Wicca Herbal Magic

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Some Herbal Basics

If you’ve decided that Wicca is for you, then it’s only a matter of time before you learn how herbs play a large part in rituals, spells, and the faith as a whole. Herbal magic is simple enough to do, but it takes finding just the right ingredients. If you get into herbal magic, you’ll find that for most herbs it is easier to grow yourself. Some herbs are basic, flourish easily, and are where you should start. This includes sage, rosemary, mint, and more.

In ancient times, herbal medicine was the only medicine that was available, but many cultures thought that herbs could have a spiritual meaning as well. Various herbs were burned in many temples, including in Ancient Greece and Egypt, as a way to connect with the Gods and Goddesses. This is another use of herbs in Wicca as well.

Even the ancient Greeks and Romans had a vast knowledge of herbs, which they then spread throughout various parts of Europe as the Roman Empire continued to expand. Herbal practices were still being used in medical texts 1,500 years later. You’ll find that the ancient Druids, which were healers and magical practitioners, also had an extensive knowledge of herbs.

Herbal medicine and herbal magic can be anything from herbal teas to protection spells. One reason herbal magic is often sought out is because it will help to produce the desired results. It does not rely on the strength of the castor. This is due to the magical properties that all herbs hold. You can cure anything from love related problems all the way down to a sore throat with herbs. All you have to do is get started.

Magic and medicine, for example, have gone hand in hand for centuries. Physical healing used to be accompanied by various rituals and prayers. It was thought that the spirit needed a speedy recovery as well. However, a smudging would be used for healing the spirit, but often there would be herbs in the physical remedy for the body as well.

Medicine and magic were not always separated, and it’s actually seen as a
new idea. Many ancient cultures and traditions had both intertwined. The branches of science took a turn into what was considered to be a more ‘rational’ branch where their understanding of magic and herbs started to shift into what was called superstition. In Western culture, the use of herbal remedies began to fade as a whole. Herbal cures are now looked at with skepticism.
Basic Herbs to Start With

You’ll get into more complex herbs that are harder to grow or get a hold of as you practice herbal magic. However, the power of simple herbs that can be grown at home should never be forgotten. Most of these herbs can easily be bought at a local health store, online or even grown in your own garden.
Lavender

Lavender is a very simple herb to start with if you’re trying to grow your herbs yourself. It’s very aromatic, but many people forget that it can be used in cooking as well as its magical uses. It is a calming herb, and you’ll find it in sleep pillows, calming bags, and even used as an oil that you add to your baths. Lavender can be found in many calming teas that are meant to reduce stress and anxiety as well. It can help to alleviate depression, as well. What most people don’t know is that lavender is actually a member of the mint family.

In ancient times, lavender was known to help with passion and matters of love. Many cultures thought that it had a protective property as well, helping to dispel negative energy in the area. Bundles of lavender were once given to women when birthing a child, giving them something to hold onto that was supposed to provide them with courage and strength.

Nutmeg is a versatile herb in magic, and it can help with restful sleep, finding clarity and peace, and attracting love to you. It will help with healing, passion, memory retention, medication, and even divination. It is commonly used as a wedding blessing as well. It’s considered to be a staple in love spells. If you want to promote peacefulness, burn lavender flowers and then sprinkle the ashes around your home to cleanse negative energy. Lavender incense can help you to fall asleep even on the most restless of nights.

A purification bath with lavender in it will help to provide you a clear mind for the day and it will increase your magical strength by increasing your concentration. Lavender can also be called elf leaf, nardus, and spike. You can keep away moths and fleas by putting satchels of it in your closets and other storage areas. It is associated with the zodiac signs Virgo and Gemini. Its planet is Mercury, and it’s associated with the element of Air.
Nutmeg

Nutmeg is a beloved spice that is commonly used in baking, and it is actually the seed of an Indonesian evergreen tree. It is grated or powdered. Mace comes from the same tree, and it’s another herb. It also produces a fruit, and this fruit can be used to make jams and jellies. However, nutmeg is easy to get ahold of, and you can find it in almost any grocery store. You can get it ground or whole. What you’ll want will really depend on the magical remedy or spell that you’ll be using it for.

Nutmeg used to be worn as a charm and amulet during the Middle Ages to protect against danger and evil. This required the whole seed. Many people during this time also thought that it would help to attract admirers, and men would wear it for different reasons as well. They would couple it with wood, silver and ivory to help promote energy and strength. Nutmeg when ingested can help with digestion and appetite control. It helps to promote a restful night’s sleep as well.

However, nutmeg is potent, and so you should not ingest too much at one time. More than one teaspoon can be toxic, and it can induce hallucinations. When using nutmeg in spells, you can use it to help with luck and prosperity. It will attract money to you and dissolve negative energies, which helps to protect you. You can sprinkle ground nutmeg on a green candle if you want to attract money. You could also anoint a green candle with nutmeg oil for the same reason.

Remember to wear gloves, as nutmeg essential oil can irritate your skin unless diluted. If you’re seeking success in matters of legality, wrap nutmeg in a purple cloth and carry it with you. It can enhance your divination and meditation by drinking it in a hot beverage before entering into a session. You can also use massage oil to dilute nutmeg and apply it in small circles to your temples to help with clarity. Nutmeg is also called myristica in Wicca. It is associated with the zodiac signs Sagittarius and Pisces. Its planet is the planet Jupiter, and it is associated with the element of air.
Basil

Basil is another common kitchen herb, and you’ll find that it’s great for Thai and Mediterranean dishes. It has large, fragrant green leaves. You can use basil dried or fresh, and it’s good for both magical purposes and cooking. It is easy to grow basil right at home, and it flourishes in small pots, much like mint. Basil is a symbol of love in Italy, and it’s often used in English folk magic. It was able to guard against spells that were harmful, such as small curses.

