

# LESSON XI

## HERBS, OILS, AND INCENSE

No treatise on the subject of Witchcraft would be complete without a section on the subject of herbs. The image of the Witch as **HERBALIST** is deeply ingrained in our culture and in the Wiccan religion.

In former times knowledge of herbs was very important. For most people herbs were the principle form of medicine. Skillful use of herbs for flavoring or for scent made a hard life sweeter. And the metaphysical properties of herbs were used to promote and draw the things one desired into one's life.

From ancient times it has been believed that certain plants have specific metaphysical qualities. By using the principle of **SYMPATHETIC MAGIC** -the idea that like attracts like- people would use the plants to promote the development of these same qualities in their lives.

Though the term "herb" specifically refers to only certain plants in modern usage, for the purposes of this lesson we shall use the term to refer to any plant which is used in sympathetic magical practices.

Herbs can be used in many different ways, but always for the same purpose -the idea is to impart the qualities of the herb to a person or object in order to affect or change it. Sometimes this is done externally through such media as oils or incense, or through the use of the whole plant in the form of a sachet, bouquet, or wreath. Sometimes this is effected internally by consuming the herb, as a tea for example -though one should never consume an herb unless one is absolutely certain that it is safe.

The simplest way to make use of herbs is to use the fresh plant in a room or on one's person. The quality of the plant will affect the vibration of who or whatever is around it. An example of this practice is the use of flowers at weddings. Though people are less conscious of it than they were a generation or two ago, the kinds of flowers commonly favored for weddings have specific metaphysical purposes -Roses for example, which have always symbolized both romantic and Divine love, or Orange blossoms symbolizing emotional openness and harmony. The use of these flowers effects the vibration of the energy of the event, coloring it with these qualities. Certain kinds of flowers are traditionally favored for funerals for the same reason. This is also the reason behind the use of foliate wreaths to symbolize certain offices, such as the Champion's crown of Bay Laurel, or the Emperor's circlet of Oak leaves.

The most common way to use herbs however, is in various preserved forms. People learned to preserve herbs because the fresh plants were not available all year round. In time people learned that

preserving herbs not only made them available off-season, but also in many cases intensified their metaphysical and aromatic qualities, making them more desirable. For this reason preserved herbs -oils and incenses- are more commonly used today than the fresh plants themselves.

### OILS

Among the most common forms of preserving herbs is as an oil.

Oils are made from many different plants. The oil absorbs the qualities of the plant from which it is made. It will then impart these qualities to any person or object to which it is applied. In this way the oil is used to promote such qualities as prosperity, romance, protection, creativity, psychic opening, and so forth.

This same technique can be used to create oils from crystals or gemstones. In this case the oil absorbs the qualities of the stone, and is otherwise used in the same manner as an herbal oil.

Once made an oil can be used in many different ways. The oil can be applied to the skin as a cologne, or dabbed on a handkerchief and carried, to bring it's metaphysical qualities around a person. Or it can be used to anoint a doorway, a piece of furniture, or added to a floorwash, to bring the oil's qualities to a home or place of business. The oil can be applied to a wallet, a letter, a sign, or other object, to impart the oil's qualities to them, increasing their effectiveness or output. In ritual oil is used to dress candles and ritual objects, to anoint participants, and sometimes dropped on hot charcoal as incense.

### HOW TO MAKE AN OIL

Good oils are readily available from most metaphysical stores, and from some stores that sell bath products or health foods as well. Commercially available oils are inexpensive, of high quality, and come in almost any variety you could ask for. For these reasons you are best advised to purchase, rather than make oils.

Commercial oils are available both as pure **ESSENTIAL OILS** -often too strong to use directly on the skin- or as blends -in which the pure essential oil has been diluted with a secondary oil, called a base oil.

If you buy pure essential oils, you will want to dilute them yourself. To do this, fill a small sterilized glass jar with base oil. There are many base oils you can use. Most traditional is Virgin Olive Oil. Other vegetable oils may also be used, such as Sunflower or Coconut oil. Many people however prefer Jojoba oil, as it will keep fresh longer than the other oils mentioned. Now add your pure essential oil one drop at a time with an eyedropper or similar instrument, until it reaches the desired strength. Do not stir the oils to mix, but rather swirl the jar in a deosil motion until the oils gently blend. Obviously if the oil is already diluted, this is not necessary.

Commercial oils are available in single scents,



and also as mixtures of several scents. If you like you can purchase several scents and create your own mixtures, combining them until you have the recipe you want. You can also "Heighten" the power of your oil by adding bits of the plant from which it is made to the bottle, or by adding a sympathetic stone to the bottle whose qualities complement the oil.

