

Pr Ntr Kmt Guide to Cannabis Religion and the Cannabis Witch Hunt



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Milo

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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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If you find that you enjoyed the book or found the book useful, please consider also making \$5 donations to Pr Ntr Kmt, THC Ministry in Hawai'i, and THC Ministry in Amsterdam (\$15 in donations total). Or if you find it too much trouble to send out four envelopes, send \$30 to the author and I will distribute the donations for you.

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introduction

This book discusses the worship of Bast and is particularly useful for those who have been imprisoned for "religion crimes" (such as Cannabis Witchcraft) by the Christian authorities.

Imprisonment can be a very harsh time in your life. I hope to share the blessings of the goddess Bast so that you may grow intellectually and spiritually even though deprived of your physical freedom.

The Christians can lock up your body, but never your mind or your spirit.

Your time with Bast should be a solace and a healing place for your soul (or ba), a positive and creative influence in the midst of a negative and harsh environment.

Just as Bast's shining light and the searing power of her truth slays the great Apep snake in the darkness every morning, setting free Ra and his solar barge to once again rise in the East, She can set your spirit free no matter how harsh the travails in which you currently find yourself.

about this book

I am not a lawyer. Nothing in this book should be considered to be legal advice. You should consult with an attorney if you can possibly afford one.

Even with the world's best lawyer, you must convince a judge to respect your religion, even though every federal judge is either a Christian or a Jew who is paid in money that includes an officially established written religious oath of office "In God We Trust".

You must have a level of sincere belief that this is your required religion that you are willing to be tortured to death rather than give it up.

I hope that this book will provide the level of completeness that the courts are demanding before allowing the free exercise of religion, but I do not make any promises about the honesty or fairness of judges.

The Meyers Matrix sets up rules for being eligible to be a religion. The Meyers Matrix is named for an infamous U.S. court case in which the appeals court ruled that cannabis religions didn't qualify for the protection of freedom of religion under the U.S. Constitution and the Religious Freedom Restoration Act (RFRA) because they supposedly aren't real religions.

The standards in the Meyers Matrix highly biased towards Christianity (and ironically, many mainstream Christian religions couldn't meet the Meyers matrix)

This book may provide the "completeness" that the Meyers Matrix requires. Or judges may have never had any intent of ever recognizing freedom of religion.

Fortunately the Kemetic religion is the single most complete religion in existence. This is an accident of time — as the oldest continuous religion in history it simply has accumulated more stuff than any other religion. Also it has the interesting attribute of having elements of all four major kinds of religions: tribal/shamanic, archetype, Western, and Asian. The Kemetic religion started as a tribal religion and went through the ancient stage of archetypes (best known through the Greco-Roman version). And it went through both "modern" versions of religion because of accident of geography — it influenced both European and Asian religious thought and was the source of both divergent approaches to modern religion at a time when both of those approaches were still diverging.

This book discusses Am Khent Kemeticism, but there are many other cannabis religions and you may find much of the information here useful in preparing defenses with other religions.

Am Khent Kemeticism is an eclectic version of the ancient Egyptian religion as practiced at Per-Bastet (Bubastis) in the 18th Sepat (nome) of the Nile Delta, Am Khent (the Prince of the South).

The central belief of Am Khent Kemeticism is worship of Bast. Am Khent Kemeticism worship of Bast requires cannabis. There are others who also worship bast who do not have the religious requirement for cannabis.

Even in antiquity the Kemetic religion was eclectic, which means that each individual believer picks and chooses from an array of beliefs based on what he or she personally believes is the truth for him or her. In Am Khent Kemeticism, believers discover their personal requirements from the divine via the use of cannabis.

Because this is an eclectic religion, you can continue to worship "foreign deities", such as Jesus, God, Allah, etc. Doing so may weaken your case in the eyes of those who believe in a "one-way" version of an Abrahamic religion.

The courts are being blatantly unfair because the religion of the judges requires them to be highly discriminatory against persons of other religions. it is specifically in their religious oath of office.

The courts have officially approved of standards that are highly biased to only allow selected mainstream Christian religions to have religious rights.

Further the courts are demanding a level of completeness and detail that few people of any religion could reasonably meet.

This is all intentional establishment of religion Christianity) and prohibition of religion (Witchcraft) in direct violation of the U.S. Constitution because the judges know that a five person majority of the U.S. Supreme Court are members of the Roman Catholic Church and would face excommunication from their religion if they ever allowed religious freedom in the U.S.

This book attempts to provide the level of completeness required under highly biased and illegal and discriminatory rules established by Christian judges who deliberately and intentionally engage in felony treason against the U.S. Constitution, including being officially paid with money that includes the officially established written religious oath of office “In God We Trust”, a religious oath requiring all citizens to worship a fake god that could not possibly exist and specifically outlawing the worship of the true Goddess or Ntr or Neteru.

You must also deal with the extreme prejudice against Witchcraft, as the Kemetic religion is considered to be one of the oldest known examples of Witchcraft in the world.

All three of the world religions that worship the officially established U.S. “God” (Judaism, Christianity, and Islam) all specifically require all of their adherents to kill all Witches, attributing this requirement to “God” in the Torah, Bible, and Quran, respectively.

Not everyone is comfortable with Witchcraft, primarily because of thousands of years of propaganda by patriarchal religions that are afraid of women’s sexuality.

Witchcraft actually is a very positive force in history and is directly responsible for such important innovations as geometry, algebra, trigonometry, astronomy, physics, chemistry, medicine, ethics, and philosophy.

Witchcraft has a wide variety of expressions in modern and ancient times. Witchcraft is the oldest known religion. Witchcraft is the second fastest growing religion worldwide and the fastest growing religion in the U.S.

In the U.S. and Great Britain, Wicca is the most common modern form of Witchcraft. In France, Roma or Gypsy is the most common. In Italy, Stregia is the most common. Many of the the modern Witchcraft religions, especially Wicca, draw heavily from ancient Egyptian Witchcraft.

selected cannabis religion websites

Pr Ntr Kmt at <http://www.prntrkmt.org>

The Hawai’i Cannabis Ministry at <http://www.thc-ministry.org/>

Amsterdam Cannabis Ministry at <http://www.thc-ministry.net/cannabis-religion.html>

the holy dwelling place of the divine (ancient Egypt)

PR (per) = house, temple

NTR (neter, netjer, netcher) = divine, goddess

KMT (Kemet, Khemt) = ancient Egypt

Pr Ntr Kmt is a spiritual religion (501(c)(3) non-profit Church, as defined by U.S. law) for any enlightened persons who have a sincerely held religious belief in, of, and/or about any variation of Ntr (Ntr, Neter, Netjer, Netcher, Divine, Deity, God, Goddess, Bast, Sekhmet, Isis, Aset, Amon-Ra, Hapi, Horus, Heru, Osiris, Ausur, Bes, Set, Geb, Shu, Nwt, Nuit, Mwt, Hekate, Selket, Anpu, Anubis, ...).

Pr Ntr Kmt provides a sanctuary and a group voice for and on behalf of those who are persecuted, harassed, discriminated against, censored, raped, beaten, tortured, and/or killed for their sincerely held religious and/or spiritual beliefs.

Pr Ntr Kmt does *not* impose any particular religious belief or creed on temple members. Each individual temple member is personally responsible for his or her own sincerely held religious and/or spiritual beliefs.

Pr Ntr Kmt attempts to catalog all of the variations of ancient Egyptian religion. The three major branches examined in this book are: native Egyptian religion (history and culture), the rational branch (based on science mathematics, and philosophy), and witchcraft (based on magick). Goddess Diet Plan describes how any woman can become a living Goddess. See guide for more info.

A special emphasis is placed n Am Khent Kemeticism, centered in Per-Bastet in ancient times, emphasizing cannabis to honor and worship the Goddess Bast.

basic beliefs

The Kemetic religion is a religion of celebration of life. In antiquity the official state religion provided stability while local and family religion provided diversity and new ideas. The central belief was Ma'at, which loosely translates as Cosmic balance, Cosmic order, truth, and justice.



The central belief of Am Khent Kemeticism is worship of Bast. Worship of Bast requires cannabis.

open to all

Pr Ntr Kmt does *not* evangelize or recruit. This book is available to all humans without regard to race, sex, religion, nationality, disability, sexual orientation, or age.

lack of dogma

It simply isn't possible to create a complete model of the ancient Egyptian culture and religion, even if using all of the information on ancient Egypt (Kemet) that is scientifically verifiable combined. There

will inevitably be huge variation in how different individuals practice their own variation or derivation of ancient Egyptian religion. The ancient Egyptian religion changed over time and allowed a vast amount of local and family variation. Therefore, Pr Ntr Kmt lacks official dogma, although there should be agreement on some variation of the concept of Ma'at.

church activities

Traditional Ancient Egyptian religion: The Pr Ntr Kmt religion provides research and information on traditional forms of the ancient Egyptian religion.

Witchcraft: The Pr Ntr Kmt religion provides research and information on the wide variety of Witchcraft, in particular those that include and/or are based on the ancient Egyptian religion.

Goddess Plan: The Pr Ntr Kmt religion provides research and information on how any woman can become Goddess incarnate. This plan involves healthy changes in nutrition and diet, as well as the use of herbs.

Religious Freedom: The Pr Ntr Kmt religion provides research and information on religious freedom issues.

ancient Black African Egyptian religion open to anyone internationally

See also: black history

Pr Ntr Kmt is completely free of any exclusions on the basis of race, color, sex, disability, affectional or sexual orientation, age, national origin, or adherence to any particular interpretation of religion or any particular religious belief or creed.

Per Netcher Kemet (Pr Ntr Kmt) is an ancient Black African religion that originated in the Nile Valley and has undergone (and continues to undergo) many changes over thousands of years of religious history.

Ntr (Ntr, Neter, Netjer, Netcher) was viewed in ancient Egyptian times as the true nature of the divine, beyond full human comprehension. The thousands of famous ancient Egyptian deities were human comprehensible divine, each and all in any combination being true Ntr.

The thousands of Neteru (ancient Egyptian deities) changed over thousands of years, going through many mergers, absorbtions, reinterpretations, and other forms of evolution. Old Kingdom versions of a particular deity may have only name and image in common with Hellenic Period versions.

In addition to native Kemetic variations, there have been many more recent variations and interpretations by those from other cultures, ranging from ancient times through medieval ages through modern times.

Wide variations of modern sincerely held religious and/or spiritual belief include attempts to exactly recreate the beliefs and practices of a particular time and place as well as free-wheeling modern interpretations (especially Wiccan and other Neo-Pagan beliefs and practices).

Pr Ntr Kmt does *not* impose any outside restrictions and/or requirements on any personal sincerely held religious and/or spiritual beliefs.

Pr Ntr Kmt is open to anyone with “sincerely held religious beliefs” in, of, and/or about any variation of Ntr (Ntr, Neter, Netjer, Netcher).

triple goddess

Ancient cultures have three basic archetypes (kinds) of goddess: Maiden, Mother, and Grandmother (or crone). There are a wide variety of Goddesses of each archetype from cultures all over the world. Women will want to achieve the goddess nature appropriate for thier age.

Witchcraft

This book is about witchcraft (especially cannabis witchcraft).

Nutrition and herbalism are often practiced by Egyptian magicians, Sesh Per Ankh, shamans, witches, and other pagans.

Attempting to be an amateur doctor is potentially dangerous to your health. This book is *not* professional medical and/or legal advice. Nothing in this book should be considered as a substitute or replacement for professional legal and/or medical advice. Persons should seek the advice of qualified health and/or legal providers.

This book is religious in nature. This book is *not* professional medical and/or legal advice. Nothing in this book should be considered as a substitute or replacement for professional legal and/or medical advice. Persons should seek the advice of qualified health and/or legal providers. All industrialized nations in the world other than the United States provide medical care for their citizens. It is the official U.S. government policy that legal and medical care are luxury items reserved exclusively for the rich.

Astrology, numerology, and divination are often practiced by witches and other pagans.

send donations to:
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guide to Kemetic religion

Pr Ntr Kmt attempts to catalog all of the variations of ancient Egyptian religion. There is huge variation, as the ancient Egyptian religion evolved and changed dramatically over thousands of years and

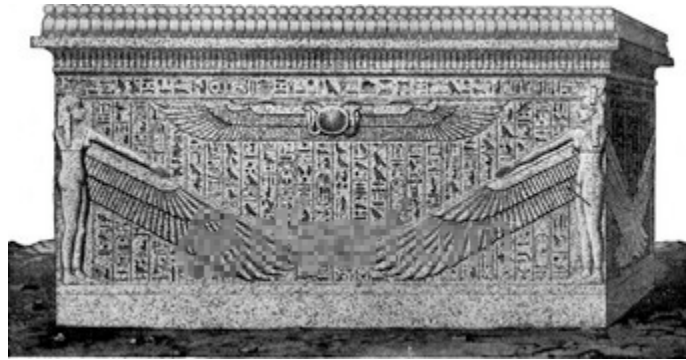
there have been an even wider number of derivations in almost every culture, both in ancient and modern times.

The ancient native Kemetic religion was a religion of celebration of life. The official state religion provided stability while local and family religion provided diversity and new ideas. The central belief was Ma'at, which loosely translates as Cosmic balance, Cosmic order, truth, and justice.



The three major branches examined in this book are: native Egyptian religion, the rational branch (based on science mathematics, and philosophy), and witchcraft (based on magick).

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



purpose



The following is the tentative wording for the purpose of Pr Ntr Kmt. Recommendations and suggestions are appreciated.

Pr Ntr Kmt is a religion and is not organized for the private gain of any person. Pr Ntr Kmt exists exclusively for religious purposes.

The specific purpose of Pr Ntr Kmt is to create, establish, and operate Pr Ntr Kmt for any enlightened persons who have a sincerely held religious belief in, of, and/or about any variation of Ntr and/or ancient Egyptian religion and/or derivations of ancient Egyptian religion.

Pr Ntr Kmt is to provide places for public worship, religious training, and education, and to otherwise encourage, aid, and provide service, both material and spiritual, to the sick, the handicapped, the aged, the young, the homeless, the poor, the helpless, and the needy.

Pr Ntr Kmt is to provide sanctuary and a group voice for and on behalf of all those who are persecuted, harassed, discriminated against, censored, raped, beaten, tortured, and/or killed for their sincerely held religious and/or spiritual beliefs.

Pr Ntr Kmt is to conduct religious, artistic, literary, scientific, charitable, educational, and similiar activities. Pr Ntr Kmt is to create and support the creation of art, including fine arts, mundane arts, literature, sculpture, painting, architecture, music, theatre, film, and multi-media. Pr Ntr Kmt is to operate and maintain libraries, laboratories, gardens, and research facilities. Pr Ntr Kmt is to conduct and support the conduct of scientific, artistic, and religious research.

Pr Ntr Kmt is to support and conduct worship, ritual, Witchcraft, magick, sciences, arts, readings, meditation, Ntr Senra, herbalism, health, nutrition, sex, marriage, family, processions, circles, ceremonies, dedications, blessings, weddings, handfastings, renewals, annulments, separations, handpartings, divorces, funerals, namings, welcomings, baptisms, comings of age, rites of passage, affirmations, holy days, Sabbats, Esbats, and other religious and/or spiritual activity.

Pr Ntr Kmt is to grow, craft, create, and distribute religious plants, items, and materials, including healing and nutritional herbs such as cannabis and roses, and to support and educate others who do the same.

Pr Ntr Kmt is to support and promote the basic essentials for peaceful civilization in Ma'at. In carrying out such purposes.

Pr Ntr Kmt is to serve, contrribute, and/or otherwise assist and/or take actions with other associations, corporations, organizations, and institutions carrying on such activities which are consistent with the purposes of Pr Ntr Kmt.



who is Bast?

Bast is a Kemetic (ancient Egyptian) goddess.

Bast is the goddess of enlightenment.

Bast is the goddess of women. In ancient times, women were associated with the act of creation and therefore were embodiments of the spirit of the Supreme Goddess who gave birth to the universe. In particular, women's vaginas were viewed as the source of powerful Sex Magick.

Bast is the goddess of cannabis, a feminine plant. Cannabis was used for easing the pain of menstrual cramps and child birth, and for assistance in both sexual activity and enlightenment.

Bast is the goddess of cats, an ancient symbol of femininity. During historical times, the cat was the only animal that domesticated itself (as compared to being domesticated by humans). This may also have been true of the dog, but there are written records of the amazement of the Egyptians when a former varmint suddenly came out of the wilderness demanding friendship with humans. They took this as a sign that cats were carriers of the divine messages of the Goddess, further cementing Bast's place as goddess of enlightenment.

Bast is an ancient goddess. She had many, sometimes contradictory roles. She was primarily the goddess of enlightenment and the goddess of physical pleasures.

She is goddess of cats and the dawn, two important Kemetic (ancient Egyptian) symbols for enlightenment. The Tamerans (ancient Egyptians) believed that enlightenment was a gift from the Goddess and was delivered to the human mind in the form of artistic inspiration. Priests (hem) and priestesses (hemet) conducted magickal and religious rituals, but new knowledge came from the painters, the sculptors, the poets, the musicians, the storytellers, the dancers, the sesh per ankh, the various members of the creative community.

The Tamerans believed in a strong connection between physical pleasure and enlightenment. Food, sex, drugs, music, and dance all have clear magickal and religious significance.

In particular, hemp was possibly the first plant used for agricultural purposes in ancient Kemet (Egypt). Writing and mathematics were originally viewed as magickal arts, to be performed with reverence and respect on papyrus, hemp, and other papers and on stone, clay, and other materials. Cannabis (marijuana), as well as other plants with drug, magick, and spiritual effects, were used extensively in Kemetic magickal and religious ceremonies and rituals.

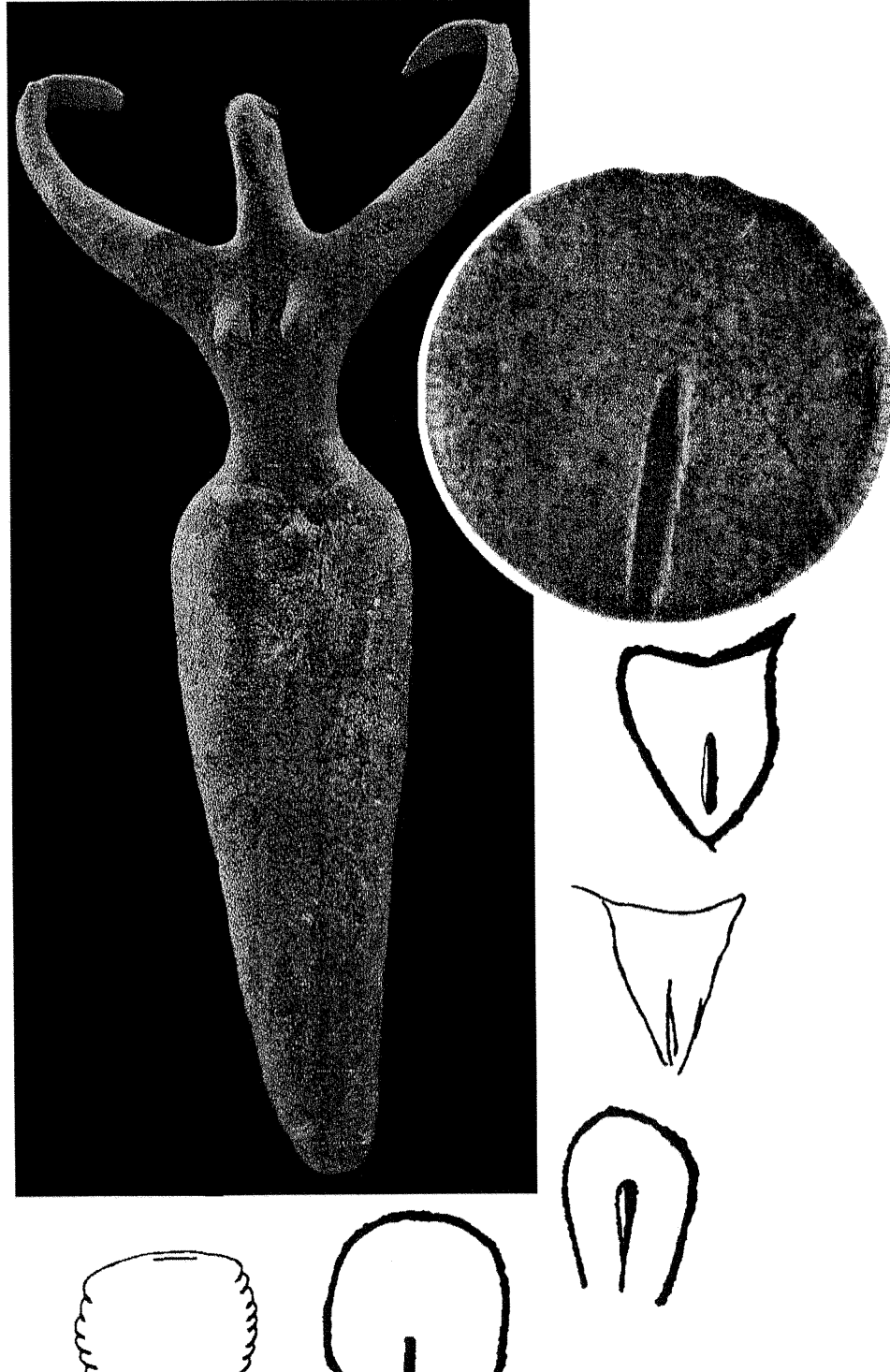
Bast's Breath (Ntr Sentra) is the belief that the smoke of cannabis is the holy breath of the Goddess herself.

The ancient Tamerans did not have a hard and fast separation of their deities (neteru). They believed that all of their gods and goddesses were easy to understand aspects of a single Supreme Goddess (Ntr) who gave birth to all of creation.

One common belief was that the Supreme Goddess could be understood as a trinity of three goddesses: a maiden (Bast), a mother (Het Heret), and a wise woman (Sekhmet). These three goddesses were also represented as the rising sun, the midday sun, and the setting sun.

In addition to being a sun goddess (the rising sun), Bast is also the moon goddess! In her role as the goddess of the moon she is the twin sister of Heru (Horus), son of Aset (Isis), who is the sun god and a model for Christianity's Jesus. As goddess of the moon, Bast is a goddess of womanhood, feminine nature, and healing.

the forbidden Goddess



Bast is the Kemetic (ancient Egyptian) goddess of cannabis and the smoke of marijuana is Her holy breath.

After years of research, many things about Bast and the Kemetic (ancient Egyptian) religion are starting to fall into place. Research is difficult. English language materials (books, articles, etc.) are hard to come by and tend to copy excessively from each other. The Christians and Moslems have for more than a thousand years tried to violently wipe out all information about Bast and the Kemetic religion from the face of the earth, destroying artwork, burning books, and killing humans.

In this book, I will attempt to reconstruct some of the important information.

This book will change over time as I incorporate additional material.

I admit that this book may contain errors. The errors have not been removed because as a mere human it is not clear to me exactly what parts are in error.

Gathering information about Bast is very difficult, especially in Christian America. The Jews, Christians, and Moslems have murdered tens of millions of descendants of the Tamerans (ancient Egyptians) along with anybody else who professed a belief in (or even knowledge of) the Goddess. Additionally, they have conducted nearly 3,000 years of systematic destruction of all written material and artwork associated with the Goddess. To top everything off, they have instituted wave after wave of propaganda, designed to obscure original meanings and foster the torture, rape, and murder of Witches.

Although a great deal of this information is gathered from respected scholars, Egyptologists, anthropologists, and archaeologists, some of the sources of information include visions and dreams by believers, often achieved through magickal means including sexual activity and ritual drug use.

There are three major audiences of this book: (1) those who worship Bast, (2) those who are searching for a compatible religion and are curious about Bast, and (3) Christian judges, prosecutors, and police who are willing to fairly consider our religion, Am Khent Kemeticism and other Egyptian-based cannabis religions, including modern Witchcraft and Wicca.

For those who worship Bast, this is an attempt to collect information about our Goddess. If you notice any mistakes or have any additional information, please contact me with references. Also, please feel free to submit artwork.

For those who are curious, this is an attempt at an orderly presentation of information about Bast, Am Khent Kemeticism, and Kemetic (ancient Egyptian) religion in general, covering both modern and traditional practices and beliefs. If this material does not resonate with you, I wish you success in your search and hope that you find a compatible belief system soon.

For those who are Christians (as well as Jews and Moslems), I ask that you stop the violence. We are a peace-loving religion and request that you stop the murders, rapes, thefts, torture, and kidnapping done in the name of your religion and god.

The United States is supposed to be a land of freedom where all peoples can live together in peace. You must choose between recognizing our First Amendment right to practice our religion or you must continue to support your violent religious theocracy. Which will it be?

It is not my purpose here to convert anyone to the Am Khent Kemetic religion. All I want is for those of us who do believe in Bast to have the religious freedom to worship Her without fear of imprisonment, torture, or death.

Very few have heard of this religion and there is a natural reaction to assume that those who claim to worship Bast are just looking for an excuse to get high. Those who have heard anything about the

Kemetic religion and Witchcraft in general have mostly heard malicious Christian propaganda, at best viewing it as a silly system of superstition from the distant past and at worst as some form of evil Satanic occult ritual.

Contrary to the deliberate misinformation by the Christian churches, tabloid talk shows, and horror movies, our religion is not Satanic or demonic. Those who worship the Goddess do not perform blood sacrifices to the Christian Devil. We do not advocate human or animal sacrifice, or the killing of any being as an offering to any deity. We do not worship, receive powers from, sign pacts with, or sell our souls to the Christian Devil. Satan exists only in the imagination of Christian, Jewish, and Islamic mythology. The closest equivalent is the Apep Monster which Bast slays every morning with the dagger of truth to allow the Sun to rise.

I intend to show beyond any shadow of any doubt that the Kemetic religion is as fully developed as any other great world religion with a fully realized ethical system and world view and is actually the original source of most modern religious concepts.

Upon examination of the evidence, the reader will no longer have the luxury of discounting the existence of this religion nor the sincerity of its adherents.

My goal is to stop the violence. We *must* convince the Christian judges, prosecutors, police, and other Christian government officials to voluntarily stop their kidnapping (arrests, if you prefer, although arrest implies that it is legal), their theft, their torture, their gang rape, their female sexual genital mutilation, their murder, and to immediately set free all innocent victims of their religious totalitarianism.

After those in prison have been set free and the violence has come to an end we can sort out things like how much in damages are owed by the police, prosecutors, judges, prison guards, and other government officials for the lives they have maliciously ruined while deliberately violating the U.S. Constitution's prohibition against establishment of religion and prohibition against religious oaths of office and guarantee of religious freedom.

It is not my goal to convert anyone to our religion, We just want the Christians to recognize that ours is a valid and honorable religion far more ancient than their own and worthy of the same legal protection as any other religion.

Although Jewish, Christian, and Islamic law require the death penalty for Witchcraft and worshipping the Goddess, the United States was founded on principles of fundamental individual liberty, including the right to control one's own mind and choose one's own religion. The Kemetic (ancient Egyptian) culture — the only multi-racial society of ancient times and the last society to grant women equal rights (the U.S. *still* rejects the Equal Rights Amendment for American women) — was a primary model for the founders of the U.S.

A quick look at a dollar bill and the Kemetic symbols incorporated into the Great Seal of the United States (including a pyramid and the Udjat, or all-seeing Eye of Heru) should dispell any claims that the founders intended religious freedom to only apply to variants of Christianity (a claim currently being put forth by right-wing radical Christians).

Included in this book is a brief summary of the history of religion, concentrating on the Kemetic (ancient Egyptian) period and the atrocities of the Jews, Christians, and Moslems that have led to the death of nearly half a billion innocent victims. This book also explains the connection between Bast and cannabis.

introduction to cannabis religion

You have noticed that cannabis has spiritual aspects and have heard that there is a federal law that protects innocent religious use of cannabis. Don't make the mistake of thinking that you can simply tell the DEA that you are practicing a cannabis religion and they will apologize and walk away.

You need to be able to present a detailed and complete defense of your religious beliefs in a manner that meets very unfair standards. Or better yet, you want a competent and skilled lawyer to make the presentation for you.

This guide centers on Am Khent Kemeticism, but there are many other cannabis religions and you may find much of the information here useful in preparing defenses with other religions.

I need to emphasize that it is best that you avoid getting caught in the first place. Arrest is horrific and you will find that many Constitutional rights that you took for granted don't actually apply in reality. The violations of your rights will be outrageous. Innocent people have been intentionally placed in unattended cells with violent psychopaths for the sole purpose of being beaten, raped, tortured, or killed. Government law enforcement officials have actually blatantly murdered unarmed unresisting innocent people just to take their property. The government is authorized to engage in psychological torture without any limitations and increasingly engages in physical torture as well. In addition to stealing all of your property, the government often will steal property from your friends, family, and relatives, arrest your friends, family, and relatives, and take your children away from you.

If you haven't been able to avoid arrest in the first place, then the burden is on you to convince a judge that is very hostile to your religion that you actually have the right to practice a religion other than Christianity.

Federal courts require that a defendant present their religious beliefs with the skill of an articulate professor of religion, even though the vast majority of Christians barely know their own religion and couldn't possibly explain Christianity to the courts' satisfaction. This is an important reason to have a highly skilled lawyer argue your case for you.

If you can afford a high quality lawyer, then you should get in contact with that lawyer immediately, long before any arrest. If you can not afford a highly skilled lawyer, you should argue your own case, because the courts will hold the incompetence of a poor lawyer against you, even if the lawyer is drunk in the courtroom and repeatedly falls asleep during proceedings.

Am Khent Kemeticism is an eclectic version of the ancient Egyptian religion as practiced at Per-Bastet (Bubastis) in the 18th Sepat (nome) of the Nile Delta, Am Khent (the Prince of the South).

Even in antiquity the Kemetic religion was eclectic, which means that each individual believer picks and chooses from an array of beliefs based on what he or she personally believes is the truth for him or her. In Am Khent Kemeticism, believers discover their personal requirements from the divine via the use of cannabis.

Because this is an eclectic religion, you can continue to worship "foreign deities", such as Jesus, God, Allah, etc. Doing so will weaken your case in the eyes of those who believe in a "one-way" version of an Abrahamic religion.

The **Abrahamic religions** are the religions that claim to be derived from the beliefs of the mythical Abraham. These include Judaism, Christianity (including off-shoots such as Mormons and Jehovah's Witnesses), and Islam (including off-shoots such as Sufi and Ba'Hai).

You can even continue to use religious texts, such as the Christian Bible, Jewish Torah, or Islamic Koran. This again presents purity issues. This also presents the problem that the Bible, Torah, and Quran all specifically require that all members of Am Khent Kemeticism be put to death. Thomas Jefferson solved his desire to continue to be guided by Jesus' words while being free of the evil parts of

the Bible by creating his own Bible that was edited to only include those parts that he personally believed were true. Jefferson was strongly condemned for this practice.

At some point you will need to deal with the ‘W’ word — that is, Witchcraft. Growing, preparing, distributing, using, and possessing cannabis is Witchcraft. The ancient Egyptian religion is Witchcraft. Many people are very uncomfortable with the words Witch and Witchcraft because of millenia of Christian and Islamic propaganda. You do *not* have to view yourself as a Witch, but you need to be aware that the government will view your religion as Witchcraft.

A few concepts that you need to get to know right away:

KMT: KMT, or Kemet, is the most common of the native Egyptian words for their own country. Kemetic simply means ancient Egyptian.

Ntr: Ntr, or Neter, is the Kemetic divine. The ancient Egyptians viewed the divine as beyond human comprehension and believed that anything that the human mind could conceive of was at best an incomplete version of the true divine. The **neteru** are the many ancient Egyptian deities. The neteru are human comprehensible versions of the true Ntr.

Bast: Bast is one of the oldest of the Kemetic neteru. The city of Per-Bastet, capital of the Am Khent sepat (or state), was dedicated to the worship of Bast. Bast is a very complex and complete Goddess. She is often described as the Goddess of cats and usually depicted as a beautiful human woman with the head of a cat. She is also the Goddess of cannabis and every cannabis plant is a physical embodiment of Bast. All followers of Am Khent Kemeticism are required to honor Bast, cats, and cannabis.

Law of Ma’at: Ma’at is a powerful concept and doesn’t easily translate into English. Possible translations include the right order of things, the Cosmic order, the Cosmic Balance, good, justice, truth, and similar phrases and words. All followers of Am Khent Kemeticism are required to obey the Law of Ma’at. Again, because of the eclectic nature of Kemeticism, different believers are likely to have different beliefs about what exactly is required by the Law of Ma’at.

Ntr Sentra: This literally means the “breath of the divine” and is the ritual of burning or vaporizing cannabis buds, flowers, and leaves to have one’s prayers carried to the divine and to allow the divine to impart one with deep spiritual and religious thought.

legal background

It is best that you seek the assistance of a lawyer who specializes in criminal and constitutional law *before* you have trouble with the police, feds, or other law enforcement officers.

The following information may help your lawyer prepare for your defense.

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.

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 ruled that the religion wasn’t actually a religion because it failed to meet a long list of requirements that were established with the intent of only allowing mainstream Abrahamic religions to have the right to freedom of religion.

The remainder of this section goes through the court ruling point by point to show why the popints are illegal and how a person who is a member of Am Khent Kemeticism might be able to meet the requirements anyway.

Note that it will be very difficult to obtain religious freedom because *all* federal judges are officially paid in money that includes the officially established written religious oath of office “In God We Trust”. The officially established religious oath of office specifically requires trust and belief in “God” (a religious being that exists *only* in Abrahamic religions) and specifically forbids worship of Goddess. There are **zero** federal judges who are members of Islam (second largest religion in the U.S.), Witchcraft (fourth largest religion in the U.S.), Hinduism (fifth largest religion in the U.S.), or Buddhism (sixth largest religion in the U.S.). Only Christians and Jews are allowed to be federal judges.

Federal judges, as members of the U.S. government’s officially established religion, are extremely frightened of the current fast growth of Am Khent Kemeticism and other Witchcraft religions. In just a few decades Witchcraft has gone from an obscure religion to the fourth largest religion in the U.S. and is continuing to grow at a pace that will result in it being the second most common religion in just a few more years.

The officially established U.S. religion specifically teaches that it is the *only* true religion and that believers of all other religions are condemned to eternal punishment.

It makes members of “one true way” religions extremely insecure to see anyone reject that one way. Judges have a legal duty and responsibility, as encompassed in their religious oath of office, to impose their own religion to exclusion of all other religions.

You will find it exceedingly difficult to meet the continual imaginary barriers to free exercise of religion imposed by federal judges.

guide to cannabis religion

religious freedom for cannabis

The ancient Egyptian religion of Pr Ntr Kmt offers a valid religious defense for the use, possession, growing, and distribution of cannabis.

U.S. Supreme Court Decision February 21, 2006 religious defense for Schedule I drugs (including cannabis)

1. Identify a religious use.
2. Sincerely believe.
3. Document your belief.
4. Practice your belief.

step by step guide:

1. Identify a religious use. Your religious use *must* be **required**. You may find an ancient requirement in your existing religion or join a religion that requires cannabis. You may join Pr Ntr Kmt to meet this requirement, but Pr Ntr Kmt also allows you to keep your existing religion along and add ancient Egyptian ritual and practice. Am Khent Kemeticism requires cannabis to worship Bast.



Neter Sentra

neter sentra / divine smoke

Ntr Sentra is an ancient Egyptian practice of having prayers lifted to the divine on incense smoke. The most common versions in antiquity were cannabis-based incenses, although there were a wide variety of incense formulas.



Per Neter KMT

2. Sincerely believe. The U.S. Supreme Court requires that your requirement to use cannabis must be a **sincerely held religious belief**. Pr Ntr Kmt offers free information on ancient and modern practices so that you can learn and be prepared to defend your belief.

ancient Egyptian prayer

Kemetic:
*Mau Bast! Mau Bast!
A Basti, per em setat,
erta-na chu em asui
neter sentra semu hena
ne'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.

3. Document your belief. The police and judges will want to see documentation of your belief. Pr Ntr Kmt offers certificates<1-- and identification cards-->.

Growers may have their fields blessed by a licensed Sesh Per Ankh to assert their religious right to grow sacramental cannabis for religious use. Contact 949-566-0001 to arrange for a blessing of the fields.

4. Practice your belief. Establish a clear history of practicing your religious beliefs in good faith.

We welcome you in the holy dwelling place of the divine (ancient Egypt)

Pr Ntr Kmt is a spiritual religion (Church, as defined by U.S. law) for any enlightened persons who have a sincerely held religious belief in, of, and/or about any variation of Ntr (Ntr, Neter, Netjer, Netcher, Divine, Deity, God, Goddess, Bast, Sekhmet, Isis, Aset, Amon-Ra, Hapi, Horus, Heru, Osiris, Ausur, Bes, Set, Geb, Shu, Nwt, Nuit, Mwt, Hekate, Selket, Anpu, Anubis, ...).

Pr Ntr Kmt provides a group voice for and on behalf of those who are persecuted, harassed, discriminated against, censored, raped, beaten, tortured, and/or killed for their sincerely held religious and/or spiritual beliefs.

Pr Ntr Kmt does *not* impose any particular religious belief or creed on temple members. Each individual temple member is personally responsible for his or her own sincerely held religious and/or spiritual beliefs.

cannabis religions Identify a religious use

step by step guide to religious defense for cannabis:

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1. Identify a religious use. Your religious use *must* be **required**. You may find an ancient requirement in your existing religion or join a religion that requires cannabis. You may join Pr Ntr Kmt to meet this requirement, but Pr Ntr Kmt also allows you to keep your existing religion along and add ancient Egyptian ritual and practice.

religious choice

Most of the world's religions have used cannabis in some form for religious ritual and belief.

You may keep your existing religion and make use of your existing religion's beliefs about cannabis.

You may keep your existing religion and incorporate ancient Egyptian or other religion's beliefs about cannabis (see ntr sentra).

You may join any modern or ancient variation of any religion that has religious beliefs about cannabis that you personally agree with.

Am Khent Kemeticism requires cannabis to honor and worship Bast. This includes the practice of Ntr Sentra.

religious uses

There are many well-documented religious uses for cannabis.

prayer: Adherants of many different world religions have used cannabis for prayer. The ancient Egyptian practice of ntr sentra involved using cannais and other herbs (especially cinnamon) to create prayer incense that would make prayers more pleasing the the divine. The modern English word "incense" comes from the ancient Egyptian word ntr sentra (literally, "the breath of the Goddess").

Religions that used cannabis for prayer include ancient Egyptian, Asatru (Norse), Bantu, Buddhism, Celtic Druidism, Christianity, Coptic Christianity, Essenes, Gypsy, Hellenism (Greek), Hermeticism, Hinduism, Hottentot, Judaism, Kemetic, Mithraism, Pygmy, Rastafarian, Shamanic/Tribal religion, Sufi Islam, Theraputea, Wicca, Witchcraft, Zoarastrianism, and Zulu.

annointings: Some world religions have used cannabis preparations (especially hashish oil) for religious annointings. These religions include ancient Egyptian, Buddhism, Christianity, Coptic Christianity, Gypsy (including Tarot), Hellenism (Greek), Hinduism, Islam, Judaism, Kemetic, Mithraism, Shamanic/Tribal religion, Sufi, and Zoarastrianism.

celebration: Many world religions have used cannabis for religious celebrations. Gypsy, Hinduism, Mithraism, Shamanic/Tribal religion, Shintoism, Wicca, Witchcraft, and ancient Egyptians (Kemetic) used cannabis to celebrate marriage.

communing with the divine: Many world religions have used cannabis to commune with the divine. These religions include ancient Egyptian, Bantu, Buddhism, Christianity, Coptic Christianity, Dagga, Essene, Gypsy (including Tarot), Hellenism (Greek), Hermeticism, Hinduism, Hottentot, Islam, Judaism, Kemetic, Mithraism, Pygmy, Rastafarian, Shamanic/Tribal religion, Shintoism, Sufi, Wicca, Witchcraft, Zoarastrianism, and Zulu.

dance and music: Some African and Asian religions have used cannabis for religious dance and music, including ancient Egyptian, Gypsy, Hellenism (Greek), Hinduism, Islam, Kemetic, Mithraism, Pygmy, Rastafarian, Shamanic/Tribal religion, Shintoism, Wicca, and Witchcraft. This use originated with the Pygmies and was part of Bes worship (the ancient Egyptians learned Bes worship from the Pygmies while trading for ivory and gold). Bes worship involved the use of belly dancing to tell religious myths, including the original version of the Garden of Eden myth.

enlightenment: Many world religions have used cannabis to obtain divine enlightenment, including ancient Egyptian, Buddhism, Hellenism, Hinduism, Kemetic, Pygmy, Rastafarian, Shamanic/Tribal religion, Taoism, Wicca, Witchcraft, and Zoarastrianism.

fire baptism: Fire baptism is a form of purification that serves the exact same purpose as water baptism. Fire baptism is performed with burned herbs, especially cannabis, juniper, and sage. Fire baptism using cannabis appeared in the Buddhist, Christian, Jewish, Mithraism, Wicca, Witchcraft, and Zoarastrian religions.

initiation: There are a variety of initiation rituals using cannabis. Religions that have used cannabis for initiation in the priest(ess)hood include ancient Egyptian, Asatru (Norse), Bantu, Buddhism, Celtic Druidism, Christianity, Essene, Hellenism, Hermeticism, Hinduism, Judaism, Kemetic, Pygmy, Shamanic/Tribal religion, and Zoarastrianism. Religions that have used cannabis for passage of life initiation (such as entry into adulthood) include ancient Egyptian, Asatru (Norse), Buddhism, Coptic Christianity, Hellenism, Islam, Judaism, Kemetic, Mithraism, Pygmy, Shamanic/Tribal religion, Wicca, and Witchcraft.

magick: Some world religions have used cannabis for magick, spells, ritual, and ceremony, including ancient Egyptian, Asatru (Norse), Assyrian, Australian, Babylonian, Brazilian, Canaanite, Celtic (Druidism), Chinese, Gypsy (including Tarot), Etruscan, Hellenism (Greek), Hermeticism, Kemetic, Mithraism, Persian, Polynesian, Pygmy, Roman, Shamanic/Tribal religion, Thai, Wicca, Witchcraft, Zoarastrianism, and Zulu.

maintaining balance: Many world religions have used cannabis for maintaining ma'at, ki, or spiritual balance. These religions include ancient Egyptian, Buddhism, Gypsy (including Tarot), Hinduism, Kemetic, Taoism, Wicca, and Witchcraft.

medicinal: Almost all world religions call upon their members to heal and care for the sick. Cannabis

is the world's safest and most useful medication. Today in California (and other U.S. states with medical marijuana laws), many farmers grow cannabis for cannabis buyers' clubs and other methods of distributing vital medication to those in need.

mysticism: There have been religions that incorporated cannabis into mysticism, including ancient Egyptian, Buddhism, Dagga, Gypsy (including Tarot), Hellenism, Hinduism, Hottentot, Islam, Judaism (including Kabbalah), Kemetic, Mithraism, Rastafarian, Shamanic/Tribal religion, Sufi, Taoism, Wicca, Witchcraft, Zoarastrianism, and Zulu.

nutrition: Almost all world religions call upon their members to provide for the poor. Cannabis is one of the fastest growing and most complete food sources in the world. Some farmers grow cannabis for food.

sacrament: many world religions have used cannabis in thier sacraments (both sacraments exclusive to the priest(ess)hood and sacraments where the public partakes), including ancient Egyptian, Asatru (Norse), Bantu, Buddhism, Celtic Druidism, Christianity, Coptic Christianity, Essenes, Gypsy, Hellenism (Greek), Hermeticism, Hinduism, Hottentot, Judaism, Kemetic, Mithraism, Pygmy, Rastafarian, Shamanic/Tribal religion, Sufi, Theraputea, Wicca, Witchcraft, Zoarastrianism, and Zulu.

sacred sexuality: Many world religions have used cannabis for sacred sexuality, including ancient Egyptian, Buddhism, Gypsy (including Tarot), Hellenism, Hinduism, Kemetic, Mithraism, Pygmy, Shamanic/Tribal religion, Shintoism, Tantra, Taoism, Wicca, and Witchcraft.

sincere religious belief

step by step guide to religious defense for cannabis:

1. Identify a religious use.
2. **Sincerely believe.**
3. Document your belief.
4. Practice your belief.

2. Sincerely believe. The U.S. Supreme Court requires that your requirement to use cannabis must be a **sincerely held religious belief**. Pr Ntr Kmt offers free information on ancient and modern practices so that you can learn and be prepared to defend your belief.

legal standard

The legal standard in the Religious Freedom Restoration Act is that religious beliefs must be sincerely held.

In the 1990s a Los Angeles woman claimed a religious defense for prostitution. She claimed to be a priestess of Isis and claimed to be engaging in an ancient Egyptian religious practice where a priestess has sex as the Goddess rather than as a human. The jury was going along with her defense until the prosecutor asked a series of simple questions about Isis that the woman was completely unable to answer. This failure convinced the jury that her religious beliefs weren't sincere.

The lesson is that you must be able to demonstrate in court that you understand your religious beliefs and that your religious beliefs are sincere. A major goal of this book is to provide that detailed information for a wide variety of possible religious beliefs. Please help support this effort.

document religious belief

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4. Practice your belief.

3. Document your belief. The police and judges will want to see documentation of your belief about cannabis. Pr Ntr Kmt offers certificates.

certificate



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

Get a beautiful certificate declaring that you are a priestess, priest, high priestess, high priest, druid, guru, hem, hemet, sesh per ankh, was, witch, or shaman of Pr Ntr Kmt. This is a real religious certificate meeting government standards for conducting marriages and other ceremonies.

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).

Pr Ntr Kmt offers **certificates** to show your religion. These certificates can be used to meet the qualifications in any U.S. state for being allowed to conduct marriages.

The certificate makes a great gift for your pagan friends and family, as well as a great wall display for pagans who want to proudly proclaim their religion.

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.

Cannabis Sacrament Minister is a modern title that will meet the state requirements for performing marriages and handfastings.

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.

to order:

CALL NOW (949) 566-0001

Pr Ntr Kmt uses the “old school” approach of mail physical mail (“snail mail”) because we need to have your signature on a statement that it is your sincerely held religious belief that you deserve the title awarded and that you agree to cause no harm.

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 Cannabis Sacrament Minister, 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).”

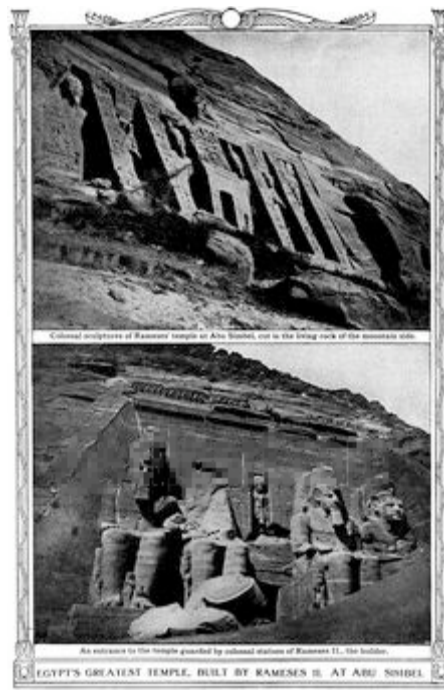
No harm You need to include a signed statement that you will do no harm and understand that Pr Ntr Kmt may revoke your title at any time. If you are a Wiccan, your no harm statement should state “I (name) agree to obey the Wiccan Rede and will refrain from doing any harm. I understand that if I violate 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.

Mail in your request to:

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

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~riakon* 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.

The IRS claims that the term church is a generic term that is religion independent in the *same* sentence where they admit that it is religion specific! From IRS publication p1828.pdf (available for free from the IRS website), page 2: “The term church is found, but not specifically defined, in the Internal revenue Code (IRC). The term is not used by all faiths; however, in an attempt to make this publication easy to read, we use it in its generic sense as a place of worship including, for example, mosques and synagogues.”

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

automatic I.R.S. exemption for churches

From IRS publication p1828.pdf (available for free from the IRS website), inside front cover: “Congress has enacted special tax laws applicable to churches, religious organizations, and ministers in recognition of their unique status in American society and of their rights guaranteed by the First Amendment of the Constitution of the United States.”

From IRS publication p1828.pdf, page 3:

“Automatic Exemption for Churches

“Churches that meet the requirements of IRC section 501(c)(3) are automatically considered tax exempt and are not required to apply for and obtain recognition of tax-exempt status from the IRS.

“Although there is no requirement to do so, many churches seek recognition of tax-exempt status

from the IRS because such recognition assures church leaders, members, and contributors that the church is recognized as exempt and qualifies for related tax benefits. For example, contributors to a church that has been recognized as tax exempt would know that their contributions generally are tax-deductible.”

From IRS publication p1828.pdf, page 3:

“Religious Organizations

“Unlike churches, religious organizations that wish to be tax exempt generally must apply to the IRS for tax-exempt status unless their gross receipts do not normally exceed \$5,000 annually.”

From IRS publication p1828.pdf, page 4: **“Cost for applying for exemption.** The IRS is required to collect a non-refundable fee from any organization seeking a determination of tax-exempt status under IRC section 501(c)(3). Although churches are not required by law to file an application for exemption, if they choose to do so voluntarily, they are required to pay the fee for determination.”

From IRS publication p1828.pdf, page 4: “Note that not every organization that is eligible to receive tax-deductible contributions is listed in Publication 78. For example, churches that have not applied for recognition of tax-exempt status are not included in the publication.”

So, the IRS leaves it to the option of each church as to whether they want to fill out a whole bunch of paperwork and pay very expensive fees or not.

The only advantage I can see to filling out the paperwork is having the Determination Letter and being listed in Publication 78, which would probably be useful or important only if you are attempting to get multi-million dollar grants.

And despite the claim by the IRS that a church is a “generic” term, I personally think it is unconstitutional for them to use the term church and force non-Christians to use that term.

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 cboard 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 kemetic (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 Kemetic 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.

Amendments: 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> .

practice religious belief

step by step guide to religious defense for cannabis:

1. Identify a religious use.
2. Sincerely believe.
3. Document your belief.
4. **Practice your belief.**

4. Practice your belief. Establish a clear history of practicing your religious beliefs about cannabis.

practice

Demonstrate long-term belief through long-term religious practice.

The use of a specially blessed prayer kit can enhance the holiness of your religious cannabis use.

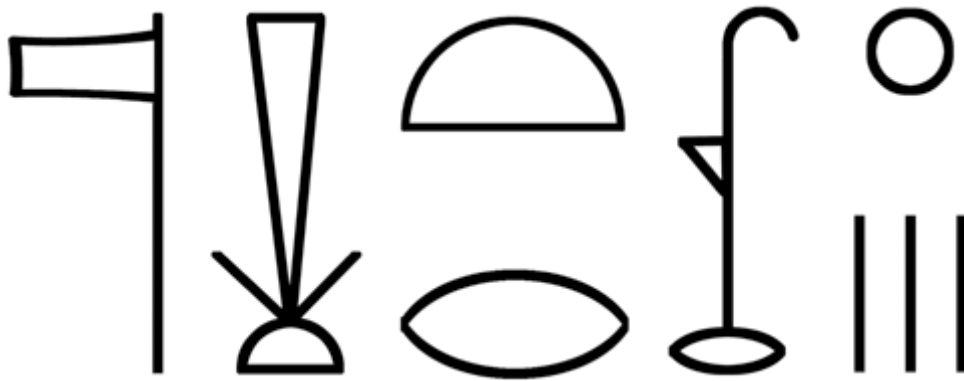
The use of vaporizers can enhance the safety and healthiness of your religious cannabis use.

Ntr Sentra ritual

The Ntr Sentra ritual is one of the oldest known religious rituals and variations of it have appeared (often developing independently) in religions and cultures around the world. Ntr Sentra is the sincerely held religious belief that divine smoke empowers and makes prayers more pleasing to the divine.

“Ntr Sentra” literally means “the breath of the divine”. The modern English words “incense” and “frankincense” are derived from this ancient Egyptian phrase. The modern English word “nature” is derived from “Ntr” (Netcher) and the modern English word “scent” is derived from “Sentra”.

There is active debate as to when the ancient Egyptians included cannabis smoke in the Ntr Sentra ritual. This was clearly occurring by the time the Greeks entered their Golden Age.



ancient Egyptian hieroglyphs for Ntr Sentra

This is a ritual that can be performed by groups in a temple, as well as by individuals, families, or friends in homes and other places.

Members of the Am Khent Kemeticism branch of Pr Ntr Kmt believe that the Ntr Sentra ritual using cannabis smoke for prayers is central, important, and required part of their religion.

On February 21, 2006, the U.S. Supreme Court ruled unanimously 8-0 (Alito didn't participate because he wasn't there to hear the case) that members of the ayahuasca-using União do Vegetal (UDV) church (estimated 130 members in the U.S.) must be allowed to continue using their DMT-containing

tea until a final decision is reached in their case against the government.

The U.S. Supreme Court ruling was based on the Religious Freedom Restoration Act and applies to all federal officers and agencies. Similar rulings could possibly be based on similarly-worded state laws in Alabama, Arizona, California, Connecticut, Florida, Idaho, Illinois, New Mexico, Oklahoma, Rhode Island, South Carolina, and Texas.

No court has yet ruled specifically on sincerely held religious belief in Ntr Sentra using cannabis. Please be aware that the government routinely violates its citizens' Constitutional rights (especially under the Bush administration) and only those with a lawyer can actually exercise basic Constitutional rights. Because U.S. law only grants Constitutional rights to those who are rich enough to afford to have lawyers, you will need to hire a lawyer if you intend to try to exercise your first amendment religious right to worship a Goddess instead of the officially established God that appears in the written religious oath "In God We Trust" that is officially placed on all U.S. money.

Please hire a lawyer *before* attempting to exercise freedom of religion. The U.S. has a long history of torturing and murdering those who dare to participate in pagan religions (especially Witchcraft and ancient religions) in direct violation of the officially established U.S. government religion.

Joining the Pr Ntr Kmt religion could possibly help strengthen your defense (consult with your attorney). It is free to join the Pr Ntr Kmt church, although your donations will help support the church website and other programs. To join, contact the church at 949-566-0001.

Learning about additional religious beliefs from antiquity and modern times will help you formulate your own personal religious doctrine, which may also help your religious defense (consult your lawyer). A major purpose of this book is to provide church members with high quality information on the Pr Ntr Kmt religion.

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.

other related websites

- Pr Ntr Kmt at <http://www.prntrkmt.org/>
- The Hawai'i Cannabis Ministry at <http://www.thc-ministry.org/> (there is a forum available for posting comments)
- Amsterdam Cannabis Ministry at <http://www.thc-ministry.net/cannabis-religion.html> (there is a forum available for posting comments)
- Cannabis Pagans at <http://www.geocities.com/tobynixon/cannabis-essay.html>
- cannabis, magic mushrooms & other entheogens at <http://www.davyking.com/cannabis.htm>

prayer kit

PR NTR KMT

U.S. Supreme Court Decision February 21, 2006
Religious defense for Schedule I drugs (including cannabis)

DIVINE SMOKE.com
DEFENSE

BLESSED
hemp & glass
PRAYER KITS
for netcher sentra
a sacred religious belief

PR NTR KMT
APPROVED

temple of the divine
in ancient egypt

GLASS TA
PRAYER VESSEL

TA
NEW! 5 inch
PRAYER VESSEL
glass enclosed liquid metallic swirling clouds
enhance your sacred prayer... protected within
a cushioned hemp... **TA SAFEGUARD**

fashioned by the finest artisans

easy clean airshaft

design on each side

netcher sentra

NTR SNTR
NETER SENTRA
DIVINE SMOKE

divine smoke

HEMP TA
SAFEGUARD

prayer kit ancient divine

This prayer kit is exclusively for religious use of cannabis. It may not be used for recreational purposes. See the article on neter sentra for more information on cannabis prayer.

Glass ta prayer pipe with hemp ta safeguard.

The official Pr Ntr Kmt approved prayer kit includes a high quality glass pipe designed for regular long term religious use. The glass is high quality, sturdy, and a work of art. The blessed glass pipe contains a liquid chamber for colling of cannabis smoke. The glass pipe is particularly easy to clean (straight line cleaning, without difficult curves. And the blessing by an official Sesh Per Ankh makes the holy cannabis smoke especially pleasing to the divine.

The official Pr Ntr Kmt approved prayer kit includes a hemp cloth bag that clearly labels your prayer kit as being for religious use. The padded hemp cloth bag protects your valuable holy pipe. The label on the outside of the bag clearly identifies the religious purposes to any questioning authorities (including the police and judges).

Blessed hemp and glass for netcher sentra, a sacred religious belief. Five (5) inch prayer ta with glass enclosed liquid metallic swirling clouds to enhance your sacred prayer to the divine protected with a cushioned hemp ta safeguard.

Fashioned by the finest artisans. Easy clean airshaft. Artistic design on each side.





to order:

CALL NOW (949) 566-0001

religious cannabis vaporizers

Vaporizers are among the safest methods for inhaling religious cannabis. While there are religious rituals that require other methods, marijuana vaporizers are appropriate for most religious use that involves inhaling cannabis smoke (such as the ancient Egyptian practice of Ntr Sentra).

Vaporizers vary greatly in price and quality. High quality vaporizers last longer than cheap ones.

Vaporizers use a heating element to raise the temperature of raw cannabis leaves, buds, and flower tops to the temperature at which THC (tetrahydrocannabinol) and other active cannabinoids turn into a fine mist (or vapor). This mist or vapor can then be inhaled through a short flexible tube. This method eliminates the ash and other by-products of fire associated with burning cannabis or marijuana in a pipe, joint, bong, or other fire-based delivery system.

cannabis buyers' clubs medical marijuana clinics

You do *not* have to join our religion to be legally protected (although you may join for free). You do *not* have to donate any money or time to our religion (although donations are greatly appreciated). These principles apply to all of the world's major religions.

This article discusses how cannabis buyers' clubs and medical marijuana clinics can protect themselves from federal prosecution. You may still be raided, but a competent lawyer can get the

charges dismissed and your materials returned. It is vital that you contact your own lawyer *before* any DEA raid occurs.

Having a valid legal defense will *not* stop a DEA raid. Having a valid legal defense will empower a skilled lawyer to successfully get charges dismissed (or win in court if the case goes to trial) and get your materials returned to you.

This article discusses (1) the legal basis for a religious defense, (2) the religious basis for a religious defense (with specific examples from several major world religions), and (3) how to document the religious defense prior to government intrusion.

While cannabis buyers' clubs and medical marijuana clinics are legal under twelve (12) state laws, the federal government (in particular, the DEA) continues to shut them down under federal laws. The federal courts have ruled that there is no federal right to medical necessity.

If all of your workers have a sincerely held religious belief that they are required to take care of the sick and disabled by participating in the distribution of medical marijuana, then you are safe from federal government (DEA) prosecution.

Almost all of the world's religions require some of their believers to take care of the sick.

There is no requirement that all of your workers share the same religion, merely that they each have a sincerely held religious belief requiring them to participate in the distribution of cannabis to the sick and disabled.

There is a long standing American tradition of believers from diversely different religions coming together to work on commonly held charitable religious activity.

Clinic and club operators can obtain more information by contacting our Presiding Elder MichaelM at 949-566-0001.

about the law

Fortunately, the U.S. Supreme Court strongly supported religious rights regarding drugs in the 2006 case *Gonzales v. UDV*. In that case the U.S. Supreme Court ruled unanimously that the Religious Freedom Restoration Act of 1993 was constitutional and applied to the DEA. The DEA was required to return Schedule I drugs and related materials to the members of the UDV church and was required to meet the conditions of the Act regarding religious defense.

The Religious Freedom Restoration Act (RFRA) provides strong defense for religious activity that might otherwise be illegal under federal law.

To qualify for RFRA protection, an activity must be (1) a sincerely held (2) religious belief (3) that is required of the believer.

Court decisions have distinguished between religious belief and philosophy or lifestyle. Religious belief is protected, while philosophy or lifestyle are not protected.

Court decisions have made clear that the government can *not* question the reasonableness of any religious belief.

While there can be no test of the validity of a religious belief, the government can question the sincerity of the belief.

Court decisions have also clearly indicated that the religious activity must be required by the sincerely held religious beliefs. If the activity is optional

Under federal law (not to be confused with state laws), the government must show that a law that “substantially burdens” religious rights is “neutral towards religion”.

The government must prove that it has a “compelling interest” in criminalizing the religious activity.

The fact that Congress declares an activity to be dangerous does not automatically make the activity dangerous and the government must show that the religious activity is in fact dangerous.

Even if the government does show that there is a “compelling interest”, it must also show that the law is the “least restrictive means” available to the government to meet the government’s “compelling interest”.

Note that one federal appeals court has ruled that single-issue marijuana religions don’t count as “real” religions. That court set up a series of tests heavily biased towards Christian and Christian-like religions.

about religion

As mentioned above, almost all world religions require some of their adherents to care for the sick and the disabled by distributing medical marijuana.

Christianity is the most common religion in the U.S. The Christian Bible clearly states that each Christian is given different gifts and has a different calling to serve the overall needs of the body of Christ. Just as the human body has organs that have distinctly different functions for the overall good of the body, the body of believers in Jesus Christ as Lord and Savior also have different functions (callings) and gifts to serve the needs of Christ. Some Christians have a divine calling from God, Jesus, and/or the Holy Spirit to serve the sick and disabled, and some of those will have a more specific calling to serve in a medical marijuana clinic or cannabis buyers’ club. This is something they learn through prayer, meditation, and Bible study. Christians tend to rely heavily on quoting specific verses from the Christian Bible (and seem to enjoy debating each other over shades of meanings of obscure verses). You can find long lists of Christian Bible verses at many Christian-oriented cannabis websites.

Islam is the second most common religion in the U.S. The Islamic Koran (or Quran) states that each Muslim is given different gifts and has a different calling in the service of Allah. Muslims who have sinned against Allah are specifically required to atone for their sins by doing good works in the name of Allah. Some Muslims have a divine calling from Allah to serve the sick and disabled, and some of those will have a more specific calling to serve in a medical marijuana clinic or cannabis buyers’ club. This is something they learn through prayer, meditation, and Bible study. This is something they learn through prayer, meditations, and study of the Koran (or Quran).

Judaism is the third largest religion in the U.S. Jews believe that their G-d (devout Jews never spell out the entire name of their deity outside of specific religious settings) requires them to perform good works. Some Jews believe that they are required by their G-d to care for the sick and disabled, and some of those will have a more specific belief that they must serve in a medical marijuana clinic or cannabis buyers’ club. This is something they learn through prayer, meditation, and study of the Torah.

Witchcraft is the fourth most common religion in the U.S. Wicca is the most common form of Witchcraft in the U.S., but there are literally thousands of kinds of Witchcraft. Witchcraft is an earth-based religion that has a magical view of the universe. The oldest and earliest activity of Witchcraft was the growing and use of plants for medical purposes. More than two-thirds of all modern medications (by use) were discovered by ancient Egyptian witch doctors. growing and distributing

cannabis for medical purposes is clearly and unambiguously a central act of Witchcraft. The Roman Catholic Church and the Lutheran Church have a long history of torturing and killing people for Witchcraft if they are discovered to be in possession of cannabis or materials related to using cannabis for medication. All Witches are required to provide magickal medication when possible (even if the Witch does not him- or herself use cannabis).

Hinduism is the fifth most common religion in the U.S. Hinduism is a very fragmented religion, with widely divergent and sometimes contradictory beliefs. All forms of Hinduism call on the performance of good works. Doing good works brings about good karma, allowing a reincarnation to a higher status in subsequent lives, eventually leading to Moksha, or union with the divine. Some forms of Hinduism have optional use of cannabis (which doesn't rise to the level of federal RFRA protection). Some forms of Hinduism do require the use of cannabis (which does rise to the level of federal RFRA protection). Hindus may learn of their religious requirement to serve in a medical marijuana clinic or cannabis buyers' club from a guru, from ancient and/or modern Hindu texts, through yoga, through meditation, or through other Hindu activities.

Buddhism is the sixth most common religion in the U.S. Buddhists believe in karma, and the idea that after sufficient improvement through multiple reincarnations that one can obtain Nirvana, or oneness with the universe. Some Buddhists may believe that they are required to care for the sick and disabled, and some of those will have a more specific belief that they must serve in a medical marijuana clinic or cannabis buyers' club. Buddhists may learn of their religious requirement through meditation, Buddhist texts, or other Buddhist activities.

The ancient Egyptian, or Kemetic, religion (Pr Ntr Kmt) teaches that all persons must obey the Law of Ma'at, but leaves to each believer the exact definition of what constitutes the Law of Ma'at. Some Kemetic believers may believe that they are required to care for the sick and disabled, and some of those will have a more specific belief that they must serve in a medical marijuana clinic or cannabis buyers' club. A common method for learning of religious requirements is the Ntr Sentra ritual, the burning of cannabis smoke in order to interact with the divine.

The Rastafarian religion teaches that ganja (cannabis) is a sacrament to the divine and requires its believers to use sacramental religious cannabis. There have been multiple court decisions upholding the right of Rasta to use ganja.

The Hawai'i Cannabis (THC) Religion has had success with local police and sheriffs and even some state judges in cases involving possession, distribution, and growing. You can find them online at www.thc-ministry.org.

Many other world religions have similar teachings regarding aiding the sick and disabled.

documenting religion

As an official or operator of a medical marijuana clinic or cannabis buyers' club, you will want to strongly document the religious aspect of your activity in order to protect yourself from DEA or other federal harassment and prosecution.

The first thing to do is to put up signs that clearly indicate that your medical cannabis distribution is religious in nature.

A large sign that says something to the effect of "distributing medical marijuana [or medical cannabis] to the sick and disabled as required by our sincerely held religious beliefs" is an excellent start.

If your clinic or club is operated by a specific temple or church for its membership, then you should prominently display the symbols and name of your religion.

In the more likely event that your clinic or club deals with members of a variety of religions, it is a good idea to include multiple religious symbols to show an atmosphere of inclusiveness and diversity. At a minimum, you should probably have the symbols of the six largest religions in the United States: the Christian cross, the Islamic crescent moon and star, the Jewish Star of David, the Wiccan pentagram or pentacle, the Hindu Om, and the Buddhist lotus or wheel of life. You might also want to consider the Taosist tin-yang symbol, the lion of Rasta, and the ankh of the ancient Egyptian religion.

MichaelM, presiding elder of Pr Ntr Kmt, can provide your clinic with one or more large hemp cloth banners that clearly indicate to any visitor (including the feds) that your clinic or club is distributing cannabis for religious purposes. These signs will be customized with the name of your clinic or club, specific references to your state medical marijuana law, and specific reference to religion. The symbols of multiple religions can be placed on the banner to show that your club or clinic is open to all religions. MichaelM is the artist who created the signs you've seen Jack Herer use. Contact MichaelM at 949-566-0001.

Next you want to document that your workers are involved in an activity that is required by a sincerely held religious belief.

Pr Ntr Kmt provides certificates for a wide variety of religions for those who want to officially declare that they have a sincerely held religious belief that requires them to distribute cannabis to the sick and disabled. Some of the religions include: ancient Egyptian, Asatru (Norse), Buddhism, Celtic Druidism, Christianity, Gypsy, Hellenism (Greek), Hermeticism, Islam, Jainism, Judaism, Kemetic, Mithraism, Rastafarian, Shamanic, Shinto, Wicca, Witchcraft, and Zoroastrianism. Certificates for other religions can be prepared on request.

Note that you do *not* have to join Pr Ntr Kmt to obtain certificates.

The medical cannabis certificates cost \$20 each (plus \$5 in postage and handling) and can be ordered by contacting Pr Ntr Kmt at 949-566-0001. You may ask each worker at your clinic or club to obtain their own certificate, or your clinic or club can obtain the certificates on behalf of your workers. Your club or clinic should photocopy and keep on file a certificate for each worker as evidence that your activity is religious in nature and protected by the RFRA.

Please note that you should be careful about any workers who seem to lack sincerity. The government can question the sincerity of religious beliefs and it can cast doubt on your activity if there is evidence that you should have had reason to doubt to the sincerity of any of your workers.

If you want to help spread the word about how medical marijuana clinics and cannabis buyers' clubs can protect themselves through the use of the RFRA, please consider making a donation to Pr Ntr Kmt. You can make this donation on-line by credit card or you can mail a check to: Pr Ntr Kmt, 3345 Newport Blvd. #204, Newport Beach, California, 92663.

Medical marijuana clinics and cannabis buyers' clubs may want to consider becoming an authorized temple of Pr Ntr Kmt. Contact presiding elder MichaelM for more details.

You may want to make a donation to help Pr Ntr Kmt spread the word.

religious freedom

Religious freedom is a continual struggle for members of minority religions. One of the most important activities of the Pr Ntr Kmt church is helping members (especially solitary practitioners) with information on religious rights and freedom.

Pr Ntr Kmt does *not* currently provide any legal assistance and/or advice of any kind.

It is vitally important that members of religious minorities attempt to obtain the assistance of a lawyer. In direct contradiction to the grade school and high school claim that all American citizens have freedom of religion and freedom from a government established religion, the real practice and policy of the U.S. and state governments is to actively persecute and harass members of religious minorities as required by the official established U.S. government religion. All government officials are officially paid in U.S. money that includes a specific written religious oath "In God We Trust". Contrary to popular belief (as portrayed in television shows), no American citizen has the right to a lawyer or any other Constitutional rights unless they can afford to pay for an attorney of their own.

Any government official (including the police) can harass, persecute, kidnap, beat, gangrape, torture, poison, and kill any member of any religious minority at any time. Only those citizens who can afford a lawyer have any chance of stopping government officials from violating basic human rights and/or U.S. Constitutional rights.

Right now today there are approximately one million (1,000,000) American citizens who are arrested each year for marijuana, even though cannabis is an important part of the Ntr Sentra, thousands of years old religious practice from ancient Egypt.

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 harrassment 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>

Federal Land Use

Newsbrief: US 9th Circuit Rules Religious Marijuana Use on Federal Lands Okay

31 May 2002

In a case involving a Hispanic Rastaman bringing marijuana to Guam, the US 9th Circuit Court of Appeals in San Francisco has ruled that the 1993 Religious Freedom Restoration Act precluded the US government from prosecuting people who possess marijuana on federal lands for religious reasons. The court reasoned that under the RFRA, Congress had the power to create religious exemptions to laws it had originally passed, in this case the Controlled Substances Act.

Unfortunately for defendant Bennie Toves Guerrero, also known as Ras Iyah Ben Makahna, who had been arrested at the Guam airport and charged with importing five ounces of marijuana and 10 ounces of seeds, the court ruled that he could be prosecuted for importing marijuana. "Rastafarianism does not require importation of a controlled substance, which increases (its) availability," the court said.

But the ruling's ramifications could be wide. The court's reference to the "federal realm," specifically the territory of Guam in this case, could apply to federal prosecutions on other federal property, such as national parks, San Francisco federal public defender Barry Portman told the San Francisco Chronicle.

The ruling, which is in line with rulings by two other appeals court, applies to the entire purview of the 9th Circuit, including Guam, the Northern Mariana Islands, California, and

eight other Western states. If extended nationwide, the ruling could apply to federal territories across the country, including Washington, DC.

reprinted with permission from StopTheDrugWar.org
(<http://stopthedrugwar.org/chronicle/239/guam.shtml>)

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/>

ayahuasca case

February 21, 2006 — the United States of America Supreme Court ruled 8-0 (Alito didn't participate because he didn't hear the case) that members of the ayahuasca-using União do Vegetal (UDV) church (estimated 130 members in the U.S.) must be allowed to continue using their DMT-containing tea until a final decision is reached in their case against the government.