Medicinally, basil has a sedative quality, and it’s great at easing digestion and stomachs when you’re using it in a tea. You can now use basil for wealth, happiness, courage, fertility, protection, luck, and even exorcism. It has a primarily protective function, and you can put it on the floor to help ward off negative spirits and energy. Luck and prosperity can be achieved by sprinkling basil outside of your home or place of work. It can also be used in charmed satchels. It’s associated with the zodiac signs Scorpio and Aries, the planet mars, and the element of fire.
Dandelion

Most people will consider this herb to be a weed, but it’s actually a flower. It has a medicinal quality, but it can also be used in cooking. Dandelions are a weed that can be found all over the globe. You can use the leaves, flowers, and even roots of the dandelion. You can use dandelions in salads as your greens. It can also be used to make wine and you can use the flower to make jam. You can use this herb in a detox tea as it will help your liver and your kidneys by cleaning your body of the toxins that are building up in these areas.

When made into a tea, it can help with getting rid of even severe cases of acne. It can also help with eczema and other issues. In magic, dandelions are a great help when dealing with divination. It will also help to grant your inner desires and wishes. Dandelion tea can help to increase physic power, which is one reason it’s known to help with spiritual interactions. You can put it in a small pouch under your pillow to help chase away nightmares.

To draw good luck to you, then take a dandelion or a few, and bury them on the northwest side of your home. If you’re looking to have your wishes granted, then you’ll want to use them in a bath or blow on a dandelion, which is a common childhood tradition. Of course, you’re going to want to speak of your wish first. The dandelion goes by many names, such as blow ball and cankerwort. It can also be called priest’s crown as well as wild endive. It is associated with the zodiac signs Pisces and Sagittarius. It’s also associated with the planet Jupiter and the element of air.
Cinnamon

This is a favorite spice of many, and far too many people are unaware of the magical properties and health benefits that cinnamon has to offer. This is something that you’ll need to buy, as it’s not something that’s easy to collect and grow yourself. However, almost every store will have it. You can also buy it pre-ground in the supermarket of your choice. Cinnamon actually comes from an Asian evergreen tree.

The tree will also have yellow flowers as well as purple berries. The leaves, bark and buds are used for various purposes besides just adding flavoring to cooking. In ancient Egypt, it was used as an ingredient in the mummification process. Cinnamon eventually made its way to Europe, and it can help to relieve digest problems, including but not limited to a stomachache, when you use it in an herbal tea. It can also help with morning sickness, even when pregnant.

Love, lust, protection, prosperity, luck, and spirituality are some of the common magical uses of cinnamon, but you can also use it to increase your chances of success and overall power. Another name for cinnamon is sweet wood, and when you use it in a broom that’s decorated with other herbs and objects, such as pinecones, you can sweep out negativity and bring more love into your home. When added in combination with nutmeg, ginger, cardamom, and clove, you’ll find that it helps in love spells, including lust spells.

It’s associated with the zodiac signs of Gemini and Aries. Cinnamon’s planet is the sun, and it’s associated with the element of fire. Just keep in mind that it is a mild skin irritant, so if you are anointing a candle with cinnamon oil or applied topically, it’ll need to be diluted with a carrier oil, or you’ll want to wear gloves when using it to put onto something else.
Sage

Sage is a common herb as well, and it is also from the mint family. It’s associated strongly with healing. You’ll want ‘common sage’ or ‘garden sage’. This is not white sage, which is a different herb. You can easily find this sage in grocery stores as well. Romans considered sage to be sacred, and it helps to boost your memory and general brain power. You can increase your mental clarity by boiling sage leaves in water to make a tea and adding honey. Arab doctors would do this very ritual before surgeries. Sage tea can also help to treat liver disease and even fever.

It also has shown to help improve epilepsy. You can use sage for smudging, and it’ll help clear out unwanted energies in your physical space. It can help you to get over grief and loss by releasing your trapped emotions that are making the process take longer. It can help with wish fulfillment, protection, and even wisdom. Some people associate sage with longevity as well, including the English who thought of it as a health tonic.

To fulfill a wish using sage, it is best to write your wish on a sage leaf, sleep with it under your pillow for three days, and then you should bury it outside of your home. White Sage is another type of sage, but it cannot be ingested. White sage is much harder to grow, and it will only grow in the American Southwest. Common sage will work well for most all magical practices. White sage has more protecting qualities though. Sage is associated with the zodiac signs Taurus, Cancer, and Sagittarius. It’s associated with the planet Jupiter and the element of air.
Chamomile

Chamomile is often used in teas and many natural remedies. It has an apple-like scent, and it has a naturally calming effect, which is one reason it’s used in teas. However, it has many other magical uses. The flowers look like daisies at first glance, and in ancient Egypt, they used this flower to help ease fevers.

It can soothe indigestion, help with menstrual cramps, and stress. This is a herb that will promote general stress reduction and overall healing. It can help you to attract money and love as well as to purify your body. It can be burned if you’re looking to attract money, or you can add it to your satchel to create a prosperity bag.

You can use it for luck by washing your hands with chamomile infused water. Chamomile is known to boost the strength of a spell, as it’s used for tranquility and purification. It can help to magnify the strength of your spell. It’s associated with the zodiac signs of Leo and Scorpio. Its planet is the sun, and it’s associated with the element of water.
Rosemary

Rosemary is great for cooking and magical purposes as well. It’s been used for many medicinal, magical and culinary purposes for centuries. It’s a fragrant herb, and it’s much like lavender in appearance, but it does not have purple flowers. You’ll find dried rosemary in almost any grocery store, and it’s an easy enough herb to grow in your own backyard.

