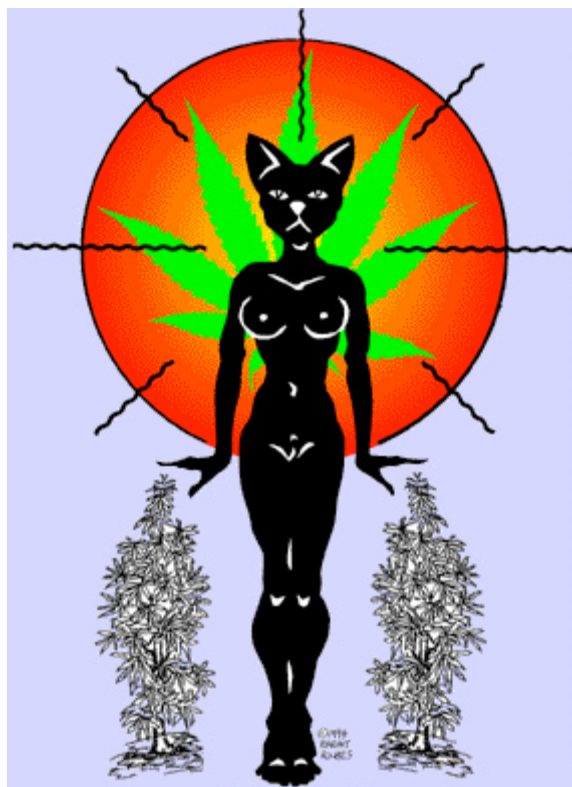


The Sacred Smoke  
Pygmy ingesting dagga/marijuana smoke.

## Bast's Breath

Bast's Breath is the belief that the smoke of marijuana is the holy breath of the Goddess Herself. The original phrase is "Neter Sentra", meaning incense or the "breath of the deities".

Bast, Goddess of cats, marijuana, and the rising sun



picture donated by Brent (digitally altered and colorized by Milo).

## Morning Ritual

Morning Ritual was celebrated in honor of Bast and/or Aset [Isis]. This ritual involved greeting the rising sun. Most commonly done nude, it included singing and chanting, sometimes set to music (especially the shaking of the sistrum). Neter Sentra, or incense, was burned, with a combination of hemp flowers and cinnamon being the most common ingredients. Often the ritual also involved cunnilingus.

## Neter Sentra

The following incense recipe is synthesized from several ancient and modern sources. Because it includes marijuana as an ingredient, you will have to mix it yourself if you live in a religious totalitarian nation where the oppressive rules of Christianity, Judaism, Islam, or other related patriarchal religions are enforced in direct contradiction to the United Nations Declaration of Universal Human Rights.

## Incense for Bast

- 6 parts marijuana buds, marijuana leaves, or hashish
- 4 parts frankincense
- 3 parts acacai gum
- 2 parts myrrh
- 1 part catnip
- 1 part cedar
- 1 part cinnamon
- 1/2 part juniper
- 2 drops civet oil



## hookah

The famous “hookah” started as large, intricately-carved table-like pieces of furniture, which originally served as home altars to Bast. In addition to use in home rituals such as Morning Ritual, guests would be invited around the altar to honor the Goddess with a few tokes.

There are many Kemetic (ancient Egyptian) deities that are associated with the religious use of drugs, especially Sekhmet, but also Bast and Het Heret [Hathor]. It is important to note that although a wide variety of drugs were used to induce religious experiences, this was done under the control and supervision of experienced members of the priesthood and many of the most powerful drugs were limited to use only by certain members of the priesthood on rare occasions.



Harem Lady in traditional pose (with hookah) circa 1876

## physical pleasure

Bast is the Goddess of physical pleasures. As the bountiful aspects of the sun, Bast held out the promise of the rewards of paradise to those who were civilized. The modern English word “passion” is derived from Her name (Pasch).

**WARNING:** It would be very unwise to use Bast as an excuse for recreational drug use. Beyond any legal problems this might present, Bast is a real Goddess with divine power and very sharp claws and She pounces with the dagger of truth.

Turkish smoking parlor



# Bes

## names:

**Kemetic names:** Bes, Bisu (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

## basic information:

**Bes:** Pygmy God of dancing and music. Appeared in the New Kingdom, borrowed from the Pygmies, and rapidly became one of the most popular deities in Tamera, especially among women. He was often shown as a misshapen dwarf and was considered the most “approachable” of the Tameran deities.

## pictures and links:

If you follow any of the links offered in this book, **no spell begging**. Especially no love spell begging.

- Bes at <http://osiris.colorado.edu/LAB/GODS/bes.html> (LINK to University of Colorado)

If you have a Bes-related web page, please send the URL to Milo. Please indicate if there is a picture on your web page.





The Sacred Smoke  
Pygmy ingesting dagga/marijuana smoke.

## Wadjet, Buto

### names:

**Kemetic names:** Wadjet, Edjo, Udjo, Buto, Wedjat (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)



### basic information:

**Buto:** Goddess of childbirth and protector of children. Goddess of Lower (Northern) Egypt (the Nile Delta). Shown as a cobra or winged cobra.

### holy days

**Payni or Paoni:** Wadjet is the Goddess of the month of Epipi or Epep-abet of the season of Semut or Shemu (Harvest or Summer), which was from approximately mid May to mid June.

### pictures and links:

If you follow any of the links offered in this book, **no spell begging**. Especially no love spell begging.

- Temple of Wadjet (LINK to Temple of Wadjetat <http://www.geocities.com/SoHo/Veranda/7491/index.html> — **PICTURE**) — This is a visually great looking site. I couldn't view much of the site because of Java crashes, but what I saw was some incredibly beautiful Wadjet related artwork.

If you have a Wadjet/Buto-related web page, please send the URL to Milo. Please indicate if there is a picture on your web page.

## Djehuti (Thoth, Hermes Trismegistus)



### names:

**Kemetic names:** Djehuti, Tehuti, Zehuti, Djhowtey (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**Greek names:** Thoth, Toth, Thot, Thout, Hermes Trismegistus

### basic information:

**Djehuti [Thoth or Hermes Trismegistus]:** The God of mathematics, writing, and scholarship. In some creation myths He is the voice of Ptah (the word or logos that appears in Christian and Jewish creation myths) as Ptah emerges from the Cosmic Egg. In the creation myth of the Ogdoad revealing the Ennead, Djehuti and Seshat play the role of primary creation deities. Djehuti is typically shown with the head of an ibis or a baboon.

### Djehuti's relations:

Considered by the Greeks to be the same God as the Greek Hermes and the Roman Mercury.

## magickal information and correspondences:

**candle colors:** silver, purple, royal blue

### holy days

**Wednesday:** Djehuti is associated with Wednesday.

**Tot-abet or Djehuti:** Djehuti is the God of the month of Tot-abet or Djehuti of the season of Akhet (Inundation), which was from approximately mid July to mid August.

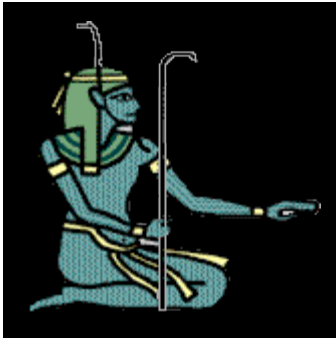
### pictures and links:

If you follow any of the links offered in this book, **no spell begging**. Especially no love spell begging.

- Thoth at <http://osiris.colorado.edu/LAB/GODS/throth.html> (LINK to University of Colorado)
- Thoth at <http://marlowe.wimsey.com/~rshand/streams/scripts/thoth.html> (LINK to Richard Shand)
- Hermes Trismegistus at <http://marlowe.wimsey.com/~rshand/streams/scripts/hermes.html> (LINK to Richard Shand)

If you have a Djehuti [Thoth]-related web page, please send the URL to Milo. Please indicate if there is a picture on your web page.

## Geb (Seb, Keb)



### names:

**Kemetic names:** Geb, Seb, Keb, Qeb (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**English name:** Green Man (the term “Green Man” refers to a class of deities from many different traditions, of which Geb is a Tameran example — Geb was commonly depicted as a green man laying on his back with a large penis pointing straight up)

### basic information:

**Geb:** God of earth and vegetation. Husband and brother of Nwt and father of Aset, Nebt Het, Asar, Heru the Elder, and Set. Son of Shu and Tefnut. Geb is shown as a green-skinned man with a goose on his head.

## magickal information and correspondences:

**candle colors:** green

### holy days

**Saturday:** Geb is associated with Saturday.

### pictures and links:

If you follow any of the links offered in this book, **no spell begging**. Especially no love spell begging.

- Geb at <http://osiris.colorado.edu/LAB/GODS/geb.html> (LINK to University of Colorado)

If you have a Geb-related web page, please send the URL to Milo. Please indicate if there is a picture on your web page.

## Hapi (the Nile)

### names:

**Kemetic names:** Hapi, Hapy, Hap, Hep (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**Greek name:** Neilos (from Tameran “nwy”, meaning water or river)

**Latin name:** Nilus

**English name:** the Nile

### basic information:

**Hapi:** God/Goddess of the Nile. This deity has both male and female genitals and full breasts. Created by the merger of Nun (Goddess of water) and Min (God of fertility). Shown as a hippopotamus.

## Heru Sa Aset (Horus the Younger)



### names:

**Kemetic names:** Heru, Heru Sa Aset, Har, Hor (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**Greek names:** Horus, Horus the Younger

**Manifestations:** Harpokrates (Heru-Pa-Khret, Harpakhrad), “Horus the child”; Haroeris (Har Wer), “Horus the elder”; Harakhte (Harakhti, Heraktes), “Horus of the horizon”; Harendotes (Har-nedj-itef, Har-End-Yotef), “Horus the saviour of His father”; Harmachis (Heru-Em-Akhet, Harmakis), “Horus in the horizon”; Harsiesis (Harsiese, Har-si-Ese, Hor-Sa-Iset, Heru-Sa-Aset), “Horus, son of Isis”; Harsomtut (Har-mau), “Horus the uniter”; Hor Behdetite (Behedti), “Horus of Behdet”

### basic information:

**Heru Sa Aset [Horus]:** Solar deity. Twin brother of Bast and son of Aset and Asar. Heru Sa Aset means “Heru son of Aset” Heru was also the son of Het Heret. Heru is shown as a golden-skinned man, often with the head of a falcon.

Associated by the Greeks with Apollo, that is, the Greeks believed that Heru and Apollo were the same God.

### magickal information and correspondences:

**Symbol:** hawk or wadjet



**candle colors:** royal blue, yellow, gold

### holy days

**Payni or Paoni:** Heru is the God of the month of Payni or Paoni of the season of Semut or Shemu (Harvest or Summer), which was from approximately mid April to mid May.

**Heru arrives in Heliopolis:** Dedicated to Heru. Celebrated on November 2.

### pictures and links:

If you follow any of the links offered in this book, **no spell begging**. Especially no love spell begging.

- Horus at <http://osiris.colorado.edu/LAB/GODS/horus.html> (LINK to University of Colorado)

If you have a Heru Sa Aset [Horus the Younger]-related web page, please send the URL to Milo. Please indicate if there is a picture on your web page.

## Heru (Horus the Elder)

### names:

**Kemetic names:** Heru, Her Ur, Heru-Ur, Heru the Elder (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**Greek names:** Horus the Elder

### basic information:

**Heru [Horus the Elder]:** Solar deity. Brother of Aset, Asar, Nebt Het, and Set.

### holy days

**Her Ur's Birthday:** Celebrated on July 15.

## Het Heret (Hathor)

### names:

**Kemetic names:** Het Heret, Het Heru, Het Hert (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**Greek names:** Hat Hor, Hathor, Athyr

**Semitic name:** Baalat

### basic information:

**Het Heret [Hathor]:** Mother Cow Goddess. Goddess of love, beauty, and pleasure. Sometimes a lunar deity and sometimes a solar deity. Known as the "Eye of Ra". Some creation myths claim She gave birth to the universe. Sometimes combined with Sekhmet. Daughter of Nwt and Ra. Originally the mother of Heru (in later times Aset [Isis] and Asar [Osiris] become the parents of Heru and Het Heret becomes combined with Aset [Isis]). In later times after Aset becomes the mother of Heru, Het Heret becomes the consort of Heru. Het Heret is shown as a cow arching over the sky or as a naked woman arching over the sky.

The priestesses of Het Heret were particularly known for their erotic dance ritual, the forerunner of



modern erotic dance and stripping.

## magickal information and correspondences:



**Symbol:** mirror, shield, or sistrum

**candle colors:** light blue

### holy days

**Wednesday:** Hathor is associated with Wednesday.

**September:** Hathor is associated with September.

**October:** Hathor is associated with October.

**November:** Hathor is associated with November.

**Festival of Het Heret:** Dedicated to Het Heret. Celebrated on November 2.

### pictures and links:

If you follow any of the links offered in this book, **no spell begging**. Especially no love spell begging.

- Hathorat <http://osiris.colorado.edu/LAB/GODS/hathor.html> (LINK to University of Colorado)

If you have a Het Heret [Hathor]-related web page, please send the URL to Milo. Please indicate if there is a picture on your web page.

## Kherpi

### names:

**Kemetic name:** Kherpi (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### basic information:

**Kherpi:** God of the sun. Guides the solar barge. Shown as a scarab beetle.

### pictures and links:



scarab tattoo

Picture donated by Bastet Cat.

See other tattoos at the web site at: <http://www.photobooks.com/~devon>

## Khnum

### names:

**Kemetic names:** Khnum, Khnemu (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### basic information:

**Khnum:** God of childbirth. Shown as a potter working clay (shaping children in the womb). Some creation myths claim He formed the Cosmic Egg. Sometimes shown with the head of a ram.

## Khons

### names:

**Kemetic names:** Khons, Khonsu, Khensu, Chons, Traveller, Wanderer (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### basic information:

**Khons:** God of the moon. Son of Amon and Mwt.

Amun, Mwt, and Khonsu form the great triad of Thebes.

## **magickal information and correspondences:**

**candle colors:** white

**holy days**

**Pachons or Pakhon:** Khonsu is the God of the month of Pachons or Pakhon of the season of Semut or Shemu (Harvest or Summer), which was from approximately mid March to mid April.

**pictures and links:**

If you follow any of the links offered in this book, **no spell begging**. Especially no love spell begging.

- Chons at <http://osiris.colorado.edu/LAB/GODS/chons.html> (LINK to University of Colorado)

If you have a Khons-related web page, please send the URL to Milo. Please indicate if there is a picture on your web page.

## **Ma'at**

**names:**

**Kemetic names:** Ma'at, Maat, Mayet, Eye of Ra, Feather of Truth (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**basic information:**

**Ma'at:** The Goddess of truth. Known as the “Eye of Ra”. Shown as a white ostrich feather.

## **magickal information and correspondences:**

**candle colors:** white

Ma'at is a Goddess that represents the ideals of law, order, and truth. The word Ma'at translates as “that which is straight” implying anything that is true, ordered, or balanced. She is often depicted as a woman wearing a tall ostrich feather on her head. —information provided by Mairie

**pictures and links:**

If you follow any of the links offered in this book, **no spell begging**. Especially no love spell begging.

- Maat at <http://osiris.colorado.edu/LAB/GODS/maat.html> (LINK to University of Colorado)
- Ma'at Magick at <http://www.orgone.com/maat/> (LINK)



If you have a Ma'at-related web page, please send the URL to Milo. Please indicate if there is a picture on your web page.

## Mertseger

### names:

**Kemetic names:** Mertseger (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### basic information:

**Mertseger:** Goddess of flowers and death. Shown with the head of a snake.

## Mwt (Mut)

### names:

**Kemetic names:** Mwt, Mut (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### basic information:

**Mwt:** The original mother Goddess. Mwt-Bast is one of the oldest combined deities, with the Mother Mwt and the Maiden Bast. Wife of Amun. Thousands of children, including Bast, Neith, Hapi, and Khons. Later faded in importance as Aset becomes the primary mother Goddess. Typically shown with the head of a vulture.

Amun, Mwt, and Khonsu form the great triad of Thebes.

## Nebt Het (Nephthys)

### names:

**Kemetic names:** Nebt Het, Nebet Het, Nebthet, Neb-hut (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**Greek name:** Nephthys

### basic information:

**Nebt Het [Nephthys]:** Goddess of mystery. Wife and sister of Set, sister of Aset and Asar, lover of Asar, sister of Heru the Elder, daughter of Nwt and Geb, and mother of Anpu. Nebet Het is usually shown with wings and sometimes appears as a mourning kite.



## magickal information and correspondences:



**Symbol:** lotus and cup

**candle colors:** pale green, silver

### holy days

**Nebt Het's Birthday:** Celebrated on July 18.

### pictures and links:

If you follow any of the links offered in this book, **no spell begging**. Especially no love spell begging.

- Nephthys at <http://osiris.colorado.edu/LAB/GODS/nephthys.html> (LINK to University of Colorado)

If you have a Nebt Het [Nephthys]-related web page, please send the URL to Milo. Please indicate if there is a picture on your web page.

## Neith

**Summary:** Neith is the native ancient Egyptian (Kemetic) Goddess of the arts of civilization and skilled artisans.

### names:

**Kemetic name:** Neith

**Greek name:** Athena



(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### basic information:

Saïs was the center of worship of Neith.



### origin of Neith:

The Goddess Neith is based on the tribal leader Neith, the earliest human for whom we know the person's name.

One of the earliest known human civilizations was the one that left the famous cave art in what is now southern France and Spain. This civilization also stretched across northern Africa, which used to be a green, fertile land of grass and trees fed by more than a hundred rivers. A major climate change related to the end of the most recent Ice Age turned this huge area into the Sahara Desert over a period of a few thousand years. One by one the rivers dried up until the mighty Nile River was the only one left. Beautiful artwork comparable to that of the caves in southern France and Spain disappeared under the desert sands.

This climate change disrupted life for many early humans, leading to a huge refugee problem. Most of the refugees died looking for water and food. Many refugees attempted to crowd into the Nile Valley, which at the worst of the drought became a small muddy stream capable of supporting only a few thousand humans. The inhabitants of the Nile Valley, better fed and healthier than the refugees, fought bitterly to defend their water and land from the many refugees, turning everyone away at the threat of death.

At this time, tribes typically had two chiefs, a war chief who was the best warrior and a peace chief who was the smartest (usually a shaman). The war chief led the tribe in battle, with all other decisions (including the decision to go to war) being in the hands of the peace chief.

Neith was both war chief and peace chief for her tribe. She was the most skilled warrior, unequalled in the use of the spear. But she was also the smartest member of her tribe, a brilliant woman who was known for her great skill at weaving.

Neith led her tribe across hundreds of miles of desert to seek refuge in the Nile Valley. In the nearby hills, her tribe was met by well armed and well fed local Nile warriors, who warned her tribe to turn back into the desert.

Neith challenged the local Nile inhabitants to single battle, Neith versus the Nile's best champion. If Neith won, her tribe would be allowed to stay, and if Neith was defeated, her tribe would leave peacefully.

The Nile locals laughed at the idea of a girl defeating their best champion and accepted the challenge. Neith faced off a huge, powerful man, the best of the Nile warriors. Neith fought with the courage and ferocity of a tigress and a skill with the spear unmatched in all the world. In a few minutes, Neith defeated the greatest of the Nile warriors.

The Nile inhabitants went back on their agreement and demanded that Neith's tribe return to the desert. Neith was shocked at this lack of integrity, as she had beaten the best of their champions fair and square.

An idea occurred to Neith. She noticed that the cloth of the Nile inhabitants was poorly woven, so she showed them samples of her own excellent weaving. The cloth was much better than anything the Nile inhabitants had ever seen and involved intricate weaves that they didn't know.

Neith promised to teach the locals how to weave such fine cloth if they would let her tribe in. After much consultation the local Nile inhabitants agreed to the deal.

This was how Neith saved the lives of her entire tribe. Her people lived in the Nile Valley, intermarrying with the locals until they were absorbed into the local population.

Neith became legendary and eventually there became an ancient Egyptian Goddess with the same name. The Goddess became associated with all of the arts of civilization, but particularly the martial arts and weaving (both baskets and cloth).

The Goddess Neith was a positive role model for ancient Egyptian women, a strong and powerful woman with courage and smarts and skill. The most common female name in ancient Egypt was MeretNeith, which means "She Who Is Beloved by Neith". Note that those Witches who are influenced by or worship Egyptian Goddesses can have a craft name that combines "Meret" with the name of their favorite Egyptian Goddess.

Neith became popular with women throughout the eastern Mediterranean. The Greek Goddess Athena is based on Neith (and is depicted with a spear and woven cloth, just like Neith). Notice how the sounds in the name Athena are almost the same sounds as in the name Neith. The Greek Goddess was a copy of the Egyptian Goddess.

### **Neith's relations:**

Daughter of Ra.

The Greek goddess Athena is derived from Neith.

### **magickal information and correspondences:**

**candle colors:** red

## **Nun**

**names:**

**Kemetic names:** Nun, Nunet (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### basic information:

**Nun:** The primordial waters and the Goddess of chaos from which the world is born. The male equivalent is Nu. And just to be confusing, sometimes Nun is the male God and Nunet is the female Goddess.

## Nwt (Nuit)

### names:

**Kemetic names:** Nwt, Nut, Nuit, Neuth (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### basic information:

**Nwt:** Pronounced New-Eat. Goddess of the sky. Wife and sister of Geb. Mother of Aset, Nebt Het, Asar, Heru the Elder, and Set. Daughter of Shu and Tefnut. Nwt is shown as a woman or cow with black or midnight blue skin covered with stars arching over the earth. The Milky Way is shown leaking from Her breasts and the Moon is typically shown resting in Her genitals.

The modern English words “night”, “nocturnal”, and “equinox” (as well as the French “*la nuit*”, meaning night) are all derived from Nuit’s name.

The priestesses of Nuit were known for their erotic dance ritual, the forerunner of modern erotic dance and stripping.



## magickal information and correspondences:

**candle colors:** royal blue

### holy days

**Thursday:** Nuit is associated with Thursday.

**March:** Ra-Nuit is associated with March.

### pictures and links:

If you follow any of the links offered in this book, **no spell begging**. Especially no love spell begging.

- Nut at <http://osiris.colorado.edu/LAB/GODS/nut.html> (LINK to University of Colorado)

If you have a Nwt [Nuit]-related web page, please send the URL to Milo. Please indicate if there is a picture on your web page.

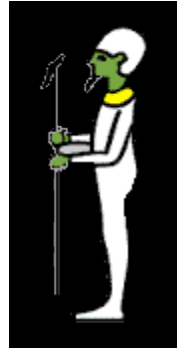
# Ptah

## names:

**Kemetic name:** Ptah

## basic information:

**Ptah:** The God of creation and creative arts. Usually the husband of Sekhmet, but sometimes the husband of Bast. By the New Kingdom Bast no longer is associated with any one husband, instead being the perpetual virgin sexual partner of every God and Goddess. Creation occurs when the Cosmic Lotus rises from the Chaos of Nun. On this Cosmic Lotus is the Cosmic Egg, which is Ra-Sekhmet-Bast. The Cosmic Egg opens to reveal Ptah. In some myths Ptah creates the Elder deities: Ra, Atum, Amon, and Mwt. Ptah is shown as a bald man, a hawk, or a scarab beetle.



## magickal information and correspondences:

**candle colors:** gold, white

## holy days

**Paopi:** Ptah is the God of the month of Paopi of the season of Akhet (Inundation), which was from approximately mid August to mid September.

## pictures and links:

If you follow any of the links offered in this book, **no spell begging**. Especially no love spell begging.

If you have a Ptah-related web page, please send the URL to Milo. Please indicate if there is a picture on your web page.

# Ra

## names:

**Kemetic names:** Ra, Re (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

## basic information:



**Ra:** The God of the sun. Father of Bast, Sekhmet, Het Heret, Djehuti, Seshat, and Ma'at. Sometimes considered to be the father and/or husband of Aset [Isis]. In the Fifth Dynasty Ra emerges from a minor deity to the primary solar deity of the time and creation occurs when the combined deity of Ra-Sekhmet-Bast splits into three. In some creation myths, Ra creates the universe by masturbating. Ra is shown as a golden man, sometimes with

a scarab beetle for a head.

Another combined deity is Amon-Ra, in which Amon and Ra combine to create a single deity.

## magickal information and correspondences:

**candle colors:** gold (Ra and Amon-Ra), pink (Amon-Ra)

### holy days

**Sunday:** Ra is associated with Sunday.

**March:** Ra-Nuit is associated with March.

### pictures and links:

If you follow any of the links offered in this book, **no spell begging**. Especially no love spell begging.

- Re at <http://osiris.colorado.edu/LAB/GODS/re.html> (LINK to University of Colorado)
- Hymn to Ra at <http://www.catharon.com/jessicaf/dragon/hymns.html> (LINK to Nymphaea)

If you have a Ra-related web page, please send the URL to Milo. Please indicate if there is a picture on your web page.

## Sekhmet

### names:

**Kemetic names:** Sekhmet, Sakhmet, Sekhmet the Destroyer (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### basic information:

**Sekhmet:** The Goddess of sunset, destruction, death, and wisdom. The cycle of life and death was created when the primeval Goddess Sekhmet-Bast divided into two sisters, Sekhmet and Bast. Wife of Ptah. Het Heret is often depicted as Sekhmet's "more gentle side". Sekhmet is typically shown as a black skinned woman with the head of a lioness. Her eyes and hair are often orange or red.



Halloween was originally celebrated as the Feast of Sekhmet and Bast.

“Sekhmet is the wise old grand-mother leg of the divine triangle — I mean trinity. She is called Kali in the east, and she is also known as the destroyer Goddess. She helps us to bring a close to things which do not serve us in our lives.” — Majik

“In Astrology she will resonate strongly with Saturn, Pluto, and the asteroid Chiron. She wants renewal and healing for everything and relentlessly creates the conditions for us to keep growing and changing, by moving us out of static patterns and into the dynamic quality of new experience... She is

depicted as a woman with the head of a lion.” — Majik

“In the tarot she will resonate with the High Priestess card, and the Death Card, and the Queen of Swords, and the Justice or Adjustment card...There are probably others.” — Majik

“All of these attributions are some not all of the attributions. She may seem hard on us at times, but it is because we in our drama enough to be unable to see the rebirth that is always involved with the endings and “deaths” we encounter through our experience here at this octave of consciousness.” — Majik

“She loves you very much.” — Majik

“So much it can be scary!!!!” — Majik

## magickal information and correspondences:

**candle colors:** crimson

### holy days

**Wednesday:** Sekhmet is associated with Wednesday.

**Khoiak:** Sekhmet is the Goddess of the month of Khoiak of the season of Akhet (Inundation), which was from approximately mid October to mid November.

**Feast of Sekhmet and Bast:** Dedicated to Sekhmet and Bast. Forerunner of Halloween. Celebrated on October 31.

**November:** Sekhmet is associated with November.

**December:** Sekhmet is associated with December.

### pictures and links:

If you follow any of the links offered in this book, **no spell begging**. Especially no love spell begging.

- Bast and Sekhmet: Eyes of Re at <http://members.aol.com/MahesBast/> (LINK to Storm Constantine & Eloise Coquio — **PICTURE**)
- Sacred Scents Blended Essential Oils at <http://www.monmouth.com/~equinoxbook/bast.html> (LINK to Equinox Books — items for sale)

If you have a Sekhmet-related web page, please send the URL to Milo. Please indicate if there is a picture on your web page.

## Selkhet



**names:**

**Kemetic names:** Selkhet (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**basic information:**

**Selkhet:** The Goddess of scorpions and protection during childbirth.

## Seshat

**names:**

**Kemetic names:** Seshat, Seshet, Sashet (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**basic information:**

**Seshat:** Goddess of creative thought. Sometimes associated with the moon. Wife of Djehuti. According to myth She invented math and writing, then taught Djehuti and He taught the other deities, including Aset, who taught humanity. Shown as a tigress or leopard or as a beautiful dark-skinned woman wearing a leopard skin.

In modern times Seshat is referred to as the “Silicon Goddess” or the “Glass Cat” and is considered to be the Goddess of computers, operating systems, software, telecommunications, electronic networks (including the Internet), knowledge systems, and other related technology. Some view the Internet as an example of the Silicon Goddess manifesting Herself in space and time.



## Set

**names:**

**Kemetic names:** Seth, Set, Seti, Setesh, Setech, Setekh, Sutech, Sutekh (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.) **PRONUNCIATION NOTE:** The actual letters of His name are S-T-H, with the ‘h’ pronounced separately with the “hard” ‘ch’ as in the German “ich” (NOT the ed or thorn ‘th’ diphthong of English).

**basic information:**

**Set:** God of male homosexuality, desolation, and individuality. Husband and brother of Nebt Het and brother and rival of Aset and Asar, brother of Heru the Elder, and son of Nwt and Geb. Set is shown as



a red- or white-skinned man with a dog-like head, the body of a greyhound, a long forked tail, and bright red hair.

## **magickal information and correspondences:**

**candle colors:** black, red

**holy days**

**Set's Birthday:** Celebrated on July 16.

### **pictures and links:**

If you follow any of the links offered in this book, **no spell begging**. Especially no love spell begging.

- Set at <http://osiris.colorado.edu/LAB/GODS/set.html> (LINK to University of Colorado)

If you have a Set-related web page, please send the URL to Milo. Please indicate if there is a picture on your web page.

## **Shu**

### **names:**

**Kemetic names:** Shu, Su (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**Greek name:** Sos

### **basic information:**

**Shu:** God of the air. Husband and brother of Tefnut and father of Geb and Nwt. Shu appears as a man or a lion or a lion-headed man or a man with a large feather.

### **pictures and links:**

If you follow any of the links offered in this book, **no spell begging**. Especially no love spell begging.

- Shu at <http://osiris.colorado.edu/LAB/GODS/shu.html> (LINK to University of Colorado)

If you have a Shu-related web page, please send the URL to Milo. Please indicate if there is a picture on your web page.

## **Tefnut**

### **names:**

**Kemetic names:** Tefnut, Tefnwt, Tefnuit, Tefnet, Tefenet (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**Greek name:** Tphenis

### basic information:

**Tefnut:** Goddess of water and clouds. Wife and sister of Shu and mother of Geb and Nwt. Tefnut is shown as a woman or a lioness or a woman with the head of a lioness.

## Wadjet / Udjat

**Summary:** Wadjet (Udjat) is the native ancient Egyptian (Kemetic) Goddess that is the Eye of Heru Sa Aset (Horus the Younger).

### names:

**Kemetic name:** Wadjet, Wedjat, Udjat

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### basic information:

Wadjet was created in the myth of Osiris (Asra) and Isis (Aset), the best known of the ancient Egyptian myths. Late in the myth, Heru Sa Aset (Horus the Younger), son of Asar (Osiris), fought with Seth. Seth poked out Heru's right eye. Later Djehuti (Thoth) healed the eye, turning it into the Goddess Wadjet.

You will find the Wadjet on the American dollar bill and on the official seal of the United States as the shining eye at the top of the pyramid. This is the result of a large number of the "founding fathers" being members of the Masons. The Masons used many ancient Egyptian inspired symbols.

## ancient deities

The deities of ancient paleolithic and neolithic humans.

### deities

- Acheulian Goddess
- Cycladic Nude

### pantheons

- African
- ancient
- Assyrian
- Buddhist

- Canaanite
- Celtic
- Egyptian
- Greek
- Hebrew
- Hindu
- Japanese
- Kemetic (ancient Egyptian)
- Minoan (Crete)
- Norse
- Persian
- Phoenician
- Roman
- Welsh

## Acheulian Goddess

**Summary:** The Acheulian Goddess is an ancient goddess figure.

### names:

**name:** Acheulian Goddess

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### basic information:

An ancient Mother Goddess.

### other:

**Acheulian Goddess** — The most ancient Goddess. This figurine was unearthed at the campsite of a nomadic tribe of people who lived even before the Neanderthals. Carbon dating puts the age of the site the site at Berekhat Ram (in the modern-day Golan Heights region) between 232,000 and 800,000 years ago. From scoria stone these ancient worshipers carved the figurine which, according to the “Journal of the Israel Prehistoric Society”: “...might be considered the earliest manifestation of a work of art.” This discovery is a phenomenal indicator that our worship of the divine feminine, the Blessed Mother still venerated as Mary, Kali, and Kwan Yin today, could have extended fully 200,000 plus years earlier than the Willendorf goddess. — picture and text © 1999 JBL Statues (now called Sacred Source)



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### external links:

If you follow any of the links offered in this book, **no spell begging**. Especially no love spell begging.

- Acheulian Tools Class Notes, AR104, Archaeology at

<http://www.le.ac.uk/archaeology/sas11/AR104/acheul.html> (LINK)

If you have an Acheulian Goddess-related web page, please send the URL to Milo. Please indicate if there is a picture on your web page.

## Cycladic Nude

**Summary:** The Cycladic nude is an ancient goddess figure.

### names:

**name:** Cycladic Nude

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### basic information:

An ancient Mother Goddess.

### other:

**Cycladic Nude** — The polar opposite of the large-breasted Willendorf type of birth-giving Goddess, she is the Neolithic equivalent of the Crone, an anthropomorphised image of Transition/Death. Found in grave-sites across Old Europe, she is typified by long neck, featureless face, folded arms and a sense of ethereal grace. She is elongated and triangle-shaped, dating from 2800 BCE, is originally of marble. Note ridge-like nose, long neck, and characteristic vulva.. —picture and text © 1999 JBL Statues (now called Sacred Source)



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## African deities

The deities of the Africans.

### deities

- A Kwa Ba

## A Kwa Ba

**Summary:** A Kwa Ba is an African Primal Mother Goddess.



### names:

**African names:** A Kwa Ba

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

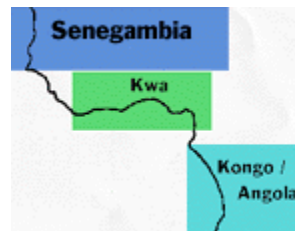
### basic information:

African Primal Mother.

### other:

It is likely that the “ba” in this Goddess name comes from the ancient Egyptian (Kemetic) word “ba”, meaning soul.

**A Kwa Ba** — The Primal Mother. To the Ashanti people of Ghana she is the symbol of welcome, and is always placed above the door. Maidens receive this carved wood or clay image at the age of first menstruation from an elder mentor; this ceremony means that she is welcomed into her motherhood role in the tribe. In Togo, a giant A Kwa Ba (Akua’ba) image always proceeds the chief in tribal procession, signifying that the Mother, and reverence for Nature, are the foremost communal values. —picture and text © 1999 JBL Statues (now called Sacred Source)



west African coast

## Anglo-Saxon deities

The Anglo-Saxons had many deities of great power.

The Anglo-Saxons were named for their distinctive seax utility knife (pronounced sea-axe, also spelled seax, sax, or saxon).

The Anglo-Saxons invaded the British Islands after the Roman Empire withdrew and started falling apart. The English language comes from the Anglo-Saxon language.

### deities

- Woden

## Woden

**Summary:** Woden is the primary Anglo-Saxon deity.

### **names:**

**Anglo-Saxon names:** Woden, Wodan

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### **basic information:**

The primary Anglo-Saxon deity. A Father God.

The English word “Wednesday” (literally, Woden’s Day) is derived from this God’s name.

### **Woden’s relations:**

Derived from the Norse God Odin.

**candle colors:** red, purple

### **herbs associated with Woden:**

- apple

### **holy days**

**Wednesday:** Woden is associated with Wednesday.

## **Assyrian deities**

The deities of the Assyrians.

### **deities**

- Astarte

King James Bible — Isaiah 19:24-25

**24:** In that day shall Israel be the third with Egypt and with Assyria, even a blessing in the midst of the land:

**25:** Whom the LORD of hosts shall bless, saying, Blessed be Egypt my people, and Assyria the work of my hands, and Israel mine inheritance.

## **Astarte**

**Summary:** Astarte is the Assyrian Goddess of love and fertility.



**names:****Persian names:** Astarte

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**magickal information and correspondences:****Symbol:** the dove**Sacred candle color:** silver**Planet:** Moon**other:**

**Astarte** — The Lady of the Beasts. Along with Lilith she is one of the principle Elohim (this Hebrew plural word means goddesses and gods, though translated as God by biblical revisionists for the past 2,000 years) of the Semites of Phoenicia. Consort to Baal, she is here depicted with two foals in ecstatic dance, her typically upraised arms grasping serpents. She was the Great Goddess, all-powerful, creating-preserving-destroying, an embodiment of Mother Nature. Also known as Ashtoroth, in some poses she is identical with images of Kali, while in her role of virgin she is an ancient prototype of Mary. — picture and text © 1999 JBL Statues (now called Sacred Source)

Astarte is associated with the Moon.



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See also: Phoenician Astarte

## Buddhist deities

Modern Buddhism doesn't have a strong conception of the divine. The divine is not normally considered an important topic in Buddhism. Early Buddhism tended to incorporate Indian, Chinese, and other Asian deities and a minority of Buddhists continue to worship the old traditional deities. A minority of Buddhists worship variations of Buddha as divine.

### deities

- Akshobya Buddha
- Amitaba Buddha
- Amogasiddhi Buddha
- Avaloketishwara
- Dakini
- Ratnasambhava Buddha
- Vairocana Buddha

## Buddhist Reference



### Five Transcendental Buddhas

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The Five Transcendental Buddhas are also known as the Dhyani, Tathagata, and Jina Buddhas

Deity	Vairocana	Akshobya	Ratnasambhava	Amitaba	Amogasiddhi
Path	Pure Awareness	Transmuting Negativity	Equanimity	Gradual Unfolding	Power and Energy
Direction	Center	East	South	West	North
Mudra	Preaching	Earth Touching	Granting	Meditation	Fearlessness
Symbol	Wheel	Vajra	Jewel	Lotus	Double Vajra

<b>Primordial Wisdom</b>	Sphere of Reality	Mirror-Like	Equality	Discrimination	All-Accomplishi
<b>Element</b>	Sky	Water	Earth	Fire	Air
<b>Vehicle</b>	Lion	Elephant	Horse	Peacock	Griffin
<b>Consort</b>	White Tara	Lochana	Mamaki	Pandara	Green Tara
<b>Aggregate</b>	Consciousness	Form	Sensation	Perception	Volition
<b>Color</b>	White	Blue	Yellow	Red	Green

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## Buddha Akshobya

**Summary:** Buddha Akshobya is the path of transmuting negativity.

### names:

**name:** Buddha Akshobya

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### basic information:

**Buddha Akshobya**

**Path:** Transmuting Negativity

**Direction:** East

**Mudra:** Earth Touching

**Symbol:** Vajra

**Primordial Wisdom:** Mirror-Like

**Element:** Water

**Vehicle:** Elephant

**Consort:** Lochana

**Aggregate:** Form

**Color:** Blue

## Buddha Akshobya's relations:

The Five Transcendental Buddhas (also called Dhyani, Tathagata, and Jina Buddhas) are: Vairocana, Akshobya, Ratnasambhava, Amitaba, and Amogasiddhi.

## magickal information and correspondences:

**Symbol:** Vajra

**Sacred candle color:** blue

# Buddha Amitaba

**Summary:** Buddha Amitaba is the Buddha of Infinite Radiance.

## names:

**name:** Buddha Amitaba

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

## basic information:

**Buddha Amitaba:** Buddhist Symbol of Self-Realization

**Path:** Gradual Unfolding

**Direction:** West

**Mudra:** Meditation

**Symbol:** Lotus

**Primordial Wisdom:** Discrimination

**Element:** Fire

**Vehicle:** Peacock

**Consort:** Pandara

**Aggregate:** Perception

**Color:** Red



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## Buddha Amitaba's relations:

The Five Transcendental Buddhas (also called Dhyani, Tathagata, and Jina Buddhas) are: Vairocana, Akshobya, Ratnasambhava, Amitaba, and Amogasiddhi.

Avaloketishwara, the Redeemer of Humanity, is an emanation of Amitaba.

## **magickal information and correspondences:**

**Symbol:** Lotus

**Sacred candle color:** red

## **other:**



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**Buddha Amitaba** — Symbol of Self-Realization. The teachings of Buddha (b. circa 525 BCE) developed in India as a reformative out growth of Hinduism, and provide an

extensive cosmological picture, a basis for ethical behavior, and a self-empowering philosophy of life. Rupas (statues) of the Buddha and of his innumerable incarnations, called bodhisattvas, serve to focus a meditator's inward devotional practice. The statues' vivid colors, intricacy, and symmetry are also a source of delight to collectors of Eastern art. Buddha is portrayed in classic lotus pose, lost in meditation as he sat beneath the Bodhi tree and achieved ultimate realization. This he delineated as the Law of the Wheel: 1) Life is suffering; 2) Suffering's cause is desire; 3) Elimination of desire brings an end to suffering; 4) This state of nirvana can be achieved by following the Eightfold Path of right living.  
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## Buddha Amogasiddhi

**Summary:** Buddha Amogasiddhi is the path of power and energy.

### names:

**name:** Buddha Amogasiddhi

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### basic information:

**Buddha Amogasiddhi:**

**Path:** Power and Energy

**Direction:** North

**Mudra:** Fearlessness

**Symbol:** Double Vajra

**Primordial Wisdom:** All-Accomplishing

**Element:** Air

**Vehicle:** Griffin

**Consort:** Green Tara

**Aggregate:** Volition

**Color:** Green

### Buddha Amogasiddhi's relations:

The Five Transcendental Buddhas (also called Dhyani, Tathagata, and Jina Buddhas) are: Vairocana, Akshobya, Ratnasambhava, Amitaba, and Amogasiddhi.

### magickal information and correspondences:

**Symbol:** Double Vajra

**Sacred candle color:** green

## Avaloketishwara

**Summary:** Avaloketishwara is the Buddhist Redeemer of Humanity.

### names:

**name:** Avaloketishwara, Lotus Bearer, Padma-Pani

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### basic information:

Buddhist Redeemer of Humanity.

### Avaloketishwara's relations:

An emanation of Amitaba.

### other:

**Avaloketishwara** — Redeemer of Humanity. An emanation of Amitaba, the Buddha of Infinite Radiance, this six-armed deity is also known as the Padma-Pani (Lotus Bearer). In his role as Bodhisattva of Compassion, he manifests divine beneficence in all directions. The most important figure of Tibetan spiritual tradition, he was the first to utter the pivotal mantra AUM MANE PADME HUM, and the first Being to enunciate the Bodhisattva vow of perpetual reincarnation to help mankind on the redemptive path toward cessation of suffering. — picture and text © 1999 JBL Statues (now called Sacred Source)



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## Dakini

**Summary:** Dakini is the Buddhist Goddess of Life's Turning Points.

**names:**

**name:** Dakini





(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### **basic information:**

Buddhist Goddess of Life's Turning Points.

### **Dakini's relations:**

Related to the Hindu Goddess Kali

### **other:**



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**Dakini** — Goddess of Life's Turning Points. She is the supreme embodiment of highest wisdom and the most potent manifestation of feminine divinity in Tibetan Buddhism. Her name means Sky Dancer, sky being a womb symbol connoting emptiness, creativity, potentiality. Dakini serves as instigator, inspirer, messenger, even trickster, pushing the tantrika (aspirant) across the barriers to enlightenment. Her wrathful aspect is depicted by the mala of skulls, her peaceful aspect by the lotus frond. Like Hindu goddess Kali, her role is to transmute suffering. Her left hand holds high the lamp of liberation. —picture and text © 1999 JBL Statues (now called Sacred Source)

## **Buddha Ratnasambhava**

**Summary:** Buddha Ratnasambhava is the path of equanimity.

### **names:**

**name:** Buddha Ratnasambhava

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### **basic information:**

**Buddha Ratnasambhava:**

**Path:** Equanimity

**Direction:** South



**Mudra:** Granting

**Symbol:** Jewel

**Primordial Wisdom:** Equality

**Element:** Earth

**Vehicle:** Horse

**Consort:** Mamaki

**Aggregate:** Sensation

**Color:** Yellow

### **Buddha Ratnasambhava's relations:**

The Five Transcendental Buddhas (also called Dhyani, Tathagata, and Jina Buddhas) are: Vairocana, Akshobya, Ratnasambhava, Amitaba, and Amogasiddhi.

### **magickal information and correspondences:**

**Symbol:** Jewel

**Sacred candle color:** yellow

## **Buddha Vairocana**

**Summary:** Buddha Vairocana is the path of pure awareness.

### **names:**

**name:** Buddha Vairocana

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### **basic information:**

**Buddha Vairocana:**

**Path:** Pure Awareness

**Direction:** Center

**Mudra:** Preaching

**Symbol:** Wheel

**Primordial Wisdom:** Sphere of Reality

**Element:** Sky

**Vehicle:** Lion

**Consort:** White Tara

**Aggregate:** Consciousness

**Color:** White

### **Buddha Vairocana's relations:**

The Five Transcendental Buddhas (also called Dhyani, Tathagata, and Jina Buddhas) are: Vairocana, Akshobya, Ratnasambhava, Amitaba, and Amogasiddhi.

### **magickal information and correspondences:**

**Symbol:** Wheel

**Sacred candle color:** white

## **Canaanite deities**

The deities of the Canaanites.

### **deities**

- Asherah
- Asherali

## **Asherah**

**Summary:** Asherah (or Asherali) is Canannite Goddess of life and fertility.

### **names:**

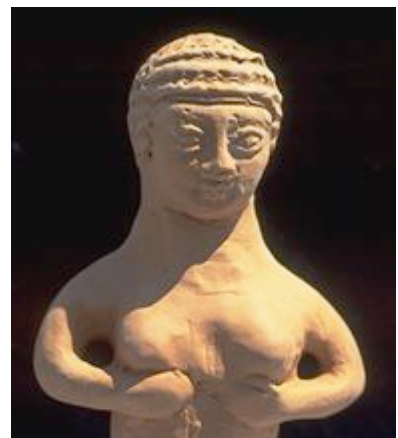
**Canaanite name:** Asherali, Asherah

**Hebrew name:** Asherah

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### **basic information:**

**Asherah:** Canaanite Goddess of life



### **Asherah's relations:**

Same as the Hebrew Goddess of the same name, Asherah.

### **magickal information and correspondences:**

**Symbol:** crescent moon

**Sacred candle color:** green, white, and silver

**Planet:** Moon



### **holy days**

**Saturday:** Asherah is associated with Saturday.

### **other:**

**Asherah** — The original bread of life. Hebrew and Canaanite women molded loaves of this figure which were blessed and ritually eaten, the precursor of the communion wafer. Her idols were found under every green tree, were carved from living trees, or erected as poles or pillars beside roadside altars. Crude clay images of her as tree of life later evolved into the more refined Syrian Artemis. Ancient sexual rites (dismissed to this day by male scholars as cult prostitution) associated with worship of Asherah insured that matrilineal descent patterns, with their partnership rather than dominator values, would continue. Hebrew priestly iconoclasts finally uprooted Asherah, supplanting matrifocal culture with patriarchy. Our Judeo-Christian inheritance of this law of the Levites, passed on by the Roman Empire, is one source of present-day sex inequality. —picture and text © 1999 JBL Statues (now called Sacred Source)



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See also Asherah (Hebrew).

## Asherali

**Summary:** Asherali (or Asherah) is Canannite Goddess of the Moon and fertility.

**names:****Canaanite name:** Asherali, Asherah**Hebrew name:** Asherah

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**basic information:**

Canaanite Goddess of the moon and fertility

**magickal information and correspondences:****Symbol:** crescent moon**Sacred candle color:** green, white, and silver**Planet:** Moon **other:**

**Asherah** — The original bread of life. Hebrew and Canaanite women molded loaves of this figure which were blessed and ritually eaten, the precursor of the communion wafer. Her idols were found under every green tree, were carved from living trees, or erected as poles or pillars beside roadside altars. Crude clay images of her as tree of life later evolved into the more refined Syrian Artemis. Ancient sexual rites (dismissed to this day by male scholars as cult prostitution) associated with worship of Asherah insured that matrilineal descent patterns, with their partnership rather than dominator values, would continue. Hebrew priestly iconoclasts finally uprooted Asherah, supplanting matrifocal culture with patriarchy. Our Judeo-Christian inheritance of this law of the Levites, passed on by the Roman Empire, is one source of present-day sex inequality. —picture and text © 1999 JBL Statues (now called Sacred Source)



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See also Asherah (Hebrew).

## Celtic deities

The deities of the Celts.

## deities

- Anu
- Aodh
- Arrianrhod
- Aulnay
- Brighid
- Brigit

## examples of Celtic pentacles

The following examples of Celtic pentacles are from Earth Spirit Emporium. Many of these examples are still available for purchase, but as time passes some will no longer be offered.



### Celtic Pentacle

“**Celtic Pentacle:** For Achievement of Goals. Crafted in lead-free pewter and supplied with a black cord necklace. 1 1/4" x 1 1/4"” — Earth Spirit Emporium (note that products and availability may change over time)

### Celtic Weave Pentacle Pendant

“**Celtic Weave Pentacle Pendant:** This is a fine silver Celtic Weave Pentacle Pendant. It is 1" diameter.” — Earth Spirit Emporium (note that products and availability may change over time)



## Anu

**Summary:** Anu is the Celtic Goddess of motherhood, dawn, death, and the dead.

### names:

**Celtic names:** Anu

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### basic information:

**Anu:** Celtic Mother Goddess, Dawn Mother, and Goddess of death and the dead.

“Anu is also known as Danu, and Dana. As Danu, she brought into being the Tuatha DeDanaan, the original Faery, whose name means ‘The children of Dana.’ There are two hills in County Kerry, Ireland, known as ‘The paps of Danu’ which refers to her status as mother goddess, breastfeeding the younger gods.” —Meg

## **magickal information and correspondences:**

**Sacred candle color:** white and black

# **Aodh**

**Summary:** Aodh is the Celtic God of fire.

### **names:**

**Celtic names:** Aodh

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

Aodh is an Irish, Scottish, and Gaelic name for males. The name is pronounced “ae”, rhymes with “hay”). The Old Irish name Aed or Aedh (meaning fire or flame) was one of the most popular names in early Ireland and was the name of several Irish kings, as well as several Celtic gods and goddesses. In the Middle Ages the name was Anglicized as Hugh and Eugene. The names Aidan (m), Aideen (f), and McCoy are derived from this name.

Aodh was the name of a Celtic god, twin of Fionnuala and son of Lir. The four Children of Lir are legendary in Celtic mythology and were commemorated on Celtic wedding rings. Lir’s second wife, Aoife, turned Aodh into a swan.

Aodh was also the name of a Celtic sun god. The Celtic sun god Aodh is an aspect of the Celtic god The Dagda. Aodh (sun god) fell in love with Ila (primal earth goddess). Their children were Kaido, the earth god, and Arudain, the fire god. The primal gods disappeared as their children rose in power.

There were additional Celtic gods and goddesses named Aodh, all in some way associated with flames, fire, and/or the sun.

### **basic information:**

**Aodh:** Celtic Fire Goddess or God

## **magickal information and correspondences:**

**Sacred candle color:** red

# **Arianrhod Arrianhod**



**Summary:** Arrianrhod is the Celtic Mother Goddess and Goddess of fertility.

The Celtic Goddess Arrianrhod is derived from the Welsh Goddess of the same name. The main article on this Goddess is at Arrianrhod.

### **names:**

**Celtic names:** Arrianhod, Arianrhod

**Welsh names:** Arrianhod

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### **basic information:**

**Arianrhod:** Welsh Moon Mother and Goddess of fertility.

### **Arrianrhod's relations:**

Derived from the Welsh Goddess Arrianrhod, Goddess of the stars that mark the Wheel of Heaven.

### **magickal information and correspondences:**

**Sacred candle color:** green and white

### **herbs associated with Arrianrhod:**

- birch

### **myths and beliefs:**

Arrianrhod is the Welsh Star Goddess, in charge of the Silver Wheel of the Heavens. The Celts believed that Arianrhod's throne (caer) was within the Northern Lights (Corona Borealis).

### **other:**

**Arianrhod** — Celtic Moon-Mother Goddess. Called the Silver Wheel that Descends into the Sea. Like Kali she symbolizes cosmic time, and was also imaged as a vessel which carries the dead. Here she is depicted as Cosmogenitrix, her matron/fertility aspect. Throne-seated, nurturing her children, she wears the ceremonial torc of Queenship. The original of this piece dates from c. 100 AD, just prior to the Romano-Christian invasion of Celtic Europe. —picture and text © 1999 JBL Statues (now called Sacred Source)

See also: Arrianrhod, Welsh



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# Aulnay

**Summary:** Aulnay is a Celtic God of nature.

## names:

**Celtic names:** Aulnay

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

## basic information:

**Aulnay:** Celtic Green Man

## other:



**Aulnay** — Foliate Head images were central to the ancient Celtic cultures of pre-Christian Europe, and symbolized fertility, prophecy, inspiration and regeneration. By 400 BCE. such heads were being carved in stone, showing leaf foliage sprouting from the mouth. This art form spread into the Romanesque and Gothic chapels and cathedrals, and is viewed by scholars as the resurfacing of Druidic tree worship and Dionysiac mystery themes originally suppressed by the church. Green Man is the husband man/caretaker of nature, the male counterpart of the Great Mother Goddess venerated since neolithic times. —picture and text © 1999 JBL Statues (now called Sacred Source)

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## Brighid Brigit

**Summary:** Brihid is the Celtic Goddess of Healing, Smithcraft, and Queenship.

### **names:**

**Celtic names:** Brighid, Brigid, Brigit

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### **basic information:**



**Brighid:** Celtic Goddess of Healing, Smithcraft, and Queenship

### **Brighid's relations:**

Wife of the Dagda.

Mother of Brian, Luchar, and Uar.

Grandmother of the Tuatha de Danaan (the people of Danu).

Associated with Danu, the ancestral Goddess and grandmother of the Tuatha de Danaan (the people of Danu).

Associated with the Roman Goddess Juno.

### **magickal information and correspondences:**

**candle colors:** white

### **herbs associated with Brigit:**

- blackberry
- rowan

### **holy days**

**January:** Brighid is associated with January.

**February:** Brighid is associated with February.

**Day of the Tuatha de Danaan:** Celebrated on January 1st.

### **other:**

**Brigit** — Goddess of Healing, Smithcraft, and Queenship. She is patroness of the Celtic spring festival of Imbolc, and was served by a female priesthood at Kildare. Her name derives from her worship by the pre-Christian Brigantes, who honored her as identical with Juno, Queen of Heaven. Brigit also shares attributes with the ancient Greek triple goddess Hecate. She is Ruler, Bringer of Prosperity; her two sisters display the alchemical sword and tongs of blacksmithing and the twin serpents connoting medical skill. Her Irish consort was the Dagda. —picture and text © 1999 JBL Statues (now called Sacred Source)



# Chaldean deities

The deities of the Chaldeans. Chaldea was the Hellenistic name for a part of Babylonia near Sumerian Ur. The King James Bible called the nation the Chaldees.

## deities

- A

## A

**Summary:** A is the Chaldean Goddess of the Moon.

### names:

**Chaldean names:** A

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### basic information:

**A:** Moon Goddess.

### magickal information and correspondences:

**Symbol:** disk with eight rays

**Planet:** Moon



# Ancient German (Teutonic) deities

The deities of the Germans.

## deities

- Frau Sonne
- Tiu

## Frau Sonne

**Summary:** Frau Sonne is the Germanic Goddess of the Sun (the English word “sun” is derived from her name).

**names:****Germanic names:** Frau Sonne**Scandavian names:** Sunna

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**basic information:****Frau Sonne:** Germanic sun Goddess

The English words “sun” and “Sunday” are derived from this Goddess’ name.

**Sonne’s relations:**

Derived from the Scandavian Goddess Sunna

**magickal information and correspondences:****Planet:** Sun**holy days**

**Sunday:** Frau Sonne is associated with Sunday.

**Tiu**

**Summary:** Tiu is the Germanic Goddess of war and the sky.

**names:****Germanic names:** Tiu**Norse names:** Tyr**Teutonic names:** Tiu, Tyr

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**basic information:****Tiu:** Teutonic God of war and the sky

The English word “Tuesday” is derived from this God’s name.

**Tiu's relations:**

Associated with the Norse God Tyr.

**magickal information and correspondences:**

**Sacred candle color:** purple

**holy days**

**Tuesday:** Tiu is associated with Tuesday.

**Greek deities**

The deities of the Greeks.

**deities**

- Acheloüs
- Aphrodite
- Apollo
- Ares
- Artemis
- Astraea
- Athena
- Demeter
- Dionysus
- Helios
- Hermes
- Persephone
- Rhea
- Selene
- Themis
- Thetis
- Zeus

**Acheloüs**

**Summary:** Acheloüs is a Greek river God.

**names:**

**Greek name:** Acheloüs

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**basic information:**



**Acheloüs:** Greek river God

### **Acheloüs' relations:**

Eldest son of Oceanus and Tethys.

### **myths and beliefs:**

Acheloüs, in the form of a bull, fought Heracles for Deianira and lost. Heracles broke off one of Acheloüs' horns, which became the Cornucopia, or "horn of plenty".



The cornucopia is a horn-shaped container overflowing with fruit, vegetables, and flowers. It is the symbol of fruitfulness, fertility, and plenty. It is from the horn of the goat Amalthea, which suckled the infant Ammon-Zeus.

## **Amphitrite**

### **pictures:**





“The Triumph of Neptune and Amphitrite” Painting (c.1610) of Nicolas Poussin (1594-1665)

## Aphrodite

**Summary:** Aphrodite is the Greek Goddess of love, beauty, and the arts. Aphrodite is one of the 12 Olympians.

### names:

**Greek name:** Aphrodite, Aphrodite Pandemos, Cerigo, Kypris, Cytherea

**Roman/Latin name:** Venus

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

Aphrodite was also called Aphrodite Acidalia after the spring she bathed in, located in Boeotia.

Aphrodite was also called Kypris after the island Cyprus, one of her claimed birthplaces.

Aphrodite was also called Cytherea after the island Cythera, one of her claimed birthplaces.



Aphrodite was also called Anadyomene, or “she who emerges”, in reference to her origin in the Aegean Sea.

Aphrodite Uranis, or the Celestial Aphrodite, is the goddess of pure and spiritual love.

### **basic information:**

**Aphrodite:** Greek Goddess of love and beauty.

Aphrodite is Greek Goddess of love, beauty, the arts, fertility, and sexual rapture. Aphrodite was the protectress of sailors. Aphrodite is one of the 12 Olympians.

Aphrodite was originally a Minoan Goddess before being adopted by the Greeks.

### **Aphrodite’s relations:**

One of the Twelve Great Olympians

Considered by the Greeks to be the same Goddess as the Roman Venus.

Greek historian Herodotus states that Aphrodite was originally an Asian goddess, related to Ishtar (Mesopotamia) and Ashtart/Astarte (Syria and Palestine).



### **magickal information and correspondences:**

**Symbols:** sceptre, myrtle, dove

**Sacred candle color:** pink and red

**Planet:** Venus 

### **herbs associated with Aphrodite:**

- apple
- cinnamon
- cypress
- daisy
- iris
- marjoram
- myrtle
- olive
- orris



- quince

### stones associated with Aphrodite:

- abalone

The Greek goddess of love, Aphrodite, sometimes rode the ocean waves on a giant abalone shell. The Romans called Aphrodite by the name Venus (still used as a planet name).



### myths and beliefs:

From the Greek writer Hesiod: Uranus (father of the Greek gods) was castrated by his son Cronus (a Titan). Cronus tossed the severed genitals into the Aegean. The sea water churned and foamed around the severed genitals. Aphrodite arose fully formed from the foam (the Greek word *aphros* means sea foam) and was carried to either the island Cyprus (and therefore the Goddess is sometimes called Kypris or Lady of Kypros) or to the island of Cythrea (and therefore the Goddess is sometimes called Cythrea). Many artists depict Aphrodite arriving to the shore riding on a sea shell. Aphrodite was attended by Eros (primal god of love) and Himeros when she was born.

Because of Aphrodite's great beauty, Zeus feared that the gods would fight wars to marry Aphrodite. So Zeus preemptively married her off to the ugly blacksmith god Hephaestus. Hephaestus created many great pieces of jewelry for his wife, including a famous girdle of finely wrought gold woven with magick in the filigree work. Aphrodite's magick girdle made her irresistible to both god and mortal. Aphrodite loved many gods and mortals, the most famous mortals being her love affairs with Adonis and Anchises. Her divine lovers included Ares, Dionysos, and Hermes, as well as her husband Hephaistos. Some of her sons include Eros, Anteros, Hymenaios, and Aeneas (by her Trojan lover Anchises).

From the Greek poet Homer: Aphrodite is the daughter of Zeus and Dione. The Trojan War was started when the Trojan prince was asked to judge which of three Olympian Goddesses (Hera, Athena, and Aphrodite) was most beautiful. Hera offered Paris power. Athena offered Paris victory during battle. Aphrodite offered Paris the love of the most beautiful woman in the world. Paris chose Aphrodite.

Aphrodite offered Paris Helen, Queen of Sparta, who became known as Helen of Troy when Paris eloped with her. This led to the Trojan War, with Athena and Hera supporting the Greeks, while Aphrodite and Apollo supported the Trojans.

During the Trojan War, the Greek hero Diomedes was on the verge of killing Aphrodite's son Aeneas. Aphrodite intervened to save her son, but Diomedes attacked the Goddess, wounding her wrist with his spear. This caused the flow of ichor, which is what the Greeks believed the Immortals had instead of blood. Aphrodite dropped her son, but Apollo picked him up and rescued him.

In great pain, Aphrodite sought the assistance of her brother Ares. As god of war, Ares stood near the battle admiring the carnage. Ares loaned Aphrodite his chariot so that she could fly to Olympus. Aphrodite's mother Dione healed Aphrodite's wounds and soothed her feelings. Zeus advised Aphrodite to leave war to Ares and Athena and to devote herself to marriage.

Later in the *Iliad* Aphrodite rescues Paris from death in single combat with Menelaus (Helen's original Spartan husband) by wrapping Paris in a mist and carrying him away to his bedroom in Troy. Aphrodite then appears to Helen in the guise of an elderly handmaiden and tells her that Paris is waiting for her. Helen recognized Aphrodite and rebukes the goddess for bringing Helen to ruin by bewitching her to elope with Paris and angrily tells the goddess to go to Paris herself. Aphrodite angrily abandoned Helen to be hated by both the Greeks and the Trojans.

Aphrodite loaned her magick girdle to Hera so that Hera could distract Zeus from the war so that the Greeks could win.

Aphrodite picked marjoram from Mount Ida to heal the wounds of Enea.

Aphrodite was accompanied by the Graces.



## holy days:



**Friday:** Aphrodite is associated with Friday.

**April:** Aphrodite is associated with April.

Aphrodisiac was the festival to celebrate Aphrodite. The festival of Aphrodisiac was held in many places around ancient Greece, with the largest festivals in Athens and Corinth.

The priestesses of Aphrodite were considered to represent the Goddess and one method of worshipping Aphrodite was for Greek men to have sex with the priestesses of Aphrodite. The temple would collect donations. This is sometimes called sacred prostitution and is outlawed by oppressive Christian and Muslim governments.

## other:

**Aphrodite** — Patroness of natural growth. Draped in the close-fitting chiton and long robe, she holds to her breast a dove or fruit or flower, all symbols of mating and fecundity. Aphrodite corresponds with Laxmi. This reproduction from the Museum of Lyon is an archaic Ionian image of the Goddess of Love which long preexisted her more eroticized depictions at the hands of Roman or Renaissance masters. Note the ritually-braided hair, the polos crown, and the quiet authority of her eyes. —picture and text © 1999 JBL Statues (now called Sacred Source)

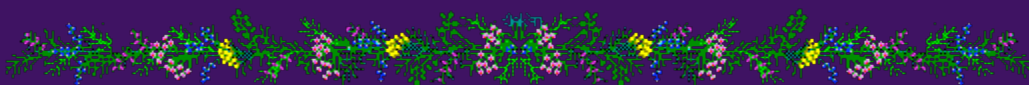






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### **Charge of the Goddess:**



## Aurora Lights Circle

In 1899 Charles Godfrey Leland first published *Aradia: Gospel of the Witches*, a small book on surviving Italian witchcraft. In it he gives the Charge of the Goddess, which has become a standard part of Wiccan ritual today. This Charge is still used as originally given, but more often is carefully refined for modern usage. The Charge of the Goddess gives ancient instructions of when to meet and what to expect from Moon energies and powers. No one knows for certain how old the Charge really is; Leland thought it to be an authentic part of ritual secretly carried down from ancient times by Pagan worshippers in the Mediterranean region.

## Charge of the Goddess

Listen to the words of the Great Goddess, who in ancient times was named Diana, Artemis, Ishtar, Astarte, Aphrodite, Venus, Cerridwen, the Morrighu, Freyja, the White Lady, and many other names.

Whenever you have need of My aid, assemble in a secret place at least once a month, especially at the Full of the Moon. Know that My laws and love shall make you free, for no one can prevent your worship of Me in your mind and heart and spirit. Listen well when you come into My presence, and I shall teach you of deep mysteries, powerful and ancient. I require no sacrifices or pain of your bodies, for I am Mother of all things, the Creatrix who made you out of My love, and the One who endures through all time.

I am the One who is the beauty of the Earth, the green of growing things. I am the white Moon, whose light is full and bright among the stars, soft upon the Earth. From Me all things are born, to Me all things, in their season, return. Let My joyous worship be in your hearts, for all acts of love and pleasures are My rituals. You see Me in the love of man and woman, the love of parent and child, the love of humans to all My creations. When you create with your hands, I am there. I blow the breath of life into the seeds you plant, whether of plant or child. Always I stand beside you, whispering soft words of wisdom and guidance.

All seekers of the Mysteries must come to Me, for I am the True Source, the Keeper of the Cauldron. All who seek to know Me, know this. All your seeking and yearning will avail you nothing unless you know the Mystery: for if what you seek you find not within, you will never find without. For behold, I have been with you from the beginning, and I will gather you to My breast at the end of your earthly existence.

Adopted from D.J. Conway's *Moon Magick*

—courtesy of Aurora Lights Circle  
a coven from Alaska that is no longer on the web



See also Venus.

### external links:

If you follow any of the links offered in this book, **no spell begging**. Especially no love spell begging.

Aphrodite's Shrine at <http://shekhinah.net/AphroditesShrineLibrary.htm> by Shekhinah.

Aphrodite her Power and her Art at <http://www.arthistory.sbc.edu/imageswomen/papers/lombardiaphrodite/aphrodite.html> by Anne Lombardi is an excellent web page on how Aphrodite was depicted in classical art and what she meant to Greek culture.

Aphrodite at <http://www.maverickscience.com/Venus/Aphrodite/aphrodite.html>

Aphrodite's Altar at <http://www.spiralgoddess.com/Aphrodite.html> by Abby Willowroot (includes music).

Aphrodite Urania at <http://www.geocities.com/TimesSquare/Chaos/4103/aphroditetext.html> by Tamboura.

If you have an Aphrodite-related web page, please send the URL to Milo. Please indicate if there is a picture on your web page.

### Books

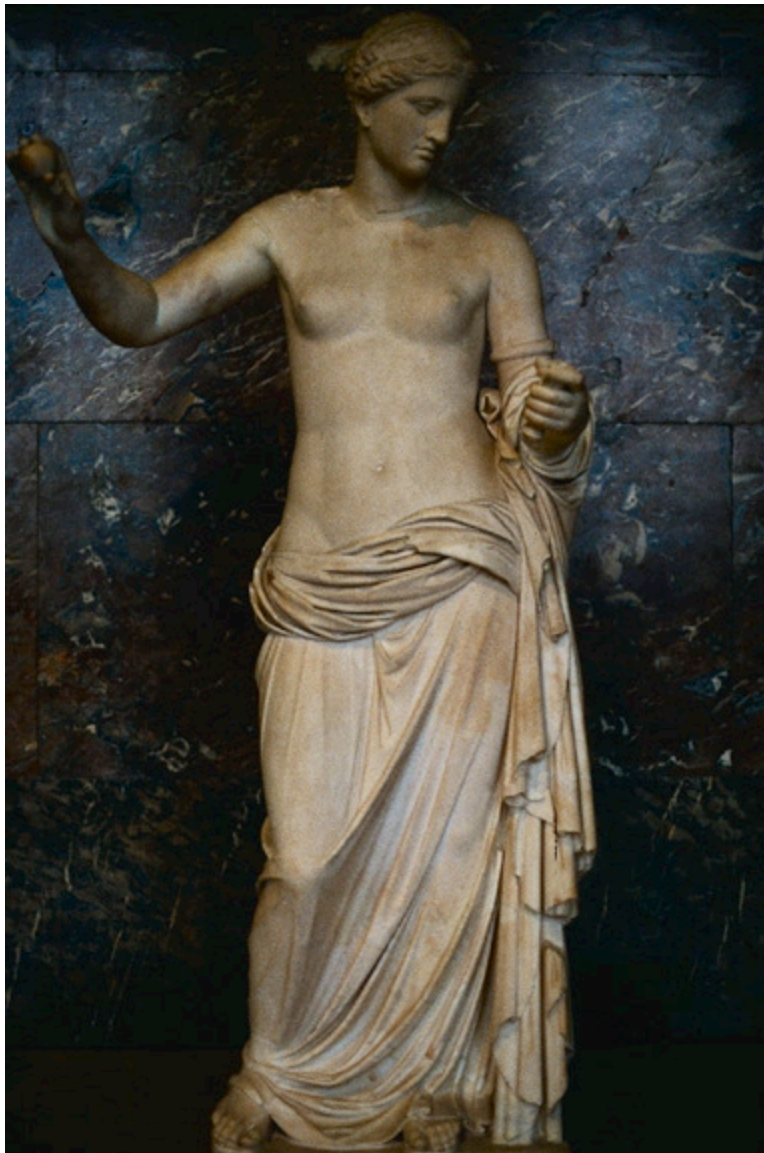
If you want your book reviewed, please send a copy to: Milo, POB 1361, Tustin, CA 92781, USA.



**Moon Magick:** Myth & Magick, Crafts & Recipes, Rituals & Spells (Llewellyn's Practical Magick); by D. J. Conway; Llewellyn Publications; August 1995; ISBN 1567181678; paperback; 320 pages

If you want your book reviewed, please send a copy to: Milo, POB 1361, Tustin, CA 92781, USA.

### pictures:



Left section of the frieze (c. 525 B.C.) of the treasure of Siphniot, entitled “Symposium of the Gods.” Delphi, Greece. Aphrodite.

## Apollo Apollon

**Summary:** Apollo (Apollon) is the Greek God of the sun, fertility, healing, music, poetry, prophecy, and oracles. Apollo is one of the 12 Olympians.

### names:

**Greek name:** Apollo, Apollon

**Celtic name:** Apollo Grannus (A Celtic derivation of the Greco-Roman god Apollo)





(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### basic information:

Apollo is the Greek god of the sun and is associated with healing, light, music, and poetry.

Greek God of the sun, fertility, prophecy and oracles, light, healing, music, and poetry.

### Apollo's relations:

Apollo was the twin brother of Artemis (sun and moon).

Son of Zeus and Leto.

One of the Twelve Great Olympians

The Greeks considered Apollo to be the same God as the Kemetic (ancient Egyptian) Horus or Heru Sa Aset.

### magickal information and correspondences:

**Sacred candle color:** gold and white



**Planet:** Sun



### herbs associated with Apollo:

- anise
- apple
- bay
- orange

### myths and beliefs:

**Abaris:** A priest of Apollo, who, with the help of the God, fled from Scythia to Greece to avoid the plague. Apollo gave Abaris a golden arrow which made the priest invisible, and with which he cured diseases and performed oracles (prophesies and answers to questions).

The Greeks believed that Heru and Apollo were the same God.

## holy days

**Sunday:** Apollo is associated with Sunday.



### external links:

If you follow any of the links offered in this book, **no spell begging**. Especially no love spell begging.

“lots of artwork (sculpture and paintings)” at  
<http://homepage.mac.com/cparada/GML/000Free/000Apollo/ApolloAlbum.html> by Raphael (1511)  
(LINK — **PICTURES**)

If you have an Apollo-related web page, please send the URL to Milo. Please indicate if there is a picture on your web page.

### pictures:



“Symposium of the Gods” Left section of the east frieze of the Siphnian Treasure (c. 525 B.C.) depicting from left to right Venus, Diana, and Apollo.



Pan Painter Apollo and Artemis at

[http://www-lib.haifa.ac.il/www/art/gr/pan\\_painter\\_apollo\\_artemis\\_490.gif](http://www-lib.haifa.ac.il/www/art/gr/pan_painter_apollo_artemis_490.gif) (c. 490 B.C.) (LINK — **PICTURE NOTE** that this link can only be reached from a .edu address, such as a college or university library)



"Parnassus Apollo" by Raphael (1511).





“Apollo Belvedere”. Vatican Museum, Rome, Italy.



Roman statue of Apollo, 2nd Century C.E. Citadel Museum, Jordan



Pan Painter. Apollo and Artemis (c. 490 B.C.) at [http://www-lib.haifa.ac.il/www/art/gr/pan\\_painter\\_apollo\\_artemis\\_490.gif](http://www-lib.haifa.ac.il/www/art/gr/pan_painter_apollo_artemis_490.gif) NOTE that this link can only be reached from a .edu address, such as a college or university library



Domenico Veneziano. "Study of Apollo"

## Ares Aries

**Summary:** Ares (or Aries) is a Greek God of the violence and bloodlust of savage war.

### **names:**

**Greek name:** Ares, Aries

**Roman name:** Mars

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)



### basic information:

**Ares or Aries:** Greek God of war and violence.

### Ares' relations:

Considered by the Romans to be the same God as the Roman Mars.

### magickal information and correspondences:

**Sacred candle color:** white

**Planet:** Mars



## Artemis



**Summary:** Artemis is the Greek Goddess of the Moon and the hunt. She is also one of the virgin goddesses, and She protects women in labor, small children and wild animals.

### names:

**Greek name:** Artemis Ἄρτεμις

**Roman name:** Diana, Diane

**Etruscan name:** Artume, Artumes

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

Artemis was called Agrotora as the patron goddess of hunters.

Artemis was called Potnia Theron as the patron goddess of wild animals.

Artemis was called Kourotrophos as the nurse of youths.

Artemis was called Locheia as goddess of childbirth and midwives.

Artemis was called Cynthia, named after her birthplace on Mount Cynthus on Delos.

Artemis was called Phoebe, the feminine form of Phoebus (a name for her twin brother Apollo).



### basic information:

**Artemis:** is the Greek goddess of the moon and the hunt. She is also one of the virgin goddesses, and She protects women in labor, small children and wild animals. As a virgin goddess, She, Hestia, and



Athena are not affected by Aphrodite's (Greek goddess of love) manipulations. Artemis is the daughter of Zeus and Leto (sometimes called "Letona") as well as the twin sister of Apollo. —Copyright © 1998 Andromeda

As a major lunar Goddess, Artemis is very popular among modern witches. —Copyright © 1998 Andromeda



### **Artemis's relations:**

Artemis was the twin sister of Apollo (sun and moon). Artemis was generally viewed as the daughter of Zeus and Leto, although there is a myth that she is the daughter of Demeter (the name of the father was lost to antiquity).

### **associations:**

Artemis is associated with the ancient Egyptian goddess Bast, as well as the Roman goddess Diana. Artemis is also associated with Luna, Hecate, and Selene.

Derived in part and influenced by early worship of Ariadne, High Fruitful Mother Goddess of Crete.

## **magickal information and correspondences:**

**Symbols:** Artemis is typically shown with a bow and arrow (representing the rays of the moon). Artemis was often shown being followed by a fox, stag, leopard, or lion (sometimes both a stag and leopard or both a leopard and a lion).

**Sacred candle color:** silver and white

**Planet:** Moon



### **herbs associated with Artemis:**

- almond
- amaranth
- cedar
- cypress
- daisy
- date palm
- hazel
- honey
- mugwort
- myrtle
- silver fir
- willow

### **stones associated with Artemis:**

#### **silver:**

Artemis may be thought of as the "silver goddess." She wore silver sandals, rode a silver chariot in

the silver moonlight, and kills with silver arrows shot from a silver bow. In fact, many dying women, as well as women in childbirth, went to Artemis to ask for a quick, painless death from Her silver arrows.—Copyright © 1998 Andromeda

### sacred animals:

Animals sacred to Artemis are:

- deer/stags
- geese
- wild dogs
- fish
- goats
- bees
- bears
- laurel trees
- fir trees

Keep in mind that since Artemis is the protectress of animals, all animals can be considered sacred to her.—Copyright © 1998 Andromeda

### myths and beliefs:

**Actaeon:** A legendary Greek hunter, son of Aristaeus and Autonoë (who was the daughter of Cadmus). Artemis turned Actaeon into a stag and he was chased down, torn to pieces, and killed by his own hunting dogs. According to one myth, She did this because Actaeon saw Her naked while she was bathing in a stream near Orchomenus. Artemis, as a virgin goddess, was so pure that She allowed no man to see her. In another myth, She did this because Actaeon boasted he was a better hunter than even Artemis Herself.—Copyright © 1998 Andromeda

**Callisto:** The daughter of Lycaon, was a follower of Artemis. One day, however, Zeus seduced Callisto, and Callisto became pregnant with His child. As Artemis requires the same chastity of Her followers that she maintains herself, she punished Callisto by changing her into a bear. Zeus then prevented Callisto from being hunted to death by setting her image in the stars. Callisto's child, Arcus, was saved.—Copyright © 1998 Andromeda

There is an ancient Greek myth that a wild bear visited the Greek town of Brauron. The people of the town fed the bear and it became somewhat tame. A little girl teased the bear and it killed the girl. Her brother in turn killed the bear. Artemis became angry and demanded that young girls “act the bear” at Artemis's sanctuary in Brauron as atonement for the bear's death. During the Classical Greek period the families of Athens would send their young girls (between ages five and ten) to the sanctuary of Artemis at Brauron for one year of service to Artemis. The young girls were known a sarktoi, or little she-bears.

Zeus was viewed as having had often cheated on his wife Hera. One such encounter was with Leto. Hera cursed Leto not to be able to give birth anyplace that the sun had shone. Zeus raised up the island Delos, which had been floating under the surface of the sea and had never been exposed to direct sunlight. Artemis was born first and assisted Leto in giving birth to her twin Apollo.

When Artemis was three years old, she sat on the knee of Zeus and asked him to grant her wishes (which he did). Artemis asked never to have to get married. Artemis asked for a silver bow and arrows. Artemis asked to have lop-eared hounds. Artemis asked to have stags to lead her chariot. Artemis asked for nymphs to be her hunting companions. All of Artemis' nymphs remained virgins.

The Greeks believed that Bast and Artemis were the same Goddess.

## holy days

**Monday:** Artemis is associated with Monday.

**Festival of Diana:** Roman holy day. The Festival of Diana in Rome honored Diana. The Greeks and Romans considered Artemis and Diana to be the same Goddess. Celebrated on March 21, 1999.

**March:** Artemis is associated with March.

**April:** Artemis is associated with April.

**Sagittarius Festival:** Greek holy day. Sagittarius Festival, dedicated to Artemis/Diana, whom the Greeks considered to be the same Goddess as Bast. Celebrated on November 22, 1999.

## other:

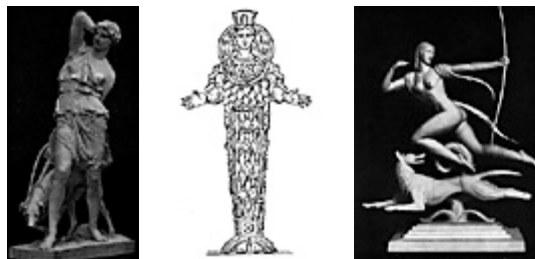
Artemis was a virgin goddess (virgin meaning unmarried). Artemis was one of three primary Kore (virgin) goddesses in the Greek religion (Hellenism), representing the three kinds of unmarried women in Greek society. Kore Persephone represented the young maiden awaiting marriage. Kore Athena represented the professional woman. Kore Artemis represented the “wild” woman (often lesbians).

Artemis was viewed as the goddess of the hunt, wild animals, wilderness, and childbirth. Artemis was born before her twin brother Apollo and assisted her mother Leto in the delivery of her twin. Artemis was therefore viewed as a goddess of fertility and childbirth in some ancient cultures.

Artemis was worshipped throughout ancient Greece and Turkey. Major cult centers were in Brauron, Mounikhia (on a hill near the port of Piraeus), and Sparta. Artemis was the major goddess of Ephesus, a city in Anotlia (now modern day Turkey).

Young Greek women often would dedicate their toys, dolls, and locks of their hair to Artemis just before their marriage ceremonies.

During the Classical Period Artemis became identified with Hecate, goddess of magic. The goddesses Caryalis (Carya) and Ilithyia were assimilated into Artemis.



## temple



Temple of Artemis as depicted in hand-colored engraving by Martin Heemskerck

The Temple of Artemis at Ephesus was one of the Seven Wonders of the World. Paul (of the Christian Bible) staged a violent protest at the site of this temple, burning magick books.

In about 550 B.C.E., Artemis was built a temple in the city of Ephesus, located in present-day Turkey. This temple was one of the seven wonders of the ancient world.

The temple itself was constructed of marble, and had a total of 127 columns. However, Artemis' temple was burned to the ground on July 21, 356 B.C.E. The temple was then restored, only to be destroyed again by the Goths in 262 C.E.

One of the most famous surviving statues of Artemis is the Artemis of Ephesus (shown below). The round items held in between her arms are bull testicals, an ancient symbol of fertility and power.

—Copyright © 1998 Andromeda



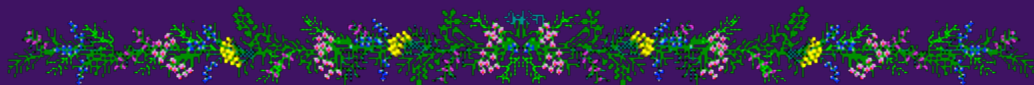
Pictures below show the famous Diane de Versailles statue of Artemis. On the left is the original statue and on the right is a reproduction of the statue that you can purchase from Sacred Source [external

link, no connection with Pr Ntr Kmt].



**Artemis** — The Huntress. See also Diana With Hound. The Amazonian moon-goddess, she was worshipped at Ephesus as Dea Anna, her entire torso covered with nurturing breasts. Here she is pictured running and in the act of drawing arrow from quiver, her doe companion at her side. Artemis' bow is symbolic of both the crescent moon as well as of inner self-esteem, of an exquisitely-tuned inner tension. Like Kuan-Yin, she is the deity of wild places, groves and ponds. In Scythian myth she was related to the horned stag god Acteon (Kernunnos). She is the archetype of decisiveness. —picture and text © 1999 JBL Statues (now called Sacred Source)

## Charge of the Goddess:



### Aurora Lights Circle

In 1899 Charles Godfrey Leland first published *Aradia: Gospel of the Witches*, a small book on surviving Italian witchcraft. In it he gives the Charge of the Goddess, which has become a standard part of Wiccan ritual today. This Charge is still used as originally given, but more often is carefully refined for modern usage. The Charge of the Goddess gives ancient instructions of when to meet and what to expect from Moon energies and powers. No one knows for certain how old the Charge really is; Leland thought it to be an authentic part of ritual secretly carried down from ancient times by Pagan worshippers in the Mediterranean region.

## Charge of the Goddess

Listen to the words of the Great Goddess, who in ancient times was named Diana, Artemis, Ishtar, Astarte, Aphrodite, Venus, Cerridwen, the Morrighu, Freyja, the White Lady, and many other names.

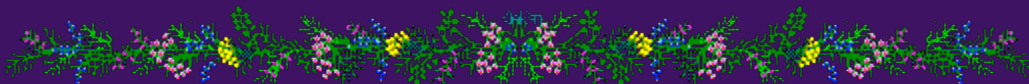
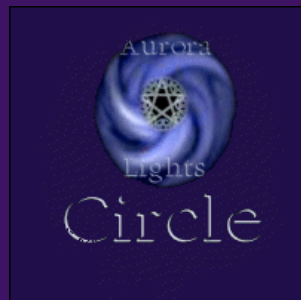
Whenever you have need of My aid, assemble in a secret place at least once a month, especially at the Full of the Moon. Know that My laws and love shall make you free, for no one can prevent your worship of Me in your mind and heart and spirit. Listen well when you come into My presence, and I shall teach you of deep mysteries, powerful and ancient. I require no sacrifices or pain of your bodies, for I am Mother of all things, the Creatrix who made you out of My love, and the One who endures through all time.

I am the One who is the beauty of the Earth, the green of growing things. I am the white Moon, whose light is full and bright among the stars, soft upon the Earth. From Me all things are born, to Me all things, in their season, return. Let My joyous worship be in your hearts, for all acts of love and pleasures are My rituals. You see Me in the love of man and woman, the love of parent and child, the love of humans to all My creations. When you create with your hands, I am there. I blow the breath of life into the seeds you plant, whether of plant or child. Always I stand beside you, whispering soft words of wisdom and guidance.

All seekers of the Mysteries must come to Me, for I am the True Source, the Keeper of the Cauldron. All who seek to know Me, know this. All your seeking and yearning will avail you nothing unless you know the Mystery: for if what you seek you find not within, you will never find without. For behold, I have been with you from the beginning, and I will gather you to My breast at the end of your earthly existence.

Adopted from D.J. Conway's *Moon Magick*

—courtesy of Aurora Lights Circle  
a coven from Alaska that is no longer on the web



See also Diana.

### external links:

If you follow any of the links offered in this book, **no spell begging**. Especially no love spell

begging.

Herbs of Artemis at <http://www.amagickgarden.com/pages/wrpages/wrartemis.html> by Metera.

Artemis at <http://messenger.com/myths/bios/artemis.html> “Artemis — The Immortals — Greek Mythology — From the Illiad to the Fall of the Last Tyrant” by Michael Stewart (LINK)

The Seven Wonders: The Temple of Artemis at Ephesus at <http://ce.eng.usf.edu/pharos/wonders/artemis.html> (LINK — **PICTURE**)

Artemis in Western Art at [http://www-lib.haifa.ac.il/www/art/mythology\\_westart\\_artemis.html](http://www-lib.haifa.ac.il/www/art/mythology_westart_artemis.html)  
NOTE that this link can only be reached from a .edu address, such as a college or university library

- **Alone with attributes: bow and arrows**
- Melian amphora (detail) (625 B.C.) For full, see APOLLO IV at [http://www-lib.haifa.ac.il/www/art/gr/MELIAN\\_AMPHORA\\_FOR\\_FULL\\_APOLLO.GIF](http://www-lib.haifa.ac.il/www/art/gr/MELIAN_AMPHORA_FOR_FULL_APOLLO.GIF) (LINK — **PICTURE** NOTE that this link can only be reached from a .edu address, such as a college or university library)
- Pan Painter (detail of VII), Death of Aktaion (c. 470 B.C.) at [http://www-lib.haifa.ac.il/www/art/gr/pan\\_death\\_of\\_aktaion\\_470.gif](http://www-lib.haifa.ac.il/www/art/gr/pan_death_of_aktaion_470.gif) (LINK — **PICTURE** NOTE that this link can only be reached from a .edu address, such as a college or university library)
- Athens, Parthenon. east frieze. Artemis (447-432 B.C.) at [http://www-lib.haifa.ac.il/www/art/gr/phidias\\_frieze\\_from\\_parthenon.gif](http://www-lib.haifa.ac.il/www/art/gr/phidias_frieze_from_parthenon.gif) (LINK — **PICTURE** NOTE that this link can only be reached from a .edu address, such as a college or university library)
- Hellenistic relief (Krannon). Artemis as patron of animals (c. 350 B.C.) at [http://www-lib.haifa.ac.il/www/art/gr/krannon\\_artemis\\_patron\\_animals.gif](http://www-lib.haifa.ac.il/www/art/gr/krannon_artemis_patron_animals.gif) (LINK — **PICTURE** NOTE that this link can only be reached from a .edu address, such as a college or university library)
- Pompeian wall painting. Artemis (1st cent. A.D.) at [http://www-lib.haifa.ac.il/www/art/gr/pompeian\\_wall\\_painting.gif](http://www-lib.haifa.ac.il/www/art/gr/pompeian_wall_painting.gif) (LINK — **PICTURE** NOTE that this link can only be reached from a .edu address, such as a college or university library)
- **Artemis as Potnia Theron**
- Boeotian vase. Artemis (c. 680 B.C.) at [http://www-lib.haifa.ac.il/www/art/gr/boeotian\\_vase\\_artemis\\_680.gif](http://www-lib.haifa.ac.il/www/art/gr/boeotian_vase_artemis_680.gif) (LINK — **PICTURE** NOTE that this link can only be reached from a .edu address, such as a college or university library)
- Kleitias. (Francois vase). Artemis (c. 570-560) at [http://www-lib.haifa.ac.il/www/art/gr/kleitias\\_artemis\\_570\\_560.gif](http://www-lib.haifa.ac.il/www/art/gr/kleitias_artemis_570_560.gif) (LINK — **PICTURE** NOTE that this link can only be reached from a .edu address, such as a college or university library)
- **Artemis as Selene**
- Poussin Nicolas. Diana and Endymion (c. 1650) at [http://www-lib.haifa.ac.il/www/art/bar/poussin\\_diana\\_and\\_endymion\\_1650.gif](http://www-lib.haifa.ac.il/www/art/bar/poussin_diana_and_endymion_1650.gif) (LINK — **PICTURE** NOTE that this link can only be reached from a .edu address, such as a college or university library)
- **With Apollo and/or Leto (see under APOLLO IV)**
- Pan Painter. Apollo and Artemis (c. 490 B.C.) at [http://www-lib.haifa.ac.il/www/art/gr/panPainter\\_apollo\\_artemis\\_490.gif](http://www-lib.haifa.ac.il/www/art/gr/panPainter_apollo_artemis_490.gif) (LINK — **PICTURE** NOTE that this link can only be reached from a .edu address, such as a college or university library)
- Silver tetradrachma. Quadriga driven by Artemis (c. 460-409 B.C.) at [http://www-lib.haifa.ac.il/www/art/gr/silver\\_quadriga\\_driven\\_artemis.gif](http://www-lib.haifa.ac.il/www/art/gr/silver_quadriga_driven_artemis.gif) (LINK — **PICTURE** NOTE that this link can only be reached from a .edu address, such as a college or university library)



- Villa Giulia Painter. Apollo and Artemis (460 B.C.) at [http://www-lib.haifa.ac.il/www/art/gr/villa\\_giulia\\_apollo\\_artemis\\_460.gif](http://www-lib.haifa.ac.il/www/art/gr/villa_giulia_apollo_artemis_460.gif) (LINK — **PICTURE** NOTE that this link can only be reached from a .edu address, such as a college or university library)
- Barclay Painter. Apollo and Artemis (c. 450-440) at [http://www-lib.haifa.ac.il/www/art/gr/barclay\\_apollo\\_artemis\\_450\\_440.gif](http://www-lib.haifa.ac.il/www/art/gr/barclay_apollo_artemis_450_440.gif) (LINK — **PICTURE** NOTE that this link can only be reached from a .edu address, such as a college or university library)
- **Artemis as huntress**
- Attic pelike. Artemis as deer hunter (c. 380 B.C.) at [http://www-lib.haifa.ac.il/www/art/gr/attic\\_pelike\\_artemis\\_deer\\_hunter.gif](http://www-lib.haifa.ac.il/www/art/gr/attic_pelike_artemis_deer_hunter.gif) (LINK — **PICTURE** NOTE that this link can only be reached from a .edu address, such as a college or university library)
- Penni, Luca. Diana as huntress (c. 1550) at [http://www-lib.haifa.ac.il/www/art/re/penni\\_diana\\_as\\_huntress\\_1550.gif](http://www-lib.haifa.ac.il/www/art/re/penni_diana_as_huntress_1550.gif) (LINK — **PICTURE** NOTE that this link can only be reached from a .edu address, such as a college or university library)
- Goujon, Jean. Diana of Anet (c. 1554) at [http://www-lib.haifa.ac.il/www/art/re/goujon\\_diana\\_of\\_anet\\_1554.gif](http://www-lib.haifa.ac.il/www/art/re/goujon_diana_of_anet_1554.gif) (LINK — **PICTURE** NOTE that this link can only be reached from a .edu address, such as a college or university library)
- Renoir, Auguste. Diana (1867) at [http://www-lib.haifa.ac.il/www/art/mo/Renoir\\_diana\\_1867.gif](http://www-lib.haifa.ac.il/www/art/mo/Renoir_diana_1867.gif) (LINK — **PICTURE** NOTE that this link can only be reached from a .edu address, such as a college or university library)
- **In the Bath**
- Coypel, Antoine. The bath of Diana (c. 1695) at [http://www-lib.haifa.ac.il/www/art/bar/coypel\\_bath\\_of\\_diana\\_1695.gif](http://www-lib.haifa.ac.il/www/art/bar/coypel_bath_of_diana_1695.gif) (LINK — **PICTURE** NOTE that this link can only be reached from a .edu address, such as a college or university library)
- Watteau, Jean Antoine. Diana at her bath (c. 1715-1716) at [http://www-lib.haifa.ac.il/www/art/bar/watteau\\_diana\\_at\\_her\\_bath\\_1715.gif](http://www-lib.haifa.ac.il/www/art/bar/watteau_diana_at_her_bath_1715.gif) (LINK — **PICTURE** NOTE that this link can only be reached from a .edu address, such as a college or university library)
- Boucher, Francois. Bath of Diana (1742) at [http://www-lib.haifa.ac.il/www/art/bar/boucher\\_bath\\_of\\_diana\\_1742.gif](http://www-lib.haifa.ac.il/www/art/bar/boucher_bath_of_diana_1742.gif) (LINK — **PICTURE** NOTE that this link can only be reached from a .edu address, such as a college or university library)
- **Death of Actaeon**
- Pan Painter. Death of Actaeon (c. 470 B.C.) at [http://www-lib.haifa.ac.il/www/art/gr/pan\\_death\\_of\\_aktaion\\_470.gif](http://www-lib.haifa.ac.il/www/art/gr/pan_death_of_aktaion_470.gif) (LINK — **PICTURE** NOTE that this link can only be reached from a .edu address, such as a college or university library)
- Selinus. Temple e metope. Death of Actaeon (c. 460 B.C.) at [http://www-lib.haifa.ac.il/www/art/gr/selinus\\_metope\\_death\\_of\\_aktaion.gif](http://www-lib.haifa.ac.il/www/art/gr/selinus_metope_death_of_aktaion.gif) (LINK — **PICTURE** NOTE that this link can only be reached from a .edu address, such as a college or university library)
- Choephoroi Painter. Death of Actaeon (c. 350-340 B.C.) at [http://www-lib.haifa.ac.il/www/art/gr/choephoroi\\_death\\_of\\_aktaion\\_340.gif](http://www-lib.haifa.ac.il/www/art/gr/choephoroi_death_of_aktaion_340.gif) (LINK — **PICTURE** NOTE that this link can only be reached from a .edu address, such as a college or university library)
- Titian. Actaeon and Diana (1559) at [http://www-lib.haifa.ac.il/www/art/re/titian\\_aktaion\\_and\\_diana\\_1559.gif](http://www-lib.haifa.ac.il/www/art/re/titian_aktaion_and_diana_1559.gif) (LINK — **PICTURE** NOTE that this link can only be reached from a .edu address, such as a college or university library)
- Galloche, Louis. Diana and Actaeon (c. 1725) at



[http://www-lib.haifa.ac.il/www/art/bar/galloche\\_diana\\_and\\_actaeon\\_1725.gif](http://www-lib.haifa.ac.il/www/art/bar/galloche_diana_and_actaeon_1725.gif) (LINK — **PICTURE** NOTE that this link can only be reached from a .edu address, such as a college or university library)

- **Nymph Kallisto**
- Black Fury Group. Kallisto changing into a bear (370 B.C.) at [http://www-lib.haifa.ac.il/www/art/gr/apulian\\_oinochoe\\_kallisto\\_bear.gif](http://www-lib.haifa.ac.il/www/art/gr/apulian_oinochoe_kallisto_bear.gif) (LINK — **PICTURE** NOTE that this link can only be reached from a .edu address, such as a college or university library)
- Apulian fragment. Kallisto with bear's ears and paw (370 B.C.) at [http://www-lib.haifa.ac.il/www/art/gr/apulian\\_fragment\\_kalisto\\_ears\\_paw.gif](http://www-lib.haifa.ac.il/www/art/gr/apulian_fragment_kalisto_ears_paw.gif) (LINK — **PICTURE** NOTE that this link can only be reached from a .edu address, such as a college or university library)
- Vermeer, Johannes. Diana and her nymphs (c. 1654) at [http://www-lib.haifa.ac.il/www/art/bar/vermeer\\_diana\\_and\\_her\\_nymphs.gif](http://www-lib.haifa.ac.il/www/art/bar/vermeer_diana_and_her_nymphs.gif) (LINK — **PICTURE** NOTE that this link can only be reached from a .edu address, such as a college or university library)

If you have an Artemis-related web page, please send the URL to Milo. Please indicate if there is a picture on your web page.

### **pictures:**



Marble statue of the Ephesian Artemis, Turkey. (125-175 A.D.) at <http://www.windows.umich.edu/mythology/images/artemis.jpg>



Melian amphora (detail) (625 B.C.) at [http://www-lib.haifa.ac.il/www/art/gr/MELIAN\\_AMPHORA\\_FOR\\_FULL\\_APOLLO.GIF](http://www-lib.haifa.ac.il/www/art/gr/MELIAN_AMPHORA_FOR_FULL_APOLLO.GIF)  
NOTE that this link can only be reached from a .edu address, such as a college or university library

Alone with attributes: bow and arrows



Pan Painter (detail of VII), Death of Aktaion (c. 470 B.C.) at [http://www-lib.haifa.ac.il/www/art/gr/pan\\_death\\_of\\_aktaion\\_470.gif](http://www-lib.haifa.ac.il/www/art/gr/pan_death_of_aktaion_470.gif) NOTE that this link can



only be reached from a .edu address, such as a college or university library



Athens, Parthenon. east frieze. Artemis (447-432 B.C.) at [http://www-lib.haifa.ac.il/www/art/gr/phidias\\_frieze\\_from\\_parthenon.gif](http://www-lib.haifa.ac.il/www/art/gr/phidias_frieze_from_parthenon.gif) NOTE that this link can only be reached from a .edu address, such as a college or university library



Hellenistic relief (Krannon). Artemis as patron of animals (c. 350 B.C.) at [http://www-lib.haifa.ac.il/www/art/gr/krannon\\_artemis\\_patron\\_animals.gif](http://www-lib.haifa.ac.il/www/art/gr/krannon_artemis_patron_animals.gif) NOTE that this link can only be reached from a .edu address, such as a college or university library



Pompeian wall painting. Artemis (1st cent. A.D.) at [http://www-lib.haifa.ac.il/www/art/gr/pompeian\\_wall\\_painting.gif](http://www-lib.haifa.ac.il/www/art/gr/pompeian_wall_painting.gif) NOTE that this link can only be reached from a .edu address, such as a college or university library

#### Artemis as Potnia Theron



Boeotian vase. Artemis (c. 680 B.C.) at [http://www-lib.haifa.ac.il/www/art/gr/boeotian\\_vase\\_artemis\\_680.gif](http://www-lib.haifa.ac.il/www/art/gr/boeotian_vase_artemis_680.gif) NOTE that this link can only be reached from a .edu address, such as a college or university library



Kleitias. (Francois vase). Artemis (c. 570-560) at [http://www-lib.haifa.ac.il/www/art/gr/kleitias\\_artemis\\_570\\_560.gif](http://www-lib.haifa.ac.il/www/art/gr/kleitias_artemis_570_560.gif) NOTE that this link can only be reached from a .edu address, such as a college or university library

#### Artemis as Selene



Poussin Nicolas. Diana and Endymion (c. 1650) at [http://www-lib.haifa.ac.il/www/art/bar/poussin\\_diana\\_and\\_endymion\\_1650.gif](http://www-lib.haifa.ac.il/www/art/bar/poussin_diana_and_endymion_1650.gif) NOTE that this link can only be reached from a .edu address, such as a college or university library

#### Artemis With Apollo and/or Leto



Pan Painter. Apollo and Artemis (c. 490 B.C.) at [http://www-lib.haifa.ac.il/www/art/gr/panPainter\\_apollo\\_artemis\\_490.gif](http://www-lib.haifa.ac.il/www/art/gr/panPainter_apollo_artemis_490.gif) NOTE that this



link can only be reached from a .edu address, such as a college or university library



Silver tetradrachma. Quadriga driven by Artemis (c. 460-409 B.C.) at [http://www-lib.haifa.ac.il/www/art/gr/silver\\_quadriga\\_driven\\_artemis.gif](http://www-lib.haifa.ac.il/www/art/gr/silver_quadriga_driven_artemis.gif) NOTE that this link can only be reached from a .edu address, such as a college or university library



Villa Giulia Painter. Apollo and Artemis (460 B.C.) at [http://www-lib.haifa.ac.il/www/art/gr/villa\\_giulia\\_apollo\\_artemis\\_460.gif](http://www-lib.haifa.ac.il/www/art/gr/villa_giulia_apollo_artemis_460.gif) NOTE that this link can only be reached from a .edu address, such as a college or university library



Barclay Painter. Apollo and Artemis (c. 450-440) at [http://www-lib.haifa.ac.il/www/art/gr/barclay\\_apollo\\_artemis\\_450\\_440.gif](http://www-lib.haifa.ac.il/www/art/gr/barclay_apollo_artemis_450_440.gif) NOTE that this link can only be reached from a .edu address, such as a college or university library

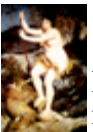
#### Artemis as huntress



Attic pelike. Artemis as deer hunter (c. 380 B.C.) at [http://www-lib.haifa.ac.il/www/art/gr/attic\\_pelike\\_artemis\\_deer\\_hunter.gif](http://www-lib.haifa.ac.il/www/art/gr/attic_pelike_artemis_deer_hunter.gif) NOTE that this link can only be reached from a .edu address, such as a college or university library



Goujon, Jean. Diana of Anet (c. 1554) at [http://www-lib.haifa.ac.il/www/art/re/goujon\\_diana\\_of\\_anet\\_1554.gif](http://www-lib.haifa.ac.il/www/art/re/goujon_diana_of_anet_1554.gif) NOTE that this link can only be reached from a .edu address, such as a college or university library



Renoir, Auguste. Diana (1867) at [http://www-lib.haifa.ac.il/www/art/mo/Renoir\\_diana\\_1867.gif](http://www-lib.haifa.ac.il/www/art/mo/Renoir_diana_1867.gif) NOTE that this link can only be reached from a .edu address, such as a college or university library

#### Artemis in the Bath



Coypel, Antoine. The bath of Diana (c. 1695) at [http://www-lib.haifa.ac.il/www/art/bar/coypel\\_bath\\_of\\_diana\\_1695.gif](http://www-lib.haifa.ac.il/www/art/bar/coypel_bath_of_diana_1695.gif) NOTE that this link can only be reached from a .edu address, such as a college or university library



Watteau, Jean Antoine. Diana at her bath (c. 1715-1716) at [http://www-lib.haifa.ac.il/www/art/bar/watteau\\_diana\\_at\\_her\\_bath\\_1715.gif](http://www-lib.haifa.ac.il/www/art/bar/watteau_diana_at_her_bath_1715.gif) NOTE that this link can only be reached from a .edu address, such as a college or university library



Boucher, Francois. Bath of Diana (1742) at [http://www-lib.haifa.ac.il/www/art/bar/boucher\\_bath\\_of\\_diana\\_1742.gif](http://www-lib.haifa.ac.il/www/art/bar/boucher_bath_of_diana_1742.gif) NOTE that this link can only be reached from a .edu address, such as a college or university library

## Books

If you want your book reviewed, please send a copy to: Milo, POB 1361, Tustin, CA 92781, USA.

Homer, "The Odyssey"

Graves, Robert: "The Greek Myths, Part 1"



**Aradia: Gospel of the Witches** Expanded Edition; by Charles Godfrey Leland, with additional commentary by Mario Pazzaglini and others; Phoenix Publishing, Inc.; January 1999; ISBN 0919345344; paperback; 480 pages



**Aradia: Gospel of the Witches**; by Charles Godfrey Leland; Phoenix Publishing, Inc.; 1899; ISBN 0919345107; paperback

**Aradia or the Gospel of the Witches**; by Charles Godfrey Leland; Technology Group; 1899; ISBN 0939856549; paperback; \$18.00

**Aradia: The Gospel of the Witches**; by Charles Godfrey Leland; Holmes Publishing Group; 1899; ISBN 1872189156; paperback

**Aradia: Gospel of the Witches [ABRIDGED]**; by Charles Godfrey Leland, Barbara Marciniak (Narrator); Ten Speed Pr Audio; April 1998; ISBN 1574530399; audio cassette



**Moon Magick: Myth & Magick, Crafts & Recipes, Rituals & Spells** (Llewellyn's Practical Magick); by D. J. Conway; Llewellyn Publications; August 1995; ISBN 1567181678; paperback; 320 pages

If you want your book reviewed, please send a copy to: Milo, POB 1361, Tustin, CA 92781, USA.

# Astraea

**Summary:** Astraea is the Greek Goddess of the innocence and purity.

## names:

**Greek name:** Astraea

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

## basic information:

**Astraea:** Greek Goddess of innocence and purity.

According to the Greeks, Astraea left Earth and became the constellation Virgo the Virgin.

## Astraea's relations:

Daughter of Themis.

## magickal information and correspondences:

**Sacred candle color:** white

## holy days

**December:** Astraea is associated with December.

# Athena

**Summary:** Athena is the Greek Goddess of wisdom and the crafts of civilization (including war).

## names:

**Greek name:** Athena

**Roman name:** Minerva

**Kemetic (ancient Egyptian) name:** Neith

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

## basic information:



**Athena:** Greek Goddess of spiritual quests. Athena is the Greek Goddess of wisdom. Athena is the Greek Goddess of the arts and crafts of civilization (including war).

Athena was derived in large part from the Kemetic (ancient Egyptian) Goddess Neith (notice that the two names share the same sounds in a different order).

### **Athena's relations:**

Athena was the Greek version of the Kemetic (ancient Egyptian) goddess Neith.

## **magickal information and correspondences:**

**Sacred candle color:** purple and white

### **herbs associated with Athena:**

- apple
- olive

## **holy days**

**June:** Athena is associated with June.

**July:** Athena is associated with July.

## **other:**

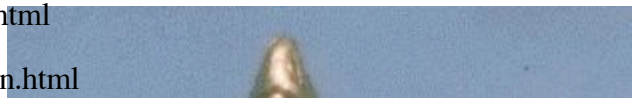
Athena was a virgin goddess (virgin meaning unmarried). Athena was one of three primary Kore (virgin) goddesses in the Greek religion (Hellenism), representing the three kinds of unmarried women in Greek society. Kore Persephone represented the young maiden awaiting marriage. Kore Athena represented the professional woman. Kore Artemis represented the “wild” woman (often lesbians).

**Athena** — Mentor of Spiritual Quests. This [reproduction of an] image by Pheidias, 30 feet tall, was enshrined in the Parthenon of her holy city, where she was worshipped as the giver of civilization and wisdom. Her patriarchal overlay as daughter of Zeus belies more ancient North African roots as an-Ath [Neith], Mistress of All the Gods. In this neolithic form she wore a goat skin aegis (apron) decorated with phallic serpents. Virgin Athena inherited these powers, incorporated in Gorgon Medusa (the Libyan Amazon serpent goddess) whose face embosses her shield. Athena's attributes are self-confidence, courage, strength, intelligence, judiciousness, and fairness. See Minerva. —picture and text © 1999 JBL Statues (now called Sacred Source)

## **Professor Prasad's links:**

Retired professor Dr. V. Siva Prasad of Andhra University, India, provided this fantastic group of Athena websites:

- <http://www.perseus.tufts.edu/Herakles/athena.html>  
(Perseus Encyclopedia)
- <http://www.moonspeaker.ca/Athena/athenamain.html>





- <http://zero-point.tripod.com/pantheon/Athena.html>  
(analysis)
- [http://www.desy.de/gna/interpedia/greek\\_myth/greek\\_myth.html](http://www.desy.de/gna/interpedia/greek_myth/greek_myth.html)
- <http://www.theoi.com/olympios/artemis.html>
- <http://www.loggia.com/myth/athena.html>
- <http://homepage.mac.com/cparada/GML/Athena.html>
- <http://www.greekmythology.com/Olympians/Athena/athena.html>
- <http://walmart.net/athena.htm>
- <http://www.mlahanas.de/Greeks/Mythology/Athena.html>
- <http://www.mythweb.com/gods/Athena.html>
- <http://www.britannica.com/eb/article-9010063/Athena>
- [http://www.goddessgift.com/goddess-myths/greek\\_goddess\\_athena.htm](http://www.goddessgift.com/goddess-myths/greek_goddess_athena.htm)
- <http://ancienthistory.about.com/cs/grecomromanmyth1/p/Athena.htm>
- <http://www.geocities.com/Athens/Parthenon/3449/athena.html>
- <http://www.hranajanto.com/GoddessGallery/athena.html>
- <http://www.ic.arizona.edu/ic/atheneum/athene.html>
- <http://www.athenasoft.org/sub/goddess.htm>
- [http://www.elysiumgates.com/mt\\_olympus/histathena.html](http://www.elysiumgates.com/mt_olympus/histathena.html)
- <http://www.ancient-empires.com/athena.html>
- <http://www.uwm.edu/Course/mythology/0500/athena.htm>
- <http://www.infoplease.com/cig/mythology/first-war-first-peace-athena.html>
- <http://www.freewebs.com/adara/allaboutathena.htm>
- <http://www.ascension-research.org/athena.html>
- <http://www.messagenet.com/myths/bios/athene.html>
- [http://web.uvic.ca/athena/bowman/myth/gods/athene\\_t.html](http://web.uvic.ca/athena/bowman/myth/gods/athene_t.html)
- <http://www.timetrips.co.uk/athena.htm>
- <http://userwww.sfsu.edu/~setareh/Athena.htm>
- <http://groups.msn.com/kosmosgenesis/athena.msnw>
- <http://www.goldenageproject.org.uk/237athena.html>
- <http://www.columbia.edu/~jac34/athena.html>
- <http://library.thinkquest.org/J0112190/athena.htm>
- <http://www.hiddenmysteries.org/themagazine/vol7/athena.shtml> (e-magazine)
- [http://www.rahoorkhuit.net/goddess/ancient\\_priestesses/goddess\\_of\\_the\\_sun.html](http://www.rahoorkhuit.net/goddess/ancient_priestesses/goddess_of_the_sun.html)
- <http://www.mythinglinks.org/euro~west~greece~Athena.html>
- <http://www.answers.com/topic/athena?method=22>
- <http://www.richeast.org/htwm/Greeks/athena/athena.html>
- [http://www.suite101.com/article.cfm/goddess\\_weekly/62833](http://www.suite101.com/article.cfm/goddess_weekly/62833)
- <http://www.athena-divinewisdom.com/index.htm>
- <http://encarta.msn.com/Athena.html>
- <http://www.loggia.com/myth/galleryathena.html>
- <http://www.greekmythology.com/Olympians/Athena/athena.html>
- <http://deoxy.org/gaia/goddess.htm>
- <http://www.hfac.uh.edu/MCL/Classics/Athena/Athena.html>
- <http://groups.yahoo.com/group/shrinetoathenapromachos/> (encyclopedia)
- <http://www.pantheon.org>
- [http://athena\\_mm.tripod.com/athena.htm](http://athena_mm.tripod.com/athena.htm)
- <http://www.123helpme.com/assets/9012.html> (free essays)
- <http://www.noteaccess.com/APPROACHES/AGW/Athena.htm>
- <http://www.bartleby.com/65/at/Athena.htm> (Columbia Encyclopedia and others)
- <http://www.greekspider.com/greekgods/athena.htm>
- <http://www.lycos.com/info/metis--athena.html> (Lycos retriever)
- <http://www.gurupedia.com/a/at/athena.htm>

Thank you, professor Dr. V. Siva Prasad of Andhra University, India!!!



If you have an Athena-related web page, please send the URL to Milo. Please indicate if there is a picture on your web page.

## Cronus

**pictures:**



“Cronus” Drawing by Rei Inamoto.

## Demeter

**Summary:** Demeter is the Greek Goddess of grain.

**names:**

**Greek name:** Demeter

**Roman name:** Ceres

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**basic information:**

**Demeter:** Greek goddess of grain.

**Demeter’s relations:**

Demeter’s daughter is Persephone.

Considered by the Greeks to be the same Goddess as the Roman Ceres.