In writing the unanimous decision, Chief Justice C.J. Roberts claimed:

- The Religious Freedom Restoration Act is the controlling law for this matter.
- The Government must prove that it has a compelling interest in criminalizing the religious use of this tea for this specific instance.
- Just because the Government says that a drug is dangerous in legislation (DMT is Schedule I) does not relieve the government of its obligation to show that it is dangerous in this specific case.
- The Government bears the burden of showing actual harm and the evidence the Government presented about actual harm caused by using DMT-containing tea did not meet its standard.
- The government failed to provide a clear compelling interest which would override the default assumption of religious freedom as spelled out in the Religious Freedom Restoration Act.
- The Supreme Court never even got to considering whether the ban on the tea was the “least restrictive means” available to meet the governmental interest because the Government failed to show a compelling interest in the first place.
- The case now goes back down to the District Court, a Federal trial court where the case is actually tried with witnesses, testimony, etc.
- The Government will then get another chance to try to make up for the weaknesses in their arguments and the whole thing starts over again.

text of Supreme Court Decision

(Slip Opinion) OCTOBER TERM, 2005 1

Syllabus

NOTE: Where it is feasible, a syllabus (headnote) will be released, as is being done in connection with this case, at the time the opinion is issued. The syllabus constitutes no part of the opinion of the Court but has been prepared by the Reporter of Decisions for the convenience of the reader. See *United States v. Detroit Timber & Lumber Co.*, 200 U. S. 321, 337.

SUPREME COURT OF THE UNITED STATES

Syllabus

GONZALES, ATTORNEY GENERAL,

ET AL

. v. O

CENTRO ESPIRITA BENEFICENTE UNIAO DO
VEGETAL ET AL .

CERTIORARI TO THE UNITED STATES COURT OF APPEALS FOR
THE TENTH CIRCUIT

No. 04–1084. Argued November 1, 2005—Decided February 21, 2006

Congress enacted the Religious Freedom Restoration Act of 1993 (RFRA) in response to *Employment Div., Dept. of Human Resources of Ore. v. Smith*, 494 U. S. 872, where, in upholding a generally applicable law that burdened the sacramental use of peyote, this Court

held that the First Amendment's Free Exercise Clause does not require judges to engage in a case-by-case assessment of the religious burdens imposed by facially constitutional laws, *id.*, at 883–890. Among other things, RFRA prohibits the Federal Government from substantially burdening a person's exercise of religion, "even if the burden results from a rule of general applicability," 42 U. S. C. §2000bb–1(a), except when the Government can "demonstrat[e] that application of the burden to the person (1) [further] a compelling government interest; and (2) is the least restrictive means of furthering that . . . interest," §2000bb–1(b).

Members of respondent church (UDV) receive communion by drinking *hoasca*, a tea brewed from plants unique to the Amazon Rainforest that contains DMT, a hallucinogen regulated under Schedule I of the Controlled Substances Act, see 21 U. S. C. §812(c), Schedule I(c). After U. S. Customs inspectors seized a *hoasca* shipment to the American UDV and threatened prosecution, the UDV filed this suit for declaratory and injunctive relief, alleging, *inter alia*, that applying the Controlled Substances Act to the UDV's sacramental *hoasca* use violates RFRA. At a hearing on the UDV's preliminary injunction motion, the Government conceded that the challenged application would substantially burden a sincere exercise of religion, but argued that this burden did not violate RFRA because applying the

Controlled Substances Act was the least restrictive means of advancing three compelling governmental interests: protecting UDV members' health and safety, preventing the diversion of *hoasca* from the church to recreational users, and complying with the 1971 United Nations Convention on Psychotropic Substances. The District Court granted relief, concluding that, because the parties' evidence on health risks and diversion was equally balanced, the Government had failed to demonstrate a compelling interest justifying the substantial burden on the UDV. The court also held that the 1971 Convention does not apply to *hoasca*. The Tenth Circuit affirmed.

Held: The courts below did not err in determining that the Government failed to demonstrate, at the preliminary injunction stage, a compelling interest in barring the UDV's sacramental use of *hoasca*. Pp. 6–19.

1. This Court rejects the Government's argument that evidentiary equipoise as to potential harm and diversion is an insufficient basis for a preliminary injunction against enforcement of the Controlled Substances Act. Given that the Government conceded the UDV's *prima facie* RFRA case in the District Court and that the evidence found to be in equipoise related to an affirmative defense as to which the Government bore the burden of proof, the UDV effectively demonstrated a likelihood of success on the merits. The Government's argument that, although it would bear the burden of demonstrating a compelling interest at trial on the merits, the UDV should have borne the burden of disproving such interests at the preliminary injunction hearing is foreclosed by *Ashcroft v. American Civil Liberties Union*, 542 U. S. 656, 666. There, in affirming the grant of a preliminary injunction against the Government, this Court reasoned that the burdens with respect to the compelling interest test at the preliminary

injunction stage track the burdens at trial. The Government's attempt to limit the *Ashcroft* rule to content-based restrictions on speech is unavailing. The fact that *Ashcroft* involved such a restriction in no way affected the Court's assessment of the consequences of having the burden at trial for preliminary injunction purposes. Congress' express decision to legislate the compelling interest test indicates that RFRA challenges should be adjudicated in the same way as the test's constitutionally mandated applications, including at the preliminary injunction stage. Pp. 6–8.

2. Also rejected is the Government's central submission that, because it has a compelling interest in the *uniform* application of the Controlled Substances Act, no exception to the DMT ban can be made to accommodate the UDV. The Government argues, *inter alia*, that the Act's description of Schedule I substances as having "a high potential for abuse," "no currently accepted medical use," and "a lack of

accepted safety for use . . . under medical supervision," 21 U. S. C. §812(b)(1), by itself precludes any consideration of individualized exceptions, and that the Act's "closed" regulatory system, which prohibits all use of controlled substances except as the Act itself authorizes, see *Gonzales v. Raich*, 545 U. S. ___, ___, cannot function properly if subjected to judicial exemptions. Pp. 8–16.

(a) RFRA and its strict scrutiny test contemplate an inquiry more focused than the Government's categorical approach. RFRA requires the Government to demonstrate that the compelling interest test is satisfied through application of the challenged law "to the person"—the particular claimant whose sincere exercise of religion is being substantially burdened. 42 U. S. C. §2000bb–1(b). Section 2000bb(b)(1) expressly adopted the compelling interest test of *Sherbert v. Verner*, 374 U. S. 398, and *Wisconsin v. Yoder*, 406 U. S. 205. There, the Court looked beyond broadly formulated interests justifying the general applicability of government mandates, scrutinized the asserted harms, and granted specific exemptions to particular religious claimants. *Id.*, at 213, 221, 236; *Sherbert*, *supra*, at 410. Outside the Free Exercise area as well, the Court has noted that "[c]ontext matters" in applying the compelling interest test, *Grutter v. Bollinger*, 539 U. S. 306, 327, and has emphasized that strict scrutiny's fundamental purpose is to take "relevant differences" into account, *Adarand Constructors, Inc. v. Peña*, 515 U. S. 200, 228. Pp. 9–10.

(b) Under RFRA's more focused inquiry, the Government's mere invocation of the general characteristics of Schedule I substances cannot carry the day. Although Schedule I substances such as DMT are exceptionally dangerous, see, e.g., *Touby v. United States*, 500 U. S. 160, 162, there is no indication that Congress, in classifying DMT, considered the harms posed by the particular use at issue. That question *was* litigated below. Before the District Court found that the Government had not carried its burden of showing a compelling interest in preventing such harm, the court noted that it could not ignore the congressional classification and findings. But Congress' determination that DMT should be listed under Schedule I simply does not provide a categorical answer that relieves the Government of the obligation to shoulder its RFRA burden. The Con-

trolled Substances Act's authorization to the Attorney General to "waive the requirement for registration of certain manufacturers, distributors, or dispensers if he finds it consistent with the public health and safety," 21 U. S. C. §822(d), reinforces that Congress' findings with respect to Schedule I substances should not carry the determinative weight, for RFRA purposes, that the Government would ascribe to them. Indeed, despite the fact that everything the Government says about the DMT in *hoasca* applies in equal measure to the

mescaline in peyote, another Schedule I substance, both the Executive and Congress have decreed an exception from the Controlled Substances Act for Native American religious use of peyote, see 21 CFR §1307.31; 42 U. S. C. §1996a(b)(1). If such use is permitted in the face of the general congressional findings for hundreds of thousands of Native Americans practicing their faith, those same findings alone cannot preclude consideration of a similar exception for the 130 or so American members of the UDV who want to practice theirs. See *Church of Lukumi Babalu Aye, Inc. v. Hialeah*, 508 U. S. 520, 547. The Government's argument that the existence of a *congressional* exemption for peyote does not indicate that the Controlled Substances Act is amenable to *judicially crafted* exceptions fails because RFRA plainly contemplates court-recognized exceptions, see §2000bb–1(c). Pp. 11–13.

(c) The peyote exception also fatally undermines the Government's broader contention that the Controlled Substances Act establishes a closed regulatory system that admits of no exceptions under RFRA. The peyote exception has been in place since the Controlled Substances Act's outset, and there is no evidence that it has undercut the Government's ability to enforce the ban on peyote use by non-Indians. The Government's reliance on pre-*Smith* cases asserting a need for uniformity in rejecting claims for religious exemptions under the Free Exercise Clause is unavailing. Those cases did not embrace the notion that a general interest in uniformity justified a substantial burden on religious exercise, but instead scrutinized the asserted need and explained why the denied exemptions could not be accommodated. See, e.g., *United States v. Lee*, 455 U. S. 252, 258, 260. They show that the Government can demonstrate a compelling interest in uniform application of a particular program by offering evidence that granting the requested religious accommodations would seriously compromise its ability to administer the program. Here the Government's uniformity argument rests not so much on the particular statutory program at issue as on slippery slope concerns that could be invoked in response to any RFRA claim for an exception to a generally applicable law, *i.e.*, "if I make an exception for you, I'll have to make one for everybody, so no exceptions." But RFRA operates by mandating consideration, under the compelling interest test, of exceptions to "rule[s] of general applicability." §2000bb–1(a). Congress' determination that the legislated test is "workable . . . for striking sensible balances between religious liberty and competing prior governmental interests," §200bb(a)(5), finds support in *Sherbert, supra*, at 407, and *Cutter v. Wilkinson*, 544 U. S. ___, ___. While there may be instances where a need for uniformity precludes the recognition of exceptions to generally applicable laws under RFRA, it would be surprising to find that this was such a case, given the longstanding pe-

yote exemption and the fact that the very reason Congress enacted RFRA was to respond to a decision denying a claimed right to sacramental use of a controlled substance. The Government has not shown that granting the UDV an exemption would cause the kind of administrative harm recognized as a compelling interest in, *e.g.*, *Lee*. It cannot now compensate for its failure to convince the District Court as to its health or diversion concerns with the bold argument that there can be no RFRA exceptions at all to the Controlled Substances Act. Pp. 13–16.

3. The Government argues unpersuasively that it has a compelling interest in complying with the 1971 U. N. Convention. While this Court does not agree with the District Court that the Convention does not cover *hoasca*, that does not automatically mean that the Government has demonstrated a compelling interest in applying the Controlled Substances Act, which implements the Convention, to the UDV's sacramental use. At this stage, it suffices that the Government did not submit any evidence addressing the international consequences of granting the UDV an exemption, but simply relied on two affidavits by State Department officials attesting to the general (and undoubted) importance of honoring international obligations and maintaining the United States' leadership in the international war on drugs. Under RFRA, invocation of such general interests, standing alone, is not enough. Pp. 16–18.

389 F. 3d 973, affirmed and remanded.

ROBERTS, C. J., delivered the opinion of the Court, in which all other Members joined, except **A**LITO, J., who took no part in the consideration or decision of the case.

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SUPREME COURT OF THE UNITED STATES

No. 04–1084

ALBERTO R. GONZALES, ATTORNEY GENERAL,

ET AL., PETITIONERS v. O CENTRO ESPIRITA

BENEFICENTE UNIAO DO VEGETAL

ET AL.

ON WRIT OF CERTIORARI TO THE UNITED STATES COURT OF
APPEALS FOR THE TENTH CIRCUIT

[February 21, 2006]

CHIEF **J**USTICE **R**OBERTS delivered the opinion of the
Court.

A religious sect with origins in the Amazon Rainforest receives communion by drinking a sacramental tea, brewed from plants unique to the region, that contains a hallucinogen regulated under the Controlled Substances Act by the Federal Government. The Government concedes that this practice is a sincere exercise of religion, but nonetheless sought to prohibit the small American branch of the sect from engaging in the practice, on the ground that the Controlled Substances Act bars all use of the hallucinogen. The sect sued to block enforcement against it of the ban on the sacramental tea, and moved for a preliminary injunction.

It relied on the Religious Freedom Restoration Act of 1993, which prohibits the Federal Government from substantially burdening a person's exercise of religion, unless the Government "demonstrates that application of the burden to the person" represents the least restrictive means of advancing a compelling interest. 42 U. S. C.

§2000bb–1(b). The District Court granted the preliminary injunction, and the Court of Appeals affirmed. We granted the Government's petition for certiorari. Before this Court, the Government's central submission is that it has a compelling interest in the *uniform* application of the Controlled Substances Act, such that no exception to the ban on use of the hallucinogen can be made to accommodate the sect's sincere religious practice. We conclude that the Government has not carried the burden expressly placed on it by Congress in the Religious Freedom Restoration Act, and affirm the grant of the preliminary injunction.

I

In *Employment Div., Dept. of Human Resources of Ore. v. Smith*, 494 U. S. 872 (1990), this Court held that the Free Exercise Clause of the First Amendment does not prohibit governments from burdening religious practices through generally applicable laws. In *Smith*, we rejected a challenge to an Oregon statute that denied unemployment benefits to drug users, including Native Americans engaged in the sacramental use of peyote. *Id.*, at 890. In so doing, we rejected the interpretation of the Free Exercise Clause announced in *Sherbert v. Verner*, 374 U. S. 398 (1963), and, in accord with earlier cases, see *Smith*, 494 U. S., at 879–880, 884–885, held that the Constitution does not require judges to engage in a case-by-case assessment of the religious burdens imposed by facially constitutional laws. *Id.*, at 883–890.

Congress responded by enacting the Religious Freedom Restoration Act of 1993 (RFRA), 107 Stat. 1488, as amended, 42 U. S. C. §2000bb *et seq.*, which adopts a statutory rule comparable to the constitutional rule re-

jected in *Smith*. Under RFRA, the Federal Government may not, as a statutory matter, substantially burden a person's exercise of religion, "even if the burden results

from a rule of general applicability." §2000bb-1(a). The only exception recognized by the statute requires the Government to satisfy the compelling interest test—to "demonstrat[e] that application of the burden to the person—(1) is in furtherance of a compelling government interest; and (2) is the least restrictive means of furthering that compelling governmental interest." §2000bb-1(b). A person whose religious practices are burdened in violation of RFRA "may assert that violation as a claim or defense in a judicial proceeding and obtain appropriate relief." §2000bb-1(c).

¹

The Controlled Substances Act, 84 Stat. 1242, as amended, 21 U. S. C. §801 *et seq.* (2000 ed. and Supp. I), regulates the importation, manufacture, distribution, and use of psychotropic substances. The Act classifies substances into five schedules based on their potential for abuse, the extent to which they have an accepted medical use, and their safety. See §812(b) (2000 ed.). Substances listed in Schedule I of the Act are subject to the most comprehensive restrictions, including an outright ban on all importation and use, except pursuant to strictly regulated research projects. See §§823, 960(a)(1). The Act authorizes the imposition of a criminal sentence for simple possession of Schedule I substances, see §844(a), and mandates the imposition of a criminal sentence for possession "with intent to manufacture, distribute, or dispense" such substances, see §§841(a), (b).

O Centro Espírita Beneficente União do Vegetal (UDV) is a Christian Spiritist sect based in Brazil, with an American branch of approximately 130 individuals. Central to the UDV's faith is receiving communion through

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As originally enacted, RFRA applied to States as well as the Federal Government. In *City of Boerne v. Flores*, 521 U. S. 507 (1997), we held the application to States to be beyond Congress' legislative authority under §5 of the 14th Amendment.

hoasca (pronounced "wass-ca"), a sacramental tea made from two plants unique to the Amazon region. One of the plants, *psychotria viridis*, contains dimethyltryptamine (DMT), a hallucinogen whose effects are enhanced by alkaloids from the other plant, *banisteriopsis caapi*. DMT, as well as "any material, compound, mixture, or preparation, which contains any quantity of [DMT]," is listed in Schedule I of the Controlled Substances Act. §812(c), Schedule I(c).

In 1999, United States Customs inspectors intercepted a

shipment to the American UDV containing three drums of *hoasca*. A subsequent investigation revealed that the UDV had received 14 prior shipments of *hoasca*. The inspectors seized the intercepted shipment and threatened the UDV with prosecution.

The UDV filed suit against the Attorney General and other federal law enforcement officials, seeking declaratory and injunctive relief. The complaint alleged, *inter alia*, that applying the Controlled Substances Act to the UDV's sacramental use of *hoasca* violates RFRA. Prior to trial, the UDV moved for a preliminary injunction, so that it could continue to practice its faith pending trial on the merits.

At a hearing on the preliminary injunction, the Government conceded that the challenged application of the Controlled Substances Act would substantially burden a sincere exercise of religion by the UDV. See *O Centro Espirita Beneficiente Uniao do Vegetal v. Ashcroft*, 282 F. Supp. 2d 1236, 1252 (NM 2002). The Government argued, however, that this burden did not violate RFRA, because applying the Controlled Substances Act in this case was the least restrictive means of advancing three compelling governmental interests: protecting the health and safety of UDV members, preventing the diversion of *hoasca* from the church to recreational users, and complying with the 1971 United Nations Convention on Psycho-

tropic Substances, a treaty signed by the United States and implemented by the Act. Feb. 21, 1971, [1979–1980], 32 U. S. T. 543, T. I. A. S. No. 9725. See 282 F. Supp. 2d, at 1252–1253.

The District Court heard evidence from both parties on the health risks of *hoasca* and the potential for diversion from the church. The Government presented evidence to the effect that use of *hoasca*, or DMT more generally, can cause psychotic reactions, cardiac irregularities, and adverse drug interactions. The UDV countered by citing studies documenting the safety of its sacramental use of *hoasca* and presenting evidence that minimized the likelihood of the health risks raised by the Government. With respect to diversion, the Government pointed to a general rise in the illicit use of hallucinogens, and cited interest in the illegal use of DMT and *hoasca* in particular; the UDV emphasized the thinness of any market for *hoasca*, the relatively small amounts of the substance imported by the church, and the absence of any diversion problem in the past.

The District Court concluded that the evidence on health risks was “in equipoise,” and similarly that the evidence on diversion was “virtually balanced.” *Id.*, at 1262, 1266. In the face of such an even showing, the court

reasoned that the Government had failed to demonstrate a compelling interest justifying what it acknowledged was a substantial burden on the UDV's sincere religious exercise. *Id.*, at 1255. The court also rejected the asserted interest in complying with the 1971 Convention on Psychotropic Substances, holding that the Convention does not apply to *hoasca*. *Id.*, at 1266–1269.

The court entered a preliminary injunction prohibiting the Government from enforcing the Controlled Substances Act with respect to the UDV's importation and use of *hoasca*. The injunction requires the church to import the tea pursuant to federal permits, to restrict control over the

tea to persons of church authority, and to warn particularly susceptible UDV members of the dangers of *hoasca*. See Preliminary Injunction ¶¶2, 5–12, 32–33, App. F to App. to Pet. for Cert. 249a, 250a–252a, 258a–259a. The injunction also provides that “if [the Government] believe[s] that evidence exists that *hoasca* has negatively affected the health of UDV members,” or “that a shipment of *hoasca* contain[s] particularly dangerous levels of DMT, [the Government] may apply to the Court for an expedited determination of whether the evidence warrants suspension or revocation of [the UDV's authority to use *hoasca*].” *Id.*, at 257a, ¶29.

The Government appealed the preliminary injunction and a panel of the Court of Appeals for the Tenth Circuit affirmed, *O Centro Espirita Beneficiente Uniao do Vegetal v. Ashcroft*, 342 F. 3d 1170 (2003), as did a majority of the Circuit sitting en banc, 389 F. 3d 973 (2004). We granted certiorari. 544 U. S. 973 (2005).

II

Although its briefs contain some discussion of the potential for harm and diversion from the UDV's use of *hoasca*, the Government does not challenge the District Court's factual findings or its conclusion that the evidence submitted on these issues was evenly balanced. Instead, the Government maintains that such evidentiary equipoise is an insufficient basis for issuing a preliminary injunction against enforcement of the Controlled Substances Act. We review the District Court's legal rulings *de novo* and its ultimate decision to issue the preliminary injunction for abuse of discretion. See *McCreary County v. American Civil Liberties Union*, 545 U. S. ____ , ____ (2005) (slip op., at 19).

The Government begins by invoking the well-established principle that the party seeking pretrial relief bears the burden of demonstrating a likelihood of success

on the merits. See, e.g., *Mazurek v. Armstrong*, 520 U. S.

968, 972 (1997) (*per curiam*); *Doran v. Salem Inn, Inc.*, 422 U. S. 922, 931 (1975). The Government argues that the District Court lost sight of this principle in issuing the injunction based on a mere tie in the evidentiary record.

A majority of the en banc Court of Appeals rejected this argument, and so do we. Before the District Court, the Government conceded the UDV's prima facie case under RFRA. See 282 F. Supp. 2d, at 1252 (application of the Controlled Substances Act would (1) substantially burden (2) a sincere (3) religious exercise). The evidence the District Court found to be in equipoise related to two of the compelling interests asserted by the Government, which formed part of the Government's affirmative defense. See 42 U. S. C. §2000bb-1(b) ("Government may substantially burden a person's exercise of religion only if *it demonstrates* that application of the burden to the person—(1) is in furtherance of a compelling government interest . . ." (emphasis added)); §2000bb-2(3) ("[T]he term 'demonstrates' means meets the burdens of going forward with the evidence and of persuasion"). Accordingly, the UDV effectively demonstrated that its sincere exercise of religion was substantially burdened, and the Government failed to demonstrate that the application of the burden to the UDV would, more likely than not, be justified by the asserted compelling interests. See 389 F. 3d, at 1009 (Seymour, J., concurring in part and dissenting in part) ("[T]he balance is between actual irreparable harm to [the] plaintiff and potential harm to the government which does not even rise to the level of a preponderance of the evidence").

The Government argues that, although it would bear the burden of demonstrating a compelling interest as part of its affirmative defense at trial on the merits, the UDV should have borne the burden of disproving the asserted compelling interests at the hearing on the preliminary

injunction. This argument is foreclosed by our recent decision in *Ashcroft v. American Civil Liberties Union*, 542 U. S. 656 (2004). In *Ashcroft*, we affirmed the grant of a preliminary injunction in a case where the Government had failed to show a likelihood of success under the compelling interest test. We reasoned that "[a]s the Government bears the burden of proof on the ultimate question of [the challenged Act's] constitutionality, respondents [the movants] must be deemed likely to prevail unless the Government has shown that respondents' proposed less restrictive alternatives are less effective than [enforcing the Act]." *Id.*, at 666. That logic extends to this case; here the Government failed on the first prong of the compelling interest test, and did not reach the least restrictive means prong, but that can make no difference. The point remains that the burdens at the preliminary injunction stage track the burdens at trial.

The Government attempts to limit the rule announced in *Ashcroft* to content-based restrictions on speech, but the distinction is unavailing. The fact that *Ashcroft* involved such a restriction was the reason the Government had the burden of proof at trial under the First Amendment, see *id.*, at 665, but in no way affected the Court's assessment of the consequences of having that burden for purposes of the preliminary injunction. Here the burden is placed squarely on the Government by RFRA rather than the First Amendment, see 42 U. S. C. §§2000bb–1(b), 2000bb–2(3), but the consequences are the same. Congress' express decision to legislate the compelling interest test indicates that RFRA challenges should be adjudicated in the same manner as constitutionally mandated applications of the test, including at the preliminary injunction stage.

III

The Government's second line of argument rests on the Controlled Substances Act itself. The Government contends that the Act's description of Schedule I substances as having "a high potential for abuse," "no currently accepted medical use in treatment in the United States," and "a lack of accepted safety for use . . . under medical supervision," 21 U. S. C. §812(b)(1), by itself precludes any consideration of individualized exceptions such as that sought by the UDV. The Government goes on to argue that the regulatory regime established by the Act—a "closed" system that prohibits all use of controlled substances except as authorized by the Act itself, see *Gonzales v. Raich*, 545 U. S. ___, ___ (2005) (slip op., at 10)—"cannot function with its necessary rigor and comprehensiveness if subjected to judicial exemptions." Brief for Petitioners 18. According to the Government, there would be no way to cabin religious exceptions once recognized, and "the public will misread" such exceptions as signaling that the substance at issue is not harmful after all. *Id.*, at 23. Under the Government's view, there is no need to assess the particulars of the UDV's use or weigh the impact of an exemption for that specific use, because the Controlled Substances Act serves a compelling purpose and simply admits of no exceptions.

A

RFRA, and the strict scrutiny test it adopted, contemplate an inquiry more focused than the Government's categorical approach. RFRA requires the Government to demonstrate that the compelling interest test is satisfied through application of the challenged law "to the person"—the particular claimant whose sincere exercise of religion is being substantially burdened. 42 U. S. C. §2000bb–1(b). RFRA expressly adopted the compelling

interest test “as set forth in *Sherbert v. Verner*, 374 U. S. 398 (1963) and *Wisconsin v. Yoder*, 406 U. S. 205 (1972).” 42 U. S. C. §2000bb(b)(1). In each of those cases, this

Court looked beyond broadly formulated interests justifying the general applicability of government mandates and scrutinized the asserted harm of granting specific exemptions to particular religious claimants. In *Yoder*, for example, we permitted an exemption for Amish children from a compulsory school attendance law. We recognized that the State had a “paramount” interest in education, but held that “despite its admitted validity in the generality of cases, we must searchingly examine the interests that the State seeks to promote . . . and the impediment to those objectives that would flow from recognizing *the claimed Amish exemption*.” 406 U. S., at 213, 221 (emphasis added). The Court explained that the State needed “to show with more particularity how its admittedly strong interest . . . would be adversely affected by granting an exemption *to the Amish*.” *Id.*, at 236 (emphasis added).

In *Sherbert*, the Court upheld a particular claim to a religious exemption from a state law denying unemployment benefits to those who would not work on Saturdays, but explained that it was not announcing a constitutional right to unemployment benefits for “*all* persons whose religious convictions are the cause of their unemployment.” 374 U. S., at 410 (emphasis added). The Court distinguished the case “in which an employee’s religious convictions serve to make him a nonproductive member of society.” *Ibid.*; see also *Smith*, 494 U. S., at 899 (O’Connor, J., concurring in judgment) (strict scrutiny “at least requires a case-by-case determination of the question, sensitive to the facts of each particular claim”). Outside the Free Exercise area as well, the Court has noted that “[c]ontext matters” in applying the compelling interest test, *Grutter v. Bollinger*, 539 U. S. 306, 327 (2003), and has emphasized that “strict scrutiny *does* take ‘relevant differences’ into account—indeed, that is its fundamental purpose,” *Adarand Constructors, Inc. v. Peña*, 515 U. S. 200, 228 (1995).

B

Under the more focused inquiry required by RFRA and the compelling interest test, the Government’s mere invocation of the general characteristics of Schedule I substances, as set forth in the Controlled Substances Act, cannot carry the day. It is true, of course, that Schedule I substances such as DMT are exceptionally dangerous. See, e.g., *Touby v. United States*, 500 U. S. 160, 162 (1991). Nevertheless, there is no indication that Congress, in classifying DMT, considered the harms posed by the particular use at issue here—the circumscribed, sacramental use of *hoasca* by the UDV. The question of the harms from the

sacramental use of *hoasca* by the UDV was litigated below. Before the District Court found that the Government had not carried its burden of showing a compelling interest in preventing such harms, the court noted that it could not “ignore that the legislative branch of the government elected to place materials containing DMT on Schedule I of the [Act], reflecting findings that substances containing DMT have ‘a high potential for abuse,’ and ‘no currently accepted medical use in treatment in the United States,’ and that ‘[t]here is a lack of accepted safety for use of [DMT] under medical supervision.’” 282 F. Supp. 2d, at 1254. But Congress’ determination that DMT should be listed under Schedule I simply does not provide a categorical answer that relieves the Government of the obligation to shoulder its burden under RFRA.

This conclusion is reinforced by the Controlled Substances Act itself. The Act contains a provision authorizing the Attorney General to “waive the requirement for registration of certain manufacturers, distributors, or dispensers if he finds it consistent with the public health and safety.” 21 U. S. C. §822(d). The fact that the Act itself contemplates that exempting certain people from its requirements would be “consistent with the public health and safety” indicates that congressional findings with

respect to Schedule I substances should not carry the determinative weight, for RFRA purposes, that the Government would ascribe to them.

And in fact an exception has been made to the Schedule I ban for religious use. For the past 35 years, there has been a regulatory exemption for use of peyote—a Schedule I substance—by the Native American Church. See 21 CFR §1307.31 (2005). In 1994, Congress extended that exemption to all members of every recognized Indian Tribe. See 42 U. S. C. §1996a(b)(1). Everything the Government says about the DMT in *hoasca*—that, as a Schedule I substance, Congress has determined that it “has a high potential for abuse,” “has no currently accepted medical use,” and has “a lack of accepted safety for use . . . under medical supervision,” 21 U. S. C. §812(b)(1)—applies in equal measure to the mescaline in peyote, yet both the Executive and Congress itself have decreed an exception from the Controlled Substances Act for Native American religious use of peyote. If such use is permitted in the face of the congressional findings in §812(b)(1) for hundreds of thousands of Native Americans practicing their faith, it is difficult to see how those same findings alone can preclude any consideration of a similar exception for the 130 or so American members of the UDV who want to practice theirs. See *Church of Lukumi Babalu Aye, Inc. v. Hialeah*, 508 U. S. 520, 547 (1993) (“It is established in our strict scrutiny jurisprudence that ‘a law cannot be regarded as protecting an interest ‘of the highest order’ . . .

when it leaves appreciable damage to that supposedly vital interest unprohibited’ ” (quoting *Florida Star v. B. J. F.*, 491 U. S. 524, 541–542 (1989) (S CALIA , J., concurring in part and concurring in judgment))).

The Government responds that there is a “unique relationship” between the United States and the Tribes, Brief for Petitioners 27; see *Morton v. Mancari*, 417 U. S. 535 (1974), but never explains what about that “unique” rela-

tionship justifies overriding the same congressional findings on which the Government relies in resisting any exception for the UDV’s religious use of *hoasca*. In other words, if any Schedule I substance is in fact *always* highly dangerous in any amount no matter how used, what about the unique relationship with the Tribes justifies allowing their use of peyote? Nothing about the unique political status of the Tribes makes their members immune from the health risks the Government asserts accompany any use of a Schedule I substance, nor insulates the Schedule I substance the Tribes use in religious exercise from the alleged risk of diversion.

The Government argues that the existence of a *congressional* exemption for peyote does not indicate that the Controlled Substances Act is amenable to *judicially crafted* exceptions. RFRA, however, plainly contemplates that *courts* would recognize exceptions—that is how the law works. See 42 U. S. C. §2000bb–1(c) (“A person whose religious exercise has been burdened in violation of this section may assert that violation as a claim or defense in a judicial proceeding and obtain appropriate relief against a government”). Congress’ role in the peyote exemption—and the Executive’s, see 21 CFR §1307.31 (2005)—confirms that the findings in the Controlled Substances Act do not preclude exceptions altogether; RFRA makes clear that it is the obligation of the courts to consider whether exceptions are required under the test set forth by Congress.

C

The well-established peyote exception also fatally undermines the Government’s broader contention that the Controlled Substances Act establishes a closed regulatory system that admits of no exceptions under RFRA. The Government argues that the effectiveness of the Controlled Substances Act will be “necessarily . . . undercut” if the Act is not uniformly applied, without regard to burdens on religious exercise. Brief for Petitioners 18. The

peyote exception, however, has been in place since the outset of the Controlled Substances Act, and there is no evidence that it has “undercut” the Government’s ability to enforce the ban on peyote use by non-Indians.

The Government points to some pre-*Smith* cases relying on a need for uniformity in rejecting claims for religious exemptions under the Free Exercise Clause, see Brief for Petitioners 16, but those cases strike us as quite different from the present one. Those cases did not embrace the notion that a general interest in uniformity justified a substantial burden on religious exercise; they instead scrutinized the asserted need and explained why the denied exemptions could not be accommodated. In *United States v. Lee*, 455 U. S. 252 (1982), for example, the Court rejected a claimed exception to the obligation to pay Social Security taxes, noting that “mandatory participation is indispensable to the fiscal vitality of the social security system” and that the “tax system could not function if denominations were allowed to challenge the tax system because tax payments were spent in a manner that violates their religious belief.” *Id.*, at 258, 260. See also *Hernandez v. Commissioner*, 490 U. S. 680, 700 (1989) (same). In *Braunfeld v. Brown*, 366 U. S. 599 (1961) (plurality opinion), the Court denied a claimed exception to Sunday closing laws, in part because allowing such exceptions “might well provide [the claimants] with an economic advantage over their competitors who must remain closed on that day.” *Id.*, at 608–609. The whole point of a “uniform day of rest for all workers” would have been defeated by exceptions. See *Sherbert*, 374 U. S., at 408 (discussing *Braunfeld*). These cases show that the Government can demonstrate a compelling interest in uniform application of a particular program by offering evidence that granting the requested religious accommodations would seriously compromise its ability to administer the program.

Here the Government’s argument for uniformity is different; it rests not so much on the particular statutory program at issue as on slippery-slope concerns that could be invoked in response to any RFRA claim for an exception to a generally applicable law. The Government’s argument echoes the classic rejoinder of bureaucrats throughout history: If I make an exception for you, I’ll have to make one for everybody, so no exceptions. But RFRA operates by mandating consideration, under the compelling interest test, of exceptions to “rule[s] of general applicability.” 42 U. S. C. §2000bb–1(a). Congress determined that the legislated test “is a workable test for striking sensible balances between religious liberty and competing prior governmental interests.” §2000bb(a)(5). This determination finds support in our cases; in *Sherbert*, for example, we rejected a slippery-slope argument similar to the one offered in this case, dismissing as “no more than a possibility” the State’s speculation “that the filing of fraudulent claims by unscrupulous claimants feigning religious objections to Saturday work” would drain the unemployment benefits fund. 374 U. S., at 407.

We reaffirmed just last Term the feasibility of case-by-case consideration of religious exemptions to generally applicable rules. In *Cutter v. Wilkinson*, 544 U. S. ____ (2005), we held that the Religious Land Use and Institutionalized Persons Act of 2000, which allows federal and state prisoners to seek religious accommodations pursuant to the same standard as set forth in RFRA, does not violate the Establishment Clause. We had “no cause to believe” that the compelling interest test “would not be applied in an appropriately balanced way” to specific claims for exemptions as they arose. *Id.*, at ____ (slip op., at 12). Nothing in our opinion suggested that courts were not up to the task.

We do not doubt that there may be instances in which a need for uniformity precludes the recognition of exceptions to generally applicable laws under RFRA. But it would

have been surprising to find that this was such a case, given the longstanding exemption from the Controlled Substances Act for religious use of peyote, and the fact that the very reason Congress enacted RFRA was to respond to a decision denying a claimed right to sacramental use of a controlled substance. See 42 U. S. C. §2000bb(a)(4). And in fact the Government has not offered evidence demonstrating that granting the UDV an exemption would cause the kind of administrative harm recognized as a compelling interest in *Lee*, *Hernandez*, and *Braunfeld*. The Government failed to convince the District Court at the preliminary injunction hearing that health or diversion concerns provide a compelling interest in banning the UDV’s sacramental use of *hoasca*. It cannot compensate for that failure now with the bold argument that there can be no RFRA exceptions at all to the Controlled Substances Act. See Tr. of Oral Arg. 17 (Deputy Solicitor General statement that exception could not be made even for “rigorously policed” use of “one drop” of substance “once a year”).

IV

Before the District Court, the Government also asserted an interest in compliance with the 1971 United Nations Convention on Psychotropic Substances, Feb. 21, 1971, [1979–1980], 32 U. S. T. 543, T. I. A. S. No. 9725. The Convention, signed by the United States and implemented by the Controlled Substances Act, calls on signatories to prohibit the use of hallucinogens, including DMT. The Government argues that it has a compelling interest in meeting its international obligations by complying with the Convention.

The District Court rejected this interest because it found that the Convention does not cover *hoasca*. The court relied on the official commentary to the Convention, which

notes that “Schedule I [of the Convention] does not list . . .

natural hallucinogenic materials,” and that “[p]lants as such are not, and it is submitted are also not likely to be, listed in Schedule I, but only some products obtained from plants.” U. N. Commentary on the Convention on Psychotropic Substances 387, 385 (1976). The court reasoned that *hoasca*, like the plants from which the tea is made, is sufficiently distinct from DMT itself to fall outside the treaty. See 282 F. Supp. 2d, at 1266–1269.

We do not agree. The Convention provides that “a preparation is subject to the same measures of control as the psychotropic substance which it contains,” and defines “preparation” as “any solution or mixture, in whatever physical state, containing one or more psychotropic substances.” See 32 U. S. T., at 546, Art. 1(f)(i); *id.*, at 551, Art. 3. *Hoasca* is a “solution or mixture” containing DMT; the fact that it is made by the simple process of brewing plants in water, as opposed to some more advanced method, does not change that. To the extent the commentary suggests plants themselves are not covered by the Convention, that is of no moment—the UDV seeks to import and use a tea brewed from plants, not the plants themselves, and the tea plainly qualifies as a “preparation” under the Convention.

The fact that *hoasca* is covered by the Convention, however, does not automatically mean that the Government has demonstrated a compelling interest in applying the Controlled Substances Act, which implements the Convention, to the UDV’s sacramental use of the tea. At the present stage, it suffices to observe that the Government did not even *submit* evidence addressing the international consequences of granting an exemption for the UDV. The Government simply submitted two affidavits by State Department officials attesting to the general importance of honoring international obligations and of maintaining the leadership position of the United States in the international war on drugs. See Declaration of

Gary T. Sheridan (Jan. 24, 2001), App. G to App. to Pet. for Cert. 261a; Declaration of Robert E. Dalton (Jan. 24, 2001), App. H, *id.*, at 265a. We do not doubt the validity of these interests, any more than we doubt the general interest in promoting public health and safety by enforcing the Controlled Substances Act, but under RFRA invocation of such general interests, standing alone, is not enough.

2

* * *

The Government repeatedly invokes Congress’ findings and purposes underlying the Controlled Substances Act,

but Congress had a reason for enacting RFRA, too. Congress recognized that “laws ‘neutral’ toward religion may burden religious exercise as surely as laws intended to interfere with religious exercise,” and legislated “the compelling interest test” as the means for the courts to “strik[e] sensible balances between religious liberty and competing prior governmental interests.” 42 U. S. C. §§2000bb(a)(2), (5).

We have no cause to pretend that the task assigned by Congress to the courts under RFRA is an easy one. Indeed, the very sort of difficulties highlighted by the Government here were cited by this Court in deciding that the approach later mandated by Congress under RFRA was not required as a matter of constitutional law under the Free Exercise Clause. See *Smith*, 494 U. S., at 885–890. But Congress has determined that courts should strike sensible balances, pursuant to a compelling interest test that requires the Government to address the particular practice at issue. Applying that test, we conclude that the courts below did not err in determining that the Government failed to demonstrate, at the preliminary injunction stage, a compelling interest in barring the UDV’s sacra-

2

In light of the foregoing, we do not reach the UDV’s argument that Art. 22, ¶5, of the Convention should be read to accommodate exceptions under domestic laws such as RFRA.

mental use of *hoasca*.

The judgment of the United States Court of Appeals for the Tenth Circuit is affirmed, and the case is remanded for further proceedings consistent with this opinion.

It is so ordered.

J USTICE A LITO took no part in the consideration or decision of this case.

Lawyers

The sad truth is that the U.S. Constitution does *not* protect religious rights. Any government official can violate basic religious rights at any time, including arresting and imprisoning those who refuse to join the officially established U.S. government religion.

The only defense against Christian, Muslim, and Jewish government officials who actively discriminate against and persecute Pagans is to have a **lawyer**.

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The following list of lawyers is *not* confirmed for quality and is provided as a service for those facing religious persecution by government officials.

Note that *none* of the listed lawyers have donated any money (not even a single penny) to help this religion.

lawyers specializing in defense of marijuana/cannabis users

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My practice is dedicated to representing good people who have been criminally charged for alleged violations of the cannabis prohibition laws. I have experience defending the modern devotees of ancient Egyptian religions from criminal charges in federal court. Additionally, I have experience asserting religious defenses to federal marijuana charges. If you are willing to take a stand for your beliefs, you should be represented by a lawyer who is eager to do the same.

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You people sound crazier than hell. But that's not necessarily a bad thing. You may list my name.

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Cannabis Witch Hunt

Most people think that the phrase “Cannabis Witch Hunt” is metaphor, not realizing that the laws against cannabis are religious laws against Witchcraft and that the methods and the laws against cannabis are all based on the church laws and procedures for carrying out a Witch Hunt.

This series of articles is *not* legal advice, but rather an objective history of the nature of the Cannabis Witch Hunt to help prepare those who use, possess, distribute, and grow cannabis for the depravity of

the persecution they will face.

The Witch Hunt against cannabis is an actual literal Witch Hunt, even though many people think the term is mere metaphor.

Growing, processing, transporting, distributing, possessing, and using cannabis is an essential act of Witchcraft. The Christian Bible, Jewish Torah, and Islamic Koran all specifically and unambiguously outlaw Witchcraft with the death penalty. All U.S. federal judges are Christian or Jewish. A majority of the U.S. Supreme Court is Roman Catholic.

Very few Americans realize that the persecution of cannabis is Christian (especially Roman Catholic) persecution of Witchcraft. Very few American cannabis users have any idea that they are engaging in Witchcraft, much less that they are being targeted for Witchcraft.

This series of articles explains how the cannabis Witch Hunt actually works and your possible defenses under federal law.

You will be shocked at how unfairly the system is stacked against innocent Witches. Many of the rights you were taught in school simply don't exist in the courtrooms. The Witch must establish innocence beyond the unreasonable doubts of Christian judges and must do so following highly biased rules and procedures intended to make it nearly impossible to obtain a fair Witch Trial.

This series of articles explains a kind of Witchcraft known as Am Khent Kemeticism, but includes additional materials that may be useful for those who practice some other form of Witchcraft or cannabis religion.

Under the federal Religious Freedom Restoration Act (RFRA) an innocent Witch must prove in court that the law is unambiguously an establishment of religion, that the law is unambiguously directed at limiting free exercise of religion, that the law serves no possible legitimate government purpose, that cannabis has absolutely no danger, that the Am Khent Witchcraft religion is a religion, that the practitioner is sincere in his or her beliefs, that Am Khent Kemeticism requires the use, possession, transportation, distribution, growing, and preparation of cannabis, and that there are less restrictive ways that the government can take action against cannabis.

What possible reason could the U.S. government have for such Draconian penalties for cannabis? It is because Christianity has always imposed Draconian penalties for Witchcraft, including torture and the death penalty. The Controlled Substances Act imposes harsher penalties for cannabis than for rape, murder, and torture because the Christian judges and Congresspersons consider Cannabis Witchcraft to be a more serious religious offense than violent crimes.

time line

A time line on the persecution and history of cannabis Witchcraft.

approx 3100 B.C.E. Probable date of the writing of the original of the famous Eber's Papyrus, which discusses Cannabis Witchcraft.

approx 2000 B.C.E. Earliest surviving written documentation of cannabis use in Witchcraft. Discusses using cannabis for treating sore eyes and cataracts.

approx 1700 B.C.E. Cannabis Witchcraft mentioned in the Ramesseum III Papyrus medical text.

approx 1600 B.C.E. Cannabis Witchcraft mentioned in the Eber's Papyrus medical text. 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.

1574 B.C.E. Pharaoh Seqenenre-Taa II's mummy buried with cannabis pollen.

1546 B.C.E. Pharaoh Amosis's mummy buried with cannabis pollen.

1524 B.C.E. Pharaoh Amenhotep I's mummy buried with cannabis pollen.

1518 B.C.E. Pharaoh Tuthmosis I's mummy buried with cannabis pollen.

1504 B.C.E. Pharaoh Tuthmosis II's mummy buried with cannabis pollen.

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.**

1450 B.C.E. Pharaoh Tuthmosis III's mummy buried with cannabis pollen. Pharaoh Tuthmosis III calls Seshat "Sefkhet-Abwy" or "She of the seven points". Spell 10 of the Coffin text states "Seshat opens the door of heaven for you".

1419 B.C.E. Pharaoh Amenhotep II's mummy buried with cannabis pollen.

1386 B.C.E. Pharaoh Tuthmosis IV's mummy buried with cannabis pollen.

1349 B.C.E. Pharaoh Amenhotep III's mummy buried with cannabis pollen.

1334 B.C.E. Amenophis IV buried with three ply hemp cord in the hole of a stone and a large mat bound with hemp cords.

1325 B.C.E. Pharaoh Tutankhamen's mummy buried with cannabis pollen. This is the famous King Tut.

approx 1300 B.C.E. Cannabis Witchcraft mentioned in the Berlin Papyrus medical text.

approx 1300 B.C.E. Cannabis Witchcraft mentioned in the Chester Beatty VI Papyrus medical text.

1294 B.C.E. Pharaoh Ramesses I's mummy buried with cannabis pollen.

1279 B.C.E. Pharaoh Seti I's mummy buried with cannabis pollen.

1213 B.C.E. Pharaoh Ramesses II's mummy buried with cannabis pollen. This is Ramses the Great.

1202 B.C.E. Pharaoh Merenptah's mummy buried with cannabis pollen.

1193 B.C.E. Pharaoh Seti II's mummy buried with cannabis pollen.

1151 B.C.E. Pharaoh Ramesses III's mummy buried with cannabis pollen.

1145 B.C.E. Pharaoh Ramsesses IV's mummy buried with cannabis pollen.

1141 B.C.E. Pharaoh Ramesses V's mummy buried with cannabis pollen.

1133 B.C.E. Pharaoh Ramesses VI's mummy buried with cannabis pollen.

1108 B.C.E. Pharaoh Ramesses IX's mummy buried with cannabis pollen.

1032 B.C.E. Pharaoh Pinudjem I's mummy buried with cannabis pollen.

approx 50 B.C.E. Diodorus Siculus (Sicilian Greek historian) reports that Egyptian women use cannabis witchcraft to relieve sorrow and bring good cheer.

270-275 Roman emperor Aurelian imposed a tax on Egyptian cannabis.

383 Priscillian of Avila executed for witchcraft. Burned to death.

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 Episcopii*, 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.

1970 U.S. Congress passes the Controlled Substances Act (CSA) as Title II of the Comprehensive Drug Abuse Prevention and Control Act of 1970, outlawing cannabis witchcraft and establishing Christianity as the official U.S. religion.

1986-1996 At least 300 Witches killed in South Africa.

1998 At least 100 Witches killed in Indonesia.

illegal bias

The government has an illegal bias against Witchcraft that violates the U.S. Constitution.

All government officials, including all judges, prosecutors, and police, are officially paid in money that includes the officially established written religious oath of office “In God We Trust”, even though the U.S. Constitution specifically prohibits religious oaths of office.

All federal judges are either Christian or Jew. There are ZERO Buddhist federal judges. There are ZERO Hindu federal judges. There are ZERO Witch federal judges. There are ZERO Islamic federal judges. Statistically it is unambiguously clear that the appointments of federal judges have involved an illegal prohibition against federal judges of any religion other than Christianity or Judaism.

The majority of the U.S. Supreme Court are Roman Catholic (Chief Justice John G. Roberts, Justice Samuel A. Alito, Jr., Justice Anthony M. Kennedy, Justice Antonio Scalia, and Justice Clarence Thomas) and have exercised their majority to vote according to requirements set down by the Roman Catholic Pope under threat of being excommunicated by the Pope.

As just one example, under threat of excommunication for any public official who allowed abortion, in 2007 the five member Roman Catholic majority outlawed “partial birth abortion” (even though there is *no* medical procedure by that name) claiming that all humans shared the official Roman Catholic religious belief that the procedure was “gruesome and inhumane” and the official Roman Catholic religious belief that women who have abortions “come to regret their choice to abort the infant life they once created and sustained” and that “severe depression and loss of esteem can follow”.

The Roman Catholic majority of the U.S. Supreme Court also ruled in 2007 that the First Amendment prohibition against establishment of religion and the First Amendment guarantee of freedom of religion only apply to Congress and do not in any way apply to the executive (or presumably the judiciary) and that the founding fathers had no intent of any kind to prohibit the establishment of the Roman Catholic Church as the official U.S. government religion and that the founding fathers never had any intent that any person have freedom of religious belief or thought.

In the case U.S. v. David Meyers, No. 95-8079, United States Court of Appeals for the Tenth District, September 6, 1996, the judges ruled that Meyer’s Church of Marijuana was not legally a religion and used a set of highly biased tests known as the Meyers Matrix that were specifically designed to establish Christianity as the only legal religion in the U.S. and specifically prohibit the free exercise of all other religions.

- what is religion?
- Ultimate Ideas
- Metaphysical Beliefs
- Moral or Ethical System
- Comprehensiveness of Beliefs
- Accoutrements of Religion
 - a. Founder, Propher, or Teacher
 - b. Important Writings
 - c. Gathering Places
 - d. Keepers of Knowledge
 - e. Ceremonies and Rituals
 - f. Structure or Organization
 - g. Holidays

- h. Diet or Fasting
- i. Appearance and Clothing
- j. Propagation

what is religion?

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The judges stated in their decision:

"There is no dispute that Meyers' beliefs are sincerely held and that they are substantially burdened by 21 U.S.C. 841 and 846 and 18 U.S.C. 2. The issue is whether his sincerely held beliefs are "religious beliefs," rather than a philosophy or way of life."

There is substantial agreement throughout the archaeological, historical, and religious communities that Am Khent Kemeticism and other forms of ancient Egyptian belief are in fact religion, possibly the oldest religion still being practiced.

From **The Handy Religion Answer Book**, by John Renard (a Roman Catholic), 2002, Visible Ink Press:

"Religion was the very core of ancient Egyptian culture (3500 BCE—950 BCE). It permeated every aspect of life, including art, medicine, and science. Egyptians believed that the gods [sic] had created Egypt as an oasis of order and inherent good amidst the forces of chaos that constantly threatened to overwhelm them. Justice, morality, and beauty — called Ma'at by the Egyptians — consisted of behavior in accordance with that tradition."

"The Egyptian religion featured many deities, some strange but with human features, others clearly non-human, but all responsible for every aspect of life, from birth to death."

The judges continued in their decision to outline a list of tests:

"Keeping in mind that the threshold for establishing the religious nature of his beliefs is low, the court considered the following factors:"

1. Ultimate Ideas
2. Metaphysical Beliefs
3. Moral or Ethical System
4. Comprehensiveness of Beliefs
5. Accoutrements of Religion
 - a. Founder, Propher, or Teacher
 - b. Important Writings
 - c. Gathering Places
 - d. Keepers of Knowledge
 - e. Ceremonies and Rituals
 - f. Structure or Organization
 - g. Holidays
 - h. Diet or Fasting
 - i. Appearance and Clothing
 - j. Propagation

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

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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.

The following is a brief introduction to a variety of religions, spiritual traditions, and magick traditions that are at least in part based on the ancient Egyptian religion.

In addition to 4,000-15,000 years of widely varying ancient practice (depending on how you count it), there is an extreme diversity of modern practice and belief that is at least in part based on some portions of the ancient beliefs. With this kind of diversity, just about every believer is going to have at least some disagreement with the material in this book. Some individuals have gotten very angry about some of the material.

Major Periods

Stone Age: The Stone Age is divided into three cultural periods: the Palaeolithic (Old Stone Age), Mesolithic (Middle Stone Age), and Neolithic (New Stone Age). This covers the period from approximately 35,000 B.C.E. (B.C.E. = Before Common Era) to approximately 3,000 B.C.E. (the onset of the Bronze Age). Between 30,000 B.C.E. and 8,000 B.C.E. humans were conducting trade over extremely long distances and the early Earth Mother Goddess worship was becoming increasingly sophisticated. North Africa was a fertile plain with many active river systems and the now-extinct North African buffalo. During this period the Capoids of North Africa were displaced to East and South Africa, while European and North African Rock Art spread from the Franco-Cantabrian Province to Eastern Spain to Northwest Africa and across to the Upper Nile Valley. There is the extremely controversial theory that the Great Sphinx was built sometime between 15,000 and 12,000 B.C.E. by an advanced civilization in the Nile Delta.

Agriculture: Agriculture started to spread around 8,000 B.C.E. The Nile valley was one of the sites of the onset of agriculture. At the same time, climatic changes were turning North Africa into the Sahara Desert. For several thousand years the Nile ran so low that the human population dropped to under a thousand.

Pre-Pharonic Egypt: Around 5,000 B.C.E. Fayoum Lake began to reappear and farming returned to the Nile Valley. During this time period both pottery and weaving were also introduced, apparently by mysterious strangers who wandered in from the west. The Nile Valley was divided into Nomes (kind of like states or provinces), each ruled by a Nomarch. Narmer [whom the Greeks called Menes] united all of Egypt into a single nation, the first nation in history.

Old Kingdom: (2664-2181 B.C.E.) This is the time period when the Great Pyramids of Giza were constructed. Some of the greatest artwork of all time was created during this period.

First Intermediate Period: A time of extreme chaos.

Middle Kingdom: (2134-1786 B.C.E.) Generally considered a stable, but “boring” period in Egyptian history.

Second Intermediate Period: Occupation by the Hyksos, also known as the “Shepherd Kings”.

New Kingdom: (1570-1075 B.C.E.) A period of great expansion, including conquering large portions of the Middle East. Such famous Pharaohs as Tuthmose III, Amenhotep III, Tutankhamen, and Ramses II ruled during this period.

Nubian Period: Much of Egypt came under the rule of the Nubians.

Assyrian Period: Much of Egypt came under the rule of the Assyrians.

Persian Period: Much of Egypt came under the rule of the Persians.

Ptolemaic Era: In 332 B.C.E., Alexander the Great conquered Persia, and was welcomed as Pharaoh by the native Egyptian population. After Alexander’s death, a series of Greek Pharaohs known as Ptolemy and Cleopatra ruled with excessive taxation and oppressive laws. During this time a Greek version of the native Egyptian religion came into existence.

Late Pagan Era: Egypt came under the rule of the Roman Empire. During this time a Greco-Roman version of the native Egyptian religion became popular throughout the Roman Empire. It is this version of the religion, along with the Greek deity names, which is best known.

Coptic Era: After Christians took military and political control of the Roman Empire they imposed their religion through extremes of violence. During this time many native Egyptians hid their traditional practices and beliefs in their own unique version of Christianity. This church, known as Coptic

Christianity, continues to be practiced to this day.

Arabic Era: In 639 C.E. (C.E. = Common Era), an Arabic Moslem army conquered Egypt.

Medieval Era: Several heretical Christian groups influenced by often wild interpretations of the ancient Egyptian religion spread across Europe, spawning various secret societies. There is a possibility that some secret pockets of Greco-Roman style Isis and Bast worship continued in parts of Europe. The Gypsies appear in northern India and according to folklore are the descendants of native Egyptians who fled the Moslem invasion of the Nile Valley.

Modern Era: Many different variations of modern interpretations of ancient Egyptian beliefs and practices come into existence, including such groups as the Masons, the Golden Dawn, and several Wiccan and Neo-Pagan religions.

mailing list

I strongly recommend the Osiris List, an Internet mailing list for those interested in the historical ancient Egypt. Discussions of New Age ideas or modern interpretations of ancient beliefs are strictly forbidden from the list, but discussions of ancient Egyptian history, language, and modern archaeological work are welcome. The list welcomes both curious amateurs and working Egyptologists, including the opportunity for amateurs to ask questions of the professionals. To subscribe, send a message to OsirisL@idirect.ca.

the Nile

The heart of Egypt is the Nile, at more than 4,000 miles (1/3 of a hemisphere), the longest river in the world. The Nile has two sources. The White Nile has its source in East Central Africa, near the place of the origin of humanity, and provides a steady, dependable year round supply of water. The Blue Nile has its source in Ethiopia and is the source of an annual flood that laid down a thick rich black fertile soil.

The fertile growing region along the Nile is called the “Black Land”. It is surrounded by the red desert, called the “Red Land”. Together they make up the Two Lands, an ancient native name for Egypt.

various traditions

There are disputes about who has the “real” version of various traditions. I do not have enough information to arbitrate these disputes. And I really don’t want to even become involved in these disputes. I am putting on-line groups into the category in which *they* claim to belong.

Kemetic: This is an attempt to practice the religion exactly as it was practiced in antiquity. Named for the most common native name for Egypt, KMT (or Kemet).

- House of the Open Eye is primarily a Kemetic teaching and divination house. Located in San Francisco, California they teach both in terra-space and online.
<http://www.Phoenix-Alliance.com/HoE.html>

Kemetic Orthodox: This is an attempt to practice the religion exactly as it was practiced in antiquity. Named for the most common native name for Egypt, KMT (or Kemet).

- The web page of the first modern Kemetic Orthodox church is located at
<http://users.aol.com/hetnetjer/private/hetntr.html> (House of Netjer).

Tameran: Any of a number of modern traditions based at least in part on the ancient religion. Named for a common native name for Egypt, Ta-Mri (or Tamera), this term was first applied to Wiccan use of the Tameran deities.

- Starlight Order's intent is to encourage the exploration and understanding Egyptian, Wiccan, Maori, Eastern, and Native American philosophies. They are located in Illinois and teach both in terra-space as well as online. (Starlight Order) <http://www.EnterAct.com/~silver/Starlight01.html>

My own practice is a blend of Tameran and Kemetic. I believe that a religion is a living, changing thing, and although I use the ancient native religion as my primary reference, I feel free to draw on Greco-Roman and even modern beliefs and practices (as just one example, I accept the modern law of gravity rather than insisting on using the ancient principle that everything seeks its own level). The pages in this book reflect my personal biases, but I am attempting to honor and respect the entire range of Egyptian and Egyptian-influenced beliefs and practices.

cannabis religion websites

No implicit or explicit recommendation, endorsement, or affiliation is made with any of these cannabis religion websites (other than Pr Ntr Kmt). This listing is provided for informational purposes only.

Amsterdam Cannabis Ministry
at <http://www.thc-ministry.net/cannabis-religion.html>



The Cannabis Assembly
at <http://www.cannabis-assembly.co.uk/>



The Church Of Cognizance
at <http://coc.enlightener.net/>



The Church of Cognitive Therapy
at <http://www.coctministry.com/>



The Church of Gnostic Luminism
at <http://www.luminist.org>



The Church of Jesus Christ Keneh-Bosem Oregon
at <http://www.cjc-keneh-bosem.org/>



The Church of Reality
at <http://www.churchofreality.org/>



Eddy's Medicinal Gardens
at <http://www.eddysmedicinalgardens.com/>



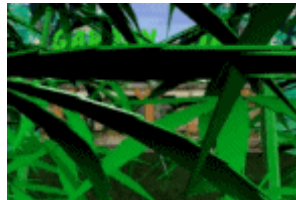
First Universal Church of Kantheism
at <http://www.fucok.net>



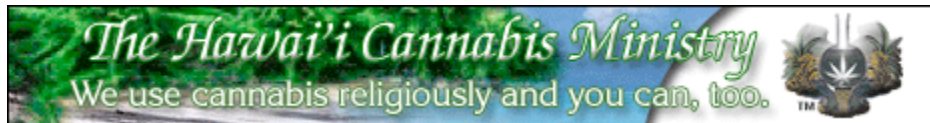
First Church Magi
at <http://www.firstchurchmagi.org/>



The Fragrant Cane Ministry
at <http://www.thcministry.org/>



The Garden of Weedin
at <http://thegardenofweedin.com/>



The Hawai'i Cannabis Ministry
at <http://www.thc-ministry.org/>



Irish Cannabis Ministry
at <http://www.thc-ministry-ie.tk/>



Kent THC Ministry
at <http://www.kent-thcministry.tk/>



Michigan THC Ministry
at <http://www.thc-ministry-michigan.tk/>



Missouri THC Ministries
at <http://www.missouri-thc-ministries.tk/>



N.E. Florida THC Ministry
at <http://www.thcministry.org/florida/>



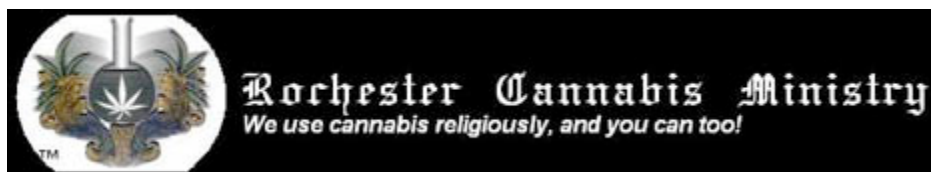
Pr Ntr Kmt: The holy dwelling place of the divine (ancient Egypt)
at <http://www.prntrkmt.org/>



The Religion of Jesus Church
at <http://www.hialoha.com/konagold/church/>



ROCK ALIVE Ministry
at <http://www.westrock.net/>



Rochester Cannabis Ministry
at <http://church.nugshots.com/>



THC Ministry Toronto
at <http://www.thc-ministry-toronto.tk/>



Viperslair.co.uk
at <http://www.skankster.co.uk/>

Kemetic Orthodox

The Kemetic Orthodox church was founded by Rev. Tamara L. Siuda (Her Holiness Hekatawy I) in the late 1980s C.E. to recreate the ancient Egyptian religion.

See Kemet.org for more information. <http://www.kemet.org/>

Kemet (or KMT) was one of two commonly used native Egyptian terms for ancient Egypt.

Kemetic Rationalism

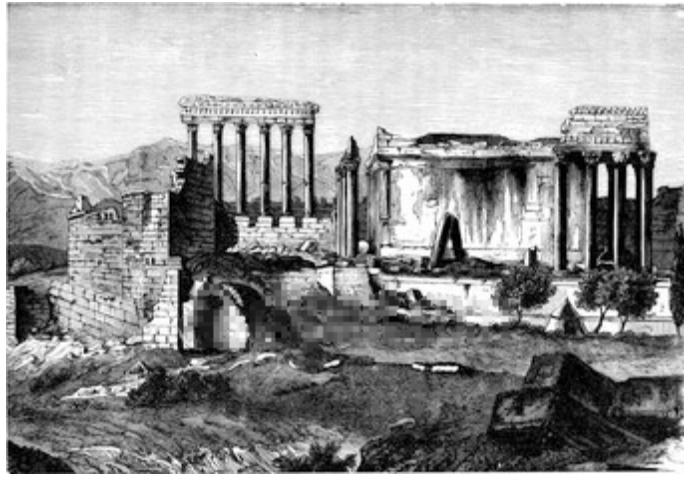
Kemetic Rationalism is an ancient branch of the native Egyptian (Kemetic) religion that emphasized rational thought.

Kemet (or KMT) was one of two commonly used native Egyptian terms for ancient Egypt.

Priests of this branch of the ancient Egyptian religion invented mathematics (including geometry, algebra, trigonometry, and most likely calculus), science (including the scientific method, the engineering method, chemistry, biology, botany, physics, astronomy, medicine, surgery, and applied science), and philosophy (including general philosophy, ethics, and logic). It is not known who among the ancient Egyptians invented geometry or algebra, but Imhotep invented trigonometry and Hypatia almost certainly invented calculus.

The most famous priest of this movement was Imhotep, who invented trigonometry, the scientific method, and triage for large-scale trauma, as well as being the original architect for the Egyptian pyramids.

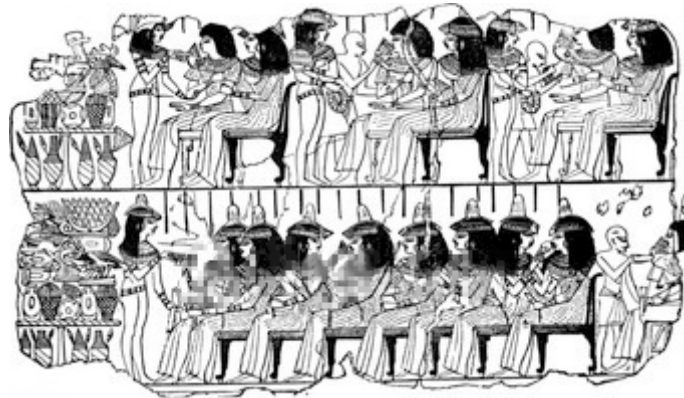
The most famous priestess of this movement was Hypatia, who was chief librarian of the Great Library at Alexandria, the most prominent scientist and philosopher of her time (with advances in numerous fields), and most likely the first person to ever discover calculus. Unfortunately, she was tortured, gang-raped, and murdered by a mob of Christian monks and all of her written works were burned by Christian soldiers.



native (traditional) ancient Egyptian religion

The native ancient Egyptian religion included both an official state religion (led by Pharaoh) and a wide variety of local, family, and personal religions practiced by the people.

The native Kemetic (ancient Egyptian) religion was highly celebratory, contrary to the popular image of a death cult. The ancient Egyptian people held a large number of celebrations and holy days.



The central concept of the ancient Egyptian religion was Ma'at. Ma'at doesn't translate easily into English. Ma'at was a combination of cosmic order, cosmic balance, right order, truth, justice, and honor.

The ancient Egyptian (Kemetic) people believed magick infused the entire working of the world.

Some modern believers attempt to recreate the traditional historical religion of the ancient Egyptians.

Archaeology shows that the native ancient Egyptian religion underwent huge changes over its history. Some things stayed remarkably static, especially the hieroglyphs (medu ntr). There were also variations based on locale. Believers who practice historical ancient Egyptian religion can either pick a specific time

and place or they can pick and choose from the broad variety of the past.

Believers will find that there are still large gaps in archaeological knowledge of the entire range of ancient Egyptian religion. Some believers fill in the missing parts with their own beliefs and/or beliefs from other systems. Some believers channel, divine (as in divination), or use some other non-archaeological method of discovering the past.

In addition to the historical ancient Egyptian variations, there were also many ancient religions that were derived from the ancient Egyptian, the most famous being **Isis worship** by Hellenists and others, **Bast worship** in the Roman Empire, and **Easter worship** among the Germans and Teutonic peoples. Isis worship and Bast worship were the two most commonly practiced religions among women in the Christian Roman Empire (originally Christianity was an exclusively male religion).

The best known of the traditional ancient Egyptian religions is Kemetic Orthodox.



small wooden shrine
found near Tell-el-Amarna

Kemetic magic

Kemetic (ancient Egyptian) magic is the major influence on today's modern magick, having greatly influenced most ancient and Medieval European, African, and Middle Eastern magic traditions.

Because of this influence, many aspects of ancient Egyptian magic will be familiar to modern people.

Despite this influence, many other aspects of kemetic magic will be unfamiliar to modern people.

The magicians of ancient Egypt (KMT) were called Sesh Per Ankh (literally, scribe of the house of life).

Many modern witches and Wiccans are influenced at least in part by ancient Egyptian magic.

Kemet (or KMT) was one of two commonly used native Egyptian words for ancient Egypt.

ceremonial magicians

The ancient Egyptian word for magician was Sesh Per Ankh.

external websites

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

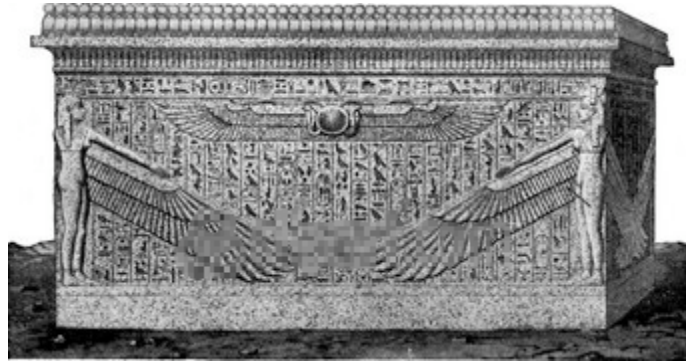
Witch Doctor

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.

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.

It is no secret to any Christian who knows their own religion and has extensively studied the Christian Bible that the U.S. Controlled Substance Act is an anti-Witchcraft or anti-sorcery statute.

“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, especially cannabis.

“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

Christian Bible scholars are well aware that Witchcraft potions are against the laws of Christianity.

“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) “Psylocibin” 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

false claims

Cannabis Witchcraft has been persecuted on the basis of many false claims.

Christians claim that Cannabis Witchcraft is supposedly associated with Satan.

One false claim is that Cannabis Witchcraft is supposedly dangerous.

Another common false claim is that Cannabis 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

Cannabis Witchcraft has been persecuted on the basis of many false claims.

One false claim is the Cannabis 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



The Devil is frequently depicted as a male animal figure.

‘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.”

Every member of the Santa Ana Police Department, including Detective Jim Geist, is officially paid in money that includes the written religious oath of office “In God We Trust”.

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.

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false claims of danger

One of the false claims against Cannabis Witchcraft has been the claim that cannabis and Witchcraft in general are supposedly dangerous.

“Marihuana is the most frightening and vicious drug ever to hit New Orleans.” — New Orleans Public Safety Commission, 1910

“Hasheesh goads users to blood lust.” — Hearst Newspapers, 1932

“Marihuana is the most violent drug in the history of mankind.” — H.J. Anslinger, Federal Bureau of narcotics, quoted in Hearst Newspapers, 1938

“If the hideous monster of Frankenstein came face to face with marihuana, he would drop dead of fright.” — H.J. Anslinger, Federal Bureau of narcotics, testimony before Congress, 1937

“Marihuana is more harmful than habit-forming opium, inducing fits of temporary insanity.” — Newsweek magazine, January 15, 1945

“Marihuana leads to pacifism and Communist brainwashing.” — H. J. Anslinger, Federal Bureau of Narcotics, testimony before Congress, 1948

disease

One of the false claims against Cannabis Witchcraft has been the claim that cannabis and Witchcraft in general are supposedly the cause of disease.

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bad weather

One of the false claims against Cannabis Witchcraft has been the claim that cannabis and Witchcraft in general are 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 Cannabis Witchcraft has been the claim that cannabis and Witchcraft in general are 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 Cannabis Witchcraft has been the claim that cannabis and Witchcraft in general are supposedly the cause of milk cows going dry and failing to produce milk.

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.

Martin Luther, when interpreting Exodus 22:18, claimed that with the help of the Devil, Witches could steal milk simply by thinking of a cow.

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

One of the false claims against Cannabis Witchcraft has been the claim that cannabis and Witchcraft in general are supposedly the cause of hens not laying chicken eggs.

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flying ointment

In Medieval Europe it became a widespread common belief that Witches could fly. Many people believed that the source of this ability was **flying ointment**.

Such documents as the Canon Episcopi (c. 900 CE), The Book of Sacred Magic of Abra-Melin, the Mage (1458), Flagellum Maleficorum by Petrus Mamor (1460), Malleus Maleficarum by Heinrich Kramer and Jakob Sprenger (1486), the engraving De Lamiis by Ulrich Molitor (1489), Magia Naturalis by Giambattista della Porta (1558), Discoverie of Witchcraft by Reginald Scot (1584), Disquisitionum Magicarum Libri Sex by Martin Anton Delrio (1599), Sylva Sylvarum by Francis Bacon (1608), records of the trial of the Somerset Witches (1664) all talk about Witch's flying ointment. Some of these are clearly Christian propaganda, with claims of such ingredients as "the fat of children digged out of their graves".

The Gardnerian Book of Shadows includes multiple recipes for flying ointments, derived from older works. The traditional English flying ointment includes: 100 grams lard, 5 grams hashish ("first quality"), handful hemp flower, handful poppy flower, pinch powdered hellbore root, and pinch ground sunflower seed. Another European recipe calls for 3 grams annamthol, 50 grams extract of opium, 30 grams extract of betel, 6 grams cinquefoil, 15 grams henbane, 15 grams belladonna, 15 grams ordinary hemlock, 250 grams indian hemp (cannabis indica), 5 grams cantharides, gum tragacanth, powdered sugar, and any oil (olive oil recommended) or creme (lanoline recommended).