If however you feel you must make your oil by hand, this is the easiest way to do it. Select a base oil just as you would to dilute an oil -again Jojoba is recommended because of it's staying qualities. Put the base oil in a pan, and add a quantity of the desired herb or herbs to it. Slowly heat the oil and herbs until they are warm, stirring gently. Do not get the oil hot -warm is what you're going for here. After it is good and warm, remove the mixture from the heat, and let it cool. Repeat this process several times during the course of a day, reducing the plant material farther and farther. When the mixture has cooled for the final time, strain it into a sterilized glass jar and seal.

Unless you are exceptionally crafty, if you try this you will understand why we say that you would do better to buy your oil, and then mix or augment it, rather than make it yourself.

## INCENSE

By contrast to oils incenses are very easy to make. Though many excellent commercial incenses are available and excellent to use, there is no reason to feel limited to them.

An incense is simply an aromatic plant, dried and burned. It may be burned in a fire, or more commonly over charcoal. If a binding agent is used the incense may be shaped into sticks or cones and burned on its own.

All manner of plants are used to make incense, including common kitchen spices which you probably have in your home for use in cooking, like cinnamon or cloves.

The simplest kind of incense to make is powdered incense. In a powdered incense the dried plant is reduced to very small pieces or ground to a powder in a mortar and pestle. The resulting powder is then sprinkled over a lit charcoal, as described above. It is best to use a self lighting charcoal of the sort made specially for incense, and readily available at most metaphysical stores. Charcoal prepared for incense is not as dense as cooking charcoal that you might use for a bar-b-que -it is much easier to light, and burns much quicker.

Powdered incense is by far the oldest and most dramatic form of incense. It gives you more direct control over how much you use, and if you choose to use a lot it will create billowing clouds of scented smoke that are very atmospheric. However you will need an incense burner to safely hold the charcoal, which gets very hot.

Commercial incense is also available in solid form, as cones or sticks. Solid incense gives you less

control but more convenience -once a cone or stick is lit, it will keep burning at a steady rate until it is gone, with no further effort from you.

Solid incense is commercially available in so many varieties and scents that you would never have to make your own. But you can make your own, if you want to.

To make a solid incense you will begin with a powdered one: assemble the dried plant materials you wish to use and powder them in a mortar and pestle. Now mix the incense powder with a binding agent -gum arabic or acacia gum being good choices readily available from many art supply stores. Mix thoroughly and mold into the desired shape on a piece of waxed paper. Either form the incense into cones like those commercially produced, or roll into a layer 1/4 inch thick and cut into cubes, or mold the mixture onto a broomstick for stick incense. Then leave them to dry on the waxed paper.

## WATERS

In addition to being used fresh or dried, in oils or in incenses, herbs can also be used in waters. This is commonly done by making a tea or *tisane*.

To do this you boil the herb so that it imparts it's special qualities to the water. The water thus impregnated with the qualities of the herb can then be used in a number of ways: in some cases it can be consumed as a tea (though again you should consume only what you specifically know to be safe), it can also be used as a concentrate and added to a floorwash or a bath.

Floorwashes are used to ceremonial wash the floor of a Temple, home, or place of business, for the purpose of imparting the qualities of the herb involved to that location -to give protection, draw prosperity, or stimulate social discourse, for example. Sometimes it can also be used on walls, or to anoint doorways, windows, etc. Use of a floorwash should be preceded by an appropriate prayer and/or affirmation, and by concentrating upon your purpose while applying it.

An herbal bath fulfills the same purpose as a floorwash, but imparts the qualities of the herb to a person. An herbal bath is prepared by adding either a small quantity of concentrated tea or the fresh herbs themselves in a cheesecloth sachet, to warm bathwater. The person then immerses in the water, even to the point of momentarily immersing their head, so that every part of the body is exposed to the water. Then they remain in the water in a state of meditation for 15 to 30 minutes. After leaving the water, it is considered preferable to take the time to air dry. The herbal bath should be preceded by an appropriate prayer, and throughout the process of setting it up and taking it one should stay focused upon the intent of the ceremony.

Herbal waters can also be used to asperge or anoint people or places. Purify and charge the water as described below. The water can also be put into a spray bottle and dispersed in this way.

## CHARGING

These then are basic ways to prepare and use herbs in the form of oils, incenses, and waters. No matter which form you are using, and regardless of whether you buy it or make your own, you will greatly increase it's efficacy by charging it. There follow two simple ways to charge these or any other items:

### METHOD #1

The easiest way to charge any item is to hold it in your hands, and visualize a ball of white light around it. As you do this, focus on the purpose to which the item is to be put. Concentrate upon that purpose, and imbue the item with that energy. In this way you add greater energy to it's native qualities. If you cannot hold the item in your hands, then hold your hands either above, before, or around the item.

### METHOD #2

A more effective but still simple method of charging has already been given to you in **LESSON IV**, but we will reiterate it here.

Begin by clearing and releasing all excess energy.