## magickal information and correspondences:

**Sacred candle color:** green and orange

### herbs associated with Demeter:

- barley
- grain
- pomegranate
- wheat
- whole grains

### holy days:

**Wednesday:** Demeter is associated with Wednesday.

**Saturday:** Demeter is associated with Saturday.

**June:** Demeter is associated with June.

**July:** Demeter is associated with July.

**October:** Demeter is associated with October.

**November:** Demeter is associated with November.



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### other:

**Demeter** — Goddess of Grain. Perhaps the most human goddess, Demeter represents the powerful bond between mother and daughter. She was worshipped in Greece as early as 1500 BCE. Stolen by Hades, Persephone was mown down and torn from her mother exactly as the sheaf in grain goddess Demeter's hand is reaped from the bosom of Mother Earth. The highest mystical truths regarding time, suffering, and spiritual regeneration were embodied in Demeter's mystery religion, which was widely influential on the Roman Empire. Much of this symbolism was subsumed by Christianity. —picture and text © 1999 JBL Statues (now called Sacred Source)

## Dionysos

**Summary:** Dionysus is the Greek God of wine and barley.

### names:

**Greek name:** Dionysos

**Roman name:** Bacchus

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the



Roman alphabet used for English.)

### **basic information:**

**Dionysos:** Greek God of wine and barley.

### **Dionysus's relations:**

Considered by the Greeks to be the same God as the Roman Bacchus.

### **herbs associated with Dionysus:**

- barley
- pine
- pomegranate

### **holy days:**

**Lenaia of Dionysus:** Greek holy day. Celebrated on January 3rd.

### **other:**

**Dionysus** — He was the orgiastic deity of bacchanalia, the religious wine festivals held throughout the empire. Satyr plays portraying the regenerative powers of Dionysos/Bacchus gave rise to Greek drama. His phallic staff (thyrsus) crowned by a pine cone represents the human faculties of wisdom and inspiration. His mount Scorpio was the zodiacal sign ascendant during the time of harvest equinox and probably symbolizes Osiris, the original god of barley brewing and ecstatic intoxication. Standing Bacchus, from the Vatican Museum, carries grape clusters in his panther skin cloak. Note his ram companions and ribald expression. —picture and text © 1999 JBL Statues (now called Sacred Source)

## **Eros**

### **pictures:**



“Eros Punished by Venus” Fresco in Pompei

## Europa

**pictures:**





“The Abduction of Europa” by Francois Boucher (1703-1770). Painting (1734).

## Helios

**Summary:** Helios is the Greek God of the sun.

**names:**

**Greek name:** Helios

**Roman name:** Sol

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**basic information:**

**Helios:** Greek God of the sun.

### Helios' relations:

Considered by the Romans to be the same God as the Roman Sol.

### magickal information and correspondences:

**Sacred candle color:**gold

**Planet:** Sun



### holy days:

**Sunday:** Helios is associated with Sunday.

## Hermes

**Summary:** Hermes is the ancient Greek God of boundaries, roads, commerce, science, invention, eloquence, luck, cunning, medicine, and healing.

### names:

**Greek name:** Hermes, Hermes Trismegistus

**Roman name:** Mercury

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### basic information:

**Hermes:** Greek God of boundaries, roads, commerce, science, invention, eloquence, luck, cunning, medicine, and healing. Patron of thieves and gamblers. Messenger of Zeus. Shown wearing a winged cap and winged shoes and carrying a caduceus.

### Hermes' relations:

Considered by the Greeks to be the same God as the Roman Mercury.

Considered by the Greeks to be the same God as the Kemetic (ancient Egyptian) Djehuti [Thoth].

**Planet:** Mercury



### herbs associated with Hermes:

- anise

## **holy days:**

**Wednesay:** Hermes is associated with Wednesday.

## **Pan**

### **pictures:**



Statue of Pan. Hever Castle, Kent, England.

# Persephone

**Summary:** Persephone is the ancient Greek Goddess of springtime.

## names:

**Greek name:** Persephone

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

## basic information:

**Persephone:** Greek Goddess of spring.

## Persephone's relations:

Persephone's mother is Demeter.

**Sacred candle color:** black

## herbs associated with Persephone:

- pomegranate

## holy days:

**June:** Persephone is associated with June.

**July:** Persephone is associated with July.

**September:** Persephone Kore is associated with September.

## other:

Persephone was a virgin goddess (virgin meaning unmarried). Persephone was one of three primary Kore (virgin) goddesses in the Greek religion (Hellenism), representing the three kinds of unmarried women in Greek society. Kore Persephone represented the young maiden awaiting marriage. Kore Athena represented the professional woman. Kore Artemis represented the “wild” woman (often lesbians).





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**Persephone** — An archetype of healing. Like our own wounded inner child, Persephone, had been abducted into the dark Hades of her unconscious patterns and process. She was lovingly searched for and assisted by Demeter, her mentoring mother. Their annual reunion, depicted here, was celebrated by the Greeks as the Rite of Spring. Illumined by the torch of insight, Persephone has returned to the upper world; Demeter blesses her with a sheaf of grain symbolizing nurture and renewal. This image offers a powerful metaphor for the psychotherapeutic process. —picture and text © 1999 JBL Statues (now called Sacred Source)

## Rhea

**Summary:** Rhea is the Greek Mother Earth Goddess.

**names:**

**Greek name:** Rhea

**Roman name:** Cybele

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### **basic information:**

**Rhea:** Greek Mother Earth Goddess.

### **Rhea's relations:**

Considered by the Greeks to be the same Goddess as the Roman Cybele.

### **herbs associated with Rhea:**

- almond

### **myths and beliefs:**

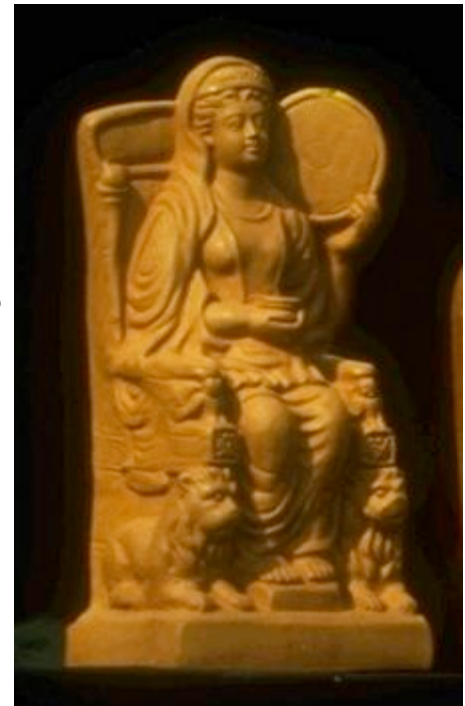
After Cronus had castrated Uranus, he and Rhea, his wife, took the throne; a time when there was peace and no violence. But Cronus heard that one of his sons would end up overruling him, so he decided to swallow all of his children. Rhea was worried; she didn't want her children swallowed, so, for the 6th child, she gave her husband a rock to swallow in place of the baby, Zeus. She sent Zeus to Crete, and, in a cave on Mount Dicte, the divine goat Amaltheia raised the baby. Zeus was able to defeat Cronus, and Rhea had all of her other five children out of Cronus: Demeter, Hades, Hera, Hestia, and Poseidon. — k0oLgUrL

Here is sumthin to add to yur Rhea site. Rhea's mother, Gaea gave Cronus a powerful Medicine that made him throw up all the kids he swallowed.

Also, Cronus was Rhea's brother. So Rhea's husband was her brother. yuck! — NOstaLgicpiGx

### **holy days:**

**Saturday:** Rhea is associated with Saturday.



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### **other:**

**Rhea** — Mother Earth. From Pre-classic Greece to early Christian times she represented Gaia, the deified earth, and inherited many attributes of the ancient Sumerian goddess Inanna. —picture and text © 1999 JBL Statues (now called Sacred Source)

# Selene

**Summary:** Selene is the ancient Greek Goddess of the moon.

## names:

**Greek name:** Selene

**Roman name:** Luna

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

## basic information:

**Selene:** Greek Goddess of the moon.

## Selene's relations:

Considered by the Romans to be the same Goddess as the Roman Luna.

## magickal information and correspondences:

**Sacred candle color:** silver and white

**Planet:** Moon 

## herbs associated with Selene:

- selenetrope

## holy days:

**Monday:** Selene is associated with Monday.

# Themis

**Summary:** Themis is the Greek Goddess of justice.

## names:

**Greek name:** Themis

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**basic information:**

**Themis:** Greek Goddess of justice.

**Themis's relations:**

Mother of Astraea.

**magickal information and correspondences:**

**Sacred candle color:** white

## Thetis

**Summary:** Thetis is an ancient Greek Nereid.

**names:**

**Greek name:** Thetis

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**basic information:**

**Thetis:** One of the Greek Nereids.

**Thetis's relations:**

One of 50 daughters of Nereus and Oceanus, the Nereids, who were nymphs who lived in the Mediterranean Sea.

Wife of Peleus.

Mother of Achilles.

**myths and beliefs:**

Was romantically involved with Zeus, but then Zeus was told that Thetis' son would become more powerful than his father, so Zeus married her off to Peleus, by whom she had Achilles.

Thetis' attempted to make Her son Achilles immortal by dipping him in the river Styx. Because She held her son by his heel, that part remained vulnerable to death. Thetis' told Achilles he had the choice between a long and uneventful life or a short and glorious life. He choose the short and glorious life. Achilles plays an important part in the Trojan War as related by Homer's *Iliad* and in the last days of the siege of Troy is killed by an arrow wound in his heel.

# Zeus

**Summary:** Zeus is the Greek God of the sky.

## names:

**Greek name:** Zeus

**Roman name:** Jupiter

**Indo-European name:** Dyeus

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

Zeus is derived from the Indo-European God Dyeus. The name Dyeus meant “shine” or “sky”.

## basic information:

**Zeus:** Greek God of the sky, thunder, lightning, storms.

Zeus was the highest ranking of the Greek Gods. Zeus and his brothers overthrew the Titans. Zeus ruled over the earth and humans from the top of Mount Olympus.

Zeus controlled the weather. Zeus used the thunderbolt as a weapon.

Zeus was originally a Minoan God before being adopted by the Greeks. Zeus was merged with dozens of native Greek chief deities. This merger of deities was the reason that there are myths of Zeus with dozens of different Goddesses, nymphs, women, and other females.

## Zeus' relations:

Father of Apollo and Artemis by Leto.

Considered by the Greeks to be the same God as the Roman Jupiter.

## magickal information and correspondences:

**Sacred candle color:** gold

## herbs associated with Zeus:

- almond
- apple
- artichoke
- milk

## myths and beliefs:





**Europa and the white bull:** Zeus saw Europa gathering flowers by the Mediterranean Sea and fell in love with her. Zeus appeared on the sea shore as a great white bull, gently walked over to Europa and knelt at her feet. Europa spread flowers on Zeus' neck and climbed on his back. As soon as Europa was on his back, Zeus (still in the form of a great white bull) rushed into Mediterranean Sea, abducting Europa, and carried her to the island of Crete. Once on the shore of Crete, Zeus returned to man-like form and had sex with Europa under a cypress tree. Europa became the first queen of Crete and had three sons by Zeus, one of which was Minos. In remembrance of his love of Europa, Zeus placed the shape of the great white bull in the sky as the constellation Taurus.



## **holy days:**

**Thursday:** Zeus is associated with Thursday.

## **pictures:**



“The Abduction of Europa” by Francois Boucher (1703-1770). Painting (1734). (LINK — **PICTURE**)

# **Homer**

## **pictures:**



“Aristotle Contemplating the Bust of Homer” by Rembrandt

## Hebrew deities

The deities of the Hebrews.

### deities

- Asherah
- Astarte

## Asherah

**Summary:** Asherah is Hebrew Goddess of the Moon and fertility.

### names:

**Hebrew name:** Asherah





**Canaanite name:** Asherali, Asherah

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### **basic information:**

**Asherah:** Hebrew Goddess

### **Asherah's relations:**

Same as the Canaanite Goddess of the same name, Asherah.

### **magickal information and correspondences:**

**Symbol:** crescent moon

**Sacred candle color:** green, white, and silver

**Planet:** Moon



### **holy days**

**Saturday:** Asherah is associated with Saturday.

### **other:**

**Asherah** — The original bread of life. Hebrew and Canaanite women molded loaves of this figure which were blessed and ritually eaten, the precursor of the communion wafer. Her idols were found under every green tree, were carved from living trees, or erected as poles or pillars beside roadside altars. Crude clay images of her as tree of life later evolved into the more refined Syrian Artemis. Ancient sexual rites (dismissed to this day by male scholars as cult prostitution) associated with worship of Asherah insured that matrilineal descent patterns, with their partnership rather than dominator values, would continue. Hebrew priestly iconoclasts finally uprooted Asherah, supplanting matrifocal culture with patriarchy. Our Judeo-Christian inheritance of this law of the Levites, passed on by the Roman Empire, is one source of present-day sex inequality. —picture and text © 1999 JBL Statues (now called Sacred Source)



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See also Asherali (Canaanite Asherah).

## Astarte

**Summary:** Astarte is Hebrew Goddess of the Moon.

**names:**

**Hebrew name:** Astarte

**Phoenician name:** Astarte

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**basic information:**

**Astarte:** Hebrew Goddess (also Phoenician) of love and fertility.

A lunar Goddess, often depicted with crescent horns.

**Astarte's relations:**

consort of Baal

Same as the Phoenician Goddess of the same name, Astarte.

Considered by the Romans to be the same Goddess as the Roman Diana.

**magickal information and correspondences:**

**Sacred candle color:** pink, green, red, and silver

**Planet:** Moon 

**holy days**

**Friday:** Astarte is associated with Friday.

**April:** Astarte is associated with April.

**other:**



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**Astarte** — The Lady of the Beasts. Along with Lilith she is one of the principle Elohim (this Hebrew plural word means goddesses and gods, though translated as God by biblical revisionists for the past 2,000 years) of the Semites of Phoenicia. Consort to Baal, she is here depicted with two foals in ecstatic dance, her typically upraised arms grasping serpents. She was the Great Goddess, all-powerful, creating-preserving-destroying, an embodiment of Mother Nature. Also known as Ashtoroth, in some poses she is identical with images of Kali, while in her role of virgin she is an ancient prototype of Mary.  
 —picture and text © 1999 JBL Statues (now called Sacred Source)

See also Astarte (Phoenician Astarte).

### external links:

If you follow any of the links offered in this book, **no spell begging**. Especially no love spell begging.

- Charge of the Goddess at <http://web.archive.org/web/20010628214619/http://www.pagan.drak.net/lilianna/goddesscharge.htm> from Charles Godfrey Leland's 1899 "Aradia: Gospel of the Witches" via DJ Conway's "Moon Magick" (LINK — **PICTURE**)

If you have an Astarte-related web page, please send the URL to Milo. Please indicate if there is a picture on your web page.

## Books



**Moon Magick:** Myth & Magick, Crafts & Recipes, Rituals & Spells (Llewellyn's Practical Magick); by D. J. Conway; Llewellyn Publications; August 1995; ISBN 1567181678; paperback; 320 pages

If you want your book reviewed, please send a copy to: Milo, POB 1361, Tustin, CA 92781, USA.

# Hindu deities

The deities of the Hindu.

## deities

- Aditi
- Agni
- Babaji
- Brahma
- Chaitanya
- Devi
- Dhanvantari
- Kali
- Shiva

## Aditi

**Summary:** Aditi is the Hindu Goddess of the sky.

### names:

**Hindu name:** Aditi

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### basic information:

**Aditi:** Hindu sky Goddess

## magickal information and correspondences:

**Sacred candle color:** blue

## holy days

**Sunday:** Aditi is associated with Sunday.

## Agni

**Summary:** Agni is the Hindu God of the sun, lightning, and fire.

### names:

**Hindu name:** Agni

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### basic information:

**Agni:** Hindu God. Takes three forms: the sun, lightning, or fire.

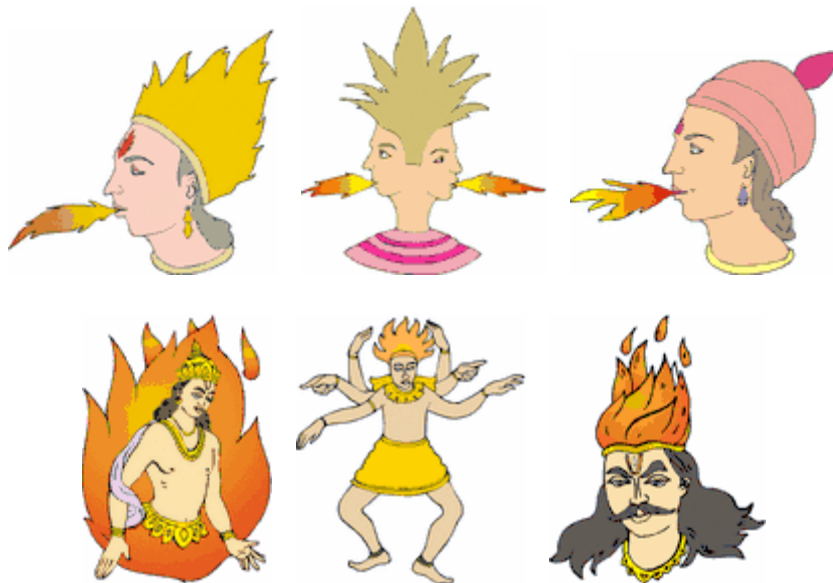
### magickal information and correspondences:

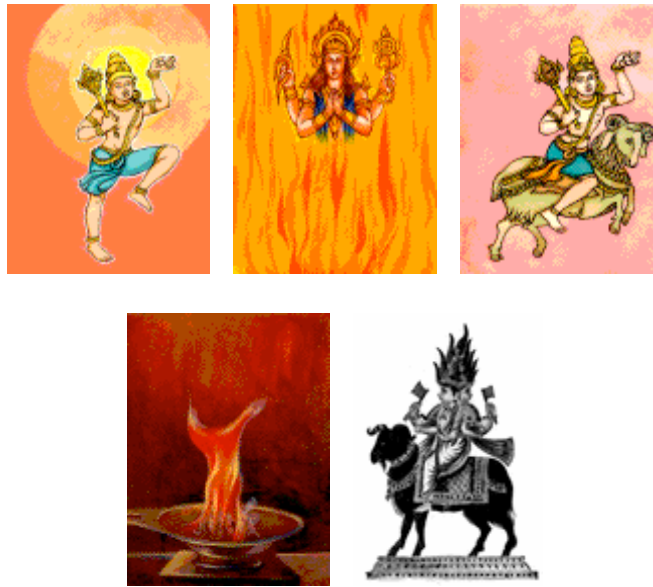
**Sacred candle color:** red

**Planet:** Sun



### other:





## Babaji

**Summary:** Babaji is a Hindu divine master, Supreme Master of Kriya Yoga.

### names:

**Bengali name:** Babaji

**Hindu name:** Babaji

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### basic information:

**Babaji:** Supreme Master of Kriya Yoga

### other:

**Babaji** — Supreme Master of Kriya Yoga. Teachings of the great Bengali mystics Paramahansa Yogananda and Satyeswarananda Giri define the Kriya yoga lineage, familiarly known in the West as the Self Realization Fellowship. The wisdom of Kriya was received by these mystics over many years from the Great Silent Guru (Mahamuni), Babaji, who has lived miraculously in the high Himalayas for thousands of years. The core of Kriya, destruction of the ego and



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Realization of the Higher Self, comes  
about by invoking Babaji in silent  
meditation and exercises.

Depicted as in this meditating image, Babaji imparted the wisdom of kriya to devotees throughout the 1800s. In recent times Leonard Orr and other students have met the saint in a newly materialized and youthful body, residing near the north Indian city of Haldwani. Calling himself Herakhan Babaji, he continues to reveal miracles and offer Self-knowledge, divine love and healing to all who meditate on his divine form. —picture and text © 1999 JBL Statues (now called Sacred Source)

### external links:

If you follow any of the links offered in this book, **no spell begging**. Especially no love spell begging.

- Babaji.net at <http://www.babaji.net/> “Dedicated to promoting the teachings of Babaji: Truth, Simplicity, Love, Service, and living on the higher path.”

If you have a Babaji-related web page, please send the URL to Milo. Please indicate if there is a picture on your web page.

## Brahma

**Summary:** Brahma is a Hindu Creator God, part of the Hindu Divine trinity.

### names:

**Hindu name:** Brahma

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### basic information:

**Brahma:** Hindu Creator God, Grandfather of the Worlds

### magickal information and correspondences:

**Sacred candle color:** varies by year, month, and week

### herbs associated with Brahma:

- fig



## other:

**Brahma** — The Creator Archetype. Called the Grandfather of the Worlds, Brahma is the First Person of the Hindu trinity and is depicted in standing posture with four faces, witnessing the totality of his created universes. It was Brahma's request of Durga-devi that led to creation of the earth, and he always carries a water bowl filled with life-giving Ganges water, symbol of creative fertility. He is the god of wisdom, the bearer of the Vedas, and the consort of Sarasvati. —picture and text © 1999 JBL Statues (now called Sacred Source)

# Chaitanya

**Summary:** Chaitanya is the Hindu Seeker of Spiritual Ecstasy.



## names:

**Hindu name:** Chaitanya

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

## basic information:

**Chaitanya:** Hindu Seeker of Spiritual Ecstasy

## other:

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**Chaitanya** — Seeker of Spiritual Ecstasy. The great saint Chaitanya is the patron inspiration of the modern Hare Krishna movements. Initiated into the worship of Lord Krishna, he surrendered himself to the practice of bhakti, whose principle tenets are kindness to living beings, love for God's name, and service to God's devotees. Chaitanya founded a Vaishnavaite order of monks. —picture and text © 1999 JBL Statues (now called Sacred Source)

# Devi

**Summary:** Devi is the Hindu Goddess of motherhood and fertility.

## names:

**Hindu name:** Devi

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

## basic information:



**Devi:** Hindu Goddess of motherhood and fertility

## magickal information and correspondences:

**Sacred candle color:** red

## holy days

**Wednesday:** Devi is associated with Wednesday.

## Dhanvantari

**Summary:** Dhanvantari is the Hindu Seeker of Spiritual Ecstasy.

### names:

**Hindu name:** Dhanvantari

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### basic information:

**Dhanvantari:** Seeker of Spiritual Ecstasy

### other:

**Dhanvantari** — Lord of Ayurvedic Healing. According to the Puranas this incarnation of Vishnu was a ruler of Benares who originated a universally effective system of traditional herbal medicine. He holds a golden leech (symbolic of blood purification) and a medicinal plant in his right hands, and the conch of wisdom and pot of rejuvenating nectar in his left. The tulsi-seed mala around his neck, plant-wreath halo, and his sometimes blue-tinted skin emphasize his connection to Vishnu the Preserver. —picture and text © 1999 JBL Statues (now called Sacred Source)



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## Kali

**Summary:** Kali is the Hindu Goddess of destruction.

### names:

**Hindu name:** Kali

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the

Roman alphabet used for English.)

### **basic information:**

**Kali:** Hindu Goddess of destruction.

### **magickal information and correspondences:**

**Sacred candle color:** red

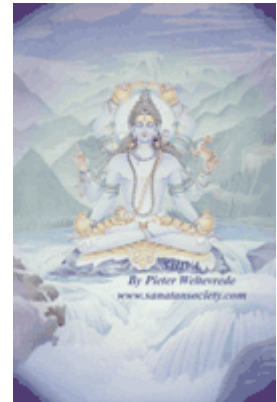
## **Shiva**

**Summary:** Shiva is the destroyer of the world. Shiva is a Hindu god (many people mistakenly think that Shiva is an ancient Egyptian Goddess). Shiva is one of three main Hindu deities, Brahma (the creator), Vishnu (the preserver), and Shiva (the destroyer).

### **names:**

**Hindu name:** Shiva

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)



### **basic information:**

Shiva represents destruction and death, but also represents the end of bad habits and other negative behavior.

Shiva is the god of self-control and yoga.

Shiva's Dance of Bliss represents both the destruction and creation of the universe and the cycle of birth, death, and rebirth. Shiva's Dance of Bliss protects the welfare of the world. Shiva is also known as the King of Dance.

### **Shiva's relations:**

Shiva's first wife was Sati and his second wife was Parvati (also known as Uma, Gauri, Durga, Kali, and Shakti). Shiva's sons were Ganesha and Kartikeya. Shiva lives on Mount Kailasa in the Himalayas.



## magickal information and correspondences:

### herbs associated with Shiva:

- cannabis

## Inuit deities

The deities of the Inuit.

### deities

- Aakuluujjusi

## Aakuluujjusi

**Summary:** Aakuluujjusi is the Inuit Mother Goddess.

### names:

**Inuit name:** Aakuluujjusi

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### basic information:

**Aakuluujjusi:** mother Goddess

### myths and beliefs:

Aakuluujjusi created the animals that humans eat. She created the caribou by taking them off her trousers and placing them on the earth (a caribou looks something like a pair of woman's trousers walking), then waved her hand to give the caribou tusks. Next Aakuluujjusi placed her jacket on the

ground, creating the walrus (a walrus looks like a lumpy woman's jacket), then placed antlers on its head. The Inuit people were upset because the two new animals attacked them. So Aakuluujjusi swapped the tusks to the walrus and the antlers to the caribou. The Inuit people still complained that the caribou was too fast, so Aakuluujjusi turned the caribou's belly-hair around so that the hairs caught in the wind, slowing the caribou down.

## Japanese deities

The deities of the Japanese.

### deities

- Amaterasu

### herbs:

Plum juice and plum wine are appropriate for offerings to any Japanese God or Goddess.

## Amaterasu-O-Mi-Kami

**Summary:** Amaterasu-O-Mi-Kami is the Japanese Goddess of the Sun.

### names:

**Japanese names:** Amaterasu-O-Mi-Kami, Amaterasu, Amaterasu

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### basic information:

**Amaterasu-O-Mi-Kami:** Japanese Sun Goddess

### Amaterasu's relations:

According to Shinto tradition, the Japanese emperor is a divine descendant of Amaterasu.

## magickal information and correspondences:

**Sacred candle color:** yellow and gold

**Planet:** Sun



### herbs associated with Amaterasu:

- plum

## holy days

**Sunday:** Amaterasu is associated with Sunday.

## other:

**Kami** is the Japanese word for ancestral spirits (loosely translated into English).



## Mayan deities

- Chacmool

## Chacmool

### names:

**Mayan name:** Chacmool (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### basic information:

**Chacmool:** Mayan fertility God



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Chacmool — This oldest Mayan fertility god was a four-fold deity dwelling at the cardinal points who became one to dispense crop-quenching rain from his sprinkler gourd. To ward off hail and corn-rotting damp spells, the agriculture-based Maya used imitative magic. A gourd-carrying priest (Chac) danced, made thunder noises and waved his lightning knife. Boys dressed as frog attendants (called uos) croaked to coax the rains, while the officiating shaman distributed balche (mead) to ceremony participants, who later all partook of the god's ritual feast. Offerings were placed in the bowl held by the rain god's image.

— JBL Statues

### pictures:



Picture is © 1999 JBL Statues.

## Minoan deities

The deities of ancient Minoa on the island of Crete.

The word “Minoan” was coined by modern archaeologists in honor of the many depictions of the minotaur that were found in the Minoan ruins on the island of Crete.

### deities

- Ariadne

**Aphrodite** Aphrodite was originally a Minoan Goddess before being adopted by the Greeks.

**Poseidon** Poseidon was originally a Minoan God before being adopted by the Greeks. Tridents appear throughout the artwork of Minoa.

**Zeus** Zeus was originally a Minoan God before being adopted by the Greeks. Zeus was merged with dozens of native Greek chief deities. This merger of deities was the reason that there are myths of Zeus with dozens of different Goddesses, nymphs, women, and other females.

## Ariadne

**Summary:** Ariadne is the Minoan High Fruitful Mother Goddess..

### names:

**name:** Ariadne

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)



## magickal information and correspondences:

**Planet:** Moon



### other:

**Ariadne** — Ruled by priestess-queens for two millennia, it was in Crete, for the last time in recorded history [that] a spirit of harmony between men and women as joyful, equal participants in life [pervades], says Eisler. Minoan culture was a Goddess-worshipping inheritance from Egypt, later passed on to Mycenaean Greece and Philistine Canaan. Ariadne, the High Fruitful Mother, is a lunar fertility Goddess whose athletic prowess evolved into huntress Diana and many-breasted Ephesian Artemis. Serpents, symbolic of rebirth, were ritually handled by her oracle-giving priestesses, whose bare-breasted costume suggest the sacred role of sexuality in the culture. Trances and ecstatic dance celebrated the annual rebirth of Ariadne's son-lover Dionysos (Deo Knossos). The sudden end of Crete's peaceful matrilineal Golden age through flood and earthquake gave rise to the Atlantis legend. Shown [right] is the 8 inch handpainted version. [Below] Here's what the statue looks like in plain finish. —picture and text © 1999 JBL Statues (now called Sacred Source)



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## Norse deities

The deities of the Norse.

### deities

- Frey
- Freya
- Odin
- Thor
- Tyr

# Frey

## names:

**Norse name:** Frey (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

## basic information:

**Frey:** Norse God

## Frey's relations:

husband and brother of Freya



Picture is © 1999 JBL Statues.

## magickal information and correspondences:

**candle colors:** green

## pictures:





Picture is © 1999 JBL Statues.

# Freya

**Summary:** Freya is the Norse Mother Goddess.

## names:

**Norse names:** Freya

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

## basic information:

**Freya:** Norse Goddess

## Freya's relations:

wife and sister of Frey

## magickal information and correspondences:

**candle colors:** green, red, and black



Picture is © 1999 JBL Statues.

## holy days

**Friday:** Friday is named for Freya.

## herbs associated with Freya:

- birch
- daisy

## other:

The Scandinavians believed that priestesses of Freya could foretell the future through various oracles and divination.

## pictures and links:

If you follow any of the links offered in this book, **no spell begging**. Especially no love spell or curse begging.

- Charge of the Goddess at <http://web.archive.org/web/20010628214619/http://www.pagan.drak.net/lilianna/goddesscharge.htm> from Charles Godfrey Leland's 1899 "Aradia: Gospel of the Witches" via DJ Conway's "Moon Magick" (LINK — **PICTURE**)

If you have a Freya-related web page, please send the URL to Milo. Please indicate if there is a picture on your web page.

# Odin

## names:

**Norse name:** Odin (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**Anglo-Saxon name:** Woden (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

## basic information:

**Odin:** Norse Father Sky God.

The English word "Wednesday" is derived from this God's name.

## Odin's relations:

Associated with the Anglo-Saxon God Woden.

## magickal information and correspondences:

**candle colors:** red and purple

### **holy days**

**Wednesday:** Odin is associated with Wednesday.

## **Thor**

### **names:**

**Norse name:** Thor (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**Scandinavian name:** Thor (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**Old English name:** Thunor [thunder] (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### **basic information:**

**Thor:** Norse God of thunder and war. Bringer of rain to crops.

The English word “Thursday” is derived from this God’s name.

### **Thor’s relations:**

Associated with the Scandinavian God Thor.

## **magickal information and correspondences:**

**candle colors:** red

### **other information:**

### **Thor’s myths**

Thor destroyed the giants, the foes of the deities, with a magic hammer made by the dwarves.

### **holy days**

**Thursday:** Thor is associated with Thursday.

**Divination:** Thor is related to ceraunoscopy (divination of thunder and lightning) and brontoscopy (divination of thunder).

## **Tyr**

**names:**

**Norse name:** Tyr (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**basic information:**

**Tyr:** Norse God of war

**Tyr's relations:**

Associated with the Norse God Tiu Tiu.

**magickal information and correspondences:**

**candle colors:** purple

**holy days**

**Tuesday:** Tyr is associated with Tuesday.

## Persian deities

The deities of the Persians.

The Persian Empire (located in what is now Iran) has been ruled by ethnic Persians (including the Sassanids, Buwayhids, Samanids, and others) and non-Persians (including the Seleucids, Seljuk Turks, Mongols, Safavids, and others).

The Persians founded three great world religions: Zorostranism, Mithraism, and Manichaeism. Persians now live mainly in Iran, Afghanistan, Tajikistan, and Uzbekistan. In Central Asia the Persians are called Tajiks.

**deities**

- Anaitis

## Anaitis Anahit

**Summary:** Anaitis is the Persian Goddess of fertility.

**names:**

**Persian names:** Anahit, Anaitis

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**basic information:**

**Anahit** — The Lady of Beasts and Goddess of Sacred Dance. Anahita was also known as Persian Artemis, reflecting her similarity to both Ishtar, Astarte, and Venus. This mother-goddess was ruler of waters, the stars and Fate. She was a motif on the most ancient Greek monuments, and her wings associate her with Nike-Athena's powers of flight and sureness. Her sacred beasts were the bull and lion, the latter connecting her to both Sumerian Lilith and Diana of Ephesus. In the Mithraic mystery religion, Anahita is the female creative principle. —picture and text © 1999 JBL Statues (now called Sacred Source)

**magickal information and correspondences:**

**Sacred candle color:** green

**other:**



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## Anahita

**names:**



**Persian name:** Anahita, Anahit, Ardvi Sura Anahita, “Immaculate One” (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**Greek name:** Anaitis (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### **basic information:**

**Anahita:** Persian Water Goddess; Fertility Goddess

### **Anahita’s relations:**

## **magickal information and correspondences:**

**candle colors:** green

### **other information:**



Picture is © 1999 JBL Statues.

Ardvi Sura Anahita (also Anahita, Anahit, or “Immaculate One”), which means “the humid, strong, immaculate one”, was one of the ruling deities of the Persian Empire. She embodied the physical and metaphorical qualities of water, especially the fertilizing flow of water from the fountain in the stars. She also ruled semen and human fertility. She was viewed as the “Golden Mother” and as a warrior maiden.

Anahita originated in Babylon and spread to Kemet (ancient Egypt), where She was depicted as an armed and mounted Goddess. The Greeks associated Anahita with either Athena or Aphrodite. In the Middle East, She was associated with Anat. Worship of Anahita spread to Armenia, Persia, and various parts of western Asia. Zoroaster was specifically commanded by his male god to honor Her.

Anahita was often shown wearing a golden kerchief, square gold earrings, and a jeweled diadem, and wrapped in a gold-embroidered cloak adorned with thirty otter skins. Anahita was sometimes depicted as driving a chariot drawn by four white horses, representing wind, rain, clouds, and hail. Anahita was honored with offerings of green branches and white heifers. Ritual prostitution occurred in Her temples in order to “purify the seed of males and the womb and milk of females,” according to Strabo. Armenians called out to Anahita “Great Lady Anahita, glory and life-giver of our nation, mother of sobriety, and benefactor of humanity.”

### **pictures:**





Anahita — Persian fertility Goddess

Picture is © 1999 JBL Statues.

## Phoenician deities

The deities of the Phoenicians.



## deities

- Astarte
- Baal

# Astarte

**Summary:** Astarte is the Phoenician Goddess of love and fertility.

## names:

**Phoenician names:** Astarte

**Hebrew name:** Astarte (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)



## basic information:

**Astarte:** Phoenician Goddess (also Hebrew) of love and fertility.

A lunar Goddess, often depicted with crescent horns.

## Astarte's relations:

Wife and consort of Baal.

same as the Hebrew Goddess Astarte

Considered by the Romans to be the same Goddess as the Roman Diana.

## magickal information and correspondences:

**Symbol:** the dove; Astarte is often depicted with crescent horns



**Sacred candle color:** pink, green, red, and silver

Planet: Moon



### herbs associated with Astarte:

- alder
- cypress
- juniper
- myrtle
- pine

### other:



Picture courtesy of JBL Statues  
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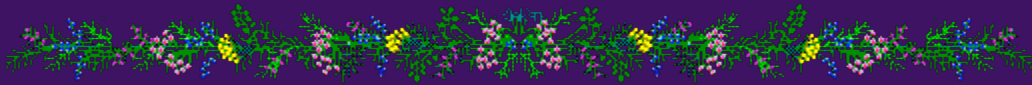
**Astarte** — The Lady of the Beasts. Along with Lilith she is one of the principle Elohim (this Hebrew plural word means goddesses and gods, though translated as God by biblical revisionists for the past 2,000 years) of the Semites of Phoenicia. Consort to Baal, she is here depicted with two foals in ecstatic dance, her typically upraised arms grasping serpents. She was the Great Goddess, all-powerful, creating-preserving-destroying, an embodiment of Mother Nature. Also known as Ashtoroth, in some poses she is identical

with images of Kali, while in her role of virgin she is an ancient prototype of Mary.  
—picture and text © 1999 JBL Statues (now called Sacred Source)

Astarte is associated with the Moon.



## Charge of the Goddess:



### Aurora Lights Circle

In 1899 Charles Godfrey Leland first published *Aradia: Gospel of the Witches*, a small book on surviving Italian witchcraft. In it he gives the Charge of the Goddess, which has become a standard part of Wiccan ritual today. This Charge is still used as originally given, but more often is carefully refined for modern usage. The Charge of the Goddess gives ancient instructions of when to meet and what to expect from Moon energies and powers. No one knows for certain how old the Charge really is; Leland thought it to be an authentic part of ritual secretly carried down from ancient times by Pagan worshippers in the Mediterranean region.

### Charge of the Goddess

Listen to the words of the Great Goddess, who in ancient times was named Diana, Artemis, Ishtar, Astarte, Aphrodite, Venus, Cerridwen, the Morrighu, Freyja, the White Lady, and many other names.

Whenever you have need of My aid, assemble in a secret place at least once a month, especially at the Full of the Moon. Know that My laws and love shall make you free, for no one can prevent your worship of Me in your mind and heart and spirit. Listen well when you come into My presence, and I shall teach you of deep mysteries, powerful and ancient. I require no sacrifices or pain of your bodies, for I am Mother of all things, the Creatrix who made you out of My love, and the One who endures through all time.

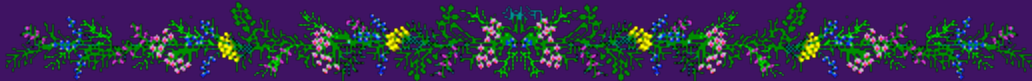
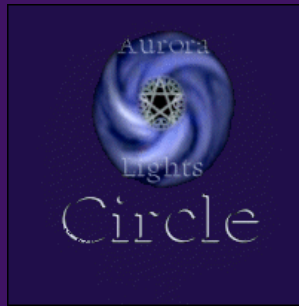
I am the One who is the beauty of the Earth, the green of growing things. I am the white Moon, whose light is full and bright among the stars, soft upon the Earth. From Me all things are born, to Me all things, in their season, return. Let My joyous worship be in your hearts, for all acts of love and pleasures are My rituals. You see Me in the love of man and woman, the love of parent and child, the love of humans to all My creations. When you create with your hands, I am there. I blow the breath of life into the

seeds you plant, whether of plant or child. Always I stand beside you, whispering soft words of wisdom and guidance.

All seekers of the Mysteries must come to Me, for I am the True Source, the Keeper of the Cauldron. All who seek to know Me, know this. All your seeking and yearning will avail you nothing unless you know the Mystery: for if what you seek you find not within, you will never find without. For behold, I have been with you from the beginning, and I will gather you to My breast at the end of your earthly existence.

Adopted from D.J. Conway's *Moon Magick*

—courtesy of Aurora Lights Circle  
a coven from Alaska that is no longer on the web



See also: Assyrian Astarte

## Books

If you want your book reviewed, please send a copy to: Milo, POB 1361, Tustin, CA 92781, USA.



**Moon Magick:** Myth & Magick, Crafts & Recipes, Rituals & Spells (Llewellyn's Practical Magick); by D. J. Conway; Llewellyn Publications; August 1995; ISBN 1567181678; paperback; 320 pages

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## Baal

**Summary:** Baal is the Phoenician God of hilltops, mountains, and high places.

**names:**

**Phoenician names:** Baal



(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### **basic information:**

**Baal:** Phoenician Lord of High Places

### **Baal's relations:**

Husband and consort of Astarte.

## **magickal information and correspondences:**

**candle colors:** green

### **other:**

**Baal** — Lord of the High Places. So omnipresent was worship of this wild god of the hilltop that his name was carried across prehistoric Europe. The Irish feast Beltain and the Norse god Balder are but two inheritors of this bull-horned deity's potency. Here he is depicted on the Ras Shamra (Syria) stella, wielding thunder-club & lightening bolt spear. Represented as an upright stone or lingam, Baal was consort to Astarte since at least 1700 BCE. —picture and text © 1999 JBL Statues (now called Sacred Source)

## **Roman deities**

The deities of the Romans.

### **deities**

- Abundantia
- Bacchus
- Bellona
- Ceres
- Cybele
- Diana
- Jupiter
- Luna
- Mars
- Mercury
- Penates
- Sol
- Venus

According to Roman mythology, the city of Rome was founded by two brothers, Romulus and Remus. Romulus and Remus were the twin sons of the Roman God Mars and the priestess Rhea Silvia. The twins were raised by a she-wolf and settled on the banks of the River Tiber. The twins fought over who had the divine right to rule their new city, with Romulus killing his brother Remus. Romulus was the first king of Rome (which was named after him), as well as the creator of the Roman legion and the

Roman senate.

# Abundantia

## names:

**Latin name:** Abundantia

## basic information:

**Abundantia:** Roman Goddess; personification of abundance and plenty.

## magickal information and correspondences:

**candle colors:** green

# Bacchus

**Summary:** Bacchus is the Roman God of wine.

## names:

**Roman/Latin name:** Bacchus

**Greek name:** Dionysus (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

## basic information:

**Bacchus:** Roman God of wine and barley

**Bacchus** — Roman name for the Greek god Dionysos, he was the orgiastic deity of bacchanalia, the religious wine festivals held throughout the empire. Satyr plays portraying the regenerative powers of Bacchus/Dionysos gave rise to Greek drama. His phallic staff (thyrsus) crowned by a pine cone represents the human faculties of wisdom and inspiration. His mount Scorpio was the zodiacal sign ascendant during the time of harvest equinox and probably symbolizes Osiris, the original



god of barley brewing and ecstatic intoxication.  
 Standing Bacchus, from the Vatican Museum, carries grape clusters in his panther skin cloak. Note his ram companions and ribald expression. —picture and text © 1999 JBL Statues (now called Sacred Source)

### **Bacchus' relations:**

Considered by the Romans to be the same God as the Greek Dionysus.

### **magickal information and correspondences:**

**candle colors:** purple

### **herbs associated with Bacchus:**

- grape (and wine)

### **holy days**

**Lenaia of Dionysus:** Greek holy day. Celebrated on January 3rd.

## **Bellona**

### **names:**

**Roman name:** Bellona (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### **basic information:**

**Bellona:** Roman Goddess of war

### **Bellona's relations:**

Wife and sister of Mars.

### **magickal information and correspondences:**

**candle colors:** red

### **holy days**

**Tuesday:** Bellona is associated with Tuesday.

## **Ceres**



**names:**

**Roman name:** Ceres (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**Greek name:** Demeter (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**basic information:**

**Ceres:** Roman Goddess of grain

**Ceres' relations:**

Considered by the Greeks to be the same Goddess as the Greek Demeter.

**magickal information and correspondences:**

**candle colors:** green, orange, brown, and yellow



Ceres — Goddess of Grain. Perhaps the most human goddess, Demeter represents the powerful bond between mother and daughter. She was worshipped in Greece as early as 1500 BCE. Stolen by Hades, Persephone was mown down and torn from her mother exactly as the sheaf in grain goddess Demeter's hand is reaped from the bosom of Mother Earth. The highest mystical truths regarding time, suffering, and spiritual regeneration were embodied in Demeter's mystery religion, which was widely influential on the Roman Empire. Much of this symbolism was subsumed by Christianity. — JBL Statues

Picture is © 1999 JBL Statues.

**holy days**

**Wednesday:** Ceres is associated with Wednesday.

**August:** Ceres is associated with August.

**pictures:**





Picture is © 1999 JBL Statues.

## Diana

### Goddess of Witchcraft

### Queen of Witches

**Summary:** Diana is the Roman Goddess of the Moon. Diana was worshipped by the Italic people before the Roman Empire and Greek influences. Diana continued to be worshipped by Italian witches throughout the Medieval and modern periods.

#### names:

**Roman/Latin name:** Diana, Diane

**Italian name:** Diana, Diane (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**Ephesian name:** Dia Anna (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**Greek name:** Artemis

**Etruscan name:** Artumes (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**Kemetic (ancient Egyptian) name:** Bast

**Phoenician name:** Astarte (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

The name Diana comes from the Indo-European root for “heavenly” or “divine” and is related to dyeus, the source for the name Zeus.

### **basic information:**

**Diana:** Roman Goddess of the Moon, hunting, forests, and childbirth.

Diana was worshipped by the Italic people before the Roman Empire and Greek influences. Diana continued to be worshipped by Italian witches throughout the Medieval and modern periods.

Roman Goddess of Light, Moon Goddess, Queen of Heaven, Lunar Virgin (note that to the Romans, “virgin” meant a woman who had never been married or pregnant, not a woman who had never had sex), Goddess of Wildwood, Divine Huntress, Protector of Animals, Lady of Beasts

Greek Goddess of the Amazons

### **Diana’s relations:**

Considered by the Greeks and Romans to be the same Goddess as the Greek Artemis.

Considered by the Greeks to be the same Goddess as the Kemetic (ancient Egyptian) Bast.

Considered by the Romans to be the same Goddess as the Kemetic (ancient Egyptian) Isis.

Considered by the Romans to be the same Goddess as the Phoenician Astarte.

Considered by the Romans to be the same Goddess as the Babylonian Ishtar.

Considered by the Romans to be the same Goddess as the Babylonian Inanna.

Derived in part and influenced by early worship of Ariadne, High Fruitful Mother Goddess of Crete.

## **magickal information and correspondences:**

**Sacred candle color:** silver and white

**Planet:** Moon



### **holy days**

**Monday:** Diana is associated with Monday.

**Friday:** Diana is associated with Friday.

**Festival of Diana:** Roman holy day. The Festival of Diana in Rome honored Diana. Celebrated on February 12.

**November:** Diana is associated with November.

**Sagittarius Festival:** Greek holy day. Sagittarius Festival, dedicated to Artemis/Diana, whom the Greeks considered to be the same Goddess as Bast. Celebrated on November 22.

## other:

There are many different Goddesses Witchcraft from every culture around the world.

**Diana** is the Roman version of the magick Goddess. Diana is the Queen of Witches.

The Greeks called this same Goddess **Artemis**. The Temple of Diana at Ephesus was one of the seven wonders of the ancient world.

The Egyptians called this Goddess **Bast**.

The Germans called this Goddess **Easter**.

## the Wild One

Throughout the Medieval Period in Europe Diana was viewed as the Goddess of the wilderness, the hunt, and wild flora and fauna.

Diana ruled all of the dark forests of Europe throughout the Middle Ages.

From *Aradia*, in The Charge of the Goddess:

“Once in the month, and when the moon is full, ye shall assemble in some desert place, or in a forest all together join to adore the potent spirit of your queen, my mother, great Diana”

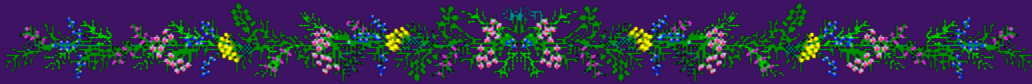
The Goddess Diana was channeled by Witches through the use of cannabis smoke. Under the influence of cannabis intoxication, Witches can hear the words of Diana.

Diana is the Wild Goddess who transforms a raging bestial human into a laughing and giggling human.

## Queen of Witches

One of the primary goals of the Christian Inquisitions was to stamp out worship of Diana. Some scholars think this was the original reason for the Inquisition. The Christian clergy proclaimed that Diana was the Queen of the Witches. Torquemada, an infamous witchhunter and grand Inquisitor, claimed that Diana was Satan.

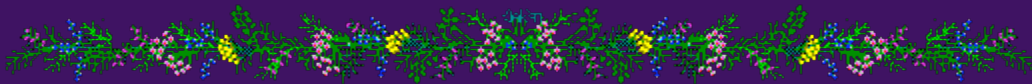
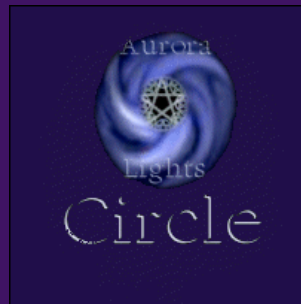
Diana at Ephesus — Goddess of the Amazons. Ancient worship focused on the nature goddesses Isis - Ishtar - Inanna and called Her Queen of Heaven. By Roman times she is called Diana; yet at Ephesus in Anatolia Her worship was most profound under the names Mother of Animals, Many-Breasted Artemis. Columnar, wearing a unique ritual garment adorned with animals, her crown and staring gaze incorporate Astarte, while Her moon disc and horned beasts evoke Diana. Her temple built by Amazons (undoubtedly matrilineal priestesses), was one of the wonders of the ancient world, a goal of devout pilgrimage. In AD 380 her shrine was rededicated to Mary, whose old age and death Church legend placed at Ephesus. Note the similarity of posture, palms bestowing blessing, with countless images of Mary. — JBL Statues



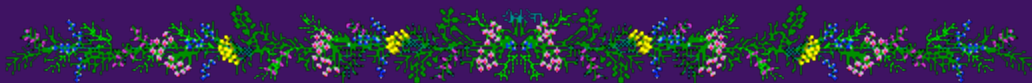
## Aurora Lights Circle

Diana is a very motherly woodland goddess. Although we live in ice and snow almost all year, we want to bring the woods to us. There is a multitude of wildlife here-caribou, arctic hare, arctic wolves, polar bears, seal, whales, ravens, snow buntings, just to name a few. The caribou wonder right into town (like a Northern Exposure type of thing). At times, the caribou eat and sleep right below our front porch. One of Diana's animals is a stag, so we feel very connected to Her.

—courtesy of Aurora Lights Circle  
a coven from Alaska that is no longer on the web



## Charge of the Goddess:



## Aurora Lights Circle

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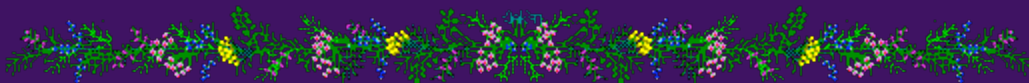
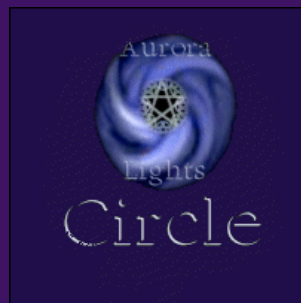
Whenever you have need of My aid, assemble in a secret place at least once a month, especially at the Full of the Moon. Know that My laws and love shall make you free, for no one can prevent your worship of Me in your mind and heart and spirit. Listen well when you come into My presence, and I shall teach you of deep mysteries, powerful and ancient. I require no sacrifices or pain of your bodies, for I am Mother of all things, the Creatrix who made you out of My love, and the One who endures through all time.

I am the One who is the beauty of the Earth, the green of growing things. I am the white Moon, whose light is full and bright among the stars, soft upon the Earth. From Me all things are born, to Me all things, in their season, return. Let My joyous worship be in your hearts, for all acts of love and pleasures are My rituals. You see Me in the love of man and woman, the love of parent and child, the love of humans to all My creations. When you create with your hands, I am there. I blow the breath of life into the seeds you plant, whether of plant or child. Always I stand beside you, whispering soft words of wisdom and guidance.

All seekers of the Mysteries must come to Me, for I am the True Source, the Keeper of the Cauldron. All who seek to know Me, know this. All your seeking and yearning will avail you nothing unless you know the Mystery: for if what you seek you find not within, you will never find without. For behold, I have been with you from the beginning, and I will gather you to My breast at the end of your earthly existence.

Adopted from D.J. Conway's *Moon Magick*

—courtesy of Aurora Lights Circle  
a coven from Alaska that is no longer on the web



See also Artemis and the Moon.

## Books

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**Moon Magick:** Myth & Magick, Crafts & Recipes, Rituals & Spells (Llewellyn's Practical

Magick); by D. J. Conway; Llewellyn Publications; August 1995; ISBN 1567181678; paperback; 320 pages

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### **pictures:**

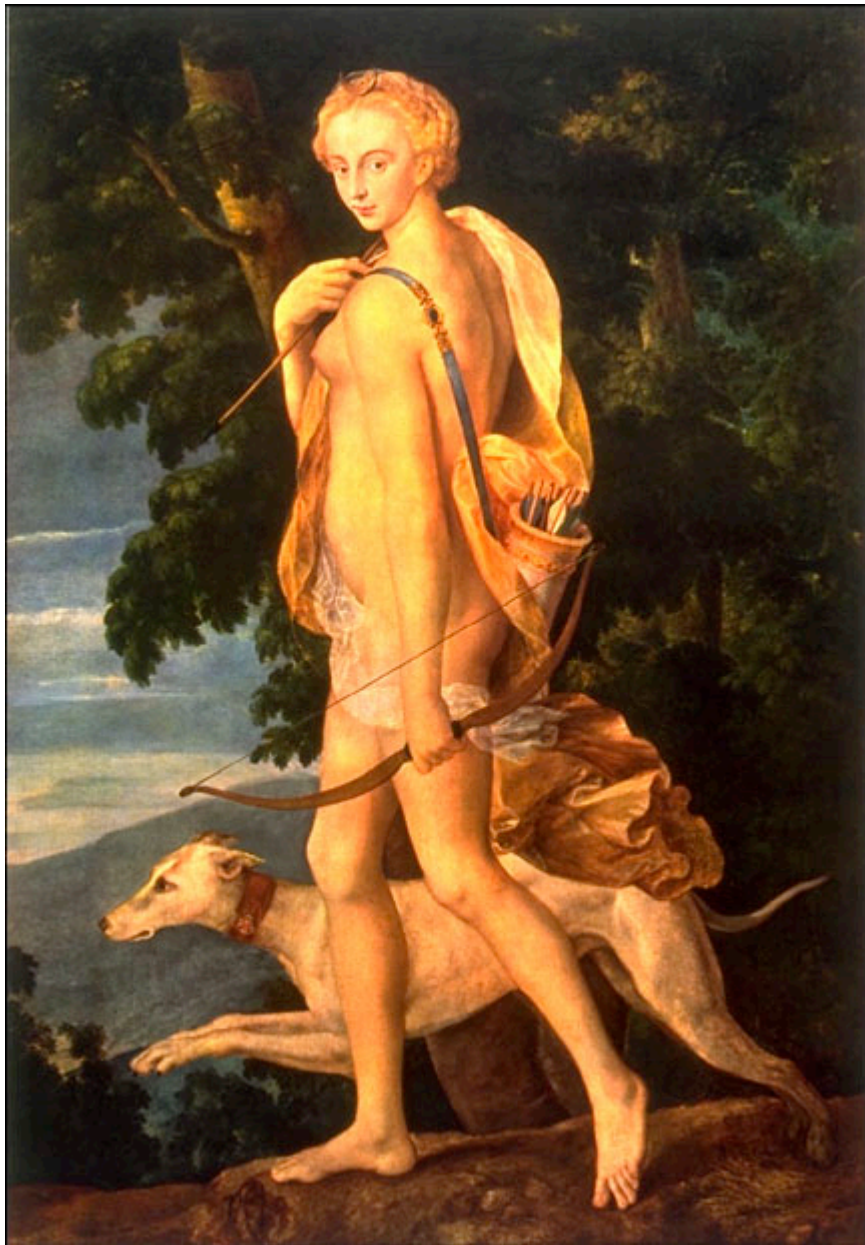


Francois Boucher, 1703-1770. "Diana Leaving the Bath Painting" (1742).



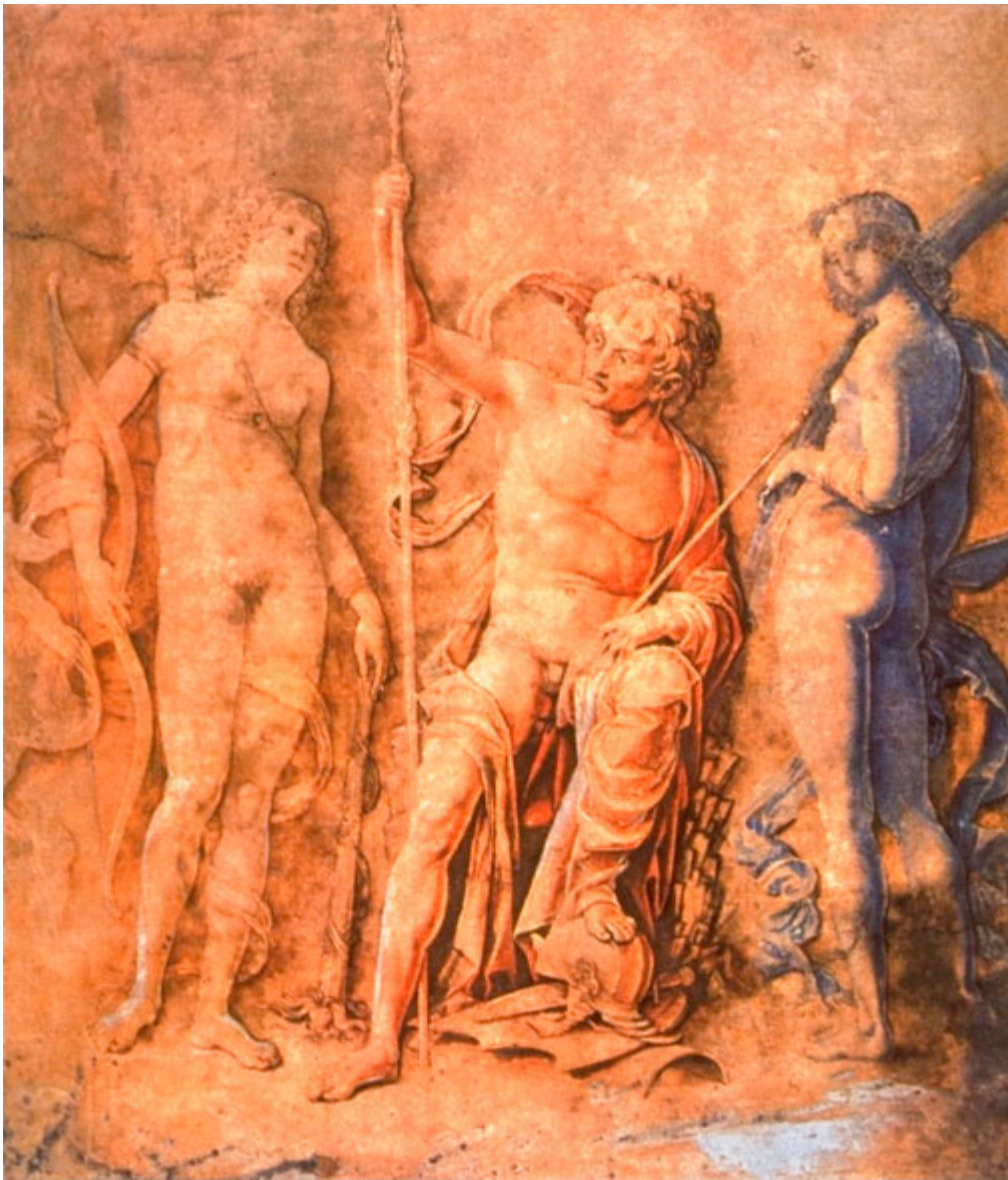


Francois Boucher, 1703-1770. "Jupiter in the Guise of Diana and the Nymph Callisto". Painting (1759).



School of Fontainebleau. "Diane Chasseresse". Painting. Penni, Luca. Diana as huntress (c. 1550)





“Mars, Venus, and Diana” Andrea Mantegna



“Diana of Ephesus” Statue of Diana of Ephesus in Villa d’Este. Italy.





“Symposium of the Gods” Left section of the east frieze of the Siphnian Treasure (c. 525 B.C.) depicting from left to right Venus, Diana, and Apollo.



“Diana the Huntress” Statue of Diana the Huntress used as garden ornament in Versailles, France.

## Jupiter

**names:**

**Roman name:** Jupiter (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**Greek name:** Zeus (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### **basic information:**

**Jupiter:** Roman God of the sky, thunder, lightning, storms

### **Jupiter's relations:**

Considered by the Romans to be the same God as the Greek Zeus.

## **magickal information and correspondences:**

**candle colors:** purple

### **holy days**

**Thursday:** Jupiter is associated with Thursday.

### **pictures:**



Francois Boucher, 1703-1770. "Jupiter in the Guise of Diana and the Nymph Callisto". Painting (1759).

## Books

If you want your book reviewed, please send a copy to: Milo, POB 1361, Tustin, CA 92781, USA.

**Venus, Jupiter and Mars;** by Frederick Sommer, John Weiss (Editor); Delaware Art Museum; June 1980; ISBN 0936594004; paperback.

If you want your book reviewed, please send a copy to: Milo, POB 1361, Tustin, CA 92781, USA.

## Luna

### names:

**Roman name:** Luna (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**Greek name:** Selene (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### basic information:

**Luna:** Roman Goddess of the moon.

### Luna's relations:

Considered by the Romans to be the same Goddess as the Greek Selene.

## magickal information and correspondences:

**candle colors:** white

### holy days

**Monday:** Luna is associated with Monday.

## Mars

### names:

**Roman name:** Mars (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**Greek name:** Aries (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### basic information:

**Mars:** Roman God of war and violence.

### **Mars' relations:**

Husband and brother of Bellona.

Considered by the Romans to be the same God as the Greek Aries.

### **magickal information and correspondences:**

**candle colors:** red

### **holy days**

**March:** Mars is associated with March.

**Tuesday:** Mars is associated with Tuesday.

### **Books**

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If you want your book reviewed, please send a copy to: Milo, POB 1361, Tustin, CA 92781, USA.

### **pictures:**





“Mars, Venus, and Diana” Andrea Mantegna

## Mercury

### names:

**Roman name:** Mercury (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**Greek name:** Hermes, Hermes Trismegistus (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### basic information:

**Mercury:** Roman God of commerce, skill of hands, quickness of wit, eloquence, communications,

and thievery. The Roman version of the Trickster. Messenger of the Gods.

### **Mercury's relations:**

Considered by the Romans to be the same God as the Greek Hermes.

Considered by the Greeks to be the same God as the Kemetic (ancient Egyptian) Djehuti [Thoth].

### **magickal information and correspondences:**

**candle colors:** orange

### **holy days**

**Wednesday:** Mercury is associated with Wednesday.

## **Neptune**

### **pictures:**



“The Triumph of Neptune and Amphitrite” Painting (c.1610) of Nicolas Poussin (1594-1665)





“Neptune” Statue in Florence, Italy.



“Neptune” Statue, Crete, Greece.



“Neptune Calming the Tempest” Peter Paul Rubens, 1577-1640. Painting (1635).

## Saturn

**pictures:**

“Cronus” Drawing by Rei Inamoto.

# Sol

**names:**

**Roman name:** Sol (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**Greek name:** Helios (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**basic information:**

**Sol:** Roman God of the sun.

**Sol's relations:**

Considered by the Romans to be the same God as the Greek Helios.

**magickal information and correspondences:**

**candle colors:** yellow

**holy days**

**Sunday:** Sol is associated with Sunday.

# Venus

**Summary:** Venus is the Greek Goddess of love, beauty, and the arts. The planet Venus is named for the Roman Goddess Venus.

## names:

**Roman/Latin name:** Venus

**Greek name:** Aphrodite

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

## basic information:

**Venus:** Roman Goddess of love and beauty

## Venus' relations:

Considered by the Romans to be the same Goddess as the Greek Aphrodite.

## religious ritual:

Blackberry can be offered to Venus.

## magickal information and correspondences:

**Sacred candle color:** pink

**Planet:** Venus



## holy days

**April:** Venus is associated with April.

**Friday:** Venus is associated with Friday.

## herbs associated with Venus:

- apple
- birch
- blackberry
- cinnamon
- dittany of Crete
- heather
- marjoram
- quince



### stones associated with Venus:

- abalone

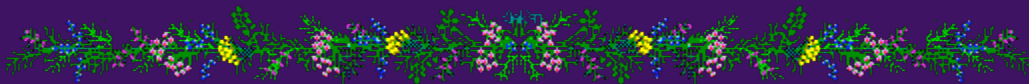
The Greek goddess of love, Aphrodite, sometimes rode the ocean waves on a giant abalone shell. The Romans called Aphrodite by the name Venus (still used as a planet name).

### myths and beliefs:

According to Virgil's version of the Trojan War, Aeneas was severely wounded by an arrow so deeply embedded that it could not be removed. His mother, the Roman Goddess Venus, took some dittany of Crete from Mount Ida on the island of Crete, applied it to Aeneas' wound, causing the arrow to drop out and healing the wound immediately.

### other:

### Charge of the Goddess:



### Aurora Lights Circle

In 1899 Charles Godfrey Leland first published *Aradia: Gospel of the Witches*, a small book on surviving Italian witchcraft. In it he gives the Charge of the Goddess, which has become a standard part of Wiccan ritual today. This Charge is still used as originally given, but more often is carefully refined for modern usage. The Charge of the Goddess gives ancient instructions of when to meet and what to expect from Moon energies and powers. No one knows for certain how old the Charge really is; Leland thought it to be an authentic part of ritual secretly carried down from ancient times by Pagan worshippers in the Mediterranean region.

### Charge of the Goddess

Listen to the words of the Great Goddess, who in ancient times was named Diana, Artemis, Ishtar, Astarte, Aphrodite, Venus, Cerridwen, the Morrighu, Freyja, the White Lady, and many other names.

Whenever you have need of My aid, assemble in a secret place at least once a month, especially at the Full of the Moon. Know that My laws and love shall make you free, for no one can prevent your worship of Me in your mind and heart and spirit. Listen well when you come into My presence, and I shall teach you of deep mysteries, powerful and ancient. I require no sacrifices or pain of your bodies, for I am Mother of all things, the Creatrix who made you out of My love, and the One who endures through all time.

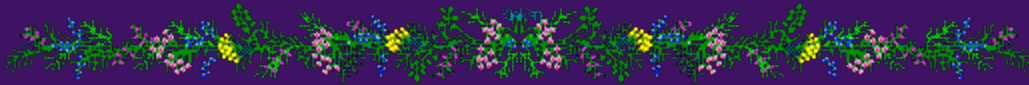
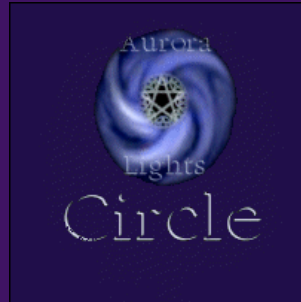
I am the One who is the beauty of the Earth, the green of growing things. I am the white Moon, whose light is full and bright among the stars, soft upon the Earth. From

Me all things are born, to Me all things, in their season, return. Let My joyous worship be in your hearts, for all acts of love and pleasures are My rituals. You see Me in the love of man and woman, the love of parent and child, the love of humans to all My creations. When you create with your hands, I am there. I blow the breath of life into the seeds you plant, whether of plant or child. Always I stand beside you, whispering soft words of wisdom and guidance.

All seekers of the Mysteries must come to Me, for I am the True Source, the Keeper of the Cauldron. All who seek to know Me, know this. All your seeking and yearning will avail you nothing unless you know the Mystery: for if what you seek you find not within, you will never find without. For behold, I have been with you from the beginning, and I will gather you to My breast at the end of your earthly existence.

Adopted from D.J. Conway's *Moon Magick*

—courtesy of Aurora Lights Circle  
a coven from Alaska that is no longer on the web



See also Aphrodite and the planet venus.

## Books

If you want your book reviewed, please send a copy to: Milo, POB 1361, Tustin, CA 92781, USA.



**Moon Magick:** Myth & Magick, Crafts & Recipes, Rituals & Spells (Llewellyn's Practical Magick); by D. J. Conway; Llewellyn Publications; August 1995; ISBN 1567181678; paperback; 320 pages

**Venus, Jupiter and Mars;** by Frederick Sommer, John Weiss (Editor); Delaware Art Museum; June 1980; ISBN 0936594004; paperback.

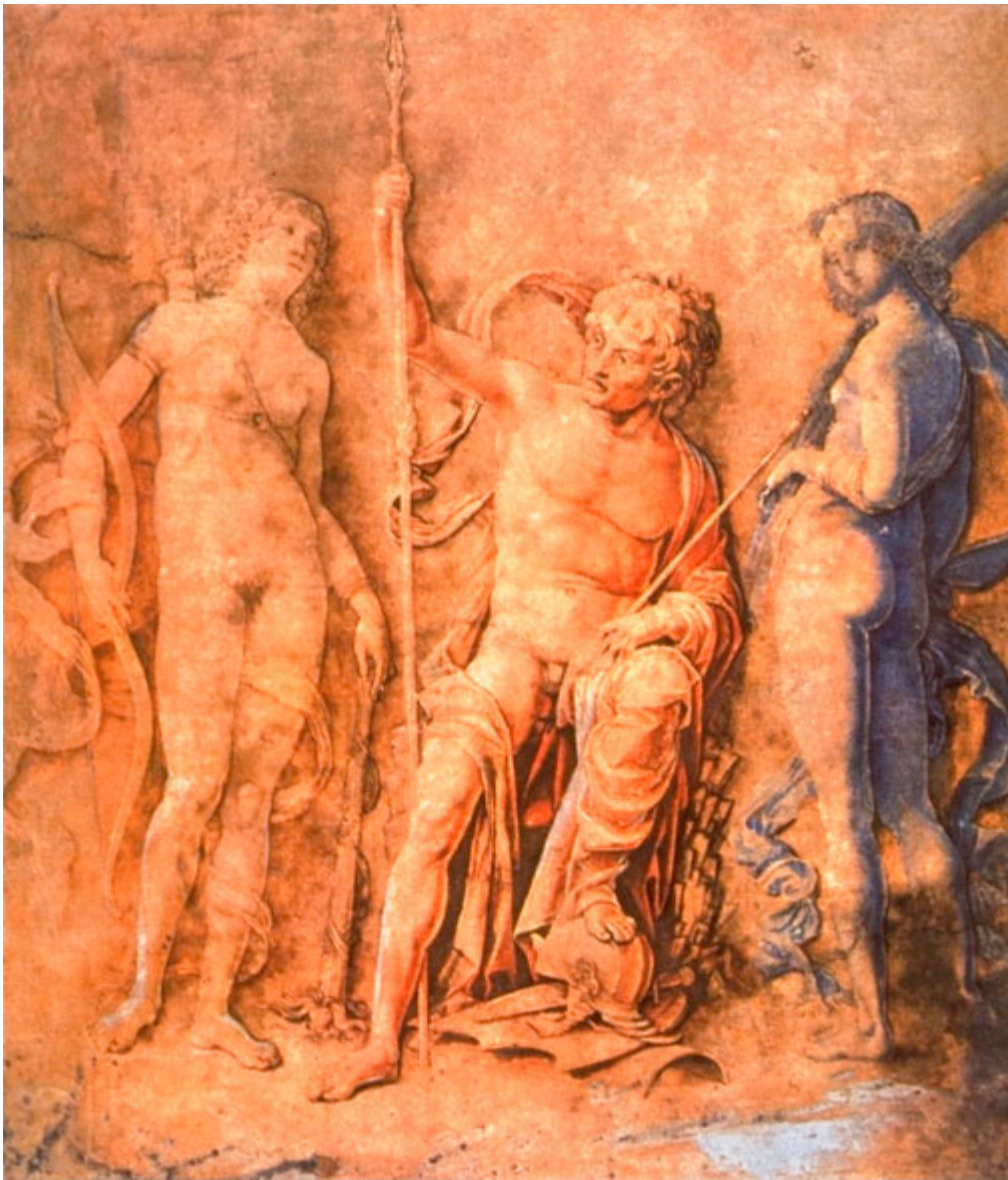
If you want your book reviewed, please send a copy to: Milo, POB 1361, Tustin, CA 92781, USA.

## pictures:



“Venus de Milo” Greek statue.





“Mars, Venus, and Diana” Andrea Mantegna



“Symposium of the Gods” Left section of the east frieze of the Siphnian Treasure (c. 525 B.C.) depicting from left to right Venus, Diana, and Apollo.





“Eros Punished by Venus” Fresco in Pompei

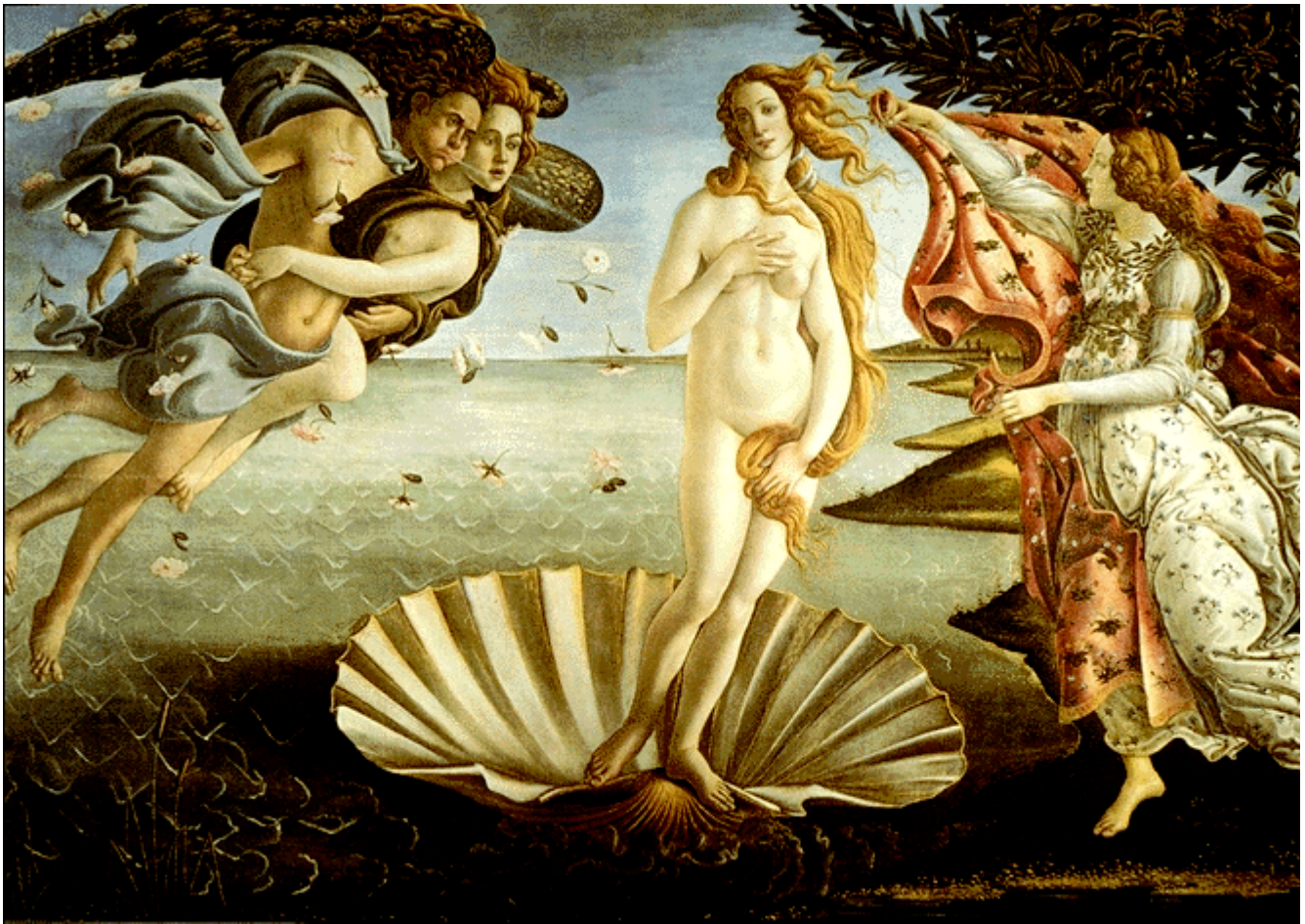


“Venus” Museo Borghese in Rome, Italy.





“Primavera” Sandro Botticelli, 1445-1510. Painting (1478).



“The Birth of Venus” Sandro Botticelli, 1445-1510. Painting (c. 1482).

## Ancient Scandinavian deities

- Sunna
- Thor

### Sunna

#### names:

**Scandinavian name:** Sunna, Sunne, Frau Sonne (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

#### basic information:

**Sunna:** Scandinavian sun Goddess

The English word “sun” is derived from this Goddess’ name.

#### Sunna’s relations:

Associated with the Germanic Goddess Frau Sonne.

## **magickal information and correspondences:**

**candle colors:** gold

### **holy days**

**Sunday:** Sunna is associated with Sunday (Sunday is named for Sunna).

### **pictures and links:**

If you follow any of the links offered in this book, **no spell begging**. Especially no love spell begging.

If you have a Sunna-related web page, please send the URL to Milo. Please indicate if there is a picture on your web page.

## **Thor**

### **names:**

**Scandinavian name:** Thor (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

**Old English name:** Thunor [thunder] (N.B. In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

### **basic information:**

**Thor:** Scandinavian God of thunder and war. Bringer of rain to crops.

The English word “Thursday” is derived from this God’s name.

### **Thor’s relations:**

Associated with the Norse God Thor.

## **magickal information and correspondences:**

**candle colors:** red

### **other information:**

### **Thor’s myths**

Thor destroyed the giants, the foes of the deities, with a magic hammer made by the dwarves.



**Divination:** Thor is related to ceraunoscopy (divination of thunder and lightning) and brontoscopy (divination of thunder).

### holy days

**Thursday:** Thor is associated with Thursday (Thursday is named for Thor).

## Welsh deities

The deities of the Welsh.

### deities

- Arrianrhod

## Arrianhod Arianrhod

**Summary:** Arianrhod is the “Welsh Lady of Spiral Castle, Mistress of the Silver Wheel of the polar stars, [and] Lady of magic and wonder”, according to Wiccan High Priestess Levannah Morgan.

**Summary:** Arrianrhod is the Welsh Mother Goddess and Goddess of fertility.

The Celtic Goddess Arrianrhod is derived from the Welsh Goddess of the same name.

### names:

**Welsh names:** Arrianhod

**Celtic names:** Arrianhod, Arianrhod

(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

The name means “silver wheel” or “round wheel”.

### basic information:

**Arrianrhod:** The Welsh Goddess of the stars that mark the Wheel of Heaven. Some Witches believe she was a Goddess of the Moon.

### way cool information:

Levannah NMorgan, a Wiccan High Priestess based in Devon in the west of England, wrote a way cool 16 page booklet about Arianrhod. She has packed more information on Arianrhod into a very low tech 16 pages than you will find in any professionally printed full size book.



Picture courtesy of JBL Statues  
this reproduction sold by Sacred Source  
JBL Statues is now Sacred Source

You can obtain her booklet entitled **ARIANRHOD A journey to Spiral Castle** from PO Box 314, Exeter, EX4 6YR, England. The booklet costs £3.50. That includes the cost of postage to the U.S. Payment must be in international money orders, UK currency, or Euros, because the cost of converting dollars costs more than that entire amount.

Levannah Morgan replied to the information from JBL (quoted below) about Arianrhod: "I have been a scholar of Welsh Pagan literature for over thirty years and would like to tell you that there is no evidence at all that Arianrhod is/was a Moon Goddess or connected with the Moon in any way. She is the Goddess of the Corona Borealis, the constellation of stars which surrounds the Pole Star in the Northern sky and appears never to set. In Welsh, *Caer Arianrhod*, and sometimes also *Caer Sidi*, is the name of this constellation. This is why She is called Silver Wheel. She is a star Goddess, not a Moon Goddess. In Welsh myth, it is Ceridwen who is associated with the Moon, not Arianrhod. You can check this out in any academic or other work on the Mabinogion. I think it would be a good idea if you could correct this on your site, as it would be a shame if young witches were to get incorrect information about this wonderful Goddess. Hope you don't mind me pointing this out."

Levannah Morgan's fantastic booklet covers the ancient and modern information that reveals the mythology and role of this ancient Welsh Goddess. If this Goddess interests you, there is no doubt that you will want Levannah Morgan's booklet.

### **Arianrhod's relations:**

Mother of the twin brothers Dylan and Lleu Llaw Gyffes.

### **magickal information and correspondences:**

**Sacred candle color:** green and white

**Planet:** Moon



### **myths and beliefs:**

Arrianrhod is the Celtic Star Goddess, in charge of the Silver Wheel of the Heavens. The Celts believed that Arianrhod's throne (*caer*) was within the Northern Lights (*Corona Borealis*).

### **other:**

**Arianrhod** — Celtic Moon-Mother Goddess. Called the Silver Wheel that Descends into the Sea. Like Kali she symbolizes cosmic time, and was also imaged as a vessel which carries the dead. Here she is depicted as Cosmogenitrix, her matron/fertility aspect. Throne-seated, nurturing her children, she wears the ceremonial torc of Queenship. The original of this piece dates from c. 100 AD, just prior to the Romano-Christian invasion of Celtic Europe. —picture and text © 1999 JBL Statues (now called Sacred Source)

See also: Arrianrhod, Celtic

### **days**

Sunday is the first day of the week and saturday (the day of rest, or jewish Sabbath) is the last day of the week. Christians often change up the order to honor the myth of the day that the mythical deity Jesus was supposedly murdered by all of the Jews.

## Days of the Week

- sunday
- monday
- tuesday
- wednesday
- thursday
- friday
- saturday

## Books

If you want your book reviewed, please send a copy to: Milo, POB 1361, Tustin, CA 92781, USA.

**A Book of Pagan Rituals**; Herman Slater (Editor); Samuel Weiser, York Beach, ME; December 1988; ISBN 0-87728-348-6; paperback; 160 pages

**The Goddess Book of Days: A Perpetual 366 Day Engagement Calendar**; by Diane Stein; The Crossing Press, Freedom, CA; 1992; ISBN 89594-551-7; paperback

**Larousse Encyclopedia of Astrology**; Jean-Louis Brau, Helen Weaver, and Allan Edmands

**The Magick of Candle Burning**; by Gerina Dunwich; Citadel Press ((Library of the Mystic Arts); 1989; ISBN 0-8065-1141-9; paperback; 194 pages.

If you want your book reviewed, please send a copy to: Milo, POB 1361, Tustin, CA 92781, USA.

## sunday

Sunday is the first day of the week.

**Named for:** the Sun (Frau Sonne, Sunna)

- **English:** Sunday
- **Late Greek:** hermera heliou
- **Latin:** dies solis
- **Old English:** sunnandæg

**Goddesses for Sunday:** Sunne, Frau Sonne, Aditi, Igaehindvo, Amaterasu, Arinna, Izanami, Ochumare — see also: **The Goddess Book of Days** by Diane Stein

**Gods for Sunday:** Ra, Apollo, Sol, and Helios.


**Perfumes:** heliotrope, orange blossom, cloves, frankincense, ambergris, musk, myrrh — see also: **A Book of Pagan Rituals**, Herman Slater, editor

**Incense:** mastic, palaginia — see also: **A Book of Pagan Rituals**, Herman Slater, editor

**Wood:** laurel — see also: **A Book of Pagan Rituals**, Herman Slater, editor

**Color:** orange, gold — see also: **A Book of Pagan Rituals**, Herman Slater, editor

**Influences:** health, healing, confidence and hope, prosperity — see also: **A Book of Pagan Rituals**, Herman Slater, editor

**Lucky signs:** Sunday is the lucky day for Leo  — see also: **Larousse Encyclopedia of Astrology**, Jean-Louis Brau, Helen Weaver, and Allan Edmands

**Candle:** yellow — see also: **The Magick of Candle Burning**, Gerina Dunwich

## monday

Monday is the second day of the week.

**Named for:** the Moon

- **English:** Monday
- **Old English:** monon dæg

**Goddesses for Monday:** Luna, Selene, Diana, Re, Gaelach, Ida, Artemis [whom the Greeks associated with Bast], the Witches, Yemaya, Erzulie, Bast — see also: **The Goddess Book of Days** by Diane Stein

**Perfumes:** white poppy, white rose, wallflower — see also: **A Book of Pagan Rituals**, Herman Slater, editor

**Incense:** myrtle — see also: **A Book of Pagan Rituals**, Herman Slater, editor

**Wood:** willow — see also: **A Book of Pagan Rituals**, Herman Slater, editor

**Color:** silver, grey-white — see also: **A Book of Pagan Rituals**, Herman Slater, editor

**Influences:** agriculture, domestic, long life, medicine, travels, visions, theft (new monn) — see also: **A Book of Pagan Rituals**, Herman Slater, editor

**Lucky signs:** Monday is the lucky day for Cancer  — see also: **Larousse Encyclopedia of Astrology**, Jean-Louis Brau, Helen Weaver, and Allan Edmands

**Candle:** white — see also: **The Magick of Candle Burning**, Gerina Dunwich

## tuesday

Tuesday is the third day of the week. In Romance languages Tuesday is named for Mars.

**Named for:** Tiu (Tyr, Mars)

- **English:** Tuesday

- **Latin:** dies Martis
- **Old English:** Tiwesdæg

**Goddesses for Tuesday:** Aset [Isis], Soorejnaree, Pingalla, Anna, Aine, Danu, Yngona, Bellona, Aida Wedo, Sun Woman — see also: **The Goddess Book of Days** by Diane Stein

**Gods for Tuesday:** Tiu, Tyr, Mars

**Perfumes:** hellebore, carnation, patchouli — see also: **A Book of Pagan Rituals**, Herman Slater, editor

**Incense:** lignum aloes, plantain — see also: **A Book of Pagan Rituals**, Herman Slater, editor

**Color:** red — see also: **A Book of Pagan Rituals**, Herman Slater, editor

**Influences:** destination, war, courage, surgery, physical strength — see also: **A Book of Pagan Rituals**, Herman Slater, editor

**Lucky signs:** Tuesday is the lucky day for Aries  and Scorpio  — see also: **Larousse Encyclopedia of Astrology**, Jean-Louis Brau, Helen Weaver, and Allan Edmands

**Candle:** red — see also: **The Magick of Candle Burning**, Gerina Dunwich

## wednesday

Wednesday is the fourth day of the week. In Romance languages Wednesday is named for Mercury.

**Named for:** Woden (Odin, Mercury)

- **English:** Wednesday
- **Latin:** dies Mercurii
- **Old English:** Wodnesdæg

**Goddesses for Wednesday:** Aset [Isis], Demeter, Ceres, Spider Woman, Bona Dea, Oya, Devi-Kali, Hella, Rhiannon, Coatlique, Maman Brigitte, Sekhmet, Het Heret [Hathor] — see also: **The Goddess Book of Days** by Diane Stein

**Gods for Wednesday:** Woden, Odin, Mercury, Hermes, Djehuti [Thoth]

**Perfumes:** sweetpea, lavender, mastic, frankincense, cloves — see also: **A Book of Pagan Rituals**, Herman Slater, editor

**Incense:** cinnamon, cinquefoil — see also: **A Book of Pagan Rituals**, Herman Slater, editor

**Color:** yellow, grey — see also: **A Book of Pagan Rituals**, Herman Slater, editor

**Influences:** conjurations, predictions, knowledge, writing, eloquence — see also: **A Book of Pagan Rituals**, Herman Slater, editor

**Lucky signs:** Wednesday is the lucky day for Gemini  and Virgo  — see also: **Larousse**

**Encyclopedia of Astrology**, Jean-Louis Brau, Helen Weaver, and Allan Edmands

**Candle:** purple — see also: **The Magick of Candle Burning**, Gerina Dunwich

## thursday

Thursday is the fifth day of the week. In Romance languages thursday is named for Jupiter.

**Named for:** Thor (Jupiter)

- **English:** Thursday
- **Latin:** dies Jovis
- **Old English:** Thuredæg, Thurredæg, Thunredæg

**Goddesses for Thursday:** Juno, Hera, Kwan Yin, Mary, Cybele, Tara, Mawu, Mlaba Mwana Waresa, Ishtar, Nuit — see also: **The Goddess Book of Days** by Diane Stein

**Gods for Thursday:** Thor, Jupiter, Zeus

**Perfumes:** stock, lilac, storax, aloes — see also: **A Book of Pagan Rituals**, Herman Slater, editor

**Incense:** nutmeg, henbane — see also: **A Book of Pagan Rituals**, Herman Slater, editor

**Wood:** pine — see also: **A Book of Pagan Rituals**, Herman Slater, editor

**Color:** purple, indigo, blue — see also: **A Book of Pagan Rituals**, Herman Slater, editor

**Influences:** luck, religion, healing, trade and employment, treasure, honors, riches, legal matters — see also: **A Book of Pagan Rituals**, Herman Slater, editor

**Lucky signs:** Thursday is the lucky day for Sagittarius  and Pisces  — see also: **Larousse Encyclopedia of Astrology**, Jean-Louis Brau, Helen Weaver, and Allan Edmands

**Candle:** blue — see also: **The Magick of Candle Burning**, Gerina Dunwich

## friday

Friday is the sixth day of the week. In Romance languages Friday is named for Venus.

**Named for:** Freya (Venus)

- **English:** Friday
- **Old English:** Frigedæg

**Goddesses for Friday:** Astarte, Aphrodite, Erzulie, Aida Wedo, Eve, Venus, Freya, Diana, Aset [Isis], the Witch of Gaeta, Chalchiuhtlique — see also: **The Goddess Book of Days** by Diane Stein



**Perfumes:** stephanotis, apple blossom, musk, ambergris — see also: **A Book of Pagan Rituals**, Herman Slater, editor

**Incense:** saffron, verbena — see also: **A Book of Pagan Rituals**, Herman Slater, editor

**Wood:** myrtle — see also: **A Book of Pagan Rituals**, Herman Slater, editor

**Color:** light blue, pale green — see also: **A Book of Pagan Rituals**, Herman Slater, editor

**Influences:** all love matters, friendships, affection, partnerships, money, sex — see also: **A Book of Pagan Rituals**, Herman Slater, editor

**Lucky signs:** Friday is the lucky day for Taurus  and Libra  — see also: **Larousse Encyclopedia of Astrology**, Jean-Louis Brau, Helen Weaver, and Allan Edmands

**Candle:** green — see also: **The Magick of Candle Burning**, Gerina Dunwich

## saturday

Saturday is the seventh day of the week.

**Named for:** Saturn

- **English:** Saturday
- **Latin:** dies Saturni
- **Old English:** Sæterndæg

**Goddesses for Saturday:** Ops, Rhea, Tellus Mater, Gaia, Eartha, Ge, Tonantzin, Asherah, Anath, the Shekinah, the Matronit, Mary, Gula, Herodias, Oddudua, Demeter — see also: **The Goddess Book of Days** by Diane Stein

**Gods for Saturday:** Geb, Saturn

**Perfumes:** hyacinth, pansy — see also: **A Book of Pagan Rituals**, Herman Slater, editor

**Incense:** peperwort, assodilious, black poppy seeds, henbane, lodestone, myrrh — see also: **A Book of Pagan Rituals**, Herman Slater, editor

**Wood:** oak — see also: **A Book of Pagan Rituals**, Herman Slater, editor

**Color:** black — see also: **A Book of Pagan Rituals**, Herman Slater, editor

**Influences:** duties, responsibilities, finding families, works of magic, buildings, meditation, life, doctrines — see also: **A Book of Pagan Rituals**, Herman Slater, editor

**Lucky signs:** Saturday is the lucky day for Capricorn  and Aquarius  — see also: **Larousse Encyclopedia of Astrology**, Jean-Louis Brau, Helen Weaver, and Allan Edmands

**Candle:** black — see also: **The Magick of Candle Burning**, Gerina Dunwich

## months



## Months of the year

- January
- February
- March
- April
- May
- June
- July
- August
- September
- October
- November
- December

## Books

If you want your book reviewed, please send a copy to: Milo, POB 1361, Tustin, CA 92781, USA.

**A Book of Pagan Rituals;** Herman Slater (Editor); Samuel Weiser, York Beach, ME; December 1988; ISBN 0-87728-348-6; paperback; 160 pages

**Anniversaries and Holidays;** by Ruth W. Gregory; American Library Association, Chicago; 1983

**The Goddess Book of Days:** A Perpetual 366 Day Engagement Calendar; by Diane Stein; The Crossing Press, Freedom, CA; 1992; ISBN 89594-551-7; paperback

**Larousse Encyclopedia of Astrology;** Jean-Louis Brau, Helen Weaver, and Allan Edmands

If you want your book reviewed, please send a copy to: Milo, POB 1361, Tustin, CA 92781, USA.

## January

January is the first month of the year.

**Meaning of name:** “For Janus, Roman God of Gates and Doorways” — SOURCE: **Anniversaries and Holidays** by Ruth Gregory

**Flowers:** carnation and snowdrop — SOURCE: **Anniversaries and Holidays** by Ruth Gregory

**Birthstone:** garnet — SOURCE: **Anniversaries and Holidays** by Ruth Gregory

**Goddesses:** Juno, Hera, Hestia, Brigid, Chialchiuhtlique, Elugua or Legba (God) — SOURCE: **“Juno Covella, Perpetual Calendar of the Fellowship of Isis”** by Lawrence Durdin-Robertson, Cesara Publications, Chicago, ©1982; with additional Goddesses from **The Goddess Book of Days** by Diane Stein

**Gods:** Janus or Legba — SOURCE: **Anniversaries and Holidays** by Ruth Gregory; **“Juno Covella, Perpetual Calendar of the Fellowship of Isis”** by Lawrence Durdin-Robertson, Cesara Publications, Chicago, ©1982; **The Goddess Book of Days** by Diane Stein

# February

February is the second month of the year.

**Meaning of name:** “From Latin *februare*, to purify. Roman month of purification.” — SOURCE: **Anniversaries and Holidays** by Ruth Gregory

**Flowers:** violet and primrose — SOURCE: **Anniversaries and Holidays** by Ruth Gregory

**Birthstone:** amethyst — SOURCE: **Anniversaries and Holidays** by Ruth Gregory

**Goddesses:** Juno Februa, Spandarmat, Brighid, White Buffalo Calf Woman — SOURCE: “*Juno Covella, Perpetual Calendar of the Fellowship of Isis*” by Lawrence Durdin-Robertson, Cesara Publications, Chicago, ©1982; with additional Goddesses from **The Goddess Book of Days** by Diane Stein

# March

March is the third month of the year.

**Meaning of name:** “Named for Mars, Roman God of war. This was New Year’s in the Julian calendar.” — SOURCE: **Anniversaries and Holidays** by Ruth Gregory

**Flower:** jonquil or daffodil — SOURCE: **Anniversaries and Holidays** by Ruth Gregory

**Birthstone:** bloodstone and aquamarine — SOURCE: **Anniversaries and Holidays** by Ruth Gregory

**Goddesses:** Ra-Nuit [combined form of Ra and Nuit], Artemis {whom the Greeks associated with Bast}, Minerva, the Witches, the Deer Mothers — SOURCE: “*Juno Covella, Perpetual Calendar of the Fellowship of Isis*” by Lawrence Durdin-Robertson, Cesara Publications, Chicago, ©1982; with additional Goddesses from **The Goddess Book of Days** by Diane Stein

# April

April is the fourth month of the year.

**Meaning of name:** “From Aprillis, Roman name for Aphrodite, or Latin *aperire*, to open.” — SOURCE: **Anniversaries and Holidays** by Ruth Gregory

**Flowers:** sweet pea and daisy — SOURCE: **Anniversaries and Holidays** by Ruth Gregory

**Birthstone:** diamond — SOURCE: **Anniversaries and Holidays** by Ruth Gregory

**Goddesses:** Aphrodite, Ishtar, Artemis [whom the Greeks associated with Bast], Astarte, Eostre [a Germanic Goddess based on Bast], Venus, Terra, Ying-Hua, Erzulie — SOURCE: “*Juno Covella, Perpetual Calendar of the Fellowship of Isis*” by Lawrence Durdin-Robertson, Cesara Publications, Chicago, ©1982; with additional Goddesses from **The Goddess Book of Days** by Diane Stein

# May

May is the fifth month of the year.

**Meaning of name:** “From Maria, or Maia, Roman Goddess of Spring. Christian church month of Mary/Yemaya.” — SOURCE: **Anniversaries and Holidays** by Ruth Gregory

**Flowers:** hawthorne and lily — SOURCE: **Anniversaries and Holidays** by Ruth Gregory

**Birthstone:** emerald — SOURCE: **Anniversaries and Holidays** by Ruth Gregory

**Goddesses:** Maia, Flora, Tanith, Bel, Medb, Mu Lan, Mary, Hera, Aida Wedo — SOURCE: “*Juno Covella, Perpetual Calendar of the Fellowship of Isis*” by Lawrence Durdin-Robertson, Cesara Publications, Chicago, ©1982; with additional Goddesses from **The Goddess Book of Days** by Diane Stein

# June

June is the sixth month of the year.

**Meaning of name:** “For Juno, Great Mother, Goddess of Women” — SOURCE: **Anniversaries and Holidays** by Ruth Gregory

**Flower:** rose — SOURCE: **Anniversaries and Holidays** by Ruth Gregory

**Birthstone:** moonstone, pearl, alexandrite — SOURCE: **Anniversaries and Holidays** by Ruth Gregory

**Goddesses:** Ishtar, Apt, Apet, Athena, Demeter, Juno, Persephone, Luna, Hera, Rosea, Mawu — SOURCE: “*Juno Covella, Perpetual Calendar of the Fellowship of Isis*” by Lawrence Durdin-Robertson, Cesara Publications, Chicago, ©1982; with additional Goddesses from **The Goddess Book of Days** by Diane Stein

# July

July is the seventh month of the year.

**Meaning of name:** “Named for Roman Emperor Julius Caesar.” — SOURCE: **Anniversaries and Holidays** by Ruth Gregory

**Flowers:** water lily and larkspur — SOURCE: **Anniversaries and Holidays** by Ruth Gregory

**Birthstone:** ruby — SOURCE: **Anniversaries and Holidays** by Ruth Gregory

**Goddesses:** Ishtar, Apt, Apet, Athena, Demeter, Persephone, Sothis, Rosea, Spider Woman — SOURCE: “*Juno Covella, Perpetual Calendar of the Fellowship of Isis*” by Lawrence Durdin-Robertson, Cesara Publications, Chicago, ©1982; with additional Goddesses from **The Goddess Book of Days** by Diane Stein

# August

August is the eighth month of the year.

**Meaning of name:** “For Augustus Caesar. In some sources, for Ceres.” — SOURCE: **Anniversaries and Holidays** by Ruth Gregory

**Flowers:** gladiolus and poppy — SOURCE: **Anniversaries and Holidays** by Ruth Gregory

**Birthstone:** sardonyx and peridot — SOURCE: **Anniversaries and Holidays** by Ruth Gregory

**Goddesses:** Tekhi, Ishtar, Ceres, Lakshmi, Hesperus, Tonantzin — SOURCE: “*Juno Covella, Perpetual Calendar of the Fellowship of Isis*” by Lawrence Durdin-Robertson, Cesara Publications, Chicago, ©1982; with additional Goddesses from **The Goddess Book of Days** by Diane Stein

# September

September is the ninth month of the year.

**Meaning of name:** “From Latin *Septem*, seven. The seventh month of the Roman calendar.” — SOURCE: **Anniversaries and Holidays** by Ruth Gregory

**Flowers:** morning glory and aster — SOURCE: **Anniversaries and Holidays** by Ruth Gregory

**Birthstone:** sapphire — SOURCE: **Anniversaries and Holidays** by Ruth Gregory

**Goddesses:** Menkhet, Het Heret [whom the Greeks called Hathor], Pomona, Mala, Ishtar, Yemaya — SOURCE: “*Juno Covella, Perpetual Calendar of the Fellowship of Isis*” by Lawrence Durdin-Robertson, Cesara Publications, Chicago, ©1982; with additional Goddesses from **The Goddess Book of Days** by Diane Stein

**Deities:** Persephone Kore, Thor, and the Goddess in Her Mother aspect.

# October

October is the tenth month of the year.

**Meaning of name:** “From Latin *Octo*, eight. The eighth Roman month.” — SOURCE: **Anniversaries and Holidays** by Ruth Gregory

**Flowers:** calendula and cosmos — SOURCE: **Anniversaries and Holidays** by Ruth Gregory

**Birthstone:** opal and tourmaline — SOURCE: **Anniversaries and Holidays** by Ruth Gregory

**Goddesses:** Het Heret [Hathor], Menkhet, Demeter, Cerers, the Horae, Changing Woman — SOURCE: “*Juno Covella, Perpetual Calendar of the Fellowship of Isis*” by Lawrence Durdin-Robertson, Cesara Publications, Chicago, ©1982; with additional Goddesses from **The Goddess Book of Days** by Diane Stein

# November

November is the eleventh month of the year.

**Meaning of name:** “From Latin *Novem*, nine. The ninth month of the Roman calendar.” —  
**SOURCE:** **Anniversaries and Holidays** by Ruth Gregory

**Flower:** chrysanthemum — **SOURCE:** **Anniversaries and Holidays** by Ruth Gregory

**Birthstone:** topaz — **SOURCE:** **Anniversaries and Holidays** by Ruth Gregory

**Goddesses:** Het Heret [Hathor], Sekhmet, Demeter, the Horae, Diana, Samhain, Caltech, Kali, Astrae, Maman Brigitte — **SOURCE:** “*Juno Covella, Perpetual Calendar of the Fellowship of Isis*” by Lawrence Durdin-Robertson, Cesara Publications, Chicago, ©1982; with additional Goddesses from **The Goddess Book of Days** by Diane Stein

# December

December is the twelfth month of the year.

**Meaning of name:** “From Latin *Decem*, ten. The tenth month in the Roman calendar.” — **SOURCE:** **Anniversaries and Holidays** by Ruth Gregory

**Flowers:** poinsettia, holly, mistletoe — **SOURCE:** **Anniversaries and Holidays** by Ruth Gregory

**Birthstone:** turquoise and zircon — **SOURCE:** **Anniversaries and Holidays** by Ruth Gregory

**Goddesses:** Vesta, Hestia, Befana, Sekhmet, Astraea, Oya — **SOURCE:** “*Juno Covella, Perpetual Calendar of the Fellowship of Isis*” by Lawrence Durdin-Robertson, Cesara Publications, Chicago, ©1982; with additional Goddesses from **The Goddess Book of Days** by Diane Stein

# January 1

## holy days

### Gamelia:

Roman holy day. The Kalends of January or the Gamelia (Roman New Year), dedicated to the Three Fates (Lachesis, Clotho, Atropos), the Parcae. January is named for Janus.

### New Year's Day:

Western holiday. New Year's Day. The modern calendar is based on the Roman calendar, which was based on the Kemetic (ancient Egyptian) solar calendar. The Romans realigned the start of the months to match their New Year's Day in March (which is why September, October, November, and December are named the 7th, 8th, 9th, and 10th months respectively) and renumbered the years to match the mythical founding of Rome. Later the New Year was moved to January first and the Christians renumbered the years for the designated birthday of the mythical Jesus. Currently 162 nations celebrate

January 1st as New Year's Day

### **German New Year:**

German holy day. German New Year (based on Roman New Year), dedicated to Perchta or Bertha.

### **Japanese New Year:**

Japanese holy day. Japanese New Year for Japanese year computed by adding 660 to the current number of Common years.

### **Day of the Tuatha de Danaan:**

Celtic holy day. Day of the Tuatha de Danaan (the people of Danu). Their Gods are Brian, Luchar, and Uar, sons of Brighid, who is associated with Danu, the ancestral Goddess and grandmother of the Tuatha de Danaan. — Celtic information provided by Shelley M. Greer ©1997.

### **Day of Keeping Things:**

Kemetic (ancient Egyptian) holy day. Day of keeping things of the Wabet of Asar [Osiris] which have been placed in the hands of Anpu [Anubis].

### **Oshogastu:**

Japanese holy day. Oshogastu is for the Household Gods.

### **Kwanzaa:**

Swahili and Afro-American holy day. December 26-January 1 is Kwanzaa (Swahili for “first fruits”), created by Maulana Karenga in 1967, based on a traditional Swahili festival for the first fruits of the harvest, dedicated to the Seven African Principles. In the Swahili language the Seven Principles are called the Nguzo Saba and are: Umoja, Kujichagulia, Ujima, Ujamaa, Nia, Kuumba, and Imani. Umoja (unity) is to strive for and maintain unity in the family, community, nation, and race. Kujichagulia (self-determination) is to define ourselves, name ourselves, create for ourselves, and speak for ourselves. Ujima (cooperative work and responsibility) is to build and maintain our community together and make our brother's and sister's problems our problems and to solve them together. Ujamaa (cooperative economics) is to build and maintain our own stores, shops, and other businesses and to profit from them together. Nia (purpose) is to make our collective vocation the building and developing of our community, to restore our people to their traditional greatness. Kuumba (creativity) is to do always as much as we can, in the way we can, so as to leave our community more beautiful and beneficial than we inherited it. Imani (faith) is to believe with all our heart in our people, our parents, our teachers, our leaders, and the righteousness and victory of our struggle. Celebrated by more than 20 million Blacks in the United States, Canada, England, the Caribbean, and parts of Africa with parades, community festivals, and family gatherings in the home. Participants dress in African garb, exchange Swahili greetings, decorate their surroundings in the symbolic colors of red, green, and black, tell stories, feast on traditional foods, and exchange homemade gifts. In the Yoruban tradition the Seven African Powers are: Obatala, Yemaya, Elegba, Oya, Oshun, Chango, and Ogan.

### **Black Nazarene Fiesta:**

Philippino holy day. Black Nazarene Fiesta in Manila, the Philippines (January 1-9).

## Kemetic (ancient Egyptian) information

Season of Proyet (Sowing)

Month of Mekhir (Rekh-Ur)

Day 17

# January 2

## holy days

### Nativity of Inanna:

Sumerian holy day. Also called the Birthday of Inanna. Dedicated to Inanna, Sumerian Queen of Heaven and Earth, who is related to Aset [Isis], Astarte, Ishtar, Rhiannon, Aphrodite, Demeter, Venus.

### Advent of Aset:

Kemetic (ancient Egyptian) holy day. Advent of Aset [Isis] from Phoenecia.

### Seven Executioners Go Forth:

Kemetic (ancient Egyptian) holy day. The seven executioners go forth. Bad.

### Black Nazarene Fiesta:

Philippino holy day. Black Nazarene Fiesta in Manila, the Philippines (January 1-9).

## Kemetic (ancient Egyptian) information

Season of Proyet (Sowing)

Month of Mekhir (Rekh-Ur)

Day 18

# January 3

## holy days

### Deer Dances:

Pueblo holy day. Pueblo Deer Dances, a women's fertility ceremony for the Deer Mothers, so that they may have many children.



**Day of Mourning:**

Kemetic (ancient Egyptian) holy day. The day of the mourning of the Neter (Deity or Supreme Goddess).

**Lenaia of Dionysus:**

Greek holy day. Lenaia of Dionysus, God of fertility and wine.

**Black Nazarene Fiesta:**

Philippino holy day. Black Nazarene Fiesta in Manila, the Philippines (January 1-9).

**Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Mekhir (Rekh-Ur)

Day 19

**January 4****holy days****Proceeding of the Goddesses:**

Kemetic (ancient Egyptian) holy day. Day of the Goddesses of Heaven (Nuit and Raet) proceeding southward.

**Martyrs of Independence:**

Zaire holy day.

**Black Nazarene Fiesta:**

Philippino holy day. Black Nazarene Fiesta in Manila, the Philippines (January 1-9).

**Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Mekhir (Rekh-Ur)

Day 20

# January 5

## holy days

### **La Befana:**

Italian holy day. Also called the Feast of Befana. La Befana, the good witch who brings gifts to children, one of the sources for the Christian Santa Claus myth. Dedicated to Befana.

### **Eve of the Epiphany of Kore:**

Greek holy day. Eve of the Epiphany of Kore (associated with Bast) and Aeon.

### **Damballah:**

Greek holy day. Damballah, the return of light and life to the earth.

### **Day of Cattle Birth:**

Kemetic (ancient Egyptian) holy day. The day of the birth of cattle.

### **George Washington Carver Day:**

U.S. holiday.

### **Black Nazarene Fiesta:**

Philippino holy day. Black Nazarene Fiesta in Manila, the Philippines (January 1-9).

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Mekhir (Rekh-Ur)

Day 21

# January 6

## holy days

### **Day of Light:**

German holy day. Day of Light, dedicated to the Goddess Bertha or Perchta.

### **Day of Light:**

Italian holy day. Day of Light, devoted to Befana or Lucia.

### **Festival of Ptah and Heru:**

Kemetic (ancient Egyptian) holy day. Festival of Ptah and Heru the Elder [Horus the Elder]. Anything you see today will be good.

### **Day of Sirona:**

Roman holy day. Day of Sirona, the Roman River Goddess.

### **Day of the Three-Fold Goddess:**

Celtic holy day. Day of the Three-Fold Goddess, Maiden/Mother/Crone, the three Fates (Lachesis, Clotho, Atropos), the Morrigan (Ana, Badb, Macha).

### **Three Kings' Day:**

Central and South American holy day.

### **Epiphany:**

Christian holy day. The arrival of the Magi at the Manger.

### **Black Nazarene Fiesta:**

Philippino holy day. Black Nazarene Fiesta in Manila, the Philippines (January 1-9).

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Mekhir (Rekh-Ur)

Day 22

## **January 7**

### **holy days**

### **Sekhmet's Day:**

Kemetic (ancient Egyptian) holy day. Dedicated to Sekhmet.

### **Festival of Aset:**

Kemetic (ancient Egyptian) holy day. Festival of Aset [Isis].

**Decrees of Sokhit:**

Kemetic (ancient Egyptian) holy day. Decrees of Sokhit (or Sekhmet), Goddess of Justice and Law.

**Izanami-No-Mikoto:**

Japanese holy day. Izanami-No-Mikoto, day of the Sun Goddess Izanami (related to Amaterasu). Day of the Seven Herbs (Nana-Kusa), for healers and healing.

**Black Nazarene Fiesta:**

Philippino holy day. Black Nazarene Fiesta in Manila, the Philippines (January 1-9).

**Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Mekhir (Rekh-Ur)

Day 23

**January 8****holy days****Midwife's Day:**

Macedonian holy day. Midwife's Day, a women's festival to honor birth and midwives, dedicated to the Goddess Babo.

**Festival of Aset:**

Kemetic (ancient Egyptian) holy day. Festival of Aset [Isis].

**Birth of Aion:**

Kemetic (ancient Egyptian) holy day. Birth of Aion.

**Black Nazarene Fiesta:**

Philippino holy day. Black Nazarene Fiesta in Manila, the Philippines (January 1-9).

**Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Mekhir (Rekh-Ur)

Day 24

## January 9

### holy days

#### **Festival of Janus:**

Roman holy day. Dedicated to Janus.

#### **River Boyne formed:**

Irish Celtic holy day. River Boyne (Ireland) formed when Boand, wife of the river's deity Nechtan, was overwhelmed by the waters in Nechtan's well. — Celtic information provided by Shelley M. Greer ©1997.

#### **Dirge of Aset and Nebt Het:**

Kemetic (ancient Egyptian) holy day. Dirge of Aset [Isis] and Nebt Het [Nephthys] to call on the soul of Asar [Osiris].

#### **Day of Antu:**

Akkadian holy day. Day of Antu, an Akkadian Goddess.

#### **Black Nazarene Fiesta:**

Philippino holy day. Black Nazarene Fiesta in Manila, the Philippines (January 1-9).

### **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Mekhir (Rekh-Ur)

Day 25

## January 10

### holy days

#### **Geraint's Day:**

Welsh Celtic holy day. Garient's Day (Welsh) Arthurian hero. Call on Garient for couples and sex magick, and for love spells. — Celtic information provided by Shelley M. Greer ©1997.

### **Going Forth of Min:**

Kemetic (ancient Egyptian) holy day. Going forth of Min to Coptos. Aset [Isis] sees Min's face and joins Him. According to some authorities Aset [Isis] sees Asar's [Osiris] face.

### **Day of Freya:**

Norse holy day. Day of Freya, Norse Mother Goddess.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Mekhir (Rekh-Ur)

Day 26

## **January 11**

### **holy days**

### **Festival of Carmentalia:**

Roman holy day. First Festival of Carmentalia, for Carmenta, Goodess of childbirth. Second Festival of Carmentalia is on January 15.

### **Feast of Seker:**

Kemetic (ancient Egyptian) holy day. Feast of Seker (or Sokar).

### **Burning of the Clavie:**

Celtic holy day. New Year by the old calendar. Burning of the Clavie (at Burgead in Moray). The clavie is a herring barrel filled with tar and packed with staves; whiskey barrels daubed with creosote are used today. — Celtic information provided by Shelley M. Greer ©1997.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Mekhir (Rekh-Ur)

Day 27

## **January 12**

## **holy days**

### **Day of Arianrhod:**

Welsh Celtic holy day. Day of Arianrhod (Welsh) Goddess of reincarnation, the Wheel of the Year, the full moon, fertility, and female power. Often portrayed as a weaver [of spells], She is linked to lost creation myths. — Celtic information provided by Shelley M. Greer ©1997.

### **Besant Panchami:**

Indian Hindu holy day. Besant Panchami, Festival of Sarasvati, Goddess of Wisdom and Art.

### **Unnefer is pleased:**

Kemetic (ancient Egyptian) holy day. Unnefer is pleased. The unborn rejoice. Wonderful.

### **War Dances:**

Nez Perce holy day.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Mekhir (Rekh-Ur)

Day 28

## **January 13**

## **holy days**

### **Midvintersblot:**

Norse holy day.

