

all one spirit

Herb List

August 2006

Anise Star

Star anise is a small tree that grows wild in China. Carminative, stimulant, stomach to promote digestion and appetite and to relieve flatulence. Also a good additive to other medicines to improve their taste.

Blessed Thistle

For chronic gastric conditions. Can also be used as an astringent. It is selectively bacteriostatic.

Burdock cut

Purification, Protection, Ward of Negativity Protection Against Magick.

Chamomile Flower Whole

Uses include tonics; soothing sedatives; treats indigestion, pain; marriage proposals; good luck gambling; prevents lightning strikes; prosperity; meditation.

Cinnamon powder

Sun / Fire. Personal protection, Healing, Passion, Female sexual stimulant, Meditation, Illumination. Burn to stimulate clairvoyance, and raise spiritual vibrations.

Cloves Whole

Uses include culinary spice; ground cloves calm stomachs; relieves gas; banish hostile/negative forces; gain what is sought; clears head; friendship/love.

Devil's Shoestring

Uses include protection; luck; attracts a raise or new job; gives control over opposite sex; invisibility.

Echinacea Purpurea cut

Echinacea is primarily used to reduce the symptoms and duration of the common cold and flu and to alleviate the symptoms associated with them, such as sore throat (pharyngitis), cough, and fever. Many herbalists also recommend echinacea to help boost the activity of the immune system and to help the body fight infections.

Elder Berries

Elderberry (Sambucus Nigra) may be used as a diaphoretic to break fevers, urinary complaints, edema, rheumatic complaints, colds & flu symptoms and muscle pain.

Eyebright pwd

Change energy of ones attitude, memory aid, gain visionary experiences.

Fennel Seed

Uses include flavoring agent; aids digestion and weight loss; relieves gas;

imparts strength, vitality, sexual virility; protection; prevents curses, possession and negative problems.

Galangal Root Cut(Lo John)

Uses include cleansing system; treats flatulence, colic; take at onset of colds; eases sore throat; stimulates saliva; aphrodisiac; to win at court; doubles money; psychic; hex breaking; sex magick.

Heal All Cut

Uses includes all purpose healing; cures sore throats; gamble successfully.

High John

Uses include strength; confidence; conquer any situation; obtain success; win at gambling; good luck; money; love; health; protection.

Horehound Cut

Uses include remedy for coughing/bronchitis, colds, flu; expectorant; revitalizing tonic; sacred to Horus; protective; helps clarity during ritual; stimulates creativity/inspiration; balances personal energies.

Hyssop Cut

Physical & spiritual protection; Purification, Jupiter, Fire, Healing

Jasmine Flowers Whole

Uses include calms nerves; snakebite; eye problems; attract love, prosperity and money; divination; psychic dreams; good for charging quartz crystals.

Kava Kava Root pwd

Uses include aphrodisiac; potent sacramental drink; potions; induces visions; astral work; travel protection.

Lavender Flowers Whole

Uses include tonics; stomach problems; nausea/vomiting; healing; inner calm, peace of mind; freedom from stress; love; money; protection; attract good spirits; purification.

Mandrake Cut

Consume with extreme caution. Uses include energetic, purgative, enhances creativity; increases magickal potency/psychism; exorcism; fertility; love; protection.

Milk Thistle

Protect the liver, maricose veins, menstrual difficulty, and congestion in the liver, spleen and kidneys.

Mugwort Cut

Uses include appetite; digestion; visionary dreams; clairvoyance; protection; travel stamina/safety;

consecrate divinatory tools; add power to scrying tools.

Mullein Leaf Cut

Uses include expectorant; lung ailments; diarrhea; hemorrhoids; protection; courage; invokes spirits; keeps away demons and nightmare while asleep.

Nettles Leaf Cut

Uses include tonic; highly nutritive; for anemia, skin disorders and allergies; restores health; expectorant; stops bleeding; removes spells/curses; protection; exorcism.

Orris Root Powder

Uses include diuretic; bronchitis/coughs/sore throat; physical and spiritual protection; bring love, romance, companionship and a loving mate; attract money; dreams; divination.

Passion Flower Cut

Uses include relieving nerve pain; for seizures/hysteria; restless sleep; calming and soothing; promotes emotional balance; peace; attract friendship and prosperity; heightens libido.

Patchouli Leaf Cut

Uses include reverse spells; drive troublemakers away; clairvoyance; divination; passion; love; sex magick; manifest money; physical strength.

Pennyroyal Leaf Cut

Uses include repels insects/calms itch; antiseptic; nausea; treat colds; stimulate menses; peace and tranquility; protection; exorcism; consecration rituals.

Raspberry Leaf Cut

Uses include pregnancy/childbirth; kidneys; diarrhea; nausea/vomiting; calming; promotes sleep; visions; healing; protection; love.

Red Rose Buds & Petals

Uses include headache. dizziness. mouth sores and menstrual cramps; heart/nerve tonic; attract love; beauty; clairvoyance; domestic peace/happiness; promotes joy of giving.

Rosemary Leaf Whole

Uses include circulatory; digestive and nerve stimulant; memory; headache; depression; halitosis; protection; exorcism; healing; purification; love stimulator.

Sage Leaf Cut

Uses include tonic; antiperspirant; wounds; digestion; muscle/joint pain; gargle; colds/fever; preservative; wisdom; money;

healing; longevity; protection; sacred ritual.

Solomon's Seal Cut

Love potions, astringent, demulcent, and tonic. laxative and restorative, and is good in inflammations of the stomach, indigestion, profuse menstruation, lung ailments, general debility, fade bruises, also applied to cuts and sores.

Spirulina pwd

High quality, easily digested protein. Naturally rich source of nutrients. Aids in cleansing / detoxifying.

St John's Wort Cut

Uses include wound healing; immune system stimulant; insomnia; headache; menstrual cramps; colds; antidepressant; protection; exorcism; courage; battle invincibility; divination.

Sulfur Powder (Brimstone)

Dispels or prevents a hex on you; destroys an enemy's power over you.

Thyme Leaf whole

Aphrodisiac, Thymol, its active ingredient, helps loosen phlegm, combats bronchial spasms, and discourages growth of bacteria. antiseptic. Thyme enters into the formula for Herb Tobacco, and employed in this form is good for digestion, headache and drowsiness. It is also used for embalming corpses. To preserve linen from insects.

Valerian Root Cut

Uses include calms nerves; sleep aid; treats spasmodic/nervous conditions; reduces blood pressure; love; harmony; purification; protection; black magick.

White Willow Bark cut

Moon, Water, Healing, Binding, Bring Blessings of the moon into ones life.

Yarrow flower

Can be used to stop bleeding and relieve toothaches.

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Herb information provided by
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