Place your hand over the item. Make three Tuathail or counterclockwise circles over the item, concentrating on removing any negativity from it. Say something to the effect of:

*"Behold, I do cleanse and purify you, casting out from you any impurities which may lie within!"*

Imagine yellow-white light pouring down from your hand into the item, and forcing out all negativity.

Now make three Deosil or clockwise circles with your hand over the item. Say something like:

*"And I do bless and consecrate you to this work!"*

Visualize the item being filled with a clear, bluish white light. Imagine the item filling with this light until it shines as brightly as if there were a blue-white sun within it.

You have now cleansed and charged your object.

## EXERCISES

In **LESSON #9** you learned ways of replenishing your energy after completing your daily routine of psychic exercises.

At this point your daily regimen should include Exercises #7, #8, #9, #13, #14, #15, and #16. In addition you should be doing Exercises #10, #17, #18, and #19 as needed.

To this we now add two new exercises. These draw upon the silver and gold energy that you have begun to use as replenishment since **LESSON #9**. These exercises should be added into the regimen directly after Exercise #16.

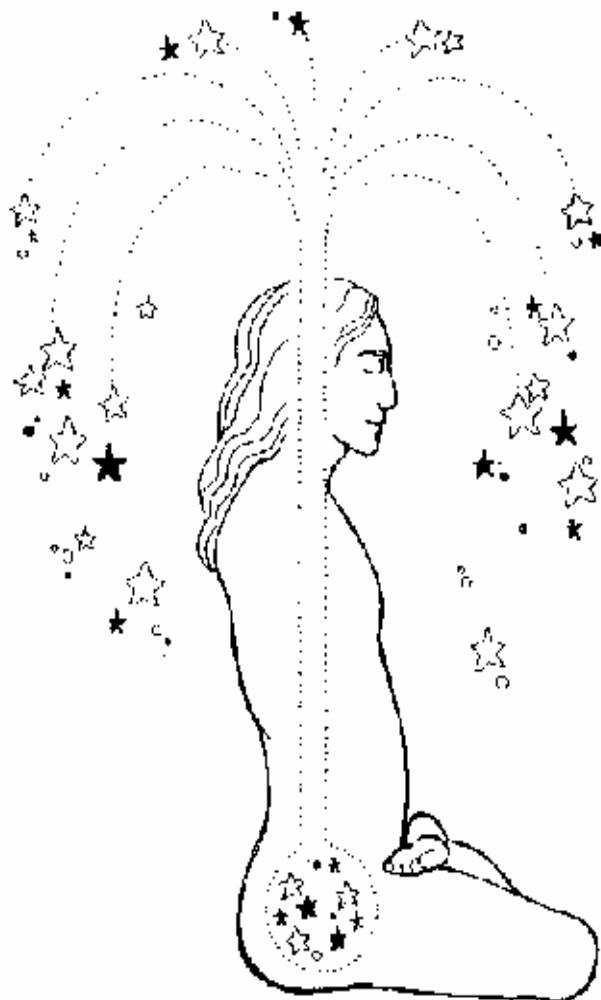
### EXERCISE #20

Imagine a ball of white light centered in your pelvic region. Visualize the light as pure and clear, with no cloudiness or mottling.

Imagine tiny silver sparks entering the light. Just a few at first, then more. See the light filling with glittering silver sparks, until at length the ball of light is completely filled with them -shimmering and scintillating like a ball of undulating silver glitter.

When this is clear in your mind, imagine the silver energy moving up from the ball through the middle of your body in a narrow beam. Visualize the silver energy shooting up through the top of your head, and showering down on all sides around you, like a geyser. Let this continue for a few moments. Then end your exercise routine as usual, by clearing and releasing.

Add this exercise to your daily routine. When you can do it easily, you are ready for Exercise #21.



## EXERCISE #21

As you might expect, Exercise #21 begins just like Exercise #20, except when you have the ball of white light clear in your mind you will imagine sparks of golden light entering it, instead of silver. Do the exercise just the same way in all other respects -see the ball of white fill with sparks of gold until it is full. Then see the glittering golden light shoot up through your body, emerge through the top of your head, and shower down around you like a fountain of golden glitter.

## SPELL OF THE MONTH

Instead of a specific Spell of the Month, this lesson includes a list of plants which can be used to do the things described in the lesson.

The plants can be used in some or all of the following ways: as incense, perfume, essential oil, herbal sachets or potpourri. Can be used to anoint a cloth or charm to carry with one, or a letter to send out. In certain obvious cases they can also be used for their food value, though only some are edible and if you are not familiar with it as food, DO NOT EAT IT.

Each herb has specific uses which can be activated by the various methods you have learned, and might be thought of as a spell in and of itself.

