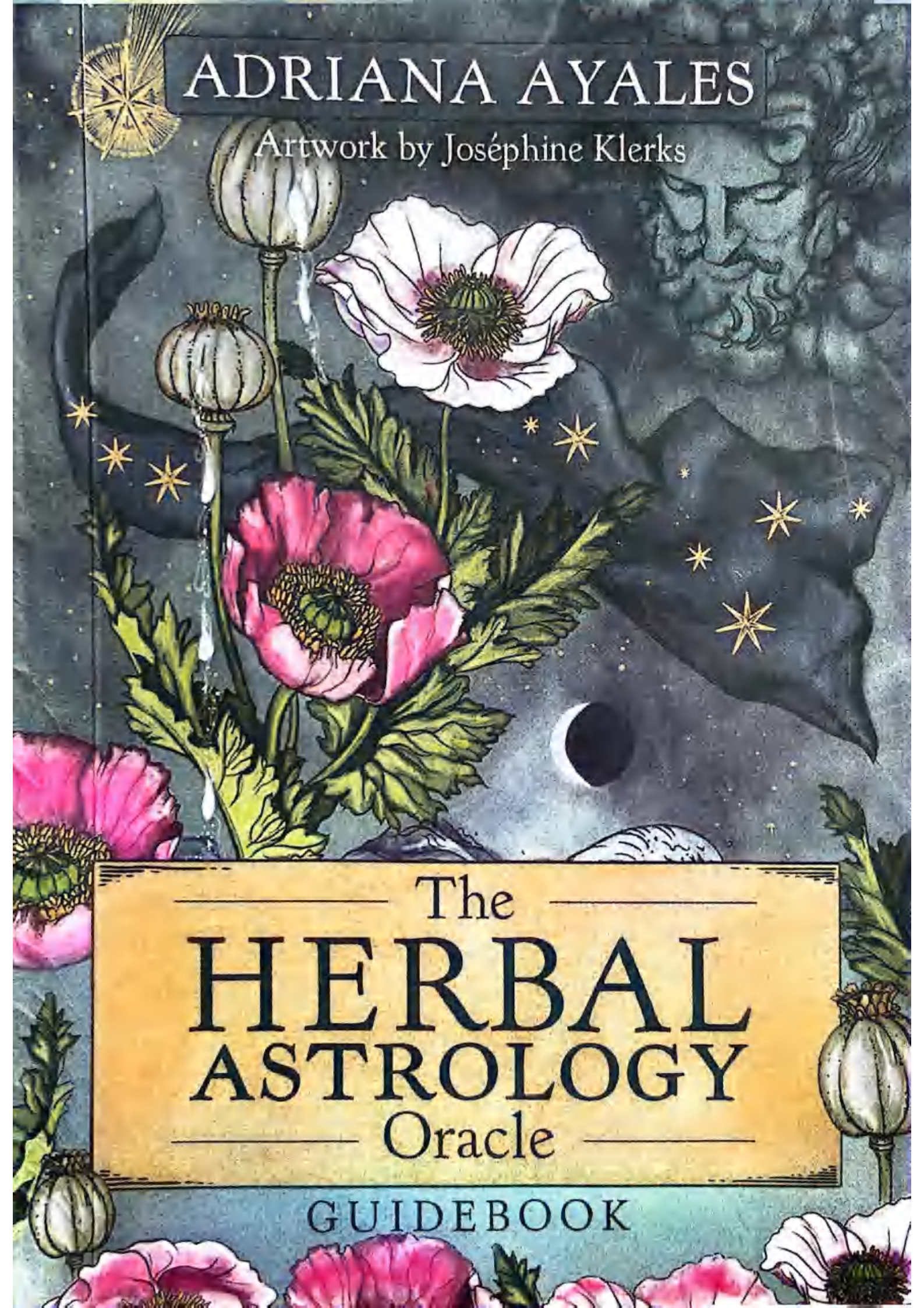




ADRIANA AYALES

Artwork by Joséphine Klerks

The
**HERBAL
ASTROLOGY**
Oracle

GUIDEBOOK

INTRODUCTION

The Herbal Astrology Oracle is an introduction to the mystical art of astrological herbalism and how to use it as a form of divination. Whatever your intentions are for seeking a deeper inner knowing, this oracle is a bridge to explore the supernatural gifts of plants and how to apply their personalities to everyday alchemy.

Although the path of herbalism and magic is rooted in ancient healing systems, it is an intensely personal path that is unique to each and every practitioner. This oracle deck goes beyond the surface of herbalism, into the symbolic worlds of nature—offering a gateway into the secret life of plants and planets.

In many healing traditions, human beings are perceived as microcosms of the universe, suffused with the same forces that control the cosmos. Humans are imagined to be a part of the unbroken whole, a singular relational continuum expressing itself within and without. Great sages, witches, shamans, and medicine people across the world had access to celestial knowing and used it to understand healing, the power of cycles, nature, divination, alchemy, and astrology. The foundation

of astrological herbalism is rooted in understanding how planetary archetypes correspond to nature as well as the organs and systems of the body.

The correlation of plants to planets has existed since time immemorial. Herbs and dis-eases have been classified and described energetically in terms of astrological symbolism in many ancient cultures, such as Babylon, Sumeria, ancient Egypt, India, and more. In fact, our understanding of the principles of diagnosis and treatment according to occult science were initially considered an essential part of the study of medicine. Hippocrates, considered the father of modern medicine, classified dis-eases based on astrological phenomena, using planetary archetypes in deciphering how to heal various illnesses.

During Hippocrates's life, correspondences between herbs and planets were already being studied and utilized, and they have only continued to expand through the centuries. Famous herbalist, physician, and astrologer Nicholas Culepeper further developed highly esoteric writings on astrology and herbal configurations. Today, Culepeper is practically the definitive source on the subject. His masterful books cover topics ranging from herbal energetics and medical astrology to the astrology of healing and disease, all in great depth. Prior to the discovery of the planets

Uranus, Neptune, and Pluto, astrology was based solely on the seven visible planets, also known as the “trans-Saturnial” planetary influences.

RECLAIMING ANCIENT KNOWING

Today, many of us seek to reclaim the sense of connectedness that existed universally in ancient cultures, when human fate was wholly entwined with nature. The world was seen as a symbiotic entity in which all living organisms interacted and supported each other, from the innermost cellular level to the outermost cosmological level.

The call for plant medicine in today’s culture is a symbol of humanity returning to its source. A profound rebirth is in process, and the role of the plant kingdom is increasing in significance. An essential bridge is being rebuilt between humans and nature, allowing us to access the realm of the transcendent and the land of the luminous. Plant medicines aren’t just here to provide us nourishment, shelter, and protection from pathologies—they’re here for a much larger purpose. They are here to bring us back to the original consciousness that prevailed on earth for millennia. Herbalism is the medicine of belonging, a gateway through which we keep alive a very sacred aspect to our source.

POISONOUS AND PSYCHEDELIC PLANTS

Some of the plants within the deck are toxic, poisonous, or psychedelic. Do not ingest any of the poisonous herbs except if prepared by an experienced practitioner, shaman, *curandero*, or trained herbalist. Some plants may be harmful to pregnant women or those with particular disorders or diseases, and can potentially counteract pharmaceutical drugs, so keep all of this in mind and seek professional and qualified advice. Remember that working with plants isn't just about ingesting them. You may also create ritual tools, flower and herb essences, environmental essences, or simply meditate with the plant to be able to experience the powerful healing energy it contributes to our reality.

RITUAL OBJECTS AND TALISMANS

For thousands of years, herbal charms, talismans, and ritual objects have been used for ceremonial protection and magic—often as altar objects to reaffirm healing intentions and assist shamans within their healing practice. There are many ways to use herbs in the creation of ritual objects, and I invite you to really tune into what you sense and

feel when invoking herbs in your practice. Classic talismans are woven into pouches that can be worn, carried, or made into wands, necklaces, and more. Wands can be used in smoke-cleansing rituals, such as “smudging” in Native American traditions or “*limpias*” in Central-South American traditions. The practice of using smoke from herbs, flowers, barks, and resins to bless, protect, and sanctify objects, spaces, people, and animals is ancient and is another key way to engage with herbal allies.

WORKING WITH

The Herbal

Astrology Oracle

Oracle cards are useful divinatory tools for self-reflection. They assist us in metabolizing subtle information and archetypes through a deeply intuitive and creative process. Every archetype is a multilayered experience that offers a potential to further comprehend the great mystery of nature. The experience transmitted and received is very personal and allows your voice to be the authority when interpreting the magic expressed within a spread. The spiritual meanings of the herbs within this deck are channeled interpretations, offering you an invitation into the visionary experience that came through my vessel. The information is not necessarily conclusive; much of it is inspired by ancient knowing found in many mythical stories that have survived over hundreds or thousands of years.

PREPARE A SACRED SPACE

Before entering a reading, create a sacred space to focus your energy. This can happen anywhere and at any time. Take a comfortable seated position,

and begin by clearing your mind and taking 3 to 6 deep breaths. You may burn a plant ally of choice to perform smoke cleansing on yourself and the deck. You may also gather a select few altar items, such as: rocks, crystals, leaves, pictures of loved ones, art, essential oils, or any kind of ritual tool that speaks to your soul.

SET YOUR INTENTION

Once you feel centered, close your eyes, shuffle the cards, and state your intention either in your mind or out loud. Choose one of the spreads within this book or your own intuitive spread and speak your intention clearly as you select each card. It is important that you always remain focused on your intention.

CHOOSE YOUR CARDS

Once you feel ready, spread the cards from left to right. Scan the cards with your mind's eye. When you feel/see the card you want to select, pull it out of the deck with your left hand and place it face up directly in front of you. Each time you choose a card, state your intention, and scan the cards again, using your left hand to select the card.

UPRIGHTS AND REVERSALS

Upright—meaning cards drawn right-side up—and reversed—meaning cards drawn upside down. Within every guidance section you will find both balanced and imbalanced attributes to that one archetype. They are not separated one from the other, as it is important that we recognize the vast potential held within each archetype and its energetic signature. Read the guidance with an open heart, and take what really speaks to you. All archetypes contain multiple faces which are not based on “good” or “bad,” rather the dichotomy simply reveals the range of the potential expressions of an energy. Think of above and below, light and dark, open and closed, and expressed and unexpressed. In a reading, whether the card is upright or reversed, evaluate both positions, and listen to how the energy speaks to you in your life situation.

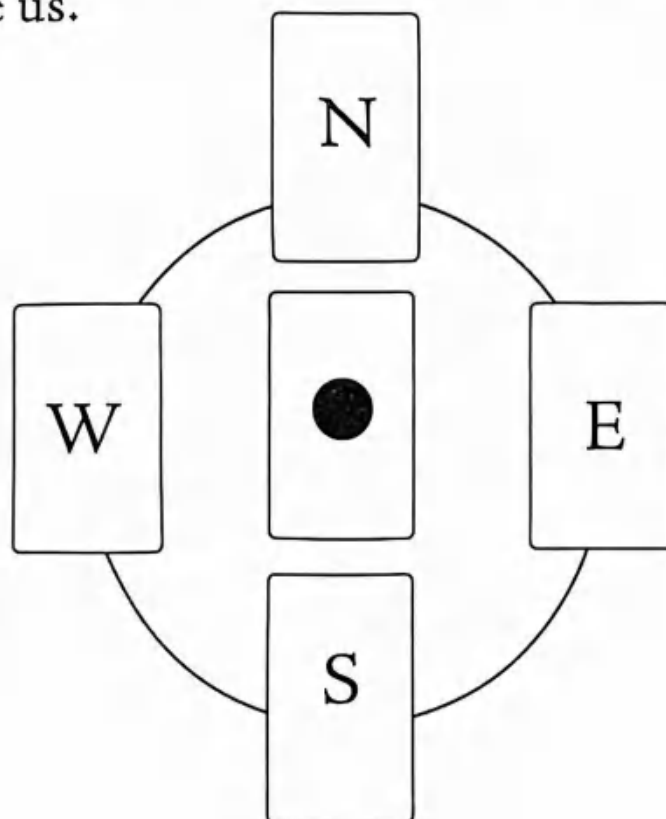
ASTROLOGICAL CONFIGURATIONS

Each plant is categorized under a main astrological ruler which you’ll find listed first in the guidebook entry and represented by the larger symbol to the left side of the top of each card. There are multifaceted aspects to each plant however, therefore you’ll often find one or two other planetary references that are also key aspects due to its medicinal qualities, doctrine of signatures, and more.

CARD SPREADS

THE CARDINAL CROSS OF THE MEDICINE WHEEL

The Medicine Wheel symbolizes the cycles of life, the forever evolving transformations and lessons that we endure and embrace as we journey through life. The path for us earthlings is based on the understanding that we stand on every place on the Medicine Wheel at all times, and every direction contains sacred essence energy that must be honored as we navigate the cycles of life. The cardinal directions are archetypal energies, portals within life and soul, that exist as elemental spirits that guide us.



1. **Center:** The sacred heart represents your energetic signature in the present moment. The center embodies your core signature, the signature of your heart. It contains the seeds for every spoke of the Medicine Wheel and indicates how your spiritual and physical realities are coming together to present the current version of you.
2. **South:** The South reflects the past, childhood, where it all began. The card within this placement asks you about key patterns from the past that must be released and evolved. What past pains or patterns are still lingering that must be surrendered? Are there hidden talents that must be evolved from stories of the past? How can you express and heal your inner child?
3. **West:** The West leads us to our personal truth, goals, desires, and manifestations. This card symbolizes the solution to a current challenge or what we must let go of to move forward. Ask yourself: What in my life currently is in the death phase? How can I support myself as I let go and surrender that which no longer serves my evolution?

4. **North:** North signals the place of ancestral guidance, the North Star, the place of wise counsel. The North reminds you to listen carefully and humbly to the elders and energies that are guiding you. From a place of gratitude and openness, ask yourself: Am I listening carefully to my highest self? What subtle signs have I received? What lessons and synchronicities are continuously coming through my life that I must reflect upon and apply?
5. **East:** The East is the golden doorway of the heavens, the place of divine transmission, transformation, and illumination. The East is the sphere of the angels, the etheric core where we alchemize with Spirit. The energy of the East is where we envision our future self and receive psychic insight, inspiration, and divine messages. The East invites you to keenly observe yourself from a third-person perspective. Observe yourself through the mirror of the great Spirit, and ask: What synchronicities, confirmations, and divine gifts have I received lately that further define my divine purpose?

PRESENT MOMENT SPREAD

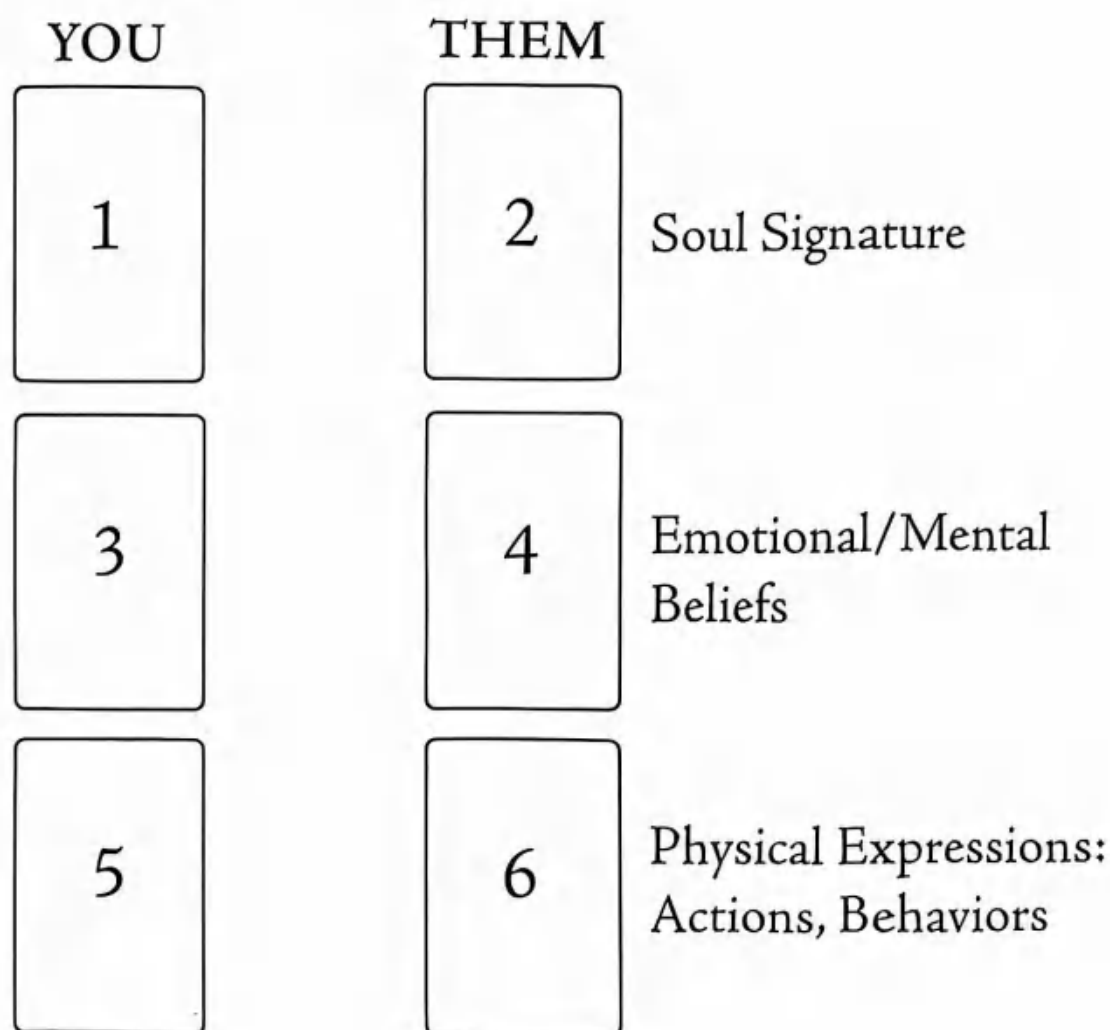
This is the daily spread that allows for a quick mirror to analyze the present. It indicates the general direction your life is presently taking, how your emotional body is supporting the journey, and how your mind is keeping you on track or not. This spread can be used for a quick review about a major decision, and insight on the general direction in which you or the situation at hand is headed.