### **Uproar Among Children of Geb:**

Kemetic (ancient Egyptian) holy day. There is an uproar among the Children of Geb.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Mekhir (Rekh-Ur)

Day 29



# January 14

## holy days

### Makar Sankranti:

Hindu Hindu holy day. Makara Sankranti, celebrates the passing of the solstice season by pilgrimages to bathe in the Ganges for purification. The Goddesses Sankranti, Sarasvati, and Rumi are honored.

### Trifon Zarezan:

Bulgarian holy day. Trifon Zarezan, the blessing of the vines, dedicated to the deities of vineyards and fertility (such as Dionysus, Bacchus, Isis, Demeter, Diana of Ephesus, Astarte, and Venus).

### Day of Contrition:

**Burning Times.** On January 14, 1697, five years after the famous “witchcraft trials” the entire community of His Majesty’s Province of the Massachusetts Bay in obedience to a proclamation took part in a day of fasting and remorse. It was a rare and historical acknowledgement of the hysteria and judicial errors that had led to “great hardship brought upon innocent persons” — including the 19 put to death.

## Kemetic (ancient Egyptian) information

Season of Proyet (Sowing)

Month of Mekhir (Rekh-Ur)

Day 30

# January 15

## holy days

### Feast of Entering:

Kemetic (ancient Egyptian) holy day. Feast of Entering into Heaven and the Two Lands. Entry of Asar [Osiris] into the Moon. Heru [Horus] rejoices. Great.

### Feast of the Ass:

Roman holy day. Feast of the Ass, dedicated to the Goddess Vesta and the ass that saved Her.

### Carmentalia:

Roman holy day. Second Festival of Carmentalia, for Carmenta, Goddess of childbirth. First Festival of Carmentalia is on January 11.

### **Black Christ Festival:**

Guatemalan holy day.

### **Feast of Christ of Esquipulas:**

Christian holy day.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Pamenot or Phamenoth (Amenhotep)

Day 1

# **January 16**

## **holy days**

### **Ganesha Chaturthi:**

Hindu holy day. Also called the Festival of Ganesha. Festival of the Elephant God of success, son of Parvati. Dedicated to Ganesha.

### **Day of the Queen of the Universe:**

French holy day. Day of the Queen of the Universe.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Pamenot or Phamenoth (Amenhotep)

Day 2

# **January 17**

## **holy days**

### **Day of Felicitas:**

Roman holy day. Day of Felicitas, a day of peace for Goddesses Felicitas, Pax, and Concordia.

### **Blessing of the Animals:**

Mexican holy day. Blessing of the animals.

### **St. Anthony's Day:**

Mexican holy day.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Pamenot or Phamenoth (Amenhotep)

Day 3

## **January 18**

### **holy days**

#### **Sûrya:**

Hindu Indian holy day. Day to honor the Sun God Sûrya and Sun Goddess Sûryâ.

#### **Set calls to battle:**

Kemetic (ancient Egyptian) holy day. Set calls to battle. Bad.

#### **Day of Luidag:**

Celtic holy day. Day of Luidag, aspect of the Cailleach: on the eve of battle, She washes the bloody shirts of those who will be slain the next day, so the shirts will be clean for the new life to come. — Celtic information provided by Shelley M. Greer ©1997.

#### **Theogamia of Hera:**

Roman holy day. Theogamia of Hera, a women's festival for Hera (Juno).

### **Burning Times**

Fernando and Mansfredo Dorlady burned for being the Devil's bankers at Vesoul, France, on January 18, 1610.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Pamenot or Phamenoth (Amenhotep)

Day 4

## January 19

### holy days

#### **Festival of Thor:**

Norse holy day. Dedicated to Thor.

#### **Neith Goes Forth:**

Kemetic (ancient Egyptian) holy day. The brilliant festival of lights as Neith goes forth from Sais, when they see Her beauty in the night for 4-1/2 hours. Do not go out during this time. Favorable.

#### **Robert E. Lee's Birthday:**

State holiday in Arkansas, Florida, Georgia, Louisiana, South Carolina, Tennessee, and Texas. Birthday of Robert E. Lee, commander in chief of the Confederate Army, celebrated by White Supremists in memory of attempts to maintain human slavery through force of arms.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Pamenot or Phamenoth (Amenhotep)

Day 5

## January 20

### holy days

#### **Festival of Thorablottar:**

Icelandic holy day. Dedicated to Thor.

#### **Festival of Jubilation of Asar:**

Kemetic (ancient Egyptian) holy day. Festival of Jubilation of Asar [Osiris] in Busiris.

#### **Going Forth of Anpu:**

Kemetic (ancient Egyptian) holy day. Going forth of Anpu [Anubis].

### **Make Ritual:**

Kemetic (ancient Egyptian) holy day. Make ritual. Very favorable.

### **King Arthur ferried:**

Celtic holy day. King Arthur is ferried to Avalon for the last time, after his fight with Mordred, to be tended by Morgan, Goddess of Healing. — Celtic information provided by Shelley M. Greer ©1997.

### **Baba Den:**

Bulgarian holy day. Baba Den, Grandmother's day for Goddess Baba Den.

### **Day of the Kitchen God:**

Chinese holy day. Day of the Kitchen God.

### **Burning Times**

Greensmith (first name unknown) hanged as witch in Hartford, New England, on January 20, 1662.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Pamenot or Phamenoth (Amenhotep)

Day 6

## **January 21**

### **holy days**

### **Followers of Ra called to Heaven:**

Kemetic (ancient Egyptian) holy day. Followers of Ra called to Heaven. Do not leave your house until Ra (the Sun) sets. Very adverse.

### **Day of Yngona:**

Danish holy day. Day of Yngona, a Danish Goddess who became the Christian St. Agnes. Young women seek visions of their futures on St. Agnes Eve.

### **Santa Ines' Day:**

Mexican holy day. Based on the Danish Goddess Yngona.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Pamenot or Phamenoth (Amenhotep)

Day 6

# **January 22**

## **holy days**

### **Making Way for Khnum:**

Kemetic (ancient Egyptian) holy day. Day of making the way for Khnum.

### **St. Vincent's Day:**

Christian holy day.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Pamenot or Phamenoth (Amenhotep)

Day 8

# **January 23**

## **holy days**

### **Day of Judgement:**

Kemetic (ancient Egyptian) holy day. The Day of Judgement in Heliopolis. Very favorable.

### **Day of Het Heret:**

Kemetic (ancient Egyptian) holy day. Day of Het Heret [Hathor].

### **Day of Banba:**

Irish Celtic holy day. Day of Banba, daughter of the Dagda. Along with Eire and Fodhla, She is a part of the Triple Goddess who protects Ireland from invasions. — Celtic information provided by

Shelley M. Greer ©1997.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Pamenot or Phamenoth (Amenhotep)

Day 9

# **January 24**

## **holy days**

### **Blessing of the Happy Woman's Candle:**

Hungarian holy day. Blessing of the Candle of the Happy Women, ceremony of purification, a day of returning light and coming spring.

### **Coming of Djehuti:**

Kemetic (ancient Egyptian) holy day. Day of the coming of Djehuti [Thoth or Hermes Trismegistus].

### **King Arthur hunts Twrch Trwyht boar:**

Celtic holy day. King Arthur and his Knights hunt the otherworldly boar Twrch Trwyth to obtain the sacred comb and shears that are between the boar's ears; these are used to shear the hair off the giant Ysbaddaden Pancawr, breaking his power so his daughter Olwen is free to marry Culhwch. — Celtic information provided by Shelley M. Greer ©1997.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Pamenot or Phamenoth (Amenhotep)

Day 10

# **January 25**

## **holy days**

### **Burn's Night:**

Scottish holiday. Celebration of Scottish poet Robert Burns. — Celtic information provided by Shelley M. Greer ©1997.



### **Conversion of Paul:**

Christian holy day. Mythical conversion of Saul of Tarsus/Paul to Christianity. NOTE: It is extremely unlikely that Paul was ever a Jew, much less a Pharisee, as he didn't even read and write Hebrew (something expected of every Jewish boy) and makes numerous mistakes about Hebrew tradition, Jewish religious practices and beliefs, and Israeli geography and history. It is likely that Paul made up the mythical Jesus based on a misunderstanding of Greek translations of the Hebrew bible, combined with elements of Hellenism, Zoroastrianism, Gnostic Christianity, Mithraism (the entire birth myth is from Mithraism), and the Bull God of his native Tarsus (the entire death and resurrection myth is from the Tarsus religion).

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Pamenot or Phamenoth (Amenhotep)

Day 11

# **January 26**

## **holy days**

### **Alacitia:**

Bolivian holy day. Also called Festival of Ekeko. Dedicated to Ekeko, God of abundance.

### **Nile Comes from Nun:**

Kemetic (ancient Egyptian) holy day. The day the Nile comes from Nun. Give food. Great.

### **Day of Cernunnos:**

Celtic holy day. Day of Cernunnos, antlered God of the Wild, Master of the Animals and threshold guardian for those seeking fertility, regeneration, and initiation into the Celtic mysteries. — Celtic information provided by Shelley M. Greer ©1997.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Pamenot or Phamenoth (Amenhotep)

Day 12

# **January 27**

## holy days

### Sementivae Feria:

Roman holy day. Sementivae, seedtime festival dedicated to Goddesses of the Grain and Harvest (such as Ceres, Demeter, Isis, and Aset).

### Paganalia:

Roman holy day. Paganalia, day of the Earth Mother.

### Djehuti and Khu Go Forth:

Kemetic (ancient Egyptian) holy day. Day Djehuti [Thoth] and the *Khu* [Spirits] go forth. Any ritual performed will be good. Wonderful.

## Kemetic (ancient Egyptian) information

Season of Proyet (Sowing)

Month of Pamenot or Phamenoth (Amenhotep)

Day 13

## January 28

## holy days

### Upelly-Aa:

Scottish holy day. Also called Up Kelly Aa. A Scottish holy day derived from a Norse fire festival and sacrifice to the Sun, similar to the Celtic Candlemas (February 1st), for light, fire, sunlight, and the return of spring.

### Day of Nodens:

British holy day. Day of Nodens, God of Dreams and Visions. Seek divination or knowledge through dreaming. Related to Days of Nudd, Lludd Llaw Ereint, and Nuadu of the Silver Hand. — Celtic information provided by Shelley M. Greer ©1997.

### Day of Nudd:

Celtic holy day. Day of Nudd, God of Dreams and Visions. Seek divination or knowledge through dreaming. Related to Days of Nodens, Lludd Llaw Ereint, and Nuadu of the Silver Hand. — Celtic information provided by Shelley M. Greer ©1997.

### Day of Lludd Llaw Ereint:

Welsh holy day. Day of Lludd Llaw Ereint, God of Dreams and Visions. Seek divination or knowledge through dreaming. Related to Days of Nodens, Nudd, and Nuadu of the Silver Hand. — Celtic information provided by Shelley M. Greer ©1997.

### **Day of Nuadu of the Silver Hand:**

Irish holy day. Day of Nuadu of the Silver Hand, God of Dreams and Visions. Seek divination or knowledge through dreaming. Related to Days of Nodens, Nudd, and Lludd Llaw Ereint. — Celtic information provided by Shelley M. Greer ©1997.

### **Day of Making Health:**

Kemetic (ancient Egyptian) holy day. Day of making health. Stay home.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Pamenot or Phamenoth (Amenhotep)

Day 14

# **January 29**

## **holy days**

### **Martyr's Day:**

Nepalese holy day.

### **Concordia:**

Roman holy day. The Concordia, Peace Festival, birthday of the Goddesses Pax and Irene.

### **Day of Rebellion:**

Kemetic (ancient Egyptian) holy day. Day of rebellion in the shrine. Don't work.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Pamenot or Phamenoth (Amenhotep)

Day 15

# **January 30**

## **holy days**

### **Day of Opening of the Doorways:**

Kemetic (ancient Egyptian) holy day. Day of opening of the doorways and court at Karnak.

### **Holy Day of the Three Hierarchs:**

Eastern Orthodox holy day.

### **Nosso Senhor Do Bonfim:**

Mexican holiday. Nosso Senhor Do Bonfim, Our Lady of Happy Endings, a water purification ceremony dedicated to Mary.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Pamenot or Phamenoth (Amenhotep)

Day 16

## **January 31**

## **holy days**

### **Hecate's Feast:**

Greek holy day. Dedicated to Hecate.

### **End of Cailleach:**

Celtic holy day. End of Cailleach (winter). Signals start of Imbolc. During Samhain, the Crone aspect of the Triple Goddess Cailleach (Cally Berry) strikes the ground with Her hammer, making it iron hard until Imbolc, when She dies and is reborn in the body of a young woman. — Celtic information provided by Shelley M. Greer ©1997.

### **Imbolc Eve:**

Celtic/Wiccan holy day. Imbolc Eve, Eve of Imbolc, Brigid, Candlemas, and Wiccan Sabbat, dedicated to Underworld Goddesses such as Hecate, Hel, Inanna, Erishkegal, Rhiannon, Sedna, Mother Holle, Oya, and Kore Persephone.

### **Narcissus Festival:**

Hawaiian holy day. Narcissus Festival.

## Kemetic (ancient Egyptian) information

Season of Proyet (Sowing)

Month of Pamenot or Phamenoth (Amenhotep)

Day 17

### February 1

#### holy days

##### Feast of Nuit:

Kemetic (ancient Egyptian) holy day. Feast of Nuit, She who counts the days. Make a holiday.

##### Brigid's Feast Day:

Irish Celtic holy day. Also called St. Bridget's Feast Day. In the fifth century, Christian missionaries desecrated the Goddess Brigid's (= Power) shrine at Kildare, turned her into St. Bridget, and dubbed her Queen of Heaven. This feast day was established to replace Imbolc. — Celtic information provided by Shelley M. Greer ©1997.

Brigit — Goddess of Healing, Smithcraft, and Queenship. She is patroness of the Celtic spring festival of Imbolc, and was served by a female priesthood at Kildare. Her name derives from her worship by the pre-Christian Brigantes, who honored her as identical with Juno, Queen of Heaven. Brigit also shares attributes with the ancient Greek triple goddess Hecate. She is Ruler, Bringer of Prosperity; her two sisters display the alchemical sword and tongs of blacksmithing and the twin serpents connoting medical skill. Her Irish consort was the Dagda. — JBL Statues

##### Imbolc:

Wiccan holy day. Imbolc is one of the eight Sabbats of the Wiccan religions. Some Wiccans celebrate Imbolc on February 2nd. Some Wiccans celebrate Midwinter's Day on February 3rd.

If you follow any of the links offered on this web site, **no spell begging**. Especially no love spell or curse begging.

- <http://web.archive.org/web/20010628214619/http://www.pagan.drak.net/lilianna/sabbats-imbolc.htm>  
Imbolc — February 1

##### Purification of Mary:

Christian holy day. Purification of Mary, based on Imbolc, Candlemas, and Brigid.

##### Lesser Eleusinian Mysteries:

Greek holy day. Lesser Eleusinian Mysteries (February 1-3), dedicated to Demeter and Persephone

or Ceres and Proserpine. Kore Persephone is related to Bast.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Pamenot or Phamenoth (Amenhotep)

Day 18

## **February 2**

### **holy days**

#### **Birthday of Nuit:**

Kemetic (ancient Egyptian) holy day. Birth of Nuit.

#### **Imbolc:**

Celtic holy day. Imbolc. Sabbat honoring the Goddess Brigid (= Power), Great Mother Goddess of Ireland, associated with Dana. The Celts dress grain dollies as brides, in honor of the Goddess as a bride, waiting for the return of the Sun God. They place the dollies in cradles (Bride's Beds), along with some nuts, the symbol of male fertility. A profusion of candles are lit in honor of the returning sun, often placed in a wreath, symbol of the Wheel of the Year. — Celtic information provided by Shelley M. Greer ©1997.

Brigit — Goddess of Healing, Smithcraft, and Queenship. She is patroness of the Celtic spring festival of Imbolc, and was served by a female priesthood at Kildare. Her name derives from her worship by the pre-Christian Brigantes, who honored her as identical with Juno, Queen of Heaven. Brigit also shares attributes with the ancient Greek triple goddess Hecate. She is Ruler, Bringer of Prosperity; her two sisters display the alchemical sword and tongs of blacksmithing and the twin serpents connoting medical skill. Her Irish consort was the Dagda. — JBL Statues

#### **Imbolc:**

Wiccan holy day. Wiccan Sabbat, Imbolc, Candlemas, or Brigid, the return of light, rebirth of spring. Dedicated to Goddesses of light, birth, new candles, purification, inspiration, poetry, magick, and healing. Imbolc is one of the eight Sabbats of the Wiccan religions. Some Wiccans celebrate Imbolc on February 1st. Some Wiccans celebrate Midwinter's Day on February 3rd.

If you follow any of the links offered on this web site, **no spell begging**. Especially no love spell or curse begging.

- <http://web.archive.org/web/20010628214619/http://www.pagan.drak.net/lilianna/sabbats-imbolc.htm>  
Imbolc

#### **Candlemas:**

Wiccan holy day. Wiccan Sabbat, Imbolc, Candlemas, or Brigid, the return of light, rebirth of spring. Dedicated to Goddesses of light, birth, new candles, purification, inspiration, poetry, magick, and healing.

### **Brigid:**

Wiccan holy day. Wiccan Sabbat, Imbolc, Candlemas, or Brigid, the return of light, rebirth of spring. Dedicated to Goddesses of light, birth, new candles, purification, inspiration, poetry, magick, and healing.

### **Groundhog Day:**

German Folk holy day. Ground Hog Day, of German origin, derived from Candlemas.

### **Our Lady of Candelaria:**

Mexican and Brazilian holy day. Our Lady of Candelaria.

### **Lesser Eleusinian Mysteries:**

Greek holy day. Lesser Eleusinian Mysteries (February 1-3), dedicated to Demeter and Persephone or Ceres and Proserpine. Kore Persephone is related to Bast.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Pamenot or Phamenoth (Amenhotep)

Day 19

## **February 3**

### **holy days**

### **Lesser Eleusinian Mysteries:**

Greek holy day. Lesser Eleusinian Mysteries (February 1-3), dedicated to Demeter and Persephone or Ceres and Proserpine. Kore Persephone is related to Bast.

### **Day of Sul-Minerva:**

Roman holy day. Day of Sul-Minerva in Roman Britain. Probably derived from Brigid.

### **Birthday of St. Anne:**

Byzantine holy day. Birthday of St. Anne.



### **Midwinter's Day:**

Wiccan holy day. Midwinter's Day, the halfway point of winter. Some Wiccans celebrate Imbolc on February 1st or February 2nd.

### **Powamu Festival:**

Pueblo/Hopi holy day. Powamu, a sixteen day purification ceremony. The Planting of the Beans in the Kivas, Bean Maiden Goddesses Hehewuti and Pachevu, Warrior Mother, Crow Mother, and the Monster Kachinas. The plan for the year is offered at Soyal is purified at Powamu.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Pamenot or Phamenoth (Amenhotep)

Day 20

## **February 4**

### **holy days**

#### **Setsubun:**

Japanese holy day. Setsubun, bean throwing and lantern lighting festival of Japan, dedicated to Sun Goddess Amaterasu.

#### **King Frost Day:**

English holy day.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Pamenot or Phamenoth (Amenhotep)

Day 21

## **February 5**

### **holy days**

#### **Feast Day of Isis:**

Roman holy day. Dedicated to Greco-Roman Isis, who was based on the Kemetic (native Egyptian) Aset.

### **Feast Day of St. Agatha:**

Sicilian and Maltese holy day. Feast Day of St. Agatha, patroness of fire fighters. Originated as holy day for Greco-Roman Isis, who was based on the Kemetic (native Egyptian) Aset.

### **Birthday of Apophis:**

Kemetic (ancient Egyptian) holy day. Birth of Apophis.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Pamenot or Phamenoth (Amenhotep)

Day 22

## **February 6**

### **holy days**

### **Festival of Aphrodite:**

Greek holy day. Dedicated to Aphrodite.

### **Feast of Heru:**

Kemetic (ancient Egyptian) holy day. Feast of Heru [Horus] in Kemwer. Very good.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Pamenot or Phamenoth (Amenhotep)

Day 23

## **February 7**

### **holy days**

### **Day of the Dagda:**

Irish Celtic holy day. Day of the Dagda (= the Good God), father of the Irish Gods, the Tuatha de Danaan, Lord of Great Knowledge, supreme God of Druidry. When the Tuatha de Danaan were defeated by the Milesians, he led the Tuatha to dwell in the faery mounds, drawing the veil between mortal humans and the Otherworld. — Celtic information provided by Shelley M. Greer ©1997.

### **Day of Selene:**

Greek holy day. Also called Selene's Day. Dedicated to Selene, Goddess of the Moon.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Pamenot or Phamenoth (Amenhotep)

Day 24

## **February 8**

### **holy days**

#### **Mass for Broken Needles:**

Japanese holy day.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Pamenot or Phamenoth (Amenhotep)

Day 25

## **February 9**

### **holy days**

#### **Day of Unseeing in the Underworld:**

Kemetic (ancient Egyptian) holy day. Day of unseeing in the underworld. The day He is sent into the cave without the knowledge of the Great Ones to look for the occasion of coming.

#### **Tuatha de Danaan use the Well of Slaine:**

Celtic holy day. The Tuatha de Danaan use the Well of Slaine or Health to revive their wounded during their battle against the Fomorians. — Celtic information provided by Shelley M. Greer ©1997.

**Chingay Procession:**

Singapore holy day. Chingay Procession, Singapore New Year, a celebration of Kwan Yin and the promise of coming spring.

**Dahini Day:**

Tibetan holy day.

**Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Pamenot or Phamenoth (Amenhotep)

Day 26

**February 10****holy days****Li Chum:**

Chinese holy day. Li Chum, "Spring is Here".

**Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Pamenot or Phamenoth (Amenhotep)

Day 27

**February 11****holy days****Feast of Asar in Abydos:**

Kemetic (ancient Egyptian) holy day. Feast of Asar [Osiris] in Abydos.

**Feast of Our Lady of Lourdes:**

French holy day. Feast of Our Lady of Lourdes. Bernadette Soubirous' first vision of the Goddess in 1858. The site of Lourdes, France, was known as a place of Persephone (who corresponds to Bast) before the advent of Christianity. Sometimes connected with the Lesser Eleusinian Mysteries.

## Kemetic (ancient Egyptian) information

Season of Proyet (Sowing)

Month of Pamenot or Phamenoth (Amenhotep)

Day 28

## February 12

### holy days

#### Festival of Diana:

Roman holy day. The Festival of Diana in Rome honored Diana/Artemis.

If you follow any of the links offered on this web site, **no spell begging**. Especially no love spell or curse begging.

- <http://web.archive.org/web/20010628214619/http://www.pagan.drak.net/lilianna/bos-honourdeities>. Honoring Diana of the Woodlands

#### Powamu Festival:

Pueblo/Hopi holy day. Powamu, a sixteen day purification ceremony. The Planting of the Beans in the Kivas, Bean Maiden Goddesses Hehewuti and Pachevu, Warrior Mother, Crow Mother, and the Monster Kachinas. The plan for the year is offered at Soyal is purified at Powamu.

#### Abraham Lincoln's Birthday:

United States holiday. Abraham Lincoln's birthday. President Abraham Lincoln ordered American soldiers to murder the men, women, and children of various Plains Indian nations.

## Kemetic (ancient Egyptian) information

Season of Proyet (Sowing)

Month of Pamenot or Phamenoth (Amenhotep)

Day 29

## February 13

### holy days

#### Feast of Asar in Busiris:

Kemetic (ancient Egyptian) holy day. Feast of Asar [Osiris] in Busiris.

### **Start of Ogronios:**

Gaulish Celtic holy day. Start of the Gaulish month Ogronios, 'the Time of Ice'. — Celtic information provided by Shelley M. Greer ©1997.

### **Parentalia:**

Roman holy day. Parentalia and Feralia (Feb. 13-18), a purification festival of peace and love devoted to ancestors and to Goddesses Mania and Vesta.

### **St. Matthias' Day:**

Christian holy day.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Pamenot or Phamenoth (Amenhotep)

Day 30

## **February 14**

### **holy days**

### **Great Feast in Heaven:**

Kemetic (ancient Egyptian) holy day. The enemies are struck. There is a great feast in Heaven. Very favorable.

### **Arianrhod steps over the magical wand of Math:**

Celtic holy day. Arianrhod steps over the magical wand of Math, which manifests truth, to prove her virginity. The wand causes the seed of her lover, which is in her womb, to ripen, grow and give forth in an instant, giving birth to Dylan Ail Ton, whose name means "Sea, son of Wave". Dylan makes straight for the sea, and is accidentally slain by his uncle Gofannon. Her brother, Gwyddion, snatches up the after-birth to incubate Llew Llaw Gyffes, the great archer. — Celtic information provided by Shelley M. Greer ©1997.

### **Parentalia:**

Roman holy day. Parentalia and Feralia (Feb. 13-18), a purification festival of peace and love devoted to ancestors and to Goddesses Mania and Vesta.

### **Festival of Love:**

Greek holy day. Festival of Love, honoring Aphrodite (Feb. 14-21).

### **Lupercal:**

Roman holy day. Lupercal (also called Lupercalia), the second day of Parentalia (Feb. 13-18), a day of fertility dedicated to Juno-Lupa, the she-wolf. Women's pleas for children are granted. Origin of Valentine's Day.

### **St. Valentine's Day:**

Western holiday. Also called Valentine's Day. Derived from Lupercal (Roman), which is part of the Roman Parentalia, which was influenced by the Greek Festival of Love. Named for a famous early Christian missionary (Saint Valentine) who repeatedly led armed mobs of Christians into the area of modern Romania and Hungary to forcibly convert the Pagans to Christianity ("convert or die"). Valentine didn't convert many Pagans, but is honored by Christianity for the murder of tens of thousands of Pagan men, women, and children, raping the women, burning the villages to the ground, and stealing large amounts of loot for the church. Valentine died on February 14th while on one of his "convert or die" missions.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Parmuti or Pharmuthi (Renenutet or Rennutet)

Day 1

## **February 15**

### **holy days**

### **Geb proceeds to Busiris:**

Kemetic (ancient Egyptian) holy day. Geb proceeds to the throne of Busiris to see Anpu [Anubis] who commands the council to learn the requirements of the day. Very favorable.

### **Second Day of Lupercal:**

Roman holy day. Second day of Lupercal (also called Lupercalia), third day of Parentalia, dedicated to Juno Februata, Juno the Fructifier.

### **Parentalia:**

Roman holy day. Parentalia and Feralia (Feb. 13-18), a purification festival of peace and love devoted to ancestors and to Goddesses Mania and Vesta.

### **Festival of Love:**



Greek holy day. Festival of Love, honoring Aphrodite (Feb. 14-21).

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Parmuti or Pharmuthi (Renenutet or Rennutet)

Day 2

# **February 16**

## **holy days**

### **Day Great Ones and the Uraeus Fought:**

Kemetic (ancient Egyptian) holy day. The day the Great Ones and the Uraeus fought. Any lion who pronounces the name of the constellation Orion will die immediately. Do nothing.

### **Fourth Day of Parentalia:**

Roman holy day. Fourth day of Parentalia (Feb. 13-18), dedicated to Faustina, wife of Roman emperor Antonius Pius, as Diana Lucifera or Victory. Parentalia and Feralia (Feb. 13-18) is a purification festival of peace and love devoted to ancestors and to Goddesses Mania and Vesta.

### **Festival of Love:**

Greek holy day. Festival of Love, honoring Aphrodite (Feb. 14-21).

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Parmuti or Pharmuthi (Renenutet or Rennutet)

Day 3

# **February 17**

## **holy days**

### **Day of Ishtar:**

Semetic holy day. Day of Ishtar.

### **Children of Geb:**

Kemetic (ancient Egyptian) holy day. The Gods and Goddesses are satisfied when they see the Children of Geb. Whatever you see today will be good.

### **Cantre'r Gwaelod:**

Welsh Celtic holy day. Cantre'r Gwaelod, a series of 16 low-lying cities defended by sluice-gates, is submerged into the sea. This is where Elphin, son of King Gwiddno Granhir, found the great bard Taliesin as a babe, in Gwiddno's salmon weir. — Celtic information provided by Shelley M. Greer ©1997.

### **Pilgrimage to the Black Christ:**

Guatemalan holy day. The day of the pilgrimage to the Black Christ, Christ accepted as Quetzalcoatl, God of the Sun.

### **Parentalia:**

Roman holy day. Parentalia and Feralia (Feb. 13-18), a purification festival of peace and love devoted to ancestors and to Goddesses Mania and Vesta.

### **Festival of Love:**

Greek holy day. Festival of Love, honoring Aphrodite (Feb. 14-21).

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Parmuti or Pharmuthi (Renenutet or Rennutet)

Day 4

## **February 18**

### **holy days**

### **Red One Sees Heru:**

Kemetic (ancient Egyptian) holy day. Heru [Horus] is well when the Red One sees His form.

### **Day of Awen:**

Welsh Celtic holy day. Day of Awen. The three drops of wisdom issue from a cauldron or salmon of knowledge; symbol of reformed Druidry, each drop represents the three druidic functions of bard, ovate and druid. — Celtic information provided by Shelley M. Greer ©1997.

### **Day of Imbas:**

Irish Celtic holy day. Day of Imbas. The three drops of wisdom issue from a cauldron or salmon of knowledge; symbol of reformed Druidry, each drop represents the three druidic functions of bard, ovate and druid. — Celtic information provided by Shelley M. Greer ©1997.

### **Spenta Armaiti:**

Zoastrian and Persian holy day. Spenta Armaiti, festival of women, dedicated to Spandarmat, Goddess of fertility.

### **Parentalia:**

Roman holy day. Parentalia and Feralia (Feb. 13-18), a purification festival of peace and love devoted to ancestors and to Goddesses Mania and Vesta.

### **Festival of Love:**

Greek holy day. Festival of Love, honoring Aphrodite (Feb. 14-21).

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Parmuti or Pharmuthi (Renenutet or Rennutet)

Day 5

## **February 19**

### **holy days**

### **Mashashivatri:**

Hindu Indian holy day. Also called the Great Night of Shiva. Dedicated to Shiva.

### **The Caim is cast:**

Scots Gaelic holy day. The Caim, a protective circle, is cast around people and animals as a spiritual shield against all kinds of dangers. — Celtic information provided by Shelley M. Greer ©1997.

### **Stars Go Forth:**

Kemetic (ancient Egyptian) holy day. The stars go forth bitterly and openly.

### **Festival of Love:**

Greek holy day. Festival of Love, honoring Aphrodite (Feb. 14-21).

### **Burning Times:**

Margaret Hacket executed for witchcraft at Tyburn, England, on February 19, 1585.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Parmuti or Pharmuthi (Renenutet or Rennutet)

Day 6

## **February 20**

### **holy days**

#### **Day of Tacita:**

Roman holy day. Day of Tacita, the silent Goddess, averter of harmful gossip. She is Dea Muta, mother of the Lares, Household Goddesses, and is also known as Lara.

#### **Min Goes Forth in Festivity:**

Kemetic (ancient Egyptian) holy day. Min goes forth into the festivial tent. Put myrrh on the fire.

#### **Festival of Love:**

Greek holy day. Festival of Love, honoring Aphrodite (Feb. 14-21).

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Parmuti or Pharmuthi (Renenutet or Rennutet)

Day 7

## **February 21**

### **holy days**

#### **Feralia:**

Roman holy day. Feralia, the last day of Parentalia, the Roman All Souls Day, a day of purification and white candles.

#### **Day of counting the parts of the Uchat:**

Kemetic (ancient Egyptian) holy day. Day all the parts of the Eyes of Heru [Horus] are accounted for. Excellent.

### **Festival of Love:**

Greek holy day. Festival of Love, honoring Aphrodite (Feb. 14-21).

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Parmuti or Pharmuthi (Renenutet or Rennutet)

Day 8

## **February 22**

### **holy days**

#### **Carista:**

Roman holy day. Carista, the day of family peace and household accord, dedicated to the Goddess Carista or Concordia.

#### **St. Lucia's Day:**

Italian holy day. Christian Church Holiday of St. Lucia, based on Lucia, the Italian Goddess of Light.

#### **George Washington's Birthday:**

United States holiday. George Washington's birthday.

### **Burning Times:**

Catherine Deshayes burned for witchcraft February 22, 1680.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Parmuti or Pharmuthi (Renenutet or Rennutet)

Day 9

## **February 23**

## holy days

### Great Ones introduced to whole eye of Heru:

Kemetic (ancient Egyptian) holy day. The Great Ones are introduced to the whole eye of Heru [Horus].

### War between Ireland and Britain:

Celtic holy day. War between Ireland and Britain. Branwen (matron of all who are constrained in unhappy marriage for the sake of their children) sends news with a trained starling to her brother, King Bran, telling him how poorly her husband, King Matholwch of Ireland treats her. The war is so devastating, she dies of a broken heart. — Celtic information provided by Shelley M. Greer ©1997.

### Terminalia:

Roman holy day. Terminalia, a day of setting land boundaries, dedicated to Janus or Terminus, God of Endings.

### Burning Times:

Schuler (first name not known) burned for witchcraft at Lindheim, Germany, on February 23, 1663.

## Kemetic (ancient Egyptian) information

Season of Proyet (Sowing)

Month of Parmuti or Pharmuthi (Renenutet or Rennutet)

Day 10

## February 24

## holy days

### Regifugium:

Roman holy day. Regifugium, translates as Flight of Kings, day when the Year King is sacrificed or displayed and his successor crowned by the Goddess.

### Amairgen Gluingel sets foot in Ireland:

Irish Celtic holy day. Amairgen Gluingel, poet of the Milesian invaders of Ireland, first sets foot in Ireland, and composes the poem "I am the Stag of Seven Tines" as an introduction of himself to the land. — Celtic information provided by Shelley M. Greer ©1997.

## Kemetic (ancient Egyptian) information

Season of Proyet (Sowing)

Month of Parmuti or Pharmuthi (Renenutet or Rennutet)

Day 11

## February 25

### holy days

#### Day of Nut:

Kemetic (ancient Egyptian) holy day. Dedicated to Nut.

#### Caswallawm usurps Bran:

Celtic holy day. Caswallawn, son of Beli, usurps Bran as king, while Bran is fighting the Irish. He enchants the land with his magical cloak of invisibility, until Manawyddan (Mannanan) lifts the enchantments. Alternatively, Caswallawn leads the Catuvelauni against Julius Caesar in 54 B.C.E., and inherits the throne when Bran dies in the war against Ireland. — Celtic information provided by Shelley M. Greer ©1997.

### Kemetic (ancient Egyptian) information

Season of Proyet (Sowing)

Month of Parmuti or Pharmuthi (Renenutet or Rennutet)

Day 12

## February 26

### holy days

#### Day of Nuit:

Kemetic (ancient Egyptian) holy day. Day of Nuit, Goddess of Healing and Fertility.

#### Asar at Abydos:

Kemetic (ancient Egyptian) holy day. Asar [Osiris] is conducted to His ship at Abydos.

#### Day of Mihr:

Armenian holy day. Day of Mihr, God of Fire.



**Hygeia's Day:**

North African holy day.

**Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Parmuti or Pharmuthi (Renenutet or Rennutet)

Day 13

**February 27****holy days****Feast of Esther:**

Hebrew holy day.

**Day of Badbh:**

Irish Celtic holy day. Day of Badbh (= Raven), who along with Her sisters Nemain and Macha, make up the Morrigan, triple Goddess of war and death. She is associated with the death portent faery, the Banshee, and is one of the deities who drove the Fomorians out of Ireland. She predicted the downfall of the Tuatha de Danaan, and is believed to have predicted the Great Famine of 1845-1849. — Celtic information provided by Shelley M. Greer ©1997.

**Time of the Old Woman:**

Moroccan holy day. Time of the Old Woman; February 25-March 4 is a period of dangerous weather.

**Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Parmuti or Pharmuthi (Renenutet or Rennutet)

Day 14

**February 28****holy days****Buddha's Conception:**

Tibetan holy day.

### **Happy Day in Heaven:**

Kemetic (ancient Egyptian) holy day. It is a happy day in Heaven. Very favorable.

### **Day of Zamyaz:**

Persian holy day. The day belongs to Zamyaz, the Earth Goddess.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Parmuti or Pharmuthi (Renenutet or Rennutet)

Day 15

## **February 29**

### **holy days**

### **Leap Day:**

In most years divisible by 4 there is an extra day to keep the calendar in balance with the sun and the seasons.

## **Kemetic (ancient Egyptian) information**

In years with a leap day, you will need to move up all of the Kemetic calendar days by one day until you reach the end of the Kemetic year (in mid-July).

## **March 1**

### **holy days**

### **Matronalia:**

Roman holy day.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Parmuti or Pharmuthi (Renenutet or Rennutet)

Day 16

## March 2

**holy days**

**Mother's March:**

Bulgarian holy day.

### **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Parmuti or Pharmuthi (Renenutet or Rennutet)

Day 17

## March 3

**holy days**

**Doll Festival:**

Japanese holy day.

### **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Parmuti or Pharmuthi (Renenutet or Rennutet)

Day 18

## March 4

**holy days**

**Feast of Rhiannon:**

Welsh holy day. Dedicated to Rhiannon.

### **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Parmuti or Pharmuthi (Renenutet or Rennutet)

Day 19

## March 5

**holy days**

**Kite Festival:**

Japanese holy day.

**Celebration of Isis:**

North African holy day. Dedicated to Isis [Aset].

### **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Parmuti or Pharmuthi (Renenutet or Rennutet)

Day 20

## March 6

**holy days**

**Mars Day:**

Roman holy day. Dedicated to Mars.

### **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Parmuti or Pharmuthi (Renenutet or Rennutet)

Day 21

## March 7

## **holy days**

### **Junonalia:**

Roman holy day. Dedicated to Juno.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Parmuti or Pharmuthi (Renenutet or Rennutet)

Day 22

## **March 8**

## **holy days**

### **Birthday of Mother Earth:**

Chinese holy day. Dedicated to Mother Earth.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Parmuti or Pharmuthi (Renenutet or Rennutet)

Day 23

## **March 9**

## **holy days**

### **Feast of the Forty Martyrs:**

Greek holy day.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Parmuti or Pharmuthi (Renenutet or Rennutet)

Day 24

# March 10

## holy days

### Holi:

Indian holy day.

## Kemetic (ancient Egyptian) information

Season of Proyet (Sowing)

Month of Parmuti or Pharmuthi (Renenutet or Rennutet)

Day 25

# March 11

## holy days

### Hercules' Day:

Greek holy day. Dedicated to Hercules.

## Kemetic (ancient Egyptian) information

Season of Proyet (Sowing)

Month of Parmuti or Pharmuthi (Renenutet or Rennutet)

Day 26

# March 12

## holy days

### Feast of Marduk:

Mesopotamian holy day. Dedicated to Marduk.

## Kemetic (ancient Egyptian) information

Season of Proyet (Sowing)

Month of Parmuti or Pharmuthi (Renenutet or Rennutet)

Day 27

## March 13

**holy days**

**Purification Feast:**

Balinese holy day.

### **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Parmuti or Pharmuthi (Renenutet or Rennutet)

Day 28

## March 14

**holy days**

**Veturius Mamurius:**

Roman holy day.

### **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Parmuti or Pharmuthi (Renenutet or Rennutet)

Day 29

## March 15

**holy days**

**Offerings to Ra, Asar, Heru:**

Kemetic (ancient Egyptian) holy day. Dedicated to Ra, Asar, and Heru.



**Ides of March:**

Roman holy day.

**Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Parmuti or Pharmuthi (Renenutet or Rennutet)

Day 30

**March 16****holy days****Festival of Dionysus:**

Greek holy day. Dedicated to Dionysus.

**Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Pachons or Pakhon (Khonsu)

Day 1

**March 17****holy days****St. Patrick's Day:**

Irish holy day.

**Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Pachons or Pakhon (Khonsu)

Day 2

# March 18

## holy days

### Sheelah's Day:

Icelandic holy day.

## Kemetic (ancient Egyptian) information

Season of Semut or Shemu (Harvest or Summer)

Month of Pachons or Pakhon (Khonsu)

Day 3

# March 19

## holy days

### Day of Aganyu:

Santeria holy day.

## Kemetic (ancient Egyptian) information

Season of Semut or Shemu (Harvest or Summer)

Month of Pachons or Pakhon (Khonsu)

Day 4

# March 20

## holy days

### Ostara:

Germanic holy day. Dedicated to Ostara, the Germanic version of Bast.

### Ostara:

Wiccan holy day. Ostara is one of the eight Sabbats of the Wiccan religions. Also celebrated on March 21st.

## Kemetic (ancient Egyptian) information

Season of Semut or Shemu (Harvest or Summer)

Month of Pachons or Pakhon (Khonsu)

Day 5

# March 21

## holy days

### Ostara:

Wiccan holy day. Ostara is one of the eight Sabbats of the Wiccan religions. Also celebrated on Spring Equinox.

If you follow any of the links offered on this web site, **no spell begging**. Especially no love spell or curse begging.

- <http://web.archive.org/web/20010628214619/http://www.pagan.drak.net/lilianna/sabbats-ostara.htm>  
Ostara — March 21
- <http://web.archive.org/web/20010628214619/http://www.pagan.drak.net/lilianna/crafts-springeggs.l>  
Spring Equinox Eggs

### Tea and Tephi Day:

Irish holy day.

## Kemetic (ancient Egyptian) information

Season of Semut or Shemu (Harvest or Summer)

Month of Pachons or Pakhon (Khonsu)

Day 6

# March 22

## holy days

### New Year Festival:

Mesopotamian holy day.

## Kemetic (ancient Egyptian) information

Season of Semut or Shemu (Harvest or Summer)

Month of Pachons or Pakhon (Khonsu)

Day 7

## March 23

**holy days**

**Summer Finding:**

Norse holy day.

### **Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Pachons or Pakhon (Khonsu)

Day 8

## March 25

**holy days**

**Anunciación:**

Mexican holy day. Feast of the Annunciation.

### **Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Pachons or Pakhon (Khonsu)

Day 10

## March 26

**holy days**

**Plowing Day:**

Slavic holy day.

## **Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Pachons or Pakhon (Khonsu)

Day 11

# **March 27**

## **holy days**

### **Smell the Breeze Day:**

Kemetic (ancient Egyptian) holy day.

## **Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Pachons or Pakhon (Khonsu)

Day 12

# **March 28**

## **holy days**

### **Birthday of Kwan Yin:**

Chinese holy day. Dedicated to Kwan Yin.

### **Wapynshaws of Scotland:**

Scottish holy day.

## **Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Pachons or Pakhon (Khonsu)

Day 13

# March 29

## holy days

### **Festival of Ishtar:**

Babylonian holy day. A planting and fertility festival. Dedicated to Ishtar.

## **Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Pachons or Pakhon (Khonsu)

Day 14

# March 30

## holy days

### **Festival of Janus and Concordia:**

Roman holy day. Dedicated to Janus and Concordia.

## **Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Pachons or Pakhon (Khonsu)

Day 15

# March 31

## holy days

### **The Borrowed Days:**

The Borrowed Days.

## **Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Pachons or Pakhon (Khonsu)

Day 16

**April 14**

**holy days**

**Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Pachons or Pakhon (Khonsu)

Day 30

**April 15**

**holy days**

**Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Payni or Paoni (Heru [Horus])

Day 1

**May 14**

**holy days**

**Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Payni or Paoni (Heru [Horus])

Day 30

**May 15**

**holy days**

## **Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Epipi or Epep-abet (Wadjet)

Day 1

# **May 31**

## **holy days**

### **Day of Escape of Fugitive Eye:**

Kemetic (ancient Egyptian) holy day. It is the day of the escape of the fugitive eye. The neteru are deprived of Re (Ra) who had come to hand over the rebels to it.

## **Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Epipi or Epep-abet (Wadjet)

Day 17

# **June 1**

## **holy days**

### **Day of Ma'at and Ra:**

Kemetic (ancient Egyptian) holy day. It is the day Ma'at and Re (Ra) go forth in secret.

## **Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Epipi or Epep-abet (Wadjet)

Day 18

# **June 2**

## **holy days**



**Shapatu of Ishtar:**

Assyrian holy day. Festival dedicated to Ishtar, Assyrian and Babylonian Goddess of love, fertility, and war.

**Birth of Apollo:**

Greek holy day. Birth of Apollo, Greek god of the sun.

**Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Epipi or Epep-abet (Wadjet)

Day 19

# June 3

## holy days

**festival of Cataclysmos:**

Greek holy day. Festival of Cataclysmos on the island of Cyprus celebrated with a seaside ritual of prayers for the souls of the departed, traditional sea games, and a sacred dance.

**Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Epipi or Epep-abet (Wadjet)

Day 20

# June 4

## holy days

**Socrates Day:**

Greek holy day. Day of Socrates birth in 470 B.C.E.

**Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Epipi or Epep-abet (Wadjet)

Day 21

## June 5

### holy days

#### Day of Sepa:

Kemetic (ancient Egyptian) holy day. It is the day of Sepa of Tura coming from Heliopolis.

### **Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Epipi or Epep-abet (Wadjet)

Day 22

## June 6

### holy days

#### Day of Quarreling:

Kemetic (ancient Egyptian) holy day. It is the day of quarreling and reproaching *m* with Onnophris.

### **Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Epipi or Epep-abet (Wadjet)

Day 23

## June 7

### holy days

#### Day of Children of Bedesh:

Kemetic (ancient Egyptian) holy day. It is the day of the children of Bedesh. The neteru kills them when he comes. Then he sails south.

## **Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Epipi or Epep-abet (Wadjet)

Day 24

# **June 8**

## **holy days**

### **Day of the Great Enemy:**

Kemetic (ancient Egyptian) holy day. it is the day the great enemy is in the temple of Sekhmet.

## **Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Epipi or Epep-abet (Wadjet)

Day 25

# **June 9**

## **holy days**

### **Feast of Vesta:**

Roman holy day. Feast day of Vesta, Roman Goddess of the hearth and its fire.

## **Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Epipi or Epep-abet (Wadjet)

Day 26

# **June 10**

## **holy days**

**Day of Sailing:**

Kemetic (ancient Egyptian) holy day. It is the day of sailing on the river Nile and of tearing down the enclosure wall.

**Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Epipi or Epep-abet (Wadjet)

Day 27

**June 11****holy days****Day of Terror:**

Kemetic (ancient Egyptian) holy day. It is the day of creating misery and bringing terror into existence in conformity with the custom of what is in the year.

**Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Epipi or Epep-abet (Wadjet)

Day 28

**June 12****holy days****Festival of Mwt:**

Kemetic (ancient Egyptian) holy day. Today is the festival of Mwt (Mut) in Shera (the lake at the Temple of Karnak). It is the day of feeding the neteru and her followers.

**Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Epipi or Epep-abet (Wadjet)

Day 29

# June 13

## holy days

### House of Ra:

Kemetic (ancient Egyptian) holy day. House of Re (Ra).

### House of Asar:

Kemetic (ancient Egyptian) holy day. House of Asar (Osiris).

### House of Heru:

Kemetic (ancient Egyptian) holy day. House of Heru-sa-Aset (Horus the Younger).

## Kemetic (ancient Egyptian) information

Season of Semut or Shemu (Harvest or Summer)

Month of Epipi or Epep-abet (Wadjet)

Day 30

# June 14

## holy days

### Day of Sending Abet-Offerings:

Kemetic (ancient Egyptian) holy day. It is the day of sending *abet*-offerings to those in heaven. All male *neteru* and goddesses spend the day in the feast of Onnophris.

## Kemetic (ancient Egyptian) information

Season of Semut or Shemu (Harvest or Summer)

Month of Mesore (Heru-Khuiti)

Day 1

# June 15

## holy days

**Day of Ma'at:**

Kemetic (ancient Egyptian) holy day. It is the day of Ma'at and all the neteru perform the rites as one who is in heaven.

**Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Mesore (Heru-Khuiti)

Day 2

**June 16**

**holy days**

**Going Forth of Her Majesty:**

Kemetic (ancient Egyptian) holy day. It is the day her majesty the goddess goes to Heliopolis of Re (Ra). A feast is made on this day.

**Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Mesore (Heru-Khuiti)

Day 3

**June 17**

**holy days**

**Procession of Sopdu:**

Kemetic (ancient Egyptian) holy day. It is the day of the procession of Sopdu together with his followers in a state of youth and staying the course of the day. She will never be able to find a living soul.

**Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Mesore (Heru-Khuiti)

Day 4

## June 18

### holy days

#### **Festival of Min:**

Kemetic (ancient Egyptian) holy day. It is the day the temple becomes festive, because Min is at Akhmin.

### **Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Mesore (Heru-Khuiti)

Day 5

## June 19

### holy days

#### **Day of Transporting the Rejuvenated One:**

Kemetic (ancient Egyptian) holy day. It is the day of transporting the rejuvenated one (Onnophris) in Rostau and of hiding the mysteries of the conspirators.

### **Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Mesore (Heru-Khuiti)

Day 6

## June 20

### holy days

#### **Day of the Dead One:**

Kemetic (ancient Egyptian) holy day. It is the day the dead one goes about in the cemetery and arrives on earth.

## **Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Mesore (Heru-Khuiti)

Day 7

# **June 21**

## **holy days**

**Summer Solstice:**

Wiccan holy day. The Summer Solstice is celebrated as Midsummer, Alban Hefin, and Litha. One of the eight Wiccan sabbats.

## **Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Mesore (Heru-Khuiti)

Day 8

# **June 22**

## **holy days**

**Day of Cu Chulainn:**

Irish Celtic holy day. An annual festival to the legendary Irish folk hero Cu Chulainn and to the fertility god the Green Man.

## **Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Mesore (Heru-Khuiti)

Day 9

# **June 23**



## **holy days**

### **Day of Repelling:**

Kemetic (ancient Egyptian) holy day. It is the day of the repelling of the crew which was in the Delta. It is the day of the entering of the eye of Re (Ra) in his horizon when he sees his beauty.

### **Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Mesore (Heru-Khuiti)

Day 10

## **June 24**

## **holy days**

### **Day of Destructiveness:**

Kemetic (ancient Egyptian) holy day. It is the day destructiveness is created in the presence of the followers of Re (Ra), and of repelling the confederates of Seth into the eastern country.

### **Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Mesore (Heru-Khuiti)

Day 11

## **June 25**

## **holy days**

### **Day of Jubilation:**

Kemetic (ancient Egyptian) holy day. It is the day of jubilation throughout the entire land. The hearts of those in the shrine are happy.

### **Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Mesore (Heru-Khuiti)

Day 12

# June 26

## holy days

### Defending Heru:

Kemetic (ancient Egyptian) holy day. It is the day of holiday because of defending the son of Asar (Asar), Heru-sa-Aset (Horus).

## Kemetic (ancient Egyptian) information

Season of Semut or Shemu (Harvest or Summer)

Month of Mesore (Heru-Khuiti)

Day 13

# June 27

## holy days

### Sun Dance:

Native American holy day. Some Native Americans from the North American plains celebrate the Sun Dance.

## Kemetic (ancient Egyptian) information

Season of Semut or Shemu (Harvest or Summer)

Month of Mesore (Heru-Khuiti)

Day 14

# June 28

## holy days

### Going Forth of Ra:

Kemetic (ancient Egyptian) holy day. It is the day Re (Ra) goes forth to propitiate Nun in his cavern in the presence of his followers and the Ennead.

## **Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Mesore (Heru-Khuiti)

Day 15

# **June 29**

## **holy days**

### **Ancestor Day:**

Kemetic (ancient Egyptian) holy day. Pour ritual water for those in the next world. It is pleasant for your male and female ancestors who are in the cemetery.

## **Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Mesore (Heru-Khuiti)

Day 16

# **June 30**

## **holy days**

### **Day of Aestas:**

Roman holy day. Day that Aestas, Roman corn-goddess of Summer, is honored. Some modern Wiccans serve corn bread.

## **Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Mesore (Heru-Khuiti)

Day 17

# July 1

## holy days

### Rebel Day:

Kemetic (ancient Egyptian) holy day. it is the day the crew leads the rebels.

## Kemetic (ancient Egyptian) information

Season of Semut or Shemu (Harvest or Summer)

Month of Mesore (Heru-Khuiti)

Day 18

# July 2

## holy days

### Day of Udjat:

Kemetic (ancient Egyptian) holy day. It is the day the eye of Heru-sa-Aset (the Udjat-eye) has returned complete, nothing is missing from it.

## Kemetic (ancient Egyptian) information

Season of Semut or Shemu (Harvest or Summer)

Month of Mesore (Heru-Khuiti)

Day 19

# July 3

## holy days

### Day of Cleansing and Renewal:

Kemetic (ancient Egyptian) holy day. It is the day of the cleansing and renewal of the noble ones. There is silence because of it on earth in order to propitiate the Udjat-eye on this day.

## Kemetic (ancient Egyptian) information

Season of Semut or Shemu (Harvest or Summer)

Month of Mesore (Heru-Khuiti)

Day 20

## July 4

### holy days

**Day of Pax:**

Roman holy day. Romans honored Pax (Goddess of peace and harmony) with feasting and revelry.

## Kemetic (ancient Egyptian) information

Season of Semut or Shemu (Harvest or Summer)

Month of Mesore (Heru-Khuiti)

Day 21

## July 5

### holy days

**Feast of Anpu:**

Kemetic (ancient Egyptian) holy day. It is the day of the feast of Anpu (Anubis) who is on his mountain. The children of Geb and Nwt (Nut) spend the day in festivity, which is a holy day because of the good purification of the neteru on this day.

## Kemetic (ancient Egyptian) information

Season of Semut or Shemu (Harvest or Summer)

Month of Mesore (Heru-Khuiti)

Day 22

## July 6

### holy days

**Kemetic tradition:**

Kemetic (ancient Egyptian) tradition. Do not taste bread ofr bear on this day.

## **Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Mesore (Heru-Khuiti)

Day 23

# **July 7**

## **holy days**

### **Day of Ra:**

Kemetic (ancient Egyptian) holy day. Make *abet* offerings to the neteru in the presence of Re (Ra). Make a holy day in your house.

## **Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Mesore (Heru-Khuiti)

Day 24

# **July 8**

## **holy days**

### **Day Ntr Established:**

Kemetic (ancient Egyptian) holy day. It is the day Ntr is established in front of the crew of re (Ra) who is happy in the Hewet Desert.

## **Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Mesore (Heru-Khuiti)

Day 25

# **July 9**

## **holy days**

### **Sailing Day:**

Kemetic (ancient Egyptian) holy day. It is the day the neteru sail.

## **Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Mesore (Heru-Khuiti)

Day 26

## **July 10**

## **holy days**

### **Neptunalia:**

Roman holy day. Annual festival to honor Neptune in ancient Rome. Modern Wiccans in Italy honor Neptune by lighting a blue candle inscribed with the trident symbol and anointed with seawater and placing it on the altar next to items from the sea (such as seashells).

## **Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Mesore (Heru-Khuiti)

Day 27

## **July 11**

## **holy days**

### **Feast of Min:**

Kemetic (ancient Egyptian) holy day. It is the day of the feast of Min.

## **Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Mesore (Heru-Khuiti)

Day 28

## July 12

### holy days

#### **Holy Day of Sokar:**

Kemetic (ancient Egyptian) holy day. It is the day of a holiday in the temple of Sokar, on the estate of Ptah. Those who are on the estate are in great festivity, because they are healthy.

### **Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Mesore (Heru-Khuiti)

Day 29

## July 13

### holy days

#### **Last Day of the Year:**

Kemetic (ancient Egyptian) holy day. last day of the year. Anything which comes forth on this day from the estate of Ptah will be good. Anything, any rite, or anybody on this day, will be good throughout the year. Sing and make many offerings.

### **Kemetic (ancient Egyptian) information**

Season of Semut or Shemu (Harvest or Summer)

Month of Mesore (Heru-Khuiti)

Day 30

## July 14

### holy days

#### **Birth of Asar:**

Kemetic (ancient Egyptian) holy day. Birth of Asar (Osiris). Words to be said:



“O Asar, bull in his cavern whose name is hidden. Hail to thee; I am thy son, O father Asar. The name of this day is The Pure One.”

## **Kemetic (ancient Egyptian) information**

Epagomenal Days

Birthday of Asar [Osiris]

# **July 15**

## **holy days**

### **Birth of Heru:**

Kemetic (ancient Egyptian) holy day. Birth fo Heru (Horus the Elder). Words to be said:

“O Heru of Letopolis. The name of this day is Powerful is the Heart.”

## **Kemetic (ancient Egyptian) information**

Epagomenal Days

Birthday of Her Ur [Horus the Elder]

# **July 16**

## **holy days**

### **Birth of Seth:**

Kemetic (ancient Egyptian) holy day. Birth fo Seth. Words to be said:

“O Seth, son of Nwt, great of strength, protection is at the hands of thy holiness. I am thy son. The name of this day is Powerful of Heart.”

## **Kemetic (ancient Egyptian) information**

Epagomenal Days

Birthday of Set

# **July 17**

## **holy days**

### **Birth of Aset:**

Kemetic (ancient Egyptian) holy day. Birth of Aset (Isis). Words to be said:

“O this Aset, daughter of Nwt, the eldest, mistress of magic, provider of the book, mistress who appeases the two lords, her face is glorious. I am the brother and the sister. The name of this day is He Who Makes Terror.”

## **Kemetic (ancient Egyptian) information**

Epagomenal Days

Birthday of Aset [Isis]

# **July 18**

## **holy days**

### **Birth of Nebt-Het:**

Kemetic (ancient Egyptian) holy day. Birth of Nebt-Het (Nephthys). Words to be said:

“O Nebt-Het, daughter of Nwt, sister of Seth, she whose father sees a healthy daughter. I am the divine power in the womb of my mother Nwt. The name of this day is The Child Who is in his Nest.”

## **Kemetic (ancient Egyptian) information**

Epagomenal Days

Birthday of Nebt Het [Nephthys]

# **July 19**

## **holy days**

### **Kemetic New Year:**

Kemetic (ancient Egyptian) holy day. First day of the Kemetic year. Note that this date moved in antiquity based on the Rising of the star Sothis, and there is reasonable modern debate on how this should be aligned with the modern calendar. Some knowledgeable Egyptologists have this date as early as mid-June and as late early August. If you follow a choice for aligning the ancient and modern calendars, please adjust all kemetic holy days accordingly.

**Nile:**

Kemetic (ancient Egyptian) holy day. The Kemetic new year is aligned with the Rising of the Nile. All neteru and people celebrate.

**Birth of Re-Horakhty:**

Kemetic (ancient Egyptian) holy day. The birth of the deity Re-Horakhty.

**Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Tot-abet or Djehuti (Djehuti [Thoth])

Day 1

**July 20**

**holy days**

**Ennead go before Re:**

Kemetic (ancient Egyptian) holy day. This is the day that the Ennead go before Re or Ra.

**Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Tot-abet or Djehuti (Djehuti [Thoth])

Day 2

Day 3

**July 22**

**holy days**

**Contrary Wind:**

Kemetic (ancient Egyptian) holy day. The neteru go in a contrary wind.

**Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Tot-abet or Djehuti (Djehuti [Thoth])

Day 4

# July 23

## holy days

**Peaceful Navigation:**

Kemetic (ancient Egyptian) holy day. The neteru are peaceful in heaven, navigating the great barque.

## Kemetic (ancient Egyptian) information

Season of Akhet (Inundation)

Month of Tot-abet or Djehuti (Djehuti [Thoth])

Day 5

# July 25

## holy days

**Day of Welcoming:**

Kemetic (ancient Egyptian) holy day. It is the day of welcoming the rising of the River Nile and of offering tto the neteru.

## Kemetic (ancient Egyptian) information

Season of Akhet (Inundation)

Month of Tot-abet or Djehuti (Djehuti [Thoth])

Day 7

# July 26

## holy days

**Going Forth of Ra:**

Kemetic (ancient Egyptian) holy day. It is the day Re (or Ra) goes forth.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Tot-abet or Djehuti (Djehuti [Thoth])

Day 8

# **July 27**

## **holy days**

### **Pacifying Hearts:**

Kemetic (ancient Egyptian) holy day. It is the day of pacifying the hearts of those in the horizon in front of His majesty, Re (or Ra).

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Tot-abet or Djehuti (Djehuti [Thoth])

Day 9

# **July 28**

## **holy days**

### **Going Forth of Hedj-Hotep:**

Kemetic (ancient Egyptian) holy day. It is the day of the going forth of Hedj-Hotep, Goddess of weaving. All is festivity.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Tot-abet or Djehuti (Djehuti [Thoth])

Day 10

# **July 29**

## **holy days**

### **Going Forth of the Great Flame:**

Kemetic (ancient Egyptian) holy day. It is the day of the going forth of the Great Flame, the fire-spitting cobra Goddess. Kindle the fire today.

### **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Tot-abet or Djehuti (Djehuti [Thoth])

Day 11

## **July 30**

## **holy days**

### **Disappointing Ra:**

Kemetic (ancient Egyptian) holy day. It is the day anyone disobeying re (or Ra) will fall down at once.

### **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Tot-abet or Djehuti (Djehuti [Thoth])

Day 12

## **July 31**

## **holy days**

### **Meret Shemat:**

Kemetic (ancient Egyptian) holy day. It is the day of the killing of meret Shemat, Goddess of music.

### **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Tot-abet or Djehuti (Djehuti [Thoth])

Day 13

## August 1

### holy days

#### Day of Offerings:

Kemetic (ancient Egyptian) holy day. Make offerings to the neteru of your city.

### Kemetic (ancient Egyptian) information

Season of Akhet (Inundation)

Month of Tot-abet or Djehuti (Djehuti [Thoth])

Day 14

## August 2

### holy days

#### Day of Rage:

Kemetic (ancient Egyptian) holy day. It is the day of the rage of Seth battling Heru-Sa-Aset (Horus the Younger).

### Kemetic (ancient Egyptian) information

Season of Akhet (Inundation)

Month of Tot-abet or Djehuti (Djehuti [Thoth])

Day 15

Day 16

## August 4

### holy days

#### Sobek Offering Stolen:

Kemetic (ancient Egyptian) holy day. It is the day the offering to Sobek was taken away. Do not eat

any *mehyet*-fish today.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Tot-abet or Djehuti (Djehuti [Thoth])

Day 17

# **August 5**

## **holy days**

### **Heru Judged Greater:**

Kemetic (ancient Egyptian) holy day. It is the day Heru-Sa-Aset (Horus the Younger) was judged greater than his brother Seth.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Tot-abet or Djehuti (Djehuti [Thoth])

Day 18

# **August 6**

## **holy days**

### **Ennead Festival:**

Kemetic (ancient Egyptian) holy day. The Ennead is in festivity in front of Re (Ra), a happy day in heaven. Burn neter-sentra (incense).

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Tot-abet or Djehuti (Djehuti [Thoth])

Day 19

# **August 7**



## **holy days**

### **Day of Conflict:**

Kemetic (ancient Egyptian) holy day. It is the day the great ones — the followers of Seth and Heru-Sa-Aset (Horus the Younger) — are in conflict.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Tot-abet or Djehuti (Djehuti [Thoth])

Day 20

## **August 8**

## **holy days**

### **Offerings to Ra:**

Kemetic (ancient Egyptian) holy day. Make offerings to the followers of Re (or Ra).

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Tot-abet or Djehuti (Djehuti [Thoth])

Day 21

## **August 9**

## **holy days**

### **Ra Swallows Neteru:**

Kemetic (ancient Egyptian) holy day. It is the day Re (or Ra) swallows all the neteru. When they move about he kills them and vomits them out into the water. Their bodies turn to fish and their souls to birds. Do not eat fish today. Do not warm oil. Do not eat birds.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Tot-abet or Djehuti (Djehuti [Thoth])

Day 22

## August 10

**holy days**

**Suffering Heart:**

Kemetic (ancient Egyptian) holy day. It is the day of causing the heart of the enemy of Re (or Ra) to suffer.

### **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Tot-abet or Djehuti (Djehuti [Thoth])

Day 23

## August 11

**holy days**

**Peaceful Wind:**

Kemetic (ancient Egyptian) holy day. Re (or Ra) sails peacefully with a favorable wind.

### **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Tot-abet or Djehuti (Djehuti [Thoth])

Day 24

## August 12

**holy days**

**Going Forth of Sekhmet:**

Kemetic (ancient Egyptian) holy day. It is the day of the going forth of Sekhmet to the Eastern district

and of the repelling of the confederates of Seth.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Tot-abet or Djehuti (Djehuti [Thoth])

Day 25

# **August 13**

### **holy days**

#### **Day of Fighting:**

Kemetic (ancient Egyptian) holy day. It is the day of Heru-sa-Aset fighting with Seth.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Tot-abet or Djehuti (Djehuti [Thoth])

Day 26

# **August 14**

### **holy days**

#### **Day of Peace:**

Kemetic (ancient Egyptian) holy day. It is the day of peace between heru-sa-Aset (Horus the Younger) and Seth. Make a holiday today.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Tot-abet or Djehuti (Djehuti [Thoth])

Day 27

# **August 15**

## **holy days**

### **Happy Day:**

Kemetic (ancient Egyptian) holy day. The neteru are happy when they see the children of Nut (Heru-Ssa-Aset and Seth).

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Tot-abet or Djehuti (Djehuti [Thoth])

Day 28

## **August 16**

## **holy days**

### **Kemetic tradition:**

Kemetic (ancient Egyptian) tradition. Do not kindle fire in the house today.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Tot-abet or Djehuti (Djehuti [Thoth])

Day 29

## **August 17**

## **holy days**

### **House of Ra:**

Kemetic (ancient Egyptian) holy day. House of Re (Ra). Very favorable.

### **House of Asar:**

Kemetic (ancient Egyptian) holy day. House of Asar (Osiris). Very favorable.

### **House of Heru:**

Kemetic (ancient Egyptian) holy day. House of Heru-sa-Aset (Horus the Younger). Very favorable.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Tot-abet or Djehuti (Djehuti [Thoth])

Day 30

# **August 18**

## **holy days**

### **Ennead festival:**

Kemetic (ancient Egyptian) holy day. The Ennead is in festivity on this day. The heir is established.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Paopi (Ptah)

Day 1

# **August 19**

## **holy days**

### **Procession of Heru:**

Kemetic (ancient Egyptian) holy day. It is the day of the procession of Heru (Horus the Elder) of Sais to his mother Neith. Make offerings to all divine (neteru). This is important.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Paopi (Ptah)

Day 2

# **August 20**

## **holy days**

### **Healing of the Eye:**

Kemetic (ancient Egyptian) holy day. Djehuti (Toth or Thoth), neteru of writing, is in the presence of Re (Ra) in the inaccessible shrine. He gives the order for the healing of Heru-sa-Aset's (Horus the Younger's) injured eye.

### **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Paopi (Ptah)

Day 3

## **August 21**

## **holy days**

### **Going Forth of Anpu:**

Kemetic (ancient Egyptian) holy day. Anpu (Anubis) goes forth to inspect the embalming of the neteru.

### **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Paopi (Ptah)

Day 4

## **August 22**

## **holy days**

### **Day of Offering:**

Kemetic (ancient Egyptian) holy day. It is the day of offering in the presence of Hedj-Hotep, Goddess of weaving, and Montu, neteru of war.

### **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Paopi (Ptah)

Day 5

## August 23

### holy days

**Happy Day for Ra:**

Kemetic (ancient Egyptian) holy day. It is a happy day for Re (Ra) in heaven. The neteru are pacified in his presence. The Ennead is making glorification in front of the Lord of the Universe.

### **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Paopi (Ptah)

Day 6

## August 24

### holy days

**Going Forth of Ra:**

Kemetic (ancient Egyptian) holy day. On this day Re (Ra) goes forth to countries which he created to kill the children of the rebellion. He returns and kills them in front of the Ennead.

### **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Paopi (Ptah)

Day 7

## August 26

### holy days

**Day of Jubilation:**

Kemetic (ancient Egyptian) holy day. It is the day of jubilation in the heart of Re (Ra). His Ennead is in festivity. All enemies are killed.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Paopi (Ptah)

Day 9

# **August 27**

## **holy days**

### **Procession of Bastet:**

Kemetic (ancient Egyptian) holy day. It is the day of the procession of Bastet, Goddess of Ankh-Towe, and the informing of Re (Ra) in Heliopolis about her paying tribute to the August Tree (which has the names of kings inscribed on its leaves).

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Paopi (Ptah)

Day 10

# **August 28**

## **holy days**

### **Fixing of the Bow:**

Kemetic (ancient Egyptian) holy day. It is the day of fixing the front piece of the prow on the sacred boat. Life and prosperity are before the august one.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Paopi (Ptah)

Day 11



# August 29

## holy days

### Rebellion:

Kemetic (ancient Egyptian) holy day. It is the day on which he who rebelled against his lord reared his head. His utterance has annihilated the speech of Seth, son of Nut (Nwt). The separation of his head is inflicted on him who conspired against his lord.

## Kemetic (ancient Egyptian) information

Season of Akhet (Inundation)

Month of Paopi (Ptah)

Day 12

# August 30

## holy days

### Day of Satisfying Hearts:

Kemetic (ancient Egyptian) holy day. It is the day of satisfying the hearts of the great neteru with a feast, and of saluting their lord who overthrew the enemies, who exist no more.

## Kemetic (ancient Egyptian) information

Season of Akhet (Inundation)

Month of Paopi (Ptah)

Day 13

# September 1

## holy days

### Going Forth of Ra:

Kemetic (ancient Egyptian) holy day. It is the day of the going forth of Re (Ra) at night with his followers. If anyone sees them, he will die immediately.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Paopi (Ptah)

Day 15

# **September 2**

### **holy days**

**Feast of Asar-Onnophris:**

Kemetic (ancient Egyptian) holy day. I tis the day of the feast of Asar-Onnophris (Osiris-Onnophris). The neteru who are in his retinue are in great festivity. The Ennead is pleased.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Paopi (Ptah)

Day 16

# **September 3**

### **holy days**

**Creation:**

Kemetic (ancient Egyptian) holy day. The Great and Little Ennead come forth from the chaotic waters of Nun.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Paopi (Ptah)

Day 17

# **September 4**

## holy days

### Anpu Inspects:

Kemetic (ancient Egyptian) holy day. It is the day Anpu (Anubis) inspects the funerary text while he performs a transformation into lizards in the sight of all men. Then he weeps. The male and female *neteru* place their hands on their heads.

### Kemetic (ancient Egyptian) information

Season of Akhet (Inundation)

Month of Paopi (Ptah)

Day 18

## September 5

## holy days

### Going Forth of Nun:

Kemetic (ancient Egyptian) holy day. It is the day of the going forth of Nun to set up the *djed*-pillar in its place to compensate the *neteru* in its presence.

### Kemetic (ancient Egyptian) information

Season of Akhet (Inundation)

Month of Paopi (Ptah)

Day 19

## September 6

## holy days

### Day of Reckoning:

Kemetic (ancient Egyptian) holy day. it is the day of reckoning in the prsence of Re (Ra), overseen by Djehuti (Toth). It makes an example of the rebels, carrying them below.

### Kemetic (ancient Egyptian) information

Season of Akhet (Inundation)

Month of Paopi (Ptah)

Day 20

## September 7

### holy days

#### Going Forth of Neith:

Kemetic (ancient Egyptian) holy day. It is the day of the going forth of the Upper Egyptian Goddess, Neith, in the presence of His Majesty Atum-Re —Horakhty— may he live and be prosperous. It is the Goddess' eyes which guide Toth in appeasing and praising her.

### Kemetic (ancient Egyptian) information

Season of Akhet (Inundation)

Month of Paopi (Ptah)

Day 21

## September 8

### holy days

#### Day of Cutting of Tongue:

Kemetic (ancient Egyptian) holy day. It is the day of cutting of the tongue of Sobek, son of Neith.

### Kemetic (ancient Egyptian) information

Season of Akhet (Inundation)

Month of Paopi (Ptah)

Day 22

## September 10

### holy days

#### Going Forth of Executioners:

Kemetic (ancient Egyptian) holy day. It is the day of the going forth of the executioners from Sais in the Delta to look for the children of the rebellion.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Paopi (Ptah)

Day 24

# **September 11**

## **holy days**

### **Day of Finding:**

Kemetic (ancient Egyptian) holy day. It is the day of the finding of the children of the rebellion wrapped in a burial mat.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Paopi (Ptah)

Day 25

# **September 12**

## **holy days**

### **Windows of Busiris:**

Kemetic (ancient Egyptian) holy day. It is the day of the opening and sealing of the windos of the palace of Busiris.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Paopi (Ptah)

Day 26

# September 13

## holy days

### **Egyptian Tradition:**

Kemetic (ancient Egyptian) tradition. Do not do any labor till the sun sets.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Paopi (Ptah)

Day 27

# September 16

## holy days

### **House of Ra:**

Kemetic (ancient Egyptian) holy day. The land is in festivity on this day. House of Re (Ra).

### **House of Asar:**

Kemetic (ancient Egyptian) holy day. The land is in festivity on this day. House of Asar (Osiris).

### **House of Heru:**

Kemetic (ancient Egyptian) holy day. The land is in festivity on this day. House of Heru-sa-Aset (Horus the Younger).

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Paopi (Ptah)

Day 30

# September 17

## holy days

**Feast of Heaven:**

Kemetic (ancient Egyptian) holy day. It is the day of the feast of the members of heaven, honoring Het-Heret (Hathor), mistress of all the female neteru (Goddesses).

**Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Hator-abet

Day 1

**September 18****holy days****Return of Wedjoyet:**

Kemetic (ancient Egyptian) holy day. It is the day of the return of Wedjoyet from Dep.

**Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Hator-abet

Day 2

**September 20****holy days****Day of the Trembling Earth:**

Kemetic (ancient Egyptian) holy day. it is the day of the trembling of the earth under Nun.

**Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Hator-abet

Day 4

# September 21

## holy days

### Day of the Blaming:

Kemetic (ancient Egyptian) holy day. It is the day of the blaming by his majesty of this neteru. Do not keep a fire burning in the home on this day.

## Kemetic (ancient Egyptian) information

Season of Akhet (Inundation)

Month of Hator-abet

Day 5

# September 22

## holy days

### Day of the Encouragement:

Kemetic (ancient Egyptian) holy day. It is the day of the encouragement of the neteru of the two lands.

## Kemetic (ancient Egyptian) information

Season of Akhet (Inundation)

Month of Hator-abet

Day 6

# September 24

## holy days

### Going Forth of Aset:

Kemetic (ancient Egyptian) holy day. It is the day Aset (Isis) goes forth, her heart is pleased on this day because the heritage is granted to her son.

## Kemetic (ancient Egyptian) information



Season of Akhet (Inundation)

Month of Hator-abet

Day 8

## September 25

**holy days**

**Day of Blaming:**

Kemetic (ancient Egyptian) holy day. It is the day of the blaming of the great ones.

### **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Hator-abet

Day 9

## September 26

**holy days**

**Day of Great Rejoicing:**

Kemetic (ancient Egyptian) holy day. It is the day of great rejoicing in heaven. The crew of Re (Ra) are in peace. His Ennead is cheerful. Those in the fields are working.

### **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Hator-abet

Day 10

## September 28

**holy days**

**Day of Purification:**

Kemetic (ancient Egyptian) holy day. It is the day of the purification of the hearts of the neteru, wherever they are. The Udjat eye is again in the head of Re (Ra).

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Hator-abet

Day 12

# **September 29**

## **holy days**

### **Day Asar Sails to Abydos:**

Kemetic (ancient Egyptian) holy day. It is the day Asar (Osiris) is sailing upstream in Abydos, to his great town. he is transformed into a little old person. He gives the fare to Anty and says, "Ferry me over to the west...".

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Hator-abet

Day 13

# **September 30**

## **holy days**

### **Day Hearts are Sad:**

Kemetic (ancient Egyptian) holy day. It is the day when the hearts of the neteru are sad because of what Seth the enemy of Anty has done.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Hator-abet

Day 14

# October 1

## holy days

### Day of Inspecting:

Kemetic (ancient Egyptian) holy day. It is the day of the inspecting of Ra-nebt-dedet (neteru of sexual fertility) in the temple.

## Kemetic (ancient Egyptian) information

Season of Akhet (Inundation)

Month of Hator-abet

Day 15

# October 2

## holy days

### Appearance of the Ogdoad:

Kemetic (ancient Egyptian) holy day. It is the day of the appearance of the great eight neteru (the Ogdoad) in Ashmuneim. It is a happy day of infinity and eternity.

## Kemetic (ancient Egyptian) information

Season of Akhet (Inundation)

Month of Hator-abet

Day 16

# October 3

## holy days

### Day of the Landing:

Kemetic (ancient Egyptian) holy day. It is the day of the landing of the great ones, the upper and lower ones, at Abydos. Aset (Isis) and Nebt-Het (Nephthys) weep and wail loudly over the death of Asar (Osiris).

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Hator-abet

Day 17

# **October 4**

### **holy days**

#### **Day of Strife:**

Kemetic (ancient Egyptian) holy day. It is the day of strife for the children of Geb.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Hator-abet

Day 18

# **October 5**

### **holy days**

#### **Day of the Children of the Storm:**

Kemetic (ancient Egyptian) holy day. It is the day of the children of the storm.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Hator-abet

Day 19

# **October 6**

### **holy days**

### Going Forth of Bastet:

Kemetic (ancient Egyptian) holy day. It is the day of the going forth of bastet, mistress of Ankh-towe in front of Re (Ra), she being angry.

## Kemetic (ancient Egyptian) information

Season of Akhet (Inundation)

Month of Hator-abet

Day 20

# October 7

## holy days

### Feast of Shu:

Kemetic (ancient Egyptian) holy day. It is the day of the feast of Shu, son of Re (Ra).

## Kemetic (ancient Egyptian) information

Season of Akhet (Inundation)

Month of Hator-abet

Day 21

# October 8

## holy days

### Raising of Ma'at:

Kemetic (ancient Egyptian) holy day. It is the day of the raising of the statue of Ma'at in order to see Re (Ra) when she is summoned by the neteru to his presence. A uraeus is placed in her hand and another below her, being fixed at the front of the *mesektet*-boat.

## Kemetic (ancient Egyptian) information

Season of Akhet (Inundation)

Month of Hator-abet

Day 22

# October 9

## holy days

### Day Ra Judges:

Kemetic (ancient Egyptian) holy day. It is the day Re (Ra) judges.

## Kemetic (ancient Egyptian) information

Season of Akhet (Inundation)

Month of Hator-abet

Day 23

# October 10

## holy days

### Going Forth of Aset:

Kemetic (ancient Egyptian) holy day. It is the day of going forth of Aset (Isis), and her heart is happy. Nebt-Het (Nephthys) is in jubilation. They see Asar (Osiris). He has given his throne to his son, Heru-sa-Aset (Horus the Younger), in front of Re (Ra).

## Kemetic (ancient Egyptian) information

Season of Akhet (Inundation)

Month of Hator-abet

Day 24

# October 12

## holy days

### Day of Establishing Djed:

Kemetic (ancient Egyptian) holy day. It is the day of establishing of the *djed* pillar of Atum in heaven and on the land of Heliopolis at the moment of uproar. The two lords are reconciled, causing the land to be in peace. All Kemet (Egypt) is given to Heru-sa-Aset (Horus), all of the desert to Seth. Djehuti (Toth) goes forth in judge before Re (Ra).

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Hator-abet

Day 26

# **October 13**

## **holy days**

### **Day of Judging Seth and Heru:**

Kemetic (ancient Egyptian) holy day. It is the day of the judging of Seth and Heru-sa-Aset (Horus), stopping the fighting. The rowers are hunted down and an end is put to the uproar. The two lords are satisfied, causing the doors to open.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Hator-abet

Day 27

# **October 14**

## **holy days**

### **Day of Jubilation:**

Kemetic (ancient Egyptian) holy day. It is the day the neteru are in jubilation when the decree is written for Heru-sa-Aset (Horus), son of Asar (Osiris). The land is in festivity and the neteru are pleased.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Hator-abet

Day 28

# **October 15**

## holy days

### Going Forth of the Three Ladies:

Kemetic (ancient Egyptian) holy day. It is the day of the going forth of the three noble ladies who are in the *Ta-nenet* sanctuary in the presence of Ptah, lovely of face, while giving praise to Re (Ra), who belongs to the throne of truth of the temple of the goddess. The white crown is given to Heru-sa-Aset (Horus), the red one to Seth. Their hearts are thus pleased.

### Kemetic (ancient Egyptian) information

Season of Akhet (Inundation)

Month of Hator-abet

Day 29

## October 16

## holy days

### Day of Houses of Ra and Asar:

Kemetic (ancient Egyptian) holy day. it is the day of the Houses of Re (Ra) and of Asar (Osiris).

### Kemetic (ancient Egyptian) information

Season of Akhet (Inundation)

Month of Hator-abet

Day 30

## October 17

## holy days

### Day Ra is Joyful:

Kemetic (ancient Egyptian) holy day. It is the day when Re (Ra) is joyful to his beauty. His Ennead is in festivity. Everyone, every lion and every single one among the *anhky*-reptiles, the male neteru, the goddesses, spirits, dead, and those who came into being in the primordial age, Nun's form is in their bodies.

### Kemetic (ancient Egyptian) information



Season of Akhet (Inundation)

Month of Khoiak (Sekhmet)

Day 1

## October 18

### holy days

#### Day of Festivity:

Kemetic (ancient Egyptian) holy day. It is the day of the male neteru and goddesses are in festivity. The heavens and the land are in joy.

### **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Khoiak (Sekhmet)

Day 2

## October 19

### holy days

#### Day of Smashing:

Kemetic (ancient Egyptian) holy day. It is the day of smashing into the ears of Bata in his own inaccessible temple.

### **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Khoiak (Sekhmet)

Day 3

## October 20

### holy days

#### Rituals of Sobek:

Kemetic (ancient Egyptian) holy day. Perform the rituals of Sobek in his temple and in thy house today, with all provisions in the necropolis. This will be pleasant to the neteru today.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Khoiak (Sekhmet)

Day 4

# **October 21**

## **holy days**

### **Going Forth of Het-Heret:**

Kemetic (ancient Egyptian) holy day. it is the day of the going forth of Het-Heret (Hathor) in the presence of the great ones in Kher-aba. Life, stability, and welfare are given to her and the Ennead and the neteru of Kher-aba. The majesty of Inundation.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Khoiak (Sekhmet)

Day 5

# **October 22**

## **holy days**

### **Barque of Ra Established:**

Kemetic (ancient Egyptian) holy day. The barque of Re (Ra) is established to overthrow the enemies from one moment to another on this day.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Khoiak (Sekhmet)

Day 6

# October 23

## holy days

### **Kemetic Tradition:**

Kemetic (ancient Egyptian) tradition. Do not eat *mehyet*-fish today.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Khoiak (Sekhmet)

Day 7

# October 24

## holy days

### **Feast of the Spirits of the Air:**

Hebrew holy day. Feast of the Spirits of the Air. Honoring Lilith.

### **Festival of prelude and Night of Seers:**

Modern Wiccan holy day. Festival of prelude and Night of Seers. Part of a modern All-Hallows Week celebration. Decorate and remember those who have seen the future. Source: "Wiccacraft for Families" by Margie McArthur.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Khoiak (Sekhmet)

Day 8

# October 25

## holy days

### **Ra speaks, Djehuti acts:**

Kemetic (ancient Egyptian) holy day. Ra speaks, Djehuti [Thoth] acts.

### **Festival of Han Lu:**

Chinese holy day. Festival of Han Lu. A mid-autumn festival honoring Han Lu, the Moon Goddess and Harvest Goddess.

### **Night of Heroes and Matyrs:**

Modern Wiccan holy day. Night of Heroes and Matyrs. Part of a modern All-Hallows Week celebration. Honors members of families who died in war and peace, those who have died for their faith. Source: "Wiccacraft for Families" by Margie McArthur.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Khoiak (Sekhmet)

Day 9

# **October 26**

## **holy days**

### **Night of Artists:**

Modern Wiccan holy day. Night of Artists. Part of a modern All-Hallows Week celebration. For remembering those who speak of the Old Ways through the arts. Source: "Wiccacraft for Families" by Margie McArthur.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Khoiak (Sekhmet)

Day 10

# **October 27**

## **holy days**

### **Feast of Asar at Abydos:**

Kemetic (ancient Egyptian) holy day. Feast of Asar [Osiris] at Abydos. The unborn are joyful.

Wonderful day.

### **Owaqlt:**

Hopi holy day. Owaqlt. Women's healing ceremony. The ceremony is "Mellons on the Vine", woman as receptacle/womb for the seeds of life. Sexual symbolism.

### **Night of Nurturers:**

Modern Wiccan holy day. Night of Nurturers. Part of a modern All-Hallows Week celebration. For those who keep the home fires burning, caring for those in need of care. Source: "Wiccacraft for Families" by Margie McArthur.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Khoiak (Sekhmet)

Day 11

## **October 28**

### **holy days**

#### **Day of transformation into the *Bennu*:**

Kemetic (ancient Egyptian) holy day. Day of transformation into the *Bennu*. Offer to your *Bennu* (phoenix) in your house.

#### **First Day of the Isia:**

Kemetic (ancient Egyptian) holy day. First Day of the Isia. Six-day fall ceremony honoring the Osirian Mysteries. Related to the Eleusian Mysteries of Greece and the Sacred Rites of Koiak. The Aset/Asar/Bast/Heru cycle strongly influenced neighboring religions (Inanna/Tammuz, Ishtar/Damuzi, Ashtoreh/Baal, Venus/Adonis, Cybele/Attis, Ata Bey/Yoko-Hoo, Aida Wedo/Damballah, Mary/Jesus) and is believed to be the basis of Paulinist Christianity.

#### **Night of Remembrance of Family Pets:**

Modern Wiccan holy day. Night of Remembrance of Family Pets. Part of a modern All-Hallows Week celebration. Family pets (and familiars) recalled and cherished. Source: "Wiccacraft for Families" by Margie McArthur.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Khoiak (Sekhmet)

Day 12

## October 29

### holy days

#### **Festival of the Djed Pillar:**

Kemetic (ancient Egyptian) holy day. Festival of the Djed Pillar. Celebration of the resurrections of Asar [Osiris] in the Festival of the Djed Pillar. The men and boys of every village erect a giant Djed Pillar [phallus] in honor of Asar while the women and girls offer encouragement by creating sex magick through multiple orgasms by using hand-held Djed Columns [dildoes].

#### **Going Forth of Het Heret:**

Kemetic (ancient Egyptian) holy day. Going Forth of Het Heret [Hathor]. Holy day in your house. Going forth of Het Heret [Hathor], who is pleased in the presence of Ra, and the going forth of the Ennead. The Deities rejoice.

#### **Second Day of the Isia:**

Kemetic (ancient Egyptian) holy day. Second Day of the Isia. Six-day fall ceremony honoring the Osirian Mysteries. Related to the Eleusian Mysteries of Greece and the Sacred Rites of Koiak. The Aset/Asar/Bast/Heru cycle strongly influenced neighboring religions (Inanna/Tammuz, Ishtar/Damuzi, Ashtoreh/Baal, Venus/Adonis, Cybele/Attis, Ata Bey/Yoko-Hoo, Aida Wedo/Damballah, Mary/Jesus) and is believed to be the basis of Paulinist Christianity.

#### **Night of Remembrance of Forgotten Ancestors:**

Modern Wiccan holy day. Night of Remembrance of Forgotten Ancestors. Part of a modern All-Hallows Week celebration. Honor heritage and origins. Source: "Wiccacraft for Families" by Margie McArthur.

### **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Khoiak (Sekhmet)

Day 13

## October 30

### holy days

### **Going Forth of Hedj-hotep and Tayet:**

Kemetic (ancient Egyptian) holy day. Going forth of Hedj-hotep and Tayet. Two Goddesses of Weaving and Fate (Hedj-hotep and Tayet) go forth to hand their things over to Neith.

### **Coming forth of the *bennu* transformed:**

Kemetic (ancient Egyptian) holy day. Coming forth of the *bennu* transformed. The *bennu* is the Phoenix.

### **Third Day of the Isia:**

Kemetic (ancient Egyptian) holy day. Third Day of Isia: the Search for Asar [Osiris]. Seven-day fall ceremony honoring the Osirian Mysteries. Related to the Eleusian Mysteries of Greece and the Sacred Rites of Koiak. The Aset/Asar/Bast/Heru cycle strongly influenced neighboring religions (Inanna/Tammuz, Ishtar/Damuzi, Ashtoreh/Baal, Venus/Adonis, Cybele/Attis, Ata Bey/Yoko-Hoo, Aida Wedo/Damballah, Mary/Jesus) and is believed to be the basis of Paulinist Christianity.

### **Angelitos:**

Mexican holy day. Angelitos, a day for the souls of dead children, dedicated to Death God Xipe Totec and Tonantzin, Guadalupe Goddess of Mercy. Part of El Dia de las Muertes (Day of the Dead) week.

### **Night of the Recent Dead:**

Modern Wiccan holy day. Night of the Recent Dead. Part of a modern All-Hallows Week celebration. A trip to the cemetery. Source: "Wicca Craft for Families" by Margie McArthur

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Khoiak (Sekhmet)

Day 14

# **October 31**

## **holy days**

### **Feast of Sekhmet and Bast:**

Kemetic (ancient Egyptian) holy day. Feast of Sekhmet and Bast. Forerunner of the later Celtic holy day Halloween. The black cat is Sekhmet and Bast. Sometimes celebrated as the Feast of Sekhmet, Bastet, and Ra.

### **Halloween:**

Celtic holy day. Halloween. Celtic New Year.

### **Samhain:**

Wiccan holy day. Samhain is one of the eight Sabbats of the Wiccan religions.

If you follow any of the links offered on this web site, **no spell begging**. Especially no love spell or curse begging.

- <http://web.archive.org/web/20010628214619/http://www.pagan.drak.net/lilianna/sabbats-samhain.h>  
Samhain — October 31
- <http://web.archive.org/web/20010628214619/http://www.pagan.drak.net/lilianna/bos-feastdead.htm>  
Feast of the Dead — A Samhain Ritual
- <http://web.archive.org/web/20010628214619/http://www.pagan.drak.net/lilianna/crafts-wishrings.h>  
Hallowe'en/Samhain Wish Rings
- <http://web.archive.org/web/20010628214619/http://www.pagan.drak.net/lilianna/recipes-breaddead>  
Bread of the Dead

### **Sacred Rites of Koiak:**

Kemetic (ancient Egyptian) holy day. The sacred rites of Koiak and the Koiak festivals are dedicated to the Osirian mystery cycle (special to Aset [Isis] and Asar [Osiris]). Scholarly debate places the festivals anywhere from September to January.

### **Fourth Day of the Isia:**

Kemetic (ancient Egyptian) holy day. Fourth Day of the Isia. Seven-day fall ceremony honoring the Osirian Mysteries. Related to the Eleusian Mysteries of Greece and the Sacred Rites of Koiak. The Aset/Asar/Bast/Heru cycle strongly influenced neighboring religions (Inanna/Tammuz, Ishtar/Damuzi, Ashtoreh/Baal, Venus/Adonis, Cybele/Attis, Ata Bey/Yoko-Hoo, Aida Wedo/Damballah, Mary/Jesus) and is believed to be the basis of Paulinist Christianity.

### **Family Fire Festival:**

Modern Wiccan holy day. Family Fire Festival. Part of a modern All-Hallows Week celebration. Source: "Wiccacraft for Families" by Margie McArthur

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Khoiak (Sekhmet)

Day 15

# **November 1**

## **holy days**



### **Fifth Day of the Isia:**

Kemetic (ancient Egyptian) holy day. Fifth Day of the Isia, the Finding of Asar [Osiris]. Seven-day fall ceremony honoring the Osirian Mysteries. Related to the Eleusian Mysteries of Greece and the Sacred Rites of Koiak. The Aset/Asar/Bast/Heru cycle strongly influenced neighboring religions (Inanna/Tammuz, Ishtar/Damuzi, Ashtoreh/Baal, Venus/Adonis, Cybele/Attis, Ata Bey/Yoko-Hoo, Aida Wedo/Damballah, Mary/Jesus) and is believed to be the basis of Paulinist Christianity.

### **All Saints Day:**

Christian holy day. All Saints Day.

### **Day of the Banshees:**

Irish holy day. Day of the Banshees.

### **El Dia de las Muertes:**

Mexican and South American holy day. El Dia de las Muertes, Day of the Dead.

### **Rite of Hella:**

Scandinavian holy day. Rite of Hella to raise the dead.

### **Second Day of Samhain:**

Wiccan holy day. Second day of Samhain.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Khoiak (Sekhmet)

Day 16

## **November 2**

### **holy days**

### **Festival of Het Heret [Hathor]:**

Kemetic (ancient Egyptian) holy day. Festival of Het Heret [Hathor].

### **Heru [Horus] arrives:**

Kemetic (ancient Egyptian) holy day. Heru [Horus] arrives. The people and the deities judge the speeches of the crew of the Solar Barge in Heliopolis when Heru [Horus] arrives. Do not go out at

midday.

### **Sixth Day of the Isia:**

Kemetic (ancient Egyptian) holy day. Sixth day of the Isia, the Recovery of Asar [Osiris] from death. Seven-day fall ceremony honoring the Osirian Mysteries. Related to the Eleusian Mysteries of Greece and the Sacred Rites of Koiak. The Aset/Asar/Bast/Heru cycle strongly influenced neighboring religions (Inanna/Tammuz, Ishtar/Damuzi, Ashtoreh/Baal, Venus/Adonis, Cybele/Attis, Ata Bey/Yoko-Hoo, Aida Wedo/Damballah, Mary/Jesus) and is believed to be the basis of Paulinist Christianity.

### **Third Day of Samhain:**

Wiccan holy day. Third day of Samhain, the connection of life with death.

### **All Souls Day:**

Christian holy day. All Souls Day.

### **Second Day of El Dia de las Muertes:**

Mexican and South American holy day. Second day of El Dia de las Muertes, Day of the Dead.

### **Memorial Day:**

Brazilian holiday. Memorial Day.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Khoiak (Sekhmet)

Day 17

## **November 3**

### **holy days**

### **Boat of the Deity overthrown:**

Kemetic (ancient Egyptian) holy day. Terrible day.

### **Last Day of the Isia:**

Kemetic (ancient Egyptian) holy day. Last day of the Isia, the Hilaria, the rebirth of Asar [Osiris], a celebration of life through the milk of Aset [Isis]. Seven-day fall ceremony honoring the Osirian Mysteries. Related to the Eleusian Mysteries of Greece and the Sacred Rites of Koiak. The Aset/Asar/Bast/Heru cycle strongly influenced neighboring religions (Inanna/Tammuz, Ishtar/Damuzi,

Ashtoreh/Baal, Venus/Adonis, Cybele/Attis, Ata Bey/Yoko-Hoo, Aida Wedo/Damballah, Mary/Jesus) and is believed to be the basis of Paulinist Christianity.

### **Burning Times:**

Petronilla de Meath burned as a witch in Ireland (the first such burning in Ireland) on November 3, 1324.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Khoiak (Sekhmet)

Day 18

## **November 4**

### **holy days**

#### **Day of making ointment for Asar [Osiris]:**

Kemetic (ancient Egyptian) holy day. The day of making ointment for Asar [Osiris]. Do not taste bread or beer. Drink only grape juice or wine until the sun sets.

#### **St. Humbert's Mass:**

Belgian holy day. St. Humbert's Mass. Priest hunting confronted by a stag with a cross in its horns, the Horned God.

### **Burning Times:**

Elizabeth Brose tortured to death as a witch in the castle of Gommern, Germany, on November 4, 1660.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Khoiak (Sekhmet)

Day 19

## **November 5**

### **holy days**

### **Day of looking at the Sun Disk:**

Kemetic (ancient Egyptian) holy day. Day of looking at the Sun Disk. Do not anoint yourself.

### **Wuwuchim:**

Hopi holy day. Wuwuchim, new fire ceremony to Masaw, God of Death, and Spider Woman, the Earth Mother of Life. The ending and beginning of the cycle of the emergence of the world. Wuwuchim lasts sixteen days.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Khoiak (Sekhmet)

Day 20

## **November 6**

### **holy days**

#### **Raising the *Djed*:**

Kemetic (ancient Egyptian) holy day. Setting up the Djed (Tet) Pillar.

#### **Birthday of Tiamat:**

Babylonian holy day. Birthday of Tiamat. Tiamat is the Great Mother of Babylon.

### **Halfway point of Autumn**

Solar event. Halfway point of Autumn

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Khoiak (Sekhmet)

Day 21

## **November 7**

### **holy days**

## **Festival of Ploughing the Earth:**

Kemetic (ancient Egyptian) holy day. Festival of Ploughing the Earth. Placing of the Hennu boat. You will see good things today.

## **Makahiki Festival, Aloha Week, and Hawaiian Harvest Festival for the God Lono:**

Hawaiian holy day. Makahiki Festival, Aloha Week, and Hawaiian Harvest Festival for the God Lono.

### **Burning Times:**

Ursula Isel burned as a witch at Waldsee, Germany, on November 7, 1586.

### **Burning Times:**

Catharina Rauffains burned as a witch at Waldsee, Germany, on November 7, 1586.

### **Burning Times:**

Ursula Stadelmann burned as a witch at Waldsee, Germany, on November 7, 1586.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Khoiak (Sekhmet)

Day 22

## **November 8**

### **holy days**

### **Fuigo Matsuri:**

Japanese holy day. Fuigo Matsuri. Shinto festival in honor of Inari or Hettsui No Kami, the Kitchen-range Goddess.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Khoiak (Sekhmet)

Day 23

# November 9

## holy days

### Loy Krathong:

Thai holy day. Loy Krathong. Feast of Lights to appease the water spirits, dedicated to Mae Kongha, Goddess of Rivers.

## Kemetic (ancient Egyptian) information

Season of Akhet (Inundation)

Month of Khoiak (Sekhmet)

Day 24

# November 10

## holy days

### Kali Puji:

Hindu holy day. Kali Puji, for Kali, destroyer of evil. Originated in Bengal as variation of Diwali (Nov 16)

### Old November Eve:

Celtic holy day. Old November Eve, for Scottish Goddess Nicnevin, who rode through the air on this night.

## Kemetic (ancient Egyptian) information

Season of Akhet (Inundation)

Month of Khoiak (Sekhmet)

Day 25

# November 11

## holy days

### Old November Day:

Celtic holy day. Old November Day. Samhain, Day of the Dead.

### **Lunantishees:**

Irish holy day. Lunantishees, Day of the Shee, Banshee, Faeries.

### **Martinmas:**

English holy day. Martinman, St. Martin's Day of Goose Day.

### **Armistice Day:**

United States holiday. Armistice Day. On the 11th hour of the 11th day of the 11th month in 1918 the combatants in the Great War (World War I) laid down their arms in armistice.

### **Remembrance Day:**

Commonwealth of Nations holiday. Remembrance Day. On the 11th hour of the 11th day of the 11th month in 1918 the combatants in the Great War (World War I) laid down their arms in armistice.

### **Veteran's Day:**

United States holiday. Veteran's Day, Renamed from Armistice Day in 1954, honoring soldiers and war (while the original holiday honored peace and the end of war).

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Khoiak (Sekhmet)

Day 26

## **November 12**

### **holy days**

### **Mysteries of the Murder of Asar [Osiris]:**

Kemetic (ancient Egyptian) holy day. Mysteries of the Murder of Asar [Osiris]. Asar [Osiris] murdered by Set.

### **Epulum Jovis:**

Roman holy day. Epulum Jovis. Feast of Jupiter, Juno, and Minerva.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Khoiak (Sekhmet)

Day 27

## November 13

### holy days

#### **Grief and Search by Aset [Isis]:**

Kemetic (ancient Egyptian) holy day. Grief and Search by Aset [Isis], Aset [Isis] grieves the loss of Asar [Osiris].

#### **Fontinalia:**

Roman holy day. Fontinalia, for Fons, the God of springs.

#### **Our Lady of Garabandal:**

Spanish holy day. Our Lady of Garabandal, a vision of the Great Goddess by four children in 1965.

### **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Khoiak (Sekhmet)

Day 28

## November 14

### holy days

#### **Finding of Asar's [Osiris] body:**

Kemetic (ancient Egyptian) holy day. Finding of Asar's [Osiris] body. Rejoicing as Aset [Isis] finds the body of Asar [Osiris].

#### **Asking Festival:**

Eskimo holy day. Asking festival. Give away celebration.

#### **Children's Day:**



Hindu holy day. Children's Day. Honor children's Goddesses.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Khoiak (Sekhmet)

Day 29

# **November 15**

## **holy days**

### **Ennead Feast:**

Kemetic (ancient Egyptian) holy day. Ennead Feast in the house of Ra, Heru [Horus], and Asar [Osiris].

### **Offerings to the Spirits:**

Kemetic (ancient Egyptian) holy day. Offerings to the Spirits. Make offerings to the Deities. Invocation and offering of food to the spirits (*khu*). A good day.

### **Feronia:**

Italian holy day. The day of the Feronia, for fire, forest, and reproductive Goddess Feronia.

### **Shichigosan:**

Japanese holy day. Shichigosan, Seven-Five-Three Day for the safety of children of these ages.

## **Kemetic (ancient Egyptian) information**

Season of Akhet (Inundation)

Month of Khoiak (Sekhmet)

Day 30

# **November 16**

## **holy days**

### **Festival of Bastet:**

Kemetic (ancient Egyptian) holy day. Festival of Bastet. One of four Festivals of Bast throughout the year. More than half a million young girls would gather at the Temple of Bast in Bubastis (the largest temple in the world for several thousand years) during the Festival of Bast with the intent of experiencing their first heterosexual intercourse. The girls, under the guidance of the priestesses of Bast, would get the young boys excited through holy erotic dance, masturbation, and lesbian sexual activity.

### ***Heb Sed Festival:***

"Kemetic (ancient Egyptian) holy day. *Heb Sed Festival*.

### **Planting Festival:**

Kemetic (ancient Egyptian) holy day. Planting Festival.

### **Deepvali or Diwali:**

Hindu Indian holy day. Deepvali or Diwali, celebration of lights and the New Year, for Kali, the destroyer of evil.

### **Day of Hecate:**

Greek holy day. Day of Hecate, honoring Hekate, originally a Kemetic Goddess.

### **Sadie Hawkins ' Day:**

United States holiday. Sadie Hawkins ' Day. "From the cartoon strip Little Abner, the day in Dog Patch when the Women of Dog Patch chased down the single men. If they caught them they got to marry them." — Ruth Lewallen

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing - the emergence of the land and of green things)

Month of Tybi (Min)

Day 1

## **November 17**

### **holy days**

### **Home Holy Day:**

Kemetic (ancient Egyptian) holy day. Home Holy Day. Make a holy day in your home.

### **Feast of St. Hilda:**

Christian holy day. feast of St. Hilda. Honors St. Hilda, patron of professional women, who was

derived from Brunhilde, Holde, Hel, Holla, Hecate, and Oya.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Tybi (Min)

Day 2

# **November 18**

## **holy days**

### **Kemetic (ancient Egyptian) tradition:**

Do not burn fire in the presence of Ra (the Solar Disk).

### **Day of Ardvi Sura:**

Persian holy day. Day of Ardvi Sura. Honors Ardvi Sura, Mother of the Stars.

### **Mickey Mouse's Birthday:**

United States. Mickey Mouse's Birthday.

### **Burning Times:**

Roger Bolingbroke hanged, drawn and quartered as a witch at Tyburn, England, on November 18, 1441.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Tybi (Min)

Day 3

# **November 19**

## **holy days**

### **Bharatri Dwitya:**

Hindu holy day. Bharatri Dwitya. Festival of Sisters and Brothers. Yama, God of Death, visits His

sister Yamuna, a River Goddess.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Tybi (Min)

Day 4

## **November 20**

### **holy days**

#### **Day of Sekhmet:**

Kemetic (ancient Egyptian) holy day. Day of Sekhmet and the purifying of the flame. She is violent. Drink golden ale in honor of Sekhmet.

#### **Revolution Day:**

Mexican holy day. Revolution Day, dedicated to the Virgin of Guadalupe.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Tybi (Min)

Day 5

## **November 21**

### **holy days**

#### **Offerings:**

Kemetic (ancient Egyptian) holy day. Double your offerings to your personal deity(ies) today.

#### **Day of Kulkulcan:**

Mayan holy day. Day of Kulkulcan.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Tybi (Min)

Day 6

## November 22

### holy days

#### **Sagittarius Festival:**

Greek holy day. Sagittarius Festival, dedicated to Artemis/Diana, whom the Greeks considered to be the same Goddess as Bast.

### **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Tybi (Min)

Day 7

## November 23

### holy days

#### **Kemetic (ancient Egyptian) tradition:**

You will see good things today.

#### **Nihinahe or Shinjosai Festival:**

Japanese holy day. Nihinahe or Shinjosai Festival, for Konohana-Hime, Dive Ata Princess, grand-daughter of Amaterasu, the Sun Goddess. Celebration of the rice harvest and saki (a rice beer or liquor).

### **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Tybi (Min)

Day 8

# November 24

## holy days

### Day of Offerings to Sekhmet:

Kemetic (ancient Egyptian) holy day. Day of Offerings to Sekhmet. Make cakes and repeat the offerings. The Deities will be pleased.

### Feast of Burning Lamps:

Kemetic (ancient Egyptian) holy day. Feast of Burning Lamps for Aset [Isis] and Asar [Osiris]. The Romans extended this holy day to include Minerva.

### Burning Times:

Anna Hoyd burned as a witch at Waldsee, Germany, on November 24, 1586.

## Kemetic (ancient Egyptian) information

Season of Proyet (Sowing)

Month of Tybi (Min)

Day 9

# November 25

## holy days

### Coming Forth of the Flame:

Kemetic (ancient Egyptian) holy day. The day of the coming forth of flame together with Heru [Horus] from the marshes. Do not burn papyrus today.

## Kemetic (ancient Egyptian) information

Season of Proyet (Sowing)

Month of Tybi (Min)

Day 10

# November 26

## **holy days**

### **Kemetic (ancient Egyptian) tradition:**

Don't go near fire today.

### **Festival of Lights:**

Tibetan holy day. Festival of Lights, for Goddesses of Light and Fire.

### **Ashi Vanguhi:**

Persian Lunar holy day. Ashi Vanguhi. Lunar holy day honoring Ashi Vanguhi, Goddess of the waning Moon.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Tybi (Min)

Day 11

# **November 27**

## **holy days**

### **Answering Sekhmet:**

Kemetic (ancient Egyptian) holy day. Answering Sekhmet. Answering every speech of Sekhmet. Do not approach any dogs today.

### **Parvati-Devi:**

Hindu Indian holy day. Parvati-Devi, for the Mother of the Universe, who divided Herself into three forms, Sarasvati, Lakshmi, and Parvati/Kali, the Three Mothers.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Tybi (Min)

Day 12

# **November 28**

## holy days

### Feast of Het Heret [Hathor] and Sekhmet:

Kemetic (ancient Egyptian) holy day. Feast of Het Heret [Hathor] and Sekhmet. Honors Het Heret [Hathor] as Sekhmet, Lioness, Sun Goddess, and Beer Goddess, getting drunk on red beer and returning to a gentle form.

### Day of Prolonging Life:

Kemetic (ancient Egyptian) holy day. Day of prolonging life and goodness of Ma'at; making beneficial Ma'at in the temple.

### Day of Sophia:

Hebrew holy day. Day of Sophia. Goddess of Wisdom and Inner Truth.

### Hopi New Year:

Hopi holy day. New Year. The most significant holy day in the Hopi calendar. Lasts four days.

### Ascension of 'Abdul-Baha:

Bahà'í holy day. 'Abdul-Baha, son of the founder of Bahà'í, died on this day in Haifa, Palestine, in 1921.

## Kemetic (ancient Egyptian) information

Season of Proyet (Sowing)

Month of Tybi (Min)

Day 13

## November 29

## holy days

### Aset [Isis] and Nebt Het [Nephthys] Weep:

Kemetic (ancient Egyptian) holy day. Aset [Isis] and Nebt Het [Nephthys] weep in remembrance of what Asar [Osiris] had been. Don't listen to singing or chanting.

### Soyal:

Hopi holy day. Soyal begins on the New Moon and lasts a month over the Winter Solstice, the return of life to the world. Celebration of creation dedicated to Spider Woman, the Hawk Maiden ceremony of



rebirth.

### **Hopi New Year:**

Hopi holy day. Second day of the Hopi New Year. The most significant holy day in the Hopi calendar. Lasts four days, starting November 28th.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Tybi (Min)

Day 14

# **November 30**

## **holy days**

### **Nun goes forth through the cavern:**

Kemetic (ancient Egyptian) holy day. Nun goes forth through the cavern to where the Deities are in darkness. Anything you see today will be good.

### **Day of Mawu:**

African Dahomey holy day. Day of Mawu. Honors Mawu, Great Mother, creator of the universe from chaos.

### **Day of Hecate at the Crossroads:**

Greek holy day. Day of Hecate at the Crossroads. Honors the darkest Moon. Hecate was originally a Kemetic Goddess.

### **Hopi New Year:**

Hopi holy day. Third day of the Hopi New Year. The most significant holy day in the Hopi calendar. Lasts four days, starting November 28th.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Tybi (Min)

Day 15

# December 1

## holy days

### Going Forth of Shu:

Kemetic (ancient Egyptian) holy day. The going forth of Shu.

### Day of Pallas Athena:

Greek holy day. Day of Pallas Athena, Goddess of knowledge and truth (associated with Ma'at).

### Day of Minerva:

Roman holy day. Day of Minerva, Goddess of knowledge and truth (borrowed from Greek holy day).

### Hopi New Year:

Hopi holy day. Fourth day of the Hopi New Year. The most significant holy day in the Hopi calendar. Lasts four days, starting November 28th.

### Burning Times:

Helen Calles executed for witchcraft at Braynford, England, on December 1, 1595.

### Burning Times:

John and Joane Newell executed for witchcraft at Barnett, England, on December 1, 1595.

## Kemetic (ancient Egyptian) information

Season of Proyet (Sowing)

Month of Tybi (Min)

Day 16

# December 2

## holy days

### Nun goes forth:

Kemetic (ancient Egyptian) holy day. Nun goes forth to the Deities. All come into existence. Do not wash yourself in water today.

**Hari Kugo:**

Japanese holy day. Hari Kugo, Broken Needles Festival, honoring women's crafts and women's tools. Some sources place this holy day on February 7.

**Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Tybi (Min)

Day 17

**December 3****holy days****Going Forth to Abydos:**

Kemetic (ancient Egyptian) holy day. Going forth of the Deities to Abydos.

**Day of Rhea:**

Greek holy day. Day of Cybele or Rhea, the Great Mother.

**Bona Dea:**

Roman holy day. Bona Dea, secret women's rites for "the Good Goddess", who may have been Fauna, Fatua, or Damia, Goddess of prosperity and abundance.

**Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Tybi (Min)

Day 18

**December 4****holy days****Santa Barbara:**

Santeria/Yoruba holy day. Santa Barbara is Chango, son of Yemaya and Orungan, a God of lightning. He is the human spirit and carries a labyrinth, symbol of matriarchy and the Goddess.

## **Martyrdom of Guru Tegh Bahadur Ji:**

Sikh holy day. Tegh Bahadur Ji (1521-1675), a Sikh guru and one of the 10 religious teachers generated by the Sikhs, was killed on this day in 1675 for refusing to convert to Islam. He was an advocate of religious freedom and the father of Guru Gobind Singh, the last of the 10 great teachers and the one for whom the religion is named.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Tybi (Min)

Day 19

# **December 5**

## **holy days**

### **Going Forth of Bast:**

Kemetic (ancient Egyptian) holy day. Bastet [Artemis] goes forth from Bubastis.

### **First Feast of St. Lucia:**

Italian holy day. First Feast of St. Lucia. She is Goddess of birth and light.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Tybi (Min)

Day 20

# **December 6**

## **holy days**

### **Bast Guards the Two Lands:**

Kemetic (ancient Egyptian) holy day. Bast guards the Two Lands.

### **Day of Offerings (Ra):**

Kemetic (ancient Egyptian) holy day. Day of making abet offerings to the followers of Ra. From the

Fourth Dynasty (Old Kingdom) on, Sekhmet-Bast was combined with Ra to be Ra-Sekhmet-Bastet, the Sun Trinity.

### **Sinterklaas:**

Dutch holy day. Sinterklaas or St. Nicholas Day, honors Santa Claus, who before Christianity was a Goddess (Bast, Befana, Bertha, Perchta, Lucia, Brigid, Kore Persephone, and the Yule Child).

### **Feast Day of St. Nicholas:**

Christian holy day. Feast Day of Saint Nicholas, bishop of Myra (in Asia Minor) during the 4th century of the Common Era, patron saint of children.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Tybi (Min)

Day 21

## **December 7**

### **holy days**

#### **tradition:**

Kemetic (ancient Egyptian) tradition: Anything you see will be good.

### **Mevlana:**

Turkish holy day. Mevlana, the whirling dervishes.

### **Dedication of the Temple of Jupiter:**

Roman holy day. On this day in 80 C.E., the Roman emperor Titus dedicated the Temple of Jupiter on the Capitoline Hill.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Tybi (Min)

Day 22

## **December 8**

## **holy days**

### **Feast of Neith:**

Kemetic (ancient Egyptian) holy day. Feast of Neith.