Note that flying ointment was to be applied externally only and that taking even small amounts internally will result in certain death. Belladonna, hemlock, and henbane are all deadly poisons.

Traditionally, European Witches used flying ointment prior to attending Esbats (New Moon and Full Moon) and Sabbats (the eight holy days marking the wheel of the solar year, including the equinoxes and the solstices).

In modern times, many (but not all) Witches smoke cannabis or hashish in preparation for Esbats and Sabbats.

racism

Racism is at the very heart of the Cannabis Witch Hunt. The origin of Witchcraft was African.

"Marihuana makes darkies think they're as good as white men." — H.J. Anslinger, Federal Bureau of Narcotics, 1920s

"Marihuana is responsible for the raping of white women by crazed negroes." — Hearst Newspapers, 1930

"Marihuana influenced negroes to look at white people in the eye, step on white men's shadows, and look at a white woman twice." — Hearst Newspapers, 1935

"Negro entertainers with their jazz and swing music are declared an outgrowth of marihuana use which possesses white women to tap their feet." — H.J. Anslinger, Federal Bureau of Narcotics, testimony before Congress, 1937

music

The Cannabis Witch Hunt considers music to be Satanic and especially dislikes jazz, blues, rock, and other popular music art forms that have Black African roots.

“Negro entertainers with their jazz and swing music are declared an outgrowth of marihuana use which possesses white women to tap their feet.” — H.J. Anslinger, Federal Bureau of Narcotics, testimony before Congress, 1937

laughter

Laughter is one of the signs of Cannabis Witchcraft.

Christians hunting Witches would look for laughter and giggling because this was proof that a person had practiced Witchcraft by smoking cannabis.

The laughter was proof that the spirit of Diana, the Wild One, had entered the person as a result of Witchcraft Sorcery. The Goddess Diana was viewed as the source of magick. The cannabis smoke was how the Goddess Diana gave magickal power to Witches. The incense smoke was the Ba en Aset (soul of the Goddess) of the Bast plant (cannabis hemp or marijuana). The ancient Egyptian phrase was Ntr Sentra, literally meaning the Breath of the Goddess. The exhaled smoke empowers the words of the Witch, turning ordinary words into powerful magick spells.

Every person (of any religion, including Christians) who giggles or laughs as the result of cannabis intoxication is unambiguously engaging in Cannabis Witchcraft.

“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

the law against Witchcraft

The law against cannabis 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. This is the basis for all U.S. federal and state laws against cannabis Witchcraft.

verses

The main verse against Cannabis Witchcraft is Exodus 22:18.

Additional verses against Cannabis Witchcraft are found throughout the Bible and Torah.

church law

Canon Eposcopi 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.

United States law

In 1970 the U.S. Congress passed the Controlled Substances Act (CSA) as Title II of the Comprehensive Drug Abuse Prevention and Control Act of 1970.

Exodus 22:18

The law against cannabis 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. This is the basis for all U.S. federal and state laws against cannabis Witchcraft.

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 Troldekvinde 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 ù 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 Cannabis 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 soothsayers who speak to you, saying, ‘You will not server 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 Cannabis 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.

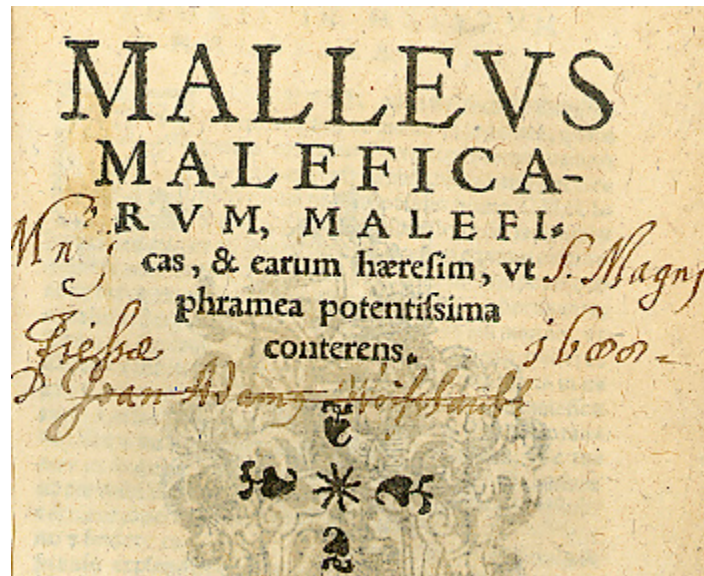
Malleus Maleficarum

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.

In 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.

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.

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 h³/₄resim, 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.

Martin Luther, when interpreting Exodus 22:18, claimed that with the help of the Devil, Witches could steal milk simply by thinking of a cow.

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 verpennen, more legis, ubi sacerdotes reos lapidare incipiebant.”

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.

U.S. laws against Cannabis Witchcraft, such as the Controlled Substance Act (CSA), mark a return to secular trials for religious “crimes”.

“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

Controlled Substance Act (CSA)

In 1970 the U.S. Congress passed the Controlled Substances Act (CSA) as Title II of the Comprehensive Drug Abuse Prevention and Control Act of 1970.

Under the CSA, cannabis tetrahydrocannabinols (including marijuana, hashish, and hashish oil) is designated by Congress as a Schedule I substance, supposedly “having no medical value” and therefore illegal to “manufacture, distribute, or dispense; or possess with intent to manufacture, distribute, or dispense.”

Severe penalties include a mandatory minimum of 10 year prison sentence a maximum of life in prison for more than 1,000 kilograms or 1,000 plants. The mandatory minimum for 100 to 1,000 kilograms or 100 to 1,000 plants is five years in prison and a maximum of 40 years in prison.

The sentence for less than 50 kilograms (unless there are more than 50 plants) is a maximum of five years in federal prison.

For “simple possession” of “small amounts”, the first offense has a maximum sentence of one year in federal prison. On a second offense there is a minimum of 90 days in prison. On a third or subsequent offense there is a maximum of three years in prison. Distribution of “small amounts” of cannabis “for no financial remuneration” (note that means no payment of any kind) has the same penalties.

Under CSA Section 859, if a person 18 years old or older sells more than five grams of cannabis to a person under the age of 21 (even if the person purchasing is older than the person selling), the maximum sentence is doubled. On the second offense, the maximum penalty is tripled.

Under CSA Section 860, manufacturing (growing) or sale of cannabis within 1,000 feet of a school (including any university or college campus) or public housing facility or within 100 feet of a public youth center, pool, or arcade, results in the maximum sentence being doubled. On the second offense, the maximum penalty is tripled. If found guilty under this section, a person is *not* eligible for probation, suspension of the sentence, or early parole.

What possible reason could the U.S. government have for such Draconian penalties for cannabis? It is because Christianity has always imposed Draconian penalties for Witchcraft, including torture and the death penalty. The Controlled Substances Act imposes harsher penalties for cannabis than for rape,

murder, and torture because the Christian judges and Congresspersons consider Cannabis Witchcraft to be a more serious religious offense than violent crimes.

conspiracy

A favorite tactic used by Christian law enforcement officers in their Cannabis Witch Hunt is to bring charges of “conspiracy” against innocent people. The charge of conspiracy doesn’t require any proof other than the unsubstantiated word of a law enforcement officer and can be used to put pressure on defendants by arresting friends and family and can just be used out of malicious cruelty.

Walter Cronkite, famous as long time anchor of CBS Evening News and in the 1970s called “the most trusted man in America”, wrote on February 23, 2006:

“Nicole Richardson was 18-years-old when her boyfriend, Jeff, sold nine grams of LSD to undercover federal agents. She had nothing to do with the sale. There was no reason to believe she was involved in drug dealing in any way.”

“But then an agent posing as another dealer called and asked to speak with Jeff. Nicole replied that he wasn’t home, but gave the man a number where she thought Jeff could be reached.”

“An innocent gesture? It sounds that way to me. But to federal prosecutors, simply giving out a phone number made Nicole Richardson part of a drug dealing conspiracy. Under draconian mandatory minimum sentences, she was sent to federal prison for ten years without possibility of parole.”

“To pile irony on top of injustice, her boyfriend - who actually knew something about dealing drugs - was able to trade information for a reduced sentence of five years. Precisely because she knew nothing, Nicole had nothing with which to barter.”

the borders and Customs

Customs officials do *not* need a search warrant. They can initiate a search on pure whim at any time.

Searches can be initiated because the Customs officials don’t like your looks or think you look like a Witch.

Customs officials can initiate searches because you have recently crossed the border several times.

Customs officials can initiate a search because your name or a name similar to yours appears in their secret computer lists.

Customs officials, border patrols, and the police can initiate a search if you are a male in a rented vehicle near the border at night.

Customs officials can search your vehicle with a dog, search your vehicle’s contents (including locked luggage) with a dog, and physically search your person.

The U.S. government places remote wireless sensors near the border to detect persons attempting to cross the border at unmanned locations. Border patrol officers are stationed along the border and respond to these sensors very quickly.

Border Patrol and other police can search anyone who has crossed the border and not yet stopped and let someone in or out of their vehicle.

arrest

Arrest for cannabis Witchcraft can be a harrowing experience.

If you are in a public place with lots of people around, then the arrest will probably be somewhat professional, especially if anyone pulls out a video camera or cellphone with camera.

But if you are arrested someplace outside of public view, the arrest will be very brutal. The police will beat you up and may engage in serious torture. The police might even shoot to kill.

Try to be as polite and as cooperative as humanly possible, no matter how ridiculous or humiliating or violent the police actions. There is a chance (especially in public) that the police might go lightly on you.

While it will be tempting to defend yourself against the police brutality, resist the temptation.

Any resistance to police brutality is an additional criminal offense.

Even entering a defensive posture, such as the fetal position, is an additional crime (resisting arrest). You are required by law to do everything in your power to make your vital organs clear and unblocked targets for police aggression.

Going limp or becoming unconscious is an additional crime (resisting arrest). Do everything in your power to stay conscious throughout your beating.

fabricated evidence

One of the most important tools used by Christian law enforcement officers (LEO) in their Cannabis Witch Hunts is the fabrication of evidence.

Courts (whose judges pledge the official U.S. government oath of office “In God We Trust”) rarely allow defense attorneys to challenge fabricated evidence because when it is proven that a police officer is fabricating evidence it can call into question hundreds or thousands of convictions in previous Witch Trials

Even when it is proven that the police fabricated evidence, the judges, prosecutors, and law enforcement officers who participated in the Witch Trial are completely immune from civil lawsuits for damages because of the doctrine that those acting in the interest of the Church have sovereign immunity against any consequences for their illegal actions.

Walter Cronkite, famous as long time anchor of CBS Evening News and in the 1970s called “the most trusted man in America”, wrote on February 23, 2006:

“In Tulia, Texas, an investigator fabricated evidence that sent more than one out of every ten of the town’s African American residents to jail on trumped-up drug charges in one of the most despicable travesties of justice this reporter has ever seen.”

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.

What possible reason could the U.S. government have for such Draconian penalties for cannabis? It is because Christianity has always imposed Draconian penalties for Witchcraft, including torture and the death penalty. The Controlled Substances Act imposes harsher penalties for cannabis than for rape, murder, and torture because the Christian judges and Congresspersons consider Cannabis Witchcraft to be a more serious religious offense than violent crimes.

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.

Even to this day, seizing property of accused Witches is a central and vital part of the DEA's Cannabis Witch Hunt.

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 Cannabis Witchcraft is the death penalty. This is especially true for the Roman Catholic Church (RCC), the official religion of the majority of the U.S. Supreme Court.

The law against cannabis 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. This is the basis for all U.S. federal and state laws against cannabis 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).

What possible reason could the U.S. government have for such Draconian penalties for cannabis? It is because Christianity has always imposed Draconian penalties for Witchcraft, including torture and the death penalty. The Controlled Substances Act imposes harsher penalties for cannabis than for rape, murder, and torture because the Christian judges and Congresspersons consider Cannabis Witchcraft to be a more serious religious offense than violent crimes.

hanging

The traditional punishment for Cannabis Witchcraft is the death penalty. This is especially true of the Roman Catholic Church (RCC), the official religion of the majority of the U.S. Supreme Court.

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 Cannabis Witchcraft is the death penalty. This is especially true of the Roman Catholic Church (RCC), the official religion of the majority of the U.S. Supreme Court.

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 Cannabis Witchcraft is the death penalty. This is especially true of the Roman Catholic Church (RCC), the official religion of the majority of the U.S. Supreme Court.

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.

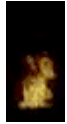
April 14, 1647 Domenica Camelli beheaded and burned for Witchcraft at Castelnovo, Italy.

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.

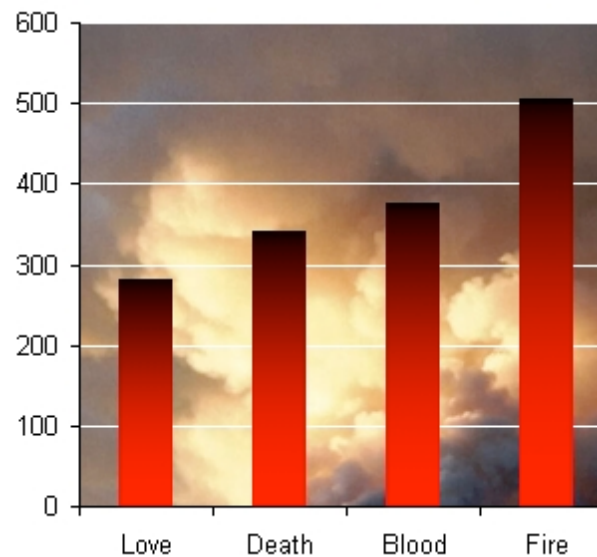
burning Witches

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 withered; 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:

Hu! da fing sie an zu heulen, ganz grauslich;
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.

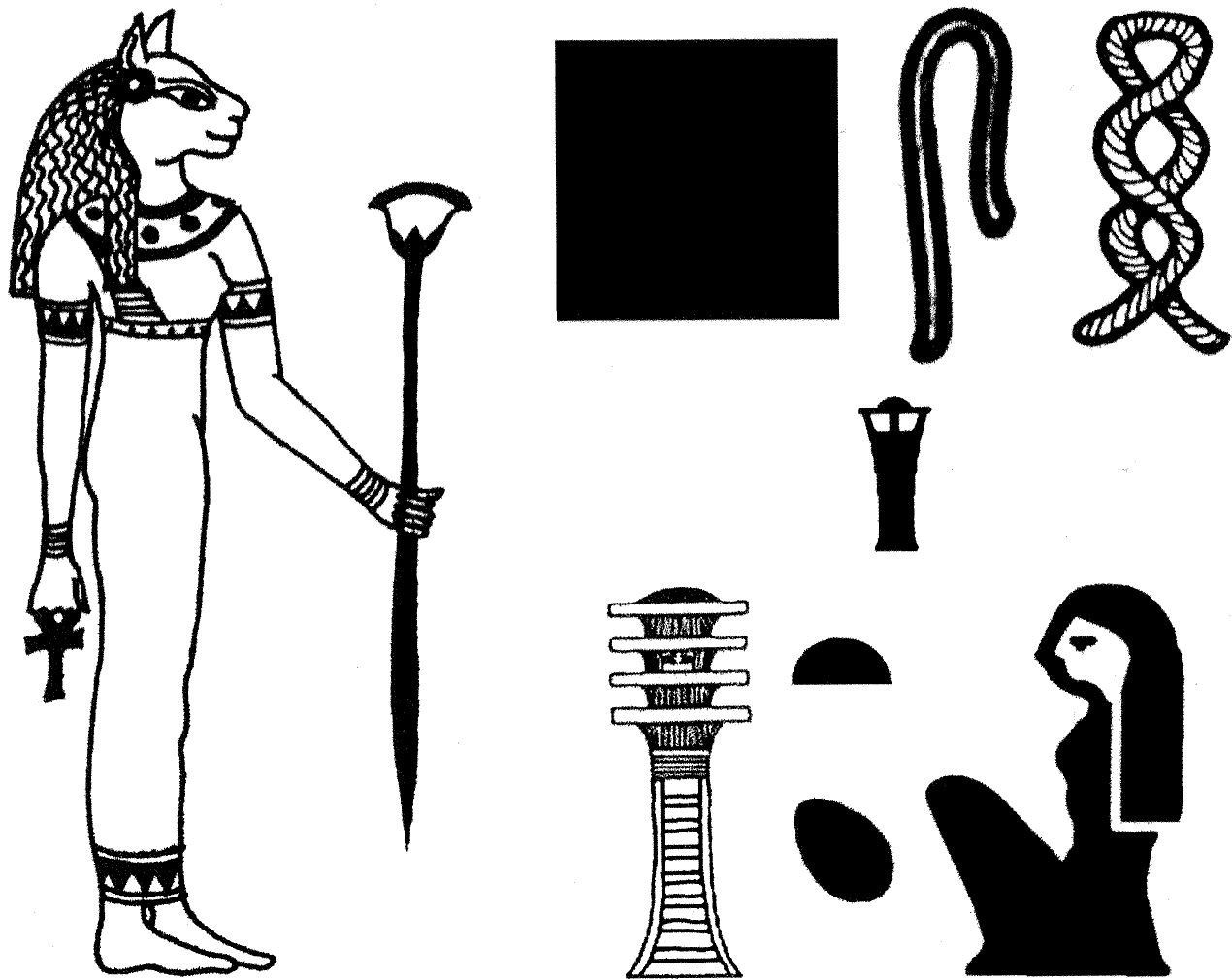
The Roman Catholic church does this to make it impossible to accurately tabulate the number of victims of Witchcraft Trials. Estimates run into millions more than the number of Jews lost in the Nazi Christian Holocaust.

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.

Bast

Bast is the goddess of cannabis and the smoke of marijuana is her holy breath.



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).

campaign of terror

They also mention that she was the most popular goddess in both ancient Egypt and ancient Rome, as well as being popular across Asia, Africa, and Europe, leeringly hinting at a reputation for lust and debauchery.

Two obvious questions:

(1) if she was so popular, why have most modern humans never heard of her?

(2) And how can a goddess of physical debauchery have been worshipped for any period of time and gained widespread popularity?

Her popularity (by name) ranges from the very first religious writings still in existence (more than 6,500 years old) until the Christians took control of the Roman Empire (around 400 C.E.) — including specific references in the Jewish Tanakh and Christian Bible — and artwork with her image stretches back between 10,000 and 85,000 years, yet it is a historical fact that **no** religion based on debauchery has ever lasted more than a single generation, rarely more than a few months or years.

The answer to the first question becomes obvious almost immediately. The doctrine of Judaism, Christianity, and Islam all call for extreme violence against anyone who dares believe or worship differently. For more than a millenia, the Christians and the Moslems have viewed it as their religious duty to wipe out every record of the kemetic religion and to murder every believer.

To make this point perfectly clear, it is a serious sin for any Jew, Christian, or Moslem to even read this book! So serious that it will keep Christians and Moslems out of their Heaven unless ritually forgiven. Thinking about bast separates the Jew, Christian, or Moslem from their God and can keep Christians and Moslems from their Heaven.

Even more, members of all three religions have a religious duty to seek out and destroy every copy of this book or any reference to Bast. Not only that, but members of these three Abrahamic religions have a duty to seek out anyone involved in the preparation or distribution of this book and must torture and murder these individuals, as well as their family and friends and anyone who supports them.

Failure to seek out and kill everyone involved in Bast worship, sparing no expense whatsoever, is also a serious sin.

Every government official in the United States is officially paid in money that includes the specific officially established written religious oath of office “In God We Trust”. Only the Abrahamic religion (Judaism, Christianity, and Islam) and their derivatives believe in the existence of God. In addition to establishing the requirement to trust a particular deity as the official religion of the United States, the official U.S. motto also specifically prohibits the free worship or trust of Goddess.

I am not inviting religious zealots to come and kill me. I want to live. I am just pointing out the extreme conditions that have lasted for the last few millenia.

The Jews had a death penalty for anyone caught worshipping any other deity than Yahweh (Jehovah or God) and conducted a 500-year campaign of torture and murder to drive all other religions out of Israel. The Hebrews had a special hatred for Goddess worship, attempting to wipe the names of the Goddess from human memory. If a person was found to have a statue of the Goddess or any written document that mentioned her name or even an Asherah (a wooden altar to the Goddess), the item would be destroyed and the skulls of every man, woman, and child in the village stacked on the site as a warning to other villages. Even the whispered mention of the name of the Goddess carried the penalty of torture and death. The only remaining mentions of the Goddess in the Hebrew Torah or Tanakh are a few references to Bubastis, the Queen of Heaven, and the mention of the destruction of the Asherahs (a special wooden altar holy to Aset or Isis).

The Christians carried these bloodthirsty traditions to an extreme. When they seized political control of the Roman Empire around 400 C.E., their first act was to implement the death penalty for worshipping any other deity. It might be noted that, contrary to current Christian propaganda, the Romans executed Christians for acts of terrorism and violence against non-believers, not for being Christian. The Romans had a long-standing tradition of religious freedom and had no problem with Christians who did not kill those of other religions.

After taking control of the Roman Empire, the Christians ran wild orgies of destruction, burning books and smashing artwork, with the result of a tremendous loss of ancient wisdom in a very short period of time. The political success of the Christians directly led to the downfall of the Roman Empire. You often hear Christian propaganda that the Roman Empire fell because of “moral decadence”, especially sexual orgies, but those practices were outlawed (again with a strictly enforced death penalty) for more than a century before the fall of the Roman Empire. Paul wrote in the Christian Bible that only weak men got married to women and strongly urged men of faith to remove their own testicles. Evidence shows that the ancient Christians strictly enforced rules against marriage and sex, resulting in a massive population drop. Additionally, “wordly” occupations were scorned in favor of such activities as pole sitting, in which faithful believers built a pole and climbed to the top in order to be closer to “God” and starved themselves to death rather than return to the “unclean” planet earth (this is why some modern Christians advocate destruction of the environment).

The Roman Emperor in Constantinople had to outlaw pole sitting to get laborers back to work. As the Roman Empire started to crumble because of the population decline brought on by the Christian prohibition on sexual activity early versions of the Christian Bible were overruled by the Roman Catholic Pope to include the requirement for sex during a marriage — but the participants were forbidden to enjoy sex and were expected to have the minimum amount of sex necessary in order to procreate. Even with this new doctrine, so many devout Christians continued to abstain from sex that the Roman population declined to the point that its borders were indefensible, even with the hiring of mercenaries.

After the collapse of the Roman Empire, the Christian church continued to spread throughout Europe at the hands of brutal and violent zealots, greatly feared for their practices of looting, burning, raping, torture, and murder. Under the influence of the Christians the Dark Ages fell over Europe, leading to several centuries of some of the worst mass suffering in all of history.

During the Dark Ages, the Christians maintained control of the population with the infamous Inquisitions, the most famous being the Italian and Spanish Inquisitions. In 1233, Pope Gregory IX instituted the Roman Catholic tribunal known as the Inquisition in an attempt to suppress heresy.

In 1320, the Church (under the orders of Pope John XXII) officially declared Witchcraft and old Goddess-based religion as a heretical movement and a “hostile threat” to Christianity. Witches had now become heretics and the persecution of all pagans spread like wildfire throughout Europe. Witches and other innocent men, women, and children were persecuted, brutally tortured, often raped and sexually mutilated, and then executed by sadistic bloodthirsty Church authorities who taught that their God was a god of love and compassion. A five person majority of the U.S. Supreme Court still practices this exact same religion (Roman Catholic) and is under threat of excommunication by the Roman Catholic Pope if they make any legal decisions legalizing Witchcraft or other non-Christian religions, beliefs, or practices.

Martin Luther enthusiastically added the torture and murder of Witches to essential Protestant beliefs. Every Christian denomination other than the Quakers and the Mennonites has a history of murdering Witches.

The church leaders would torture innocent victims for “heresy”, followed by public and very painful executions. The brunt of this oppression was felt by women, who were called Witches (a word meaning “wise woman”). The Christians invented most of the known torture devices on the planet, with an emphasis on devices designed to rape and torture women. More than two-thirds of all torture devices were

invented by the Roman Catholic Church and more than 90% of all torture devices designed to sexually mutilate women were invented by the Spanish Inquisition. This is the church of the five person majority of the U.S. Supreme Court.

The Moslems took religious violence to whole new levels, with an early belief that only those who killed for Allah (God) could gain admission into their Heaven. Moslems swept through the Middle East, eastern Asia, and north Africa, in a wave of mass destruction and murder. They sought out artwork and books which had somehow escaped the attention of the Christians and burned down the Great Library of Alexandria, which the Christians had spared.

Queen Dahlia of the Berbers and tens of thousands of her followers were murdered by Muslims in north Africa in the late 600s C.E., leading to the Islamic conquest of north Africa. The Muslims call her Kahina or al-Kahinat, meaning "Witch".

As recently as March 2001, the Taliban Muslims exploded and destroyed two giant Buddhas in Afghanistan as part of a campaign to destroy all of the non-Islamic art in Afghanistan.

In England, Witchcraft was made illegal in the year 1541, and in 1604 a law decreeing capital punishment for Witches and pagans was adopted.

The Salem Witch trials are just the most famous of the executions of innocent women throughout American history. The current American Inquisition has continued unabated for more than 300 years.

Los Angeles Police Chief Daryl Gates testified before the U.S. Senate Judiciary Committee on September 5, 1990, that "casual drug users should be taken out and shot." In January 1984, Gates was asked by a parent in a San Fernando Valley, CA, public school, "What can I do if I find out my child has used marijuana?" Gates replied, "It's too late. Once they've smoked one marijuana cigarette, they are lost to use forever!"

Drug Czar William Bennett claimed, "I have no problem with beheading marijuana users, only legal ones." In 1998, the Mississippi state legislature seriously considered a law requiring the severing of hands, arms, feet, and legs as the punishment for Cannabis Witchcraft.

To this day, torture and death are the standard penalty in Islamic nations for Goddess worship. Most states of the United States had the death penalty for Goddess worship (the legal term is "witchcraft") until the late 1980s. Great Britain didn't revoke the death penalty for Goddess worship until 1972. Women were still being executed under these laws as recently as 1933 in England and 1927 in several southern states of the United States. In 1996, six members of the Maquixtle family were killed for Witchcraft in Vicente Guererro, Mexico.

In modern America, you find the Christians continue to fervently believe in institutionalized hate and violence, supporting and advocating the death penalty, long prison sentences, harsh prison conditions, and severe penalties against all non-Christian religious practices, including Cannabis Witchcraft. More than one million innocent Americans languish in prisons for violations of various religious laws, especially for cannabis. As the American Inquisition worsens, some Goddess worshippers fear that the five person Roman Catholic majority of the U.S. Supreme Court and President George W. Bush (who claims to personally hear messages from the mythological Jesus) will order a complete return to the Burning Times, with armed Christian police roaming the streets looking for women to rape, torture, and kill.

The goodness and creativity of Goddess worship brings out the most vile and ugly side of Christianity.

Even the Christians do not dispute the immense death toll, only the exact figure is subject to debate. And even to this day you still hear the Christian Right leadership calling for the use of the death penalty

to enforce their religious beliefs and stamp out all forms of Goddess worship.

As an aside, I am collecting personal accounts of the horrors of the Christian Inquisition in America. If you lost your job, had your children taken away, or were jailed for your religious beliefs, please write a letter providing the details of what occurred. This includes not just Bast worshippers, but those of other non-Christian religions and even small fringe Christian cults and those who have been jailed for violations of Christian religious laws (especially those regarding the use of drugs or sex between consenting adults).

In addition to smashing artwork, burning books, and murdering Witches, the Jews, Christians, and Moslems have engaged in propaganda, lies, and other dishonesty to cover up information about the Goddess. Paul wrote in the Christian Bible that Christians are required to lie to further their faith.

In an attempt to justify their extreme violence, the Christians employ viscous propaganda, what Adolf Hitler and Joseph Goebbels called “the Big Lie” in *Mein Kampf* and Aus Churchils Lügenfabrik, respectively. Hitler and the Nazis killed millions of Jews, Gypsies, Witches, homosexuals, and others. It wasn’t until June 26, 2003, that the U.S. Supreme Court put an end to Christian laws forbidding and punishing homosexuality. Christians are united in 2007 to prevent federal hate crime legislation that forbids killing homosexuals (the same Hebrew Torah that calls for the murder of all Witches also calls for the murder of some homosexuals).

Christians turned the deities of the old religions into devils and demons. Note that the word devil is actually from Islamic law. Ancient symbols and practices were reported to have evil connotations. The old priestesses were called evil sorceresses (sorceresses were women who used the religious and healing powers of magick plants) and the word Witch (which is from the English word for “Wise Woman”) became a derogatory term.

As a result of deliberate misconceptions popularized in the Christian realm, the news media, horror stories, talk shows, and so forth, many believe that all who worship the Goddess are evil. Many victims of ignorance or religious brainwashing believe that modern day Pagans are involved in one way or another with Devil worship and perform blood sacrifices to the old gods or to the Christian’s Devil. This is *absurd!* Goddess worshippers do not advocate human or animal sacrifice, or the killing of any being as an offering to any deity. Real Goddess worshippers do not worshi the Devil, receive powers from, sign pacts with, or sell their souls to the Devil. They do not even believe in the existence of the Christian Devil.

The Devil is an anti-pagan propaganda device invented by the Christian church. Goddess worship is a pre-Christian religion; it had been around much longer than the Church or its concept of Satan, who was *never* worshipped as a deity in the Old religion. The Devil is strictly a part of the Christian belief system, not the Nature-loving Eath religion of those who love the Goddess. The Christian Devil was created combining traditional depictions of Set and the European Horned God with stories of evil.

Satanism or Devil Worship is a form of Christianity and has *nothing* to do with the Goddess.

Those who worship the Goddess do not use upside down crucifix or the number 666 — we have our own symbols and numbers. We do not recite the Lord’s prayer backwards — we have our own far more acnient prayers that are positive and uplifting. We do not celebrate the Black Mass or any other color Mass — our rituals are based on nature, cannabis, and sex. We don’t break into Christian churches to steal their artifacts — we have our own moons and candles and incense.

The Goddess has nothing to do with the Christian Devil.

cannabis

Cannabis, with its central role in Goddess worship, has been victim of this same kind of cover-up.

The federal and state anti-cannabis laws were the result of large numbers of Christian ministers and missionaries calling for the prohibition of Cannabis Witchcraft specifically because Exodus 22:18 calls for the death penalty for Witches. The Hebrew word specifically means women who use the religious, spiritual, magickal, and healing powers of magick plants.

The Kemetic (ancient Egyptian) letter H is a twisted piece of hemp, yet books written by Christian scholars consistently refer to it as a twisted piece of flax rope or intentionally ignore the fiber of the rope, despite the fact that until the invention of nylon almost all rope on the planet throughout history was made of hemp.

If you look up the word *hookah* in a popular dictionary for children, you will find the definition [emphasis added] “a *tobacco* pipe with a long tube by which the smoke is drawn through water in a vase and cooled. Hookahs are used in the Orient.” I don’t dispute that in modern times they have been used to smoke blends of herbs that include tobacco, but anyone familiar with hookahs knows that they historically were used primarily for smoking hashish, opium, and marijuana.

Following up a little on hookahs, you will notice that fine hookahs are traditionally pieces of furniture. What is not so obvious is that the furniture is *not* a living room table, but is rather an altar. An Asherah. An altar generally to the Goddess, and in ancient times originally an altar specifically to Bast.

ancient relationships

This book is an attempt to wade through what is left of the historical, archaeological, artistic, and oral records to determine what the real story is here.

It takes a lot of research and digging to find information that directly speaks of Bast. Bast existed in the context of a larger Kemetic culture and religion, and a great deal of information can be learned from Bast’s relationships to other deities.

The Tamerans (ancient Egyptians) encoded information in several different ways, including standardized symbolic meanings of various images, the meanings of the sounds of important words (including the names of the deities), the meanings of the hieroglyphs, and the stories in various common myths. Large structures, including the Great Pyramids, stand as monuments to the Kemetic religion.

The Kemetic people also stored information in the relationships between various deities. At first it is very confusing to find that a particular deity has multiple parents, soouses, siblings, and children, until you realize that each of these different relationships carried different pieces of ancient knowledge. The Kemetic religion has more than a hundred different creation myths. Very different than the “one-size-fits-all” approach of Christian judges.

As an example, Bast had two sets of parents: Ra (alone) and Aset (Isis) and Asar {Osiris}. As the daughter of the sun and sister of Sekhmet, she carried certain meanings, while as daughter of Aset (Isis) and Asar (Osiris) and twin sister of Heru (Horus), she carried others.

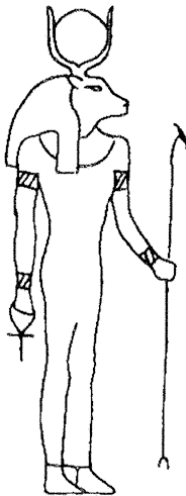
Studying these relationships can provide a lot of insight into ancient wisdom that survived centuries of Jewish, Christian, and Islamic destrction.

Now some of the major relationships:

Sekhmet: Sekhmet is Bast’s sister and this constitutes one of the most important relationships. Note that Sekhmet has a closer relationship with Het Heret (Hathor). generally the Bast-Sekhmet relationship

reveals dualistic relationships found throughout both the physical universe and intellectual/spiritual/philosophical thought. The pairings include young and old, creation and destruction, birth and death, waxing and waning moon, rising and setting sun, and similar concepts.

The relationship between Bast and Sekhmet is the origin of marriage. An important Kemetic creation myth tells of Bast and Sekhmet as lesbian lovers creating the universe in the blinding light of the Cosmic Orgasm. In antiquity the head priestess of temples of Sekhmet would marry the head priestesses of temples of Bast as part of a ritual recreation in dance and music. of the Cosmic Orgasm. lesbian marriage spread through the temples of Bast, Sekhmet, and Het Heret (Hathor) and then out into the general population as the first religious heterosexual marriages. Contrary to false Christian propaganda, marriage was originally homosexual, not heterosexual.



Het Heret

Het Heret (Hathor): Het heret (Hathor in Greek) is Goddess representing female as the Great Sky Mother and Great Mother Cow (as in the Milky Way). Both Sekhmet and Bast were often viewed as aspects of Het Heret. One trinity was Het heret (Hathor) as the moon, with Sekhmet as the waning moon (the Mysteries of woman) and Bast as the waxing moon (the pregnant woman).



Ra (Re): Ra is Bast's father and there is a combined divine form named Ra-Bast (as well as Ra-Sekhmet-Bast). In this role, Bast is emphasized as the rising sun and as slayer of the Apep monster, or snake, (which represented the darkness that could swallow the sun) allowing the sun to rise each morning. Bast slayed the Apep snake with the flint dagger of the truth. Bast represents the part of the cycle of life where life begins anew, as well as being She Who Slays (slaying falsehood and leaving behind only the truth).

Heru (Horus): Heru (Horus in Greek) was the hawk-headed Sun God and son of Aset (Isis in Greek). Bast was Heru's twin sister. In this role, Heru is the sun and Bast is the moon. On a dualistic level, they represented the male and female, respectively.

Aset (Isis) and Asar (Osiris): Aset (Isis in Greek) was Bast's mother and Asar (Osiris in Greek) was Bast's father. In addition to the Aset-Asar-Bast and Aset-Bast-Heru trinities, in the Bast-Aset-Sekhmet trinity, Bast is Maiden, Aset (Isis) is Mother, and Sekhmet is Dark Lady.



The emphasis of the Bast-Aset (or Bast-Isis) relationship is on the relationship of mother and daughter between Aset (Isis) and Bast. Bast is also called "Ba-en-Aset", which means the soul of Isis. This reflects the belief that the adult woman contains the little girl, as contrasted with the Christian belief that adulthood replaces childhood. In the Kemetic religion, adulthood augments and builds on childhood.

Kore Persephone and Demeter: Bast was associated with the Greek goddess Kore Persephone and her relationship with Demeter (whom the Greeks associated with Aset or Isis). In the Egyptian version the goddess Mertsger is associated with Persephone and Bast's role is centered on the young virgin girl

approaching sexual awareness (the Maiden archetype) and on the mother-daughter bond.

Artemis and Apollo: Bast was associated with the Greek goddess and Artemis and her twin Heru (Horus) was associated with the Greek god Apollo (who was Artemis' twin). Here the emphasis is on the brother-sister relationship, which is used as a model for the male-female duality and symbolized the sun and the moon. There is also an emphasis on virginity as a symbol of purity and truth, as well as virginity as a symbol of the untamed and the wild. Note that virginity in antiquity referred to a woman who had not yet been pregnant, as contrasted with the modern Christian view that virginity is lack of sexual activity. In this role, Bast/Artemis also has strong connections to idealized forms of lesbianism. Kore Artemis represented the lesbian who was too wild to become married to a man.

I will provide background to assist those new to Bast and Am Khent Kemeticism.

Tamera is one of the two main ancient Egyptian words for Egypt. Ta-Mri means “the beloved land”.

Kemet is the other main ancient Egyptian word for Egypt. KMT means “the black land”.

Neter (or ntr) is the ancient Egyptian word for the divine. Neteru were the many deities of the Kemetic religion.

Hieroglyphs were called “medu neter”, which means “the words of the divine”. Unlike English, where the word goddess is the derivative and diminutive form of god, the ancient Egyptians treated both as equal and used the same word. The ancient Egyptians did have a separate word for goddess, neteret.

The neteret, or Ultimate Goddess, was realized in the human mind as certain or specific goddesses, especially Aset (Isis), Bast, Het Heret (Hathor), Ma'at, Mwt (Mut), Nebet Het (Nephthys), Neith, Nwt (Nut), Sekhmet, and Tefnut.

The Kemetic religion provides us with the oldest existing written records on the planet, giving us a glimpse into the distant past.

The Kemetic (ancient Egyptian) religion is now considered a Pagan religion. The word “pagan” carries a lot of negative baggage in the Christian West, where it is equated with heresy, barbarian tribes, and even evil. Christian churches still collect pennies from school children to “save” pagan babies in Africa. There is often the claim that Paganism is a form of Satan worship. Not true. Satan is a god in the Christian pantheon and does not exist in any religions other than Judaism, Christianity, and Islam, as well as their derivatives such as Satanism (which is protest through a form of anti-Chrsitianity). Note that Satan had a minor role in Judaism.

The word “pagan” comes from the Latin *paganus*, meaning country dweller, and originally referred to “folk” religion as contrasted with “high” religion of urban Greece. The Western definition of Pagan is all religions other than Judaism, Christianity, and Islam. This includes such “High Religions” as Buddhism and Hinduism, as well as Kemetic.

variety of Kemetic religion

In modern times, many individuals currently worshipping Kemetic (ancient Egyptian) deities do so as part of a pagan religion, in the meaning of a folk religion. This includes Wiccan, Goddess-oriented, and nature-oriented groups.

Many individuals currently incorporate the Kemetic deities as part of a Magick tradition.

The Kemetic deities are also used in Shamanistic traditions, versions of Buddhism, versions of

Hinduism, a wide range of New Age religions, and a wide range of Witchcraft religions.

Some individuals attempt to exactly recreate Kemetic religion and beliefs from a specific time and location in Kemetic history. Some attempt to recreate Bast worship from other times in antiquity, such as Greek and Roman culture and religions.

As one might expect, over the course of thousands of years the Kemetic religion has undergone a lot of changes. The following is a quick overview of some of the major variations of the Kemetic religion, both ancient and modern.

Fertility Goddesses: The Kemetic religion evolved from an extremely ancient form of Goddess worship that emphasized shamanism, totemism, and animalism. In the last few thousand years before the rise of the Kemetic culture the worship of a single Supreme Goddess started to evolve into a polytheistic religion with numerous fertility goddesses.

Eastern: The Tamerans developed the basic ideas of Middle Eastern religions, including imminence and transcendence, yin and yang, the chakras, Kundalini, meditation, reincarnation, zen, ethical and moral responsibility, and the seven-fold human. This was a polytheistic religion with the underlying belief in the wide variety of deities as comprehensible symbols for the unknowable ultimate divine. This version of Kemetic religion emphasized self-discovery and placed the burden of cosmic insight on individual prayer and meditation. It also included widespread use of shamanistic practices and religious magick, including the use of mind-altering drugs and ritual sex magick. This form of Kemetic religion was among the earliest to appear in writing and lasted throughout the classical Kemetic period. This included intermingling with Sumerian and Babylonian religions, and prior to the Greek period, intermingling with Persian (Iranian) religion.

Western: Under the influence of patriarchal cultures from the north (including the Greeks and later the Romans), the Tamerans developed a version of their religion with a Supreme male god (Ra), an emphasis on duality, the reduction of the seven-fold human to a dualistic human (mind and soul or physical and soul), the belief in the separation of man and god caused by the sin of man, and the belief in an eternal life consisting of eternal punishment (in Hell or Tuat) or eternal reward (in the Atrium or Elysium Fields or Heaven). The Western system is dogmatic, that is the major concepts and beliefs are codified by a priesthood and delivered to their followers, as compared to a system of individual mediation and insight. This form of Kemetic religion came into existence relatively late in the classical Kemetic period and came to the forefront under Greek and Roman rule.

Occult: This form of the religion was highly superstitious and emphasized occult practices, including numerology, astrology, tarot, cabalism, alchemy, and divination. Principles normally associated with religious thought tended to be downplayed or ignored entirely. This is primarily associated with Medieval and later Europe, including the famous Masons.

Hindu and Buddhist: Joseph Campbell's ground-breaking research on comparative mythology shows that the Hindu religion is borrowed almost entirely from the Kemetic and other ancient religions from the Middle East. At first the only changes were the use of local Indian names for the deities and religious concepts. During later times many of the ancient Kemetic concepts were refined, leading to Buddhism, Confucianism, Taoism, and other Asian religions.

Roman and Greek: The Greeks created a hybrid religion combining their own with the Kemetic, which gained popularity in Egypt, Greece, and some parts of the Middle East. The Romans, who took large portions of the Greek religion, including assigning Roman names to the Greek deities, also borrowed from the Tamerans. Bast and Aset (whom the Greeks called Isis) were among the most popular of the Kemetic deities. The cult of Bast became popular throughout the Roman Empire and Bast was the patron deity of Pompeii and one of the patron deities of Rome herself!

Wiccan: In modern times, the religion that most commonly makes use of Kemetic deities is Wicca

(and other forms of Witchcraft). Wicca is an extremely unstructured nature-oriented religion that recognizes a supreme God and Goddess (Lord and Lady). Many, but not all, Wiccans borrow Kemetic deities as representatives of their supreme Lord or Lady. In 1983 a U.S. district court ruled that Wicca was a legitimate religion and that David March, a prisoner at the Marquette Branch Prison, in Michigan, had a 1st and 14th Amendment right to practice Wicca.

Shamanism: Shamanism is an extremely old practice derived from the original Goddess worship. Some shamans and their followers use Kemetic deities in their practices. There are even variations of Native American shamanism that use Thoth as the primary spirit guide and incorporates numerous other Kemetic deities in a variety of supporting roles.

Psychological: For those raised in Western scientific-rational culture, the easiest modern form of Kemetic religion to understand is one of psychological archetypes. In this version, the Kemetic deities are viewed as being representative of basic human characteristics and are employed primarily as tools for understanding the human mind. The myths are viewed as ancient wisdom passed on from generation to generation and are used to help understand one's self and the surrounding world.

Pr Ntr Kmt does not attempt to favor any one version over others and welcomes believers of all kinds.

Bast and Neo-Paganism

A great deal of the material in this introduction comes from material I wrote for a zine more than a decade ago. Because of the informal nature of zines, this material was written without footnotes or strict adherence to academic standards for crediting sources.

Much of the information in the Neo-paganism and the Stone Age sections of this book are based primarily upon materials in the writings of Margot Adler, Joseph Campbell, and Merlin Stone (as well as a few other writers). This is still a prerelease version of the book, and some of this material is copied raw from the original zine writings. I will be adding source attributions. Please be patient until I have tracked down all of the original sources and properly attributed them. I apologize for any inconvenience in the meantime.

With the subsiding of the "Burning Times", Starhawk, a Native American wise woman, psychologist, and political activist, claims that Paganism "is undergoing more than a revival, it is experiencing a renaissance, a re-creation."

In the early 1990s Margot Adler, a feminist journalist, estimated that there were more than 100,000 active pagans worshipping the Supreme Goddess in one form or another in the U.S. today. By 2004, the number of Witches and closely related earth religions surpassed the number of Buddhists. In 2007, the number of Witches surpassed the number of Hindus. Witchcraft is expected to surpass Judaism (third largest religion) and Islam (second largest religion in the U.S.) soon.

The last execution of a Goddess worshipper for "witchcraft" in a modern industrial nation was in Great Britain in 1933 and the death penalty for Goddess worship has been revoked in Great Britain, Canada, and the United States, with the exception of the state of North Carolina.

"Modern Neo-Paganism [in America is] a surprising and amazing attempt by Westerners in the heart of our industrial society to create non-authoritarian and non-dogmatic religions," Adler states.

Stephen Saunders, a Shaman of Bast, points out the need to "let go of the dualistic nature of the Christian tradition and embrace the loving gifts of the Goddess."

Ntosake Shange's Broadway play *for coloured girls who have considered suicide when the rainbow is enuf* opens with a tall, beautiful black woman rising from despair with the cry "I found God in myself and I loved her fiercely."

"Female power is strong and creative," proclaims playwright Ntosake Shange. "She is saying that the divine principle, the saving and sustaining power, is in herself, that she will no longer look to men or male figures as saviors. This meaning of the symbol of Goddess is simple and obvious ... and stands in sharp contrast to the paradigms of female dependence on males that have been predominant in Western religion and culture."

"The patriarchal tradition has pretty much ignored the implication of God's motherly side and of our responsibility to develop the mother in ourselves, whether we are women or men, married or celibate, heterosexual or homosexual," claims radical Dominican scholar Matthew Fox in proposing "Geo-Justice" and the idea that "God as Mother".

The concept of the potential mother in each of us is described in the teachings of Rabbi Abraham Heschel, "Every soul is pregnant with the *seed* of insight. It is vague and hidden. In some people the seed grows, in others it decays. Some give birth to life. Others miscarry it. Some know how to bear, to nurse, to rear an insight that comes into being. Others do not."

"We are born remembering. We are born connected," relates psychologist Paricia Reis. "The creative spirit I know within me has the face and the force of a woman. She is my Mother, my Mothergod, my generatrix, the divine immanence I experience signified in all of creation."

"Most Neo-Pagans sense an aliveness and 'presence' in nature," Adler explains. "They are usually polytheists or animists or pantheists, or two or three of these things at once. They share a goal of living in harmony with nature and they tend to view humanity's 'advancement' and separation from nature as the prime source of alienation. They see *ritual* as a tool to end that alienation. Most Neo-Pagans look in the old pre-Christian nature religions of Europe, the ecstatic religions, and the mystery traditions as a source of inspiration and nourishment. They gravitate to ancient symbols and ancient myths, to the old polytheistic religions of the Greeks, the Egyptians, the Celts, and the Sumerians."

Stone Age Goddess

Bast worship is *not* some trendy New Age religion that has just sprouted into being. The worship of the Supreme Goddess goes back at least 106,000 years. To give you some idea of the antiquity of this religion, remember Cro-Magnon didn't appear until about 30,000 years ago.

The people of the upper Paleolithic (ca. 35,000-9000 B.C.E.) were fully evolved humans like ourselves. Although there are no written myths or stories, no recorded language, and therefore no history as usually defined by scholars, there is a wealth of Ice Age art, which displays a people with a keen observation of nature, a presence of music, tools, self-decoration, and an evolved, rich ceremonial (religious) life.

Paleolithic (Stone Age) cave art is a grand and powerfully moving achievement. There has been nothing like it created since. And this artwork was created during the midst of a long ice age that gripped most of the planet in glacier!

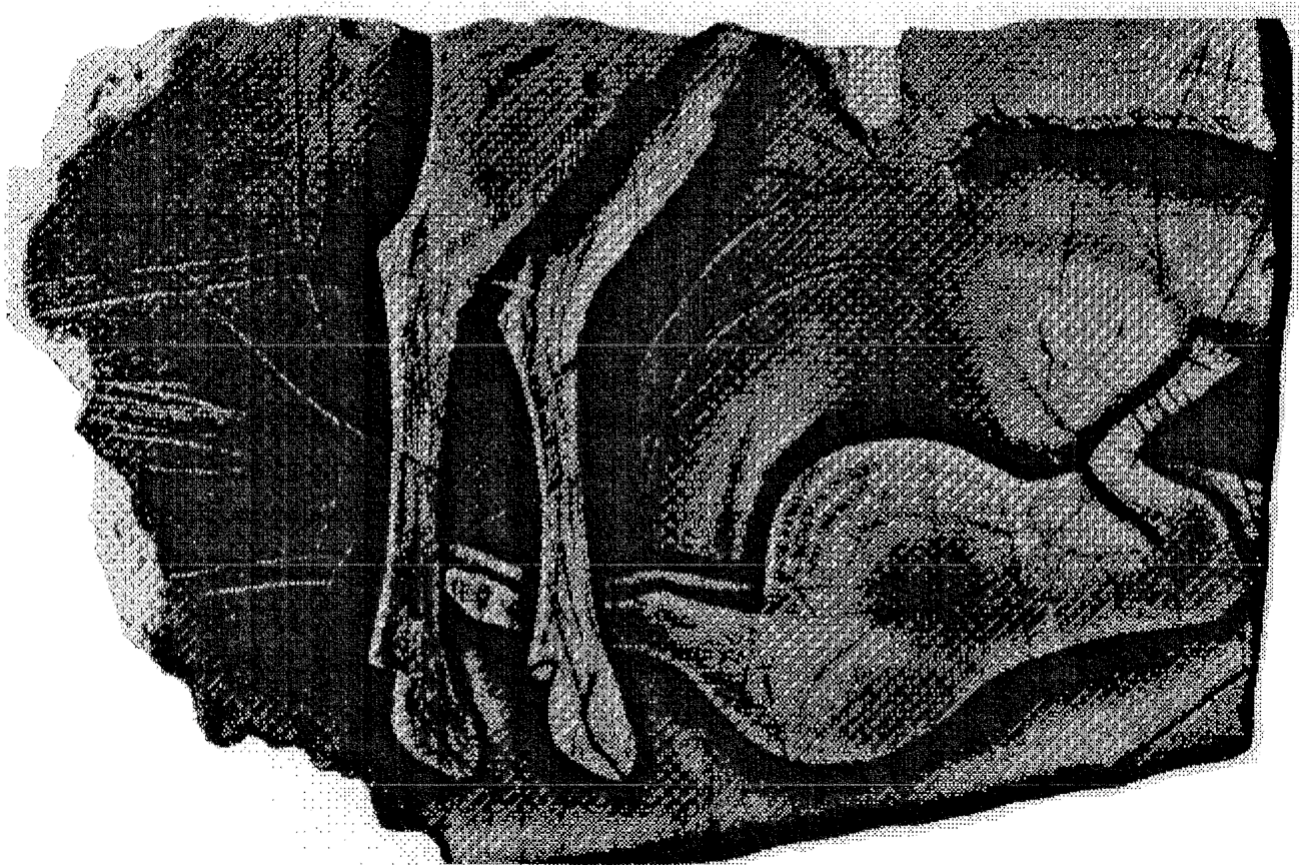
These early humans viewed the earth (a feminine essence) as the source of all life and the ground of being.

Deep in the earth herself, in caves all across Europe, we find startling panoramas of their environment in brilliant earth colors — woolly mammoth and bison, mountain goat and musk ox, wild horse and deer,

all potent with charged energy. Working with stone tools, natural pigments, and charcoal, they brought to life vast herds of these beasts moving across space.

The Ice Age peoples perceived themselves as one with the animals, not as a separate species. Animals and humans were nurtured, like the rocks and the trees, by the feminine life force emanating from the earth herself.

Although human beings hunted, they were primarily vegetarian, saving meat for religious holidays and special celebrations (including coming of age rituals for boys becoming men), a practice that extended into classical Kemetic times.



Pregnant woman with bull, Middle Magdalenian, ca. 12,000 B.C.E.
From Laugerie Basses, France

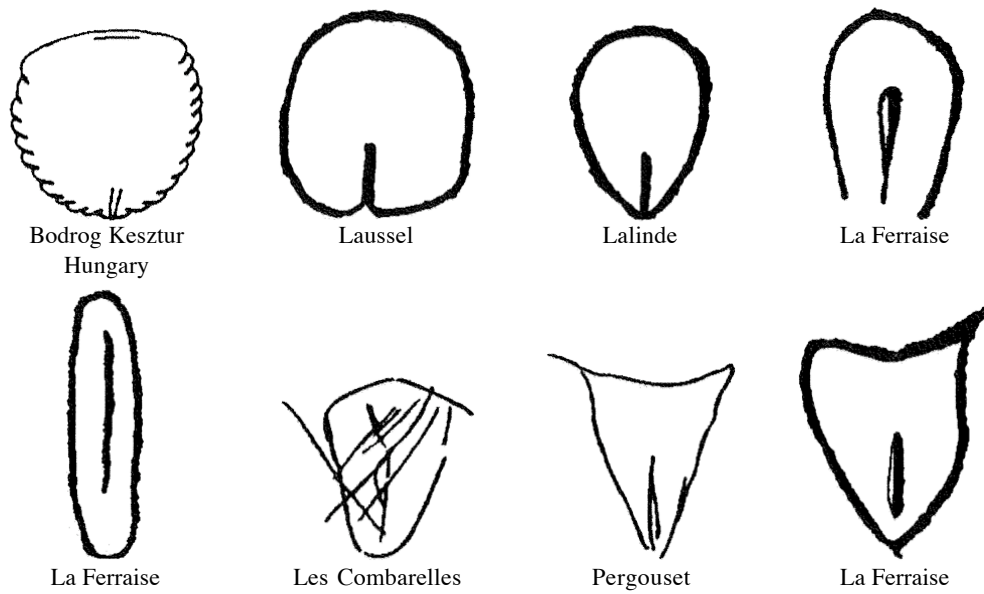
In the cave art we see the repeated theme of the pairing of a human female (representing the Supreme Goddess) and various male animals, most often the bull, the ram, or the goat. This connection of the goddess and the bull continues in the Kemetic (ancient Egyptian) religion as Het Heret (Hathor) and Here Sa Aset (Horus) and Ptah, as well as in the Hindu religion (which was strongly influenced by the Egyptians in its earliest days), and indirectly in the Greek and Norse religions (also influenced by the Egyptian).

Scratched into the surface of the cave paintings are numerous sacred symbols, almost all of which are still used today.

There are cross hatchings and wavy lines, associated with water and life. There are many pairings of male and female symbols, predecessors of the modern *yin* and *yang*.

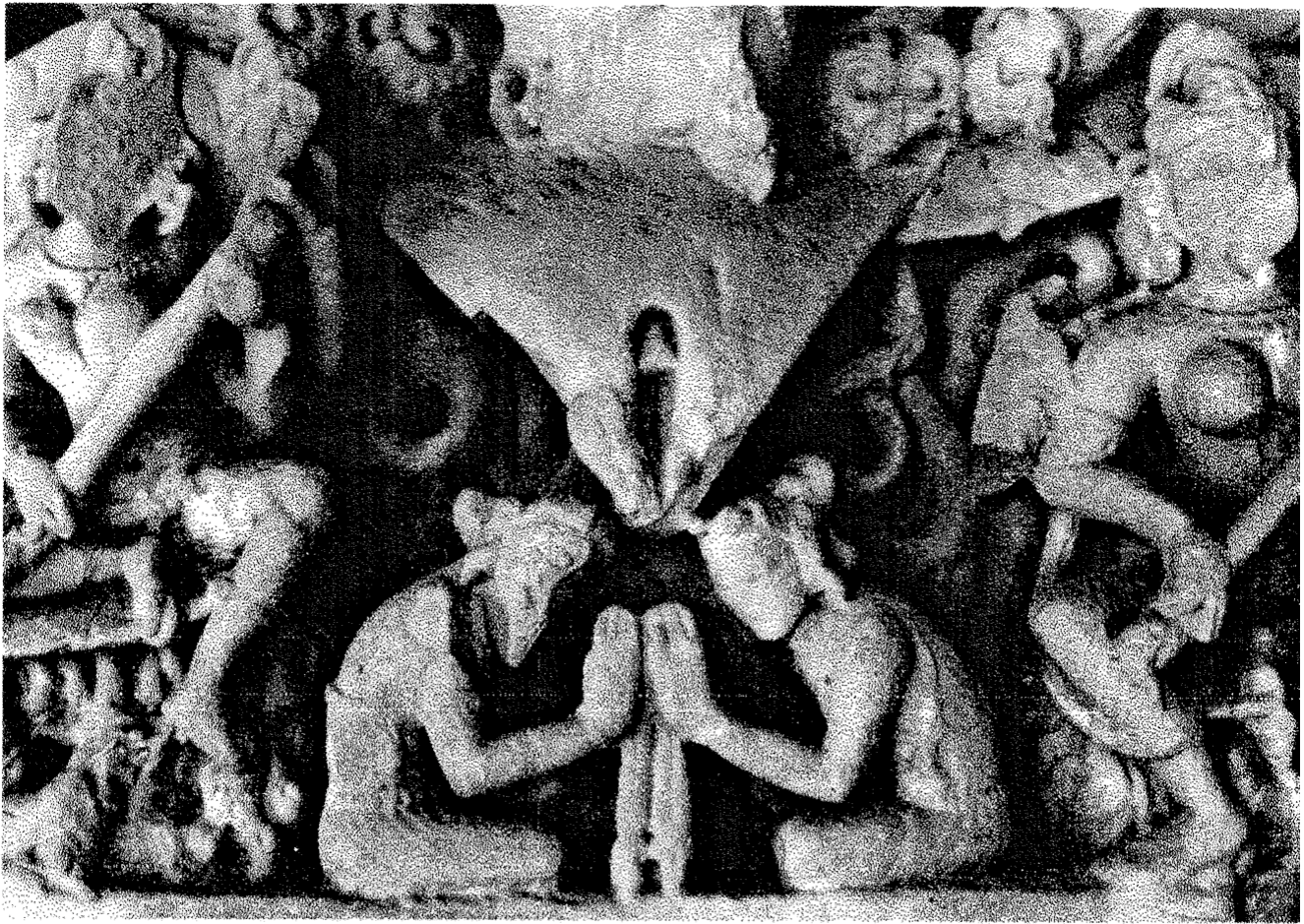
But overwhelmingly, there are the symbols of the Supreme Goddess. Circles, triangles, and lines,

symbolically representing the female vulva, occur over and over, the same symbols still used in goddess worship worldwide.



Carved and engraved vulva images from the upper Paleolithic, 30,000-9000 B.C.E.

The vagina continues to be used as a religious symbol for the Supreme Goddess. In India the veneration of the female vulva is both familiar and affectionate. When passing a sculpture of the Goddess it is customary to touch her sacred place, the *yonis*.



Sages worshipping the yoni, 12th century C.E., bas-relief, stone
Chausatti Temple, Bheraghat, Madhya Pradesh, India

At Rouffignac a vast cavern, famous for its paintings of mamoths, plunges deep into the earth for more than a mile; there within the cave are round, crater-like depressions in the clay. These are the 'nests' of the cave bears, who in preparing for their annual hibernation would turn round and round, making their beds for the winter. On the walls beside the clay nests are beautiful red and black imprints of the hands of children and women, outlined with ochre blown through a reed. In the very depths of the cave is a small chamber that can only be entered with the aid of a rope. All signs indicate that the cave and the long passage into its bowels were the setting for an initiation ceremony. Rouffignac, with its cave bears and red-ochred hands of women, may be the earliest link with the Artemis bear cults that emerged thousands of years later in the Mediterranean (Artemis is the Greek equivalent to Bast).

From the floors of the caves and other sites across Europe and Asia are scattered numerous small icons of the sacred female, carved from stone, bone, horn, and ivory, or formed from clay and ash and fired in the hearth.

While no two of the unearthed figures are alike, they are almost always faceless with scant attention paid to the limbs. All share an emphasis on those parts of the female body associated with reproduction, icons that embodied the source of life. These, together with steatopygous images and elongated bird-headed figures, are clearly not forms of early pornography, as many Christian male scholars once implied. The figures show a consistency of shape and theme: they depict the woman's bodily capacity to give birth, to bleed and heal herself every moon, to nurture and suckle, and eventually to die and be reborn.

As Paleolithic people observed the natural processes in a woman's body — menstruation, pregnancy, birth, and lactation — the earth was understood by analogy to be the great womb out of which all life emerged. They believed that the earth was the mother, especially the mother of animals upon whose continued presence human life depended. Just as plants withered, died, and fell into the earth, so did the animals. Humans also returned to the earth's womb at death, to be reborn again like the plants in the great seasonal round. The dead were buried in the fetal position with their arms across their chests, their bodies marked with red ochre, the pigmented earth, symbolic of life-giving blood.

The sacred feminine was personified as the Great Mother. The Goddess was the Giver of Life, the great nurturer, sustainer, and healer. But she is also the Bringer of Death, the one who grants immortality and liberation. The Goddess giveth and the Goddess taketh away. She is capable of infinite compassion in one form and of total annihilation in another — these forms being represented by Bast and Sekhmet, respectively.

The feminine force was seen as the source of all life on the planet. This theme first appears in Ice Age art and continues into historical times.

In Sanskrit, the manifesting power of the creative principle is known as the Goddess Sakti (who is based on Bast's sister goddess Sekhmet), meaning energy (notice the similarity in sounds and meanings of the two names). French Indologist Alain Daniélou describes energy as the source of everything, the origin of the phenomenal world, but also the conscious plan of creation, the principle of knowledge or perception through which its existence, real or apparent, can be known. In the sacred texts of India, the Goddess is the universal creator.

The gods approaching the resplendent Goddess Sakti asked her "Who are you?" She replied, "I am the form of the immensity; from me the world arises as nature and person. I am the Queendom, the giver of wealth, the knower of the essence of things. I come first in all rituals. The Gods have established my various abodes. My sphere is wide. I dwell in all things. From me comes the food you eat, all that you see, all that has breath, and all the words you hear. Those who do not acknowledge me destroy themselves. Study and hear what I say with respect. I am the Pleasure of Life and Humanity."

Even one of the two creation myths told in the Hebrew Genesis has similarities with the Pelasgian myth of ancient Greece, which, according to Robert Graves, runs:

In the beginning the world was without form and void. And our Great Mother Eurnyme rose naked from the abyss and, looking about her, found that she was alone. She danced in the darkness, and by her dancing the air was set in motion. A wind blew upon her face from the north, and she took it in her hands to rub it, giving it the similitude of a speckled serpent. the same serpent lusted after our Mother and she suffered him to cast his coils about her body, and to know her. But as yet he had no name. And in process of time our Mother took the form of a dove and brooded upon the face of the water and was delivered of a great egg; which the Serpent coiled about to hatch it, so that it split open and all things were created.

Now, when our Great Mother looked upon her works and saw that they were good, she established the years and the seasons, and the months and the weeks for ever. And each week she divided into seven nights and days.

The seven day week is an ancient subdivision of the 28 day lunar month, marking the cycle of the moon and a grown woman's menstrual cycle.

Early artists represented the sacred female in images that emphasized one part of her body; all else was abstracted or eliminated. Vulva, breasts, or buttocks were carved in the round and incised on bone and stone to be worn as beads or amulets.

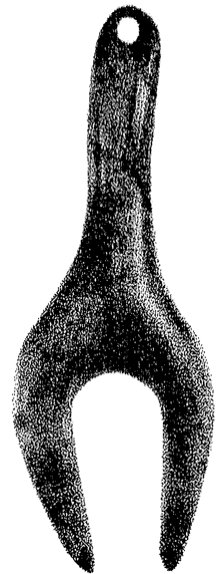
Stylized female with large buttocks, Upper Magdalenian, ca. 13,000 B.C.E. Coal, Petersfel, Germany. A sculpted, highly polished coal pendant depicts a radically simplified female form whose primary features are large buttocks and slightly bent knees.



Abstract female with breasts, East Gravettian, ca. 20,000 B.C.E. mammoth ivory, Dolní Vestonice, Moravia, Czech Republic. A beautiful, small ivory rod has two full rounded breasts on either side. The body is an extension of the rod, slightly arched and curved backwards like the Petersfel pendant. This carefully made, starkly abstract image is notched on all four sides.

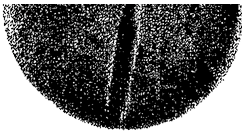


Abstract female with vulva slit, East Gravettian, ca. 20,000 B.C.E. Mammoth ivory, Dolní Vestonice, Moravia, Czech Republic. Another piece of carved ivory looks more like a two-pronged fork, but on closer examination can be identified as a female form by the narrow slit indicating the vulva at the point where the legs join the torso. The hole at the top shows that it was probably worn as a pendant.



Disk with vulva slit, East Gravettian, ca. 20,000 B.C.E. Ivory, Brno, Moravia, Czech Republic. Found in a grave, this small coinlike disk carved from a mammoth





tooth has a single radial line from the center to the edge. The vulva over time became abstracted to the point where it could be symbolized by a simple circle with a single mark.

Paleolithic art has become known only in the past hundred years. The purpose of the cave paintings and the meaning of the female figures have been debated continuously among prehistorians. The discovery of an evolved and sophisticated art dating from thousands of years before recorded history dealt a shattering blow to the theory that viewed “great” art as the reflection of “great” civilizations. This raised profound and largely unanswered questions about the origins of art as well as about the human condition.

It is important to note that of all the human figures in the Upper Paleolithic, none is depicted with weapons, while many appear to be involved in ceremonial activity. Yet in spite of the near absence of aggression and killing depicted in the art of the Paleolithic and Neolithic, and the universal presence of life-affirming pregnant women, most of the minds of the 1800s and 1900s have been unable to recognize the peaceful nature of the culture they have been examining. rather, what we derive from the experts is a terrifying insight into the reality of modern, post-industrial man. In examining the various interpretations of our early beginnings and the development of the Primordial Mother, each generation of scholarly thinking has been influenced by whatever was the contemporary position held by philosophy and science. The vantage-point we start from in interpreting the art and artifacts of the roots of our past determines what we see, and it can only be the current form of the myth we are living. The texts repeatedly refer to ‘man the hunter’, ‘mankind’, ‘man the tool-maker’, ‘the killer ape’, ‘erotic-pornographic female figures’, and ‘fertility cults’.

For years the experts described the earliest etchings on bones, antlers, and ivory as spears, harpoons, and barbed arrows. Close examination of these artifacts by Alexander Marshak, however, suggest that many of these signs represent not weapons, but plants!

Everything we can observe from the Paleolithic indicates a peaceful, if sometimes precarious relationship with Nature and the beasts. We can only speculate on the relationship between men and women, while noting that burials honor both sexes and even the so-called ‘fertility figures’ often have phallic shapes. A history of the Paleolithic suggests a culture that existed for at least 50,000 years and had as its central figure the Great Mother, who implanted in the minds of the ancestors a culture of art, a love of life, a belief in the afterlife, a symbiotic relationship with the plants and animals, and a deep respect for the natural cycles of women.

Their attitudes are summed up in an 1852 letter to U.S. President Franklin Pierce when the United States Government inquired about buying tribal lands:

The President in Washington sends word that he wishes to buy our land. But how can you buy or sell the sky? The land? The idea is strange to us. If we do not own the freshness of the air and the sparkle of the water, how can we buy them?

Every part of this earth is sacred to my people. Every shining pine needle, every sandy shore, every mist in the dark woods, every meadow, every humming insect. All are holy in the memory and experience of my people.

We know the sap which courses through the trees as we know the blood that courses through our veins. We are part of the earth and it is part of us. The perfumed flowers are our sisters. The bear, the deer, the great eagle, these are our brothers. The rocky crests, the juices in the meadow, the body heat of the pony, and man, all belong to the same family.

The shining water that moves in the streams and rivers is not just water, but the blood of our ancestors. If we sell you our land, you must remember that it is sacred. Each ghostly reflection in the clear waters of the lakes tells of events and memories in the life of my people. The water’s murmur is the voice of my father’s father.

The rivers are our brothers. They quench our thirst. They carry our canoes and feed our children. So you must give to the rivers the kindness you would give any brother.

If we sell you our land, remember that the air is precious to us, that the air shares its spirit with all the life it supports. The wind also gives our children the spirit of life. So if we sell you our land, you must keep it apart and sacred, as a place where man can go to taste the wind that is sweetened by the meadow flowers.

Will you teach your children that we have taught our children? That the earth is our mother? What befalls the earth befalls all the sons of the earth.

This we know: the earth does not belong to man, man belongs to the earth. All things are connected like the blood that unites us all. man did not weave the web of life, he is merely a strand in it. Whatever he does to the web, he does to himself.

One thing we know: The earth is precious to the creator and to harm the earth is to heap contempt on its creator.

Your destiny is a mystery to us. What will happen when the buffalo are all slaughtered? The wild horses tamed? What will happen when the secret corners of the forest are heavy with the scent of many men and the view of the ripe hills is blotted by talking wires? Where will the thicket be? Gone! Where will the eagle be? Gone! And what is it to say goodbye to the swift pony and the hunt? The end of living and the beginning of survival.

When the last Red Man has vanished with his wilderness and his memory is only the shadow of a cloud moving across the prairie, will these shores and forests still be here? Will there be any of the spirit of my people left?

We love this earth as a newborn loves its mother's heartbeat. So, if we sell you our land, love it as we have loved it. Care for it as we have cared for it. Hold in your mind the memory of the land as it is when you receive it. Preserve the land for all children and love it, as the Creator loves us all.

As we are part of the land, you too are part of the land. This earth is precious to us. It is also precious to you. One thing we know: there is only one Creator. No man, be he Red Man or White Man, can be apart. We *are* brothers after all.

Chief Sealth, for whom Seattle is named, delivered his famous speech in December 1854. The following version appeared in the *Seattle Sunday Star* on October 29, 1887, in a column by Dr. Henry A. Smith, who had attended the original oration.

Yonder sky that has wept tears of compassion upon my people for centuries untold, and which to us appears changeless and eternal, may change. Today is fair. Tomorrow it may be overcast with clouds. My words are like the stars that never change. Whatever Seattle says, the great chief at Washington can rely upon with as much certainty as he can upon the return of the sun or the seasons. The white chief says that Big Chief at Washington sends us greetings of friendship and goodwill. This is kind of him for we know he has little need of our friendship in return. His people are many. They are like the grass that covers vast prairies. My people are few. They resemble the scattering trees of a storm-swept plain. The great, and I presume — good, White Chief sends us word that he wishes to buy our land but is willing to allow us enough to live comfortably. This indeed appears just, even generous, for the Red Man no longer has rights that he need respect, and the offer may be wise, also, as we are no longer in need of an extensive country.

There was a time when our people covered the land as the waves of a wind-ruffled sea cover its shell-paved floor, but that time long since passed away with the greatness of tribes that are now but a mournful memory. I will not dwell on, nor mourn over, our untimely decay, nor reproach my paleface brothers with hastening it, as we too may have been somewhat to blame.

Youth is impulsive. When our young men grow angry at some real or imaginary wrong, and disfigure their faces with black paint, it denotes that their hearts are black, and that they are often cruel and relentless, and our old men and old women are unable to restrain them. Thus it has ever been. Thus it was when the white man began to push our forefathers ever westward. But let us hope that the hostilities between us may never return. We would have everything to lose and nothing to gain. Revenge by young men is considered gain, even at the cost of their own lives, but old men who stay at home in times of war, and mothers who

have sons to lose, know better.