It’s been used in Greece, Egypt, and even Rome. You can even grow rosemary in your kitchen window. This herb is considered to be an energetic one, and it has a purifying property that makes it great at eliminating negativity or general negative vibrations from your space or even your own mind.

Burning rosemary before casting a spell is recommended, as it’ll help to strengthen your own will when casting. You can also use rosemary in a tea or a ritual bath before you do a spell to help increase the strength of the spell because of your increased inner will. You can rinse your hands in sacred water that’s infused with rosemary to purify and bless your ritual tools and hands. You can combine it with juniper, and then you’ll have a smudge for healing. It’ll also help to clear out disease from a room when you’re ill.

Healing, love, protection, lust, and combating jealousy are only some of rosemary’s magical uses. When you’re using rosemary in a love spell, it’s best to use it in a sachet to help draw suitors to you. Rosemary will also increase your focus when used in a sachet, so it’s great for students that are studying or when you’re working on a project. You’ll need fresh rosemary to help promote good sleep, but it can also be called sea dew and compass weed. It’s associated with the zodiac signs of Leo and Scorpio. Its planet is the sun and moon, and its element is fire.
Thyme

This is another popular kitchen herb that has magical properties, and you’ll find it dried in the grocery store. Some grocery stores will even carry it fresh, and it’s easy to make flourish in a garden. It can also be found in the wild. Thyme was also used in the mummification process in Ancient Egypt, and it would also be placed in the grave, primarily in the coffins, in Europe.

Romans would use thyme in their baths to help with their bravery and to lend them strength. This ritual would continue into the Middle Ages. Knights in the Middle Ages would use thyme, embroidered into their scarves, to increase strength and bravery as well. Scottish Highlanders would drink a tea made of thyme to keep away nightmares. Thyme is used in various cough remedies, but it can help with digestive problems and skin issues such as skin irritation and inflammation.

Thyme can help magically for healing, love, psychic knowledge and purification. You can still wear thyme to help draw courage towards you, and adding thyme to a dream pillow or sachet placed under your pillow will help to keep night terrors at bay. Hanging a few sprigs of thyme in your home will help to attract good health and purify all of the energies in your home. If you smudge with thyme, it’ll help to dispel negative feelings such as hopelessness. It is associated with the signs of Taurus, Libra, and Capricorn. It has two planets that are associated with it. These are Mercury and Venus. Thyme’s associated element is water.
Some Herbal Baths

Water is associated with healing since ancient times, and it has transformative properties as well as being good for cleansing. It is important to incorporate water and herbs together if you want a strong, easy spell or magical ritual that is going to produce results. One of the reasons that magical baths work is because the herbs can interact with the body in a more direct way. This is an interaction with the skin. You’ll need to use an infusion of water or make a cloth bag to wrap your herbs in. you’ll want to get the water as hot as it can go to make an infusion.

A lot of people will actually boil a pot of water and infuse the herbs this way. Steep the herbs as you would a tea, but you’ll want to use a mesh ball for this purpose because loose herbs are known to clog up tubs. However, if you want, you can take a longer bath in hot water and just use a cloth bag for your herbs while bathing directly. When you are done boiling the water, add it to bath water that you’ve drawn to a temperature of your liking.

It is recommended to use at least warm water for magical baths because it helps to open up your pores and open up your mind. When taking a magical bath, it’s important that you do so when you will not be disturbed. Being disturbed can keep you from getting the most out of this bath, as it will interrupt the calming experience and your mental clarity.

Another tip to get the most out of your herbal bath is to light candles and take away artificial light. This helps to re-center and clear your energy. It is important that you stay in the water for at least twenty to thirty minutes. It is best to stay until the water is no longer warm or comfortable to be in, but most people do not have the time.
For Physic Strength

This is the bath that you’ll want to take before divination or meditation. It will help you with your physic strength and nurturing your third eye. It will clear you of the mundane energy that you collect from the day by clearing your spiritual channel, opening you up to spiritual communication. It will also help to tune your energies towards a better path.

Ingredients:

1. 4 Bay Leaves
2. 1 Tablespoon Chamomile Flowers, Dried
3. ½ Cup Mugwort Leaves
4. ¼ Cup Dandelion Leaves

Directions:

1. Before stepping into your bath, you’ll want to use visualization to clear your mind. Visualize yourself leaving all unwanted energies and thoughts behind. Step in with this visual in mind, and try to relax deeply. Make sure that you are not in a noisy state.

2. Repeat the mantra until you feel yourself enter the relaxed state, and stay in for the desired length of time.

3. Start to recite a new mantra: “I am open to communication. I will receive divine wisdom.”
For Clearing Negative Energies

When dealing with this herbal bath, it’s important to keep in mind that loose hibiscus flowers can stain your tub. However, they are essential to this herbal bath working and clearing you of all of the negative energy that you’ve produced and collected since your last purification or cleansing. You can use this bath without sea salt, but the sea salt will help to magnify the magical properties of this bath.

Ingredients:

1. ½ Cup Sea Salt
2. ½ Cup Chamomile Flowers, Dried
3. ¼ Cup Hibiscus
4. ¼ Cup Lavender Buds

Directions:

1. Visualize happiness when you step into this bath, and keep whatever happy visuals you want. It is important that you do not concentrate on the negative.

2. While bathing, repeat the mantra: “I am clean. I am happy.” It is important to repeat it in sets of three.

3. Stay in for the desired length of time.
For Attracting Suitors

This is a type of love bath, but it is not the only bath that you can use for this. It is not as potent as satchels, but it will help you to attract more positive potential significant others. It allows you to clear your own energies as well as to attract another person to you.