### **Kemetic tradition:**

Kemetic (ancient Egyptian) tradition. If you are born today, you will die in great old age, rich in all that is good.

### **Birthday of Amaterasu:**

Japanese holy day. Birthday of Amaterasu, Sun Goddess.

### **Bodhi Day:**

Buddhist holy day. Many Buddhists celebrate Bodhi Day in honor of the enlightenment of Siddhartha Gautama (the Buddha) on this day in 596 B.C.E.

### **Festival of Tiberinus:**

Tiberian holy day. Festival of Tiberinus, the God of the Tiber. Celebrates the anniversary of the Temple of Tiberinus on the Tiber Island.

### **Feast of the Immaculate Conception:**

Christian holy day. Feast of the Immaculate Conception of Mary, mother of Jesus, who they believe to be without “original sin”.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Tybi (Min)

Day 23

## **December 9**

## **holy days**

### **Happiness on Earth and Heaven:**

Kemetic (ancient Egyptian) holy day. Happiness is on both heaven and Earth. Wonderful.

### **Fiesta of the Mother of Health:**

Mexican holy day. Fiesta of the Mother of health, dedicated to Tonantzin, the Virgin of Guadalupe.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Tybi (Min)

Day 24

## **December 10**

### **holy days**

#### **Great Cow Established:**

Kemetic (ancient Egyptian) holy day. The Great Cow (Het Heret or Nuit) is established in Ra's majestic presence. Do not drink milk. Do drink and eat honey.

#### **Maunajiyaras:**

Jain holy day. On this day, Jainists fast, remain silent, and meditate on their 24 great religious masters, known as the Tirthankaras, or Pathfinders. The birthdays of some of the Tirthankaras are also celebrated on Maunajiyaras.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Tybi (Min)

Day 25

## **December 11**

### **holy days**

#### **Day of Bruma:**

Roman holy day. Day of the Goddess Bruma, who is winter.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Tybi (Min)

Day 26

## December 12

### holy days

#### **Hefau Festivity:**

Kemetic (ancient Egyptian) holy day. There is great festivity in Hefau.

#### **Ludi Lancionici:**

Christian holy day. Ludi Lancionici commemorates the military victory of Constantine I over the Germanic Lanciones.

#### **Our Lady of Guadalupe:**

Mexican holy day. Feast of Our Lady of Guadalupe, based on a Holy Day of Coatlique/Tonantzin, who became the Black Madonna, Lady of Guadalupe. The Black Madonnas were originally statues of Aset [Isis]. According to Roman Catholic mythology, the Virgin Mary appeared as the Black Madonna in Mexico on this day in 1531.

### **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Tybi (Min)

Day 27

## December 13

### holy days

#### **Day of Djehuti [Thoth] Taking the Oath:**

Kemetic (ancient Egyptian) holy day. Djehuti [Thoth] takes the oath in Ashmineum. Going forth of the Noble One. Make a holy day in your house.

#### **Day of Demeter:**

Greek (Roman) holy day. Day of Demeter or Ceres, who nurtures seeds in darkness.

#### **St. Lucia Day:**

Swedish holy day. St. Lucia Day, darkest day of winter in Sweden. Honors Saint Lucia (St. Lucy),



patron saint of the blind, a fourth-century (C.E.) woman about whom little is known. In Sweden this holy day is celebrated with a candle lighting ceremony and traditional cakes.

### **Festival of St. Lucia:**

Italian holy day. Second Festival of St. Lucia. Honors Saint Lucia (St. Lucy), patron saint of the blind, a fourth-century (C.E.) woman about whom little is known.

### **Feast of Belisima:**

Italian holy day. Feast of Belisima, the return of light.

### **St. Lucia Day:**

Hungarian holy day (and other parts of eastern Europe). St. Lucia Day. Honors Saint Lucia (St. Lucy), patron saint of the blind, a fourth-century (C.E.) woman about whom little is known.

### **Koto-hajime:**

Japanese holy day. Koto-hajime, “the beginning of things”.

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Tybi (Min)

Day 28

## **December 14**

### **holy days**

### **Djehuti Sends Forth Bast and Sekhmet:**

Kemetic (ancient Egyptian) holy day. Djehuti [Thoth] sends forth to Bast and Sekhmet to guide the Two Lands.

### **Day of Appearance of Hu and Sia:**

Kemetic (ancient Egyptian) holy day. Day of appearance of Hu and Sia.

### **Halcyon Days:**

Greek holy day. December 14-28 are the Halcyon Days, the seven days before and after Yule, a time of calm and tranquility derived from Alcyone, a Greek Goddess of the Pleiades connected with Artemis [Bast] and Aphrodite [Het Heret].

## Kemetic (ancient Egyptian) information

Season of Proyet (Sowing)

Month of Tybi (Min)

Day 29

## December 15

### holy days

#### Day of Crossing Before:

Kemetic (ancient Egyptian) holy day. Crossing over in the presence of (before) Nun in from Temple of >Hapi. Offer incense to all Deities.

#### Navidades:

Puerto Rican holy day. December 15-January 6 are the Navidades, for the Yule Child, which is based on the older Kemetic (ancient Egyptian) Twins, Heru Sa Aset [Horus/Apollo] and Bast [Artemis].

#### Halcyon Days:

Greek holy day. December 14-28 are the Halcyon Days, the seven days before and after Yule, a time of calm and tranquility derived from Alcyone, a Greek Goddess of the Pleiades connected with Artemis [Bast] and Aphrodite [Het Heret].

## Kemetic (ancient Egyptian) information

Season of Proyet (Sowing)

Month of Tybi (Min)

Day 30

## December 16

### holy days

#### Festival of the Little-Heat:

Kemetic (ancient Egyptian) holy day. Festival of the Little-Heat.

#### Feast of Ptah:

Kemetic (ancient Egyptian) holy day. Feast of Ptah lifting up Ra to Heaven with His hands. Deities in festivity.

### **Day of Sapientia:**

Roman holy day. Day of Sapientia, wisdom. She is associated with Sophia, Minerva, Athena, Ma'at.

### **Burning Times:**

Alison Balfour burned alive for witchcraft at Edinburgh, Scotland, on December 16, 1594.

### **Posadas:**

Mexican holy day. December 16-24 is Posadas, the ritual enactment and celebration of the Yule Child, who was originally the Twins, Heru Sa Aset [Horus/Apollo] and Bast [Artemis].

### **Halcyon Days:**

Greek holy day. December 14-28 are the Halcyon Days, the seven days before and after Yule, a time of calm and tranquility derived from Alcyone, a Greek Goddess of the Pleiades connected with Artemis [Bast] and Aphrodite [Het Heret].

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## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing - the emergence of the land and of green things)

Month of Mekhir (Rekh-Ur)

Day 1

## **December 17**

### **holy days**

### **Deities Receive Ra:**

Kemetic (ancient Egyptian) holy day. Deities in Heaven receive Ra. Hearts are festive.

### **Day of Ops:**

Roman holy day. Day of Ops, Roman Agricultural Goddess, and the ending of the Roman agricultural year.

**Saternalia:**

Roman holy day. December 17-23 are Saternalia, for Saturn, the Planter God.

**Halcyon Days:**

Greek holy day. December 14-28 are the Halcyon Days, the seven days before and after Yule, a time of calm and tranquility derived from Alcyone, a Greek Goddess of the Pleiades connected with Artemis [Bast] and Aphrodite [Het Heret].

**Navidades:**

Puerto Rican holy day. December 15-January 6 are the Navidades, for the Yule Child, which is based on the older Kemetic (ancient Egyptian) Twins, Heru Sa Aset [Horus/Apollo] and Bast [Artemis].

**Posadas:**

Mexican holy day. December 16-24 is Posadas, the ritual enactment and celebration of the Yule Child, who was originally the Twins, Heru Sa Aset [Horus/Apollo] and Bast [Artemis].

**Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Mekhir (Rekh-Ur)

Day 2

**December 18****holy days****Going Forth of Set:**

Kemetic (ancient Egyptian) holy day. Going forth of Seth.

**Feast of Our Lady of Solitude:**

Mexican holy day. Feast of the Virgin of the Lonely or Our Lady of Solitude (Solidad).

**Halcyon Days:**

Greek holy day. December 14-28 are the Halcyon Days, the seven days before and after Yule, a time of calm and tranquility derived from Alcyone, a Greek Goddess of the Pleiades connected with Artemis [Bast] and Aphrodite [Het Heret].

**Second Day of Saternalia:**

Roman holy day. December 17-23 are Saturnalia, for Saturn, the Planter God.

### **Navidades:**

Puerto Rican holy day. December 15-January 6 are the Navidades, for the Yule Child, which is based on the older Kemetic (ancient Egyptian) Twins, Heru Sa Aset [Horus/Apollo] and Bast [Artemis].

### **Posadas:**

Mexican holy day. December 16-24 is Posadas, the ritual enactment and celebration of the Yule Child, who was originally the Twins, Heru Sa Aset [Horus/Apollo] and Bast [Artemis].

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Mekhir (Rekh-Ur)

Day 3

## **December 19**

### **holy days**

#### **Offering to Local Deities:**

Kemetic (ancient Egyptian) holy day. Offering to your Spirits and local Deities. Show your heart to the Deities.

### **Pongol:**

Hindu Indian holy day. Pongol, Hindu Solstice, dedicated to Sankrant or Sarasvati, Queen of Heaven and Earth.

### **Opalia:**

Roman holy day. Opalia, for Sabine, Greek Goddess of fertility and success (related to Bastet).

### **Halcyon Days:**

Greek holy day. December 14-28 are the Halcyon Days, the seven days before and after Yule, a time of calm and tranquility derived from Alcyone, a Greek Goddess of the Pleiades connected with Artemis [Bast] and Aphrodite [Het Heret].

#### **Third Day of Saturnalia:**

Roman holy day. December 17-23 are Saturnalia, for Saturn, the Planter God.

**Navidades:**

Puerto Rican holy day. December 15-January 6 are the Navidades, for the Yule Child, which is based on the older Kemetic (ancient Egyptian) Twins, Heru Sa Aset [Horus/Apollo] and Bast [Artemis].

**Posadas:**

Mexican holy day. December 16-24 is Posadas, the ritual enactment and celebration of the Yule Child, who was originally the Twins, Heru Sa Aset [Horus/Apollo] and Bast [Artemis].

**Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Mekhir (Rekh-Ur)

Day 4

**December 20****holy days****Kemetic tradition**

Kemetic (ancient Egyptian) tradition: All you see today will be good.

**Tsao Chun:**

Chinese holy day. Tsao Chun, festival of the Kitchen God (a man's God).

**Yalda Night:**

Zoroastrian holy day. On Yalda Night, the longest night of the year, Zoroastrians banish the spirits of Darkness in a feast celebrating the ultimate victory of Good over Evil. The feast includes eating, singing, dancing, and fortune-telling games.

**Halcyon Days:**

Greek holy day. December 14-28 are the Halcyon Days, the seven days before and after Yule, a time of calm and tranquility derived from Alcyone, a Greek Goddess of the Pleiades connected with Artemis [Bast] and Aphrodite [Het Heret].

**Fourth Day of Saturnalia:**

Roman holy day. December 17-23 are Saturnalia, for Saturn, the Planter God.

**Navidades:**

Puerto Rican holy day. December 15-January 6 are the Navidades, for the Yule Child, which is based on the older Kemetic (ancient Egyptian) Twins, Heru Sa Aset [Horus/Apollo] and Bast [Artemis].

### **Posadas:**

Mexican holy day. December 16-24 is Posadas, the ritual enactment and celebration of the Yule Child, who was originally the Twins, Heru Sa Aset [Horus/Apollo] and Bast [Artemis].

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Mekhir (Rekh-Ur)

Day 5

## **December 21**

### **holy days**

#### **Festival of Heru-Sa-Aset:**

Kemetic (ancient Egyptian) holy day. Celebrates the Winter Solstice and the ascension of Heru Sa Aset [Horus] to the throne.

#### **Festival of the Great Heat:**

Kemetic (ancient Egyptian) holy day. Festival of the Great Heat. Some sources place this holy day on December 23.

#### **Raising Djed Pillars:**

Kemetic (ancient Egyptian) holy day. Putting up the Djed pillars of Asar [Osiris].

#### **Feast of Aset:**

Kemetic (ancient Egyptian) holy day. Feast of Aset [Isis].

### **Yule:**

Celtic, Wiccan, and Neo-Pagan holy day. In most traditions celebrated on December 22nd. Also celebrated on December 25th.

#### **Kachina Night Dances:**

Hopi holy day. The Kachina Night Dances begin (run through December and January).

### **Capricorn:**

Native American holy day. Astrological beginning of Capricorn, which is dedicated to Awehai, a Native American Goddess.

### **Halcyon Days:**

Greek holy day. December 14-28 are the Halcyon Days, the seven days before and after Yule, a time of calm and tranquility derived from Alcyone, a Greek Goddess of the Pleiades connected with Artemis [Bast] and Aphrodite [Het Heret].

### **Fifth Day of Saturnalia:**

Roman holy day. December 17-23 are Saturnalia, for Saturn, the Planter God.

### **Navidades:**

Puerto Rican holy day. December 15-January 6 are the Navidades, for the Yule Child, which is based on the older Kemetic (ancient Egyptian) Twins, Heru Sa Aset [Horus/Apollo] and Bast [Artemis].

### **Posadas:**

Mexican holy day. December 16-24 is Posadas, the ritual enactment and celebration of the Yule Child, who was originally the Twins, Heru Sa Aset [Horus/Apollo] and Bast [Artemis].

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Mekhir (Rekh-Ur)

Day 6

## **December 22**

### **holy days**

#### **Abet Offerings:**

Kemetic (ancient Egyptian) holy day. Invocation, offerings in your house to Spirits. Make abet offerings to the Deities.

#### **Asar Returns:**

Kemetic (ancient Egyptian) holy day. Asar [Osiris] returns to Aset [Isis]. Celebration of light.

#### **Festival of the Stars:**

Celtic/Druid holy day. Festival of the Stars.



### **Mithra's Birthday:**

Persian holy day. Mithra's Birthday. Celebration of light.

### **La Viecchio de Natali:**

Sicilian holy day. La Viecchio de Natali. Celebration of light.

### **Yule:**

Wiccan holy day. Wiccan Sabat of Yule, or Winter Solstice, the rebirth of light, the Sun Child (the winter-born God-King, sometimes represented as Heru, twin brother of Bast), symbolizing the rebirth of the sun and the promise of new life in the spring. In some traditions celebrated on December 21st or December 25th.

### **Grand Ceremony of the Winter Solstice:**

Shinto holy day. The Grand Ceremony of the Winter Solstice celebrates the end of the yin period of the sun (when it declines in power) and the beginning of the sun's yang period (when it grows in strength).

### **Halcyon Days:**

Greek holy day. December 14-28 are the Halcyon Days, the seven days before and after Yule, a time of calm and tranquility derived from Alcyone, a Greek Goddess of the Pleiades connected with Artemis [Bast] and Aphrodite [Het Heret].

### **Sixth Day of Saturnalia:**

Roman holy day. December 17-23 are Saturnalia, for Saturn, the Planter God.

### **Navidades:**

Puerto Rican holy day. December 15-January 6 are the Navidades, for the Yule Child, which is based on the older Kemetic (ancient Egyptian) Twins, Heru Sa Aset [Horus/Apollo] and Bast [Artemis].

### **Posadas:**

Mexican holy day. December 16-24 is Posadas, the ritual enactment and celebration of the Yule Child, who was originally the Twins, Heru Sa Aset [Horus/Apollo] and Bast [Artemis].

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Mekhir (Rekh-Ur)

Day 7

# December 23

## holy days

### Feast Day of Het Heret:

Kemetic (ancient Egyptian) holy day. Feast Day of Het Heret [Hathor]. The Deities are in festivity. Very favorable.

### Festival of the Great Heat:

Kemetic (ancient Egyptian) holy day. Festival of the Great Heat. Some sources place this holy day on December 21.

### Laurentina:

Roman holy day. Laurentina, for Acca Larentia or Lars, mother of the Lares (Household Goddesses).

### Day of Semele and Dionysus:

Armenian holy day. Day of Semele and Dionysus.

### Halcyon Days:

Greek holy day. December 14-28 are the Halcyon Days, the seven days before and after Yule, a time of calm and tranquility derived from Alcyone, a Greek Goddess of the Pleiades connected with Artemis [Bast] and Aphrodite [Het Heret].

### Seventh Day of Saturnalia:

Roman holy day. December 17-23 are Saturnalia, for Saturn, the Planter God.

### Navidades:

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## Kemetic (ancient Egyptian) information

Season of Proyet (Sowing)

Month of Mekhir (Rekh-Ur)

Day 8

# December 24

## holy days

### **Distribution of the Nectar:**

Kemetic (ancient Egyptian) holy day. The Neter (Supreme Deity) enters to distribute the ration (nectar) of all the Neteru (Deities). There is tremendous modern debate about exactly what the nectar of the deities was, including that it is a divine substance, psychedelic mushrooms, or even honey.

### **Nodresnach:**

Anglo-Saxon and Germanic holy day. Nodresnach, Mother Night or Night of the Mothers, honoring the process of birth and Mother Goddesses.

### **Juvenalia:**

Roman holy day. Juvenalia, a holiday for children.

### **Christmas Eve:**

Christian holy day. Based on Kemetic (ancient Egyptian) celebrations the night before the Birth of the Twins (Heru and Bastet).

### **Halcyon Days:**

Greek holy day. December 14-28 are the Halcyon Days, the seven days before and after Yule, a time of calm and tranquility derived from Alcyone, a Greek Goddess of the Pleiades connected with Artemis [Bast] and Aphrodite [Het Heret].

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## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Mekhir (Rekh-Ur)

Day 9

# December 25

## holy days

### **Birthday of the Twins:**

Kemetic (ancient Egyptian) holy day. Birthday of the Twins, Heru Sa Aset and Bast, children of Aset [Isis]. Origin of Yule and Christmas. On Winter Solstice Asar [Osiris] dies. Aset [Isis] with the magick help of Nebt Het [Nephthys] creates a Djed Pillar [artificial penis] for Her husband and impregnates Herself. For three full days (December 22-24) Asar lies dead and the Twins grow in Aset's belly. On this day (December 25th) the Twins are born, the reincarnation or resurrection of Their Father. The green tree is a symbol of the green-skinned Asar, God of fertility and vegetation. The colored lights are symbols of Aset, Goddess of magick and divine light. Red, green, and white are the traditional candle colors of Bast (this was Her birthday alone for several thousand years of early Kemetic history), later being adapted to red for Aset (the color of the Mother's menstrual flow), green for Asar (the color of vegetation), and white for the Twins (the color of pure light).

### **Elevating the Goddesses:**

Kemetic (ancient Egyptian) holy day. Elevating the Goddesses of the Temple.

### **Going Forth of Udjat:**

Kemetic (ancient Egyptian) holy day. Going forth of the Udjat (Utchat) eye singing in Heliopolis.

### **Birth of the Sun:**

Babylonian holy day. The Queen of Heaven gives birth to the Sun.

### **Yule:**

Celtic and Wiccan holy day. In most traditions celebrated on December 22nd. Also celebrated on December 21st.

### **Dies Natalis Solis Invicti:**

Roman holy day. Dies Natalis Solis Invicti, the end of the Roman Saturnalia, celebrating the birthday of Saturn and the birthday of the Sun.

### **Christmas:**

Christian holy day. Based on numerous pagan holy days, including the Birthday of the Twins (Heru and Bast), Mithra, Frey, Dionysus, Cernunnos, Demeter, Kore Persephone, the Yule Child, the sun, and various Goddesses. Celebrates the mythical birth of Jesus to the Virgin Mary (based on (Isis or Aset) in a manger in Bethlehem (a town that first was founded by Christians several hundred years AFTER the mythical birth). The Christians claim that the mythical Jesus is the Jewish Messiah, even though in Judaism the Jewish Messiah is specifically **not** a deity, but rather a human king sent by the

Jewish God.

### **Halcyon Days:**

Greek holy day. December 14-28 are the Halcyon Days, the seven days before and after Yule, a time of calm and tranquility derived from Alcyone, a Greek Goddess of the Pleiades connected with Artemis [Bast] and Aphrodite [Het Heret].

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## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Mekhir (Rekh-Ur)

Day 10

## **December 26**

### **holy days**

#### **Feast of Neith:**

Kemetic (ancient Egyptian) holy day. Feast of Neith. Going forth of Sebek to guide Her. You will see good from Her today. A good day.

#### **Birth of Sobek:**

"Kemetic (ancient Egyptian) holy day. Birth of Sobek.

#### **Birth of Buddha:**

Indian holy day. Birth of Buddha, son of Maya in India.

#### **Haloa of Demeter:**

Greek holy day. Haloa of Demeter.

### **Daughters of the Sun:**

various traditions. Daughters of the Sun include Amaterasu, Aset [Isis], Athena, Bast, Befana, Dame Abonde, Eileathyia, Frau Sonne, Hebe, Hestia, Igaehindvo, Lucia, Mari, Mary, Maya, Moira, Myrrha (mother of Adonis), Ops, Sol, Spenta Armaiti (mother of Mithra, Persia), the Star Faery, Sunne, Tonantzin, and Yemaya.

### **Kwanzaa:**

Swahili and Afro-American holy day. December 26-January 1 is Kwanzaa (Swahili for “first fruits”), created by Maulana Karenga in 1967, based on a traditional Swahili festival for the first fruits of the harvest, dedicated to the Seven African Principles. In the Swahili language the Seven Principles are called the Nguzo Saba and are: Umoja, Kujichagulia, Ujima, Ujamaa, Nia, Kuumba, and Imani. Umoja (unity) is to strive for and maintain unity in the family, community, nation, and race. Kujichagulia (self-determination) is to define ourselves, name ourselves, create for ourselves, and speak for ourselves. Ujima (cooperative work and responsibility) is to build and maintain our community together and make our brother’s and sister’s problems our problems and to solve them together. Ujamaa (cooperative economics) is to build and maintain our own stores, shops, and other businesses and to profit from them together. Nia (purpose) is to make our collective vocation the building and developing of our community, to restore our people to their traditional greatness. Kuumba (creativity) is to do always as much as we can, in the way we can, so as to leave our community more beautiful and beneficial than we inherited it. Imani (faith) is to believe with all our heart in our people, our parents, our teachers, our leaders, and the righteousness and victory of our struggle. Celebrated by more than 20 million Blacks in the United States, Canada, England, the Caribbean, and parts of Africa with parades, community festivals, and family gatherings in the home. Participants dress in African garb, exchange Swahili greetings, decorate their surroundings in the symbolic colors of red, green, and black, tell stories, feast on traditional foods, and exchange homemade gifts. In the Yoruban tradition the Seven African Powers are: Obatala, Yemaya, Elegba, Oya, Oshun, Chango, and Ogan.

### **Death of Zarathustra:**

Zoroastrian holy day. Death of the Prophet Zarathustra (Zoroaster), founder of Zoroastrianism. The Zoroastrian Mōdēd (priest) conducts a ceremony to observe the day.

### **Halcyon Days:**

Greek holy day. December 14-28 are the Halcyon Days, the seven days before and after Yule, a time of calm and tranquility derived from Alcyone, a Greek Goddess of the Pleiades connected with Artemis [Bast] and Aphrodite [Het Heret].

### **Navidades:**

Puerto Rican holy day. December 15-January 6 are the Navidades, for the Yule Child, which is based on the older Kemetic (ancient Egyptian) Twins, Heru Sa Aset [Horus/Apollo] and Bast [Artemis].

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Mekhir (Rekh-Ur)

Day 11

# **December 27**

## **holy days**

### **Kemetic tradition:**

Kemetic (ancient Egyptian) tradition: Everything you see today will be good.

### **Birthday of Freya and Frey:**

Scandinavian holy day. Birthday of Freya, Great Goddess, and Frey, Her consort, at the Yule Festival called Jul or Jhul.

### **Kachinas return to earth:**

Hopi holy day. The Kachinas return to earth at Soyal.

### **Halcyon Days:**

Greek holy day. December 14-28 are the Halcyon Days, the seven days before and after Yule, a time of calm and tranquility derived from Alcyone, a Greek Goddess of the Pleiades connected with Artemis [Bast] and Aphrodite [Het Heret].

### **Kwanzaa:**

Swahili and Afro-American holy day. December 26-January 1 is Kwanzaa, a traditional Swahili festival for the first fruits of the harvest, dedicated to the Seven African Powers. Longer explanation at December 26th.

### **Navidades:**

Puerto Rican holy day. December 15-January 6 are the Navidades, for the Yule Child, which is based on the older Kemetic (ancient Egyptian) Twins, Heru Sa Aset [Horus/Apollo] and Bast [Artemis].

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Mekhir (Rekh-Ur)

Day 12

## **December 28**

### **holy days**

### **Proceeding of Sekhmet to Letopolis:**

Kemetic (ancient Egyptian) holy day. Proceeding of Sekhmet to Letopolis. Stay home.

### **Weaver Grandmothers:**

Wareo holy day. The Weaver Grandmothers Day of the Wareo Tribe of South America.

### **End of Halcyon Days:**

Greek holy day. December 14-28 are the Halcyon Days, the seven days before and after Yule, a time of calm and tranquility derived from Alcyone, a Greek Goddess of the Pleiades connected with Artemis [Bast] and Aphrodite [Het Heret].

### **Kwanzaa:**

Swahili and Afro-American holy day. December 26-January 1 is Kwanzaa, a traditional Swahili festival for the first fruits of the harvest, dedicated to the Seven African Powers. Longer explanation at December 26th.

### **Navidades:**

Puerto Rican holy day. December 15-January 6 are the Navidades, for the Yule Child, which is based on the older Kemetic (ancient Egyptian) Twins, Heru Sa Aset [Horus/Apollo] and Bast [Artemis].

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Mekhir (Rekh-Ur)

Day 13

## **December 29**

### **holy days**

### **Kemetic tradition**

Kemetic (ancient Egyptian) tradition. Do not go out at dawn on this day.

### **Day of Nymphs:**

Greek holy day. Day of Nymphs for Artemis [Bast], Andromeda, Ariadne, and Ceres. In the Hellenic [Greek] religion, Artemis is a lesbian Goddess and Her lovers are the Nymphs. This borrows from the Kemetic (ancient Egyptian) belief that Bast [whom the Greeks called Artemis] is the Goddess of Truth. Lesbianism in the Goddess is equated with the Goddess loving Herself and She serves as the archetype for self-love and self-honesty.

### **Kwanzaa:**

Swahili and Afro-American holy day. December 26-January 1 is Kwanzaa, a traditional Swahili festival for the first fruits of the harvest, dedicated to the Seven African Powers. Longer explanation at December 26th.



**Navidades:**

Puerto Rican holy day. December 15-January 6 are the Navidades, for the Yule Child, which is based on the older Kemetic (ancient Egyptian) Twins, Heru Sa Aset [Horus/Apollo] and Bast [Artemis].

**Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Mekhir (Rekh-Ur)

Day 14

**December 30****holy days****Deities Going Forth:**

Kemetic (ancient Egyptian) holy day. The Deities go forth for Him in Heaven.

**Kwanzaa:**

Swahili and Afro-American holy day. December 26-January 1 is Kwanzaa, a traditional Swahili festival for the first fruits of the harvest, dedicated to the Seven African Powers. Longer explanation at December 26th.

**Navidades:**

Puerto Rican holy day. December 15-January 6 are the Navidades, for the Yule Child, which is based on the older Kemetic (ancient Egyptian) Twins, Heru Sa Aset [Horus/Apollo] and Bast [Artemis].

**Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Mekhir (Rekh-Ur)

Day 15

**December 31****holy days****Feast Day of Sekhmet:**

Kemetic (ancient Egyptian) holy day. Feast Day of Sekhmet. This feast day typically includes the drinking of red beer. Sekhmet is Goddess of Endings, but in the ancient calendars this feast was celebrated in the middle of the month of Mekhir. Did the ancient priestesses know that this would be the end of the year in our modern calendar?

### **Aset Awakened:**

Kemetic (ancient Egyptian) holy day. Aset [Isis] awakened by Ra.

### **Heru saves His father:**

Kemetic (ancient Egyptian) holy day. Heru [Horus] saves His father (Asar).

### **Lucky Day of Sokhit:**

Kemetic (ancient Egyptian) holy day. Lucky Day of Sokhit.

### **Faery of the Van:**

Welsh holy day. The Faery of the Van, a golden haired water spirit in a golden boat.

### **Strenia:**

Sicilian holy day. Strenia, for the gifts of Pandora.

### **Dame Abonde:**

French holy day. Dame Abonde

### **the Norns:**

Scandinavian holy day. The Norns

### **Fire Dance:**

Samoaan holy day. Fire Dance, for Fire Goddesses (such as Pele and Mehuea and Fuji).

### **Feast Day of Yemaya:**

"Brazilian holy day. Feast Day of Yemaya, canelaria ceremony at the ocean's edge.

### **Wishing Night:**

Mexican holy day. Wishing Night.

### **New Year's Eve:**

Western holiday. New Year's Eve, traditionally celebrated by getting drunk on champagne and watching a big mirrored ball drop in Times Square, New York City.

### **Feast Day of St. Nicholas:**

Christian holy day. Feast Day of Saint Nicholas, bishop of Myra (in Asia Minor) during the 4th century of the Common Era, patron saint of children.

### **Kwanzaa:**

Swahili and Afro-American holy day. December 26-January 1 is Kwanzaa, a traditional Swahili festival for the first fruits of the harvest, dedicated to the Seven African Powers. Longer explanation at December 26th.

### **Navidades:**

Puerto Rican holy day. December 15-January 6 are the Navidades, for the Yule Child, which is based on the older Kemetic (ancient Egyptian) Twins, Heru Sa Aset [Horus/Apollo] and Bast [Artemis].

## **Kemetic (ancient Egyptian) information**

Season of Proyet (Sowing)

Month of Mekhir (Rekh-Ur)

Day 16

## **dragons**

Are there dragons? Every culture in the world has believed in dragons and there are remarkable similarities.

Many paleontologists (professors who study old stuff, such as dinosaur bones) believe that dragons are a primitive interpretation of dinosaur bones.

But myths of dragons also have the symbolic meaning of the magickal power of women (including the magickal power to give birth and the magickal power to bleed without dying).

The first recorded dragon in literature is Tiamut, the supreme female who gave birth to all of the Babylonian, Assyrian, and Sumerian deities. Tiamut was the watery ocaen of original chaos.

Dragons were associated with the Moon, a feminine archetype because of the obvious connection between the lunar cycle and the menstrual cycle. A common ancient myth involves a dragon swallowing the Moon during a lunar eclipse.

Every Witch woman has the dragon within.

### **herbs associated with dragons:**

- dragon's blood

## **examples of dragon pentacles**

The following examples of dragon pentacles are from Earth Spirit Emporium. Many of these examples are still available for purchase, but as time passes some will no longer be offered.



### Earth Dragon Pentacle

**“Earth Dragon Pentacle:** Pentagram’s magic and skill clasped secure within Dragon’s legendary might manifests protection from betrayal. Produced in pewter, enhanced with Swarovski crystals and/or gold and provided with a chain. 2" x 1 1/2"” — Earth Spirit Emporium (note that products and availability may change over time)

### Dragonstar Necklace

**“Dragonstar Necklace:** Intertwined in perfect harmony the Male and Female Dragons represent the polarity of the Lift Force around the Five Elements of the Magical Pentagram, forming a Talisman for Balance and Stability. Details for Dragonstar Necklace: Size: 1 1/2" Metal: Fine Pewter Enhanced With Gold and Silver Stone: Swarovski Crystal Option: Adjustable Chain Included.” — Earth Spirit Emporium (note that products and availability may change over time)



### Dracogram Star Necklace

**“Dracogram Star Necklace:** Clutching its divination ball, the Dragon symbolizes Life Force combined with the magical energy of the Pentagram to form a powerful talisman for Scrying into the Future. Details for Dracogram Star Necklace: Size: 1 1/2" Metal: Fine Pewter Enhanced With Gold and Silver Stone: Swarovski Crystals Option: Adjustable Chain Included.” — Earth Spirit Emporium (note that products and availability may change over time)



## Goddess Diet Plan

# introduction

The Goddess Plan is a lifelong method for any woman or girl to achieve and maintain goddess status.

## basics

We are taught that diet and exercise are the only factors in being healthy and that those who are overweight are simply lazy and undisciplined. That's garbage.

While exercise, nutrition, and diet are important factors, the greatest single cause of obesity is depression. The most common self-treatment for depression is eating "comfort food".

The second most common cause of obesity is low self-esteem. If a woman doesn't love herself, then she has little or no motivation to properly take care of her body.

The starting point for achieving and maintaining a healthy body is to create a lifestyle that encourages and supports love of self.

Certainly you want to learn the right foods to eat and the proper exercise and that kind of stuff, but it is far more important to transform your mind and spirit.

You want to set yourself free from the ancient Sumerian belief in "sin-nature" and realize that you are a manifestation of the divine. You are Goddess incarnate!

You can use Witchcraft to transform your life and achieve a healthy you.

Learning about how food affects the health of the body is a very practical way to start learning about Witchcraft.

As you learn about healthy eating, your overall health will improve, but you need to avoid the tendency to start lecturing your friends. Nobody appreciates the Food Nazi.



tomb of Queen Nefertari

*"Health is more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being."*

World Health Organization

The process of a woman seeking the Goddess within involves both the physical and the spiritual.

Any woman can become goddess incarnate, but very few women actually achieve this goal. The path towards this goal is often fulfilling and enriching on its own. Sometimes the journey really is more important than the destination.

"One of the most interesting developments in women's spirituality is that of a widespread view of Goddess as *immanent* rather than transcendent, i.e. within each person, within all of nature, not as a woman sitting on a throne or flying around up in the heavens. Many women today perceive Goddess not only as immanent but as immanent process, as

the flow of life energy.” —Merlin Stone in **Ancient Mirrors of Womanhood**, page xiii

Some women have numerous advantages (such as genetics, economic wealth, cultural acceptance, control over their time, etc.) and still fail to become goddesses, while other women facing extreme hardships (such as physical disabilities, mental disabilities, poverty, cultural oppression, poor neighborhoods, etc.) are able to become goddesses.

Certainly there are many external circumstances and other factors out of your control, but there is much that each woman can do if she really wants to.

Ancient cultures have three basic archetypes of goddess: Maiden, Mother, and Grandmother (or crone). You will want to achieve the goddess nature appropriate for your age.

*“There is only one good, knowledge, and one evil, ignorance.”*  
Socrates

## unhealthy typical diet

A 2006 survey of obese American adults revealed that 70% of these obese adults thought they ate a healthy diet! Obviously there is a great deal of confusion about what constitutes a healthy diet.

The typical diet plan in popular mass market diet books provide a list of easy to follow directions that a person follows for a short period of time. One to four weeks produces a temporary weight loss of five to twenty (5-20) pounds. This is typically water loss, but can be some other harmful effect.

This short trendy diet is followed by a return to your normal habits. You regain the weight you just lost, plus a few extra new pounds as your body tries to recover from the drastic swings in diet it just experienced.

Pick another trendy diet and repeat the process, slowly yo-yoing to ever increasing weights and ever decreasing healthiness.

*“A wise man should consider that health is the greatest of human blessings.”*  
Hippocrates

## healthy Goddess Diet

The Goddess Diet Plan is different. This is a long term plan for permanent life changes that allow you to bring out the Goddess within yourself.

With the Goddess Diet Plan, you learn about your body and apply time proven physical, mental, and spiritual changes that transform you into a manifestation of the Goddess of your choice.

The three basic Goddess archetypes are the Maiden, Mother, and Grandmother. There are a wide variety of Goddesses of each type from cultures all over the world. Pick one or more Goddess archetypes that are appropriate for you personally.

The Greeks divided the Maiden archetype into three kinds: Kore Persephone (the young woman seeking marriage and family), Kore Athena (the young woman pursuing a profession or craft), and Kore Artemis (the wild young woman, including lesbians, musicians, artists, and librarians).

Americans are accustomed to diets that involve counting. Counting carbs. Counting calories. Counting fat. Counting protein. Itemizing vitamins and minerals. Calculating glycemic indices.

In reality, what matters is the **quality** of the food eaten. A good diversity of high quality foods will tend to naturally result in a good diet, without having to do math.

## **balance of yin and yang**

The Chinese divide foods into three major groups: yin, yang, and neutral. Yang foods tend to heat the body up. Yin food tend to cool the body down. Neutral foods are in between.

You want to build up meals that give you a good balanced diet. Start with one or more neutral foods and balance yin and yang foods.

In the morning and evening, when the temperature is more yin (or cool), you want to eat more yang (warming foods). In the middle of the day, when the temperature is more yang (or hot), you want to eat more yin (cooling foods).

So, your morning meal, or breakfast, should be a hearty cooked meal (yang). Your mid-day meal, or lunch, should consist of salads and fruits. And your evening meal, or dinner, should be another cooked meal. Your dinner should be a much lighter meal than your breakfast because the body's ability to metabolize food decreases after sundown.

The articles on yin, yang, and neutral foods include lists that will help you get started.

## **nutritional supplements**

it is best to always check with a health care professional before starting any nutritional supplement.

If you experience any adverse reaction (including allergy) to any supplement, immediately stop using it and consult with a health care professional.

## **exercise**

A 2006 survey of obese American adults revealed that 40% of these obese adults thought they engaged in vigorous exercise at least three times a week! Obviously there is a great deal of confusion about what constitutes vigorous exercise.

Proper exercise is an important part of good health. Many Western women try to control their health through diet alone. While diet does have a powerful effect on health, it is *not* the only component of good health. Good exercise is important for both physical and mental health (you will feel better about yourself after a good workout).

You may be interested in the old Canadian Royal Air Force 5BX exercise plan for men at <http://www.statesa.com/gettingfit/5bx.php> and XBX plan for women at <http://www.statesa.com/gettingfit/xbx.php> (please read the disclaimers and modern advice added at the website).

Yoga can be an important part of any healthy exercise routine.

## **herbal baths**

Herbal baths are an important part of the Goddess plan. The herbal bath gives alone time for quiet meditation and centering as well as immersing the physical body in healing and rejuvenating herbs. It can be difficult for low or middle income women with children to come up with the time to have herbal baths. If the male partner is still around, try to arrange at least 30 minutes per week when he takes care of the children so that you can have your Goddess herbal bath. See also herbs.



tomb of Queen Nefertari

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## diets

- vegetarian
- vegan
- semi-vegetarian
- lacto-ovo-vegetarian
- lacto-vegetarian

A **vegan** diet is one the exclusively includes food from plants and completely excludes foods from animals (avoiding eggs, dairy, gelatin, and honey).

Vegan is different than vegetarian because it is a complete lifestyle of avoiding all animal products (including leather and furs), not just avoiding animal foods.

A **vegetarian** diet is one the exclusively includes food from plants and completely excludes foods from animals.

The American Civil Liberties union (ACLU) obtained documents in March 2006 from the Federal Bureau of Investigation (FBI) Denver office that showed that FBI agents spied on American citizens who gave vegetarian meals to the poor. FBI spokespersons defended the surveillance of vegans as part of the war against terrorism.

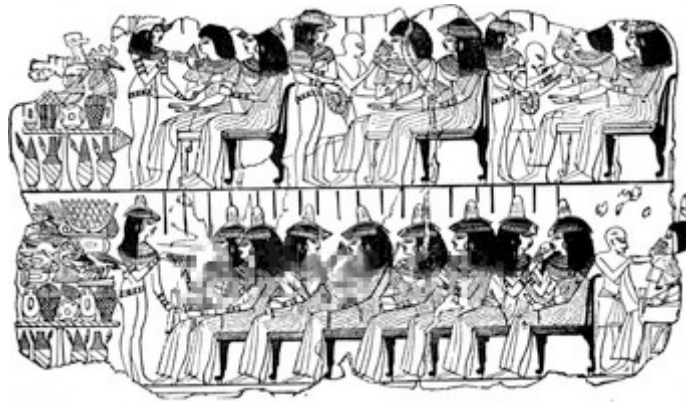
“Vegetarians may need as much as 50% more zinc than non-vegetarians because of the lower absorption of zinc from plant foods, so it is very important for vegetarians to include good sources of zinc in their diet”, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>.

A **lacto-vegetarian** diet is one the mostly includes food from plants and excludes most foods from animals, but allows cheese, milk, and other dairy products (and often allows honey and gelatin as well, but excludes eggs).

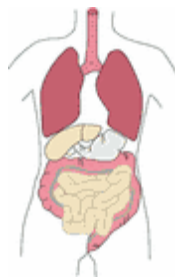
A **lacto-ovo-vegetarian** diet is one the mostly includes food from plants and excludes most foods from animals, but allows eggs, cheese, milk, and other dairy products (and often allows honey and gelatin as well).

A **semi-vegetarian** diet is one the mostly includes food from plants and excludes most foods from animals, but allows fish, seafood, insects (including honey), eggs, cheese, milk, and other dairy products (and often allows gelatin as well).

For specific advice on a high quality lifetime diet, see the article on the Goddess diet plan.



## human body



## brain

The **brain** is a major organ.

Limonoids are a terpene subclass found in citrus peels. Studies suggest that limonoids help clean and protect the lungs.

## heart

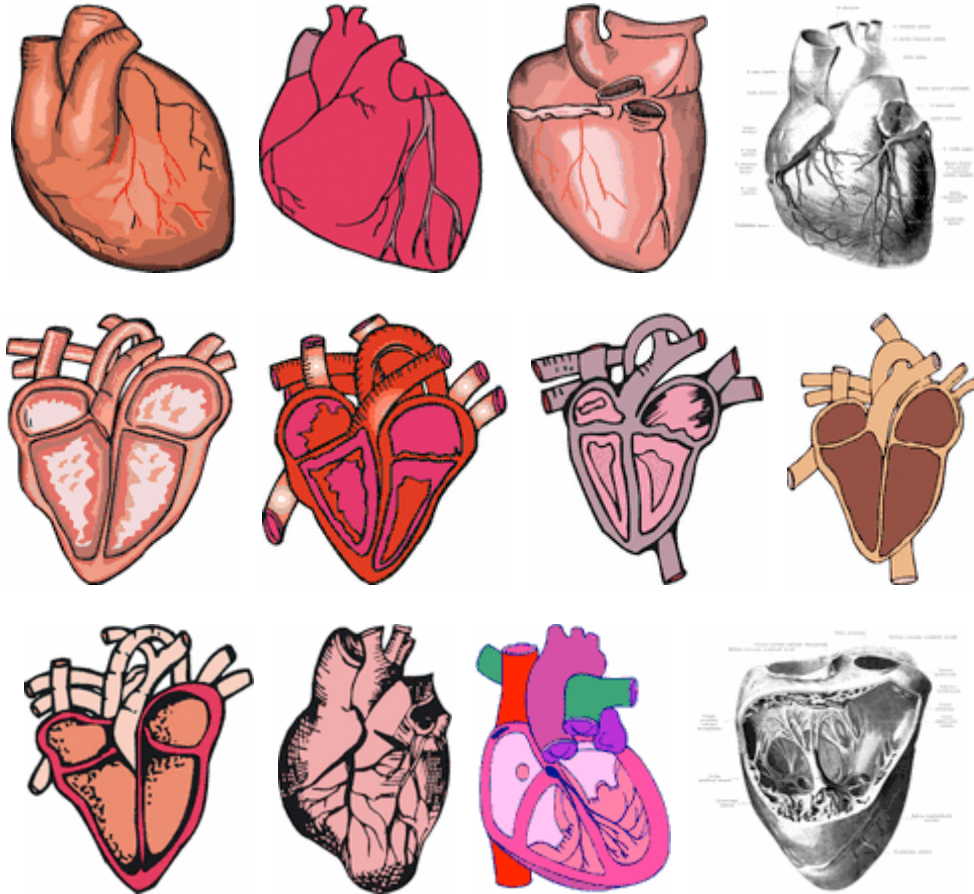
The **heart** is a major organ.

### foods that hurt the heart:

- alcohol
- caffeine



- eggs
- fried foods
- meat
- preserved meat
- processed foods
- refined sugar

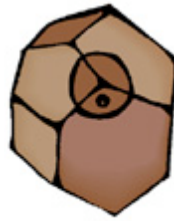


“The immune system is adversely affected by even moderate degrees of zinc deficiency”, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>. “Severe deficiency depresses immune function. Zinc is required for the development and activation of T-lymphocytes, a kind of white blood cell that helps fight infection. When zinc supplements are given to individuals with low zinc levels, the numbers of T-cell lymphocytes circulating in the blood increase and the ability of lymphocytes to fight infection improves. Studies show that poor, malnourished children in India, Africa, South America, and Southeast Asia experience shorter courses of infectious diarrhea after taking zinc supplements. Amounts of zinc provided in these studies ranged from 4 mg a day to up to 40 mg per day and were provided in a variety of forms (zinc acetate, zinc gluconate, or zinc sulfate). Zinc supplements are often given to help heal skin ulcers or bed sores, but they do not increase rates of wound healing when zinc levels are normal.”

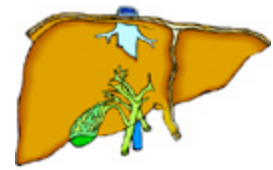
“Zinc toxicity has been seen in both acute and chronic forms”, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>. “Intakes of 150 to 450 mg of zinc per day have been associated with low copper status, altered iron function, reduced immune function, and reduced levels of high-density lipoproteins (the good cholesterol). One case report cited severe nausea and vomiting within 30 minutes after the person ingested four grams of zinc gluconate (570 mg elemental zinc).”

# liver

The **liver** is a major organ.

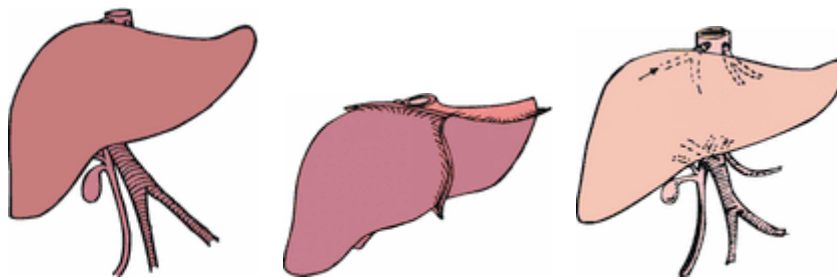


Liver Cell



The Liver

You can help maintain a healthy liver by regularly eating foods that help keep the liver clean (see list below). This long-term maintenance is better for your liver than emergency cleansing treatments.



## foods that help keep the liver clean:

- apples
- artichokes
- beans
- broccoli
- Brussels sprouts
- cabbage
- cauliflower
- figs
- nuts
- papaya
- seeds
- soyabeans
- spinach
- tomatoes
- water
- watermelon

## foods that hurt the liver:

- alcohol
- artificial sweeteners
- caffeine
- fried foods
- preserved meat
- processed foods

- refined flour
- refined sugar

## DNA

DNA.

Is the reproductive substance found in the body which rejuvenates cellular activity. It is often referred to as the “essence of life” or the “substance” which retards the aging process.

—courtesy of Austin Nutritional research

## RNA

RNA.

Is the reproductive substance found in the body which rejuvenates cellular activity. It is often referred to as the “essence of life” or the “substance” which retards the aging process.

—courtesy of Austin Nutritional research

## ailments

Nutrition, food, and herbs can help with ailments.

## acne

**External skin care:** Oatmeal (applied externally to the skin) is excellent for combatting acne.

## alcoholism

“Low zinc status has been observed in 30% to 50% of alcoholics”, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>. “Alcohol decreases the absorption of zinc and increases loss of zinc in urine. In addition, many alcoholics do not eat an acceptable variety or amount of food, so their dietary intake of zinc may be inadequate.”

## allergies

Allergies are among the conditions reported by the state of California as grounds for insurance companies to charge unreasonably high premiums or to outright reject providing health insurance, according to a front page article by Lisa Girion in the December 31, 2006, *Los Angeles Times*.

Dust mites are the number one cause of indoor allergies.

## anxiety

Anxiety is an intense fear or dread that lacks an unambiguous cause or specific threat. In common usage, anxiety also means a sense of unease and distress, apprehension, or worry.

Some of the causes of anxiety include: deficiency of calcium.

## breast implants

Leakage (including microleakage) from silicone breast implants can cause fatigue, short-term memory loss, joint and muscle pains, skin rashes, disturbed sleep patterns, depression, and hair loss, according to Dallas surgeon Edward Melmed in his article "Big Breasts, Big Risks" in the *Los Angeles Times* on January 3, 2007.

Breast implants is one of the conditions reported by the state of California as grounds for insurance companies to charge unreasonably high premiums or to outright reject providing health insurance, according to a front page article by Lisa Girion in the December 31, 2006, *Los Angeles Times*.

## brittle nails

Some of the causes of brittle nails include: deficiency of calcium.

## clumsiness

Some of the causes of clumsiness include: deficiency of calcium.



## cramps

Cramps are sharp, persistent pains in the abdomen.

Some of the causes of cramps include: deficiency of calcium.

## depression

Depression is a state of despondency or melancholy.

Some of the causes of depression include: deficiency of calcium.

Leakage (including microleakage) from silicone breast implants can cause fatigue, short-term memory loss, joint and muscle pains, skin rashes, disturbed sleep patterns, **depression**, and hair loss, according to Dallas surgeon Edward Melmed in his article “Big Breasts, Big Risks” in the Los Angeles Times on January 3, 2007.

Mild depression is one of the conditions reported by the state of California as grounds for insurance companies to charge unreasonably high premiums or to outright reject providing health insurance, according to a front page article by Lisa Girion in the December 31, 2006, *Los Angeles Times*.

## dermatitis

Dermatitis is an inflammation of the skin.

Some of the causes of dermatitis include: deficiency of calcium.

## diabetes

Some of the causes of diabetes include: deficiency of chromium.

Diabetes is one of the conditions reported by the state of California as grounds for insurance companies to charge unreasonably high premiums or to outright reject providing health insurance, according to a front page article by Lisa Girion in the December 31, 2006, *Los Angeles Times*.

## diarrhea

“Signs of zinc deficiency include growth retardation, hair loss, diarrhea, delayed sexual maturation and impotence, eye and skin lesions, and loss of appetite”, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>. “There is also evidence that weight loss, delayed healing of wounds, taste abnormalities, and mental lethargy can occur. Since many of these symptoms are general and are associated with other medical conditions, do not assume that they are due to zinc deficiency. It is important to consult with a medical doctor about medical symptoms so that appropriate case can be given.”

“Diarrhea results in a loss of zinc”, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>.

## eye lesions

“Signs of zinc deficiency include growth retardation, hair loss, diarrhea, delayed sexual maturation and impotence, eye and skin lesions, and loss of appetite”, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>. “There is also evidence that weight loss, delayed healing of wounds, taste abnormalities, and mental lethargy can occur. Since many of these symptoms are general and are associated with other medical conditions, do not assume that they are due to zinc deficiency. It is important to consult with a medical doctor about medical symptoms so that appropriate case can be given.”



## fatigue tiredness

A common cause of fatigue among teenagers is “phase shift”. Phase shift is the result of growth hormones during the teenage years resetting the circadian clock (the inner biological clock) so that the teenager naturally needs to stay up late at night and rise late in the morning.

Schools typically ignore this biological factor, which greatly reduces the effectiveness of education. Rather than dealing with the real biology and enhance the educational process, school administrators raised in the Christian Protestant ethic believe that suffering is somehow good for the soul and demand that teenagers suffer physically and educationally just to satisfy the perverse sadism demanded by Christian beliefs.

Some of the causes of tiredness include: deficiency of calcium and zinc.

“Signs of zinc deficiency include growth retardation, hair loss, diarrhea, delayed sexual maturation and impotence, eye and skin lesions, and loss of appetite”, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>. “There is also evidence that weight loss, delayed healing of wounds, taste abnormalities, and **mental lethargy** can occur. Since many of these symptoms are general and are associated with other medical conditions, do not assume that they are due to zinc deficiency. It is important to consult with a medical doctor about medical symptoms so that appropriate case can be given.”

Leakage (including microleakage) from silicone breast implants can cause fatigue, short-term memory loss, joint and muscle pains, skin rashes, disturbed sleep patterns, depression, and hair loss, according to Dallas surgeon Edward Melmed in his article “Big Breasts, Big Risks” in the Los Angeles Times on January 3, 2007.

Chronic fatigue syndrome is one of the conditions reported by the state of California as grounds for insurance companies to charge unreasonably high premiums or to outright reject providing health insurance, according to a front page article by Lisa Girion in the December 31, 2006, *Los Angeles Times*.

## gum disease

Some of the causes of gum disease include: deficiency of calcium.

## hair loss

“Signs of zinc deficiency include growth retardation, hair loss, diarrhea, delayed sexual maturation and impotence, eye and skin lesions, and loss of appetite”, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>. “There is also evidence that weight loss, delayed healing of wounds, taste abnormalities, and mental lethargy can occur. Since many of these symptoms are general and are associated with other medical conditions, do not assume that they are due to zinc deficiency. It is important to consult with a medical doctor about medical symptoms so that appropriate case can be given.”



Leakage (including microleakage) from silicone breast implants can cause fatigue, short-term memory



loss, joint and muscle pains, skin rashes, disturbed sleep patterns, depression, and hair loss, according to Dallas surgeon Edward Melmed in his article “Big Breasts, Big Risks” in the Los Angeles Times on January 3, 2007.

## headaches

A decoction of angelica roots or angelica seeds will help relieve headaches (one teaspoon of plant to one cup of water).

## healing wounds

“Signs of zinc deficiency include growth retardation, hair loss, diarrhea, delayed sexual maturation and impotence, eye and skin lesions, and loss of appetite”, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>. “There is also evidence that weight loss, delayed healing of wounds, taste abnormalities, and mental lethargy can occur. Since many of these symptoms are general and are associated with other medical conditions, do not assume that they are due to zinc deficiency. It is important to consult with a medical doctor about medical symptoms so that appropriate case can be given.”

“The immune system is adversely affected by even moderate degrees of zinc deficiency”, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>. “Severe deficiency depresses immune function. Zinc is required for the development and activation of T-lymphocytes, a kind of white blood cell that helps fight infection. When zinc supplements are given to individuals with low zinc levels, the numbers of T-cell lymphocytes circulating in the blood increase and the ability of lymphocytes to fight infection improves. Studies show that poor, malnourished children in India, Africa, South America, and Southeast Asia experience shorter courses of infectious diarrhea after taking zinc supplements. Amounts of zinc provided in these studies ranged from 4 mg a day to up to 40 mg per day and were provided in a variety of forms (zinc acetate, zinc gluconate, or zinc sulfate). Zinc supplements are often given to help heal skin ulcers or bed sores, but they do not increase rates of wound healing when zinc levels are normal.”

## hemochromatosis

Hemochromatosis is a common genetic disorder that causes the body to absorb too much iron.

Hemochromatosis is one of the conditions reported by the state of California as grounds for insurance companies to charge unreasonably high premiums or to outright reject providing health insurance, according to a front page article by Lisa Girion in the December 31, 2006, *Los Angeles Times*.

## impotence

“Signs of zinc deficiency include growth retardation, hair loss, diarrhea, delayed sexual maturation and impotence, eye and skin lesions, and loss of appetite”, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>. “There is also evidence that weight loss, delayed healing of wounds, taste abnormalities, and mental lethargy can occur. Since many of these symptoms are general and are associated with other medical conditions, do not assume that they are due to zinc deficiency. It is important to consult with a medical doctor about medical symptoms so that appropriate case can be given.”

Impotence is one of the conditions reported by the state of California as grounds for insurance companies to charge unreasonably high premiums or to outright reject providing health insurance, according to a front page article by Lisa Girion in the December 31, 2006, *Los Angeles Times*.

## infertility

Some of the causes of infertility include: deficiency of chromium.

Infertility is one of the conditions reported by the state of California as grounds for insurance companies to charge unreasonably high premiums or to outright reject providing health insurance, according to a front page article by Lisa Girion in the December 31, 2006, *Los Angeles Times*.

## insomnia

Some of the causes of insomnia include: deficiency of calcium.

Leakage (including microleakage) from silicone breast implants can cause fatigue, short-term memory loss, joint and muscle pains, skin rashes, **disturbed sleep patterns**, depression, and hair loss, according to Dallas surgeon Edward Melmed in his article “Big Breasts, Big Risks” in the *Los Angeles Times* on January 3, 2007.

A decoction of angelica roots or angelica seeds will help relieve insomnia.

## irritability

Some of the causes of irritability include: deficiency of calcium.

## joint pain

Some of the causes of joint pain include: deficiency of calcium.

Leakage (including microleakage) from silicone breast implants can cause fatigue, short-term memory loss, joint and muscle pains, skin rashes, disturbed sleep patterns, depression, and hair loss, according to Dallas surgeon Edward Melmed in his article “Big Breasts, Big Risks” in the *Los Angeles Times* on January 3, 2007.

## loss of appetite

“Signs of zinc deficiency include growth retardation, hair loss, diarrhea, delayed sexual maturation and impotence, eye and skin lesions, and loss of appetite”, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>. “There is also evidence that weight loss, delayed healing of wounds, taste abnormalities, and mental lethargy can occur. Since many of these symptoms are general and are associated with other medical conditions, do not assume that they are due to zinc deficiency. It is important to consult with a medical doctor about medical symptoms so that appropriate case can be given.”

## menopause

As a woman passes from mother stage of life to crone or grandmother stage of life, the transition is marked by **menopause**.

Menopause is the natural and permanent cessation of menstruation. Menopause usually occurs sometime between the ages of 45 and 55. menopause is sometimes called “change of life”. The term climacteric means both the life period during which a woman experiences female menopause and the corresponding period of life in a male.

The modern Western approach ignores the balance of the whole woman and focuses on covering up specific symptoms through the use of expensive patent drugs.

The ancient Egyptian view was similar to Chinese herbal medication in that it emphasized the use of natural herbs and foods to achieve a natural balance (called Ma’at) appropriate for each particular woman.

Pr Ntr Kmt offers articles on a wide variety of foods and herbs. These articles include both ancient magickal beliefs and modern scientific facts (science originated in the ancient Egyptian religion in such fields as alchemy/chemistry, astrology/astronomy, physics, medicine, and botany).

## science of menopause

During menopause a woman’s ovaries stop releasing eggs and her body reduces its production of estrogen and other hormones. The transition is usually a gradual process. Premature menopause can be caused by disease, infection, or ailment. Artificial menopause can be the result of surgery, irradiation, or hormonal therapy.

**Etymology:** New Latin *menopausis* from Latin *meno-* appended to the Greek *pausis* (pause) from Greek *pausein* (to stop).

## mental lethargy

“Signs of zinc deficiency include growth retardation, hair loss, diarrhea, delayed sexual maturation and impotence, eye and skin lesions, and loss of appetite”, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>. “There is also evidence that weight loss, delayed healing of wounds, taste abnormalities, and mental lethargy can occur. Since many of these symptoms are general and are associated with other medical conditions, do not assume that they are due to zinc deficiency. It is important to consult with a medical doctor about medical symptoms so that appropriate case can be given.”

## miscarriage

Miscarriage is one of the conditions reported by the state of California as grounds for insurance companies to charge unreasonably high premiums or to outright reject providing health insurance, according to a front page article by Lisa Girion in the December 31, 2006, *Los Angeles Times*.

Some of the causes of miscarriage include: deficiency of copper.

## night sweats

Some of the causes of night sweats include: deficiency of calcium.

## numbness

Some of the causes of numbness include: deficiency of calcium.

## osteoporosis

Some of the causes of osteoporosis include: deficiency of calcium.

## poor concentration

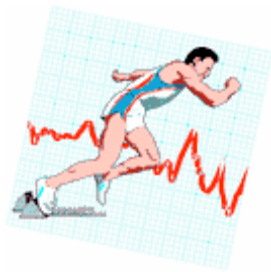
Some of the causes of poor concentration include: deficiency of calcium.

## poor growth

Some of the causes of poor growth include: deficiency of calcium.

## racing heart

Some of the causes of racing heart include: deficiency of calcium.

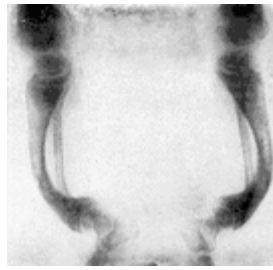


## rickets

Rickets is a disease that causes deformity of bones, especially the bones of the spine, ribs, and legs. The disease can result in knock knees, bow legs, pigeon breast, painful spasms, convulsions, and difficulty breathing. Rickets was common in Europe and North America until the early 1900s. Ancient Chinese, Egyptian, Greek, and Roman physicians knew of the disease.

The major cause of rickets is a lack of Vitamin D.

Some of the other causes of rickets include: deficiency of calcium.



British doctor Edward Mellanby attempted to discover if vitamin deficiency was the cause of rickets by feeding laboratory dogs a diet that consisted of only oatmeal and keeping the dogs indoors (out of the sun). The dogs developed rickets. Mellanby then fed the dogs cod liver oil and cured the rickets. Mellanby wrongly concluded that a deficiency of vitamin A caused rickets.

American researcher McCollum, co-discoverer of vitamin A, repeated the experiment, but fed the dogs cod liver oil that had been treated to destroy the vitamin A content. The modified cod liver oil still cured the dogs, so McCollum concluded that it was some new vitamin, which he called vitamin D.

## tingling

Some of the causes of tingling include: deficiency of calcium.

## tooth decay

Some of the causes of tooth decay include: deficiency of calcium.

## upset stomach

A decoction of angelica roots or angelica seeds will help with an upset stomach.



## kitchen witchcraft

Kitchen witchcraft is the art of performing magick in the kitchen, including cooking, use of herbs, and more arcane things such as making soaps, bath salts, magick potions, magick oils, and other preparations.

Kitchen witchcraft is one of the oldest and most widespread of witchcraft practices. The vast majority of witchcraft traditions have some form of kitchen witchcraft.

Kitchen witchcraft is something that just about anyone can practice without hassles from parents who don't approve of witchcraft.

Kitchen witchcraft looks exactly like regular cooking.

Many of the common European Witchcraft tools were disguised as kitchen utensils during the Burning Times.

The following kitchen witchcraft recipes might give you some ideas for making up your own magick

recipes.

## no spell begging

If you follow any of the links offered in this book, **no spell begging**. Especially no love spell or curse begging.

## recipes

Here are some of the kitchen witchcraft recipes out on the web:

- Baked Acorn Squash with Apples at  
<http://web.archive.org/web/20010628214619/http://www.pagan.drak.net/lilianna/recipes-applesqua>  
(LINK)
- Bourbon Balls at  
<http://web.archive.org/web/20010628214619/http://www.pagan.drak.net/lilianna/recipes-bourbonba>  
(LINK)
- Bread of the Dead at  
<http://web.archive.org/web/20010628214619/http://www.pagan.drak.net/lilianna/recipes-breaddead>  
(LINK)
- Cheese Logs at  
<http://web.archive.org/web/20010628214619/http://www.pagan.drak.net/lilianna/recipes-cheeselogs>  
(LINK)
- Mead at  
<http://web.archive.org/web/20010628214619/http://www.pagan.drak.net/lilianna/recipes-mead.html>  
(LINK)
- Moon Ritual Cookies at  
<http://web.archive.org/web/20010628214619/http://www.pagan.drak.net/lilianna/recipes-mooncook>  
(LINK)
- Sangria at  
<http://web.archive.org/web/20010628214619/http://www.pagan.drak.net/lilianna/recipes-sangria.htr>  
(LINK)
- Strawberry Punch at  
<http://web.archive.org/web/20010628214619/http://www.pagan.drak.net/lilianna/recipes-strawbryp>  
(LINK)
- Sharbatee Gulab at  
<http://web.archive.org/web/20010628214619/http://www.pagan.drak.net/lilianna/recipes-sharbateeg>  
(LINK)

## additional subjects

- decoction
- essential oils
- fried foods
- grating
- hearth
- infusion
- potpourri
- shredding
- teas

## frying

**Frying** means to cook food by heating it in oil, butter, or margarine.

Fried foods are harmful to the liver and therefore should be reduced or eliminated from your diet.

## grating

**Grating** means to crumble food into small particles (as contrasted with shredding). This is normally done with a grater.

Foods most commonly grated include cheese and fruit peels.

## shredding

**Shredding** means to crumble food into long, small, narrow pieces (as contrasted with grating). This is normally done with a shredder.

Foods most commonly shredded include cheese and fruit peels.

## hearth

The **hearth** made with stones originated with species prior to modern humans and signalled the start of the Paleolithic Era (Old Stone Age).

### deities associated with the hearth:

- Agathadaimon (Kemetic/ancient Egyptian God)
- Penates (Roman Goddesses)

## preparations

- decoction
- essential oils
- infusion
- potpourri
- teas

## essential oils

**Essential oils** are made from plants and herbs. Make sure that you use genuine essential oils for magick spells and ritual as well as for healing and medications. Often companies selling oils will use **blends** of various scents to create the illusion of a much more expensive true essential oil (note that this is different than magickal blends pre-made for specific magickal purposes and made from real essential oils). Companies will also use **synthetic** oils, made from other plants or even non-plant materials and chemicals. Many companies will fail to warn you anywhere on the label that the oil is a blend, compound, partially synthetic, or fully synthetic. be careful about what you buy.

You will want to purchase your essential oils from a company that guarantees that their oils are true essential oils (such as Mountain Rose Herbs). Or you can learn to make your own essential oils.

**Using essential oils:** Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil.

## diluting essential oils

**Dilute** your authentic essential oils in a base oil. First of all, true essential oils are simply too expensive to use full strength. Also, most essential oils are too strong in their pure form. Many essential oils will irritate or burn the skin.

**1.** Gather together all of your supplies before blending your oils. I know, this is obvious, but you'd be surprised how many times people start mixing up a formula and suddenly realize that something is missing.

**2.** Sterilize a glass jar of appropriate size for your magickal preparation. You will want to use the smallest glass jar that will hold the amount you are blending (extra air space inside the jar will cause the mixture to degrade faster). You can sterilize glass jars in a double-boiler. Remember to let the glass heat up and cool down slowly. Fast temperature changes can cause glass to shatter. Hot glass can also burn your fingers badly. It is best to use opaque or dark-colored bottles that can be sealed airtight.

**3.** Pour your base oil into the sterilized glass jar. A typical amount is 1/8th of a cup of base oil. Any of the following listed oils will be great for a base oil for magickal uses. Jojoba is not actually an oil (it is a liquid wax), but it serves the same purpose and will last much longer than real oils because it never goes rancid (although the essential oils will eventually degrade over time). A common mistake is to make too big a batch of magickal oils. A little goes a long way and any excess will eventually go bad, wasting your expensive materials.

- almond
- apricot kernel
- coconut
- grapeseed
- hazelnut
- jojoba
- safflower
- sunflower

**4.** Drop in the essential oils. Use an eye dropper or the single-drop dispenser that comes inside most essential oil bottles. For recipes and formulas using just one essential oil, you will typically use five to seven drops of essential oil for every 1/8th cup of base oil. For recipes that blend essential oils, use one drop for each "part" listed in the recipe or formula. When blending essential oils, make sure that you do not accidentally contaminate your essential oils by letting the dropper touch the base mixture or other essential oils. A common mistake is to make too big a batch of magickal oils. A little goes a long way and any excess will eventually go bad and waste your expensive materials.

**5.** Swirl the essential oils and base oil together. Never stir the mixture. Gently rotate the mixture in a clockwise direction until the essential oils have blended together into the base oil.

**6.** Seal the glass jar or bottle and store until needed. Store your oils away from heat, light, and moisture. Make sure that the glass bottle is sealed airtight. It is best to use opaque or dark-colored



bottles. Make sure that you clearly label your bottles (you will forget what was in that dark green bottle you mixed up last month). Label the name and purpose of the mixture (for example, love potion of Aphrodite), a complete list of ingredients (both the base oil and all of the essential oils), and the date that you prepared the mixture. Firmly attach the label to the bottle.

## using essential oils

Remember to always dilute your essential oils before using them for magickal or medicinal purposes (see instructions above).

**Candle magick** is the most common use for magickal oil blends. Rub your diluted mixture onto a candle of the appropriate color. You only need to use a few drops of your blend (no need to waste large amounts of expensive ingredients). Start from the center of the candle and rub to the top. Chant. Start from the center and rub to the bottom of the candle. Chant. This process is called dressing the candle. Once the candle is dressed it should be used for magick fairly quickly because the essential oils will start evaoprating right away. See also the article on candle magick

**Annointing** is the process of rubbing magick blends onto your body. Always dilute your essential oils because in their pure form they will tend to irritate or even burn the skin. Some essential oils are too strong to be used for annointing even when diluted. You only need to use a few drops of your blend (no need to waste large amounts of expensive ingredients).

**Bath oils** are magick blends that are placed in your bath water for magickal purposes. See the article on love baths for examples. You only need to use a few drops of your blend (no need to waste large amounts of expensive ingredients).

A few drops of magick oils can be placed on or rubbed into magick **amulets, charms, sachets, or talismans** to empower them for specific magickal purposes.

A few drops of magick oils can be rubbed into quartz crystals and other **stones** to empower them for magickal purposes.

Once you become skilled at the use of magick oils, use your imagination to come up with new and interesting ways to use essential oils for magick.

Self-medication should *not* be used as a substitute for professional medical care. Please confirm all self-medication with your doctor or health care professional.

## decoctions

**Decoction** is one of the major ways to make herbal medicinal teas. Bring distilled water to a boil, then add the dried herbs. Putting the herbs in a tea ball can make the process easier. Simmer the tea on a low heat for ten minutes to one hour, depending on the hardness of the herb or root. Typical proportions are one ounce (or 28 grams) of dried herbs to one pint of distilled water. After simmering, strain the herbs out (this is why a tea ball is easier). Drink the resulting tea.

Self-medication should *not* be used as a substitute for professional medical care. Please confirm all self-medication with your doctor or health care professional.

**herbs used for decoctions:**

herb	proportions
angelica	one (1) teaspoon (tsp.) of plant to one (1) cup (c.) of water

- angelica
- bayberry

## infusions

**Infusion** is one of the major ways to make herbal medicinal teas. Bring distilled water to a boil, then pour the boiling water over the dried herbs. Putting the herbs in a tea ball can make the process easier. Let the herbs steep in the hot water, typically for twenty minutes. Typical proportions are one ounce (or 28 grams) of dried herbs to one pint of distilled boiling water. After steeping, strain the herbs out (this is why a tea ball is easier). Drink the resulting tea.

Self-medication should *not* be used as a substitute for professional medical care. Please confirm all self-medication with your doctor or health care professional.

### herbs used for infusions:

- alfalfa
- Chilean clover
- lucerne
- purple medic

## medicinal teas

Two major methods for preparing medicinal herbal teas are infusion and decoction.

**Infusion** is one of the major ways to make herbal medicinal teas. Bring distilled water to a boil, then pour the boiling water over the dried herbs. Putting the herbs in a tea ball can make the process easier. Let the herbs steep in the hot water, typically for twenty minutes. Typical proportions are one ounce (or 28 grams) of dried herbs to one pint of distilled boiling water. After steeping, strain the herbs out (this is why a tea ball is easier). Drink the resulting tea. More info on infusions.

**Decoction** is one of the major ways to make herbal medicinal teas. Bring distilled water to a boil, then add the dried herbs. Putting the herbs in a tea ball can make the process easier. Simmer the tea on a low heat for ten minutes to one hour, depending on the hardness of the herb or root. Typical proportions are one ounce (or 28 grams) of dried herbs to one pint of distilled water. After simmering, strain the herbs out (this is why a tea ball is easier). Drink the resulting tea. More info on decoctions.

Medicinal teas call for much higher quantities of herbs than regular herbal teas. The amount of herbs in herbal teas are very small, too small to be medically useful.

Self-medication should *not* be used as a substitute for professional medical care. Please confirm all self-medication with your doctor or health care professional.

## gender

Western magick divides herbs into masculine and feminine genders.

The Chinese divide foods into yin and yang. A healthy person should have a balance of Yang and Yin foods, as well as neutral foods.

- feminine
- masculine
- neutral
- yang
- yin

## yin foods

The Chinese divide foods into yin and yang. A healthy person should have a balance of Yang and Yin foods, as well as neutral foods.

### cooling foods for your body

Yin foods are foods that **cool** the body. Yin foods are cooling, calming, and nourishing. Yin foods are recommended for Yin deficient and Yang excess imbalance.



Avoid some strongly yin foods, such as sugars, alcohol, and coffee.

In the middle of the day, when the temperature is more yang (or hot), you want to eat more yin (cooling foods). Your mid-day meal, or lunch, should consist of salads and fruits.

### yin foods (cool)

- alfalfa sprouts
- apple
- apricot
- Asian pear
- asparagus
- bamboo
- bamboo shoots
- barley, pearl
- bok choy
- broccoli
- burdock root
- carrot
- cauliflower
- celery
- chicken eggs (not recommended)
- Chinese cabbage
- clam
- crab
- cucumber
- Daikon radish
- dandelion
- dandelion greens

- eggs, chicken (not recommended)
- eggplant
- endive
- grapefruit
- lemon
- lotus root
- millet
- orange
- peach
- pear
- pearl barley
- persimmon
- pork (not recommended)
- potato
- pumpkin
- Romaine lettuce
- soy bean sprouts
- spinach
- squash
- strawberry
- tangerine
- turnip
- watercress
- wheat
- zucchini

### **strongly yin foods (cold)**

- alcohol (not recommended)
- ale (not recommended)
- banana
- beer (not recommended)
- cantaloupe
- Chinese cucumber
- coffee (not recommended)
- mulberry
- refined sugars (not recommended)
- seaweed
- tea
- water chestnut



See also yang foods, neutral foods, and feminine herbs

# yang foods

The Chinese divide foods into yin and yang. A healthy person should have a balance of Yang and Yin foods, as well as neutral foods.

## warming foods for your body

Yang foods are foods that **warm** the body. Yang foods are warming, stimulating, and energetic. Yang foods are recommended for Yang deficient and Yin excess imbalance.



Avoid some strongly yang foods, such as meat, cheese, and salt.

In the morning and evening, when the temperature is more yin (or cool), you want to eat more yang (warming foods). So, your morning meal, or breakfast, should be a hearty cooked meal (yang). And your evening meal, or dinner, should be another cooked meal. Your dinner should be a much lighter meal than your breakfast because the body's ability to metabolize food decreases after sundown.

## slightly yang foods (slightly warm)

- bell peppers
- chicken
- hawthorne berry
- oats
- parsley
- raspberry
- sweet rice
- wheat germ

## yang foods (warm)

- beef
- cherry
- Chinese chive
- kale
- lamb (not recommended)
- leek
- lycium fruit
- mustard greens
- onion
- papaya
- pineapple
- shrimp

## strongly yang foods (hot)

- cheese (not recommended)
- Chinese chive
- egg yolks (not recommended)
- garlic

- meat (not recommended)
- offal (not recommended)
- salt (not recommended)
- scallion



See also yin foods, neutral foods, and masculine herbs

## neutral foods

The Chinese divide foods into yin and yang. A healthy person should have a balance of Yang and Yin foods, as well as neutral foods.

### neutral foods

- beets
- black plum
- brown rice
- buckwheat
- cabbage
- chard
- Chinese date
- Chinese yam
- corn
- dairy {not including cheese} (not recommended)
- fig
- fish
- gelatin (not recommended)
- gojii berry
- grape
- jujube
- lettuce
- lycii berry
- loquat
- mango
- milk (not recommended)
- olive
- oyster
- peas
- plum
- rice
- string beans
- sweet potato
- taro root

- turkey (not recommended)
- yam
- yogurt (not recommended)

See also yin foods and yang foods

## Chinese flavors

Chinese medicine divides foods and herbs into seven flavors, each representing a basic Energetic property. Note that the flavors are based on the effects on the body and may differ from actual taste.

### Chinese flavors

**Bitter** is Clearing and Drying. Clearing is the opposite of Tonifying and can be used to treat Heat excess and Toxin excess. Drying is the opposite of Moistening and can be used to treat Damp stagnation. (See bitter.)

**Bland** is Draining and promotes urination. (See bland.)

**Salty** is Softening and Purging. Softening can be used to treat hardness, such as nodules or masses. Purging can be used to promote elimination, especially via the bowels, and can be used to treat some kinds of constipation. (See salty.)

**Sour** is Contracting and can be used to treat certain types of diarrhea and can be used to treat spontaneous or excessive sweating. (See sour.)

**Spicy or pungent** is Dispersing and Moving. Dispersing can be used to break up and distribute a concentrated stagnation, to release Cold, and to push out pathogens. Moving activates and mobilizes Energy flow and circulation and can be used to treat Ki or Blood stagnation. (See pungent.)

**Stringent** is Contracting and can be used to treat certain types of diarrhea and can be used to treat spontaneous or excessive sweating. Stringent is similar to sour, but stronger. (See stringent.)

**Sweet** is Tonifying, Harmonizing, and Relaxing. Tonifying can be used to support or strengthen the body, blood, or specific organs. Harmonizing can be used to bring the body and spirit into balance. Relaxing can be used to counteract spasms and tightness. (See sweet.)

See also yin foods, yang foods, and neutral foods

## bitter

The Western practice of eating salads at the beginning of meals is because of a natural reaction the human body has to bitter foods (bitter in taste, as contrasted with bitter in the Chinese flavor system). When the tongue tastes bitter, the body starts producing digestive fluids, such as saliva and stomach acids. By eating salads first in a meal, the nutrients in the food that follows are absorbed more efficiently, resulting in better health.

Chinese medicine divides foods and herbs into seven flavors, each representing a basic Energetic property. Note that the flavors are based on the effects on the body and may differ from actual taste.

**Bitter** is Clearing and Drying. Clearing is the opposite of Tonifying and can be used to treat Heat excess and Toxin excess. Drying is the opposite of Moistening and can be used to treat Damp stagnation.

### slightly bitter foods and herbs

- chard
- endive
- kale

### bitter foods and herbs

- burdock root
- dandelion
- dandelion greens

## bland

Chinese medicine divides foods and herbs into seven flavors, each representing a basic Energetic property. Note that the flavors are based on the effects on the body and may differ from actual taste.

**Bland** is Draining and promotes urination.

### bland foods and herbs

- barley, pearl
- cucumber
- pearl barley

## pungent

Chinese medicine divides foods and herbs into seven flavors, each representing a basic Energetic property. Note that the flavors are based on the effects on the body and may differ from actual taste.

**Spicy** or **pungent** is Dispersing and Moving. Dispersing can be used to break up and distribute a concentrated stagnation, to release Cold, and to push out pathogens. Moving activates and mobilizes Energy flow and circulation and can be used to treat Ki or Blood stagnation.

### slightly pungent foods and herbs

- broccoli
- cauliflower
- Daikon radish
- leek
- mustard greens
- turnip



## pungent foods and herbs

- bell pepper
- burdock root
- Chinese chive
- garlic
- onion
- parsley
- scallion

## salty

Chinese medicine divides foods and herbs into seven flavors, each representing a basic Energetic property. Note that the flavors are based on the effects on the body and may differ from actual taste.

**Salty** is Softening and Purging. Softening can be used to treat hardness, such as nodules or masses. Purging can be used to promote elimination, especially via the bowels, and can be used to treat some kinds of constipation.

## slightly salty foods and herbs

- fish, ocean
- ocean fish
- oyster

## salty foods and herbs

- clam
- crab
- seaweed

## sour

Chinese medicine divides foods and herbs into seven flavors, each representing a basic Energetic property. Note that the flavors are based on the effects on the body and may differ from actual taste.

**Sour** is Contracting and can be used to treat certain types of diarrhea and can be used to treat spontaneous or excessive sweating.

## slightly sour foods and herbs

- apple
- apricot
- grape
- grapefruit
- pineapple
- plum

## sour foods and herbs

- black plum
- hawthorne berry
- lemon
- raspberry
- tangerine

## spicy

Chinese medicine divides foods and herbs into seven flavors, each representing a basic Energetic property. Note that the flavors are based on the effects on the body and may differ from actual taste.

**Spicy** or **pungent** is Dispersing and Moving. Dispersing can be used to break up and distribute a concentrated stagnation, to release Cold, and to push out pathogens. Moving activates and mobilizes Energy flow and circulation and can be used to treat Ki or Blood stagnation.

## slightly spicy foods and herbs

- broccoli
- cauliflower
- Daikon radish
- leek
- mustard greens
- turnip

## spicy foods and herbs

- bell pepper
- burdock root
- Chinese chive
- garlic
- onion
- parsley
- scallion

## stringent

Chinese medicine divides foods and herbs into seven flavors, each representing a basic Energetic property. Note that the flavors are based on the effects on the body and may differ from actual taste.

**Stringent** is Contracting and can be used to treat certain types of diarrhea and can be used to treat spontaneous or excessive sweating. Stringent is similar to sour, but stronger.

## slightly stringent foods and herbs

- persimmon

## stringent foods and herbs

### sweet

Chinese medicine divides foods and herbs into seven flavors, each representing a basic Energetic property. Note that the flavors are based on the effects on the body and may differ from actual taste.

**Sweet** is Tonifying, Harmonizing, and Relaxing. Tonifying can be used to support or strengthen the body, blood, or specific organs. Harmonizing can be used to bring the body and spirit into balance. Relaxing can be used to counteract spasms and tightness.

### slightly sweet foods and herbs

- asparagus
- barley, pearl
- cabbage
- Chinese yam
- crab
- cucumber
- loquat
- lotus root
- lycium fruit
- mango
- orange
- papaya
- peach
- pear
- pearl barley
- squash
- strawberry
- string beans
- yam

### sweet foods and herbs

- apple
- apricot
- Asian pear
- banana
- beef (not recommended)
- brown rice
- cantaloupe
- carrot
- cherry
- chicken (not recommended)
- chicken eggs (not recommended)
- Chinese date
- dairy (not including cheese) (not recommended)
- eggs, chicken (not recommended)
- eggplant
- fig

- fish
- gelatin (not recommended)
- gojii berry
- grape
- grapefruit
- jujube
- lamb (not recommended)
- lycii berry
- milk (not recommended)
- millet
- mulberry
- oats
- oyster
- pork (not recommended)
- raspberry
- rice
- shrimp
- spinach
- sweet potato
- sweet rice
- tangerine
- turkey (not recommended)
- wheat germ
- yogurt (not recommended)

## agriculture

Ancient Egypt (Kemet) was famous for its successful **agriculture**, made possible by the great Nile River.

The transistion from hunter/gatherer society to agriculture is obscured by the long passage of time and the lack of written records.

Reaping knives (wooden handles and flint blades) from approximately 12,000 years B.P. (before present) have been found in what is now Palestine.

Figs were domesticated approximately 11,400 years B.P. in the Jordan River Valley (see article on figs for more information).

Sheep were domesticated in the northern Tigris Valley approximately 11,000 years B.P.

A fertility goddess was worshipped in Catal Huyuk (in Anotolia, what is now present day Turkey) by the middle of the seventh millennium B.C.E. (before the common era, the archaeological equivalent of B.C.).

Summer squash was being grown in Central America by 5500 B.C.E.

### topics

- food
- herbs
- trees

# nutrition

**Nutrition** is the art and science and study of nutrients for the physical body. This is a classic area of study for both Witches (who tend to approach it from the point of view of herbalism) and for the traditional native ancient Egyptian (who tended to approach it scientifically as well).

For information on a witch's diet, see the article Goddess Diet Plan.

## school lunches

A 2006 study by researchers at Pennsylvania State University's School of Hospitality Management found that high school students make healthier food choices and are more satisfied by school lunches when the high school cafeteria staff post the nutritional contents of all lunch choices at the location where students selected entrees.

"Giving students both choice and the information to help make the choice gives students feelings of empowerment and self-determination," according to Associate professor David Cranage, one of the authors of the study. the study's findings were published in the July 2006 issue of the Journal of Child Nutrition and Management.

# nutrients

See the articles on nutrition and Goddess Diet Plan for more information on how to use nutrients in your diet.

it is best to always check with a health care professional before starting any nutritional supplement.

If you experience any adverse reaction (including allergy) to any supplement, immediately stop using it and consult with a health care professional.

## categories:

- amino acids
- fatty acids
- minerals
- vitamins

## essential amino acids:

- isoleucine
- leucine
- lysine
- methionine
- phenylalanine
- threonine
- tryptophan
- valine

## non-essential amino acids:

- alanine
- arginine
- asparagine
- aspartic acid
- cysteine
- glutamic acid
- glutamine
- glycine
- histidine
- proline
- serine
- taurine
- tyrosine

**vitamins:**

- ascorbic acid
- beta carotene
- biotin
- choline
- cobalamin
- folic acid
- inositol
- niacin
- niacinamide
- PABA
- pantothenic acid
- para amino benzoic acid
- pyridoxine
- riboflavin
- thiamin
- vitamin A
- vitamin B-1
- vitamin B-2
- vitamin B-3
- vitamin B-6
- vitamin B-12
- vitamin C
- vitamin D
- vitamin E
- vitamin K

**minerals:**

- calcium
- chromium
- copper
- fluoride
- iodine
- iron
- magnesium
- manganese
- phosphorus
- potassium

- selenium
- trace minerals
- zinc

**other nutrients:**

- acidophilus
- allylic sulfides
- anthocyanidins
- artificial sweeteners
- bioflavonoids
- b-sitosterol
- caffeine
- carbohydrates
- carnitine
- carotenoids
- catechins
- DHA
- EPA
- fat
- fatty acids
- fibre
- flavonoids
- glucosinolates
- grape seed extract
- hesperidin
- indoles
- isoflavones
- isoprenoids
- lecithin
- limonoids
- lipoic acid
- octacosanol
- omega 3 fatty acids
- phenols
- phosphatidylcholine
- phosphate
- phytochemicals
- phytosterols
- proanthocyanidin
- processed foods
- proteins
- quercetin
- rutin
- starches
- terpenes
- thiol
- tocopherols
- tocotrienols

**acidophilus**

Acidophilus.

### **nutritional information:**

Works as an intestinal cleanser. Also helps prevent fungus, diverticulosis, acne, and bad breath. It helps in the absorption of calcium as well as other minerals.

—courtesy of Austin Nutritional research

## **alanine**

L-Alanine is a neutral, genetically coded, non-essential amino acid (meaning that the human body can produce it on its own with proper nutrition).

### **nutritional information:**

When referring to amino acids, the words “essential” and “non-essential” don’t have their normal meanings. Essential amino acids are amino acids that the human body can *not* produce on its own and must gather from food sources. Non-essential amino acids are amino acids that the human body can produce on its own. Both kinds are required for human health.

[Alanine] is an important source of energy for muscle tissue, the brain and central nervous system; strengthens the immune system by producing antibodies; helps in the metabolism of sugars and organic acids.

—courtesy of Austin Nutritional research

### **scientific information:**

**three letter abbreviation:** ala

**one letter abbreviation:** a

**linear structure formula:**  $\text{CH}_3\text{-CH}(\text{NH}_2)\text{-COOH}$

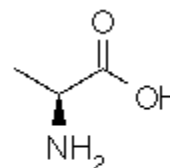
**molecular formula:**  $\text{C}_3\text{H}_7\text{NO}_2$

**molecular weight:** 89.09

**isoelectric point (pH):** 6.00 (neutral)

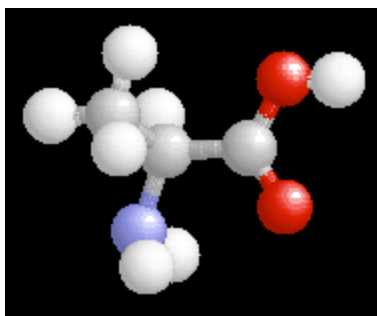
**pK<sub>a</sub> values:** 2.35, 9.87

**CAS Registry Number** 56-41-7



**ala** a Alanin





See also: amino acids

## allylic sulfides

Allylic sulfides.

### nutritional information:

Garlic and onions are the most potent members of this thiol subclass, which also includes leeks, shallots and chives. The allylic sulfides in these plants are released when the plants are cut or smashed. Once oxygen reaches the plants' cells, various bio-transformation products are formed. Each of these appears to have tissue specificity. As a group, allylic sulfides appear to possess antimutagenic and anticarcinogenic properties as well as immune and cardiovascular protection. They also appear to offer anti-growth activity for tumors, fungi, parasites, cholesterol and platelet/leukocyte adhesion factors.

Garlic and onions, like their cruciferous relatives, can also activate liver detoxification enzyme systems. Specific allylic sulfides block the activity of toxins produced by bacteria and viruses.<sup>15</sup>

15. Tadi, P.P. *Diss Abstr Int (B)*, 52: 4144, 1992.

—courtesy of Austin Nutritional research

See also: phytochemicals

## amino acids

Amino acids are the building blocks for proteins.

### nutritional information:

When referring to amino acids, the words “essential” and “non-essential” don't have their normal meanings. Essential amino acids are amino acids that the human body can *not* produce on its own and must gather from food sources. Non-essential amino acids are amino acids that the human body can

produce on its own. Both kinds are required for human health.

AMINO ACIDS are the “building Blocks” of the body. Besides building cells and repairing tissue, they form antibodies to combat invading bacteria & viruses; they are part of the enzyme & hormonal system; they build nucleoproteins (RNA & DNA); they carry oxygen throughout the body and participate in muscle activity. When protein is broken down by digestion the result is 22 known amino acids. Eight are essential (cannot be manufactured by the body) the rest are non-essential (can be manufactured by the body with proper nutrition).

—courtesy of Austin Nutritional research

### **essential amino acids:**

- isoleucine
- leucine
- lysine
- methionine
- phenylalanine
- threonine
- tryptophan
- valine

### **non-essential amino acids:**

- alanine
- arginine
- asparagine
- aspartic acid
- cysteine
- glutamic acid
- glutamine
- glycine
- histidine
- proline
- serine
- taurine
- tyrosine

## **anthocyanidins**

Anthocyanidins.

### **nutritional information:**

This select group of flavonoids deserves special attention. Technically known as

“flavonals,” they provide crosslinks or “bridges” that connect and strengthen the intertwined strands of collagen protein. Collagen is the most abundant protein in the body, making up soft tissues, tendons, ligaments and bone matrix. Its great tensile strength depends on preservation of its crosslinks.

Anthocyanidins, being water soluble, also scavenge free radicals they encounter in tissue fluids. This is a powerful ability especially beneficial for athletes and others who exercise, because heavy exercise generates large amounts of free radicals.

—courtesy of Austin Nutritional research

See also: phytochemicals and flavonoids

## arginine

L-Arginine is a basic, genetically coded, semi-essential amino acid (meaning that the human body can produce it on its own with proper nutrition). It is essential for human development.

### nutritional information:

When referring to amino acids, the words “essential” and “non-essential” don’t have their normal meanings. Essential amino acids are amino acids that the human body can *not* produce on its own and must gather from food sources. Non-essential amino acids are amino acids that the human body can produce on its own. Both kinds are required for human health.

Studies have shown that [arginine] has improved immune responses to bacteria, viruses & tumor cells; promotes wound healing and regeneration of the liver; causes the release of growth hormones; considered crucial for optimal muscle growth and tissue repair.

—courtesy of Austin Nutritional research

### scientific information:

**three letter abbreviation:** arg

**one letter abbreviation:** r

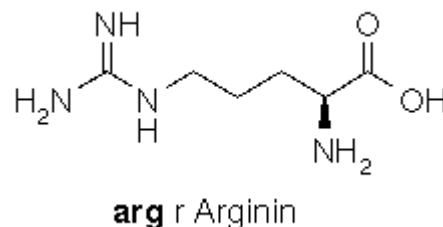
**linear structure formula:**

$\text{HN}=\text{C}(\text{NH}_2)\text{-NH-(CH}_2\text{)}_3\text{-CH(NH}_2\text{)-COOH}$

**molecular formula:**  $\text{C}_6\text{H}_{14}\text{N}_4\text{O}_2$

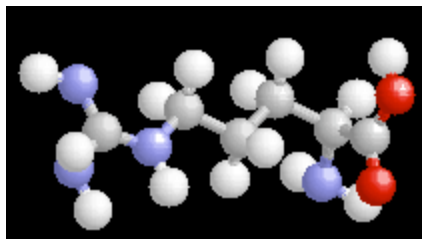
**molecular weight:** 174.20

**isoelectric point (pH):** 11.15 (basic)



**pK<sub>a</sub> values:** 2.18, 9.09, 13.2 (*guanidine*)

**CAS Registry Number** 74-79-3



See also: amino acids

## artificial sweeteners

### nutritional information:

You want to eliminate artificial sweeteners from your diet.

Artificial sweeteners are harmful to the liver and therefore should be eliminated from your diet.

## vitamin C ascorbic acid

### nutritional information:

**IMPORTANCE:** Essential for healthy teeth, gums & Bones; helps heal wounds, scar tissue, & Fractures; prevents scurvy; builds resistance to infection; aids in the prevention & treatment of the common cold; gives strength to blood vessels; aids in the absorption of iron. It is required for the synthesis of collagen, the intercellular “cement” which holds tissues together. It is also one of the major antioxidant nutrients. It prevents the conversion of nitrates (from tobacco smoke, smog, bacon, lunch meats, & some vegetables) into cancer-causing substances. According to Dr. LinesPauling, the foremost authority on Vitamin C, Vitamin C will decrease the risk of getting certain cancers by 75%.

**DEFICIENCY SYMPTOMS:** May lead to soft & bleeding gums, swollen or painful joints, slow-healing wounds & fractures, bruising, nosebleeds, tooth decay, loss of appetite, muscular weakness, skin hemorrhages, capillary weakness, anemia, impaired digestion.

—courtesy of Austin Nutritional research

## vitamin C-rich foods

- alfalfa
- cayenne
- rose
- zucchini

See also: vitamins

## asparagine

L-Asparagine is a neutral, genetically coded, non-essential amino acid (meaning that the human body can produce it on its own with proper nutrition).

### nutritional information:

When referring to amino acids, the words “essential” and “non-essential” don’t have their normal meanings. Essential amino acids are amino acids that the human body can *not* produce on its own and must gather from food sources. Non-essential amino acids are amino acids that the human body can produce on its own. Both kinds are required for human health.

### scientific information:

**three letter abbreviation:** asn

**one letter abbreviation:** n

**linear structure formula:**  $\text{H}_2\text{N}-\text{CO}-\text{CH}_2-\text{CH}(\text{NH}_2)-\text{COOH}$

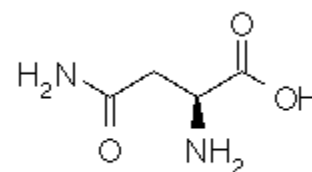
**molecular formula:**  $\text{C}_4\text{H}_8\text{N}_2\text{O}_3$

**molecular weight:** 132.12

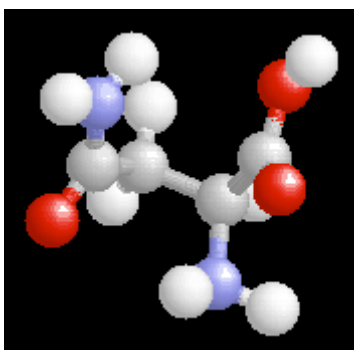
**isoelectric point (pH):** 5.41 (neutral)

**pK<sub>a</sub> values:** 2.02, 8.80

**CAS Registry Number** 70-47-3



**asn** n Asparagin



See also: amino acids



# aspartic acid

L-Aspartic acid is an acidic, genetically coded, non-essential amino acid (meaning that the human body can produce it on its own with proper nutrition).

## nutritional information:

When referring to amino acids, the words “essential” and “non-essential” don’t have their normal meanings. Essential amino acids are amino acids that the human body can *not* produce on its own and must gather from food sources. Non-essential amino acids are amino acids that the human body can produce on its own. Both kinds are required for human health.

[Aspartic acid] aids in the expulsion of harmful ammonia from the body. When ammonia enters the circulatory system it acts as a highly toxic substance which can be harmful to the central nervous system. Recent studies have shown that Aspartic Acid may increase resistance to fatigue and increase endurance.

—courtesy of Austin Nutritional research

## scientific information:

**three letter abbreviation:** asp

**one letter abbreviation:** d

**linear structure formula:**  $\text{HOOC}-\text{CH}_2-\text{CH}(\text{NH}_2)-\text{COOH}$

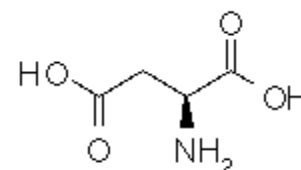
**molecular formula:**  $\text{C}_4\text{H}_7\text{NO}_4$

**molecular weight:** 133.10

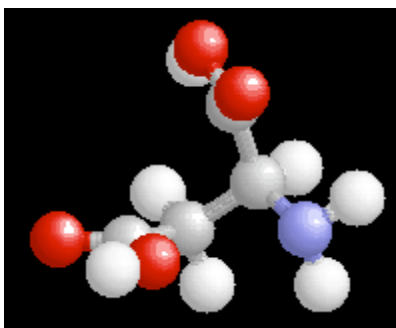
**isoelectric point (pH):** 2.77 (acidic)

**pK<sub>a</sub> values:** 1.88, 3.65, 9.60

**CAS Registry Number** 56-84-8



**asp d** Asparaginsaeure



See also: amino acids

# vitamin A

## beta carotene

Vitamin A was discovered in 1913 by American researchers Elmer McCollum and Marguerite Davis.

### nutritional information:

**IMPORTANCE:** Necessary for growth & repair of body tissues; helps maintain smooth, soft disease-free skin; helps protect the mucous membranes of the mouth, nose, throat & lungs, thereby reducing susceptibility to infections; protects against air pollutants; counteracts night-blindness & weak eyesight; aids in bone and teeth formation. Current medical research shows that foods rich in Beta Carotene will help reduce the risk of lung cancer & certain oral cancers. Unlike Vitamin A from fish liver oil, Beta Carotene is non-toxic.

**DEFICIENCY SYMPTOMS:** May result in night blindness; increased susceptibility to infections; rough, dry, scaly skin; loss of smell & appetite; frequent fatigue; lack of tearing; defective teeth & gums' retarded growth.

—courtesy of Austin Nutritional research

## vitamin A-rich foods

- alfalfa
- cod liver oil
- zucchini

**External skin care:** Beta carotenes (found in orange fruits and vegetables, such as melons, carrots, and pumpkins) are an anti-oxidant and help reduce skin damage caused by exposure to the sun and pollutants.

See also: vitamins

## bioflavonoids

Bioflavonoids.

### nutritional information:

**IMPORTANCE:** They are vital in their ability to increase the strength of the capillaries (blood vessels) and to regulate their permeability. They assist Vitamin C in keeping collagen, the intercellular “cement” in healthy condition; are essential for the proper absorption and use of vitamin C; prevents Vitamin C from being destroyed in the

body by oxidation; beneficial in hypertension; helps hemorrhages and ruptures in the capillaries and connective tissues and builds a protective barrier against infections. Quercetin is a very highly concentrated form of Bioflavonoids derived from citrus fruits. DEFICIENCY SYMPTOMS: May result in varicose veins, tendency to bruise and bleed easily, appearance of purplish spots on the skin.

—courtesy of Austin Nutritional research

### **bioflavonoids:**

- hesperidin
- proanthocyanidin
- quercetin
- rutin

See also: flavonoids

## **biotin**

### **nutritional information:**

IMPORTANCE: Aids in the utilization of protein, folic acid, Pantothenic acid, and Vitamin B-12, promotes healthy hair.

DEFICIENCY SYMPTOMS: May lead to extreme exhaustion, drowsiness, muscle pain, loss of appetite, depression, grayish skin color.

—courtesy of Austin Nutritional research

See also: vitamins

## **b-sitosterol**

B-Sitosterol.

### **nutritional information:**



It is derived from many plants and cereal grasses; commonly found in rye germ oil. It has the ability to emulsify fats; and is found to be 30 times more potent than choline when it comes to the breaking down of cholesterol deposits.

—courtesy of Austin Nutritional research

## caffeine

### **nutritional information:**

Caffeine is a stimulant. Caffeine increases the production of the stress hormone cortisol. Increased production of cortisol weakens the immune system.

It is healthy to reduce the intake of coffee to no more than one cup a day. Even better to reduce to no more than a single cup a week or eliminate coffee drinking entirely.

Caffeine is harmful to the liver and therefore should be reduced or eliminated from your diet.

Caffeine replaced cocaine in the secret formula for Coca-Cola when the U.S. Congress outlawed cocaine in wine and soft drinks with the Harrison Act in 1914, part of the Christian campaign of imposing their religion on everyone else through the use of Prohibition.

## carbohydrates

Carbohydrates include starches and sugars.

### **nutritional information:**

Starch-rich foods should make up about half your diet. Examples of starch-rich foods are: bananas, pulses, root vegetables, and whole grains.

### **starch-rich foods**

- bananas
- beans
- grains
- peas
- pulses
- root vegetables
- whole grains

## L-carnitine

L-Carnitine.

## **nutritional information:**

A “free amino acid” which has been found to improve fat metabolism in the heart and other organs and tissues, reduces Triglyceride and cholesterol levels, improves heart muscle tolerance, prevents irregular heartbeat and angina, provides more energy for the heart and helps lower blood pressure.

—courtesy of Austin Nutritional research

When referring to amino acids, the words “essential” and “non-essential” don’t have their normal meanings. Essential amino acids are amino acids that the human body can *not* produce on its own and must gather from food sources. Non-essential amino acids are amino acids that the human body can produce on its own. Both kinds are required for human health.

## **carotenoids**

Carotenoids.

## **nutritional information:**

This terpene subclass consists of bright yellow, orange and red plant pigments found in vegetables such as tomatoes, parsley, oranges, pink grapefruit, spinach and red palm oil. We even find carotenoids lending bright colors to animals; flamingos owe their color to carotenoids, as do shellfish. Egg yolks are yellow because of carotenoids that protect the unsaturated fats in the yolk.

The carotenoid family actually includes two distinct types of molecules. One type, the carotenes, are chemically classified as 40-carbon tetraterpenes, which do not include specific chemical features like hydroxyl or keto groups. This type of carotenoid includes the familiar molecule beta carotene. The second type of carotenoids, the xanthophylls, includes the chemical compounds known as the carotenoid alcohols and keto-carotenoids. In this second category are included the molecules zeaxanthin, cryptoxanthin, and astaxanthin.

There are more than 600 naturally occurring carotenoids. Most people think of this family of phytonutrients as being precursors to vitamin A, but fewer than 10 percent have vitamin A activity. Among the carotenes, only alpha, beta and epsilon carotene possess vitamin A activity. Of these, beta carotene is the most active. Alpha carotene possesses 50 percent to 54 percent of the antioxidant activity of beta carotene, whereas epsilon carotene has 42 percent to 50 percent of the antioxidant activity. The above-mentioned carotenes, along with gamma carotene and the carotenes lycopene and lutein, which do not convert to vitamin A, seem to offer protection against lung, colorectal, breast, uterine and prostate cancers.<sup>3</sup> Carotenes are tissue-specific in their protection. Overall protective effects are therefore greater when all carotenes are taken together. Carotenes also enhance immune response and protect skin cells against UV radiation.<sup>4</sup> Additionally, they “spare” the glutathione Phase II detoxification enzymes

in the liver that we rely on to safely eliminate pollutants and toxins from the body.

The xanthophyll type of carotenoids also include many interesting molecules. One xanthophyll, canthaxantin, was popular as a tanning pill a few years ago. It migrates to the skin and protects it from sunlight. Other important xanthophylls are cryptoxanthin, zeaxanthin and astaxanthin.

Xanthophylls are important because they appear to protect vitamin A, vitamin E and other carotenoids from oxidation. Evidence is emerging that xanthophylls are tissue specific. Cryptoxanthin, for example, may be highly protective of vaginal, uterine and cervical tissues.<sup>5</sup>

3. Bendich A., Olson J.A., *FASB J*, 3: 1927-32; Jan. 1989.

4. Bendich A., *J Nutr*, 119: 112-5; Jan 1989.

5. Parker R.S., *J Nutr*, 119: 101-4; Jan 1989.

—courtesy of Austin Nutritional research

See also: phytochemicals

## catechins gallic acids

Catechins and gallic acids.

### nutritional information:

Catechins differ slightly in chemical structure from other flavonoids, but share their chemoprotective properties. The most common catechins are gallic esters, named epicatechin (EC), epicatechin gallate (ECG), and epigallocatechin gallate (EGCG). All are found in green tea, *Camellia sinensis*, and are thought to be responsible for the protective benefits of this beverage.<sup>13</sup>

13. Xie, C.I., et al. *Alcohol Clin Exp Res*, 18: 1443-7, Dec. 1994.

—courtesy of Austin Nutritional research

See also: phytochemicals and flavonoids

## choline

Choline is nutritionally important.



**scientific information:**

Choline is a quaternary saturated amine.

**nutritional information:**

**IMPORTANCE:** Very important in controlling fat & cholesterol buildup in the body; prevents fat from accumulating in the liver; facilitates the movement of fats in the cells; helps regulate the kidneys, liver & gallbladder; important for nerve transmission; helps improve memory.

**DEFICIENCY SYMPTOMS:** May result in cirrhosis and fatty degeneration of the liver, hardening of the arteries, heart problems, high blood pressure, hemorrhaging kidneys.

—courtesy of Austin Nutritional research

See also: vitamins

## **vitamin B-12 cobalamin**

**nutritional information:**

**IMPORTANCE:** Helps in the formation & regeneration of red blood cells, thus helping prevent anemia; necessary for carbohydrate, fat & protein metabolism; maintains a healthy nervous system; promotes growth in children; increases energy; needed for Calcium absorption.

**DEFICIENCY SYMPTOMS:** May lead to pernicious anemia, poor appetite, growth failure in children, tiredness, brain damage, nervousness, neuritis, degeneration of spinal cord, depression, lack of balance.

—courtesy of Austin Nutritional research

## **vitamin B-12-rich foods**

- alfalfa
- spirulina

See also: vitamins

# cysteine

L-Cysteine is a neutral, genetically coded, semi-essential amino acid (meaning that the human body can produce it on its own with proper nutrition).

## nutritional information:

When referring to amino acids, the words “essential” and “non-essential” don’t have their normal meanings. Essential amino acids are amino acids that the human body can *not* produce on its own and must gather from food sources. Non-essential amino acids are amino acids that the human body can produce on its own. Both kinds are required for human health.

[Cysteine] functions as an antioxidant and is a powerful aid to the body in protecting against radiation and pollution. It can help slow down the aging process, deactivate free radicals, neutralize toxins; aids in protein synthesis and presents cellular change. It is necessary for the formation of the skin, which aids in the recovery from burns and surgical operations. Hair and skin are made up 10-14% Cystine.

—courtesy of Austin Nutritional research

## scientific information:

**three letter abbreviation:** cys

**one letter abbreviation:** c

**linear structure formula:** HS-CH<sub>2</sub>-CH(NH<sub>2</sub>)-COOH

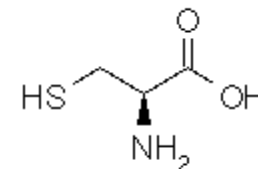
**molecular formula:** C<sub>3</sub>H<sub>7</sub>NO<sub>2</sub>S

**molecular weight:** 121.15

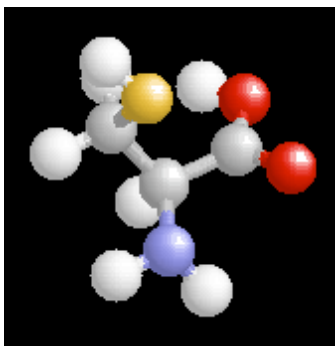
**isoelectric point (pH):** 5.02 (neutral)

**pK<sub>a</sub> values:** 1.71, 8.33 (*thiol*), 10.78

**CAS Registry Number** 52-90-4



**cys** c Cystein



See also: amino acids and thiol

## DHA

DHA is a fatty acid.

### **nutritional information:**

EPA & DHA which are present in fish body oils have the potential for improving the health of cardio-vascular system. Medical reports show that as the amount of EPA in the diet increases, the risk of coronary heart disease decreases. In a nutshell, EPA from fish oils lowers serum cholesterol & triglyceride levels, make your blood less viscous, thinner & less sticky, less prone to clump together. Diets of Eskimo and coastal Japanese are rich in the Omega 3 fatty acids, EPA & DHA. Their death rate from heart attacks is much lower when compared to the Western man. DHA is a major component of the brain and retina, and has a possible role in nerve transmission. Research has shown that many migraine sufferers have experienced some relief from consuming Fatty Acids.

—courtesy of Austin Nutritional research

See also: fatty acids

## EPA

EPA is a fatty acid.

### **nutritional information:**

EPA & DHA which are present in fish body oils have the potential for improving the health of cardio-vascular system. Medical reports show that as the amount of EPA in the diet increases, the risk of coronary heart disease decreases. In a nutshell, EPA from fish oils lowers serum cholesterol & triglyceride levels, make your blood less viscous, thinner & less sticky, less prone to clump together. Diets of Eskimo and coastal Japanese are rich in the Omega 3 fatty acids, EPA & DHA. Their death rate from heart attacks is much lower when compared to the Western man. DHA is a major component of the brain and retina, and has a possible role in nerve transmission. Research has shown that many migraine sufferers have experienced some relief from consuming Fatty Acids.

—courtesy of Austin Nutritional research

See also: fatty acids

# fats

## **nutritional information:**

Some fats are actually essential for life (hence the name essential fatty acids). The major kinds of fats are: saturated fatty acids, polyunsaturated fatty acids, and monounsaturated fatty acids.

Keeping variety in your diet helps insure a good balance of essential fatty acids. Animal fats and margarine are bad for your health because of the high content of saturated fatty acids. Another reason to avoid eating meat.

Linoleic acid is an unsaturated fatty acid essential for healthy skin, blood circulation, bone, brain, and nerves. Linoleic acid is used for cell membrane metabolism. Linoleic fatty acid is used to make prostaglandins.

Essential fatty acids are destroyed by heating (including cooking). The presence of animal fats increases the destruction of essential fatty acids during cooking. Essential fatty acids are destroyed by hydrogenation.

See also: fatty acids

# fatty acids

Fatty Acids.

## **nutritional information:**

EPA & DHA which are present in fish body oils have the potential for improving the health of cardio-vascular system. Medical reports show that as the amount of EPA in the diet increases, the risk of coronary heart disease decreases. In a nutshell, EPA from fish oils lowers serum cholesterol & triglyceride levels, make your blood less viscous, thinner & less sticky, less prone to clump together. Diets of Eskimo and coastal Japanese are rich in the Omega 3 fatty acids, EPA & DHA. Their death rate from heart attacks is much lower when compared to the Western man. DHA is a major component of the brain and retina, and has a possible role in nerve transmission. Research has shown that many migraine sufferers have experienced some relief from consuming Fatty Acids.

—courtesy of Austin Nutritional research

## **fatty acids:**

- DHA
- EPA
- omega 3 fatty acids

See also: fat



# fibres

## nutritional information:

Fibres (or fibers) are vital for keeping your bowels (intestines and colon) clean. Fiber also helps protect you from high cholesterol levels, some cancers, gallstones, and obesity.

## fibre-rich foods

- alfalfa

# flavonoids

Flavonoids.

## nutritional information:

**IMPORTANCE:** They are vital in their ability to increase the strength of the capillaries (blood vessels) and to regulate their permeability. They assist Vitamin C in keeping collagen, the intercellular “cement” in healthy condition; are essential for the proper absorption and use of vitamin C; prevents Vitamin C from being destroyed in the body by oxidation; beneficial in hypertension; helps hemorrhages and ruptures in the capillaries and connective tissues and builds a protective barrier against infections.

Quercetin is a very highly concentrated form of Bioflavonoids derived from citrus fruits.

**DEFICIENCY SYMPTOMS:** May result in varicose veins, tendency to bruise and bleed easily, appearance of purplish spots on the skin.

—courtesy of Austin Nutritional research

Phytonutrients of this phenol subclass enhance the effects of ascorbate-vitamin C. Flavonoids were once lumped together as vitamin P, but there are well over 1,500 of them. Here is a partial listing:

- Flavones (containing the flavonoid apigenin found in chamomile);
- Flavonols (quercetin—grapefruit; rutin—buckwheat; ginkgo flavonglycosides—ginkgo);
- Flavanones (hesperidin—citrus fruits; silybin—milk thistle);

The biologic activities of flavonoids include action against allergies, inflammation, free radicals, hepatotoxins, platelet aggregation, microbes, ulcers, viruses and tumors.<sup>8</sup> Flavonoids also inhibit specific enzymes. For example, flavonoids block the angiotensin-converting enzyme (ACE) that raises blood pressure: By blocking the “suicide” enzyme cyclooxygenase that breaks down prostaglandins, they prevent platelet stickiness and hence platelet aggregation. Flavonoids also protect the vascular system



and strengthen the tiny capillaries that carry oxygen and essential nutrients to all cells.<sup>9</sup>

Additionally, flavonoids block the enzymes that produce estrogen, thus reducing the risk of estrogen-induced cancers. One way they do this is by blocking estrogen synthase, an enzyme that works overtime in binding estrogen to receptors in several organs.<sup>10</sup>

Although their way of doing so is not yet fully understood, flavonoids also appear to retard development of cataracts in individuals with inborn errors in sugar metabolism such as diabetes.<sup>11</sup> Cataracts can be a complication of diabetes because diabetics, unable to metabolize sugar normally, build up damaging levels of “alcohol sugars.” These in turn cause clouding of the lens of the eye (cataract). It is suspected flavonoids prevent cataracts by blocking aldose-reductase (a digestive enzyme), which can convert the sugar galactose into the potentially harmful form of galacticol.