1. **Body:** External Reality (Sun/Saturn)
Your physical environment and how you are with others.
2. **Heart-Mind:** Beliefs, Feelings, and Attitude (Moon/Mercury)
Your state of mind and your feelings around the present situation.
3. **Soul:** Higher Self, Guidance, and Energy (Jupiter/Neptune)
The direction your soul and true purpose is taking you.



RELATIONSHIP SPREAD

The relationship spread can be used as a form to assess the powers and challenges of a relationship that you have. This spread can be used to diagnose a relationship with a friend, family member, colleague, spouse, or partner of any kind. When shuffling and choosing the cards, be sure to invoke the energy of the other. State their name and energy in your heart as you shuffle with a clear intention. The spread will be divided into two columns, and you will begin by choosing one for you, then one for the other, and so on.

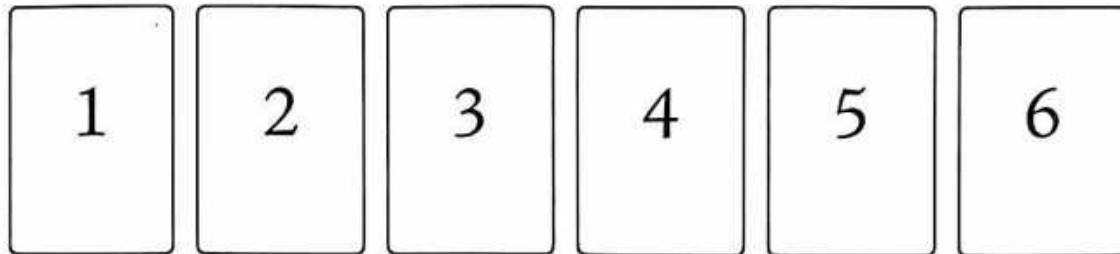


- 1/2. **Soul Signature:** *You:* Who they are to you on a soul level. The soul signature represents your soul contract within your relationship.
Them: Who you are to them on a soul level.
- 3/4. **Mental-Emotional:** *You:* Emotional and mental feelings you have for them.
Them: Emotional and mental feelings they have for you, including your passions, reactions, and potential triggers.
- 5/6. **Physical:** *You:* Actions, qualities, and behaviors you bring to the relationship.
Them: Actions, qualities, and behaviors you provide to them.

THE MOON SPREAD

The Moon spread can assist you in knowing the depths of the emotional and psychic body. These are important questions to reflect upon to get to know the current weather within the emotional body and assess hidden gifts that remain untapped, fears that create challenges, your intimate way of receiving and giving love, and how you transmit and receive healing from others. Carefully select a card and focus on the meaning of each position before

you select the card and ask the question. Breathe and enter into a state of meditation to invoke your highest self for this spread.



1. Who are you in this moment in time?
2. What is your current challenge?
3. What are your hidden gifts?
4. What is your current greatest fear?
5. What is your love language? How do you give and receive love?
6. What is your healing ability?

The Cards

HERBS OF THE SUN

1. CALENDULA

— Purity —

Calendula officinalis

Upright: innocence, childlike joy, humility, purity, new beginnings, trusting in life, vitality

Reversed: broken innocence, lack mindset, inability to access manifestation, resistance to new beginnings

Astrological Ruler: Sun

Historically, Calendula was known as “poor man’s saffron,” as it was used to add color and flavor to foods in place of the more expensive spice. Calendula petals are also added to salads and used as a dye for fabric and hair.

From infusions to extracts to ointments, folk medicine healers in Europe prepared a wide array

of healing remedies and foods with Calendula. Its petals were used to induce menstrual flow, produce sweat during fevers, and cure jaundice. Nineteenth-Century physicians used Calendula to treat viruses, stomach ulcers, liver issues, and skin infections. Traditionally, because of its astringent and anti-inflammatory powers, it was also used externally to treat burns, bruises, and wounds, and to help stop bleeding.

Guidance: Calendula resembles the Sun, a radiant, bright yellow or orange flower. It grows easily and spreads its joyful self across gardens, symbolizing the gesture of universal abundance. Solar herbs are those that neutralize poison and air in the recuperation of vital forces. Calendula's gentle and abundant power remind us of the realms of light. To be allowed entry within these angelic realms requires childlike innocence and humility. Don't allow pain from the past to disable your ability to dream a new life. Calendula represents the pure impulse to create, vitality, and creativity needed to step into a new journey. The radiance of Calendula is a super-conductor; be very aware and selective with your intentions when using her energy within a ritual, as she greatly amplifies your intentions.

2. SAINT-JOHN'S-WORT

— Radiance —

Hypericum perforatum

Upright: joy, warmth, resilience, happiness, understanding, manifestation, spiritual power, protection

Reversed: unhappiness, avoidance, running away, escape, not walking your truth

Astrological Ruler: Sun

Saint-John's-Wort, like the Sun card in the tarot, represents feelings of protection, optimism, fulfillment, prosperity, success, and the dawn that follows the darkest of nights. The Sun is the source of all the life on our planet, and it represents life energy itself.

The Latin name *Hypericum* means "to place above the altar" and *perforatum* means "perforation," a reference to the holes in the plant's leaves. Used since ancient times as a protective plant against witchcraft, demonic entities, or psychic energy, Saint-John's-Wort was often used in exorcism rituals when demons were eradicated from possessed spaces and people.

Saint-John's-Wort is the epitome of a Solar herb: it blossoms around the peak of Midsummer

day embodying resilience, vitality, and longevity. Its power is such that it is believed to be effective in protecting a home against lightning, fires, and severe storms. One of the common customs was to burn the herb in the fireplace and let the pungent smoke permeate the space to ward off evil and enhance protection.

The ancients believed this precious ally to be one of the greatest gifts to humanity due to the plethora of healing benefits it contains. For many centuries Saint-John's-Wort has been used as a remedy against depression, anxiety, melancholy, viruses, wound healing, pain relief, spiritual protection, and more.

Guidance: The Midsummer Goddess celebrates the multifaceted elements of life in a state of joyous abundance, reminding us that the wellspring of true wealth and healing is within. Saint-John's-Wort is here to remind you to cultivate practices deep within yourself to experience this enlightening truth. Avoidance and distraction from this great knowing are unconscious habits that build up and manifest as scarcity, fear, and low moods that inhibit you from walking your truth. Saint-John's-Wort grants us the spiritual courage of fire needed to navigate the death of the old self.

3. ROSEMARY

— Ancient Memory —

Rosmarinus officinalis

Upright: remembrance, ancient memory, multidimensional sight, recollection, commitment, loyalty to a vision

Reversed: nostalgia, longing, disassociation due to trauma, induced amnesia, resurfacing of past emotions, confusion

Astrological Ruler: Sun, Mercury

Rosemary has been used medicinally dating back to the ancient Greeks and Romans in 500 B.C. Dried sprigs of Rosemary even showed up in Egyptian tombs as early as 3000 B.C. The ancients were well acquainted with this hardy shrub, which had a reputation for strengthening the mind and memory. It became the symbol for fidelity for new lovers during wedding ceremonies and was used in religious rites and at funerals. During weddings it was entwined in the wreath worn by the bride and dipped in scented water to bless the union as a symbol of the sacred moment and eternal loyalty.

Even today Rosemary is used to improve memory. Legend has it that the Virgin Mary, Mother of Jesus, as she fled from Egypt, sheltered next to a Rosemary bush. She threw her cape onto the bush and the white flowers turned blue. Since then, this precious herb has been called the "Rose of Mary."

Guidance: Ruled by both Mercury, the planet of the mind, and the Sun, the planet representative of our base Ego and Super Ego. Rosemary embodies this holy connection, the mind of the ego to the Super Ego, the higher mind. This card signifies past feelings and emotions are resurfacing from deep within; you may find yourself remembering and accessing ancestral memory that resides within your DNA. Rosemary assists us in healing through multidimensional sight, reminding us to use the power of vision to see beyond the constructs of everyday life. Don't disassociate or get consumed by the veil that broadcasts emotional imbalance. Call upon Rosemary as a guiding light to see beyond the veil of confusion, and stay committed to the vision that moves you.

4. RUE

— Protection —

Ruta graveolens

Upright: psychic shield, auric protection, angelic wisdom, banisher of darkness, restoration of vitality

Reversed: spirit possession, parasitic energies, anger, self-criticism, judgment, self-hatred

Astrological Ruler: Sun, Pluto

Rue is known as the “Herb of Grace” or the “Blessed Herb.” In Spanish it is known as *ruda*, and in Greek, it is *reuo*, which means “to set free.” Rue is considered a powerful and protective plant with a long and detailed historical use in both medicine and ceremonial rituals. Early physicians considered Rue a vital remedy against plagues, pestilence, and poison.

During the Middle Ages, Rue was hung in doorways and windows to ward off the evil eye, hexes, and malevolent spirits. Some of its primary uses in ancient Greek and Roman medicine was to stimulate menstrual flow, improve eyesight, alleviate nerves, and relieve rheumatism. Priests were said to dip Rue in holy water to bless people and their

homes. Many would wear bunches around their necks to ward off evil spells and curses. Leonardo da Vinci and Michelangelo were said to consume the fresh tops to improve eyesight and increase creativity when immersed in their art.

Although Rue is considered to be native to the Mediterranean, it has been found in historical accounts among the Maya, Aztec, and Indigenous peoples of North America (who also practiced the tradition of planting Rue by doorways to bring blessings and protect against evil eye).

Guidance: Rue is said to be the herb of angels, granting us the ability to channel the angelic realms. It emanates golden energy, like a Lion, powerfully protecting and pouring in light into any space that it inhabits. Resilient like the wide array of Solar herbs, it grows generously and abundantly, thriving in all kinds of terrain, demonstrating its strong life force and vitality. Rue has landed in your cards today to remind you to protect your aura from lurking and possessive spirits that might be consuming your energy. Don't allow parasitic negativity to darken your field, which can create perpetual states of self-criticism, self-doubt, or self-hatred. Call upon Rue's power to shield your body with angelic forces and restore radiance, vitality, and love in your atmosphere.

5. BLUE LOTUS

— Intuition —

Nymphaea caerulea

Upright: intuitive knowing, unearthing the subconscious, meeting the guardians of mystery, dream-work, initiation

Reversed: suppressed intuition, disbelief, disconnection, moodiness, lack of inspiration, hidden intentions, blockage of psychic powers

Astrological Ruler: Sun, Moon

The sacred and mystical Blue Lotus, regarded as the “Flower of Enlightenment,” is an ethnobotanical treasure that has been recorded in ancient scriptures as a heal-all and is revered as an ancestral flower in mythological creation stories. Blue Lotus is a water lily, best known for its powers of euphoria, intuition, rejuvenation, and aphrodisia.

Blue Lotus was associated with the Egyptian Sun god Ra, the ruler and bringer of light. It was used in religious rites and ceremonies led by shamanic priests to induce a trance state so one could commune with the gods. It was also used in funerary ceremonies after the death of a loved one, as Blue

Lotus is said to assist the soul in entering the light. The ancient Maya also revered the Blue Lotus and other water lilies and referred to it in Nahuatl as *quetzalaxochiacatl*, meaning "precious water flower."

Blue Lotus, although revered as the flower of the Sun, embodies both Solar and Lunar elements chemically. It contains a natural anti-spasmodic and relaxant called nucifera (Moon), along with aporphine, which produces a sense of euphoria and bliss (Sun). These alkaloids, among other medicinal components, bring about pain relief, stress relief, and a lucid awareness.

Guidance: The Blue Lotus is a direct doorway, a mediator, into the world of the gods. The perfected balance that it bestows us assists us in bridging and refining the divine connection between the heart and brain. Blue Lotus today is assisting you in widening the portals of your intuitive powers, granting you access to the realms of inner knowledge held within the great mystery. Remember, the Lotus rises from the depths of muddy waters, untouched and impeccable, to blossom into majestic beauty. Don't allow the muddy waters of the blossoming process to suppress your intuition and belief in yourself. Trust the process, and believe in the mystery. Listen deeply to the guardians of mystery as you unfold from darkness.

HERBS OF THE MOON

6. SAGE — Blessing —

Salvia apiana

Upright: blessing, purification, invocation, sacred gift, spiritual cleansing, reassembling emotional body, mystical sight

Reversed: unable to receive, emotional narcissism, escapism, invalidation, inner division, lack of will-power, unhappiness

Astrological Ruler: Moon, Jupiter

The genus name *Salvia* comes from Latin *salvare*, meaning “to save”—an apt name for this powerful and protective herb. Various species of Sage can be found throughout the world, and this card embodies the spirit of this precious and ancient plant.

First Nations peoples and Native Americans have used Sage ceremonially for thousands of years for inner and outer purification. Sage is regarded

as a panacea and employed as a medicine to heal against many ills. It's also used as an offering in sweat lodges, wrapped around sacred objects, and placed in medicine pouches, and Sage is one of the primary herbs for "smudging." Smudging is a sacred ritual practiced among Native Americans. It is similar to the smoke *limpias* practiced in Central-South American traditions, where smoke is "brushed" along the body with the hands, feathers, or ritual objects, to bless, purify, and invoke ancestral spirits.

In ancient Egypt, Sage was used as a remedy for diseases and epidemics like the plague. In Pharaonic tombs, it was used as one of the main ingredients in embalming, as it was considered an essential herb for entrance to the afterlife. The ancient Romans regarded it as a holy plant, and prior to picking it, they would enact a ceremony to ask its permission. A special knife was used to collect its leaves and stems.

Like herbs ruled by the Moon, Sage is a vibrationally powerful plant that deeply influences the electromagnetic field. The moon houses our intuition and emotions, and Lunar herbs greatly affect the tides of our subconscious mind, our emotions and psyche. Herbs of the Moon also rule the gut, and Sage is one of those allies that not only sharpens

our gut feeling and intuitive gateways, it also heals the gastrointestinal tract.

Guidance: Sage, like the Moon card in the tarot, is the great portal to the river of life. The silver light of Sage grants us the power of insight while we navigate the darkest hours. The Lunar powers of Sage remind us to look inward to receive visionary insight from Spirit. Don't get overly consumed by the emotional interplay, allow it to pass like the clouds. Draw upon the inner reserves of your psyche to navigate darkness and become keenly aware of what is causing inner disturbances, fear, and unhappiness. The initiation you are undergoing, although unfamiliar, is a great blessing. Feel yourself cease and reassemble as you break illusions to unearth hidden truths. Surrender, don't stand in your own way. Allow the silvery white light of Sage to shatter illusions as you undergo a great awakening.

7. PAU D'ARCO

— Metamorphosis —

Tabebuia impetiginosa

Upright: discovery through darkness, transcendence of the known, unearthing fear, nonconformity, breaking cycles

Reversed: ignorance, conventionality, fear of failure, resisting growth, stuck in limiting beliefs

Astrological Ruler: Moon, Pluto

Pau d'Arco—commonly known as *taheebo* or *lapacho*—is one of the most beautiful trees on earth. With over a hundred varieties, this tree has been used medicinally among many tribal peoples throughout Central and South America.

Most commonly the inner lining of the bark was boiled for a long period of time, then consumed as a dark, coffee-like tea. Pau d'Arco has many medicinal qualities that fall under the Moon and Pluto's dominion, such as being a blood tonic and a daily tonic for strength, and also being employed for digestive imbalances, menstrual irregularities, malaria, anemia, colds, flus, fungal infections, respiratory problems, arthritis, cancer, and a lot more.

The Incas and other groups predating them were known to use Pau d'Arco as a panacea. Tribes living thousands of miles apart have employed it for the same medicinal purposes for hundreds, if not thousands, of years. Many tribes used its wood to make hunting bows, utensils, and all sorts of tools, believing that it provided great blessings of strength and resilience. Guarani, Tupi, and other Indigenous tribes called it "*El árbol de Yvága*," which translates to "the tree of heaven" in Guarani. The Milky Way was known as the road to Yvága.