Ingredients:

1. 4-5 Drops Jasmine Essential Oil
2. ½ Cup Lavender Flowers, Dried
3. ¼ Cup Sea Salt
4. 3 Tablespoons Chamomile Flowers

Directions:

1. Use the herbs as you normally would to make an herbal bath, and add the jasmine essential oil right before you get in. Make sure to stir the water three times.

2. Repeat this mantra three times when you get in the bath and three times before you get out. “I will attract someone to love. I will be attractive to someone who will love me. Love is in my grasp.”

3. Soak for the desired amount of time but for no less than twenty minutes. It’s important that you are not using artificial light during this bath.
For Luck & Prosperity

This bath is great to bring you luck, money, and general prosperity. Oranges are considered to be a sign of good luck in China, and they will help to cleanse all negativity from you. Ginger will help to give you a burst of instant energy, but it can be a skin irritant. That is why it has to be diluted into the bath water. The basil and bay leaves are known to draw luck to you as well as positive energy. Together, this is a potent bath mixture that is great to use if you are about to go on a business adventure.

**Ingredients:**

1. 1 Teaspoon Grated Ginger
2. ¼ Cup Basil Leaves
3. 3 Tablespoons Orange Peel, Grated
4. 4 Bay Leaves

**Directions:**

1. This is a bath that will need to be infused, so you’ll want to boil these ingredients in a pot of water before using. You can then add it to your bath.

2. While meditating in the bath, think about what type of luck and prosperity that you’ll want to bring into your life. Repeat “So I will it, so mote it be” three times before getting out.
Herbal Pouches & Medicine Bags

You can carry herbal sachets or pouches, commonly called medicine bags, with you around your neck or in your purse or pocket. Many people believe that wearing them around your neck increases the potency of these medicine bags because of how close they are to your physical self. You’ll want a small bag that’s drawstring. They can be made of leather, silk, cotton, muslin or anything else. You can usually purchase them at a craft store. If you do not have the ability to purchase one but still wish to make one, you can make a bundle by using a piece of scrap cloth and tying it together with ribbon.
For Luck

Luck is one of the most common reasons to make a magical pouch, and it’s an easy way to make sure that you’re using your herbs properly. Herbs are the most prominent ingredient in these pouches, but you will usually use a stone as well. You will find that amber or citrine is the best stone for luck, especially when coupled with these herbal ingredients.

**Ingredients:**

1. 1-2 Bay Leaves
2. 1 Cinnamon Stick
3. ¼ Cup Chamomile Flowers, Dried
4. Small Agate or Citrine
5. 1 White or Green Candle
6. Pencil

**Directions:**

1. Make sure to gather all ingredients, placing them on your altar or work surface. You’ll then want to start by lighting your candle.

2. Take three deep breaths to clear your mind, and then place your chamomile flowers in your sachet. You’ll then place the cinnamon stick next.

3. Take one of the bay leaves, and write the following:

   “Luck is now my companion, and it will find me.”

4. Place the bay leaf in the sachet next, and then add your stone.

5. You’ll want to leave this charm by the burning candle for at least an
hour or until the candle burns out. Tie it shut and wear it with you.
For Guiding Dreams

Many herbs are known for their ability to affect you in your sleep and actually affect what you dream of. This sachet is going to help you to harness the power of dreams, allowing you to receive divine wisdom from the unseen world. They will help you to be warned of coming future. However, they may need to be divined again. They will not always make sense to you right away.

Ingredients:

1. 1/8 Cup Rosemary, Dried
2. 1/8 Cup Mugwort, Dried
3. 3 Bay Leaves
4. 4 Tablespoons Chamomile
5. ¼ Cup Lavender Buds, Dried
6. 1 White Candle

Directions:

1. Make sure all of your ingredients are placed on your altar, and then light the candle. Take three to five deep breaths to clear your mind.

2. Start to fill the sachet with herbs, and make sure that you close it off completely.

3. Place under your pillow before you to go to sleep. This will need to be changed out once a week for the best effects.
For Protection

Sea salt is going to help to purify the bag and yourself, but the cinnamon, mint, and sage will help to protect you. Tiger’s eye is a stone for protection. However, you’ll find that Tiger’s Eye is also able to offer aid in wealth. When added together, this pouch is a powerful protection charm.

Ingredients:

1. Small Tiger’s Eye Stone
2. 2 Teaspoon Sea Salt
3. 2 Teaspoon Mint Leaves, Dried
4. 4 Teaspoons Sage, Dried
5. 1 Stick Cinnamon

Directions:

1. Place everything on a cleansed alter or working space, and then add all herbal ingredients to the sachet.

2. You’ll want to then add the stone, trying to position it in the middle before closing the sachet. Keep it on your person for its protective properties.
For Anxiety

If you have a problem with anxiety, a charmed bag can be the solution. This is something that you’ll need to keep in close contact with you if you want it to work. The best stone for anxiety is a sunstone, and when coupled with the following herbs, you’ll gain more courage and self-appreciation. This will help to ease your troubles and worries.

Ingredients:

1. 2 Tablespoons Chamomile Flowers, Dried
2. 1 Small Sunstone
3. 2 Tablespoons Lemon Grass, Dried
4. 1 Teaspoon Dill Leaves

Directions:

1. Make sure that you have a clean place to work, and mix all herbs together before placing them into the bag.
2. Make sure to place the stone in the center and close the bag.
For Grounding

Grounding yourself is extremely important when you’re trying to do spell work. You have to be in tune with yourself if you want to be in tune with the spiritual world and able to perform magic properly. This bag is able to be made easily, and you can carry it with you to make sure that you stay grounded before an important spell or ritual so that you enter into the spell grounded.