**ACACIA** -Blessing, raising of vibration, protection via spiritual elevation.

**AGRIMONY (Cocklebur)** -Helps to overcome fear, dispel negative emotions, overcome inner blockages.

**ALLSPICE** -Adds strength to Will, gives determination and perseverance. Gives added vitality, energy. Also good for social gatherings -increases harmony, sympathy and co-operation between people. Stimulates friendly interaction and conversation.

**ALMOND** -Attracts money. Promotes alertness, wakefulness.

**ALOE** -Promotes patience, persistence, resolve. Also inner healing and overcoming blockages.

**AMBER** -Mental clarity and focus. Protection from harm, outside influences, psychic attack.

**AMBERGRIS** -Strengthens the effect of anything it's added to or used with. By itself gives strength and vitality. (Substitute -Cypress and Patchouli mix).

**ANISE** -Psychic opening, clairvoyance, opens Third Eye. Favored in Afro-diasporic Traditions for use before and during ritual, to aid in perception of and connection to the Divine.

**APHRODISIA** -Passion, sexuality, romance. Sold by Orpheis High-Correll in red velvet bags to draw love.

**APPLE or APPLE BLOSSOM** - Promotes peace of mind, contentment, happiness, success in all undertakings.



**APRICOT** -Encourages sexuality and sensual passion. An aphrodisiac.

**ASOFOETIDA** -Protection, banishing negativity.

**AZALEA** -Encourages light spirits, happiness, gaiety.

**BANANA** -Helps to overcome serious blockages or obstacles.

**BASIL** -Promotes sympathy, peace, understanding. Helps to avoid arguments, clashes.

**BAYBERRY** -Good fortune, blessing, money and prosperity.

**BAY LEAF (Laurel)** -Protection, purification, repels negativity. Promotes good fortune, success, victory.

**BENZOIN** -Use for cleansing and purification. Helps to remove blockages. Promotes strength, confidence, will power. Strengthens the effect of anything it's added to or used with.

**BERGAMOT** -Protection, prosperity. Combine with Mint to work faster.

**BIRCH** -Spiritual and psychic opening, connecting with spirit helpers. Promotes balance, harmony, connection to others.

**CAMPHOR** -Increases ones' persuasiveness, personal influence. Adds strength to any mixture it's part of. Also used for purification.

**CARAWAY** -Luck, good fortune, prosperity. Also promotes passion and enjoyment of sensuality.

**CARDAMOM** -Promotes love, sensuality, and sexuality. Also calmness and tranquillity.

**CARNATION** -Attract love or friendship, improve or deepen relationships. Promotes feeling of security and confidence. Aids in recovery from illness or difficulties.

**CAYENNE** -Cleansing and purification. Repels negativity. Speeds up the effect of any mixture that it's added to.

**CEDAR** -Confidence, strength, power. Protection,

perseverance, lastingness. Spiritual opening.

**CELERY** -Promotes sexuality, sensuality, ecstatic trance.

**CHAMOMILE** -Promotes meditation, tranquillity, inner peace.

**CHERRY or CHERRY BLOSSOM** -Happiness, good cheer, gaiety.

**CHIVES** -Protection.

**CHOCOLATE** -Adds to ones influence and persuasiveness. Helps others to be receptive to one.

**CHYPRE** -Draws money, success in gambling, promotes persuasiveness and eloquence. Made from the Rockrose plant.

**CINNAMON** -Luck, strength, prosperity. Increases effectiveness of any mixture it's added to. Promotes calmness and tranquillity, especially for children. Also used as a strong protection.

**CINNAMON AND SANDALWOOD** -Aids meditation, spiritual opening.

**CITRONELLA** -Promotes eloquence, persuasiveness, prosperity. Draws friends to the home, customers to the business.

**CIVIT** -Strength and protection. Promotes confidence and sexual attractiveness.

**CLOVER** -Strengthens and deepens existing love.

**CLOVES** -Courage, self-confidence, very strong protection. Disperses negativity, strengthens psychic shielding. Can act as an aphrodisiac.

**COCONUT** -Strengthens confidence and inner resolve, heightens allure and sexual attraction.

**COFFEE** -Grounding and protection from negativity. Peace of mind. Helps to dispel negative thoughtforms, nightmares, overcome internal blockages.

**COPAL** -Promotes spiritual opening. Also protection, purification, overcoming obstacles. Repels negativity.

**CORIANDER** -Love and healing. Also used for protection.

**CRAB APPLE** -Promotes calm and tranquillity, helps settle unrest, conflict, anxiety.



**CUMIN** -Promotes peace and tranquillity.

**CYCLAMEN** -Draws and strengthens love.

**CYPRESS** -Calm, tranquillity, spiritual opening. Associated with death and mourning, Cypress stimulates healing and helps overcome the pain of loss.