Guidance: *Lapacho* is one of the great protectors of the sacred, and she is welcoming you in. Archetypally, Pau d'Arco embodies one of the faces of the dark goddess in her mighty splendor. The Dark Goddess is multifaceted, challenging belief systems, frailties, weaknesses, and testing our strength. Like Pluto, *Lapacho* demands you rebel against the ignorance of the old self and learned paradigms that inhibit the splendor of your self-expression. Her mighty darkness provides the tools to rebuild ourselves anew, triggering instant metamorphosis. Don't fear the unknown nature of mystery; the cosmic womb, in its darkness, births all hidden potentials into existence. Trust and step in, you are being guided.

8. BOBINSANA

— Trust —

Calliandra angustifolia

Upright: self-love, heart retrieval, ultimate state of receivership, gratitude, receptivity, compassion

Reversed: separation, grief, broken heart, lack of self-worth, unable to receive love, sadness

Astrological Ruler: Moon, Neptune

In the Shipibo tradition, Bobinsana is a highly respected master teacher that contains a plethora of medicinal benefits for the body, mind, and spirit. Native to the Amazon basin, many call the herb “*sirenita*” or “mermaid.” Beautiful paintings found in the Amazon among shamans depict her as a goddess—a deeply creative feminine spirit, who has masterful healing abilities. *Sirenita de los Rios* assists us in healing wounds of the heart: past relationships, grief, loss, sadness, abuse, and melancholy. Bobinsana is often prescribed by a *curandero* or healer to heal wounds from childhood, for soul retrieval, or to heal a stunted soul (*susto*) that left fragments of itself in a painful past.

Whether used as a single plant during specific shamanic cleanses (*dietas*) for purification and spiritual awakening or brewed as a tea, Bobinsana assists in deeply amplifying heart energy to experience the transcendent power of love, empathy, compassion, oneness, and freedom from pain. Bobinsana also grants the powers of expansive intuition and lucid dreaming. Many users when ingesting Bobinsana through *dietas* or alongside other ceremonial brews experience time differently, as if the barriers between waking life and dreaming get washed away. It is said that these transcendent experiences of love beyond space and time are what allows for miraculous heart healing.

Guidance: Bobinsana's bright and pink flowers bathe the energy body with the softness of light, awakening the inner pathways to unconditional self-love. Bobinsana reminds us that love is the highest state of receivership, reminding us not to forget the necessary power of self-love. Bobinsana assists us in rediscovering forgotten places within ourselves, retrieving fragments of our heart seeking healing. Ask yourself, where in my heart's memory can I bring wholeness to? Bobinsana medicine is like that of whales and hummingbirds, the joyous record keepers of the sacred

that assist us in accessing the reservoirs of the cosmic heart. *Sirenita* is reminding you to pay close attention to the messages encoded in dreams, synchronicities, and symbols that surround you right now. Through those doorways you can further explore the great mystery of your heart's desire.

9. CHAMOMILE

— Inner Peace —

Matricaria chamomilla

Upright: peace, restoration, softness, purity, graceful power, inner peace, delight, harmony

Reversed: disharmony, emotional distress, excess worry, exhaustion, anxiety

Astrological Ruler: Moon, Sun

The word Chamomile is derived from the Greek *chamomaela*, meaning “ground apple.” In Spain, it has been called *manzanilla*, or “little apple,” for hundreds of years—a reference to the plant’s refreshing, crisp, apple-like aroma. Chamomile flowers are traditionally used in teas, tinctures, and formulas to treat anxiety, insomnia, depression, digestive upset, as an antiseptic, and more.

Chamomile was regarded as sacred in ancient Egypt and commonly burned as incense as an offering to the Sun god Ra. Ancient Romans and Greeks valued Chamomile for its medicinal properties and used it as a healing beverage and to soothe skin conditions. During the Middle Ages, European doctors frequently prescribed Chamomile syrups

and ointments to treat various ailments, and it was used as a bittering agent in beer. Vikings regarded Chamomile as one of the nine sacred herbs and used it to soothe digestion and as a rinse for their hair to give their braids strength and shine.

Although Chamomile embodies the shining Sun, its medicinal qualities are also aligned to the archetype of the Moon. The Moon rules the gastrointestinal system, emotional body, and nervous system. On a soul level, Chamomile flowers assist us in releasing stored emotional tension from our stomach, nervous system, and solar plexus. Chamomile deeply nurtures our emotional landscape, able to sooth emotional distress and psychic stressors.

Guidance: If you find yourself often triggered and consumed by small stresses, be aware that they accumulate, creating a chronic state of disharmony and fear. Chamomile today is reminding you to not project your fears onto life and others. Allow yourself a state of internal peace and give yourself the greatest love imagined. Chamomile, like Deer energy, instills a contained center of innocence, warmth, and light within us. Deer blesses us with the power of gentleness to heal our wounds, and the heart-mind of wounded beings. Don't push hard to "do the work"; it's the gentleness of Spirit that heals all.

10. MUGWORT — Psychic Healing —

Artemisia vulgaris

Upright: dreamwork, the liminal space, in transition, other realities, clairvoyance, foresight

Reversed: stuck in between, deception, illusions, lost in the labyrinth, disoriented, confusion

Astrological Ruler: Moon, Neptune

All *Artemisia* family plants are sacred to Artemis, the Moon goddess, and Mugwort is closely linked to the fairy realms. Historically, it has been used to protect against evil spirits, parasitic entities, dark energy, and hexes among a variety of cultures.

Mugwort and its extended family are Moon allies that symbolize the mystical workings of our intuition, dreams, and unconscious mind. The silvery light of the Moon illuminates the path to higher consciousness winding through *La Selva Subterránea*, the underground forest. The Moon represents our emotional body, the shadow self, the underworld, psychic abilities, and the occult. Its dark side can bring on illusions, fear, and feelings of separation and disconnection. Mugwort grants us the strength to work with our shadow and protects

us from the parasitic entities that we might encounter as we dive deep into our psyche.

Mugwort is a resilient plant that grows in conditions where other herbs may be unhappy. This bitter herb was traditionally used as a tonic for stomach and intestinal conditions, including as a parasite cleanser, an aid to weak digestion, and more. The Moon is said to directly govern the stomach, the gut in its entirety, and the regulation of fluid in the body, so it is no coincidence that *Artemisia*, the Moon goddess herb, greatly eases chronic stomach and intestinal complaints.

Guidance: Artemis, the Moon goddess, and her wise white Owl meet you as you enter the liminal space between one life phase and the next. Your channel is wide open. She is instructing you on how to draw upon your psychic powers to pass through this test within the realms of shadow. You are not lost. Oftentimes the greatest clarity dawns after the darkest hours. Owl medicine asks you to use the powers of keen psychic sight to observe and intuit aspects of your life that may still lay in darkness. Confront that which is unworthy of your devotion. Eradicate destructive forces. Pay attention to the signs and omens that appear as you navigate the labyrinth of the subterranean forest.

HERBS OF VENUS

11. DAMIANA — The Beloved —

Turnera diffusa

Upright: magnetism, attraction, kindred spirits, soulmates, relationships, intimacy, sacred play, finding the beloved within

Reversed: lust, lack of love, feeling unloved, separation, projecting unavailability, uninterested, unsatisfied, rigidity

Astrological Ruler: Venus, Pluto

Damiana is native to Central and South America, and its use dates back to the ancient Maya and Aztecs. Traditionally, Damiana is a rejuvenating plant, said to restore sexual vitality and strengthen the reproductive system, as well as commonly used for depression and anxiety.

In a classic love potion found among the Maya and several Indigenous peoples in Mexico, fresh juice is made from the leaves and flowers of Damiana

and sweetened with sugar cane. Mayan ceremonial drinks used in religious rites often involved Damiana and/or Cacao. The Maya also chewed on the leaves or used them as a poultice, and even as a smoke for relaxation and lung cleansing. Their word for Damiana literally meant “asthma broom.”

In folk medicine throughout the Americas Damiana has been identified as an aphrodisiac, antidepressant, tonic, diuretic, and cough suppressant. It was also used to treat menstrual irregularities and cramps, constipation, asthma, bronchitis, headaches, stomachaches, gastric ulcers, performance anxiety, and more.

Like Damiana, Venus, the planet of beauty and art, is said to rule the metamorphosis of cells—their reproduction, enrichment, and transformation—as well as the preservation of the body, the reproductive system, and the harmony between all systems of the body.

Guidance: Damiana represents the universal principle of The Beloved, within relationships and within ourselves. The alchemy of polarity is what we’re made of, and this integration of opposites is that which births The Beloved. This card represents the journey of coming together and reuniting within oneself, a lover, friend, family member, or any important per-

son in your life. You are in an important period of making choices and establishing healthy boundaries, especially with those you'd like to deepen and expand, or those that you feel the need to shed or distance yourself from. Damiana reminds us of the importance of shaking off rigidity that often depletes creative reserves and sacred play. If you feel unsatisfied and emotionally unavailable even to those whom you love, take the time to be in solitude and nourish your creative centers. Often separation becomes the basis to reunite once again in a higher frequency. True self-love is the key to lasting relationships with others, and most importantly, with yourself.

12. ROSE

— Love —

Rosa spp.

Upright: union, bliss, unconditional love, merging with “the other,” oneness, nourishment, purity

Reversed: conditional love, secrecy, separation, disconnection from the sacred

Astrological Ruler: Venus, Moon

In ancient texts in Ayurveda and Traditional Chinese Medicine, the Rose had a prominent presence, particularly in relation to balancing the emotions, relieving the heart of depression and grief, and treating psycho-spiritual imbalances.

The Rose is sacred to Aphrodite, goddess of love and beauty. Since ancient times and across cultures, the Rose was associated to love, passion, commitment, and lust. The Romans, Greeks, and occult societies suspended Roses from the ceiling at meetings that were held in the strictest of confidence.

Roses represent all aspects of the goddess, the all-mighty creatrix: the ability to love, nurture, experience joy, and see beauty in all things. A popular flower that has come to be associated with weddings and rituals of union, Roses fill vases, are worn

by participants and guests, and are often strewn about to bring divine blessings to the couple's love.

The herbs of Venus are feminine, gentle, relaxing, and balancing. Medicinally, Rose has the power to uplift mood, nourish the heart and cardiovascular system. It makes an excellent uterine tonic that supports fertility and vitality. The antiseptic nature of Rose makes it an excellent remedy for wounds and bruises. It also relieves spasms in the respiratory system, gut, intestinal tract, and muscles. Rose's medicinal and energetic qualities resemble the archetypal nature of both Venus and the Moon.

Guidance: It is time to allow for greater love in your life. Allow the dance of trust and intimacy to heal and open your heart. Like the Rose, you are rising from harsh soil, through the path of thorns and challenges, as you grow and blossom in your spiritual journey. Look deep into your heart and see where you might need more love and affection. The White Dove reminds us that through childlike trust, we can navigate the most challenging of pathways with an undertone of joy and presence. Remember, you understand how love is the doorway, and through this sacred embodiment you are able to birth anything into manifestation. Let all creativity, all sexual and nurturing connection, be attuned to the vibrational powers of unconditional love.

13. MOTHERWORT

— Strength —

Leonurus cardiaca

Upright: strength, essence of creation, connecting to the creatrix within, fertility, birth, creativity, inner trust

Reversed: weakness, feeling depleted, unopened heart, disappointment, disconnection from creation, lack of creativity

Astrological Ruler: Venus

The botanical name *Leonurus cardiaca* comes from the ancient Greek *leon* for lion and *oura* for tail, referring to the plant's leaves, which resemble a lion's tail. *Cardiaca* pertains to the herb's actions on the heart. As a whole, the name translates to "lionhearted," a term that speaks to Motherwort's action on the physical cardiovascular system and the emotional/spiritual heart. Motherwort has a strong history of use in both Europe and Asia and is associated with aiding mothers and women.

Many cultures have used Motherwort to honor their goddesses of fertility because of the herb's association with Venus and the Moon. It was considered a protective plant, especially useful in spells to guard pregnant women and their unborn

children from envy or evil air. It was often planted around the home or hung from doorways, as it was said to keep away unwanted guests, both physical and supernatural. Motherwort was either smoked or burned to use for smoke cleansing, as it would drive bad spirits out of the house. Many species of Motherwort were used for heart protection and for counter-magic to reverse a curse.

Japanese folklore tells of a town where the main water source was a stream fed by rainwater trickling through hills of Motherwort. The inhabitants of the village drank daily from this stream and were bestowed with extraordinarily long life—up to 130 years old. Ancient Greeks used Motherwort to treat anxiety, depression, heart palpitations, and nervousness in pregnant women. In Traditional Chinese Medicine, Motherwort is used to invigorate the blood.

Guidance: Like the radiance of a Lion's heart, Motherwort's energy builds inner trust and confidence. The lionhearted Motherwort is representative of the beauty we possess when we own the power of our gifts and creativity. The goddess sits centered, as the Lion leans on her in a state of peaceful delight, symbolizing the unwavering faith we must keep as we transcend old fears. Venus, her planetary ruler, is like a

midwife to our happiness; channeling how we accept and transmit our heart's desires. Find new ways to facilitate creativity that honor and reveal your passions and strength. Devote yourself to the fertility of your gifts and courageously accept your divine destiny.

14. HIBISCUS

— Joy —

Hibiscus sabdariffa

Upright: nectar, grace, sensuality, beauty, divine feminine, nurturing, creativity, abundance

Reversed: sadness, insecurity, unhappiness, unworthiness, lack of pleasure, self-doubt

Astrological Ruler: Venus, Pluto

In ancient Egypt, Hibiscus tea or *karkade* was commonly used to lower body temperature, as a diuretic, and to treat heart and nerve diseases. In Africa, it was used as a gastrointestinal healer, as it helped with constipation, and liver support. In Hindu mythology Hibiscus is closely associated with the goddess Kali, the dark goddess of death, time, and change. Red Hibiscus flowers are often presented as offerings to Kali, representing divine consciousness.

In Mexico and Central America, it's called *flor de jamaica* and has been used to make healing juices for hundreds of years. Primarily used as a tea and poultice, Hibiscus has been used in beauty rituals, particularly as a face wash, as it nourishes and

tightens the skin. Central American midwives have used it during birth and post birth to tighten the uterus and assist with excess bleeding. Due to its astringent properties, a pulp of the leaves helps heal wounds and incisions.

Hibiscus, ruled by Venus, embodies the power of the divine feminine: grace, beauty, creativity, and harmony. Venusian herbs are those that tone the cardiovascular system, reproductive system, the blood, kidneys, thyroid, and parathyroid. Hibiscus dissolves blockages in the first and second energetic centers, opening the channels at the base of the spine, reproductive centers, and lower back.

Guidance: Like Hibiscus, you emanate the essence of Venusian grace. You hold and cradle life. You are the nurturer. Your presence brings renewal and joy to others. Express your creativity to keep attracting this colorful energy back to you. Like the Hummingbird, you are a creature of nectar, a conduit of divine love and joy. Reversed, Hummingbird may represent the inability to see the many blessings you've been given. Don't shy away from your power; you are worthy of it all. Follow the dance of the Hummingbird, journey into your sadness and know that this pain is just a thread within the fabric of joy.

15. YARROW — Harmony —

Achillea millefolium

Upright: equilibrium, balance, discernment, nourished psychic shield, divinatory empathy, sensitivity

Reversed: imbalance, emotionally drained, lack of boundaries, overly sensitive, self-critical, nearing burnout

Astrological Ruler: Venus

The Latin name for Yarrow comes from the hero of Greek myth, Achilles, who was said to give Yarrow to his soldiers to heal wounds and stanch bleeding during the Trojan war. Embraced back thousands of years in healing practices including Ayurveda, Traditional Chinese Medicine, and Native American practices. In Spain a 50,000-year-old Neanderthal skull was found with traces of Yarrow in their teeth.

Yarrow's historical use as a divinatory flower is extensive. In China, Yarrow stalks are gathered, and the straightest ones are collected for scattering to read the divinatory *I Ching*. Called Devil's Nettle or Devil's Plaything in European traditions, it was

one of the herbs dedicated to the Evil One and used for divination and spells.

Ruled by Venus, Yarrow is said to provide relief from patterns of disharmony and help cleanse one of unhealthy sorrow or trickling depression. Yarrow embodies harmony, a key concept of Venusian symbology. The balancing force represented by Libra—one of Venus's rulers—is as an appropriate metaphor for how harmonizing Yarrow is as a medicine. Venus, as the archetypal manifestation of beauty and aesthetics, also represents self-love, unity, and empathy.

Guidance: If you're feeling emotionally drained or too sensitive for today's world, it's time to set solid boundaries to regain balance. Use your empathic abilities as grounding chords to your psychic powers and divinatory skills. Allow your sensitivity to be a filter for what is allowed within your psychic field—and what isn't. Like the magic of the White Heron, move slowly with precision as you navigate emotional waters. Heron teaches us the power of self-reflection as a way to transcend judgmental projections and low self-worth. Draw clear boundaries and examine yourself from a detached perspective; don't blame situations or others as a reason to remain stuck. Yarrow's white light teaches us the power of shielding while remaining gentle in the process of self discovery.