Ingredients:

1. Small Red Jasper Stone
2. ½ Teaspoon Black Pepper, Whole
3. 1 Teaspoon Yarrow, Dried
4. 1 Teaspoon Cinnamon, Ground
5. 1 Teaspoon Lemon Balm, Dried

Directions:

1. Make sure that your bag is ready and you’re working in a clean space. It should be purified beforehand.

2. Mix all of the herbs together, mixing with your finger, before placing inside the bag.

3. Add the stone, positioning it near the center and seal the bag. Keep it on you all day before the spell or ritual for the desired results.
For Love

Attracting love can be hard, but there’s no reason that you have to do it on your own. This sachet is a great way to attract love, and to do so you’ll need to wear it around your neck. Make sure to get a bag that is devoid of color or is white, red, or pink. However, if you are using leather, it can be a natural brown.

Ingredients:

1. 1/8 Cup Jasmine Flowers
2. Small Piece of Amber
3. 1 Teaspoon Lemon Balm, Dried
4. 2 Teaspoons Rose Petals

Directions:

1. Make sure you mix all herbs together before placing into the sachet.

2. Place the amber in the middle, and seal. Keep this sachet on you. Renew every five to seven days. When the petals wilt too much, then they will not help you to attract love.
Magical Teas to Start With

Herbal tea is an old medicinal remedy, and it is one of the oldest in human history. They help to address various spiritual, emotional and physical problems and concerns. When using magical teas, expect potent results because the herbs are interacting directly with your physical body. It helps to alter your vibrational frequency, and this helps you to become focused and in tune with the spiritual world. You can also use teas to make use of the herbs in a medicinal fashion.

To those that condemn witchcraft, using a magical tea also seems normal. It allows you to practice magic in privacy. Even when you’re in the presence of others. You can find various well-crafted teas in many grocery stores, but it isn’t recommended to use these when you’re using herbal tea for the magical aspect. For magical purposes, you are going to want to craft your own.

It’s recommended that you purchase a stainless steel mesh tea ball so that the herbs do not get into your mouth when drinking, as this can make the tea unpleasant. Straining your tea or using a mesh ball, however, is completely up to personal preference.
How to Brew

You’ll need a stovetop or electric kettle, but you’re going to want to use purified water. Boil it in either of the two fashions listed above, and try to keep away from using the microwave to boil water. Once the water is boiling, take it off heat after about a minute, and then you can pour in your herbs. This will help you to avoid scorching the herbs which can diminish their magical properties in some cases.

You will want your tea to steep for five to ten minutes. You’ll need to base this on how strong you want your tea to taste. If the environment you’re brewing in is cold or drafty, cover your mug while it’s steeping so that your water does not get cold. After the desired time, you’ll want to pour the water and visualize your intention for the tea.

You’ll want to take out the herbs at this point unless you desire to keep them in. Most herbs float, but a few will sink to the bottom and not bother you either way. If you do not like herbal teas on their own, you can add a little all natural honey. Make sure it’s real, raw honey for the best effect. You do not want to add sugar.
A Tea for Divination

Dandelion is commonly used for enhancing divination as well as general physic power. You’ll want to try a cup of dandelion tea to help you clear your thoughts and connect with the unseen world a little easier. If you’re working with dandelion leaves, then you may not need honey. However, if you are using dandelion roots, you’ll most likely need this natural sweetener to lighten the taste.

Ingredients:

1. 1 Teaspoon Dandelion Leaf, Chopped
2. ½ Teaspoon Lavender
3. Honey to Taste

Directions:

1. Start to brew like you would a normal tea, but as you pour the water over the dandelion, you’ll want to recite the following:

   “I shall center and ground myself so that I may receive clear messages from the unseen world. So I wish it, so mote it be.”

2. Drink the tea after steeping and continue as usual.
Tea for Luck

Everyone could use more luck in their life, and you’ll find that this tea has a spicy fun taste as well as helping you in this area. You’ll want to use black tea for this, and you can easily buy a pre-done black tea bag to use as your base. Black tea has some caffeine, and it can help to give you that energetic lift that you’ve been looking for as well as attract luck to you.

Ingredients:

1. 1 Black Tea Bag of choice
2. ½ Teaspoon Ground Cinnamon
3. ¼ Teaspoon Ground Nutmeg

Directions:

1. Brew like you normally would, but do not add the cinnamon and nutmeg right away. You’ll want to wait until you’ve brewed your black tea for a while and only have one to three minutes left.

2. When you only have one to three minutes left in brewing your tea, add cinnamon and nutmeg at the same time. Start to stir it in, and recite the following.

   “Luck, lucky me, luck, luck achieved with this tea.”

3. When it is completely stirred in, you can take out the teabag and pour it into your mug. Add honey if desired, but it is not always needed with this fragrant mixture.
Tea for Rest

Rest does not always come easy for everyone, and this tea is meant to promote a peaceful rest and keep nightmares at bay. This is a great tea when you need to relieve some stress from a stressful or anxiety filled day, and it’ll help you if you’re going to be working additional magic at the end of that night as well by helping you to clear your mind.

Ingredients:

1. 1 Teaspoon Chamomile, Dried
2. ½ Teaspoon Hibiscus
3. ¼ Teaspoon Lavender
4. Pinch Cinnamon

Directions:

1. You’ll want to start by combining all of these herbs together in a small bowl, and then you can stir them gently with your fingers. Place them into the mug next.

2. Brew your tea by starting the water normally, and then pour the water over the herbs. During the pouring, you’ll want to chant the following.

“All is well inside. All is well in my world. All is well inside of me. All is well.”

3. You will then want to let your tea steep for the desired time before straining and adding honey if desired.
Tea for Nightmares

Sometimes a restfulness tea is just not enough. This tea is meant to directly fight nightmares at the source, and it’s a bitter tea, so you may need honey. It’s more potent if you can drink it without honey, but it is considered to be an acquired taste.