8. Kinsella, J.E., et al. *Food Technology*, 47: 85-90, April 1993.

9. Ibid.

10. Northrup, C. *Women's Bodies, Women's Wisdom*: 305. New York; Bantam Books, 1994.

11. Murray, R.K., et al. *Harper's Biochemistry*, 23 ed.: 196. New York; Appleton & Lange, 1994.

—courtesy of Austin Nutritional research

## bioflavonoids:

- anthocyanidins
- catechins
- hesperidin
- isoflavones
- phytochemicals
- proanthocyanidin
- quercetin
- rutin

See also: phytochemicals

## folic acid

Folic acid was first synthesized from spinach.

## nutritional information:

**IMPORTANCE:** Necessary for DNA & RNA synthesis, which is essential for the growth and reproduction of all body cells; essential to the formation of red blood cells

by its action on the bone marrow; aids in amino acid metabolism.

**DEFICIENCY SYMPTOMS:** May result in gastrointestinal disorders, anemia, Vitamin B-12 deficiency, pre-mature gray hair.

—courtesy of Austin Nutritional research

## **folic acid-rich foods**

- spinach
- zucchini

See also: vitamins

## **glucosinolates**

Glucosinolates.

### **nutritional information:**

Found in cruciferous vegetables, glucosinolates are powerful activators of liver detoxification enzymes. They also regulate white blood cells and cytokines.<sup>14</sup> White blood cells are the scavengers of the immune system and cytokines act as “messengers,” coordinating the activities of all immune cells.

Bio-transformation products of glucosinolates include isothiocyanates, dithiolthiones and sulforaphane. Each of these is protective of specific tissues. Their actions involve blocking enzymes that promote tumor growth, particularly in the breast, liver, colon, lung, stomach and esophagus.<sup>15</sup>

14. Zhang, Y., et al. *Proc Natl Acad Sci USA*, 91: 3147-50, April 12, 1994

15. Tadi, P.P. *Diss Abstr Int (B)*, 52: 4144, 1992.

—courtesy of Austin Nutritional research

See also: phytochemicals

## **glutamic acid**

L-Glutamic acid is an acidic, genetically coded, non-essential amino acid (meaning that the human body can produce it on its own with proper nutrition).

## nutritional information:

When referring to amino acids, the words “essential” and “non-essential” don’t have their normal meanings. Essential amino acids are amino acids that the human body can *not* produce on its own and must gather from food sources. Non-essential amino acids are amino acids that the human body can produce on its own. Both kinds are required for human health.

Considered to be nature’s “Brain food” by improving mental capacities; helps speed the healing of ulcers; gives a “lift” from fatigue; helps control alcoholism, schizophrenia and the craving for sugar.

—courtesy of Austin Nutritional research

## scientific information:

**three letter abbreviation:** glu

**one letter abbreviation:** e

**linear structure formula:**  $\text{HOOC}-(\text{CH}_2)_2-\text{CH}(\text{NH}_2)-\text{COOH}$

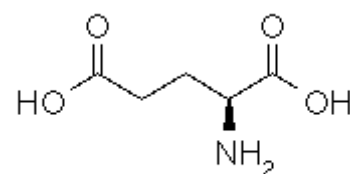
**molecular formula:**  $\text{C}_5\text{H}_9\text{NO}_4$

**molecular weight:** 147.13

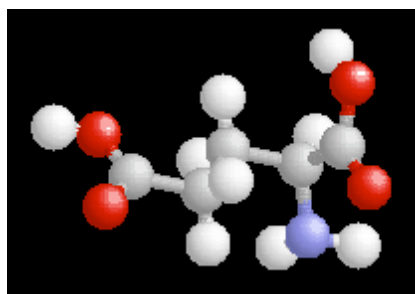
**isoelectric point (pH):** 3.22 (acidic)

**pK<sub>a</sub> values:** 2.19, 4.25, 9.67

**CAS Registry Number** 56-86-0



glu e Glutaminsäure



See also: amino acids

# glutamine

L-Glutamine is a neutral, genetically coded, non-essential amino acid (meaning that the human body can produce it on its own with proper nutrition).

## nutritional information:

When referring to amino acids, the words “essential” and “non-essential” don’t have their normal meanings. Essential amino acids are amino acids that the human body can *not* produce on its own and must gather from food sources. Non-essential amino acids are amino acids that the human body can produce on its own. Both kinds are required for human health.

### scientific information:

**three letter abbreviation:** gln

**one letter abbreviation:** q

**linear structure formula:**  $\text{H}_2\text{N}-\text{CO}-(\text{CH}_2)_2-\text{CH}(\text{NH}_2)-\text{COOH}$

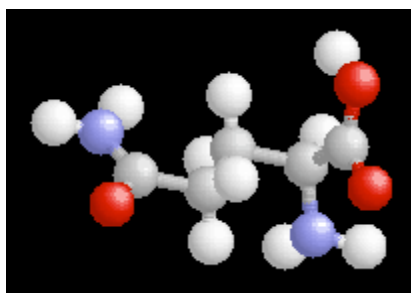
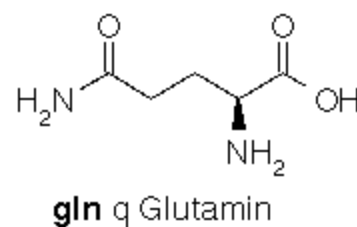
**molecular formula:**  $\text{C}_5\text{H}_{10}\text{N}_2\text{O}_3$

**molecular weight:** 146.15

**isoelectric point (pH):** 5.65 (neutral)

**pK<sub>a</sub> values:** 2.17, 9.13

**CAS Registry Number** 56-85-9



See also: amino acids

## glycine

Glycine is a neutral, genetically coded non-essential amino acid (meaning that the human body can produce it on its own with proper nutrition). It is the only protein-forming amino acid without a center of chirality.

### nutritional information:

When referring to amino acids, the words “essential” and “non-essential” don’t have their normal meanings. Essential amino acids are amino acids that the human body can *not* produce on its own and must gather from food sources. Non-essential amino acids are amino acids that the human body can produce on its own. Both kinds are required for human health.

[Glycine] helps trigger the release of oxygen to the energy requiring cell-making process; Important in the manufacturing of hormones responsible for a strong immune

system.

—courtesy of Austin Nutritional research

### scientific information:

**three letter abbreviation:** gly

**one letter abbreviation:** g

**linear structure formula:**  $\text{NH}_2\text{-CH}_2\text{-COOH}$

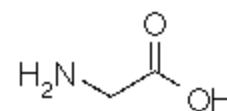
**molecular formula:**  $\text{C}_2\text{H}_5\text{NO}_2$

**molecular weight:** 75.07

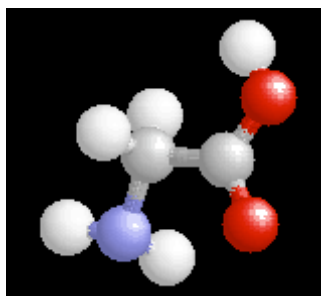
**isoelectric point (pH):** 5.97 (neutral)

**pK<sub>a</sub> values:** 2.21, 9.15

**CAS Registry Number** 56-40-6



**gly** g Glycin



See also: amino acids

## hesperidin

Hesperidin is a bioflavonoid.

### nutritional information:

**IMPORTANCE:** They are vital in their ability to increase the strength of the capillaries (blood vessels) and to regulate their permeability. They assist Vitamin C in keeping collagen, the intercellular “cement” in healthy condition; are essential for the proper absorption and use of vitamin C; prevents Vitamin C from being destroyed in the body by oxidation; beneficial in hypertension; helps hemorrhages and ruptures in the capillaries and connective tissues and builds a protective barrier against infections. Quercetin is a very highly concentrated form of Bioflavonoids derived from citrus fruits.

**DEFICIENCY SYMPTOMS:** May result in varicose veins, tendency to bruise and



bleed easily, appearance of purplish spots on the skin.

—courtesy of Austin Nutritional research

See also: flavonoids

## histidine

L-Histidine is a basic, genetically coded semi-essential amino acid (meaning that the human body can produce it on its own with proper nutrition). It is essential for human development.

### nutritional information:

When referring to amino acids, the words “essential” and “non-essential” don’t have their normal meanings. Essential amino acids are amino acids that the human body can *not* produce on its own and must gather from food sources. Non-essential amino acids are amino acids that the human body can produce on its own. Both kinds are required for human health.

[Histidine] is found abundantly in hemoglobin; has been used in the treatment of rheumatoid arthritis, allergic diseases, ulcers & anemia. A deficiency can cause poor hearing.

—courtesy of Austin Nutritional research

### scientific information:

**three letter abbreviation:** his

**one letter abbreviation:** h

**linear structure formula:**  $\text{NH}-\text{CH}=\text{N}-\text{CH}=\text{C}-\text{CH}_2-\text{CH}(\text{NH}_2)-\text{COOH}$

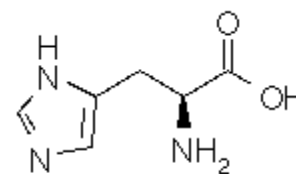
**molecular formula:**  $\text{C}_6\text{H}_9\text{N}_3\text{O}_2$

**molecular weight:** 155.16

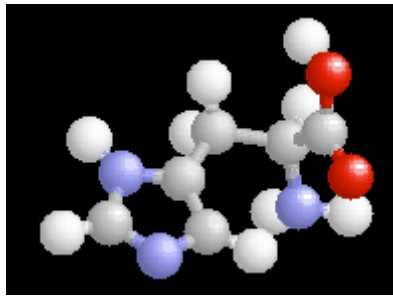
**isoelectric point (pH):** 7.47 (basic)

**pK<sub>a</sub> values:** 1.78, 5.97 (*imidazole*), 8.97

**CAS Registry Number** 71-00-1



**his** h Histidin



See also: amino acids

## indoles

Indoles.

### nutritional information:

This subclass includes phytonutrients that interact with vitamin C, which is not surprising since the vegetables that contain indoles also contain significant amounts of vitamin C. Indole complexes bind chemical carcinogens and activate detoxification enzymes, mostly in the gastrointestinal tract. The bio-transformation products of indoles are formed when they are acted on by stomach acid. The most active product is “ascorbigen,” considered to be an active vitamin C “metabolite.”<sup>16</sup>

16. Bukhman, V.M. et al. *Pharmacol Ther*, 60: 301-313, 1992.

—courtesy of Austin Nutritional research

See also: phytochemicals

## inositol

### nutritional information:

**IMPORTANCE:** Necessary for the formation of lecithin; aids in the breakdown of fats; helps reduce blood cholesterol; helps prevent thinning hair.

**DEFICIENCY SYMPTOMS:** May result in high blood cholesterol, constipation, eczema, hair loss.

—courtesy of Austin Nutritional research

See also: vitamins

## isoflavones

Isoflavones.

### nutritional information:

Phytonutrients of this phenol subclass come from beans and other legumes and are distant cousins of flavonoids. Isoflavones function much like flavonoids in that they effectively block enzymes that promote tumor growth. Best known isoflavones are genistein and daidzein found in soy products and the herb *Pueraria lobata* (Kudzu). People who consume traditional diets rich in soy foods rarely experience breast, uterine and prostate cancers.

*Pueraria* has gained popularity as an aid for those who consume alcohol because it appears to alter the activity of alcohol detoxification enzymes, namely the speed at which alcohol dehydrogenase converts alcohol into aldehydes. The result is a lowered tolerance for alcohol and reduction of the pleasure response to drinking it.<sup>13</sup>

13. Xie, C.I., et al. *Alcohol Clin Exp Res*, 18: 1443-7, Dec. 1994.

—courtesy of Austin Nutritional research

See also: phytochemicals and flavonoids

## isoleucine

L-Isoleucine is a neutral, genetically coded, essential amino acid (meaning that the human body can't produce it on its own). It is essential in human nutrition.

### nutritional information:

When referring to amino acids, the words “essential” and “non-essential” don't have their normal meanings. Essential amino acids are amino acids that the human body can *not* produce on its own and must gather from food sources. Non-essential amino acids are amino acids that the human body can produce on its own. Both kinds are required for human health.

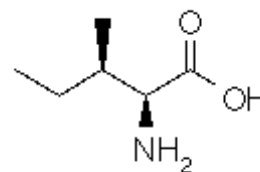
### scientific information:

**three letter abbreviation:** ile

**one letter abbreviation:** i

**linear structure formula:** CH<sub>3</sub>-CH<sub>2</sub>-CH(CH<sub>3</sub>)-CH(NH<sub>2</sub>)-COOH

**molecular formula:** C<sub>6</sub>H<sub>13</sub>NO<sub>2</sub>





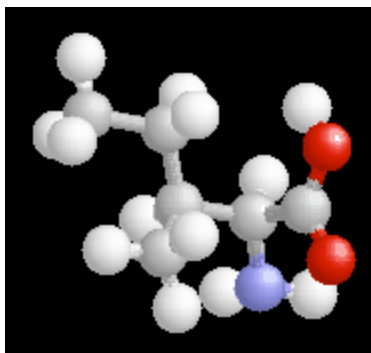
**molecular weight:** 131.17

**ile** | Isoleucin

**isoelectric point (pH):** 5.94 (neutral)

**pK<sub>a</sub> values:** 2.32, 9.76

**CAS Registry Number** 73-32-5



See also: amino acids and leucine

## isoprenoids

Isoprenoids.

### nutritional information:

Isoprenoids neutralize free radicals in a unique way. They have a long carbon side chain which they use to anchor themselves into fatty membranes. Any free radicals attempting to attach lipid (fat) membranes are quickly grabbed and passed off to other antioxidants.

—courtesy of Austin Nutritional research

See also: phytochemicals

## lecithin

Lecithin.

### nutritional information:

Contains Choline & Inositol which are essential for the breakdown of fats and cholesterol. It helps prevent arterial congestion, helps distribute bodyweight, increases

immunity to virus infections, cleans the liver and purifies the kidneys.

—courtesy of Austin Nutritional research

## leucine

L-Leucine is a neutral, genetically coded, essential amino acid (meaning that the human body can't produce it on its own). It is essential in human nutrition.

### nutritional information:

When referring to amino acids, the words “essential” and “non-essential” don't have their normal meanings. Essential amino acids are amino acids that the human body can *not* produce on its own and must gather from food sources. Non-essential amino acids are amino acids that the human body can produce on its own. Both kinds are required for human health.

Leucine provides ingredients for the manufacturing of other essential biochemical components in the body, some of which are utilized for the production of energy, stimulants to the upper brain and helping you to be more alert.

—courtesy of Austin Nutritional research

### scientific information:

**three letter abbreviation:** leu

**one letter abbreviation:** l

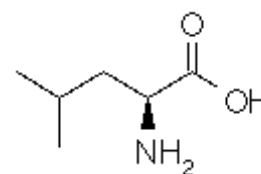
**linear structure formula:**  $(\text{CH}_3)_2\text{-CH-CH}_2\text{-CH(NH}_2\text{)-COOH}$

**molecular formula:**  $\text{C}_6\text{H}_{13}\text{NO}_2$

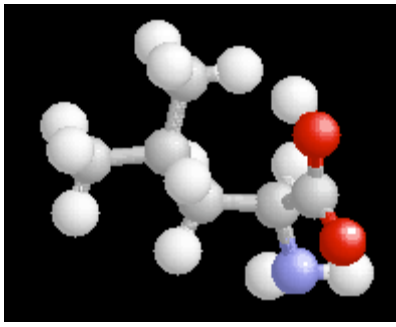
**molecular weight:** 131.17

**isoelectric point (pH):** 5.98 (neutral)

**CAS Registry Number** 61-90-5



**leu** | Leucin



See also: amino acids and isoleucine

## limonoids

Limonoids.

### nutritional information:

This terpene subclass, found in citrus fruit peels, appears to be specifically directed to protection of lung tissue. In one study, a standardized extract of d-limonene, pinene and eucalyptol was effective in clearing congestive mucus from the lungs of patients with chronic obstructive pulmonary disease.

Additionally, limonoids may be specific chemopreventive agents. In animal studies, results suggest that the chemotherapeutic activity of limonoids can be attributed to induction of both Phase I and Phase II detoxification enzymes in the liver.<sup>6</sup>

6. Nair, P., et al, *American Journal of Clinical Nutrition*, 40 (4 Suppl): 927-30, Oct., 1984.

—courtesy of Austin Nutritional research

See also: phytochemicals

## lipoic acid

Lipoic Acid.

### nutritional information:

Lipoic acid and ubiquinone (coenzyme Q) are important antioxidants that work to extend the effects of other antioxidants. In terms of research, lipoic acid is the “new kid on the block.” It is an efficient hydroxyl radical quencher, its sulfur bond being the reactive part of the molecule. It is active on both lipids and tissue fluids. In addition to

hydroxyl radicals, it scavenges peroxy, ascorbyl and chromanoxyl radicals. Because it functions in both lipid and water phases, it is protective of both vitamin E and vitamin C. Lipoic acid also protects SOD, catalase and glutathione, which are all important in liver detoxification activities.<sup>18</sup>

The roles of both lipoic acid and ubiquinone as antioxidants have been discovered relatively recently. Both have important roles in energy production.

Of course, no phytonutrient is actually “new”—it’s only our understanding of them that’s new. Research in this area is expanding rapidly because it appears that phytonutrients offer the best protection we know of against the diseases that plague us today. Will phytonutrient pills be the preferred “prescription” of tomorrow? As we understand more of the tissue-specific way in which these nutrients work, this may happen.

18. Sumathi, R., et al. *Pharmacol Res*, 27: 309-318, May-June 1993.

—courtesy of Austin Nutritional research

See also: phytochemicals

## lipoproteins

“Zinc toxicity has been seen in both acute and chronic forms”, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>. “Intakes of 150 to 450 mg of zinc per day have been associated with low copper status, altered iron function, reduced immune function, and reduced levels of high-density lipoproteins (the good cholesterol). One case report cited severe nausea and vomiting within 30 minutes after the person ingested four grams of zinc gluconate (570 mg elemental zinc).”

## lysine

L-Lysine is a basic, genetically coded, essential amino acid (meaning that the human body can’t produce it on its own). It is essential in human nutrition. It is probably the most limited amino acid in the food chain.

### **nutritional information:**

When referring to amino acids, the words “essential” and “non-essential” don’t have their normal meanings. Essential amino acids are amino acids that the human body can *not* produce on its own and must gather from food sources. Non-essential amino acids are amino acids that the human body can produce on its own. Both kinds are required for human health.

[Lysine] insures the adequate absorption of calcium; helps form collagen ( which makes up bone cartilage & connective tissues); aids in the production of antibodies, hormones & enzymes. Recent studies have shown that Lysine may be effective against

herpes by improving the balance of nutrients that reduce viral growth. A deficiency may result in tiredness, inability to concentrate, irritability, bloodshot eyes, retarded growth, hair loss, anemia & reproductive problems.

—courtesy of Austin Nutritional research

### scientific information:

**three letter abbreviation:** lys

**one letter abbreviation:** k

**linear structure formula:**  $\text{H}_2\text{N}-(\text{CH}_2)_4-\text{CH}(\text{NH}_2)-\text{COOH}$

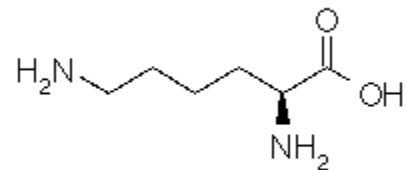
**molecular formula:**  $\text{C}_6\text{H}_{14}\text{N}_2\text{O}_2$

**molecular weight:** 146.19

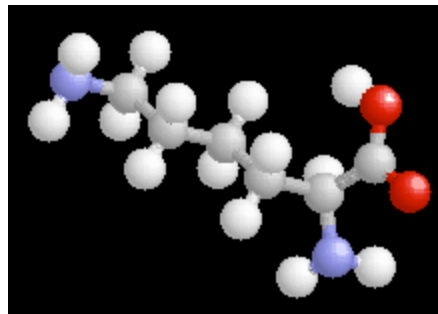
**isoelectric point (pH):** 9.59 (basic)

**pK<sub>a</sub> values:** 2.20, 8.90, 10.28

**CAS Registry Number** 56-87-1



lys k Lysin



See also: amino acids

## methionine

L-Metionine is a neutral, genetically coded, essential amino acid (meaning that the human body can't produce it on its own). It is essential in human nutrition.

### nutritional information:

When referring to amino acids, the words “essential” and “non-essential” don't have their normal meanings. Essential amino acids are amino acids that the human body can *not* produce on its own and must gather from food sources. Non-essential amino acids are amino acids that the human body can produce on its own. Both kinds are required for human health.



[Metionine] is a principle supplier of sulfur which prevents disorders of the hair, skin and nails; helps lower cholesterol levels by increasing the liver's production of lecithin; reduces liver fat and protects the kidneys; a natural chelating agent for heavy metals; regulates the formation of ammonia and creates ammonia-free urine which reduces bladder irritation; influences hair follicles and promotes hair growth.

—courtesy of Austin Nutritional research

### scientific information:

**three letter abbreviation:** met

**one letter abbreviation:** m

**linear structure formula:**  $\text{CH}_3\text{-S-(CH}_2\text{)}_2\text{-CH(NH}_2\text{)-COOH}$

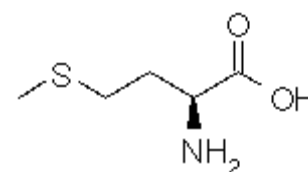
**molecular formula:**  $\text{C}_5\text{H}_{11}\text{NO}_2\text{S}$

**molecular weight:** 149.21

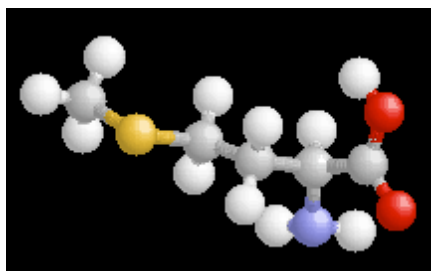
**isoelectric point (pH):** 5.74 (neutral)

**pK<sub>a</sub> values:** 2.28, 9.21

**CAS Registry Number** 63-68-3



**met** m Methionin



See also: amino acids

## vitamin B-3 niacinamide niacin

### nutritional information:

**IMPORTANCE:** Improves circulation and reduces the cholesterol level in the blood; maintains the nervous system; helps metabolize protein, sugar & fat; reduces high blood

pressure; increases energy through proper utilization of food; prevents pellagra; helps maintain a healthy skin, tongue & digestive system.

**DEFICIENCY SYMPTOMS:** May result in pellagra, gastrointestinal disturbance, nervousness, headaches, fatigue, mental depression, vague aches & pains, irritability, loss of appetite, insomnia, skin disorders, muscular weakness, indigestion, bad breath, canker sores.

—courtesy of Austin Nutritional research

## niacin-rich foods

- spirulina

See also: vitamins

## octacosanol

Octacosanol.

### nutritional information:

Is the active ingredient in wheat germ oil. it is used to increase endurance, stamina & vigor.

—courtesy of Austin Nutritional research

See also: wheat germ

## omega 3 fatty acids

Omega 3 Fatty Acids.

### nutritional information:

EPA & DHA which are present in fish body oils have the potential for improving the health of cardio-vascular system. Medical reports show that as the amount of EPA in the diet increases, the risk of coronary heart disease decreases. In a nutshell, EPA from fish oils lowers serum cholesterol & triglyceride levels, make your blood less viscous, thinner & less sticky, less prone to clump together. Diets of Eskimo and coastal Japanese are rich in the Omega 3 fatty acids, EPA & DHA. Their death rate from heart attacks is much lower when compared to the Western man. DHA is a major component

of the brain and retina, and has a possible role in nerve transmission. Research has shown that many migraine sufferers have experienced some relief from consuming Fatty Acids.

—courtesy of Austin Nutritional research

Wild salmon is very high in omega-3 fatty acids. Salmon normally eat krill, a source of astaxanthin (a natural carotenoid), the source of the rich red skin color.

Farm-raised salmon are fed grain and are low in omega-3 fatty acids. The color of their skin is the result of dyes artificially added after death. Farm-raised salmon are nutritionally very poor. Avoid eating farm-raised salmon.



fatty acids

## PABA para amino benzoic acid

### nutritional information:

**IMPORTANCE:** Aids healthy bacteria in producing folic acid; aids in the formation of red blood cells; contains sun screening properties; aids in the assimilation of Pantothenic acid; returns hair to its natural color.

**DEFICIENCY SYMPTOMS:** May cause extreme fatigue, eczema, irritability, depressions, nervousness, constipation, headaches, digestive disorders, hair turning prematurely gray.

—courtesy of Austin Nutritional research

See also: vitamins

## pantothenic acid

### nutritional information:

**IMPORTANCE:** Participates in the release of energy from carbohydrates, fats &



protein, aids in the utilization of vitamins; improves the body's resistance to stress; helps in cell building & the development of the central nervous system; helps the adrenal glands, fights infections by building antibodies.

**DEFICIENCY SYMPTOMS:** May lead to painful & burning feet, skin abnormalities, retarded growth, dizzy spells, digestive disturbances, vomiting, restlessness, stomach stress, muscle cramps.

—courtesy of Austin Nutritional research

See also: vitamins

## phenols

Phenols.

### **nutritional information:**

These phytonutrients comprise a large class that has been the subject of extensive research as a disease preventive. Phenols protect plants from oxidative damage and perform the same function for humans. Blue, blue-red and violet colorations seen in berries, grapes and purple eggplant are due to their phenolic content. Bilberries, for example, are high in phenolic anthocyanidins and are red in color. The outstanding phytonutrient feature of phenols is their ability to block specific enzymes that cause inflammation. They also modify the prostaglandin pathways and thereby protect platelets from clumping.<sup>7</sup>

7. Hertog, M.G., et al. *Lancet*, 342: 1007-11, Oct. 23, 1993.

—courtesy of Austin Nutritional research

### **scientific information:**

**linear structure formula:**  $\text{HO-p-Ph-CH}_2\text{-CH(NH}_2\text{)-COOH}$

**molecular formula:**  $\text{C}_9\text{H}_{11}\text{NO}_3$

**molecular weight:** 181.19

**isoelectric point (pH):** 5.66 (neutral)

**pK<sub>a</sub> values:** 10.07

**CAS Registry Number** 60-18-4

See also: amino acids, phytochemicals, and tyrosine

# phenylalanine

L-Phenylalanine is a neutral, genetically coded, essential amino acid (meaning that the human body can't produce it on its own). It is essential in human nutrition.

## nutritional information:

When referring to amino acids, the words “essential” and “non-essential” don't have their normal meanings. Essential amino acids are amino acids that the human body can *not* produce on its own and must gather from food sources. Non-essential amino acids are amino acids that the human body can produce on its own. Both kinds are required for human health.

[Phenylalanine is] used by the brain to produce Norepinephrine, a chemical that transmits signals between nerve cells and the brain; keeps you awake & alert; reduces hunger pains; functions as an antidepressant and helps improve memory.

—courtesy of Austin Nutritional research

## scientific information:

**three letter abbreviation:** phe

**one letter abbreviation:** f

**linear structure formula:**  $\text{Ph-CH}_2\text{-CH(NH}_2\text{)-COOH}$

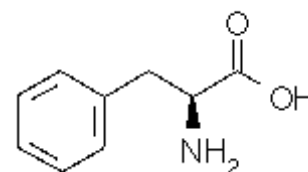
**molecular formula:**  $\text{C}_9\text{H}_{11}\text{NO}_2$

**molecular weight:** 165.19

**isoelectric point (pH):** 5.48 (neutral)

**pK<sub>a</sub> values:** 2.58, 9.24

**CAS Registry Number** 63-91-2



**phe** f Phenylalanin



See also: amino acids

# phosphatidyl choline

Phosphatidyl choline.

## **nutritional information:**

The most significant component of lecithin. it emulsifies and breaks down fat deposits in the body, which make it helpful in the prevention of arteriosclerosis, heart disease, gallstones and liver problems. Medical studies have also shown that PHOSPHATIDYL Choline is beneficial in neurological disorders, memory loss and depression. Phosphatidyl Choline is 3 times more potent than lecithin.

—courtesy of Austin Nutritional research

# phosphate

## **scientific information:**

Phosphate is a salt of phosphoric acid.

## **nutritional information:**

### **phosphate-rich foods**

- zucchini

# phytates

“Phytates, which are found in whole grain breads, cereals, legumes, and other products, can decrease zinc absorption”, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>.

# phytochemicals

Phytochemicals.

## **nutritional information:**

**Phytochemicals: Nutrients Of The Future**



*nutraceutical*. It describes specific chemical compounds found in foods that may prevent disease.

*Phytochemical* is a more recent evolution of the term that emphasizes the plant source of most of these protective, disease-preventing compounds. A true nutritional role for phytochemicals is becoming more probable every day as research uncovers more of their remarkable benefits. In fact, the term *phytonutrient* better describes the compounds' "quasi-nutrient" status. Someday, phytochemicals may indeed be classified as essential nutrients.

One finger pointing in this direction is a body of research that strongly links the importance of diet to health—studies are showing that as we move away from the diet of our ancestors we succumb to “modern” diseases. Evidence of this can be seen in societies such as the centenarian tribes that live in remote villages in the Andes Mountains and who still embrace traditional dietary practices. These people have been reported to live extraordinarily long lives that are free of such illnesses as cancer, heart disease and arthritis.<sup>1</sup>

Since few people live today as “naturally” as do the tribes in remote Andean villages, researchers have examined epidemiological evidence from modern societies for clues to the diet-disease connection. On the basis of such studies, biochemical researchers have identified certain phytochemicals that aid the body in maintaining health and combating disease. As an overall guideline, health authorities recommend that we consume diets rich in whole grains and fresh fruits and vegetables as well as reduce fat and animal-protein consumption.<sup>2</sup>

In the past, the phytonutrients found in fruits and vegetables were classified as vitamins: Flavonoids were known as vitamin P, cabbage factors (glucosinolates and indoles) were called vitamin U, and ubiquinone was vitamin Q. Tocopherol somehow stayed on the list as vitamin E. Vitamin designation was dropped for the other nutrients because specific deficiency symptoms could not be established.

Recent research, however, has enabled scientists to group phytonutrients into classes on the basis of similar protective functions as well as individual physical and chemical characteristics of the molecules.

Following is a look at each of the phytonutrient classes. It is fairly confusing to identify in which class a phytonutrient belongs, but this information is important to know because each class offers a unique kind of protection for the body. To play the “wellness game,” however, all classes of phytonutrients need to be consumed.

1. Walker, Morton. *Secrets of Long Life*, New York, Devin-Adair Publishers, 1993.

2. Dragsted, L.O., et al., *Pharmacology and Toxicology*, 72 Suppl. 1:116-35; 1993.

- terpenes
- carotenoids
- limonoids
- phytosterols
- phenols
- flavonoids
- anthocyanidins
- catechins, gallic acids

- isoflavones
- thiols
- glucosinolates
- allylic sulfides
- indoles
- isoprenoids
- tocotrienols and tocopherols
- lipoic acid and ubiquinone

*Marcia Zimmerman, M.Ed., C.N., is C.E.O. of the consulting firm Marcia Zimmerman & Associates in Westlake Village, Calif. She has more than 15 years experience in the natural foods industry as a retailer, product formulator, educator and nutritional counselor.*

—courtesy of Austin Nutritional research

## phytosterols

Phytosterols.

### **nutritional information:**

Sterols occur in most plant species. Although green and yellow vegetables contain significant amounts, their seeds concentrate the sterols. Most of the research on these valuable phytonutrients has been done on the seeds of pumpkins, yams, soy, rice and herbs. Phytosterols compete with dietary cholesterol for uptake in the intestines. They have demonstrated the ability to block the uptake of cholesterol (to which they are structurally related) and facilitate its excretion from the body. Cholesterol has long been implicated as a significant risk factor in cardiovascular disease. Are other dietary factors important as well?

To answer this question, a research team in Los Angeles conducted a study to test the importance of other dietary factors in modifying the risk of cholesterol levels. They compared the diets of 169 Seventh Day Adventists—vegans, lacto-ovo and non-vegetarians—with general population non-vegetarians all living in Los Angeles in the mid 1980s. It was found that the ratio between dietary plant phytosterols and cholesterol was significantly lower in SDA vegetarians as compared to non-vegetarians. The importance of this study underlies the fact that cholesterol, per se, is not the only marker of risk for cardiovascular disease and that its ratio with other modifying dietary components may be a better measure of risk.<sup>6</sup>

Other investigations have revealed that phytosterols block the development of tumors in colon, breast and prostate glands. The mechanisms by which this occurs are not well understood, but we do know that phytosterols appear to alter cell membrane transfer in tumor growth and reduce inflammation.

6. Nair, P., et al, *American Journal of Clinical Nutrition*, 40 (4 Suppl): 927-30, Oct., 1984.



—courtesy of Austin Nutritional research

See also: phytochemicals

## proanthocyanidin

Proanthocyanidin.

### nutritional information:

Grape seed extract is very similar to pine bark extract as it contains a unique type of bioflavonoids called proanthocyanidins, which are synergistic with vitamin C, that is, they greatly enhance the activity of Vitamin C. In fact, some researchers believe that grape seed extract helps vitamin C enter cells, thus strengthening the cell membranes and protecting the cells from oxidative damage.

—courtesy of Austin Nutritional research

See also: flavonoids and grapes

## processed foods

### nutritional information:

You want to eliminate processed foods from your diet.

Processed foods are harmful to the liver and therefore should be eliminated from your diet.

## proline

L-Proline is a neutral, genetically coded, non-essential amino acid (meaning that the human body can produce it on its own with proper nutrition). It is the only protein-forming amino acid with a secondary amino group.

### nutritional information:

When referring to amino acids, the words “essential” and “non-essential” don’t have their normal meanings. Essential amino acids are amino acids that the human body can *not* produce on its own and must gather from food sources. Non-essential amino acids are amino acids that the human body can produce on its own. Both kinds are required for human health.

[Proline] is extremely important for the proper functioning of joints and tendons; also helps maintain and strengthen heart muscles.

—courtesy of Austin Nutritional research

### scientific information:

**three letter abbreviation:** pro

**one letter abbreviation:** p

**linear structure formula:**  $\text{NH}-(\text{CH}_2)_3-\text{CH}-\text{COOH}$

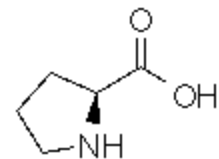
**molecular formula:**  $\text{C}_5\text{H}_9\text{NO}_2$

**molecular weight:** 115.13

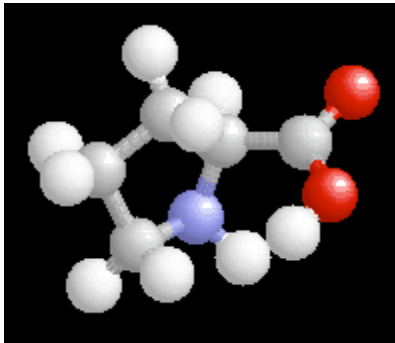
**isoelectric point (pH):** 6.30 (neutral)

**pK<sub>a</sub> values:** 1.99, 10.60

**CAS Registry Number** 147-85-3



**pro p** Prolin



See also: amino acids

## proteins

Proteins contain amino acids. Amino acids are used to build and repair cells and regulate the metabolism.

### nutritional information:

All fruits and vegetables contain some protein. Good sources of protein include: beans, lentils, nuts, peas, potatoes, pulses, seeds, sprouted seeds, and whole grains. Animal sources of protein (to be avoided) include: meat, milk, cheese, eggs, and fish. You should reduce or eliminate animal sources of proteins.

## protein-rich foods

- beans
- beef (not recommended)
- chicken (not recommended)
- chicken eggs (not recommended)
- clams
- eggs (not recommended)
- fish
- grains
- lentils
- nuts
- peas
- potatoes
- pulses
- seeds
- sprouted seeds
- tofu
- whole grains

## vitamin B-6 pyridoxine

### nutritional information:

**IMPORTANCE:** Necessary for the synthesis & breakdown of amino acids, the building blocks of protein; aids in fat and carbohydrate metabolism; aids in the formation of antibodies; maintains the central nervous system; aids in the removal of excess fluid of premenstrual women; promotes healthy skin; reduces muscle spasms, leg cramps, hand numbness, nausea & stiffness of hands; helps maintain a proper balance of sodium & phosphorous in the body.

**DEFICIENCY SYMPTOMS:** May result in nervousness, insomnia, skin eruptions, loss of muscular control, anemia, mouth disorders, muscular weakness, dermatitis, arm & leg cramps, loss of hair, slow learning, and water retention.

—courtesy of Austin Nutritional research

See also: vitamins

## quercetin

Quercetin is a bioflavonoid.

### nutritional information:



**IMPORTANCE:** They are vital in their ability to increase the strength of the capillaries (blood vessels) and to regulate their permeability. They assist Vitamin C in keeping collagen, the intercellular “cement” in healthy condition; are essential for the proper absorption and use of vitamin C; prevents Vitamin C from being destroyed in the body by oxidation; beneficial in hypertension; helps hemorrhages and ruptures in the capillaries and connective tissues and builds a protective barrier against infections.

Quercetin is a very highly concentrated form of Bioflavonoids derived from citrus fruits.

**DEFICIENCY SYMPTOMS:** May result in varicose veins, tendency to bruise and bleed easily, appearance of purplish spots on the skin.

—courtesy of Austin Nutritional research

See also: flavonoids

## **vitamin B-2 riboflavin**

### **nutritional information:**

**IMPORTANCE:** Necessary for carbohydrate, fat & protein metabolism; aids in the formation of antibodies and red blood cells; maintains cell respiration; necessary for the maintenance of good vision, skin, nails & hair; alleviates eye fatigue; promotes general health.

**DEFICIENCY SYMPTOMS:** May result in itching and burning eyes; cracks and sores in the mouth & lips; bloodshot eyes; purplish tongue; dermatitis; retarded growth; digestive disturbances; trembling; sluggishness; oily skin.

—courtesy of Austin Nutritional research

See also: vitamins

## **rutin**

Rutin is a bioflavonoid.

### **nutritional information:**

**IMPORTANCE:** They are vital in their ability to increase the strength of the capillaries (blood vessels) and to regulate their permeability. They assist Vitamin C in keeping collagen, the intercellular “cement” in healthy condition; are essential for the

proper absorption and use of vitamin C; prevents Vitamin C from being destroyed in the body by oxidation; beneficial in hypertension; helps hemorrhages and ruptures in the capillaries and connective tissues and builds a protective barrier against infections.

Quercetin is a very highly concentrated form of Bioflavonoids derived from citrus fruits.

**DEFICIENCY SYMPTOMS:** May result in varicose veins, tendency to bruise and bleed easily, appearance of purplish spots on the skin.

—courtesy of Austin Nutritional research

See also: flavonoids

## serine

Serine is a neutral, genetically coded, non-essential amino acid (meaning that the human body can produce it on its own with proper nutrition).

### nutritional information:

When referring to amino acids, the words “essential” and “non-essential” don’t have their normal meanings. Essential amino acids are amino acids that the human body can *not* produce on its own and must gather from food sources. Non-essential amino acids are amino acids that the human body can produce on its own. Both kinds are required for human health.

[Serine is] a storage source of glucose by the liver and muscles; helps strengthen the immune system by providing antibodies; synthesizes fatty acid sheath around nerve fibers.

—courtesy of Austin Nutritional research

### scientific information:

**three letter abbreviation:** ser

**one letter abbreviation:** s

**linear structure formula:** HO-CH<sub>2</sub>-CH(NH<sub>2</sub>)-COOH

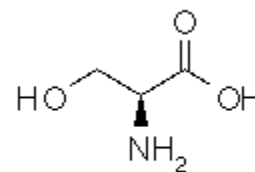
**molecular formula:** C<sub>3</sub>H<sub>7</sub>NO<sub>3</sub>

**molecular weight:** 105.09

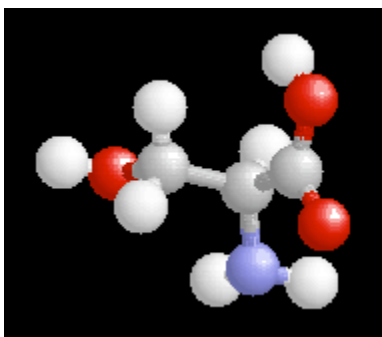
**isoelectric point (pH):** 5.68 (neutral)

**pK<sub>a</sub> values:** 2.21, 9.15

**CAS Registry Number** 56-45-1



**ser** s Serin



See also: amino acids

## starches

Starches are a kind of carbohydrate.

### **nutritional information:**

Starch-rich foods (such as whole grains, root vegetables, pulses, and bananas) should make up about half your diet.

### **starch-rich foods**

- bananas
- pulses
- root vegetables
- whole grains

## taurine

Taurine is a non-essential amino acid (meaning that the human body can produce it on its own with proper nutrition).

### **nutritional information:**

When referring to amino acids, the words “essential” and “non-essential” don’t have their normal meanings. Essential amino acids are amino acids that the human body can *not* produce on its own and must gather from food sources. Non-essential amino acids are amino acids that the human body can produce on its own. Both kinds are required for human health.

Helps stabilize the excitability of membranes which is very important in the control of epileptic seizures. Taurine and sulfur are considered to be factors necessary for the control of many biochemical changes that take place in the aging process; aids in the clearing of free radical wastes.

—courtesy of Austin Nutritional research

See also: amino acids

## terpenes

Terpenes.

### **nutritional information:**

Terpenes such as those found in green foods, soy products and grains, comprise one of the largest classes of phytonutrients. The most intensely studied terpenes are carotenoids—as evidenced by the many recent studies on beta carotene. The terpenes function as antioxidants, protecting lipids, blood and other body fluids from assault by free radical oxygen species including singlet oxygen, hydroxyl, peroxide and superoxide radicals. Terpenoids are dispersed widely throughout the plant kingdom, protecting plants from the same reactive oxygen species that attack human cells.

—courtesy of Austin Nutritional research

See also: phytochemicals

## vitamin B-1 thiamin

### **nutritional information:**

**IMPORTANCE:** Plays a key role in the body's metabolic cycle for generating energy; aids in the digestion of carbohydrates; essential for the normal functioning of the nervous system, muscles & heart; stabilizes the appetite; promotes growth & good muscle tone.

**DEFICIENCY SYMPTOMS:** May lead to the loss of appetite ; weakness & feeling tired; paralysis & nervous irritability; insomnia; loss of weight; vague aches & pains; mental depression & constipation; heart & gastrointestinal problems.





—courtesy of Austin Nutritional research

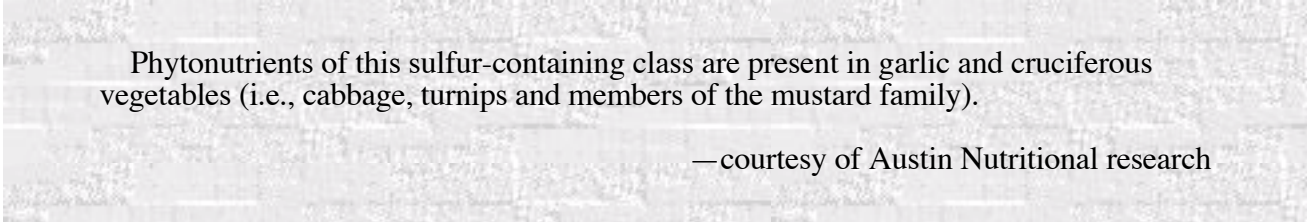
See also: vitamins

## thiols

Thiol is a form of cysteine, a neutral, genetically coded, semi-essential amino acid (meaning that the human body can produce it on its own with proper nutrition).

### nutritional information:

When referring to amino acids, the words “essential” and “non-essential” don’t have their normal meanings. Essential amino acids are amino acids that the human body can *not* produce on its own and must gather from food sources. Non-essential amino acids are amino acids that the human body can produce on its own. Both kinds are required for human health.



Phytonutrients of this sulfur-containing class are present in garlic and cruciferous vegetables (i.e., cabbage, turnips and members of the mustard family).

—courtesy of Austin Nutritional research

### scientific information:

**linear structure formula:**  $\text{HS-CH}_2\text{-CH(NH}_2\text{)-COOH}$

**molecular formula:**  $\text{C}_3\text{H}_7\text{NO}_2\text{S}$

**molecular weight:** 121.15

**isoelectric point (pH):** 5.02

**pK<sub>a</sub> values:** 8.33

See also: amino acids, cysteine, and phytochemicals

## threonine

L-Threonine is a neutral, genetically coded, essential amino acid (meaning that the human body can’t produce it on its own). It is essential in human nutrition.

### nutritional information:

When referring to amino acids, the words “essential” and “non-essential” don’t have their normal meanings. Essential amino acids are amino acids that the human body can *not* produce on its own and

must gather from food sources. Non-essential amino acids are amino acids that the human body can produce on its own. Both kinds are required for human health.

[Threonine] is an important constituent of collagen, Elastin, and enamel protein; helps prevents fat build-up in the liver; helps the digestive and intestinal tracts function more smoothly; assists metabolism and assimilation.

—courtesy of Austin Nutritional research

### scientific information:

**three letter abbreviation:** thr

**one letter abbreviation:** t

**linear structure formula:**  $\text{CH}_3\text{-CH(OH)-CH(NH}_2\text{)-COOH}$

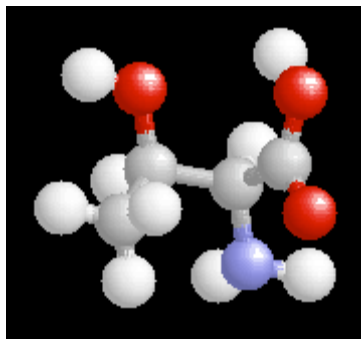
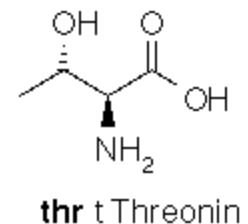
**molecular formula:**  $\text{C}_4\text{H}_9\text{NO}_3$

**molecular weight:** 119.12

**isoelectric point (pH):** 5.64 (neutral)

**pK<sub>a</sub> values:** 2.15, 9.12

**CAS Registry Number** 72-19-5



See also: amino acids

## tocopherols

Tocopherols.

### nutritional information:

Tocotrienols naturally occur in grains and palm oil along with their cousins,

tocopherols. Toco-trienols appear to inhibit breast cancer cell growth, whereas tocopherols do not exhibit this effect. Researchers have observed that the biologic functions of tocopherols and tocotrienols appear unrelated.<sup>17</sup> Tocotrienols have been most studied, however, for their cholesterol lowering effects.

17. Hayes, K.C., et al. *Exp Biol Med*, 202: 353-359, March 1993.

—courtesy of Austin Nutritional research

See also: phytochemicals

## tocotrienols

Tocotrienols.

### **nutritional information:**

Tocotrienols naturally occur in grains and palm oil along with their cousins, tocopherols. Toco-trienols appear to inhibit breast cancer cell growth, whereas tocopherols do not exhibit this effect. Researchers have observed that the biologic functions of tocopherols and tocotrienols appear unrelated.<sup>17</sup> Tocotrienols have been most studied, however, for their cholesterol lowering effects.

17. Hayes, K.C., et al. *Exp Biol Med*, 202: 353-359, March 1993.

—courtesy of Austin Nutritional research

See also: phytochemicals

## tryptophan

L-Tryptophan is a neutral, genetically coded, essential amino acid (meaning that the human body can't produce it on its own). It is essential in human nutrition.

### **nutritional information:**

When referring to amino acids, the words “essential” and “non-essential” don't have their normal meanings. Essential amino acids are amino acids that the human body can *not* produce on its own and must gather from food sources. Non-essential amino acids are amino acids that the human body can produce on its own. Both kinds are required for human health.

Tryptophan is a natural sedative, but contrary to popular myth, the tryptophan in turkey does not cause Thanksgiving Day drowsiness. There isn't enough tryptophan in turkey to have that effect. For the amino acid tryptophan to work on the brain, the stomach must be empty and have no amino acids

present.

[Tryptophan is] a natural relaxant, helps alleviate insomnia by inducing normal sleep; reduces anxiety & depression; helps in the treatment of migraine headaches; helps the immune system; helps reduce the risk of artery & heart spasms; works with Lysine in reducing cholesterol levels.

—courtesy of Austin Nutritional research

Sources of tryptophan include: bananas, beans, chocolate, dried dates, hemp seed meal, oats, peanuts, sesame, and soy beans..

Additional sources of tryptophan (that should be avoided because they are animal products) include: fish, meat, milk, yogurt, cottage cheese, beef, chicken, and turkey.

## tryptophan-rich foods

- beans
- beef
- chicken
- hemp seed
- meat
- milk
- soy beans
- turkey

### scientific information:

Tryptophan is a precursor for serotonin (a neurotransmitter), melatonin (a neurohormone), and niacin. The functional group of tryptophan is indole.

**three letter abbreviation:** trp

**one letter abbreviation:** w

**linear structure formula:**  $\text{Ph-NH-CH=C-CH}_2\text{-CH(NH}_2\text{)-COOH}$

**molecular formula:**  $\text{C}_{11}\text{H}_{12}\text{N}_2\text{O}_2$

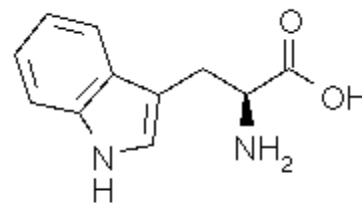
**systematic name:** (S)-2-Amino-3-(1H-indol-3-yl)-propanoic acid

**molecular mass:**  $204.23 \text{ g mol}^{-1}$

**molecular weight:** 204.23

**melting point:**  $289^\circ\text{C}$

**isoelectric point (pH):** 5.89 (neutral)



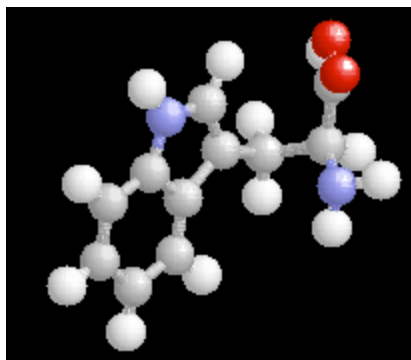
**trp** w Tryptophan



**pK<sub>a</sub> values:** 2.38, 9.39

**CAS Registry Number** 73-22-3

**EINECS Registry Number** 200-795-6



Trptophan is a mis-spelling.

See also: amino acids

## tyrosine

L-Tyrosine is a neutral, genetically coded, semi-essential amino acid (meaning that the human body can produce it on its own with proper nutrition). It is marginally soluble in water.

### nutritional information:

When referring to amino acids, the words “essential” and “non-essential” don’t have their normal meanings. Essential amino acids are amino acids that the human body can *not* produce on its own and must gather from food sources. Non-essential amino acids are amino acids that the human body can produce on its own. Both kinds are required for human health.

[Tyrosine] transmits nerve impulses to the brain; helps overcome depression; Improves memory; increases mental alertness; promotes the healthy functioning of the thyroid, adrenal and pituitary glands.

—courtesy of Austin Nutritional research

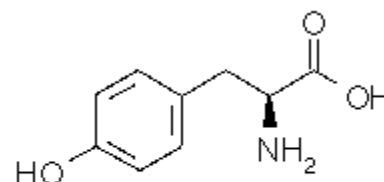
### scientific information:

**three letter abbreviation:** tyr

**one letter abbreviation:** y

**linear structure formula:** HO-p-Ph-CH<sub>2</sub>-CH(NH<sub>2</sub>)-COOH

**molecular formula:** C<sub>9</sub>H<sub>11</sub>NO<sub>3</sub>



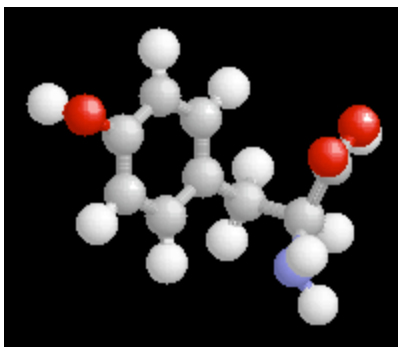
**molecular weight:** 181.19

**isoelectric point (pH):** 5.66 (neutral)

**pK<sub>a</sub> values:** 2.20, 9.11, 10.07 (*phenol*)

**CAS Registry Number** 60-18-4

**tyr y** Tyrosin



See also: amino acids and phenol

## ubiquinone

Ubiquinone.

**nutritional information:**

Lipoic acid and ubiquinone (coenzyme Q) are important antioxidants that work to extend the effects of other antioxidants. In terms of research, lipoic acid is the “new kid on the block.” It is an efficient hydroxyl radical quencher, its sulfur bond being the reactive part of the molecule. It is active on both lipids and tissue fluids. In addition to hydroxyl radicals, it scavenges peroxy, ascorbyl and chromanoxyl radicals. Because it functions in both lipid and water phases, it is protective of both vitamin E and vitamin C. Lipoic acid also protects SOD, catalase and glutathione, which are all important in liver detoxification activities.<sup>18</sup>

The roles of both lipoic acid and ubiquinone as antioxidants have been discovered relatively recently. Both have important roles in energy production.

Of course, no phytonutrient is actually “new”—it’s only our understanding of them that’s new. Research in this area is expanding rapidly because it appears that phytonutrients offer the best protection we know of against the diseases that plague us today. Will phytonutrient pills be the preferred “prescription” of tomorrow? As we understand more of the tissue-specific way in which these nutrients work, this may happen.

18. Sumathi, R., et al. *Pharmacol Res*, 27: 309-318, May-June 1993.

—courtesy of Austin Nutritional research

See also: phytochemicals

## valine

L-Valine is a neutral, genetically coded, essential amino acid (meaning that the human body can’t produce it on its own). It is essential in human nutrition.

### nutritional information:

When referring to amino acids, the words “essential” and “non-essential” don’t have their normal meanings. Essential amino acids are amino acids that the human body can *not* produce on its own and must gather from food sources. Non-essential amino acids are amino acids that the human body can produce on its own. Both kinds are required for human health.

[Valine] promotes mental vigor, muscle coordination and calm emotions.

—courtesy of Austin Nutritional research

### scientific information:

**three letter abbreviation:** val

**one letter abbreviation:** v



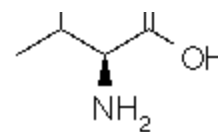
**linear structure formula:**  $(\text{CH}_3)_2\text{CH}-\text{CH}(\text{NH}_2)-\text{COOH}$

**molecular formula:**  $\text{C}_5\text{H}_{11}\text{NO}_2$

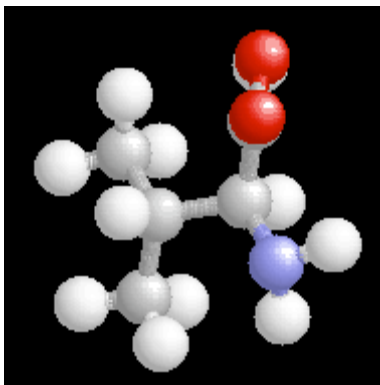
**molecular weight:** 117.15

**isoelectric point (pH):** 5.96 (neutral)

**CAS Registry Number** 72-18-4



**val** v Valin



See also: amino acids

## vitamins

In the early 1900s scientists discovered that there were substances other than the traditional proteins, fats, and carbohydrates that were necessary for good health. They were called “vital amines”, later shortened to vitamins. The lack of a vitamin in the diet could trigger particular diseases, and adding the vitamin back into the diet could cure the disease.

### nutritional information:

**VITAMINS:** All natural vitamins are organic food substances found only in living things, that is, plants and animals. With few exceptions the body cannot manufacture or synthesize vitamins. They must be supplied in the diet or in dietary supplements. Vitamins are essential to the normal functioning of our bodies. They are necessary for our growth, vitality, and general well-being.

**HOW THEY WORK:** A lot of people think vitamins can replace food. They cannot. In fact, vitamins cannot be assimilated without ingesting food. That is why we suggest taking them with a meal. Vitamins help regulate metabolism, help convert fat and carbohydrates into energy, and assist in forming bone and tissue.

—courtesy of Austin Nutritional research

### vitamins:

- ascorbic acid
- beta carotene
- biotin
- choline
- cobalamin
- folic acid
- inositol
- niacin
- niacinamide
- PABA
- pantothenic acid
- para amino benzoic acid
- pyridoxine
- riboflavin
- thiamin
- vitamin A
- vitamin B-1
- vitamin B-2
- vitamin B-3
- vitamin B-6
- vitamin B-12
- vitamin C
- vitamin D
- vitamin E
- vitamin K

## vitamin D

### **nutritional information:**

Vitamin D was discovered by American researcher Elmer McCollum.

British doctor Edward Mellanby attempted to discover if vitamin deficiency was the cause of rickets by feeding laboratory dogs a diet that consisted of only oatmeal and keeping the dogs indoors (out of the sun). The dogs developed rickets. Mellanby then fed the dogs cod liver oil and cured the rickets. Mellanby wrongly concluded that a deficiency of vitamin A caused rickets.

American researcher McCollum, co-discoverer of Vitamin A, repeated the experiment, but fed the dogs cod liver oil that had been treated to destroy the vitamin A content. The modified cod liver oil still cured the dogs, so McCollum concluded that it was some new vitamin, which he called vitamin D.

Exposure to UV light causes mammals to produce vitamin D. Wisconsin researchers in the early 1900s discovered that exposing food to UV light will create a previtamin that the body converts to vitamin D. In 1924 bread and milk were irradiated with UV light throughout the U.S., a practice that continued until researchers discovered how to create vitamin D in the lab, leading to fortification of milk with synthetic vitamin D.

**IMPORTANCE:** Improves absorption and utilization of Calcium and Phosphorous; required for bone and teeth formation; maintains a stable nervous system and normal heart action.



**DEFICIENCY SYMPTOMS:** May lead to rickets, tooth decay, softening of bones, improper healing of fractures, lack of vigor, muscular weakness, inadequate absorption of calcium, retention of phosphorous in the kidneys.

—courtesy of Austin Nutritional research

## **vitamin D-rich foods**

- alfalfa
- cod liver oil

See also: vitamins

## **vitamin E**

### **nutritional information:**

**IMPORTANCE:** Major anti-oxidant nutrient; retards cellular aging due to oxidation; supplies oxygen to the blood which is then carried to the heart and other organs; thus alleviating fatigue; aids in bringing nourishment to cells; strengthens the capillary walls & prevents the red blood cells from destructive poisons; prevents & dissolves blood clots; has also been used by doctors in helping prevent sterility, muscular dystrophy, calcium deposits in blood walls and heart conditions.

What is the difference between d-alpha and dl-alpha? Both work exactly the same in the body. There is some evidence that d-alpha is about 20% more powerful, but it costs about 400% more. In other words 800 I.U. of d-alpha would work as well as 1000 I.U. of dl-alpha. But, the 800 I.U. d-alpha would cost 4 times as much as 1000 I.U. of dl-alpha. The best buy by far is dl-alpha.

**DEFICIENCY SYMPTOMS:** May lead to a rupture of red blood cells, loss of reproductive powers, lack of sexual vitality, abnormal fat deposits in muscles, degenerative changes in the changes in the heart and other muscles; dry skin.

—courtesy of Austin Nutritional research

## **vitamin E-rich foods**

- alfalfa
- zucchini

See also: vitamins

## **vitamin K**

**nutritional information:****vitamin K-rich foods**

- alfalfa

See also: vitamins

**minerals**

In alchemy, all physical materials are divided into animals, plants, and minerals.

Minerals also refers to the nutritional minerals the human body need to survive..

**nutritional information:**

As important as vitamins are, they can do nothing for you without minerals. Vitamins cannot be assimilated without the aid of minerals. And though the body can manufacture a few vitamins, it cannot manufacture a single mineral. All tissues and internal fluids of our body contain varying quantities of minerals. Minerals are constituents of the bones, teeth, soft tissue, muscle, blood, and nerve cells. They are vital to overall mental and physical well-being.

Minerals act as catalysts for many biological reactions within the body, including muscle response, the transmission of messages through the nervous system, the production of hormones, digestion, and the utilization of nutrients in foods.

—courtesy of Austin Nutritional research

**nutritional minerals:**

- calcium
- chromium
- copper
- iodine
- iron
- magnesium
- manganese
- phosphorus
- potassium
- selenium
- trace minerals
- zinc

**calcium**

Calcium is a nutritionally important mineral and a chemical element.

**Coral calcium:** Coral calcium is made from ground up dead coral reefs. Coral calcium has many trace minerals, which vary from batch to batch. The trace minerals slightly increase the amount of calcium absorbed by the human body. Large amounts of magnesium interfere with the absorption of calcium. Avoid coral calcium with lead.

### **nutritional information:**

**IMPORTANCE:** Builds and maintains bones and teeth; regulates heart rhythm; eases insomnia; helps regulate the passage of nutrients in & out of the cell walls; assists in normal blood clotting; helps maintain proper nerve and muscle function; lowers blood pressure; important to normal kidney function and in current medical research reduces the incidence of colon cancer, and reduces blood cholesterol levels.

**DEFICIENCY SYMPTOMS:** May result in arm and leg muscles spasms, softening of bones, back and leg cramps, brittle bones, rickets, poor growth, osteoporosis ( a deterioration of the bones), tooth decay, depression.

—courtesy of Austin Nutritional research

Calcium is important for preventing anxiety, brittle nails, clumsiness, cramps, depression, dermatitis, gum disease, insomnia, irritability, joint pains, night sweats, numbness, osteoporosis, poor concentration, poor growth, racing heart, rickets, tingling, tiredness, and tooth decay.

Sources of calcium include: alfalfa, beans, broccoli, cabbage, carrots, hard water, lettuce, molasses, nuts, parsley, parsnips, peas, seaweed, seeds, shellfish, soya beans, and spinach.

Additional sources of calcium (that should be avoided because they are animal products) include: cheese, milk, offal, and tinned fish.

### **calcium-rich foods**

- alfalfa
- beans
- broccoli
- cabbage
- canned fish (not recommended)
- carrots
- cayenne
- cheese (not recommended)
- clams
- hard water
- lettuce
- milk (not recommended)
- molasses
- nuts
- offal (not recommended)
- parsley
- parsnips



- peas
- seaweed
- seeds
- shellfish
- soya beans
- spinach
- spirulina
- tinned fish (not recommended)
- zucchini

**deficiencies:****ailments helped by calcium**

- anxiety
- brittle nails
- clumsiness
- cramps
- depression
- dermatitis
- fatigue
- gum disease
- insomnia
- irritability
- joint pain
- night sweats
- numbness
- osteoporosis
- poor concentration
- poor growth
- racing heart
- rickets
- tingling
- tiredness
- tooth decay

**scientific information:**

Calcium is a soft gray alkaline earth metal and is the fifth most abundant element in the Earth's crust.

**Name:** calcium

**Symbol:** Ca

**Atomic Number:** 20

**Periodic Table:** Group (or family) 2 (old European IUPAC system group IIA; old American CAS system group IIA), alkaline earth metals; Period 4; s-block

**Atomic mass:** 40.078(4) g/mol

# chromium

Chromium is a nutritionally important mineral and a chemical element.

## nutritional information:

**IMPORTANCE:** Works with insulin in the metabolism of sugar and stabilizes blood sugar levels; cleans the arteries by reducing Cholesterol & Triglyceride levels; helps transport amino acids to where the body needs them; helps control the appetite; medical research has shown that persons with low levels of Chromium in their bodies are more susceptible to having cancer and heart problems and becoming diabetic.

**DEFICIENCY SYMPTOMS:** May result in glucose intolerance in diabetics; arteriosclerosis, heart disease, depressed growth, obesity, tiredness.

—courtesy of Austin Nutritional research

Sources of chromium include: black pepper and wheatgerm.

Additional sources of chromium (that should be avoided because they are animal products) include: cheese and offal.

## chromium-rich foods

- black pepper
- cheese (not recommended)
- offal (not recommended)
- wheatgerm
- whole grain cereals

## ailments helped by calcium

- diabetes
- infertility

## scientific information:

Chromium is a steel-gray, lustrous, hard metal.

**Name:** chromium

**Symbol:** Cr

**Atomic Number:** 24

**Periodic Table:** Group (or family) 6 (old European IUPAC system group VIA; old American CAS system group VIB); Period 4; d-block

**Atomic mass:** 51.9961(6) g/mol

## copper

Copper is a nutritionally important mineral and a chemical element.

### nutritional information:

**IMPORTANCE:** Necessary for the absorption & utilization of Iron; helps oxidize Vitamin C and works with Vitamin C to form Elastin, a chief component of the Elastin muscle fibers throughout the body; aids in the formation of red blood cells; helps proper bone formation & maintenance.

**DEFICIENCY SYMPTOMS:** May result in general weakness, impaired respiration, skin sores.

—courtesy of Austin Nutritional research

“Zinc toxicity has been seen in both acute and chronic forms”, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>. “Intakes of 150 to 450 mg of zinc per day have been associated with low copper status, altered iron function, reduced immune function, and reduced levels of high-density lipoproteins (the good cholesterol). One case report cited severe nausea and vomiting within 30 minutes after the person ingested four grams of zinc gluconate (570 mg elemental zinc).”

Sources of copper include: avocado, beans, broccoli, cabbage, chocolate, fish, garlic, lentils, lettuce, mushrooms, nuts, parsley, peas, seaweed, and spinach.

## copper-rich foods

- avocado
- beans
- broccoli
- cabbage
- chocolate
- fish
- garlic
- lentils
- lettuce
- mushrooms
- nuts
- parsley
- peas
- seaweed
- spinach
- zucchini

### scientific information:

Copper is a ductile metal with excellent electrical conductivity.

**Name:** copper

**Symbol:** Cu

**Atomic Number:** 29

**Periodic Table:** Group (or family) 11 (old European IUPAC system group IB; old American CAS system group IB), coinage metals; Period 4; d-block

**Atomic mass:** 63.546(3) g/mol

## fluoride

Fluoride is a nutritionally important mineral.

### nutritional information:

#### fluoride-rich foods

- alfalfa

### scientific information:

Fluoride is the ionic form of fluorine.

## iodine

Iodine is a nutritionally important mineral and a chemical element.

### nutritional information:

**IMPORTANCE:** Aids in the development and functioning of the thyroid gland; regulates the body's production of energy; helps burn excess fat by stimulating the rate of metabolism; mentality, speech, the condition of the hair, skin, & teeth are dependent upon a well-functioning thyroid gland.

**DEFICIENCY SYMPTOMS:** May result in an enlarged thyroid gland, slow mental reaction, dry skin & hair, weight gain, loss of physical & mental vigor.

—courtesy of Austin Nutritional research

Sources of iodine include: fish, grapes, iodized salt, lettuce, peanuts, peppers, pineapple, shellfish, spinach, and whole grains.

Additional sources of iodine (that should be avoided because they are animal products) include: cheese, eggs, meat, milk, and offal.

## iodine-rich foods

- beef (not recommended)
- bell peppers
- cheese (not recommended)
- chicken eggs (not recommended)
- clams
- eggs (not recommended)
- fish
- grapes
- iodized salt
- lettuce
- meat (not recommended)
- milk (not recommended)
- offal (not recommended)
- peanuts
- peppers
- pineapple
- shellfish
- spinach
- whole grains

### scientific information:

Iodine is the least reactive of the halogens.

**Name:** iodine

**Symbol:** I

**Atomic Number:** 53

**Periodic Table:** Group (or family) 17 (old European IUPAC system group VIIB; old American CAS system group VIIA), halogens; Period 5; p-block

**Atomic mass:** 126.90447(3) g/mol

See also: iodized salt.

## iron

Iron is a nutritionally important mineral and a chemical element.

### nutritional information:

**IMPORTANCE:** Its major function is to combine with protein and copper in making

hemoglobin. Hemoglobin transports oxygen in the blood from the lungs to the tissues which need oxygen to maintain basic life functions. Iron builds up the quality of the blood and increases resistance to stress and disease. It is also necessary for the formation of myoglobin which is found only in muscle tissue. Myoglobin supplies oxygen to muscle cells for use in the chemical reaction that results in muscle contraction. Iron also prevent fatigue and promotes good skin tone.

**DEFICIENCY SYMPTOMS:** May result in weakness, paleness of skin, constipation, anemia.

—courtesy of Austin Nutritional research

“Fortifying foods with iron does not significantly affect zinc absorption”, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>.

“However, large amounts of iron in supplements (greater than 25 mg) may decrease zinc absorption, as can iron in solutions. Taking iron supplements between meals will help decrease its effect on zinc absorption.”

“Zinc toxicity has been seen in both acute and chronic forms”, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>. “Intakes of 150 to 450 mg of zinc per day have been associated with low copper status, altered iron function, reduced immune function, and reduced levels of high-density lipoproteins (the good cholesterol). One case report cited severe nausea and vomiting within 30 minutes after the person ingested four grams of zinc gluconate (570 mg elemental zinc).”

Sources of iron include: beans, black pudding, broccoli, brown rice, cocoa, figs, haggis, lentils, lettuce, molasses, nuts, parsley, peanuts, peas, seaweed, shellfish, soy beans, sunflower seeds, wheatgerm, wholegrains, wholegrain rice, and wild rice.

Additional sources of iron (that should be avoided because they are animal products) include: meat, and offal.

Contrary to popular belief, spinach is actually *not* a good source of iron. See the article on spinach for details.

## iron-rich foods

- beans
- beef (not recommended)
- black pudding
- broccoli
- brown rice
- cayenne
- clams
- cocoa
- figs
- haggis (not recommended)
- lentils
- lettuce
- meat (not recommended)
- molasses

- nuts
- offal (not recommended)
- parsley
- peas
- peanuts
- seaweed
- shellfish
- soya beans
- sunflower seeds
- wheatgerm
- wholegrains
- wholegrain rice
- wild rice
- yellow dock
- zucchini

### scientific information:

Iron is the tenth most abundant element in the universe and makes up about 5% of the Earth's crust.

**Name:** iron

**Symbol:** Fe

**Atomic Number:** 26

**Periodic Table:** Group (or family) 8 (old European IUPAC system group VIII; old American CAS system group VIII); Period 4; d-block

**Atomic mass:** 55.854(2) g/mol

## magnesium

Magnesium is a nutritionally important mineral and a chemical element.

### nutritional information:

**IMPORTANCE:** Plays an important role in regulating the neuromuscular activity of the heart; maintains normal heart rhythm; necessary for proper calcium & Vitamin C metabolism; converts blood sugar into energy.

**DEFICIENCY SYMPTOMS:** May result in calcium depletion, heart spasms, nervousness, muscular excitability, confusion; kidney stones.

—courtesy of Austin Nutritional research

Calcium interferes with the absorption of magnesium.



## magnesium-rich foods

- alfalfa
- zucchini

### scientific information:

Magnesium is the eighth most common element and constitutes about 2% of the Earth's crust by weight..

**Name:** magnesium

**Symbol:** Mg

**Atomic Number:** 12

**Periodic Table:** Group (or family) 2 (old European IUPAC system group IIA; old American CAS system group IIA), alkaline earth metals; Period 8; s-block

**Atomic mass:** 24.3050(6) g/mol

## manganese

Manganese is a nutritionally important mineral and a chemical element.

### nutritional information:

**IMPORTANCE:** An antioxidant nutrient; important in the blood breakdown of amino acids and the production of energy; necessary for the metabolism of Vitamin B-1 & Vitamin E; Activates various enzymes which are important for proper digestion & utilization of foods; is a catalyst in the breakdown of fats & cholesterol; helps nourish the nerves and brain; necessary for normal skeletal development; maintains sex hormone production.

**DEFICIENCY SYMPTOMS:** May result in paralysis, convulsions, dizziness, ataxia, loss of hearing, digestive problems, blindness and deafness in infants.

—courtesy of Austin Nutritional research

### scientific information:

Manganese is a gray-white metal.

**Name:** manganese

**Symbol:** Mn



**Atomic Number:** 25

**Periodic Table:** Group (or family) 7 (old European IUPAC system group VIIA; old American CAS system group VIIB); Period 4; d-block

**Atomic mass:** 54.938045(5) g/mol

## phosphorus

Phosphorus is a nutritionally important mineral and a chemical element.

### nutritional information:

#### phosphorus-rich foods

- cayenne
- spirulina

### scientific information:

Phosphorus is a multivalent nonmetal of the nitrogen group, commonly found in inorganic phosphate rocks.

**Name:** phosphorus

**Symbol:** P

**Atomic Number:** 15

**Periodic Table:** Group (or family) 15 (old European IUPAC system group VB; old American CAS system group VA), pnictogens or nitrogen group; Period 3; p-block

**Atomic mass:** 30.973762(2) g/mol

## potassium

Potassium is a nutritionally important mineral and a chemical element.

### nutritional information:

**IMPORTANCE:** Works with sodium to regulate the body's waste balance and normalize heart rhythms; aids in clear thinking by sending oxygen to the brain; preserves proper alkalinity of body fluids; stimulates the kidneys to eliminate poisonous body wastes; assists in reducing high blood pressure; promotes healthy skin.

**DEFICIENCY SYMPTOMS:** May result in poor reflexes, nervous disorders, respiratory failure, cardiac arrest, muscle damage.

—courtesy of Austin Nutritional research

## potassium-rich foods

- alfalfa
- zucchini

### scientific information:

Potassium is a soft silvery-white metallic alkali metal.

**Name:** potassium

**Symbol:** K

**Atomic Number:** 19

**Periodic Table:** Group (or family) 1 (old European IUPAC system group IA; old American CAS system group IA), alkali metals; Period 4; s-block

**Atomic mass:** 39.09831(1) g/mol

## selenium

Selenium is a nutritionally important mineral and a chemical element.

### nutritional information:

**IMPORTANCE:** A major antioxidant nutrient, protects cell membranes and prevents free radical generation thereby decreasing the risk of cancer and disease of the heart and blood vessels. Medical surveys show that increased selenium intake decreases the risk of breast, colon, lung and prostate cancer. Selenium also preserves tissue elasticity; slows down the aging and hardening of tissues through oxidation; helps in the treatment and prevention of dandruff.

**DEFICIENCY SYMPTOMS:** May result in premature aging, heart disease, dandruff, loose skin.

—courtesy of Austin Nutritional research

### scientific information:

Selenium is a non-metal related to sulfur and tellurium.

**Name:** selenium

**Symbol:** Se

**Atomic Number:** 34

**Periodic Table:** Group (or family) 16 (old European IUPAC system group VIB; old American CAS system group VIA), chalcogens; Period 4; p-block

**Atomic mass:** 78.96(3) g/mol

# trace minerals

## nutritional information:

Minerals that occur in tiny amounts or traces. They play a major role in health, since even minute portions of them can powerfully affect health. They are essential in the assimilation and utilization of vitamins and other nutrients. They aid in digestion and provide the catalyst for many hormones, enzymes and essential body functions and reactions. they also aid in replacing electrolytes lost through heavy perspiration or extended diarrhea and protects against toxic reaction and heavy metal poisoning.

—courtesy of Austin Nutritional research

# zinc

Zinc is a nutritionally important mineral and a chemical element.

## nutritional information:

“[Zinc] stimulates the activity of approximately 100 enzymes, which are substances that promote biochemical reactions in your body”, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>. “Zinc supports a healthy immune system, is needed for wound healing, helps maintain your sense of taste and smell, and is needed for DNA synthesis. Zinc also supports normal growth and development during pregnancy, childhood, and adolescence.”

**IMPORTANCE:** [Zinc] Is an antioxidant nutrient; necessary for protein synthesis; wound healing; vital for the development of the reproductive organs, prostate functions and male hormone activity; it governs the contractility of muscles; important for blood stability; maintains the body’s alkaline balance; helps in normal tissue function; aids in the digestion and metabolism of phosphorus.

—courtesy of Austin Nutritional research

**Table 1: Recommended Dietary Allowances for Zinc for**

## Infants over 7 months, Children, and Adults

Age	Infants and Children	Males	Females	Pregnancy	Lactation
7 months to 3 years	3 mg				
4 to 8 years	5 mg				
9 to 13 years	8 mg				
14 to 18 years		11 mg	9 mg	13 mg	14 mg
19+		11 mg	8 mg	11 mg	12 mg
<p>Results of two national surveys, the National Health and Nutrition Examination Survey (NHANES III 1988-91) and the Continuing Survey of Food Intakes of Individuals (1994 CSFII) indicated that most infants, children, and adults consume recommended amounts of zinc.</p> <p>—the U.S. National Institutes of Health at  <a href="http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html">http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html</a></p>					

“Oysters contain more zinc per serving than any other food”, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>.

“Phytates, which are found in whole grain breads, cereals, legumes, and other products, can decrease zinc absorption”, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>.

“The U.S. Daily Value for zinc is 15 milligrams”, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>.

## zinc-rich foods

- almonds
- beans
- beef [not recommended]
- cashews
- cheese [not recommended]
- chicken [not recommended]
- dairy [not recommended]
- nuts
- oats
- oysters
- peas
- pecans
- poultry [not recommended]
- red meat [not recommended]
- walnut

- whole grains
- yogurt [not recommended]
- zucchini

## deficiencies:

“Signs of zinc deficiency include growth retardation, hair loss, diarrhea, delayed sexual maturation and impotence, eye and skin lesions, and loss of appetite”, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>. “There is also evidence that weight loss, delayed healing of wounds, taste abnormalities, and mental lethargy can occur. Since many of these symptoms are general and are associated with other medical conditions, do not assume that they are due to zinc deficiency. It is important to consult with a medical doctor about medical symptoms so that appropriate case can be given.”

**DEFICIENCY SYMPTOMS:** May result in delayed sexual maturity, prolonged healing wounds, white spots on finger nails, retarded growth, stretch marks, fatigue, decreased alertness, susceptibility to infections.

—courtesy of Austin Nutritional research

“Vegetarians may need as much as 50% more zinc than non-vegetarians because of the lower absorption of zinc from plant foods, so it is very important for vegetarians to include good sources of zinc in their diet”, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>.

“Maternal zinc deficiency can slow fetal growth.” according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>. “It is important for mothers who breast-feed to include good sources of zinc in their daily diet and for pregnant women to follow their doctor’s advice about taking vitamin and mineral supplements.”

“Low zinc status has been observed in 30% to 50% of alcoholics”, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>. “Alcohol decreases the absorption of zinc and increases loss of zinc in urine. In addition, many alcoholics do not eat an acceptable variety or amount of food, so their dietary intake of zinc may be inadequate.”

“Diarrhea results in a loss of zinc”, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>.

“The immune system is adversely affected by even moderate degrees of zinc deficiency”, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>. “Severe deficiency depresses immune function. Zinc is required for the development and activation of T-lymphocytes, a kind of white blood cell that helps fight infection. When zinc supplements are given to individuals with low zinc levels, the numbers of T-cell lymphocytes circulating in the blood increase and the ability of lymphocytes to fight infection improves. Studies show that poor, malnourished children in India, Africa, South America, and Southeast Asia experience shorter courses of infectious diarrhea after taking zinc supplements. Amounts of zinc provided in these studies ranged from 4 mg a day to up to 40 mg per day and were provided in a variety of forms (zinc acetate, zinc gluconate, or zinc sulfate). Zinc supplements are often given to help heal skin ulcers or bed sores, but they do not increase rates of wound healing when zinc levels are normal.”

“Foods with iron does not significantly affect zinc absorption”, according to the U.S. National

Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>. “However, large amounts of iron in supplements (greater than 25 mg) may decrease zinc absorption, as can iron in solutions. Taking iron supplements between meals will help decrease its effect on zinc absorption.”

#### excesses:

“Zinc toxicity has been seen in both acute and chronic forms”, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>. “Intakes of 150 to 450 mg of zinc per day have been associated with low copper status, altered iron function, reduced immune function, and reduced levels of high-density lipoproteins (the good cholesterol). One case report cited severe nausea and vomiting within 30 minutes after the person ingested four grams of zinc gluconate (570 mg elemental zinc).”

**Table 2: Upper Levels for Zinc for Infants, Children, and Adults**

Age	Infants and Children	Males and Females	Pregnancy and Lactation
0 to 6 months	4 mg		
7 to 12 months	5 mg		
1 to 3 years	7 mg		
4 to 8 years	12 mg		
9 to 13 years	23 mg		
14 to 18 years	34 mg		34 mg
Ages 19+		40 mg	40 mg
—the U.S. National Institutes of Health at <a href="http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html">http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html</a>			

#### scientific information:

Zinc is a moderately-reactive bluish-white metal.

**Name:** zinc

**Symbol:** Zn

**Atomic Number:** 30

**Periodic Table:** Group (or family) 12 (old European IUPAC system group IIB; old American CAS system group IIB); Period 4; d-block

**Atomic mass:** 65.409(4) g/mol



# food

Fish was the primary food in the ancient Egyptian (Kemet) diet. Onions were extremely popular and used extensively in cooking. Beer was extremely popular among the ancient Egyptians.

“If you are what you eat and you don’t know what you’re eating, do you know who you are?”  
—Claude Fischler

- acorn
- akudjura
- alcohol
- ale
- alfalfa sprouts
- almond
- apples
- apricots
- artichokes
- Asian pear
- asparagus
- avocado
- bamboo shoots
- bananas
- barley
- beans
- bee pollen
- bee propolis
- beef
- beer
- beets
- bell peppers
- blackberry
- black plum
- black pudding
- blueberry
- bok choy
- broccoli
- brown rice
- Brussels sprouts
- buckwheat
- burdock root
- cabbage
- canned fish
- cantaloupe
- carrots
- cashew
- cauliflower
- celery
- chard
- cheese
- cherry
- chestnut
- chickpea
- chicken

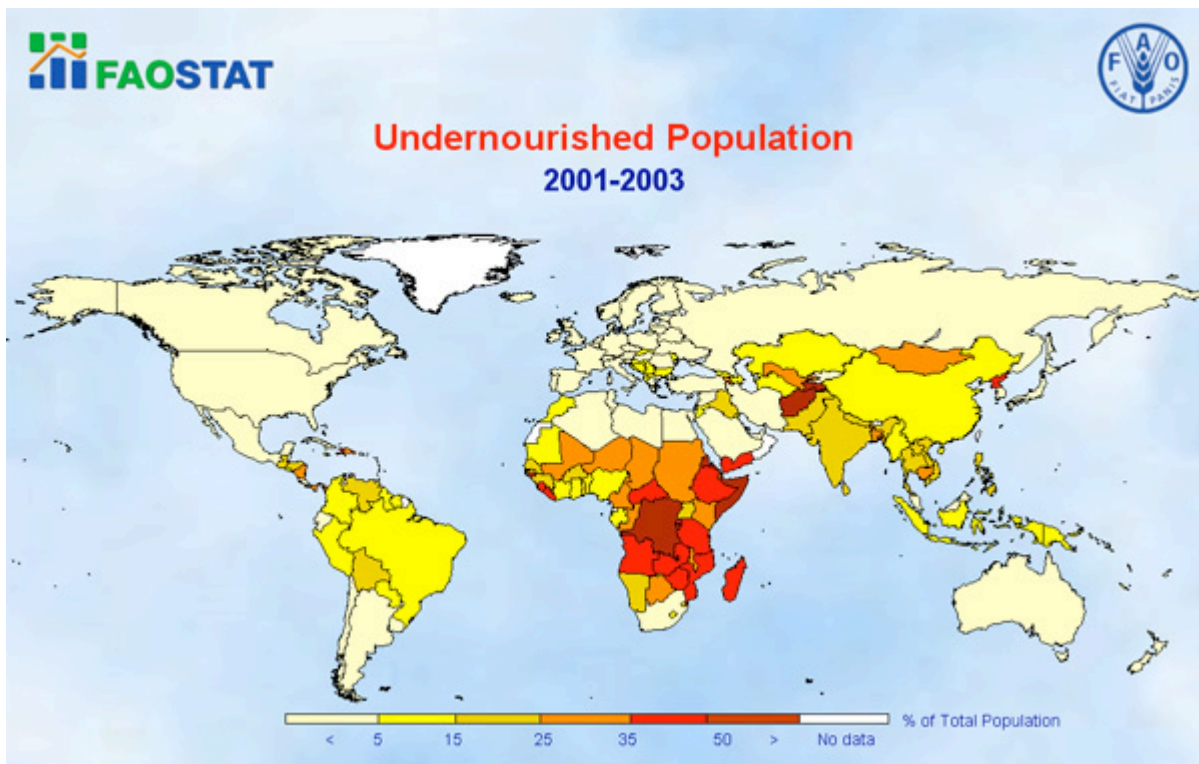


- chicken eggs
- Chinese cabbage
- Chinese chive
- Chinese cucumber
- Chinese date
- Chinese yam
- chocolate
- clam
- cocoa
- coconut
- cod liver oil
- coffee
- corn
- crab
- cranberry
- cucumber
- currant
- Daikon radish
- dairy
- dandelion greens
- dates
- eggs
- eggplant
- egg yolks
- endive
- figs
- fish
- garlic
- gelatin
- goji berry
- grapes
- grapefruit
- haggis
- hard water
- hawthorne berry
- herbs
- honey
- iodized salt
- jujube
- kale
- kiwi
- lamb
- leek
- lemon
- lentils
- lettuce
- lime
- loquat
- lotus root
- lycii berry
- mango
- meat
- milk
- millet
- mint



- molasses
- mulberry
- mushroom
- mustard greens
- nuts
- oats
- offal
- olives
- onion
- orange
- oyster
- papaya
- parsley
- parsnips
- passion fruit
- peas
- peach
- peanuts
- pear
- pearl barley
- pecan
- peppers
- persimmon
- pineapple
- plum
- pomegranate
- pork
- potatoes
- preserved meat
- pulses
- pumpkin
- quince
- radish
- raspberry
- refined flour
- refined sugar
- rhubarb
- rice
- Romaine lettuce
- root vegetables
- royal jelly
- rye
- salmon
- salt
- scallion
- seaweed
- seeds
- shellfish
- shrimp
- soya beans
- soy bean sprouts
- spinach
- sprouted seeds
- squash
- strawberry

- string beans
- sugar
- sunflower seeds
- sweet potato
- sweet rice
- tangerine
- taro root
- tea
- tinned fish
- tofu
- tomatoes
- turkey
- turnip
- walnut
- water
- water chestnut
- watercress
- watermelon
- wheat
- wheatgerm
- whole grains
- wild rice
- yam
- yogurt
- zucchini



world hunger map  
2001-2003

Food and Agriculture Organization of the United Nations

## akudjura bush tomato

Akudjura, or bush tomato, is a native Australian food. Dried akudjura is used as a spice.

### botanical information:

**Botanical name:** *Solanum centrale*

**Common name:** akatyerre, akudjera, akudjura, bush tomato, desert raisin

**Italian name:** pomodorina selvatico australiano macinato

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### origin:

**Origin:** central and western Australia.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## alcohol

Alcohol is a chemical.

### history:

**History:** Alcohol is at least 5,000 years old.

The earliest known terra cotta stills were found in what is now Pakistan.

By 1000 B.C.E. the Chinese were distilling rice wine.

For centuries in Europe and America, alcohol was mixed with gunpowder and ignited. If the mixture flashed, then the alcohol was “proven”, hence the word “proof” as a measure of alcohol content.

Europeans called distilled beverages distilled “spirits” because of the belief that the essence of the plant was derived while the body of the plant died away.

The Little Ice Age (from the 14th to mid-19th centuries) is the reason that Americans today now drink eleven (11) times as much beer as wine. The lower temperature hurt wine production (grapes required warmer climate) and encouraged the production of beer.

### nutritional information:



“Low zinc status has been observed in 30% to 50% of alcoholics”, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>. “Alcohol decreases the absorption of zinc and increases loss of zinc in urine. In addition, many alcoholics do not eat an acceptable variety or amount of food, so their dietary intake of zinc may be inadequate.”

### Chinese herbalism:

**Chinese gender:** strongly yin (cool)



- ale
- beer

### cautions and contraindications:

**Cautions and contraindications:** You want to reduce or eliminate alcohol from your diet.

Alcohol is harmful to the liver and therefore should be reduced or eliminated from your diet.

Combining alcohol and tobacco greatly increases the risk of cancer compared to either alcohol or tobacco alone.

## ale

Ale is an alcoholic beverage.

### Chinese herbalism:

**Chinese gender:** strongly yin (cool)

### magickal correspondences and uses:

**Western element:** fire

**Magickal uses:** purification

Ale was used in offerings to several ancient deities. Ale was also used for purification.

### deities associated with ale:

- Aset (Kemetic/ancient Egyptian Goddess)
- Hathor (Kemetic/ancient Egyptian Goddess)

- Het Heret (Kemetic/ancient Egyptian Goddess)
- Isis (Kemetic/ancient Egyptian Goddess)
- Kremana (Slavia)
- Shoney (Scotland)
- Tenemit (Kemetic/ancient Egyptian Goddess)

### cautions and contraindications:

**Cautions and contraindications:** You want to reduce or eliminate alcohol from your diet. Alcohol is harmful to the liver.

See also: alcohol.

## alfalfa sprouts

Alfalfa sprouts are a vegetable.

Alfalfa is a forage legume. Also known as lucerne in most of Europe, Australia, and New Zealand. Sometimes called purple medic or Chilian clover.

### botanical information:

**Botanical name:** *Medicago sativa*

**Common name:** alfalfa

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### Chinese herbalism:

**Chinese gender:** yin (cool)

**Planting:** You can grow alfalfa sprouts in a large glass jar. Sprouts do not need sunlight to grow, and therefore can be grown in any room in the house.

### cautions and contraindications:

**Cautions and contraindications:** Safe to humans; toxic to horses. See the article on alfalfa for more information.

See also: alfalfa

## artichokes

Artichokes are a vegetable.

### botanical information:



**Botanical name:** *Cynara scolymus*

**Common name:** artichoke

**French name:** artichaut

**Italian name:** articiocco



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

**origin:**

**Origin:** Mediterranean, Sicily, Egypt, Canary Islands.



**nutritional information:**

Artichokes help keep the liver clean and healthy.

**nutritional value per 100 grams:**

- **Calories:** 40-50 calories
- **Water:** 85%
- **Proteins:** 3 grams
- **Fat:** 0.29 grams
- high in Vitamin A
- high in Vitamin B
- high in phosphorus
- high in minerals



**deities associated with artichoke:**

- Jupiter (Roman God)
- Zeus (Greek God)

**Myth:** Jupiter (or Zeus) fell in love with Cynara, a beautiful girl with ash blonde hair. Cynaraa

rejected Jupiter (or Zeus), so he turned her into the first artichoke (which had the Roman name *Cynara*, leading to the modern botanical name *Cynara scolymus*).



## asparagus

Asparagus are a vegetable of the liliaceaea (lily) family).

### botanical information:

**Botanical name:** *Asparagus officinalis*

**Common name:** asparagus

**French name:** asperge



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### origin:

**Origin:** Mediterranean.

### history:

**History:** Asparagus was banned from girls' schools by 19th century nuns who feared its phallic shape would lead to promiscuity.

### nutritional information:

#### nutritional value of green asparagus:

- high in Vitamin A
- high in Vitamin C
- high in folic acid
- high in fibre

Green asparagus has more nutrients than white asparagus. The darker the color, the more nutrients. White asparagus has more sugar (and is therefore sweeter tasting).

### Chinese herbalism:

**Chinese gender:** yin (cool)

**Chinese flavor:** slightly sweet



## bananas

Bananas are a fruit.

### botanical information:

**Botanical name:** *Musa paradisiaca*

**Common name:** banana

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.





**nutritional information:**

Bananas are a starch-rich food and an important source of carbohydrates.

**Chinese herbalism:**

**Chinese gender:** yin (cold)

**Chinese flavor:** sweet

**magickal correspondences and uses:**

**Gender:** feminine (traditional western European magickal gender)

**Western element:** air

**Magickal uses of banana:** devotion, male sexuality, safety

**Ritual uses of banana:** Used in Wicca for Summerland (death/funerary) rituals

**deities associated with banana:**

- Kanaloa (Hawaiian God)

**cautions and contraindications:**

**Non-toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that banana “has not been reported as having systemic effects on animals or as having intense effects on the gastrointestinal tract.” —ASPCA

## barley

Pearl barley is a grain.

### botanical information:

**Botanical name:** *Hordeum* spp.

**Common name:** barley, pearl barley



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



### nutritional information:

Dr. Hagiwara claims that the green juice from the young leaves of barley grass is the most active phytonutrient-rich food in the world.

### Chinese herbalism:

**Chinese gender:** pearl barley is yin (cool)

**Chinese flavor:** pearl barley is bland and slightly sweet



### magickal correspondences and uses:

**Gender:** feminine (traditional western European magickal gender)

**Magickal uses:** good health, luck, prosperity

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Barley is used for alphetomancy, a divination method for determining if someone is lying.

### deities associated with barley:

- Asar (Kemetic/ancient Egyptian God)
- Bacchus (Roman God)
- Demeter (Greek Goddess)
- Dionysus (Greek God)
- Osiris (Kemetic/ancient Egyptian God)
- Vishnu (Hindu God)

Asar (or Osiris) is the original god of barley brewing. The Roman god Bacchus and the Greek god Dionysus inherited this role in the Greco-Roman world.

See also: whole grains

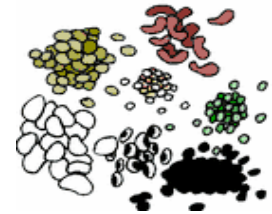
## beans

Beans are a kind of pulse.

### botanical information:

**Botanical name:** *Phaseolus* spp.

**Common name:** beans



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### nutritional information:

Beans are a starch-rich food and an important source of carbohydrates.

Beans are a protein-rich food and an important source of amino acids.

Beans are a source of calcium, copper, iron, and zinc.

Beans help keep the liver clean and healthy.

One half cup of canned plain or vegetarian baked beans has 1.7 milligrams of zinc, which is 10% of the U.S. Recommended Daily Value, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>.

One half cup of canned baked beans with pork has 1.8 milligrams of zinc, which is 10% of the U.S. Recommended Daily Value, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>.

### magickal correspondences and uses:

**Gender:** masculine (traditional western European magickal gender)

### deities associated with beans:

- Cardea (Roman Goddess)

## beans

- soya beans



bean salad

## beef

Beef is an animal product from cattle (cows and steers).

### history:

#### History:



ancient Egyptian cattle drive

### nutritional information:

Beef is a source of iodine, iron, protein, and zinc.

Three ounces of cooked lean only beef shank have 8.9 milligrams of zinc, which is 60% of the U.S. Recommended Daily Value.

Three ounces of cooked lean only beef chuck arm pot roast have 7.4 milligrams of zinc, which is 50% of the U.S. Recommended Daily Value.

Three ounces of cooked lean only beef tenderloin have 4.8 milligrams of zinc, which is 30% of the U.S. Recommended Daily Value.

Three ounces of cooked lean only eye of round beef have 4.0 milligrams of zinc, which is 25% of the U.S. Recommended Daily Value, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>.

### Chinese herbalism:

**Chinese gender:** yang (warm)

**Chinese flavor:** sweet



### cautions and contraindications:

**Cautions and contraindications:** You want to reduce or eliminate beef from your diet.

See also: meat

## bee pollen



Bee pollen is an insect product.

### nutritional information:

Bee Pollen is considered to be “the world’s most perfect food”. It contains over 18 Amino Acids, high in vitamins, minerals, enzymes and co-enzymes. Athletes use it to increase muscular vigor, energy and stamina. Many allergists use it in the treatment of hay fever.

—courtesy of Austin Nutritional research

## bee propolis

Bee propolis is an insect product.

### nutritional information:



Is a waxy substance collected by honey bees which contains phytotoxins. Phytotoxins are believed to contain immunity factors, which when used internally, stimulates the body and gives it a natural resistance to diseases (a natural antibiotic).

—courtesy of Austin Nutritional research

## beer

Beer is an alcoholic beverage.

### origin:

**Origin:** There is debate as to where the first beer was brewed, but Sumeria and ancient Egypt (Kemet) were certainly among the first civilizations to brew beer. Half of all the grain grown in Sumeria was used for beer and the ancient Egyptians referred to the beverage as “joy-beer”.



### history:

**History:** The Little Ice Age (from the 14th to mid-19th centuries) is the reason that Americans today now drink eleven (11) times as much beer as wine. The lower temperature hurt wine production (grapes required warmer climate) and encouraged the production of beer.

Prior to the American Revolution, George Washington made beer from molasses.

### nutritional information:

Alcohol is harmful to the liver and therefore should be reduced or eliminated from your diet.

### Chinese herbalism:

**Chinese gender:** strongly yin (cool)

### magickal correspondences and uses:

**Western element:** fire

**Magickal uses:** purification

Beer was used in offerings to several ancient deities. Beer was also used for purification.

### deities associated with beer:

- Aset (Kemetic/ancient Egyptian Goddess)
- Hathor (Kemetic/ancient Egyptian Goddess)
- Het Heret (Kemetic/ancient Egyptian Goddess)

- Isis (Kemetic/ancient Egyptian Goddess)
- Kremana (Slavia)
- Shoney (Scotland)
- Tenemit (Kemetic/ancient Egyptian Goddess)

**cautions and contraindications:**

**Cautions and contraindications:** You want to reduce or eliminate alcohol from your diet. Alcohol is harmful to the liver.

See also: alcohol.

## beets

Beets are a vegetable.

**botanical information:**

**Botanical name:** *Beta vulgaris*

**Common name:** beet, red beet, sugar beet

**French name:** betterave

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

**origin:**

**Origin:** Southern Europe.

**nutritional information:**

Beets will make your urine and feces red or red-tinged.

**Chinese herbalism:**

**Chinese gender:** neutral

**seeds:**

Tall Top Early Beet



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## bell peppers

Bell peppers are a vegetable.

### botanical information:

**Botanical name:** *Capsicum annuum*

**Common name:** bell pepper

**French name:** pimet doux, poivron

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### origin:

**Origin:** Tropical South and Central America

### nutritional information:

#### nutritional value per 100 grams:

- **Calories:** 25 calories
- **Water:** 93%
- **Proteins:** 0.9 grams
- **Fat:** 0.5 grams
- **Carbohydrates:** 5.3 grams
- high in fibre
- high in Vitamin A
- high in Vitamin C

Peppers are a source of iodine.





## Chinese herbalism:

**Chinese gender:** yang (slightly warm)

**Chinese flavor:** pungent



## blackberry

Blackberry is a fruit.

### botanical information:

**Botanical name:** *Rubus villosus*

**Common name:** blackberry



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



### magickal correspondences and uses:

**Western element:** water

**Magickal uses of blackberry:** use for magickal healing beverages

**Ritual uses of blackberry:** offerings to Venus

**deities associated with blackberry:**

- Brigit (Celtic Goddess)
- Venus (Roman Goddess)

**cautions and contraindications:**

**Cautions and contraindications:** Blackberry is believed to be **safe**.

## black pudding

Black pudding is an English dish of congealed pig blood in a length of pig intestine.

**nutritional information:**

Black pudding is a source of iron.

**cautions and contraindications:**

**Cautions and contraindications:** You want to reduce or eliminate black pudding from your diet.

## blueberry

Blueberry is a fruit.

**botanical information:**

**Botanical name:** *Vaccinium frondosum*, *Vaccinium angustifolium*, *Vaccinium corymbosum*, and *Vaccinium pallidum*

**Common name:** blueberry

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



**cautions and contraindications:**

**Cautions and contraindications:** Blueberry fruit and leaves are believed to be **safe**.





## bok choy

Bok choy is a vegetable.

### botanical information:

**Botanical name:** *Brassica rapa* L. ssp. *chinensis* (L.) Hanelt

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



**Chinese transliteration common name:** baak choi, bai cai, **bok choy**, paak ts'oi, pak choi, pak choy, pe tsai, pe ts'ai

**Danish common name:** kinesisk kål

**Dutch common name:** Chinese kool, pak choy kool

**English common name:** Asian cabbage, Asiatic cabbage, Chinese cabbage, Chinese chard, Chinese mustard, Chinese mustard cabbage, Chinese white mustard cabbage, celery mustard, non-heading Chinese cabbage, pak choi, white cabbage

**Finnish common name:** kiinankaali, pinaattikiinankaali

**French common name:** chou blette de Chine, chou chinois, chou de Chine non pommé, chou pak choi

**German (Austrian) common name:** schmalblättriger China-kohl

**German common name:** chinakohl, chinesischer kohl

**Italian common name:** cavolo Chinese, cavolo di China

**Norwegian common name:** kinakål

**Polish common name:** kapusta Chinska

**Portuguese common name:** couve chinesa, couve de China

**Russian common name:** kapusta Chinskaja

**Spanish common name:** col chino, col de China, col de la China

**Swedish common name:** kinesisk kål, kinesisk pac choi

### origin:

**Origin:** China. The name is derived from the Chinese for “soup spoon”, a reference to the plant’s rounded leaves.

### history:

**History:** Bok choy was used in Chinese cooking by the fifth century C.E.

### nutritional information:

Nutritional values per 100 grams:

- 13 Calories
- 1.5 grams of Protein
- 0.2 grams of Fat
- 2 grams of Carbohydrates
- rich in fiber
- rich in folic acid
- rich in iron
- rich in Vitamin C



### Chinese herbalism:

**Chinese gender:** yin (cool)

**See also:** Chinese cabbage

## broccoli

Broccoli is a vegetable.

### botanical information:

**Botanical name:** *Brassica oleracea italica*

**Common name:** broccoli, brocks, calabrese, Italian asparagus, Italian broccoli

**French name:** brocoli

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### origin:

**Origin:** Mediterranean and Asia Minor.

### nutritional information:



Broccoli is a good source of proteins, carbohydrates, and lipids and is low in calories.

Broccoli is a source of calcium, copper, and iron.

Broccoli helps keep the liver clean and healthy.

### Chinese herbalism:

**Chinese gender:** yin (cool)

**Chinese flavor:** slightly pungent



### seeds:

De Cicco Broccoli



available from:



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## brown rice

Brown rice is a grain.

### botanical information:

**Botanical name:** *Oryza sativa* or *Oryza glaberrima*

**Common name:** brown rice, rice

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

A **brown rice diet** emphasizes brown rice. Brown rice is brown because it is cooked with the husk, which is filled with useful nutrients (including iron). The inside of brown rice is the same as white rice and is a major source of dietary starch. While it is unwise to overemphasize any one food, most people don't get enough grains in their daily diet. A brown rice diet can help mitigate some of the worst effects of a Western diet.

Brown rice is the whole grain of unpolished rice still retaining the germ and the yellowish-brown outer layers (which contain the bran).

### **nutritional information:**

Brown rice is a source of iron.

### **Chinese herbalism:**

The Chinese viewed rice as the most neutral and balanced of all foods.

**Chinese gender:** neutral

**Chinese flavor:** sweet

### **cautions and contraindications:**

**Cautions and contraindications:** Brown rice is believed to be **safe**.

Do *not* eat brown rice raw.

See also: white rice, wild rice, and whole grains.

## **Brussels sprouts**

Brussels sprouts are a vegetable.

### **botanical information:**

**Botanical name:** *Brassica oleracea* var. *gemmifera*

**Common name:** Brussels sprouts

**French name:** chou de Bruxelles

**German name:** rosenkohl (rose cabbages)

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### **origin:**



**Origin:** Developed from cabbage in Belgium in 1785.

### **nutritional information:**

### **nutritional value per 100 grams:**

- **Calories:** 25-40 calories
- **Water:** 85%
- **Proteins:** 3.4 grams
- **Fat:** 0.3 grams
- **Carbohydrates:** 9 grams
- high in fibre
- high in carotene (the previtamin for Vitamin A)
- high in Vitamin B
- high in Vitamin C
- high in calcium
- high in iron
- high in phosphorus
- high in potassium

Brussels sprouts help keep the liver clean and healthy.

## **buckwheat**

Buckwheat is a grain.

### **botanical information:**

**Botanical name:** *Fagopyrum esculentum*

**Common name:** buckwheat

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### **Chinese herbalism:**

**Chinese gender:** neutral







Buckwheat. — *a*, flower; *b*, ovary; *c*, fruit; *d*, section of same, showing embryo.

### cautions and contraindications:

**Non-toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that wild buckwheat “has not been reported as having systemic effects on animals or as having intense effects on the gastrointestinal tract.” — ASPCA

See also: whole grains

## cabbage

Cabbage is a vegetable.

### botanical information:

**Botanical name:** *Brassica oleracea capitata*

**Common name:** cabbage (red or green heading)

**French name:** chou

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### origin:

**Origin:** South and West Europe.

### nutritional information:





Cabbage is a source of calcium and copper.

Cabbage helps keep the liver clean and healthy.

### Chinese herbalism:

**Chinese gender:** neutral

**Chinese flavor:** slightly sweet

### cautions and contraindications:

**Cautions and contraindications:** Cabbage is believed to be **safe**.



### seeds:

Copenhagen Cabbage (left)  
Ferry's Round Cabbage (right)  
available from:



LandscapeUSA.com



## cantaloupe

Cantaloupe is a fruit.

### botanical information:

**Botanical name:** *Cucumis melo*

**Common name:** cantaloupe

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



### Chinese herbalism:

**Chinese gender:** yin (cold)

**Chinese flavor:** sweet

**seeds:**

Hales BS Cantaloupe



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## carrots

Carrots are a vegetable.

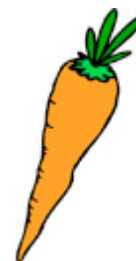
### botanical information:

**Botanical name:** *Daucus carota*

**Common name:** carrot

**French name:** carotte

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



### origin:

**Origin:** Afghanistan

**nutritional information:****nutritional value per 100 grams:**

- **Proteins:** 1 gram
- **Fat:** 0.2 grams
- **Carbohydrates:** 10 grams
- high in fibre
- high in Vitamin A
- high in Vitamin B
- high in carotene
- high in pectin
- high in potassium

Carrots are a source of calcium.

**Chinese herbalism:**

**Chinese gender:** yin (cool)

**Chinese flavor:** sweet

**magickal correspondences and uses:**

**Western element:** fire

**Magickal uses of carrot juice:** Used by men to encourage a deep connection with sensual and sexual self. Helps ground excess energy. Promotes insight.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

**External skin care:** Beta carotenes (found in orange fruits and vegetables, such as melons, carrots, and pumpkins) are an anti-oxidant and help reduce skin daamagae caused by exposure to the sun and pollutants.

**seeds:**

Danvers 126 Carrot



available from:



LandscapeUSA.com

## cauliflower

Cauliflower is a vegetable.

### botanical information:

**Botanical name:** *Brassica oleracea botrytis*

**Common name:** cauliflower

**French name:** choufleur

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### origin:

**Origin:** Europe, Mediterranean.

### nutritional information:

#### nutritional value per 100 grams:

- **Calories:** 27 calories
- **Water:** 91%
- **Proteins:** 2.7 grams
- **Fat:** 0.2 grams
- **Carbohydrates:** 5.2 grams
- high in Vitamin A
- high in Vitamin C
- high in Vitamin K
- high in iron
- high in phosphorus

- high in potassium

Cauliflower helps keep the liver clean and healthy.

### Chinese herbalism:

**Chinese gender:** yin (cool)

**Chinese flavor:** slightly pungent



## celery

Celery is a vegetable.

### botanical information:

**Botanical name:** *Apium graveolens dulce*

**Common name:** celery

**Common name:** céleri



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### origin:

**Origin:** Europe.

### nutritional information:

#### nutritional value per 100 grams:

- **Calories:** 16 calories
- **Water:** 94%
- **Proteins:** 0.7 grams
- **Fat:** 0.1 grams
- **Carbohydrates:** 3.6 grams
- high in Vitamin A
- high in Vitamin C
- high in magnesium
- high in phosphorus
- high in potassium
- high in sodium chloride (salt)

**Chinese herbalism:**

**Chinese gender:** yin (cool)

**magickal correspondences and uses:**

**Western element:** primarily fire with strong secondary water

**Magickal uses of celery:** mental clarity, passion

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## chard

Chard is a vegetable.

**botanical information:**

**Botanical name:** *Beta vulgaris cicla*

**Common name:** chard, sea kale, sea kale beet, Swiss beet, Swiss chard



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

**origin:**

**Origin:** Mediterranean Europe.

**Chinese herbalism:**

**Chinese gender:** neutral

**Chinese flavor:** slightly bitter

## cheese

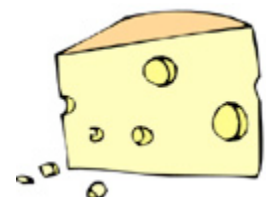
Cheese is an animal product.

**nutritional information:**

Cheese is a source of calcium, chromium, iodine, and protein.

The Japanese (and many other Asian cultures) avoid using cheese in cooking because they find the smell highly offensive. The Japanese view cheese as rotten milk (which it is).

One ounce of Swiss cheese has 1.1 milligrams of zinc, which is 8% of the U.S. Recommended Daily



Value, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>.

One ounce of cheddar cheese has 0.9 milligrams of zinc, which is 6% of the U.S. Recommended Daily Value, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>.

One ounce of low moisture part skim mozzarella cheese has 0.9 milligrams of zinc, which is 6% of the U.S. Recommended Daily Value, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>.

### **Chinese herbalism:**

**Chinese:** strongly yang

### **cautions and contraindications:**

**Cautions and contraindications:** You want to reduce or eliminate cheese from your diet.

See also: dairy foods.

## **chicken**

Chicken is poultry and therefore an animal product.

### **nutritional information:**

Chicken is a source of protein and zinc.

Three ounces of cooked meat only roasted chicken leg have 2.7 milligrams of zinc, which is 20% of the U.S. Recommended Daily Value, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>.

One half of chicken meat only roasted chicken breast with bone and skin removed have 0.9 milligrams of zinc, which is 6% of the U.S. Recommended Daily Value, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>.



### **Chinese herbalism:**

**Chinese gender:** slightly yang (slightly warm)

**Chinese flavor:** sweet

### **cautions and contraindications:**

**Cautions and contraindications:** You want to reduce or eliminate chicken from your diet.

See also: egg yolks and chicken eggs

## chicken eggs

Chicken eggs are an animal product.

Hens with white feathers lay white eggs. Hens with red feathers lay brown eggs.

### nutritional information:

Chicken eggs are a source of iodine and protein.

### Chinese herbalism:

**Chinese gender:** yin (cool)

**Chinese flavor:** sweet

### cautions and contraindications:

**Cautions and contraindications:** You want to reduce or eliminate chicken eggs from your diet.

See also: egg yolks and chicken.



## chickpea garbanzo bean

Chickpea (or garbanzo bean) is a legume and a vegetable.

### botanical information:

**Botanical name:** *Cicer arietinum*

**Common name:** Bengal gram, ceci bean, chana, channa, chickpea, chick pea, garbanzo bean

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### origin:

**Origin:** Desi: Ethiopia, Indian subcontinent, Iran

**Origin:** Kabuli: Afghanistan, North Africa, South Europe

### history:

**History:** There are two major kinds of chickpeas, the Desi and the Kabuli.

The Desi-type chickpea (also called Bengal gram, chana, channa, or kala chana) is found at archaeological sites and closely resembles the wild ancestor.



The Kabuli-type is more recent and the type used in modern mediterranean cooking.

### **nutritional information:**

One half cup of mature chickpea seeds has 1.3 milligrams of zinc, which is 8% of the U.S. Recommended Daily Value, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>.

## **Chinese cabbage**

Chinese cabbage (or wong bok) is a vegetable.

### **botanical information:**

**Botanical name:** *Brassica rapa* L. ssp. *pekinensis* (Lour.) Hanelt

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

**Chinese transliteration common name:** da bai cai, huang ya bai, **wong bok**, wong nga baak, wong nga bok, wong nga paak

**Danish common name:** kinesisk kål, petsai kål, salatkål

**Dutch common name:** Chinese kool, petsai kool

**English common name:** Beijing cabbage, celery cabbage, chefoo cabbage, Chinese cabbage, Chinese celery cabbage, Chinese leaves, Chinese white cabbage, heading Chinese cabbage, long white cabbage, Michihli cabbage, Napa cabbage, Peking cabbage, pe tsai, Shautung cabbage, Tientsin cabbage

**Finnish common name:** kiinankaali, salaattikiinankaali

**French common name:** chou à salade pékinois, chou blanc de Pékin, chou de Chine pommé, chou de Pékin, chou pékinois, chou pe tasi, chou de Shanton, chou pommé de Chine, nappa, pé tsai, salade pékinoise

**German (Austrian) common name:** breitblättriger China-kohl

**German common name:** Pekingkohl

**Italian common name:** cavolo sedano

**Norwegian common name:** kinakål

**Polish common name:** kapusta Pekinska

**Portuguese common name:** couve petsai

**Russian common name:** kapusta Pekinskaja

**Spanish common name:** col de China, col petsai

**Swedish common name:** kinesisk petsai, salldskål, selleikål

**origin:**

**Origin:** China.

**nutritional information:**

**nutritional value per 100 grams:**

- **Calories:** 12 calories
- **Water:** 95%
- **Proteins:** 2 grams
- **Fat:** 0.2 grams
- **Sugars:** 10 grams
- **Carbohydrates:** 1 gram
- high in fibre
- high in Vitamin C

**Chinese herbalism:**

**Chinese gender:** yin (cool)

**See also:** bok choy

## Chinese chive

Chinese chive is a vegetable.