HERBS OF MERCURY

16. MUCUNA — Journey —

Mucuna pruriens

Upright: state of transition, leaving behind what is familiar, moving toward the unknown, connection to a higher mind, trusting higher consciousness

Reversed: choosing comfort, lack of trust in the unknown, resistant to change, lack of spontaneity

Astrological Ruler: Mercury, Uranus

The large velvet beans of the Mucuna—also called “*nescafe*”—have been roasted and ground to make a coffee substitute for hundreds of years, but the plant was used in traditional healing remedies for thousands of years before that. In Ayurvedic medicine it’s known as *kapikacchu* and used to treat parasites, stress, anxiety, rheumatic disorders, menstrual issues, diabetes, and even cancer. In India it is considered an aphrodisiac, menstrual promoter, uterine stimulant, nerve tonic, and blood purifier.

In Traditional Chinese Medicine and Daoist herbal tradition, *Mucuna* was categorized as a vital essence (or *jing*) enhancing herb. Plants that fall into this category are immensely rejuvenating. *Mucuna* has a deeply restorative effect on the brain, nervous system, and hormonal systems. It is believed that *jing* leaks as we age or suffer a lot of stress, but plants like *Mucuna* replenish it.

Modern studies have identified *Mucuna pruriens* as an alternative treatment for Parkinson's disease. Its naturally occurring high concentration of L-dopa causes the brain to release dopamine, stimulating the pituitary gland to produce human growth hormone and raise testosterone levels.

Mucuna is ruled both by Mercury and Uranus, as many of its chemical assets stimulate key neurotransmitters in the brain, also known as the molecules of higher consciousness. It directly ignites the pineal gland, also known as the third eye or the seat of the soul. *Mucuna* energizes and activates subtle pathways in the body-mind becoming one of nature's greatest consciousness-enhancing plants.

Guidance: You may be in a state of transition, about to leave familiar territory and initiate a new journey. Something in your gut is telling you it's time for a shift, to enter a new physical space and/or field of

awareness. The powers of both Mercury and Uranus oftentimes appear as spontaneous opportunities out of the blue. This is the power of the higher mind magnetizing opportunities that match your spirit's frequency. Don't resist the journey in the name of comfort. The overwhelming rush of emotions that rise before big opportunities is signaling opportunities for growth. While the waters might seem turbulent at times, the sea of opportunities ahead will be tranquil. Let go of whatever is holding you back, be it from the past or present, and hold your gaze steadily into your future self.

17. GOTU KOLA — Higher Consciousness —

Centella asiatica

Upright: hermit, solitude, soul searching,
realization, greater knowing, enlightenment

Reversed: loneliness, uncertainty, alienation,
isolation, confusion, doubt,

Astrological Ruler: Mercury, Moon

Some plants resemble the parts of the human body they affect—a natural phenomenon called “the doctrine of signatures”—and it proves to be true in the case of Gotu Kola, which is shaped like the human brain. For thousands of years, it has been used in India for focus, cognitive function, and overall mental performance—creating a harmonizing, healing effect.

The Daoist master and herbalist Li Ching-Yuen, who is said to have died at age 256, was a big proponent and student of this plant. It was also used to relax the nervous system, repair nerve trauma, and reduce stress and anxiety. In Ayurveda, Gotu Kola is classified as a *rasayana*, or a masterful rejuvenating herb, due to its ability to restore function

and balance, and nourish many aspects of the body and mind.

Ancient Ayurvedic texts reference the herb's spiritually enhancing properties, due to its balancing effect on the right and left brain producing a heightened state of awareness. Modern science now confirms that Gotu Kola can restore brain cell and nerve function, improve blood circulation, restore digestion, and speed the healing of wounds.

Gotu Kola is ruled by both Mercury and Uranus, as it not only increases circulation in the brain, it ignites alertness, concentration, and insightfulness. Also called the "Herb of Enlightenment," it powerfully stimulates imagination, promoting lucid awareness and brilliance, which are traits embodied by both Mercury (the conscious mind) and Uranus (the higher self, also known as *Ātman* in Sanskrit).

Guidance: Gotu Kola, like the wise Hermit in the tarot, signals the achievement of great wisdom through solitude and trust. You are entering a period of deep inner contemplation. Looking for answers requires solitude and disconnection from the regular casualties of life. Gotu Kola walks through the undiscovered pathways of the subconscious mind with precision, guided by the light of the Northern Star.

You are moving into a new and higher stage of being. If you're experiencing a sense of loneliness or alienation, you are perhaps living a reality where your own deep truths have been denied. This is a time for introspection—a time for rest, meditation, and inner work. Your consciousness is undergoing transmutation. Take the time to study. Invoke your higher consciousness every day through meditation and contemplation.

18. LION'S MANE

— Leadership —

Hericium erinaceus

Upright: sacred masculine, leadership, ambition, provider, strong willed, spiritual power

Reversed: egotism, vanity, self-interest, lack of intention, forceful, apathy

Astrological Ruler: Mercury, Uranus

Lion's Mane has been used as a food and medicine for well over 2,000 years in the high mountain regions of Asia. Its nicknames include "bearded tooth" or "pom-pom mushroom." In Traditional Chinese Medicine it is referred to as *Hou Tou Gu* or "Monkey Head Mushroom," and in Japan, it's called *Yamabushitake*.

During China's dynastic periods, Buddhist monks were said to use Lion's Mane as a nutritive food and in tea to enhance focus and brain power during meditation. In Traditional Chinese Medicine, Lion's Mane was used to combat *qi* (life force) deficiency; nurture the liver, spleen, lung, heart, and kidneys; nourish the gut; and even fight cancer.

Modern scientific research has proven that Lion's Mane is a nutrient-dense fungus with many

healing properties, such as stimulating the growth of neurons in the brain and helping with neurological conditions. Lion's Mane has the ability to assist nerve growth factor, which enables the brain to heal itself, thereby assisting with cognition, memory retention, and mental performance.

The way in which this nutritive fungus is capable of expanding perception and mental skills is attributed to the powers of Mercury. Also known as the messenger of the Gods, Mercury is a great communicator, representing brilliance, intelligence, and the free flow of energy. Lion's Mane is also governed by the Sun, as it's a great provider of vitality, longevity, resilience, and adaptability.

Guidance: The Lion is a symbol of power, *animus*, the primordial essence within the sacred masculine that expresses itself as relentless determination, ambition, focus, and will. When we meet Lion's Mane, we immediately feel a regal and generous presence. When out of balance, vanity and overconsumption block the flow of love coming in to inspire ambition. Power isn't powerful when you put others, or yourself, down. You are a wielder of raw power and may be destructive if consequences are overlooked. Lead your life from a place of compassionate leadership, and the rest will follow.

19. TULSI — Wealth —

Ocimum sanctum

Upright: true wealth, prosperity, charismatic, vivacious, luxury, beauty, auspicious

Reversed: naivete, vanity, ignorance, emptiness, immaturity, obsession of the material world

Astrological Ruler: Mercury, Jupiter

Tulsi, also known as *Tulasi*, is frequently mentioned as one of the main pillars of herbal medicine in ancient Ayurvedic texts, some dating back to as far as 5000 B.C. It is known as the “Incomparable One,” the “Queen of Herbs,” and the “Mother Medicine of Nature.”

In the ancient Vedic text, the Bhagavata Purana, the Queen of Herbs is noted as the plant embodiment of Lakshmi, wife of Vishnu and known as goddess of wealth and generosity. In Hindu mythology, Tulsi is regarded as a living gateway between heaven and earth and believed to be a manifestation of the divine within. Along trade routes from Asia to Europe, Christians used Tulsi

in rituals and called it “holy basil.” Across cultures, Tulsi was regarded as a symbol of divinity and purity.

Found in many Ayurvedic formulas, Tulsi is regarded a *rasayana*, master plants that assist in longevity and rejuvenation. It has been used to treat intestinal gas, colds, flu, headaches, migraines, anxiety, weakness, memory enhancement, premature aging, tumors, and much more.

With its ability to enhance cerebral circulation and memory, Tulsi greatly embodies the archetype of Mercury, the great communicator who governs our conscious mind, perception, understanding along with primarily the nervous system, and respiratory system. Tulsi is also ruled by Mercury's polarity, Jupiter, as it's an adaptogenic plant that increases longevity, immunity while having a strong auspicious nature known to boost spiritual abilities.

Guidance: The Tulasi Goddess sits proudly facing her beautiful Peacock, symbolizing heaven on Earth. She raises her arms with grace, aiming them like wands to catalyze magic and wealth. The fountain is centered between the Goddess and the Peacock, representing the wellspring created between Earth, the manifest world, and Heaven, the spirit world. Peacock embod-

ies the medicine of auspiciousness, magic, and beauty, reminding us that we are the living gateway to the greatest of mysteries. Tulsi is here today to teach that the key to Jupiter's doorway (abundance and wisdom) is to live, create, and communicate from a place of wonder, innocence, and impeccability (Mercury), rather than doubt and confusion. Don't be fooled by material possessions or the vanity often worshipped in the material world. Tune into deeper realities that abound around you; be spontaneous and celebrate your temple just as you are.

20. LAVENDER

— Weaver —

Lavandula officinalis

Upright: weaver of potential, new beginnings, intuitive intellect, contemplative phase, emotional fulfillment, walking in alignment

Reversed: unsettled spirit, unable to see possibility, lack mentality, untrusting, overly critical

Astrological Ruler: Mercury

Lavender use has been documented for well over 2,500 years. Its name is derived from the Latin verb *lavare*—which means, “to wash.” In ancient Egypt Lavender was often used for cleansing, perfumery, embalming, and mummification. It was used to cleanse the body, and energetically to cleanse the spirit. In Tutankhamun’s tomb, jars of healing salves were found, containing Lavender and other herbs like Blue Lotus. These sacred unguents were used by royal families and high priests as perfume and healing oils.

Ancient Greeks and Romans learned much from Egyptians regarding the healing powers of perfumes and medicinal scents. Greek physicians

recommended that the breasts be anointed in Lavender oil as it was said to be the seat of the heart. Dioscorides, a Greek military physician, noted Lavender was a great medicine used internally to relieve headaches, indigestion, menstrual cramps, upset stomach, and sore throats; externally, it was used as an antiseptic, to assist with burns or treat skin ailments.

During Medieval times and the Renaissance, women would often massage their breasts with Lavender to alleviate pain and increase breast milk, and it was also used as a medicinal perfume and topically to ward off infection and heal wounds.

Medicinally, Lavender is a nervine, a nervous system relaxant, that can assist in calming, induce sleep, improve memory, relieve pain, and boost the mood. The mere inhalation of it stimulates mental processes, focuses energy, brings about lucidity, alleviates stress, and improves memory.

Lavender is said to be ruled by the constellation Virgo and planet Mercury—the messenger, the connector and communicator. Mercury represents the bright intelligence and all matters involving the mind and conscious perception. Lavender embodies Mercury's energy as it opens the mental channels,

fine-tunes and refines mental processes, and liberates communication and comprehension.

Guidance: Lavender is much like the medicine of Spider, a master communicator that organizes, refines, and systematizes many elements in life. Lavender's medicine provides us the power of discipline and focused energy, key elements to enable aligned manifestation. Spider is here today to remind you that when you're not communicating from a higher alignment, we quickly become entangled, overly critical, and even block the flow of creativity and healing communication. Connect to the energy of the spiral to journey deep into your shadows, and allow this self-organizing system to facilitate higher alignment to your foundation when needed. Use the gifts of communication such as music, poetry, art, and dance to nurture creativity as you weave your life.

HERBS OF MARS

21. NETTLE

— Action —

Urtica dioica

Upright: direct action, fierce protector, leadership, strength, power, in pursuit of truth, dominance

Reversed: impatience, hot tempered, frustration, overwhelm, crusader, reckless

Astrological Ruler: Mars, Pluto

Nettle perfectly embodies Mars's attributes: when touched its aggressive leaves cause irritation, stimulation, and increased blood circulation. Nettle is rich in iron, selenium, magnesium, chlorophyll, calcium, silica, and vitamins A, C, E, and K. While Nettle is not necessarily a heating plant, it is stimulating. Its sting feels hot at the touch and yet it helps to modulate inflammation throughout the body.

Used to treat pain from arthritis in ancient Egypt, people would whack themselves with bundles of Nettles to treat rheumatism, lethargy, and

cholera. It's thought that Nettles cause the body to release an antihistamine response that reduces inflammation and swelling, alleviating pain related to rheumatism and arthritis. The famous ancient Greek physician Hippocrates used Nettles in over 60 different remedies. Throughout the Middle Ages Nettles were used to treat shingles, sinus ailments, and constipation.

In Norse myth, Nettles are associated with Thor, the god of thunder, and with Loki, the trickster god whose magical fishing net was made from Nettles. Thick stands of Nettles signal that there are fairy dwellings close by in Celtic folklore, and the Nettle's sting wards off fairy mischief, black magic, and sorcery. The Anglo-Saxon held nine herbs as the most sacred, and their "Nine Herbs Charm," recorded in the 10th century, featured Nettles as a protective ally against "elf-shot"—a mysterious pain in humans or animals caused by the arrows of the jealous elves. Nettle also protected against "flying venom"—a form of black magic believed at the time to be one of the primary causes of illness.

Guidance: Warrior Mars is a representation of our will to survive, protect, pursue, and act. Physically, the elemental fire within Nettle activates to purify and

strengthen. Emotionally and mentally, it directs ambition, sharpens intellect, and ignites leadership. On a spiritual level, Nettle has the power of Snake medicine, granting us the power of fire to transmute and protect. Nettle medicine teaches you on a personal level to be strong, protective, and able to handle life in its complexity. You meet difficulties with patience and confidence. This allows for emotional maturity and avoids frustration. Don't withdraw your energy in the face of discomfort. If you have drawn this card today, there is a need within you to transmute some action, thought, or desire. Release the outer skin of your present identity and draw upon the powers of fire to lead and act.

22. JERGÓN SACHA — Transfiguration —

Dracontium loretense

Upright: unforeseen change, breakdown, transfiguration, poison transmuted, evil neutralized, rising from the ashes

Reversed: crisis, destruction, black magic, bad intentions, sorcery, poison, being made humble

Astrological Ruler: Mars, Pluto

Jergón Sacha is a “signature plant,” as its Indigenous uses directly mirror its appearance. Its mottled coloring calls to mind a poisonous snake native to the Amazon, and local villages use the starchy root as an anti-venom. In Peru and Ecuador, the snake and plant are both called *jergón sachá* or *fer-de-lance*. In Brazil the snake is named *jararaca* and the plant, *erva-jararaca*, which translates to “snake herb.”

In the Amazon, the bloody resin of this plant is used in many rituals of protection against all spiritual sicknesses—*bilis* (bile/rage), *hechizos* (hexes), *mal de ojo* (evil eye), *mal aire* (evil wind), and *envidia* (envy)—and protection against *brujos*

malvados (black magic sorcerers). Considered a neutralizer of the highest order, Jergón Sacha converts any intended harm or intense evil into benevolent energy.

Indigenous tribes in Guyana have employed it as an antidote for stingray wounds, spider bites, and poison dart/arrow wounds. Other Indigenous cultures believe that beating the legs and feet with the leaves of Jergón Sacha acts as a snake repellent.

In addition to being an anti-venom, the powdered tuber is used as an anti-viral, for asthma, lung inflammation, whooping cough, parasites, and menstrual disorders. Baths of Jergón Sacha were also common for those with gout, arthritic pain, and similar imbalances. Jergón Sacha's staggering power to neutralize the strongest of known poisons, and protect the body from vigorous viruses, is some of the many reasons it falls under Mars's and Pluto's rulership. Both planetary bodies, like Jergón Sacha, overwhelm and activate to transform, igniting both destruction and resurrection, literally and archetypally.

Guidance: Watch your back! Jergón Sacha represents radical change and breakdown. This card can mean that someone or something is harming your energy.

If this applies to you, remember that the darkest of energies that bring crisis or unforeseen changes can be transmuted into benevolence. Even the strongest of poisons can be medicine. The first step in neutralizing is recognition. The second step is removing fear and insecurity, and the third step is reconstruction of the self. Examine your life from a third-person perspective. Draw upon universal forces to transmute the environment, people, or situations that are depleting your life force.

23. MILK THISTLE

— Peaceful Warrior —

Silybum marianum

Upright: peaceful warrior, shield, truth keeper, shelter, sanctuary, safe keeping, justice

Reversed: aggressiveness, harsh, impulsive, competitive, self-sabotage, overdoing it, gossip

Astrological Ruler: Mars, Moon

Native to the Mediterranean, the Greek physician and botanist Dioscorides was the first to write down Milk Thistle's healing properties in the 1st century A.D. Milk Thistle was a remedy for diseases of melancholy, assisted in the production of breast milk, and acted as a powerful anti-inflammatory for the liver and gallbladder. Milk Thistle's characteristic violet-fuchsia flowers and white-veined leaves are said to embody the Virgin Mary's milk.

There are many magic rituals associated with this protective flower. Traditionally, flowers were thrown into the fire to deflect lightning, and garments were woven with Thistle fibers to protect the wearer from any spells. Dolls, puppets, and magical tools were often stuffed with Thistle to break

negative, depressive spells; melancholy; and evil hexes. In Europe, witches would make large vats of Thistle to call in the spirits. A bowl of Thistle tea in a room is said to revitalize energy, bring strength, and renew the spirits. Thistle was often planted in entryways to ward off thieves or parasitic energy.