Ingredients:

1. 1 Teaspoon Lavender Buds, Dried
2. ½ Teaspoon Thyme, Dried
3. ¼ Teaspoon Basil, Dried

Directions:

1. Brew tea like normal, but when you pour the water over your herbs, you’ll want to recite the following:

   “My mind is my own. No negativity will tread inside of me. It is my domain, and I banish thee.”

2. Drink like normal, adding honey as desired.
Tea for Magical Enhancement

This is a tea that helps to increase your magical prowess when casting a spell. You should drink this tea an hour before you do any magical work. It will help to increase your power and concentration. It also provides clarity, which will also help promote more magical power.

**Ingredients:**

1. 2 Teaspoons Rosemary Leaves, Dried
2. 1 Teaspoon Lavender Flowers, Dried
3. 1 Teaspoon Orange Peel, Grated

**Directions:**

1. Brew tea like normal, and then strain. Make sure to steep for eight to ten minutes for the most potency. Remember to strain your herbs.
Tea for Clarity

As stated above, you’ll find that clarity helps to improve all of your magical workings. It is important to drink this tea whenever you are feeling off or not quite there. When your mind is muddled, this tea will help to ground you and clear your thoughts.

Ingredients:

1. ½ Teaspoon Basil, Dried
2. 1 Teaspoon Lemon Balm, Dried
3. 1 Teaspoon Rosemary, Fresh
4. 1 Teaspoon Orange Peel, Grated

Directions:

1. Place all herbs at the bottom of the cup, and then pour in boiling water.
2. Let steep for five to ten minutes, and then strain out herbs. Add honey if desired.
Tea for Pleasant Dreams

Pleasant dreams can be hard to come by, especially if you’re stressed, anxious, or depressed about something. When going through a rough time, this magical tea can help to increase your dreams and make sure that they stay pleasant and your night’s stay nightmare free.

Ingredients:

1. 3 Teaspoons Rose Petals
2. ½ Teaspoon Valerian Root
3. 1 Teaspoon Lavender Buds, Dried

Directions:

1. Brew tea like you normally would, and then add honey if needed. Try to use as little honey as possible, as it will affect the potency of this tea.
Tea for Divination

You already have a tea for prophetic dreams, and this tea is very similar. However, it will help to clear up dreams you’ve already had as well. This allows you to gain the wisdom that these dreams are currently hiding from you.

Ingredients:

1. 3 Teaspoons Rose Petals
2. 2 Crushed Bay Leaves
3. ½ Teaspoon Cinnamon
4. ½ Teaspoon Lemon Balm, Dried

Directions:

1. Mix all herbs together before placing in the bottom of the cup. Pour in boiling water, and let steep.
2. Add honey as desired after straining herbs.
Tea for Cleansing

This tea will help you to increase your immune system, remove impurities from your bloodstream, and even clear your skin. It also helps to remove negative energy that may be affecting your magic as well as your mood. This is why it can help to clear up anxiety and relieve stress.

Ingredients:

1. 3 Teaspoons Nettle Leaves, Dried & Chopped
2. 1 Teaspoon Parsley, Dried
3. ½ Teaspoon Lavender Flowers
4. ½ Lemon, Juiced

Directions:

1. Mix all herbs together into the cup, and then boil your water.
2. Pour boiling water over the herbs, and let steep for five to ten minutes.
3. Strain out the herbs, and then add in lemon juice. Stir and enjoy. Add honey if desired.
Magical Oils to Help

Blending specific oils is a great way to use herbs for magic, and it’s one of the oldest practices out there for herbal magic. It’s also considered to be extremely potent. Herbal oils were used as far back as Mesopotamia. You can, of course, buy commercially blended oils, but they are not considered as potent when using them for magical purposes. It is important to blend your own for the desired effect.

You’ll need a carrier oil to use these magical oils, though. You can use safflower oil, grape seed, or even olive oil. Many people will use almond oil. Remember that only sweet almond oil is edible. The other is toxic. You can always vary these oils by adding a drop or two of your favorite essential oil, which will give these magical oils your own personal touch.

Just remember that most carrier oils only have a shelf life of one year, and so you do not want to make large quantities of these oils unless you plan to use them on a regular basis. You’ll need a jar with a tight-fitting lid for all of these oils or a rollerball applicator. You will also need a cheesecloth to help drain out the herbs before using the oil.
An Oil for Love

You’ll want this oil for its aromatherapy, as well as the magical properties of the herbs used themselves. All herbs that are listed in oil are associated with love. You’ll still need a carrier oil to use this oil blend, but you’ll want to wear this oil directly. If you are not satisfied with the scent of this oil, add more rose essential oil before placing it in a cool, dark place. The scent is important to the magical properties of this blended oil.

Ingredients:

1. 15-20 Drops Rose Essential Oil
2. 1 Tablespoon Chamomile Flowers, dried
3. 2 Teaspoons Cinnamon, Ground
4. 1 Tablespoon Lavender, Dried
5. ½ Cup Almond Oil

Directions:

1. You’ll want to mix all of these herbs together in a bowl before placing them in a jar.

2. Pour the almond oil over them, and then add your essential oil.

3. Take the jar in your hands and think about attracting love. Think about the type of person you want to attract to you, and shake the jar gently until everything is distributed evenly throughout.

4. Place in a cool, dark place and wait five to six days before straining. Each day you’ll want to shake the jar and visualize.
An Oil for Prosperity

This is an oil that will bring you luck and prosperity. It is commonly used to anoint spells involving money. You can also wear this oil to increase your prosperity in material things if you have it diluted with a carrier oil.

Ingredients:

1. 1 Tablespoon Basil, Fresh
2. 1 Tablespoon Rosemary Leaves, Fresh
3. 1 Teaspoon Nutmeg, Grated
4. ½ Cup Olive Oil

Directions:

1. Start by combining all of the herbs into a single bowl, and stir them together with your fingers. Make sure that they are stirred thoroughly.