Our good father in Washington—for I presume he is now our father as well as yours, since King George has moved his boundaries further north—our great and good father, I say, sends us word that if we do as he desires he will protect us. His brave warriors will be to us a bristling wall of strength, and his wonderful ships of war will fill our harbors, so that our ancient enemies far to the northward — the Haidas and Tsimshians — will cease to frighten our women, children, and old men. Then in reality he will be our father and we his children. But can that ever be? Your God is not our God! Your God loves your people and hates mine! He folds his strong protecting arms lovingly about the paleface and leads him by the hand as a father leads an infant son. But, He has forsaken His Red children, if they really are His. Our God, the Great Spirit, seems also to have forsaken us. Your God makes your people wax stronger every day. Soon they will fill all the land. Our people are ebbing away like a rapidly receding tide that will never return. The white man's God cannot love our people or He would protect them. They seem to be orphans who can look nowhere for help. How then can we be brothers? How can your God become our God and renew our prosperity and awaken in us dreams of returning greatness? If we have a common Heavenly Father He must be partial, for He came to His paleface children. We never saw Him. He gave you laws but had no word for His red children whose teeming multitudes once filled this vast continent as stars fill the firmament. No; we are two distinct races with separate origins and separate destinies. There is little in common between us.

To us the ashes of our ancestors are sacred and their resting place is hallowed ground. You wander far from the graves of your ancestors and seemingly without regret. Your religion was written upon tablets of stone by the iron finger of your God so that you could not forget. The Red Man could never comprehend or remember it. Our religion is the traditions of our ancestors — the dreams of our old men, given them in solemn hours of the night by the Great Spirit; and the visions of our sachems, and is written in the hearts of our people.

Your dead cease to love you and the land of their nativity as soon as they pass the portals of the tomb and wander away beyond the stars. They are soon forgotten and never return. Our dead never forget this beautiful world that gave them being. They still love its verdant valleys, its murmuring rivers, its magnificent mountains, sequestered vales and verdant lined lakes and bays, and ever yearn in tender fond affection over the lonely hearted living, and often return from the happy hunting ground to visit, guide, console, and comfort them.

Day and night cannot dwell together. The Red Man has ever fled the approach of the White Man, as the morning mist flees before the morning sun. However, your proposition seems fair and I think that my people will accept it and will retire to the reservation you offer them. Then we will dwell apart in peace, for the words of the Great White Chief seem to be the words of nature speaking to my people out of dense darkness.

It matters little where we pass the remnant of our days. They will not be many. The Indian's night promises to be dark. Not a single star of hope hovers above his horizon. Sad-voiced winds moan in the distance. Grim fate seems to be on the Red Man's trail, and wherever he will hear the approaching footsteps of his fell destroyer and prepare stolidly to meet his doom, as does the wounded doe that hears the approaching footsteps of the hunter.

A few more moons, a few more winters, and not one of the descendants of the mighty hosts that once moved over this broad land or lived in happy homes, protected by the Great Spirit, will remain to mourn over the graves of a people once more powerful and hopeful than yours. But why should I mourn at the untimely fate of my people? Tribe follows tribe, and nation follows nation, like the waves of the sea. It is the order of nature, and regret is useless. Your time of decay may be distant, but it will surely come, for even the White Man whose God walked and talked with him as friend to friend, cannot be exempt from the common destiny. We may be brothers after all. We will see.

We will ponder your proposition and when we decide we will let you know. But should we accept it, I here and now make this condition that we will not be denied the privilege without molestation of visiting at any time the tombs of our ancestors, friends, and children. Every part of this soil is sacred in the estimation of my people. Every hillside, every valley,

every plain and grove, has been hallowed by some sad or happy event in days long vanished. Even the rocks, which seem to be dumb and dead as the swelter in the sun along the silent shore, thrill with memories of stirring events connected with the lives of my people, and the very dust upon which you now stand responds more lovingly to their footsteps than yours, because it is rich with the blood of our ancestors, and our bare feet are conscious of the sympathetic touch. Our departed braves, fond mothers, glad, happy hearted maidens, and even the little children who lived here and rejoiced here for a brief season, will love these somber solitudes and at eventide they greet shadowy returning spirits. And when the last Red Man shall have perished, and the memory of my tribe shall have become a myth among the White Men, these shores will swarm with the invisible dead of my tribe, and when your children's children think themselves alone in the field, the store, the shop, upon the highway, or in the silence of the pathless woods, they will not be alone. In all the earth there is no place dedicated to solitude. At night when the streets of your cities and villages are silent and you think them deserted, they will throng with the returning hosts that once filled them and still love this beautiful land. The White Man will never be alone.

Let him be just and deal kindly with my people, for the dead are not powerless. Dead, did I say? There is no death, only a change of worlds.

Note that references to "God" were added by the Christian transcriber in place of the Native term "Great Spirit".

blossoming civilization

The Neolithic agricultural revolution that first began to take place at the end of the last Great Ice Age has left us with clear reminders of the role of the Goddess and the people who worshipped her. Approximately 10,000 B.C.E. profound climatic changes occurred in Europe and around the Mediterranean. The old world and its way of life were changing as the land became more arid. In the Near East, people had abandoned the caves in favor of more permanent settlements. Human development was passing through a period of grace, a time when humankind was betwixt and between the memory of the cave, with its Mistress of the Animals, and the coming city-states. This movement away from a migratory, hunting and gathering existence towards a stable, stationary lifestyle would in the end bear witness to the Great Goddess being transformed from a primary source deity into the mother, lover, and consort of the new young God who was soon to be created in the image of man.

In ancient Mesopotamia and Egypt, civilization as we know it first arose with the advent of writing and mathematics. Although both civilizations maintained separate identities, both continually influenced and changed the other as each alternately introduced new ideas and beliefs, which would be cross-assimilated in each civilization's characteristic forms.

From the written and archaeological evidence we can trace the blossoming of religion as we know it today.

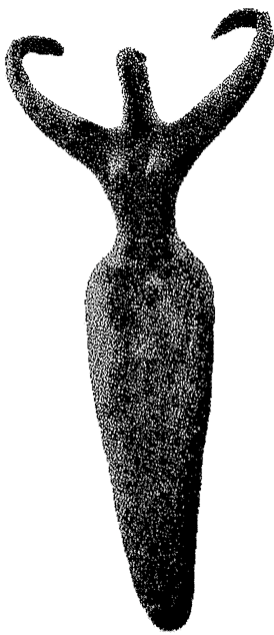
Triple Goddess

With the coming of the Neolithic (New Stone Age) and the introduction of agriculture, starting around 10,000 B.C.E., we see the Supreme Goddess transformed into the Triple Goddess. The Triple Goddess, in her three forms as a young maiden, a birth-giving mother, and an old woman (or crone), represents the life cycle of women. The Triple Goddess was associated with the three phases of the moon (waxing, full, and waning) as well as with the three worlds (heavens and sky, surface of the earth, and the underworld). In her third aspect as crone she represents not only old age, but also death and

wisdom. The Triple Goddess also represented a cycle: just as the maiden passed on to the mother and the mother passes on to old age (or death), after death life returns anew in the young maiden (reincarnation).

Over the next few thousand years we start to see the fragmentation of the Supreme Goddess into several goddess forms, each with a different purpose, precursors of the goddesses well-known in Egyptian, Greek, Norse, and other religions. Among the most important were the cow goddess (who became Het Heret or Hathor), the bird goddess, the snake goddess, the earth goddess, the eye goddess, the fish mother, the phallic goddess, the sun goddess (who became Bast and Sekhmet and Ra), and the moon goddess.

early Kemetic religion



(Left) Early female figure, mid-fourth millennium B.C.E. Terracotta, paint, Egypt. Her arms raised high, the bird-faced Goddess of pre-dynastic Egypt brings the life-giving energy of the sun to the earth.

(Right) Early Egyptian tomb symbol with three transition goddesses.



In Kemet's early historical period, there were very few widely worshipped deities, primarily Bast, Het Heret (Hathor), Heru (Horus), Ptah, and Djehuti (Thoth), supplemented by many local forms of animal-goddesses.

As Kemetic religion evolved, there was an explosion of neteru (deities), some becoming known all over Kemet (ancient Egypt), but most remaining known only locally.

Myths and stories, often contradictory, were told of this rapidly evolving pantheon.

Each neteru served as a deity, a symbol, and a totem.

The Kemetic neteru were worshipped in ways that are very different than typical of most religions (although some of the concepts reappear in Hinduism, Buddhism, Shamanism, and Native American beliefs).

The tamerans (ancient Egyptians) believed that there was one single ultimate goddess and that this ultimate goddess (Ntr) was not directly understandable to the human mind.

They had a (very large) number of neteru which symbolically represented some aspect of the ultimate goddess (Ntr). because they all represented the same ultimate goddess, on a certain level they were all the same being. The Tamerans felt free to substitute any neteru for any other neteru in worship and in myths. There were some substitutions that were particularly common, such as Aset (Isis) and Het Heret (Hathor), Het Heret and Sekhmet, Sekhmet and Bast, Bast and Ra, Ra and Atum, Ra and Amon, Ra and Asar (Osiris), et and Heru-sa-Aset (Horus).

In addition to being symbols for a common ultimate goddess, each neteru had an individual existence. This individual existence was often slippery, but it did exist. Worship of an individual neteru and prayers to specific neteru were common.

The neteru also combined to create combined forms. These were new neteru that had yet an additional

identity. Typically the combined forms brought together aspects of each separate neteru for a specific new (often synergetic) function. Sometimes the combination would create a whole new identity that was not immediately recognizable as the sum of the parts. It was also typical that combined forms existed temporarily for temporary purposes. Depending on the purpose or the myth, the components of the combined forms may or may not continue to exist with a specific separate identity simultaneously with the existence of the combined form. For example, when Bast-Ra existed, both Ra and Bast still existed separately, yet when Sekhmet-Het Heret (Hathor) existed, neither Sekhmet nor Het Heret (Hathor) existed separately (in some tellings, Sekhmet was completely absorbed into Het Heret or Het Heret was completely absorbed into Sekhmet instead of a combined form).

The Tamerans (ancient Egyptians) also had certain collections of neteru that represented certain overarching cosmic concepts. For example the pair of Bast and Sekhmet as sunrise and sunset showed several basic concepts (including the cycle of life, the aging process, the balance of creation and destruction, the balance of birth and death, etc.). Depending upon the point being made with tis pair, Bast and Sekhmet might be presented as sisters or might be presented as different names for the exact same neteru at different times.

Trinities were even more common than pairings. Several priestly groups at different times in history presented a dazzling array of trinities that encompassed everything one needs to understand about life, the universe, and every other important question. One of the three members of the trinity invariably happened to be the neteru that priestly group worshipped (what an amazing coincidence!). In some cases, there would be a main, central neteru in the trinity which was more important than the others (such as Ptah combined with Djehuti (Thoth) and Ra), but usually they were all three of equal importance. One of the central points of a trinity (usually) is the balance implied. Of particular interest to us, as worshippers of Bast, are the trinity of Bast, Aset (Isis), and Heru (Horus), and the trinity of Bast, Sekhmet, and Het Heret (Hathor). Although most Americans are most familiar with the Christian trinity, the Hindu religion has long had a central trinity. The Hindu religion further follows the Kemetic example of combining the central trinity into a single transcendent deity and in further breaking down the trinity into numerous deities (which isn't surprising when you find out that the early Hindu religion was strongly influenced by ideas that the Tamerans and Sumerans introduced into the Indian subcontinent).

There was also a special kind of combination (usually a dual pair) that was rather interesting. That was the combining of deities from two different religions. Several modern religions (such as B'ahai) and ancient religions that still have some modern practitioners (such as Zoarastrianism) make explicit reference to the belief that every religion is simply a cultural representation of the same ultimate divine.

The Tamerans also held this view, although they did tend to place their own representations in a superior position. The ancient Egyptians specifically recognized this by finding combined forms that combined a Kemetic neteru with the deity of another religion. This was most commonly done with Phoenician, Sumerian/Babylonian, African, Persian, Greek, and Roman deities.

During the period of rule under the Roman Empire, almost every major Greek and Roman deity, as well as numerous minor ones, were combined, giving use such combined forms as Amun-Zeus and Bast-Artemis.

Heru-Bast

Heru (Horus) is the hawk-headed sun god. He is the twin brother of Bast. In her role as twin sister of Heru, Bast is switched from being a solar deity to being a lunar deity. This connection is especially important in the relationship between Bast and cannabis, especially yhe buds of the female plant.

Bast's role as lunar deity is further subdivided.

When comparing the male and female, she is the primary lunar deity and her brother Heru is the primary solar deity, much like the Greek Artemis and Apollo.

When examining the feminine in particular, Bast becomes the lit portion of the moon and her sister Sekhmet becomes the dark portion of the moon, each waning and waxing on the female menstrual cycle. Bast represents sex, nurturing, and motherhood, while Sekhmet represents the feminine mysteries.

Heru (Horus the Younger) and Bast were born on December 25th. Because the Christian Jesus myth heavily borrowed from Heru (Horus) and Asar (Osiris), the early Christians designated December 25th as the birthday of the mythological Jesus. Christmas is really a celebration of the combined deity Heru-Jesus.

divine pharaoh

According to Kemetic (ancient Egyptian) traditions, there were a series of divine Pharaohs, or Kings. Most dynastic lists start with Ra, although some have Ra preceded by Ptah.

The divine dynasty is commonly: Ra, Shu, Geb, Asar (Osiris in Greek), and Heru (Horus in Greek) with the cooperation of Set.

These are followed by three Retid dynasties starting with Ranu I. Some authorities place the beginning of the first Retid dynasty between Asar and Heru.

A civil war which wipes out the Retids leaves the pharaonic throne empty for generations before Menes I (possibly Narmar) united Upper and Lower Egypt, founding the first human dynasty.

The human Pharaoh assumed the person of Heru (Horus) upon assuming the throne and assumed the role of Asar (Osiris) upon death. He (or she) was the divine incarnate among humans. Heru was divine manifest among humans in human form, both divine and human simultaneously — the exact same claim Christian mythology states for their Jesus.

Cleopatra, who died in 30 B.C.E., possibly by suicide, possibly murdered by Octavian, was the last Pharaoh before Egypt became a province of Rome.

Heru-Jesus

The Christian Jesus myth was synthesized from already existing religions. The birth of Jesus is the exact same as the birth of Mithra, except for the name of the deity born and the location of the birth.

The Christian Jesus myth is most heavily based on the Kemetic (ancient Egyptian) myths of Asar (Osiris) and Heru (Horus).

According to Christian mythology, Jesus fled to Egypt at the age of two in order to learn the wisdom of the Tamerans (ancient Egyptians). There are also Gnostic Christian writings that claim that Jesus also travelled to India to learn from the Brahman, and then on to Tibet to learn from the Buddhists.

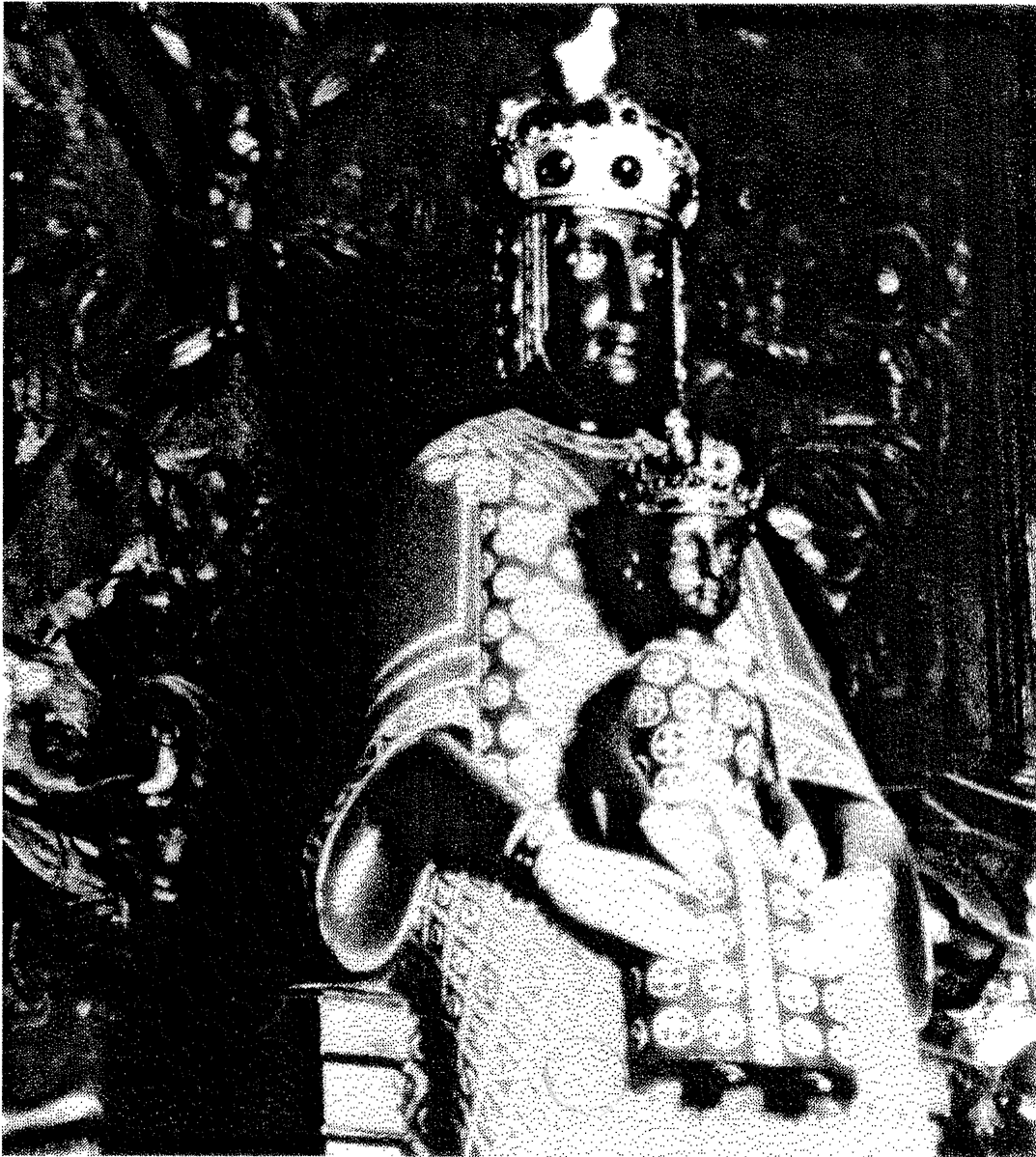
The Christian mythology echoes the Kemetic religion. Heru-Jesus is the divine presence incarnate in human form on the earth. Heru-Jesus, like his divine Father, Asar (Osiris), must die and be resurrected as a salvation for all humanity.

In Kemetic mythology the resurrection is the result of a divine blow-job by Aset (Isis) and the

promise of eternal life is in Heru's twin sister Bast.



For centuries the vast majority of the early statues of Mary and Jesus are actually statues of Aset (Isis) and Heru (Horus) repurposed to Christianity. These are the famous Black Madonnas, common to surviving churches older than 1100 C.E. Aset (Isis) is the black earth mother, goddess of grain, and mother of Heru-Jesus.



Black Virgin of Notre Dame Du Puy, Wood, France

When the original Black Virgin at the cathedral was burned during the French Revolution, the Sultan of Babylon, then the ruler of Egypt, gave this statue of Aset (Isis) robed and crowned like a Byzantine empress to Louis VII as a replacement.

Most of the knowledge of the true meaning of the Goddess were stamped out in brutal and vicious Inquisitions, aimed primarily at women. The Inquisitors were primarily pedophillic homosecual leaders of the Roman Catholic Church.

Official Roman Catholic records are believed to reveal more than 30,000,000 (that's 30 million!) women were given official church trials, then tortured and executed for witchcraft, that is the worship of the Goddess and her son Heru-Jesus and the use of the magick powers of cannabis and other plants. Even larger numbers of men, women, and children were put to death without the benefit of an official trial, often in raids where entire villages were slaughtered at once. Estimates of the bloodshed range from 70,000 to 500 million dead.

Even today you find the Inquisition in full swing, with millions of innocent victims having been imprisoned in the last century in the United States alone for inhaling the holy breath of Bast (cannabis

smoke) and using other transcendental plants and substances.

But we are, thankfully, passing into the Age of Aquarius. As the Age of Pisces comes to an end, the long line of men who have assumed the role of Heru-Jesus is also coming to an end and we must look for signs of the new incarnation of the Pharaoh.

Some would claim that, in keeping with the individual nature of the dawning Age of Aquarius, each and every individual must become Pharaoh.

Others would claim that there will be a new lineage of female Pharaoh in the personification of Bast, as her beloved plant (cannabis hemp) steps in to save the world.

totems

So far I've presented the Kemetic neteru as both symbolic and as manifest, as well as looking at combinations, dual pairings, and trinities. All of these concepts are found in various modern religions.

But there is another system of dealing with deities that is not common in modern religions, but was common in ancient belief systems and continues to be found in shamanistic beliefs today. That is the concept of totems.

Almost every Kemetic neteru is strongly associated with an animal. Many modern humans find Kemetic depictions of neteru as part human and part animal very confusing. The animal portion is the totem.

The totem (cat) of Bast has traditionally been accessed through the smoke of cannabis (ntr sentra).

By focusing on the totem, we can incorporate the characteristic or concept that the totem represents into our lives. One of the ramifications of this thought system is the result that within every individual human you will find all of the neteru. The totems give us access to something that is already a part of ourselves. And just as all of the neteru are contained within every single thing (living and non-living, an idea known as pantheism), everything is contained within the neteru, both individually and collectively.

Every part of nature — a rock, a tree, a river, a young girl — is the Goddess incarnate. The Goddess is imminent — that is, everything in the physical universe (and spiritual universes) *is* her and She is in everything. She is also transcendent — that is, She is greater than and transcends all of the universe.

When the Tamerans (and other ancient cultures) worshipped specific natural sites, statues, or other religious items, they were recognizing the sacred in everyday life.

The Tamerans (ancient Egyptians) viewed the fragmentation of the universe into distinct separate parts as a picture placed over reality. The reality that we can't comprehend is a single cohesive whole.

levels of Kemetic religion

In the Kemetic religion, there were state (national), local, and personal neteru (deities).

As each new pharaoh (the living personification of the supreme deity) took office, he or she would name an official state neteru. In theory, this choice was based on the needs of the people. In practice, politics often played in the decision. The new pharaoh was also supposed to tell a new myth that explained the purpose of this choice. In practice, many of the pharaohs mixed and matched old myths,

inserting the new state neteru into a central role. This practice led to a continual remerging of the separate neteru, reminding the people that each neteru was not only a deity, but also a symbol for the Supreme Goddess (Ntr), who was herself beyond human comprehension.

Additionally, each village, town, and city — and sometimes even families — had its own neteru. The local neteru would last for millenia, often known only locally. Some local neteru, especially those from antiquity and from large cities, were known and worshipped nationally, but most were known and loved only in their own locality. It was not at all uncommon for the beloved neteru of one village to be completely unknown in another village only 30 miles away!

And each individual had their own personal neteru. This choice could change regularly or remain fixed for an entire lifetime, depending on the needs and personality of each individual. Each person worshipped several neteru regularly (the state and local neteru, as well as other personal choices), but one would stand out from the rest as a personal neteru.

This emphasis on personal chocie appears repeatedly throughout the Kemetic religion. The Kemetic (ancient Egyptian) religion is truly a thinking person’s religion. Each individual had to sort through all of the chocies and, through prayer and meditation, come to their own conclusions about the deep subjects of life.

spread of the Kemetic religion

This early Kemetic religion spread east Asia, the Pacific, and the Americas. Although each civilization in turn personalized the religion with their own unique cultural stamp, the evolution from Kemetic to Hindu to Chinese to Japanese is clearly recorded. Also the path from the Hindu to the south Pacific and from the Chinese to the Mayan to the Aztec and Inca is also well documented.

Numerous basic concepts of Asian religion, including yin-yang, karma, nirvana, meditation, the eternal cyctle, and so on, were originally Egyptian.

Later in Egypt’s history, a powerful male patriarch, ra, was added to the pantheon as the supreme pharaoh and father of the gods. This corresponded with the rise of a patriarchal god throughout Asia, Europe, Africa, and the Middle East, especially the invisible sky father, Amon. Amon is the source of the word “amen”, which means the hidden secret.

This later more patriarchal Kemetic religion influenced Western religions, where you find ideas such as separation of humanity from deities, sin, suffering, hell, and the struggle between good and evil, launching the European polytheistic religions (Greek, Roman, Norse, Celtic, etc.) and the Middle Eastern monotheistic religions (Zoarastrianism, Judaism, Christianity, and Islam).

Several peoples conquered the Egyptians throughout their long history. In each case they tried to impose their religion on the Egyptians, only to find themselves worshipping Kemetic deities.

One particularly interesting case is the Roman occupation, during which Roman and Greek deities were combined with Kemetic deities to create new deities, something I’ve already mentioned.

In a very real sense, all of the world’s religions are the children and grandchildren of he Kemetic.

Here is a quick list of some of the major Kemetic neteru, along with their Greek name and Greek counterparts:

Kemetic name	Greek name	Greek (Roman) counterpart
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Amon (Amun)		Zeus (Jupiter)
Anpu	Anubis	Charon
Asar	Osiris	Dionysus and Hades (Pluto)
Aset	Isis	Demeter (Ceres) and Hera and Selene
Atum		Uranus
Bast		Artemis (Diana) and Eos (Aurora)
Bes		
Geb		Cronus (Saturn)
Hapi		
Her Ur	Horus the Elder	
Het Heret	Hathor (Hat Hor)	Aphrodite (Venus)
Heru Sa Aset	Horus	Apollo
Khons		Selene (Luna)
Ma'at		Themis
Mertseger		Persephone (Proserpina)
Min		Pan
Mut		Hera (Juno)
Nebet Het	Nephthys	Nike
Neferten		Prometheus
Neith (Neit)		Athena
Nun		Chaos
Nut		Rhea
Ptah		
Ra (Re)		Helios (Sol)
Sekhmet		
Set		Typhon
Shu		Ares (Mars)
Sobek		
Tauret		
Tefnut		Artemis (Diana)
Djehuti (Zehuti or Tehuti)		Hermes (Mercury)
Thoth		
Wadjet		

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. Thou has placed Ma'at in the bows of his boat. Thou are the fire goddess Ammishet, 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 of 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, "sekhmet". 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!

the sun, the moon, and cannabis

In studying the world religions, both ancient and modern, you will find that only in the Kemetic (ancient Egyptian) is there a deity who is both the sun deity and the moon deity simultaneously. Several of the most ancient Kemetic goddesses, particularly Bast, Aset (Isis), and Het Heret (Hathor), are assigned this dual role, a role from the prehistoric Nile Valley. Of these goddesses, this duality is emphasized most in Bast.

Bast is also the goddess of the spring, because of the obvious connections between beginnings and the dawn of a day and the beginning or dawn of the year.

Bast is the goddess of flowers, because of their connection to springtime and because of their use by Kemetic Witches and Witch-Doctors (Sesh Per Ankh) as herbs and drugs.

Notice that a common thread through Bast's influences is high energy activities, such as the rising sun, sex, natural drugs, dance music, flowering plants, hunting felines, etc. These are also creative energies that (potentially) can be transformed into enlightenment.

Cannabis, in particular, is one of the highest concentrations of energy (absorbed directly from the rising sun) on the planet. Cannabis smoke carries the magick, spiritual, and religious energy of the goddess (the Goddess breaths directly into our souls).

This connection of cannabis to Bast is critical in understanding the Kemetic religion. This is the power of the sun and the moon manifest among humanity.

The hemp plant (the source of marijuana) is a particularly useful plant, providing the vast majority of the world's paper, cloth (especially fine linen), rope, cordage, and textiles (especially for tents and sails) until the 1930s. Additionally, it was an important source for paints, varnishes, lighting oil, cooking oil, fuel for cooking and heating fires, porridge, soups, and gruels.

Both as resins gathered directly from the plants and as extracts prepared with chemical processes, cannabis was the source of about half of the world's medications until the 1930s. More than two thirds of the medications in use today (by amount used) are directly derived from the medications of ancient Egypt, the herbal preparations of Kemetic Witches.

In particular, cannabis is a woman's medication. For millenia women have smoked small quantities of marijuana or hashish for PMS and menstrual cramps. In Kemet (ancient Egypt) women smoked large quantities of hashish and bhang in order to ease the pain of child birth while still retaining full consciousness of the blessed event. Çatal Höyük, an important early city at least 9,500 years old, had sacred rooms covered with menstrual blood that still have cannabis and hashish resins from women giving birth in this ancient religious way.

This practice was widespread throughout the ancient world, until replaced with the Jewish and Christian practice of making women suffer during child birth as a punishment from the Christian or Jewish God for supposed transgressions in the Garden of Eden.

The hemp plant itself is a highly evolved plant, contrary to the teachings of Christianity that the earth is young and evolution doesn't exist. To quote briefly from Jack Herer's book *The Emperor Wears No Clothes*, "Botanically, hemp is a member of the most advanced plant family on Earth. It is dioecious (i.e., having male, female, and sometimes hermaphroditic [male and female on the same plant]) woody, herbaceous annual that uses the sun more efficiently than virtually any other plant on our planet, reaching a robust 12 to 20 feet or more in one short growing season. It can be grown in virtually any climate or soil conditions on Earth, even marginal ones." This is true because cannabis is the plant of the Goddess Bast.

The highest quality marijuana comes from the female plant's bud. The connections of cannabis to women and to the energy of the sun and to creativity were not lost on the Tamerans (ancient Egyptians). This is unambiguous proof of the divine nature of cannabis. Cannabis incense was vital for the religious ritual celebrating Bast.

Bast was the goddess of the dawn, and by extension a sun goddess. Bast-Ra was a later combination form that carried the duality of male and female together in the same divine being. Bast-Ra was a single entity, as well as a dual entity. Because of the combined form Bast-Ra, Ra was able to be the father of divine children by impregnating himself and giving birth. The children of Bast-Ra (or more simply Ra) vary from myth to myth. The most common collection includes Bast, Tehuti (Thoth), Ma'at, and Het Heret (Hathor).

It was also common to group Bast and Sekhmet as children of Ra. In some myths Sekhmet and/or Het Heret (Hathor), along with Set, Aset (Isis), and Asar (Osiris), were also considered to be children of Ra. More often myths list Aset (Isis), Nebt Het (Nephthys), Asar (Osiris), Set, and Heru (Horus) as children of Geb and Nwt (Nuit).

Lots of other neteru are mentioned in isolated myths as being the children of Ra. it is fairly common for the leading local neteru (deity) of a small village or town to locally be considered the child of Ra.

Bast is her own mother, as well as being Ra's and Sekhmet's mother (the dawn giving birth to the sun which gives birth to the setting sun) and Bast is also considered to be the twin sister of Sekhmet

(showing the dawn and the setting sun as a balanced pair).

Bast is sometimes considered to be the first neteru to come into existence, yet also the youngest of all the neteru (deities). Sekhmet is similarly considered to be the last neteru to come into existence, but also the oldest of all the neteru. Inhale religious cannabis and meditate on that little paradox for a while!

Just as there are myths that blur the distinction between Bast and Ra, there are also myths where the distinction between Bast and Ra is as strong as possible. In the most extreme, Bast becomes the moon, the other major luminary in the ancient sky. The moon is typically viewed as feminine, because its light is softer and less harsh than the sun's and because the moon has a monthly cycle that matches the average menstrual cycle of human females. The modern words moon, month, and menstrual all come from the same ancient root.

Additional layers of connections between the moon and the essence of the feminine divine are revealed by having a dual pair of lunar goddesses or a trinity of lunar goddesses. One common pairing is a goddess for the dark moon and a goddess for the full moon. Bast has been placed in myths into both roles, as the dark lady emphasizing the secrets she has left to tell and as the lady of light emphasizing her shiny nature as the goddess of the dawn.

Bast is sometimes referred to as the Eye of the Moon, the twin of Heru Sa Aset (Horus), who is sometimes the Eye of the Sun. In Greco-Roman times Bast became associated with Artemis and Diana, while Heru-sa-Aset (Horus) was associated with Apollo.

Just as the duality of Bast-Sekhmet reveals religious truths about the relationship of creation and destruction, the duality of Bast-Heru reveals religious truths about the relationship of male and female (yin and yang).

Bast and Mertseger

Mertseger is the goddess of flowers and spring, sometimes associated with Bast. The Germanic goddess Easter combined Mertseger and Aset (Isis) with Bast.

Mertseger was introduced into Kemetic (ancient Egyptian) religion from Greek influences, based on the Greek Goddess Persephone.

Bast is also the goddess of spring and of flowers.

major myth

The myth of Aset (Isis) and Asar (Osiris) is one of the most important and central myths in the Kemetic (ancient Egyptian), its influence reaching even to the politics of the Pharaoh.

official state myth

At the beginning of the reign of each new Pharaoh, who was Heru Sa Aset (Horus) manifest as a human, a new state myth would be announced. The central neteru (deity) of the official myth would be worshipped throughout Kemet (ancient Egypt). This was the official neteru of the entire nation. In principle, the choice was based on the greatest need of the people at that moment in time. In practice, there was a lot of behind the scenes politics. When the Pharaoh was weak, the choice was often imposed by powerful factions in the priesthood. Rises and falls in the relative importance of various city neterus

would be reflected in a corresponding rise or fall in the power of the city.

Each new Pharaoh would reveal to the people a new official state myth that explained how a particular *neteru* (or group of *neteru*) best met the needs of the people. Although some Pharaohs wove rich new myths, most simply recycled older myths. As a result, you will hear the same myths told with different *neteru* in important roles.

Because of the overwhelming importance of the sun, the official state *neteru* was almost always a sun deity, even if that *neteru* had never previously been associated with the sun.

In addition to the official state *neteru*, each locality had its own most prominent *neteru*. Larger cities might have more than one primary *neteru*, but most places had one local *neteru*. It was very rare that this local *neteru* would ever change. The vast majority of local *neteru* were obscure or unknown outside of their immediate vicinity. The famous, widely-known *neteru* are those who came from places that became large or important cities or those that happened to have a local priesthood particularly skilled in art, writing, or politics.

early Kemetic history

The Nile Valley was divided into 42 nomes or states (the ancient Egyptian word was *sepat*) from early prehistory. Each of the 42 nomes was centered on an important ancient city-state, 20 in Lower Egypt (the Delta) and 22 in Upper Egypt.

Originally each nome was ruled by a nomarch who was voted as the wisest woman of the nome. Over time, most nomes replaced this pure democracy with hereditary nomarchs, passing from mother to daughter.

Eventually a hereditary nomarch had no daughter and passed her title on to her son. This break in tradition led to warfare among the nomes, with some nomes conquering or merging with their neighbors.

According to tradition, Menes completed the final unification of all of Kemet (ancient Egypt). At this time, the major *neteru* of the north or Lower Egypt (the delta of the Nile) was Heru (Horus) and the state *neteru* of the south or Upper Egypt was Set.

Set is a very ancient *neteru* and in some myths is the creator of the universe. Heru (Horus) was one of Asar (Osiris). Asar (Osiris), was in turn, either the son of Ra or, more commonly, the son of Geb and Nwt (Nuit). Over time the major myths aligned Asar (Osiris) and Set as brothers.

For political reasons, both Heru (Horus) and Set had to be viewed as equal, co-rulers of the universe. The crown of Kemet (ancient Egypt) combined the crowns of Upper and Lower Egypt, each of which was dedicated to its respective *neteru*.

Initially Upper Egypt (home of Menes) was more powerful, but over time Lower Egypt (with a much larger population) gained in political influence. Heru (Horus) became more powerful than Set.

Over millennia, as Set became weaker, it was a small step to Set becoming the symbol for evil.

To tell this major myth, we need to back up to creation. The Tamerans (ancient Egyptians) had more than a hundred creation myths.

Cosmic Orgasm

the Cosmic Orgasm

The ancient Egyptians had hundreds of creation myths, 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.

creation myths

Commonly Ra or Ra-Sekhmet-Bast emerged from the Cosmic Egg. Almost all Kemetic (ancient Egyptian) creation myths start from the Chaos of Nun. Most involve a Cosmic Egg emerging from the waters of Nun resting on the Cosmic Lotus growing on the first primordial hill.

In Hermopolitan creation, creation consisted of four pairs of neteru, Nun and Naunet (water), Amun and Amanunet (hiddenness), Heh and Hauhet (infinity), and Kek and Kauket (darkness), known collectively as the Ogdoad. The Ogdoad is attributed with bringing forth the primeval mound.

In Memphite creation, Ptah brought everything into creation from the Chaos of Nun. In Theban creation, Amun was the original creator of the universe.

In Heliopolitan creation, the solar deity Atum (or Atum-Ra) bursts from the original Cosmic Egg. Atum gives life to Shu (deity of air) and Tefnut (goddess of moisture). Shu and Tefnut give birth to Geb (deity of the earth) and Nwt (goddess of the sky). The Ennead, or the Nine, includes the children of Geb and Nwt: Asar (Osiris), Aset (Isis), Set (Seth), and Nebt Het (Nephthys).

Another common version has Ptah emerge from Nun and create the Elder Neteru: Ra (or Re), Atum, Amon, and Mut (or Mwt).

Amon and Mwt (Mut) were husband and wife. They were considered the parents of many of the neteru, most importantly Neith, Hapi, and Khons. The children of Amon and Mwt are known as Amonids. Bes, originally a Pygmy deity, was considered the son of Amon and Mwt. Tauret and Sesheta were also considered their children.

Ra was considered the parent of several important neteru (deities), in particular Het Heret (Hathor), Djehuti (Thoth), Ma'at, Sekhmet, Selket, and Bast. These were known as the Retids and the goddesses (all other than Djehuti) were also known as the Eye of Ra. Het Heret (Hathor) was the mother of the Twelve Hathors.

The children (and subsequent generations) of Atum are collectively known as the Atumids.

Atum was considered the parent of Shu (deity of the air) and Tefnut (goddess of moisture). Shu and Tefnut gave birth to Geb (god of the Earth) and Nwt (Nuit, over-arching cow-goddess of the sky). Geb and Nwt were the parents of Asar (Osiris), Aset (Isis), Set, Nebt Het (Nephthys), and Heru (Horus the Elder). Asar (Osiris) and Nebt Het (Nephthys) were the parents of Anpu (Anubis). Asar (Osiris) and Aset (Isis) were the parents of Heru (Horus the Younger) and Bast.

Reign of Ra

By the third and fourth Dynasties in the Old Kingdom, Ptah leaves the administration of the newly created universe to the new deities. The major early deities create the Pesedjet (which the Greeks called the Ennead, or the Nine). A typical collection (from Heliopolis) included: Aset (Isis), Geb, Her-wer, Nebt-Het (Nephthys), Nut, Set, Shu, Tefnut, Tem/Ra, and Wesir.

The Pesedjet or Ennead (in pure democracy) elects Ra as Pharaoh (Divine King). Ra is sometimes attributed with the invention of the arts of civilization. Sometimes the first Pharaoh is considered to be Atum-Ra or Amon-Ra.

Over millenia Ra becomes bored. Although Ra does not age, his boredom has effects very similar to senility, with a resulting breakdown in the order of civilization. This belief has a direct impact on the requirement of the Sed-Hed, in which a human Pharaoh must ritually prove still able to rule.

During this period of senility, humans rebell against Pharaoh, leading to the famous myth of the destruction of Sekhmet.

Ra withdrew from active rule to the solar barque, sailing across the sky every day and through the underworld, or Tuat, every night.

Reign of Shu

Shu, deity of the air, became Pharaoh. Shu struggled with rebuilding after the widespread destruction by Sekhmet and is also saddled with a long war against the Apep snake and Apep's demonic and monstrous followers.

After centuries Shu's son Geb, the deity of the earth, urged that Shu step aside. Shu and Geb quarreled until finally Shu abdicates. After a nine day storm, Shu had a one day battle with Tefnut, the Queen-Mother, and then assumes the title of Pharaoh.

Reign of Geb

Although Geb had the throne, he did not have the crown. Ra had hidden the crown and protected it with a fire spell. Geb searched until he finally found the crown, but was burned trying to retrieve it. Geb had to make peace with his parents, Shu and Tefnut, as well as with Ra, before Ra healed the burns and handed Geb the royal crown of Kemet.

Geb finished the long war against the Apep monster, driving the serpent to the underworld. The Apep monster grew every day from the negative energy of everything that all humans cumulatively did wrong that day, having enough power to threaten the ability for the sun to rise. Every morning, the Bastet cat slays the Apep monster with the flint dagger of truth, as truth slays wrong-doing.

After establishing peace throughout Kemet and the universe, Geb retires, passing the crown of Kemet (ancient Egypt) to his son Asar (Osiris).

Reign of Asar and Aset

Asar (Osiris) is attributed with bringing the sciences and the arts to humans and ruling over a period of peace and plenty with his wife Aset (Isis).

After a time, Asar (Osiris) leads an army of musicians (yes, musicians, this was a peaceful endeavor) to spread the arts and sciences to all of humanity. Archaeology confirms that Kemet's advancements in civilizations were spread to Sumer/Babylon and the Indian subcontinent.

In Asar's absence, his wife Aset (Isis) assumes the throne of Kemet or Tamera (ancient Egypt) and leads the people through a period of unprecedented plenty.

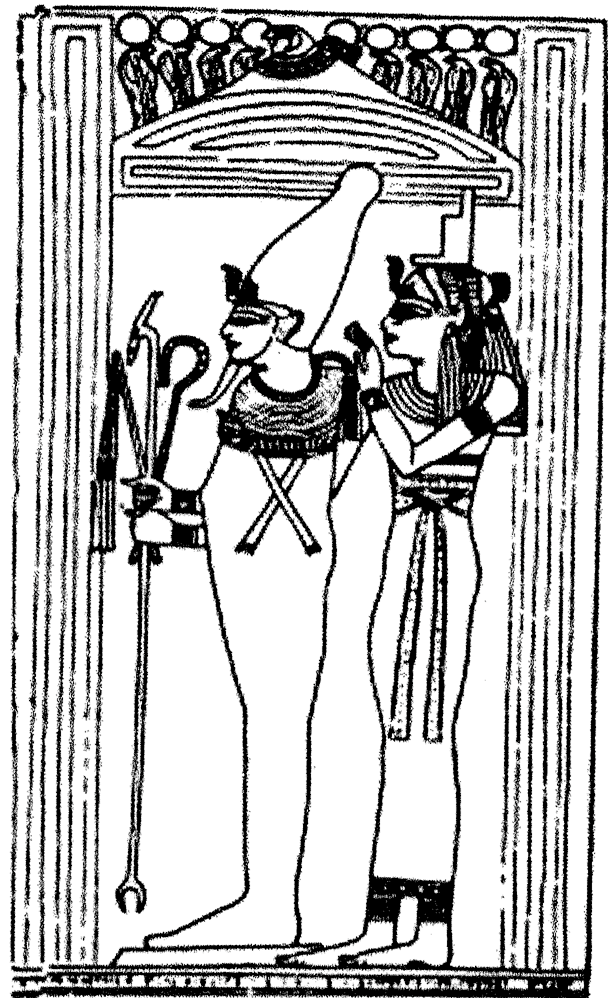
Set, the brother of Asar (Osiris) and Aset (Isis), becomes jealous and plots a rebellion. Aset (Isis) was wise and strong and discovered her brother's plans and quickly defeats Set. Aset (Isis) punishes all of the rebels except her brother, whom she let's go free out of love.

Set viewed this as weakness, not mercy.

Asar (Osiris) returned to find Tamera or Kemet (ancient Egypt) better off than when he left.

Set's betrayal of Asar

Set quietly worked on a new plan to destroy his brother. he formed an alliance with the Queen of Ethiopia. Using measurements of the Pharaoh's (Asar's) body Set had secretly obtained, some of the Queen of Ethiopia's finest craftsmen fashioned a chest that was a beautiful work of art, hand carved from stone, hand painted in rich vibrant colors, and adorned with numerous precious stones, gems, and precious metals, especially gold. This chest, the first sarcophagus, exactly accommodated Asar's body and none other.



Set returned to Kemet and held an elaborate feast in honor of Asar's reign. The feast was attended by Asar (Osiris), Set, and 70 of the people of the Queen of Ethiopia. During the feast, Set brought out the sarcophagus with elaborate showmanship. Set offered it as a present to anyone who could fit inside. Myths vary as to whether all 70 of Set's associates try the sarcophagus first and did not fit or whether Asar (Osiris) is offered the honor of being the first to try. In either case, as soon as Asar (Osiris) was comfortably inside, Set and his confederates slammed the lid on and nailed it down and sealed the cracks with molten lead.

Set disposed of the sarcophagus in the Nile. In some myths Set placed it in the Nile upriver and the sarcophagus floated down to the Delta and out to sea. In other myths Set placed the sarcophagus directly into the mouth of the Nile River and pushed it out into the sea.

Aset (Isis) heard of her brother's fate and searched for his body, knowing that the dead cannot rest without receiving the proper burial rites and ceremonies, a procedure outlined in the Book of the Dead, among other places. She was unable to find her husband, nor anyone who knew of his whereabouts. At the mouth of the Nile she came across some children playing who had seen the sarcophagus float by or had seen Set push it out to sea, depending on the source of the myth.

Byblos

Aset (Isis) consulted with oracles and discovered that the sarcophagus had washed ashore at Byblos, a city in Phoenicia, and rested amongst the branches of a tamarisk bush. because of the vitality of the god of vegetation (Asar) contained inside the sarcophagus, the tamarisk bush rapidly grew into a mighty tree, completely encasing the sarcophagus inside its trunk. King Melcarthus (or Melcandre) of Byblos and his queen saw the tree and were so impressed that they had it cut down and used to make a pillar to support the roof of the royal palace. The pillar gave off a sweet odor that soon became famous.

Aset (Isis) left Kemet (Egypt) for Byblos, where she sat at a fountain outside the palace. She spoke to no one other than the queen's handmaidens. She tied their hair in intricate braids and perfumed them with he own sweet breath, the smoke of cannabis. The queen heard of the strange woman and hired her to be the nurse of her newborn son.

Aset (Isis) spent every night performing magickal rituals around her husband. Taking a fondness for the young prince, after suckling him at her own breast, Aset (Isis) would then nightly plunge the baby into a huge fire built in the great hall, to burn away the boy's mortality. While the boy rested in the fire, Aset (Isis) would turn into a swallow and fly around the great pillar singing mournful songs with magickal power.

Rumors of this strange behavior made their way to the queen, who hid one night to see if they were true. When she saw Aset (isis) build a fire and place her child into it, she creamed and pulled her son from the fire. Aset (Isis) severely chastised her for depriving her son of eternal life and revealed her true identity and the events that led to her coming to Byblos.

When the king heard of the presence of the goddess, he threw a feast and offered her great gifts. Aset (Isis) requested only the sarcophagus that contained her husband. The king immediately had the pillar removed and the sarcophagus cut out. Aset (Isis) had the sarcophagus placed on a ship and sailed back to Tamera (Egypt), accompanied by Maneros, the king's eldest son. The remains of the tamarisk tree were annointed with myrrh and worshipped as a holy relic.

return to Kemet

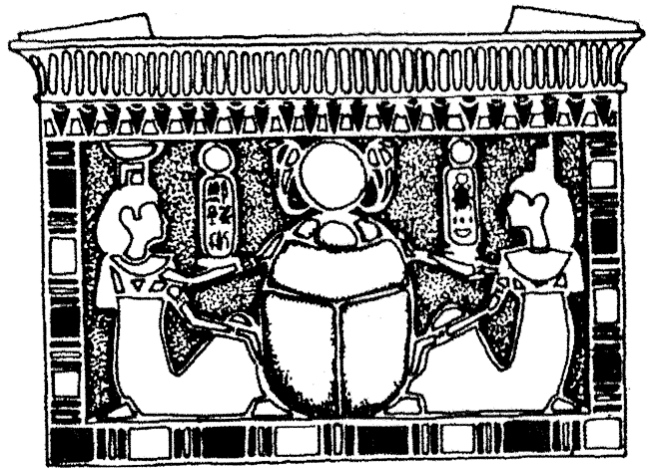
During the voyage, Aset (Isis) could no longer remain patient and opened the sarcophagus. Raising the lid, she gazed long hours upon her husband's cold face and kissed his still lips, her tears flowing freely. Maneros, wondering what was the secret inside the sarcophagus, sneaked up behind her to look. Aset (Isis) heard the Byblian prince and turned in anger, the brightness of her tear-reddened eyes burning his flesh and killing him where he stood.

Upon returning to Kemet (Egypt), Aset (Isis) found that Set had assumed the vacant throne. She found herself a fugitive from Set's followers. Aset (Isis) hid in the dark swamps of the Nile Delta. Ra took pity on her and sent Anput (Anubis) to be her guide. Aset (Isis) carefully hid her husband's body, but one night while hunting by the moonlight Set accidentally came upon the hiding place and recognized the sarcophagus. He opened it, removed Asar (Osiris), and had his body cut into 14 pieces, which were cast into the Nile. Set believed that the crocodiles would devour the pieces and deny Aar (Osiris) eternal life, but the crocodiles did not eat the flesh of the neteru (deity) because of their love for Asar (Osiris) and their fear of the wrath of Aset (Isis). The pieces were cast up on the banks of the Nile by the water, except for Asar's phallus, which was consumed by a fish.

In Greek versions of the myth, the phallus of Asar (Osiris) is consumed by either a fish of the species Oxyrhychid (sharp-snouted) or by the fish deity Oxurhunkhos. Various fish goddesses are among the oldest representations of the supreme goddess. The Greek religion, although influenced strongly by the Kemetic (ancient Egyptian), is fundamentally an Aryan or Indo-European religion based on the worship of the invisible Sky Father (same class of religions as Zoroastrianism, Judaism, Christianity, and Islam). The religion of the invisible Sky Father is heavily patriarchal and tends to take a very dim view of women. When the early Greeks conquered the area that is now Greece, they created propaganda myths that put the older goddess religions in a bad light. The fish (woman) consuming the phallus (man) played on the fears of the Greeks and illustrate the general fear and repulsion of women that led the Roman Catholic majority of the U.S. Supreme Court to make its recent religious decision upholding the right of Congress to pass laws implementing the Roman Catholic religion's ban on abortion.

Saddened even further by the mutilation of her husband's body, Aset (Isis) sailed down the Nile searching for her husband's scattered body parts. She was accompanied by her sister Nebet Het (Nephthys), who was also the estranged wife of Set. During early historical times Set's wife was either Sekhmet or Nebet Het (Nephthys), depending on local opinion. During later times the two (both lion goddesses) were merged into a combined goddess.

Anpu (Anubis), son of Asar (Osiris) by Nebet Het (Nephthys), and Tehuti (Thoth) brother of either Aset (Isis) or Nebt Het (Nephthys) or both or one of the Retids (children of Ra), descended from heaven to help Aset (Isis). Together they took the parts of the body and sewed them together. Aset (Isis) fashioned a new phallus from a tree she magickally grew from seed to replace the one missing part. Some people believe that this tree of life was the cannabis hemp plant. Anpu (Anubis) embalmed the body of Asar (Osiris) and they wrapped it in the bandages of a mummy.



There are myths that emphasize Asar's son by Nebet Het (Nephthys) as a source of Set's anger and hatred towards his brother. In some myths, Aset (Isis) knows of the son, Anpu (Anubis), immediately, but in other myths she does not find out about Anpu (Anubis) until she is searching the Delta for her husband's body. Aset (Isis) enlists Anpu's aid in the search for her husband's body.

Nebet Het (Nephthys) joins with Aset (Asar) and Aset (Isis) against her husband Set. Aset (Isis) forgives Nebet Het (Nephthys) for Aset's infidelity and the two sisters are close friends. When Aset

(Isis) is unable to bring her husband back to life, Nebet Het (Nephthys) mixes water to create a magick wine, turns into a kite (a small bird), and teaches her sister the secret of bringing her husband back to life. Also turning into a kite, Aset (Isis) uses her wings to blow air into Asar's nostrils, restoring his soul to life, and making him free to depart in peace to the otherworld. Staying in bird form, Aset (Isis) came to rest on the body of her dead husband and using magick restores his penis to an erection. Aset (Isis) conceives their son, Heru Sa Aset (Horus).

Phallus of Asar

This portion of the myth, by the way, carries an important sexual meaning. Asar (Osiris) at this point has passed from his role as the vibrant young man who is the source of all vegetation and life into his role as the older man approaching death (and about to pass into his role as the father of death and then the father of resurrection). Unlike when he was young, Asar (Osiris) can no longer easily "get it up" in order to have sexual intercourse with his wife. In some versions of the myth, instead of blowing air into Asar's nostrils, Aset (Isis) performs a blow job. The majority of ancient pictures and paintings show Nebt Het (Nephthys) and Aset (Isis) taking turns hovering over his phallus. Nebet Het (Nephthys), goddess of victory, demonstrates how to bring Asar (Osiris) back to life — that is, bring the limp phallus of an elderly man to erection — by giving him a blow job. This is the world's first blow job. After the demonstration, Aset (Isis) gives Asar (Osiris) a blow job and then has intercourse with him, eventually bearing him a son. Aset (Isis) uses this new technique in all of her future sexual relations with her husband.

As another brief sidelight, the dildo was a holy item in Kemet (ancient Egypt) and was called the Phallus of Asar. Carved with great care from wood, stone, ivory, or other materials, often intricately painted and even set with precious stones, gemms, or precious metals, women kept these holy items on personal altars near their bed. With appropriate religious ceremony and anointing oils, women would use their personal Phallus of Asar to perform rites of sex magick and other religious rites honoring Asar (Osiris) and Aset (Isis).

The presentation of her first Phallus of Asar was an important milestone in the life of a young girl, marking a key step on the path to womanhood. Timing of this ceremony varied, but the first full moon after first menstruation was typical. The women of the family would gather around in celebration, culminating with the young girl's first use of the Phallus of Asar, at her own hand, at the hand of her mother, or at the hand of a favorite female friend or relative.

December 25th

Heru (Horus) and Bast are twins born on December 25th. Christians attempted to obliterate from history all record that Bast was the twin sister of Heru so that they could use the statues of Aset (Isis) and Heru (Horus) as statues of Mary and Jesus, the Black Madonnas so common in the oldest Christian churches.

Christmas was originally a Kemetic (ancient Egyptian) holy day that gained popularity throughout the Roman Empire and beyond. The date was chosen in the belief that Asar (Osiris) had died on December 22nd (often the Winter Solstice and the shortest day of the year) and rose from the dead three days later (three being an important cosmic number related to the divine) in reincarnation through Heru (Horus) and Bast. December 25th is also one of only four days in the solar year when the earth's orbit lines up exactly with the sun and true local (solar) noon occurs at the exact same time as the mechanical 24 hour clock.

The original Christmas colors are based on the colors of Bast's ceremonial candles, which are red,

green, and white (or silver). The evergreen tree was a symbol of fertility and eternal life and closely associated with Asar (Osiris) and Geb. The candles and Christmas lights refer to Bast and Heru (Horus), the Lady and Lord of Light. The exchanging of gifts was done to celebrate the promise of reincarnation through Asar (Osiris). Numerous other Christmas traditions started in the Kemetic (ancient Egyptian) religion.

The Christians, unable to put down folk celebrations even with the widespread use of the death penalty, started adapting the most popular holy days to their own religious purposes.

Easter is the German name for Bast as the goddess of dawn and springtime. The holy day was a fertility rite celebrated every spring with massive amounts of cannabis marijuana and lots of community sex. Easter eggs and rabbits were important fertility symbols. In much of northern (Germanic) Europe rabbits replaced cats as the primary animal symbol of the Goddess of the Dawn. Both cats and rabbits were symbols of fertility and womanhood and are still used to form slang for female genitalia in English (pussy from cat and cunt from cunnery, or rabbit hutch).



Aset (Isis) nursing Heru (Horus), ca. 2040-1700 B.C.E.

Copper, Egypt

Paintings and sculptures in which Aset (Isis) is represented suckling her son, the neteru Heru (Horus), were the model for Christian icons of the Madonna and Child.

ruined party

In a different version of the myth, Aset (Isis) used powerful sex magick to restore her husband to life immediately upon return to Tamera (ancient Egypt). During the course of a wild party in joyous celebration, Asar (Osiris) got Aset (Isis) pregnant with Heru Sa Aset (Horus) and Bast. Heru and Bast are sun deities. Set heard about the party and stormed in amongst the celebrants, pounced on his brother with a wooden knife, stabbing him to death, then dismembering his body.

According to this myth, Aset (Isis) buried each piece of her husband's body where she found it and upon the spot raised a temple in his honor. There are literally thousands of temples in ancient Tamera (Egypt) that claimed to be one of the favored 14.

war

While Bast and Heru (Horus) grew up, Aset (Isis) and Nebet Het (Nephthys) remained on the run from the powerful forces of Set. Christians used statues of Aset (Isis) with her son Heru (Horus) as statues of the Madonna and child, but destroyed almost all of the statues depicting Aset (Mary) with Bast or Aset (Mary) with both twins, Bast and Heru (Jesus).

There follow many myths of Heru Sa Aset (Horus the Younger) growing up on the run, then leading an army of followers into battle against Set and his minions. The battles were so great that the two neteru had to continually stop and recuperate. Eventually, they had to come together in peace. Tehuti (Thoth) healed both neteru and the Ennead (Great Council) placed Heru Sa Aset (Horus) on the throne of Kemet (Egypt).



During one of the important battles, Set tears out Heru's eye and Heru (Horus) rips out Set's genitals. The two neteru realize that their battle is devastating the universe and themselves and come to a truce. Bast, who has been studying under Djehuti (Thoth), asks for Thoth's help as a master healer. Tehuti (Thoth) puts so much healing power into restoring the Eye that it becomes a powerful icon called the Udjat, containing all of the healing and protective and beneficial powers of Heru (Horus). Heru (Horus) gives this powerful item to his sister, Bast, as a gift. There are many statues that show the Bastet cat wearing the Udjat as a solar symbol on a necklace and a ring in her ear as a lunar symbol.

An important part of this myth is that after two generations of continually building hate and violence that Heru (Horus) and Set must put aside their anger and peacefully join forces, because in the end violence is not a solution. This is known as the myth of the Two Who Must Become One.

When Heru Sa Aset (Horus) grew tired of earthly rule, he passed the throne on to a human successor, the Pharaoh. Upon the death of the previous Pharaoh, the new Pharaoh would take on the title of Heru Sa Aset (Horus) and would become neteru manifest among the people. The previous Pharaoh would be buried in state ceremony as Asar (Osiris). After presiding over the funeral of "Asar", the new "Heru" would join with "Set" in a ceremony that played out the Secret of the Two who are One.

Asar (Osiris) now passed on from being the god of vegetation to being the god of the underworld.

Black history

Black African history

The ancient Egyptian nation, culture, and religion are Black African. You won't hear that in Western schools.

At the height of European imperialism, Christian and European scholars claimed that the White European race was genetically superior to all other races (especially African, Asian, and native American) and that the widespread colonization of other lands was "the White Man's Burden."

Under the theory of the White Man's Burden, the European colonization of Asia, Africa, and the Americas was essential because the native inhabitants were supposedly so inferior genetically that they were unable to govern themselves and needed the leadership of "enlightened" White European Christians.

The name of the world's most famous philosopher, K'ung fu-tze, was changed to the Greek sounding Confucius to eliminate the evidence of the Chinese mind's ability to achieve greatness in philosophy.

Similarly, the obviously great achievements of the African peoples of ancient Egypt were covered up by claiming that the ancient Egyptians were light-skinned Europeans.

These kinds of lies were repeated solely for racist reasons.

John Moore has an excellent web page at <http://users.sunbeach.net/jrmoore/index.html> that outlines the essential Black African nature of the ancient Egyptian nation, culture, religion, and peoples.

Pharaohs

- **ARCHAIC PERIOD**
- **Early Dynastic: Lower Egypt**
 - Tiu
 - Thesh
 - Hsekiu
 - Wazner
- **Early Dynastic: Upper Egypt**
 - Serket I
 - Iry-Hor
 - Ka
 - Serket II
 - Narmer
- **1st Dynasty**
 - Narmer
 - Hor-Aha
 - Djer
 - Merneith
 - Djet
 - Den
 - Anedjib
 - Semerkhet
 - Qa'a
- **2nd Dynasty**
 - Hotepsekhemwy



- Raneb
- Nynetjer
- Wneg
- Senedj
- Seth-Peribsen
- Khasekhemwy
- **OLD KINGDOM**
- **3rd Dynasty**
 - Sanakhte
 - Djoser
 - Sekhemkhet
 - Khaba
 - Huni
- **4th Dynasty**
 - Sneferu
 - Khufu (Cheops)
 - Djedefra (Radjedef)
 - Khafra
 - *Bikheris*
 - Menkaura
 - Shepseskaf
 - *Thamphthis*
- **5th Dynasty**
 - Userkaf
 - Sahure
 - Neferirkare Kakai
 - Shepseskare Isi
 - Neferefre
 - Nyuserre Ini
 - Menkauhor Kaiu
 - Djedkare Isesi
 - Unas
- **6th Dynasty**
 - Teti
 - Userkare
 - Pepi I Meryre
 - Merenre Nemtyemsaf I
 - Pepi II Neferkare
 - Merenre Nemtyemsaf II
 - Nitigret
- **FIRST INTERMEDIATE PERIOD**
- **7th Dynasty**
 - Neferkara I
 - Neferkara Nebi
 - Djedkara Shemai
 - Neferkara Khendu
 - *Merenhor*
 - Neferkamin Seneferka
 - Nikara
 - Neferkara Tereru
 - Neferkahor
 - Neferkara Pepyseneb
 - Neferkamin Anu
- **8th Dynasty**
 - Qakare Ibi

- Neferkara II
- Neferkawhor Khuwihap
- Neferirkara
- **9th Dynasty**
 - Meryibre Khety (Acthoes I)
 - Meribre Khety II
 - Neferkare III
 - Nebkaure (Acthoes II)
 - Setut
 - Wakhare Khety I
 - Merykare
 - Wankhare Khety II
 - Menethoupe I
 - Wankhare Khety III
 - Khety II
 - Khety II's daughter
 - Merikare's daughter
- **10th Dynasty**
 - Meryhathor
 - Neferkare IV
 - Wankare (Acthoes III)
 - Merykare
- **MIDDLE KINGDOM**
- **11th Dynasty**
 - Intef I
 - Intef II
 - Intef III
 - Nebhetepre (Mentuhotep I)
 - Sankhkare (Mentuhotep II)
 - Nebtawyre (Mentuhotep III)
- **12th Dynasty**
 - Amenemhat I
 - Senusret I (Sesostris I)
 - Amenemhat II
 - Senusret II (Sesostris II)
 - Senusret III (Sesostris III)
 - Amenemhat III
 - Amenemhat IV
 - Queen Sobekneferu
- **SECOND INTERMEDIATE PERIOD**
- **13th Dynasty**
 - Sekhemre Khutawy Sobekhotep (Wegaf)
 - Sekhemkare
 - Amenemhat
 - Sehetepre
 - Lufni
 - Seankhibre
 - Semenkare
 - Sehetepre
 - Sewadjkare
 - Nedjemibre
 - Sobekhotep I
 - Renseneb
 - Hor
 - Sedjefakare

- Sekhemre Khutawy Sobekhotep
- Khendjer
- Imyremeshaw
- Antef V
- King Seth
- Sobekhotep III
- Neferhotep I
- Sobekhotep IV
- Sobekhotep V
- Wahibre Ibiau
- Merhetepre Ini
- Seankhenre Sewadtjew
- Mersekhemre Ined
- Sewadjkare Hori
- uncertain position in 13th Dynasty
 - Dudimose I
 - Dudimose II
 - Senebmiu
 - Mentuhotep V
 - Senaayeb
- **14th Dynasty**
 - Nehesy
 - Khakherewre
 - Nebefawre
 - Sehebre
 - Merdjefare
 - Sewadjkare
 - Nebdjefare
 - Webenre
 - name unknown
 - —djefare
 - —webenre
- **HYKSOS “SHEPHERD KINGS”**
- **15th Dynasty**
 - Sheshi
 - Yakubher
 - Khyan
 - Apepi I
 - Khamudy
- **16th Dynasty**
 - Djehuty (Sekhemresegmentawy)
 - Sobekhotep VII (Sekhemresewosertawy)
 - Neferhotep III (Sekhemresankhtawy)
 - Mentuhotepi (Sankhenra)
 - Nebiryraw I (Sewadjenra)
 - Nebiryraw II
 - (Semenra)
 - Bebiankh (Sewoserendra)
 - (Sekhemreshedwaset)
 - five lost names
- **17th Dynasty**
 - Rahotep Sekhemrewahkhaw
 - Intef V the Elder
 - Antef VI Sekhemrewepmaat
 - Antef VII Nubkheperre

- Intef VIII Sekhemreherhermaat
- Sobekemsaf II Sekhemrewadjkhaw
- Thuty
- Mentuhotep VI
- Nebirerawet I
- Nebirerawet II
- Semenmedjatre
- Seuserenre
- Shedwast
- Intef VII
- Senakhtenre
- Tao I the Elder
- Tao II the Brave
- Kamose
- **NEW KINGDOM**
- **18th Dynasty**
 - Ahmose I, Ahmosis I
 - Amenhotep I
 - Thutmose I
 - Thutmose II
 - Queen Hatshepsut
 - Thutmose III
 - Amenhotep II
 - Thutmose IV
 - Amenhotep III
 - Amenhotep IV, Akhenaten
 - Smenkhkare
 - Tutankhamun (or Tutankhamen, Nebkheperura, or Tutankhaton)
 - Kheperkheprure Ai (or Ay)
 - Horemheb
- **19th Dynasty**
 - Ramesses I
 - Seti I
 - Ramesses II the Great
 - Merneptah
 - Amenemses
 - Seti II
 - Merneptah Siptah
 - Queen Twosret
- **20th Dynasty**
 - Setnakhte
 - Ramesses III
 - Ramesses IV
 - Ramesses V
 - Ramesses VI
 - Ramesses VII
 - Ramesses VIII
 - Ramesses IX
 - Ramesses X
 - Ramesses XI
- **THIRD INTERMEDIATE PERIOD**
- **High Priests of Amun at Thebes**
 - Herihor
 - Piankh
 - Pinedjem I

- Masaherta
- Menkheperre
- Nesbanebdjed II (Smenes II)
- Pinedjem II
- Psusennes III (also known as Psusennes II)
- **21st Dynasty**
 - Nesbanebdjed I (Smenes I)
 - Amenemnisu
 - Psusennes I
 - Amenemope
 - Osorkon the Elder (Osochor)
 - Siamun
 - Psusennes II
- **22nd Dynasty**
 - Shoshenq I (Shishaq)
 - Osorkon I
 - Shoshenq II
 - Takelot I
 - Harsiese
 - Osorkon II
 - Shoshenq III
 - Shoshenq IV
 - Pami
 - Shoshenq V
 - Osorkon IV
- **23rd Dynasty**
 - Takelot II
 - Pedubast
 - Iuput I
 - Shoshenq VI
 - Osorkon III
 - Takelot III
 - Rudamun
 - Iuput II
- **the Libu**
 - Inamunnifnebu
 - *name unknown*
 - Niumateped
 - Titaru
 - Ker
 - Rudamon
 - Ankhor
 - Tefnakht
- **24th Dynasty**
 - Tefnakhte
 - Bakenrenef (Bocchoris)
- **LATE DYNASTIC PERIOD**
- **25th Dynasty (Nubian)**
 - Piye
 - Shabaka
 - Shebitku
 - Taharqa
 - Tantamani
- **26th Dynasty**
 - Necho I

- Psamtik I
- Necho II
- Psamtik II
- Wahibre
- Ahmose II
- Psammetichus III
- **PERSIAN PERIOD**
- **27th Dynasty**
 - Cambyses II
 - Smerdis the Usurper
 - Darius I the Great
 - Xerxes I the Great
 - Artabanus the Hyrcanian
 - Artaxerxes I Longhand
 - Xerxes II
 - Sogdianus
 - Darius II
- **28th Dynasty**
 - Amyrtaeus (Amenirdis)
- **29th Dynasty**
 - Nefaarud I (Nepherites)
 - Psammuthes
 - Hakor (Achoris)
 - Nefaarud II
- **30th Dynasty**
 - Nectanebo I (Nekhtnebef)
 - Teos of Egypt
 - Nectanebo II
- **31st Dynasty (Achaemenid Persian)**
 - Artaxerxes III
 - Artaxerxes IV Arses
 - Khabbabash
 - Darius III Codomannus
- **ARGEAD DYNASTY**
 - Alexander III the Great
 - Philip III Arrhidaeus
 - Alexander IV of Macedon
- **PTOLEMAIC DYNASTY**
 - Ptolemy I Sofer
 - Berenice I
 - Ptolemy II Philadelphos
 - Arsinoe I
 - Arsinoe II
 - Ptolemy III Euergetes I
 - Berenice II
 - Ptolemy IV Philopator
 - Arsinoe III
 - Ptolemy V Epiphanes
 - Cleopatra I
 - Ptolemy VI Philometor
 - Cleopatra II
 - Ptolemy VII Euergetes II
 - Ptolemy VI Philometor
 - Cleopatra II
 - Ptolemy VII Neos Philopator

- Ptolemy VIII Euergetes II (restored)
- Cleopatra III
- Ptolemy Memphitis
- Ptolemy VIII Euergetes II (restored)
- Cleopatra III (restored)
- Cleopatra II
- Ptolemy Sofer II
- Cleopatra IV
- Ptolemy X Alexander I
- Ptolemy IX Sofer II (restored)
- Ptolemy X Alexander I (restored)
- Ptolemy IX Sofer II (restored again)
- Berenice III
- Ptolemy XI Alexander II
- Ptolemy XII Neos Dionysos (Auletes)
- Cleopatra V Tryphaena
- Cleopatra VI
- Berenice IV
- Ptolemy XII Neos Dionysos (restored)
- Cleopatra VII (the famous Cleopatra)
- Ptolemy XIII
- Arsinoe IV
- Ptolemy XIV
- Ptolemy XV Caesarion

Pharaoh Narmer

Narmer was the first Pharaoh of Kemet (ancient Egypt). This Black Nomarch united the two lands, Upper Egypt and Lower Egypt.

1st dynasty c. 3100 B.C.E., possibly successor to Serket (or possibly the same person). May be the same person as Menes (first Pharaoh in Manetho's list). His wife may have been Neithhotep A. His sons may have been Hor-Aha and Djer.



picture courtesy of

John Moore's the Ancient Egyptians were Black at http://users.sunbeach.net/jrmoore/Black_Egyptians.html

Narmer means The Striker and that may be short for Horus is the Striker.

Narmer may be the same person as the person the Greeks called Menes the Unifier. Manetho attributes Menes as the first Pharaoh. Some Egyptologists claim that Menes is the same person as Hor-Aha (Horus Akha). There is no ancient mention of Menes prior to Manetho. Kinglists in the tombs

of Den and Qa'a list Narmer as the founder of their dynasty.

The Narmer Palette (a large slate palette show below) was discovered in 1898 in Hierakonpolis by a team led by J.E. Quibell excavating the royal residences of early ancient Egyptian pharaohs at Hierakonpolis in Upper Egypt. The Narmer Palette is traditionally interpreted as commemorating the unification of Upeer Egypt and Lower Egypt into a single nation, the first nation in human history.



Pharaoh Hotepsekhemwy

Hotepsekhemwy was the first Pharaoh of the second (2nd) Dynasty.



picture courtesy of
John Moore's the Ancient Egyptians were Black at http://users.sunbeach.net/jrmoore/Black_Egyptians.html

2nd dynasty 2890 - ? B.C.E.

Pharaoh Sanakhte

Sanakhte was the first Pharaoh of the third (3rd) Dynasty.



picture courtesy of

John Moore's the Ancient Egyptians were Black at http://users.sunbeach.net/jrmoore/Black_Egyptians.html

3rd dynasty 2686 - 2668 B.C.E.

Pharaoh Khufu

Khufu was the second Pharaoh of the fourth (4th) Dynasty. The Greeks called him Cheops.

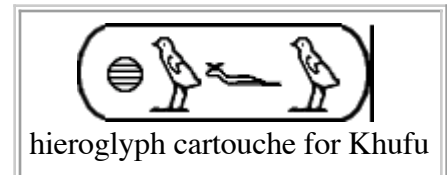
4th dynasty 2589 - 2566 B.C.E., son of Pharaoh Sneferu and Queen Hetepheres, father of Djedefra (his successor), Khafra, other sons, and daughter Queen Hetepheres II



picture courtesy of

John Moore's the Ancient Egyptians were Black at http://users.sunbeach.net/jrmoore/Black_Egyptians.html

Khufu (pronounced kew-foo), called **Cheops** (pronounced key-ops) by the Greek, was the second pharaoh of the Fourth Dynasty, ruled for 23 years, and was the builder of the first of the Great Pyramids of Giza (the only Seven Wonders of the Ancient World that is still standing).