Milk Thistle embodies the spirit of the fierce badger, as it's an aggressive healer known to rid the body of disease, poison, and toxic substances. Many Native American traditions associate Badger medicine with powerful medicine women, as badgers are some of the great protectors of Earth's medicine. Badgers act quickly and efficiently in a crisis, and they do not panic. Embodying the primal warrior elements of Mars, Badgers fearlessly find the means and courage to protect what's theirs, regardless of the consequences. Milk Thistle also falls under the Moon's rulership as it's a galactagogue, meaning it assists in milk production, along with assisting the entire gastrointestinal system.

Guidance: Milk Thistle dispels the damaging and destructive thoughts that can induce an endless loop of self-sabotage. Abandon insecurity, gossip, and fear-based protection strategies that enable frustration or a false sense of growth. Do not waste your time trying to control what cannot be controlled. Like a peace-

ful warrior, set your boundaries firmly and fearlessly. Like Badger, Milk Thistle shakes up systems that hinder innovation and halts patterns and behaviors that stunt growth. Know that what you are not changing, you are choosing.

24. TOBACCO

— Offering —

Nicotiana tabacum, Nicotiana rusticum

Upright: power, *ofrenda* (offering), divine gift, invocation, respect, deep alignment with will and purpose

Reversed: illusion of power, power-hungry, lack of respect, inner conflict, addiction, stuck in habits, fear of failure

Astrological Ruler: Mars, Pluto

Tobacco is used among Indigenous groups across the Americas as an offering to the gods for smoke cleansing, as an offering to the spirits, as a sacred smoke at council meetings, and as a ceremonial juice during vision quests. Widely used by shamans in the Amazon called *tabaqueros*, Tobacco is considered a *planta maestra* (teacher/master plant). These plants are key to protective spirits, and important allies and guides in the healing of humanity.

In pre-Columbian North America, different tribes used Tobacco ceremonially; the main difference between them and Central and South American tribes is that they smoked Tobacco

through a pipe. Various Indigenous peoples from the Americas used Tobacco for healing a wide range of ailments such as earaches, snake bites, cuts and burns, respiratory diseases, fever, convulsions, nervous issues, urinary complaints, skin diseases, and parasites. Many traditions hold that Tobacco is a protective spirit, given to humanity to enable communication with the spirit world.

Tobacco is one of the ultimate *ofrendas*, or sacred offerings, to the spirit world. It has been placed on altars and traded among different societies for hundreds of years. It has been used by many Indigenous peoples as a symbolic token for sealing peace among tribes. Across time, tobacco has been most commonly used as a smoke, but it can also be used as a strong purgative and an anti-inflammatory, which further mirrors its Mars energetics.

Guidance: The gods of power are here to serve, and they demand loving respect. Tobacco reminds us to utilize power compassionately; how we use and direct this power determines the quality of life. Offer your actions as a divine gift, selflessly and in service to the sacred. Grandfather Tobacco's protective and powerful energy lovingly opens the doorway to the spirit world to those who ask with humility and re-

spect. Don't allow the illusions of power to ignite destructive behaviors or propel you toward addictive habits.

25. CAT'S CLAW — Purification —

Unicaria tomentosa

Upright: rewriting the story, connecting to heritage, belonging, worthiness, safety, connecting to your origins, DNA purification

Reversed: feeling displaced, disconnection from heritage, dark behaviors, wounding, shame, regret, rejection, loneliness

Astrological Ruler: Mars, Pluto

Called *uña de gato* in Spanish, Cat's Claw has been used medicinally by Central and South American tribes for at least 2,000 years. The Ashaninka tribe in central Peru has the longest recorded history with the plant, using it to treat asthma, inflammations of the urinary tract, arthritis, bone pain, recovery from childbirth, and cancer. Other Peruvian Indigenous tribes use it to treat diabetes, hemorrhages, menstrual irregularity, fevers, viruses, tumors, internal cleansing, and balancing the body.

Modern scientific research has confirmed its effectiveness in treating asthma, upper respiratory infections, viral infections, wounds, environmental toxicity, poisoning, and so much more.

A powerful immune stimulant, Cat's Claw is ruled by the archetypal energy of Mars and its higher octave, Pluto. It ignites many essential biological processes in the immune system, remedying many inflammatory diseases, while rebalancing the body through purification (Mars) and renewal (Pluto). Like Mars, it stimulates to regulate, it confronts to purify, and it initiates to heal. Herbs ruled by Mars are usually hot, stimulating, and dry.

Guidance: Cat's Claw powerfully protects our sacred essence, our blood, and our DNA. Like the Black Panther, it is regarded as one of the mighty protectors of the sacred ways of the forest. Cat's Claw is here today to help remove blockages, wounding, or trauma. Energetically Cat's Claw clears ancestral trauma, deeply assisting our healing as we rewrite our story. Like the energy of Black Panther, it roams through darkness with courage and curiosity to assist us in accessing the hidden light of truth. This is a reminder to take this time to befriend the silence of the dark void. Channel the gifts that your ancestors have provided. Know that your path is loved and supported by life.

HERBS OF JUPITER

26. CORDYCEPS — Revival —

Cordyceps sinensis, Cordyceps militaris

Upright: energy, renewal, soaring to new heights, opportunity, activation, resurrection

Reversed: reconnect to spirit, resistance to death, forgotten your power, weakness

Astrological Ruler: Jupiter, Pluto, Mars

Originally described 2,000 years ago in Traditional Chinese Medicine and Tibetan medicine as an exotic caterpillar fungus or winter worm, Cordyceps is a parasitic fungus that grows out of the head of mummified caterpillars, insects, and many kinds of larva. It has been gathered at high altitudes, primarily in Nepal and Tibet.

So far there are over 1,000 recognized species of Cordyceps, as many as there are different hosts on which it grows. The first peoples to discover the many benefits of Cordyceps initially observed

animals eating the wild fungus and growing strong in the process. Farmers and herders either dried the fungus to make a tonic tea or cooked it with meat in traditional Tibetan dishes.

In Traditional Chinese Medicine it has been used as a heal-all for centuries to treat fatigue, weakness, sickness, low sex drive, kidney conditions, and heart disease. Now modern Chinese medical hospitals use cultivated forms of *Ophiocordyceps sinensis* alongside pharmaceuticals as a treatment for cancer and tumors.

Monks have long revered Cordyceps as a longevity mushroom and utilized it to boost endurance and enhance lung capacity. Thousands of years later, studies now confirm that it indeed slows the effects of aging and stress, helping to keep the body free from disease.

Ruled by the wise, stimulating, and expansive powers of Jupiter, Cordyceps provides a jovial energy, a sense of renewal, resilience, and accomplishment. Jupiter's herbs are amplifiers, joyful and mood-enhancing herbs that inspire positive feelings.

Guidance: It's time to soar to new heights. Energy is available to manifest your greatest dreams. Passion is in alignment with knowledge. Energy is in alignment with matter. Like the great Eagle, you are blessed with

the connection to the Divine. You have an innate ability to live in the realm of spirit, yet remain connected and balanced within the realms of Earth. From the height of the clouds where the great Spirit dwells, the great Eagle mirrors your ability to observe with expansive awareness and achieve great sight beyond the mundane. Eagle and Cordyceps represent the courage to channel the higher mind, ether, the realm of illumination, and higher consciousness. If you have been walking in the shadows, you are being asked to reconnect with the element of ether, the Divine, and your higher mind. Heal your broken wings with love and seek a higher ground to observe the greatness of what you're made of.

27. REISHI

— Retreat —

Ganoderma lucidum,
Ganoderma applanatum

Upright: retreat, recovery, meditation, hibernation, spiritual contemplation, replenishment of spirit

Reversed: silence, recovery, time to pause, overstimulation, stress, deterioration, nearing burnout

Astrological Rule: Jupiter, Sun

Called *lingzhi* in Chinese, Reishi represents immortality and is considered the “herb of spiritual potency,” meaning success, well-being, divine power, and longevity.

Said to have been discovered in 396 B.C. in the Changbai Mountains of China by Daoist monks, it is one of the oldest mushrooms used in medicine. It has long been called an anti-aging mushroom and powerful *Shen* tonic, a category of medicines that “nourish the spirit.”

In China’s oldest *materia medica*—*The Herbal Classic*, written around about 200 C.E.—Reishi held first place above ginseng. The text says Reishi helps stabilize qi in the head and assists in mental

activities, tonifies the spleen, increases wisdom, and improves memory. Long-term consumption will lighten the body, increase vitality, and delay aging for years.

Reishi's borderline miraculous properties are being researched, verifying ancient knowledge, including how the mushroom profoundly relaxes the nervous system, calms the mind, and induces a state of relaxed focus. One of the many reasons spiritual seekers consume this mushroom is for the spiritual experience it unlocks when in meditation. Recent studies have also demonstrated measurable life-extending properties, as well as Reishi's ability to activate brain neurons and increase nerve growth factor levels in cells.

Reishi powerfully influences our main spiritual centers: the endocrine, nervous, and hormonal systems. Hormones powerfully impact our perception, mood, sleep-wake cycles, ability to bond with others, and awareness of reality. They activate the nervous system, which is also directly related to igniting mystical experiences.

Reishi is ruled by Jupiter, the "guru of planets," the one that dictates how we derive wisdom and access to the mysteries of life. Jupiter has a vast quantity of spirit-enhancing herbs that are often

used in meditation and to induce altered states of meditation, like Reishi.

Guidance: Pause. It's time for renewal. If you feel overwhelmed or mentally overloaded, it's time to retreat. Take the time to recuperate and recharge, and personal growth will follow. Overstimulation and indecision lead to a sense of weakness, imprisonment, and a feeling that you are evading death. Like Bear, hibernate or rest before you take on the next project or challenge. Many Native American tribes have called this space of inner contemplation the Dream Lodge, a place to witness death and see beyond the confines of physical reality by visiting the dreamtime. Create the space to be in silence and calm the internet chatter. Reflection is key to the path of self-mastery.

28. ELDER

— Wisdom —

Sambucus nigra, Sambucus canadensis

Upright: rising from the underworld, release, letting go, major transformation, higher wisdom, new perceptions, awakening to the truth

Reversed: stagnancy, sorrow, resistance to transformation, immoral, not applying lessons, not widening the known, not cultivating wisdom, decay, negativity

Astrological Ruler: Jupiter, Pluto

Also known as the “Queen of Faeries” or the “Queen of the Underworld,” Elder is steeped in folklore and legend across many cultures. This tree is a symbol of sorrow, death, and deep magic. In Scandinavia, the tree is inhabited by a spirit called *Hyldeemöer* (or Elder Mother), who will punish you if you touch the tree or chop it down without properly thanking her. In the Bible, the cross on which Jesus was crucified was said to be made from the wood of a giant Elder tree, and a remorseful Judas hung himself from an old Elder tree.

In the Middle Ages, Elder was used as protection against witches, evil spirits, and underworldly entities. In Celtic tradition the Elder is associated

with Samhain, a time of year to honor death, new beginnings, and transformation. It has been used since ancient times as a blood cleanser, anti-viral, anti-inflammatory, used for the kidneys, liver, and digestive system. It is also used as a respiratory aid to prevent or recover from colds and flu.

Astrologically, since Elder encompasses the piercing duality of life and death, along with supernatural properties, it falls under the general rulership of Pluto. To properly reap its medicine requires wisdom, and if improperly used it may cause death. When its wisdom is properly harvested, its strong protective action on the immune system also greatly embodies Jupiter's archetype.

Guidance: Elder signals the end of a phase in life, as well as the beginning of a major cycle. The Queen of the Underworld reminds us of the symbolic death that visits us often as we progress through our physical and metaphysical growth. Elder reminds us of the blooming we experience when we simply allow our old self to decompose. In giving new life, the old one needs to be torn apart and allowed to die. Don't resist it. Elder is a wise guardian, assisting us as we step through the doorways of darkness. Allow yourself to be consumed by her mighty presence, as the dark mother protects our spirit as it goes through the cycles of transformation.

29. SCHISANDRA

— Grace —

Schisandra chinensis

Upright: inner beauty, inspirations, euphoria, visions, supernatural powers, synergy

Reversed: aloof, ungrounded, imbalanced, practice moderation, navigate the middle road

Astrological Ruler: Jupiter, Venus

In Traditional Chinese Medicine flavors are seen as energetic symbols within a plant, demonstrating its distinct healing traits. Schisandra berry contains all five flavors—sweet, bitter, salty, sour, and pungent—directly signaling its all-encompassing and highly medicinal nature and earning it the name *Wu Wei Zi* or “five-flavored berry.”

Perfectly yin-yang balanced, Schisandra nurtures all 5 elements—wood, fire, earth, metal, and water—and enters all 12 energy channels or meridians of the human body. As the symbol of longevity and beauty, even suggesting the ability to attain immortality, Schisandra is pictured often in ancient Chinese art. Considered a panacea, it increases energy, prolongs life without aging, benefits the

mind, supports the eyes, acts as an anti-inflammatory, helps against radiation, protects from nervous system toxicity, cleanses heavy metal toxicity, supports adrenal function, supports the lungs, benefits sexual function, balances hormones, and protects the skin.

Schisandra is ruled by Jupiter, and it has an all-encompassing, longevity enhancing, and expansive medicinal nature. The way it embraces all 5 elements, all 12 energetic channels, and all flavors provides longevity to every organ system and harmonizes all polarities—also a signature of Venus.

Guidance: Like the Temperance card in the tarot, the goddess holds a cup of water, representing the subconscious, as she crosses over a stream of water, representing the conscious mind. Schisandra's medicine teaches us about the high alchemy of beauty, grace, and the harmony of dualities. Like the medicine of Swan, Schisandra is here today to remind you of the grace within balance, patience, and moderation. You are being invited to allow life force to flow through you without force or resistance. Follow your visions, and pay close attention to the subtle language in your body and surroundings. If you feel out of orbit or aloof, make time to ground. Grounding will only facilitate your development to a higher consciousness.

30. ECHINACEA

— Destiny —

Echinacea angustifolia,

Echinacea purpurea, Echinacea pallida

Upright: wheel of change, life cycles, destiny, bigger vision, fortune, fate

Reversed: karma, clinging to control, unwelcome change, cycles of suffering, a change is due

Astrological Ruler: Jupiter, Pluto

Many Native American people consider Echinacea to be a protective spirit medicine, and some of the root is often included in medicine pouches worn around the hip or neck. The Navajo consider Echinacea to be a life medicine, one of the 40 ceremonial plants used for specific healing rituals.

On the Great Plains, Echinacea washes and poultices are favored to dress wounds, stanch infection, as provide pain relief for sore or torn muscles. The seeds and roots of the variety known as pale purple cornflower were popularly used in a decoction to cure colds and flus, reduce fevers, soothe burns and boils, and treat arthritis and rheumatism. Many Native American tribes also called it "snake

root," as it was used as an anti-venom for rattlesnake bites.

In sweat lodge ceremonies, the roots were chewed to assist in purification and adaptation, and to ease pain. The plant was strewn across hot coals to add to the steam and was said to help participants withstand the heat. The Omaha Native American tribe would coat their hands in macerated Echinacea root so that they could take hot food out of boiling pots without being burned by the heat. To this day, Echinacea is used prominently worldwide, and proven effective in fighting infections and combating colds, flus, and upper respiratory infections.

Echinacea primarily tackles the liver, the blood, and stimulation of the immune system, all of which falls under Jupiter's rulership. Jupiter herbs like Echinacea have a powerful ability to prevent the damaging effects of stress on the organs, enabling deep protection on a multi-organ level.

Guidance: The Snake eating its tail, the ouroboros, is the wheel of change, resembling the cycles of life and death. The Sun and Moon orbit and spin the wheel of change, representing our Earthly domain. The Echinacea sprouting in the center represents evolutionary consciousness, unbound by the confines of destiny.

Like the Wheel of Fortune, this card may signal a twist of fate, a time where something in life shifts us and reorients us elsewhere. Echinacea has shown up in your cards today to remind you that the universe is always in motion, and nothing is by accident. The key to see through the cycles of destiny is to remain centered and fluid, flowing with the course of life. The illusive judgments of "good" and "bad" only limits the vision of the great understanding. Step back and observe the great vision at play, and be unbound by the passing influences.

HERBS OF SATURN

31. CANNABIS — Detachment —

Cannabis sativa

Upright: detachment, deep contemplation, freedom from pain-body, inner calm, immunity

Reversed: numb, disassociation, neglect, chronic pain, not seeing a way out, trapped, unsettled

Astrological Ruler: Saturn, Neptune

Cannabis is one of the oldest-known psychotropic herbs. The first recorded use of Cannabis is from 8000 B.C., in an ancient village in Taiwan, where Indigenous groups used hemp fibers in their fabrics, pottery, rope, and even their shoes, not relying on animal skins or even silk for clothing.

In 4000 B.C., in the Chinese village of Pan-p'o, hemp was considered to be one of the "five grains" of China, and thus a major food crop. In the Chinese *Materia Medica* from 2737 B.C. hemp was

recognized for its ability to treat over 100 medical issues, including gout, malaria, and rheumatism.

The medicinal use of Marijuana features heavily in Hindu religious texts. In the Vedas, for example, written between 2000 B.C. and 1400 B.C., Cannabis was considered a sacrament of Shiva, described as a "source of happiness," a "joy giver," and a "bringer of freedom" that was compassionately given to humans by the gods to relieve them of anxiety and help them achieve delight as well as fearlessness.