2. You’ll want to pour the carrier oil into the jar before adding herbs.

3. Close the job, and shake it slightly until the herbs are evenly spread throughout.

4. Hold the jar and envision prosperity coming to you. Imagine your luck changing and your monetary problems going away as you hold it in your hands.

5. Put the jar in a cool, dark place and leave it there for five to six days. Shake once per day with your vision in mind.

6. Take the jar, and strain out the herbs before placing it into another jar.
More Herbal Magic to Try

Herbal baths and teas are able to help, but there is also herbal cradle magic that you can use. You can use candle magic with fresh herbs or herbal oils, which you now know how to make yourself. Candle magic helps to activate the energy between earth and fire.

Fire is a strong element that aids in transformation. When using cradle magic, the magic is sent out at the time that the candle is lit. There are very few exceptions. You should not just use any candle in candle magic. It is important that you use votive, tea lights, or spell candles. Other candles will take too long to burn down, but these will burn down in a reasonable amount of time. You will also need an appropriately sized candle holder no matter what choice you make.
A Spell to Attract Wealth

Everyone could use a little extra cash in their wallet. Money may not bring happiness, but it can make it a little easier for you to do the things that you want. It is important that you don’t try to figure out where the money is coming from, as this can lead to bad decisions. Wealth will come to you, but it’s important that you don’t try to decide the amount. The universe will provide you with wealth.

Ingredients:

1. 1 Green Votive Candle
2. 1 Teaspoon Basil, Dried
3. ½ Teaspoon Nutmeg, Ground
4. ½ Teaspoon Cinnamon, Ground
5. Prosperity Essential Oil

Directions:

1. Take the candle and anoint it with oil. To do this, you’ll need to place two to three drops at the base, and rub it in with your fingertips, moving upward as you do so.

2. Roll the candle in the dried basil now before placing it in its holder. Repeat the following.

   “From the stream of abundance, allow money to flow to me.”

3. Light the candle, and then take a pinch of the nutmeg and cinnamon together, and sprinkle these spices lightly above the light flame. Make sure that you do not sprinkle enough to put out the flame.
4. You must let the candle burn all the way down. Meditate while doing so. While meditating, visualize wealth coming to you.
A Spell for Healing Love

Most people think that spells for love are all about attracting a lover or starting a relationship, but this isn’t always true. Love can be difficult, and it can even be painful, and love often will need to be healed if you wish to continue a relationship or start a new one with a healed heart. That’s what this spell is for. When you heal your heart, you will be able to move on from your argument or on with another person. There is no reason to hold negative emotions within your heart, and with this spell, you’ll be able to remove them and cleanse yourself so that you may heal. Not everything will be healed immediately, but you’ll find that moving on will become significantly easier at the end of this spell.

Ingredients:

1. 1 Pink Candle
2. Nag Champa Incense
3. 2 Teaspoons Hibiscus Flowers, Dried
4. 2 Teaspoons Rose Petals

Directions:

1. Start by lighting the Nag Champa incense, and then take three to five deep, calming breaths. Close your eyes during so. Try to conjure up a feeling of love and peace.

2. Sprinkle the rose petals clockwise around the candle, and repeat the following.

“I heal all energy within myself that I have lost. I release all negative energy to be transformed into positive energy.”

3. Sprinkle the hibiscus flowers clockwise around the candle, and then
repeat the following.

“I ask that my vibrational level is raised to love.”

4.   Light the candle while saying “So let it be.”

5.   Gaze into the flame for a few moments, gathering feelings of love as it burns down. Let go of all negative thoughts as the candle burns out.
A Guide to Purchasing Your Herbs

If you’re just starting with herbal magic, you’re most likely going to purchase your herbs. You can find various herbs in your local grocery store, but there are some that you will not be able to buy so easily. When you do buy your herbs at the grocery store, make sure you know what you’re getting. They’ll be either chopped, powdered or whole depending on the brand and what herb you’re looking for.

You need to know what form you need the herb in. however, you don’t have to head directly to the spice section. You can find some herbs in the produce section, and these will be fresh. You’ll usually find rosemary, basil, mint, parsley, dill, sage, and thyme in this section. Using fresh herbs can often increase the potency of your spell.

However, there are some herbs in certain spells that are not used for culinary purposes. These can be hard to find, and then you’re left with only a few options. Often, you’ll want to check in a natural health foods store, as they keep both culinary and medicinal herbs. You’ll want to look under the bulk section. When you purchase from these stores, you can usually try a lot or a little of every herb as you’ll purchase only what you need or want. This makes it inexpensive to try various spells.

You may not have access to a natural health food store, and so you’ll want to search for other stores that may carry the herbs you’re looking for. Alternative medicine or Chinese medicine stores will usually have these herbs, but you may have those in your area either. New age or Wiccan shops are usually great places to check for the herbs you need as well.

Once you’ve exhausted all local options, you’re going to turn to online retailers. You’ll find magical, medicinal and culinary herbs online. You can find stores that specifically targeting Wiccans, but there are other online stores as well. Keep in mind that if you go to a Wiccan online shop, which is a type of specialty shop, then you’re more than likely going to be paying higher prices. Just make sure that you investigate before you buy, as
uneducated or unethical vendors may give you the wrong herb. When just starting out, you may be unable to tell the difference. Research is a necessity when shopping for herbs online.
A Little about Gathering Herbs

Gathering your herbs is an ancient practice, and even though it is considered impractical by most, others still prefer to gather their herbs from the wild. This is much less popular in the Western world. Foraging, where you harvest your own herbs from the wild, is only able to be done if you have the acquired knowledge of plants. There are many plants that will look like others but are not, and some can even be dangerous.