**DILL** -Mental strength and quickness. Aids focus and concentration. Also used for blessing.

**DOVE'S BLOOD** -Promotes peace and tranquillity. Helps to settle disputes, conflict.

**DRAGON'S BLOOD** -Disperses negativity, gives protection, helps to overcome blockages.

**EUCALYPTUS** -Spiritual cleansing, purification, and healing. Helps to overcome spiritual blockages.



**FENNEL** -Strength.

**FENUGREEK** -Mental clarity, focus, dispels negativity.

**FERN** -Cleansing and purification, dispels negativity.

**FIVE FINGER GRASS (Cinquefoil)** -Protection. Also stimulates memory, eloquence, self-confidence.

**FRANGIPANI** -Attracts love, trust, and admiration. Promotes openness in those around one.

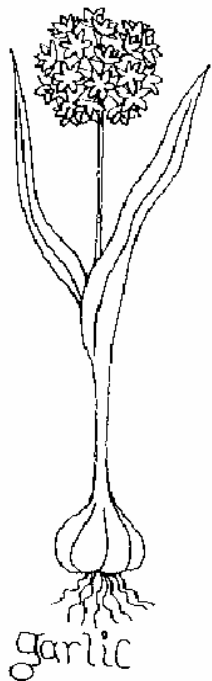
**FRANKINCENSE** -Blessing and spiritual opening. Aids meditation.

**GALANGAL** -Success in court or legal disputes.

**GARDENIA** -Promotes peace, repels strife, protects from outside influences.

**GARLIC and GARLIC SKINS** -Cleansing, purification. Used to dispel depression, negativity, obsessive thoughts. Draws money, prosperity. Also used as a strong protection.





**GERANIUM** -Overcomes negative thoughts and attitudes, lifts spirits. Promotes protection, happiness.

**GINGER** -Draws adventure and new experiences. Promotes sensuality, sexuality, personal confidence and prosperity. Adds to the strength of any mixture of which it is part, and makes it work more quickly.

**GINSENG** -Asian variety of Mandrake. Promotes vitality, strength, personal power. Heightens sex drive and sexual attractiveness.

**GRAPEFRUIT** -Cleansing and purification.

**HELIOTROPE** -Protection, prosperity, cheerfulness and gaiety.

**HONEYSUCKLE** -Draws success, money. Aids persuasiveness and confidence, sharpens intuition.

**HYACINTH** -Attracts love, luck, and good fortune. promotes peace of mind and peaceful sleep. Named for Hiakinthos, Greek God of homosexual love.

**HYSSOP** -Promotes spiritual opening. Also used for cleansing and purification. Lightens vibrations.

**JASMINE** -Love, success, spiritual aid and opening. Connected to the Moon and Lunar magic.

**JUNIPER** -Protection, purification, healing.

**LAVENDER** -Peace and tranquillity.

**LEMON** -Cleansing, purification, removal of blockages, spiritual opening.

**LEMON GRASS** -Psychic cleansing and opening.

**LILAC** -Promotes wisdom, memory, good luck and Spiritual aid.

**LILY OF THE VALLEY** -Soothing, calming, draws peace and tranquillity, repels negativity.

**LIME** -Used for purification and protection. Promotes calmness, tranquillity. Also strengthens love.

**LINDEN** -Draws friendship and love. Also promotes healing and rejuvenation.

**LOTUS** -Psychic opening and spiritual growth.

**MACE** -Promotes self-discipline, focus, concentration. Good for meditation, study.

**MAGNOLIA** -Promotes psychic development. Aids meditation and spiritual opening. Promotes harmony, peace, tranquillity.

**MANDRAKE** -Increases vitality, strength, personal power. Heightens sex drive and sexual attractiveness.

**MARIGOLD** -Promotes healing, psychic opening, and clairvoyance. Helps one to focus on what is truly needed, even if one is not conscious of what that is.

**MARJORAM** -Cleansing, purification, dispels negativity.

**MATE** -Grounding, cleansing, and purification. Dispels negativity and helps overcome sadness or loss.

**MIMOSA** -Aids psychic development, clairvoyance. Draws prophetic dreams.

**MINT** -Promotes energy, vitality, communication. Draws customers to a business.

**MISTLETOE** -Promotes prosperity, draws customers, money, business.

**MUGWORT** -Promotes psychic opening, clairvoyance, prophetic dreams.

**MUSK** -Increases confidence, self-assurance, persuasiveness. Draws new situations and prosperity.

**MUSTARD SEED** -Courage, faith, endurance.

**MYRRH** -Spiritual opening, meditation, healing.



**MYRTLE** -Psychic opening, spiritual aid. Enhances any mix its added to.

**NARCISSUS** -Promotes harmony, tranquillity, peace of mind. Calms vibrations.

**NEROLI** -Joy, happiness, overcoming emotional blockages.

**NUTMEG** -Aids clarity, perception, ability to see

below surfaces. Promotes social interaction, emotional openness, personal confidence.