The Turin Papyrus states that Khufu came to power in his twenties and was remembered in folk history as cruel and ruthless. Manetho claims Khufu ruled for 65 years, while Herodotus claimed that Khufu ruled for 50 years. The funerary cult for Khufu lasted until the 26th Dynasty, the last native Egyptian royal dynasty (almost, 2,000 years after his death).

Only one miniature statuette of Khufu has survived to modern times (pictured above).

Pharaoh Userkaf

Userkaf was the first Pharaoh of the fifth (5th) Dynasty.



picture courtesy of

John Moore's the Ancient Egyptians were Black at http://users.sunbeach.net/jrmoore/Black_Egyptians.html

5th dynasty 2498 - 2491 B.C.E.

Pharaoh Tutankhamum King Tut

Tutankhamen (or Tutankhamun) was the twelfth Pharaoh of the 18th Dynasty (third to last of the 18th Dynasty). Also known as King Tut, he is famous because of the great treasures discovered in his tomb by Howard Carter in 1922.

18th dynasty 1333 - 1323 B.C.E., married to Queen Ankhesenamun (originally Ankesenpaaten), who may have also been his sister. There is debate as to whether he is the son of Pharaoh Amenhotep III (but not by the royal Queen Tiye) or son of Pharaoh Akhenaton and Queen Smenkhkare



golden face mask



hieroglyph cartouches for Tutankhamen

Tutankhamun (or Tutankhamen or Nebkheperura, originally Tutankhaton), was the twelfth pharaoh of the 18th Dynasty, ruled for nine years. His name means the “Living Image of Amun” (Tutankhaton meant “the Living Image of Aten”).

Tutankhamun came to power at the age of nine after the murder of his mother and father, who had attempted to introduce monotheism into the ancient Egyptian religion. Tutankhamun restored the ancient Egyptian (Kemetic) religion and moved the capital back to Thebes. He had two stillborn girls by his wife (and possibly sister) Ankhesenpaaten.

His vizier Ay immediately succeeded Tutankhamun upon his death, but then was replaced by Tutankhamun’s general Horemheb. Horemheb ordered that the names Akhenaton, Tutankhamun, and Ay be chiseled out of all monuments. Tutankhamun’s name became forgotten among the Egyptian people.

Tutankhamun’s name was found only on a few buildings and small art objects until the discovery of his tomb in 1922.

Licorice sticks were found in the tomb of Tutankhamun.



Tutankhamun’s mummy



birth name (left) and throne name (right)

ancient Egyptian hieroglyphs

The ancient Egyptians called hieroglyphs the *medu neter*, which means sacred writing (literally “writing of the divine”).

The earliest hieroglyphs were pictograms, symbolic pictures of actual physical items. These early

symbols were added to paintings and other artwork to help indicate the meaning of the work.

Over time this system developed into a real writing system similar to the approach of Chinese writing, in which the written characters stood for full words and syllables.

A large class of characters, called determinatives, came into existence to give shades of meaning to word characters. For example, the character for mouth could be followed by a determinative for eating or a determinative for conversation.

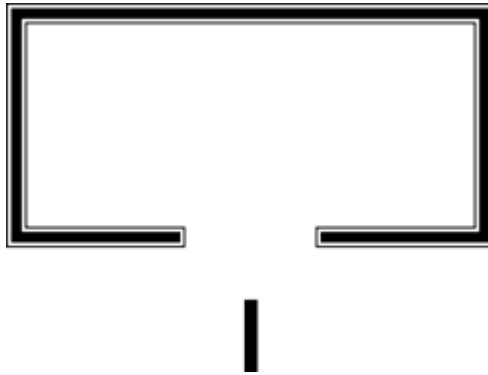
Further refinement resulted in the first alphabet, with word characters becoming alphabetic letters (usually indicating the first sound of the word). A small vertical line indicated that the hieroglyph was to be interpreted as the full word rather than as an alphabetical character.

Egyptologists divide the alphabetic and syllabic characters into three groups: monoliterals (true alphabetical characters representing a single sound), biliterals (representing two sounds together), and triliterals (representing three sounds combined together).

Please note that the ancient Egyptians rarely used vowels. The use of vowel hieroglyphs is mostly from modern cartouches, featuring Egyptian hieroglyphs versions of modern names. There are also some modern consonant uses that did not occur in antiquity. These cartouches are often given as gifts. In ancient times the use of cartouches was limited primarily to Pharaoh and the royal family.

pr - house

The ancient Egyptian word for “house” is “pr” (shown below). Because the hieroglyph “pr” is used both for the word “house” and for the syllabic sound “pr” are the same character, the ideogram (also called the pictorial sign, drawn as a short vertical line) is placed below the hieroglyph “pr” when the meaning is house rather than just the sound. The hieroglyph “pr” is a line drawing of a house’s walls viewed from above.



pr - temple

The ancient Egyptians used the same word as “house” for their word for temple. This is because they believed that the temples were the actual physical houses of the diety worshipped there.

The ancient Egyptian word for “house” is “pr” (shown below). The hieroglyph “pr” is a line drawing of a house’s walls viewed from above. Because the hieroglyph “pr” is used both for the word “house” and for the syllabic sound “pr” are the same character, the ideogram (also called the pictorial sign, drawn as a short vertical line) is placed below the hieroglyph “pr” when the meaning is house rather than just

the sound. Context indicates whether the word means an ordinary house or a temple.



hieroglyph for temple

per - temple

The ancient Egyptian word house is also used for temples, which are considered to be the personal house of the corresponding deity.

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).

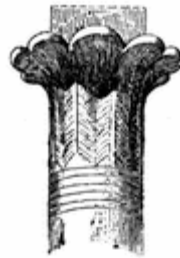
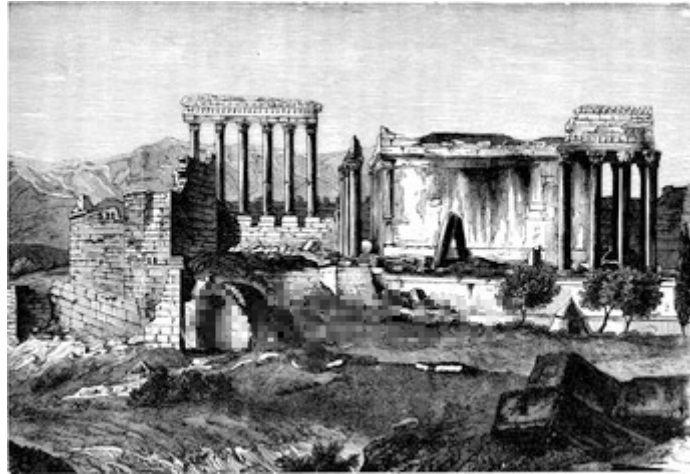


illustration of temple columns and ceiling



submerged temple at Philae



Baalbec ruin

geography

Ancient Egypt (Kemet) was greatly affected by its unique **geography**.

Ancient Egypt was isolated on the west by desert, on the east by desert and ocean, to the north by sea, and to the south by imposing mountains. This isolation allowed ancient Egypt to grow into the world's first nation without the wars common in the rest of the budding civilizations of the time.

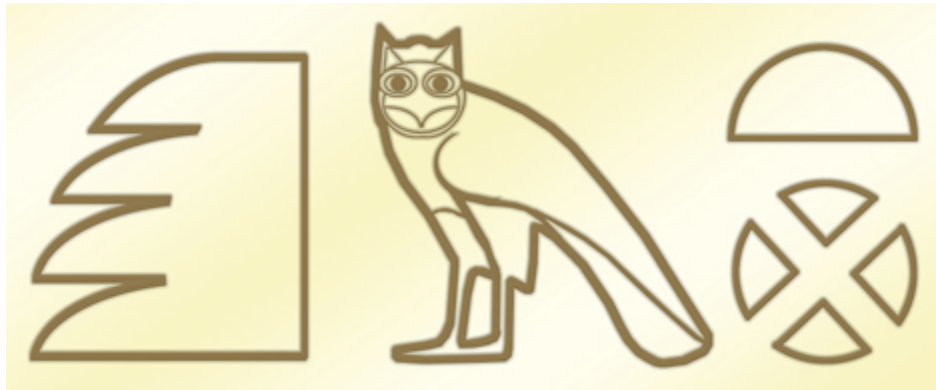
Ancient Egypt (Kemet) was also dominated by the Nile River. Either the largest or second largest river in the world (the other contender being the Amazon River), the Nile also had unique characteristics that helped the nation of Egypt grow into a great civilization. Ancient civilizations first grew up on major river systems. One kind flooded, providing rich nutrient top soil renewal. The other kind provided a steady flow of water year round. The Nile has two sources, one of each kind, making it the only large river system with both characteristics.

Further the Nile River provided a continuous waterway that was straight and navigable for more than 2,500 miles. For about ten months out of the year, the prevailing winds blew in the exact opposite direction as the flow of the current, providing low cost water transport in both directions.

Kemet

KMT

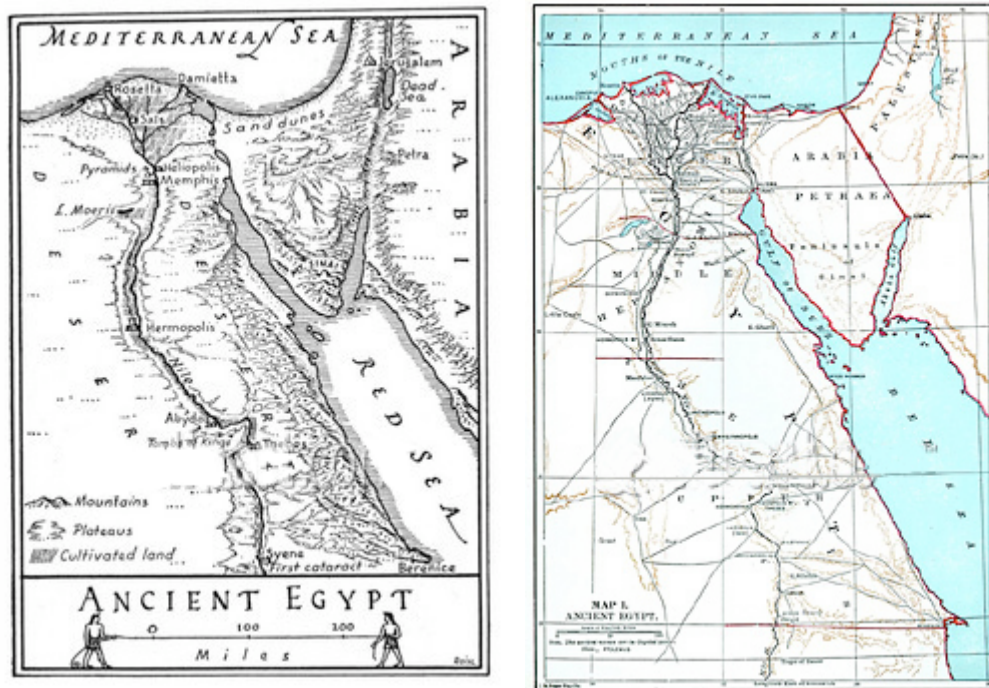
KMT or **Kemet** is the most common of the native ancient Egyptian names for their own nation.



KMT literally means “the Black Land”. John Moore (<http://users.sunbeach.net/jrmoore/index.html>) proposes that it can also mean the land of the Black people, as ancient Egypt was a predominately Black African nation.

The heiroglyphs (medu neter) for this ancient Egyptian word are: KM (alligator tail), M (owl), T (loaf of bread), and determinative for nation/city/town/village (center crossroads of a town square).

Greek historian Herodotus called ancient Egypt “the gift of the Nile”.



The fertile black soil of the Nile (the Black Land) was contrasted with the barren red soil of the desert (the Red Land). The ancient Egyptians viewed black as the color symbolizing good and red as the color symbolizing evil.

Nile River

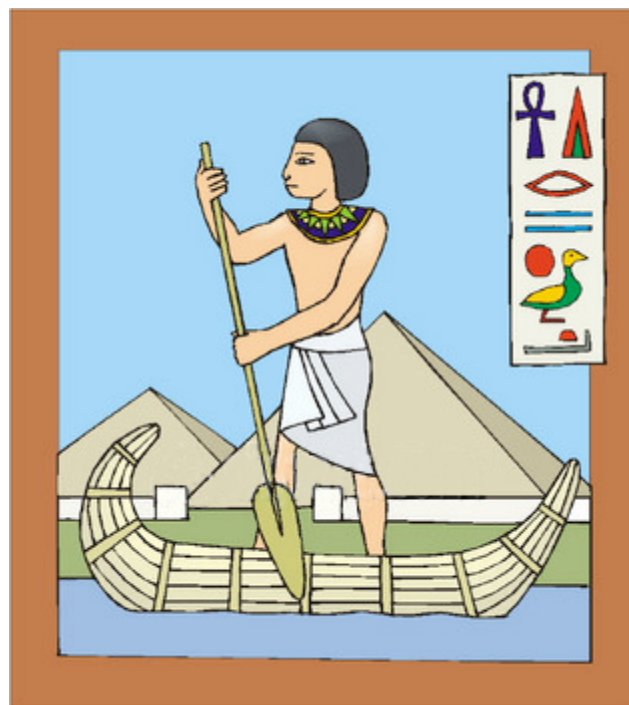
Ancient Egypt (Kemet) was also dominated by the **Nile River**. **The Nile River flows north**. Either the largest or second largest river in the world (the other contender being the Amazon River) at 6,677 km (or 4,180 miles [note those numbers do not convert exactly]), the Nile also had unique characteristics that helped the nation of Egypt grow into a great civilization. Ancient civilizations first grew up on major river systems. One kind flooded, providing rich nutrient top soil renewal. The other kind provided a steady flow of water year round. The Nile has two sources, one of each kind, making it the only large river system in the world with both characteristics.



The Nile River provided a continuous waterway that was straight and navigable for more than 2,500 miles. For about ten months out of the year, the prevailing winds blew in the exact opposite direction as the flow of the current, providing low cost water transport in both directions. The Nile River flows north into the Mediterranean Sea, with the predominant winds blowing to the south.

The two sources of the Nile, the **Blue Nile** (source in the Abyssinian Mountains) and the **White Nile** (source in the Victoria Nyanza), join at Khartoum (in modern day Sudan), forming the Nile proper. In modern times the Nile divides a few miles north of Cairo into the Rosetta and the Damietta branches.

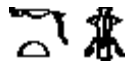
The Nile proper is about 1,800 miles long and has been used for irrigation at least since 4,000 B.C.E. The Blue Nile is approximately 1,609 km (about 1,000 miles) flowing from northwest Ethiopia to the Sudan and is the primary headstream of the Nile. The White Nile flows mostly northward through eastern Africa.



The cyclic nature of the annual flood of the Nile River had a profound effect on the Kemetic (ancient Egyptian) religion.

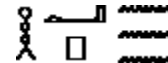
Goddess/God of the Nile: Hapi was the Kemetic (ancient Egyptian) deity of the Nile (the ancient

Egyptian name for the Nile was Hapi, see hieroglyphs below). Hapi was both fully male God and fully female Goddess, with full breasts, vagina, penis, and testicles. Hapi was sometimes depicted as a mother hippopotamus or with the head of a mother hippo. Hapi was typically shown with two giant water jars spilling out with streams joining. The water jars (long thin cylinders that bowed in the upper half) represented the White Nile and the Blue Nile. The modern astrological figure of Aquarius came from this ancient Egyptian deity. In modern times, many transvestites and other transgenders honor Hapi.



mḥt

Nile Delta



Hꜥpy

Nile River

hieroglyphs courtesy of Jim Loy at <http://www.jimloy.com/hiero/dict14.htm>



“The Nile River valley in Egypt was the site of the world’s first great civilization.”
—Princeton University

Greek historian Herodotus called ancient Egypt “the gift of the Nile”.

The ancient Egyptians knew that their lives depended on the Nile. It was a national disaster if the Nile over-flooded or under-flooded. They constructed artificial banks to prevent over-flooding and

constructed irrigation channels to carry the water to the fields.

The fertile black soil of the Nile (the Black Land) was contrasted with the barren red soil of the desert (the Red Land). The ancient Egyptians viewed black as the color symbolizing good and red as the color symbolizing evil.

Alexandria

Alexandria was founded by Alexander the Great around 334 B.C.E. (the exact date is subject to debate). Alexandria is located on the Mediterranean Sea in northwest Egypt and is currently the second largest city in Egypt and Egypt's largest seaport.

According to one legend, Homer appeared to Alexander in a dream and told Alexander that he would build a city as "an island set in ocean deep, lies off far Egypt's rich and fertile land, and name of the island called Pharos."

Pharos is a small island in the harbor of Alexandria. Sostratus built a great lighthouse on the island of Pharos. The lighthouse was made of white marble and was five hundred (500) feet tall.

The historian Arrian said that Alexander undertook to lay out the city's general plan, but lacked chalk and resorted to marking the outline with grain. One of Alexander's seers, Aristander of Telmessus, interpreted this as an omen that the city would prosper and have lots of grain. Other seers claimed that the omen wasn't the grain, but rather the flock of birds that gathered (generally flocks of birds are a bad omen). Aristander claimed that the birds were a good omen, indicating that the city would attract and feed many people.



modern Alexandria

Alexandria was built on the site of a small native Egyptian fishing village called Rhacotis. Five additional native villages were scattered along the land between Lake Mareotis and the sea, according to historian Pseudo-Callisthenes. Alexandria replaced the city Naucratis as the Greek center in ancient Egypt.



lithograph of Alexandria across Lake Mareotis

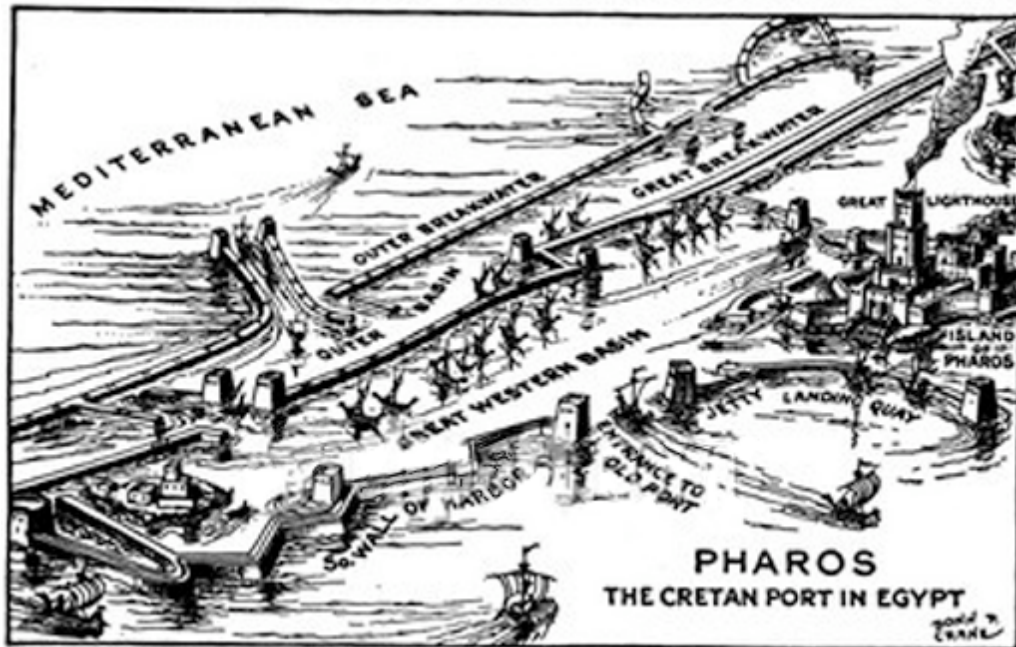
The chief architect of the city was Deinocrates of Rhodes. A few months after marking the foundation, Alexander left Egypt to conquer the East and never returned. Cleomenes supervised the construction of the city. In less than a generation the city surpassed Carthage in size. In a century Alexandria became the largest city in the world. Under the Roman Empire Alexandria was second in size only to Rome. The city shrunk to a small village under the rule of Muslim Arabs, but has become a large modern seaport in the last century.

The Great Library at Alexandria was the largest library in antiquity.

Pharos

Pharos is a small island in the harbor of Alexandria and home of one of the Seven Wonders of the ancient world.

Sostratus built a great lighthouse on the island of Pharos (the Lighthouse of Alexandria). The lighthouse was made of white marble and was between 440 and five hundred (500) feet tall. it was the tallest occupied building in the world until the advent of modern skyscrapers (the Great Pyramids of Giza were taller). The many rooms were used by various officials.



Pharos, at the mouth of the Nile, was the distributing point for Cretan goods in Egypt. Egypt built this port for the Cretans because of the importance of Cretan commerce. Reconstructed from the plan by Sir Arthur Evans.

Pharos, at the mouth of the Nile, was the distributing point for Cretan goods in Egypt. Egypt built this port for the Cretans because of the importance of Cretan commerce. Reconstructed from the plan by Sir Arthur Evans.

The Lighthouse at Alexandria lasted for 1,700 years before a series of earthquakes in the 14th century toppled it into the sea.

A giant lantern was at the top of the lighthouse used bpolished brass or bronze mirrors to aim the sun light during the day and to aim a flame at night. The original fuel source is unknown but is unlikely to have been wood because wood was in short supply and too valuable to burn in large quantities. The beam of light was visible at least three miles out to sea and some legends claimed that it was so bright that it could burn ships 30 miles out to sea.

desert

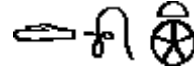
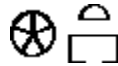
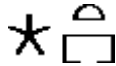
The **desert** surrounded ancient Egypt (KMT) and provided a natural barrier against invasion from three siddes.

The Kemetic (native ancient Egyptian) word for the desert was dvrt, meaning the Red Land.

The fertile black soil of the Nile (the Black Land) was contrasted with the barren red soil of the desert (the Red Land). The ancient Egyptians viewed black as the color symbolizing good and red as the color symbolizing evil.

otherworld

The ancient Egyptians believed in an **otherworld** and a life after death.



dw3t

hieroglyphs courtesy of Jim Loy at <http://www.jimloy.com/hiero/dict14.htm>

The ancient Egyptians believed that the otherworld (netherworld or land of the dead or land of the west) was similar to the Nile valley and delta.

The ancient Egyptians believed that the otherworld was divided into two areas, one for the good and one for the bad, making the good portion a paradise. These were the forerunners of the idea of heaven and hell.

Moses myth

The Moses myth wrongly villifies the Kemetic (ancient Egyptian) culture and religion.

Chief among these lies is the false claim that the Kemetic (ancient Egyptian) people engaged in human slavery. In fact, Kemet was one of the few civilizations in all of history that actually forbid human slavery. The Kemetic civilization was in fact one of the most ethical and enlightened civilizations of all time.

These lies were placed into the Jewish Torah for religious reasons. At the time the Hebrew priests were writing the Torah, they wanted to make their own national deity supreme among all deities. They purposely choose to put their Moses myth in Kemet (Egypt) because of Kemet's reputation as the greatest and oldest of civilizations and the reputation of the Kemetic magicians as the most powerful magick-workers of antiquity.

These religious lies have been repeated for millenia, with many Jews, Christians, and Muslims incorrectly believing that these lies were directly revealed by their deity.

the truth about the Moses myth

An important truth is that Kemet (ancient Egypt) banned human slavery, one of the few ancient civilizations to do so.

Human slavery violated one of the basic principles of the Law of Ma'at, which was the source of the world's first ethics and required that the entire populace live up to the highest standards of personal behavior.

While the Moses myth has a generally positive message (that anyone can achieve greatness) and is one of the great pieces of Western literature, the lies about Kemet make it also one of the worst pieces of

racist literature ever written.

The Hebrew priesthood who wrote the Jewish Torah desired to present their national deity as the supreme most deity of the universe. It was a logical literary decision to place their Moses myth in Kemet (ancient Egypt), as Kemet was recognized as the greatest and oldest of civilizations and Kemetic magicians were world reknown as the greatest and most powerful magicians in the world. By having the mythical Moses, a stuttering murderer, defeat the greatest magicians of antiquity solely through the power of the Hebrew national god, the Jewish priests writing the Torah appealed to tribal nationalism.

But, the Hebrew priests writing the Moses myth were unfamiliar with Kemet other than by reputation and made key mistakes that show that their Moses myth is clearly false and racist propoganda.

“Such accounts are summarily categorized under the broad heading of “Mythologies” — except by their believers, for whom they are Sacred History, as in the case of the Bible for the Hebrews and Christians — and are regarded by scientists as being at best merely allegorical and without historical foundation.”

—Professor Giorgio A. Livraga, **Thebes**, page 13, 14

“The stories in the Bible are no more than allegories, whether esoteric or just plain misleading, depending on the capacity of interpretation of the person who is analyzing them. For there is always the occasional nugget of gold to be found amid so much sand, like the historical references to certain peoples of antiquity, as long as one leaves aside, of course, the eternal commentaries about the wrath of the God of Israel.”

—Giorgio A. Livraga, **Thebes**, page 28

“When Moses had to convert a nomadic tribe into an irradiating centre of spiritual culture, he could hardly have given out an eclectic message, since the tribal mentality prevailing amongst the Israelites meant that they needed to feel separated from other nations in order to be united amongst themselves.”

—Giorgio A. Livraga, **Thebes**, page 91

There is NO historical evidence to support the biblical and Koranic account of Moses. These books relied solely on scare tactics, by invoking (in my view, demeaning) the name of God, in their texts, so as to scare you, not to question the historical validity, of their main “characters”.

—Moustafa (Egypt) at <http://www.egypt-tehuti.com>

no human slavery

As already mentioned, the main error was the mistaken belief that Kemet engaged in human slavery. As the Hebrew nation and all of its neighbors engaged in human slavery, it was an easy mistake for the writers of the Torah to think that Kemet also engaged in such behavior. They didn't.

Human slavery violated one of the basic principles of the Divine Law of Ma'at, which governed personal behavior.

“In Egypt there were no slaves; at most, prisoners of war condemned to labours outside the cities and frequently repatriated. Those who worked on the erection of an Obelisk did so as the Christian worked on the building of a Cathedral or the Moslem on that of a Mosque.”

—Giorgio A. Livraga, **Thebes**, page 58

There is a book about slavery in ancient Egypt by Abdel Mohsen Bakir, published in Oxford. The author shows that slavery started only in the 18th dynasty as a result of the wars in western Asia. Prisoners of war became slaves for army officers as well as temples.

—Ahmed Osman

While Ahmed Osman's reference to Bakir's book is correct, "The Legacy of Egypt," Second Ed., (1971, Oxford University Press), has a very useful article, "The Concept of Law in Ancient Egypt" by Aristide Theodorides (pp. 291-322) with references to specific articles on slaves and slavery in *Revue internationale des droits de l'antiquite*.

However, Theodorides argues slavery in the 18th dynasty on the basis of "rights" individuals have to the productive work of certain servants.

Administrative documents from previous dynasties, and especially from the Old Kingdom, give no hint whatsoever that either individual servants or groups conscripted for public works (such as pyramid building) were slaves: they were neither void of their rights nor lost their freedom.

—Daniel Kolos, Egyptologist and publisher of Benben Books at <http://www.geocities.com/Athens/Forum/1543>

I think however that the statement you report refers to the fact that probably no slaves were used to build big monuments such as the pyramids. ... There is ample evidence that non-slave persons were employed instead. ... There is religious evidence, mainly in Coffin Texts, that men were considered equal in gods' eyes and this was somehow reflected in the society.

—Professor Federico Rocchi

Ancient Egypt's religion and beliefs provided enough labor through its own population for various large projects such as the pyramids and temples and other monumental public works.

—Edmund Krause

My underlying skepticism about slavery in AE, is the nature of AEs. They did not want to dominate anyone. They did not care for foreigners, and did not open their borders (willingly) to them until the 26th Dynasty (664 - 525 BCE). They did not have plantation economy (or mass industrial production), where forced laborers/slaves are required to fuel the production. Therefore, slavery as identified in a Webster Dictionary, and as perceived by most, if not all, people, is incompatible and inconsistent with the AE civilization. Additionally, the evidence does not support the notion of slavery, as defined and perceived by the people.

—Moustafa (Egypt) at <http://www.egypt-tehuti.com>

Are the people involved [in the Biblical Exodus] slaves? If so, why do they count among their number priests, lawyers, doctors, skilled craftsmen, and leaders with sufficient standing to speak in the court of the Pharaoh? Where do they get their arms and military training? How is it that slaves leave Egypt wearing embroidered purple silk and scarlet leather carrying hundreds of pounds of gold and silver, and driving herds of cattle?

—Steve Whittet

As for the sacred structures, the sheer level of craftsmanship goes far beyond that which can be expected to be performed by “slaves.” For an example of the craft at work see Schwaller de Lubicz’s “Temple in Man”. The temples were and are alive. This does not just happen, it is a planned event, one that respects sacred time. The construction projects in AE where obviously highly organized events and took the labor of dedicated aspiring people. So Charlton Heston and the Banditos made a feel good movie for those who do not choose to search any deeper than what they hear at Sunday school.

—John Green (Virgin Islands)

The artisan caste was not a mere labor force. This caste included highly educated and trained people. This group was, and is, feared and respected for their tremendous knowledge.

I am gathering information on this exciting subject, from Western and Central Africa. Right now, I am reading about how metalworking was/is being an amazing combination of cosmology, metallurgy, etc. It was and still is a deeply spiritual interaction between the four elements necessary to matter: Fire, earth, air, and water. We found on the Internet, a western-observed documentary of the Dogons of Mali, making high quality steel from iron ore, with very simple tools. <http://anthropologi.unige.ch/inagina/dogon.gb.html>

—Moustafa (Egypt)

“When we reaffirm that there were no slaves in Ancient Egypt, we wish to give a picture which is closer to reality than the more or less “cinematographic” fantasy which has become popular about the exploitation by an aloof minority who took advantage of superstition and ignorance of a people who obeyed with gritted teeth and dreamt of claiming their social rights. We are sorry if these explanations go against the beliefs of some readers, but there naturally comes a time when children have to be told that they were not born under a gooseberry bush. Lies, though sometimes necessary, have like all things a limited span of life.”

—Professor Giorgio A. Livraga, **Thebes**, page 101

no plagues

There is no record of series of great plagues in Kemet (ancient Egypt).

no front doors

Numerous other mistakes appear in the Jewish Moses myth, again, obviously because the hebrew priests writing that racist myth lacked first hand knowledge of real Kemetic culture.

A key portion of the Moses myth consists of the smearing of blood on front doors of the homes of the supposed Jewish slaves. What the authors of the Moses myth didn’t know was that unlike other cultures of the ancient near east, Kemetic homes did *not* have front doors. Because of severe problems with poisonous snakes, especially in the Nile Delta, Kemetic homes had the entry way on the ceiling, with a ladder leading down into the house. In fact, the rooftop served as a “family room”, where the family and guests gathered in the evenings.

“Perhaps it has been insufficiently explained that in Ancient Egypt the only imposing and solidly built constructions were the Temples and Pyramids. As we have seen, even the

Palaces, not excluding the Pharaoh's, were built of precious but light and easily perishable materials; and as for the houses and huts of the people, they were made of unbaked bricks or simply of mud and reeds. It is known that in the annual flooding of the Nile many houses were destroyed and, with great rejoicing, their inhabitants erected new ones during a Festival which renewed the cycle of life, always the same and yet always different."

—Professor Giorgio A. Livraga, **Thebes**, page 74

women held high positions in society

The position of women was more advanced than in most countries today. "No people, ancient or modern," said Max Müller, "has given women so high a legal status as did the inhabitants of the Nile Valley." The monuments picture them eating and drinking in public, going about their affairs in the streets unattended and unharmed, and freely engaging in industry and trade. Greek travelers, accustomed to confine their Xanthippes narrowly, were amazed at this liberty; they jibed at the henpecked husbands of Egypt, and Diodorus Siculus, perhaps with a twinkle in his eye, reported that along the Nile obedience of the husband to the wife was required in the marriage bond — a stipulation not necessary in America. Women held and bequeathed property in their own names; one of the most ancient documents in history is the Third Dynasty will in which lady Neb-sent transmits her lands to her children. Hatshepsut and Cleopatra rose to be queens, and ruled and ruined like kings.

The Oulak Papyrus admonishes the child with touching wisdom:

Thou shalt never forget thy mother. ... For she carried thee long beneath her breast as a heavy burden; and after she carried thee upon her shoulder, and gave thee her breast to thy mouth. She nurtured thee, and took no offense from thy uncleanness. And when thou didst enter school, and wast instructed in the writings, daily she stood by the master with bread and beer from the house.

—Will Durant, **Story of Civilization: Our Oriental Heritage**, page 165

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."

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

female descendent and property lines

In Kemetic society property was passed down through the female line, *not* through the male heirs.

It is likely that this high status of woman arose from the mildly matriarchal character of Egyptian society. Not only was woman full mistress in the house, but all estates descended in the female line; "even in late times," says Petrie, "the husband made over all his property and future earnings to his wife in his marriage settlement." The family inheritance was passed down from mother to daughter.

—Will Durant, **Story of Civilization: Our Oriental Heritage**, pages 165-166

female priesthood

Because Hebrew society was highly patriarchal, they have their national deity kill off the eldest male in the Moses myth. Kemetic society, in sharp contrast, was mildly matriarchal, with blood lines passing down through daughters rather than through sons.

And Kemetic society, being mildly matriarchal, was the last major civilization to provide women with equal rights. The Hebrew priests who were authors of the Moses myth couldn't even comprehend of women occupying jobs, much less in positions of authority, so the Jews presented the Kemetic magicians as males. While some Kemetic magicians were male, many were female, and the highest magickal position was held by the Pharaoh's wife, as high priestess of Aset (Isis). If the greatest Kemetic magicians had been involved in a magickal competition, many of them, including their leader, would have been women.

children held in high regard

In Kemetic society, children were greatly appreciated. Unlike neighboring ancient near east societies, Kemet outlawed human infanticide (in most neighboring lands, infanticide was a regular part of population control).

Possibly because of the mastery of woman over her own affairs, infanticide was rare; Diodorus thought it a peculiarity of the Egyptians that every child born to them was reared, and tells us that parents guilty of infanticide were required by law to hold the dead child in their arms for three days and nights. Families were large, and children swarmed in both hovels and palaces; the well-to-do were hard put to it to keep count of their offspring.

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

religious concepts

Kemet (ancient Egypt) was a monotheistic society. The religion of Kemet envisioned a Neter, a supreme deity beyond human comprehension, which was expressed as many Neteru (Gods and Goddesses), in much the manner that modern Hinduism views its thousands of deities as avatars of a single Godhead.

What is the nature of the issue which would cause a group of people to want to leave Egypt? The image of the god which is carved in stone in the Egyptian manner, housed in an ark in the Egyptian manner and kept in a sanctuary in the Egyptian manner is the "LAW".

That may be a bit difficult to conceive of at first but many Egyptian gods are actually ideals, the attributes of what is right and proper. Time, Space, Truth, Beauty, Wisdom, Creation, Mother, Father, Craftsmanship...etc.

This "LAW" is to be sovereign over all other gods including pharaoh (Thou shalt have no other god before me) in effect separating church and state. The precedent has been set by Hanurabi ruling in Babylon at the time and place where Abraham is born.

This separation of church and state is picked up as a theme by Akhenaten ruling c 1353-1335 BCE. He claims there is just one LAW and that's the word of Pharaoh.

— Steve Whittet

Seti was *not* evil

Pharaoh Seti was *not* an evil man. In fact, Seti was a wise and noble ruler.

Seti I wisely reaped the fruits of renewed order and wealth, built the Hypostyle Hall at Karnak, began to cut a mighty temple into the cliffs at Abu Simbel, commemorated his grandeur in magnificent reliefs, and had the pleasure of lying for thousands of years in one of the most ornate of Egypt's tombs.

—Will Durant, **Story of Civilization: Our Oriental Heritage**, page 213

The movie “The Prince of Egypt” portrays Seti as being the father of Rameses 2 and Moses (as of course the step or adopted alternate son). Then when Moses grows up in the [“The Prince of Egypt”] movie, Rameses 2 has taken over as pharaoh. Well, in the Bible, the trouble begins with a pharaoh, who remains the pharaoh when Moses is grown. The Bible seems to indicate that the same one that was pharaoh when Moses was a baby is the same pharaoh as the one of the Exodus. Though the Bible does have a tendency to call all rulers of Egypt just “pharaoh”, in this case, it is noted that this pharaoh kept doing the same things after Moses was grown, giving at least the impression that it is the same pharaoh. Also, please note that it does not say that the pharaoh died in the Red Sea, as many think.

—Suzanne Kessler

The pharaoh who opens Exodus is a grown man before Moses is born. Moses is 80 at the time of his audience with the Pharaoh.

There is no known dynasty which has a pharaoh who rules for that length of time although Rameses II reigns 66 years.

The mention of pharaohs daughter and the role she plays in the affair is interesting particularly where Moses flees to Midian. This is about the time Hatshepsut goes to some pains to make connections across the Red Sea.

The Pharaoh's wives are often the daughters of neighboring kings with diplomatic marriages providing a means of tying neighboring countries together.

Moses may have gone to Midian without the expectation that he would find himself a stranger in a foreign land.

—Steve Whittet

Ramses II was *not* evil

Ramses II was a great Pharaoh, possibly the greatest.

At this point the romantic Ramses II, last of the great Pharaohs, mounted the throne. Seldom has history known so picturesque a monarch. Handsome and brave, he added to his charms by his boyish consciousness of them; and his exploits in war, which he never tired of recording, were equaled only by his accomplishments in love. After brushing aside a brother who had inopportune rights to the throne, he sent an expedition to Nubia to tap the gold mines there and replenish the treasury of Egypt; and with the resultant funds he undertook the reconquest of the Asiatic provinces, which had again rebelled. Three years he gave to recovering Palestine; then he pushed on, met a great army of the Asiatic allies at Kadesh (1288 B.C.E.), and turned defeat into victory by his courage and leadership.

—Will Durant, **Story of Civilization: Our Oriental Heritage**, page 213

He had his victories commemorated, without undue impartiality, on half a hundred walls, commissioned a poet to celebrate him in epic verse, and rewarded himself with several hundred wives. When he died he left one hundred sons and fifty daughters to testify to his quality by their number and their proportion. He married several of his daughters, so that they too might have splendid children. His offspring were so numerous that they constituted for four hundred years a special class in Egypt, from which, for over a century, her rulers were chosen.

He deserved these consolations, for he seems to have ruled Egypt well. He built so lavishly that half the surviving edifices of Egypt are ascribed to his reign. He completed the main hall at Karnak, added to the temple of Luxor, raised his own cast shrine, the Ramesseum, west of the river, finished the great mountain-sanctuary at Abu Simbel, and scattered colossi of himself throughout the land. Commerce flourished under him, both across the Isthmus of Suez and on the Mediterranean. He built another canal from the Nile to the Red Sea, but the shifting sands filled it up soon after his death. He yielded up his life in 1225 B.C.E., aged ninety, after one of the most remarkable reigns of history.

—Will Durant, **Story of Civilization: Our Oriental Heritage**, page 214

Ramses II couldn't have been the Pharaoh of Exodus

Far from the theory of Ramesses II being involved in the Exodus, it was in the case of the original movie with Charlton Heston as Moses, that the scholars from the Oriental Institute advised Hollywood on the dating of the Exodus in that movie. If you look at the credits, you will see their names listed. An earlier film set in the time of Akhenaten, tried to make a tie to the Bible in the idea of Akhenaten as the force behind the worship of a single deity. That idea was first posited by Sigmund Freud, who claimed that Akhenaten's religion had inspired Judaism. This all was discussed in a book by Jan Assman, called *Moses the Egyptian*.

—Frank Joseph Yurco

This theory probably grew because Ramses II was so very popular in the last century and almost the only pharaoh known well. It is almost impossible that Ramses II is the pharaoh 'who knew not Yusef' since most likely this will be a pharaoh at the start of a new dynasty. I also think Graham Hancock very convincingly argued that there is an error in the timeline which suggests that Ramses II has to be shifted down to approx. 950 BCE and there is suggestion that he was a contemporary of Solomon.

—Alan (England)

The idea of a date c 1290-1224 BCE for the Exodus, making Ramesses II the pharaoh of the Exodus, comes from Nevilles excavations of brick structures in 1885 at Saft el Hina [pr spd] the capital of the 20th nome, and 1883 at the 8th nome capital, ancient Egyptian [tjeku] now known as Tell es Maskuta [Pr Atum], (house of atum), or as Neville read it, Pithom.

Through these structures, at either end of a canal built by Neco I dated from their use as nome capitals in the 12th Dynasty, Neville associated them with:

1. A Biblical notion of the Israelites toiling as slaves to make brick under harsh overseers.
2. The biblical mention of the cities of Ramesses and Pithom as the starting point of the Exodus.
3. The Relocation by Ramesses II of his capital from Thebes to Pi- Rameses (which we

now know was actually closer to Quatna at the site of the ancient Hyksos Avaris fifty miles to the north of Saft el Hina and Tell es Maskuta).

A better agreement with the Biblical date and what archaeological evidence there is would be c 1350-1450 BCE.

We know that for such a state as Israel to emerge from such beginnings to become sufficiently well established to be worth Egypts trouble to campaign against it and note its existance on a stele dated c 1224 -1214 BCE would take one or more centuries.

The Biblical date is given as 480 years prior to the building of Solomons temple (c 973 BCE) which gives a date for the Exodus of 1453 BCE.

—Steve Whittet

First of all the Israelite Stele of the 5th year of Merenptah shows that the Israelites had already been in Canaan, so they must have left Egypt some time before this year. Then there is much different between Jews and Israelites. The Hebrew followers of Moses are known as Israelites, not Jews. Judaism started eight centuries later, first in Babylon then in Palestine.

—Ahmed Osman

At the time of Ramses II there were no Jews anywhere in the world. Judaism started in Babylon only in the 6th century BCE, SEVEN centuries after the time of Ramses II. The Hebrew followers of Moses were known as Israelites, not Jews.

—Ahmed Osman (UK)

It's hard to know where to begin with all the misconcetions of the Exodus.

—Steve Whittet

The trouble begins with some prewar jitters

Exodus 1:10

“if war should break out they might add to the number of our enemies.”

Numbers 24:24

“The sea people gather in the north

ships from the coast of Kittim

they bear down on Ashur

they bear down on Eber.”

This is interesting from a chronological perspective because there are periods when Egypt is threatened by alliances of other nations and war breaking out, and periods when all is well.

The sea people are refered to here in the form of a prophecy of future events meaning the Exodus has to have occured earlier than the point at which the sea people arrive to do battle

with Egypt.

Since that first occurs in the reign of Sethos I in Libya it is at a minimum prior to 1306 BC.E.

The Biblical date works out to c 1453 which would be toward the reign of Queen Hatshepsut and a time of peace in Egypt. There is no record of campaigns to Asia under Hatshepsut.

At her death Tuthmosis III launched a long series of Near Eastern Campaigns.

Amenophis II fought campaigns both before and after his father's death.

At the end of his reign the Hittites and Mittani were growing in strength and encroaching on Egyptian turf.

Since there is peace in Egypt in the reigns of Tuthmosis IV and Amenophis III and IV (Amenophis IV was Akhenaten) the first real threat of war comes after Akhenaten during the campaigns of the Hittite king Suppilulumas. During this period Aya (1323-1319) occupied the throne briefly and was succeeded by Haremhab (1319-1307).

Haremhab fought several campaigns and succeeded in regaining some Egyptian possessions in Syria.

—Steve Whittet

I am certain that what Charlton Heston and the Hollywood Banditos did was total chicanery. Ramses II was a great builder but he built no pyramids.

—John Green (Virgin Islands)

On another note can anyone find any mention of the Hebrews/Haribu/Haripu people in any of the structures accredited to Ramses II? Or perhaps even some mention of these people in writing that is contemporary to his Reign?

—John Green (Virgin Islands)

capital city

Another troublesome aspect of the myth presented in the Exodus myth is the location of the capital city.

The capital of Egypt at the time of the Exodus was most likely Thebes. Thebes' port was Elim at Quasir in the Red Sea. Across the Red Sea was Elat at the head of the Gulf of Aqaba.

To fight the Amalakites at Mt Horeb where Moses tends the sheep of his father in law the Midianite priest, and on his return is greeted by his family you would have to place Mt Horeb between the Amalakites and the Midianites. The place their territory joins is at the head of the Gulf of Aqaba. The stations of the Exodus lead from Elat through the wadi Arabah skirting the borders of Edom and Moab. The people settle around Kadesh Barnea in the Negev, and they go to the east of Moab and Edom to cross the Jordan from the territory of the Ammorites into Caanan.

Why would a group of Egyptians go as a group across the Red Sea to Mt Horeb [hr iby] where the Bible says Moses tends flocks for his father in Law who is a priest of Midian, and leave Egyptian style temples and pottery in their wake dated to the 13th century BCE?

—Steve Whittet

Forget the so-called years in the Bible; are they really 12 month years? Only the ancient Egyptians had a solar year, or more correctly, a stellar one posited on the yearly reappearance of Sirius. The facts are: Israel is first mentioned and depicted in Merenptah's time, 1212-1202 B.C.E. It is named on his stela, now in the Cairo Museum. By his time, Israel, whatever it was in his era, was out of Egypt in Canaan.

Now back to the issue of the Exodus. In Dynasty 18, where the strict interpreters of the doubtful numbers would place it, pharaoh resided in Memphis, near modern Cairo, and some three hundred miles from the traditional land of Goshen, in the eastern Delta.

The Exodus does not have Moses taking a boat and sailing three hundred miles upstream to Memphis, as he would have to have done were the Exodus set in Dynasty 18.

—Frank Joseph Yurco

Red Sea questions

The Egyptians looked on the Red Sea as a river like the Nile. They began sending expeditions across it to Punt in the 12th Dynasty. Hatshepsut built a large fleet for this purpose in the 18th Dynasty just prior to the Exodus.

Bitumen, gold, frankincense, myrr, lapis lazuli, copper, iron, and exotic woods had been carried across the Red Sea as cargoes for millenia at the time of the Exodus.

I sort of like the idea of a Moses whose staff is a mast, who spreads his sails to gather an east wind who separates the waters of the Red Sea with the hull of a boat and allows his people to cross it dry.

I like the description of the crossing: "The waters parted and the sons of Israel went on dry ground right into the sea."

Moses has led his people from Thebes through the wilderness down the wadi ham maat to Thebes' Red Sea port of Elim (modern Quasir). Once there he raises a staff or mast, stretches out his sails and gathers an east wind.

He makes it possible for the Israelites to cross the water he parts the sea with the hull of a boat the Israelites march up a gangplank into a boat and see the waters divided to their left and right.

With dry feet they stand on a dry deck they pass through the water in a ship.

The Red Sea is shallow near the shore. The Egyptians arrive just as the Israelites leave and rush into the water after them throwing their spears and shooting arrows as the Israelites march back and forth taunting them from the deck.

—Steve Whittet

Incidentally, I meant to mention that there was a canal in the eastern Delta which is actually

depicted in Sety I's battle reliefs at Karnak. What the Israelites fled through was not the Red Sea, but as the Bible correctly recorded it a yam chuf, or as chuf is the Egyptian word for "papyrus", it was a shallow northeaster Delta lake with papyrus growing. The one Biblical support for this, Exodus 14:28, God so clogged their chariot wheels that they could not drive. That could happen only in a papyrus swamp, or a shallow lake with papyrus. Incidentally, a strong north wind could easily pile up the waters of such a lake at one end, only to have them come sweeping back when the wind died. Kitchen mentions an Egyptian colleague of his who tried taking a short cut over such a shallow lake and who almost got swamped when the wind shifted and waters came pouring back, over the bed of the lake. So what the Hebrews fled through was indeed a marshy papyrus lake. If you were fleeing chariots that made much better sense, for they would get bogged down in mire, whereas on the clean sandy bottom of the Red Sea, they could drive like the devil himself in pursuit. Even American slaves trying to escape their masters knew this, and headed for swamps and bogs where their pursuers would have a harder time tracking them.

—Frank Joseph Yurco

the Exodus itself is doubtful

It is highly unlikely that there even was any kind of Hebrew Exodus from Kemet (ancient Egypt).

To take seriously the idea that a group of people who had lived in Egypt for some centuries (430 years) left Egypt, and made their way to Canaan where they proceeded to establish a new nation by the conquest of a number of vassal cities under the protection of Egypt as an historical fact we need to see some evidence.

We know that for such a state as Israel to emerge from such beginnings to become sufficiently well established to be worth Egypt's trouble to campaign against it and note its existence on a stele dated c 1224 -1214 BCE would take one or more centuries.

The Biblical date is given as 480 years prior to the building of Solomons temple (c 973 BCE) which gives a date for the Exodus of 1453 BCE.

The total Biblical period involved is from 1883 BCE to 973 BCE. Given an arrival of a small family group in Egypt during the 12th Dynasty and an Exodus of their descendants during the 18th Dynasty, the people involved have to be considered fully assimilated as Egyptians so in looking for evidence of their existence we should look for Egyptian materials, methods and customs.

During the 13th and 14th centuries BCE the capital of Egypt is at Thebes. To get to Canaan from Thebes by crossing the Red Sea we go to Thebes Red Sea port at Quasir trekking a long way round through the Wilderness by way of the wadi Ham maat.

—Steve Whittet

archaeological record

In addition to the obvious errors of fact in the Moses myth, there is a complete lack of supporting evidence. Despite literally centuries of Christian and Muslim archaeologists digging for evidence to support the Moses myth, no archaeologist has found any evidence to even mildly support the possibility of the myth having been based on any real events.

The Kemetic people were the first major record keepers of antiquity and the first civilization to introduce the idea of a library. With all of their written records, not a single scrap of evidence exists to

show any of the events described in the Moses myth.

Even if the grand competition of magicians were simply Hebrew exaggeration, there should be records of the sudden loss of an entire Kemetic army. Other major defeats are recorded.

Some archaeologists, driven by a need to justify their religious beliefs, move the Moses myth the Hyksos occupation. This was a period when Kemet was under foreign occupation by the “Sheppard Kings”, who did call themselves Pharaoh. The Hyksos were brutal barbarians, who did engage in human slavery, including the enslavement of both Kemetic and Semitic peoples. This would help explain the major problem with the Moses myth (that the Kemetic people outlawed human slavery) by asserting the idea that the Hebrews misinterpreted the Hyksos as legitimate Pharaohs. This does not answer any of the other problems with the Moses myth and requires an adjustment of the emergence of the Hebrew nation from the Sinai Desert by more than 300 years from the time firmly established by the archaeological record.

Some archaeologists use the New Kingdom text of Iri-nofret, a bureaucrat’s wife, as evidence of New Kingdom slavery, claiming that although slavery did not exist in the Old and Middle Kingdoms, that it did exist in the New Kingdom times.

Do You think that the recent observations by Davies and Toivari (SAK 24) about the terms **hm** and **bak** in New Kingdom are correct?

They state, as far as I can understand, that **bak** was perhaps a more general term to indicate a servant, either a free man or a slave, while **hm** alone was used specifically to identify a slave servant. They write: “In our translation we have maintained a distinction between **bAkw** “maidservants” and **Hm(t)** “female slave”, though in reality there was probably little to distinguish between the social status of a **bAk/bAkt** and that of a **Hm/Hmt**”. They quote for this O. Gardiner 90 in which “...7 individual male and female “slaves” are referred to singularly as **Hm** and **Hmt**, whilst collectively they appear as **bAkw** in the expression **hrw nb n bAkw** “every (work)-day of the servants”...”. In the translation they say that, contrary to the rendering of McDowell in JEA 78, when **bAkw** was used to indicate “servants” it is determined with seated male and female persons, but when it is used to express “service” it has the book-roll papyrus determinative instead.

—Federico Rocchi

We are not sure of the translation [of] the term **hm** came to be used for “slave”. Slavery, like many other topics about AE, can be a more emotional than objective subject. The problem lies in the definition and perception of the word “slave”. A Webster’s definition of “slave” is: “a human being who is owned as property by another and is absolutely subject to his will, a bondservant divested of all freedom and personal rights.”

I have not seen anything in AE texts to affirm/confirm the dictionary definition of the word. Master/slave relationships were not one-size-fits-all. In many ways, it was an agreed form of contract between two persons. Let us not forget that an illegal immigrant to a rich country agrees to do harsh/dirty work and forgoes certain rights in order to get a job for specific or indefinite duration. We don’t call this situation “slavery” in our modern times.

As for the nature of Egyptians, ancient and modern, they are a peace-loving people with no desire to dominate.

—Moustafa (Egypt) <http://www.egypt-tehuti.com>

With respect to the word **hm**, I agree with you Moustafa in that we have to be careful how **hm** is translated and the word slave is defined. **hm ntr** is a priest, i.e. servant of god.

With the correct determinative, **hm** means majesty, i.e. the Pharaoh being the servant of the people.

—Kate Wrigglesworth (England)

During 18th dynasty there is evidence of transactions of slaves and of services of “servants” (bakw) among rich people. A papyrus with such kind of transactions is dated to A.III and A.IV reign. In Deir el-Medina there were servants who were hired or bought by the workmen’s families and a certain number of servants was given to villagers for a limited numbers of hours per day by the state as a sort of payment. However the conditions of “slaves” in these times were quite good and quite different from the ones of the Roman empire; for example there is a papyrus from DeM which reports the case of a man who asked to a state female servant to work for him more than the few hours given by the state; in exchange he promised a cloak. It seems that the servant was free to use her free hours to do what she wanted and so she decided to work for the required extra hours but then she had not the promised cloak in return; she denounced the man in front of a tribunal as she were a free citizeness and there was a trial against the man. Moreover there is evidence that this kind of “slaves” in DeM were considered more or less members of the household and even sons, born by slaves and their owners, were no more considered slaves. For the changes in slavery during the Graeco-Roman times see I. Biezunska-Malowist, *La Schiavitù nell’Egitto Greco-Romano*, Rome 1984.

—Professor Federico Rocchi

On another note can anyone find any mention of the Hebrews/Haribu/Haripu people in any of the structures accredited to Ramses II? Or perhaps even some mention of these people in writing that is contemporary to his Reign?

—John Green (Virgin Islands)

real Kemetic civilization

Kemet (ancient Egypt) was actually the first great civilization in human history, the standard by which all subsequent civilizations are measured.

There is a tendency to think that civilization started with the Greeks. For millennia before the Greeks, there was the Kemetic (ancient Egyptian) culture: inventors of architecture, writing, mathematics, law, science, and philosophy, among other things. Kemetic art and literature are still unequalled except by a mere handful of cultures world wide from throughout history. Kemetic industry developed a range of techniques and products unmatched until recent times.

As historian Will Durant explains [NOTE: with the exception of the first paragraph, which is repeated in its entirety, this is a selection of sentences and paragraphs from the original work, presented in order without bunches of elipses]:

The spirit of ancient Egypt survives in the lore and memory of our race. The improvement of agriculture, metallurgy, industry, and engineering; the apparent invention of glass and linen, of paper and ink, of the calendar and the clock, of geometry and the alphabet; the refinement of dress and ornament, of furniture and dwellings, of society and life; the remarkable development of orderly and peaceful government, of census and post, of primary and secondary education, even of technical training for office and administration; the advancement of writing and literature, of science and medicine; the first clear formulation known to us of individual and public conscience, the first cry for social justice, the first widespread monogamy, the first essays in moral philosophy; the elevation

of architecture, sculpture, and the minor arts to a degree of excellence and power never (so far as we know) reached before, and seldom equaled since: these contributions were not lost, even when their finest exemplars were buried under the desert, or overthrown by some convulsion of the globe. Through the Phoenicians, the Syrians and the Jews, through the Cretans, the Greeks and the Romans, the civilization of Egypt passed down to become part of the cultural heritage of mankind. The effect of remembrance of what Egypt accomplished at the very dawn of history has influence in every nation and every age. "It is even possible," as Faure has said, "that Egypt, through the solidarity, the unity, and the disciplined variety of its artistic products, through the enormous duration and the sustained power of its effort, offers the spectacle of the greatest civilization that has yet appeared on the earth." We shall do well to equal it.

Egypt flowered into a civilization specifically and uniquely its own; one of the richest and greatest, one of the most powerful and yet one of the most graceful, cultures in history. By its side Sumeria was but a crude beginning; and not even Greece or Rome would surpass it.

In its earliest dynasties Egypt learned the art of fusing copper with tin to make bronze; bronze tools—wheels, rollers, levers, pulleys, windlasses, wedges, lathes, screws, drills that bored the toughest diorite stone, saws that cut the massive slabs of the sarcophagi. Egyptian workers made brick, cement, and plaster of Paris; they glazed pottery, blew glass, and glorified both with color. They were masters in the carving of wood; they made everything from boats and carriages, chairs and beds, to handsome coffins that almost invited men to die. Out of animal skins they made clothing, quivers, and seats; all the arts of the tanner are pictured on the walls of the tombs; and the curved knives represented there in the tanner's hand are used by cobblers to this day. From the papyrus and hemp plants Egyptian artisans made ropes, mats, sandals, and paper. Other workmen developed the arts of enameling and varnishing, and applied chemistry to industry. Still others wove tissues of the subtlest weave in the history of the textile art; specimens of linen woven four thousand years ago show today, despite time's corrosion, "a weave so fine that it requires a magnifying glass to distinguish it from silk; the best work of the modern machine-loom is coarse in comparison with this fabric of the ancient Egyptian hand-loom." "If," says Peschel, "we compare the technical inventory of the Egyptians with our own, it is evident that before the invention of the steam-engine we scarcely excelled them in anything."

Egyptian engineering was superior to anything known to the Greeks or Romans, or to Europe before the Industrial Revolution; only our time has excelled it, and we may be mistaken. Senusret III, for example, built a wall twenty-seven miles long to gather into Lake Moeris the waters of the Fayum basin, thereby reclaiming 25,000 acres of marsh land for cultivation, and providing a vast reservoir for irrigation. Great canals were constructed, some from the Nile to the Red Sea; the caisson was used for digging, and obelisks weighing a thousand tons were transported over long distances.

There was a regular postal service. Credit was highly developed; scribes were busy everywhere accelerating business with legal documents of exchange, accounting, and finance. Every visitor to the Louvre has seen the statue of the Egyptian scribe, squatting on his haunches, almost completely nude, dressed with a pen behind the ear as reserve for the one he holds in his hand.

Civil and criminal legislation were highly developed, and already in the Fifth Dynasty the law of private property and bequest was intricate and precise. As in our own days, there was absolute equality before the law. The oldest legal document in the world is a brief, in the British Museum, presenting to the court a complex case in inheritance. It was a well-organized government, with a better record of duration than any other in history. We find no signs of any system of police; even the standing army — always small — was

seldom used for internal discipline. Security of life and property, and the continuity of law and government, rested almost entirely on the prestige of the Pharaoh, maintained by the schools and the church. No other nation except China has ever dared to depend so largely upon psychological discipline.

The priests imparted instruction to the children in schools attached to the temples. In this manner Egypt developed the earliest school-system in history; not till the nineteenth century of our own era was the public instruction of the young to be so well organized again.

The chief method of instruction was the copying of texts, which were written upon potsherds or limestone flakes. In the higher grades the student was allowed to use paper—one of the main items of Egyptian trade, and one of the permanent gifts of Egypt to the world, the very stuff (and nonsense) of civilization. How well they made it may be judged from the fact that manuscripts written by them five thousand years ago are still intact and legible. Ink, black and indestructible, was made by mixing water with soot and vegetable gums on a wooden palette; the pen was a simple reed, fashioned at the tip into a tiny brush.

With these modern instruments the Egyptians wrote the most ancient of literatures. The earliest writing was apparently pictographic ... the Egyptian arrived at a collection of syllabic signs ... the invention of letters. The result was an alphabet of twenty-four consonants, which passed with Egyptian and Phoenician trade to all quarters of the Mediterranean, and came down, via Greece and Rome, as one of the most precious parts of our Oriental heritage.

Little of ancient Egypt's literature remains. Short stories are diverse and plentiful in the fragments that have come down to us of Egyptian literature. In one jar was found the oldest form of the story of Sinbad the Sailor. There are marvelous tales of ghosts, miracles, and other fascinating concoctions, as credible as the detective stories that satisfy modern statesmen; there are high-sounding romances of princes and princesses, kings and queens, including the oldest known form of the tale of Cinderella, her exquisite foot, her wandering slipper, and her royal-hymeneal d^Žnouement; there are fables of animals illustrating by their conduct the foibles and passions of humanity, and pointing morals sagely—a kind of premonitory plagiarism from *Æsop* and *La Fontaine*. The love songs abound in number and beauty, but as they celebrate chiefly the amours of brothers and sisters they will shock or amuse the modern ear. The Egyptians knew that music and feeling are the twin essences of poetry. It is clear from the texts that the trick of alliteration is as old as the Pyramids. The Egyptian poet could express almost every shade of that "romantic" love which Nietzsche supposed was an invention of the Troubadours. All in all it is astonishing how varied the fragments are. Formal letters, legal documents, historical narratives, magic formulas, laborious hymns, books of devotion, songs of love, romantic novelettes, moral exhortations, philosophical treatises—everything is represented here except epic and drama; perhaps time destroyed the Shakespeares of Egypt, and preserved only the poets laureate.

At the very outset of recorded Egyptian history we find mathematics highly developed; the design and construction of the Pyramids involved a precision of measurement impossible without considerable mathematical lore. The dependence of Egyptian life upon the fluctuations of the Nile led to careful records and calculations of the rise and recession of the river; surveyors and scribes were continually remeasuring the land whose boundaries had been obliterated by the inundation, and this measuring of the land was evidently the origin of *geo*-metry. Nearly all the ancients agreed in ascribing the invention of this science to the Egyptians.

For century after century they kept track of the position and movements of the planets,

until their records stretched back for thousands of years. They distinguished between planets and fixed stars, noted in their catalogues stars of the fifth magnitude (practically invisible to the unaided eye), and charted what they thought were the astral influences of the heavens on the fortunes of men. From these observations they built the calendar which was to be another of Egypt's greatest gifts to mankind.

The glory of Egyptian science was medicine. We rise in Egypt to great physicians, surgeons, and specialists, who acknowledged an ethical code that passed down into the famous Hippocratic oath. Some of them specialized in obstetrics or gynecology, some treated only gastric disorders, some were oculists so internationally famous that Cyrus sent for one of them to come to Persia. The Egyptians tried to promote health by public sanitation, by circumcision of males, and by teaching the people the frequent use of the enema.

Several papyri devoted to medicine have come down to us. The most valuable of them, named from the Edwin Smith who discovered it, is a roll fifteen feet long, dating about 1600 B.C.E., and going back for its sources to much earlier works; even in its extant form it is the oldest scientific document in history. It describes forty-eight cases in clinical surgery, from cranial fractures to injuries of the spine. Each case is treated in logical order, under the heads of provisional diagnosis, examination, semeiology, diagnosis, prognosis, treatment, and glosses on the terms used. The author notes, with a clarity unrivaled till the eighteenth century of our era, that control of the lower limbs is localized in the "brain"—a word which here appears for the first time in literature.

The Egyptians enjoyed a great variety of diseases, though they had to die of them without knowing their Greek names. Against these diseases the Egyptian doctors were armed with an abundant pharmacopŕia. Prescriptions hovered between medicine and magic. Some of these cures passed from the Egyptians to the Greeks, from the Greeks to the Romans, and from the Romans to us; we still swallow trustfully the strange mixtures that were brewed four thousand years ago on the banks of the Nile.

The greatest element in this civilization was its art. Here, almost at the threshold of history, we find an art powerful and mature, superior to that of any modern nation, and equaled only by that of Greece. Egypt had massive architecture, masculine statuary, and a hundred minor arts that so early touched perfection. The whole theory of progress hesitates before Egyptian art.

Architecture was the noblest of the ancient arts, because it combined in imposing form mass and duration, beauty and use. Here are the grandeur, sublimity, majesty, and power; here are the arch and vault, used sparingly because not needed, but ready to pass on their principles to Greece and Rome and modern Europe; here are decorative designs never surpassed; here are the papyriform columns, lotiform columns, "proto-Doric" columns, Caryatid columns, Hathor capitals, palm capitals, clerestories, and magnificent architraves full of strength and stability that are the very soul of architecture's powerful appeal. The Egyptians were the greatest builders in history. Some would add that they were also the greatest sculptors. Under the Empire the tombs become a riot of painting. The Egyptian artist had now developed every color in the rainbow, and was anxious to display his skill. On the walls and ceilings of homes, temples, palaces, and graves he tried to portray refreshingly the life of the sunny fields. Around these pictures were borders of geometric or floral design, ranging from a quiet simplicity to the most fascinating complexity. Egyptian painting would never be surpassed by any Oriental civilization until the middle dynasties of China.

The minor arts were the major art of Egypt. The same skill and energy that had built Karnak and the Pyramids, and had crowded the temples with a populace of stone, devoted

itself also to the internal beautification of the home, the adornment of the body, and the development of all the graces of life. Weavers made rugs, tapestries, and cushions rich in color and incredibly fine in texture; the designs which they created passed down into Syria, and are used there to this day. The relics of Tutenkhamon's tomb have revealed the astonishing luxury of Egyptian furniture, the exquisite finish of every piece and part, chairs covered gaudily with silver and gold, beds of sumptuous workmanship and design, jewel-boxes and perfume-baskets of minute artistry, and vases that only China would excel. Tables bore costly vessels of silver, gold, and bronze. crystal goblets, and sparkling bowls of diorite so finely ground that the light shone through their stone walls. The alabaster vessels of Tutenkhamon, and the perfect lotus cups and drinking bowls unearthed amid the ruins of Amenhotep III's villa at Thebes, indicate to what a high level the ceramic art was raised. Finally the jewelers of the Middle Kingdom and the Empire brought forth a profusion of precious ornaments seldom surpassed in design and workmanship. Necklaces, crowns, rings, bracelets, mirrors, pectorals, chains, medallions; gold and silver, carnelian and feldspar, *lapis lazuli* and amethyst — everything is here. The rich Egyptians took the same pleasure as the Japanese in the beauty of the little things that surrounded them; every square of ivory on their jewel-boxes had to be carved in relief and refined in precise detail. They dressed simply, but they lived completely. And when their day's work was done they refreshed themselves with music softly played on lutes, harps, sistrums, flutes, and lyres. Temples and palaces had orchestras and choirs, and on the Pharaoh's staff was a "superintendent of singing" who organized players and musicians for the entertainment of the king. There is no trace of a musical notation in Egypt, but this may be merely a lacuna in the remains.

Books



Thebes; by Giorgio A. Livraga; translated into English by Julian Scott; New Acropolis Cultural Association; 1986 (translated 1989); ISBN 9757502006; paperback; 163 pages



Story of Civilization: Our Oriental Heritage; by Will Durant; Fine Communications; July 1997; ISBN 1567310125; hardcover

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

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

Ancient Egyptian traditionalists will primarily be concerned with ancient Egyptian neteru and the native ancient Egyptian interpretations. 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

Goddess of Cannabis Witchcraft

There are many different Goddesses of Cannabis and Witchcraft from every culture around the world.

The most important Goddess of Cannabis Witchcraft is Bast (ancient Egyptian name). The center of worship of Bast at Per-Bastet (which the Greeks called Bubastis) in the 18th Sepat (which the Greeks called a nome) of the Nile Delta, Am Khent (which translates as the Prince of the South).

Goddesses:

- Artemis
- Bast



- Diana
- Easter

Portions of a red granite foundation are all that remain of the world's largest temple, the main Temple of Bast on the main island of the Am Khent sepat.

Bast: Bast, or Bastet, is one of the oldest of the Kemetic neteru. The city of Per-Bastet, capital of the Am Khent sepat (or state), was dedicated to the worship of Bast. Bast is a very complex and complete Goddess. She is often described as the Goddess of cats and usually depicted as a beautiful human woman with the head of a cat. She is also the Goddess of cannabis and every cannabis plant is a physical embodiment of Bast. All followers of Am Khent Kemeticism are required by their religion to honor Bast, cats, and cannabis.

The Greeks called this same Goddess **Artemis**. The Temple of Artemis (or Diana) at Ephesus was one of the seven wonders of the ancient world.

The Romans called this Goddess **Diana**.

The Germans called this Goddess **Easter**. The famous Germanic holy day of Easter, held on the first day of the sun following the first Full Moon after the Spring (or vernal) Equinox, is a celebration of this Goddess and the return of spring. The use of baskets of grass filled with eggs and carried by a mythical rabbit are all symbols of Easter's role as the primary Goddess of fertility.

Kemetic neteru

The **neteru** is the ancient Egyptian name for the ancient Egyptian Gods and Goddesses.

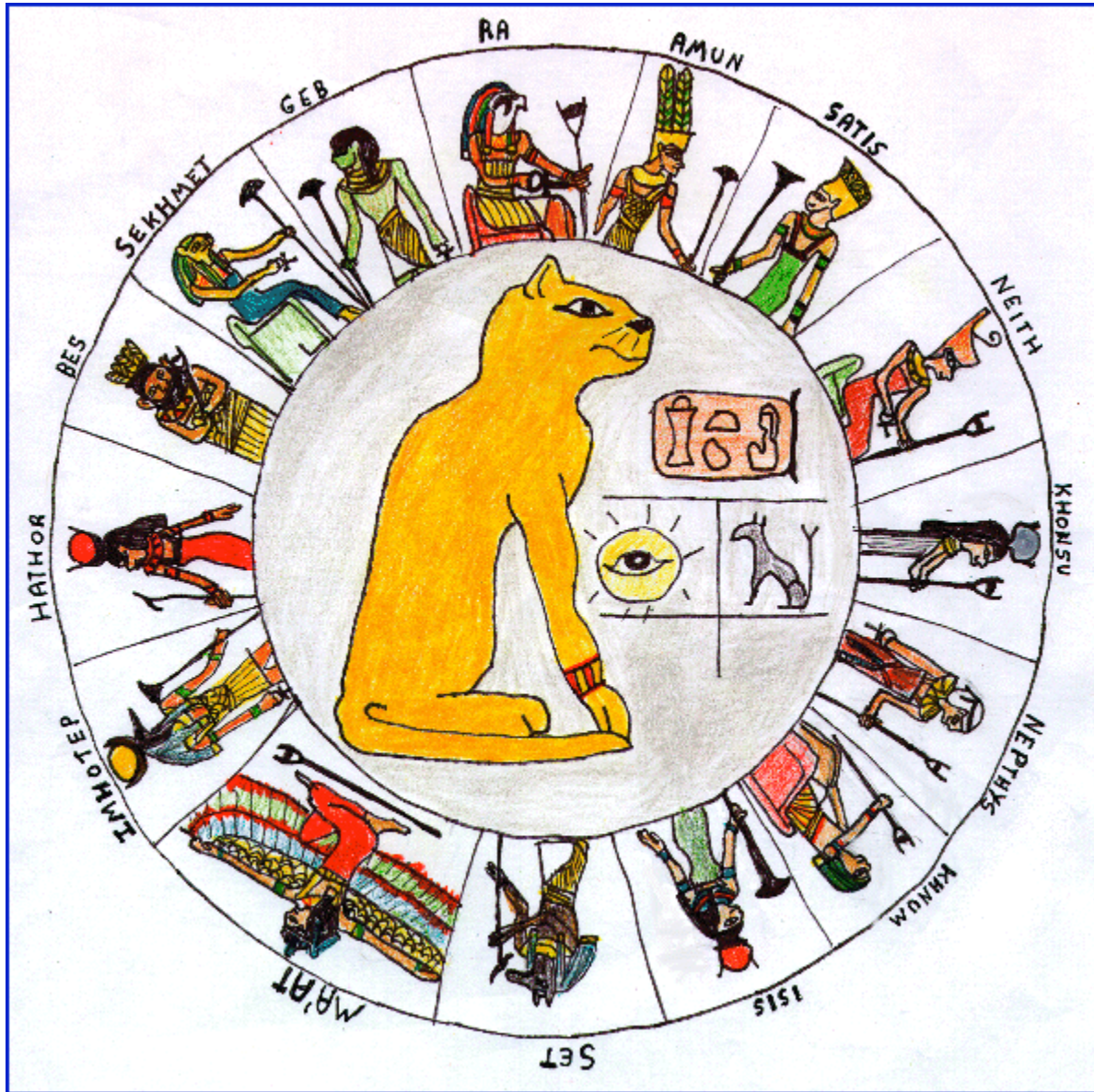
deities

- 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 Nephtys are accidentally swapped.