**botanical information:**

**Botanical name:** *Allium tuberosum*

**Common name:** Chinese chive, garlic chive, oriental garlic

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

**origin:**

**Origin:** China.

**Chinese herbalism:**

**Chinese gender:** yang (warm)

**Chinese flavor:** pungent

# Chinese cucumber

Chinese cucumber is a vegetable.

## botanical information:

**Botanical name:** *Eopepon aurantiacus* or *Eopepon vitifolius*

**Common name:** Chinese cucumber

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## Chinese herbalism:

**Chinese gender:** strongly yin (cold)

# Chinese yam

Chinese yam is a vegetable.

## botanical information:

**Botanical name:** *Dioscorea oppositifolia* L.

**Common name:** air potati, Chinese yam, cinnamon vine

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## origin:

**Origin:** Chinese yam is a deciduous perennial vine native to China.

## Chinese herbalism:

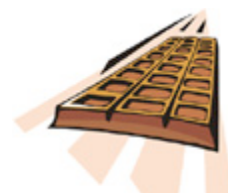
**Chinese gender:** neutral

**Chinese flavor:** slightly sweet

# chocolate

Chocolate comes from the cacao plant. Chocolate is made from cacao solids (also called cocoa powder) and ocoa butter, both found naturally in cacao pods.

## save real chocolate:



U.S. corporate interests, led by Hershey, are trying to get federal law changed to take away your real chocolate.

Under current U.S. law, real chocolate has to be made with cacao solids and cocoa butter, both products of the cacao tree's natural cacao pods. And milk chocolate must be made with whole milk.

Under the proposed changes, real chocolate will become a specialty product reserved solely for the very rich, and the word "chocolate" would be used for fake chocolate that substitutes non-cacao products, including using cheap vegetable oils instead of real cocoa butter and using milk protein concentrates instead of whole milk in milk chocolate.

Under current law, these kinds of fake chocolate must be called "chocolate flavored", "chocolaty", or "cocoalicious", making clear to the consumer that they are fakes that have no health benefits.

Real chocolate reduces the risk of stroke and heart failure and has strong anti-cancer benefits. The fake chocolate increases health risks.

In order to increase corporate profits at the expense of the nation's health, Hershey Co. got the Chocolate Manufacturers Association, the Grocery Manufacturers Association, the Snack Food Association, and the National Cattlemen's Beef Association to submit a "citizen's petition" to the Food and Drug Administration (FDA) claiming that Americans no longer wanted real chocolate.

These corporate thugs lied to the FDA under oath and falsely claimed "Consumer expectations still define the basic nature of food. There are, however, no generally held consumer expectations today concerning the precise technical elements by which commonly recognized foods are produced. Consumers, therefore, are not likely to have formed expectations as to production methods, aging time or specific ingredients used for technical improvements, including manufacturing efficiencies."

The corporations are claiming that Americans don't want real chocolate when they purchase an item labelled chocolate!

The only way to stop this corporate travesty is to flood the FDA with protests, but the FDA has purposely hidden the method for real citizens to protest the proposed change by burying the comment on their website under the bureaucratic title "2007P-0085: Adopt Regulations of General Applicability to All Food Standards that Would Permit, Within Stated Boundaries, Deviations from the Requirements of the Individual Food Standards of Identity".

You need to get your comment in to protest this corporate thievery. The website Don't Mess With Our Chocolate at <http://dontmesswithourchocolate.guittard.com/howtohelp.asp> has specific instructions on how you can wade through the ridiculous government standards designed to prevent citizen comments.

Comment and get your friends who enjoy chocolate to comment. And get your comments in by April 25, 2007.

To take action, go to Don't Mess With Our Chocolate at <http://dontmesswithourchocolate.guittard.com/howtohelp.asp>.

You can also boycott Hershey Co. for their attempts to destroy American chocolate. Among their chocolate brands to permanently avoid ever buying are: Almond Joy, Cacao Reserve by Hershey's, Cadbury, La Dulceria Thalia, 5th Avenue candy bar, Heath toffee bar, Hershey's chocolate bar, Hershey's Extra Dark, Hershey's Pot of Gold, Hershey's Sticks, Kissables, Hershey's Kisses, Kit Kat, Krackel, Mauna Loa, Milk Duds, Hershey's Miniatures, Mounds, Mr. Goodbar, Hershey's Nuggets, Payday, Reese's Fast Break, Reese's Nutrageous, Reese's peanut butter cups, Reese's Pieces, Reesesticks, Rolo caramels, Hershey's S'Mores, Skor toffee bar, Special Dark, Hershey's Symphony,

Take 5, Whatchamacallit, Whoppers, and York peppermint pattie.

Herhsey products to boycott include: Almond Joy, Hershey's Bake Shoppe, Breathsavers mints, Bubble Yum, Cacao Reserve by hershey's, Cadbury chocolates, Hershey's chocolate Milk Mix, Hershey's cocoa, Hershey's hot cocoa mix, Hershey's Cookies, La Dulceria Thalia, Hershey's Extra Dark, Reese's Fast Break, 5th Avenue, Good & Plenty, Hershey's Mini Kisses Cookies, Hershey's Sticks, Heath toffee bar, Hershey's Bake Shoppe, Hershey's Brownies, Hershey's chocolate bar, Hershey's chocolate milk mix, Herhsey's cocoa, Hershey's Cookies, Hershey's dessert toppings, Hershey's Extra Dark, Hershey's hot cocoa mix, Hershey's Mini Kisses Cookies, Herhsey's Pot of Gold, Herhsey's Really Nuts, Hershey's Sandwich Cookies, Snacksters, Hershey's Syrup, Ice Breakers chewing gum, Ice Breakers Liquid Ice mints, Ice Breakers mints, Jolly Rancher fruit chews candy, Jolly Rancher gummies candies, Jolly Rancher hard candy, Jolly Rancher jelly beans, Jolly Rancher lollipops, Jolly Rancher Screaming Sours candies, Kissables, hershey's Kisses, Kit Kat wafer bar, Krackel chocolate bar, Mauna Loa, Milk Duds candy, Hershey's Miniatures, Mounds candy bar, Mounds sweetened coconut flakes, Mr. Goodbar chocolate bar, Hershey's Nuggets, Reese's Nutrageous candy bar, 100 Calorie Bars, Hershey's Sticks, Payday peanut caramel bar, Hershey's Pot of Gold, Hershey's Really Nuts, Hershey's Brownies, Reese's Fast Break, Reese's Nutrageous candy bar, Reese's peanut butter, Reese's peanut butter cups, Rese's Pieces candy, Hershey's Sandwich Cookies, Reesesticks wafer bars, Rolo caramels in milk chocolate, Hershey's S'Mores, Skor toffee bar, Snack Barz, Snacksters, Special Dark, Hershey's Sugar Free candy, Hershey's Sweet & Salty granola bars, Hershey's Symphony, Hershey's Syrup, Take 5 candy bar, La Dulceria Thalia, Hershey's desert toppings, Twizzlers candy, Twizzlers cherry bites candies, Twizzlers Nibs candy, Twizzlers Twerpz candy, Whatchamacallit candy bar, Whoopers malted milk balls, York peppermint pattie, Zagnut candy bar, and Zero candy bar.

Let's put Hershey's out of business.

## botanical information:

Chocolate comes from cacao beans. Cacao beans are the seeds of the cacao tree.

## origin:

**Origin:** Mexico and Central America.

## history:

**History:** The Aztecs and the Mayans had the first cacao plantations.

## nutritional information:

Chocolate is a source of copper.

An Aztec drink called *chocolati* was made by mixing crushed cacao beans and water. Chili peppers and vanilla were sometimes added for flavoring. Montezuma II (emperor of the Aztecs from 1502 to 1520) drank chocolati from golden goblets. He said "It is the divine drink that builds up resistance and fights fatigue. A cup of this precious drink permits a man to walk for a whole day without food."

Europeans added cane sugar to make modern chocolate.

*Mole poblano* is a common Mexican sauce made from cacao and chiles and used on chicken and turkey. This sauce was created by nuns at the convent of Santa Rosa in Puebla, Mexico, in the 17th century.

**cautions and contraindications:**

**Cautions and contraindications:** Chocolate (especially dark chocolate) should never be fed to cats or dogs.

## clam

Clam is seafood shellfish and therefore an animal product.

**nutritional information:**

Clams are a source of protein, calcium, iodine, and iron.

**Chinese herbalism:**

**Chinese gender:** yin (cool)

**Chinese flavor:** salty

**cautions and contraindications:**

**Cautions and contraindications:** You want to reduce or eliminate clams from your diet.

See also: shellfish



## cocoa

Cocoa is derived from a plant.

**botanical information:**

**Botanical name:** *Theobroma cacao*

**Common name:** cacao, cocoa

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

Chocolate comes from cacao beans. Cacao beans are the seeds of the cacao tree.

**origin:**

**Origin:** Mexico and Central America.



Cocoa must be grown within 20 degrees of the Equator. Most of the world's cocoa is now grown in Africa.

### history:

**History:** The Aztecs and the Mayans had the first cacao plantations.

### nutritional information:

Cocoa is a source of iron.



See also: chocolate.

## coffee

Coffee is an herb.

### botanical information:

**Botanical name:** *Coffea* spp.

**Common name:** coffee



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### nutritional information:

Caffeine is a stimulant. Caffeine increases the production of the stress hormone cortisol. Increased production of cortisol weakens the immune system.

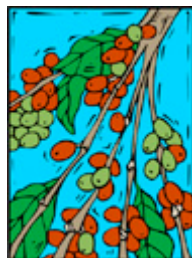
You want to reduce or eliminate coffee from your diet. It is healthy to reduce the intake of coffee to no more than one cup a day. Even better to reduce to no more than a single cup a week or eliminate coffee drinking entirely.

If you currently drink lots of coffee, it is best to slowly reduce your intake of coffee rather than stopping abruptly. Only those in good health should stop drinking coffee suddenly.

While reducing your coffee consumption, you should probably reward yourself with the best quality coffee you can reasonably afford.

## Chinese herbalism:

**Chinese:** strongly yin



## magickal correspondences and uses:

**Western element:** fire

**Magickal uses:** Drink coffee to stimulate alertness and conscious mind.

**Ritual uses:** Coffee is used in hospitality rituals.

## corn

Corn is a vegetable and a grain.

## botanical information:

**Botanical name:** *Zea mays*

**Common name:** corn

**British name:** maize

**French name:** maïs

**German name:** Mais

**Italian name:** granturco, mais

**Spanish name:** maíz

**Vietnamese name:** ngô





Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### **origin:**

**Origin:** Highlands of Mexico. Discovered approximately 1225 B.C.E.

### **history:**

**History:** Prior to Columbus there were approximately 300 varieties of corn growing in North America. By the year 2000 only 16 varieties of corn accounted for more than 70% of the corn being grown in the United States.

Prior to the invention of toilet paper, used corn cobs were used to wipe the ass. Hence, the term “corn hole”.

### **nutritional information:**

Americans eat an average of 42 pounds of high fructose corn syrup a year. Corn is used to create most junk food (including the sweetener for soda and candy).

### **Chinese herbalism:**

**Chinese gender:** neutral

### **cautions and contraindications:**

**Cautions and contraindications:** Corn silk and corn seeds are believed to be **safe**.

### **seeds:**



Sugar Dots HB Corn  
available from:



LandscapeUSA.com

## **crab**

Crab is seafood shellfish and therefore an animal product.

### **nutritional information:**

Crab is a source of protein, calcium, iodine, and iron.



**Chinese herbalism:****Chinese gender:** yin (cool)**Chinese flavor:** salty and slightly sweet**cautions and contraindications:****Cautions and contraindications:** You want to reduce or eliminate crab from your diet.

See also: shellfish

## cranberry

Cranberries are a fruit.

**botanical information:****Botanical name:** *Vaccinium macrocarpon***Common name:** cranberry

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

**nutritional information:**

Cranberry juice helps prevent urinary problems.

**magickal correspondences and uses:****Western element (as juice):** water**Western element (as berry):** fire**Magickal uses of cranberry juice:** protection**Ritual uses of cranberry juice:** Sacred to Marjatta**Ritual uses of cranberries and cranberry juice:** Yule or Winter Solstice**deities associated with cranberry:**

- Marjatta (Finnish Goddess)

**cautions and contraindications:**

**Cautions and contraindications:** Safe for use during pregnancy and breast-feeding. Those with family or individual history of calcium-oxalate kidney stones should avoid long term use of cranberry supplements.



## cucumber

Cucumber is a vegetable.

### botanical information:

**Botanical name:** *Cucumis sativus*

**Common name:** cucumber

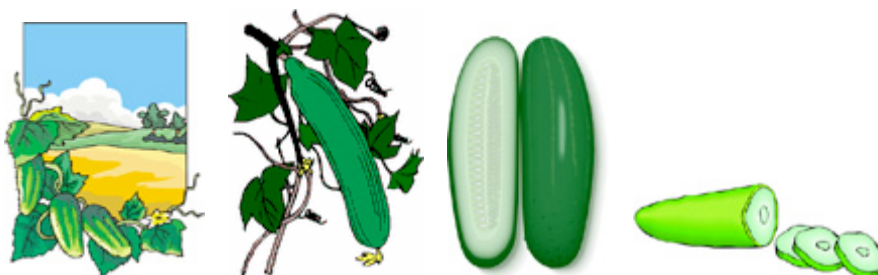


Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### Chinese herbalism:

**Chinese gender:** yin (cool)

**Chinese flavor:** slightly sweet and bland



### cautions and contraindications:

**Cautions and contraindications:** Cucumber is believed to be **safe**.

**Non-toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that cucumber “has not been reported as having systemic effects on animals or as having intense effects on the gastrointestinal tract.” —ASPCA



### seeds:

Armenian Cucumber (left)  
Lemon Cucumber (right)  
available from:





## currant

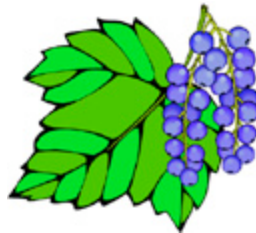
Currants are a fruit.

### botanical information:

**Botanical name:** *Ribes rubrum* (red currant) or *Ribes nigrum* (black currant); white currant is a variation of red currant

**Common name:** black currant, currant, red currant, white currant

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



### origin:

**Origin:** northern and eastern Europe.



### magickal correspondences and uses:

**Western element:** fire and water

**Magickal uses of currant:** abundance

**Ritual uses of red currant:** Fire festivals

**Ritual uses of white currant:** Winter rituals



## Daikon radish

Daikon radish is a vegetable. This long white radish originally comes from China.

### botanical information:

**Botanical name:** *Raphanus sativus*

**Common name:** Daikon radish

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### Chinese herbalism:

**Chinese gender:** yin (cool)

**Chinese flavor:** slightly pungent

See also: radish

## dairy

Dairy foods are derived from milk.



### Chinese herbalism:

**Chinese gender:** neutral (all dairy products are neutral)

**Chinese flavor:** sweet (all dairy products are sweet)

### cautions and contraindications:

**Cautions and contraindications:** You want to avoid dairy foods in your diet.

- cheese
- milk
- yogurt

## dandelion greens

Dandelion greens radish is a vegetable. See more complete article at dandelion.

### botanical information:

**Botanical name:** *Taraxacum officinale*

**Common name:** dandelion, dandelion greens

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



### Chinese herbalism:

**Chinese gender:** yin (cool)

**Chinese flavor:** bitter

### deities associated with dandelion:

- Hecate (Greek Goddess)
- Theseus (Greek Hero)

### cautions and contraindications:

**Cautions and contraindications:** Dandelion greens are believed to be **safe**.

See also: dandelion.

## eggplant

Eggplant is a vegetable.

### botanical information:

**Botanical name:** *Solanum melongena*



**Common name:** eggplant



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

**origin:**

**Origin:** India

**nutritional information:**

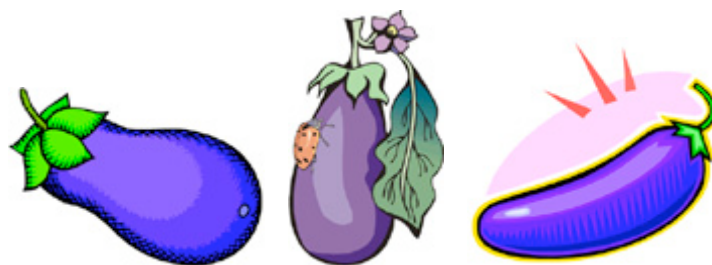
**nutritional value per 100 grams:**

- **Calories:** 20-26 calories
- **Water:** 93%
- **Proteins:** 1 gram
- **Fat:** 1 gram
- **Carbohydrates:** 6 grams
- high in Vitamin A
- high in Vitamin B1
- high in Vitamin B2
- high in Vitamin PP
- high in calcium
- high in iron
- high in niacin
- high in phosphorus
- high in potassium

**Chinese herbalism:**

**Chinese gender:** yin (cool)

**Chinese flavor:** sweet



## egg yolks

Egg yolks are an animal product.

**Chinese herbalism:**

**Chinese:** strongly yang

**cautions and contraindications:**

**Cautions and contraindications:** You want to reduce or eliminate egg yolks from your diet.

See also: chicken eggs

## endive

Endive is a vegetable.

**botanical information:**

**Botanical name:** *Cichorium endivia*

**Common name:** endive

**Belgium name:** willoof (white leaf)

**French name:** chicon, endive

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

**origin:**

**Origin:** Belgium

**history:**

**History:** The Belgian botanist Brézier developed endive from coffee chicory in Brussels in 1846.

**Chinese herbalism:**

**Chinese gender:** yin (cool)

**Chinese flavor:** slightly bitter



## gelatin

Gelatin is an animal product made by crushing animal bones.

**Chinese herbalism:**



**Chinese gender:** neutral

**Chinese flavor:** sweet

### cautions and contraindications:

**Cautions and contraindications:** You want to reduce or eliminate gelatin from your diet.

## goji berry

Goji berry is a fruit. The goji berry is the high altitude strain of the lycii berry found in the Himalayas, Nepal, and Tibet.

### botanical information:

**Botanical name:** *Lycium chinese* and *Lycium barbarum*

**Common name:** boxberry, boxthorn, Chinese matrimony-vine, Chinese wolfberry, goji berry, gojii berry, gou qi-zi, lycii berry, wolfberry

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### Chinese herbalism:

**Chinese gender:** neutral

**Chinese flavor:** slightly sweet

## grapes raisins

Grapes are a fruit.

Raisins are dried grapes.

### botanical information:

**Botanical name:** *Vitis vinifera*

**Common name:** grape

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### history:

**History:** Oatmeal raisin cookies were U.S. President Jimmy Carter's favorite kind of cookie.



## nutritional information:

Grapes are a source of iodine.

## grape seed extract

Grape seed extract.

Grape seed extract is very similar to pine bark extract as it contains a unique type of bioflavonoids called proanthocyanidins, which are synergistic with vitamin C, that is, they greatly enhance the activity of Vitamin C. In fact, some researchers believe that grape seed extract helps vitamin C enter cells, thus strengthening the cell membranes and protecting the cells from oxidative damage.

—courtesy of Austin Nutritional research

## Chinese herbalism:

**Chinese gender:** neutral

**Chinese flavor:** sweet

**Chinese flavor:** slightly sour

Verjuice is juice made from unripe grapes. Verjuice was used to add a sour taste to dishes in areas where lemon juice was unavailable.

## astrological correspondences:

**Astrological planet:** Moon



## magickal correspondences and uses:

Grapeseed oil is an excellent base oil for dilluting valuable essential oils. Pour your base oil into the sterilized glass jar. A typical amount is 1/8th of a cup of base oil.

**Western element:** water

**Magickal uses:** abundance, celebration, and joy

**Lunar spells:** Grape (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to lunar matters (compassion, dreams, family, fertility, gardening, healing, love, peace, promoting sleep, prophecy, prophetic (or psychic) dreams), psychic awareness, sleep, and spirituality). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on the Moon for a list of herbal substitutes for grape.



**Ritual uses:** Used for abundance, celebration, and joy.

**deities associated with grape:**

- Bacchus (Roman God)
- Hathor (ancient Egyptian Goddess)
- Het Heret (Kemetic Goddess)
- Iznagi (Japanese God)

**External skin care:** Grape seed oil helps hydrate the skin.

**cautions and contraindications:**

**Cautions and contraindications:** Grapes are believed to be **safe**.

## haggis

Haggis is a traditional Scottish dish of sheep lung, sheep liver, sheep heart, oatmeal, and spices cooked in a sheep stomach. Traditionally served with Scottish bagpipe music and “neeps, tatties, and nips” (mashed turnips, mashed potatoes, and nips of Scotch whiskey).

**origin:**

**Origin:** Scotland

**nutritional information:**

Haggis is a source of iron.

**cautions and contraindications:**

**Cautions and contraindications:** You want to reduce or eliminate haggis from your diet.

## hard water

Hard water is water with minerals.

**nutritional information:**

Hard water is a source of calcium.

See also: water as a magick element and water

## bee honey

Honey is an animal product made by bees.



## history:

**History:** Emperor Nero of the Roman Empire served his guests a mixture of ice and honey.



## nutritional information:

It is important to use raw, unfiltered, uncooked, unpasteurized, organic honey. The heavily processed honey sold by large food corporations is essentially candy.

It is also important to use local honey. Local honey is made from the pollen of local plants and therefore helps with immunizing for local conditions, including help in preventing local allergies.

## magickal correspondences and uses:

**Western element:** water

**Magickal uses:** attracting happiness, fertility, purification, romance

## deities associated with honey:

- Artemis (Greek Goddess)
- Ea (Babylonian God)
- Kama (Hindu God)
- Min (Kemetic/ancient Egyptian God)

# iodized salt

Iodized salt is derived from a rock.

## nutritional information:

Iodized salt is a source of iodine.

See also: iodine and salt.



# kale

Kale is a vegetable.

## botanical information:

**Botanical name:** *Brassica oleracea var. acephala*

**Common name:** kale

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



## Chinese herbalism:

**Chinese gender:** yang (warm)

**Chinese flavor:** slightly bitter



## kiwi

Kiwi is a fruit.

## botanical information:

**Botanical name:** *Actinidia chinensis*



**Common name:** Chinese gooseberry, kiwi fruit [NOTE: The fruit was named for the national bird of New Zealand, but an increasing number of New Zealanders find the name of the fruit insulting.]

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

**Varieties:** There are ten varieties of kiwi fruit. The famous one is the large, egg-sized, sweet, green kiwi. The common gold kiwi is also sometimes available, and is smaller and sweeter than the green kiwi, with a bronze skin and a bright yellow fruit inside.

## origin:

**Origin:** New Zealand.

## nutritional information:

Kiwis are an excellent source of vitamin C.

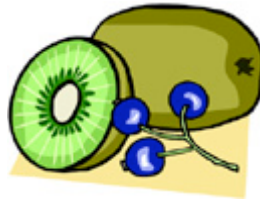
## nutritional value per kiwi (1 medium kiwi of 76 grams):

- **Calories:** 46 calories
- **Proteins:** 0.75 grams
- **Carbohydrates:** 11.3 gram
- **Fat:** 0.33 grams
- **Fiber:** 2.6 grams
- **Vitamin C:** 74.5 milligrams
- high in Vitamin C

## magickal correspondences and uses:

**Western element:** water

**Magickal uses:** innocent love, relaxation



kiwi fruit and berries

### **cautions and contraindications:**

**Cautions and contraindications:** Kiwi fruit can trigger a food allergy that can lead to acute pancreatitis.

## **lamb**

Lamb is an animal.

### **Chinese herbalism:**

**Chinese gender:** yang (warm)

**Chinese flavor:** sweet

### **cautions and contraindications:**

**Cautions and contraindications:** You want to reduce or eliminate lamb from your diet.

## **leek**

Leek is a vegetable.

### **botanical information:**

**Botanical name:** *Allium ampeloprasum* or *Allium porrum*

**Common name:** leek

**French name:** poireau



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### **origin:**

**Origin:** Asia

## history:

**History:** Leeks were popular in ancient Egypt.

## nutritional information:

### nutritional value per 100 grams:

- **Calories:** 43 calories
- **Water:** 85%
- **Proteins:** 2.2 grams
- **Fat:** 0.3 grams
- **Carbohydrates:** 12 grams
- high in folic acid
- high in iron
- high in potassium

Boiled leeks are high in manganese, vitamin C, iron, folate, and vitamin B6 (pyridoxine), while being low in calories.

When eaten raw the leek also contains calcium, copper, magnesium, Vitamin B6, and Vitamin C.

## Chinese herbalism:

**Chinese gender:** yang (warm)

**Chinese flavor:** slightly pungent



## cautions and contraindications:

**Cautions and contraindications:** Leek is believed to be **safe**.

# lentils

Lentils are a vegetable.





### botanical information:

**Botanical name:** *Lens culinaris* or *Lens esculenta*

**Common name:** lentil

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### origin:

**Origin:** Mediterranean

### history:

**History:** Lentils have been found in Egyptian tombs from 2200 B.C.E. and have been cultivated at least 8,000 years.

### nutritional information:

Lentils have the most protein, iron, and Vitamin B2 and the least fat of any legume.

Lentils are a protein-rich food and an important source of amino acids.

Lentils are a source of copper and iron.



## lettuce

Lettuce is a vegetable. There are four main kinds of lettuce: crisphead, butterhead, romaine (or cos), and leaf. There are a huge number of varieties of each kind.

### botanical information:

**Botanical name:** *Lactuca sativa* var. *capitata*





**Common name:** lettuce

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

**nutritional information:**

Lettuce is a source of calcium, copper, iodine, and iron.

**Chinese herbalism:**

**Chinese gender:** neutral



**kinds of lettuce**

- butterhead
- crisphead
- leaf
- Romaine lettuce

**deities associated with lettuce:**

- Min (Kemetic/ancient Egyptian God)

Ancient Egyptian men rubbed lettuce juice into their hair to prevent baldness (a cure that did not work).

**cautions and contraindications:**

**Cautions and contraindications:** Lettuce is believed to be **safe**.

**lettuce seeds:**



## lotus root

Lotus root is a vegetable.

### botanical information:

**Botanical name:** *Nelumbo nucifera*

**Common name:** lotus, lotus root

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### Chinese herbalism:

**Chinese gender:** yin (cool)

**Chinese flavor:** slightly sweet



See also: lotus.

**lycii berry**  
**lycium fruit**  
**Chinese wolfberry**

Lycii berry is a berry and lycium fruit is a fruit. The goji berry is the high altitude strain found in the Himalayas, Nepal, and Tibet. Also called Chinese wolfberry.

### botanical information:

**Botanical name:** *Lycium chinese* and *Lycium barbarum*

**Botanical name:** for Lycium Fruit is *Lycium barbarum*

**Common name:** boxberry, boxthorn, Chinese matrimony-vine, Chinese wolfberry, goji berry, gojii berry, gouqizi, gou qi-zi, lycii berry, wolfberry

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### Chinese herbalism:

**Chinese gender:** Lycii berry is neutral

**Chinese flavor:** Lycii berry is slightly sweet

**Chinese gender:** Lycium fruit is yang (warm)

**Chinese flavor:** Lycium fruit is slightly sweet

## meat

Meat is an animal product.

### nutritional information:

Meat is a source of iodine, iron, and protein.

### Chinese herbalism:

**Chinese:** strongly yang

### cautions and contraindications:

**Cautions and contraindications:** You want to reduce or eliminate meat from your diet.

- beef
- gelatin
- haggis
- lamb
- preserved meat
- offal



## milk

Milk is an animal product.

### **nutritional information:**

If you drink milk, make sure that you drink organic milk.

Milk is a source of calcium, iodine, and proteins.



Exposure to UV light causes mammals to produce vitamin D. Wisconsin researchers in the early 1900s discovered that exposing food to UV light will create a previtamin that the body converts to vitamin D. In 1924 bread and milk were irradiated with UV light throughout the U.S., a practice that continued until researchers discovered how to create vitamin D in the laboratory, leading to fortification of milk with synthetic vitamin D.

One cup of milk has 0.9 milligrams of zinc, which is 6% of the U.S. Recommended Daily Value, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>.

### **Chinese herbalism:**

**Chinese gender:** neutral (all dairy products are neutral)

**Chinese flavor:** sweet (all dairy products are sweet)

### **magickal correspondences and uses:**

**Western element:** water

**Magickal uses:** lunar energy, maternal instincts

**Ritual uses:** Goddess rituals

### **deities associated with milk:**

- Hathor/Het Heret (Egyptian Goddess/Kemetic Neteru)
- Isis/Aset (Egyptian Goddess/Kemetic Neteru)
- Zeus (Greek God)
- almost any mother Goddess

### **cautions and contraindications:**

**Cautions and contraindications:** You want to reduce or eliminate milk and dairy products from your diet.

See also: dairy foods.

## **millet**

Millet is a grain.



## botanical information:

**Botanical name:** many varieties:

Millet, bajra *Pennisetum americanum*

Millet, bulrush *Pennisetum americanum*

Millet, finger *Eleusine coracana*

Millet, foxtail *Setaria italica*

Millet, Japanese *Echinochloa esculenta*

Millet, pearl (bajra, bulrush) *Pennisetum americanum*

Millet, proso *Panicum miliaceum*

**Common name:** millet

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## Chinese herbalism:

**Chinese gender:** yin (cool)

**Chinese flavor:** sweet



See also: whole grains

# mint

Mint is an herb. There are many varieties of mint. If not otherwise specified, mint normally means spearmint.

## botanical information:

**Botanical name:** varies by variety of mint



**Botanical name:** SPEARMINT: *Mentha spicata*



**Common name:** mint

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### **mints:**

- bergamot mint
- calamint
- peppermint
- spearmint

### **magickal correspondences and uses:**

**Western element:** air

**Magickal uses:** blessing, passion, prosperity, revitalization, success

**Ritual uses:** associated with Pluto.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### **deities associated with mint:**

- Pluto (Roman God)

### **mints:**

- bergamot mint
- calamint
- peppermint
- spearmint

## **molasses**

Molasses is derived from plants, especially sugar cane.

### **history:**

**History:** Molasses was imported to Boston from Jamaica and other Caribbean islands prior to the American Revolution because it was the primary ingredient for making rum, the most popular alcoholic beverage in the English colonies. At the start of the American Revolution, the British navy cut off all supplies of molasses. Irish and Scotch immigrants filled the alcohol void by greatly increasing their production of whiskey (including bourbon and scotch). George Washington declared whiskey as the patriotic drink. Prior to the American Revolution, George Washington made beer from molasses.

### **nutritional information:**

Molasses is a source of calcium and iron.

## mustard greens

Mustard greens are a vegetable.

### botanical information:

**Botanical name:** *Brassica nigra* or *Sinapis alba*

**Common name:** mustard, mustard greens

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### Chinese herbalism:

**Chinese gender:** yang (warm)

**Chinese flavor:** slightly pungent

See also: mustard.

## nuts

Nuts are a vegetable.

### nutritional information:

Indigenous peoples who eat diets high in nuts tend to live an average of two to four years more than peoples who don't. This effect may be the result of other factors, particularly the lack of junk food.



Nuts are a protein-rich food and an important source of amino acids.

Nuts are a source of calcium, copper, iron.

Nuts help keep the liver clean and healthy.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### cautions and contraindications:

**Cautions and contraindications:** Some persons have severe (even deadly) reactions to nuts. Even cooking different meals in the same kitchen could result in a reaction.

## nuts

- acorn
- almond
- cashew
- chestnut
- pecan
- walnut

## oats, oat

Oat is a cereal grain and oats are the seeds of this plant.

### botanical information:

**Botanical name:** *Avena* spp. (approximately 30 species)

**Common name:** oat, oats



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### history:

**History:** Oatmeal raisin cookies were U.S. President Jimmy Carter's favorite kind of cookie.

### nutritional information:

On epacket of low sodium instant oatmeal has 0.8 milligrams of zinc, which is 6% of the U.S. Recommended Daily Value, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>.

### Chinese herbalism:

**Chinese gender:** slightly yang (slightly warm)

**Chinese flavor:** sweet

**External skin care:** Oatmeal dries out the skin and is excellent for combatting acne.

### cautions and contraindications:

**Cautions and contraindications:** Oat is believed to be **safe**.

See also: whole grains

## offal



Offal is the organ meat from animals.

### **nutritional information:**

Offal is a source of calcium, chromium, and iodine, and iron.

### **Chinese herbalism:**

**Chinese:** strongly yang

### **cautions and contraindications:**

**Cautions and contraindications:** You want to reduce or eliminate offal from your diet.

See also meat

**Origin:** West Africa

## **onion**

Onion is a vegetable. The onion was one of the most popular foods in ancient Egypt (Kemet).



### **botanical information:**

**Botanical name:** *Allium cepa*

**Common name:** onion

**French name:** oignon

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### **origin:**

**Origin:** Asia

### **history:**

**History:** Onions and garlic were fed to 100,000 laborers (*not* slaves) who worked on the Great Pyramid of Khufu (Cheops).

**History:** Onion was one of the ingredients mentioned in the Eber's Papyrus. The Eber's Papyrus (from between 1600 B.C.E. and 1550 B.C.E.), was discovered by German Egyptologist Georg Ebers in 1874 C.E.. The Eber's Papyrus is the oldest known complete medical textbook in existence. Most scholars believe that it is copy of a much earlier text, probably from around 3100 B.C.E. The Eber's Papyrus includes information on surgery and internal medicine, including a list of more than 800 drugs.

### **nutritional information:**

### nutritional value per 100 grams:

- **Calories:** 28-36 calories
- **Proteins:** 1 gram
- **Fat:** trace
- **Carbohydrates:** 7 grams
- high in calcium
- high in folic acid
- high in potassium
- high in selenium
- high in sulfur

### Chinese herbalism:

**Chinese gender:** yang (warm)

**Chinese flavor:** pungent



### cautions and contraindications:

**Cautions and contraindications:** Onion is believed to be **safe**.

**Toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that onion “has been reported as having systemic effects on animals and/or intense effects on the gastrointestinal tract.” —ASPCA



## oyster

Oysters are an animal and a kind of seafood.

### nutritional information:



“Oysters contain more zinc per serving than any other food”, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>.



Six oysters have 16.0 milligrams of zinc, which is 100% of the U.S. Recommended Daily Value, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>.

### Chinese herbalism:

**Chinese gender:** neutral

**Chinese flavor:** sweet and slightly salty

See also: shellfish

## parsley

Parsley is a vegetable.

### botanical information:

**Botanical name:** *Petroselinum sativum*

**Common name:** parsley



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### nutritional information:

Parsley is a source of calcium, copper, and iron.

Parsley is chlorophyll rich and helps in detoxification (including helping to remove heavy metals). Parsley helps alkalize the body and is a synergistic tonic for digestion. Parsley is an excellent source of vitamins and minerals.

### Chinese herbalism:

**Chinese gender:** slightly yang (slightly warm)

**Chinese flavor:** pungent



## magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## parsnips

Parsnips are a vegetable.

### botanical information:

**Botanical name:** *Pastinaca sativa*

**Common name:** parsnip



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

Parsnips are considered a winter vegetable because the flavor is not fully developed until the roots have been exposed to near freezing temperatures for two to four weeks in the fall or early winter.

### nutritional information:

The starch in parsnip root changes into sugar, giving the vegetable its strong, sweet taste.

Parsnips are a source of calcium.



### cautions and contraindications:

Wild parsnip (*Pastinaca sativa*) can cause redness and blisters on exposed skin. A chemical in the juices of wild parsnip's green leaves, stems, and fruits (furocoumarins, a kind of psoralen) can cause intense, localized burns triggered by sunlight (called phyto-photo-dermatitis). Ultraviolet light (even from a cloudy day) can cause furocoumarins in the skin to bind to the nuclear DNA and cell membranes, destroying cells and skin tissue. Moisture from sweating speeds the process. Large blisters can appear a day or two later. Animals with light colored skin and little fur can also be burned. Skin is discolored to a dark red or brown and this hyper-pigmentation can last for up to two years. Parsnip burns often appear as streaks and long spots. Treat parsnip burns by covering the area with a cool, wet cloth. Keep blisters from rupturing as long as possible. See a doctor if you experience extensive blistering. Wild parsnip is originally from Europe and Asia and is not native to North America. The plant is now common in North America both in large patches and as scattered plants, where it often drives out native plants. For more information, see Burned by wild parsnip at <http://www.wnrmag.com/stories/1999/jun99/parsnip.htm> by David J. Eagan.

# passion fruit

Passion fruit are a fruit from a vine.

## botanical information:

**Botanical name:** *Passiflora edulis*

**Common name:** passion fruit



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## origin:

**Origin:** Argentina, Brazil, Paraguay

Parsnips are considered a winter vegetable because the flavor is not fully developed until the roots have been exposed to near freezing temperatures for two to four weeks in the fall or early winter.

## magickal correspondences and uses:

**Western element:** water

**Magickal uses:** friendship, passion, peace, romance

# peas

Peas are a kind of pulse.

## botanical information:

**Botanical name:** *Pisum sativum*

**Common name:** pea

**French name:** pois vert



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## nutritional information:

Peas are a starch-rich food and an important source of carbohydrates.

Peas are a protein-rich food and an important source of amino acids.

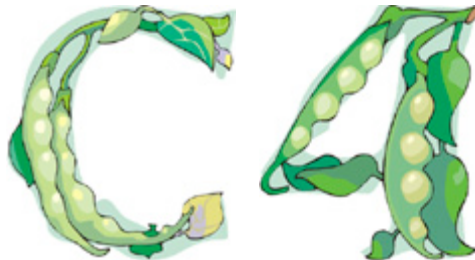
Peas are a source of calcium, copper, iron, and zinc.



One -half cup of boiled green peas has 0.8 milligrams of zinc, which is 6% of the U.S. Recommended Daily Value, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>.

### Chinese herbalism:

**Chinese gender:** neutral



## peanuts

Peanuts are a vegetable.

### botanical information:

**Botanical name:** *Arachis hypogaea*

**Common name:** groundnut, peanut



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### nutritional information:

Peanuts are a source of iodine and iron.



# pineapple

Pineapple is a fruit.

## botanical information:

**Botanical name:** *Ananas comosus*

**Common name:** pineapple



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## nutritional information:

Pineapple is a source of iodine.

## Chinese herbalism:

**Chinese gender:** yang (warm)

**Chinese flavor:** slightly sour

## magickal correspondences and uses:

**Western element:** fire

**Magickal uses:** dedication, follow-through, good fortune, hospitality, prosperity, safety

## cautions and contraindications:

**Cautions and contraindications:** Pineapple is believed to be **safe**.

# pomegranate

Pomegranate is a fruit.

## botanical information:

**Botanical name:** *Punica granatum*

**Common name:** pomegranate



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## magickal correspondences and uses:

**Western element:** fire

**Magickal uses:** creative vision, creativity, inventiveness, prosperity

**Magickal substitutions:** Pomegranate may be used as a substitute in old spells that call for blood.

**Ritual uses:** Pomegranate was used in ancient Greece at weddings and for New Year because pomegranate was associated with fertility.

**deities associated with pomegranate:**

- Ceres (Roman Goddess)
- Demeter (Greek Goddess)
- Dionysus (Greek God)
- Persephone (Greek Goddess)

## pork

Pork is from pigs, an animal.

**nutritional information:**

Three ounces of cooked lean only pork shoulder arm picnic have 4.2 milligrams of zinc, which is 30% of the U.S. Recommended Daily Value, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>.



Three ounces of cooked lean only pork tenderloin have 2.5 milligrams of zinc, which is 15% of the U.S. Recommended Daily Value, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>.

Three ounces of cooked lean only sirloin roast pork loin have 2.2 milligrams of zinc, which is 15% of the U.S. Recommended Daily Value, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>.

**Chinese herbalism:**

**Chinese gender:** yin (cool)

**Chinese flavor:** sweet

**cautions and contraindications:**

**Cautions and contraindications:** You want to reduce or eliminate pork from your diet.





## potatoes

Potatoes are a vegetable.

### botanical information:

**Botanical name:** *Solanum tuberosum*

**Common name:** potato

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### origin:

**Origin:** South America.

### nutritional information:

Potatoes are a protein-rich food and an important source of amino acids.

### Chinese herbalism:

**Chinese gender:** yin (cool)

### care and storing:

**Care:** Store potatoes in a dark, well-ventilated area. Do not store inside plastic bags. The storage temperature should be between 45 and 50 degrees Fahrenheit (or 7 to 10 degrees Celsius).

Do *not* store potatoes in a refrigerator. The potato starch will convert to sugar, adversely changing the flavor and color of the potato.

### magickal correspondences and uses:

**Western element:** earth

**Elemental uses:** Use potato in earth-centered magick.

**Grounding:** Use potato in to ground excess energy.

**Magickal uses:** health , money



**Money spell:** A magick spell for prosperity is to carve a money sign into the skin of a potato before baking it. This money sign can be any monetary sign (ancient or modern). See the article on money spells for money signs from various cultures.



### deities associated with potato:

- Potato Mother (Peruvian Goddess)

## preserved meat

Preserved meat is an animal product.

### nutritional information:

Preserved meat is harmful to the liver and therefore should be reduced or eliminated from your diet.

Preserved meat is a source of protein.

### Chinese herbalism:

**Chinese:** strongly yang

### cautions and contraindications:

**Cautions and contraindications:** You want to reduce or eliminate preserved meat from your diet.

See also meat and offal

## pulses

Pulses include peas and beans.

### nutritional information:

Pulses are a starch-rich food and an important source of carbohydrates.

Pulses are a protein-rich food and an important source of amino acids.

### pulses

- beans
- peas
- soya beans

## pumpkin

Pumpkin is a vegetable, a kind of squash.

### botanical information:

**Botanical name:** *Cucurbita* spp. (more than 25 species)

**Common name:** pumpkin

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

Pumpkin is a squash.

### Chinese herbalism:

**Chinese gender:** yin (cool)

**External skin care:** Beta carotenes (found in orange fruits and vegetables, such as melons, carrots, and pumpkins) are an anti-oxidant and help reduce skin daamagae caused by exposure to the sun and pollutants.

See also: squash.



## radish

Radish is a vegetable of the Cruciferae (*Brassicaceae*) or mustard family.

The main types of radishes are: globe, oval, oblong, long, and Daikon (or long white).

### botanical information:

**Botanical name:** *Raphanus sativus*

**Common name:** radish

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### Chinese herbalism:

**Chinese gender:** yin (cool)

### cautions and contraindications:



**Cautions and contraindications:** Radish root is believed to be **safe**.

**Cautions and contraindications:** Radish greens are believed to be **safe** when cooked.

See also: Daikon radish.

## raspberry

Raspberries are a fruit.

### botanical information:

**Botanical name:** *Rubus idaeus* or *Rubus strigosus*

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

**Common name:** Bramble of Mount Ida, raspberry, raspbis hindberry

**Danish name:** hindebar

**Dutch name:** braamboss

**German name:** hindbur

**Saxon name:** hindbeer

### Chinese herbalism:

**Chinese gender:** slightly yang (warm)

**Chinese flavor:** sweet and sour

### cautions and contraindications:

**Cautions and contraindications:** Raspberries is believed to be **safe**.



## refined flour

Refined flour is derived from grains or other plants.



Refined flour differs from whole grains because the highly nutritious husk is removed, leaving behind a fine white powder.

### **nutritional information:**

Within minutes of eating, most of refined flour turns into glucose (pure sugar) in the stomach, resulting in a “sugar rush”, building up unwanted fat, and possibly leading eventually to diabetes. Whole grains do not have this problem.



### **cautions and contraindications:**

**Cautions and contraindications:** You want to reduce or eliminate refined flour from your diet.

Refined sugar depletes nutritional reserves, weakens the immune system, and generally weakens the health of the body.

Refined flour is harmful to the liver and therefore should be reduced or eliminated from your diet.

## **refined sugar**

Refined sugar is derived from plants.

### **nutritional information:**

Sugar is a preservative. Sugar is added to jams and jellies to help preserve the fruits. Sugar is added to animal lard in twinkies to give the multi-decade shelf-life (the cream filling of twinkies is just animal lard mixed with sugar).



### **Chinese herbalism:**

**Chinese:** strongly yin

### **cautions and contraindications:**

**Cautions and contraindications:** You want to reduce or eliminate refined sugars from your diet.

Refined sugar is harmful to the liver and therefore should be reduced or eliminated from your diet.

Refined sugar depletes nutritional reserves, weakens the immune system, and generally weakens the health of the body.

# rhubarb

Rhubarb is a vegetable.

## botanical information:

**Botanical name:** *Rheum* spp.

**Common name:** rhubarb



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## magickal correspondences and uses:

**Western element:** earth

**Magickal uses:** devotion, faithfulness, protection, well-being

# rice

**Brown rice** is the wholegrain of unpolished rice. The outer shell, filled with nutrients, gives it the distinctive brown color. Polishing rice removes the germ and the yellowish-brown outer layers (which contain the bran).

**White rice** is rice with the nutritious outer hull removed by polishing, giving it the distinctive white color. There are still some nutrients (in particular starch), but most of the valuable nutrients have been removed. White rice is fluffier than brown rice.



## botanical information:

**Botanical name:** *Oryza sativa* or *Oryza glaberrima*

**Common name:** brown rice, rice, white rice

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



**Wild rice** isn't actually a rice, but is similar to brown rice in look, texture, taste, and nutrients.

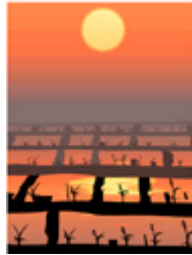
**history:**

**History:** By 1000 B.C.E. the Chinese were distilling rice wine.

**nutritional information:**

Wholegrain rice is a source of iron.

See also: brown rice, wild rice, sweet rice.

**Chinese herbalism:**

The Chinese viewed rice as the most neutral and balanced of all foods.

**Chinese gender:** neutral

**Chinese flavor:** sweet

Sweet rice is slightly warm and sweet.

**Buddhist customs:** In Japan, sticking chopsticks into a bowl of rice is considered a sign of the dead, based on Buddhist funeral beliefs. Similarly, passing food to another person from chopstick to chopstick is considered a sign of death.

**cautions and contraindications:**

**Cautions and contraindications:** Rice is believed to be **safe**.

Do *not* eat white rice or brown rice raw.

## Romaine lettuce

Romaine lettuce is a vegetable originally from the Aegean island of Cos (Romaine lettuce is also called Cos lettuce).

**botanical information:**

**Botanical name:** *Lacuca sativa var. capitata*

**Common name:** Romaine lettuce

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common



names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### **nutritional information:**

Lettuce is a source of calcium, copper, iodine, and iron.

### **Chinese herbalism:**

**Chinese gender:** yin (cool)

### **washing and care:**

**Care:** Refrigerate (preferably at 34°-36° F; 90-95% relative humidity) with good air circulation as soon as you get Romaine lettuce home. Keep away from ethylene-producing fruits. Discard any cut Romaine lettuce after two hours at room temperature. Wash hands with soap and water before handling raw Romaine lettuce. Wash Romaine lettuce in cool water (no soap) before use.



See also: lettuce.

## **root vegetables**

Root vegetables are any vegetables that come from the root structure of a plant.

### **nutritional information:**

Root vegetables are a starch-rich food and an important source of carbohydrates.

## **bee royal jelly**



Bee royal jelly is an insect product.

The food of the Queen bee. It is a salivary secretion of the honey bees that has been recorded as therapeutically useful in the treatment of sterility and sex organ insufficiencies: such as impotency & frigidity.

—courtesy of Austin Nutritional research



# rye

Rye is a grain.

## botanical information:

**Botanical name:** *Secale* spp.

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

**Common name:** rye



## cautions and contraindications:

**Cautions and contraindications:** Rye is believed to be **safe**.



Rye. — 1, the plant; 2, the spike; a, a spikelet; b, the empty glumes; c, the flowering glume; d, the palea; e, one of the lodicules, highly magnified.

# salt

Salt is a rock.

### history:

**History:** The Chinese invented the percussive drill (the forerunner of the rotary drill used in modern times to drill for water and oil) about 2,000 years ago to drill for salt. The original rigs were made of bamboo. Salt is essential for digestion of nutrients for any society with a high rice content in the diet. In ancient China an ounce of salt was as valuable as an ounce of gold.



### nutritional information:

You want to reduce salt in your diet.

### Chinese herbalism:

**Chinese:** strongly yang

See also salty and iodized salt.

## scallion

Scallion is a vegetable. Scallion is a young onion before the development of a bulb.

### Chinese herbalism:

**Chinese gender:** strongly yang (hot)

**Chinese flavor:** pungent



## seaweed

Seaweed is a vegetable.

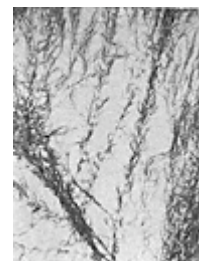
### nutritional information:

Seaweed is a source of calcium, copper, and iron.

### Chinese herbalism:

**Chinese gender:** strongly yin (cold)

**Chinese flavor:** salty



## seeds

Seeds are an herb.

**nutritional information:**

Seeds are a protein-rich food and an important source of amino acids.

Seeds are a source of calcium.

Seeds help keep the liver clean and healthy.

**magickal correspondences and uses:**

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

See also: sunflower seeds

## shellfish

Shellfish are an animal product.

**nutritional information:**

Shellfish are a source of calcium, iodine, and iron.

**cautions and contraindications:**

**Cautions and contraindications:** You want to reduce or eliminate shellfish from your diet.

- clam
- crab
- oyster

## shrimp

Shrimp are an animal and a kind of seafood.

**Chinese herbalism:**

**Chinese gender:** yang (warm)

**Chinese flavor:** sweet



## soya beans

Soya beans are a kind of pulse.

**botanical information:**

**Botanical name:** *Glycine max*

**Common name:** soy bean, soya bean

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

**nutritional information:**

Soya beans are a protein-rich food and an important source of amino acids.

Soya beans are a source of calcium and iron.

Soyabeans help keep the liver clean and healthy.

Tofu is soybean curd.

**Chinese herbalism:**

**Chinese gender:** yin (cool)

See also soy bean sprouts, tofu, and beans

## soy bean sprouts

Soya beans are a kind of pulse.

**botanical information:**

**Botanical name:** *Glycine max*

**Common name:** soy bean, soya bean

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

**nutritional information:**

Soya beans are a protein-rich food and an important source of amino acids.

Soya beans are a source of calcium and iron.

Soyabeans help keep the liver clean and healthy.

**Chinese herbalism:**

**Chinese gender:** yin (cool)

See also soya beans, tofu, and beans

# spinach

Spinach is a leaf vegetable.

## botanical information:

**Botanical name:** *Spinacia oleracea*

**Common name:** spinach



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## origin:

**Origin:** Spinach was first cultivated in Persia (now called Iran). The Chinese refer to spinach as the herb of Persia. Spinach was introduced into northern Africa through Syria and Arabia. In 1100 the Moors introduced spinach to Spain, where it spread through Europe. Spinach is now grown in most temperate regions of the world.



## nutritional information:

Spinach is a source of calcium, copper, iodine, and iron.

Spinach has about twice the amount of iron per serving as other iron-rich green vegetables. Iron enters the body as either heme iron or nonheme iron. All of the iron in plants is nonheme iron, which absorbs into the body slowly. Mixing vitamin C with spinach can increase iron absorption. Only about 10% of the iron in spinach gets absorbed into the human body. Because spinach has a high levels of oxalate, it can actually remove iron from the body.

Spinach has a great deal of calcium, but the human body can only absorb 5% of the calcium in spinach (as contrasted with being able to absorb half of the calcium from broccoli). The high oxalate content of spinach decreases the absorption of calcium. Oxalate can contribute to gout and kidney stones, especially if combined with excessive vitamin D.

Fresh, steamed, or quickly boiled spinach is high in vitamin A, vitamin C, vitamin E, and several vital antioxidants. Spinach is a source of folic acid (and was the source of the first purified form of folic acid). Boiling spinach destroys the folic acid. A half cup of spinach has about one half the recommended daily supply of beta carotene.



Eating a half-pound of strawberries or spinach has as much antioxidant effect as high doses of vitamin C, helping the body defuse oxygen radicals that can damage cells, as reported by Ronald L. Prior and Guochua Cao of the USDA Human Nutrition Research Center on Aging at Tufts University

in Boston, Mass. Women were fed juice made from strawberry and spinach extracts from 8 to 10 ounces of fresh produce. Drinking red wine increased the antioxidants circulating the blood by 15%. Drinking the strawberry or spinach juice or 1,250 milligrams of Vitamin C resulted in a 20% increase.

Spinach helps keep the liver clean and healthy.

### **Chinese herbalism:**

**Chinese gender:** yin (cool)

**Chinese flavor:** sweet

According to some jazz musicians, Popeye the Sailor Man eating spinach with a pipe was a metaphor for a guy smoking cannabis in order to win the love of a woman (Olive Oyl). Olive Oyl also stood for small family farmer and Bluto stood for big business.



spinach flowering

## sprouted seeds

Sprouted seeds, or sprouts, are a vegetable.

### **nutritional information:**

Sprouted seeds are a protein-rich food and an important source of amino acids.

**Planting:** You can grow sprouts in a large glass jar. Sprouts do not need sunlight to grow, and therefore can be grown in any room in the house.

### **sprouts**

- soy bean sprouts

## squash

Squash is a vegetable.

### **botanical information:**

**Botanical name:** *Cucurbita* spp. (more than 25 species)

**Common name:** squash

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

The most popular squash is zucchini. More zucchini is eaten world wide than all other kinds of squash combined!

Pumpkin is a squash.

### **origin:**

**Origin:** Summer squash was being grown in Central America by 5500 B.C.E.



### **Chinese herbalism:**



**Chinese gender:** yin (cool)

**Chinese flavor:** slightly sweet

### squashes

- pumpkin
- zucchini

### cautions and contraindications:

**Non-toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that acorn squash, banana squash, buttercup squash, butterfly squash, hubbard squash, turban squash, and zucchini squash “have not been reported as having systemic effects on animals or as having intense effects on the gastrointestinal tract.” — ASPCA

## strawberry

Strawberries are a fruit.

### botanical information:

**Botanical name:** *Fragaria* spp. (more than 30 species), especially *Fragaria vesca*

**Common name:** strawberry



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### nutritional information:

Eating a half-pound of strawberries or spinach has as much antioxidant effect as high doses of vitamin C, helping the body defuse oxygen radicals that can damage cells, as reported by Ronald L. Prior and Guochua Cao of the USDA Human Nutrition Research Center on Aging at Tufts University in Boston, Mass. Women were fed juice made from strawberry and spinach extracts from 8 to 10 ounces of fresh produce. Drinking red wine increased the antioxidants circulating the blood by 15%. Drinking the strawberry or spinach juice or 1,250 milligrams of Vitamin C resulted in a 20% increase.

### Chinese herbalism:

**Chinese gender:** yin (cool)

**Chinese flavor:** slightly sweet





### cautions and contraindications:

**Non-toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that strawberry and wild strawberry “have not been reported as having systemic effects on animals or as having intense effects on the gastrointestinal tract.” —ASPCA

## string bean

String beans are a vegetable.

### botanical information:

**Botanical name:** *Phaseolus vulgaris*

**Common name:** black bean, bush bean, French bean, green bean, kidney bean, pole bean, red bean, snap bean, string bean, stringless bean, wax bean



**French name:** haricot vert (green bean or string bean), pois mange-tout (snap bean)

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

Early pods are called string beans. Advanced green pods are snap beans and advanced yellow pods are butter beans.

### origin:

**Origin:** tropical regions of South Mexico and Central America.

### nutritional information:

#### nutritional value per 100 grams:

- **Calories:** 30-40 calories
- **Proteins:** 2 grams
- **Fat:** 0.2 grams
- **Carbohydrates:** 7 grams
- high in fibre
- good Vitamin A
- fair Vitamin C



- fair calcium
- fair niacin
- fair phosphorus
- fair potassium
- fair riboflavin
- fair thiamin

One-half cup of California red kidney beans has 0.8 milligrams of zinc, which is 6% of the U.S. Recommended Daily Value, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>.



### Chinese herbalism:

**Chinese gender:** neutral

**Chinese flavor:** slightly sweet

### magickal correspondences and uses:

**Gender:** masculine (traditional western European magickal gender)

## sunflower seeds

Sunflower seeds are an herb.

### botanical information:

**Botanical name:** *Helianthus annuus*

**Common name:** sunflower



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### nutritional information:

Sunflower seeds are a source of iron.



See also: seeds.

## sweet potato

Sweet potato is a vegetable.

### botanical information:

**Botanical name:** *Ipomoea batatas*

**Common name:** sweet potato

**French name:** patate douce, patate sucrée

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### origin:

**Origin:** Central and South America.

### nutritional information:

#### nutritional value per 100 grams:

- **Calories:** 117 calories
- **Proteins:** 2 grams
- **Fat:** 0.3 grams
- **Carbohydrates:** 27 grams
- high in Vitamin B
- high in Vitamin C
- high in calcium
- high in potassium
- high in sugars
- high in tannins

The darker the skin, the more Vitamin A.



### Chinese herbalism:

**Chinese gender:** neutral

**Chinese flavor:** sweet

## sweet rice

Sweet rice is rice and milk.

Sweet rice is also known as botan rice, Chinese sweet rice, glutinous rice, granza rice, Japanese rice, paella rice, sticky rice, and sushi rice..

Prepare sweet rice by rinsing the raw rice two to three times, until the water runs clear. Place the rinsed rice into a bowl filled with cool milk or water, approximately two to three inches above the level of the rice. Let the rice stand in the liquid for six to eight hours. Drain the rice and place it on a cheesecloth. Wrap the cheesecloth and place inside a bamboo steamer. Bring water to a boil, then place the bamboo steamer above the boiling rice (double boiling). Be certain that the boiling water doesn't actually touch the rice. Place a metal lid loosely above the rice. Steam for about 45 minutes (or until the rice is tender).

Cooked sweet rice may be stored in a refrigerator for up to one week and in a freezer for up to six months.

In Thailand it is common to dip a small ball of sticky rice in a spicy sauce.

In Japan it is common to use sticky rice to make sushi.

### **nutritional information:**

#### **nutritional value per 1 cup (200 grams) cooked:**

- **Calories:** 169 calories
- **Proteins:** 3.5 grams
- **Total Fat:** 0.33 grams
- **Carbohydrates:** 37 grams
- **Fiber:** 1.7 grams
- good source of selenium: 9.7 mcg

Rice is a source of iron and calcium.

### **Chinese herbalism:**

**Chinese gender:** slightly yang (slightly warm)

**Chinese flavor:** sweet

See also: rice.

## taro root

Taro root is a vegetable.

### **botanical information:**



**Botanical name:** *Colocasia esculenta*

**Common name:** taro, taro root



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### Chinese herbalism:

**Chinese gender:** neutral

## tea

Tea is an herb.

### botanical information:

**Botanical name:** *Camellia sinensis*

**Common name:** tea

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### nutritional information:

**Tea is good for you.**

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### kinds of tea

- black tea

**External skin care:** Green tea has anti-aging and anti-oxidant properties that help cleanse the skin.

See also: black tea.

## tofu

Tofu is soybean curd. Tofu comes in three forms: firm (which holds its shape in cooking), soft (for blending into food), and silken (smooth and custard-like).

### botanical information:

**Botanical name:** *Glycine max*



**Common name:** soy bean, soya bean, tofu

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### **nutritional information:**

Tofu tends to soak up flavors and spices, making it very versatile for a wide variety of cooking options.

Tofu is a protein-rich food and an important source of amino acids.

Tofu is a source of calcium.

Tofu is low in saturated fats and has zero cholesterol.

Add chunks of firm tofy to soups, stews, stir frys, and salads.

Lacto-vegetarians can mash firm or soft tofu into cottage cheese and add spices and herbs for a sandwich spread.

See also soya beans

## **tomato**

Tomatoes are a fruit and a vegetable.

### **botanical information:**

**Botanical name:** *Lycopersicon esculentum*

**Common name:** tomato



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### **history:**

**History:** Tomatoes were introduced into Greece in 1815.

### **nutritional information:**

Tomatoes helps keep the liver clean and healthy.

A **condiment** is a preparation to enhance the flavor or enjoyment of an herb, vegetable, or fruit. Tomato ketchup is a condiment.

### **cautions and contraindications:**

**Toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal

Poison Control Center has determined that tomato plant “has been reported as having systemic effects on animals and/or intense effects on the gastrointestinal tract.” —ASPCA

## turkey

Turkeys are an animal and a kind of poultry.

### Chinese herbalism:

**Chinese gender:** neutral

**Chinese flavor:** sweet



### cautions and contraindications:

**Cautions and contraindications:** You want to reduce or eliminate turkey from your diet.

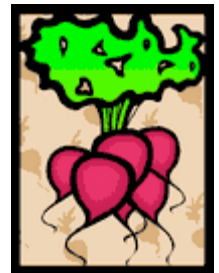
## turnip

Turnip is a vegetable.

### botanical information:

**Botanical name:** *Brassica rapa*

**Common name:** turnip



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### Chinese herbalism:

**Chinese gender:** yin (cool)

**Chinese flavor:** slightly pungent



## water

Drinking water is H<sub>2</sub>O.

**nutritional information:**

Water helps keep the liver clean and healthy.

See also: water as a magick element and hard water

## water chestnut

Water chestnut is a vegetable.

**botanical information:**

**Botanical name:** *Trapa natans*

**Common name:** water chestnut

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

**Chinese herbalism:**

**Chinese gender:** strongly yin (cold)

## watercress

Watercress is a vegetable.

**botanical information:**

**Botanical name:** *Nasturtium officinal* or *Rorippa nasturtium-aquaticum*

**Common name:** water cress

**French name:** cresson, cresson d'eau, cresson de fontaine

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

**origin:**

**Origin:** Middle East

**nutritional information:****nutritional value per 100 grams:**



- **Calories:** 32 calories
- **Proteins:** 2.6 grams
- **Fat:** 0.7 grams
- **Carbohydrates:** 5.5 grams
- high in fibre
- high in Vitamin A
- high in Vitamin B
- high in Vitamin C
- high in minerals

### Chinese herbalism:

**Chinese gender:** yin (cool)

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## watermelon

Watermelon is a melon, a kind of fruit.

### botanical information:

**Botanical name:** *Citrullus lanatus*

**Common name:** watermelon



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### origin:

**Origin:** Africa.

### nutritional information:

**Nutritional information:** Watermelon is between 87 and 92 percent water.

Note that watermelon and other melons should not be eaten at the same time as any other fruits or foods (not within a half an hour before or two hours after). Any melons can be eaten together.

Watermelon helps keep the liver clean and healthy.



## wheat

Wheat is a grain.

### botanical information:

**Botanical name:** *Triticum* spp., especially *Triticum aestivum*

**Common name:** wheat

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



### Chinese herbalism:

**Chinese gender:** yin (cool)

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### deities associated with wheat:

- Cailleach (Scottish Goddess)
- Ceres (Roman Goddess)
- Demeter (Greek Goddess)

See also: whole grains and wheat germ.

## wheatgerm

Wheat germ comes from the grain of wheat.

### nutritional information:

Wheatgerm is a source of chromium and iron.

### Chinese herbalism:

**Chinese gender:** slightly yang (slightly warm)

**Chinese flavor:** sweet

See also: octacosanol and wheat.

## whole grains

Whole grains are a grain.

### **nutritional information:**

Whole grains are a starch-rich food and an important source of carbohydrates.

Grains are a protein-rich food and an important source of amino acids.

Whole grains are a source of iodine and iron.

Whole grains help keep the liver clean and healthy.

“Phytates, which are found in whole grain breads, cereals, legumes, and other products, can decrease zinc absorption”, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>.

### **magickal correspondences and uses:**

**Western element:** earth

**Magickal uses:** good health, luck, prosperity

**Ritual uses:** Used to make beer.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### **deities associated with whole grains:**

- Demeter (Greek Goddess)
- Vishnu (Hindu God)
  
- barley
- brown rice
- buckwheat
- millet
- oats
- pearl barley
- rye
- wheat
- wild rice

## wild rice

Wild rice is a grain.

**botanical information:**

**Botanical name:** *Zizania aquatica*

**Common name:** wild rice

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

**nutritional information:**

Wild rice is a source of iron.

See also: white rice, brown rice, and whole grains.

## yam

Yam is a vegetable.

**botanical information:**

**Botanical name:** *Dioscorea* spp. (more than 120 species)

**Common name:** yam

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

**Chinese herbalism:**

**Chinese gender:** neutral

**Chinese flavor:** slightly sweet



## yogurt

Yogurt is a dairy food.

One cup of plain low fat yogurt has 2.2 milligrams of zinc, which is 15% of the U.S. Recommended Daily Value, according to the U.S. National Institutes of Health



at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>.

One cup of low fat yogurt with fruit has 1.6 milligrams of zinc, which is 10% of the U.S. Recommended Daily Value, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>.



### Chinese herbalism:

**Chinese gender:** neutral (all dairy products are neutral)

**Chinese flavor:** sweet (all dairy products are sweet)

### cautions and contraindications:

**Cautions and contraindications:** You want to avoid yogurt in your diet.

See also: dairy foods.

## zucchini

Zucchini is summer squash, a vegetable.

### botanical information:

**Botanical name:** *Cucurbita pepo*

**Common name:** courgette (parts of Europe), garden marrow, Italian squash, ong marrow, vegetable marrow (Britain), zucchini (Italy, U.S.), zucchini squash



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### origin:

**Origin:** Derived from summer squash of Central America (grown by 5500 B.C.E.). Italians in Milan developed zucchini in the late 1800s and gave it its name.

### history:

**History:** Italians in Milan developed zucchini in the late 1800s and gave it its name. Zucchini became popular among Italian immigrants in the Los Angeles area after the end of World War I. Zucchini is now more popular than all other forms of squash combined.

### nutritional information:

**Nutrition:** Zucchini is high in beta-carotene (vitamin A, a natural antioxidant), folic acid, vitamin C, and vitamin E. Minerals include potassium, iron, calcium, magnesium, phosphate, copper, and zinc. Zucchini seeds contain traces of protease trypsin inhibitors, a cancer-preventing substance that inhibits activation of viruses and carcinogens in the digestive tract.

One-half cup serving of boiled zucchini has 18 calories, 0.3 grams of fat, 1.0 mg of sodium, 0.8 grams of protein, 3.9 grams of carbohydrate, and 1.3 grams of dietary fiber.

### Chinese herbalism:

**Chinese gender:** yin (cool)



### cautions and contraindications:

**Non-toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that zucchini squash “has not been reported as having systemic effects on animals or as having intense effects on the gastrointestinal tract.” —ASPCA

See also: squash.

## fish

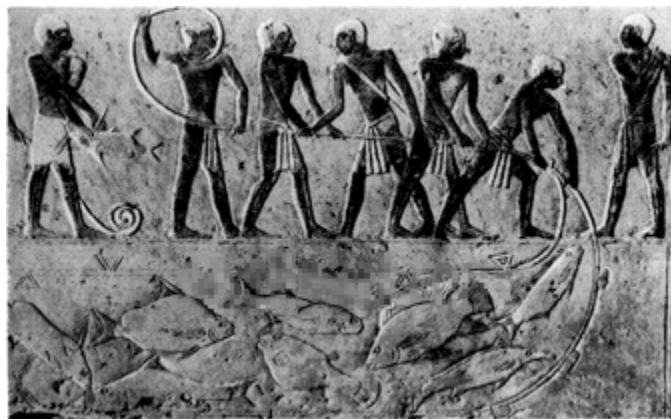
Fish is an animal product. Fish were the main diet of the ancient Egyptians.

### nutritional information:

Fish is a source of protein.

Fish is a source of copper, iodine, and zinc.

Three ounces of cooked flounder or sole have 0.5 milligrams of zinc, which is 4% of the U.S. Recommended Daily Value, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>.



relief of fishing scene from the mastaba of Akhuthotep

Cod liver oil is an abundant source of Vitamin A.

**Chinese herbalism:**

**Chinese gender:** neutral

**Chinese flavor:** freshwater fish are sweet

**Chinese flavor:** saltwater fish are sweet and slightly salty

**cautions and contraindications:**

**Cautions and contraindications:** You want to reduce or eliminate fish from your diet.

**related articles:**

- canned fish
- cod liver oil
- salmon
- tinned fish

## tinned fish canned fish

Tinned or canned fish is an animal product.

**nutritional information:**

Tinned or canned fish is a source of calcium and protein.

**cautions and contraindications:**

**Cautions and contraindications:** You want to reduce or eliminate tinned fish from your diet. tinned fish almost always has an excess of salt.

## cod cod liver oil

Cod liver oil is derived from cod fish and therefore an animal product.

**nutritional information:**

Cod liver oil is an abundant source of Vitamin A.





## salmon

Salmon is a fish and therefore an animal product.

### nutritional information:

Wild salmon is very high in omega-3 fatty acids. Salmon normally eat krill, a source of astaxanthin (a natural carotenoid), the source of the rich red skin color.

Farm-raised salmon are fed grain and are low in omega-3 fatty acids. The color of thier skin is the result of dyes artificially added after death. Farm-raised salmon are nutritionally very poor. Avoid eating farm-raised salmon.



## mushrooms

Mushrooms are a vegetable.

### botanical information:

**Botanical name:** *Agaricus* spp., *Pleurotus* spp., or *Volvariella*

**Common name:** mushroom



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### mushrooms:

- amanita

### nutritional information:

Mushrooms are a source of copper.



# amanita mushrooms

Amanita are mushrooms.

## botanical information:

**Botanical name:** *Amanita muscaria*

**Common name:** agaric, amanita, death angel, death cap, magic mushroom, redcap mushroom, sacred mushroom, fly fungus, fly mushroom

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## magickal correspondences and uses:

**Gender:** masculine (traditional western European magickal gender)

## cautions and contraindications:

**Cautions and contraindications:** Amanita is a powerful hallucinogen.

# herbalism

**Herbalism** is the art and science of growing and preparing herbs for use in medicine, magick, and other related activities.

Herbalism is an important part of both witchcraft and the native ancient Egyptian religion, as well as shamanism and many other pagan religions.

Because herbalism is at the core and essence of Witchcraft, this book includes information on herbs.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



# gum

There are several kinds of gum used in herbalism and magick.

## gums

- gum acacia
- gum ammoniac
- gum arabic
- gum bdellium
- gum mastic
- gum scammony
- gum tragacanth

## gum acacia

Gum acacia.

### botanical information:

**Botanical name:** *Acacia senegal*

**Common name:** acacia, gum acacia



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

The tree that produces gum acacia is of the same genus (related species) as the tree that produces gum arabic and sometimes these two gums are interchangeably labelled.

### origin:

**Origin:** Sudan.



### astrological correspondences:

**Astrological planet:** Sun



### magickal correspondences and uses:

**Gender:** masculine (traditional western European magickal gender)

**Magickal uses:** burn for altar offerings, meditation, aids psychic powers

**Solar spells:** Acacia (as an herbal gum) may be used in as an ingredient or substitute for magick spells and formulas related to solar matters (healing, illumination, magickal power, physical energy, protection, success, and putting an end to legal matters). Be careful about substitutions



for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on the Sun for a list of herbal substitutes for gum acacia.

**Magickal substitutions:** Gum Arabic may be safely substituted for acacia or gum acacia in magick spells and rituals.



### cautions and contraindications:

**Cautions and contraindications:** Acacia is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## Acacia and Gum Arabic Powder Profile

Picture and article courtesy of Mountain Rose Herbs



acacia gum arabic powder  
*Acacia species* Origin: Sudan

Also known as: *Acacia senegal* (acacia gum or true gum arabic), *Acacia nilotica* (Indian gum arabic), and *Acacia seyal* (talha).

## Description

The acacia trees of the Dafur region of Sudan are harvested for resins variously known as gum arabic, Indian gum arabic, or talha. Although acacia trees are found throughout the “gum belt” of sub-Saharan Africa, Chad, Eritrea, Kenya, Mali, Mauritania, Niger, Nigeria, Senegal, and Sudan, the plant is most abundant in Sudan. The preferred resin comes from the *Acacia senegal* tree and is traded as acacia gum or gum arabic.

The acacia is a plant in the family Mimosaceae, related to the mimosas of the southern United States and a close cousin of the legumes. It would not be inaccurate to think of the acacia as a tree-sized, woody, spiny bean.

The plant only produces acacia gum under adverse conditions, such as poor soil, drought, or heat, and damaged trees produce more gum. For these reasons, the most abundant harvest of acacia gum is produced in Sudan.

In the Southwestern United States a potentially toxic plant (a species of *Acacia*) known locally as uña de gato (cat’s claw) is frequently confused with the medicinal plant uña de gato from the Peruvian Amazon (*Uncaria tomentosa*). It is not the rainforest herb, and it is not a source of acacia gum, although it is sometimes sold in hierberias as either or both.

## Constituents

Acacia gum is colorless, tasteless, and soluble in cold water. Chemically, acacia gum is a combination of complex polysaccharides and proteins. On the molecular level, this arabino-galactan-protein complex is a beautiful amalgamation of complex branches, trapping water in its “folds” for the use of the plant.

## Parts Used

The gum.

Farmers of Dafur harvest acacia gum in two stages. First, they strip bark from unhealthy plants. The acacias then form “tears” of gum that dry and can be collected later. The drops of gum are three-quarters to three inches (1.5 to 8 cm) in diameter, irregularly shaped, and beige or yellowish white.

## Typical Preparations

Acacia gum is used in a variety of products ranging from ink to ice cream. In herbal medicine, the gum is used to bind pills and lozenges and to stabilize emulsions. It is also used to produce a medium for applying essential oils, balsams, resins, camphor, and musk. Acacia gum forms strings when combined with cherry extract.

## Summary

King’s American Dispensatory, a guide to herbal medications for American physicians during the era when herbal medications were the preferred method of treatment (published in 1898), recommended acacia gum for treating any condition that could benefit from a soothing coating. Up until the 1940s, doctors frequently used acacia gums in water or sugar syrup to treat sore throat, laryngitis, diarrhea, and urinary tract infections. Pastes of acacia gum in water were used as an herbal bandage for scalds and burns.

The ancient master of herbal medicine Galen may have used yet another variety of acacia (whitethorn, or *Acacia albida*), to treat malignant tumors.

The acacias are also useful in horticulture. Indian gum arabic (gathered from *Acacia nilotica*) shows antifungal activity against *Fusarium oxysporum*, the mold that causes damage to houseplants and grain crops.

## Precautions

Safe for internal use as a food and for external use without limitation, although allergies are possible for people exposed to windborne pollen (in Africa, India, or Saudi Arabia).

Picture and article courtesy of Mountain Rose Herbs



Mountain Rose Herbs

# gum ammoniac

Gum ammoniac.

## botanical information:

**Botanical name:** *Ferula* spp.

**Common name:** gum ammoniac

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

# gum arabic

Gum arabic. Closely related to gum acacia.

## botanical information:

**Botanical name:** *Acacia vera*

**Common name:** Arabic gum, Egyptian gum, gum arabic, Indian gum

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.


The tree that produces gum arabic is of the same genus (related species) as the tree that produces gum acacia and sometimes these two gums are interchangeably labelled.

## astrological correspondences:

**Astrological planet:** Sun 

## magickal correspondences and uses:

**Gender:** masculine (traditional western European magickal gender)

**Solar spells:** Gum Arabic (as an herbal gum) may be used in as an ingredient or substitute for magick spells and formulas related to solar matters (healing, illumination, magickal power, physical energy, protection, success, and putting an end to legal matters). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on the Sun for a list of herbal substitutes for Arabic gum. 

**Magickal substitutions:** Gum Arabic may be safely substituted for acacia or gum acacia in magick spells and rituals.

## cautions and contraindications:

**Cautions and contraindications:** Arabic gum is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## gum bdellium

Gum bdellium is a transparent yellowish or reddish brown aromatic gum resin similar to myrrh. Also known as guggul. The gum exudate is collected from incisions or spontaneous cracks in the bark of the bdellium tree.

### botanical information:

**Botanical name:** *Commiphora* spp.

**Common names:** balsamodendron mukul, bdellium, guggul, guggulu, gugul, gum bdellium, Indian bdellium (false myrrh), sweet myrrh

**Hebrew name:** bedolach (there is question as to whether the bdellium in the Jewish Bible is the aromatic gum, a precious stone, pearls, or an Arabian amber)

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### origin:

**Origin:** Bdellium is originally from India, Persia, and Africa, and continues to grow wild in the semi-arid Indian (Asia India) states Rajasthan, Gujarat, and Karnataka. Bdellium is used in medicines, as a flavoring for food, and as a binder in perfumes. Bdellium was used as an adulterant to expensive myrrh, but also has its own distinctive fragrance.

### astrological correspondences:

**Astrological planet:** Mars



### magickal correspondences and uses:

**Western element:** fire

**Magickal uses:** competition, protection, strength, triumph

**Mars spells:** Gum bdellium (as an herbal gum) may be used in as an ingredient for magick spells and formulas related to Mars matters (protection and strength). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Mars for a list of herbal substitutes for gum bdellium.



Bdellium (*Commiphora africana*) was used in Arab tribal rituals prior to the invention of Islam.

**Medical:** Bdellium is highly regarded in Ayurvedic medicine, where it was used to to lower cholesterol. In Western herbology, used as a stomachic, carminative, and for colds. Modern studies of

traditional Chinese medicine show that bdellium gum lowers cholesterol levels, reduces tissue inflammation, promotes balance in the thyroid gland, and lowers body weight.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

**Etymology:** From the Middle English *bdellium* 14th century from Latin *bdellium* from Greek *bdellion*, which is a variant of Seitic *bdolkhon*, related to Akkadian *budulhu*.

## gum mastic

Gum mastic. Gum mastic literally means chewing gum.

### botanical information:

**Botanical name:** *Pistachia lentiscus*

**Common name:** gum mastic

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

**Astrological planet:** Sun



### magickal correspondences and uses:

**Perfumes:** Mastic perfume corresponds with wednesday and is a good pefume for wednesdays.

**Incense:** Mastic incense corresponds with sunday and is a good incense to burn on sundays.

**Solar spells:** Gum mastic (as an herbal gum) may be used in as an ingredient or substitute for magick spells and formulas related to solar matters (healing, illumination, magickal power, physical energy, protection, success, and putting an end to legal matters). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on the Sun for a list of herbal substitutes for mastic gum.



Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## gum scammony



Gum scammony.

### botanical information:

**Botanical name:** *Convolvulus scammonia*

**Common name:** gum scammony

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## gum tragacanth

Gum tragacanth.

### botanical information:

**Botanical name:** *Astragalus gummifer*

**Common name:** gum tragacanth

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## herbs

Herbs are a gift from nature. They include leaves, bark, berries, roots, gums, seeds, stems and flowers. They have been used for thousands of years to help maintain good health.

—courtesy of Austin Nutritional research

The earliest ornamental gardens were created in ancient Egypt around 2200 B.C.E., about 600 years before the creation of the Hanging Gardens of Babylon. These gardens were created by Sesh per Ankh priests, primarily for the medicinal qualities of flowers and herbs. The gardens also were considered to

show the power of Pharaoh, who grew flowers where nature did not.

See the University of San Francisco web page about the Hanging Gardens of Babylon at <http://ce.eng.usf.edu/pharos/wonders/gardens.html>.

Around 1000 B.C.E. Arab traders who supplied the Mediterranean with cassia and cinnamon made up wild stories of their origin to obscure the real sources and hold onto their spice monopoly. In the first century C.E. the Roman general Pliny the Elder wrote that the Arabian tales were crafted to inflate prices.

Some herbs may be poisonous under some conditions. Exercise appropriate care. There are herbs that were formerly believed to be completely safe that are now known to be dangerous. Knowledge about safety continually evolves and changes.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

**Magikal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## herbs:

- abaca
- absinthe
- acacia **safe**
- aconite **toxic**
- acorn
- Adam and Eve root
- adder's tongue
- African violet **safe**
- agrimony **safe**
- ague
- ajowan
- alexanders
- alfalfa **safe** for humans, **toxic** to horses
- alkanet
- allspice **safe**
- almond
- aloe
- aloe vera
- aloe, wood
- althea **safe**
- alyssum **safe**
- amanita mushroom
- amaranth
- ambrette
- American mistletoe
- ammoniac gum
- anemone
- angelica
- anise
- apple
- apricot

- Arabic gum **safe**
- arbutus **safe**
- areca
- asafoetida
- ash **safe**
- Asian pear
- aspen **safe**
- aster **safe**
- avens
- avocado
- baby's breath
- bachelor's buttons **safe**
- balm of Gilead **safe**
- bamboo **safe**
- banyan **safe**
- barley
- basil
- bay **safe**
- bayberry
- bdellium
- beets
- belladonna
- benzoin
- bergamot
- betel palm
- betony **safe**
- birch **safe**
- birthwort
- bistort
- blackberry **safe**
- black-eyed susan
- black hellebore
- black nightshade
- black pepper
- black plum
- black tea
- bladderwrack
- blessed thistle
- bloodroot
- blueberry **safe**
- borage
- broom
- bryony
- buchu
- burdock root **safe**
- buttercup
- cabbage **safe**
- cachana
- calamint
- camomile
- camphor
- cannabis **safe**
- caper
- capsicum
- caraway **safe**

- cardamom safe
- carnation
- carob
- cascara sagrada
- cashew
- cassia
- catnip
- cat tail safe
- cayenne
- cedar
- centaury safe
- chamomile
- chapparal
- cherry safe
- chestnut safe
- chickweed safe
- chicory safe
- Chilean clover
- chili pepper safe
- Chinese date
- chrysanthemum
- cinnamon
- cinquefoil
- citron safe
- cleavers safe
- clove safe
- clover
- club moss
- coconut
- comfrey
- copal
- coriander safe
- corn
- costmary
- costus
- cowslip safe
- cranberry
- crocus
- cubeb
- cucumber safe
- cumin safe
- currant
- cypress
- daisy
- damiana safe
- dandelion
- date palm safe
- deadly nightshade poison
- deerstongue
- devil's shoestring safe
- dill safe
- dittany of Crete safe
- dock
- dogwood safe
- dragon's blood safe

- echinacea safe
- Egyptian gum safe
- elder
- elm safe
- eryngo safe
- eucalyptus
- euphorbium
- euphrasia
- European mistletoe
- eyebright safe
- fennel safe
- fern
- fig safe
- flax
- fleawort
- fo ti
- foxglove
- frankincense safe
- fumitory
- fuzzy weed safe
- galangal safe
- gardenia safe
- garlic
- geranium safe
- ginger
- ginseng
- gotu kola safe
- grains of paradise safe
- grape safe
- grapefruit
- ground ivy
- gum
- gum acacia safe
- gum ammoniac
- gum arabic safe
- gum bdellium
- gum mastic
- gum scammony
- tragacanth
- hawthorne
- hazel safe
- heather safe
- heliotrope
- hellebore
- hemlock poison
- hemlock tree
- henbane
- hibiscus safe
- hickory safe
- holly
- honeysuckle
- hops
- horehound
- ho-shou-wu
- houndstongue safe

- houseleek safe
- hyacinth
- hyssop
- Indian cress
- Indian gum safe
- iris
- Irish moss
- ivy safe
- jasmine
- jojoba
- jujube
- juniper
- kava kava
- kelp
- key lime
- knotgrass
- lady's mantle safe
- lavender
- leek safe
- lemon safe
- lemon balm safe
- lemongrass
- lemon verbena safe
- lettuce safe
- licorice
- lilac safe
- lily
- lime
- linden
- liquidamber safe
- lotus
- lovage
- lucerne
- lupine
- mace
- magnolia safe
- ma huang
- maidenhair fern
- mallow safe
- mandrake
- mango
- Manila hemp
- maple safe
- marigold safe
- marjoram safe
- marsh mallow safe
- mastic gum
- Mexican cress
- meadow rue safe
- meadowsweet safe
- mesquite safe
- mimosa
- mimulus
- mint
- mistletoe, American

- mistletoe, European
- Mormon tea
- mugwort
- mulberry
- mullein **safe**
- mums
- musk thistle
- mustard
- myrrh
- myrtle
- narcissus
- nasturtium
- neroli
- nettle **safe**
- niaouli
- nightshade
- nightshade, black
- nightshade, deadly
- nutmeg
- oak
- oats **safe**
- oakmoss
- olive **safe**
- onion **safe**
- opopanax
- orange **safe**
- orchid
- orris **safe**
- osha
- palm
- palmrosa
- pansy **safe**
- papaya **safe**
- papyrus
- parsley
- passion flower **safe**
- patchouly **safe**
- peach
- pearl barley
- pecan **safe**
- pennyroyal
- peony **safe**
- pepper, black **safe**
- peppermint **safe**
- pepper tree **safe**
- pepperwort
- periwinkle
- Peruvian cress
- pine
- pineapple **safe**
- pipsissewa **safe**
- plumeria
- pokeberry
- pomegranate
- poplar **safe**

- poppy
- primrose
- purple medic
- quince **safe**
- ranunculus
- raspberry **safe**
- red clover
- red sandalwood
- red storax
- rhubarb
- rose
- rose geranium
- rosemary
- rowan
- rue
- rye **safe**
- sacred bark
- safflower
- saffron
- sagapen
- sage
- sagebrush
- Saint John's wort
- saltcedar
- sandalwood
- sandalwood, red
- sarsaparilla
- sassafras
- scammony gum
- selenetrope
- sesame
- silver fir
- Solomon's seal
- spearmint
- spikenard
- spirulina
- star anise
- stephanotis
- St. John's wort
- storax
- strawberry
- sumbul
- sunflower
- sweet flag
- sweetgrass
- sweet pea
- tamarisk
- tangerine
- tansy
- tarragon
- thistle
- thyme
- ti
- tobacco
- tonka



- tragacanth gum
- trees
- trefoil
- tuberose
- valerian
- vanilla
- vervain
- vetiver
- violet
- walnut
- water parsnip
- white clover
- white willow
- wintergreen
- wisteria
- wolfsbane **toxic**
- wood aloe
- wood betony **safe**
- woodruff
- wormwood
- yarrow
- yellow dock
- yerba santa
- yew
- ylang ylang

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

See also: herbalism and nutrients.

## abaca Manila hemp

Abaca (Manila hemp) is a plant and an herb.

### botanical information:

**Botanical name:** *Musa textilis*

**Common name:** abaca, Manila hemp

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

See also: red storax.

## aconite wolfsbane

Aconite is a plant and an herb.

### botanical information:

**Botanical name:** *Aconitum napellus*

**Common name:** aconite, blue rocket, monkshood, wolfsbane

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Tobacco is a safer substitution for old spells that call for aconite or wolfsbane. Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### cautions and contraindications:

**Cautions and contraindications:** Aconite (or wolfsbane) is **poisonous**. Merely touching any part of the plant can kill.

Aconite contains dangerous alkaloids, including aconitine, aconine, ephedrine, and sparteine.

## acorn (fruit of the oak tree)

Acorn is the fruit of the oak tree.

### botanical information:

**Botanical name:** *Quercus alba*

**Common name:** acorn, oak



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

The Romans believed that in the Golden Age humans ate acorns and the gods ate walnuts. Walnuts are therefore called Jupiter's nuts, or *Juglans* or *Jovis glans*.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

See also: oak, herbs. and nuts.

## Adam and Eve roots

Adam and Eve root is a plant and an herb.

### botanical information:

**Botanical name:** *Orchis* spp.

**Common name:** Adam and Eve root

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Gender:** feminine (traditional western European magickal gender)

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## adder's tongue

Adder's tongue is a plant and an herb.

## botanical information:

**Botanical name:** *Erythronium americanum*

**Common name:** adder's tongue

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## magickal correspondences and uses:

**Gender:** feminine (traditional western European magickal gender)

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

# African violet

African violet is a plant and an herb.

## botanical information:

**Botanical name:** *Saintpaulia ionantha*

**Common name:** African violet

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## origin:

**Origin:** south Africa.

## magickal correspondences and uses:

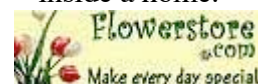
**Gender:** feminine (traditional western European magickal gender)

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## Mixed African Violet Basket



Mixed African Violet Basket  
 “This lovely mix of African violets is so much like a flower garden, it’s like bringing a little oasis right inside a home.”

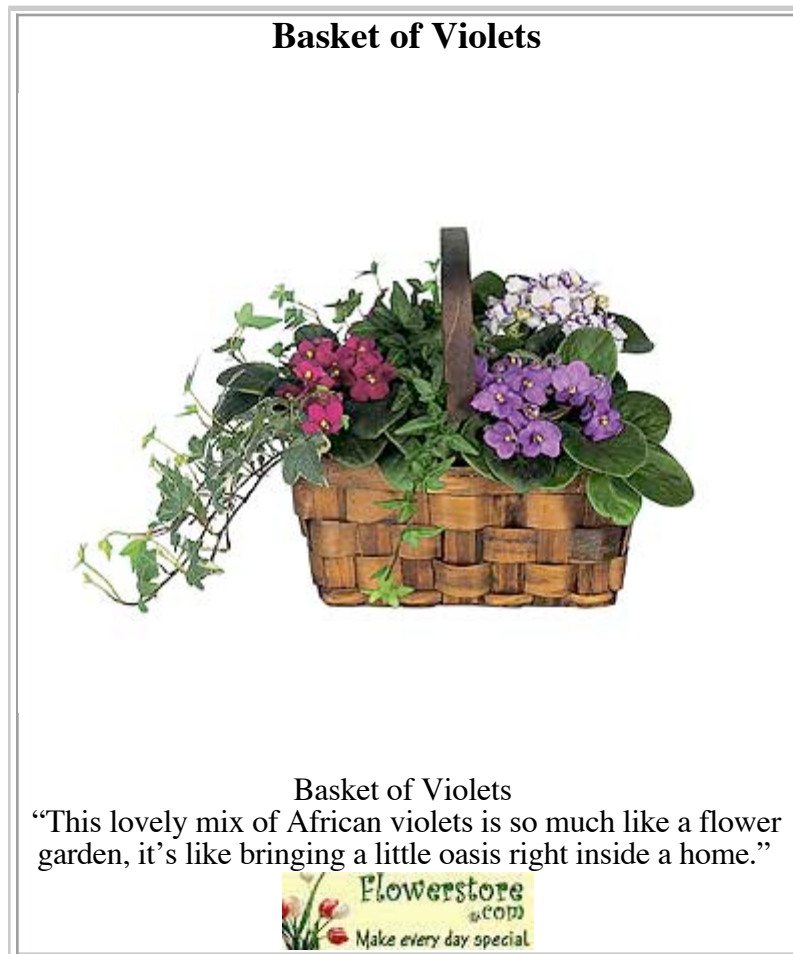


## cautions and contraindications:

**Cautions and contraindications:** African violet is believed to be **safe**.

**Non-toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that African violet “has not been reported as having systemic effects on animals or as having intense effects on the gastrointestinal tract.” — ASPCA

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).



See also: violet.

## agrimony

Agrimony is a plant and an herb.

### botanical information:

**Botanical name:** *Agrimonia eupatoria*



**Common name:** agrimony



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Gender:** masculine (traditional western European magickal gender)

**Magickal uses:** protection (especially returning spells to the original sender); promotes sleep

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### cautions and contraindications:

**Cautions and contraindications:** Agrimony is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## ague grass

Ague grass or ague root is a plant and an herb.

### botanical information:

**Botanical name:** *Aletris farinosa*

**Common name:** ague grass, ague root

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## ajowan carum

Ajowan is a plant and an herb. Ajowan is used as a spice.

### botanical information:

**Botanical name:** *Trachyspermum ammi*; formerly *Carum ajowan*

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

**Common name:** ajowan, ajwain, bishop's weed, carom, carum

**Arabic name:** kamme muluki, talib-el koubs

**Chinese (Cantonese) name:** yan douh johng wuih heung

**Chinese (Mandarin) name:** yin du zang hui xiang

**Dutch name:** ajowan

**French name:** l'ajowan

**German name:** adiowan, Indischer kummel

**Indian name:** ajvini, ajwain, javanee, lovage, omum, yamani carom

**Italian name:** ajowan

**Russian name:** ajova, azhgon

**Spanish name:** ajowan

**Turkish name:** emmus, misir anason

### origin:

**Origin:** southern India

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## alexanders

Alexanders is a plant and an herb. Alexanders is used as a spice.

### botanical information:





**Botanical name:** *Smyrniium olusatrum*

**Common name:** alexanders, black lovage, horse parsley, potherb, wild celery



Legend claims that alexanders is named for Alexander the Great.

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### origin:

**Origin:** Mediterranean

### history:

**History:** The Romans introduced alexanders to England around 2,000 years ago.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## alfalfa

Alfalfa is a forage legume. Also known as lucerne in most of Europe, Australia, and New Zealand. Sometimes called purple medic or Chilian clover.

### botanical information:

**Botanical name:** *Medicago sativa*

**Common name:** alfalfa



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### nutritional information:

The parts of the alfalfa plant that are used are its leaves. In the Middle East, alfalfa is known as the “father of all herbs.” Alfalfa is one of the most nutritious plants on earth and its leaves are rich in calcium, magnesium, potassium, beta-carotene, vitamins A, B-12, C, D, E and K. Alfalfa has also been found to contain all eight essential amino acids. It even contains fluoride which can help prevent tooth decay. Alfalfa is one of the highest fibrous herbs in existence and we are unable to digest its raw leaves. For centuries, Native Americans ground its seeds to be used as flour or boiled its leaves and

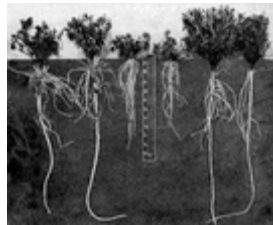


ate them like greens.

—courtesy of Austin Nutritional research

## Chinese herbalism:

**Chinese gender:** Alfalfa sprouts are yin (cool)



**Planting:** Alfalfa will completely take over any garden it is planted in. If you decide to plant alfalfa, plant it in a separate location and be very vigilant to remove any alfalfa (including the complete roots) that starts growing in your regular garden.

**Planting:** You can grow alfalfa sprouts in a large glass jar. Sprouts do not need sunlight to grow, and therefore can be grown in any room in the house.

## magickal correspondences and uses:

**Gender:** feminine (traditional western European magickal gender)

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## medicinal tea:

**Medicinal tea:** Leaves are prepared in a tea by infusion. **Self-medication should *not* be used as a substitute for professional medical care. Please confirm all self-medication with your doctor or health care professional.**

## cautions and contraindications:

**Cautions and contraindications:** Alfalfa is considered **safe** by the U.S. Food and Drug Administration. Too much fresh alfalfa may lead to colic in horses. Too much alfalfa may cause Heinz-body anemia in dogs, cats, and herbivores. The seeds of alfalfa contain the toxic amino acid L-canavanine, which may cause blood disorders in humans and animals. Only use alfalfa in prebloom stages of growth. Alfalfa may trigger allergic responses in humans and animals who are sensitive to pollens.

**Some herbs may be poisonous under some conditions. Exercise appropriate care.**

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

See also: alfalfa sprouts

## alkanet

Alkanet is a plant and an herb.

### botanical information:

**Botanical name:** *Alkanna tinctoria* or *Anchusa* spp.

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

**Common name:** alkanet

### magickal correspondences and uses:

**Gender:** feminine (traditional western European magickal gender)

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).



## allspice

Allspice is a plant and an herb.

### botanical information:

**Botanical name:** *Pimenta officinalis* or *Pimenta dioica*

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

**Common name:** allspice, bay rum berry, clove pepper, Jamaica pepper, pimenta, pimento

**Arabic name:** bahar halu, tawabil halua

**Chinese (Cantonese) name:** do heung gwo

**Chinese (Mandarin) name:** duo xiang guo

**Danish name:** allehande

**Dutch name:** piment



**French name:** piment de Jamaïque, poivre-giroflee

**German name:** piment-pfeffer

**Greek name:** bahari, aromatoprperi

**Indian name:** kabab cheene, seetful

**Italian name:** pepe de Giamaica

**Japanese name:** hyakumikoshō

**Portuguese name:** pimenta-da-Jamaica

**Russian name:** yamayski pyerets

**Spanish name:** pimenta gorda

**Swedish name:** kryddpeppar

**Turkish name:** yenibahar, Jamaika biberi

### origin:

**Origin:** Jamaica, Cuba, Guatemala, Honduras, southern Mexico

### astrological correspondences:

**Astrological planet:** Mars



### magickal correspondences and uses:

**Gender:** masculine (traditional western European magickal gender)

**Western element:** fire

**Magickal uses:** health, luck, prosperity, and productive imagining

Burn allspice for prosperity spells.

**Mars spells:** Allspice (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Mars matters (aggression, courage, defensive magick, exorcism, healing after surgery, hex-breaking, lust, physical strength, politics, protection, sexual energy, sexual potency, and strength). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Mars for a list of herbal substitutes for allspice.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



### cautions and contraindications:

**Cautions and contraindications:** Allspice is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## aloe vera

Aloe Vera is a plant and an herb.

### botanical information:

**Botanical name:** *Aquilaria vera* or *Aquilaria barbadensis*

**Common name:** aloe vera



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### history:

**History:** More than 2,000 years ago Witches discovered the healing properties of aloe. It was originally used to treat open wounds and to maintain healthy skin, uses that are both still valid today.

### part used:

Aloe leaves or gel derived from aloe leaves may be used to treat burns.

Aloe can be added to soap and creams as a skin conditioner.

The parts of this plant that are used are its leaves. There are nearly 200 species of this member of the Lily family, found in African deserts and the islands of Aruba and Barbados. Since ancient times Aloe, recognized as an analgesic, has been used to treat burns. Aloe has also been used to treat other skin conditions such as scrapes, sunburns and insect bites. Aloe is a common ingredient in cosmetics and lotions because it naturally balances the pH of the skin. Internally, it has been used as a mild laxative and studies are being done on the use of aloe to enhance the immune system.

—courtesy of Austin Nutritional research

### astrological correspondences:

**Astrological planet:** Moon



### magickal correspondences and uses:

**Perfumes:** Vera perfume corresponds with thursday and is a good pefume for thursdays.

**Gender:** feminine (traditional western European magickal gender)

**Western element:** water

**Magickal uses:** beauty, peace, protection, success

**Lunar spells:** Aloe (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to lunar matters (compassion, dreams, family, fertility, gardening, healing, love, peace, promoting sleep, prophecy, prophetic (or psychic) dreams), psychic awareness, sleep, and spirituality). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on the Moon for a list of herbal substitutes for aloe vera.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

**History:** Aloe was discovered about 2,000 years as a treatment for wounds and to maintain healthy skin, two uses that remain valid today.

**Medicinal uses:** Aloe leaves or gel may be applied directly to burn wounds. Aloe is a treatment for wounds, helping to protect and heal the skin. Aloe is useful for helping maintain healthy skin and keeping the skin young looking. Aloe is an excellent ingredient for soaps and skin creams. Aloe can be used as an ingredient in hair conditioners.

### cautions and contraindications:

**Cautions and contraindications:** Use aloe internally with great caution because it is a strong purgative that can cause digestive distress and severe diarrhea. Do not give the inner skin to animals because the anthraquinone laxative effect is too strong. The juice of the inner leaf is bitter but is a milder and more gentle laxative and can safely be used in very small doses for humans and animals. Safe for

external uses (such as burns), except should not be used by nursing mothers.

**Toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that aloe “has been reported as having systemic effects on animals and/or intense effects on the gastrointestinal tract.” —ASPCA

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

Please note that several other members of the Aloe family are **poisonous**. If you wild gather, be certain that you are picking real aloe vera, not one its deadly relatives.

## alyssum

Alyssum is a plant and an herb.

### botanical information:

**Botanical name:** *Alyssum* spp.

**Common name:** alison, alyssum, madwort

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### cautions and contraindications:

**Cautions and contraindications:** Alyssum is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## amaranth

Amaranth is a plant and an herb.

### botanical information:

**Botanical name:** *Amaranthus hypochondriacus*

**Common name:** amaranth



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## astrological correspondences:

**Astrological planet:** Saturn



## magickal correspondences and uses:

**Gender:** feminine (traditional western European magickal gender)

**Saturn spells:** Amaranth (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Saturn matters (endings, exorcism, longevity, protection, purification, and vision). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Saturn for a list of herbal substitutes for amaranth.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## deities associated with amaranth:

- Artemis (Greek Goddess)

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

# ambrette

Ambrette is a plant and an herb.

## botanical information:

**Botanical name:** *Hibiscus abelmoschus*

**Common name:** ambrette

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.



**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## American mistletoe

American mistletoe is a plant and an herb.

### botanical information:

**Botanical name:** *Phoradendron flavescens*

**Common name:** American mistletoe

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### cautions and contraindications:

**Toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that American mistletoe “has been reported as having systemic effects on animals and/or intense effects on the gastrointestinal tract.” —ASPCA

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

See also: European mistletoe.



## anemone

Anemone is a plant and an herb.

### botanical information:

**Botanical name:** *Anemone pulsatilla*

**Common name:** anemone

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.





## magickal correspondences and uses:

**Gender:** masculine (traditional western European magickal gender)

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## cautions and contraindications:

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

# angelica

Angelica is a plant and an herb.

## botanical information:

**Botanical name:** *Angelica archangelica*

**Common name:** angelica



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

The girl's name Angelica is from the name of the flower, which is from the Latin *angelicus* (meaning angelic), from the Greek *angelos* (meaning messenger). Shakespeare named Juliet's nurse Angelica in the play Romeo and Juliet. This name is Angelica in English and Italian, Angelika in German, Angélique in French, and Angyalka in Hungarian. There is also the modern English variant Anjelica.

## history:

**History:** In the European Middle Ages people believed that angelica was sacred to the angels because it typically bloomed on May 8th, the feast of St. Michael of the Christians.

## part used:

Angelica root and seeds used in medicinal decoctions.

## astrological correspondences:

**Astrological planet:** Sun



## magickal correspondences and uses:

**Incense:** Healing incense

**Gender:** masculine (traditional western European magickal gender)

**Western element:** fire

**Magickal uses:** divination, healing incense, inner vision, longevity, psychic self-defense, protection

Sprinkle angelica around your home to ward off negativity.

Use angelica in ritual bathes.

**Solar spells:** Angelica (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to solar matters. Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on the Sun for a list of herbal substitutes for angelica.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### deities associated with angelica:

- Hecate (Greek Goddess)
- Hestia (angelica perfume) (Greek Goddess)
- Vesta (angelica perfume) (Roman Goddess)

### medicinal tea:

**Medicinal tea:** Root is prepared in a tea by decoction. **Self-medication should *not* be used as a substitute for professional medical care. Please confirm all self-medication with your doctor or health care professional.**

A decoction of angelica roots or angelica seeds will help with an upset stomach.

A decoction of angelica roots or angelica seeds will help relieve insomnia.

A decoction of angelica roots or angelica seeds will help relieve headaches (one teaspoon of plant to one cup of water).

Culpepper claimed that the angelica plant should be harvested when the moon is in Leo for maximum potency.



**Some herbs may be poisonous under some conditions. Exercise appropriate care.**

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be

toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## anise

Anise is a plant and an herb.

### botanical information:

**Botanical name:** *Pimpinella anisum*

**Common name:** anise, anise seeds



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

**Threatened species:** Anise scented myrtle oil is from the *Backhousia anisata*, a rare tree from the Bellingier and Nambucca valleys in the north east of New South Wales, Australia.

### history:

**History:** Anise was one of the ingredients mentioned in the Eber's Papyrus. The Eber's Papyrus (from between 1600 B.C.E. and 1550 B.C.E.), was discovered by German Egyptologist Georg Ebers in 1874 C.E.. The Eber's Papyrus is the oldest known complete medical textbook in existence. Most scholars believe that it is copy of a much earlier text, probably from around 3100 B.C.E. The Eber's Papyrus includes information on surgery and internal medicine, including a list of more than 800 drugs.

Anise was listed among many aromatic plants in a scroll of cuneiform from the great library at Nineveh. The library at Nineveh was established by King Ashurbanipal of Assyria (668-633 B.C.E.).

Pythagoras prescribed anise to treat epilepsy in the sixth century B.C.E.

Hippocrates recommended anise for coughs in the fifth century B.C.E.

Pliny recommended anise as a breath freshener in the morning (a purpose that anise does work for). Pliny also recommended keeping anise near the bed to prevent bad dreams.

### astrological correspondences:

**Astrological planet:** Moon and Jupiter



## magickal correspondences and uses:

**Gender:** masculine (traditional western European magickal gender)

**Western element:** air

**Magickal uses:** awareness, blessing, energy, joy, protection, and purification

**Magickal uses:** Used to entice the spirits to aid your spells.

**Magickal uses:** Romans kept anise near or in their pillows to prevent bad dreams.

**Amulet:** Use anise in an amulet for a child's room to prevent bad dreams.

**Lunar spells:** See the article on the Moon for a list of herbal substitutes for anise (as an herb) in lunar spells.



**Jupiter spells:** Anise (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Jupiter matters (growth, legal matters, luck, meditation, money, prosperity, settling legal matters, and spirituality). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Jupiter for a list of herbal substitutes for anise.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

**Ritual uses:** Used in wedding cakes (anise helps digestion).

## deities associated with anise:

- Apollo (Greek God)
- Hermes (Greek God)
- Mercury (Roman God)



Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

See also: star anise

# arbutus

Arbutus is a plant and an herb.

### botanical information:

**Botanical name:** *Arbutus unedo*

**Common name:** arbutus



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Gender:** masculine (traditional western European magickal gender)

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### deities associated with arbutus:

- Cardea (Roman Goddess)

### cautions and contraindications:

**Cautions and contraindications:** Arbutus is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).



## asafoetida

Asafoetida is a plant and an herb.

### botanical information:

**Botanical name:** *Ferula asafoetida*

**Common name:** asafoetida




Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## astrological correspondences:

**Astrological planet:** Mars 

## magickal correspondences and uses:

**Gender:** masculine (traditional western European magickal gender)

**Mars spells:** Asafoetida (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Mars matters (aggression, courage, defensive magick, exorcism, healing after surgery, hex-breaking, lust, physical strength, politics, protection, sexual energy, sexual potency, and strength). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Mars for a list of herbal substitutes for asafoetida. 

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

# aster

Aster is a plant and an herb.

## botanical information:

**Botanical name:** *Callistephus chinensis*

**Common name:** aster, China aster, michaelmas daisy, starwort

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



## magickal correspondences and uses:

**Month:** Aster is associated with September.

**Gender:** feminine (traditional western European magickal gender)

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## cautions and contraindications:

**Cautions and contraindications:** Aster is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).



## avens

Avens is a plant and an herb.

### botanical information:

**Botanical name:** *Geum urbanum*

**Common name:** avens

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



### magickal correspondences and uses:

**Gender:** masculine (traditional western European magickal gender)

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## baby's breath

Baby's breath is a plant and an herb.

### botanical information:

**Botanical name:** *Gypsophila paniculata*

**Common name:** baby's breath

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common



names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



## bachelor's buttons

Bachelor's buttons are a plant and an herb.

### botanical information:

**Botanical name:** *Centaurea cyanus*

**Common name:** bachelor's buttons, blue bottle, bluet, devil's flower, hurtlesickle, red campion



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Gender:** feminine (traditional western European magickal gender)

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### cautions and contraindications:



**Cautions and contraindications:** Bachelor's buttons is believed to be **safe**.

**Non-toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that bachelor's buttons "have not been reported as having systemic effects on animals or as having intense effects on the gastrointestinal tract." —ASPCA

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## balm of gilead

Balm of Gilead is a plant and an herb.

### botanical information:

**Botanical name:** *Commiphora opobalsamum*

**Common name:** balm of Gilead (balm of Gillead is an incorrect spelling)

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Gender:** feminine (traditional western European magickal gender)

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Balm of Gilead was used in ancient times for chapped lip protection.



### cautions and contraindications:

**Cautions and contraindications:** Balm of gilead is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## bamboo bamboo shoots

Bamboo is a plant and an herb.

### botanical information:



**Botanical name:** *Bambusa* spp. and other species (note there is very little world wide agreement on the botanical names for bamboos); in particular *Bambusa vulgaris*

**Common name:** bamboo, ordinary bamboo

**French name:** bambou



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



### origin:

**Origin:** Asia.

### bamboo shoots:

#### nutritional information (bamboo shoots):

**Common name:** bamboo shoots

**French name:** pousses de bambou

#### nutritional value per 1/2 cup of bamboo shoots:

- **Calories:** 14 calories
- **Fat:** 0.5 grams
- **Carbohydrates:** asdf grams
- **Fibre:** 2.5 grams
- **Potassium:** 320 milligrams (9% of the recommended daily allowance)

Bamboo shoots are high in fibre and help defend against colon cancer. Bamboo shoots are high in potassium, which helps maintain a normal blood pressure and heart rate.

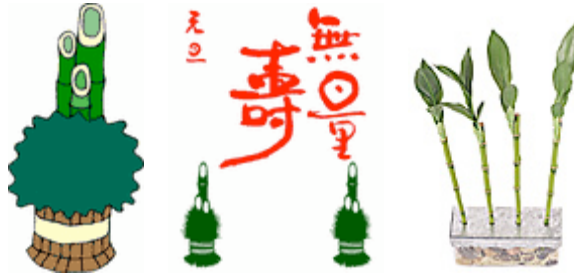
#### nutritional information (bamboo leaves):

Bamboo leaves are a nutritionally dense food high in bioactive phytonutrients. This includes several flavonoids that help fight free radicals, protect the circulatory system and the liver, and enhance the

nervous system.

## Chinese herbalism:

**Chinese gender:** yin (cool)



## magickal correspondences and uses:

**Gender:** masculine (traditional western European magickal gender)

## cautions and contraindications:

**Cautions and contraindications:** Bamboo is believed to be **safe**.

**Non-toxic to animals** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that bamboo “has not been reported as having systemic effects on animals or as having intense effects on the gastrointestinal tract.” —ASPCA

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).



See also: bamboo shoots.

# basil

Basil is a plant and an herb.

“Oil of basil helps fight colds, coughs, cramps, fever, anxiety, and much more.” —Escential Lotions & Oils

## botanical information:



**Botanical name:** *Ocimum basilicum*

**Common name:** basil

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

**Astrological planet:** Mars 

### magickal correspondences and uses:


**Gender:** masculine (traditional western European magickal gender)

**Western element:** fire

**Magickal uses:** courage, fertility, healing relationships, love, protection, purification, wealth (if carried in your wallet)

Used for house blessings. Used in beverages and spells related to initiation.

Carry in your wallet to bring wealth.

**Mars spells:** Basil (as herb or essential oil) may be used in as an ingredient or substitute for magick spells and formulas related to Mars matters (aggression, courage, defensive magick, exorcism, healing after surgery, hex-breaking, lust, physical strength, politics, protection, sexual energy, sexual potency, and strength). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Mars for a list of herbal substitutes for basil. 

**Using essential oils:** Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets and away from heat and light. See the article on essential oils for detailed information on how to mix and use essential oils.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

**Ritual use:** Women would place a pot of basil on their balcony to indicate that they were ready to receive suitors.

**Ritual use:** Basil was given to the dead in India to guarantee their entrance into the afterlife.

### deities associated with basil:

- Krishna (Hindu God)
- Vishnu (Hindu God)

## medicinal tea:

**Medicinal tea:** Herb is prepared in a tea for calming nerves, settling the stomach, and easing cramps. **Self-medication should *not* be used as a substitute for professional medical care. Please confirm all self-medication with your doctor or health care professional.**

“Oil of basil helps fight colds, coughs, cramps, fever, anxiety, and much more.”  
—Essential Lotions & Oils

**Tincture:** Good hair rinse for brunettes.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## bay

Bay is a plant and an herb.

### botanical information:

**Botanical name:** *Laurus nobilis*

**Common name:** bay, bay leaf



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

**Astrological planet:** Sun



### magickal correspondences and uses:

**Gender:** masculine (traditional western European magickal gender)

**Western element:** fire

**Magickal uses:** power, protection, success, vitality. Whole bay leave added to food as a garnish impart these magickal properties to the meal, especially if properly energized.

**Solar spells:** Bay (as herb or essential oil) may be used in as an ingredient or substitute for magick spells and formulas related to solar matters (healing, illumination, magickal power, physical energy, protection, success, and putting an end to legal matters). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on the Sun for a list of herbal substitutes for bay.



**Using essential oils:** Essential oils are just too concentrated and too expensive to use without dilution.

If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets and away from heat and light. See the article on essential oils for detailed information on how to mix and use essential oils.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### deities associated with bay:

- Adonis (Greek God)
- Apollo (Greek God)
- Buddha (Buddhist)
- Eros (Greek God)
- Fides (Roman God)



### cautions and contraindications:

**Cautions and contraindications:** Bay is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).



## bayberry

Bayberry is a plant and an herb.