**OAKMOSS** -Draws money, prosperity, good fortune.

**ONION and ONION SKINS** -Protection, stability and endurance. Also prosperity.

**ORANGE or ORANGE BLOSSOM** -Harmony, peace, emotional openness, love. Attracts prosperity and stability. Also used for purification. Considered very Solar.

**ORCHID** -Concentration, focus, will power. Also strengthens memory.

**OREGANO** -Joy, strength, vitality and added energy.

**ORRIS (Iris)** -Promotes popularity, persuasiveness, personal success. Aids communications and helps to open dialogs. Also used to draw love and romance.

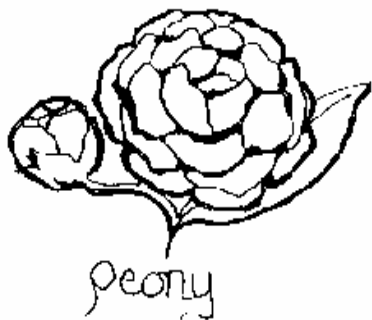
**PARSLEY** -Calms and protects the home. Draws good luck, prosperity and financial increase. Also gives added energy, vitality.

**PATCHOULI** -Helps overcome the anger of others, calms strife, draws peace and helps settle arguments. Promotes prosperity, confidence, personal strength. Enhances sexuality and sensuality.

**PENNYROYAL** -Draws the help of others, promotes co-operation, financial assistance from outside sources.

**PEONY** -Particularly sacred in the Correllian Tradition, Peony flowers and petals promote good luck, good fortune, prosperity and business success. The Peony seed however, sometimes called a "Jumby Bean", promotes dissension and strife.

**PEPPERMINT** - Promotes strength, vitality, movement and change. When added to a mixture, it speeds up the effect of the other ingredients. Also used for purification.



**PETTITGRAIN** - Protection.

**PIKAKI** -Draws comfort, prosperity, success and well being.

**PINE** -Cleansing, purifying, promotes clean breaks and new beginnings. Repels negativity. Also promotes

prosperity, growth, and increase.

**PLUMERIA** -Promotes persuasiveness, eloquence, success in dealing with people. Attracts the notice of others.

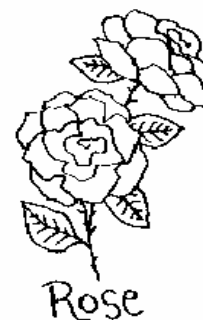
**POPPY** -Fertility, abundance, prosperity.

**PRIMROSE** -Promotes the disclosure of secrets, resolution of mysteries, revelation of truth. Breaks down dishonesty and secrecy.

**ROSE** -Love, peace, harmony, and tranquillity. Associated from ancient times with the Goddess, especially in Her form as Isis.

**ROSE-GERANIUM** - Blessing and protection. Averts negativity, especially in the form of gossip or false accusation.

**ROSEMARY** -Used for cleansing, purification, and as a strong protection. Also promotes healing and strengthens memory. Said to draw the aid of Spirits, fairies, and elves.



**RUE** -Protection. Repels negativity, calms emotions. Grounding. Good for smudging, psychic cleansing. Also draws prosperity by removing blockages.

**SAFFRON** -Promotes clairvoyance and psychism. Also attracts prosperity and good fortune through spiritual openness.

**SAGE** -Used for cleansing and purification, and to promote wisdom and psychic opening. Also promotes mental clarity.

**SANDALWOOD** -Blessing, healing, spirituality. Promotes clairvoyance, psychic opening. Also used for protection, banishing negativity.

**SASSAFRAS** -Good for legal situations, self-empowerment, success and overcoming obstacles.

**St. JOHN'S WORT** -Protection. Removes negativity, dispels depression and anxiety.

**SAVORY** -Sensuality, sexuality, passion. Good for sexual magic.

**SESAME** -Opens doors, draws new opportunities, new directions, hope. Dispels depression and negativity.



**SPANISH MOSS** -Protection, dispels negativity, opens blockages.

**SPEARMINT** -Psychic or physical protection. Repels negativity. Strengthens mental speed and clarity. Increases speed and effectiveness of any mixture its added to.

**SPIKENARD** -Blessing, psychic opening and spiritual elevation.

**STRAWBERRY** -Attracts success, good fortune, and favorable circumstances.

**SWEAT PEA** -Draws the loyalty and affection of others, attracts friends and allies.

**TANGERINE** -Promotes strength, vitality, energy.

**THYME** -Purification, healing, strength. Attracts loyalty, affection, and the good opinion of others.

**TOBACCO** -Used to promote peace, confidence, personal strength. Also promotes love and sensuality. Also used for protection and freedom from outside influences.