Ntr

Summary: Ntr is the acnient 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.

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.

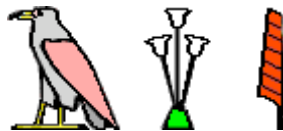
Ahti was never used on amulets and was seldom depicted in art.

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. Ahi is shown with short hair except for the long curly side hair-lock of a child. Ahi is shown wearing a small diadem with the Buto cobra.



Ahi is the god of music and musicians. Ahi is depicted holding a highly decorated sistrum in his right hand. The sistrum was a rattle-like percussion instrument used for creating rhythmic patterns. Ahi's mother Het Heret (Hathor) is also often shown with the sistrum.

The main focus of ancient Egyptian (Kemetic) worship of Ahi was in the great temple of Het heret (Hathor) in Dendera.

Ahi'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



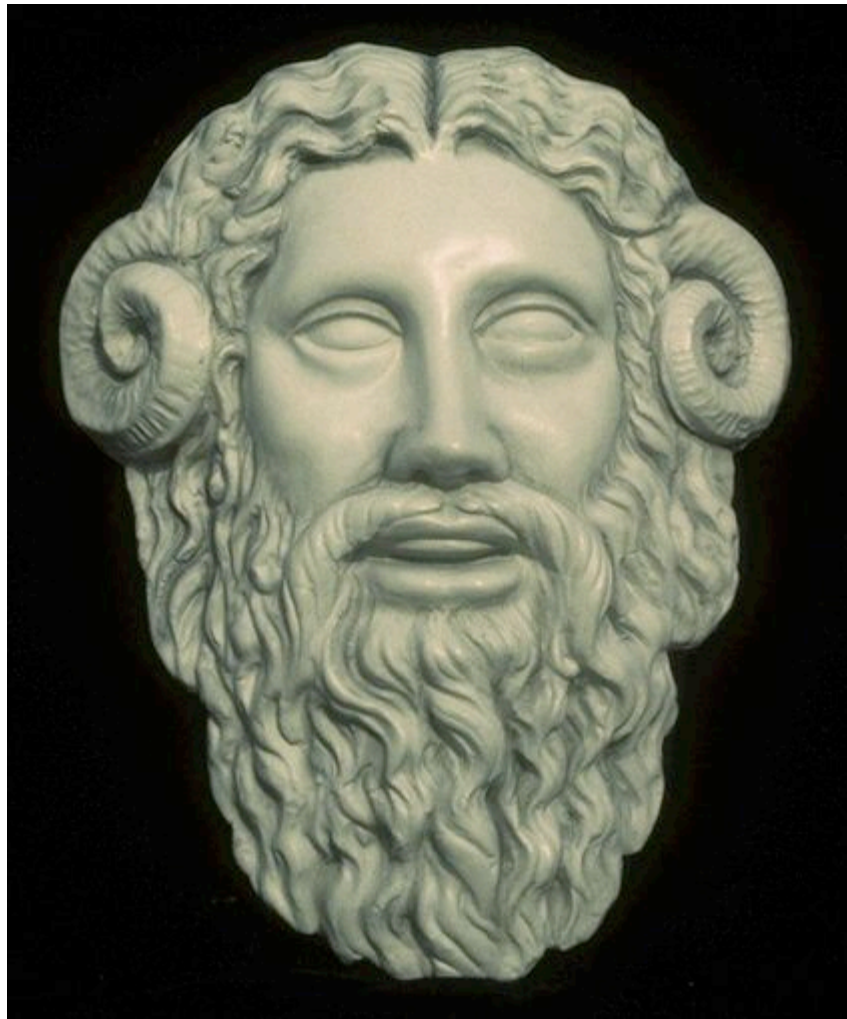
other:

cornucopia



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 Amalthaea, which suckled the infant Ammon-Zeus.

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
this reproduction sold by Sacred Source
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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)

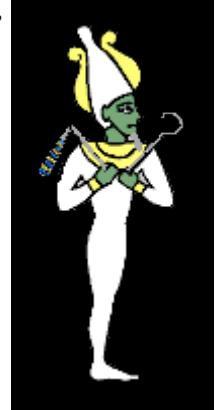
Summary: Asar (Osiris) is the native ancient Egyptian (Kemetic) God of life, death, fertility, and vegetation.

names:

Kemetic names: Asar, Ausar, Wesir

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)



(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:

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.

Asar's relations:

Brother of Aset (Isis), brother of Set, Nebt Het (Nephthys), and Heru the Elder (Horus the Elder).

Husband of Aset (Isis).

Father of the twins, Bast and Heru (Horus the Younger), and father of Anpu (Anubis).

Son of Nwt and Geb.

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)



Summary: Aset (Isis) is the Kemetic (ancient Egyptian) Goddess of civilization and primary Mother Goddess.

names:

Kemetic names: Aset, Ast, Eset

Greek name: Isis



(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:

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 often 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.

The priestesses of Aset were known for their erotic dance ritual, the forerunner of modern erotic dance and stripping.

Aset’s relations:

Wife of Asar (Osiris). Sometimes considered to be the wife and/or daughter o Ra.

Sister of Asar, Nebt Het, Set, and Heru the Elder.

Daughter of Nwt and Geb. Sometimes considered to be the wife and/or daughter of Ra.

Mother of the twins, Bast and Heru Sa Aset. Adoptive mother of Anpu.

See also Cassandra Selene’s “Isis’s relations with other dieties” 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

Summary: Aten is the Kemetic (ancient Egyptian) Solar Deity of the Amarna Revolution.

names:

Kemetic names: Aten, Aton, Disk, Sun Disk

(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:

Aten: A single solar deity of the Amarna Revolution. Originally a God of the moon and mirrors.

Atum

Summary: Atum is the Kemetic (ancient Egyptian) Solar God.

names:

Kemetic names: Atum, Tum, Tem

(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:

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.

Atum's relations:

Father of Shu and Tefnut.

Atum-Ra is an important combined deity (Ra and Atum).

Bast

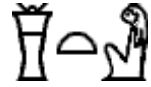
Summary: Bast is one of the oldest known deities.



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.

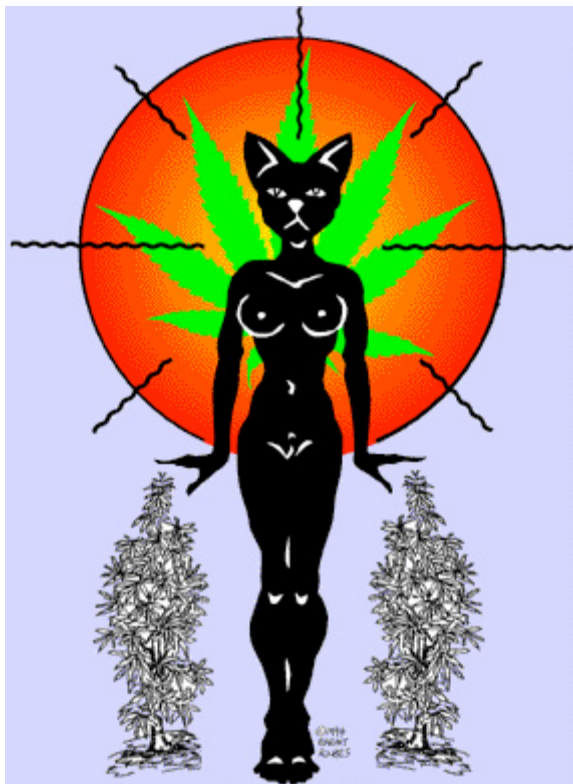
Bast is the Goddess of hemp and marijuana. This is a controversial association.





The center of Bast worship was at the Nile Delta city of Per Bastet (which the Greeks called Bubastis) in the 18th Sepat (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 (Tefnwt).

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



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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 http://beam.to/crossroads

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

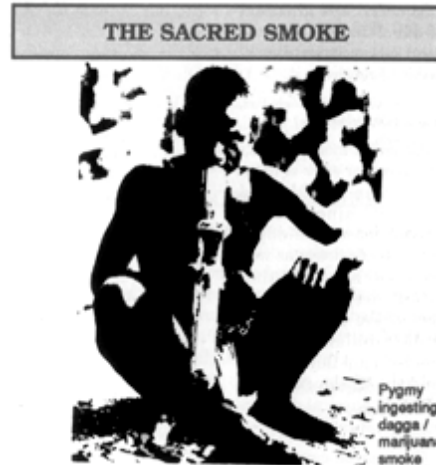
Marijuana and herbal preparations made from marijuana have a long history of use in the medical arts. Marijuana was used for easing the pain of menstrual cramps and child birth, and for assistance in both sexual activity and enlightenment. Food, sex, drugs, music, and dance all have clear magical and 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.

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.

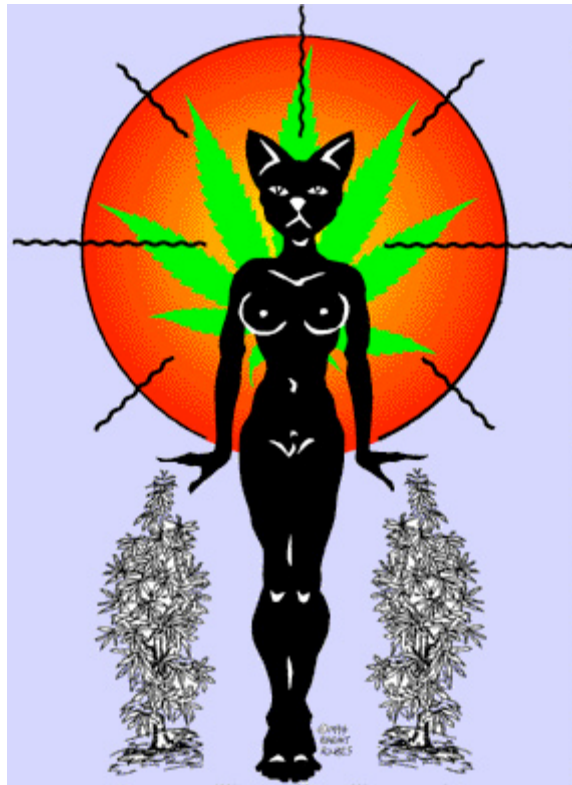


The Sacred Smoke
Pygmy ingesting dagga/marijuana smoke.

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

Summary: Bes is the Pygmy dancing God, popular among the Tamerans (ancient Egyptians).

names:

Kemetic names: Bes, Bisu

Pygmy name: Bes

(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:

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.

Buto

Summary: Buto the Kemetic (ancient Egyptian) Goddess of childbirth.

names:

Kemetic name: Buto

(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:

Buto: Goddess of childbirth and protector of children. Goddess of Lower (Northern) Egypt (the Nile Delta). Shown as a cobra or winged cobra.

Buto's relations:

Buto is sometimes considered to be the same Goddess as Wadjet.

Djehuti (Thoth, Hermes Trismegistus)

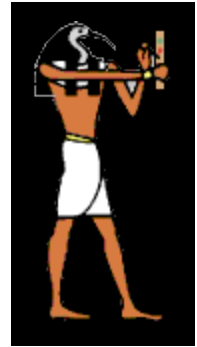
Summary: Djehuti (Thoth) is the Kemetic (ancient Egyptian) God of mathematics, writing, and knowledge.

names:

Kemetic names: Djehuti, Tehuti, Zehuti, Djhowtey

Greek names: Thoth, Toth, Thot, Thout, Hermes Trismegistus

(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:

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.

Son of Ra (also Re).

Brother of Bast (Bastet), Sekhmet, Seshat, Het Heret (Hathor), and Ma'at.

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/thoth.html> (LINK to University of Colorado)

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.

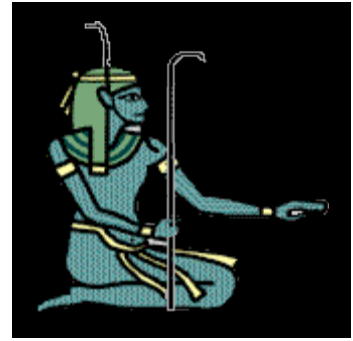
Geb (Seb, Keb)

Summary: Geb (Seb, Keb) is the Kemetic (ancient Egyptian) God of earth and vegetation.

names:

Kemetic names: Geb, Seb, Keb, Qeb

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)



(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:

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.

Geb's relations:

Husband and brother of Nwt.

Father of Aset, Nebt Het, Asar, Heru the Elder, and Set.

Son of Shu and Tefnut.

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)

Summary: Hapi is the Kemetic (ancient Egyptian) God/Goddess of the Nile.

names:

Kemetic names: Hapi, Hapy, Hap, Hep

Greek name: Neilos (from Kemetic “nwy”, meaning water or river)

Latin name: Nilus

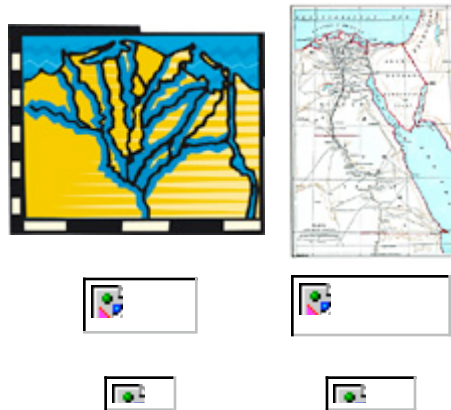
English name: the Nile

(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:

Hapi — Goddess/God of the Nile: Hapi was the Kemetic (ancient Egyptian) deity of the Nile (the ancient Egyptian name for the Nile was Hapi, see hieroglyphs below). Hapi was both fully male God and fully female Goddess, with full breasts, vagina, penis, and testicles. Created by the merger of Nun (Goddess of water) and Min (God of fertility).

Hapi was sometimes depicted as a mother hippopotamus or with the head of a mother hippo. Hapi was typically shown with two giant water jars spilling out with streams joining. The water jars (long thin cylinders that bowed in the upper half) represented the White Nile and the Blue Nile. The modern astrological figure of Aquarius came from this ancient Egyptian deity. In modern times, many transvestites and other transgenders honor Hapi.



Nile Delta

Nile River

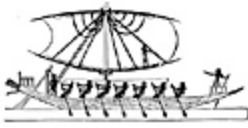
hieroglyphs courtesy of Jim Loy

Hapi's relations:

Hapi: Created by the merger of Nun (Goddess of water) and Min (God of fertility).

other:

Ancient Egypt (Kemet) was also dominated by the **Nile River**. **The Nile River flows north**. Either the largest or second largest river in the world (the other contender being the Amazon River) at 6,677 km (or 4,180 miles [note those numbers do not convert exactly]), the Nile also had unique characteristics that helped the nation of Egypt grow into a great civilization. Ancient civilizations first grew up on major river systems. One kind flooded, providing rich nutrient top soil renewal. The other kind provided a steady flow of water year round. The Nile has two sources, one of each kind, making it the only large river system in the world with both characteristics.



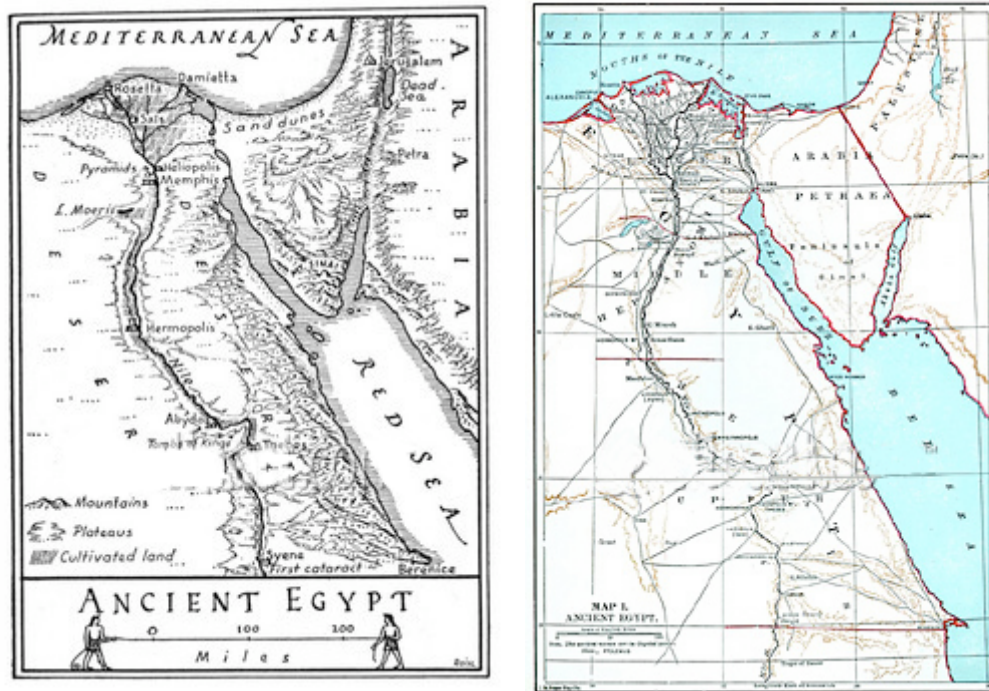
The Nile River provided a continuous waterway that was straight and navigable for more than 2,500 miles. For about ten months out of the year, the prevailing winds blew in the exact opposite direction as the flow of the current, providing low cost water transport in both directions. The Nile River flows north into the Mediterranean Sea, with the predominant winds blowing to the south.

The two sources of the Nile, the **Blue Nile** (source in the Abyssinian Mountains) and the **White Nile** (source in the Victoria Nyanza), join at Khartoum (in modern day Sudan), forming the Nile proper. In modern times the Nile divides a few miles north of Cairo into the Rosetta and the Damietta branches.

The Nile proper is about 1,800 miles long and has been used for irrigation at least since 4,000 B.C.E. The Blue Nile is approximately 1,609 km (about 1,000 miles) flowing from northwest Ethiopia to the Sudan and is the primary headstream of the Nile. The White Nile flows mostly northward through eastern Africa.



The cyclic nature of the annual flood of the Nile River had a profound effect on the Kemetic (ancient Egyptian) religion.



“The Nile River valley in Egypt was the site of the world’s first great civilization.”
—Princeton University

Greek historian Herodotus called ancient Egypt “the gift of the Nile”.

The ancient Egyptians knew that their lives depended on the Nile. It was a national disaster if the Nile over-flooded or under-flooded. They constructed artificial banks to prevent over-flooding and constructed irrigation channels to carry the water to the fields.

The fertile black soil of the Nile (the Black Land) was contrasted with the barren red soil of the desert (the Red Land). The ancient Egyptians viewed black as the color symbolizing good and red as the color symbolizing evil.

Heru Sa Aset (Horus the Younger)



names:

Kemetic names: Heru, Heru Sa Aset, Har, Hor

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”

(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:

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

Greek names: Horus the Elder

(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:

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

Greek names: Hat Hor, Hathor, Athyr

Semitic name: Baalat

(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:

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

(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:

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

(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:

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

(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:

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

(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:

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:

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- 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

(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:

Mertseger: Goddess of flowers and death. Shown with the head of a snake.

Mwt (Mut)

names:

Kemetic names: Mwt, Mut

(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:

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.

Neht Het (Nephthys)

names:**Kemetic names:** Nebt Het, Nebet Het, Nebthet, Neb-hut**Greek name:** Nephthys

(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:

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.

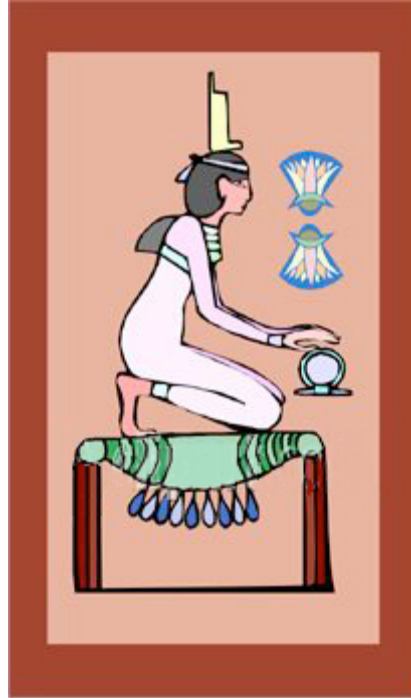
names:**Kemetic name:** Neith**Greek name:** Athena



(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

(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:

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.

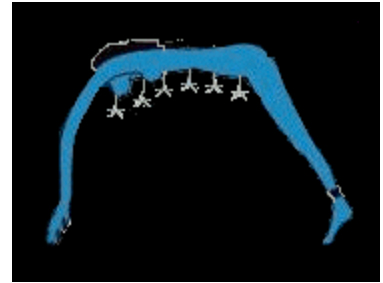
Nwt (Nuit)

names:

KemetiC names: Nwt, Nut, Nuit, Neuth

(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:



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.

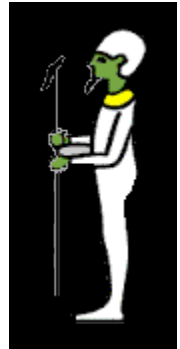
Ptah

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

(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:

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

(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:

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

(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:

Selkhet: The Goddess of scorpions and protection during childbirth.



Seshat

names:

Kemetic names: Seshat, Seshet, Sashet

(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:

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, Sutekh
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).

(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:

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

Greek name: Sos

(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:

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

Greek name: Tphenis

(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:

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: Edjo, Wadjet, Wedjat, Udjat, Udjo

(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.

Wadjet's relations:

Wadjet is sometimes considered to be the same Goddess as Buto.

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.

external links:

- Temple of Wadjet (OUTSIDE LINK to Temple of Wadjet at <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.

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)

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
Primordial Wisdom	Sphere of Reality	Mirror-Like	Equality	Discrimination	All-Accomplishing
Element	Sky	Water	Earth	Fire	Air
Vehicle	Lion	Elephant	Horse	Peacock	Griffin

Consort	White Tara	Lochana	Mamaki	Pandara	Green Tara
Aggregate	Consciousness	Form	Sensation	Perception	Volition
Color	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.
—picture and text © 1999 JBL Statues (now called Sacred Source)

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.)

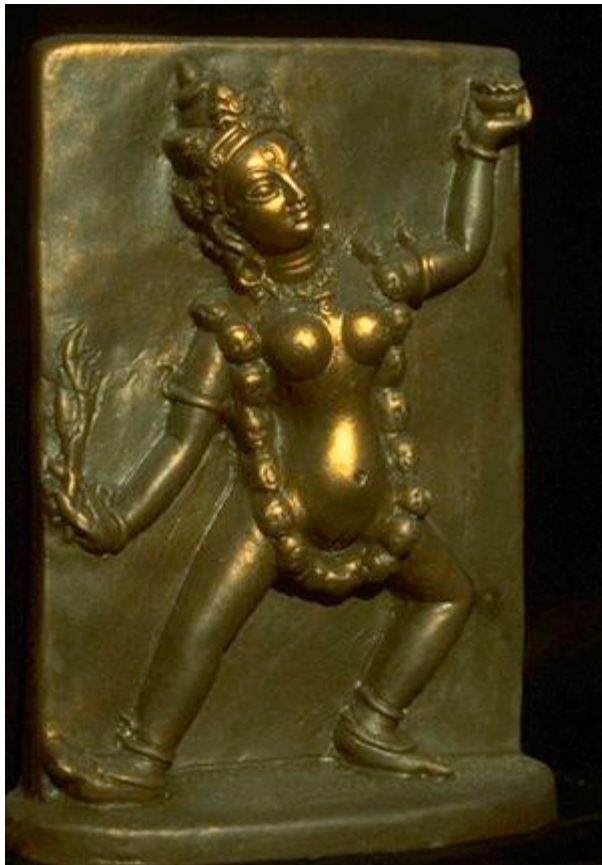
basic information:

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), Aileen (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:

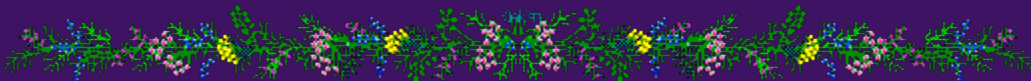
Aphrodite — Patroness of natural growth. Draped in the close-fitting chiton and long robe, she holds to her breast a dove or fruit or flower, all symbols of mating and fecundity. Aphrodite corresponds with Laxmi. This reproduction from the Museum of Lyon is an archaic Ionian image of the Goddess of Love 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

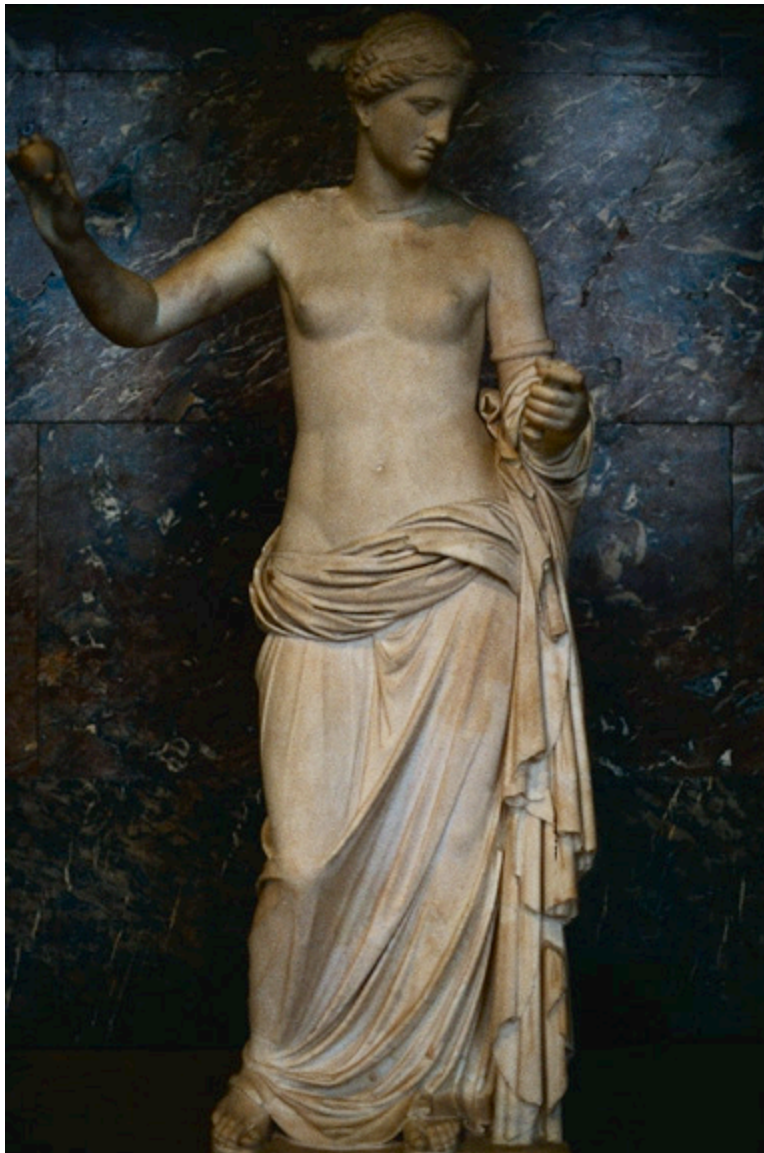
If you want your book reviewed, please send a copy to: Milo, POB 1361, Tustin, CA 92781, USA.



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 (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 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:

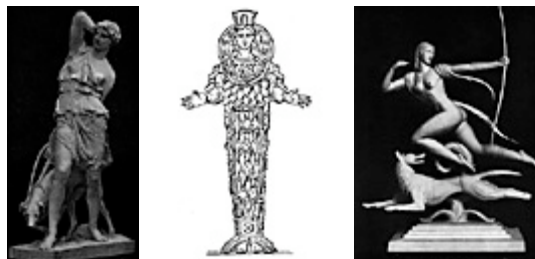
Artemis was a virgin goddess (virgin meaning unmarried). Artemis was one of three primary Kore (virgin) goddesses in the Greek religion (Hellenism), representing the three kinds of unmarried women in Greek society. Kore Persephone represented the young maiden awaiting marriage. Kore Athena represented 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



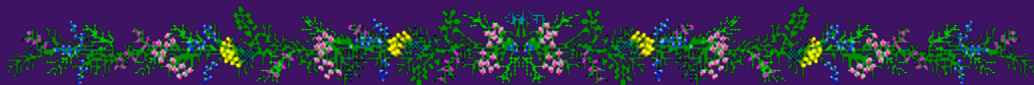
Pictures below show the famous Diane de Versailles statue of Artemis. On the left is the original statue and on the right is a reproduction of the statue that you can purchase from Sacred Source [external

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.

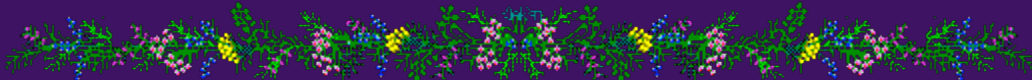
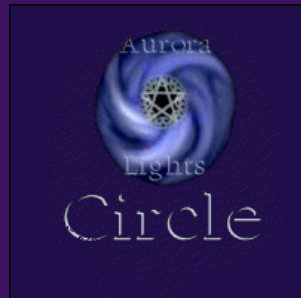
Whenever you have need of My aid, assemble in a secret place at least once a month, especially at the Full of the Moon. Know that My laws and love shall make you free, for no one can prevent your worship of Me in your mind and heart and spirit. Listen well when you come into My presence, and I shall 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
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 (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 (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 (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 (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 (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 (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 (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 (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 (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 (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 (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 (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 (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 (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 (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 (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 (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 (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 (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_aktaiion_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_aktaiion.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_aktaiion_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_aktaiion_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 (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 (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 (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 (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
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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 NOTE that this link can



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Athens, Parthenon. east frieze. Artemis (447-432 B.C.) at 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 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 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 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 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 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 NOTE that this



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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 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 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 NOTE that this link can only be reached from a .edu address, such as a college or university library

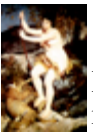
Artemis as huntress



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 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 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 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 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 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 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:

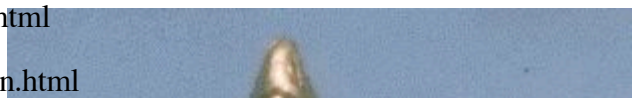
Athena was a virgin goddess (virgin meaning unmarried). Athena was one of three primary Kore (virgin) goddesses in the Greek religion (Hellenism), representing the three kinds of unmarried women in Greek society. Kore Persephone represented the young maiden awaiting marriage. Kore Athena represented 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.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://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.ancient-empire.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://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.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.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://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:

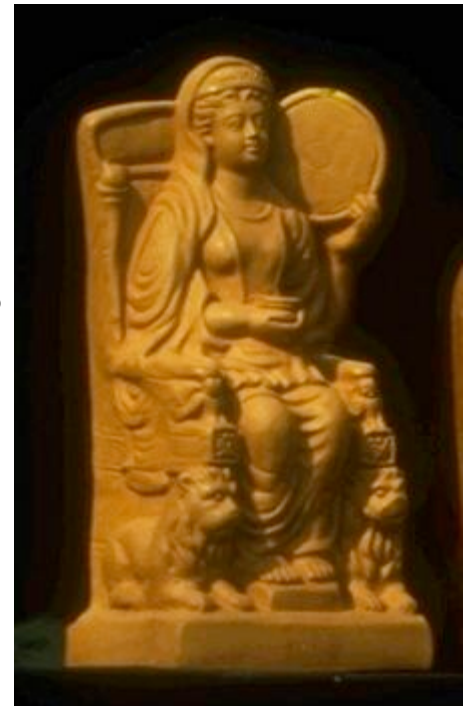
After Cronus had castrated Uranus, he and Rhea, his wife, took the throne; a time when there was peace and no violence. But Cronus heard that one of his sons would end up overruling him, so he decided to swallow all of his children. Rhea was worried; she didn't want her children swallowed, so, for the 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 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:

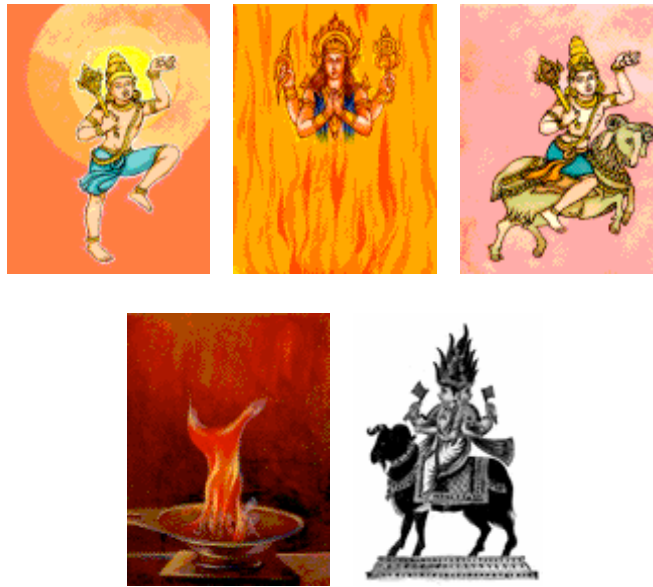
Sacred candle color: red

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

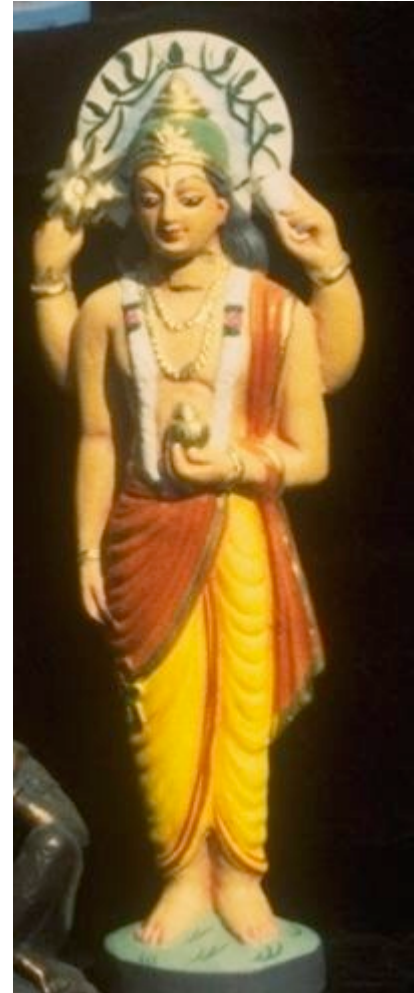
(NOTE: In addition to native variations by locality or over time, there are often several possible transliterations into the Roman alphabet used for English.)

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

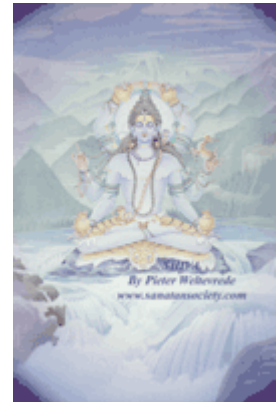
Shiva

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: Amaterasü 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

(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:

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 lightening 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

Summary: Frey is a major Norse God.

names:

Norse name: Frey

(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:

Frey: Norse God

Frey's relations:

Husband and brother of Freya

magickal information and correspondences:

candle colors: green

pictures:



Picture is © 1999 JBL Statues.



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 Mother 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

holy days

Friday: Friday is named for Freya.

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

Anglo-Saxon name: Woden

(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:

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

Summary: Thor is the Norse God of thunder, war, and rain.

names:

Norse name: Thor

Scandinavian name: Thor

Old English name: Thunor [thunder]

(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:

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

Divination: Thor is related to ceraunoscopy (divination of thunder and lightning) and brontoscopy (divination of thunder).

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.

Tyr

Summary: Tyr is the Norse God of war.

names:

Norse name: 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:

Tyr: Norse God of war

The English word “Tuesday” is derived from this God’s name.

Tyr’s relations:

Associated with the Germanic 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: Zoroastrianism, 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”

Greek name: 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:

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

(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:

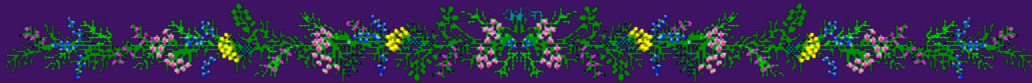
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Astarte — The Lady of the Beasts. Along with Lilith she is one of the principle Elohim (this Hebrew plural word means goddesses and gods, though translated as God by biblical revisionists for the past 2,000 years) of the Semites of Phoenicia. Consort 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.

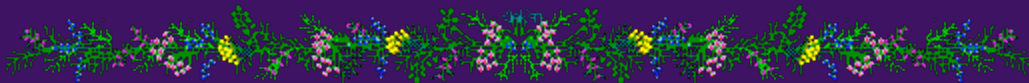
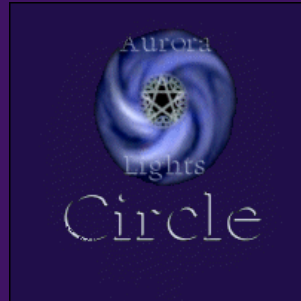
I am the One who is the beauty of the Earth, the green of growing things. I am the white Moon, whose light is full and bright among the stars, soft upon the Earth. From Me all things are born, to Me all things, in their season, return. Let My joyous worship be in your hearts, for all acts of love and 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

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

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

(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

(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:

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

Greek name: Demeter

(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:

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 Cannabis 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

Ephesian name: Dia Anna

Greek name: Artemis

Etruscan name: Artumes

Kemetic (ancient Egyptian) name: Bast

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.)

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 of Cannabis and Witchcraft from every culture around the world.

Diana is the Roman version of the magick Goddess of cannabis. 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”

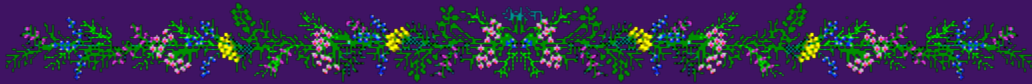
The Goddess Diana was channeled by Witches through the use of cannabis smoke. Under the influence of cannabis intoxication, Witches can hear the words of Diana.

Diana is the Wild Goddess who transforms a raging bestial human into a laughing and giggling human. See laughter.

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.

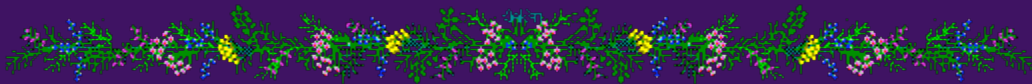
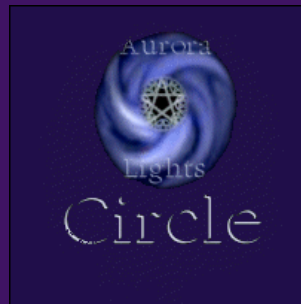
Diana at Ephesus — Goddess of the Amazons. Ancient worship focused on the nature goddesses Isis - Ishtar - Inanna and called Her Queen of Heaven. By Roman times she is called Diana; yet at Ephesus in Anatolia Her worship was most profound under the names Mother of Animals, Many-Breasted Artemis. Columnar, 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



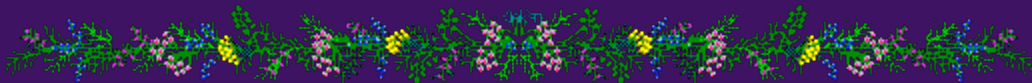
Aurora Lights Circle

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

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.

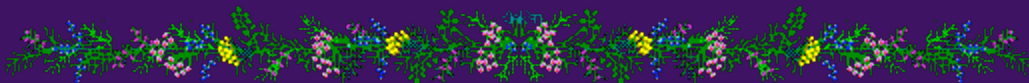
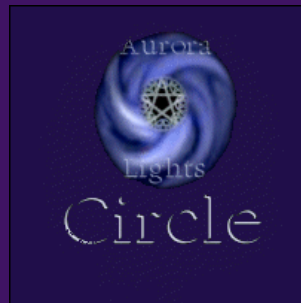
Whenever you have need of My aid, assemble in a secret place at least once a month, especially at the Full of the Moon. Know that My laws and love shall make you free, for no one can prevent your worship of Me in your mind and heart and spirit. Listen well when you come into My presence, and I shall 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 Artemis and the Moon.

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.

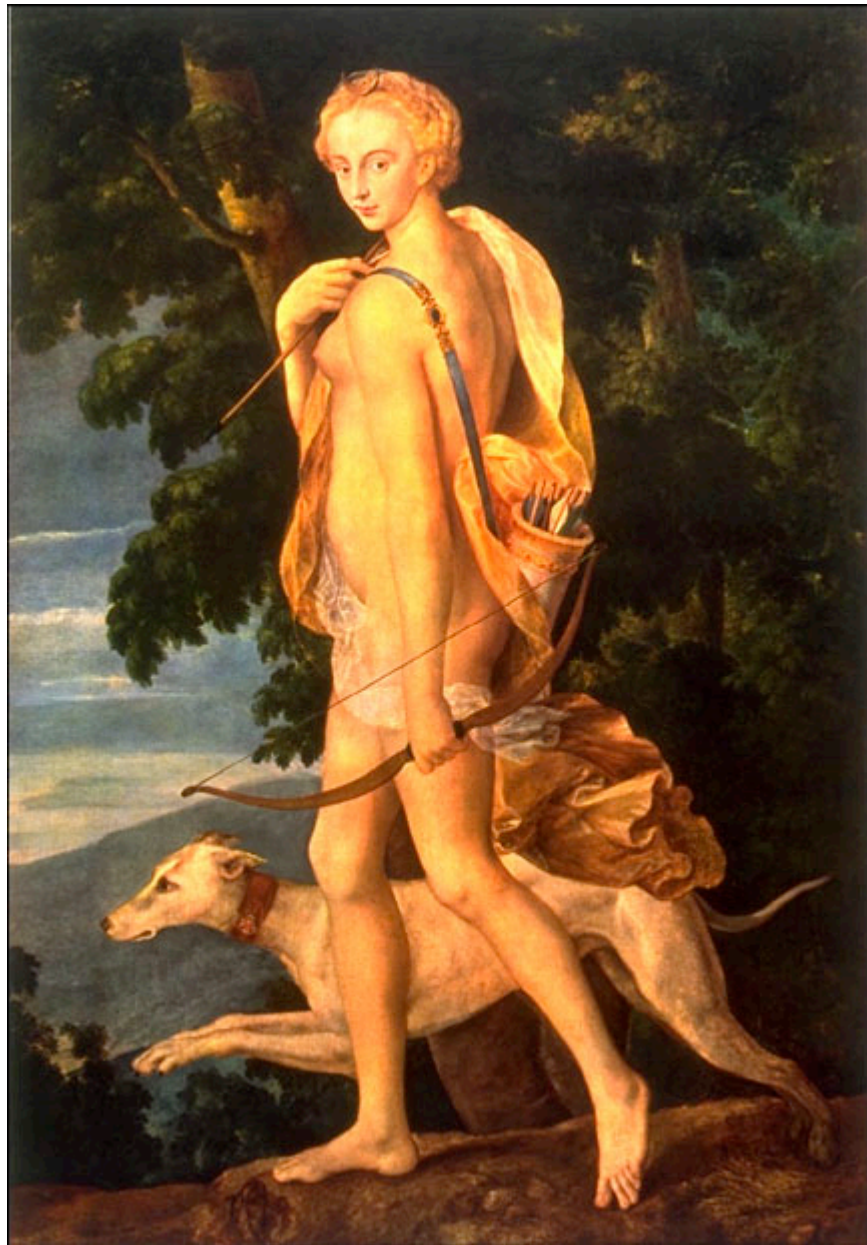
pictures:



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 Treasury (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

Greek name: Zeus

(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:

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

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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

Greek name: Selene

(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:

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

Greek name: Aries

(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:

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.

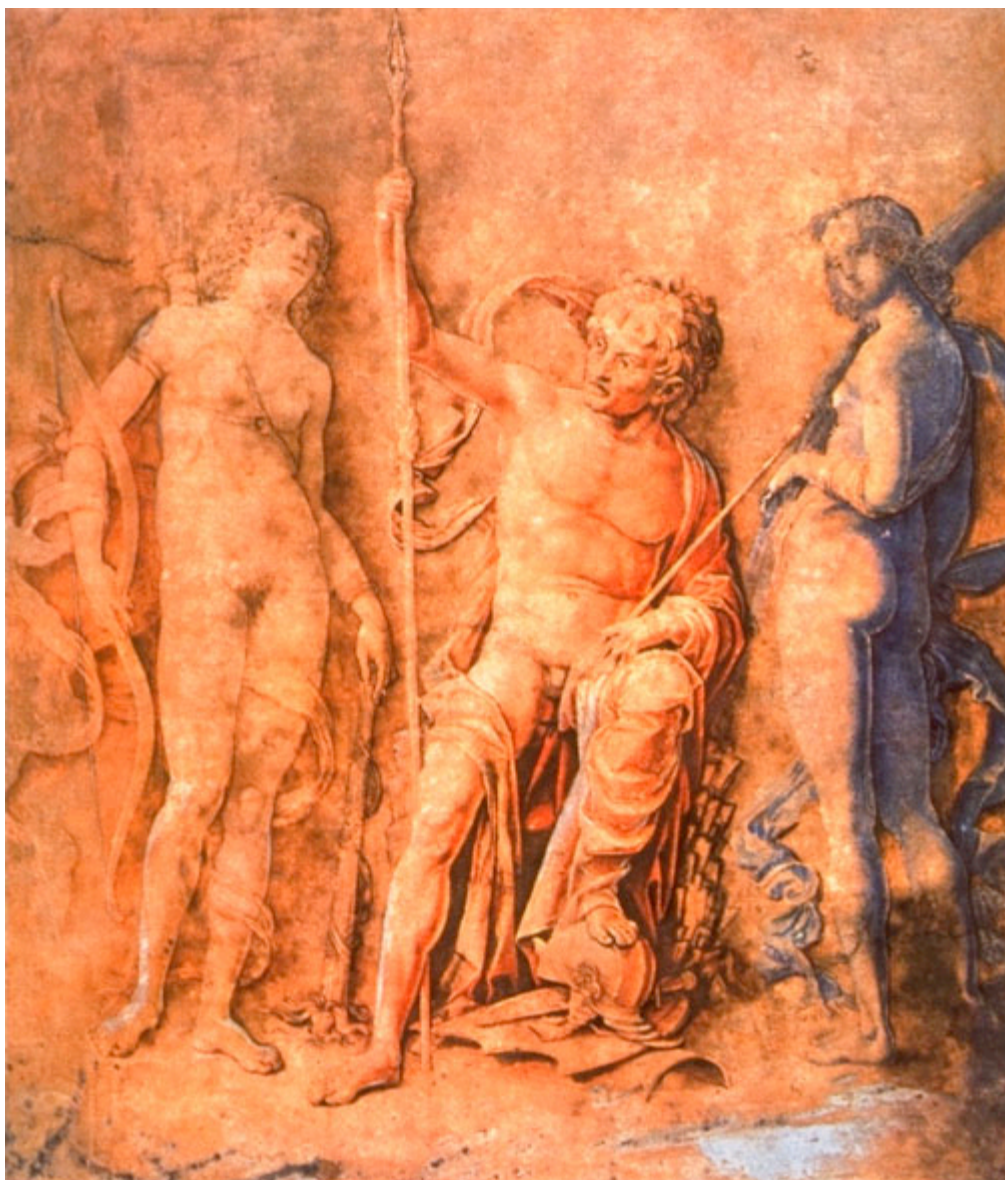
Books

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pictures:



“Mars, Venus, and Diana” Andrea Mantegna

Mercury

names:

Roman name: Mercury

Greek name: Hermes, Hermes Trismegistus

(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:

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

Wednesay: 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

Greek name: Helios

(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:

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

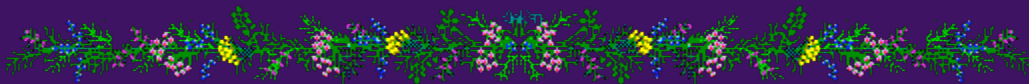
The Greek goddess of love, Aphrodite, sometimes rode the ocean waves on a giant abalone shell. The Romans called Aphrodite by the name Venus (still used as a planet name).

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.

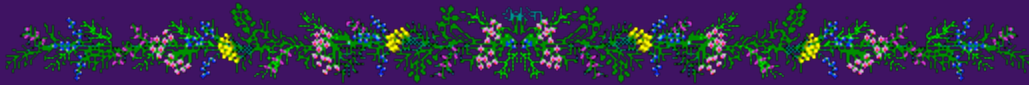
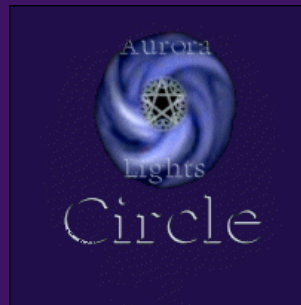
I am the One who is the beauty of the Earth, the green of growing things. I am the white Moon, whose light is full and bright among the stars, soft upon the Earth. From

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

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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

Venus, Jupiter and Mars; by Frederick Sommer, John Weiss (Editor); Delaware Art Museum; June 1980; ISBN 0936594004; paperback.

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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.



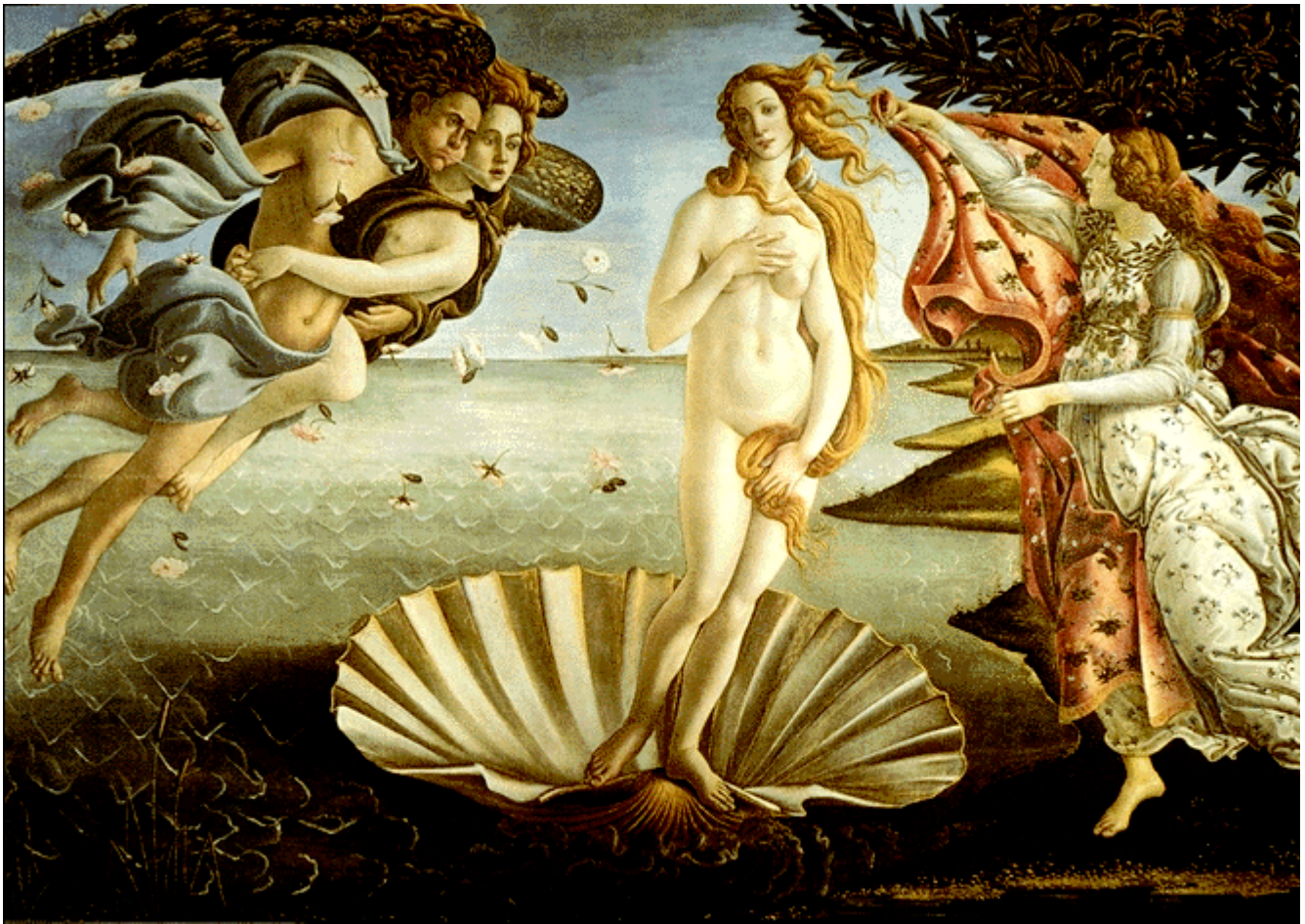
“Eros Punished by Venus” Fresco in Pompei



“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

(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:

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

Old English name: Thunor [thunder]

(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:

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



Picture courtesy of JBL Statues
this reproduction sold by Sacred Source
JBL Statues is now Sacred Source

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.

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, Igachindvo, 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, Calleach, 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 Sankrant, Sarasvati, and Rumini 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 Pencawr, 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 of 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 of 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 presence 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: "Wiccacraft 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 Henu 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].

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 - 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].

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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:

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 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].

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 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].

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 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)



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. 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, Zoroastrians, 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, Confucianism, 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/>

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 scoring and weighting each scale, their comparisons of relative danger or harmlessness between groups will be reasonably valid, at least for their own purposes. People who cannot, on the other hand, view competing belief systems as ever having possible spiritual value to anyone, will find the ABCDEF annoyingly useless for promoting their theocratic agendas. Worse, these members of the Religious

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)

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 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 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 *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 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 *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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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

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

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, Dianic 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 Magaret 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).



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 Rtual 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 tokes.

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.

Essay Copyright © 1999 Kali Moon-Lotus

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.

beautiful woman

Goddess sex and healing

nfr hmt Goddess

The Egyptian word for beautiful is “nfr” and the word for



woman (as well as for priestess) is “hmt”. The ancient Egyptian nfr is typically transliterated as nefer (as in Queen [Nefertiti](#) or Queen [Nefertari](#)) and hmt is typically transliterated as hemet.

There are women who are sometimes called “sacred prostitutes” (as contrasted with profane prostitution). Do not ever use the term sacred prostitution to describe what you do. Not only is the term disrespectful (it comes from Victorian Britain and reflects a Christian belief that all sex is horribly bad), but it uses the legal word prostitution and you want to emphasize that you are *not* a prostitute.

These women were highly regarded in ancient civilizations, including ancient Egypt. It was believed that these women transcended mere humanity and actually became the Goddess incarnate. Men having sex with these special women were actually having sex with the Goddess, not with a human woman.

In ancient Egypt this typically occurred in the temples of Het Heret (Hathor) and Bes. By Roman times this was also occurring in temples of Bast and Isis.

A modern woman who engages in this practice in the U.S. runs the risk of arrest and imprisonment at the hands of zealous Christian believers in positions of government power.

A modern woman who feels the divine call to be a “beautiful woman”, or nfr hmt Goddess, should consult with a skilled attorney to properly prepare for unconstitutional and immoral harassment at the hands of zealous Christians in positions of government power.

Can’t emphasize that enough: **consult a lawyer.** While Pr Ntr Kmt can give you accurate religious information, only a competent lawyer can give you competent legal advice.

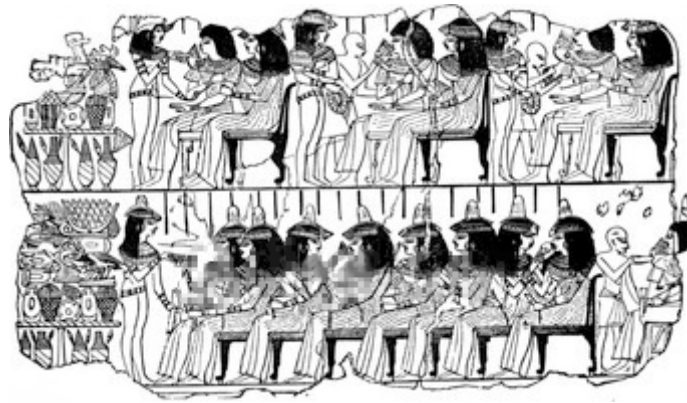
Important warning: Despite the existence of the Bill of Rights, the Religious Freedom Restoration Act, and the United Nations Declaration of Universal Human Rights, a U.S. citizen runs the risk of being arrested for any religious practice that is against the beliefs of the officially established U.S. government version of the Christian religion. Do not start this religious practice without first consulting a skilled attorney who knows both constitutional and criminal law in your particular state.

Important warning: The following is religious advice, not legal advice. Make sure you consult with a lawyer before practicing.

offering

An important part of religious rituals is an offering or sacrifice to the Goddess. This offering may be in gold or other precious metals, in frankincense, myrrh, and other valuable herbs and incenses, or even in cash or money. A portion of the offering is kept by the nfr hmt Goddess. Consult with your nfr hmt Goddess in advance to determine the appropriate offering for the particular ritual or rituals that are needed. The offering should be presented to the temple or the nfr hmt Goddess in advance of the start of the religious ritual (often when the appointment is made).

Important warning: Make sure that the offering or donation is clearly separated from any ritual or other activity. It is best to consult with a lawyer to determine the best methods for avoiding prosecution.



religious freedom

The basic standard for religious freedom is that the activity must be required by sincerely held religious belief.

The Religious Freedom Restoration Act is a federal law that requires that the federal government allow religious activity even when the activity is otherwise illegal as long as certain standards are met. The two most important standards are that the law not specifically prohibit a religious exemption and that the activity be required by sincerely held religious belief.

Several states have their own versions of the law (often with the same name) that imposes the same standards on those states' laws. These states are: Alabama, Arizona, Connecticut, Florida, Idaho, Illinois, New Mexico, Oklahoma, Rhode Island, South Carolina, and Texas.

In other states it may require greater skill by your lawyer (and/or sympathy by the jury) to establish your religious rights.

sincerely held

In California (prior to the existence of the RFRA) a woman was arrested and charged with prostitution. She argued that she was a priestess of Isis and not a prostitute. According to the newspaper accounts at the time, the jury was ready to accept her explanation and her religious rights until the prosecutor asked a series of simple questions about Isis that the woman was unable to answer.

When you raise a religious defense, a prosecutor might attempt to show that your belief is not actually sincere.

While it should be the case that even stupid people can have sincerely held beliefs, the California case shows the importance of learning enough about your beliefs to defend them on the witness stand.

required

In 2002 the US 9th Circuit Court of Appeals in San Francisco ruled that a Rastafarian defendant had the legal right to possess and use cannabis because it was **required** by his religion, but that he did *not* have the right to import cannabis because his religion didn't require importing Jamaican cannabis. See federal case.

There are many ways that a person can establish that a religious belief is a requirement.

The easiest method is to find a written document that clearly states the requirement. Throughout history there have been individuals (usually called “prophets”) who have written materials that they claim they obtained from the divine. In the Greek religion (Hellenism), they took this concept to the extent of believing that *all* artwork was divinely inspired (the word inspiration literally means the divine is breathing into the soul of the artist). “Automatic writing” is a relatively modern phenomenon in which a person holds a pen or other writing implement and waits for the divine or some other spirit to move the pen or their hand.

Another method is a vision. This vision can occur in a dream or can occur during an altered state of consciousness. In modern times this method most commonly occurs in shamanic/tribal religion, New Age religions, and Witchcraft.

A third method is to use the mind to reason the will of the divine. A person can determine intellectually that the divine requires her to have a specific religious belief and/or practice.

It will be useful to document the method by which you learn that you have a specific religious requirement. A diary or other similar record should be fine. It would be wise to consult with a lawyer and have the lawyer review your written account and possibly make recommendations for an improved version.

religious practice

It is probably useful to make sure that your activity is clearly a religious practice. Again, it is useful to consult with a lawyer.

Some or all of the following practices may help distinguish your religious practice from profane prostitution:

Goddess While a priestess can worship the Goddess or a specific Goddess. Some of the (very many) Goddesses that were involved in this practice include: Hathor, Anahita, Aphrodite, Ariadne, Asherah, Bast, Cybele, Diana, Easter, Inanna, Ishtar, Isis, Persephone, Rhea, and Venus. Women priestesses also served in the temples of the Gods Bes, Dionysus, and Bacchus. (Articles on these Goddesses being added.



Sacred sexuality Even in the ancient temples, not all priestesses engaged in sacred sexuality. Sacred sexuality is a calling from the Goddess and each priestess must determine for herself if she has been called to a required religious practice of sacred sexuality. Unfortunately, overzealous Christian authorities may claim that even non-sexual activity (such as massage or erotic dance) by a non-Christian priestess is supposedly against the Christian laws of the U.S. or a particular state (even though the U.S. Constitution and the Religious Freedom Restoration Act clearly protect both sexual and non-sexual religious activity).

Opening ceremony There should probably be a clear opening ceremony. At a minimum this opening ceremony will establish the location as a holy or sacred place. The casting of a protective circle is one of the easiest methods. This ceremony may also transform the priestess into the Goddess and/or transform the man undergoing the ritual.

Invocation At some point the priestess will almost certainly want to invoke the Goddess. This is the key ritual in which the human woman becomes the Goddess or the Goddess takes over the woman's body.

Closing ceremony There should probably be a clear closing ceremony. At a minimum this closing ceremony returns the participants to an ordinary or non-religious state. The standard methods for closing

a circle can serve this purpose.

Altar Building a clear altar to the Goddess is one of the most important and obvious evidence of religious purpose. It also gives a flat workspace for ritual tools, herbs, and other items. Any flat surface will work. Rock and wood were the two most common materials for altars. A statue, painting, or icon of the Goddess is commonly the centerpiece of an altar. Incense censors, candles, various natural items (herbs, stones, crystals, feathers, etc.) are all common altar items.

Incense All of the ancient cultures used some form of incense. This varied from something as simple as burning a single pleasant smelling substance to intricate and complex combinations of expensive incenses and herbs specifically prepared taking into consideration the needs of the particular man and the exact astrological timing. A simple historical incense is to burn a little bit of cinnamon in cannabis (note: do *not* suck cinnamon smoke directly into your lungs, this is an incense that you want to breath from the air).

Candles Candles are long associated with fertility magick and religious activity. In addition to serving as mood lighting, the shape and colors of candles can have specific meanings for specific deities and Goddesses. If you don't know the intricacies of candle meanings, a simple white candle is acceptable (and often the preferred choice) for any Goddess. Small "tea candles" (originally intended for use in tea ceremonies) have the advantage of burning for short known periods of time. See the article on candle magick.

Clothing Special clothing can help demark the religious nature of the ritual. The clothing should be both sexy and religious, as well as easy to remove. Many of the ancient priestesses worked naked (attitudes about clothing were different back then). Ceremonial robes (with or without anything else underneath) have a long historical record. The costume of a belly dancer and other similar clothing also have a long history in Africa and around the Mediterranean. The elaborate costume of the Geisha is the most famous of Asian clothing.

Dance and music Both dance and music were common parts of ancient practices.

Massage Massage was a common part of the total ritual in most ancient cultures. The priestesses typically mixed their own massage oils, mixing specifically chosen herbs with some base oil (see article on mixing essential oils. Modern massage techniques can effectively be combined with ancient massage techniques.

Tantra Although the Hindu religion is best known for Tantra, many of the practices of Tantra appeared in ancient Egypt (probably because of trade between the two civilizations).

Yoga Although the Hindu religion is best known for Yoga, many of the practices of Yoga appeared in ancient Egypt (probably because of trade between the two civilizations). Actor Woody Harrelson has indentified Yoga positions in ancient Egyptian wall paintings.

Bath A bath tub is useful for a wide variety of ritual, from water baptisms to sacred baths.

Hearth A hearth or fireplace is useful for a wide variety of ritual, as well as for cooking and preparation of various potions, creams, incenses, teas, etc.

documentation

You will want to consult with your lawyer and determine what is the best documentation for supporting your legal case.

Important warning: Consult with a lawyer before preparing any written documentation of your

own. Correctly worded ocumentation can help your defense, while incorrectly worded documentation can give unintended evidence for the Christian prosecution to use against you.

Pr Ntr Kmt offers religious title certificates. See the article on certificates.

Additionally you will want some kind of written record of the experience that led you to realize that you have a religious requirement.

And you will probably want a written record of the details of your entire ritual as you practice it.



Please consider making adonation to help support more articles on these and related topics that you can use to help in your own personal religious practice.

ceremonies

Any particular nfr hmt may use a combination of ancient and modern ceremonies and rituals. The following is a very incomplete list of some of the most commonly performed religious ceremonies.

Couple's ritual Most modern Westerners think of sacred sexuality as being between a female priestess and a male participant. Couples work can be spiritually transforming for a couple as well as for an individual and can help a couple achieve a divine closeness.

Dance Dance and music were extremely important in ancient Egyptian temples. The modern form of dance called belly dancing is directly derived from ancient Egyptian and Pygmy worship of Bes, the God of dance and music. A particular nfr hmt Goddess may use dance from any modern or ancient tradition or create a new dance form from divine inspiration. Dance is often performed as a preparation for other rituals.

Double Goddess Most sacred ritual can be done with two or more nfr hmt Godddesses. Some nfr hmt Goddesses will have attendants.

Female Sacred Spot Tantra and other ancient knowledge can be used to stimulate the female sacred spot. Ritual bath, erotic dance, and massage are among the possible ways that a nfr hmt Goddess might prepare a woman for the Female Sacred Spot ritual. This may also be performed with a couple, where the nfr hmt Goddess guides the couple in learning how to achieve a full and rewarding sex life together. Some nfr hmt Goddesses might teach men how to sexually fulfill women at a spiritual level.

Goddess Worship Both men and women may worship the divine Goddess through the body and person of the nfr hmt Goddess. There is a wide variety of methods (both ancient and modern) for a person to participate in Goddess Worship. Some of the more popular forms of Goddess worship include: performing chores while nude or in women's clothing, foot worship, golden blessing, ejaculation control, transfer of sexual energy, and transvestism.

Laying on of Hands Laying on of hands is a well-established and ancient religious practice used for healing. Modern acupuncture and massage are directly descended from this ancient practice. Even the Christians claim that the mythological Jesus used laying on of hands to heal the sick and injured and raise the dead through the use of this ancient method of divine magick.

Male Sacred Spot Tantra and other ancient knowledge can be used to stimulate the male sacred spot. Ritual bath, erotic dance, and massage are among the possible ways that a nfr hmt Goddess might prepare a man for the Male Sacred Spot ritual.

Punishment Some persons have a need for a nfr hmt Goddess to perform some kind of punishment

ritual to atone for past behavior and to purify for the future. This may include whippings, spankings, tight bondage, transvestism, paddlings, cutting, or other similar activities.

Ritual Bath The Romans are most famous for their ritual baths, but this was a practice common in almost all ancient cultures. The healing power of water (a feminine Goddess energy) is used to reinvigorate and heal the person undergoing the ritual. There are both hot and cold baths. Various minerals, herbs, and other materials may be added, based on the wisdom of the nfr hmt Goddess conducting the ritual. This may be combined with massage, Tantra bodywork, sacred sexuality, or other sacred practices.

Tantric Healing Ritual Similar to the Transformative Healing Ceremony but with an emphasis on the healing power of Tantra.

Kundalini is the coiled snake of power that starts at the root chakra, rises up the spine, and emerges from the third eye in the center of the forehead. The statues of the Pharaohs show a cobra emerging from their third eye. This is a manifestation of the ancient Egyptian Goddess Het Heret (whom the Greeks called Hathor) and of the ancient Egyptian Goddess Sekhmet (Skhem is the ancient Egyptian word for divine power). The Greeks called this cobra emerging from the forehead the Living Uraeus of Ra.

A nfr hmt may wear a metal handband or headdress with a Uraeus cobra. This religious item will help establish the religious intent of the priestess and help the nfr hmt call on the power of the feminine divine.

Transformative Healing Ceremony The ntr hmt Goddess performs a ceremony or ritual that transforms and heals through Goddess energy. This may or may not include sacred sexuality. The use of herbs, incenses, oils, teas, and other magickal preparations are common. This may or may not include massage.

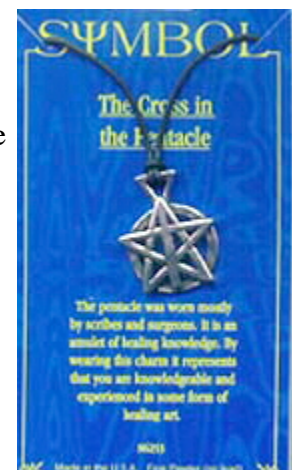
Women's ritual Most modern Westerners think of sacred sexuality as being between a female priestess and a male participant. Ancient Egyptians didn't have the Christian/Islamic-inspired sexual hang-ups of modern times. Women can seek out the services of a nfr hmt Goddess.

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 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.



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)

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_ (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



ancient Egyptian hieroglyphs for Ntr Sentra

sticker/iron-on

Pr Ntr Kmt offers a full color **sticker** more than eight inches big (see picture below) to place on a box, cabinet, or other hard surface to clearly mark the place where a person legally stores their cannabis and related items for religious use.

Pr Ntr Kmt also offers a full color **iron-on** more than eight inches big (see picture below) to place on a bag, cloth, or other soft surface to clearly mark the place where a person legally stores their cannabis and related items for religious use.



reduced size image

the actual sticker or iron-on is more than eight inches big

To obtain the full color Ntr Sentra sticker or iron-on, send a donation of at least \$25 (plus \$5 for postage and handling to any address in the United States, for a total of at least \$30) to Pr Ntr Kmt (see aaddress below). Make checks or money orders in American dollars payable to “Pr Ntr Kmt”. Wrap cash in opaque paper. Include your mailing address. Optionally include your e-mail and/or phone number in case they need to contact you.

Mail in your request to:

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









money spells

Money spells help set up the proper circumstances for money to come into your life. They do not make mney 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 (Venezuala), 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:

 baht sign	 Bengal rupee sign	 cent sign	 colon sign
 cruzeiro sign	 \$	 đ	 Dp

	dollar sign	đồng dong sign	drachma sign
European Union original ECU sign	euro sign	franc sign	generic money sign
guilder sign	kip sign	lira sign	mil sign
naira sign	peseta sign	peso sign	pound sign
Reichsmark pfennig sign	riel sign	rupee sign rupiah sign	shekel sign
tugrik sign	won sign	yen sign	yuan sign

herbs for wealth spells

- basil

examples of money pentacles

The following examples of money 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)

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 bind 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

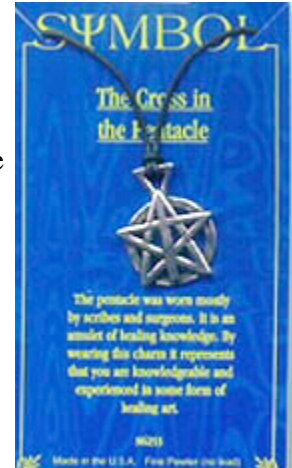
“Coven of the Nocturnal Wolves Silver Pendant: This is a solid, thick and heavy silver wolf pendant. Fixed top bail. This



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)

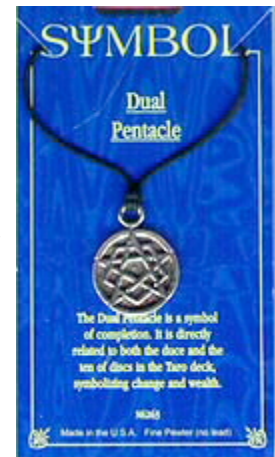


Crystal Blue Silver Pentacle Pendant

"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)

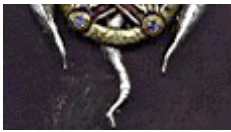
Dual Pentacle Pendant

"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 Pentacle

“Eye of the Double Pentagram Pentacle: 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 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)





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

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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 anointed (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.

magic 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.