It is important that you are sufficient with your skill level or the plants that you are gathering if you are to gather in the wild. It is much easier to gather dandelions and lavender in the wild than it would be to try and gather elderberry or willow bark, for example. You can gather for personal use, but others will gather for commercial trade.

You can gather herbs in the wild for culinary purposes as well, but it’s important to remember that wild herbs are not always as potent in flavor as cultivated herbs. This is why most people who gather herbs in the wild do so for medicinal purposes. There are some herbs that don’t grow well in domestication.

In the northern hemisphere, you’ll find that ginseng and Solomon's seal are sought after herbs. Sadly, these herbs are commonly overharvested. It puts them at risk of being lost as a species, and it’s important to understand this when you’re trying to harvest herbs in the wild. You should leave these alone, and instead, buy from someone has domesticated them so that you are not wiping them out from the wild.

When harvesting, harvest responsibly. If you know how to harvest, harvesting responsibly should not be an issue. If you harvest improperly, you could lose the herb in that area. It will not always grow back if you do not leave some for the herb to stem from.

It’s easier to harvest if you live near a body of water, forest, or another natural area. It’ll need to have diverse plant life, and you can even take
classes to help you with your foraging skills. Training is available in various communities, but you can also use training online.

It is important to remember that foraging is only for the skilled. Going without any knowledge is dangerous. You need some education on plants so that you can tell the difference between plants and know which ones can be harvested safely and how. Never just print off a guide of wild herbs and try to find them. There may be many herbs that look the same, and some will be harmful. An expert naturalist will always know how to identify a herb, and you can always learn from one.
Magical Harvesting

If you do know how to forage and feel confident enough to do so, then you’ll have to understand magical harvesting as well. Magical harvesting will help to make sure that you don’t damage the magical properties of the herb. There is always a method time for harvesting. Start by harvesting early in the day. This is when the dew has just dried and the sun has not yet had time to dry the herbs out. This will help to preserve both the taste and potency of the herb that you’re harvesting.

Make sure that when harvesting magically, that you do not collect more than you need. Go in knowing the amount you need for your recipe of spell. The only exception for this is pruning. Some herbs will grow more if you prune them, and knowing about your herbs is important when deciding this.

Always bring a cutting tool with you, as some herbs will require it. There are some herbs that you can harvest with just your fingers. If you are harvesting patchouli, you can pinch off the leaves with your fingers. Rosemary, on the other hand as well as lavender, will need a cutting tool so that you can harvest them with ease.

Magically speaking, some plants do have consciousness, and it’s important to realize what will happen to the magical energy of a plant when you attack it with scissors or a knife. The plant feels a disturbance, and you can disrupt the magical potency by cultivating the plant. To make sure that you do not disturb the magical energy of a plan, use a boline, which is a designated knife. It usually has a white handle, and it’s important that the blade is either straight or curved similar to a sickle. This honors the energy that the plant is giving you, helping it to maintain its potency. When harvesting make sure that your attitude is respectful. Make sure to give thanks to the plant because it is sharing its gift with you.

If you are still cautious about harvesting, you can leave an offering to the plant. Placing a few small crystals, drops of milk, or drops of grain where you have harvested will help to honor the plant. This will help to keep the energy of the plant the same even after being cut away, and this will help your spell
to maintain its strength. When buying online, you never know if this has been done. Therefore, you do not know the potency of the herbs that you are using. If you do not wish to place down grain, milk, or crystals, you can also place down soil, organic fertilizer, or water. This is often seen as more practical.
How to Dry & Store Herbs

After you’ve harvested your herbs, you still need to learn how to dry and store them so that your plants do not lose their potency. It will also help to keep their flavor, which will help if you are using them for cooking or for tea. With the multiple methods of drying herbs, you’ll have to choose which will work best for you.

Hanging herbs in bunches and bundles upside down is a common way to dry herbs. You’ll need to make sure that you have a well-ventilated area that is away from direct sunlight if you want this method to work. Otherwise, they could grow mold instead of drying.

If you do not wish to hang your herbs to dry, drying racks are also sold in most stores. If you cannot find them at a store local to you, then you can always choose to order one online. You will still need to bundle your herbs, and you can use rubber bands or twist ties to do so. When using racks, rotate your herbs to make sure that they’re getting enough air and drying evenly to prevent mold and decay. It’ll take about three weeks for your herbs to dry no matter if you are using a rack or hanging them from your ceiling. You can tell when a herb is dry by pinching the leaves. If it cracks, then it is dry and ready to be used.

If you want a faster method of drying, you can lay them out on a cookie sheet. Make sure that the herbs are laid completely flat, and then turn your oven on low. It will take a few hours for the herbs to dry after being placed in the oven. Make sure you check regularly because some herbs will dry faster than others. If it is already dry, then you should take it out or risk burning your herbs.
Storing Your Dried Herbs

You should already know that storing fresh herbs is usually done best in the refrigerator, but there is a knack to storing dried herbs as well. Glass jars are the ideal container for all herbs. In a pinch, you can use a plastic zip-locked bag. No matter what container you use, it’s important that it’s sealed airtight. Otherwise, you can draw moisture to your herbs and they’ll go bad.

All dried herbs should be in a cool, dark place. Do not expose them to sources of heat or sunlight or they will lose their potency. Label all herbs properly, as most dried herbs will look similar. You may not remember which herb is which after they’ve been stored for a time. Many glass jars are able to be written on with a permanent marker.

Other people use masking tape and write on it so that they may reuse the jar. Remember that you’ll need to change out your herbs every six to eight months. That is why you should never keep more herbs than you’re going to use in that time frame. After this time, it loses its potency.
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