### botanical information:

**Botanical name:** *Myrica* spp.

**Common name:** bayberry



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

**Medicinal tea:** Rootbark is prepared in a tea by decoction. Self-medication should *not* be used as a substitute for professional medical care. Please confirm all self-medication with your doctor or health care professional.



Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## belladonna

Belladonna is a plant and an herb.

### botanical information:

**Botanical name:** *Atropa belladonna*

**Common name:** belladonna



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal uses:** Used in medieval flying ointments (symptoms of belladonna poisoning include vivid hallucinations and a sense of flying).

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

**Religious uses:** Roman soldiers used belladonna (which they called bellona) to create a battle frenzy. Priests of the Roman Goddess Bellona (wife, sister, or daughter of Mars) used belladonna in religious rituals. Bellona represented the frenzy of battle.

### deities associated with belladonna:

- Bellona (Roman Goddess)



### cautions and contraindications:

**Cautions and contraindications:** Belladonna is one of the most toxic plants in the Western hemisphere. A few berries or a leaf can kill. The root is the most toxic part. The toxin is tropane alkaloids. Symptoms of belladonna poisoning are the same as for atropine and include dilated pupils, tachycardia, hallucinations, blurred vision, loss of balance, feeling of flight, staggering, a sense of suffocation, paleness followed by red rash, flushing, husky voice, extreme dry throat, constipation, urinary retention, confusion, and death. The antidote is physostigmine or pilocarpine. Belladonna can kill pets and livestock.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).





**Atropa belladonna L.**  
from *Koehler's Medicinal-Plants* 1887

## benzoin

Benzoin is a plant and an herb.

### botanical information:

**Botanical name:** *Styrax benzoin*

**Common name:** benzoin

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## astrological correspondences:

**Astrological planet:** Sun or Mars



## magickal correspondences and uses:

**Gender:** masculine (traditional western European magickal gender)

**Western element:** air

**Solar spells:** Benzoin (as herb or essential oil) may be used in as an ingredient or substitute for magick spells and formulas related to solar matters (healing, illumination, magickal power, physical energy, protection, success, and putting an end to legal matters). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on the Sun for a list of herbal substitutes for benzoin.



**Mars spells:** Benzoin (as an herb) may be used in as an ingredient for magick spells and formulas related to Mars matters (physical energy, protection, and success). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Mars for a list of herbal substitutes for benzoin.



**Using essential oils:** Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets and away from heat and light. See the article on essential oils for detailed information on how to mix and use essential oils.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## bergamot mint

Bergamot mint is a plant and an herb.

### botanical information:

**Botanical name:** *Mentha citrata*

**Common name:** bergamot, bergamot mint



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

There are no true essential oils for bergamot mint, but there are bergamot bouquets. You can use bergamot bouquet in the same manner as a true essential oil in any recipes or formulas that call for bergamot oil.

### astrological correspondences:

**Astrological planet:** Mercury



### magickal correspondences and uses:

**Merucry spells:** Bergamot mint (as an herb or a bouquet) may be used in as an ingredient or substitute for magick spells and formulas related to Mercury matters (overcoming addiction, breaking bad habits, communication, divination, eloquence, intelligence, mental powers, psychic powers, self-improvement, study, travel, and wisdom). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Mercury for a list of herbal substitutes for bergamot.



**Using essential oils:** There is no true essential oil for bergamot mint, but there are bergamot bouquets. You can use bergamot bouquet in the same manner as a true essential oil in any recipes or formulas that call for bergamot oil. Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets and away from heat and light. See the article on essential oils for detailed information on how to mix and use essential oils.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## birthwort

Birthwort is a plant and an herb.

### botanical information:



**Botanical name:** *Aristolochia clematitis*

**Common name:** birthwort

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## bistort

Bistort is a plant and an herb.

### botanical information:

**Botanical name:** *Polygonum bistorta*

**Common name:** bistort



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

**Astrological planet:** Saturn



### magickal correspondences and uses:

**Saturn spells:** Bistort (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Saturn matters (endings, exorcism, longevity, protection, purification, and vision). Be careful about substitutions for preparations that will be ingested or come in contact with



the skin. These substitutions do *not* apply to medical uses. See the article on Saturn for a list of herbal substitutes for bistort.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## black-eyed susan

Black-eyed susan is a plant and an herb.

### botanical information:

**Botanical name:** *Rudbeckia hirta*

**Common name:** black-eyed susan, yellow coneflower, yellow daisy

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

The black-eyed susan is a daisy-like flower with yellow petals and a dark brown center. This biennial or annual wildflower of the Aster family (Asteraceae) grows in dry places.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



## black hellebore

Black hellebore is a plant and an herb.

### botanical information:

**Botanical name:** *Helleborus niger*

**Common name:** black hellebore

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common



names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

It is possible that Alexander the Great may have died of accidental hellebore overdose poisoning when hellebore was being used as a medical purgative, possibly for treating West Nile disease.



Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## black nightshade

Black nightshade is a plant and an herb.

### botanical information:

**Botanical name:** *Solanum nigrum*

**Common name:** black nightshade

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

See also: nightshade, and deadly nightshade.



# black pepper

Black pepper is a plant and an herb.

## botanical information:

**Botanical name:** *Piper nigrum*

**Common name:** black pepper, pepper



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## history:

**History:** Around 100 C.E. the Roman Empire established a direct sea route to the pepper markets of the Malabar Coast in India. Knowledge of the monsoon cycle made these sea routes possible.

## nutritional information:

Black pepper is a source of chromium.

## magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## cautions and contraindications:

**Cautions and contraindications:** Black pepper is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

# black tea

Black tea is a plant and an herb.

Tea is an herb.

## botanical information:

**Botanical name:** *Thea sinensis*

**Common name:** black tea, tea

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

See also: tea.

## bladderwrack

Bladderwrack is a form of sea weed.

### botanical information:

**Botanical name:** *Fucus vesiculosus*

**Common name:** bladderwrack, kelp, seaweed

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## blessed thistle

Blessed thistle is a plant and an herb.

### botanical information:

**Botanical name:** *Cnicus benedictus*

**Common name:** blessed thistle

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.





Helps strengthen the heart & lungs; increases circulation.

—courtesy of Austin Nutritional research

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



See also: thistle.

## bloodroot

Bloodroot is a plant and an herb.

### botanical information:

**Botanical name:** *Sanguinaria canadensis*

**Common name:** bloodroot



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## astrological correspondences:

**Astrological planet:** Venus or Mars



## magickal correspondences and uses:

**Gender:** masculine (traditional western European magickal gender)

**Western element:** fire

**Venus spells:** See the article on Venus for a list of herbal substitutes for bloodroot in Venus spells involving beauty, compassion, fidelity, friendship, happiness, interchanges, joy, love, luck, meditation, pleasure, reconciliation, and youth.



**Mars spells:** Bloodroot (as an herb) may be used in as an ingredient for magick spells and formulas related to Mars matters. Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Mars for a list of herbal substitutes for bloodroot.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## borage

Borage is a plant and an herb.

### botanical information:

**Botanical name:** *Borago officinalis*

**Common name:** borage

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



### cautions and contraindications:

**Cautions and contraindications:** Borage seed oil is believed to be safe.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## broom

Broom is a plant and an herb.

### botanical information:

**Botanical name:** *Cytisus scoparius*

**Common name:** broom

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.


### astrological correspondences:

**Astrological planet:** Mars 

### magickal correspondences and uses:

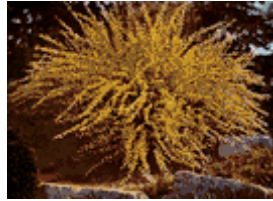
**Gender:** masculine (traditional western European magickal gender)

**Western element:** air

**Mars spells:** Broom (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Mars matters (aggression, courage, defensive magick, exorcism, healing after surgery, hex-breaking, lust, physical strength, politics, protection, sexual energy, sexual potency, and strength). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. 

These substitutions do *not* apply to medical uses. See the article on Mars for a list of herbal substitutes for broom.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

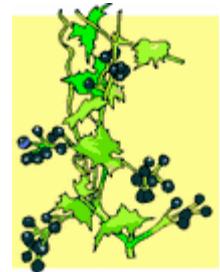
## bryony

Bryony is a plant and an herb.

### botanical information:

**Botanical name:** *Bryony* spp.

**Common name:** bryony



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## buchu

Buchu is a plant and an herb.

### botanical information:

**Botanical name:** *Agathosma betulina* or *Baromsa betulina*

**Common name:** buchu

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

**Threatened species:** The plants *Agathosma betulina* and *Agathosma crenulata* (both from South America, *A. betulina* is also from the West Cape of South Africa) are threatened species. the leaves were steam-distilled to create buchu oil, which was used in traditional South American herbal medicine and as flavoring and perfumery to create a hint of blackberry.

Mountain Rose Herbs grows certified organic buchu leaf, which helps preserve the environmentally threatened wild species.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## burdock root



Burdock root is a vegetable.

### botanical information:

**Botanical name:** *Arctium lappa*

**Common name:** burdock root



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

Is an excellent blood purifier and cleanser; aids in healing skin blemishes, arthritis & rheumatism; promotes healthy kidney function.

—courtesy of Austin Nutritional research

### Chinese herbalism:

**Chinese gender:** yin (cool)

**Chinese flavor:** pungent and bitter

## magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## cautions and contraindications:

**Cautions and contraindications:** Burdock is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).



# buttercup

Buttercup is a plant and an herb.

## botanical information:

**Botanical name:** *Ranunculus bulbosus*

**Common name:** buttercup



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## astrological correspondences:

**Astrological planet:** Sun



## magickal correspondences and uses:

**Gender:** masculine (traditional western European magickal gender)

**Western element:** fire

**Potpourri:** Use buttercup flower petals in magickal potpourris for spells regarding: divination, energy, innocence, prosperity, youth

**Solar spells:** See the article on the Sun for a list of herbal substitutes for buttercup in solar spells involving energy and prosperity.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## cachana

Cachana is a plant and an herb.

### botanical information:

**Botanical name:** *Listris punctata*

**Common name:** cachana

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## calamint

Calamint is a plant and an herb.

### botanical information:

**Botanical name:** *Calamintha* spp.





**Common name:** calamint



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

See also: mint

## camphor

Camphor is a plant and an herb.

### botanical information:

**Botanical name:** *Cinnamomum camphora*

**Common name:** camphor



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

**Astrological planet:** Moon



### magickal correspondences and uses:

**Lunar spells:** Camphor (as herb or essential oil) may be used in as an ingredient or substitute for magick spells and formulas related to lunar matters (compassion, dreams, family, fertility, gardening, healing, love, peace, promoting sleep, prophecy, prophetic (or psychic) dreams), psychic awareness, sleep, and spirituality). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on the Moon for a list of herbal substitutes for camphor.



**Using essential oils:** Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets and away from heat and light. See the article on essential oils for detailed information



on how to mix and use essential oils.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## cannabis

Cannabis hemp is a dioecious plant (meaning that an individual plant can be male or female). Both male and female hemp plants produce good quality fiber, but the female produces the best religious quality cannabinoids.

Also known as hemp or marijuana. **Illegal in many places.** You may want to seek the assistance of a lawyer to assert your religious rights to divine smoke>.

**Legal and Medical Warning:** You should consult with and receive a recommendation from both a lawyer and a doctor before associating with cannabis in any way. The legal consequences of cannabis possession can be imprisonment, or even the death penalty, depending on the nation. The possession of mind altering plant substances (herbs) is associated with Witchcraft and illegal under Jewish, Christian, and Islamic laws. The Jewish Torah, Christian Bible, and Islamic Kuran all still call for the death penalty for anyone who practices Witchcraft or possesses materials associated with Witchcraft. **Conviction in the U.S. for mere possession of cannabis automatically results in permanent loss of any financial aid for colleges or universities.**

Religious cannabis use occurs or has occurred in many of the world's largest religions (ancient Egyptian, Asatru (Norse), Assyrian, Australian, Babylonian, Bantu, Brazilian, Buddhism, Canaanite, Celtic Druidism, Chinese, Christianity, Coptic Christianity, Dagga, Essenes, Etruscan, Gypsy (including Tarot), Hellenism (Greek), Hermeticism, Hinduism, Hottentot, Islam, Judaism, Kemetic (ancient Egyptian), Mithraism, Persian, Polynesian, Pygmy, Rastafarian, Roman, Shamanic/Tribal religion, Shintoism, Sufi Islam, Tantra, Taoism, Thai, Theraputea, Wicca, Witchcraft, Zoroastrianism, and Zulu).

### botanical information:

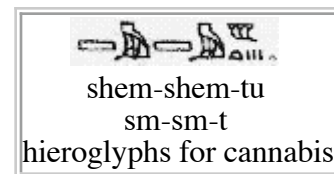


**Botanical name:** *Cannabis sativa* or *Cannabis indica*

**Common name:** cannabis, hemp, marijuana

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

- *Cannabis indica* shorter plant and thicker leaves than sativa
- *Cannabis ruderalis* lower quality plant commonly known as “dirt weed”
- *Cannabis sativa* taller plant and thinner leaves than indica



## origin:

**Origin:** The place of origin of cannabis hemp is unknown, but is believed to have been somewhere in Asia, possibly in Benghali India.

## history:

**History:** Cannabis seeds were used for food in China by 6000 B.C.E. and for textiles in China by 4000 B.C.E.

Hemp was used for rope and sails as well as fine linens in ancient Egypt. Hemp rope was found in the eighteenth-dynasty tomb of Akhenaten (Amenophis IV) at El Amarna, including a three ply hemp cord in the hole of a stone and a large mat bound with hemp cords.

In the third century C.E. the Roman emperor Aurelian imposed a tax on Egyptian cannabis.

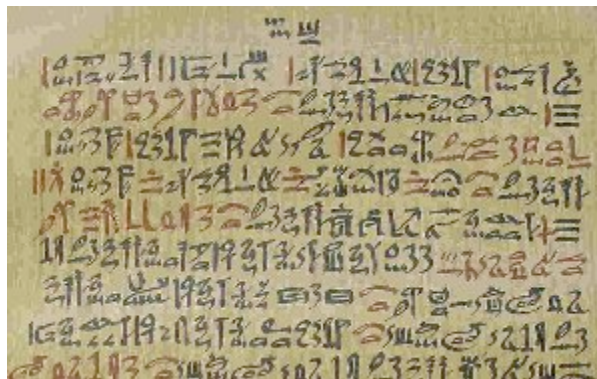
## magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## medicinal uses:

Cannabis was first documented in Kemet (ancient Egypt) around 2000 B.C.E. to treat sore eyes and cataracts. According to Diodorus Siculus (a Sicilian Greek historian who lived from 90 to 21 B.C.E.) Egyptian women used cannabis as a medication to relieve sorrow and bad humour.

Cannabis is mentioned as a medication in the following ancient Egyptian medical texts: Ramesseum III Papyrus (1700 B.C.E.), Eber's Papyrus (1600 B.C.E.), the Berlin Papyrus (1300 B.C.E.), and the Chester Beatty VI Papyrus (1300 B.C.E.). The Eber's Papyrus is the oldest known complete medical textbook in existence. Most scholars believe that it is copy of a much earlier text, probably from around 3100 B.C.E.

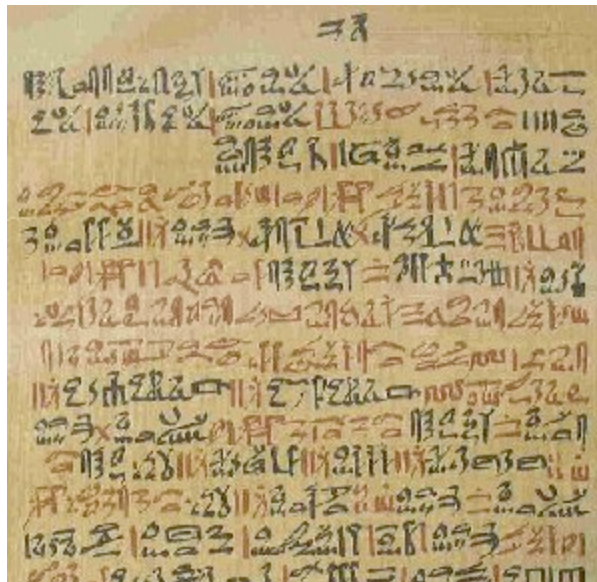


section of Eber's Papyrus, Formula No. 821  
Location Plate #96, Lines 7-8

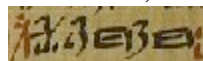


text in Demotic script (the people's script)

Formula No. 821 translation: "Cannabis is pounded [ground] in honey and administered into her vagina. This is a contraction." The 1907 Merck Index (page 132) lists emulsions of cannabis seeds to treat the effects of gonorrhea. The 1909 King's American Dispensatory lists hemp seed infusion for use in after-pains and in the bearing down sensation accompanying prolapsus uteri. The 1927 U.S. Dispensatory lists hemp seed oil for inflammations of the mucous membrane.



section of Eber's Papyrus, Formula No. 618  
Location Plate #78, Lines 10-11



text in Demotic script (the people's script)

Formula No. 618 translation: "Remedy for toe-nail (or fingernail). Ingredients honey, ochre cannabis, and [other ingredients which have not yet been translated]"



The example on the left is the oldest known apothecary jar. It contained traces of hashish. The face is of the Pygmy god Bes (who became an Egyptian god of medicine).



An ancient carving of the Egyptian physician Hesi Re from approximately 2650 B.C.E.



Also in the Eber's Papyrus, a mixture of cannabis and carob was used as an enema or combined with other ingredients for use as a poultice.

The Ramses III Papyrus provides a prescription for cannabis use in the treatment of glaucoma: "A treatment for the eyes: celery, cannabis is ground and left in the dew overnight. Both eyes of the patient are to be washed with it in the morning."

## religious use

Cannabis pollen was found on the mummy of Ramses II (nineteenth dynasty). Initially scholars debated as to whether the cannabis pollen was ancient or modern contamination. Additional research showed cannabis pollen in all known royal mummies. No known ancient Egyptian mummies were wrapped in hemp cloth.

The intoxicating properties of cannabis were virtually unknown among Europeans (other than among witches) until the eighteenth century (1700s) when travellers to Egypt discovered the drug. European witches knew of cannabis from antiquity, when cannabis was one of the most commonly used medications among Celts and Norse.

The Smoke Eaters at the temple at Thebes used cannabis incense for mortality rituals.



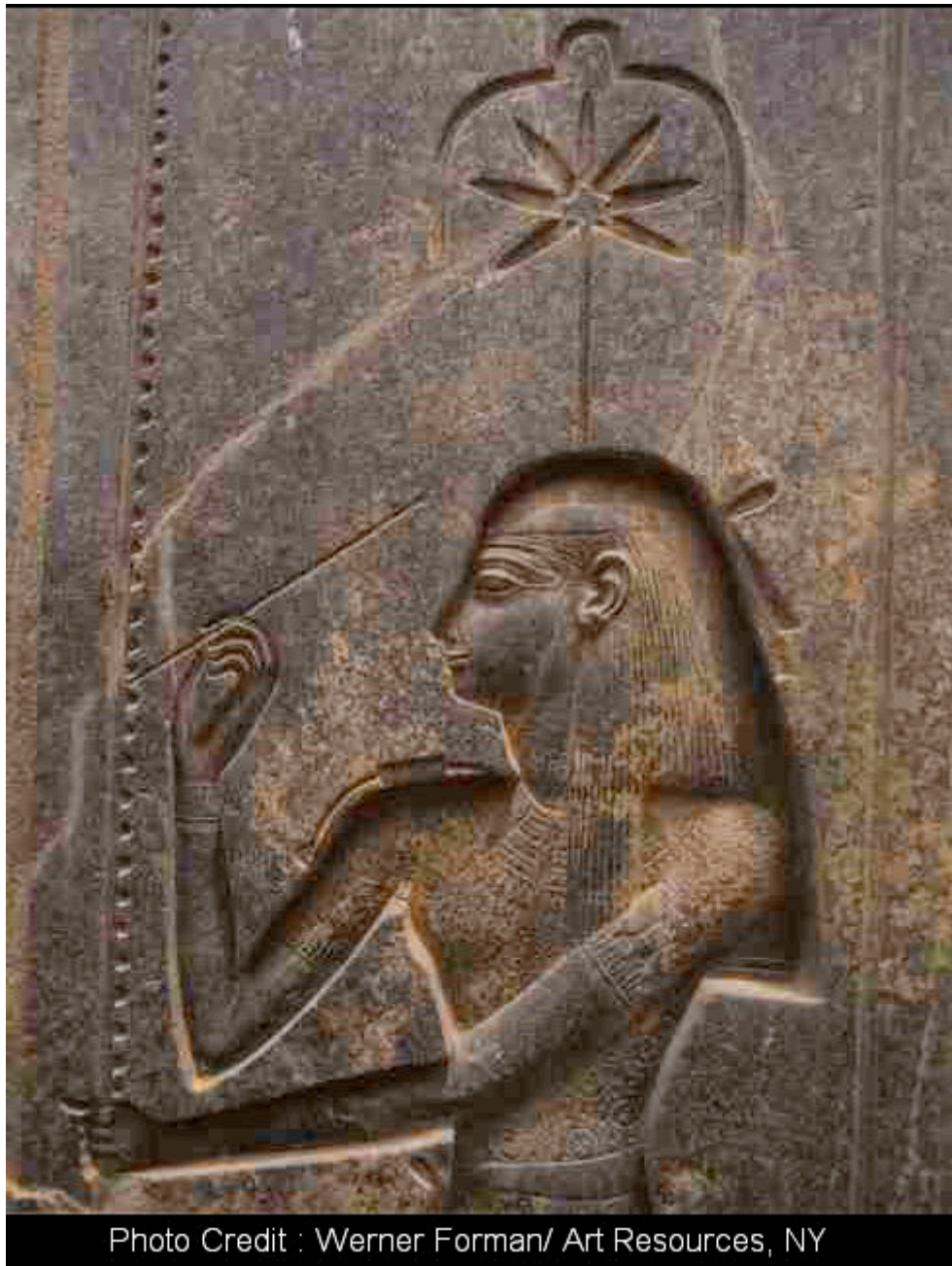


Photo Credit : Werner Forman/ Art Resources, NY

The ancient Egyptian goddess Seshat (above in her role as the Goddess who measures) is depicted with a hemp leaf in her head dress. Pharaoh Tuthmosis III (1479 to 1425 B.C.E.) called her Sefkhet-Abwy (She of the seven points). Hemp was used to make measuring cords. Seshat was the goddess of libraries, knowledge, and geomancy, among other things. Spell 10 of the Coffin text states “Seshat opens the door of heaven for you”.

### **deities associated with cannabis:**

- Bast (Kemetic/ancient Egyptian Goddess)
- Seshat (Kemetic/ancient Egyptian Goddess)
- Shiva (Hindu God)

## preparations

**Bhang:** A beverage made from cannabis.

**Cannabis/marijuana:** Flower tops (buds) and leaves of cannabis. Eaten or smoked.

**Hash oil:** An oil derived from cannabis.

**Hashish:** The resin from cannabis.

**Joints/blunts:** Cannabis rolled into a cigarette or cigar paper.

**Pipe:** Smoked in pipe, water pipe, or hookah.

**Vaporizer:** Vaporizers turn cannabis into a fine mist.

## cautions and contraindications:

**Cautions and contraindications:** Cannabis is **safe**.

The DEA's own conservative administrative law judge, Francis Young, after taking medical testimony for 15 days and reviewing hundreds of DEA/NIDA documents positioned against the evidence introduced by marijuana reform activists, concluded in September 1988 that "marijuana is one of the safest therapeutically active substances known to man." —*The Emperor Wears No Clothes*, Jack Herer

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. **Mere possession of cannabis can have severe legal consequences.**

## caper

Caper is a plant and an herb.

### botanical information:

**Botanical name:** *Capparis spinosa*

**Common name:** caper

**French name:** câpre

**Portuguese name:** alcaparra

**Spanish name:** alcaparra

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

The caper bush is a perennnial shrub that grows to more than one (1) meter in height.

The caper berry is the fruit of the caper bush. The caper is the little green unopened bud.



**origin:**

**Origin:** Southeast Asia

The Romans used capers to flavor sauces.

Capers are graded by size (from smallest to largest: nonpareilles, surfines, capucines, and communes). The smallest, youngest capers are the most valuable.

**magickal correspondences and uses:**

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## caraway

Caraway is a plant and an herb.

**botanical information:**

**Botanical name:** *Carum carvi*

**Common name:** caraway, caraway seed



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

**history:**

**History:** Caraway was one of the ingredients mentioned in the Eber's Papyrus. The Eber's Papyrus (from between 1600 B.C.E. and 1550 B.C.E.), was discovered by German Egyptologist Georg Ebers in 1874 C.E.. The Eber's Papyrus is the oldest known complete medical textbook in existence. Most scholars believe that it is copy of a much earlier text, probably from around 3100 B.C.E. The Eber's Papyrus includes information on surgery and internal medicine, including a list of more than 800 drugs.



### astrological correspondences:

**Astrological planet:** Mercury



### magickal correspondences and uses:

**Western element:** air

**Magickal uses:** Used for devotion and love potions. Used for Earth-healing.

**Mercury spells:** Caraway (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Mercury matters (overcoming addiction, breaking bad habits, communication, divination, eloquence, intelligence, mental powers, psychic powers, self-improvement, study, travel, and wisdom). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Mercury for a list of herbal substitutes for caraway.



**Ritual uses:** Used as a flavoring in celebration feasts after harvest (such as Thanksgiving). Believed to promote wisdom with the resources of the harvest.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### cautions and contraindications:

**Cautions and contraindications:** Caraway is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).



## cardamom



Cardamom is a plant and an herb.

## botanical information:

**Botanical name:** *Elettario cardamomum*

**Common name:** cardamom

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## history:

**History:** Cardamom was one of the ingredients mentioned in the Eber's Papyrus. The Eber's Papyrus (from between 1600 B.C.E. and 1550 B.C.E.), was discovered by German Egyptologist Georg Ebers in 1874 C.E.. The Eber's Papyrus is the oldest known complete medical textbook in existence. Most scholars believe that it is copy of a much earlier text, probably from around 3100 B.C.E. The Eber's Papyrus includes information on surgery and internal medicine, including a list of more than 800 drugs.

Cardamom was listed among many aromatic plants in a scroll of cuneiform from the great library at Nineveh. The library at Nineveh was established by King Ashurbanipal of Assyria (668-633 B.C.E.).

## astrological correspondences:

**Astrological planet:** Venus



## magickal correspondences and uses:

**Love bath:** A love bath is a safe and easy way for anyone to cast a love ritual. Cardamom is used in Scott Cunningham's love bath number three. See the article on love baths for more information.

**Venus spells:** Cardamom (as herb or essential oil) may be used in as an ingredient or substitute for magick spells and formulas related to Venus matters (beauty, compassion, fidelity, friendship, happiness, interchanges, joy, love, luck, meditation, pleasure, reconciliation, and youth). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Venus for a list of herbal substitutes for cardamom.



**Using essential oils:** Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets and away from heat and light. See the article on essential oils for detailed information on how to mix and use essential oils.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## cautions and contraindications:

**Cautions and contraindications:** Cardamom is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## carnation

Carnation is a plant and an herb.

### botanical information:

**Botanical name:** *Dianthus carophyllus*

**Common name:** carnation



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

**Astrological planet:** Sun



### magickal correspondences and uses:

**Month:** Carnation is associated with January.

**Perfumes:** Carnation perfume corresponds with tuesday and is a good perfume for tuesdays.

**Gender:** masculine (traditional western European magickal gender)

**Western element:** fire

**Potpourri:** Use carnation flower petals in magickal potpourris for spells regarding: bravery, energy, safety, strength

**Solar spells:** Carnation (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to solar matters (healing, illumination, magickal power, physical energy, protection, success, and putting an end to legal matters). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on the Sun for a list of herbal substitutes for carnation.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

# Cascara Sagrada

## “sacred bark”

Cascara Sagrada (also called sacred bark) is a plant and an herb.

### botanical information:

**Botanical name:** *Rhamnus purshiana*

**Common name:** Cascara Sagrada, sscred bark

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

The part of this tree that is used is its bark. This tree is native to the northwest Pacific Coast and has been used by many tribes of peoples indigenous to this region, stretching from British Columbia to California, as a remedy for constipation and upset stomachs. Cascara Sagrada is known worldwide as one of the best natural mild laxatives.

—courtesy of Austin Nutritional research

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## cassia

Cassia is a plant and an herb.

### botanical information:

**Botanical name:** *Cinnamomum cassia*

**Common name:** cassia

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



## history:

**History:** Cassia and cinnamon were imported into Egypt from China and southeast Asia by 2,000 B.C.E. Pleasant smelling scents were associated with goodness and purity.

Cassia was one of the ingredients mentioned in the Eber's Papyrus. The Eber's Papyrus (from between 1600 B.C.E. and 1550 B.C.E.), was discovered by German Egyptologist Georg Ebers in 1874 C.E.. The Eber's Papyrus is the oldest known complete medical textbook in existence. Most scholars believe that it is copy of a much earlier text, probably from around 3100 B.C.E. The Eber's Papyrus includes information on surgery and internal medicine, including a list of more than 800 drugs.

Around 1000 B.C.E. Arab traders who supplied the Mediterranean with cassia and cinnamon made up wild stories of their origin (supposedly in Africa) to obscure the real sources and hold onto their spice monopoly. In the first century C.E. the Roman general Pliny the Elder wrote that the Arabian tales were crafted to inflate prices.

## magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## castor

Castor is a plant and an herb.

### botanical information:

**Botanical name:** *Ricinus communis*

**Common name:** castor



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## cautions and contraindications:

**Toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that castor bean “has been reported as having systemic effects on animals and/or intense effects on the gastrointestinal tract.” —ASPCA

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

# catnip

Catnip is a plant and an herb.

## botanical information:

**Botanical name:** *Nepeta cataria*

**Common name:** catnip



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## astrological correspondences:

**Astrological planet:** Venus



## magickal correspondences and uses:

**Gender:** feminine (traditional western European magickal gender)

**Western element:** water

**Magickal uses:** charm, fertility, instinct, playfulness

**Venus spells:** See the article on Venus for a list of herbal substitutes for catnip in Venus spells involving beauty, compassion, fidelity, friendship, happiness, interchanges, joy, love, luck, meditation, pleasure, reconciliation, and youth.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## deities associated with catnip:

- Bast (Kemetic/ancient Egyptian Goddess)

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## cat tail

Cat tail is a plant and an herb.

### botanical information:

**Botanical name:** *Typha capensis* and *Typha* spp.

**Common name:** cat tail, cattail



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### cautions and contraindications:

**Cautions and contraindications:** Cat tail is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## cayenne capsicum

Cayenne (also called capsicum) is a plant and an herb.

### botanical information:

**Botanical name:** *Capsicum* spp.; especially *Capsicum annuum* or *Capsicum frutescens*

**Common name:** cayenne



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### nutritional information:

The part of this plant that is used is its fruit. Capsicum or Cayenne, derived from chili peppers, is highly nutritious, containing Vitamin C and B-complex vitamins as well as iron, calcium, and phosphorous. The red color of many chili peppers is due to their high Vitamin A content. Traditionally, chili peppers have been used in condiments to promote digestion and are believed to cleanse the blood. Capsicum has also been used as a gargle to treat throat conditions and research is currently being done on its use as an anti-inflammatory and to relieve sore muscles.

—courtesy of Austin Nutritional research

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## centaury

Centaury is a plant and an herb.

### botanical information:

**Botanical name:** *Erythraea centaurium* and *Centaurium* spp. *erythraea*

**Common name:** centaury

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### cautions and contraindications:



**Cautions and contraindications:** Centuary is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## chamomile camomile

Chamomile is the modern spelling. Camomile is the older spelling, which will appear in older magick grimoires.

### botanical information:

**Botanical name:** *Anthemis nobilis*

**Common name:** chamomile, chamomile

**German name:** *matricaria chamomilla*

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



The parts of the chamomile plant used are its flowers. Known as an ingredient in many teas, chamomile is used to relax, aid digestion, relieve headaches and help treat allergies. Chamomile is a popular remedy in France and Spain for gas and cramps of the stomach, to treat colic and to induce sleep. It is also a common ingredient in shampoos and perfumes.

—courtesy of Austin Nutritional research

### astrological correspondences:

**Astrological planet:** Sun or Venus

### magickal correspondences and uses:

**Gender:** masculine (traditional western European magickal gender)

**Western element:** water or fire

**Magickal uses:** garden libations, health, new beginnings, and peacefulness

**Ritual uses:** Use for any solar observance.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.





Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## chapparal

Chapparal is a plant and an herb.

### botanical information:

**Common name:** chapparal

Aids in healing skin blemishes, acne, arthritis & allergies; promotes hair growth; acts as a natural antibiotic within the body with no side effects.

—courtesy of Austin Nutritional research

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### cautions and contraindications:

**Non-toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that chaparral “has not been reported as having systemic effects on animals or as having intense effects on the gastrointestinal tract.” —ASPCA

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## chickweed

Chickweed is a plant and an herb.

### botanical information:

**Botanical name:** *Stellaria media*

**Common name:** chickweed



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### nutritional information:

Chickweed (as well as other weeds such as fat hen, knaw, corn surry, and knotgrass) were eaten in mesolithic and neolithic British Isles prior to agriculture.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



### cautions and contraindications:

**Cautions and contraindications:** Chickweed is believed to be **safe** when harvested from a fertilizer-free environment.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## chicory

Chicory is a plant and an herb.

### botanical information:

**Botanical name:** *Chicorium intybus*

**Common name:** chicory



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## cautions and contraindications:

**Cautions and contraindications:** Chicory is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).



## chili pepper

Chili pepper is a plant and an herb.

## botanical information:

**Botanical name:** *Capsicum* spp.

**Common name:** chili pepper

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



## magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## cautions and contraindications:

**Cautions and contraindications:** Chili pepper is believed to be **safe**.

Use caution when handling hot peppers. Wear disposable gloves or wash hands thoroughly in hot, soapy water. Do *not* touch your eyes while handling hot peppers.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

# chrysanthemum mums

Chrysanthemum is a plant and an herb.

## botanical information:

**Botanical name:** *Chrysanthemum* spp.

**Common name:** chrysanthemum, mums

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



## astrological correspondences:

**Astrological planet:** Sun



## magickal correspondences and uses:



**Month:** Chrysanthemum is associated with November.

**Gender:** masculine (traditional western European magickal gender)

**Western element:** fire

**Potpourri:** Use chrysanthemum flower petals in magickal potpourris for spells regarding: humor, protection, survival

**Solar spells:** See the article on the Sun for a list of herbal substitutes for chrysanthemum in solar spells involving protection.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



# cinnamon

Cinnamon was one of the most common ingredients in various religious/spiritual incenses in ancient Egypt.

## botanical information:

**Botanical name:** *Cinnamomum zeylanicum*

**Common name:** cinnamon



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## origin:

**Origin:** China

## history:

**History:** Cinnamon and cassia were imported into Egypt from China and southeast Asia by 2,000 B.C.E. Pleasant smelling scents were associated with goodness and purity.

Around 1000 B.C.E. Arab traders who supplied the Mediterranean with cassia and cinnamon made up wild stories of their origin (supposedly in Africa) to obscure the real sources and hold onto their spice monopoly. In the first century C.E. the Roman general Pliny the Elder wrote that the Arabian tales were crafted to inflate prices.



## astrological correspondences:

**Astrological planet:** Sun



## magickal correspondences and uses:

**Incense:** Cinnamon incense corresponds with wednesday and is a good incense to burn on wednesdays.

**Western element:** fire

**Magickal uses:** strength and success

**Solar spells:** Cinnamon (as herb or essential oil) may be used in as an ingredient or substitute for magick spells and formulas related to solar matters (healing, illumination, magickal power, physical energy, protection, success, and putting an end to legal matters). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on the Sun for a list of herbal substitutes for cinnamon.



**Using essential oils:** Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets and away from heat and light. See the article on essential oils for detailed information on how to mix and use essential oils.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



Because cinnamon was sacred to Aphrodite and Venus it was considered to be an aphrodisiac.

### deities associated with cinnamon:

- Aphrodite (Greek Goddess)
- Bast (ancient Egyptian Goddess)
- Venus (Roman Goddess)

### cautions and contraindications:

**Non-toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that cinnamon “has not been reported as having systemic effects on animals or as having intense effects on the gastrointestinal tract.” —ASPCA

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## cinquefoil

Cinquefoil is a plant and an herb.

### botanical information:

**Botanical name:** *Potentilla canadensis*, *Potentilla erecta*, or *Potentilla reptans*



**Common name:** cinquefoil



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## astrological correspondences:

**Astrological planet:** Jupiter



## magickal correspondences and uses:

**Incense:** Cinquefoil incense corresponds with wednesday and is a good incense to burn on wednesdays.

**Jupiter spells:** Cinquefoil (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Jupiter matters (growth, legal matters, luck, meditation, money, prosperity, settling legal matters, and spirituality). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Jupiter for a list of herbal substitutes for cinquefoil.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## cautions and contraindications:

**Cautions and contraindications:** Cinquefoil of the species *Potentilla erecta* is believed to be **safe**.

**Non-toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that cinquefoil “has not been reported as having systemic effects on animals or as having intense effects on the gastrointestinal tract.” —ASPCA



Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).





## citron

Citron is a plant and an herb.

### botanical information:

**Botanical name:** *Citrus medica*

**Common name:** citron



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

**Astrological planet:** Sun



### magickal correspondences and uses:

**Solar spells:** Citron (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to solar matters (healing, illumination, magickal power, physical energy, protection, success, and putting an end to legal matters). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on the Sun for a list of herbal substitutes for citron.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



### cautions and contraindications:

**Cautions and contraindications:** Citron is believed to be **safe**.



**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## cleavers

Cleavers is a plant and an herb.

### botanical information:

**Botanical name:** *Galium aparine*

**Common name:** cleavers



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### cautions and contraindications:

**Cautions and contraindications:** Cleavers is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## clove

Clove is a plant and an herb.

Not to be confused with clover or clove of garlic.

### botanical information:

**Botanical name:** *Syzygium aromaticum* or *Caryophyllus aromaticus* or *Eugenia carophyllus*

**Common name:** clove



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### origin:

**Origin:** Indonesia

## history:

**History:** Cloves were found in a domestic kitchen from upper Mesopotamia (in what is now Syria) from 1,700 B.C.E. At the time cloves were grown only on a few islands in what is now Indonesia.

## astrological correspondences:

**Astrological planet:** Jupiter



## magickal correspondences and uses:

**Perfumes:** Clove perfume corresponds with sunday and is a good perfume for sundays.

**Perfumes:** Clove perfume corresponds with wednesday and is a good perfume for wednesdays.

**Western element:** fire

**Magickal uses:** kinship, love, prosperity, and protection

**Jupiter spells:** Clove (as an herb or an essential oil) may be used in as an ingredient or substitute for magick spells and formulas related to Jupiter matters (growth, legal matters, luck, meditation, money, prosperity, settling legal matters, and spirituality). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Jupiter for a list of herbal substitutes for clove.



**Using essential oils:** Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets and away from heat and light. See the article on essential oils for detailed information on how to mix and use essential oils.

**Ritual uses:** Use as an offering to any Malaysian deity.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## deities associated with clove:

- any Malaysian deity

## cautions and contraindications:

**Cautions and contraindications:** Clove is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

# clover

Clover is a plant and an herb.

### botanical information:

**Botanical name:** *Trifolium* spp.

**Common name:** clover



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

**Astrological planet:** Mercury



### magickal correspondences and uses:

**Gender:** masculine (traditional western European magickal gender)

**Western element:** air

**Potpourri:** Use clover flower petals in magickal potpourris for spells regarding: love, luck, success  
red clover also used for: finances  
white clover also used for: protection

**Mercury spells:** See the article on Mercury for a list of herbal substitutes for clover in Mercury spells.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



## club moss

Club moss is a plant and an herb.

### botanical information:

**Botanical name:** *Lycopodium clavatum*

**Common name:** clubmoss

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## comfrey

Comfrey is a plant and an herb.

### botanical information:

**Botanical name:** *Symphytum officinale*

**Common name:** comfrey

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common



names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

Aids in healing respiratory ailments, anemia, arthritis, fractures, mucous membranes, lungs & wounds; it is soothing to the gastrointestinal tract; aids in cell proliferation; helps the pancreas in regulating blood sugar level; helps promote the secretion of pepsin & is a general aid to digestion.

—courtesy of Austin Nutritional research

## astrological correspondences:

**Astrological planet:** Saturn



## magickal correspondences and uses:

**Saturn spells:** Comfrey (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Saturn matters (endings, exorcism, longevity, protection, purification, and vision). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Saturn for a list of herbal substitutes for comfrey.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

# copal

Copal is a plant and an herb.

## botanical information:

**Botanical name:** *Burrsera* spp., *Burrsera odorata*, or *Burrsera fugaroides*

**Common name:** copal

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## astrological correspondences:

**Astrological planet:** Sun



## magickal correspondences and uses:

**Solar spells:** Copal (as an herbal gum) may be used in as an ingredient or substitute for magick spells and formulas related to solar matters (healing, illumination, magickal power, physical energy, protection, success, and putting an end to legal matters). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on the Sun for a list of herbal substitutes for copal.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## cautions and contraindications:

**Cautions and contraindications:** Copal of the species *Bursera fagaroides* is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

# coriander cilantro

Coriander is a plant and an herb.

## botanical information:

**Botanical name:** *Coriandrum sativum*

**Common name:** coriander



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

The leaf of the coriander plant is cilantro.

## history:

**History:** Coriander was grown in the Hanging Gardens of Babylon, one of the Seven Wonders of the World.


Coriander was one of the ingredients mentioned in the Eber's Papyrus. The Eber's Papyrus (from between 1600 B.C.E. and 1550 B.C.E.), was discovered by German Egyptologist Georg Ebers in 1874 C.E.. The Eber's Papyrus is the oldest known complete medical textbook in existence. Most scholars believe that it is copy of a much earlier text, probably from around 3100 B.C.E. The Eber's Papyrus includes information on surgery and internal medicine, including a list of more than 800 drugs.

Coriander was listed among many aromatic plants in a scroll of cuneiform from the great library at Nineveh. The library at Nineveh was established by King Ashurbanipal of Assyria (668-633 B.C.E.).

## astrological correspondences:

**Astrological planet:** Mars 

## magickal correspondences and uses:

**Mars spells:** Coriander (as an herb or an essential oil) may be used in as an ingredient or substitute for magick spells and formulas related to Mars matters (aggression, courage, defensive magick, exorcism, healing after surgery, hex-breaking, lust, physical strength, politics, protection, sexual energy, sexual potency, and strength). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Mars for a list of herbal substitutes for coriander. 

**Using essential oils:** Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets and away from heat and light. See the article on essential oils for detailed information on how to mix and use essential oils.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## cautions and contraindications:

**Cautions and contraindications:** Coriander is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

# costmary

Costmary is a plant and an herb. Also called Alecost, Balsam Herb, Balsamita, Bible Leaf, Costmarie, Herbe Sainte-Marie, Mace.

## botanical information:

**Botanical name:** *Balsamita major*

**Common name:** costmary

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## origin:

**Origin:** Costmary is a native of Asia, introduced into Europe in the sixteenth century (1500s), where it became ubiquitous in European gardens until the 1800s.

## history:

**History:** In the Christian Dark Ages (medieval times) costmary was associated with Mary Mother of Jesus and used as a treatment for dysentery. Costmary is an astringent, antiseptic, and aperient. Dried costmary leaves were used as bookmarks in Colonial America, primarily in bibles and hymnals (costmary is sometimes called Bible Leaf). During long sermons, Christians would take a whiff of costmary's minty balsamic smell or sometimes even chew on the leaf.

Costmary can be used to give a spicy flavor to ales (costmary is sometimes called Alecost). Fresh young leaves may be used in salads. Dried leaves are commonly used in pot-pourri. Costmary leaves can be added to lemonade, iced tea, and other cooled beverages as a garnish.

Costmary is great for bath teas and acts as an astringent.

Fresh costmary leaves may be placed on the bottom of a baking pan before pouring the batter.

## magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

# costus

Costus is a plant and an herb.

## botanical information:

**Botanical name:** *Aplotaxis lappa*

**Common name:** costus

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



# cowslip

Cowslip is a plant and an herb.

## botanical information:

**Botanical name:** *Primula veris*

**Common name:** cowslip



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## astrological correspondences:

**Astrological planet:** Venus



## magickal correspondences and uses:

**Gender:** feminine (traditional western European magickal gender)

**Western element:** water

**Potpourri:** Use cowslip flower petals in magickal potpourris for spells regarding: finding lost items, finding treasure, healing, youthful perspective

**Venus spells:** See the article on Venus for a list of herbal substitutes for cowslip in Venus spells involving beauty, compassion, fidelity, friendship, happiness, interchanges, joy, love, luck, meditation, pleasure, reconciliation, and youth.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## cautions and contraindications:

**Cautions and contraindications:** Cowslip is believed to be safe.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

# crocus

Crocus is a plant and an herb.

## botanical information:

**Botanical name:** *Crocus vernus*



**Common name:** crocus



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

**Astrological planet:** Venus



### magickal correspondences and uses:

**Venus spells:** Crocus (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Venus matters (beauty, compassion, fidelity, friendship, happiness, interchanges, joy, love, luck, meditation, pleasure, reconciliation, and youth). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Venus for a list of herbal substitutes for crocus.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## cubeb

Cubeb is a plant and an herb.

### botanical information:

**Botanical name:** *Piper cubeb*

**Common name:** cubeb



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## cumin

Cumin is a plant and an herb.

### botanical information:

**Botanical name:** *Cuminum cyminum*

**Common name:** cumin



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### history:

Cumin was listed among many aromatic plants in a scroll of cuneiform from the great library at Nineveh. The library at Nineveh was established by King Ashurbanipal of Assyria (668-633 B.C.E.).

### astrological correspondences:

**Astrological planet:** Mars



### magickal correspondences and uses:

**Mars spells:** Cumin (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Mars matters (aggression, courage, defensive magick, exorcism, healing after surgery, hex-breaking, lust, physical strength, politics, protection, sexual energy, sexual potency, and strength). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Mars for a list of herbal substitutes for cumin.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### cautions and contraindications:

**Cautions and contraindications:** Cumin is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).



## daisy

Daisy is a plant and an herb.

### botanical information:

**Botanical name:** *Bellis perennis*

**Common name:** daisy



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

**Astrological planet:** Sun and Venus



### magickal correspondences and uses:

**Month:** Daisy is associated with April.

**Gender:** masculine (traditional western European magickal gender)

**Western element:** water and fire

**Magickal uses:** future telling, simplicity, youth

**Potpourri:** Use daisy flower petals in magickal potpourris for spells regarding: humor, survival

**Solar spells:** See the article on the Sun for a list of herbal substitutes for daisy in solar spells.

**Venus spells:** Daisy (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Venus matters (beauty, compassion, fidelity, friendship, happiness, interchanges, joy, love, luck, meditation, pleasure, reconciliation, and youth). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Venus for a list of herbal substitutes for daisy.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### deities associated with daisy:

- Aphrodite (Greek Goddess)
- Artemis (Greek Goddess)
- Freya (Norse Goddess)

### cautions and contraindications:

**Non-toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that blue daisy, blue-eyed daisy, and Easter daisy “have not been reported as having systemic effects on animals or as having intense effects on the gastrointestinal tract.” —ASPCA



Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## damiana

Damiana is a plant and an herb.

### botanical information:

**Botanical name:** *Turnera diffusa* or *Turnera aphrodisiaca*

**Common name:** damiana

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### cautions and contraindications:

**Cautions and contraindications:** Damiana is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

# dandelion

Dandelion is a plant and an herb.

## botanical information:

**Botanical name:** *Taraxacum officinale*

**Common name:** dandelion, dandelion greens

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## Chinese herbalism:

**Chinese gender:** dandelion greens are yin (cool)

**Chinese flavor:** dandelion greens are bitter

## astrological correspondences:

**Astrological planet:** Jupiter



## magickal correspondences and uses:

**Gender:** masculine (traditional western European magickal gender)

**Western element:** air

**Magickal uses:** astral awareness, divination, wish magick

**Potpourri:** Use dandelion flower petals in magickal potpourris for spells regarding: communications, oracles, wishes

**Jupiter spells:** See the article on Jupiter for a list of herbal substitutes for dandelion in Jupiter spells involving growth, legal matters, luck, meditation, money, prosperity, settling legal matters, and spirituality.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## deities associated with dandelion:

- Hecate (Greek Goddess)
- Theseus (Greek Hero)

## cautions and contraindications:

**Cautions and contraindications:** Dandelion leaf (dandelion greens) is believed to be **safe**.



**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

window boxes).

See also: dandelion greens.

## deadly nightshade

Deadly nightshade is a plant and an herb.

### botanical information:

**Botanical name:** *Solanum* spp.

**Common name:** deadly nightshade

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### origin:

**Origin:** Deadly nightshade is native to Europe, North Africa, and West Asia and has become naturalized in parts of North America.

### magickal correspondences and uses:

**Magickal uses:** Used in medieval flying ointments (symptoms of deadly nightshade poisoning include vivid hallucinations and a sense of flying).

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### cautions and contraindications:

**Cautions and contraindications:** Deadly nightshade is one of the most toxic plants in the Western hemisphere. A few berries or a leaf can kill. The root is the most toxic part. The toxin is tropane alkaloids. Symptoms of deadly nightshade poisoning are the same as for atropine and include dilated pupils, tachycardia, hallucinations, blurred vision, loss of balance, feeling of flight, staggering, a sense of suffocation, paleness followed by red rash, flushing, husky voice, extreme dry throat, constipation, urinary retention, confusion, and death. The antidote is physostigmine or pilocarpine. Deadly nightshade can kill pets and livestock.

**Toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that deadly nightshade “has been reported as having systemic effects on animals and/or intense effects on the gastrointestinal tract.” —ASPCA

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your

own herbs in your own goddess garden (or window boxes).

See also: nightshade and black nightshade.

## deerstongue

Deerstongue is a plant and an herb.

### botanical information:

**Botanical name:** *Frasera speciosa* or *Liatris odoratissima*

**Common name:** deerstongue

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

**Astrological planet:** Mars



### magickal correspondences and uses:

**Mars spells:** Deerstongue (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Mars matters (aggression, courage, defensive magick, exorcism, healing after surgery, hex-breaking, lust, physical strength, politics, protection, sexual energy, sexual potency, and strength). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Mars for a list of herbal substitutes for deerstongue.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## devil's shoestring

Devil's shoestring is a plant and an herb.

### botanical information:

**Botanical name:** *Viburnum alnifolium*

**Common name:** devil's shoestring



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

The listing of the common name for this plant should not be mistaken as evidence of support for the Christian or Muslim belief that a Devil or devils exist. Witches do not worship or follow or even believe in the existence of the Christian Devil or Islamic devils.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### cautions and contraindications:

**Cautions and contraindications:** Devil's shoestring is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## dill

Dill is a plant and an herb.

### botanical information:

**Botanical name:** *Anethum graveolens*

**Common name:** dill

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### origin:

**Origin:** Mediterranean

### history:

Dill was listed among many aromatic plants in a scroll of cuneiform from the great library at Nineveh. The library at Nineveh was established by King Ashurbanipal of Assyria (668-633 B.C.E.).

### astrological correspondences:

**Astrological planet:** Mercury



### magickal correspondences and uses:

**Western element:** fire



**Magickal uses:** Protection from negative magick.

**Magickal uses:** friendship, mental clarity, and restfulness

**Love bath:** A love bath is a safe and easy way for anyone to cast a love ritual. Dill is used in Scott Cunningham's love bath number one. See the article on love baths for more information.

**Mercury spells:** Dill (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Mercury matters (overcoming addiction, breaking bad habits, communication, divination, eloquence, intelligence, mental powers, psychic powers, self-improvement, study, travel, and wisdom). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Mercury for a list of herbal substitutes for dill.



**Ritual uses:** Unity and fellowship rituals

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



### cautions and contraindications:

**Cautions and contraindications:** Dill is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).



## dittany of Crete

Dittany of Crete is a plant and an herb.

### botanical information:

**Botanical name:** *Dictamnus fragrans*

**Common name:** dictame, Dictame de Crete (French), dictame vrai, dictamnus, diktamo, dittany, Dittany of Candie, Dittany of Crete, hop marjoram, hop plant, Mangirotu, organ dictame, Spanish hops



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### **origin:**

**Origin:** Dittany of Crete originated on the island of Crete and is named for the mountain Dicte on Crete.

### **history:**

**History:** Ancient shepherds noticed that wild goats would seek out dittany after being wounded by arrows. After eating the plant the arrows fell out and the wounds healed. Shepherds discovered that eating dittany helped heal open wounds in humans also. Later shepherds developed compresses made from dittany leaves.

### **magickal correspondences and uses:**

According to Virgil's version of the Trojan War, Aeneas was severely wounded by an arrow so deeply embedded that it could not be removed. His mother, the Roman Goddess Venus, took some dittany of Crete from Mount Ida on the island of Crete, applied it to Aeneas' wound, causing the arrow to drop out and healing the wound immediately.

Dittany was popular as a therapeutic plant in Minoan Crete, ancient Greece, and ancient Egypt (Kemet). Hippocrates recommended dittany for stomach and digestive system diseases, rheumatism and arthritis, regulating menstruation, healing wounds, and toning the body.

Dittany of Crete is mentioned in Charlemagne's herb list and was popular throughout the Christian Dark Ages (medieval times).

The active ingredient of Dittany of Crete is the essential oil carvacrol. Dittany of Crete acts as an antiheumatic, oxytoxic, stomachic, and vulnerary.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### **deities associated with dittany of Crete:**

- Venus (Roman Goddess)

### **cautions and contraindications:**

**Cautions and contraindications:** Dittany of Crete is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).



## dock

Dock is a plant and an herb.

### botanical information:

**Botanical name:** *Rumex* spp.

**Common name:** dock

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

See also: yellow dock.

## dragon's blood

Dragon's blood is a plant and an herb.

### botanical information:

**Botanical name:** *Daemonorops draco* or *Draceana* spp.

**Common name:** dragon's blood

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:



**Astrological planet:** Mars



## magickal correspondences and uses:

**Mars spells:** Dragon's blood (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Mars matters (aggression, courage, defensive magick, exorcism, healing after surgery, hex-breaking, lust, physical strength, politics, protection, sexual energy, sexual potency, and strength). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Mars for a list of herbal substitutes for dragon's blood.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## cautions and contraindications:

**Cautions and contraindications:** Dragon's blood is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

See also: yellow dock.

# echinacea

Echinacea is a plant and an herb.

## botanical information:

**Botanical name:** *Echinacea* spp.

**Common name:** echinacea

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



## nutritional information:

Is the most effective blood & lymphatic cleanser in the botanical kingdom; its acts as a natural antibiotic and works like penicillin in the body with no side effects; aids in reducing fever, infections, bad breath & mucous buildup.

—courtesy of Austin Nutritional research

## magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### cautions and contraindications:

**Cautions and contraindications:** Echinacea is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).



## elder

Elder is a plant and an herb.

### botanical information:

**Botanical name:** *Sambucus canadensis*

**Common name:** elder



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## eryngo

## sea holly

Eryngo is a plant and an herb.

### botanical information:

**Botanical name:** *Eryngium* spp. *maritimum*, *Eryngium planum*, *Eryngium yuccifolium*, *Eryngium campestre*, and *Eryngium foetidum*

**Common name:** eryngo, sea holly



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### cautions and contraindications:

**Cautions and contraindications:** Eryngo is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## euphorbium

Euphorbium is a plant and an herb.

### botanical information:

**Botanical name:** *Euphorbia* spp.

**Common name:** euphorbium

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## eyebright euphrasia



Eyebright (also called euphrasia) is a plant and an herb.

### botanical information:

**Botanical name:** *Euphrasia officinalis*.

**Common name:** euphrasia, eyebright



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

Euphrasia (*euphrasia officinalis*) or eyebright is an herb the name of which comes from the Greek word euphrosyne which means “gladness.” Euphrasia has been used for centuries for various eye problems. It is also used topically, mixed with other herbs to treat conjunctivitis and other inflammations or as an eyewash.

—courtesy of Austin Nutritional research

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### cautions and contraindications:

**Cautions and contraindications:** Eyebright is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## fennel

Fennel is a plant and an herb.

### botanical information:

**Botanical name:** *Foeniculum vulgare*

**Common name:** fennel

**French name:** fenouil



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### origin:



**Origin:** Mediterranean

## history:

**History:** Fennel was one of the ingredients mentioned in the Eber's Papyrus. The Eber's Papyrus (from between 1600 B.C.E. and 1550 B.C.E.), was discovered by German Egyptologist Georg Ebers in 1874 C.E.. The Eber's Papyrus is the oldest known complete medical textbook in existence. Most scholars believe that it is copy of a much earlier text, probably from around 3100 B.C.E. The Eber's Papyrus includes information on surgery and internal medicine, including a list of more than 800 drugs.

## nutritional information:

### nutritional value per 100 grams:

- **Calories:** 28 calories
- **Proteins:** 2.8 grams
- **Fat:** 0.4 grams
- **Carbohydrates:** 5.0 grams
- high in Vitamin A
- high in Vitamin C
- high in calcium
- high in iron

## astrological correspondences:

**Astrological planet:** Mercury



## magickal correspondences and uses:

**Western element:** fire

**Magickal uses:** physical health, protection, and banishing ill-intended magick

**Mercury spells:** Fennel (as herb or essential oil) may be used in as an ingredient or substitute for magick spells and formulas related to Mercury matters (overcoming addiction, breaking bad habits, communication, divination, eloquence, intelligence, mental powers, psychic powers, self-improvement, study, travel, and wisdom). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Mercury for a list of herbal substitutes for fennel.



**Using essential oils:** Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets and away from heat and light. See the article on essential oils for detailed information on how to mix and use essential oils.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## deities associated with fennel:

- Prometheus (Greek God)



## cautions and contraindications:

**Cautions and contraindications:** Fennel is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

# fenugreek

## history:

**History:** Fenugreek was one of the ingredients mentioned in the Eber's Papyrus. The Eber's Papyrus (from between 1600 B.C.E. and 1550 B.C.E.), was discovered by German Egyptologist Georg Ebers in 1874 C.E.. The Eber's Papyrus is the oldest known complete medical textbook in existence. Most scholars believe that it is copy of a much earlier text, probably from around 3100 B.C.E. The Eber's Papyrus includes information on surgery and internal medicine, including a list of more than 800 drugs.

# fern

Fern is a plant and an herb.

## botanical information:

**Botanical name:** many plants

**Common name:** fern



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## cautions and contraindications:

**Cautions and contraindications:** Some ferns are poisonous.

**Non-toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that ball fern, bold sword fern, Boston fern, carrot fern, common staghorn fern, crisped feather fern, dainty rabbits-foot fern, Dallas fern, duffii fern, duffy fern, dwarf feather fern, dwarf whitman fern, feather fern, fish tail fern, giant holly fern, hen and chickens fern, holly fern, imbricata sword fern, Japanese holly fern, king and queen fern, moss fern, mother fern, parsley fern, rabbits foot fern, Roosevelt fern, silver table fern, squirrels foot fern, sword fern, tail feather fern, verona fern, verona lace fern, and whitman fern “have not been reported as having systemic effects on animals or as having intense effects on the gastrointestinal tract.” —ASPCA

**Toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that asparagus fern, emerald fern, emerald feather, lace fern, and plumosa fern “have been reported as having systemic effects on animals and/or intense effects on the gastrointestinal tract.” —ASPCA



Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

- maidenhair fern

## flax

Flax is a plant and an herb.

The ancient Egyptians grew flax for clothing.

## botanical information:

**Botanical name:** *Linum usitatissimum*

**Common name:** flax

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.





Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## fleawort

Fleawort is a plant and an herb.

### botanical information:

**Botanical name:** *Inula conyza*

**Common name:** fleawort

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## fo-ti ho-shou-wu

Fo Ti (also known as Ho-Shou-Wu) is a plant and an herb.

### botanical information:

**Botanical name:** *Polygonum multiflorum*.

**Common name:** fo-ti, ho-shou-wu

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

The part of this plant used is its root. Fo Ti is second only to ginseng in traditional Chinese medicine. Fo Ti, according to Chinese legend, was used by a 58 year old man who ate it and then fathered many children. It has been used to treat colic, enteritis or the inflammation of the intestines, gout and hemorrhoids. Research is being done on its use to lower cholesterol and to aid in the acceptance of organ transplants.”

—courtesy of Austin Nutritional research

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## foxglove

Foxglove is a plant and an herb.

### botanical information:

**Botanical name:** *Digitalis purpurea*

**Common name:** foxglove



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

**Astrological planet:** Venus



### magickal correspondences and uses:

**Gender:** feminine (traditional western European magickal gender)

**Western element:** water

**Potpourri:** Use foxglove flower petals in magickal potpourris for spells regarding: protection

**Venus spells:** See the article on Venus for a list of herbal substitutes for foxglove in Venus spells involving beauty, compassion, fidelity, friendship, happiness, interchanges, joy, love, luck, meditation, pleasure, reconciliation, and youth.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### cautions and contraindications:

**Toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that foxglove “has been reported as having systemic effects on animals and/or intense effects on the gastrointestinal tract.” — ASPCA

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## frankincense

Frankincense is a plant and an herb.

### botanical information:

**Botanical name:** *Boswellia carterii*

**Common name:** frankincense

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

**Astrological planet:** Sun



### magickal correspondences and uses:

**Perfumes:** Frankincense perfume corresponds with sunday and is a good pefume for sundays.

**Perfumes:** Frankincense perfume corresponds with wednesday and is a good pefume for wednesdays.

**Solar spells:** Frankincense (as herb or essential oil) may be used in as an ingredient or substitute for magick spells and formulas related to solar matters (healing, illumination, magickal power, physical energy, protection, success, and putting an end to legal matters). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on the Sun for a list of herbal substitutes for frankincense.



**Using essential oils:** Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets and away from heat and light. See the article on essential oils for detailed information on how to mix and use essential oils.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



### cautions and contraindications:

**Cautions and contraindications:** Frankincense is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## fumitory

Fumitory is a plant and an herb.

### botanical information:

**Botanical name:** *Fumaria officinalis*

**Common name:** fumitory



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.





Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## fuzzy weed

Fuzzy weed is a plant and an herb.

### botanical information:

**Botanical name:** *Artemisia dracunculus*

**Common name:** French tarragon, fuzzy weed

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### cautions and contraindications:

**Cautions and contraindications:** Fuzzy weed is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## galangal

Galangal is a plant and an herb.

### botanical information:

**Botanical name:** *Alpina officinalis* or *Alpina galanga*

**Common name:** galangal



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

**Astrological planet:** Mars



### magickal correspondences and uses:

**Mars spells:** Galangal (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Mars matters (aggression, courage, defensive magick, exorcism, healing after surgery, hex-breaking, lust, physical strength, politics, protection, sexual energy, sexual potency, and strength). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Mars for a list of herbal substitutes for galangal.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### cautions and contraindications:

**Cautions and contraindications:** Galangal is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## gardenia

Gardenia is a plant and an herb.

### botanical information:

**Botanical name:** *Gardenia* spp.

**Common name:** gardenia



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

**Astrological planet:** Moon



### magickal correspondences and uses:

**Love bath:** A love bath is a safe and easy way for anyone to cast a love ritual. Gardenia is used in Scott Cunningham's love bath number three. See the article on love baths for more information.



**Lunar spells:** Gardenia (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to lunar matters (compassion, dreams, family, fertility, gardening, healing, love, peace, promoting sleep, prophecy, prophetic (or psychic) dreams), psychic awareness, sleep, and spirituality). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on the Moon for a list of herbal substitutes for gardenia.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



### cautions and contraindications:

**Cautions and contraindications:** Gardenia is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## garlic

Garlic is a plant and an herb.

### botanical information:

**Botanical name:** *Allium sativum*

**Common name:** garlic



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### history:

**History:** Garlic and onions were fed to 100,000 laborers (*not* slaves) who worked on the Great Pyramid of Khufu (Cheops).

Garlic was one of the ingredients mentioned in the Eber's Papyrus. The Eber's Papyrus (from between 1600 B.C.E. and 1550 B.C.E.), was discovered by German Egyptologist Georg Ebers in 1874 C.E.. The Eber's Papyrus is the oldest known complete medical textbook in existence. Most scholars believe that it is copy of a much earlier text, probably from around 3100 B.C.E. The Eber's Papyrus includes information on surgery and internal medicine, including a list of more than 800 drugs.

Garlic was listed among many aromatic plants in a scroll of cuneiform from the great library at Nineveh. The library at Nineveh was established by King Ashurbanipal of Assyria (668-633 B.C.E.).

### nutritional information:

Garlic is a source of copper.

Garlic cloves have been used for thousands of years and their use has been recorded in ancient Egypt, Greece, Rome, China, Japan, India, Russia and Europe. Garlic was dedicated by Roman soldiers to Mars, their god of war. It has been used to ward off demons. It has been known as “Russian penicillin” and has been used to treat ear infections, cholera and typhus. Known as a natural anti-biotic, garlic was used during both world wars to disinfect wounds. This anti-oxidant is also believed to help lower cholesterol. Garlic contains an antimicrobial agent known as allicin and can easily be added to many foods. Research is now being done on the treatment of cancers with garlic.

—courtesy of Austin Nutritional research

### Chinese herbalism:

**Chinese gender:** strongly yang (hot)

**Chinese flavor:** pungent

### magickal correspondences and uses:

**Western element:** fire

**Magickal uses:** Use for fire magick.

**Magickal uses:** protection

**Ritual uses:** Garlic was a common Kemetic (ancient Egyptian) offering. Garlic offerings were found in the tomb of Tutankhamun.

**Ritual uses:** Use for work with Hecate.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### deities associated with garlic:

- Hecate (Greek Goddess)
- Mars (Roman God)



Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## geranium

Geranium is a plant and an herb.

### botanical information:

**Botanical name:** (scented varieties) *Pelargonium* spp.

**Common name:** geranium



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

Fresh geranium leaves may be placed on the bottom of a baking pan before pouring the batter.

### astrological correspondences:

**Astrological planet:** Venus



### magickal correspondences and uses:

**Gender:** feminine (traditional western European magickal gender)

**Western element:** water

**Potpourri:** Use geranium flower petals in magickal potpourris for spells regarding: health, protection  
red: guests  
pink: love

**Venus spells:** See the article on Venus for a list of herbal substitutes for geranium in Venus spells involving beauty, compassion, fidelity, friendship, happiness, interchanges, joy, love, luck, meditation, pleasure, reconciliation, and youth.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.





### cautions and contraindications:

**Cautions and contraindications:** Geranium is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## ginger

Ginger is a plant and an herb.

### botanical information:

**Botanical name:** *Zangiber officinale*.

**Common name:** ginger



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### history:

**History:** Gingerbread cookies were U.S. President Abraham Lincoln's favorite kind of cookie.

### nutritional information:

The rhizome of ginger is used not only as a flavoring for drinks like ginger ale but has also been used as an herbal remedy for asthma and coughs related to inflammation or allergies. There are over 80 species of ginger, historically found in China, Japan, Australia and Hawaii. Ginger has been used to treat nausea, indigestion, cramps, migraine headaches and to lower blood cholesterol and as a cleanser.

—courtesy of Austin Nutritional research

### astrological correspondences:

**Astrological planet:** Mars



## magickal correspondences and uses:

**Western element:** fire

**Magickal uses:** power, prosperity, romance, and victory

**Love bath:** A love bath is a safe and easy way for anyone to cast a love ritual. Ginger is used in Scott Cunningham's love bath number three. See the article on love baths for more information.

**Mars spells:** Ginger (as an herb or an essential oil) may be used in as an ingredient or substitute for magick spells and formulas related to Mars matters (aggression, courage, defensive magick, exorcism, healing after surgery, hex-breaking, lust, physical strength, politics, protection, sexual energy, sexual potency, and strength). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Mars for a list of herbal substitutes for ginger.



**Using essential oils:** Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets and away from heat and light. See the article on essential oils for detailed information on how to mix and use essential oils.

**Ritual uses:** Use in beverages and brews intended for consecration

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

**External skin care:** Ginger has been traditionally used in Asia for skin care because its ability to increase energy and warm the body.



wild ginger

## cautions and contraindications:

**Cautions and contraindications:** Fresh ginger root is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## ginseng

Ginseng is a plant and an herb.





**botanical information:****Botanical name:** *Panax ginseng***Common name:** ginseng**Botanical name:** *Panax quinquefolius* American ginseng

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

**part used:****Part used:** root (fresh or dried)

The part of this plant that is used is the root. Panax comes from the Greek for “panacea” meaning “all healing.” In the Ginseng family there are American, Korean, Chinese and Siberian ginsengs. A Chinese text dating from the First Century A.D. describes ginseng as “enlightening to the mind and increasing the wisdom.” Russian folklore promotes ginseng as a stimulant and immunity booster. Ginseng is believed to enhance physical and mental endurance, increase energy, reduce cholesterol, to support adrenal function, to reduce stress and regulate blood sugar.

—courtesy of Austin Nutritional research

**magickal correspondences and uses:**

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

**External skin care:** Ginseng root strengthens and conditions the skin.

**cautions and contraindications:**

**Cautions and contraindications:** American ginseng is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## gotu kola

Gotu kola is a plant and an herb.

**botanical information:****Botanical name:** *Hydrocotyle asiatica* or *Centella asiatica*.

**Common name:** gotu kola

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

The whole gotu kola plant has been widely used in India and Fiji to treat skin inflammations, to improve blood circulation, to aid in the treatment of bloating, congestion and depression. A Sinhalese proverb says “Two leaves a day keep old age away.”

—courtesy of Austin Nutritional research

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### cautions and contraindications:

**Cautions and contraindications:** Gotu kola is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## grains of paradise

Grains of paradise is a plant and an herb.

### botanical information:

**Botanical name:** *Aframomum melegueta*

**Common name:** grains of paradise

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### cautions and contraindications:

**Cautions and contraindications:** Grains of paradise are believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own



herbs in your own goddess garden (or window boxes).

## ground ivy

Ground ivy is a plant and an herb.

### botanical information:

**Botanical name:** *Nepeta hederacea*

**Common name:** ground ivy

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



Ground-ivy. — a, a flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



## heather

Heather is a plant and an herb.

## botanical information:

**Botanical name:** *Calluna* spp. or *Erica* spp.

**Common name:** heather



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

The flower is used in wines, teas, and some meads.

## astrological correspondences:

**Astrological planet:** Venus



## magickal correspondences and uses:

**Gender:** feminine (traditional western European magickal gender)

**Western element:** water

**Magickal uses:** beauty, good fortune, inner beauty, long life, luck, networking, protection, rain, self-awareness

An ancient spell for being beautiful is to bathe in heather water once a year by the light of the Full Moon. Many modern witches make their own heather soap to magickally be more beautiful.

**Potpourri:** Use heather flower petals in magickal potpourris for spells regarding: beauty, long life, luck, protection, rain

**Venus spells:** Heather (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Venus matters (beauty, compassion, fidelity, friendship, happiness, interchanges, joy, love, luck, meditation, pleasure, reconciliation, and youth). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Venus for a list of herbal substitutes for heather.



**Ritual uses:** rain libations

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## deities associated with heather:

- Aset (Kemetic/ancient Egyptian Goddess)
- Isis (Kemetic/ancient Egyptian Goddess)
- Venus (Roman Goddess)



Scotch heather

### cautions and contraindications:

**Cautions and contraindications:** Heather is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## heliotrope

Heliotrope is a plant and an herb.

### botanical information:

**Botanical name:** *Heliotropium europaeum* or *Heliotropium arborescens*

**Common name:** heliotrope



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Perfumes:** Heliotrope perfume corresponds with sunday and is a good pefume for sundays.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



## poisonous hemlock

Hemlock is a plant and an herb. Socrates was executed with hemlock. Not to be confused with the hemlock tree.

### botanical information:

**Botanical name:** *Conium maculatum*

**Common name:** hemlock

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and

rituals. Roses may safely be substituted for any flower.

### cautions and contraindications:

**Cautions and contraindications:** Hemlock is one of the most toxic plants in the world.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

See also: hemlock tree.

## henbane

Henbane is a plant and an herb.

### botanical information:

**Botanical name:** *Hyoscyamus niger*

**Common name:** henbane



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Incense:** Henbane incense corresponds with thursday and is a good incense to burn on thursdays.

**Incense:** Henbane incense corresponds with saturday and is a good incense to burn on saturdays.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



Roman surgeons used an anathesia made from poppy opium (morphine, numbing pain and limiting movement), henbane seeds (scopolamine, inducing sleep), and mandrake (slowing heart rate and deadened pain).



Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## hibiscus

Hibiscus is a plant and an herb.

### botanical information:

**Botanical name:** *Hibiscus* spp.

**Common name:** hibiscus



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



### cautions and contraindications:

**Cautions and contraindications:** Hibiscus is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## holly

Holly is a plant and an herb.

### botanical information:

**Botanical name:** *Ilex aquifolium* or *Ilex opaca*

**Common name:** holly



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Month:** Holly is associated with December.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### cautions and contraindications:

**Toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that holly “has been reported as having systemic effects on animals and/or intense effects on the gastrointestinal tract.” —ASPCA

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## honeysuckle

Honeysuckle is a plant and an herb.

### botanical information:

**Botanical name:** *Lonicera caprifolium*

**Common name:** honeysuckle



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

**Astrological planet:** Jupiter



### magickal correspondences and uses:

**Jupiter spells:** Honeysuckle (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Jupiter matters (growth, legal matters, luck, meditation, money, prosperity, settling legal matters, and spirituality). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Jupiter for a list of herbal substitutes for honeysuckle.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



Trumpet  
honeysuckle



Honeysuckle  
woodbine

## hops

Hops is a plant and an herb.

### botanical information:

**Botanical name:** *Humulus lupulus*

**Common name:** hops



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



## horehound





Horehound is a plant and an herb.

### botanical information:

**Botanical name:** *Marrubium vulgare*

**Common name:** horehound



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## houndstongue

Houndstongue is a plant and an herb.

### botanical information:

**Botanical name:** *Cynoglossum officinale*

**Common name:** dog-bur, dog's tongue, gypsy flower, houndstongue, sheep lice, tongue of dog, woolmat

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### cautions and contraindications:

**Cautions and contraindications:** Houndstongue is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## houseleek

Houseleek is a plant and an herb.

### botanical information:

**Botanical name:** *Sempervivum tectorum*

**Common name:** houseleek



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



### cautions and contraindications:

**Cautions and contraindications:** Houseleek is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## hyacinth

Hyacinth is a plant and an herb.

### botanical information:

**Botanical name:** *Hyacinthus orientalis*

**Common name:** hyacinth



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

**Astrological planet:** Venus



### magickal correspondences and uses:

**Perfumes:** Hyacinth perfume corresponds with saturday and is a good pefume for saturdays.

**Venus spells:** Hyacinth (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Venus matters (beauty, compassion, fidelity, friendship, happiness, interchanges, joy, love, luck, meditation, pleasure, reconciliation, and youth). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Venus for a list of herbal substitutes for hyacinth.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### cautions and contraindications:

**Toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that **hyacinth** “has been reported as having systemic effects on animals and/or intense effects on the gastrointestinal tract.” —ASPCA

**Non-toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that **wild hyacinth** “has not been reported as having systemic effects on animals or as having intense effects on the gastrointestinal tract.” —ASPCA

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



## hyssop

Hyssop is a plant and an herb.

### botanical information:

**Botanical name:** *Hyssopus officinalis*

**Common name:** hyssop



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

Regulates blood pressure, purifies the blood & promotes circulation, excellent aid for the eyes, hoarseness, lungs, mucous buildup, nervous disorders and skin problems.”

—courtesy of Austin Nutritional research

### astrological correspondences:

Astrological planet: Jupiter



### magickal correspondences and uses:

**Jupiter spells:** Hyssop (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Jupiter matters (growth, legal matters, luck, meditation, money, prosperity, settling legal matters, and spirituality). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Jupiter for a list of herbal substitutes for hyssop.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## iris

Iris is a plant and an herb.

### botanical information:

**Botanical name:** *Iris* spp.

**Common name:** iris



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

Astrological planet: Venus



### magickal correspondences and uses:

**Venus spells:** Iris (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Venus matters (beauty, compassion, fidelity, friendship, happiness, interchanges, joy, love, luck, meditation, pleasure, reconciliation, and youth). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Venus for a list of herbal substitutes for iris.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### deities associated with iris:

- Aphrodite (Greek Goddess)

### cautions and contraindications:

**Toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that iris “has been reported as having systemic effects on animals and/or intense effects on the gastrointestinal tract.” —ASPCA

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



See also: orris.

## Irish moss

Irish moss is a plant and an herb.

### botanical information:

**Botanical name:** *Chondrus crispus*

**Common name:** Irish moss

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### cautions and contraindications:

**Non-toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that Irish moss “has not been reported as having systemic effects on animals or as having intense effects on the gastrointestinal tract.” —ASPCA

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).



## ivy

Ivy is a plant and an herb.

### botanical information:

**Botanical name:** *Hedera helix*, *Hedera* spp.

**Common name:** gort, ivy

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### cautions and contraindications:

**Cautions and contraindications:** Ivy is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## jasmine

Jasmine is a plant and an herb.

### botanical information:



**Botanical name:** *Jasminum grandiflorum* or *Jasminum officinale* or *Jasminum odoratissimum*



**Common name:** jasmine

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

**Astrological planet:** Moon



### magickal correspondences and uses:

**Lunar spells:** Jasmine (as herb or essential oil) may be used in as an ingredient or substitute for magick spells and formulas related to lunar matters (compassion, dreams, family, fertility, gardening, healing, love, peace, promoting sleep, prophecy, prophetic (or psychic) dreams), psychic awareness, sleep, and spirituality). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on the Moon for a list of herbal substitutes for jasmine.



**Using essential oils:** Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets and away from heat and light. See the article on essential oils for detailed information on how to mix and use essential oils.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### cautions and contraindications:

**Cautions and contraindications:** The flower of *Jasminum grandiflorum* is believed to be **safe**.

**Non-toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that jasmine “has not been reported as having systemic effects on animals or as having intense effects on the gastrointestinal tract.” —ASPCA

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).



**jojoba**



Jojoba is a plant and an herb.

### botanical information:

**Botanical name:** *Simmondsia chinensis*

**Common name:** jojoba

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

Jojoba is an excellent base for diluting valuable essential oils. Pour your jojoba into the sterilized glass jar. A typical amount is 1/8th of a cup of jojoba. Jojoba is not actually an oil (it is a liquid wax), but it serves the same purpose and will last much longer than real oils because it never goes rancid (although the essential oils will eventually degrade over time).

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

**External hair care:** Native Americans used jojoba for its healing properties. Jojoba helps thick, dry, brittle hair.

### cautions and contraindications:

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).







jojoba foliage and fruit  
US NPS photo

## kava kava

Kava kava is a plant and an herb.

### botanical information:

**Botanical name:** *Piper methysticum*

**Common name:** kava kava

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.



**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## kelp bladderwrack

Kelp is a sea plant, a form of sea weed.

### botanical information:

**Botanical name:** *Laminaria digitata*

**Common name:** kelp, seaweed

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### Chinese herbalism:

**Chinese gender:** strongly yin (cold)

**Chinese flavor:** salty

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## knotgrass

Knotgrass is a plant and an herb.

### botanical information:

**Botanical name:** *Polygonum aviculare*

**Common name:** knotgrass

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### nutritional information:

Knotgrass (as well as other weeds such as fat hen, knaw, corn surry, and chickweed) were eaten in mesolithic and neolithic British Isles prior to agriculture. *Polygonum tinctorium* (a relative of common knotgrass) was used as an early source of the dye indigo.

## magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Apollonius of Memphis (in ancient Egypt) coined the word “diabetes” around 230 B.C.E. Apollonius thought it was a form of dropsy. Paul of Aegina refined the definition of diabetes and prescribed a remedy of pot-herbs, endive, lettuce, rock-fishes, juices of knotgrass, elecampane in dark colored wine, and decoctions of dates and myrtle.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## lady's mantle

Lady's mantle is a plant and an herb.

### botanical information:

**Botanical name:** *Alchemilla vulgaris*

**Common name:** lady's mantle

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### cautions and contraindications:

**Cautions and contraindications:** Lady's mantle is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## lavender

### lavendar

Lavender is a plant and an herb.

### botanical information:



**Botanical name:** *Lavendula* spp. (more than 15 species), especially *Lavendula officinale* or *Lavendula vera*

**Common name:** lavendar (obsolete spelling), lavender



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## astrological correspondences:

**Astrological planet:** Mercury



## magickal correspondences and uses:

**Perfumes:** Lavender perfume corresponds with wednesday and is a good pefume for wednesdays.

**Western element:** air

**Magickal uses:** inner peace, joy, reduce stress

**Love bath:** A love bath is a safe and easy way for anyone to cast a love ritual. Lavender is used in Scott Cunningham's love bath number three. See the article on love baths for more information.

**Mercury spells:** Lavender (as herb or essential oil) may be used in as an ingredient or substitute for magick spells and formulas related to Mercury matters (overcoming addiction, breaking bad habits, communication, divination, eloquence, intelligence, mental powers, psychic powers, self-improvement, study, travel, and wisdom). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Mercury for a list of herbal substitutes for lavendar.



**“India Herbal Soap** bars, totally animal free. Made of essential oils, coconut oil, and herbs. Choose from 15 scents: Amber, Aphrodesia, Henna, Jasmine, Lavender, LemonGrass, Lily of the Valley, Lotus, Magnolia, Musk, Neroli, NightQueen, Patchouli, Sandalwood, or Rhododendron.” — Earth Spirit Emporium (this product is no longer available)

**Using essential oils:** Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets and away from heat and light. See the article on essential oils for detailed information on how to mix and use essential oils.

**Ritual uses:** weddings

**Ritual uses:** invoking Saturn

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## deities associated with lavender:

- Saturn (Greek God)

## cautions and contraindications:

**Cautions and contraindications:** Lavender flower is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

# lemon balm

Lemon balm is a plant and an herb.

## botanical information:

**Botanical name:** *Melissa officinalis*

**Common name:** lemon balm

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## astrological correspondences:

**Astrological planet:** Moon



## magickal correspondences and uses:

**Gender:** feminine (traditional western European magickal gender)

**Lunar spells:** Lemon balm (as herb or essential oil) may be used in as an ingredient or substitute for magick spells and formulas related to lunar matters (compassion, dreams, family, fertility, gardening, healing, love, peace, promoting sleep, prophecy, prophetic (or psychic) dreams), psychic awareness, sleep, and spirituality). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on the Moon for a list of herbal substitutes for lemon balm.



**Using essential oils:** Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets and away from heat and light. See the article on essential oils for detailed information on how to mix and use essential oils.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



## cautions and contraindications:

**Cautions and contraindications:** Lemon balm is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

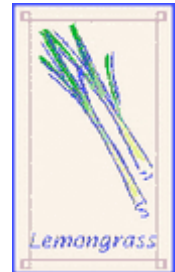
# lemongrass

Lemongrass is a plant and an herb.

## botanical information:

**Botanical name:** *Cymbopogon citratus*

**Common name:** lemongrass



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## astrological correspondences:

**Astrological planet:** Mercury



## magickal correspondences and uses:

**Mercury spells:** Lemongrass (as herb or essential oil) may be used in as an ingredient or substitute for magick spells and formulas related to Mercury matters (overcoming addiction, breaking bad habits, communication, divination, eloquence, intelligence, mental powers, psychic powers, self-improvement, study, travel, and wisdom). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Mercury for a list of herbal substitutes for lemongrass.



**Using essential oils:** Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets and away from heat and light. See the article on essential oils for detailed information on how to mix and use essential oils.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

# lemon verbena

Lemon verbena is a plant and an herb.

## botanical information:

**Botanical name:** *Lippia citriodora*

**Common name:** lemon verbena



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## astrological correspondences:

**Astrological planet:** Mercury



## magickal correspondences and uses:

**Mercury spells:** Lemon verbena (as herb or essential oil) may be used in as an ingredient or substitute for magick spells and formulas related to Mercury matters (overcoming addiction, breaking bad habits, communication, divination, eloquence, intelligence, mental powers, psychic powers, self-improvement, study, travel, and wisdom). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Mercury for a list of herbal substitutes for lemon verbena.



**Using essential oils:** Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets and away from heat and light. See the article on essential oils for detailed information on how to mix and use essential oils.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## cautions and contraindications:

**Cautions and contraindications:** Lemon verbena is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

# licorice

Licorice is a plant and an herb.



## botanical information:

**Botanical name:** *Glycyrrhiza glabra*.

**Common name:** licorice

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## history:

**History:** Licorice was among the first candies made by humans. The first licorice was made by boiling down licorice roots. Later anise oil and sugar were added. In 1760, the modern licorice stick was introduced, made with licorice, sugar, and flour.

Licorice sticks were found in the tomb of King Tut.

## nutritional information:

Expels mucous from the respiratory tract aids in healing hoarseness, hypoglycemia, coughs & constipation; promotes healthy adrenal glands; acts as a sexual stimulant; helps increase endurance & vitality; helps in reducing skin blemishes (age spots)."

—courtesy of Austin Nutritional research

## astrological correspondences:

**Astrological planet:** Venus



## magickal correspondences and uses:

**Venus spells:** Licorice (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Venus matters (beauty, compassion, fidelity, friendship, happiness, interchanges, joy, love, luck, meditation, pleasure, reconciliation, and youth). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Venus for a list of herbal substitutes for licorice.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



# lilac

Lilac is a plant and an herb.

## botanical information:

**Botanical name:** *Syringa vulgaris*

**Common name:** lilac



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## astrological correspondences:

**Astrological planet:** Venus



## magickal correspondences and uses:

**Perfumes:** Lilac perfume corresponds with thursday and is a good pefume for thursdays.

**Venus spells:** Lilac (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Venus matters (beauty, compassion, fidelity, friendship, happiness, interchanges, joy, love, luck, meditation, pleasure, reconciliation, and youth). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Venus for a list of herbal substitutes for lilac.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## cautions and contraindications:

**Cautions and contraindications:** Lilac is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).



# lily

Lily is a plant and an herb.

### botanical information:

**Botanical name:** *Lilium* spp.

**Common name:** lily



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Month:** Lily is associated with May.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## liquidamber

Liquidamber is a plant and an herb.

### botanical information:

**Botanical name:** *Liquidambar orientalis*, *Liquidambar styraciflua*, or *Liquidambar* spp.

**Common name:** liquidamber, styrax (*Liquidambar orientalis*), sweet gum (*Liquidambar styraciflua*), voodoo witch burr, witch burr

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### cautions and contraindications:

**Cautions and contraindications:** Liquidamber is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

# lotus

Lotus is a plant and an herb.

## botanical information:

**Botanical name:** *Nymphaea officinale*

**Common name:** lotus



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

There are no true essential oils for lotus, but there are lotus bouquets. You can use lotus bouquet in the same manner as a true essential oil in any recipes or formulas that call for lotus oil.

## astrological correspondences:

**Astrological planet:** Moon



## magickal correspondences and uses:

**Lunar spells:** Lotus (as a bouquet) may be used in as an ingredient or substitute for magick spells and formulas related to lunar matters (compassion, dreams, family, fertility, gardening, healing, love, peace, promoting sleep, prophecy, prophetic (or psychic) dreams), psychic awareness, sleep, and spirituality). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on the Moon for a list of herbal substitutes for lotus.



**Using essential oils:** There is no true essential oil for lotus, but there are lotus bouquets. You can use lotus bouquet in the same manner as a true essential oil in any recipes or formulas that call for lotus oil. Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets and away from heat and light. See the article on essential oils for detailed information on how to mix and use essential oils.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



See also: lotus root.

## lovage

Lovage is a plant and an herb.

### botanical information:

**Botanical name:** *Levisticum officinale*

**Common name:** lovage

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Love bath:** A love bath is a safe and easy way for anyone to cast a love ritual. Lovage is used in Scott Cunningham's love bath number one. See the article on love baths for more information.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

# lupine

Lupine is a plant and an herb.

## botanical information:

**Botanical name:** *Lupinus* spp., especially *Lupinus polyphyllus* (common U.S. cultivated)

**Common name:** bluebonnet, lupine, quaker-bonnets



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

Lupine is a genus of about 200 species of herbaceous annual and perennial plants of the Pea Family (Fabaceae). Several stems often grow from a single creeping root. The leaves have long stalks, are alternate, and are palmately compound with 5 to 11 spear-shaped tips. leaves may be softly hairy or may have smooth tops and hairy bottoms. Early summer brings blue, purple, white, magenta, purplish-pink, yellow, or bicolored pea-like flowers, followed by one to two inch fuzzy pea-like pods. The flowers have one petal on top and two on the bottom.

Arctic lupine (*Lupinus arcticus*) is the most common wildflower in British Columbia, Canada. Desert Lupine, or Coulter's Lupine, (*Lupinus sparsiflorus*) is common in the Mojave, Sonoran, and Chihuahuan deserts of southern California and northern Baja, southern Nevada, Arizona, and New Mexico. Arizona Lupine (*Lupinus arizonicus*) is common in higher elevations of Arizona deserts. More than 70 species of Lupine occur in California.

## origin:

**Origin:** West side of the Americas from British Columbia to northern Chile; a few species occurring in the Mediterranean, Brazil, and eastern North America.

## nutritional information:

The species with the earliest written mention (*Lupinus termis*) was cultivated in ancient Egypt for food. The seeds are eaten by the poor after being steeped in water to remove the bitterness and poison. The stems were used as fuel for fire. In modern times the stems are used for charcoal for gunpowder. The ancient Greeks and Romans grew *Lupinus albus* for food.

## astrological correspondences:

**Astrological planet:** Mars

## magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

The name of this plant is a reference to ancient worship of the wild wolf as a wolf-god.





## cautions and contraindications:

**Cautions and contraindications:** Toxicity varies by species. Cultivated lupine tends to have low to moderate toxicity, while wild lupine has a high risk of toxicosis. *Lupinus leucophyllus* (velvet or wooly-leaved lupine) is the most toxic. All parts of the plant are dangerous, but especially the pods with seeds.



Lupine toxicity is due to the alkaloid D-lupanine. Lupine poisoning takes between an hour and a day to develop. Symptoms include breathing problems, twitching, nervousness, depression, behavior changes, trembling, trouble moving, loss of muscular control, birth defects, coma, and death.

**Pets:** Lupine is especially toxic to sheep, but all animals are at risk. Skeletal birth defects can occur in calves whose mothers eat lupine. There is no antidote. Allow affected pets to rest quietly. Travel or other stress can make the lupine poisoning worse.



Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



## mace

Mace is a plant and an herb.

### botanical information:

**Botanical name:** *Myristica fragrans*

**Common name:** mace

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## ma huang

Ma huang is a plant and an herb.

### botanical information:

**Botanical name:** *Ephedra* spp.

**Common name:** ma huang

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### nutritional information:

MA HAUNG is a stimulant of the adrenal glands; helps increase energy level; aids in healing asthma, bronchitis, lung, coughs & congestive disorders.”

—courtesy of Austin Nutritional research

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## maidenhair fern

Maidenhair fern is a plant and an herb.

Maidenhair fern grows well in the shade, making it an excellent indoor plant.



## botanical information:

**Botanical name:** *Adiantum pedatum*

**Common name:** maidenhair fern

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



See also: ferns.

## mallow

Marsh mallow (or marshmallow). Note that the candy confection sold by large corporations is *not* actual marsh mallow.

## botanical information:

**Botanical name:** *Malva* spp.

**Common name:** althea, heemst, mallow, marshmallow, mortification root, slaz, sweet weed, wymote



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## cautions and contraindications:

**Cautions and contraindications:** Althea or marshmallow is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).



Marsh mallow



See also: marshmallow.

## mandrake

Mandrake root and fruit is a plant and an herb.

### botanical information:

**Botanical name:** *Mandragora officinale*

**Common name:** mandrake

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



### magickal correspondences and uses:


**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



Roman surgeons used an anathesia made from poppy opium (morphine, numbing pain and limiting movement), henbane seeds (scopolamine, inducing sleep), and mandrake (slowing heart rate and deadened pain).

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some

 plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



## marigold

Marigold is a plant and an herb.

### botanical information:

**Botanical name:** *Calendula officinalis*

**Common name:** marigold



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Western element:** fire

**Magickal uses:** Use for magick related to consecration, inner vision, love, peace, and truthfulness.

**Ritual uses:** Plant marigold to bring joy to the dead (including your dead relatives, family, and friends). Use in beverages for fire rituals, solar festivals, or summerland (death) rituals.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

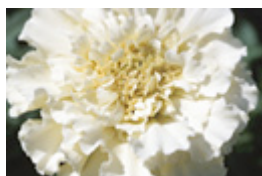
### deities associated with marigold:

- Mary (Christian Goddess)
- Xochiquetzal (Aztec Goddess)

### cautions and contraindications:

**Cautions and contraindications:** Marigold is believed to be **safe**.

**Non-toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that garden marigold and pot marigold “have not been reported as having systemic effects on animals or as having intense effects on the gastrointestinal tract.”  
—ASPCA



Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



## marjoram

Marjoram is a plant and an herb.

### botanical information:

**Botanical name:** *Origanum majorana* or *Origanum vulgare*

**Common name:** marjoram

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



### magickal correspondences and uses:

**Magickal uses:** bounty, happiness, health, overall well-being,

**Ritual uses:** Use marjoram in wedding rituals. Plant marjoram to bring joy to the dead (including your relatives, family, and friends). This herb encompasses the circle of life.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### ancient myths and beliefs:

Aphrodite picked marjoram from Mount Ida to heal the wounds of Enea.

## deities associated with marjoram:

- Aphrodite (Greek Goddess)
- Venus (Roman Goddess)

## cautions and contraindications:

**Cautions and contraindications:** Marjoram is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

# marshmallow althea

Marsh mallow (or marshmallow). Note that the candy confection sold by large corporations is *not* actual marsh mallow.

## botanical information:

**Botanical name:** *Althaea* spp., especially *Althaea officinalis*

**Common name:** althea, mallow, marshmallow



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

A sweet was made from marshmallow.

## magickal correspondences and uses:

**Gender:** feminine (traditional western European magickal gender)

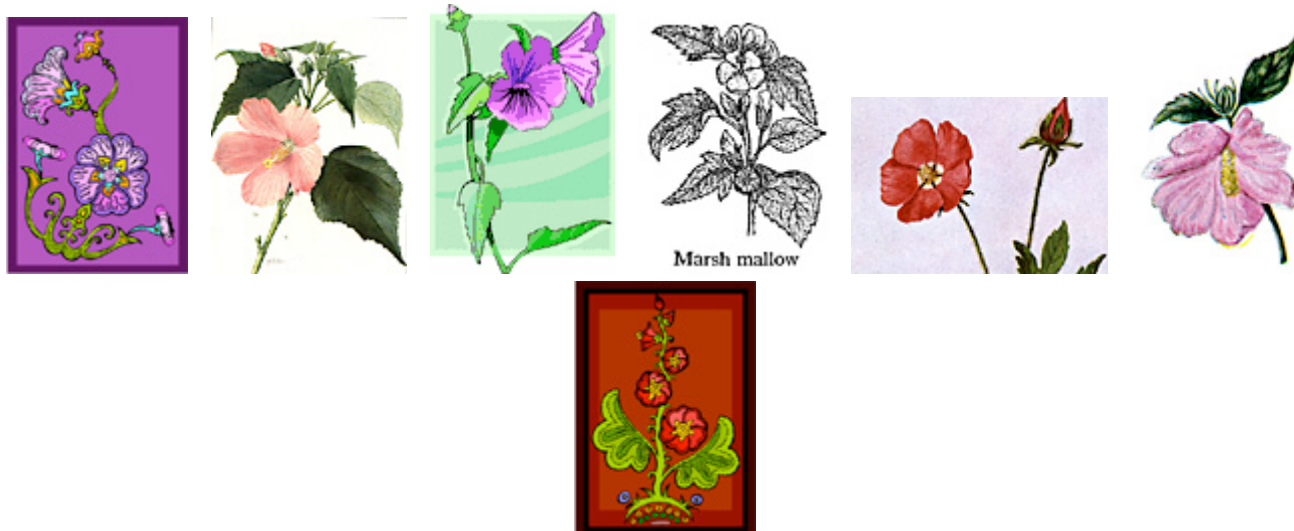
**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

**External skin care:** Marshmallow extract soothes the skin by preventing other skin care materials from stripping the skin of essential oils.

## cautions and contraindications:

**Cautions and contraindications:** Althea or marshmallow is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).



See also: mallow.

## meadow rue

Meadow rue is a plant and an herb.

### botanical information:

**Botanical name:** *Thalictrum* spp.

**Common name:** flute plant, meadow rue



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

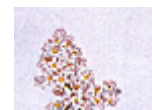
### cautions and contraindications:

**Cautions and contraindications:** Meadow rue is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## meadowsweet

Meadowsweet is a plant and an herb.





**botanical information:****Botanical name:** *Spiraea filipendula***Common name:** meadowsweet

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

**magickal correspondences and uses:**

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

**cautions and contraindications:**

**Cautions and contraindications:** Meadowsweet is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).



## mimosa

Mimosa is a plant and an herb.

**botanical information:****Botanical name:** *Acacia dealbata***Common name:** mimosa

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

**astrological correspondences:****Astrological planet:** Saturn**magickal correspondences and uses:**


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**Saturn spells:** Mimosa (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Saturn matters (endings, exorcism, longevity, protection, purification, and vision). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Saturn for a list of herbal substitutes for mimosa.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



## mimulus

Mimulus is a plant and an herb.

### botanical information:

**Botanical name:** *Mimulus moschatus*

**Common name:** mimulus



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

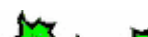
### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## European mistletoe





European mistletoe is a plant and an herb.

## botanical information:

**Botanical name:** *Viscum album*

**Common name:** European mistletoe, mistletoe

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## astrological correspondences:

**Astrological planet:** Sun



## magickal correspondences and uses:

**Month:** Mistletoe is associated with December.

**Solar spells:** Mistletoe (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to solar matters (healing, illumination, magickal power, physical energy, protection, success, and putting an end to legal matters). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on the Sun for a list of herbal substitutes for mistletoe.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



Branch of Mistletoe (*Viscum album*), with fruits.  
— *a*, longitudinal section through the male flower;  
*b*, the female inflorescence.

See also: American mistletoe.

## Mormon tea

Mormon tea is a plant and an herb.

### botanical information:

**Botanical name:** *Ephedra* spp.

**Common name:** Mormon tea

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## mugwort

Mugwort is a plant and an herb.

### botanical information:

**Botanical name:** *Artemisia vulgaris*

**Common name:** mugwort



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### deities associated with mugwort:

- Artemis (Greek Goddess)

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## mullein

Mullein is a plant and an herb.

### botanical information:

**Botanical name:** *Verbesina thapsus*.

**Common name:** mullein



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### nutritional information:

A bone, flesh and cartilage builder; aids in healing respiratory ailments, asthma, bronchitis, diarrhea, sinus congestion; soothing to any inflammation and relieves pain; acts to relieve spasms & clears the lungs."

—courtesy of Austin Nutritional research

## magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## cautions and contraindications:

**Cautions and contraindications:** Mullein is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

# musk thistle

Musk thistle is a plant and an herb.

## botanical information:

**Botanical name:** *Carduus nutans*

**Common name:** musk thistle

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

# mustard

Mustard is a plant and an herb.

## botanical information:

**Botanical name:** *Brassica nigra*, *Sinapis alba*, or *Brassica* spp.

**Common name:** mustard, mustard greens

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



## history:

**History:** Mustard was one of the ingredients mentioned in the Eber's Papyrus. The Eber's Papyrus (from between 1600 B.C.E. and 1550 B.C.E.), was discovered by German Egyptologist Georg Ebers in 1874 C.E.. The Eber's Papyrus is the oldest known complete medical textbook in existence. Most scholars believe that it is copy of a much earlier text, probably from around 3100 B.C.E. The Eber's Papyrus includes information on surgery and internal medicine, including a list of more than 800 drugs.

## nutritional information:

A **condiment** is a preparation to enhance the flavor or enjoyment of an herb, vegetable, or fruit. Prepared mustard is a condiment.

## Chinese herbalism:

**Chinese gender:** mustard greens are yang (warm)

**Chinese flavor:** mustard greens are slightly pungent

## magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



See also: mustard greens.

# myrrh

Myrrh is a plant and an herb.

## botanical information:

**Botanical name:** *Commiphora myrrha*

**Common name:** myrrh



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## astrological correspondences:

**Astrological planet:** Moon



## magickal correspondences and uses:

**Perfumes:** Myrrh perfume corresponds with sunday and is a good perfume for sundays.

**Incense:** Myrrh incense corresponds with saturday and is a good incense to burn on saturdays.

**Reversing love spells:** To reverse any love spell, etch or write your name and the name of your bewitched lover on the side of a white votive candle. On any night of the Waning Moon, anoint the candle with myrrh oil, light the candle, and recite a chant or poem reversing the love spell. Burn the entire candle (do not leave lit candles unattended). Let the remaining wax cool and harden. Wrap the leftover wax in white cloth (preferably silk), tie with a white ribbon, and toss into a body of water (such as a river or the ocean). See safety warning under cautions and contraindications below.

**Lunar spells:** Myrrh (as herb or essential oil) may be used in as an ingredient or substitute for magick spells and formulas related to lunar matters (compassion, dreams, family, fertility, gardening, healing, love, peace, promoting sleep, prophecy, prophetic (or psychic) dreams), psychic awareness, sleep, and spirituality). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on the Moon for a list of herbal substitutes for myrrh.



**Using essential oils:** Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets and away from heat and light. See the article on essential oils for detailed information on how to mix and use essential oils.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## cautions and contraindications:

**Cautions and contraindications:** Do not expose myrrh essential oil to mucous membranes (such as eyes, nose, or mouth). Avoid myrrh while pregnant.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

# myrtle

Myrtle is a plant and an herb.

## botanical information:

**Botanical name:** *Myrtus communis*

**Common name:** myrtle



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## astrological correspondences:

**Astrological planet:** Venus



## magickal correspondences and uses:

**Incense:** Myrtle incense corresponds with monday and is a good incense to burn on mondays.

**Venus spells:** Myrtle (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Venus matters (beauty, compassion, fidelity, friendship, happiness, interchanges, joy, love, luck, meditation, pleasure, reconciliation, and youth). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Venus for a list of herbal substitutes for myrtle.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## deities associated with myrtle:

- Aphrodite (Greek Goddess)
- Artemis (Greek Goddess)
- Astarte (Phoenician Goddess)

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



See also: mustard greens.



# narcissus

Narcissus is a plant and an herb.

## botanical information:

**Botanical name:** *Narcissus tazetta*

**Common name:** narcissus

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



## magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## myth

Narcissus was the son of Cephissus (a river god) and Liriope (a nymph). The prophet Tiresias told Cephissus and Liriope that Narcissus would live to old age if he didn't look at himself. His mother hid all mirrors. Ameinias, a young man, fell in love with Narcissus. When narcissus grew tired of Ameinias, he sent a sword, which Ameinias killed himself in front of Narcissus' door. As Ameinias died, he cursed Narcissus. Narcissus, like Adonis and Hippolytus, rejected the affections of nymphs and girls who fell in love with him. One of the nymphs was Echo, who was so distraught that she withdrew to a lonely spot in the hills and faded away until all that was left of her was a whisper. The goddess Nemesis listened to the prayers from the rejected women and caused Narcissus to fall in love with his own reflection in the water. narcissus gazed at his own reflection in a spring until he died. The narcissus flower grew where Narcissus had died.

## cautions and contraindications:

**Toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that narcissus "has been reported as having systemic effects on animals and/or intense effects on the gastrointestinal tract." —ASPCA

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

# nasturtium

Nasturtium is also called Indian cress, Mexican cress, and Peruvian cress. The name means nose-twister.

## botanical information:





**Botanical name:** *Tropaeolum majus* also *T. peregrinum* and *T. speciosum*

**Common name:** nasturtium



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

Nasturtium flowers are cream, crimson, orange, red, and yellow.

Nasturtiums are a great flower for beginning gardeners.

### astrological correspondences:

**Astrological planet:** Neptune

### magickal correspondences and uses:

**Gender:** feminine (traditional western European magickal gender)

**Western element:** air

**Potpourri:** Use nasturtium flower petals in magickal potpourris for spells regarding: aspiration, strong beliefs, ethics, festivity

Nasturtium flowers, leaves, and seed pods are edible. Nasturtium flowers and leaves can be added to salads. nasturtium flowers can be used as a garnish. Nasturtium has ten (10) times the vitamin C of lettuce. Nasturtium seeds can be ground in a pepper mill and used as a pepper substitute. Green nasturtium seed pods can be pickled (can be used as a substitute for capers). The tuber of mashua (*T. tuberosum*) is also edible and is a major food source in parts of the Andes.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



## neroli

Neroli is the essential oil of the Bitter Orange.

### botanical information:

**Botanical name:** *Citrus aurantium*

**Common name:** neroli

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## nettle

Nettle is a plant and an herb.

### botanical information:

**Botanical name:** *Urtica dioica*

**Common name:** nettle



Nettle

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

**Astrological planet:** Mars



### magickal correspondences and uses:

**Mars spells:** Nettle (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Mars matters (aggression, courage, defensive magick, exorcism, healing after surgery, hex-breaking, lust, physical strength, politics, protection, sexual energy, sexual potency, and strength). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Mars for a list of herbal substitutes for nettle.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### cautions and contraindications:

**Cautions and contraindications:** Nettle is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## niaouli

Niaouli is a plant and an herb.

### botanical information:

**Botanical name:** *Melaleuca viridiflora nigrum*

**Common name:** niaouli

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## nightshade

Nightshade is a plant and an herb.

### botanical information:

**Botanical name:** *Solanum* spp.

**Common name:** nightshade

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### cautions and contraindications:

**Toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that nightshade “has been reported as having systemic effects on animals and/or intense effects on the gastrointestinal tract.” —ASPCA

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

- black nightshade
- deadly nightshade

# nutmeg

Nutmeg is a plant and an herb.

## botanical information:

**Botanical name:** *Myristica fragrans*

**Common name:** nutmeg



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## astrological correspondences:

**Astrological planet:** Jupiter



## magickal correspondences and uses:

**Incense:** Nutmeg incense corresponds with thursday and is a good incense to burn on thursdays.

**Western element:** fire

**Magickal uses:** fidelity, good fortune, well-being

**Jupiter spells:** Nutmeg (as an herb or an essential oil) may be used in as an ingredient or substitute for magick spells and formulas related to Jupiter matters (growth, legal matters, luck, meditation, money, prosperity, settling legal matters, and spirituality). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Jupiter for a list of herbal substitutes for nutmeg.



**Using essential oils:** Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets and away from heat and light. See the article on essential oils for detailed information on how to mix and use essential oils.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## deities associated with nutmeg:

- sacred to many Indian gods and goddesses



Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## oakmoss

Oakmoss is a plant and an herb.

### botanical information:

**Botanical name:** *Evernia prunastri* or *Evernia furfuracea*

**Common name:** oakmoss

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

There are no true essential oils for oakmoss, but there are oakmoss bouquets. You can use ASDF bouquet in the same manner as a true essential oil in any recipes or formulas that call for oakmoss oil.

### astrological correspondences:

**Astrological planet:** Jupiter



### magickal correspondences and uses:

**Jupiter spells:** Oakmoss (as an herb or a bouquet) may be used in as an ingredient or substitute for magick spells and formulas related to Jupiter matters (growth, legal matters, luck, meditation, money, prosperity, settling legal matters, and spirituality). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Jupiter for a list of herbal substitutes for oakmoss.



**Using essential oils:** There is no true essential oil for oakmoss, but there are oakmoss bouquets. You can use ASDF bouquet in the same manner as a true essential oil in any recipes or formulas that call for ASDF oil. Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets



and away from heat and light. See the article on essential oils for detailed information on how to mix and use essential oils.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## opoponax

Opoponax is a plant and an herb.

### botanical information:

**Botanical name:** *Commiphora erthracea*; var. *glabrescens*

**Common name:** opoponax

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## orchid

Orchid is a plant and an herb.

### botanical information:

**Botanical name:** *Orchis* spp.

**Common name:** orchid

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

**Endangered species:** Most forms of orchids (other than the three species of vanilla plant that are

commercially cultivated) are endangered species. The family *Orchidaceae* is listed under Appendix II of CITES and Annex B of Regulation (EC) 338/97 (CITES 2003).

**Threatened species:** Some threatened species of ladies slipper are still used commercially. *Cypripedium parviflorum* variety *pubescens* is used in herbal medicine and was listed in the British Herbal Pharmacopoeia 1983. *Orphyrus insectifera* is used as salep, an ingredient in Turkish ice cream.

### astrological correspondences:

Astrological planet: Venus



### magickal correspondences and uses:

**Venus spells:** Orchid (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Venus matters (beauty, compassion, fidelity, friendship, happiness, interchanges, joy, love, luck, meditation, pleasure, reconciliation, and youth). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Venus for a list of herbal substitutes for orchid.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).







## oregeno

**Origin:** Mediterranean

Oregano was almost unknown in the U.S. prior to the end of World War II. The sudden popularity of pizza made oregano popular in America.

## orris

Orris (iris) is a plant and an herb.

### botanical information:

**Botanical name:** *Iris florentina*

**Common name:** orris

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

**Astrological planet:** Venus



## magickal correspondences and uses:

**Venus spells:** Orris (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Venus matters (beauty, compassion, fidelity, friendship, happiness, interchanges, joy, love, luck, meditation, pleasure, reconciliation, and youth). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Venus for a list of herbal substitutes for orris.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## deities associated with orris:

- Aphrodite (Greek Goddess)

## cautions and contraindications:

**Cautions and contraindications:** Orris is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).



See also: iris.

# osha

Osha is a plant and an herb.

## botanical information:

**Botanical name:** *Ligusticum porteri*

**Common name:** osha

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## palmarosa

Palmarosa is a plant and an herb.

### botanical information:

**Botanical name:** *Cymbopogon martini*

**Common name:** palmarosa (palmrosa is a wrong spelling)

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## pansy

Pansy is a plant and an herb.

### botanical information:

**Botanical name:** *Viola tricolor*

**Common name:** pansy

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:



**Astrological planet:** Saturn



### magickal correspondences and uses:

**Perfumes:** Pansy perfume corresponds with saturday and is a good pefume for saturdays.

**Gender:** feminine (traditional western European magickal gender)

**Western element:** water

**Potpourri:** Use pansy flower petals in magickal potpourris for spells regarding: divination, love, weather magick

**Saturn spells:** Pansy (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Saturn matters (endings, exorcism, longevity, protection, purification, and vision). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Saturn for a list of herbal substitutes for pansy.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### cautions and contraindications:

**Cautions and contraindications:** Pansy is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## papyrus

Papyrus is a plant that grows in wetlands. The ancient Egyptians used papyrus to make the world's first paper.

### botanical information:

**Botanical name:** *Cyperus papyrus*

**Common name:** Egyptian paper reed, papyrus, papyrus flatsedge

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



## passion flower

Passion flower is a plant and an herb.

### botanical information:

**Botanical name:** *Passiflora incarnata*

**Common name:** passion flower

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### cautions and contraindications:

**Cautions and contraindications:** Passion flower is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## patchouly patchouli

Patchouly is a plant and an herb. An older spelling is patchouli.

### botanical information:

**Botanical name:** *Pogostemon cablin* or *Pogostemon patchouli*

**Common name:** patchouli, patchouly

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

**Astrological planet:** Saturn



### magickal correspondences and uses:

**Perfumes:** Patchouli perfume corresponds with tuesday and is a good perfume for tuesdays.

**Saturn spells:** Patchouly (as an herb or an essential oil) may be used in as an ingredient or substitute for magick spells and formulas related to Saturn matters (growth, legal matters, luck, meditation, money, prosperity, settling legal matters, and spirituality). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Saturn for a list of herbal substitutes for patchouly.



**Using essential oils:** Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets and away from heat and light. See the article on essential oils for detailed information on how to mix and use essential oils.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### cautions and contraindications:

**Cautions and contraindications:** Patchouly is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## pennyroyal

Pennyroyal is a plant and an herb.

### botanical information:



**Botanical name:** *Mentha pulegium*

**Common name:** pennyroyal



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## peony

Peony is a plant and an herb.

### botanical information:

**Botanical name:** *Paeonia officinalis*

**Common name:** peony



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### cautions and contraindications:

**Cautions and contraindications:** Peony is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).





# peppermint

Peppermint is a plant and an herb.

## botanical information:

**Botanical name:** *Mentha piperita*

**Common name:** peppermint



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## history:

**History:** Peppermints were among the first candies made by humans.

## astrological correspondences:

**Astrological planet:** Mercury and Mars



## magickal correspondences and uses:

**Mercury spells:** Peppermint (as an herb or an essential oil) may be used in as an ingredient or substitute for magick spells and formulas related to Mercury matters (overcoming addiction, breaking bad habits, communication, divination, eloquence, intelligence, mental powers, psychic powers, self-improvement, study, travel, and wisdom). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Mercury for a list of herbal substitutes for peppermint.