Cannabis's many uses fall mostly under Saturn and Neptune's rulership, with a strong Piscean undertone. Since it is a musculoskeletal relaxant, anti-inflammatory, and pain reliever it is a great ally for those seeking to soften the rough edges of Saturn's impact. Its mood enhancing, anti-anxiety, anti-inflammatory, and psychotropic properties belong to the realms of Neptune, and therefore Pisces.

Guidance: Saturn is said to be the Lord of Time and Space, the Lord of Karma. Although often called the "Great Malefic," Saturn is much more than what we experience in third-dimensional reality. The space-time continuum is a system that encompasses

third-dimensional reality as we know it, said to be ruled by Saturn. Yet the transcendence of this reality is freedom from Saturn, depicted by its polarity, Neptune. When the Angels of time and space are respected (Saturn), they bless us with freedom and the ability to transcend (Neptune) the cycles of the pain-body. If you feel restless, anxious, trapped in your own body, or have trouble sleeping, Cannabis is here to remind you to cultivate inner calm. Breathe deeply, go for a walk in nature, immerse yourself in meditation, take naps, and creatively cultivate practices that soften the unsettled aspects of your being. Don't succumb to quick-fix solutions when it comes to decompressing, as it often leads to self-neglect and disassociation. Tune deeply into the energetics of this ancient ally and learn to transcend the cycles of self-induced pain.

32. COMFREY

— Completion —

Symphytum officinale

Upright: achievement, completion of cycle, success, closure, completion of long journey, wholeness, mending
Reversed: making the same mistakes, lack of closure, feeling incomplete, emptiness

Astrological Ruler: Saturn

Comfrey, also known as boneset or knit-bone, has been cultivated for its healing properties since 400 B.C.E. It was used by the ancient Greeks, Romans, Celts, and many more to heal broken bones, bind wounds, and stop heavy bleeding.

Symphytum comes from the Greek words *symphyo*, meaning “to grow together,” and *phyton*, meaning “plant.” Comfrey comes from the Latin *confirmare*, which also means “to grow together.” The Greek historian Herodotus recommended Comfrey to stop severe bleeding, internally and externally. Later Greeks used it to heal lung problems.

Farmers value Comfrey; it was grown as a food for people and livestock and produced valuable fertilizer for the garden. The plant was also used as a food during the Irish Potato Famine in the 1840s,

though it's recommended to not eat too much of it because of its impact on the liver.

Ruled by Saturn, Comfrey promotes the healing of the skin and musculoskeletal system. The roots and leaves stimulate cell proliferation and promote bone and wound healing. Saturnian herbs are those said to relieve the body and mind from karma, assisting with shielding, endurance, restoration, and repair. Saturn grants wisdom through challenges. Like Saturn, Comfrey heals the general musculoskeletal system.

Guidance: Comfrey represents wholeness, completion, and closure of a great cycle. The wreath symbolizes a cycle, containing the energy of the past, present, and future, hovering over the clouds to note how the foundation of all cycles are grounded in mystery. Comfrey majestically grows in the center, representing the *axis mundi*, the sacred heart, the sacred will that pulses the great mystery. Comfrey has appeared today to signal that a great cycle is nearing completion. Stay aligned as you continue to prune and heal the garden of the self. Look closely into repeated patterns, persons, or situation that keep showing up in your life. Draw upon Comfrey's power to mend and find wholeness in lessons and patterns that need closure.

33. ARNICA

—Teacher—

Arnica montana, Arnica cardifolia

Upright: loyalty, commitment, perseverance, teacher, stability, companionship, community, unique path

Reversed: individualist, finding your own way, lone wolf, overly independent, avoiding confrontation

Astrological Ruler: Saturn

Also known as mountain daisy, wolf's bane, leopard's bane, and mountain tobacco, Arnica grows abundantly in alpine meadows in Europe and North America. Several Native American tribes including the Catulsa used the roots of *Arnica cardifolia*, or heart-leaf Arnica, to prepare a pain-relieving tea. European remedies date back to the 16th century, when Arnica was used to treat black eyes, sprains, and contusions.

Arnica preparations have been extensively found in Russian folk medicine, where it was used as an external treatment for wounds, black eyes, sprains, contusions, uterine hemorrhages, heart and artery issues, and numerous other applications.

Partly because ingestion is shown to cause severe liver damage and internal bleeding, topical applications have proven to be most effective in assisting in tissue regeneration. Arnica stimulates a great amount of blood flow, allowing it to rapidly relieve pain and swelling, and aid in healing bruises and hematomas.

The first written record of Arnica appears in the Middle Ages, where it is referred to as "alisma." Back then it was used for many of the same reasons that we use it today. Old tales describe how Arnica was planted at the corners of fields during the summer solstice, to protect from evil field spirits. Direct contact with these spirits was associated with sickness and bad luck. Other folk tales describe the use of Arnica on and around the solstice when it bloomed, and using the plants to trap corn wolf, rye wolf, and grain wolf spirits, preventing them from leaving until the grain was ready for harvest.

Arnica's extraordinary pain-relieving, wound, and bone healing properties fall under Saturn's rulership. Energetically, Arnica embodies Saturn by supporting our energy to heal and mend after trauma.

Guidance: Arnica has long been associated with Wolf medicine, symbolizing loyalty, leadership, community, intuition, and instinctual intelligence. Wolf, like Arnica, teaches us how to become resilient teachers so that we experience greater knowing, and help others as they seek their own path. When Arnica grows in the wild, it is found in unique and mystical patches, showing us its unique form of manifestation and growth. Like Wolf, it does not follow established pathways, it finds its own way, off the beaten path, defying patterns of habit. Draw upon the power of your tribe to discover the power of co-creative support. Holding your unique power within a community further empowers your vision and capacity. Like a Wolf, be fiercely loyal to your tribe, while also upholding your unique talent.

34. MITRAGYNIA — Shape Shifting —

Mitragynia speciosa

Upright: subconscious healing, synchronizing inner and outer worlds, shapeshifting, time travel, transcendence of illusion

Reversed: obsessive thoughts, illusionary façade, addiction, self-abandonment, unable to grow, stagnancy

Astrological Ruler: Saturn, Neptune

The Indigenous peoples of Southeast Asia have valued the power of this rainforest tree for thousands of years and have used it as a poultice to treat wounds, as well as treatment for a variety of symptoms, including stress, pain, fatigue, and fever. Like Coca leaves in the South American highlands, fresh leaves from the Mitragynia tree are chewed for energy and stamina throughout the day. Mitragynia was revered among monks in Asia, as it assisted them during long periods of meditation by providing focused attention and positive energy.

As early as the 19th century, "Kratom" became well known as an opium substitute, and quickly

became a curative treatment for withdrawal from opium addiction. It became more popularized in the West due to Mitragynia's use in Thailand, Malaysia, and surrounding areas, helping those with morphine dependence.

Mitragynia embodies elements of both Saturn and Neptune, as it profoundly relieves and decompresses the musculoskeletal system, while granting a freeing and euphoric feeling to the body-mind. Used in the right amounts, it can greatly assist those with addiction (Neptune).

Guidance: The balanced side of Mitragynia represents the ability to shapeshift and adapt across realities. Like the Dragonfly, Mitragynia grants us the power to break through the illusionary façade we often accept as reality, providing us the freedom from pain in order to break through limiting illusions. Dragonfly, like Mitragynia, help us initiate subconscious healing from the trauma experienced from endless cycles of pain and suffering. Dragonfly medicine invites us to seek out the parts of our habits that have gone unchanged, unnoticed, and stagnant. Ask yourself, have I tended to the changes I've been wanting to make? Don't get lost in the labyrinths of self-doubt. Break free from illusive belief systems that hold back your transformation.

35. HORSETAIL

— Patience —

Equisetum arvense

Upright: endurance, steady focus, period of gestation, trust the process, heightened sensitivity

Reversed: challenge, stubbornness, hardship, feelings of loss, impatience

Astrological Ruler: Saturn, Venus

Whenever you cross paths with a Horsetail, you are looking at a member of the sole-surviving genus of a once great lineage. Prehistoric Horsetail is said to have been giant compared to the remaining species that exist today. This primitive plant is a descendant of large trees from the Paleozoic era, about 375 to 600 million years ago. These plants emerged from primordial swamps over a hundred million years—long before dinosaurs walked on Earth!

All cultures to which Horsetail was native used it as a food and medicine, often cooking it like a vegetable or chewing it raw in the springtime. Horsetail strengthens connective tissues such as skin, hair, nails, bones, teeth, cartilage, ligaments,

and even mucus membranes. In ancient times it was referred to as a “bone mender,” as it was used to help heal broken bones, fractures, and osteoporosis.

Horsetail is ruled by Saturn, as strengthening the skeletal system and connective tissues, and promoting wound healing, hair growth, skin protection, and bone strength are all in the ringed planet’s domain. Saturn also corresponds with the processing of minerals within the body, particularly the kidneys, which Horsetail also nourishes. Archetypally, Saturn provides us protection, shielding, courage, endurance, patience, self-control, and the blessing of challenge. Saturn, known as Cronus in Greek, is the lord of time and viewed as a destructive, all-devouring force. Yet Saturn isn’t as malevolent as it is portrayed to be, as its energy teaches us self-mastery—the power we are granted once we overcome the cycles of pain and suffering.

Guidance: Horsetail teaches us of the power that lies within patience, and the endurance gained through the hidden blessings of challenges. There is something good in all seeming failures. And although that might not be clear in the moment, time will reveal it. Trust the process. Remember that stubbornness and willfulness are counterproductive to loosening

knots. Instead, like the medicine of Horse, ground to Earth's energy and adapt to changes and hardships on the journey. Horse medicine provides us heightened sensitivity and the purity of trust, essential tools to have as we navigate life's journey. Invoke the strength of Horse as a power animal when you need increased psychic sensitivity and intuition.

HERBS OF URANUS

36. COCA — Foresight —

Erythroxylum coca

Upright: supernatural powers, ability to see universal truth, genius, spiritual guidance, brilliance, integrity, impeccability

Reversed: disbelief, disconnected from source, rejection of innate powers, egocentric, megalomania

Astrological Ruler: Uranus, Venus

Commonly chewed to stimulate capacity, energy, and abilities, Coca—also known as *Mama Coca* or *Cocamama*—was an important plant in the culture and religion of the Incas and other tribal peoples nearby in the Lake Titicaca region of South America. The Incan goddess Chasca was linked to Venus and depicted holding sprigs of Coca, embodying the power and fruitfulness of love. Places where Coca grew were considered sanctuaries where all humans should worship the gods.

Priests tossed leaves of Coca into the air for divination, worship, and to ask permission from entities of the cardinal directions. Coca was considered so sacred that the shamans never consulted the oracle without first chewing Coca leaves and entering into a trance with its spirit. When consulting the oracle, they often threw the leaves on the ground with powerful intention, to then analyze the divinatory meaning, much like the yarrow with the I-Ching.

For thousands of years, the Q'ero, among many other tribes in the Andes, have ingested Coca to increase their energy to work and general vitality. Coca allows them to walk long distances without food and live more easily in high altitudes. They are very aware of the many curative properties of Coca and use it in poultices, salves, compresses, and teas.

Coca is ruled by Uranus, as it is one of nature's greatest energizers and stimulants. It moves through the body like electricity, pulsating and nourishing the nervous system. Being a mental stimulant that activates extrasensory perception, great clarity, and the genius within, it is also a trademark for Uranian plants. Uranian (and Aquarian) plants like Coca profoundly stimulate the imagination, attuning us to our ability to surrender to spontaneity and the insightfulness of the present moment.

Guidance: The mighty Jaguar is the spirit animal to many great medicine peoples in the rainforest. The Jaguar has been regarded as one of the fierce protectors of the sacred and seen as a bridge to the upper worlds, or messenger from the realms of Spirit. Coca's lightning-like energy has appeared today signaling the piercing clarity, foresight, and power you have available to you right now. Jaguar's spirit rewards you as you as you stay true to your integrity in moments where you could easily give it away. Don't reject innate gifts you were born with; cultivate them and don't shy away from their magnificent power. The power of Jaguar is that of the greatest Shaman, able to assist in soul work and journeying to retrieve aspects of your power that have been forgotten or remained latent.

37. RHODIOLA

— Wisdom —

Rhodiola rosea

Upright: magic, wisdom keeper, purity, higher consciousness, clarity, intuitive intellect, enchantment

Reversed: overly analytical, unenchanted, unable to express thoughts, emotional blockage, self-absorbed

Astrological Ruler: Uranus, Mercury

For centuries, Rhodiola or “golden root” has been used in Russian and Scandinavian traditional medicine. Many studies have been published on this root, as it has been used to increase physical endurance, longevity, energy, productivity, and resistance to high altitude sickness, and to treat fatigue, depression, anemia, impotence, gastrointestinal ailments, infections, and nervous system disorders.

In Asia, it is called “Plateau Ginseng,” and Tibetans consider Rhodiola root to be a sacred herb. It has been used by the Tibetan and other Himalayan peoples as a tonic herb, while Himalayan Buddhist monks use the herb to enhance their spiritual power and increase concentration, mental capacity, memory, and endurance.

The Vikings used the aromatic roots of *Rhodiola* to fight infections and increase sexual prowess and sensual appetite and enhance fertility. The Inupiat, and other Alaska Natives, used it as a medicine and food, made tea from the flowers or the four- to five-year-old roots, and used the leaves and stems in salad and even sauerkraut.

To this day, mountain villagers in Siberia use a bouquet of the sought-after roots prior to marriage to enhance loyalty, birth of healthy children, and increase fertility. Chinese emperors would send group expeditions to Siberia to harvest wild golden roots, as they knew it was the Siberian people's secret to staying strong and vibrant through the harshest of conditions.

Rhodiola, ruled by Uranus and Mercury, has the energetic signature of the elusive Unicorn—embodying the elements of intelligence, purity, fierce intuition, mastery, and wisdom. Unicorns are gatekeepers—ancient protectors of the forest. Like Uranus, your genius brings lightning-like brilliance to the moment, insight without bias, and intellect founded on intuition and grounded with the power of truth. On the contrary, this can signify a time of mental or emotional blockage, disconnection to divinity, intellect without intuition, and emotional immaturity.

Guidance: The Unicorn is known as the great protector of the forest. Like Rhodiola, some Unicorns are said to live near high mountains to this day, nourishing and protecting the wise and ancient forests left. Rhodiola is in your cards today to remind you that you are intelligence embodied: intuitive, articulate, and knowledgeable. You exude mastery, wisdom, purity, authority, and wisdom. Emotions do not cloud your judgment. Your actions are measured carefully and intuitively, as you contain ancient codes on the ways of Heaven and Earth. The subtle essence of the Unicorn resides in the third eye. If Unicorn medicine comes to you, your sense of wise creativity and aliveness will deepen. Don't neglect your medicine. Honor your natural gifts. Stand tall. Own your medicine and who you are becoming.

38. CACAO

— Initiation —

Theobroma cacao

Upright: initiation, spiritual test, revelation, access to the cosmic heart, divine love, light beings, channeling languages of light

Reversed: broken wings, self dis-trust, lack of self-love, step out of your own way

Astrological Ruler: Uranus, Venus

As empires rose and fell through time, all Mesoamerican civilizations, starting with the Mayo-Chinchipe 5,500 years ago, coveted Cacao for its nutritional power and supernatural properties. Cacao was also a pillar of their economies and an integral part of religious rites, appearing as a key element in many spiritual ceremonies, death rites, and sacrifices.

In the Mayan creation story, *Popol Vuh*, gods created humans out of foods, including Cacao, and in another Mayan myth, their god Kukulcan, or “Feathered Serpent,” brought Cacao to the people. The Aztecs have a similar story wherein their god, Quetzalcoatl, came from the sky to give them Cacao.

In a 1552 Aztec book of herbal medicine called the Badianus Codex, Cacao flowers are noted to treat fatigue. In the Florentine Codex from 1590, prescriptions of Cacao beans, maize, and the herb tlacoxochitl (*Calliandra anomala*) are used to alleviate fever, shortness of breath, and faintness of heart. There have been over 100 uses found in historical texts, all of which correspond with Uranus's healing energetics. The plant helps the nervous system of exhausted patients, improves weakness and mental fatigue, stimulates the kidneys, and helps with digestion and elimination. In addition to Cacao beans, preparations of Cacao bark, Cacao butter or oil, leaves, and flowers have been used to treat burns, bowel dysfunction, cuts, and skin irritations.

Guidance: Quetzal has flown into your cards today symbolizing initiation. The sky gods are speaking and bathing your soul in liquid light as you traverse a series of spiritual tests. The Quetzal is considered one of the highest divine apparitions as it is associated to the snake god Quetzalcoatl, the feathered serpent. Like Cacao, both are considered precious heavenly gifts from the sky gods. These divine apparitions today are asking you to deeply tune into the cosmic heart. Let it move you. Open yourself to receive the holy gifts provided and listen carefully to the light

language pouring through them. Keep elevating your frequency rooted in unconditional love. Step out of your own way, and allow your heart to blossom. Know that through this divine love, we experience the cosmic heart, the gateway to spirit.