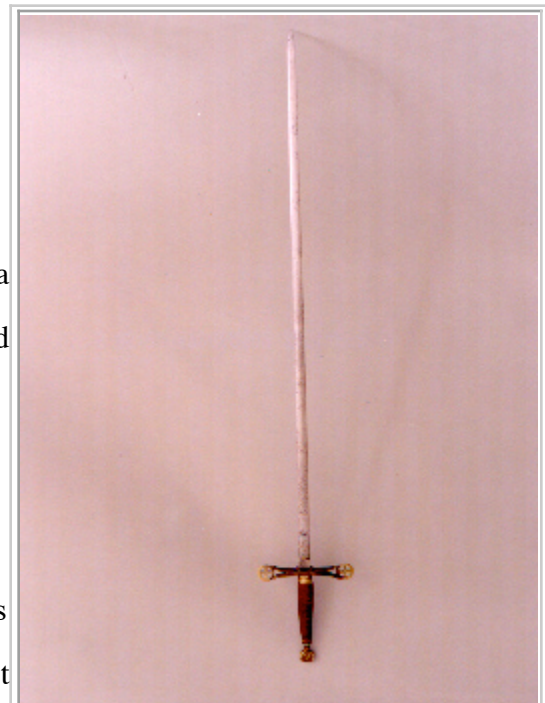
The sword is considered to be a phallic tool and therefore of masculine element and male energy. The sword corresponds with the planet Mars.

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.

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



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>

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 magikcal 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 wqeapon...”

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

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
- avocado
- bachelor's buttons
- balm of Gilead
- banana
- barley
- beech
- beet
- belladonna
- birch
- bistort
- blackberry
- bladderwrack
- bleeding heart
- blue bell
- boneset
- catnip
- cowslip
- foxglove
- fragrant bedstraw
- geranium
- heather
- lemon balm
- nasturtium
- pansy
- wild bergamot
- 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
- American bittersweet
- anemone
- angelica
- anise
- Arabic gum
- arbutus
- asafoetida
- ash

- aspen
- avens
- bamboo
- banyan
- basil
- bay
- beans
- benzoin
- bloodroot
- bodhi
- borage
- broom
- buttercup
- carnation
- chrysanthemum
- clover
- daisy
- dandelion
- European bittersweet
- marsh mallow
- orange bergamot
- poplar
- string bean
- wood betony

Introduction to Music

from www.ThisSideofSanity.com

for music majors

The goal of a music major typically is to become a professional musician. There are a minority of music majors who are serious fans of music (usually more sophisticated genres such as blue grass, classical, or jazz) who simply want to appreciate music at a deeper level (and an introductory class for non-music majors might be a better choice).

Some of the careers in music include:

- “cover” band
- tribute band
- original music
- orchestra, chorus, or other large group
- studio recording
- musical theatre
- band leader
- backing vocals
- dancer
- choreographer
- composer/lyricist

Some of the careers in fields related to music include:

- producer
- recording engineer
- A&R representative
- concert sound-person
- concert roadie
- lighting and special effects
- music videography (including directing and editing)
- music teacher (either generalized or specific instruments, such as guitar or piano)
- music store salesperson (often combined with teaching music)
- college or university professor
- radio, television, or other broadcasting
- web site design
- photography
- illustration or painting

introduction to music

Music is easy to recognize but difficult to define. Dennis Anderson, avant garde composer and Beatles historian, defines music as “organized sounds”.

Music is made up of three basic elements: rhythm, melody, and harmony.

Rhythm is the spacing of sounds and silences over time. Rhythm is the only one of the three basic parts of music that can stand on its own.

Every rhythm has a **beat**. The beat is the predominant recurring pulse of the music. Most people dance to the beat (or at least try to).

The beat can be divided into subdivisions. These subdivisions are used to create a rhythm pattern. In popular music the rhythm pattern creates a groove.

Your instructor may perform some simple rhythms for you or lead the class in clapping out some simple rhythms.

Melody is a single line or series of notes. In popular songs, this is the part that the lead singer sings.

Your instructor may perform some simple melodies for you or lead the class in singing some simple melodies.

Harmony is more than one note played at the same time.

Three or more notes played together in harmony can create chords. These are the accompaniments strummed by a guitar player.

Harmony can also be created by having multiple voices (single lines) played together. This approach is typical of serious music, often known as “classical music”, and the barbershop quartet. Choruses are divided into four groups to create four-part harmonies.

Your instructor may perform some simple harmonies for you or divide the class into groups to sing some simple harmonies.

Basics of Sound

This chapter discusses the basics of sound.

Sound is a vibratory disturbance in the pressure and density of a fluid or a gas or in the elastic strain in a solid.

Periodic variations in atmospheric pressure are called **sound-pressure waves**.

Hearing is when sound-pressure waves in the approximate range between 17 and 20,000 cycles per second are detected by the ear.

Music is the art of organizing tones to produce a coherent sequence of sounds intended to elicit an aesthetic response in a listener.

Frequency is the rate of periodic change in sound pressure. Frequency is measured in cycles per second, called Hertz (Hz). Human hearing ranges from approximately 17 Hz to approximately 22,000 Hz.

Intensity or **amplitude** is the strength of the fluctuations in sound pressure. Sound intensity is measured in decibels (dB). The lowest amplitude sound a human can hear is around 0dB (in quiet settings at 1 KHz to 4 KHz when heard by youth with excellent hearing). This is called the **threshold of hearing**. Most conversations are around 70 dB. At around 120 dB to 140dB sound is so loud as to hurt the ears. This is called the **threshold of pain**.

Onset is the time when sound begins.

Duration is the length of time that a sound can be heard. Duration is normally measured in seconds. Musicians often measure relative duration (relative to the beat) in notes, rests, and measures (or bars).

Envelope is the pattern of changes in intensity or amplitude of a sound. Envelope is normally divided into **attack**, **release**, **sustain**, and **decay**, often abbreviated as **ARSD**.

Wave shape is the graphic representation of the waveform of a sound over time.

Sound Pressure Waves

A vibrating body (such as vocal chords or a musical instrument) will **compress** the surrounding air when it moves outward from its resting state, increasing the air pressure on the surrounding air because more air molecules are squeezed into a smaller volume. This causes a temporary increase in air pressure known as **compression**.

When the vibrating body moves back to its normal resting state the air pressure of the surrounding air will decrease because the air molecules will be spread out over a larger volume. This causes a temporary drop in air pressure known as **rarefaction**.

As the vibrations continue, the air immediately surrounding the vibrating body will alternate between high and low pressure.

These cyclic variations in air pressure will spread out from the vibrating body as the air pressure changes affect the surrounding air molecules.

The process of alternating compression and rarefaction will radiate outward from the sound source at the speed of sound, approximately 1087 feet per second or 331 meters per second in normal air at sea level.

The air molecules do *not* move at the speed of sound. The sound-pressure waves move through the air molecules at the speed of sound.

The number of cycles per second of vibration are perceived as **pitch** by the human ear, with lower number of vibrations per second being perceived as lower notes and with higher number of vibrations per second being perceived as higher notes.

The number of cycles per second do *not* affect the speed of sound.

Musical Instruments

This chapter discusses musical instruments.

Traditionally musical instruments have been divided into four main categories (based on sections of the orchestra): strings, woodwinds, brass, and percussion. A fifth category for keyboards is often used. Sometimes electronic instruments are considered a sixth category (or alternately included in the keyboard category even if they don't have a keyboard). Sometimes woodwinds and brass are combined into a category called wind instruments.

orchestral classification

Strings are instruments that have strings that are plucked or bowed. Although the piano has strings, it was not considered a string instrument because the strings were struck by hammers rather than being plucked or bowed (making it a percussion instrument).

The strings in an orchestra are the violin, viola, cello, and double bass. Harps (when used) are grouped in the string section of an orchestra.

Woodwinds are instruments where wind is blown through a wooden instrument. The modern flute is usually made of metal, but is considered a woodwind instrument because it originally was made of wood. Woodwinds are further divided into instruments that have reeds and those that don't have reeds.

The woodwinds in an orchestra are the flute, oboe, clarinet, and bassoon.

Brass are instruments where wind is blown through a metal instrument (usually brass). Brass instruments are further divided into valved and slide instruments.

The brass in an orchestra are the trumpet, French horn, trombone, and tuba.

Percussion are instruments that are struck (usually with a drumstick or beater). In terms of an orchestra, any instrument that doesn't fall into the classifications of strings, woodwinds, or brass is considered to be in the percussion section. So, the piano and the whistle are considered percussion instruments in the orchestra.

The percussion in an orchestra are the timpani, side drum (or snare drum), tenor drum, bass drum, cymbals, gongs, xylophone, and marimba.

Keyboards are instruments that have a keyboard. The only keyboard commonly used with an orchestra is the piano.

Average Power: The average power of an entire orchestra is about 75 Watts.

formal classification

Musicologists classify instruments according to the way sound is produced.

Idiophnes are instruments that are struck and the body of the instrument produces sound. Examples include: bells, cymbals, rattles, and xylophones.

Membranophones are instruments in which a skin is struck and vibrates. Examples include drums.

Chordophones are instruments in which strings are plucked, bowed, or otherwise sounded. Examples include violins and pianos.

Aerophones are instruments that are blown or use wind. Examples include the clarinet and the trumpet.

Electrophones are instruments where sound is produced electronically. Examples include the electric organ and the synthesizer.

- **Vocals**
 - proper breathing
- **String**
 - bass guitar
 - cello
 - double bass
 - **Guitar**
 - viola
 - violin
- **Brass**
 - French horn
 - trombone
 - trumpet
 - tuba
- **Woodwind**
 - clarinet
 - flute
 - saxophone
- **Percussion**
 - celesta
 - clavicord
 - glockenspiel
 - harpsichord
 - marimba
 - music box
 - piano
 - vibraphone
- **Keyboards**
 - celesta
 - clavicord
 - harpsichord
 - **piano**
- **MIDI**
 - General MIDI Level 1 Sound Set

Proper Breathing for Singers

Vocals

Breathing for vocals uses the entire lung system. Normal breathing typically involves shallow breathes using only the tops of the lungs. Singing involves the entire lungs in deep breathing.

Muscles only contract or relax. Muscles never push. Muscle systems involve two sets of muscles, each pulling in an opposite direction.

The **diaphragm** pulls down, creating a vacuum that sucks air into the lungs. The diaphragm is a set of muscles attached to the lower ribs.

The **abdominal** muscles contract to push air out of the lungs.

Support is the combination of the diaphragm resisting the abdominals and the abdominals controlling the air flow and creating air pressure for singing.

Too much air pressure against the vocal chords prevents the vocal chords from operating correctly and can cause damage to your voice.

Too little air pressure produces weak and inconsistent notes, with an inability to reach high notes or long notes.

proper posture

Proper posture is essential for good singing.

Stand up straight with your feet shoulder width apart and your weight on the balls of your feet (just behind your toes).

Keep your knees loose. If you lock your knees, you will eventually faint and fall over.

Keep your head up and your chin level. Do *not* stretch your throat.

Keep your shoulders in a relaxed position. Your shoulders should *not* bounce up and down as you breath.

Relax your back muscles.

breathing in

Most adults shallow breath, just using the upper 30% of the lungs. Singers need to learn to use their entire body with deep breathing.

To learn proper breathing, lay on your back on a firm surface (such as the floor). Lightly place your hands on your abdomen, near or over your belly button.

Completely blow all of the air out of your lungs, then slowly breath in deeply. If you do this properly you should feel your abdomen rising, lifting up your hands. Slowly fill your entire lungs with air.

You should feel your lungs fill from the bottom up, your abdomen rising, then your chest rising, until

your lungs are completely filled with air.

When standing, your body will expand to the sides and back as well as the front. Laying on your back exaggerates the forward expansion, making it easier for you to feel.

All breathing for singing should be deep breathing, completely filling the lungs from the bottom to the top.

Now that you know the proper motion, stand and practice breathing in.

Open your mouth and throat widely and suck in air with your diaphragm. Start your practice slowly, moving your diaphragm down and forward to fill your lungs with air. Your stomach should push out as your diaphragm displaces your internal organs.

Practice filling your lungs with a single breath. Consciously fill your entire lungs, not just the top portion of your lungs.

The process of filling your lungs should be silent. Do *not* make a sucking sound with your mouth.

Practice silently but completely filling your lungs with air in a single quick motion. Speed up until you reliably fill your lungs with air in a fraction of a beat without making a sound.

breathing out

Once your lungs are filled with air, your abdominal muscles take over for expelling the air. Your abdominal muscles should be tight and firm. A friend should be able to *gently* tap or push against your stomach while you sing without causing any fluctuation in the note you are singing.

Your abdominal muscles and diaphragm work together to give you proper support and control. You should be able to sustain proper air pressure (not too much, not too little) throughout a phrase. The ends of long phrases or notes should *not* be weak or taper off.

silent breath exercise

Now that you have the proper breathing technique, fill your lungs in a single silent gulp of air.

While maintaining proper support and control, slowly breath out through your lips. Slowly let the air out as if you were gently blowing through a small straw. Do *not* actually make a sound.

It should take you at least a minute (60 seconds) to slowly let all of the air out of your lungs. You should *not* be gasping for breath at the end of each breath.

Pay close attention to keeping your abdominal muscles tight and keeping your air pressure up to singing levels and your breath control even and smooth throughout the exercise.

Pay close attention to keeping your throat and mouth and tongue loose and free throughout the exercise. Your throat and larynx should *not* tighten up.

Repeat this silent breathing technique several times as a warm up before every practice or performance.

long note

The long note exercise is exactly the same as silent breath exercise, except that you actually sing a note.

Pick a note that is comfortably in the middle of your chest voice singing range. Do *not* pick a note at or near the bottom of your singing range. Do *not* pick a note at or near the top of your chest voice, and particularly do *not* try to hit your highest head voice notes.

Open your mouth widely (although not to the point that you are uncomfortable stretching your mouth). Open your lips (but keep them relaxed).

Keep both the front and back of your tongue relaxed and down against the bottom of your mouth. It is natural for the front of your tongue to want to move around and for the back of your tongue to want to rise up. Consciously keep your entire tongue relaxed, still, and down, creating as much space inside your mouth as possible.

Raise the soft palate to create more space inside your mouth.

Open your throat and lower your larynx. Instructions for lowering your larynx: Gently (very gently) place your fingers lightly on your larynx. Yawn. Notice how your larynx naturally lowers in your throat when you yawn. This is the exact motion you want to do for this long note exercise.

Sing the soft a vowel (“ah”). Try for a full and clear tonal quality. You want as close to a pure sine wave as your body can produce. Avoid a nasal tone. Avoid a raspy tone. Get as pure and clear a tone as you possibly can (relaxing will help).

Sing at a moderate singing level. Do *not* sing as loud as you can, but also don’t sing too softly either.

Hold the note as long as you can without becoming short of breath. Do *not* suck in your stomach. Maintain proper singing support all the way to the end of the note.

Smile. It will actually make your tone quality better.

Repeat this long note exercise several times as part of your warm up for rehearsals and performances.

You can mix things up by using the vowel sounds “Oh” (long o), “A” (long a), “I” (as in “eye”), “E” (long e), and “U” (as in “moon”), in that order (making tighter and tighter sounds).

when to breathe

Breathe in during the natural pauses of a song.

Do *not* breathe in the middle of a phrase. Many songs will break up a single phrase over multiple lines. Do *not* breathe in the middle of a phrase, even if it is spread over more than one line.

The secret to making your breath last for long phrases is careful control of your air flow. In particular, stop letting air escape when you aren’t actually singing something. Maintain pressure with your abdominal muscles so that you maintain energy across the musical phrase (and so that you hit the note cleanly when you start singing the next word).

The natural spots to breathe are locations when a sentence would end (such as a period or exclamation point or question mark). If you must breathe in the middle of a sentence, pick locations where there is a natural pause such as a comma or semicolon. If you must cheat a breath someplace else, avoid locations of high energy or right in the middle of an important phrase. If you wouldn’t breathe at a spot when talking, don’t breathe at the spot when singing.

Strings

Strings are instruments that have strings that are plucked or bowed. Although the piano has strings, it was not considered a string instrument in the orchestra.

The strings in an orchestra are the violin, viola, cello, and double bass. Harps are grouped in the string section of an orchestra.

- bass guitar
- cello
- double bass
- guitar
- viola
- violin

Bass Guitar



The electric bass guitar is a string instrument.

Range: The guitar has a range of E1 to F4 (approximately 41.2 Hz to 343.2 Hz (with overtones up to 4 KHz).

The word “bass” comes from the Middle English word “bas” meaning low.



Cello Violincello

The cello is a string instrument.

The cello is a four-stringed instrument of the violin family, pitched lower than the viola but higher than the double bass. Also called the “violincello”.

Range: The cello has a range of C2 to C5 (approximately 56 Hz to 520 Hz, with overtones to 8 KHz).

General MIDI Level 1 Sound Set Program Channel Number: decimal 43 or hexadecimal 0x2A.
(See General MIDI Level 1 Sound Set.)

The word “cello” is a shortened form of the word “violincello”.



Double Bass Bass Viol Bull Fiddle Contrabass

String Bass

The double bass is a string instrument.

The double bass is the largest member of the violin family, shaped like a cello, played usually with a bow, and having a deep range of about three octaves. Also called “bass viol”, “bull fiddle”, “contrabass”, and “string bass”.

The word “bass” comes from the Middle English word “bas” meaning low.

Range: The double bass has a range of E1 to middle C (approximately 41 Hz to 260 Hz, with overtones to 7 KHz).

General MIDI Level 1 Sound Set Program Channel Number: decimal 44 or hexadecimal 0x2B.
(See General MIDI Level 1 Sound Set.)

The word “bass” comes from the Middle English word “bas” meaning low.



Guitar

The guitar is a string instrument invented in Spain.

The guitar is a musical instrument similar to the lute, having a large flat-backed sound box generally in the shape of a violin, a long fretted neck, and usually six strings, played by strumming or plucking.

Range: The 22-fret guitar has a range of E2 to D6 (approximately 82 Hz to 1,174 Hz (with overtones up to 5 KHz or 6 KHz).



General MIDI Level 1 Sound Set Program Channel Number:

Acoustic Guitar (nylon): decimal 25 or hexadecimal 0x18.

Acoustic Guitar (steel): decimal 26 or hexadecimal 0x19.

Electric Guitar (jazz): decimal 27 or hexadecimal 0x1A.

Electric Guitar (clean): decimal 28 or hexadecimal 0x1B.

Electric Guitar (muted): decimal 29 or hexadecimal 0x1C.

Overdriven Guitar: decimal 30 or hexadecimal 0x1D.

Distortion Guitar: decimal 31 or hexadecimal 0x1E.

Guitar Harmonics: decimal 32 or hexadecimal 0x1F.

Guitar Fret Noise: decimal 121 or hexadecimal 0x78.

(See General MIDI Level 1 Sound Set.)

The word “guitar” comes from the French word “guitare” coming from the old French word “guitare” coming from the Spanish word “guitarra” coming from the Arabic word “qitar” coming from the Greek word “kithara” meaning lyre.

Violas

The viola is a string instrument.

The viola is a stringed musical instrument of the violin family, slightly larger



than a violin, tuned a fifth lower, and having a deeper, more sonorous tone; the tenor viola. Also an organ stop usually of eight-foot or four-foot pitch yielding stringlike tones.



Range: The viola has a range of C3 to B5, a fifth below the violin.

General MIDI Level 1 Sound Set Program Channel Number: decimal 42 or hexadecimal 0x29.
(See General MIDI Level 1 Sound Set.)

The word “viola” comes from the Italian word “viola” coming from the Old Provençal word “viola” or “viula” coming from the Old Provençal word “violar” meaning to play the viola.

Violins

The violin is a string instrument.

The violin is a stringed instrument played with a bow, having four strings tuned at intervals of a fifth, an unfretted fingerboard, and a shallower body than the viol, and capable of great flexibility in range, tone, and dynamics. Also informally called a “fiddle”.



Range: The violin has a range of G3 to E6 (approximately 200 Hz to 1,300 Hz, with overtones to 10 KHz).

General MIDI Level 1 Sound Set Program Channel Number: decimal 41 or hexadecimal 0x28.
(See General MIDI Level 1 Sound Set.)

Average Power: The average power of a violin is about 0.1 Watts and the average power of a violin played pianissimo is about 0.001 Watts.

The word “violin” comes from the Italian word “violino” which is the diminutive of “viola” meaning viola.

Brass

Brass are instruments where wind is blown through a metal instrument (usually brass). Brass instruments are further divided into valved and slide instruments.

The brass in an orchestra are the trumpet, French horn, trombone, and tuba.

- French horn
- trombone
- trumpet
- tuba

French horns

The French horn is a brass instrument.

The French horn is a valved brass wind instrument with a circular shape,



tapering from a narrow mouthpiece to a flaring bell at the other end, and producing a mellow tone.



Range: The French horn has a range of B1 to B5 (approximately 65 Hz to 700 Hz).

General MIDI Level 1 Sound Set Program Channel Number: decimal 61 or hexadecimal 0x3C.
(See General MIDI Level 1 Sound Set.)

Trombones

The trombone is a brass instrument. There are bass, tenor, alto, and soprano trombones. The tenor trombone is the most common.



The trombone is a brass musical instrument consisting of a long cylindrical tube bent upon itself twice and ending in a bell-shaped mouth.

Range: The tenor trombone has a range of E2 to C5 (approximately 82 Hz to 520 Hz, with overtones to 5 KHz when played medium loud and up to 10 KHz when overblown).

General MIDI Level 1 Sound Set Program Channel Numbers:

Trombone: decimal 58 or hexadecimal 0x39.

Muted Trombone: decimal 60 or hexadecimal 0x3B.

(See General MIDI Level 1 Sound Set.)

Average Power: The average power of a trombone played fortissimo is about 6 Watts.

The word “trombone” comes from the French word “trombone”, augmentative of the Italian word “tromba” meaning trumpet, coming from the Old High German word “trumpa”, meaning trumpet.

Trumpets

The trumpet is a brass instrument.

The trumpet is a soprano brass wind instrument consisting of a long metal tube looped once and ending in a flared bell, the modern type being equipped with three valves for producing variations in pitch. Also, an organ stop that produces a tone like that of a trumpet.



Range: The trumpet has a range of E3 to D6 (approximately 165 Hz to 1,175 Hz, with overtones to 15 KHz).

General MIDI Level 1 Sound Set Program Channel Number: decimal 57 or hexadecimal 0x38.
(See General MIDI Level 1 Sound Set.)

The word “trumpet” comes from the Middle English word “trompette”, diminutive of the Old French word “trompe”, coming from the Old High German word “trumpa”, meaning trumpet.

Tubas

Bass Horn

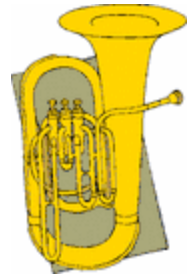
The tuba is a brass instrument. There is also a double-bass tuba, which is a fifth lower than the tuba.

The tuba is a large, valved, brass musical wind instrument with a bass pitch. Also called the "bass horn". Also a reed stop in an organ, having eight-foot pitch, and an ancient Roman war trumpet.

Range: The tuba has a lowest note of B (approximately 29 Hz, with overtones to 1.5 KHz to 2 KH).

General MIDI Level 1 Sound Set Program Channel Number: decimal 59 or hexadecimal 0x3A.
(See General MIDI Level 1 Sound Set.)

The word “tuba” comes from the Italian word “tuba”, which comes from the Latin word “tuba” meaning trumpet, which comes from the Latin word “tubus” which means tube.



Woodwinds

Woodwinds are instruments where wind is blown through a wooden instrument. The modern flute is usually made of metal, but is considered a woodwind instrument because it originally was made of wood. Woodwinds are further divided into instruments that have reeds and those that don't have reeds.

The woodwinds in an orchestra are the flute, oboe, clarinet, and bassoon.

- clarinet
- flute
- saxophone

Clarinets

The clarinet (also rarely clarionet) is a woodwind instrument that uses a single reed. The two kinds of clarinets are the B clarinet and the A clarinet.

The clarinet is a woodwind instrument having a straight, cylindrical tube with a flaring bell and a single-reed mouthpiece, played by means of finger holes and keys. Also an eight-foot organ stop producing a sound suggestive of a clarinet.

Range: The B clarinet has a range of D3 to G6 (approximately 147 Hz to 1,570 Hz, with overtones to 12 KHz). The A clarinet has a lowest note of C3 (approximately 139 Hz).

General MIDI Level 1 Sound Set Program Channel Number: decimal 72 or hexadecimal 0x47.
(See General MIDI Level 1 Sound Set.)

The word “clarinet” comes from the French word “clarinette” meaning clarinet which comes from the Italian word “clarinetto” meaning clarinet which is the diminutive of the Italian word “clarino” meaning trumpet which comes from the Latin word “clarus” meaning clear.



Flutes

The flute is a woodwind instrument.

The flute is a high-pitched instrument of the woodwind family, tubular in shape and with finger holes and keys on the side and a reedless mouthpiece either at the end, as in the recorder, or on the side, as in the transverse flute. Also an organ stop with wide flue pipe which produces a flutelike tone.



Range: The flute has a range of B3 to C7 (approximately 247 Hz to 2,100 Hz, with overtones to 6 KHz).

General MIDI Level 1 Sound Set Program Channel Number: decimal 74 or hexadecimal 0x49.
(See General MIDI Level 1 Sound Set.)

The word “flute” comes from the Middle English word “floute” or “floite” which comes from the Old French word “flaute” or “fleute” which comes from the Old Provençal “flaut” which was perhaps influenced by the Latin word “flageolet” meaning a small flute-like instrument (from the Vulgar Latin word “flabeolum” meaning flute) and the Latin word “flare” meaning to blow and the Latin word “laut” meaning lute.

Saxophones

The saxophone is a woodwind instrument played with a single reed. The varieties of saxophones include the straight-tube soprano sax and soprano sax and the S-shaped bass sax, baritone sax, alto sax, and tenor sax. The most commonly played saxes are the B-flat tenor saxophone and the E-flat alto saxophone.



The saxophone is a woodwind instrument having a single-reed mouthpiece, a usually curved conical metal bore, and finger keys, and made in a variety of sizes.

Range: The B-flat tenor sax has a range of B2 to F5 (approximately 117 Hz to 725 Hz, with overtones to 8 KHz). The E-flat alto sax has a range of C3 to G5 (approximately 140 Hz to 784 Hz, with overtones to 8 KHz). Breath sounds can extend the overtones up to 13 KHz.

General MIDI Level 1 Sound Set Program Channel Number:

Soprano Sax: decimal 65 or hexadecimal 0x40.

Alto Sax: decimal 66 or hexadecimal 0x41.

Tenor Sax: decimal 67 or hexadecimal 0x42.

Baritone Sax: decimal 68 or hexadecimal 0x43.

(See General MIDI Level 1 Sound Set.)

The word “saxophone” and the instrument were invented in 1846 by the Belgian musical instrument maker Adolphe Sax (1814-1894).

Percussion

Percussion are instruments that are struck (usually with a drumstick or beater). In terms of an orchestra, any instrument that doesn’t fall into the classifications of strings, woodwinds, or brass is considered to be in the percussion section. So, the piano and the whistle are considered percussion

instruments in the orchestra.

The percussion in an orchestra are the timpani, side drum (or snare drum), tenor drum, bass drum, cymbals, gongs, xylophone, and marimba.

Average Power: The average power of percussion instruments is between about 1 Watt and 10 Watts.

Percussion instruments:

- celesta
- glockenspiel
- marimba
- music box
- vibraphone

The following keyboard instruments are traditionally categorized as percussion instruments:

- celesta
- clavichord
- harpsichord
- piano

Celesta Celeste



The celesta (or celeste) is an early keyboard percussion instrument.

The celesta is a musical instrument having a keyboard and metal plates struck by hammers that produce bell-like tones.

General MIDI Level 1 Sound Set Program Channel Number: decimal 9 or hexadecimal 0x08. (See General MIDI Level 1 Sound Set.)



The word “celesta” comes from the French word “célesta”, coined from the French word “céleste” meaning celestial which comes from the Latin word “caelestis” meaning celestial which comes from the Latin word “caelum” meaning sky or heaven.

Glockenspiel

The Glockenspiel is a percussion instrument.

The glockenspiel is a percussion musical instrument having a series of metal bars tuned to the chromatic scale and played with two light hammers.

General MIDI Level 1 Sound Set Program Channel Number: decimal 10 or hexadecimal 0x09. (See General MIDI Level 1 Sound Set.)



The word “glockenspiel” comes from the German word “Glockenspiel” meaning play of bells which comes from the German word “Glocke” meaning bell which comes from the Old High German word “glocka” which is imitative of the sound of a bell and from the German word “Spiel” meaning play.

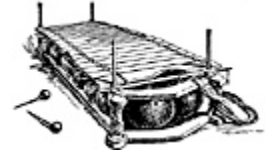
Mirimba

The mirimba is a percussion instrument.

The marimba is a large xylophone with resonators.

General MIDI Level 1 Sound Set Program Channel Number: decimal 13 or hexadecimal 0x0C. (See General MIDI Level 1 Sound Set.)

The word “marimba” comes from the Kimbundu word “marimba” (Kimbundu is a language of the Bantu language family, spoken in Angola).



music box

The music box is a percussion instrument.

The music box is a box containing a device, activated by clockwork, which produces musical sounds.

General MIDI Level 1 Sound Set Program Channel Number: decimal 11 or hexadecimal 0x0A. (See General MIDI Level 1 Sound Set.)



Vibraphone Vibra-Harp

The vibraphone is a percussion instrument.

The vibraphone is a musical instrument similar to the marimba but having metal bars and rotating disks in the resonators to produce a vibrato. Also called “vibra-harp”.

General MIDI Level 1 Sound Set Program Channel Number: decimal 12 or hexadecimal 0x0B. (See General MIDI Level 1 Sound Set.)

The word “vibraphone” comes from the English word “vibrate” and the Greek word “phone” meaning sound.



Keyboards

Keyboards are instruments that have a keyboard. The only keyboard commonly used with an orchestra is the piano.

Electronic instruments are usually considered to be keyboard instruments, even if they don’t have a

keyboard (such as a theremin).

- celesta
- clavicord
- harpsichord
- piano

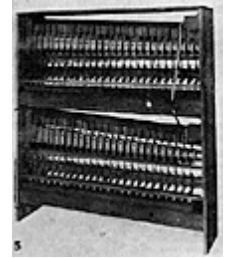
Celesta Celeste



The celesta (or celeste) is an early keyboard percussion instrument.

The celesta is a musical instrument having a keyboard and metal plates struck by hammers that produce bell-like tones.

General MIDI Level 1 Sound Set Program Channel Number: decimal 9 or hexadecimal 0x08. (See General MIDI Level 1 Sound Set.)



The word “celesta” comes from the French word “célesta”, coined from the French word “céleste” meaning celestial which comes from the Latin word “caelestis” meaning celestial which comes from the Latin word “caelum” meaning sky or heaven.

Clavichord

The clavichord is an early keyboard instrument.

The clavichord is an early musical keyboard instrument with a soft sound produced by tangents striking horizontal strings.

General MIDI Level 1 Sound Set Program Channel Number: decimal 8 or hexadecimal 0x07. (See General MIDI Level 1 Sound Set.)



The word “clavichord” comes from the Medieval Latin word “clavichordium” which comes from the Latin word “clavis” meaning key and the Latin word “chorda” meaning chord.

Harpsichord

The harpsichord is an early keyboard instrument.

The harpsichord is a keyboard instrument in which the strings are sounded by means of quill or leather plectrums rather than hammers.

General MIDI Level 1 Sound Set Program Channel Number: decimal 7 or hexadecimal 0x06. (See General MIDI Level 1 Sound Set.)



The word “harpsichord” comes from the Obsolete french word “harpechorde” coming from the

Italian word "arpicordo" coming from the Italian word "arpi" meaning harp coming from the Late Latin word "harpa" meaning harp coming from the Germanic word "harpon" meaning harp and from the Italian word "corda" meaning string coming from the Latin word "chorda" meaning string coming from the Greek word "khorde" meaning string.

Piano Pianoforte

The piano is the most commonly played keyboard instrument.

The piano is a musical instrument with a manual keyboard actuating hammers that strike wire strings, producing sounds that may be softened or sustained by means of pedals.



General MIDI Level 1 Sound Set Program Channel Number:

Acoustic Grand Piano: decimal 1 or hexadecimal 0x00.

Bright Acoustic Piano: decimal 2 or hexadecimal 0x01.

Electric Grand Piano: decimal 3 or hexadecimal 0x02.

Honky-Tonk Piano: decimal 4 or hexadecimal 0x03.

Electric Piano 1: decimal 5 or hexadecimal 0x04.

Electric Piano 2: decimal 6 or hexadecimal 0x05.

(See General MIDI Level 1 Sound Set.)

Average Power: The average power of a piano is about 1 Watt.

The word "piano" is shortened from the Italian word "pianoforte" from the Italian phrase "piano e forte" meaning soft and loud coming from the Italian word "piano" meaning softly coming from the Late Latin word "planus" meaning smooth from the Latin word "planus" meaning even, level, or flat and coming from the Italian word "forte" meaning strong coming from the Latin word "fortis" meaning strong.



grand piano



upright piano

General MIDI Level 1 Sound Set

MIDI

General MIDI defines a standard set of instrument names and corresponding MIDI Program Change instrument numbers (PC#). MIDI does *not* define how these instruments *sound*, thereby resulting in a wide variation in sounds from different manufacturers. This General MIDI Level 1 Instrument Patch Map applies to all channels except Channel 10, which uses the General MIDI Level 1 Percussion Key

Map.

The General MIDI Level 1 Sound Set divides instrument sound into families. Each instrument family contains eight (8) specific instruments.

GM1 Instrument Patch Map			
PC#	hexadecimal	Family	Instrument
1	0x00	Piano	Acoustic Grand Piano
2	0x01	Piano	Bright Acoustic Piano
3	0x02	Piano	Electric Grand Piano
4	0x03	Piano	Honky-tonk Piano
5	0x04	Piano	Electric Piano 1
6	0x05	Piano	Electric Piano 2
7	0x06	Piano	Harpsichord
8	0x07	Piano	Clavichord
9	0x08	Chromatic Percussion	Celesta
10	0x09	Chromatic Percussion	Glockenspiel
11	0x0A	Chromatic Percussion	Music Box
12	0x0B	Chromatic Percussion	Vibraphone
13	0x0C	Chromatic Percussion	Marimba
14	0x0D	Chromatic Percussion	Xylophone
15	0x0E	Chromatic Percussion	Tubular bells
16	0x0F	Chromatic Percussion	Dulcimer
17	0x10	Organ	Drawbar Organ
18	0x11	Organ	Percussive Organ
19	0x12	Organ	Rock Organ
20	0x13	Organ	Church Organ
21	0x14	Organ	Reed Organ
22	0x15	Organ	Accordion
23	0x16	Organ	Harmonica
24	0x17	Organ	Tango Accordion
25	0x18	Guitar	Acoustic Guitar (nylon)
26	0x19	Guitar	Acoustic Guitar (steel)
27	0x1A	Guitar	Electric Guitar (jazz)
28	0x1B	Guitar	Electric Guitar (clean)
29	0x1C	Guitar	Electric Guitar (muted)
30	0x1D	Guitar	Overdriven Guitar
31	0x1E	Guitar	Distortion Guitar
32	0x1F	Guitar	Guitar harmonics
33	0x20	Bass	Acoustic Bass
34	0x21	Bass	Electric Bass (finger)

35	0x22	Bass	Electric Bass (pick)
36	0x23	Bass	Fretless Bass
37	0x24	Bass	Slap Bass 1
38	0x25	Bass	Slap bass 2
39	0x26	Bass	Synth Bass 1
40	0x27	Bass	Synth Bass 2
41	0x28	Strings	Violin
42	0x29	Strings	Viola
43	0x2A	Strings	Cello
44	0x2B	Strings	Contrabass
45	0x2C	Strings	Tremolo Strings
46	0x2D	Strings	Pizzicato Strings
47	0x2E	Strings	Orchestral Harp
48	0x2F	Strings	Timpani
49	0x30	Ensemble	String Ensemble 1
50	0x31	Ensemble	String Ensemble 2
51	0x32	Ensemble	SynthStrings 1
52	0x33	Ensemble	SynthStrings 2
53	0x34	Ensemble	Choir Aahs
54	0x35	Ensemble	Voice Oohs
55	0x36	Ensemble	Synth Voice
56	0x37	Ensemble	Orchestra Hit
57	0x38	Brass	Trumpet
58	0x39	Brass	Trombone
59	0x3A	Brass	Tuba
60	0x3B	Brass	Muted Trombone
61	0x3C	Brass	French Horn
62	0x3D	Brass	Brass Section
63	0x3E	Brass	SynthBrass 1
64	0x3F	Brass	SynthBrass 2
65	0x40	Reed	Soprano Sax
66	0x41	Reed	Alto Sax
67	0x42	Reed	Tenor Sax
68	0x43	Reed	Baritone Sax
69	0x44	Reed	Oboe
70	0x45	Reed	English Horn
71	0x46	Reed	Bassoon
72	0x47	Reed	Clarinet
73	0x48	Pipe	Piccolo

74	0x49	Pipe	Flute
75	0x4A	Pipe	Recorder
76	0x4B	Pipe	Pan Flute
77	0x4C	Pipe	Blown Bottle
78	0x4D	Pipe	Shakuhachi
79	0x4E	Pipe	Whistle
80	0x4F	Pipe	Ocarina
81	0x50	Synth Lead	Lead 1 (square)
82	0x51	Synth Lead	Lead 2 (sawtooth)
83	0x52	Synth Lead	Lead 3 (calliope)
84	0x53	Synth Lead	Lead 4 (chiff)
85	0x54	Synth Lead	Lead 5 (charang)
86	0x55	Synth Lead	Lead 6 (voice)
87	0x56	Synth Lead	Lead 7 (fifths)
88	0x57	Synth Lead	Lead 8 (bass + lead)
89	0x58	Synth Pad	Pad 1 (new age)
90	0x59	Synth Pad	Pad 2 (warm)
91	0x5A	Synth Pad	Pad 3 (polysynth)
92	0x5B	Synth Pad	Pad 4 (choir)
93	0x5C	Synth Pad	Pad 5 (bowed)
94	0x5D	Synth Pad	Pad 6 (metallic)
95	0x5E	Synth Pad	Pad 7 (halo)
96	0x5F	Synth Pad	Pad 8 (sweep)
97	0x60	Synth Effects	FX 1 (rain)
98	0x61	Synth Effects	FX 2 (soundtrack)
99	0x62	Synth Effects	FX 3 (crystal)
100	0x63	Synth Effects	FX 4 (atmosphere)
101	0x64	Synth Effects	FX 5 (brightness)
102	0x65	Synth Effects	FX 6 (goblins)
103	0x66	Synth Effects	FX 7 (echoes)
104	0x67	Synth Effects	FX 8 (sci-fi)
105	0x68	Ethnic	Sitar
106	0x69	Ethnic	Banjo
107	0x6A	Ethnic	Shamisen
108	0x6B	Ethnic	Koto
109	0x6C	Ethnic	Kalimba
110	0x6D	Ethnic	Bag pipe
111	0x6E	Ethnic	Fiddle
112	0x6F	Ethnic	Shanai

113	0x70	Percussive	Tinkle Bell
114	0x71	Percussive	Agogo
115	0x72	Percussive	Steel Drums
116	0x73	Percussive	Woodblock
117	0x74	Percussive	Taiko Drum
118	0x75	Percussive	Melodic Tom
119	0x76	Percussive	Synth Drum
120	0x77	Percussive	Reverse Cymbal
121	0x78	Sound Effects	Guitar Fret Noise
122	0x79	Sound Effects	Breath Noise
123	0x7A	Sound Effects	Seashore
124	0x7B	Sound Effects	Bird Tweet
125	0x7C	Sound Effects	Telephone Ring
126	0x7D	Sound Effects	Helicopter
127	0x7E	Sound Effects	Applause
128	0x7F	Sound Effects	Gunshot

Rhythm

This chapter discusses rhythm.

- poetic rhythms

Poetic Rhythms

Poetic meters are a basic form of rhythm, used in almsot every popular song.

Poetic meters are marked by the use of a line (————) for accented rhythms and a “U”-like mark (⌣) for unaccented rhythms.

trochaic:



iambic:



dactylic:



anapest:



spondaic:



tribrachic:



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
- alphitomancy: test for lying using barley loaf
- anemосcopy: 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
- roadomancy: 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 (*) usually 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 usually 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 (*) usually 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 *
- selenetrope *
- 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 usually 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 (*) usually 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 usually 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 (*) usually 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 usually 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 (*) usually 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 usually 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 (*) usually 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 usually 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 (*) usually 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 usually 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‑ower* from Old

High German *fior* (source of German *vier*) from Goth *fidwor* from Indo-European *k^wetwer-*. Related to Latin *quattuor*, Greek *tēsseres*, and Attic *tētares*.

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^we*.

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.

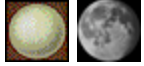
In ancient times, seven and three were considered to be the perfect or complete numbers. This is the

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.

Hindus conclude their formal marriage ceremonies with the “seven steps”. The bride and groom affirm their consent to the marriage (most marriages were traditionally arranged marriages) by taking seven steps together. The seven steps symbolize energy, vitality, success, happiness, wealth (traditionally measured by livestock), auspicious turning of the seasons, and friendship.

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.

Anemoscropy is divination by studying the winds. This ancient practice involves studying the speed, direction, and sound of the wind.

Anemoscropy 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 anemoscropy 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.

Anemoscropy 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 anemoscropy 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.

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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 Zoarastrian 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 anemосcopy involves holding a pendulum over a circle lined with runes or other symbols and observing how the wind blows the pendulum.

austromancy

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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.

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.

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 aan 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."

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chaomancy

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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.

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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

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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.

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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.

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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 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)



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.

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.

“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 immament 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

exercise

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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).

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Yoga can be an important part of any healthy exercise routine.

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.

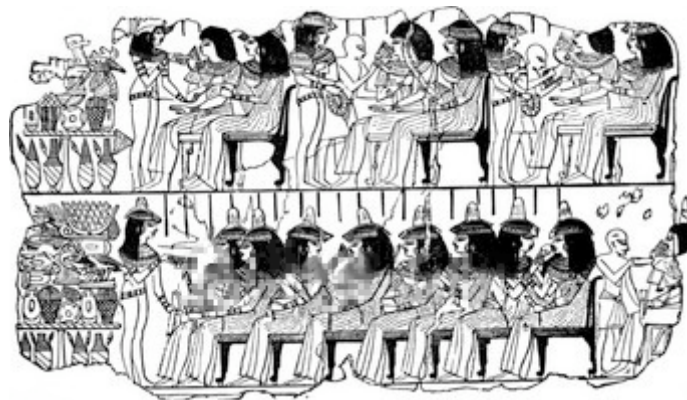
“Vegetarians may need as much as 50% more zinc than non-vegetarians because of the lower absorption of zinc from plant foods, so it is very important for vegetarians to include good sources of zinc in their diet”, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>.

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).

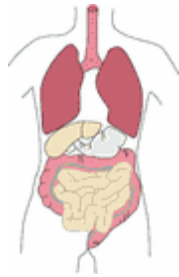
A **lacto-ovo-vegetarian** diet is one the mostly includes food from plants and excludes most foods from animals, but allows eggs, cheese, milk, and other dairy products (and often allows honey and gelatin as well).

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.

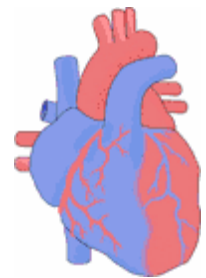


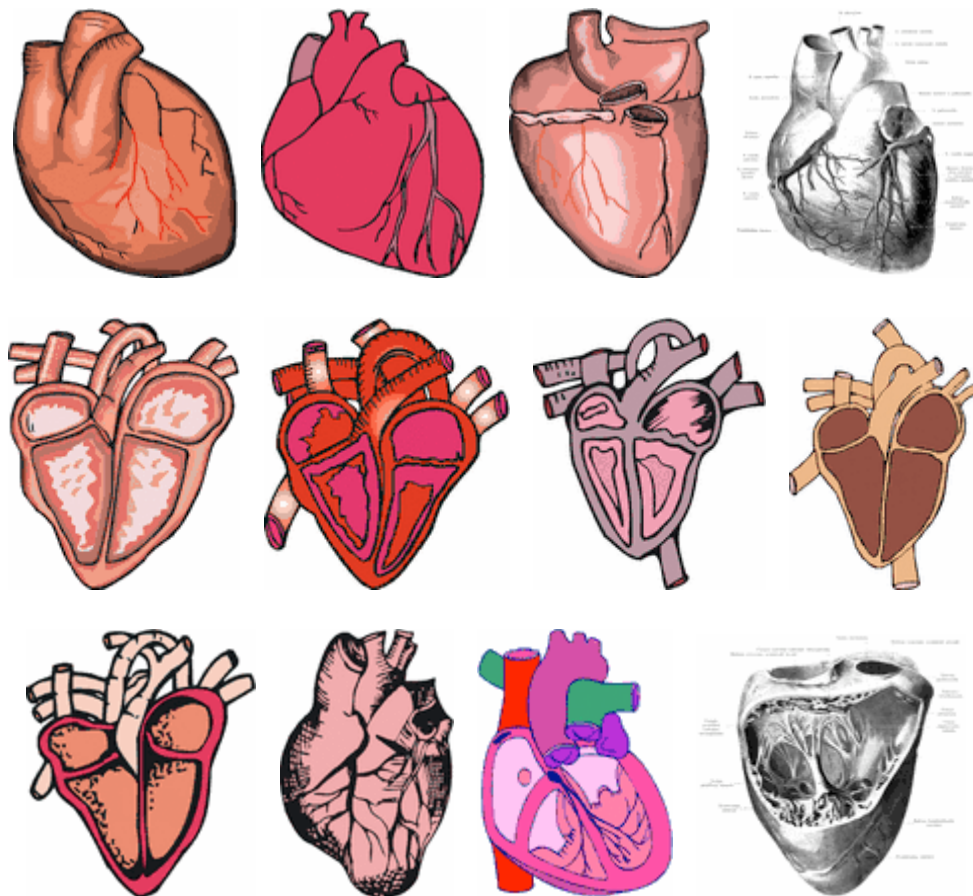
heart

The **heart** is a major organ.

foods that hurt the heart:

- alcohol
- caffeine
- eggs
- fried foods
- meat
- preserved meat
- processed foods
- refined sugar





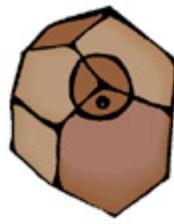
“The immune system is adversely affected by even moderate degrees of zinc deficiency”, according to the U.S. National Institutes of Health at <http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html>. “Severe deficiency depresses immune function. Zinc is required for the development and activation 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.



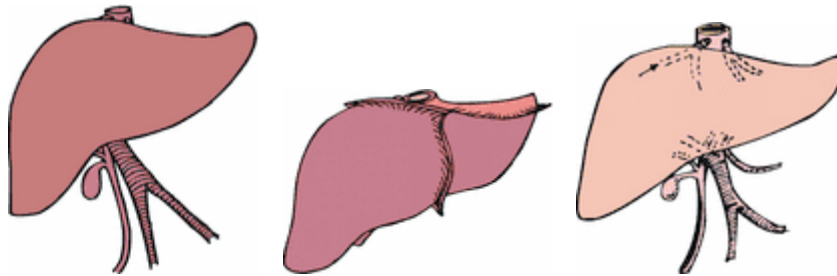


Liver Cell



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.”



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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.

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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

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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.

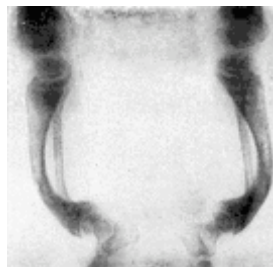


rickets

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 yaang (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: $\text{CH}_3\text{-CH}(\text{NH}_2)\text{-COOH}$

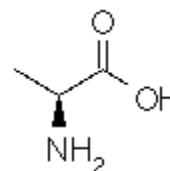
molecular formula: $\text{C}_3\text{H}_7\text{NO}_2$

molecular weight: 89.09

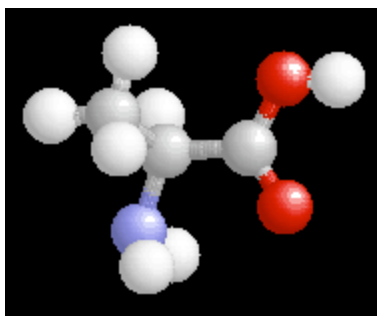
isoelectric point (pH): 6.00 (neutral)

pK_a 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.¹⁵

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

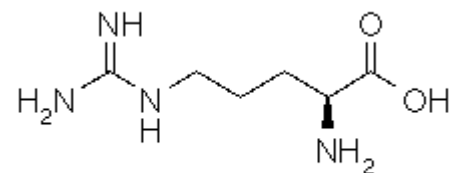
linear structure formula:

$\text{HN}=\text{C}(\text{NH}_2)\text{-NH-(CH}_2\text{)}_3\text{-CH(NH}_2\text{)-COOH}$

molecular formula: $\text{C}_6\text{H}_{14}\text{N}_4\text{O}_2$

molecular weight: 174.20

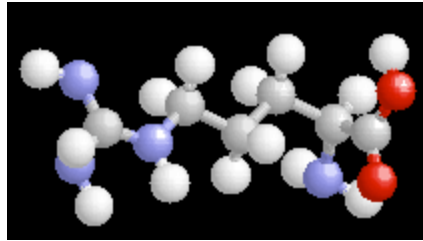
isoelectric point (pH): 11.15 (basic)



arg r Arginin

pK_a 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

“Age-Defying: Using anti-aging skincare early in life is the key to preserving youthful, radiant skin as you age. In your twenties and thirties, take steps to postpone signs of aging by selecting products that contain the powerful age defying antioxidants Vitamin C, grape seed extract, and green tea. Pentapeptides and glycolics are potent age defyers, too.” —GreatSkin

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: $\text{H}_2\text{N}-\text{CO}-\text{CH}_2-\text{CH}(\text{NH}_2)-\text{COOH}$

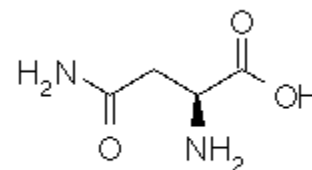
molecular formula: $\text{C}_4\text{H}_8\text{N}_2\text{O}_3$

molecular weight: 132.12

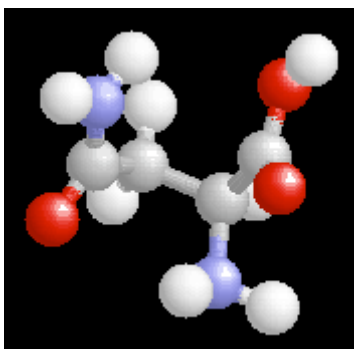
isoelectric point (pH): 5.41 (neutral)

pK_a 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: $\text{HOOC-CH}_2\text{-CH(NH}_2\text{)-COOH}$

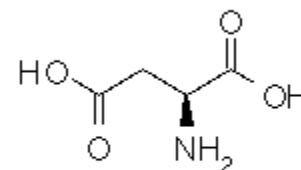
molecular formula: $\text{C}_4\text{H}_7\text{NO}_4$

molecular weight: 133.10

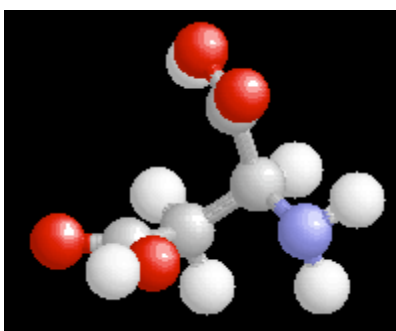
isoelectric point (pH): 2.77 (acidic)

pK_a 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

Beta carotene is a powerful antioxidant.

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.³ 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.⁴ 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.⁵

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.¹³

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-CH₂-CH(NH₂)-COOH

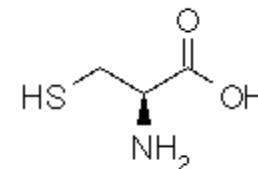
molecular formula: C₃H₇NO₂S

molecular weight: 121.15

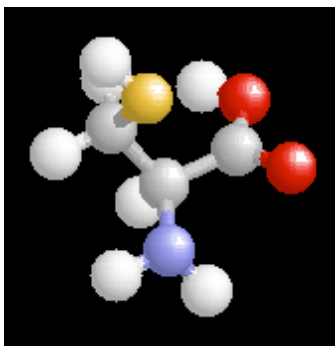
isoelectric point (pH): 5.02 (neutral)

pK_a 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.⁸ 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.⁹

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.¹⁰

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.¹¹ 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:

Folic acid is important for good cardiovascular health.

Women planning to conceive and in the early stages of pregnancy should have plenty of folic acid in their diet.

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

- orange
- 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.¹⁴ 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.¹⁵

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: $\text{HOOC}-(\text{CH}_2)_2-\text{CH}(\text{NH}_2)-\text{COOH}$

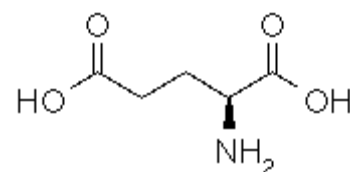
molecular formula: $\text{C}_5\text{H}_9\text{NO}_4$

molecular weight: 147.13

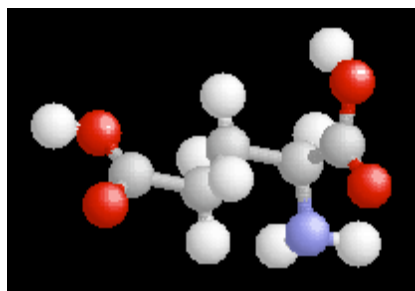
isoelectric point (pH): 3.22 (acidic)

pK_a 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: $\text{H}_2\text{N}-\text{CO}-(\text{CH}_2)_2-\text{CH}(\text{NH}_2)-\text{COOH}$

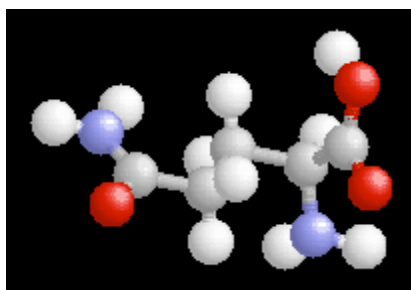
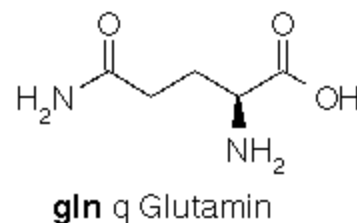
molecular formula: $\text{C}_5\text{H}_{10}\text{N}_2\text{O}_3$

molecular weight: 146.15

isoelectric point (pH): 5.65 (neutral)

pK_a 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: $\text{NH}_2\text{-CH}_2\text{-COOH}$

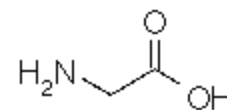
molecular formula: $\text{C}_2\text{H}_5\text{NO}_2$

molecular weight: 75.07

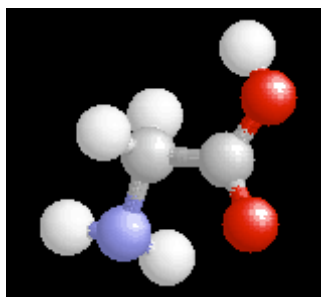
isoelectric point (pH): 5.97 (neutral)

pK_a 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: $\text{NH}-\text{CH}=\text{N}-\text{CH}=\text{C}-\text{CH}_2-\text{CH}(\text{NH}_2)-\text{COOH}$

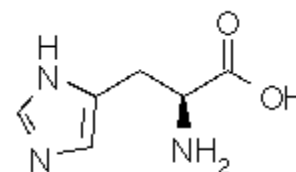
molecular formula: $\text{C}_6\text{H}_9\text{N}_3\text{O}_2$

molecular weight: 155.16

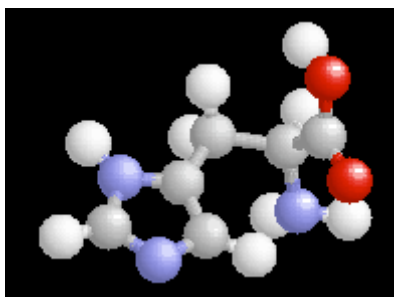
isoelectric point (pH): 7.47 (basic)

pK_a 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.”¹⁶

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.¹³

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.

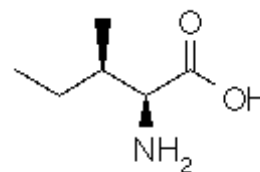
scientific information:

three letter abbreviation: ile

one letter abbreviation: i

linear structure formula: CH₃-CH₂-CH(CH₃)-CH(NH₂)-COOH

molecular formula: C₆H₁₃NO₂



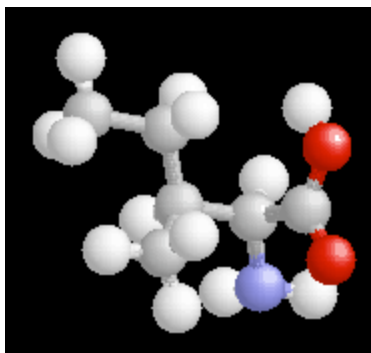
molecular weight: 131.17

ile i Isoleucin

isoelectric point (pH): 5.94 (neutral)

pK_a 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

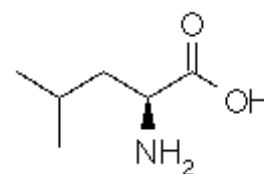
linear structure formula: $(\text{CH}_3)_2\text{-CH-CH}_2\text{-CH(NH}_2\text{)-COOH}$

molecular formula: $\text{C}_6\text{H}_{13}\text{NO}_2$

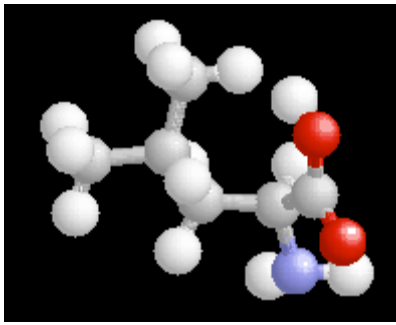
molecular weight: 131.17

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.⁶

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.¹⁸

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: $\text{H}_2\text{N}-(\text{CH}_2)_4-\text{CH}(\text{NH}_2)-\text{COOH}$

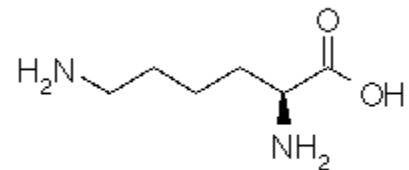
molecular formula: $\text{C}_6\text{H}_{14}\text{N}_2\text{O}_2$

molecular weight: 146.19

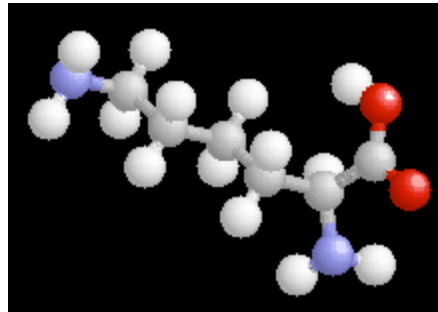
isoelectric point (pH): 9.59 (basic)

pK_a 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: $\text{CH}_3\text{-S-(CH}_2\text{)}_2\text{-CH(NH}_2\text{)-COOH}$

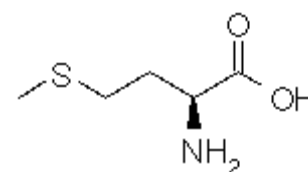
molecular formula: $\text{C}_5\text{H}_{11}\text{NO}_2\text{S}$

molecular weight: 149.21

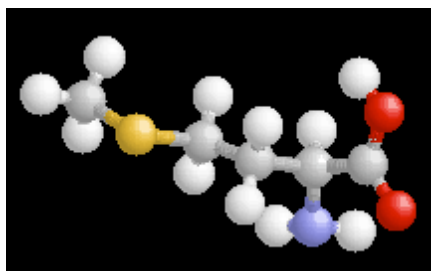
isoelectric point (pH): 5.74 (neutral)

pK_a 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.⁷

7. Hertog, M.G., et al. *Lancet*, 342: 1007-11, Oct. 23, 1993.

—courtesy of Austin Nutritional research

scientific information:

linear structure formula: HO-p-Ph-CH₂-CH(NH₂)-COOH

molecular formula: C₉H₁₁NO₃

molecular weight: 181.19

isoelectric point (pH): 5.66 (neutral)

pK_a 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: $\text{Ph-CH}_2\text{-CH(NH}_2\text{)-COOH}$

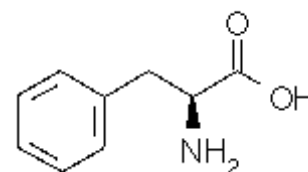
molecular formula: $\text{C}_9\text{H}_{11}\text{NO}_2$

molecular weight: 165.19

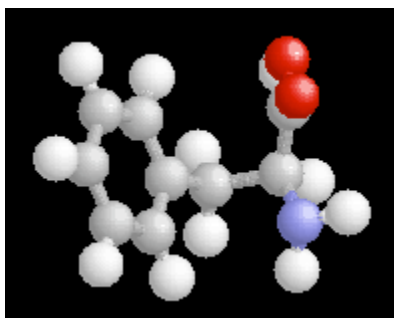
isoelectric point (pH): 5.48 (neutral)

pK_a 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.¹

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.²

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.⁶

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: $\text{NH}-(\text{CH}_2)_3-\text{CH}-\text{COOH}$

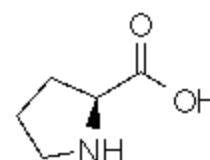
molecular formula: $\text{C}_5\text{H}_9\text{NO}_2$

molecular weight: 115.13

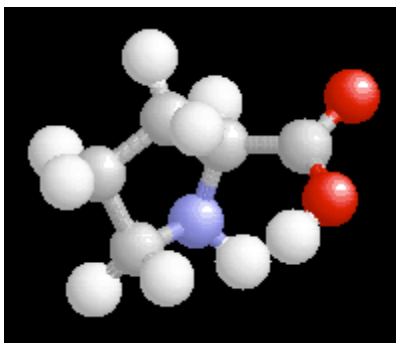
isoelectric point (pH): 6.30 (neutral)

pK_a 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-CH₂-CH(NH₂)-COOH

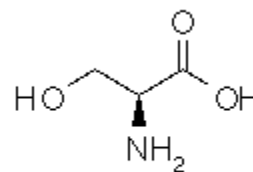
molecular formula: C₃H₇NO₃

molecular weight: 105.09

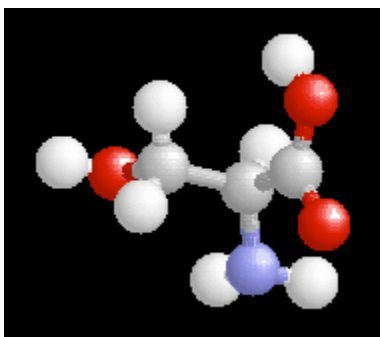
isoelectric point (pH): 5.68 (neutral)

pK_a 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

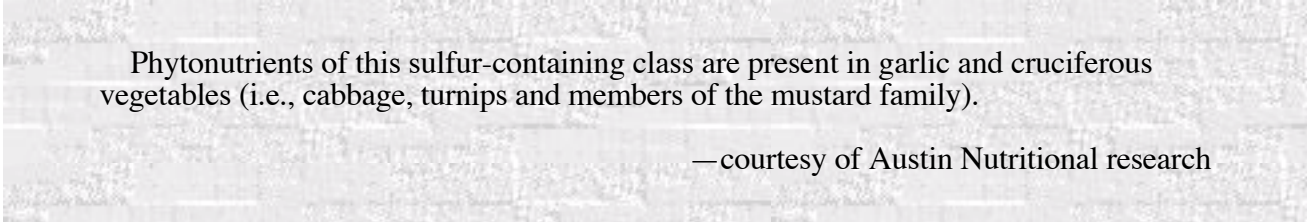
See also: vitamins

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: HS-CH₂-CH(NH₂)-COOH

molecular formula: C₃H₇NO₂S

molecular weight: 121.15

isoelectric point (pH): 5.02

pK_a 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: $\text{CH}_3\text{-CH(OH)-CH(NH}_2\text{)-COOH}$

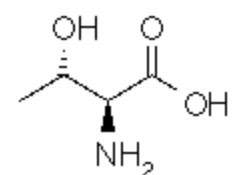
molecular formula: $\text{C}_4\text{H}_9\text{NO}_3$

molecular weight: 119.12

isoelectric point (pH): 5.64 (neutral)

pK_a values: 2.15, 9.12

CAS Registry Number 72-19-5



thr t Threonin



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.¹⁷ 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.¹⁷ 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: $\text{C}_{11}\text{H}_{12}\text{N}_2\text{O}_2$

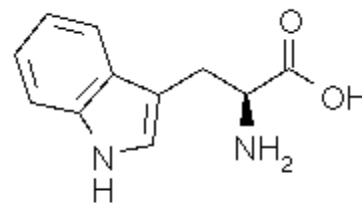
systematic name: (S)-2-Amino-3-(1H-indol-3-yl)-propanoic acid

molecular mass: $204.23 \text{ g mol}^{-1}$

molecular weight: 204.23

melting point: 289°C

isoelectric point (pH): 5.89 (neutral)

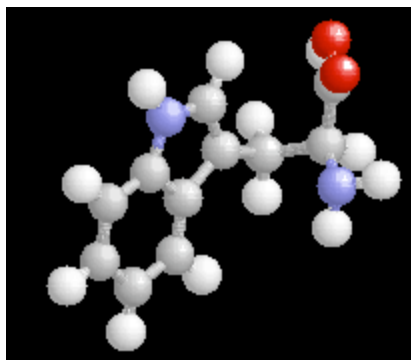


trp w Tryptophan

pK_a 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

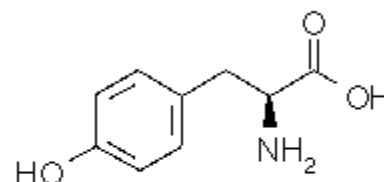
scientific information:

three letter abbreviation: tyr

one letter abbreviation: y

linear structure formula: HO-p-Ph-CH₂-CH(NH₂)-COOH

molecular formula: C₉H₁₁NO₃



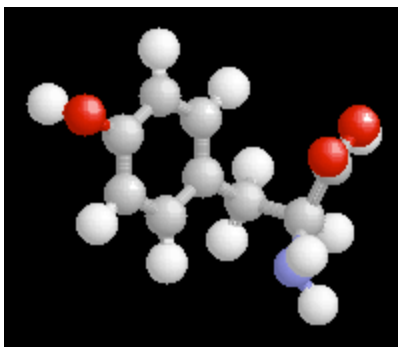
molecular weight: 181.19

isoelectric point (pH): 5.66 (neutral)

pK_a 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.¹⁸

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



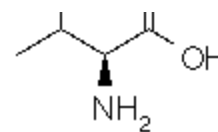
linear structure formula: $(\text{CH}_3)_2\text{CH}-\text{CH}(\text{NH}_2)-\text{COOH}$

molecular formula: $\text{C}_5\text{H}_{11}\text{NO}_2$

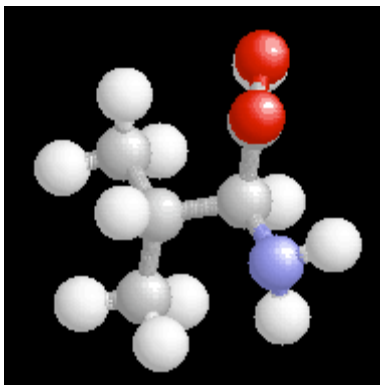
molecular weight: 117.15

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 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 is a powerful antioxidant.

vitamin A-rich foods

- alfalfa
- cod liver oil
- zucchini

external skin care:

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.

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 http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html</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 http://dietary-supplements.info.nih.gov/factsheets/cc/zinc.html			

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

temple gardens
Goddess gardens

The following is religious advice. While it is possible that a court of law might consider a temple or Goddess garden grown in a religious manner as good faith practice of your religion, you must also consider the possibility that you might be imprisoned, tortured, or executed for your religious beleifs and practices.

Your religious garden or Goddess Garden can be anything from a large elaborate garden on acres or

square miles of land to a small plot in your back yard to even a few plants in your bedroom. Size is not a measure of holiness. The spirit you put into your garden is all that matters.

Gardens were an important part of the ancient Egyptian religion, particularly in the New Kingdom.

temple gardens

Most Kemetic (ancient Egyptian) temples had gardens that could be viewed by the public. There were also temple gardens that could only be entered by the priesthood. Some temples had both public and restricted access temple gardens.

The first large scale religious gardens recorded historically were created by Sesh Per Ankh around 2200 B.C.E. (about 600 years before the Hanging Gardens of Babylon). These first temple gardens were intended to grow medicinal flowers and herbs and to demonstrate the power and glory of Pharaoh because flowers were grown by the temples in places where nature did not grow flowers. Sesh Per Ankh literally means “scribe of the House of Life” and included not just growers, but also doctors, musicians, artists, philosophers, scientists, librarians, and others. There is archaeological evidence of religious gardens predating modern humans.

The most famous of the temple gardens was on the grounds of the Great Temple at PerBastet (or Bubastis). According to Herodotus more than one quarter million worshipers gathered at the temple for festivals to the Goddess Bast (four times a year) and that the cannabis and cinnamon incense was so thick that visitors came under the influence more than a dozen miles away while still riding in boats to the temple grounds.

The largest single garden ever created, in the New Kingdom, under the rule of Ramses the Great, is estimated to have been double the size of the state of Rhode Island.

You can find similar religious gardens in most other world religions, the most famous example being the Hanging Gardens of Babylon, one of the seven wonders of the ancient world.

home gardens

Home gardens were widespread among ancient Egyptians who could afford them. One New Kingdom villa’s garden was described by the owner: “You sit in their shades and eat their fruit. Wreaths are made for you of their twigs, and you are drunken with their wines.” Models of gardens were sometimes included in tombs.

Today you find many Wiccans have small scale Goddess Gardens at their homes.

Some persons, especially in urban areas, have an indoor garden rather than an outdoor garden. Ancient Egyptians who couldn’t afford to have their own garden might have a few potted plants indoors. Some ancient Egyptian temples had both indoor and outdoor gardens.

The U.S. legal standard under the RLUIPA now states that “The term ‘religious use’ includes any exercise of religion, whether or not compelled by, or central to, a system of religious belief.” Regardless of the religion you belong to, you may want to clearly establish that your garden is required by your sincerely held religious beliefs. If you are going to risk arrest, imprisonment, torture, and possible death, you probably should believe very strongly.

There are many different reasons for growing cannabis for religious activity, such as the ancient Egyptian Ntr Senra or the modern Rasta use of ganja. This may also include a sincerely held religious belief that you are required to grow medicinal marijuana because you have been called by Jesus, the Holy Spirit, Allah, G-d, Shiva, Gaia, Bast, Sekhmet, or other deities to care for the sick and disabled (or

that you are required to grow for the sick and disabled because of karma, to obtain Moksha, or to attain Nirvana).

Religious gardens are distinguishable from commercial farms by the religious symbology employed. You may find your religious garden to feel more holy and sanctified to you if you go to the extra effort to clearly mark your garden as a religious one through the use of ancient religious beliefs and symbols.

shape of gardens

The two most common shapes for a religious garden were the circle and the rectangle.

The circle shaped garden is the oldest known religious garden and dates back to Homo Erectus, the species of humanoids preceding our own.