**Mars spells:** Peppermint (as an herb or an essential oil) may be used in as an ingredient or substitute for magick spells and formulas related to Mars matters (aggression, courage, defensive magick, exorcism, healing after surgery, hex-breaking, lust, physical strength, politics, protection, sexual energy, sexual potency, and strength). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Mars for a list of herbal substitutes for peppermint.



**Using essential oils:** Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets and away from heat and light. See the article on essential oils for detailed information on how to mix and use essential oils.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## cautions and contraindications:



**Cautions and contraindications:** Peppermint is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).



See also: mint.

## pepperwort

Pepperwort is a plant and an herb.

### botanical information:

**Botanical name:** *Lepidium latifolium* or *Polygonum hydropiper*

**Common name:** pepperwort

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



### magickal correspondences and uses:

**Incense:** Peperwort incense corresponds with saturday and is a good incense to burn on saturdays.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## periwinkle

Periwinkle is an excellent evergreen groundcover with dark green foliage. native to the woodlands of Europe and North Africa. The perennial periwinkle (vinca minor) shouldn't be confused with Madagascar periwinkle (or vinca major). Flowers are purple, blue, or white, and bloom in mid-spring.



## botanical information:



**Botanical name:** *Vinca major* or *Vinca minor*

**Common name:** blue-buttons, centocchio (Italy, meaning hundred eyes, a reference to the large number of flowers), cockles, common periwinkle, creeping myrtle, cut-fingers, Flower of Death, Joy on the Ground, magenta creeping myrtle, pennywinkle, periwinkle, purpurea, rubra, wilk (Scotland), wine periwinkle

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## ancient myths and beliefs:

Folk belief held that it was unlucky to bring a vine of periwinkle into a house unless it has at least seven flowers on it.

Sometimes called the Flower of Death because it woven into a band to be worn by dead children at burial and was often planted around the graves of infants to protect their souls. During the medieval times (Christian Dark Ages) periwinkle was sometimes woven into crowns to be worn by criminal about to be executed.

In the 1600s periwinkle was called the Joy on the Ground because it was associated with sex and the bond of marriage.

**Some herbs may be poisonous under some conditions. Exercise appropriate care.**

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



## pipsissewa

Pipsissewa is a plant and an herb.

## botanical information:



**Botanical name:** *Chimaphila umbellata*

**Common name:** pipsissewa



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### cautions and contraindications:

**Cautions and contraindications:** Pipsissewa is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## plumeria

Plumeria is a plant and an herb.

### botanical information:

**Botanical name:** *Plumeria acutifolia*

**Common name:** plumeria



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

**Astrological planet:** Venus



### magickal correspondences and uses:

**Venus spells:** Plumeria (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Venus matters (beauty, compassion, fidelity, friendship, happiness, interchanges, joy, love, luck, meditation, pleasure, reconciliation, and youth). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Venus for a list of herbal substitutes for plumeria.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

**Some herbs may be poisonous under some conditions. Exercise appropriate care.**

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



## pokeberry

Pokeberry is a plant and an herb.

### botanical information:

**Botanical name:** *Phytolacca americana*

**Common name:** pokeberry

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



## poppy

Poppy is a plant and an herb.



## botanical information:

**Botanical name:** *Papaver* spp., especially *Papaver somniferum*

**Common name:** opium, poppy, poppy seed



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

In modern times, Holland is the world's leading producer of poppy seeds.

## history:

**History:** Poppy seed was one of the ingredients mentioned in the Eber's Papyrus. The Eber's Papyrus (from between 1600 B.C.E. and 1550 B.C.E.), was discovered by German Egyptologist Georg Ebers in 1874 C.E.. The Eber's Papyrus is the oldest known complete medical textbook in existence. Most scholars believe that it is copy of a much earlier text, probably from around 3100 B.C.E. The Eber's Papyrus includes information on surgery and internal medicine, including a list of more than 800 drugs.

Poppy was listed among many aromatic plants in a scroll of cuneiform from the great library at Nineveh. The library at Nineveh was established by King Ashurbanipal of Assyria (668-633 B.C.E.).

Christopher Columbus was sailing to find an alternate route for opium (not generic "spices" as you were taught in school). The Spanish Christians had just recently succeeded in killing huge numbers of Muslims and driving Islam out of Spain. Not surprisingly this cut the Spaniards off from the Muslim/Arabic opium supply. The Queen of Spain paid for Columbus' journey because she experienced opium withdrawal.

## astrological correspondences:

**Astrological planet:** Moon



## magickal correspondences and uses:

**Month:** Poppy is associated with August.

**Perfumes:** White poppy perfume corresponds with monday and is a good perfume for mondays.

**Incense:** Black poppy seed incense corresponds with saturday and is a good incense to burn on saturdays.

**Lunar spells:** Poppy (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to lunar matters (compassion, dreams, family, fertility, gardening, healing, love, peace, promoting sleep, prophecy, prophetic (or psychic) dreams), psychic awareness, sleep, and spirituality). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on the Moon for a list of herbal substitutes for poppy.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



Roman surgeons used an anathesia made from opium (morphine, numbing pain and limiting movement), henbane seeds (scopolamine, inducing sleep), and mandrake (slowing heart rate and deadened pain).

### cautions and contraindications:

**Cautions and contraindications:** Opium is highly addictive

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



## primrose

Primrose is a plant and an herb.

### botanical information:

**Botanical name:** *Primula vulgaris*

**Common name:** primrose



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Month:** Primrose is associated with February.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



## purslane

### history:

**History:** The ancient Greeks used purslane as a medicinal herb.

### nutritional information:

Purslane is an excellent source of antioxidant vitamins A, C, and E and is the highest vegetable source of omega 3 fatty acids.

### magickal correspondences and uses:

**Magickal uses:** The Romans used purslane as an amulet against evil spirits.

## ranunculus

Ranunculus is a plant and an herb.

### botanical information:

**Botanical name:** *Ranunculus* spp.

**Common name:** ranunculus



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).





## red sandalwood

Red sandalwood is a plant and an herb.

### botanical information:

**Botanical name:** *Sanicula marilandica*

**Common name:** red sandalwood

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

See also: sandalwood.

## red storax

Red storax is a plant and an herb.

### botanical information:

**Botanical name:** *Styrax* spp.

**Common name:** red storax

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

See also: storax.

## rose

Rose is a plant and an herb.

### botanical information:

**Botanical name:** *Rosa* spp.

**Common name:** rose



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### nutritional information:

Modern science has revealed that the rose hip (the sweet part at the center of a rose) has the highest concentration of iron of any plant (it is also an excellent source of vitamin C). A woman loses a lot of iron during her period, and a natural supplement of iron has obvious positive benefits. Additionally, there are a few dozen minor trace ingredients in rose hips, many of which help stabilize a woman's emotions and moods while on her period.

Obviously early witches didn't know the scientific details, but they did know that eating rose hips (either fresh, or dried rose hips used to make rose hip tea) helped during menstruation. So, taking rose hips during menstruation became a fairly standard part of witchcraft.

In fact, it is this witchcraft practice that led to the association of roses with romance. Before Christianity, the use of rose hips or rose hip tea during a woman's period was fairly common knowledge. The men who were close to a woman (particularly her husband or mate) would make sure that they brought their lover plenty of roses during her period. And obviously a man would have to be on intimate terms with a woman to know the right timing for when to bring roses.

Rose hips are the fruit of a rose that develop after the peddles have fallen. They were used in Britain during World War II to prevent scurvy during a shortage of citrus fruit. Since then, rose hips have been used as a source of Vitamin C and in fact, have up to 60 times the Vitamin C of citrus fruit as well as containing the bioflavonoids that aid in the absorption of Vitamin C. Used to fight infection & curb stress. It is the highest herb in Vitamin C content and contains the entire C-Complex.”

—courtesy of Austin Nutritional research

## astrological correspondences:

**Astrological planet:** Venus



## magickal correspondences and uses:

**Month:** Rose is associated with June.

**Rose Amulet:** A rose amulet can be used to attract love or passion. Women should wear the rose in their hair. Men should wear the rose amulet in their lapel. Use a red rose for passionate (sexual) love affairs. Use a pink rose for romance. Use a white rose for true love. Use a yellow rose for tender love. Misuse of a yellow rose amulet can result in your love partner developing jealous feelings. This is an amazingly easy and successful **love magick amulet**, but it does take boldness.

**Love bath:** A love bath is a safe and easy way for anyone to cast a love ritual. Rose petals are used in Scott Cunningham's love bath number one, love bath number two, and love bath number three. See the article on love baths for more information.

**Venus spells:** Rose (as herb or essential oil) may be used in as an ingredient or substitute for magick spells and formulas related to Venus matters (beauty, compassion, fidelity, friendship, happiness, interchanges, joy, love, luck, meditation, pleasure, reconciliation, and youth). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Venus for a list of herbal substitutes for rose.



**Using essential oils:** Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets and away from heat and light. See the article on essential oils for detailed information on how to mix and use essential oils.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## cautions and contraindications:

**Cautions and contraindications:** Rose petals and rose hips are believed to be **safe**.

**Cautions and contraindications:** Rose greens are **not** recommended for **internal use**.



**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## rose geranium

Rose geranium is a plant and an herb.

### botanical information:

**Botanical name:** *Pelargonium graveolens*

**Common name:** rose geranium



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

**Astrological planet:** Venus



### magickal correspondences and uses:

**Love bath:** A love bath is a safe and easy way for anyone to cast a love ritual. Rose geranium is used in Scott Cunningham's love bath number two. See the article on love baths for more information.

**Venus spells:** Rose geranium (as herb or essential oil) may be used in as an ingredient or substitute for magick spells and formulas related to Venus matters (beauty, compassion, fidelity, friendship, happiness, interchanges, joy, love, luck, meditation, pleasure, reconciliation, and youth). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Venus for a list of herbal substitutes for rose geranium.



**Using essential oils:** Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets and away from heat and light. See the article on essential oils for detailed information on how to mix and use essential oils.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## rosemary

Rosemary is a plant and an herb.

### botanical information:

**Botanical name:** *Rosmarinus officinalis*

**Common name:** rosemary



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

**Astrological planet:** Sun



### magickal correspondences and uses:

**Love bath:** A love bath is a safe and easy way for anyone to cast a love ritual. Rosemary is used in Scott Cunningham's love bath number two and love bath number three. See the article on love baths for more information.

**Solar spells:** Rosemary (as herb or essential oil) may be used in as an ingredient or substitute for magick spells and formulas related to solar matters (healing, illumination, magickal power, physical energy, protection, success, and putting an end to legal matters). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on the Sun for a list of herbal substitutes for rosemary.



**Using essential oils:** Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets and away from heat and light. See the article on essential oils for detailed information on how to mix and use essential oils.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your

own herbs in your own goddess garden (or window boxes).



## rue

Rue is a plant and an herb.

### botanical information:

**Botanical name:** *Ruta graveolens*

**Common name:** rue



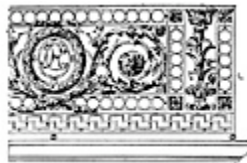
Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### deities associated with rue:

- Aradia (Italian Goddess)



Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



## safflower

Safflower is a plant and an herb.

### botanical information:

**Botanical name:** *Carthamus tinctorius*

**Common name:** safflower



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

Safflower oil is an excellent base oil for dilluting valuable essential oils. Pour your base oil into the sterilized glass jar. A typical amount is 1/8th of a cup of base oil.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonious under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).





## saffron

Saffron is a plant and an herb.

### botanical information:

**Botanical name:** *Crocus sativus*

**Common name:** saffron



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### history:

**History:** Saffron was one of the ingredients mentioned in the Eber's Papyrus. The Eber's Papyrus (from between 1600 B.C.E. and 1550 B.C.E.), was discovered by German Egyptologist Georg Ebers in 1874 C.E.. The Eber's Papyrus is the oldest known complete medical textbook in existence. Most scholars believe that it is copy of a much earlier text, probably from around 3100 B.C.E. The Eber's Papyrus includes information on surgery and internal medicine, including a list of more than 800 drugs.

Saffron was listed among many aromatic plants in a scroll of cuneiform from the great library at Nineveh. The library at Nineveh was established by King Ashurbanipal of Assyria (668-633 B.C.E.).

## magickal correspondences and uses:

**Incense:** Saffron incense corresponds with friday and is a good incense to burn on fridays.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## sagapen

Sagapen is an herb that appears in medieval spells, potions, and recipes. Sagapen is not established as being any exsisting herb and was probably a legendary or mythical herb.

### botanical information:

**Botanical name:** none

**Common name:** sagapen

## magickal correspondences and uses:

**Magickal uses:** Sagapen was associated with spells dealing with spirits.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## sage

Sage is a plant and an herb.

### botanical information:

**Botanical name:** *Salvia officinalis*

**Common name:** sage

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

Salvia means safe and is a reference to the ancient healing properties of sage.

### astrological correspondences:





**Astrological planet:** Jupiter



## magickal correspondences and uses:

**Reversing spells:** To reverse any spell (including love spells), light a dried sage leaf on fire, then blow out the flame, leaving a burning red ember. Slowly create a large circle in the air with the sage smoke, making the circle three times counter-clockwise. While making each of the three circles, chant to undo the previous spell. You may write your own chant, but it should be short and to the point. You may want to obtain ecologically-safe organic sage from Mountain Rose Herbs.

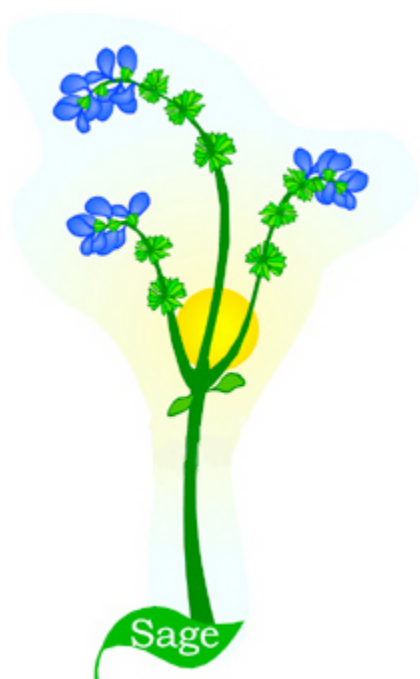
If you have the time, you can empower the reversal of your love spell by casting a circle (in either Wiccan or ancient Egyptian style) and lighting a white candle on your altar. Concentrate on the ever changing flickering of the candle flame and let your true intentions flow into the power of the dancing flame. You may want to dress the candle as described in the article on myrhh.

**Jupiter spells:** Sage (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Jupiter matters (growth, legal matters, luck, meditation, money, prosperity, settling legal matters, and spirituality). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Jupiter for a list of herbal substitutes for sage.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



!--FILE NAME sagebrush.html-->

# sagebrush

Sagebrush is a plant and an herb.

## botanical information:

**Botanical name:** *Artemesia* spp.

**Common name:** sagebrush

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



# Saint John's wort St. John's wort

Saint John's wort is a plant and an herb.

## botanical information:

**Botanical name:** *Hypericum perforatum*

**Common name:** Saint John's wort, St. John's wort

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## magickal correspondences and uses:



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## sandalwood

Sandalwood is a plant and an herb.

### botanical information:

**Botanical name:** *Santalum album*

**Common name:** sandalwood



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

**Astrological planet:** Sun or Moon



### magickal correspondences and uses:

**Solar spells:** Sandalwood (as herb or essential oil) may be used in as an ingredient or substitute for magick spells and formulas related to solar matters (healing, illumination, magickal power, physical energy, protection, success, and putting an end to legal matters). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on the Sun for a list of herbal substitutes for sandalwood.



**Lunar spells:** Sandalwood (as herb or essential oil) may be used in as an ingredient or substitute for magick spells and formulas related to lunar matters (compassion, dreams, family, fertility, gardening, healing, love, peace, promoting sleep, prophecy, prophetic (or psychic) dreams), psychic awareness, sleep, and spirituality). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on the Moon for a list of herbal substitutes for sandalwood.



**Using essential oils:** Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets and away from heat and light. See the article on essential oils for detailed information on how to mix and use essential oils.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and

rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

See also: red sandalwood.

## sarsaparilla

Sarsaparilla is a plant and an herb.

### botanical information:

**Botanical name:** Wild sarsaparilla is *Aralia* spp. (especially *Aralia nudicaulis* L.)

**Botanical name:** Root beer is *Smilax aspera*.

**Common name:** sarsaparilla



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

The part of this plant used is its root. Sarsaparilla is the herbal ingredient in root beer. Chinese, Native Americans and Europeans have used the sarsaparilla root boiled in water to treat a variety of urinary tract disorders, as a diuretic and has been used to treat coughs, arthritis and as an anti-inflammatory for rheumatism.”

—courtesy of Austin Nutritional research

### astrological correspondences:

**Astrological planet:** Jupiter



### magickal correspondences and uses:

**Jupiter spells:** Sarsaparilla (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Jupiter matters (growth, legal matters, luck, meditation, money, prosperity, settling legal matters, and spirituality). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Jupiter for a list of herbal substitutes for sarsaparilla.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## cautions and contraindications:

**Non-toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that wild sarsaparilla “has not been reported as having systemic effects on animals or as having intense effects on the gastrointestinal tract.” — ASPCA

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## sassafras

Sassafras is a plant and an herb.

### botanical information:

**Botanical name:** *Sassafras albidum*

**Common name:** sassafras



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



## selenetrope

Selenetrope is an herb that appears in medieval spells, potions, and recipes. Selenetrope is not established as being any existing herb and was probably a legendary or mythical herb.

### botanical information:

**Botanical name:** none

**Common name:** selenetrope

### astrological correspondences:

**Astrological planet:** Moon



### magickal correspondences and uses:

**Magickal uses:** Selenetrope was associated with Moon spells.

**Lunar spells:** You can substitute any lunar herb for selenetrope in older European witchcraft and magick recipes.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### deities associated with selenetrope:



- any lunar deity
- Selene

## sesame

Sesame is a plant and an herb.

### botanical information:

**Botanical name:** *Sesamum orientale* or *Sesamum indicum*

**Common name:** sesame



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### history:

**History:** Sesame was one of the ingredients mentioned in the Eber's Papyrus. The Eber's Papyrus (from between 1600 B.C.E. and 1550 B.C.E.), was discovered by German Egyptologist Georg Ebers in 1874 C.E.. The Eber's Papyrus is the oldest known complete medical textbook in existence. Most scholars believe that it is copy of a much earlier text, probably from around 3100 B.C.E. The Eber's Papyrus includes information on surgery and internal medicine, including a list of more than 800 drugs.

Sesame oil was used by the Assyrians before 600 B.C.E.

Sesame was listed among many aromatic plants in a scroll of cuneiform from the great library at Nineveh. The library at Nineveh was established by King Ashurbanipal of Assyria (668-633 B.C.E.).

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## Solomon's seal

Solomon's seal is a plant and an herb.

### botanical information:

**Botanical name:** *Polygonatum officinale* or *Polygonatum multiflorum*

**Common name:** Solomon's seal



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



## spearmint

Spearmint is a plant and an herb.

### botanical information:

**Botanical name:** *Mentha spicata*

**Common name:** mint, spearmint



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

**Astrological planet:** Venus



### magickal correspondences and uses:

**Western element:** air

**Magickal uses:** blessing, passion, prosperity, revitalization, success

**Venus spells:** Spearmint (as herb or essential oil) may be used in as an ingredient or substitute for magick spells and formulas related to Venus matters (beauty, compassion, fidelity, friendship, happiness, interchanges, joy, love, luck, meditation, pleasure, reconciliation, and youth). Be careful about





substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Venus for a list of herbal substitutes for spearmint.

**Using essential oils:** Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets and away from heat and light. See the article on essential oils for detailed information on how to mix and use essential oils.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

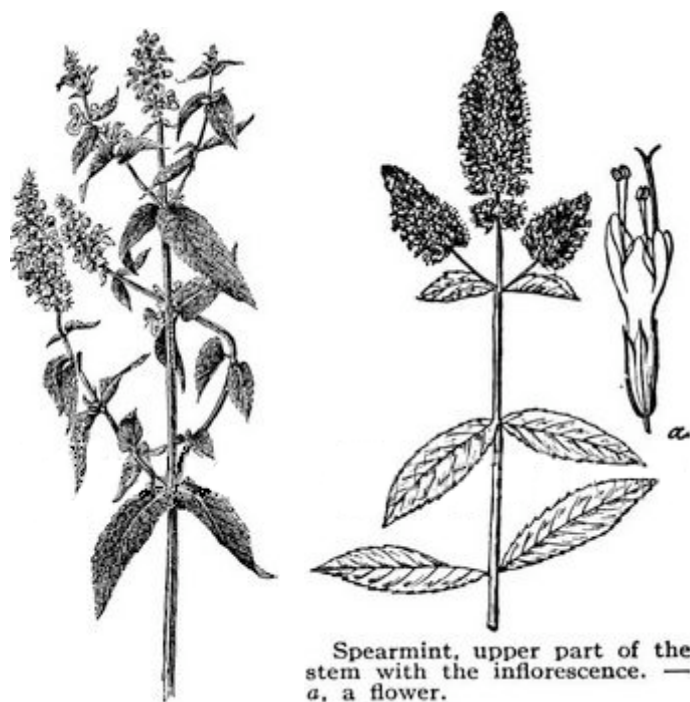
**Ritual uses:** associated with Pluto.

### deities associated with spearmint:

- Pluto (Roman God)

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



See also: mint.

## spikenard

Spikenard is a plant and an herb.

### botanical information:

**Botanical name:** *Nardostachys jatamansi*

**Common name:** spikenard



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## spirulina

Spirulina is an herb.

**Common name:** spirulina

### nutritional information:

SPIRULINA is an algae containing 65 - 70% protein; it contains 26 times the Calcium of milk; also contains phosphorous & niacin and is far more nutritious than any known food; used for rejuvenation & weight reduction; an excellent blood and colon cleanser; very high in Vitamin B12 content."

—courtesy of Austin Nutritional research

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

# star anise

Star anise is a plant and an herb.

## botanical information:

**Botanical name:** *Illicium verum*

**Common name:** star anise

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## astrological correspondences:

**Astrological planet:** Jupiter



## magickal correspondences and uses:

**Jupiter spells:** Star anise (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Jupiter matters (growth, legal matters, luck, meditation, money, prosperity, settling legal matters, and spirituality). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Jupiter for a list of herbal substitutes for star anise.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



See also: anise.

# stephanotis

Stephanotis is a plant and an herb.

## botanical information:



**Botanical name:** *Stephanotis florabunda*



**Common name:** stephanotis

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

**Astrological planet:** Venus



### magickal correspondences and uses:

**Perfumes:** Stephanotis perfume corresponds with friday and is a good incense to burn on fridays.

**Venus spells:** Stephanotis (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Venus matters (beauty, compassion, fidelity, friendship, happiness, interchanges, joy, love, luck, meditation, pleasure, reconciliation, and youth). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Venus for a list of herbal substitutes for stephanotis.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## storax

Storax is a plant and an herb.

### botanical information:

**Botanical name:** *Liquidambar orientalis*

**Common name:** storax



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Perfumes:** Storax perfume corresponds with thursday and is a good perfume for thursdays.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

See also: red storax.

## sumbul

Sumbul is a plant and an herb.

### botanical information:

**Botanical name:** *Ferula sumbul*

**Common name:** sumbul

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

See also: red storax.

## sunflower

Sunflower is a plant and an herb.

### botanical information:

**Botanical name:** *Helianthus annuus*

**Common name:** sunflower

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### nutritional information:



Sunflower seeds are a source of iron.

### magickal correspondences and uses:

Sunflower oil is an excellent base oil for dilluting valuable essential oils. Pour your base oil into the sterilized glass jar. A typical amount is 1/8th of a cup of base oil.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



See also: sunflower seeds.

## sweet flag

Sweet flag (or calamus) is a plant and an herb.

### botanical information:

**Botanical name:** *Acorus calamus*

**Common name:** calamus, sweet flag

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

**Astrological planet:** Moon



### magickal correspondences and uses:

**Lunar spells:** Sweet flag, or calamus, (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to lunar matters (compassion, dreams, family, fertility, gardening, healing, love, peace, promoting sleep, prophecy, prophetic (or psychic) dreams), psychic awareness, sleep, and spirituality). Be careful about substitutions for preparations that will be ingested or come in



contact with the skin. These substitutions do *not* apply to medical uses. See the article on the Moon for a list of herbal substitutes for sweet flag.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



## sweetgrass

Sweetgrass is a plant and an herb.

### botanical information:

**Botanical name:** *Hierochloa odorata*

**Common name:** sweetgrass

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## sweet pea

Sweet pea is a plant and an herb.

### botanical information:

**Botanical name:** *Lathyrus odoratus*

**Common name:** sweet pea



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

There are no true essential oils for sweet pea, but there are sweet pea bouquets. You can use sweet pea bouquet in the same manner as a true essential oil in any recipes or formulas that call for sweet pea oil.

### astrological correspondences:

**Astrological planet:** Venus



### magickal correspondences and uses:

**Month:** Sweet pea is associated with April.

**Perfumes:** Sweetpea perfume corresponds with wednesday and is a good perfume for wednesdays.

**Venus spells:** Sweet pea (as a bouquet) may be used in as an ingredient or substitute for magick spells and formulas related to Venus matters (beauty, compassion, fidelity, friendship, happiness, interchanges, joy, love, luck, meditation, pleasure, reconciliation, and youth). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Venus for a list of herbal substitutes for sweet pea.



**Using essential oils:** There is no true essential oil for sweet pea, but there are sweet pea bouquets. You can use sweet pea bouquet in the same manner as a true essential oil in any recipes or formulas that call for sweet pea oil. Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets and away from heat and light. See the article on essential oils for detailed information on how to mix and use essential oils.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and



rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



## tansy

Tansy is a plant and an herb.

### botanical information:

**Botanical name:** *Tanacetum vulgare*

**Common name:** tansy



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

**Astrological planet:** Venus



### magickal correspondences and uses:

**Venus spells:** Tansy (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Venus matters (beauty, compassion, fidelity, friendship, happiness, interchanges, joy, love, luck, meditation, pleasure, reconciliation, and youth). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Venus for a list of herbal substitutes for tansy.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

# tarragon

Tarragon is a plant and an herb.

## botanical information:

**Botanical name:** *Artemesia dracunculus*

**Common name:** tarragon



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

# thistle

Thistle is a plant and an herb.

## botanical information:

**Botanical name:** *Carduus* spp.

**Common name:** thistle



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

Artichokes are a kind of thistle.

## magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

See also: blessed thistle and artichoke.

# thyme

Thyme is a plant and an herb.

## botanical information:

**Botanical name:** *Thymus vulgaris*

**Common name:** thyme



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## origin:

**Origin:** Mediterranean

## history:

**History:** Thyme was one of the ingredients mentioned in the Eber's Papyrus. The Eber's Papyrus (from between 1600 B.C.E. and 1550 B.C.E.), was discovered by German Egyptologist Georg Ebers in 1874 C.E.. The Eber's Papyrus is the oldest known complete medical textbook in existence. Most scholars believe that it is copy of a much earlier text, probably from around 3100 B.C.E. The Eber's Papyrus includes information on surgery and internal medicine, including a list of more than 800 drugs.

Thyme was listed among many aromatic plants in a scroll of cuneiform from the great library at Nineveh. The library at Nineveh was established by King Ashurbanipal of Assyria (668-633 B.C.E.).

## astrological correspondences:

**Astrological planet:** Mercury and Venus



## magickal correspondences and uses:

**Mercury spells:** Thyme (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Mercury matters (overcoming addiction, breaking bad habits, communication, divination, eloquence, intelligence, mental powers, psychic powers, self-improvement, study, travel, and wisdom). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Mercury for a list of herbal substitutes for thyme.



**Venus spells:** Thyme (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Venus matters (beauty, compassion, fidelity, friendship, happiness, interchanges, joy, love, luck, meditation, pleasure, reconciliation, and youth). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Venus for a list of herbal substitutes for thyme.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



**ti**

Ti is a plant and an herb.

### botanical information:

**Botanical name:** *Cordyline terminalis*

**Common name:** ti

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

**Astrological planet:** Jupiter



### magickal correspondences and uses:

**Jupiter spells:** Ti (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Jupiter matters (growth, legal matters, luck, meditation, money, prosperity, settling legal matters, and spirituality). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Jupiter for a list of herbal substitutes for ti.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your

own herbs in your own goddess garden (or window boxes).

## tobacco

Tobacco is a plant and an herb.

### botanical information:

**Botanical name:** *Nicotiana* spp.

**Common name:** tobacco



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

**Astrological planet:** Mars



### magickal correspondences and uses:

**Mars spells:** Tobacco (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Mars matters (aggression, courage, defensive magick, exorcism, healing after surgery, hex-breaking, lust, physical strength, politics, protection, sexual energy, sexual potency, and strength). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Mars for a list of herbal substitutes for tobacco.



**Magickal substitutions:** Tobacco may be used as a safer substitute for any poisonous herb from old spells (see list below). Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### tobacco may be substituted for any of the following poisonous herbs:

aconite

### cautions and contraindications:

**Cautions and contraindications:** Causes cancer and a bunch of serious lung and heart diseases.

Combining alcohol and tobacco greatly increases the risk of cancer compared to either alcohol or tobacco alone.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



## tonka

Tonka is a plant and an herb.

### botanical information:

**Botanical name:** *Dipteryx odorata*

**Common name:** tonka



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

**Astrological planet:** Venus



### magickal correspondences and uses:

**Venus spells:** Tonka (as herb or essential oil) may be used in as an ingredient or substitute for magick spells and formulas related to Venus matters (beauty, compassion, fidelity, friendship, happiness, interchanges, joy, love, luck, meditation, pleasure, reconciliation, and youth). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Venus for a list of herbal substitutes for tonka.



**Using essential oils:** Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets and away from heat and light. See the article on essential oils for detailed information on how to mix and use essential oils.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

# trefoil

Trefoil is a plant and an herb.

## botanical information:

**Botanical name:** *Trifolium* spp.

**Common name:** trefoil



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

# tuberose

Tuberose is a plant and an herb.

## botanical information:

**Botanical name:** *Polianthes tuberosa*

**Common name:** tuberose



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## astrological correspondences:

**Astrological planet:** Venus



## magickal correspondences and uses:

**Venus spells:** Tuberose (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Venus matters (beauty, compassion, fidelity, friendship, happiness, interchanges, joy, love, luck, meditation, pleasure, reconciliation, and youth). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Venus for a list of herbal substitutes for tuberose.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



## tumeric

### history:

Tumeric was listed among many aromatic plants in a scroll of cuneiform from the great library at Nineveh. The library at Nineveh was established by King Ashurbanipal of Assyria (668-633 B.C.E.).

## valerian

Valerian is a plant and an herb.

### botanical information:

**Botanical name:** *Polianthes tuberosa*

**Common name:** valerian

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



# vanilla

Vanilla is a plant and an herb.

## botanical information:

**Botanical name:** *Vanilla aromatica* or *Vanilla planifolia*

**Common name:** vanilla



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## astrological correspondences:

**Astrological planet:** Venus



## magickal correspondences and uses:

**Venus spells:** Vanilla (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Venus matters (beauty, compassion, fidelity, friendship, happiness, interchanges, joy, love, luck, meditation, pleasure, reconciliation, and youth). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Venus for a list of herbal substitutes for vanilla.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



# vervain

Vervain is a plant and an herb.

## botanical information:



**Botanical name:** *Verbena officinalis*

**Common name:** vervain



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Divination:** Vervain (verbena) branches were burned for divination in botanomancy.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### deities associated with vervain:

- Aradia (Italian Goddess)
- Bast (ancient Egyptian Goddess)



Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## vetivert

Vetivert is a plant and an herb.

### botanical information:

**Botanical name:** *Vetiveria zizanioides*

**Common name:** vetivert

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## violet

Violet is a plant and an herb.

### botanical information:

**Botanical name:** *Viola odorata*

**Common name:** violet



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

**Astrological planet:** Venus



### magickal correspondences and uses:

**Month:** Violet is associated with February.

**Incense:**



## Violet Incense Sticks

**“Violet Incense Sticks:** This is a VIOLET Incense Sticks 8g By HEM BOX OF 25.”  
— Earth Spirit Emporium (note that products and availability may change over time)



**Venus spells:** Violet (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Venus matters (beauty, compassion, fidelity, friendship, happiness, interchanges, joy, love, luck, meditation, pleasure, reconciliation, and youth). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Venus for a list of herbal substitutes for violet.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

See also: African violet.

## water parsnip

Water parsnip is a plant and an herb.

### botanical information:

**Botanical name:** Several species of genus *Sium*, especially *Sium latifolium*, *Sium suave*, or *Berula erecta*

**Common name:** water parsnip

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

The water parsnip is an aromatic perennial herb of the Carrot (Apiaceae) Family and grows in wet meadows, slow moving water, thickets, and muddy shores. It grows mostly below 3000'. Water parsnip has tiny clusters of white flowers in summer.

### origin:

**Origin:** Northern hemisphere and Africa.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## wintergreen

Wintergreen is a plant and an herb.

### botanical information:

**Botanical name:** *Gaultheria procumbens*

**Common name:** wintergreen



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

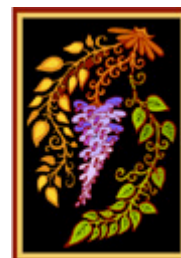
## wisteria

Wisteria is a plant and an herb.

### botanical information:

**Botanical name:** *Wisteria* spp.

**Common name:** wisteria



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## wood aloes

Wood aloe is a plant and an herb.

### botanical information:

**Botanical name:** *Aquilaria agallocha*

**Common name:** wood aloes

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

**Astrological planet:** Sun or Moon



### magickal correspondences and uses:

**Perfumes:** Aloe perfume corresponds with thursday and is a good pefume for thursdays.

**Gender:** feminine (traditional western European magickal gender)

**Western element:** water

**Solar spells:** Wood aloe (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to solar matters (healing, illumination, magickal power, physical energy, protection, success, and putting an end to legal matters). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on the Sun for a list of herbal substitutes for wood aloe.



**Lunar spells:** See the article on the Moon for a list of herbal substitutes for wood aloe.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## wood betony



Wood betony is a plant and an herb.

### botanical information:

**Botanical name:** *Betonica officinalis*

**Common name:** betony



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### cautions and contraindications:

**Cautions and contraindications:** Wood betony is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## woodruff

Woodruff is a plant and an herb.

### botanical information:

**Botanical name:** *Asperula odorata*

**Common name:** woodruff



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

**Astrological planet:** Mars



### magickal correspondences and uses:

**Mars spells:** Woodruff (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Mars matters (aggression, courage, defensive magick, exorcism, healing after surgery, hex-breaking, lust, physical strength, politics, protection, sexual energy, sexual potency, and strength). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Mars for a list of herbal substitutes for woodruff.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and



rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



## wormwood absinthe

Wormwood is a plant and an herb. Absinthe is made from wormwood.

### botanical information:

**Botanical name:** *Artemisia absinthium*

**Common name:** absinthe, wormwood



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.


**Threatened species:** Greater wormwood oil is made from *Artemisia gracilis*, is a rare European alpine plant that is a threatened species. The oil was used as a flavoring for alcoholic beverages and to create the alpine liqueur Genepy.

### astrological correspondences:

**Astrological planet:** Mars 

### magickal correspondences and uses:

**Magickal uses:** absinthe: love, passion

**Mars spells:** Wormwood (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Mars matters (aggression, courage, defensive magick, exorcism, healing after surgery, hex-breaking, lust, physical strength, politics, protection, sexual energy, sexual potency, and strength). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Mars for a list of herbal substitutes for wormwood. 



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).



## yarrow

Yarrow is a plant and an herb.

### botanical information:

**Botanical name:** *Achillea millefolium*

**Common name:** yarrow



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## yellow dock

Yellow dock is a plant and an herb.

### botanical information:

**Botanical name:** *Rumex crispus*.



**Common name:** yellow dock

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### **nutritional information:**

A nutritive tonic, high in Iron and useful in treating anemia; also nourishes the spleen and liver, thus, being effective for the treatment of Jaundice, Lymphatic problems & skin eruptions; strengthens, cleanses & tones the entire body; excellent for boils, ulcers, wounds, and cleansing the blood.”

—courtesy of Austin Nutritional research

### **magickal correspondences and uses:**

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

See also: dock.

## **yerba santa**

Yerba santa is a plant and an herb.

### **botanical information:**

**Botanical name:** *Eriodictyon californicum*

**Common name:** yerba santa

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### **magickal correspondences and uses:**

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be

toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## ylang ylang

Ylang ylang is a plant and an herb.

### botanical information:

**Botanical name:** *Cananga odorata*

**Common name:** ylang ylang

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

**Astrological planet:** Venus



### magickal correspondences and uses:

**Venus spells:** Ylang ylang (as an essential oil) may be used in as an ingredient or substitute for magick spells and formulas related to Venus matters (beauty, compassion, fidelity, friendship, happiness, interchanges, joy, love, luck, meditation, pleasure, reconciliation, and youth). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Venus for a list of herbal substitutes for ylang-ylang.



**Using essential oils:** Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets and away from heat and light. See the article on essential oils for detailed information on how to mix and use essential oils.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden (or window boxes).

## trees

Ancient Egypt (KMT) did not support large trees. Wood was scarce and the best wood was imported

from what is now Lebannon (the Phoenecians).

Among the trees panted by Egyptian Pharaohs were acacia, doom palm (called Mama en Khenet), lotus tree (called Nebes), sand tree, sycamore (called Nehet), tamarisk, and willow.

Most ancient civilizations (including the ancient Egyptian) had a Tree of Life, which was typically depicted as a Goddess growing out of a tree. In Kemet (ancient Egypt) the most common Goddess depicted in the Tree of Life is Aset (Isis).

## trees

- alder
- almond
- apple
- apricot
- Asian pear
- avocado
- areca
- ash
- banyan
- betel palm
- birch
- black plum
- carob
- cashew
- cedar
- cherry
- chestnut
- coconut
- cypress
- date palm
- dogwood
- elm
- eucalyptus
- fig
- grapefruit
- hawthorne
- hemlock
- hickory
- jujube
- juniper
- key lime
- lemon
- linden
- loquat
- magnolia
- mango
- maple
- mesquite
- mountain ash
- mulberry
- oak
- olive
- orange



nehet  
hieroglyph for tree

- palm
- papaya
- peach
- pear
- pecan
- pepper tree
- persimmon
- pine
- plum
- poplar
- quince
- rowan
- saltcedar
- silver fir
- tamarisk
- tangerine
- walnut
- white willow
- willow
- yew

## alder tree

Alder is a tree

### botanical information:

**Botanical name:** *Alnus* spp., especially *Alnus glutinosa*

**Common name:** common alder

- black alder *Alnus glutinosa*
- common alder *Alnus glutinosa*
- European alder *Alnus glutinosa*
- Italian alder *Alnus cordata*
- white alder *Alnus incana*



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Magickal uses:** alder whistles have traditionally been used to attract Air Elementals

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



### deities associated with alder:

- Astarte (Phoenician Goddess)



## almonds and almond tree

Almonds are a nut and the tree that they come from.

### botanical information:

**Botanical name:** *Prunus dulcis*

**Common name:** almond



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### origin:

**Origin:** southwest Asia

### nutritional information:

One ounce of dry roasted almonds without salt has 1.0 milligrams of zinc, which is 6% of the U.S. Recommended Daily Value, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>.

### astrological correspondences:

**Astrological planet:** Mercury



## magickal correspondences and uses:

Almond oil is an excellent base oil for dilluting valuable essential oils. Pour your base oil into the sterilized glass jar. A typical amount is 1/8th of a cup of base oil.

**Gender:** masculine (traditional western European magickal gender)

**Western element:** air

**Magickal uses:** devotion, love, money, self-sufficiency

**Mercury spells:** Almond (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Mercury matters (overcoming addiction, breaking bad habits, communication, divination, eloquence, intelligence, mental powers, psychic powers, self-improvement, study, travel, and wisdom). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Mercury for a list of herbal substitutes for almond.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



## deities associated with almonds:

- Artemis (Greek Goddess)
- Chandra (India Goddess)
- Cybele (Roman Goddess)
- Hecate (Greek Goddess)
- Ptah (Kemetic/ancient Egyptian God)
- Rhea (Greek Goddess)
- Zeus (Greek God)

See also nuts.

## apples and apple tree

Apples are a fruit and the tree that they comes from.

### botanical information:

**Botanical name:** *Pyrus* spp. (especially *Pyrus malus*) or *Malus Sylvestris*

**Common name:** apple

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common



names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## history:

**History:** Christmas ornaments are derived from an early Christian practice of hanging apples on the Yule tree to convert the use of a tree at Yule from a Germanic Pagan practice into a Christian practice. The apples were from the Jewish Garden of Eden myth.

## nutritional information:

Apples help keep the liver clean and healthy.

## Chinese herbalism:

**Chinese gender:** yin (cool)

**Chinese flavor:** sweet and slightly sour

## astrological correspondences:

**Astrological planet:** Venus



## magickal correspondences and uses:

**Perfumes:** Apple blossom perfume corresponds with Friday and is a good incense to burn on Fridays.

**Gender:** feminine (traditional western European magickal gender)

**Western element:** water

**Magickal uses of apples:** love, health

**Magickal uses of apples:** attracting unicorns

**Magickal uses of apples:** Share an apple with the one you love.

**Magickal uses of apple blossoms:** Venus spells (see below)

**Magickal uses of apple juice:** discernment, health, inner vision, love, and prudence

**Venus spells:** Apple blossom (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Venus matters (beauty, compassion, fidelity, friendship, happiness, interchanges, joy, love, luck, meditation, pleasure, reconciliation, and youth). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Venus for a list of herbal substitutes for apple blossom.



**Ritual uses of apples:** Bury an apple in the garden on Samhain as food for departed spirits.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



## deities associated with apple:

- Aphrodite (Greek Goddess)
- Apollo (Greek God)
- Athena (Greek Goddess)
- Hera (Greek Goddess)
- Induna (Norse Goddess)
- Odin (Norse God)
- Venus (Roman Goddess)
- Woden
- Zeus

## apricot tree

Apricots are a fruit and the tree that they come from.

### botanical information:

**Botanical name:** *Prunus armeniaca*

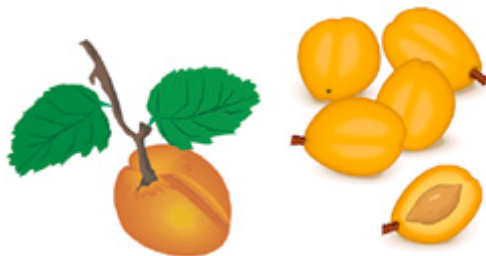
**Common name:** apricot

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### Chinese herbalism:

**Chinese gender:** yin (cool)

**Chinese flavor:** sweet and slightly sour



### magickal correspondences and uses:

Apricot kernel oil is an excellent base oil for dilluting valuable essential oils. Pour your base oil into the sterilized glass jar. A typical amount is 1/8th of a cup of base oil.

**Gender:** feminine (traditional western European magickal gender)

## ash tree

APRIL 1997

Ash is a tree.

### botanical information:

**Botanical name:** *Fraxinus excelsior* and *Fraxinus americana*

**Common name:** ash



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Gender:** masculine (traditional western European magickal gender)

**Magickal uses:** prosperity, protection

**Magickal uses of ash wood:** magick wands

**Magickal uses of ash leaves:** prophetic dreams

### cautions and contraindications:

**Cautions and contraindications:** Ash is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden.

## Asian pear tree

Asian pears are a fruit and the tree that they come from.

### botanical information:

**Botanical name:** *Pyrus pyrifolia*

**Common name:** Asian pear

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### nutritional information:

The fruit of the Asian pear contains about 6 to 9.5% sugar and up to 0.56% fruit acids.

### Chinese herbalism:

**Chinese gender:** yin (cool)

**Chinese flavor:** sweet

# avocado tree

Avocados are a fruit and the tree that they come from.

## botanical information:

**Botanical name:** *Persea americana*

**Common name:** avocado

**French name:** avocat

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## origin:

**Origin:** Central and South America.

## nutritional information:

Avocados are a source of copper.

## nutritional value per 100 grams:

- **Calories:** 161 calories
- **Fat:** 15 grams
- **Proteins:** 2 grams
- **Lipids:** 20 grams
- **Carbohydrates:** 7 grams
- high in Vitamin A
- high in Vitamin B
- high in Vitamin C
- high in Vitamin E
- high in Vitamin PP
- 17 minerals





### magickal correspondences and uses:

**Gender:** feminine (traditional western European magickal gender)

### cautions and contraindications:

**Toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that avocado “has been reported as having systemic effects on animals and/or intense effects on the gastrointestinal tract.” —ASPCA

## banyan tree

Banyan is a tree.

### botanical information:

**Botanical name:** *Ficus benghalensis*

**Common name:** banyan

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



### magickal correspondences and uses:

**Gender:** masculine (traditional western European magickal gender)

### cautions and contraindications:

**Cautions and contraindications:** Banyan is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden.

## betel palm tree areca

Betel palm is a tree, the source of the betel nut.



**botanical information:**

**Botanical name:** *Areca catechu*

**Common name:** areca tree, betel palm

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

**origin:**

**Origin:** Asia.

**Ritual uses of betel nut:** The betel nut is an offering in Hinduism.

**Ritual uses of betel nut:** In Vietnam the betel leaf (from the botanically unrelated Betel pepper plant) and areca nuts are given to the bride's family at weddings. The Vietnamese phrase "matters of betel and areca" means marriage.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden.





betel nut fruit hanging from the tree  
public domain photo from Wikipedia at [http://en.wikipedia.org/wiki/Betel\\_nut](http://en.wikipedia.org/wiki/Betel_nut)

See also: palm.

## birch tree

Birch is a tree.

### botanical information:

**Botanical name:** *Betula alba*

**Common name:** birch





Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### **magickal correspondences and uses:**

**Magickal uses:** used to invoke Venus for love and beauty spells.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



### **ancient myths and beliefs:**

Welsh men would let a woman know he was interested in her by making her a gift of a birch garland. If the woman felt the same, she would make and give him a garland of birch in return.

### **deities associated with birch:**

- Cerridwen (Celtic Goddess)
- Eostre (Anglo-Saxon Goddess)
- Freyya (Norse Goddess)
- Rhiannon (Celtic Goddess)
- Venus (Roman Goddess)



### **cautions and contraindications:**

**Cautions and contraindications:** Birch is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden.

**Birch**  
**(Betula Pendula)**



## black plum tree

Black plums are a fruit and the tree that they come from.

### botanical information:

**Botanical name:** *Syzgium cumini*

**Common name:** Chinese black plum, jaman

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



### origin:

**Origin:** India and Indonesia

### Chinese herbalism:

**Chinese gender:** neutral

**Chinese flavor:** sour

## carob tree

Carob is a tree.





## botanical information:

**Botanical name:** *Jacaranda procera*, *Prosopis dulcis*, and *Ceratonia siliqua*

**Common name:** carob

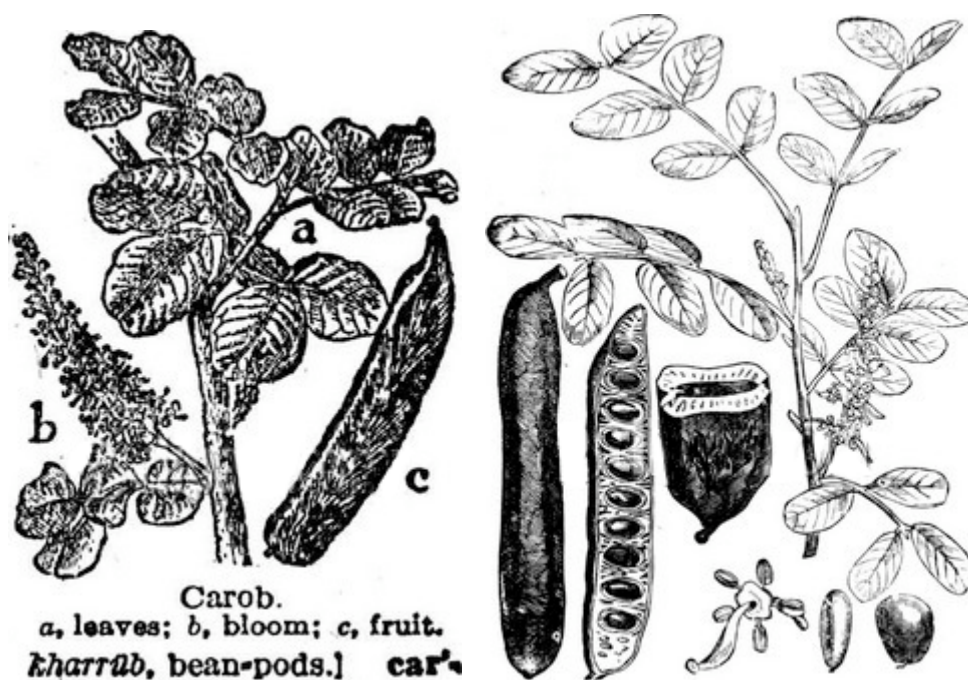
Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## cautions and contraindications:

**Cautions and contraindications:** Carob fruit is believed to be **safe**.

**Non-toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that carob and carob tree “have not been reported as having systemic effects on animals or as having intense effects on the gastrointestinal tract.” —ASPCA

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden.



## cashew tree

Cashews are a nut and the tree that they comes from.

## botanical information:

**Botanical name:** *Anacardium occidentale*

**Common name:** cashew



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



cashew fruit

### origin:

**Origin:** northeastern Brazil, in the dry forest region between the Atlantic rain forest and the Amazon rain forest

### history:

**History:** The Portuguese introduced cashew trees to the west coast of India and east Africa in the 16th century to prevent soil erosion. Cashew trees were later introduced to Central America and the Caribbean islands.

### nutritional information:

One ounce of dry roasted cashews without salt has 1.6 milligrams of zinc, which is 10% of the U.S. Recommended Daily Value, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>.

### cautions and contraindications:

**Cautions and contraindications:** Cashew nuts are believed to be **safe** after the caustic shell oil has been removed (normally removed by roasting).

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden.



## cedar tree



Amenhotep  
with cedar staff

Cedar is a tree. Cedar is naturally resistant to both rot and insect damage.

### botanical information:

**Botanical name:** *Cedrus libani* or *Cedrus* spp.

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

**Threatened species:** The East African pencil cedar tree, *Juniperus procera*, found in



Cedar

Ethiopia and Kenya is a threatened species. The Himalayan cedarwood tree, *Cedrus deodara*, which grows on the Himalayan slopes of northern India, Afghanistan, and Pakistan, is a threatened species.

### astrological correspondences:

Astrological planet: Sun



### magickal correspondences and uses:

**Solar spells:** Cedarwood (as herb or essential oil) may be used in as an ingredient or substitute for magick spells and formulas related to solar matters (healing, illumination, magickal power, physical energy, protection, success, and putting an end to legal matters). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on the Sun for a list of herbal substitutes for cedarwood.



**Using essential oils:** Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets and away from heat and light. See the article on essential oils for detailed information on how to mix and use essential oils.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### deities associated with cedar:

- Artemis (Greek Goddess)

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden.



## cherry tree cherries

Cherries are a fruit that comes from the cherry tree.

### botanical information:



**Botanical name:** *Prunus avium* or *Prunus serotina*

**Common name:** cherry



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

Cherry belongs to the rose family. Cherry trees average 60 to 80 feet and live until 150 to 200 years.

Cherry wood is used for making fine furniture, cabinets, musical instruments, and carvings. The heartwood of cherry ranges from rich red to reddish brown and darkens with age and exposure to light. The sapwood of cherry is creamy white.

### **origin:**

**Origin:** Japan.

The cherry blossom was considered sacred to the Japanese emperor.

### **history:**

**History:** In 1885 travel writer and photographer Eliza Ruhamah Scidmore of the U.S. started working with the Japanese government to arrange for cherry trees to be planted along the Potomac River in Washington, D.C. After years of negotiations the people of Tokyo donated 3,000 cherry trees to the people of Washington. On March 27, 1912, Helen Taft (wife of the U.S. president) and Viscountess Chinda (wife of the Japanese Ambassador) planted the first two cherry trees. Approximately 150 of the original 1912 trees, including the first two planted, are still alive.

### **nutritional information:**

American colonists mixed cherry juice with rum to make a bitter cordial called Cherry Bounce.

### **Chinese herbalism:**

**Chinese gender:** yang (warm)

**Chinese flavor:** sweet

### **magickal correspondences and uses:**

**Western element:** water

**Magickal uses of cherry juice:** love, platfulness, and psychic energy

**Ritual uses of cherry:** Use in rituals where creativity or sensitivity is needed.

**Ritual uses of cherry beverages:** Use cherry flavored beverages in rituals honoring youthful Goddesses.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## deities associated with cherry:

- any youthful Goddess

Early American colonists used cherry bark to make a drug to treat bronchitis. They used cherry stalks to make various medicinal tonics.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden.



## chestnut tree

Chestnuts are a nut the come from the chestnut tree.

### botanical information:

**Botanical name:** *Castanea sativa*, *Castanea dentata*, and *Castanea* spp.

**Common name:** chestnut

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



### cautions and contraindications:

**Cautions and contraindications:** Chestnut is believed to be **safe**

**Non-toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that chestnut “has not been reported as having systemic effects on animals or as having intense effects on the gastrointestinal tract.” —ASPCA

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden.

**Chestnut**  
(*Aesculus Hippocastanum*)



## coconut tree

Coconuts are a fruit that come from the coconut tree.

### botanical information:

**Botanical name:** *Cocos nucifera*

**Common name:** coconut



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



### astrological correspondences:

**Astrological planet:** Moon



### magickal correspondences and uses:



Coconut oil is an excellent base oil for dilluting valuable essential oils. Pour your base oil into the sterilized glass jar. A typical amount is 1/8th of a cup of base oil.

**Western element:** water

**Magickal uses:** Excellent for any lunar or Moon magick

**Lunar spells:** Coconut (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to lunar matters (compassion, dreams, family, fertility, gardening, healing, love, peace, promoting sleep, prophecy, prophetic (or psychic) dreams), psychic awareness, sleep, and spirituality). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on the Moon for a list of herbal substitutes for coconut.



### deities associated with coconut:

- Sri (Asian Indian Goddess)

Coconut is sacred to Sri.

**External skin care:** Coconut oil helps cleanse the scalp. Coconut oil helps moisturize the skin.

## cypress tree

Cypress is a tree.

### botanical information:

**Botanical name:** *Cupressus sempervirens*

**Common name:** cypress



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

**Astrological planet:** Saturn



### magickal correspondences and uses:

**Saturn spells:** Cypress (as an herb or an essential oil) may be used in as an ingredient or substitute for magick spells and formulas related to Saturn matters (growth, legal matters, luck, meditation, money, prosperity, settling legal matters, and spirituality). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Saturn for a list of herbal substitutes for cypress.



**Using essential oils:** Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of

essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets and away from heat and light. See the article on essential oils for detailed information on how to mix and use essential oils.

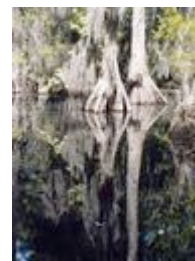
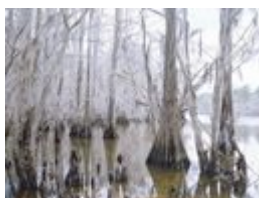
**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### deities associated with cypress:

- Aphrodite (Greek Goddess)
- Artemis (Greek Goddess)
- Astarte (Phoenician Goddess)

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden.



## date palm tree

Dates are the fruit of the date palm tree.

### botanical information:

**Botanical name:** *Phoenix dactylifera* and *Phoenix roebelenii*

**Common name:** dates

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### nutritional information:

Dates are a source of iron.







### deities associated with date palm:

- Artemis (Greek Goddess)

### cautions and contraindications:

**Cautions and contraindications:** Date palms are believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden.

## dogwood tree

Dogwood is a tree.

### botanical information:

**Botanical name:** *Cornus florida*

**Common name:** dogwood



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### cautions and contraindications:

**Cautions and contraindications:** Dogwood is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden.





## elm tree

Elm is a tree.

### botanical information:

**Botanical name:** *Ulmus campestris*

**Common name:** elm, elven, English elm, European elm



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

**Astrological planet:** Saturn



### cautions and contraindications:

**Cautions and contraindications:** Elm is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden.

**Elm Stocky**  
**(Ulmus Pumila)**



## eucalyptus tree

Eucalyptus is a tree.

### botanical information:

**Botanical name:** *Eucalyptus* spp.

**Common name:** eucalyptus

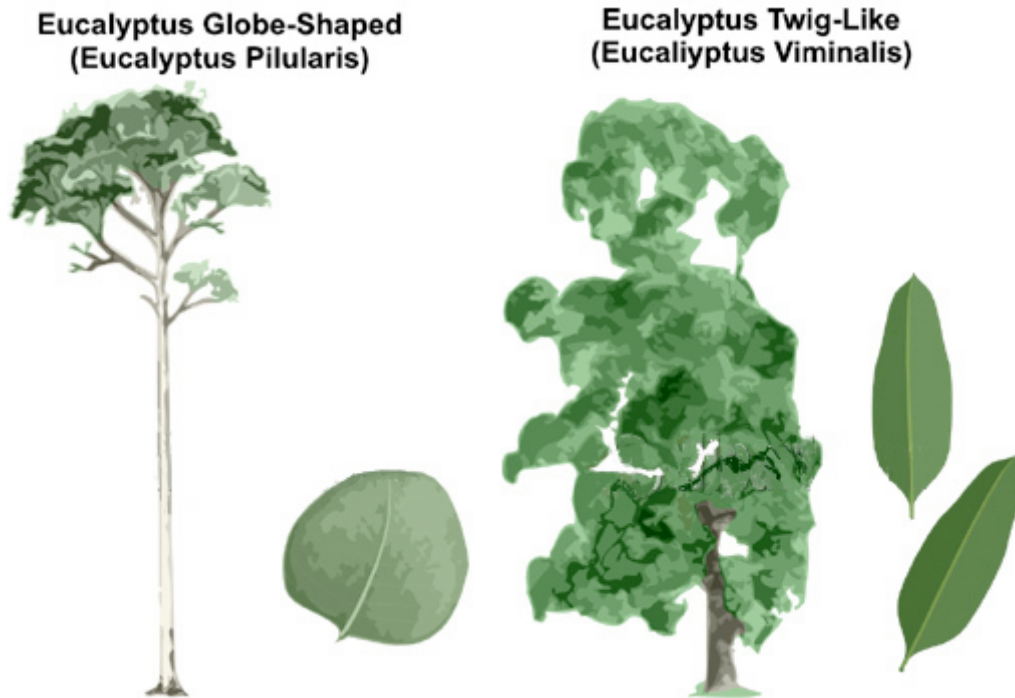


Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden.



## fig tree

Figs are the fruit of the fig tree.

### botanical information:

**Botanical name:** *Ficus carica*

**Common name:** fig



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### origin:

**Origin:** Anatolia (modern day Turkey)

### history:

**History:** Humans grew fig trees approximately 11,400 years B.P. (Before Present) at Gilgal I, a village site in the Jordan Valley north of ancient Jericho. This predates the earliest evidence of domestication of wheat, barley, and legumes by about 1,000 years and indicates that figs may have been the earliest domesticated crop.

Paleobotanists Ofer Bar-Yosef of Harvard University and Mordechai E. Kislev and Anat Hartmann of Israel's Bar-Ilan University reported their findings from Gilgal I in the 2 June 2006 issue of *Science*.

Their team found fig remains that had been dried for human consumption. The type of figs were a mutant variety that does not produce seeds and has to be propagated by planting sprouts. The trees are very easy to propagate, a freshly cut branch pushed into the ground will grow roots. This variety of figs stay on the tree rather than dropping to the ground, and therefore become soft and sweet.

Other food found at the site included wild acorns and wild oats, but no signs of any other domesticated crops. The Gilgal I village site was abandoned more than 11,000 years ago.

Paleobotanists Ofer Bar-Yosef said "Humans must have recognized that the resulting fruits do not produce new trees, and fig tree cultivation became a common practice. In this intentional act of planting a specific variant of fig tree, we can see the beginnings of agriculture."



The Greeks believed (wrongly) that sleeping under a fig tree would drive a person insane.

### **nutritional information:**

Figs are a source of iron.

Figs help keep the liver clean and healthy.

### **Chinese herbalism:**

**Chinese gender:** neutral

**Chinese flavor:** sweet

### **magickal correspondences and uses:**

**Western element:** fire

**Magickal uses:** Fig adds enlightenment, fecundity, love, power, and wisdom to beverages.

### **deities associated with fig:**

- Aset (Kemetic/ancient Egyptian Goddess)
- Brahma (Hindu God)
- Isis (Kemetic/ancient Egyptian Goddess)
- Juno (Greek Goddess)
- Ra (Kemetic/ancient Egyptian God)

### **cautions and contraindications:**

**Cautions and contraindications:** Figs are believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden.

## grapefruit tree

Grapefruits are a citrus fruit from the grapefruit tree.

### botanical information:

**Botanical name:** *Citrus paradisi*

**Common name:** grapefruit

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### nutritional information:

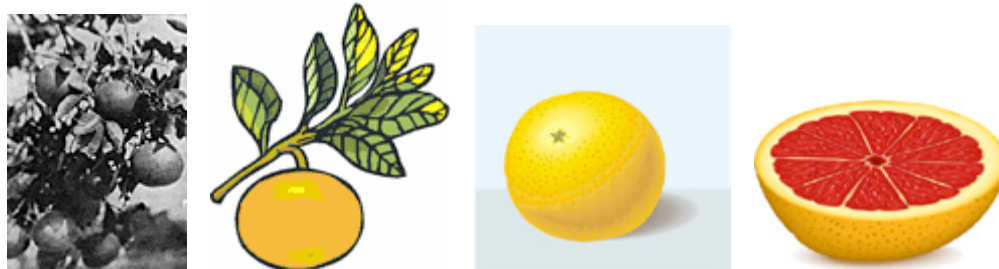
Limonoids are a terpene subclass found in citrus peels. Studies suggest that limonoids help clean and protect the lungs.

### Chinese herbalism:

**Chinese gender:** yin (cool)

**Chinese flavor:** sweet

**Chinese flavor:** slightly sour



## hawthorne tree hawthorne berries

Hawthorne is a tree. Hawthorne berries grow on the hawthorne tree.

### botanical information:

**Botanical name:** *Crataegus oxyacantha*.



**Common name:** hawthorne

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### **nutritional information:**

The parts of the Hawthorne tree used are its flowers, leaves and berries. Rich in bioflavonoids, hawthorne berries have been used for thousands of years in China to treat indigestion and is widely known as a diuretic. Since the 17th century, hawthorne has been used to treat various heart conditions and today is believed to lower blood pressure.

—courtesy of Austin Nutritional research

### **Chinese herbalism:**

**Chinese gender:** slightly yang (warm)

**Chinese flavor:** sour

### **magickal correspondences and uses:**

**Month:** Hawthorne is associated with May.

### **deities associated with hawthorne:**

- Cardea (Roman Goddess)

### **cautions and contraindications:**

**Non-toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that black hawthorn, English hawthorn, hawthorn, red hawthorne, and Washington hawthorn “have not been reported as having systemic effects on animals or as having intense effects on the gastrointestinal tract.” —ASPCA



**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden.

See also: food, herbs, and trees.

# hazel tree

Hazel is a tree.

## botanical information:

**Botanical name:** *Corylus* spp.

**Common name:** hazel



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## magickal correspondences and uses:

Hazelnut oil is an excellent base oil for dilluting valuable essential oils. Pour your base oil into the sterilized glass jar. A typical amount is 1/8th of a cup of base oil.

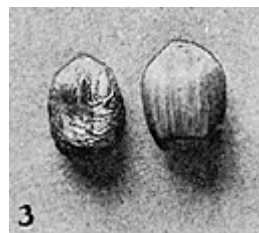
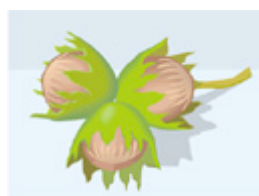
## deities associated with hazel:

- Artemis (Greek Goddess)

## cautions and contraindications:

**Cautions and contraindications:** Hazel is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden.





**Hazel Ordinary**  
(*Corylus Avellana*)



## hemlock tree

Hemlock is a spruce tree. the hemlock tree should *not* be confused with the poisonous hemlock plant that was used to kill Socrates.

### botanical information:

**Botanical name:** *Tsuga* spp.

**Common name:** hemlock, hemlock fir, hemlock spruce

*Tsuga canadensis* Canadian hemlock, eastern hemlock, spruce pine, white hemlock

*Tsuga caroliniana* Carolina hemlock

*Tsuga mertensiana* black hemlock, mountain hemlock

*Tsuga heterophylla* Pacific hemlock, west coast hemlock, western hemlock



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

Canadian hemlock trees grow to 80 feet tall and can have a diameter of three (3) feet. Canadian hemlock leaves are narrow, blunt needles. Canadian hemlock bark is reddish brown or grayish brown and is scaly with broad ridges. Male Canadian hemlock flowers are yellow. Female Canadian hemlock flowers are pale green. The Canadian hemlock fruit is a small short cone (pale green, turning to red-brown at maturity).

Carolina hemlock has spreading branches and widely diverging cone scales.

Canadian hemlock tree are often used as pulpwood. Black hemlock has much harder wood than Canadian hemlock. Western hemlock has soft coarse splintery wood and is a commercially important timber tree.

**origin:**

**Origin:** North America.

**cautions and contraindications:**

**Cautions and contraindications:** Hemlock tree is believed to be safe (not to be confused with toxic hemlock).

**Non-toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that hemlock trees “have not been reported as having systemic effects on animals or as having intense effects on the gastrointestinal tract.” — ASPCA

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden.



See also: hemlock

## hickory tree

Hickory is a tree.

**botanical information:**

**Botanical name:** *Carya* spp.

**Common name:** hickory



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

**cautions and contraindications:**

**Cautions and contraindications:** Hickory is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden.

# jujube tree

## Chinese date

Jujubes (or Chinese dates or red dates) are a fruit of a small thorny evergreen tree of the same name.

### botanical information:

**Botanical name:** *Ziziphus jujuba*

**Common name:** Chinese date, jujube, red date

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

Related to the smaller Indian jujube *Ziziphus mauritiana*, which is not as sweet as the Chinese jujube.

### origin:

**Origin:** China

### history:

**History:** The jujube has been widely cultivated in China since 2,000 B.C.E.

### nutritional information:

The small reddish fruit is eaten fresh or stewed, but it much more common to eat it dried or candied.

### Chinese herbalism:

**Chinese gender:** neutral

**Chinese flavor:** sweet

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden.



# juniper tree

Juniper is a tree.

### botanical information:

**Botanical name:** *Juniperus communis*

**Common name:** juniper



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



Juniper berries are horrid tasting, but help stimulate the stomach for digesting food.

### astrological correspondences:

Astrological planet: Sun



### magickal correspondences and uses:

**Solar spells:** Juniper (as herb or essential oil) may be used in as an ingredient or substitute for magick spells and formulas related to solar matters (healing, illumination, magickal power, physical energy, protection, success, and putting an end to legal matters). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on the Sun for a list of herbal substitutes for juniper.



**Using essential oils:** Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets and away from heat and light. See the article on essential oils for detailed information on how to mix and use essential oils.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### deities associated with juniper:

- Astarte (Phoenician Goddess)

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden.

Juniper Ordinary  
(*Juniperus Communis*)



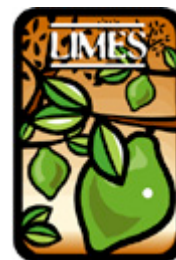
## key lime tree

Key limes are a citrus fruit from the lime tree.

### botanical information:

**Botanical name:** *Citrus limetta*

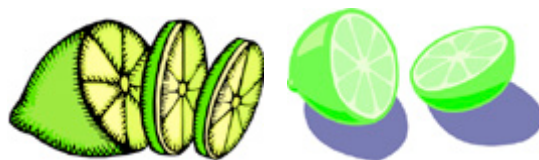
**Common name:** key lime, lime, sweet lime



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### nutritional information:

Limonoids are a terpene subclass found in citrus peels. Studies suggest that limonoids help clean and protect the lungs.



### magickal correspondences and uses:

**Western element:** water

**Magickal uses of lime juice:** attracting the Fairy Folk and devas, especially those that live in stones

and soil.

### cautions and contraindications:

**Cautions and contraindications:** Lime (including the peel) is believed to be **safe**.

## lemon tree

Lemons are a citrus fruit from the lemon tree.

### botanical information:

**Botanical name:** *Citrus limon*

**Common name:** lemon



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### origin:

**Origin:** south-east Asia

### history:

**History:** Lemons reached Greece from south-east Asia by the end of the third century B.C.E.

Lemon drops were among the first candies created. Lemon drops were made by boiling down a paste combining sugar and lemon, molding it into sheets of candy, then actually dropping the sheet to break it into individual candies.

### nutritional information:

Limonoids are a terpene subclass found in citrus peels. Studies suggest that limonoids help clean and protect the lungs.

### Chinese herbalism:

**Chinese gender:** yin (cool)

**Chinese flavor:** sour



### astrological correspondences:

**Astrological planet:** Moon



## magickal correspondences and uses:

**Western element:** water

**Magickal uses:** Lemon juice: longevity, purification, refreshment, unity

**Lunar spells:** Lemon (as herb or essential oil) may be used in as an ingredient or substitute for magick spells and formulas related to lunar matters (compassion, dreams, family, fertility, gardening, healing, love, peace, promoting sleep, prophecy, prophetic (or psychic) dreams), psychic awareness, sleep, and spirituality). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on the Moon for a list of herbal substitutes for lemon.



**Using essential oils:** Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets and away from heat and light. See the article on essential oils for detailed information on how to mix and use essential oils.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## deities associated with lemon:

- Jambhala (Buddhist God)

## cautions and contraindications:

**Cautions and contraindications:** Lemon is believed to be **safe** . Lemon juice can discolor teeth and over long periods of time may contribute to tooth decay.

# linden tree

Linden is a tree.

## botanical information:

**Botanical name:** *Tilia* spp., especially *Tilia europaea*.

**Common name:** linden, linnflowers



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.





Linden leaves and  
flowers

### cautions and contraindications:

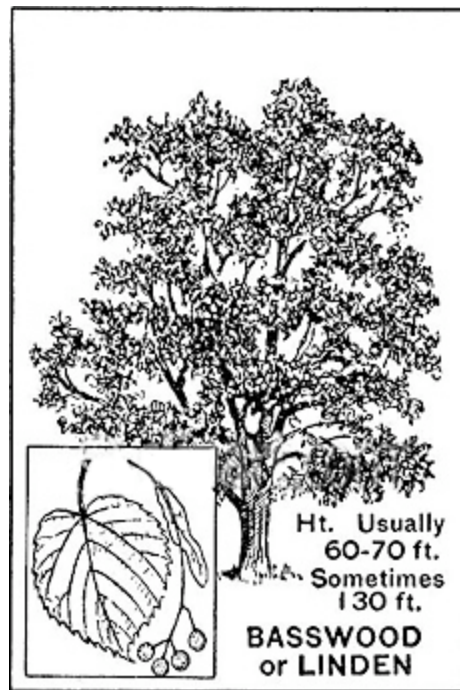
**Cautions and contraindications:** Linden (*Tilia europaea*) leaves and flowers are believed to be safe.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden.



Flowering Branch of Linden (*Tilia americana*).  
a, flower; b, fruit.





Linden Small-Leaved  
(*Tilia Cordata*)



loquat tree

Pepper tree is a tree.

**botanical information:**

**Botanical name:** *Eriobotrya japonica*



**Common name:** Japanese medlar, loquat, nispero

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

**origin:**

**Origin:** southeastern China

**history:**

**History:** Introduced into Japan at least 1,000 years ago. Naturalized into India. Carried to Hawaii by Chinese immigrants.

In the 1870s the loquat became a common ornamental plant in California.

Today the top producers of loquats are Japan, followed by Israel and Brazil.



**Chinese herbalism:**

**Chinese gender:** neutral

**Chinese flavor:** slightly sweet

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## magnolia tree

Magnolia is a tree.

**botanical information:**

**Botanical name:** *Magnolia* spp., especially *Magnolia grandifolia*, *Magnolia virginiana*, and *Magnolia stellata*

**Common name:** magnolia

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

There are no true essential oils for magnolia, but there are magnolia bouquets. You can use magnolia bouquet in the same manner as a true essential oil in any recipes or formulas that call for magnolia oil.



## astrological correspondences:

**Astrological planet:** Venus



## magickal correspondences and uses:

**Venus spells:** Magnolia (as an herb or a bouquet) may be used in as an ingredient or substitute for magick spells and formulas related to Venus matters (beauty, compassion, fidelity, friendship, happiness, interchanges, joy, love, luck, meditation, pleasure, reconciliation, and youth). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Venus for a list of herbal substitutes for magnolia.



**Using essential oils:** There is no true essential oil for magnolia, but there are magnolia bouquets. You can use magnolia bouquet in the same manner as a true essential oil in any recipes or formulas that call for magnolia oil. Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets and away from heat and light. See the article on essential oils for detailed information on how to mix and use essential oils.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## cautions and contraindications:

**Cautions and contraindications:** Magnolia is believed to be **safe**.

**Non-toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that magnolia bush “has not been reported as having systemic effects on animals or as having intense effects on the gastrointestinal tract.” —ASPCA

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden.



## mango tree

Mangoes are a fruit that grow on the mango tree.

## botanical information:



**Botanical name:** *Mangifera indica*

“Mango” comes from the Tamil word “mangay” and “ndica” means “India”.



**Common name:** mango

**Common name (dried unripe fruit):** aamchur, amchoor, amchur, green mango powder

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

**French name:** mangue

**German name:** mango

**Indian name (powder):** aamchoor, amchur: comes from the Hindu for mango, *am*, and powder, *choor*.

**Italian name:** mango

**Spanish name:** manguey

According to Fredrick Noronha, “No tree in history [of India] has been given as many names as the mango tree — it has been called Vasantaduta (messenger of Spring), Madhuduta (messenger of fragrance), Kamang (embodiment of Cupid), Kokilavasa (abode of cuckoos), and Kamavallabha (the amorous).”

The mango tree is related to the cashew and pistachio nut.

In addition to the mango fruit, a spice called amchur can be made by powdering the dried unripe fruit of the tree.

### origin:

**Origin:** India, Burma, and the Malaysian peninsula. mango trees have been grown in India for at least 4,000 years.

### Chinese herbalism:

**Chinese gender:** neutral

**Chinese flavor:** slightly sweet

### magickal correspondences and uses:

**Western element:** fire

**Magickal uses:** Mango juice: used to inspire love and romance.

### deities associated with mango:

- Buddha



# maple tree

Maple is a tree.

## botanical information:

**Botanical name:** *Acer* spp.

**Common name:** maple



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## astrological correspondences:

**Astrological planet:** Jupiter



## magickal correspondences and uses:

**Jupiter spells:** Maple (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Jupiter matters (growth, legal matters, luck, meditation, money, prosperity, settling legal matters, and spirituality). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Jupiter for a list of herbal substitutes for maple.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## deities associated with maple:

- any lunar goddess

## cautions and contraindications:

**Cautions and contraindications:** Maple is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden.



## mesquite tree

Mesquite is a tree.

### botanical information:

**Botanical name:** *Prosopis* spp., especially *Prosopis juliflora*.

**Common name:** mesquite

**Aztec name:** mizquitl

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### origin:

**Origin:** deserts of South America, Central America, and the southwestern United States.

### cautions and contraindications:

**Cautions and contraindications:** Mesquite is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden.



## mulberry tree

Mulberry is a tree.

### botanical information:

**Botanical name:** *Morus* spp.

- American Mulberry *Morus rubra* L.
- Black Mulberry *Morus nigra* L.
- Common Mulberry *Morus alba* L.
- Red Mulberry *Morus rubra* L.
- White Mulberry *Morus alba* L.

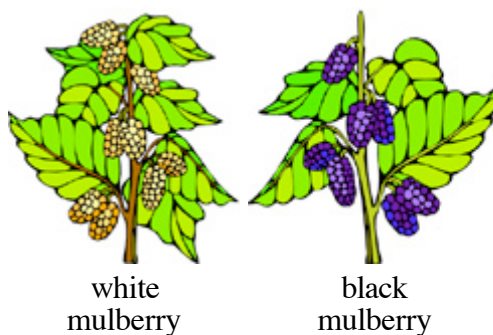
**Common name:** mulberry

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### origin:

**Origin:** eastern and central China.





## Chinese herbalism:

**Chinese gender:** yin (cold)

**Chinese flavor:** sweet

## magickal correspondences and uses:

**Western element:** air

**Magickal uses:** Mulberry fruit juice used for inventiveness, practicality, psychism, and wisdom.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## deities associated with mulberry:

- Minerva (Roman Goddess)

## cautions and contraindications:

**Cautions and contraindications:** Mulberry is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden.

# oak tree

Oak is a tree and acorn is the fruit of the oak tree.

## botanical information:

**Botanical name:** *Quercus alba*

**Common name:** oak

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.





**Common name:** acorns, gall nuts

## astrological correspondences:

**Astrological planet:** Sun



## magickal correspondences and uses:

**Solar spells:** Oak (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to solar matters (healing, illumination, magickal power, physical energy, protection, success, and putting an end to legal matters). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on the Sun for a list of herbal substitutes for oak.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden.

Oak Ordinary  
(Quercus Robur)



See also: acorn

## olive tree

Olives are the fruit of the olive tree.





## botanical information:

**Botanical name:** *Olea europaea*

**Common name:** olive



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## history:

**History:** Thirteen (13) is the number of rebirth. The number 13 appears in the Great Seal of the United States (and the U.S. one dollar bill) in the number of arrows in the claws of the eagle and in the leaves in the olive branch in the other claw of the American bald eagle. This represents that the U.S. was a rebirth of a new nation dedicated to civilization at its highest.

## Chinese herbalism:

**Chinese gender:** neutral

## magickal correspondences and uses:

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.



### deities associated with olive:

- Aphrodite (Greek Goddess)
- Athena (Greek Goddess)

**External skin care:** Olive oil helps cool and nourish the skin. Olive oil also helps cleanse and moisturize the skin.

## cautions and contraindications:

**Cautions and contraindications:** The fruit (olive) of the olive tree is believed to be **safe**.

**Non-toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that autumn olive “has not been reported as having systemic effects on animals or as having intense effects on the gastrointestinal tract.” — ASPCA

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden.



## orange tree

Oranges are a citrus fruit from the orange tree.

### botanical information:

**Botanical name:** *Citrus sinensis* or *Citrus sonensis*

**Common name:** orange



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### nutritional information:

Limonoids are a terpene subclass found in citrus peels. Studies suggest that limonoids help clean and protect the lungs.

### Chinese herbalism:

**Chinese gender:** yin (cool)

**Chinese flavor:** slightly sweet

### astrological correspondences:

**Astrological planet:** Sun



### magickal correspondences and uses:

**Perfumes:** Orange blossom perfume corresponds with sunday and is a good pefume for sundays.

**Western element:** fire

**Magickal uses:** devotion, health, love, luck, prosperity

**Love bath:** A love bath is a safe and easy way for anyone to cast a love ritual. Orange flowers are used in Scott Cunningham's love bath number three. See the article on love baths for more information.

**Solar spells:** Orange (as herb or essential oil) may be used in as an ingredient or substitute for



magick spells and formulas related to solar matters (healing, illumination, magickal power, physical energy, protection, success, and putting an end to legal matters). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on the Sun for a list of herbal substitutes for orange.

**Using essential oils:** Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets and away from heat and light. See the article on essential oils for detailed information on how to mix and use essential oils.

**Ritual uses:** Oranges are a good solar symbol; orange juice good for Sun holy days

### deities associated with orange:

- Apollo (Greek God)
- Hera (Greek Goddess)

### cautions and contraindications:

**Cautions and contraindications:** Orange is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden.

See also: food, herbs, and trees.

## palm tree

Palm is a tree. A variety of palms line the Nile River.

### botanical information:

**Botanical name:** hundreds of varieties

**Common name:** palm

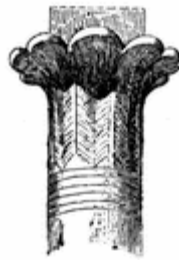
Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

- betel palm
- date palm

### history:



**History:** The ancient Egyptians built many of their earliest temples with wooden columns topped with palm leaves. When the Egyptians switched to stone columns they continued to carve palm fronds and leaves into the tops of the columns (see example below).



**External skin care:** Palm oil helps cleanse and moisturize the skin.

### cautions and contraindications:

**Cautions and contraindications:** Date palm of species *Phoenix dactylifera* and *Phoenix roebelenii* are believed to be **safe**.

**Non-toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that bamboo palm, belmore sentry palm, bottle palm, canary date palm, Christmas palm, dwarf date palm, dwarf palm, dwarf royal palm, fan tufted palm, figleaf palm, forster sentry palm, fortunes palm, good luck plam, kentia plam, Kenya palm, lady palm, Manila palm, miniature date palm, neanthe bella palm, paradise palm, parlor palm, pigmy date palm, reed palm, and windmill palm “have not been reported as having systemic effects on animals or as having intense effects on the gastrointestinal tract.” — ASPCA

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden.

- betel palm
- date palm

## papaya tree

Papaya is a fruit.

### botanical information:



**Botanical name:** *Carica papaya*



**Common name:** papaya, pawpaw

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

**nutritional information:**

Papaya helps keep the liver clean and healthy.

**Chinese gender:** yang (warm)

**Chinese flavor:** slightly sweet



**cautions and contraindications:**

**Cautions and contraindications:** Papaya is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden.

**Papaya - Melon Tree  
(Carica Papaya)**



# peach tree

Peaches are the fruit of the peach tree.

## botanical information:

**Botanical name:** *Prunus persica*

**Common name:** peach

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## origin:

**Origin:** Persia.

## Chinese herbalism:

**Chinese gender:** yin (cool)

**Chinese flavor:** slightly sweet

## magickal correspondences and uses:

**Western element:** water

**Magickal uses:** fertility, good wishes, longevity, protection, wisdom

## deities associated with peaches:

- Hai Wang Ma (Chinese Goddess)
- Iznagi (Shinto God)



# pear tree

Pears are the fruit of the pear tree.

## botanical information:

**Botanical name:** *Prunus communis*

**Common name:** pear

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

**Common varieties:**



- Alexander Lucas
- Anjou
- Bartlett (also called William Bon Cretien; also called Williams)
- Beurre Hardy
- Blanquilla (also called Blanca de Aranjuez)
- Buerre Bosc (also called Bosc)
- Buerre d'Hardenpont
- Clairgeau
- Clapps Liebling
- Clara Frijs
- Conference
- Cure
- Deviolen
- Doyenne du Comice (also called Comice)
- Duchesse d'Angouleme
- Easter Buerre
- Elliot
- Hardy
- Josephine
- Jules Guyot (also called Limonera)
- Keiffer
- Louise Bonne d'Avranches
- Packham's Triumph
- Passe Crassane
- Precore de Trevoux
- Winter Cole
- Winter Nelis

### Chinese herbalism:

**Chinese gender:** yin (cool)

**Chinese flavor:** slightly sweet

### magickal correspondences and uses:

**Western element:** water

**Magickal uses:** enthusiasm, lust, zeal

### deities associated with pears:

- Athena (Greek Goddess)



## pecan tree

Pecans are a nut from the pecan tree.

### botanical information:

**Botanical name:** *Carya illinoensis* (Wanenh.) K. Koch; note the older alternate spelling *Carya*



*illinoensis* is often used.

**Common name:** pecan, sweet pecan

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### **nutritional information:**

One ounce of dry roasted pecans without salt has 1.4 milligrams of zinc, which is 10% of the U.S. Recommended Daily Value, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>.

### **cautions and contraindications:**

**Cautions and contraindications:** Pecan of species *Carya illinoensis* is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden.

## **pepper tree** **California pepper tree**

Pepper tree is a tree.

### **botanical information:**

**Botanical name:** *Schinus molle*

**Common name:** California pepper tree, Jesuit's balsam, Peruvian mastic tree

**Spanish name:** piru

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### **cautions and contraindications:**

**Cautions and contraindications:** Pepper tree is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).



## **persimmon tree**

Persimmon is the fruit from the persimmon tree.

### **botanical information:**





**Botanical name:** *Diospyros kaki*



**Common name:** Japanese persimmon, kaki, Oriental persimmon, persimmon

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### origin:

**Origin:** China

### Chinese herbalism:

**Chinese gender:** yin (cool)

**Chinese flavor:** slightly stringent

### cautions and contraindications:

**Cautions and contraindications:** Pepper tree is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden (or window boxes).

## pine tree

Pine is a tree.

### botanical information:

**Botanical name:** *Pinus* spp.

**Common name:** pine



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### nutritional information:


Grape seed extract is very similar to pine bark extract as it contains a unique type of bioflavonoids called proanthocyanidins, which are synergistic with vitamin C, that is, they greatly enhance the activity of Vitamin C. In fact, some researchers believe that grape seed extract helps vitamin C enter cells, thus strengthening the cell membranes and protecting the cells from oxidative damage.

—courtesy of Austin Nutritional research

## astrological correspondences:

**Astrological planet:** Mars 

## magickal correspondences and uses:

**Mars spells:** Pine (as an herb or an essential oil) may be used in as an ingredient or substitute for magick spells and formulas related to Mars matters (aggression, courage, defensive magick, exorcism, healing after surgery, hex-breaking, lust, physical strength, politics, protection, sexual energy, sexual potency, and strength). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Mars for a list of herbal substitutes for pine. 

**Using essential oils:** Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets and away from heat and light. See the article on essential oils for detailed information on how to mix and use essential oils.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## deities associated with pine:

- Astarte (Phoenician Goddess)
- Bacchus (Roman God)
- Dionysus (Greek God)

The pine cone on the top of Bacchus' staff represents the human mind's wisdom and inspiration. Bacchus' staff is called the thyrsus.

## cautions and contraindications:

**Cautions and contraindications:** Pine bark of *Pinus strobus* is believed to be **safe**.

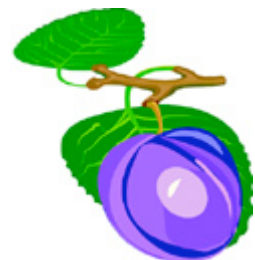
**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden.

# plum tree

Plum is a fruit from the plum tree.

## botanical information:

**Botanical name:** *Prunus* spp. of subgenus *Prunus* (to distinguish from other subgenera such as peaches, cherries, etc.)



**Common name:** plum

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### Chinese herbalism:

**Chinese gender:** neutral

**Chinese flavor:** slightly sour

### magickal correspondences and uses:

**Western element:** water

**Magickal uses:** adoration, protection, respect

**Ritual uses:** Plum juice and plum wine suitable for offerings to Japanese gods and goddesses.

### deities associated with plum:

- any Japanese god or goddess
- Amaterasu-O-Mi-Kami (Japanese Goddess)

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden.

## poplar tree aspen tree

Poplar (or aspen) is a tree.

### botanical information:

**Botanical name:** *Populus tremuloides*

**Common name:** aspen, poplar

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### magickal correspondences and uses:

**Gender:** masculine (traditional western European magickal gender)

### cautions and contraindications:



**Cautions and contraindications:** Aspen (or poplar) is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden.

## quince tree

Quince is the fruit of the quince tree.

### botanical information:

**Botanical name:** *Cydonia spp. speciosa*, especially *Cydonia oblonga*

**Common name:** quince



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



### magickal correspondences and uses:

**Western element:** earth

**Magickal uses:** happiness, personal fulfillment, safety

### deities associated with quince:

- Aphrodite (Greek Goddess)
- Venus (Roman Goddess)

### cautions and contraindications:

**Cautions and contraindications:** Quince is believed to be **safe**.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Please grow your own herbs in your own goddess garden.

## rowan tree

Rowan is a tree. Rowan is called mountain ash, but even though the leaves look similar, the rowan is not a true ash. Rowan is closely related to rose and to a lesser



degree related to apple, hawthorne, and pear.

## botanical information:



**Botanical name:** *Sorbus acuparia*

**Common name:** Lady of the Mountains, mountain ash, quickbeam, rowan, wildwood

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

## origin:

**Origin:** Rowan is originally from northern Europe's deciduous forests, moors, heaths, and rocky mountain slopes.

Rowan has a shiny grey or grey-ish brown bark. Rowan flowers are creamy white. Rowan berries are small and green, ripening into bright orange-red berries. Rowan can grow up to 30 feet tall and to altitudes up to 3,250 feet.

## nutritional information:

Rowan's bright red berries are used to make jelly. Rowan jelly sweetened with sugar can be used as a substitute for cranberry sauce. Crab apples and rowan berries can be used to make a tart jelly. The ancient Welsh made ale from rowan berries.

Rowan bark and berries were used for herbal medications.

Rowan was used for tanning and for making black dye.

## astrological correspondences:

In Celtic astrology the sign of Rowan is approximately January 21st to February 17th. Rowan Moon is masculine and called Moon of Vision or the Spirit Moon.

## magickal correspondences and uses:

**Magickal uses:** protection against bad luck, evil, and lightning

Horses and other animals were protected from bewitching by rowan wands.

Druids used rowan fires and incantations to summon spirits to aid their tribe during upcoming battle.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## ancient myths and beliefs:

Rowan was the Celtic tree of life. Celts believed that the first woman was a rowan tree and the first man was an alder tree.

Rowan is called the Whispering Tree, because Celts believed that rowan held secrets.

Celts believed that a sprig of rowan placed over the main entrance of a home would keep out evil. Celts would hang a rowan branch over the threshold of their homes on Imbolc (spring festival). Many Celts planted rowan around their home for protection from evil.

The Celts believed that rowan helped protect against lightning (hence rowan is sometimes called wildwood or quickbeam).

The Welsh placed rowan in graveyards to scare away demons that might disturb the sleep of the dead. Medieval Christians drove rowan stakes into corpses to prevent ghosts, especially if the person died under unusual or violent circumstances.

### deities associated with rowan:

- Brid (Celtic Goddess)
- Brigid (Celtic Goddess)

Rowan bark and berries were used for herbal medications. Rowan is an astringent. Rowan was used to make a gargle.

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden.

## silver fir tree

Silver fir is a tree.

### botanical information:

**Botanical name:** *Abies alba*

**Common name:** silver fir



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### origin:

**Origin:** Britain, Germany, Italy, Netherlands, Spain, Turkey

### deities associated with silver fir:

- Artemis (Greek Goddess)

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden.

# tamarisk tree

## saltcedar

Tamarisk is a tree. Tamarisk is also called saltcedar. There are 54 species of tamarisk.

### botanical information:

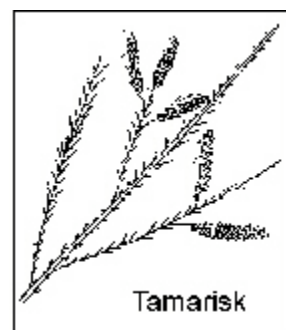
**Botanical name:** *Tamarix* spp.

**Common name:** saltcedar, tamarisk

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

Tamarisk grows as a woody shrub or small tree in areas where water is at or near the surface. Tamarisk is distinguished by its feathery, needle-like leaves and numerous small, pink flowers at the ends of the branches.

Up to half a million tiny wind-dispersed seeds can be produced per plant. Saltcedar (tamarisk) seeds are short-lived (less than two months in the summer), have no dormancy requirements, and germinate in less than 24 hours.



### origin:

**Origin:** North Africa, Mediterranean, Middle East. Imported into the United States in the 1850s as an ornamental and for erosion control.

Tamarisk is an invasive plant and has quickly spread into natural wetlands throughout the Southwest United States, displacing native trees such as cottonwood, willow, and mesquite. Tamarisk usually outcompetes native plants for water. A single large tamarisk can transpire up to 300 gallons of water per day, severely limiting water to native plants and sometimes even drying up a water source.

Tamarisk can grow on salty soil because it has the ability to eliminate excess salt from the tips of its leaves. As the leaves are shed, the salinity of the soil increases, further reducing the ability of native plants to compete.

From a wildlife point of view, tamarisk has little nutritional value (its leaves, twigs, and seeds are extremely low in nutrients) and is usually detrimental to native animals. A study of the tamarisk invasion of the lower Colorado River showed that tamarisk stands supported less than 1% of the winter bird life that would be supported by a native plant stand.

Tamarisk is extremely difficult to eradicate, resprouting readily after cutting or burning. For more information see the National Park Service article the tamarisk invasion at <http://www.nps.gov/whsa/tamarisk.htm>.

### astrological correspondences:

**Astrological planet:** Saturn





## magickal correspondences and uses:

**Saturn spells:** Tamarisk (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Saturn matters (endings, exorcism, longevity, protection, purification, and vision). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Saturn for a list of herbal substitutes for tamarisk.



**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

## ancient myths and beliefs:

The ancient Egyptians believed that the tamarisk tree was used by Set to create the trap for Osiris (Asar).

## deities associated with tamarisk:

- Asar (Kemetic/ancient Egyptian God)
- Osiris (Kemetic/ancient Egyptian God)

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden.



## tangerines and tangerine tree

Tangerines are the fruit of the tangerine tree.

### botanical information:

**Botanical name:** *Citrus reticulata*

**Common name:** tangerine



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### Chinese herbalism:



**Chinese gender:** yin (cool)

**Chinese flavor:** sweet and sour

### astrological correspondences:

**Astrological planet:** Sun



### magickal correspondences and uses:

**Solar spells:** Tangerine (as herb or essential oil) may be used in as an ingredient or substitute for magick spells and formulas related to solar matters (healing, illumination, magickal power, physical energy, protection, success, and putting an end to legal matters). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on the Sun for a list of herbal substitutes for tangerine.



**Using essential oils:** Essential oils are just too concentrated and too expensive to use without dilution. If you purchase pure essential oil from a source such as Mountain Rose, you will want to place just a drop or two into a neutral carrier vegetable oil or jojoba. This conservation is typical of the use of essential oils in spells and other magick. It is wise to test a bit of any essential oil on your inner wrist before use. If any irritation occurs, do not use the essential oil. Keep essential oils out of reach of children and pets and away from heat and light. See the article on essential oils for detailed information on how to mix and use essential oils.

## walnuts and walnut tree

Walnuts are nuts that come from the walnut tree.

### botanical information:

**Botanical name:** *Juglans nigra*

**Common name:** common walnut, walnut



Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

The English word walnut comes from the German *walnuss* or *Welsche Nuss* (meaning foreign nut).

### origin:

**Origin:** Persia.

### nutritional information:

Walnuts are a protein-rich food and an important source of amino acids.

Walnuts are a source of calcium, copper, iron, and zinc.

One ounce of dried black walnuts has 1.0 milligrams of zinc, which is 6% of the U.S. Recommended Daily Value, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>.

Walnuts help keep the liver clean and healthy.

### deities associated with walnut:

- Jupiter (Roman God)

The Romans believed that in the Golden Age humans ate acorns and the gods ate walnuts. Walnuts are therefore called Jupiter's nuts, or *Juglans* or *Jovis glans*.

### cautions and contraindications:

**Cautions and contraindications:** Some persons have severe (even deadly) reactions to walnuts. Even cooking different meals in the same kitchen could result in a reaction.

See also nuts

## white willow tree

White willow is a tree.

### botanical information:

**Botanical name:** *Salix alba*

**Common name:** white willow

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### astrological correspondences:

**Astrological planet:** Moon and Venus



### magickal correspondences and uses:

**Lunar spells:** Willow (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to lunar matters (compassion, dreams, family, fertility, gardening, healing, love, peace, promoting sleep, prophecy, prophetic (or psychic) dreams), psychic awareness, sleep, and spirituality). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on the Moon for a list of herbal substitutes for willow.



**Venus spells:** White willow (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Venus matters (beauty, compassion, fidelity, friendship, happiness, interchanges, joy, love, luck, meditation, pleasure, reconciliation, and youth). Be careful about



substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the article on Venus for a list of herbal substitutes for white willow.

**Magickal substitutions:** Rosemary may be safely substituted for any herb in magick spells and rituals. Roses may safely be substituted for any flower.

### deities associated with white willow:

- Artemis (Greek Goddess)

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden.

Willow White  
(Salix Alba)



See also: willow

## willow tree

Willow is a tree.

### botanical information:

**Botanical name:** many varieties

**Common name:** willow

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common

names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

- white willow

### deities associated with willow:

- Artemis (Greek Goddess)

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden.

- white willow

## yew tree

Yew is a tree.

### botanical information:

**Botanical name:** *Taxus baccata*

**Common name:** yew

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.



### cautions and contraindications:

**Toxic to animals:** The American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center has determined that yew “has been reported as having systemic effects on animals and/or intense effects on the gastrointestinal tract.” —ASPCA

Some herbs may be poisonous under some conditions. Exercise appropriate care.

**Wild gathering:** Avoid wild gathering. Some plants are endangered species. Some plants can be toxic just by touch. Even experts can make deadly misidentifications of wild plants. Please grow your own herbs in your own goddess garden.



## scientific names botanical names

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

### • A

- *Abies alba* silver fir
- *Acacia vera* Arabic gum
- *Acacia senegal* acacia
- *Acer* spp. maple
- *Aconitum napellus* aconite
- *Actinidia chinensis* kiwi
- *Adiantum pedatum* maidenhair fern
- *Aframomum melegueta* grains of paradise
- *Agaricus* spp. mushroom
- *Agathosma betulina* buchu
- *Agrimonia eupatoria* agrimony
- *Aletris farinosa* ague grass
- *Alkanna tinctoria* alkanet
- *Alchemilla vulgaris* lady's mantle
- *Allium ampeloprasum* leek
- *Allium cepa* onion
- *Allium porrum* leek
- *Allium sativum* garlic
- *Allium tuberosum* Chinese chive
- *Alnus* spp. alder
- *Alnus cordata* Italian alder
- *Alnus glutinosa* common alder (black alder and European alder)
- *Alnus incana* white alder
- *Alpina galanga* galangal
- *Alpina officinalis* galangal
- *Althaea* spp. marshmallow
- *Althaea officinalis* marshmallow
- *Alyssum* spp. alyssum
- *Amanita muscaria* spp. amanita
- *Amaranthus hypochondriacus* amaranth
- *Anacardium occidentale* cashew
- *Ananas comosus* pineapple
- *Anchusa* spp. alkanet
- *Anemone pulsatilla* anemone
- *Anethum graveolens* dill

- *Angelica archangelica* angelica
- *Apium graveolens dulce* celery
- *Aplotaxis lappa* costus
- *Aquilaria barbadensis* aloe vera
- *Aquilaria vera* aloe vera
- *Anthemis nobilis* chamomile
- *Arachis hypogaea* peanut
- *Arbutus unede* arbutus
- *Arctium lappa* burdock
- *Areca catechu* betel palm (areca tree)
- *Aristolochia clematitis* birthwort
- *Asparagus officinalis* asparagus
- *Astragalus gummifer* tragacanth
- *Artemisia dracuncul* fuzzy weed
- *Atropa belladonna* belladonna
- *Avena* spp. oat
- **B**
  - *Balsamita major* costmary
  - *Bambusa* spp. bamboo
  - *Bambusa vulgaris* bamboo
  - *Baromsa betulina* buchu
  - *Bellis perennis* daisy
  - *Beta vulgaris* beet
  - *Beta vulgaris ciccia* chard
  - *Betula alba* birch
  - *Borago officinalis* borage
  - *Boswellia carterii* frankincense
  - *Brassica oleracea* var. *acephala* kale
  - *Brassica oleracea botrytis* cauliflower
  - *Brassica oleracea capitata* cabbage
  - *Brassica oleracea* var. *gemmifera* Brussels sprouts
  - *Brassica oleracea italica* broccoli
  - *Brassica rapa* turnip
  - *Brassica rapa* L. ssp. *chinensis* (L.) Hanelt bok choy
  - *Brassica rapa* L. ssp. *pekinensis* (Lour.) Hanelt Chinese cabbage
  - *Bryony* spp. bryony
  - *Burrsera* spp. copal
  - *Burrsera fugaroides* copal
  - *Burrsera odorata* copal
- **C**
  - *Calamintha* spp. calamint
  - *Calendula officinalis* marigold
  - *Callistephus chinensis* aster
  - *Calluna* spp. heather
  - *Camellia sinensis* tea
  - *Cannabis indica* cannabis (hemp, marijuana)
  - *Cannabis sativa* cannabis (hemp, marijuana)
  - *Capparis spinosa* caper
  - *Capsicum* spp. chili pepper
  - *Capsicum annuum* bell pepper and cayenne
  - *Capsicum frutescens* cayenne
  - *Carica papaya* papaya
  - *Carthamus tinctorius* safflower
  - *Caryophyllus aromaticus* clove
  - *Carum ajowan* ajowan (obsolete name)

- *Carum carvi* caraway
- *Carya* spp. hickory
- *Carya illinoensis* pecan
- *Castanea* spp. chestnut
- *Castanea dentata* chestnut
- *Castanea sativa* chestnut
- *Cedrus* spp. cedar
- *Cedrus libani* cedar
- *Centaurea cyanus* bachelor's buttons
- *Centaureum* spp. *erythraea* centaury
- *Centella asiatica* gotu kola
- *Ceratonia siliqua* carob
- *Chicorium intybus* chicory
- *Chondrus crispus* Irish moss
- *Chrysanthemum* spp. chrysanthemum (mums)
- *Cicer arietinum* chickpea
- *Cichorium endivia* endive
- *Cinnamomum camphora* camphor
- *Cinnamomum cassia* cassia
- *Cinnamomum zeylanicum* cinnamon
- *Citrullus lanatus* watermelon
- *Citrus limetta* key lime
- *Citrus limon* lemon
- *Citrus medica* citron
- *Citrus paradisi* grapefruit
- *Citrus reticulata* tangerine
- *Citrus sinensis* orange
- *Citrus sonensis* orange
- *Cnicus benedictus* blessed thistle
- *Cocos nucifera* coconut
- *Coffea* spp. coffee
- *Colocasia esculenta* taro
- *Commiphora* spp. bdellium
- *Commiphora opobalsamum* balm of Gilead
- *Conium maculatum* hemlock
- *Convolvulus scammonia* scammony
- *Cornus florida* dogwood
- *Coriandrum sativum* coriander
- *Corylus* spp. hazel
- *Crataegus oxyacantha* hawthorne
- *Crocus vernus* crocus
- *Cucumis melo* cantaloupe
- *Cucumis sativus* cucumber
- *Cucurbita* spp. pumpkin
- *Cucurbita* spp. squash
- *Cucurbita pepo* zucchini
- *Cuminum cyminum* cumin
- *Cupressus sempervirens* cypress
- *Cydonia oblonga* quince
- *Cymbopogon citratus* lemongrass
- *Cynara scolymus* artichoke
- *Cynoglossum officinale* houndstongue
- *Cytisus scoparius* broom

• **D**

- *Daemonorops draco* dragon's blood

- *Daucus carota* carrot
- *Dianthus carophyllus* carnation
- *Digitalis purpurea* foxglove
- *Dioscorea* spp. yam
- *Dioscorea oppositifolia* L. Chinese yam
- *Diospyros kaki* persimmon
- *Dictamnus origanoides* dittany of Crete
- *Dracaena* spp. dragon's blood
- **E**
  - *Echinacea* spp. echinace
  - *Echinochloa esculenta* Japanese millet
  - *Elettario cardamomum* cardamom
  - *Eleusine coracana* finger millet
  - *Eopepon aurantiacus* Chinese cucumber
  - *Eopepon vitifolius* Chinese cucumber
  - *Ephedra* spp. ma huang
  - *Erica* spp. heather
  - *Eriobotrya japonica* loquat
  - *Eryngium* spp. *maritimum* eryngo
  - *Eryngium campestre* eryngo
  - *Eryngium foetidum* eryngo
  - *Eryngium planum* eryngo
  - *Eryngium yuccifolium* eryngo
  - *Erythraea centaureum* centaury
  - *Erythronium americanum* adder's tongue
  - *Eucalyptus* spp. eucalyptus
  - *Eugenia carophyllus* clove
  - *Euphorbia* spp. euphorbium
  - *Euphrasia officinalis* eyebright
- **F**
  - *Fagopyrum esculentum* buckwheat
  - *Ferula* spp. ammoniac gum
  - *Ferula asafoetida* asafoetida
  - *Ficus benghalensis* banyan
  - *Ficus carica* fig
  - *Foeniculum vulgare* fennel
  - *Fragaria* spp. strawberry
  - *Fragaria vesca* strawberry
  - *Frasera speciosa* deerstongue
  - *Fraxinus americana* ash
  - *Fraxinus excelsior* ash
  - *Fucus visiculosus* bladderwrack
  - *Fumaria officinalis* fumitory
- **G**
  - *Galium aparine* cleavers
  - *Gardenia* spp. gardenia
  - *Geum urbanum* avens
  - *Glycine max* soya bean
  - *Glycyrrhiza glabra* licorice
  - *Gypsophila paniculata* baby's breath
- **H**
  - *Hedera* spp. ivy
  - *Hedera helix* ivy
  - *Heliotropium arborescens* heliotrope
  - *Heliotropium europaeum* heliotrope



- *Helleborus niger* black hellebore
- *Hibiscus* spp. hibiscus
- *Hibiscus abelmoschus* ambrette
- *Hordeum* spp. barley
- *Humulus lupulus* hops
- *Hyacinthus orientalis* hyacinth
- *Hydrocotyle asiatica* gotu kola
- *Hyoscyamus niger* henbane
- *Hyssopus officinalis* hyssop
- **I**
  - *Ilex aquifolium* holly
  - *Ilex opaca* holly
  - *Inula conyza* fleawort
  - *Ipomoea batatas* sweet potato
  - *Iris* spp. iris
- **J**
  - *Jacaranda procera* carob
  - *Jasminum grandiflorum* jasmine
  - *Jasminum odoratissimum* jasmine
  - *Jasminum officinale* jasmine
  - *Juglans nigra* walnut
  - *Juniperus communis* juniper
- **L**
  - *Lactuca sativa* var. *capitata* lettuce
  - *Lactuca sativa* var. *capitata* Romaine lettuce
  - *Laminaria digitata* kelp
  - *Laurus nobilis* bay
  - *Lavendula* spp. lavender
  - *Lavendula officinale* lavender
  - *Lavendula vera* lavender
  - *Lens culinaris* lentil
  - *Lens esculenta* lentil
  - *Levisticum officinale* lovage
  - *Liatris odoratissimus* deerstongue
  - *Lilium* spp. lily
  - *Linum usitatissimum* flax
  - *Lippia citriodora* lemon verbena
  - *Listris punctata* cachana
  - *Lonicera caprifolium* honeysuckle
  - *Liquidambar* spp. liquidamber
  - *Liquidambar orientalis* styrax
  - *Liquidambar styraciflua* sweet gum
  - *Lupinus* spp. lupine
  - *Lupinus polyphyllus* lupine
  - *Lycium barbarum* lycii (gojii)
  - *Lycium chinese* lycii (gojii)
  - *Lycopersicon esculentum* tomato
  - *Lycopodium clavatum* club moss
- **M**
  - *Magnolia* spp. magnolia
  - *Magnolia grandifolia* magnolia
  - *Magnolia stellata* magnolia
  - *Magnolia virginiana* magnolia
  - *Malus Sylvestris* apple
  - *Malva* spp. mallow

- *Mandragora officinale* mandrake
- *Mangifera indica* mango
- *Marrubium vulgare* horehound
- *Medicago sativa* alfalfa
- *Melissa officinalis* lemon balm
- *Mentha citrata* bergamot
- *Morus* spp. mulberry
- *Musa paradisiaca* banana
- *Musa textilis* abaca
- *Myrica* spp. bayberry
- *Myristica fragrans* mace
- **N**
  - *Nasturtium officinal* watercress
  - *Nepeta cataria* catnip
  - *Nepeta hederacea* ground ivy
  - *Nymphaea officinale* lotus
- **O**
  - *Ocimum basilicum* basil
  - *Olea europaea* olive
  - *Orchis* spp. Adam and Eve root
  - *Origanum majorana* marjoram
  - *Origanum vulgare* marjoram
  - *Oryza glaberrima* rice (including brown rice)
  - *Oryza sativa* rice (including brown rice)
- **P**
  - *Panax ginseng* ginseng
  - *Panicum miliaceum* proso millet
  - *Passiflora edulis* passion fruit
  - *Pastinaca sativa* parsnip
  - *Pelargonium* spp. geranium
  - *Pennisetum americanum* pearl millet
  - *Persea americana* avocado
  - *Petroselinum sativum* parsley
  - *Phaseolus* spp. beans
  - *Phaseolus vulgaris* string bean
  - *Phoenix dactylifera* date palm
  - *Phoenix roebelenii* date palm
  - *Phoradendron flavescens* American mistletoe
  - *Pimenta dioica* allspice
  - *Pimenta officinalis* allspice
  - *Pimpinella anisum* anise
  - *Pinus* spp. pine
  - *Piper cubeb* cubeb
  - *Piper methysticum* kava kava
  - *Piper nigrum* black pepper
  - *Pisum sativum* pea
  - *Pistachia lentiscus* mastic gum
  - *Pleurotus* spp. mushroom
  - *Polygonum aviculare* knotgrass
  - *Polygonum bistorta* bistort
  - *Polygonum multiflorum* fo-ti
  - *Populus tremuloides* aspen (poplar)
  - *Potentilla canadensis* cinquefoil
  - *Potentilla erecta* cinquefoil
  - *Potentilla reptans* cinquefoil

- *Primula veris* cowslip
- *Prunus communis* pear
- *Prosopis dulcis* carob
- *Prosopis juliflora* mesquite
- *Prunus* spp. of subgenus *Prunus* plum
- *Prunus armeniaca* apricot
- *Prunus avium* cherry
- *Prunus dulcis* almond
- *Prunus persica* peach
- *Prunus serotina* cherry
- *Punica granatum* pomegranate
- *Pyrus* spp. apple
- *Pyrus malus* apple
- *Pyrus pyrifolia* Asian pear
- **Q**
- *Quercus alba* oak (gall nuts)
- **R**
- *Ranunculus bulbosus* buttercup
- *Raphanus sativus* Daikon radish
- *Raphanus sativus* radish
- *Rhamnus purshiana* Cascara Sagrada (sacred bark)
- *Rheum* spp. rhubarb
- *Ribes nigrum* black currant
- *Ribes rubrum* red currant (or white currant)
- *Ricinus communis* castor
- *Rorippa nasturtium-aquaticum* watercress
- *Rubus idaeus* raspberry
- *Rubus strigosus* raspberry
- *Rubus villosus* blackberry
- *Rudbeckia hirta* black-eyed susan
- *Rumex* spp. dock
- **S**
- *Saintpaulia ionantha* African violet
- *Salix alba* white willow
- *Sambucus canadensis* elder
- *Sanguinaria canadensis* bloodroot
- *Schinus molle* California pepper tree
- *Secale* spp. rye
- *Sempervivum tectorum* houseleek
- *Setaria italica* foxtail millet
- *Smyrniolum olusatrum* alexanders
- *Solanum* spp. deadly nightshade
- *Solanum centrale* akudjura
- *Solanum melongena* eggplant
- *Solanum nigrum* black nightshade
- *Solanum tuberosum* potato
- *Sorbus acuparia* rowan
- *Spinacia oleracea* spinach
- *Stellaria media* chickweed
- *Styrax benzoin* benzoin
- *Symphytum officinale* comfrey
- *Syringa vulgaris* lilac
- *Syzygium aromaticum* clove
- *Syzygium cumini* Chinese black plum
- **T**

- *Tamarix* spp. tamarisk (saltcedar)
- *Taraxacum officinale* dandelion
- *Taxus baccata* yew
- *Thea sinensis* black tea
- *Theobroma cacao* cacao (chocolate or cocoa)
- *Tilia* spp. linden
- *Tilia europaea* linden
- *Trachyspermum ammi* ajowan
- *Trapa natans* water chestnut
- *Trifolium* spp. clover
- *Triticum* spp. wheat
- *Triticum aestivum* wheat
- *Tsuga* spp. hemlock tree
- *Turnera aphrodisiaca* damiana
- *Turnera diffusa* damiana
- *Typha* spp. cattail
- *Typha capensis* cattail
- **U**
- *Ulmus campestris* elm
- **V**
- *Vaccinium angustifolium* blueberry
- *Vaccinium corymbosum* blueberry
- *Vaccinium frondosum* blueberry
- *Vaccinium pallidum* blueberry
- *Viburnum alnifolium* devil's shoestring
- *Vitis vinifera* grape
- *Volvariella* spp. mushroom
- **W**
- *Vaccinium macrocarpon* cranberry
- **Z**
- *Zingiber officinale* ginger
- *Zea mays* corn
- *Ziziphus jujuba* jujube
- *Zizania aquatica* wild rice

## Milo



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## other web sites

Other websites made or maintained by Milo:

operating systems at <http://www.osdata.com>

This Side of Sanity ([a musical band](http://www.thissideofsanity.com)) at <http://www.thissideofsanity.com>

Teen Witch at <http://www.teenwitch.com>

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