39. GINKGO — Breakthrough —

Ginkgo biloba

Upright: the dawn of a new mind, new ideas, visionary thinking, mental clarity, resilience

Reversed: overthinking, clouded judgment, mental despair, weighted down by collective darkness

Astrological Ruler: Mars, Uranus

Once common in North America and Europe, Ginkgos were said to have disappeared from North America 7 million years ago, and from Europe 3 million years ago. They were thought to be extinct, only to be found growing in Chinese monasteries, where monks had been cultivating the trees since at least A.D. 1100. They are now considered to be one of the oldest living tree species in the world, with fossils dating over 200 million years old.

The leaves were traditionally brewed as a tea for gastrointestinal disorders, heart problems, and cognitive issues. The fruit was applied directly on skin and fungal infections, and was helpful in relieving breast tissue inflammation, like mastitis. To this day, the nuts are a delicacy in East Asian cuisine,

and are consumed in small amounts toasted or fried. They are also used medicinally to relieve breathing problems, asthma, and bronchitis.

Ginkgo has withstood millions of years of challenges symbolizing strength, resilience, and survival. Archetypally, Mars represents strength, courage, endurance, survival, action, and primal energy, all characteristics that Ginkgo has embodied across time. Like the transmitter of higher energy, Uranus, Ginkgo is stimulating, an initiator of action, and an invigorating source to the mind.

Guidance: The sword of truth held by the hand of God rises from the clouds, signaling a moment of breakthrough. This double-edged sword is encircled by a golden crown, symbolizing the victory of transcendence over illusion. Both Ginkgo and Raven are ancient guardians of Earth, both symbolizing the strength and resilience required to protect the ethereal realm, the source of magic. If Ginkgo has appeared in your spread today, you are about to experience a total breakthrough, a revolutionary change in consciousness. Bring the light of dawn to the ongoing cycles of darkness within yourself, or those experienced on Earth; stay dynamic and fluid, and don't allow negativity to cloud your judgment.

40. GINSENG

— Magician —

Panax ginseng, Panax quinquefolius

Upright: master manifestor, boundless energy, potential, resourcefulness, expansion

Reversed: untapped talent, lack of action, opportunities missed, disbelief of innate powers

Astrological Ruler: Uranus, Jupiter

Ginseng provides longevity and creative energy within each person. The shape of the root resembles a human figure, symbolic of its deeply restorative effect on the body-mind.

Ginseng is likely the most studied herb in modern-day research, but long before North America was colonized, Native American peoples used Ginseng in medicine. *Midewiwin*, a group of Ojibwe spiritual leaders skilled in medicine, used the root for pain relief and digestive troubles, to calm the spirit, and as a poultice to stanch bleeding.

The Meskwaki people of the Great Lakes region have used Ginseng as an aphrodisiac and a panacea. In China, the hotter and more stimulating variety—*Panax ginseng*—has long been one of the

most important herbs in traditional medicine. It is considered a life-prolonging cure-all.

Like Uranus, Ginseng's medicinal abilities are like a lightning bolt of pure life energy to the nervous system, reviving our innermost recesses. Jupiter's influence allows it to strengthen our vitality, immune system, and general life force. As a primary adaptogen, it has strong regulatory effects on our hormonal and endocrine systems, being a tonic herb that greatly calms and harmonizes the spirit, another trait Ginseng gets from Jupiter.

Guidance: Ginseng, like the Magician in the Tarot, embodies the wizardry and brilliance. You are a master manifestor and now is the time to sow the seeds of your dreams to bring your intentions to fruition. The tools, skills, and wisdom you've gathered have led you to this moment. Ginseng's unique signature trait reminds you to keep a clear vision consistently, unmotivated by ego (status, money, and vanity), to manifest a deeply powerful and creative light in alignment to your Higher Self. Reversed Ginseng reminds you not to fall into the trap of empty intentions, just because of the obsessive focus on the end result. Deeply listen and realize to the wizard within, and act solely with intention and for the greater good.

HERBS OF NEPTUNE

41. POPPY — Dream —

Papaver somniferum

Upright: mystery of dreamtime, the great unknown, breaking addictive habits, releasing unhealthy relationships, aligning to new intentions

Reversed: lost in the labyrinth, confusion as to what is real, materialism, addiction, unintentionality, obsession, temptation

Astrological Ruler: Neptune, Saturn

The earliest references to Poppies are found in the ancient land of Sumer, located in what is now Iraq and Kuwait. Sumerians grew Poppies all the way back in 3400 B.C.E. and cultivated the plant for both its medicinal and recreational use as opium, calling it *hul gil* or “the joy plant.”

The euphoria-inducing plant quickly became a staple of cross-continent trading. It first gained influence in Assyria and ancient Egypt. Eventually,

it was one of the most important and profitable products being transported on the famous Silk Road across much of Asia. Civilizations rose and fell, but Poppy remained in many traditions. By the early 1800s, this unassuming flower led to mass addiction and the Opium Wars.

In 1806, morphine was isolated from the Poppy and named for the Greek god of sleep, Morpheus, because of its sleep-inducing properties. It was hailed as a godsend, with its extraordinary ability to numb any pain, no matter how severe. Next came codeine, another powerful pain reliever. Pharmaceutical companies began to manufacture heroin from Poppies. It was indeed a popular medicine for a long time before its addictive properties were brought to light. Now it's listed as one of the most harmful drugs in the world, even though to this day its raw material is used to manufacture dozens of pharmaceutical drugs.

Guidance: Poppy's piercing dual nature and history are closely representative to that of The Devil card in the Tarot. The Devil represents the darkness of material obsession, addiction, and pursuit of false ideals for the sake of vanity and personal gain. The constructs of this reality (Saturn) have enabled a con-

torted darkness that does not belong to the soul signature of this divine flower (Neptune). Look deeper through the lens of her beauty to find that she embodies the mystical magic of the dreamtime, the place of unbound potential where we regenerate daily and commune with the Divine. Be aware that excess and abuse of mystical powers or substances means that you'll likely end up lost in her dark labyrinth. Break the temptation and addiction to thought patterns and experiences that lead to escapism and empty intentions and align to the light found within the mystical darkness found in the dreamtime.

42. AMANITA — Conduit —

Amanita muscaria

Upright: conduit, channel, bridger of realities, connection to higher power, celebration, coming home, family, awakening

Reversed: a lack of belonging, disconnected from source, family healing, unhappiness, ungrounded

Astrological Ruler: Neptune, Pluto, Mercury

Commonly known as Fly Agaric or Fly Amanita, this plant has been used in folk medicine since at least 6000 B.C.E., making it one of the earliest recorded entheogens—hallucinogenic plant medicines used for religious and shamanic purposes. In Central European folk traditions, Fly Agaric is perceived as a gateway to the world of nymphs, fairies, dwarfs, and hobgoblins. In almost every tradition it is connected to the afterworld, and to a deepening of sexuality.

The ritual use of Fly Agaric is connected to the shamanic rites found in Siberia and central Asia. Among the Koryak people, the shaman would ceremonially ingest Fly Agaric, enter a trancelike

state, and cross the gateway to the other worlds, after which others would join him by consuming his urine to experience the psychoactive effects.

Reindeer love this red-capped mushroom, and once they eat them, they behave drunkenly, twitch, make strange noises, and run aimlessly. This led to the custom of tribal peoples collecting and ingesting reindeer urine as a safer way of taking this hallucinogen.

Although *Amanita* is considered a deadly poison, the tradition of consuming this mushroom for enjoyment, as an aphrodisiac, or for medicinal properties is still common. *Amanita* was used medicinally to treat bites of venomous snakes, joint ailments, mental imbalances, and psychological fatigue.

Since *Amanita* has been a medicine used ritually for divination, extra-sensory perception, channeling, and deep rooted healing, it greatly embodies Neptune's and Mercury's archetype.

Guidance: Your channel is open. Earth spirits celebrate you as you come back home. You feel one with Nature, and all her offspring, your extended family. You can clearly see through the veil, and your gift of profound insight is now at hand. You are here to be a bridge for the children of the Earth, a conduit of

safety and healing energy for the newer generations. Embody the medicine of children; laugh, sing, and play, spreading joy in the world, regardless of your age. If you feel disconnected, breathe. Focus on releasing old breath by emptying your lungs with long exhales. Explore by connecting to Nature's cycles and co-create with your chosen family to regain a sense of belonging.

43. PASSIONFLOWER

— Surrender —

Passiflora incarnata

Upright: sacrifice, surrender, choosing growth, trusting discernment, rituals of letting go

Reversed: deception, misguided intentions, deceiving opportunities, unexpected halt, bad judgment

Astrological Ruler: Neptune, Moon

Passionflower, a precious botanical native to Central and South America, was named for the Passion of Christ—referring to his suffering and death by Roman Catholic priests in the 1500s. It was also called “*la flor de las cinco llagas*” or “the flower of the five wounds,” referring to Christ’s stigmata. The five petals and five petal-like sepals of this flower represent the 10 apostles, who remained faithful to Jesus throughout the Passion. The circle of hairlike rays above the petals represents Jesus’s crown of thorns.

Since its introduction into European herbal medicine, Passionflower has been used as an antispasmodic, hypnotic, anodyne, anxiolytic, sedative, and nervous system tonic. The leaf tea became popular in North American medicine in the mid-1800s

for similar uses as those in South American traditions. Passionflower tranquilizes edgy nerves and helps with insomnia, mood disorders, headaches, colic, migraines, menstrual cramps, diarrhea, neuralgia, eye disorders, epilepsy and convulsions, and muscle spasms and pain.

To this day Passionflower is used by many shamans in floral baths to calm and cleanse the spirit. Passionflower is considered a bridge to "Christ consciousness," which assists in direct communication with the mythical voice within. It was also used as an incense to alter the energy of spaces that were stressed, traumatized, or disrupted. Passionflower is ruled by the mighty powers of Neptune, the planet of spiritual realization, religious experiences, the spirit world, and maya, the great illusion.

Guidance: Passionflower symbolizes surrender, sacrifice, and the crucifixion of the ego. Passionflower resembles the need to sacrifice in order to make space and move forward. The all-seeing double headed Owl symbolizes the great understanding perceived from both sides, whether it be upside down or inside out, and bestows Goddess Passionflower with unseen truths as she performs rituals for letting go. Owl is symbolic of discernment and able to light up

what needs to be seen. Passionflower today might reflect the need to suspend actions that aren't aligned to your spiritual path. Are there certain decisions or action you've made that you must sacrifice in order to reassess your direction? Honor your intuition. It's okay if projects or original ideas come to an unexpected halt. Discernment is key to experience greater truth and opportunities.

44. VALERIAN — Acceptance —

Valeriana officinalis

Upright: order, loosening, acceptance, embracing imperfection, persistence, flow

Reversed: triggerability, overly-ambitious, self-criticism, perfectionist, self-judgment

Astrological Ruler: Neptune

Ancient physicians referred to this plant as “Phu” due to the pungency of its smell, referenced in texts as “smelly old socks.” While other names of the plant, such as “all heal” and “cut finger,” are common, the Latin origin of Valerian’s name comes from *valere*, meaning “to be strong and healthy.”

In medieval Sweden, Valerian was sometimes placed in the wedding clothes of the groom to ward off the “envy” of the elves and protect the marriage. It was said to be used by witches to protect and unbind those who were the target of evil spells.

The Nordic goddess Hertha put Valerian on her riding crop, causing the stag she rode to increase in power and speed. In combination with the bridle of hops, Valerian is suspected to have helped

facilitate the journey between realms, the liminal space often inhabited by witches or between waking and sleeping life. Both the Greeks and Celts used Valerian to ward off evil, traditionally hanging it in bunches around windows to repel spirits and protect the home from lightning. They also used it to consecrate ritual tools, promote peace, provide purification, break hexes, and enhance stability and happiness. A growing number of clinical trials now show how various types of Valerian improve sleep quality, and alleviate insomnia, exhaustion, fatigue, and pain.

Valerian resembles Neptune's archetype, as the herb powerfully greatly relaxes the body and mind to experience deep states of rest, sleep, and even access to other worlds. Neptune is the planet of dreams, other realms, the subconscious mind, the psychic mind, imagination, and a fundamental connection to spirituality. Valerian assists us in abandoning the story that keeps us bound to one reality, allowing us access beyond our physical body, into a greater, mystical reality.

Guidance: Valerian supports us by widening our trigger points and helping us to zoom out of a situation that might be overloading you with anxiety or

stress. Remember, go easy on yourself, and don't push yourself too hard to meet goals. Valerian remedies the internal parts of ourselves that can embody Mouse energy, when we're overly analytical, and judgmental, in high trigger mode. The message here is to take measure. Although your foundation can be established with great order, there is a certain amount of flow needed in order to enjoy creativity and growth. Don't exhaust yourself in the details; embrace your imperfections.

45. MANDRAKE

— Sensuality —

Mandragora officinarum

Upright: sensuality, discovering new forms of intimacy, finding the inner beloved, expression of healthy sexuality, abundance

Reversed: blocked sensuality, shame around sexuality, creative energy misdirected, unchanneled desire

Astrological Ruler: Neptune, Venus

Known as Satan's apple, devil's apple, and man's root, Mandrake is one of the most famous mystical aphrodisiac plants. In ancient times, the dried root was soaked in wine and enjoyed as a love potion—and was believed to be a cure for infertility in women. Native to the Mediterranean, the roots of this unusual plant look identical to a little human. Also called "love apples" in the Old Testament of the Bible, the golden-yellow fruit of the Mandrake can cause intoxicating sexual desire.

According to the Kabbalah, Mandrake was the symbol for becoming one, and the text alludes to it being used in secret mystical rites in ancient Israel. In ancient Egypt, Mandrake fruit and wine

were used as love offerings during courtship and consumed as aphrodisiacs. Mandrake is the embodiment of Hathor, the Egyptian goddess of love and fertility.

Mandrake was also used in ancient Greece as a love potion and for ceremonial love rituals. Like in ancient Egypt, the aphrodisiac root was associated with the goddess of love, Aphrodite. Medicinally, it was used as a narcotic to relieve anxiety, depression, insomnia, pain, colic, stomach ulcers, and constipation.

Although Mandrake has a strong masculine signature, it's nature is much like those of Venus and Neptune. Mandrake powerfully shifts the body into a higher state of love bliss under the influence of Neptune, as well as Venus's lusty and sensual energy.

Guidance: Mandrake is here to ask you to find new forms of intimacy. Ask yourself, what inspires bliss, joy, and passion in my life? Notice how you relax into flow and more easily attract what you need and desire when you focus on energy givers, such as joy. Mandrake is here to assist you in liberating unchanneled creativity and sensuality, releasing energy from the sacral center, and activating your pleasure centers to

experience a higher form of love. Don't allow unworthiness, fear of rejection, and inhibition of pleasure to stop you from experiencing higher love. Focus on giving your gifts to the world with overwhelming passion and opening up to receive fully and fearlessly.

HERBS OF PLUTO

46. ANGEL'S TRUMPET — Death —

Brugmansia sanguinea,

Brugmansia suaveolens

Upright: breakdown, cathartic transformation, rising from the ashes, elimination, death, shedding the old

Reversed: ignoring the call, mental and emotional crisis, illusion, shattered, refusing reality

Astrological Ruler: Pluto, Mars

Angel's Trumpets have an intoxicating scent and flowers that resemble angelic horns aimed downward, symbolizing the call of the angels to humanity. Plants in the *Brugmansia* genus and relatives like *Daturas* have a rich history of use among shamans and magic practitioners, even though they are poisonous.

Some South American Indigenous groups, like the Kamsa, Jivaro, and Ingano, initiate their

children at a young age into the path of *curanderismo*—becoming a healer—by ingesting Angel's Trumpet during a flower ceremony. Jivaro boys who walk the shamanic path are given the medicine at the age of six to acquire an external-vision-producing soul that lets them communicate with ancestors called *arutam wakani*. Boys and their fathers go on long pilgrimages to sacred waterfalls, where they engage in sacred bathing, fasting, and drinking of tobacco water. Then the Angel's Trumpet juice is ingested to effect contact with the supernatural during which the *arutam wakani* appear as jaguars and anacondas and enter the boys' bodies.

Curanderos—healers—within many traditions incorporate Angel's Trumpet into master plant brews like Ayahuasca to enhance astral traveling and the spiritual experience. Other cultures around the world, including in Tibet, have also used these important poisonous plants within their practice. Many caution against the thoughtless use of *Brugmansia* and *Datura*, which can be severely toxic and cause the kind of strong hallucinations and delirium that only experienced shamans should use for divination and healing.

Guidance: Angel's Trumpet signals a time of catharsis or death. A deep emotional breakdown is due or near. You may feel lost in your own emotional despair, depression, shame, or unworthiness, but know the angels of discernment and darkness are here to support you. Coming eye to eye with the darkest feelings within yourself catalyzes the greatest awakening. Deeply pause, let go of control, and witness the broken pieces within yourself with loving awareness. The medicine of the Bat symbolizes the need for a ritualistic death of relations, situations, or aspects of life. Bat, like Angel's Trumpet, signals catharsis and rebirth, signaling literal or metaphysical death of old patterns and worn-out habits. Understand that you can re-construct at any time, regardless of how shattered you might feel.