**TONKA BEAN** -Draws love, money, promotes the accomplishment of goals.

**TUBEROSE** -Serenity, peace, tranquillity. Calms the nerves and promotes romance and sensual love.

**VANILLA** -Joy and good fortune.

**VERBENA (Verveine)** -Protection, repels negativity. Promotes peace and tranquillity.

**VETIVERT** -Protection, overcoming obstacles, repels negativity. Also draws money, prosperity.

**VIOLET** -Promotes peace, tranquillity, happiness. Calms the nerves, draws prophetic dreams and visions. Stimulates creativity.

**WILLOW** -Used for drawing or strengthening love, healing, overcoming sadness. Lunar magic.

**WINTERGREEN** -Repels disharmony, negativity, and disease. Promotes good health, tranquillity, and peace in the home. DO NOT USE INTERNALLY.

**WISTERIA** -Raises vibration. Promotes psychic opening, overcoming obstacles, draws prosperity.

**WOOD ALOE (Lignaloos or Lignam Aloes)** - Protection, success and prosperity. Often used in consecration.

**WORMWOOD** -Overcomes negativity, breaks through obstacles. Especially useful for dealing with spirits or the Ancestors.

**YARROW** -Promotes courage, confidence, and psychic opening. Draws love.

**YLANG YLANG** -Increases sexual attraction, persuasiveness.

## **GOD OF THE MONTH THE SORCERER**

Lord of Winter, the Old God is also Lord of the Hunt and of the forests, Master of Game and of all wild creatures and places.

Lord of Death, the Old God was also the Patron of Shamans, Priests, and Sorcerers. He presided over omens, dreams, and ecstatic trance. In many ancient traditions the Old God led the "**Wild Ride**" in which the souls of the dead were believed to ride forth by night in a great and tumultuous procession, in which the living could also join through trance and astral projection. This was the central feature of the now extinct German form of Witchcraft known as the Hexenrai.

The most common name for the Old God which you will find in modern Wicca is "Cernunnos." Cernunnos is the name of an ancient Celtic form of the Sorcerer archetype, and means literally "Horned One" (From Cornu -"horn"). The name of Cernunnos is attested from a number of ancient -mainly Gallic- Celtic inscriptions. It is also preserved in modern folk versions such as **Herne the Hunter**, and the Giant of **Cerne Abbas**.

Other Celtic names for Cernunnos include Secullos, Dagda, and the Fisher King.

Cernunnos is portrayed in ancient artwork as a middle-aged to elderly man, usually bearded, with antlers or horns mounted upon His head. Often He is shown sitting in a distinctive cross-legged manner reminiscent of the Yogic "Lotus position." Cernunnos' animal forms are the reindeer or stag, and the horned serpent or dragon. Sometimes the God is shown with His legs turning into serpents, as well. If you remember earlier installments of the God of the Month, you will remember that the serpent represents the power of Universal Deity in movement -motion, action, time: the Dance of Life.

Patron of Druids and of magical and spiritual knowledge, Cernunnos possessed two important attributes: the Staff of Life, and the Cauldron of Plenty. If the God touched any creature with the top end of this Staff, it would immediately die. If the God should then touch the creature with the other end of the Staff, it would immediately come back to life. This is a metaphor for reincarnation, and also for the cycles of



time. The Staff -sometimes portrayed as a spear, or sword- represented the God or Male principle -the Yang force. Sometimes the Staff was exaggerated into the form of a large club, and appears thus on the Cerne Abbas Giant and in Irish stories of the Dagda. For the Gallic Secullos, on the otherhand, the Staff was streamlined to a hammer or mallet, hence the name (Secullos -"the Striker"). In modern Wicca the Staff is represented by the Athame and the Magic Wand.

As for the Cauldron of plenty, it produced a never ending supply of food and drink. Because of this Cernunnos was conceived as a giver of plenty, a God of wealth and prosperity. Sometimes in Grecco-Roman artwork the Cauldron is portrayed as a cornucopia, or may be represented by a bag of fruit or cascading coins. The Cauldron represents the Goddess, or Female principle -the Yin force. This is the endlessly creative, nurturing aspect of Deity, constantly bringing forth abundance. The Cauldron was also said to bring the dead back to life, representing the womb of the Goddess and Her life-giving power. In modern Wicca the Cauldron is represented particularly by the Chalice.

In the medieval romance of Peredur, or Percival, the hero travels to the castle of the Fisher King. The Fisher King is lame, representing the slow moving Sun of the Dark Half of the year.

In the castle of the Fisher King Percival witnesses a sacred procession. Two men, dressed in polar colors, carry a huge spear, which drips blood. Behind comes a maiden carrying a Chalice, with an image of a head inside it. Asked what this procession means, Percival remains silent. He is later told that had he answered, the Fisher King would have been cured of His lameness -that is to say the Horned God would have been reborn as the Young God, Winter would have given way to Spring.