The rectangular (or square) garden developed with the rise of civilization in Kemet (ancient Egypt) and elsewhere around the world. Rectangular gardens were usually laid out according to the four directions (east, south, west, and north), although some were aligned to the local flow of the Nile River or other important local landmarks. Sometimes gardens were aligned to important stars or to sunrise or sunset at solstice or equinox or even to the movement of the moon.

The tradition of irregularly shaped gardens grew out of the Shinto religion in Japan, and started out of the belief that the more natural shapes created a closer connection to nature and a more aesthetic garden.

In modern Wicca you will find many different shapes for Goddess gardens, each with distinct meanings relating to the specific Lord and Lady honored by the garden.

You may want to create pathways or arrange plants in traditional religious patterns, including circles, rectangles, triangles, five-pointed stars, arrows, spirals, mandalas, or labyrinths.

You will want to pick a shape for your garden that carries a clear religious meaning for you.

You may want to place a cleared circle in the center of an outdoor garden. These cleared circles are used for dance and music to celebrate the divine, as well as for specific religious ceremonies. You may want to videotape or film religious dance and/or ritual in a garden circle.

traditional Egyptian garden

The traditional ancient Egyptian religious garden was viewed as a microcosm, or a map of the greater world or universe as a whole. Water (or blue painted lines) went down the middle of the garden the long way and were symbolic of both the Nile River and the Milky Way (below as above).

Traditionally there were rows of stone or wooden columns, which represented the palm trees lining the Nile River. These columns started out as simple rounded wooden columns topped with real or carved palm leaves. Over time these columns became more artistic and it became the custom to paint and carve holy symbols and paintings on the entire visible surfaces of the columns. Indoor gardens also had religious symbols and paintings of important mythic scenes on the interior walls.

The Temple of Diana (or Artemis or Bast) at Ephesus, one of the seven wonders of the ancient world, was famous for its rows of beautiful marble columns. The Acropolis of Athens is a scaled down copy of the Temple of Diana at Ephesus. The Greeks used single row of columns and a less expensive column style, dramatically shrunk the size, and engaged in other cost saving methods, but the basic design is the same. In antiquity, humans saw an impact on the Moon and then saw some of the rock thrown off by the impact fall into the atmosphere and land at the site of the Temple of Diana at Ephesus. They believed that the rock was a physical part of the Moon Goddess. Christians destroyed this

important site.

Ancient Egyptian religious gardens would often have an obelisk, a tall square sided pillar, usually carved with hieroglyphs, religious symbols, and religious artwork. The obelisk was normally placed outside of the garden, near the entrance. You can write on the obelisk in modern English or in ancient Egyptian hieroglyphs or Germanic runes or Celtic ogham or any other sacred writing system. The first thing that DEA agents will encounter will be your obelisk clearly indicating religious use.

statue

In the traditional ancient Egyptian religious gardens there would be a statue of the God or Goddess. This statue was typically not visible to outsiders and was often kept in a wooden or stone shrine to prevent unauthorized viewing. In Roman times the statues of the divine (especially statues of Bast and Isis) were proudly displayed on a raised platform in the center of the garden so that all could see.

Ancient Egyptian Goddesses particularly associated with the growing of cannabis include Seshat (Goddess of learning and wisdom), Bast (Goddess of cats, music, and arts), Sekhmet (Goddess of power and life), and Aset or Isis (Goddess of civilization). You can find small Bastet statues (Bast in the form of a long necked cat) at many garden supply stores. Sekhmet is a lion-headed Goddess. The Greek Goddess Artemis, the Roman Goddess Diana, and the Germanic Goddess Lucia were all believed to be the same Goddess as the ancient Egyptian Bast and statues of these other Goddesses are fairly easy to find.

Of course you can have statues from whatever religion you belong to.

garden entrance

The entrance to an ancient Egyptian garden was traditionally marked by two giant pylons (or square towers). The pylons separated the inner garden from the outer court. The outer court was often open to the public, especially on holy days, while the inner garden was reserved for the garden workers, the priesthood, and other selected individuals. You will probably want to restrict access to your religious garden to appropriate individuals, and may want to create an inner and outer section, allowing guests into the outer court.

aquatic garden

Many ancient Egyptian temples were famous for the artificial lakes in their gardens. Some of these artificial lakes could be large enough that the other side couldn't be seen because of the curvature of the earth.

A small pond (with or without fish, frogs, and other life) can be placed at one end of a stream and a small waterfall at the other.

Ancient Egyptian aquatic gardens featured a benben stone, which represented the first land that rose from the primordial seas. The Egyptian pyramids are in the shape of the traditional ancient Egyptian ben-ben.

Small pyramids appeared in non-Egyptian gardens dedicated to the Egyptian Goddesses Bast or Isis throughout the Roman Empire as well as throughout medieval Europe, and parts of Africa and Asia.

Consider carefully whether your garden will feature water or not. Aquatic gardens dramatically increase the complexity, cost, and skill level needed for a temple garden.

If you have a body of water in your religious garden, in the springtime you can float small wooden or paper boats with colored candles in honor of Aset (Isis).

religious art

You may want to paint or carve symbols on columns inside your religious garden or on walls or fences surrounding your religious garden.

Some of the symbols common in ancient Egyptian religious gardens include the ankh (symbol of life), the earth as a disk, the zodiac as a disk, the was scepter (a forked staff with a dog head), the pyramid, the crescent moon, the sun disk, the spiral, the cord of hemp rope (especially a double pair of hemp rope with three twists and a loop at the top), the kheker (points skyward), the udjat (the Eye of Horus), the obelisk, sun symbols, the five pointed star, the crook and the flail, the loop of life, the tet (knot of Isis), the shen ring, the scarab, the Sphinx, the ka (two arms uplifted), the heart, the sistrum, the tet or djed (four backbones), the feather of Ma'at (the feather of truth, a white ostrich feather), symbols of various Gods and Goddesses, and symbols of plants.

Wiccans will want to include art that mark the four directions and the corresponding four elements at the boundaries of the garden and a pair of art (such as statues) in the midst of the garden that honor the masculine and feminine divine (the Wiccan Lord and Lady). Other common Wiccan symbols include the pentagram and pentacle. Wiccans who celebrate a particular ancient culture will want to include symbols and art from that culture.

If you belong to another religion, you will want to liberally make use of the symbols of your own religion (six-pointed Star of David for Jews, four-pointed cross for Christians, crescent moon and star for Muslims, the lotus or wheel of life for Buddhists, the yin-yang symbol for Taoists, the Om symbol for Hindus, etc.).

You may also want to place paintings, illustrations, and other artwork on walls or fences to clearly indicate the religious nature of your garden. The ancient Egyptians loved colorful paintings.

stones

In addition to statues, it was common to make simple (or complex) formations with stones. Some of the stones most commonly associated with cannabis and Bast include quartz, amethyst, agate, amber, lapis, jade, marble, jasper, obsidian, volcanic glass, moonstone, turquoise, and tigereye, as well as the metals silver, gold, copper, and bronze. Gardens dedicated to Bast would typically have a small cave made of beautiful stones at the east point of the garden (and sometimes a corresponding cave on the west point).

You may want to use finely crushed white gypsum for the pathways in your temple garden. This was a practice in ancient temple gardens of Aset (Isis) and any ancient Egyptian solar deity (Ra, Aten, Bast, Sekhmet, etc.) because white gypsum glows in the daylight sun. Even at night, white gypsum will reflect whatever moon light is available.

decorative items

Some other decorative items common in Goddess gardens include: wind chimes, bells, mirrors, candle holders, incense censers, pottery, baskets, hemp rope (including knots), cornucopia, three-part key, sundial, a large iron cauldron with three legs, hearth or fireplace, small boats, sceptors, and statues of animals.

If you use grow lamps (common for indoor gardens), you will probably want to mark the lamps with

sun symbols. This can be as simple as a sun circle with lines representing rays of light or as complex as an entire scene of Isis, Bast, Sekhmet, Kherpi, Ra, and other ancient Egyptian deities on fancy sun boats. You may also consider sun images from other world religions.

plants

Outdoor gardens in ancient Egypt were typically lined with trees. The most common trees used were palm trees. Popular trees includes the sycamore (which is the shape of the ancient Egyptian hieroglyph for tree), acacia, fig, jujube, nut trees, pomegranate, tamarisk, and willows. Rare, but important, were cinnamon trees.



nehet

hieroglyph for tree

Some of the most common flowers in ancient Egyptian gardens included: bay laurel, cannabis, celosia, small yellow cchrysanthemums, cornflowers, convolvulus, daisies, henna, irises, ivy, jasmine, lychins, mandrakes, sweet marjoram, mignonettes, myrtle, narcissus, poppies, and roses.

Most temple gardens in ancient Egypt also included papyrus, lotus, and grapes. Papyrus represented Lower Egypt and lotus represented Upper Egypt.

Ancient Egypt was famous for its roses and roses were used in the rites of Aset (Isis).

Many temple gardens included plants that provided temple food for religious ceremonies. Some temples partially paid workers with onions.

Palm trees, as well as dates and cocounts, were sacred to Asar (Osiris) and Aset (Isis). The heart of palm (an edible food) was forbidden in offerings to Aset (Isis) or Asar (Osiris) because removing the heart of the palm kills the tree. Djehuti (Thoth) used the saw-toothed edge of the stem of fan palm strands to measure time and count days.

Citrus wood was often used for making ritual objects for the worship of Aset (Isis).

You may want to think about growing a few other plants along with cannabis, even if your primary concern is growing medical marijuana. Surrounding your cannabis plants with mint, basil, sage, rosemary, thyme, tansy, and/or catnip will create a more traditional Goddess garden setting and help protect your plant from insect infestations. Witches often surrounded their gardens with marjoram and hawthorne hedges to create a magick protective barrier. Plants traditionally associated with Bast include cannabis, cinnamon, catnip, hyacinth, hawthorne, lavender, lily of the valley, lotus, marjoram, morning glory, rose, and valerian. One traditional pattern for Bast is catnip in the west and marjoram in the east.

garden blessing

Traditional ancient Egyptian fertility and planting ceremonies involved naked dancing girls shaking sistrums (a combination of a three or four stringed harp and a tambourine-like rattle) to celebrate Bast, Hathor (Het Heret) or Isis (Aset). Fields were typically blessed with various liquids being poured onto the ground. One very common mixture was milk, honey, and olive oil, used in cultures throughout the Mediterranean. Chamomile tea, black tea, or green tea were common in Asia. Wine was often used to call on fertility from Bast. And of course smoking cannabis to honor the divine and bring the garden and the gardeners closer to the divine.

food

Fish was the primary food in the ancient Egyptian (Kemetic) 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

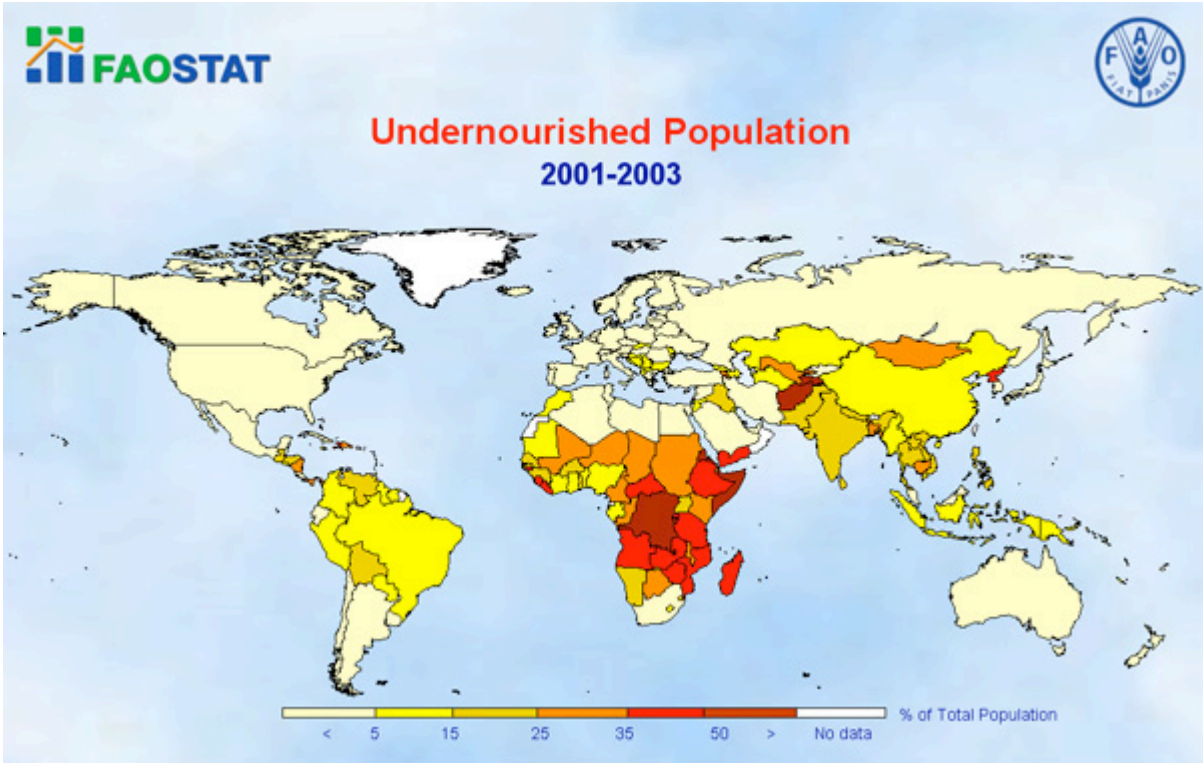
- acorn
- akudjura
- alcohol
- ale
- alfalfa sprouts
- almond
- apples
- apricots
- artichokes
- Asian pear
- asparagus
- avocado
- bamboo shoots
- bananas
- barley
- beans
- bee pollen
- bee propolis
- beef
- beer
- beets
- bell peppers
- blackberry
- black plum
- black pudding
- blueberry
- bok choy
- 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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

storage:

Storage: Eat artichokes within two days of purchase.



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. Cynara 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

storage:

Storage: Eat asparagus within two days of purchase.

**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.

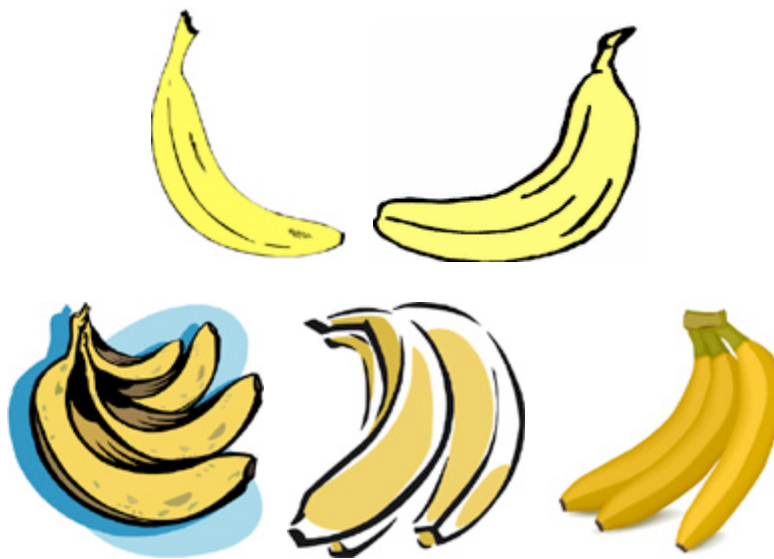
Chinese herbalism:

Chinese gender: yin (cold)

Chinese flavor: sweet

storage:

Storage: Eat bananas within two days of purchase.



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 greass 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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

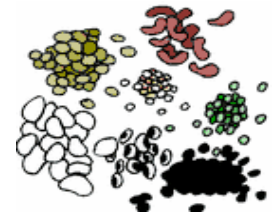
beans

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

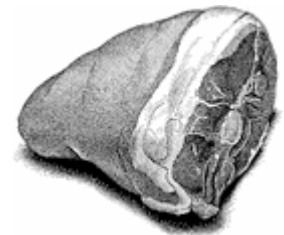
Beef is an animal product from cattle (cows and steers).

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>.

Cholesterol: Calfs' liver has 370 mg cholesterol per 100 g.

Cholesterol: Lean beef has 58 mg cholesterol per 100 g.

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

storage:

Storage: Beets can safely be stored for more than a week.



magickal correspondences and uses:

Gender: feminine (traditional western European magickal gender)

seeds:

Tall Top Early Beet



available from:



LandscapeUSA.com

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

storage:

Storage: Eat bell peppers within one week (7 days) of purchase.



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:

Gender: feminine (traditional western European magickal gender)

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.

storage:

Storage: Eat blueberries within one week (7 days) of purchase.

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



storage:

Storage: Eat broccoli within two days of purchase.

seeds:

De Cicco Broccoli



available from:



LandscapeUSA.com

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.

storage:

Storage: Eat Brussels sprouts within one week (7 days) of purchase.

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

storage:

Storage: Cabbage can safely be stored for more than a week.

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



available from:


LandscapeUSA.com

carrots

Carrots are a vegetable.

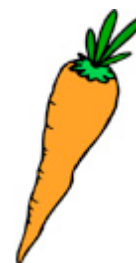
botanical information:

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

storage:

Storage: Carrots can safely be stored for more than a week.



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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.

health care uses:

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:



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

storage:

Storage: Eat cauliflower within one week (7 days) of purchase.



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)

storage:

Storage: Celery can safely be stored for more than a week.

magickal correspondences and uses:

Western element: primarily fire with strong secondary water

Magickal uses of celery: mental clarity, passion

Magickal substitutions: Rosemary usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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.

Wisconsin is the largest producer of cheese in the U.S., producing about 25% of America's cheese.

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>.

Cholesterol: Cheddar cheese has 70 mg cholesterol per 100 g.

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>.

Cholesterol: Light meat chicken has 70 mg cholesterol per 100 g.

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.

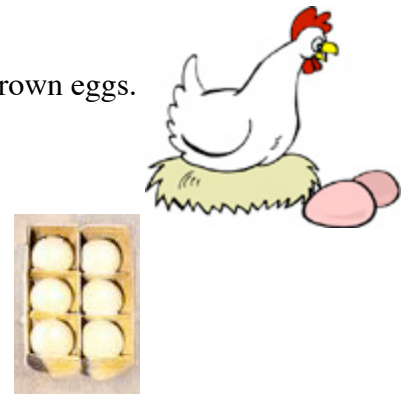
Hens with white feathers lay white eggs. Hens with red feathers lay brown eggs.

nutritional information:

Chicken eggs are a source of iodine and protein.

Cholesterol: Egg yolk has 1,200 mg cholesterol per 100 g.

Cholesterol: Whole egg has 450 mg cholesterol per 100 g.



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, Shantung 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)

storage:

Storage: Eat cucumbers within five days of purchase.

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 cocoa 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.

Hershey 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, Hershey's cocoa, Hershey's Cookies, Hershey's dessert toppings, Hershey's Extra Dark, Hershey's hot cocoa mix, Hershey's Mini Kisses Cookies, Hershey's Pot of Gold, Hershey'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, Reese'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, Whoppers 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: mais

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

storage:

Storage: Eat corn within two days of purchase.

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.

Wisconsin produces more cranberries than any other U.S. state.

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

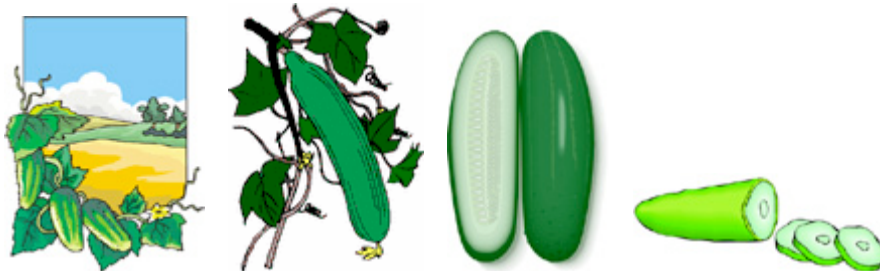


Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

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

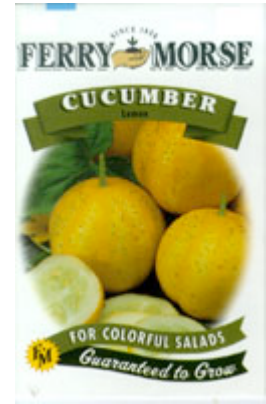


seeds:

Armenian Cucumber (left)
Lemon Cucumber (right)
available from:



LandscapeUSA.com



currant

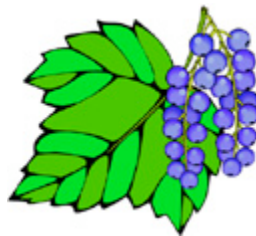
Currants are a fruit.

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.



nutritional information:

Cholesterol: Butter has 230 mg cholesterol per 100 g.

Cholesterol: Double cream has 140 mg cholesterol per 100 g.

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

storage:

Storage: Eat eggplant within five days of purchase.



egg yolks

Egg yolks are an animal product.

nutritional information:

Cholesterol: Egg yolk has 1,200 mg cholesterol per 100 g.

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**storage:****Storage:** Eat grapes within five days of purchase.

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 diluting 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)

health care uses:**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.

cooking information:

Juicing: Hot toddies (singular, hot toddy) are made with honey and lemon juice in hot water. Optionally add brandy or whiskey.

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.

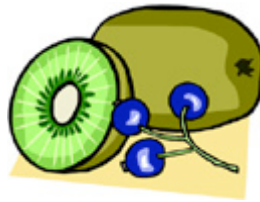
nutritional value per kiwi (1 medium kiwi of 76 grams):

- **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.

nutritional information:

Cholesterol: Lamb's brains have 2,200 mg cholesterol per 100 g.

Cholesterol: Lamb's kidneys have 2,200 mg cholesterol per 100 g.

Cholesterol: Lean lamb has 74 mg cholesterol per 100 g.

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

storage:

Storage: Eat leeks within one week (7 days) of purchase.

**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

storage:

Storage: Eat lettuce within five days of purchase.

**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>.

Cholesterol: Double cream has 140 mg cholesterol per 100 g.

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

A small, stylized decorative flourish or signature at the bottom right of the page.

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

storage:

Storage: Eat fresh mint within one week (7 days) of purchase.

magickal correspondences and uses:

Western element: air

Magickal uses: blessing, passion, prosperity, revitalization, success

Ritual uses: associated with Pluto.

Magickal substitutions: Rosemary usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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

storage:

Storage: Eat mustard greens within two days of purchase.

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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

health care uses:

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

storage:

Storage: Onions can safely be stored for more than a week.



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

storage:

Storage: Eat fresh parsley within one week (7 days) of purchase.



magickal correspondences and uses:

Magickal substitutions: Rosemary usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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](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**storage:****Storage:** Eat pineapples within five days of purchase.

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>.

Cholesterol: Pork has 110 mg cholesterol per 100 g.

Cholesterol: Lean pork has 63 mg cholesterol per 100 g.

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)

storage:

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).

Storage: Potatoes can safely be stored for more than a week.

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)



health care uses:

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

Religious: Some Jews believe that the burning bush that the Jewish God used to speak to Moses was a raspberry bush.

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

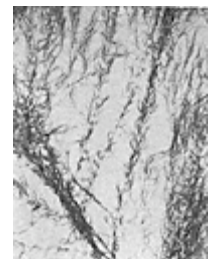
Scallion is a vegetable. Scallion is a young onion before the development of a bulb.

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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

storage:

Storage: Eat spinach within one week (7 days) of purchase.

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

storage:

Storage: Winter squash can safely be stored for more than a week.

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

storage:

Storage: Eat strawberries within two days of purchase.



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

storage:

Storage: Eat green beans within two days of purchase.

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

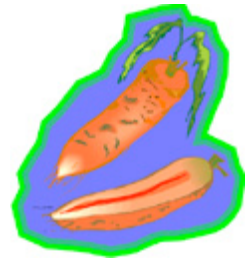
Sweet potato is a vegetable.

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.

kinds of tea

- black tea

health care uses:

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.

cooking information:

storage:

Storage: Eat tomatoes within one week (7 days) of purchase.

A **condiment** is a preparation to enhance the flavor or enjoyment of an herb, vegetable, or fruit. Tomato ketchup is a condiment.

Juicing: A small squeeze of lemon or lime juice adds zing to tomato juice.

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.

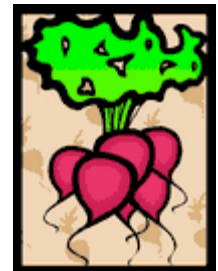
turnip

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 H₂O.

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)

storage:

Storage: Eat watercress within two days of purchase.

magickal correspondences and uses:

Magickal substitutions: Rosemary usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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.

storage:

Storage: Eat watermelon within one week (7 days) of purchase.



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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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)

storage:

Storage: Eat zucchini within five days of purchase.



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

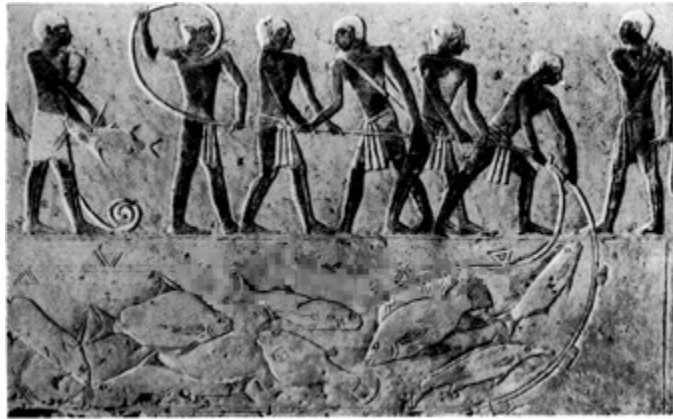
Fish is an animal product. Fish were the main diet of the ancient Egyptians.

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.

storage:

Storage: Eat mushrooms within two days of purchase.

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).

Magikal substitutions: Rosemary usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually 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

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.

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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 usually 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 perfume 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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
- be-still **toxic**
- 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 **toxic**
- blueberry **safe**
- blue flag **toxic**
- 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
- opoppnax
- 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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:

Mixed African Violet Basket



Gender: feminine (traditional western European magickal gender)

Magickal substitutions: Rosemary usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.

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).

Basket of Violets



Basket of Violets

“This lovely mix of African violets is so much like a flower garden, it’s like bringing a little oasis right inside a home.”



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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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:

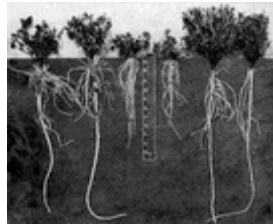
The parts of the alfalfa plant that are used are its leaves. In the Middle East, alfalfa is known as the “father of all herbs.” Alfalfa is one of the most nutritious plants on earth and its leaves are rich in calcium, magnesium, potassium, beta-carotene, vitamins A,

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.

health care uses:

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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, aromatoپرپر

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.

health care uses:

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 bittersweet

American bittersweet is a plant and an herb.

botanical information:

Botanical name: *Celastrus scandens*

Common name: American bittersweet

Use the botanical name when ordering seeds (bulbs, etc.) or when looking 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.

cautions and contraindications:

Cautions and contraindications: American bittersweet is **poisonous**.

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.

deities associated with angelica:

- Hecate (Greek Goddess)
- Hestia (angelica perfume) (Greek Goddess)
- Vesta (angelica perfume) (Roman Goddess)



health care uses:

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 Bellinger 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.

Pliney recommended anise as a breath freshener in the morning (a purpose that anise does work for). Pliney 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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)



health care uses:

Traditional medicinal uses: Anise was one of the ingredients mentioned in the Eber's Papyrus, 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. 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. **Note that not all traditional medications are effective or even 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).

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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.

storage:

Storage: Eat fresh basil within two days of purchase. You may dry basil.

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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)

health care uses:

“Oil of basil helps fight colds, coughs, cramps, fever, anxiety, and much more.”
—Essential Lotions & Oils

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.

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.

deities associated with bay:

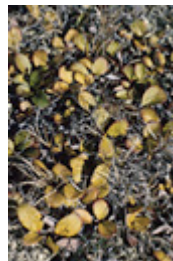
- Adonis (Greek God)
- Apollo (Greek God)
- Buddha (Buddhist)
- Eros (Greek God)
- Fides (Roman God)



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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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:

Gender: feminine (traditional western European magickal gender)

Magickal uses: Used in medieval flying ointments (symptoms of belladonna poisoning include vivid hallucinations and a sense of flying).

Magickal substitutions: Rosemary usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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. The term “bergamot” normally means orange bergamot.

- orange bergamot
- wild bergamot

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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).

be-still

Be-still is a plant and an herb.

botanical information:

Botanical name: *Thevetia peruviana* or *Thevetia nereifolia*

Common name: be-still

Use the botanical name when ordering seeds (bulbs, etc.) or when looking 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.

cautions and contraindications:

Cautions and contraindications: Be-still is **poisonous**.

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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:

Gender: feminine (traditional western European magickal gender)

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 bittersweet

European bittersweet is a plant and an herb.

botanical information:

Botanical name: *Solanum dulcamara*

Common name: European bittersweet

Use the botanical name when ordering seeds (bulbs, etc.) or when looking 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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.

magickal correspondences and uses:**Gender:** feminine (traditional western European magickal gender)

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).

bleeding heart

Bleeding heart is a plant and an herb.

botanical information:

Botanical name: *Dicentra formosa* or *Dicentra spectabilis*

Common name: bleeding heart



Use the botanical name when ordering seeds (bulbs, etc.) or when looking 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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).

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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).

bluebell

Bluebell is a plant and an herb.

botanical information:

Botanical name: *Campanula rotundifolia*

Common name: bluebell



Use the botanical name when ordering seeds (bulbs, etc.) or when looking 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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).

blue flag

Blue flag is a plant and an herb.

botanical information:

Botanical name: *Iris versicolor*

Common name: blue 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.



magickal correspondences and uses:

Gender: feminine (traditional western European magickal gender)

Magickal substitutions: Rosemary usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.

cautions and contraindications:

Cautions and contraindications: Blue flag is **poisonous**.

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).

boneset

Boneset is a plant and an herb.

botanical information:

Botanical name: *Eupatorium perfoliatum*

Common name: boneset

Use the botanical name when ordering seeds (bulbs, etc.) or when looking 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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:

Gender: masculine (traditional western European magickal gender)

Magickal substitutions: Rosemary usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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:

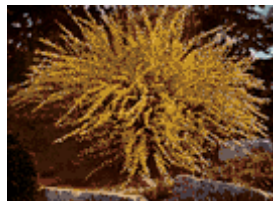
Gender: masculine (traditional western European magickal gender)

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.



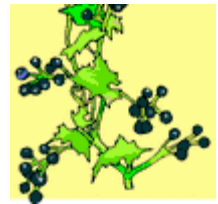
Some herbs may be poisonous under some conditions. Exercise appropriate care.

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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)

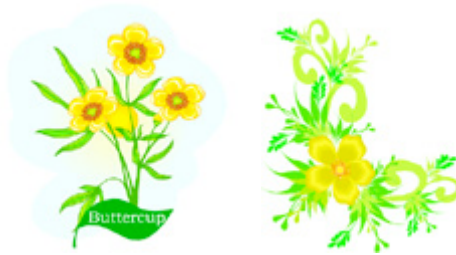
Western element: fire

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 punctala*

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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).

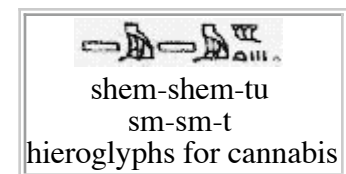
botanical information:

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.

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.

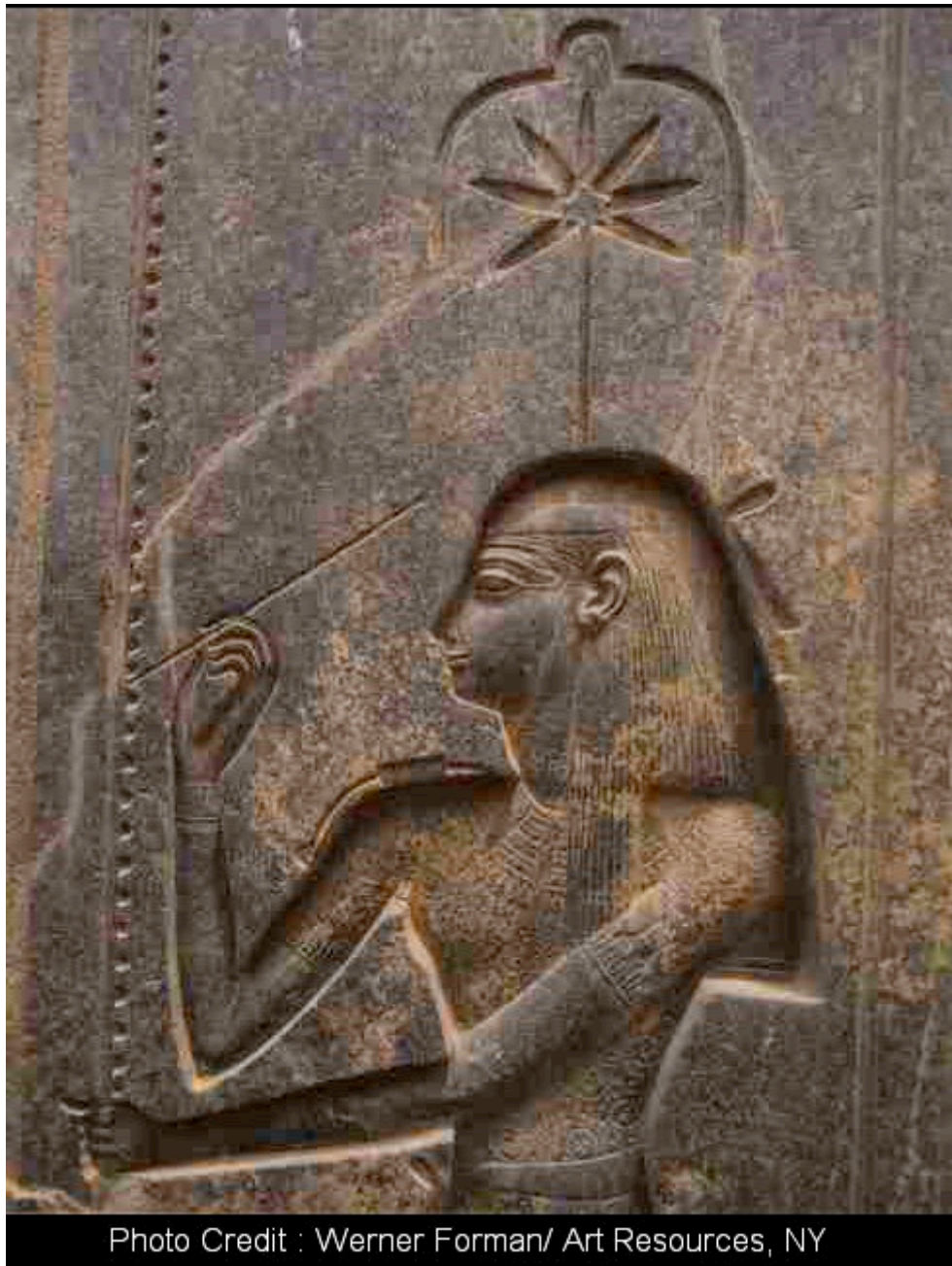


Photo Credit : Werner Forman/ Art Resources, NY

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)

health care uses:

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.

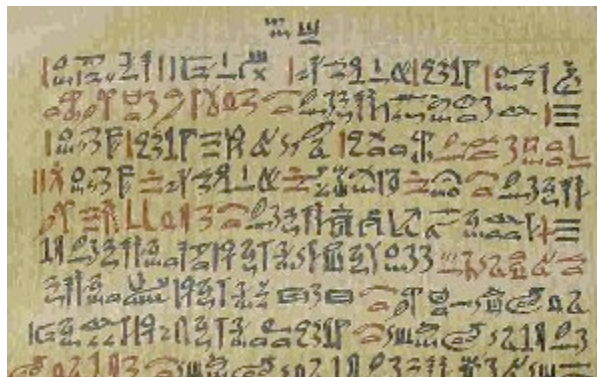
Pipe: Smoked in pipe, water pipe, or hookah.

Vaporizer: Vaporizers turn cannabis into a fine mist.

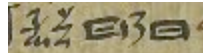
medicinal uses:

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.

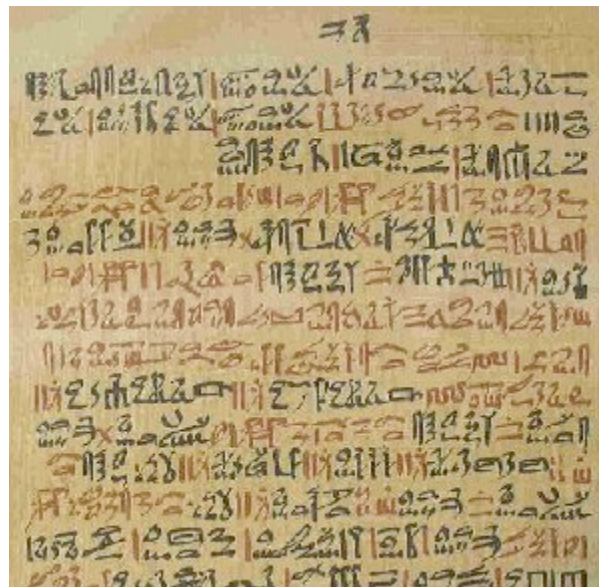


section of Eber's Papyrus, Formula No. 821
Location Plate #96, Lines 7-8

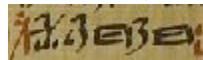


text in Demotic script (the people's script)

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.”

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.

health care uses:

Traditional medicinal uses: Caraway was one of the ingredients mentioned in the Eber's Papyrus. 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. **Note that not all traditional medications are effective or even safe.**

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.

health care uses:

Traditional medicinal uses: Cardamom was one of the ingredients mentioned in the Eber's Papyrus. 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. **Note that not all traditional medications are effective or even safe.**

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.



health care uses:

Traditional medicinal uses: Cassia 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.). *Note that not all traditional medications are effective or even 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).

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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: camomile, 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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, know, corn surry, and knotgrass) were eaten in mesolithic and neolithic British Isles prior to agriculture.

magickal correspondences and uses:

Magickal substitutions: Rosemary usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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

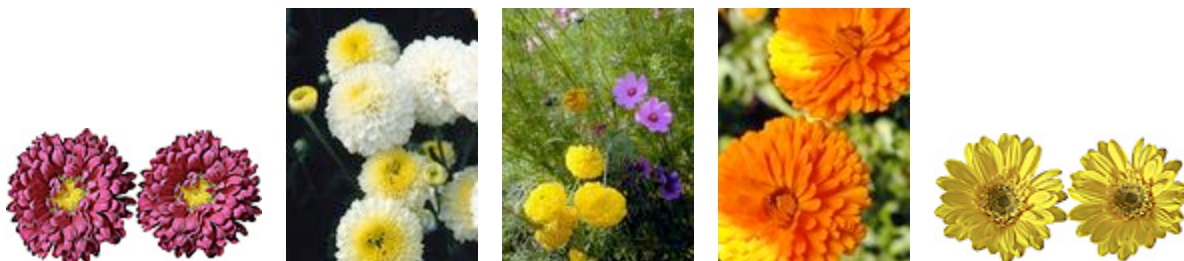
Solar spells: See the article on the Sun for a list of herbal substitutes for chrysanthemum in solar spells involving protection.



Magickal substitutions: Rosemary usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.

health care uses:

Traditional medicinal uses: Coriander was one of the ingredients mentioned in the Eber's Papyrus. 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. 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.). **Note that not all traditional medications are effective or even safe.**

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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: *Platanus 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells

and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells



and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 odoratissimus*

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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: *Vibumum 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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.).

storage:

Storage: Eat fresh dill within two days of purchase. You may dry dill.

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.



health care uses:

Traditional medicinal uses: 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.). **Note that not all traditional medications are effective or even safe.**

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 origanoides*

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 *Draceaena* 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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



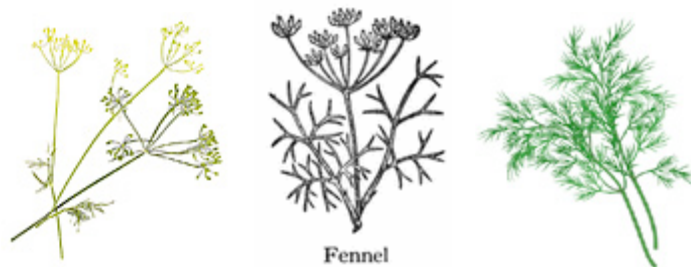
habits, communication, divination, eloquence, intelligence, mental powers, psychic powers, self-improvement, study, travel, and wisdom). Be careful about substitutions for preparations that will be ingested or come in contact with the skin. These substitutions do *not* apply to medical uses. See the 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.

deities associated with fennel:

- Prometheus (Greek God)



health care uses:

Traditional medicinal uses: Fennel was one of the ingredients mentioned in the Eber's Papyrus. 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. **Note that not all traditional medications are effective or even safe.**

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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).

fragrant bedstraw

Fragrant bedstraw is a plant and an herb.

botanical information:

Botanical name: *Galium triflorum* or *Galium verum*

Common name: fragrant bedstraw

Use the botanical name when ordering seeds (bulbs, etc.) or when looking 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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

storage:

Storage: Garlic can safely be stored for more than a week.

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.

deities associated with garlic:

- Hecate (Greek Goddess)
- Mars (Roman God)



health care uses:

Traditional medicinal uses: Garlic was one of the ingredients mentioned in the Eber's Papyrus. 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. 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.). **Note that not all traditional medications are effective or even 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).

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.



wild ginger

health care uses:

External skin care: Ginger has been traditionally used in Asia for skin care because its ability to increase energy and warm the body.

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.

health care uses:

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 perfume for sundays.

Magickal substitutions: Rosemary usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells

and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.

health care uses:



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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells

and rituals. Roses usually 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).



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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 dilluting 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.

health care uses:

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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).

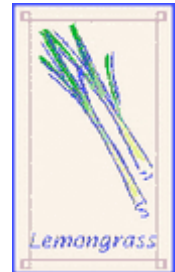
lemongrass

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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).



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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.

health care uses:



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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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: althaea, 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.

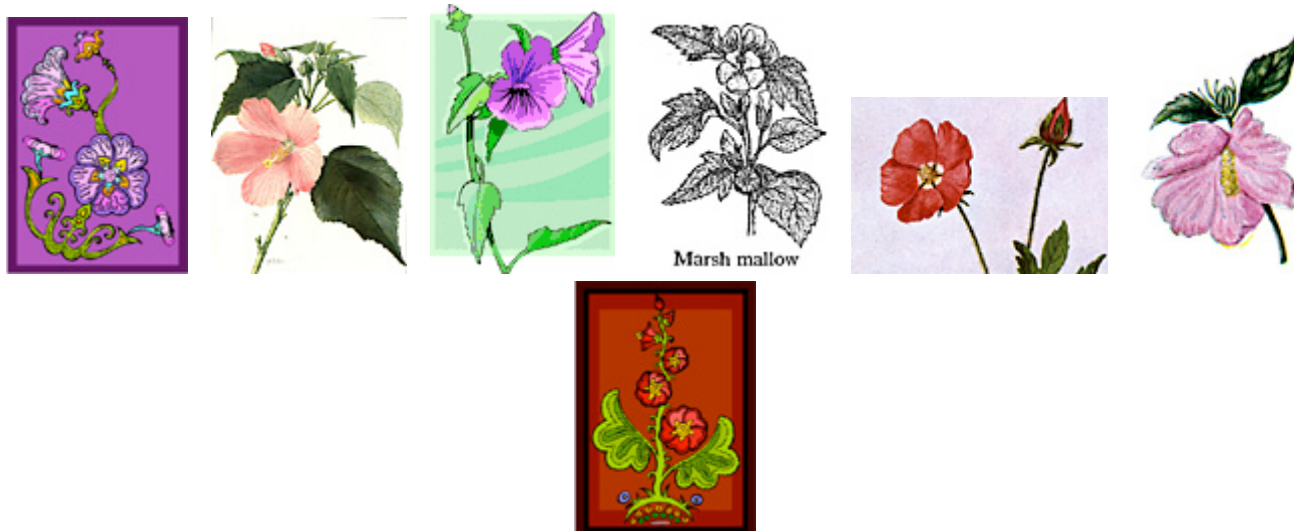
health care uses:

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: Althaea 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.

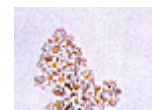
cautions and contraindications:

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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:**

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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

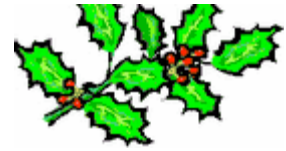


European mistletoe is a plant and an herb.

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.

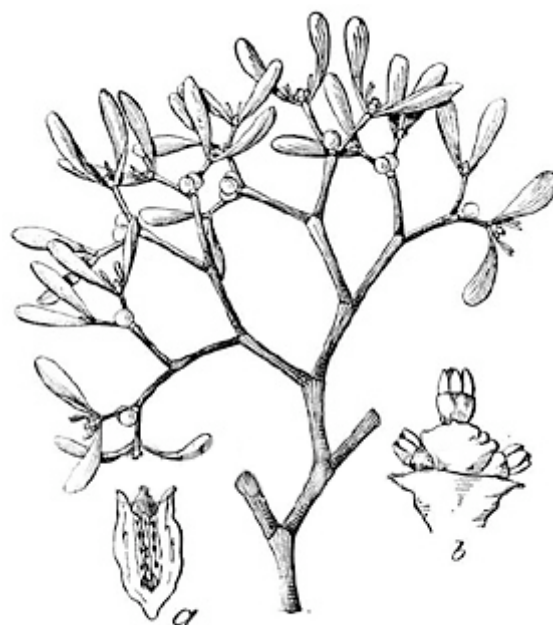


Magickal substitutions: Rosemary usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.



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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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).

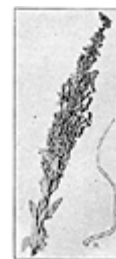
mugwort

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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: *Verbescina 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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

storage:

Storage: Eat mustard greens within two days of purchase.

magickal correspondences and uses:

Magickal substitutions: Rosemary usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.

health care uses:

Traditional medicinal uses: Mustard was one of the ingredients mentioned in the Eber's Papyrus. 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. **Note that not all traditional medications are effective or even 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).



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 pefume 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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: *Narrcissus fazetta*

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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).

orange bergamot mint

Orange bergamot mint is a plant and an herb. Normally the term “bergamot” refers to orange bergamot.



botanical information:

Botanical name: *Mentha citrata*

Common name: bergamot, bergamot mint, orange bergamot



Use the botanical name when ordering seeds (bulbs, etc.) or when looking 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:

Gender: masculine (traditional western European magickal gender)

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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).

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.

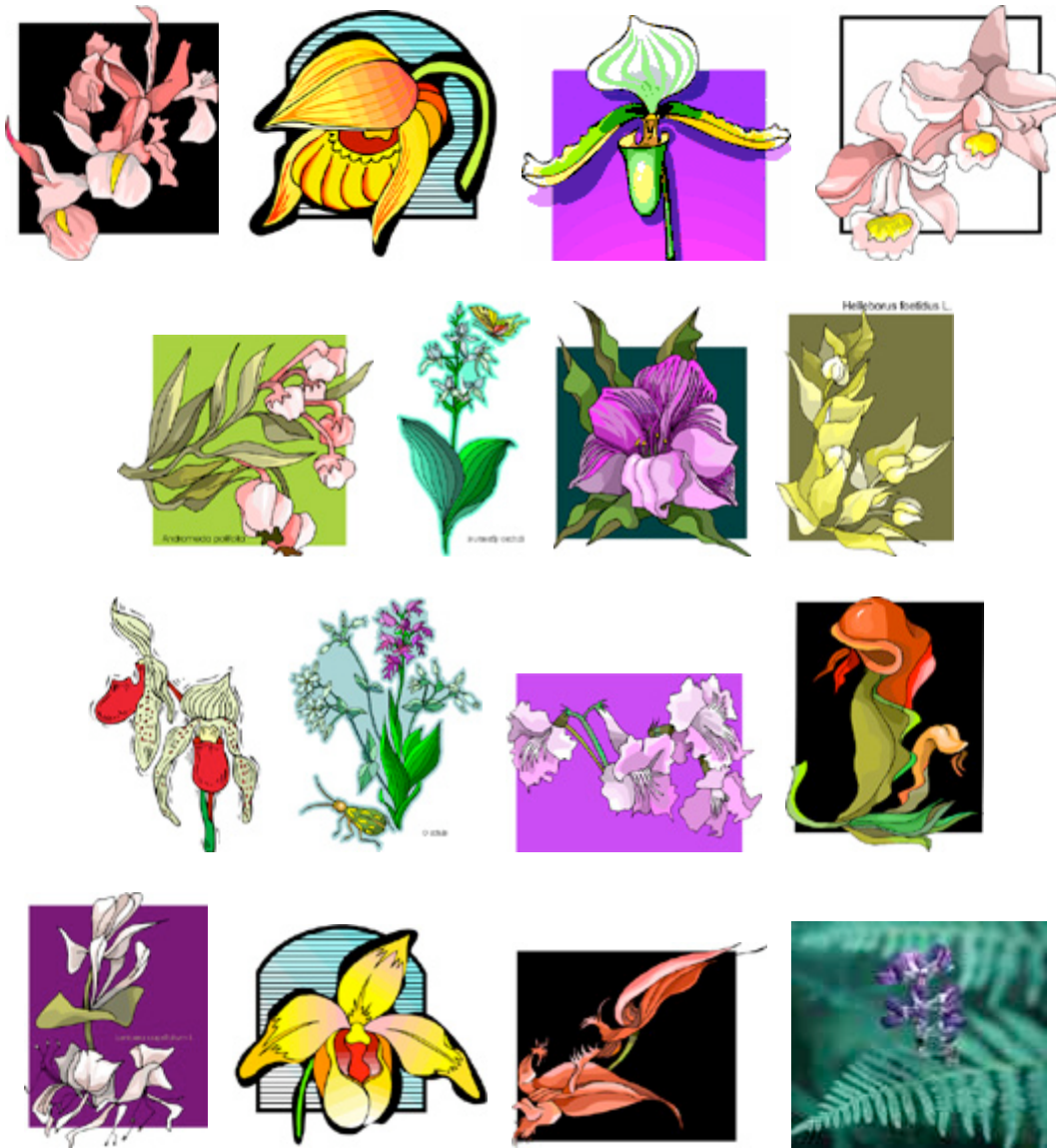


Magickal substitutions: Rosemary usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.



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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 pefume 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.

health care uses:



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).

Traditional medicinal uses: Poppy was one of the ingredients mentioned in the Eber's Papyrus. 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. 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.). **Note that not all traditional medications are effective or even safe.**

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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.

rooibos

Rooibos is a plant and an herb. Also called South African red tea, is a member of the legume family.

botanical information:

Botanical name: *Aspalathus linearis* spp.

Common name: rooibos, South African red tea

Afrikaans name: rooibos is Afrikaans for red bush

Use the botanical name when ordering seeds (bulbs, etc.) or when looking 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: Rooibos only grows in a small area in the Cederberg region of the Western Cape province of South Africa.

magickal correspondences and uses:

Magickal substitutions: Rosemary usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.

**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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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).

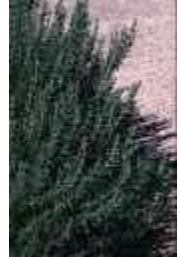
rosemary

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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



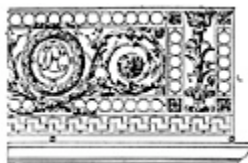
Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

magickal correspondences and uses:

Magickal substitutions: Rosemary usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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).



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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.

health care uses:

Traditional medicinal uses: Saffron was one of the ingredients mentioned in the Eber's Papyrus. 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. 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.). *Note that not all traditional medications are effective or even 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).

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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.

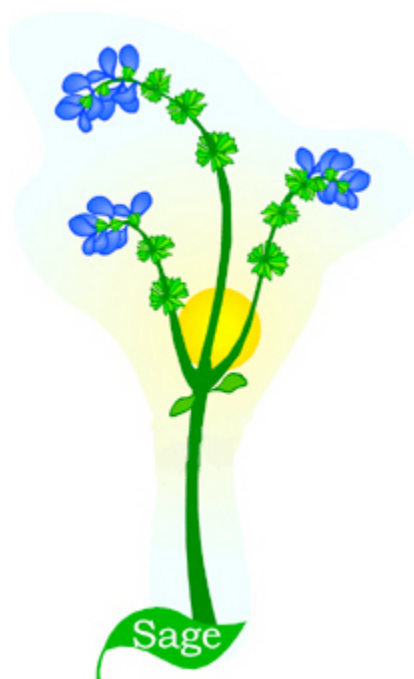
Jupiter spells: Sage (as an herb) may be used in as an ingredient or substitute for magick spells and formulas related to Jupiter matters (growth, legal matters, luck, meditation, money, prosperity, settling legal matters, and spirituality). Be careful about substitutions for preparations that will be 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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).



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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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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*

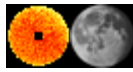
Common name: sandalwood



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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.

health care uses:

Traditional medicinal uses: Sesame was one of the ingredients mentioned in the Eber's Papyrus. 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. 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.). **Note that not all traditional medications are effective or even 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).

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.

Ritual uses: associated with Pluto.

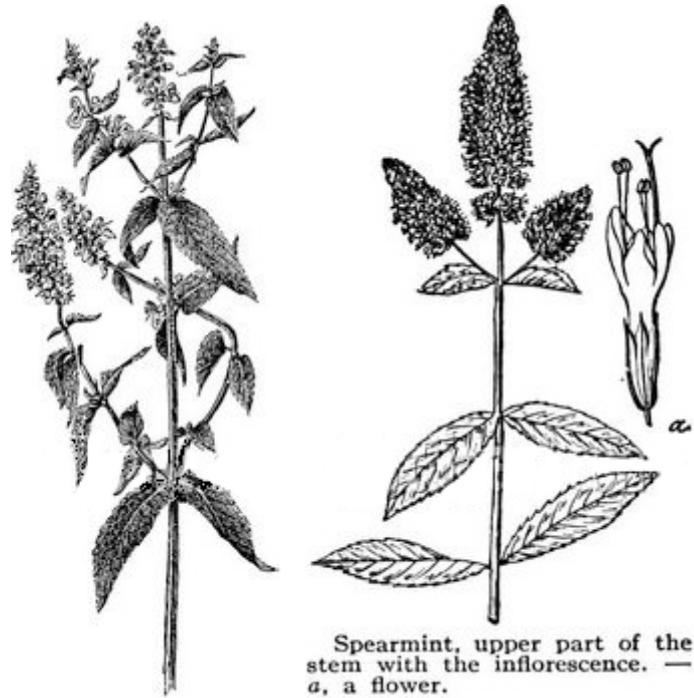
deities associated with spearmint:

- 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 pefume for thursdays.

Magickal substitutions: Rosemary usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.

health care uses:

Traditional medicinal uses: Thyme was one of the ingredients mentioned in the Eber's Papyrus. 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. 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.). **Note that not all traditional medications are effective or even 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).



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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.

tobacco may be substituted for any of the following poisonous herbs:

aconite

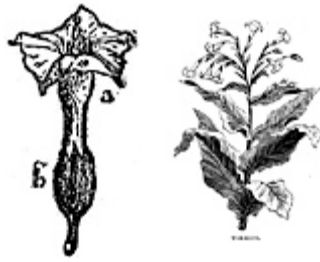
cautions and contraindications:

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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).

wild bergamot mint

Wild bergamot mint is a plant and an herb. Normally the term “bergamot” refers to orange bergamot.

botanical information:

Botanical name: *Mentha fistulosa*

Common name: bergamot, bergamot mint, wild bergamot

Use the botanical name when ordering seeds (bulbs, etc.) or when looking 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.

magickal correspondences and uses:

Gender: feminine (traditional western European magickal gender)

Magickal substitutions: Rosemary usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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:

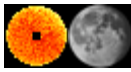
Botanical name: *Aquilaria agallocha*

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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:

Gender: masculine (traditional western European magickal gender)

Magickal substitutions: Rosemary usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells

and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 Lebanon (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



nehet
hieroglyph for tree

- 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
- 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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.

The large quantity of pectin in apples makes them an excellent source of dietary fibre.

Chinese herbalism:

Chinese gender: yin (cool)

Chinese flavor: sweet and slightly sour

storage:

Storage: Apples can safely be stored for more than a week.

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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.

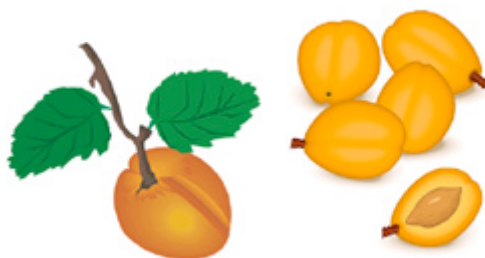
Chinese herbalism:

Chinese gender: yin (cool)

Chinese flavor: sweet and slightly sour

storage:

Storage: Eat apricots within one week (7 days) of purchase.



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

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:

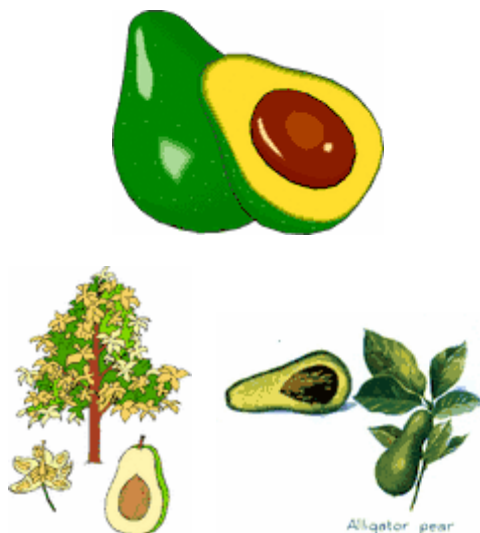
Avocados are a source of copper.

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

storage:

Storage: Eat avocados within two days of purchase.



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.



beech tree

Beech is a tree.

botanical information:

Botanical name: *Fagus sylvatica*

Common name: beech

Use the botanical name when ordering seeds (bulbs, etc.) or when looking 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 uses: Carve your wishes into a stick of beech and then bury the stick in the ground. If your wish was meant to be, it will come true.

Magickal substitutions: Rosemary usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.

Beech
(Fagus Sylvatica)



Leaves and Fruit
of English
Beech.



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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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

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:

Gender: feminine (traditional western European magickal gender)

Magickal uses: used to invoke Venus for love and beauty spells.

Magickal substitutions: Rosemary usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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

bodhi tree

Bodhi is a tree.



botanical information:**Botanical name:** *Ficus religiosa***Common name:** bodhi, bodhi tree

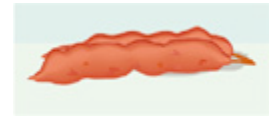
Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

magickal correspondences and uses:**Gender:** masculine (traditional western European magickal gender)

Magickal substitutions: Rosemary usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.

carob tree

Carob is a tree.

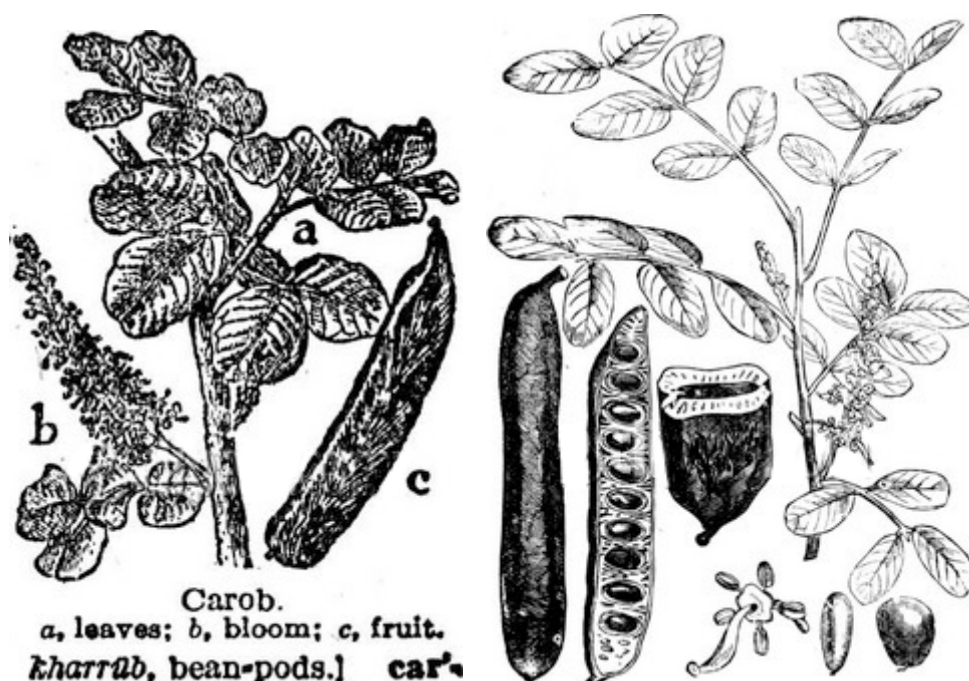
**botanical information:****Botanical name:** *Jacaranda procera*, *Prosopis dulcis*, and *Ceratonia siliqua***Common name:** carob

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.



Cedar

Threatened species: The East African pencil cedar tree, *Juniperus procera*, found in 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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

storage:

Storage: Eat cherries within two days of purchase.

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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.

health care uses:

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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.

Eucalyptus Globe-Shaped
(*Eucalyptus Pilularis*)



Eucalyptus Twig-Like
(*Eucalyptus Viminalis*)

**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.

Grapefruit juice might be helpful in lowering cholesterol.

Chinese herbalism:

Chinese gender: yin (cool)

Chinese flavor: sweet

Chinese flavor: slightly sour



cooking information:

storage:

Storage: Eat grapefruit within one week (7 days) of purchase.

Juicing: Grapefruit juice ranges in flavor from bitter-sour to sour-sweet. Grapefruit juice can help add a mildly sour balance to sweeter juices, such as mango. Pink grapefruits produce sweeter juice than ordinary yellow grapefruits.

cautions and contraindications:

Cautions and contraindications: Grapefruit can clash with some medications, such as calcium-channel blockers and some chemotherapies.

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.

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.

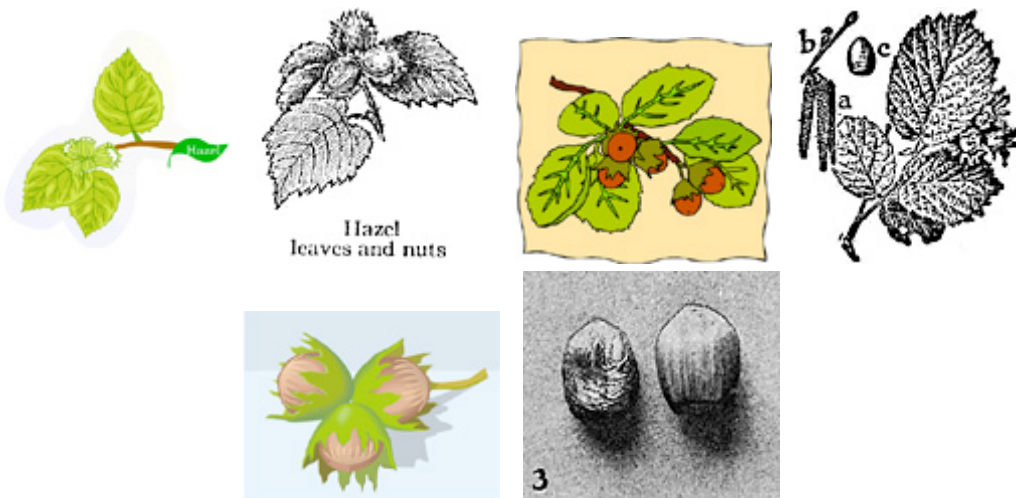
deities associated with hazel:

- 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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*)



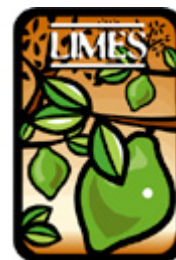
key lime tree

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:

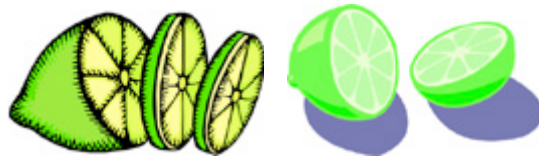
Limonoids are a terpene subclass found in citrus peels. Studies suggest that limonoids help clean and protect the lungs.

cooking information:

storage:

Storage: Eat limes within five days of purchase.

Juicing: Limes have a sour-bitter taste, so only add small amounts to other beverages. Limes are particularly good with tomato juice or for making limeade.



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

cooking information:

storage:

Storage: Eat lemons within one week (7 days) of purchase.

Juicing: Lemons have a sour-bitter taste, so only add small amounts to other beverages. Lemons are particularly good with tomato juice or for making lemonade. Lemon is also very good as part of a hot toddy (honey and lemon juice with hot water and optionally brandy or whiskey).



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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.

deities associated with lemon:

- Jambhala (Buddhist God)

health care uses:

Lemons have antiseptic and antibacterial properties. Lemons are traditionally used to help the liver and kidneys. As an alkaline fruit, lemons can help calm digestive acid.

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 europaca*.

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.

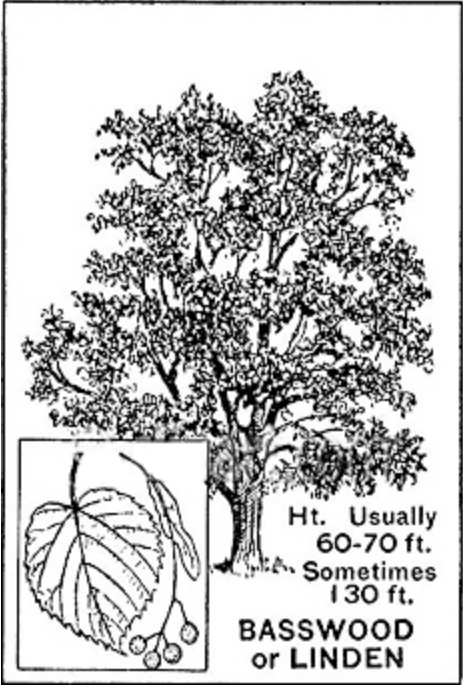
**cautions and contraindications:**

Cautions and contraindications: Linden (*Tilia europaca*) 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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.

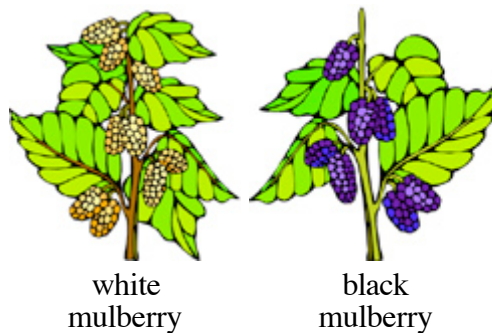
- American Mulberry *Morus rubra* L.
- Black Mulberry *Morus nigra* L.
- Common Mulberry *Morus alba* L.
- Red Mulberry *Morus rubra* L.
- White Mulberry *Morus alba* L.

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually may safely be substituted for any flower.



deities associated with olive:

- Aphrodite (Greek Goddess)
- Athena (Greek Goddess)

health care uses:

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.

Oranges are high in folic acid. Folic acid helps the cardiovascular system.

Chinese herbalism:

Chinese gender: yin (cool)

Chinese flavor: slightly sweet

cooking information:

storage:

Storage: Eat oranges within one week (7 days) of purchase.

Juicing: Orange is an excellent base juice for other juices, particularly carrot. Use sweet eating oranges. Seville (Temple) oranges are too bitter for juicing. Blood oranges are sweeter than regular oranges and turn your juice red.

astrological correspondences:

Astrological planet: Sun



magickal correspondences and uses:

Perfumes: Orange blossom perfume corresponds with sunday and is a good perfume 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)

health care uses:

Large amounts of orange juice can help the body fight off the adverse effects of flus and colds.

cautions and contraindications:

Cautions and contraindications: Orange is believed to be **safe**.

palm tree

Palm is a tree. A variety of palms line the Nile River.

botanical information:

Botanical name: hundreds of varieties

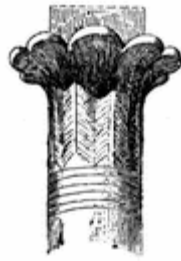
Common name: palm

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).



health care uses:

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.

Even though Georgia (U.S.) is called the “peach state”, California and South Carolina produce more peaches.

Chinese herbalism:

Chinese gender: yin (cool)

Chinese flavor: slightly sweet

storage:

Storage: Eat peaches within one week (7 days) of purchase.

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

storage:

Storage: Eat pears within one week (7 days) of purchase.

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:

Pine needles have up to eight (8) times as much vitamin C as oranges.

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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

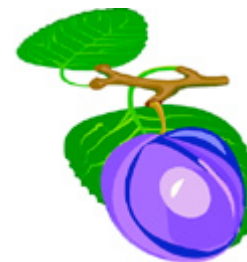
Plum is a fruit from the plum tree.

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

storage:

Storage: Eat plums within one week (7 days) of purchase.

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

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 mediciations. 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:

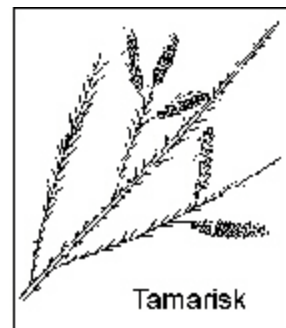
Botanical name: *Tamarix* spp.

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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 usually may be safely substituted for any herb in magick spells and rituals. Roses usually 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 dealbata* mimosa
- *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
- *Alpinia 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
- *Apotaxis lappa* costus
- *Aquilaria barbadensis* aloe vera
- *Aquilaria vera* aloe vera
- *Anthemis nobilis* chamomile
- *Arachis hypogaea* peanut
- *Arbutus unedo* 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
- *Campanula rotundifolia* bluebell
- *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
- *Celastrus scandens* American bittersweet
- *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
 - *Dicentra formosa* bleeding heart
 - *Dicentra spectabilis* bleeding heart
 - *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 centaury* centaury
 - *Erythronium americanum* adder's tongue
 - *Eucalyptus* spp. eucalyptus
 - *Eugenia carophyllus* clove
 - *Eupatorium perfoliatum* boneset
 - *Euphorbia* spp. euphorbium
 - *Euphrasia officinalis* eyebright
- **F**
 - *Fagopyrum esculentum* buckwheat
 - *Fagus sylvatica* beech
 - *Ferula* spp. ammoniac gum
 - *Ferula asafoetida* asafoetida
 - *Ficus benghalensis* banyan
 - *Ficus carica* fig
 - *Ficus religiosa* bodhi
 - *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
 - *Galium triflorum* fragrant bedstraw
 - *Galium verum* fragrant bedstraw
 - *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
 - *Iris versicolor* blue flag
- **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 odoratissimum* 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* orange bergamot
 - *Mimulus moschatus* mimulus
 - *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 dulcamara* European bittersweet
- *Solanum melongena* eggplant
- *Solanum nigrum* black nightshade
- *Solanum tuberosum* potato
- *Sorbus acuparia* rowan
- *Spinacia oleracea* spinach
- *Spiraea filipendula* meadowsweet
- *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
 - *Thalictrum* spp. meadow rue
 - *Thea sinensis* black tea
 - *Theobroma cacao* cacao (chocolate or cocoa)
 - *Thevetia nereifolia* be-still
 - *Thevetia peruviana* be-still
 - *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
 - *Viscum album* European mistletoe
 - *Vitis vinifera* grape
 - *Volvariella* spp. mushroom

- **W**
 - *Vaccinium macrocarpon* cranberry
- **Z**
 - *Zangiber officinale* ginger
 - *Zea mays* corn
 - *Ziziphus jujuba* jujube
 - *Zizania aquatica* wild rice

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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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