The secret of this procession, which Percival did not speak, is this: the Spear is the God-force. The blood flowing from it represents the movement of the life force in the Universe. The Spear is born by men in polar colors to represent the polarities of life and death, summer and winter, through which the God continually passes. Remember, the God represents physical existence, the world of action, transformation, and cycles.

The Chalice with the head inside represents the Goddess. To the Celts the head was the seat of the soul, and represented the spirit -thus the Chalice represents the Goddess-force as the origin of the soul and of life. The Goddess represents creation, the life-force, the soul -the world of spirit, eternity, and essence.

This secret, guarded by the Old God, describes the ultimate nature of life; the Goddess produces life, the soul, and the spiritual world. The God carries this essence into physical manifestation through action and the cycles of time. The world exists through the Union of the Two.

This ancient allegory was translated into Christian thought as the Legend of the Holy Grail. It was venerated by the Knights Templar as the Mystery of Bapho Metis (the "Initiation of Wisdom"). In modern Wicca it is celebrated through the Great Rite, when the Athame and the Chalice are conjoined to symbolize the eternal Union of Goddess and God.

The Old God is honored at Midwinter, the Sabbat of Yule. After this He will be reborn as the Young God, but on this shortest day of the year the Old God is at the height of His powers.

As Lord of Midwinter, the Old God is shown as an old man with a long white beard. Commonly He is dressed in red or green robes, and crowned with holly. Portraying this God as "The Spirit of Christmas Present" Dickens interpreted His ancient Cauldron of Plenty as a drinking horn filled with "the milk of human kindness." In His modern form of Santa Claus (Santa -sacred, Claus -spirit) the Old God still retains His ancient role as Giver of Plenty -His cauldron transformed into a bag of toys, His totem reindeer now present at His side on the longest night of the year.



# GLOSSARY

**HERBALIST** -An herbalist is a person who studies the medicinal and magical uses of plants. In former times this was very important, as plants were the principle forms of medicine available to people. Today herbalism is still used medicinally, though mainly for minor ailments. The magical use of herbalism however is more prominent than ever before. Never has such a wide variety of plants been available around the world for use in magic as is the case today. What were once rare and exotic herbs available only to the very rich - such as Frankincense or Myrrh- can now be bought at the corner metaphysical store for a small price. Every plant has it's own metaphysical qualities, and the purpose of magical herbalism is to harness those qualities and use them to affect a person or place. This is done through many techniques, including the use of incense, oils, and herbal waters.

**SYMPATHETIC MAGIC** -Sympathetic magic is the idea that "like affects like". That the metaphysical quality of a plant, stone, or color will stimulate or increase the same quality in a person, place, or magical operation to which it is applied. The same principle is applied to action -as dance for example- speech and thought. Thus to visualize something helps to bring it into reality.

**ESSENTIAL OILS** -Essential oils are extracted from plant materials through a complicated process that pulls out the plant's natural oils in a very pure form. Pure essential oils can be commercially purchased, but usually need to be diluted before use as they may be too harsh to use directly. Sometimes the diluted oil will be sold under the term "essential oil" which can be confusing. You can usually tell the difference by the price -pure essential oils tend to be quite expensive, and the price varies according to the variety of oil in question.

**WILD RIDE** -In certain ancient mythologies, most notably Germanic, the spirits of the dead were believed to ride out in a great procession on certain nights. Some said this ride took place on nights of the Full Moon, others said it was only on certain festivals. Often the ride was characterized as a "hunt." It was believed that the living could join in this "ride" through astral projection. This was the basis of the German school of Witchcraft known as the Hexenrai, and is well attested to in trial transcripts from the Burning Times. Sometimes the Wild Ride was said to be led by the Crone Goddess. Sometimes the leader of the Wild Ride was the Horned God. There are many interesting descriptions of this Wild Ride in old literature. Odin, Herne the Hunter, Herlichinus (afterwards Harlequin), and a variety of other forms of the Horned God were said to lead the Ride. The hunt of Diana and Her nymphs is sometimes seen as a version of the Wild

Ride as well.

**HERNE THE HUNTER** -A famous apparition said to appear in England's New Forest. Christian mythology connects Herne the Hunter with the death of England's King William Rufus, but Pagans see Him as the ancient Horned God. Seeing Herne is considered an omen of death, which is not surprising since the Horned God was always connected with death and winter. "Herne" is believed to be a shortened form of "Cernunnos."

**CERNE ABBAS** -The Cerne Abbas Giant is a huge chalk carving in the English countryside. The carving shows a naked man with a huge erect penis, carrying a club -it is believed to represent the Horned God, Whose attributes include the club of staff, even though this particular example has no horns per se. "Cerne" is believed to be a shortened form of "Cernunnos."

## Exam for Lesson XI

You may take the exam online at WitchSchool.  
<http://www.witchschool.com>