47. SKULLCAP — Stillness —

Scutellaria lateriflora, *Scutellaria baicalensis*

Upright: stillness after the storm, let go of control, trust in life, surrender to the divine plan, break open

Reversed: breakdown, fright, post-traumatic stress disorder, unable to move on, broken

Astrological Ruler: Pluto, Saturn

Skullcap's genus name, *Scutellaria*, comes from the Latin *scutella*, meaning a small dish or tray. This describes the shape of the calyx at the base of the flowers, which resembles a miniature skull.

In Traditional Chinese Medicine, the roots of the species *Scutellaria baicalensis* have been widely used for more than 2,000 years to treat cancer, lung and respiratory infections, colds, bacterial pneumonia, liver imbalances, hypertension, insomnia, inflammation, and diarrhea.

The Cherokee and other North American tribal peoples used Skullcap to ceremonially initiate young girls into womanhood. The Cherokee created decoctions of the roots to treat breast pain, menstrual pain, kidney problems, and to stimulate

the reproductive system post birth. The Iroquois used an infusion of the powdered roots to prevent smallpox and to keep the throat clear. During the 19th and 20th centuries, the Eclectic physicians prescribed Skullcap for nervousness, exhaustion, muscular spasms, heart disorders, hysteria, uncontrollable muscular tremors, and convulsions.

Spiritually, Skullcap is used to bind oaths and consecrate commitments. It is a useful ally in initiation rituals, imprinting the vows made to oneself or between lovers. Skullcap is ruled by Pluto, the archetype representing our will and power, which ties our relationships to our inner authority and leadership.

Guidance: The storm has passed. You've just weathered or are weathering a storm. Ground deeply into the present moment. If you feel fear, find consolation in stillness as it re-adapts. The medicine of Scorpion embodies the stillness of darkness, and it assists by accepting sudden change with ease and calm. If you're feeling exhausted, drained, or depleted, this is the time to pause, and withdraw to your cave. You're in the process of rebuilding after the storm. Don't rush, reflect. Take the time to birth a new structure that supports a new version of yourself.

48. KAVA KAVA — Community —

Piper methysticum

Upright: celebration, kinship with tribe, community, friendship, union, finding your chosen family

Reversed: separation, seriousness, not wanting to connect with others, loneliness

Astrological Ruler: Pluto, Moon

Kava in Tongan means “bitter,” and in Hawaiian it’s called ‘*awa*. Legend has it that Kava was brought over to the islands by the gods Kane and Kanaloa from their ancestral Polynesia. Kava was known as the drink of the gods and honored across the Pacific Islands.

Kava is believed to first have originated in northern Vanatu thousands of years ago. Considering the plant lacks seeds or a means to self-propagate, it is believed that it was tended to by the gods until the first Indigenous people arrived. Kava tea was regarded as a blessing and poured onto shrines, then later drunk by the *kahuna*, or spiritual leader of the ceremony. It was considered holy and only given to those of high rank, but eventually it became

more widely accessible, and to this day it is drunk in ceremony to bring the community together.

Sometimes called “the intoxicating pepper,” the effects of Kava are a curious combination of deep relaxation alongside stimulation to the central nervous system. Kava is relaxing to muscles and dampens pain, while increasing the flow of thoughts. Kava can greatly increase mental clarity; ease depression, confusion, and sorrow; and sharpen intuition. Kava directly affects the limbic system, the control center of our emotions, just as the Moon does.

Plutonian herbs like Kava cause deep transformation in our emotional mind. The energy of Pluto is that of regeneration, allowing us to decompress from accumulated emotions through the volcanic power of catharsis.

Guidance: Kava’s energy moves through our nervous system like a Butterfly, relaxing, widening, and assisting us in surrendering. Although you might be amid an important moment in your life, remember that you don’t have to do it alone. When you widen your circles intentionally, you receive support from the universe, and others to join you on the path. To fully draw upon Butterfly’s medicine, it gently invites us to observe our position in the community in this moment. Are you a protector, creator, connector, or

visionary? And how does that correlate this moment in your life alongside your personal evolution: egg, caterpillar, cocoon, or butterfly? Oftentimes finding your purpose within your community and the parallels with your inner journey can provide great relief and meaning.

49. PSILOCYBIN — Commune —

Psilocybe cubensis, *Psilocybe cyanescens*,
Psilocybe mexicana

Upright: communing with the sacred, connecting to otherworldly energy, remote viewing, regeneration through union, coming together with a tribe, finding cosmic family

Reversed: disconnection, lacking community, fear of merging with others, lack of interest in connection, soul loss, pain from the past

Astrological Ruler: Pluto, Sun

Mesoamerican cultures, such as the Olmec, Zapotec, Maya, and Aztec, have used Psilocybin in rituals for over 10,000 years. The Aztec refer to Psilocybin mushrooms as *teonanácatl*, meaning “flesh of the gods” in Nahuatl. They believed Quetzalcoatl, the feathered serpent and creator deity, placed the mushrooms on Earth as a gift. These sacred vision-inducing mushrooms were and are revered by Indigenous peoples as a gateway to the realm of the gods and a way to receive deep spiritual insight and

inspiration. When Spanish missionaries recorded these practices, they deemed the ceremonies to be devil worship.

María Sabina, a renowned Mazatec *curandera*, held all-night mushroom *veladas* (ceremonies) while in a deep trance state to commune with God and heal the sick. She called the mushrooms *niños santos* or “holy children.” When she was seven years old, she discovered the magical effects of the mushrooms. She ate them and found herself in a realm with lots of children, who talked to her and played with her. María would hear a beautiful, supernatural voice that would direct her healing, explain the nature of life, and teach her the language she spoke during the *veladas*. She called herself the interpreter, the one who reads this sacred spirit language and transcribes it for others.

Modern-day research shows that Psilocybin produces substantial improvements in anxiety and depression symptoms, increasing a sense of well-being and overall quality of life.

Guidance: *Los Niños Santos* have come to tell you that you have arrived to your place of power. They are beacons of light on Earth, and offer psychic healing on a collective level. *Los Ninos Santos* are asking

you to tune in and commune with the ancestors and powers that be to further develop your power. Psilocybin floods our body with light codes, loosening the knots we've volunteered to protect through the journey of life. Don't resist the profound teachings; relax into the higher mind as you commune with its loving awareness. As you find home within commune with others and experiences that support you, connect to nature and the extensive community of energies that are lovingly there awaiting your conscious arrival. Commune with the spirits, and channel the wisdom provided with surefooted spontaneity.

50. AYAHUASCA — Rebirth —

Banisteriopsis caapi, Psychotria viridis

Upright: rebirth, mastery, great revelation, discovery of higher self, meeting with the creatrix, divine messenger, gifts from spirit, realization, telepathy, transcendence

Reversed: disbelief in unseen forces, loss of identity, resistance to change, stuck in old patterning, unable to see beyond your experience, shattering of ideals and desire

Astrological Ruler: Pluto, Jupiter, Neptune

Ayahuasca is an ancient ceremonial brew native to the Amazon, used as a sacred spiritual medicine among many Indigenous peoples within South America. In Kichua, *aya* means “soul/spirit” and *huasca* means “vine.” Ayahuasca is primarily made of two key plants, the *Banisteriopsis caapi* vine and *Psychotria viridis*, also known as Chacrana, along with other ingredients, which vary depending on the medicine maker and *curandero*.

The ancient Ayahuasca brew is traditionally prepared for curing ills, divination, and as a

diagnostic tool for healing others. It is served by a shaman as sacred songs and dances are performed to honor and invoke the spirits. The brew induces a profound visionary state, igniting supernatural abilities, such as vivid communication with ancestors, relationships with interdimensional beings, the ability to see into the future, and more. Amazonian folk healers have used Ayahuasca primarily to rejuvenate the body and soul, as well as to purge the body of accumulated toxicity as a cellular, gastrointestinal, and psycho/emotional cleanser. Scientific studies show that Ayahuasca may benefit those dealing with depression and PTSD.

Shamans connect transdimensionally to the supernatural world, the spirits of nature, and the universe, receiving key information about the universe and specific instructions on how to heal individuals. True shamans are mystics, healers, and divine messengers; they enter portals and fulfill tasks and duties beyond our third-dimensional understanding. Ayahuasca is regarded as a master plant by shamans, and used as a primary medium, along with other herbs and herbal practices that assist in the process of purification and receiving supernatural skills that allow them to channel divine energy.

Since Ayahusaca is composed of two sacred plants, each one archetypally contributes its essence to create this perfected elixir; *Baniesteriopsis* (Neptune) is the fertile ground that holds the vision, *Charuna* (Pluto) is the cathartic experience that broadcasts the visionary state, and the profound wisdom gained is Jupiter's blessing.

Guidance: You are mastering the power of awareness when aligning to a Higher Power. Ayahuasca's spirit is here to support your ascension, drawing upon ancient wisdom embedded in your DNA and the Earth. Allow yourself to be shattered as you travel through the cosmic womb. Ayahuasca catalyzes purification through the cathartic release of the known, only to reveal undiscovered terrain within your soul. You are one with the magnetic brilliance of Source, the intelligence that orchestrates the great mystery. Feeling lost in the labyrinth only comes when a loss of intentionality or respect happens. Offer your greatest intentions, sacrifice your needs, enter into the void without expectation, and allow yourself to be consumed by the oceanic consciousness. Remember, dear one, that to heal the world, you must heal yourself. You are the source of love.

HERBS OF THE ASTEROIDS

51. DRAGON'S BLOOD — Anima Mundi —

Croton lechleri

Upright: oneness, merging with the divine, access to the world soul, occult knowledge, initiation, universal donor, entry into the great void

Reversed: lost in the unknown, dark magic, overwhelm, inner conflict, blocked spiritual sight

Astrological Ruler: Black Moon Lilith, Pluto

Also known as *Sangre de Drago* or *Sangre de Grado* in Amazonia and South America, this plant has a long history of Indigenous use in the rainforest. The sap itself looks just like blood, *la sangre*, and it was often painted on wounds to promote healing and seal them to prevent infection, as well as taken internally to prevent or stop internal bleeding. Indigenous peoples have used it in a myriad of ways: externally for wounds, fractures, hemorrhages,

hemorrhoids, and skin disorders; internally for acid reflux, ulcers, and colitis; and as an anti-viral. This crucial and life-saving medicine was and still is a staple for thousands of tribal peoples.

Physically, Dragon's Blood is the epitome of Plutonian and Scorpionic energy, as both archetypally rule the symbol of blood. Shamans have used Dragon's Blood in spell work, rituals of protection, purification, and consecration. In Christian art the dragon was symbolic of evil and sin, yet many other traditions hold that serpent deities like Dragons are benevolent, sharp-eyed dwellers that hold the mystery of the great void.

Guidance: Dragons are ancient guardians of the Earth, symbolizing hidden knowledge and auspicious powers of supernatural origin. Dragons are etheric beings that inhabit the deepest pockets of the ethers, and have dominion over the four elements. Dragon's Blood core oozes blood, representing the collective blood, the blood of nature, and serving as a gateway to the anima mundi, the world soul. As you enter the all-seeing portal of the great void, don't shy away from its vastness. Embrace it as you are undergoing this great initiation. Within this awakening, you will discover the unique pattern you contribute to the great tapestry of life.

52. LEMON BALM

— Nurture —

Melissa officinalis

Upright: Earth mother, access to the ways of the Earth, planetary guardian, balance of feelings and emotions, nurturance

Reversed: disconnection from the great mother, lack of self-nurturance, wounded inner child, healing the mother archetype

Astrological Ruler: Ceres, Jupiter

Melissa officinalis is derived from the Greek word *melissa*, meaning "honeybee," and it was planted by beekeepers at the Temple of Artemis to keep the sacred Honeybees happy. Both in ancient Greece and Turkey it was believed that planting Lemon Balm near beehives would attract Honeybees and prevent them from abandoning the hive.

In the Middle Ages, a sprig of Lemon Balm was said to stanch bleeding. In more recent history, Lemon Balm is used for its relaxing effect on the central nervous system, providing great relief from stress, anxiety, and depressive moods. Scientific studies have also found that Lemon Balm greatly

eases the negative mood effects from psychological stress.

Various cultures held the belief that Lemon Balm retained mystical soothing and memory powers. In folklore, it was used to ward off evil and promote good health and happiness. An ancient Arab physician from the 11th century named Avicenna believed Lemon Balm "causeth the mind and heart to become merry," and he introduced this herb as a cure for depression and anxiety.

Lemon Balm embodies the archetype of both Jupiter and its feminine counterpart, the asteroid Ceres. Roman goddess Ceres rules health, agriculture, nutrition, fertility, our relationship to Mother, the nurturance (or lack thereof) within family relationships, and our ultimate connection to Mother Earth. Ceres describes what we need to feel nurtured in this life and how we nurture those around us. Like Jupiter, her qualities are jovial, supportive to our sense of well-being and longevity.

Guidance: Give yourself permission to mother the deepest core of yourself. Listen to your inner child. Retrieve the unconscious parts of your past, forgive yourself, and liberate the inner child that has remained silenced. Lemon Balm assists us in recon-

necting to the gentle power of nurturance. Her soft and gentle touch reminds us to connect to The Great Mother in all her shapes and forms. The medicine of Honeybee is here to serve you, prompting you to ask yourself, where can I soften and receive? How can I access my inner child to access great wholeness? Honeybee symbolizes the magic of nectar, vitality, prosperity, and the great inner and outer wealth that is ahead.

53. DANDELION — Wounded Healer —

Taraxcum officinale

Upright: wounded healer, wounds as tools to awaken, healing journey, inner-child healing

Reversed: wounded inner child, inactive, rejected instincts, trauma, victimization

Astrological Ruler: Chiron, Jupiter

The English word for Dandelion comes from the French *dent-de-lion* or “lion’s teeth,” referring to the spikey, pointed shape of the plant. The French also called this plant *pis-en-lit* or “pee the bed” due to its diuretic powers. Native Americans used it to treat kidney disease, swelling, skin problems, heartburn, and upset stomach. Traditional Chinese Medicine used it for stomach problems, appendicitis, breast inflammation, and to assist mothers with milk production. In Europe, it has been used to relieve fever, and treat boils, eye problems, diabetes, and diarrhea.

Dandelion is a survivor. It has an extraordinary ability to withstand hardship and thrive in disturbed environments. Dandelion loosens

compacted earth and grows deep tap roots that rejuvenate the soil. And this is what it does to body and soul. It assists us in renewing, cleansing, mineralizing, and adapting. In medical astrology, Dandelion is associated with the Sun and Jupiter. It's primarily an alterative—herbs that gradually restore the proper function of the body, increasing health and vitality—and bitter herb that works on the liver and gallbladder.

Chiron, also known as the wounded healer, was a wise centaur in Greek mythology who gave up his immortality to save Prometheus after he was accidentally pricked by a poison arrow and learned that, despite all his medical knowledge, he would be in pain forever. He ended up landing among the stars as a constellation. Chiron orbits between Saturn and Uranus, symbolically marking the liminal territory between Saturn (the third dimension and concrete reality) and Uranus (the fifth dimension and the quantum mind embodying the rainbow bridge between the inner and outer planets). In astrology, Chiron represents our deepest, most tender wounds that are the most difficult to heal, yet it also marks where we hold our greatest gifts.

Guidance: Dandelion is here to remind you that you can thrive regardless of your circumstances. Take ownership over your wounds, find gratitude in the lessons, dive deep into the depths of your origins, and use your wounding to further define the purpose and healing you are here to transmit and share with the world. Don't let your pain define your personality, but draw from it for strength and purpose. Like Chiron, you are born from the seeds of higher order and intelligence. Embrace this great healing power you've been given, and go beyond the outlined path.

HERBS OF THE LUNAR NODES

54. ASHWAGANDHA — Purpose —

Withania somnifera

Upright: finding divine purpose (dharma), finding the future self, receiving a divine gift

Reversed: unable to find purpose, feeling lost, confused, wounded from the past, exhaustion

Astrological Ruler: North Node, Moon

For over 4,000 years Ashwagandha has been one of the world's leading adaptogenic herbs, due to its profound ability to restore and rejuvenate the body, mind, and spirit. Ashwagandha means "the smell of a horse"—*ashwa* meaning "horse," and *gandha* meaning "smell"—and it offers you the strength and stamina of a horse, while nourishing the female and male reproductive systems. The Latin species name *somnifera* means "sleep

inducing,” emphasizing its relaxing and restorative properties.

In Ayurveda Ashwagandha belongs to a subcategory of herbs called *medhya rasayanas*—*medhya* meaning “intellect/mental power” and *rasayanas* meaning “rejuvenating.” Rasayanas possesses *Soma*, the ambrosia of immortality. Traditionally, Ashwagandha is used to tone, strengthen, and revitalize, energizing and calming simultaneously. It maximizes the body’s ability to resist and adapt to stress, enabling the body to reserve and sustain vital energy, and promoting a sound and restful sleep.

Ashwagandha is ruled both by the Sun and Moon. It is a strengthening, regulating, immune protective, anti-aging, and mood-boosting embodiment of the energetics of the Solar archetype. At the same time, it provides restful sleep, deep relaxation, nervous system nourishment, and restoration, all of which are embodied by the Lunar archetype.

The Nodes of the Noon in Ayurvedic astrology symbolize our karmic trajectory: Rahu, or the North Node, has messages for our future self, our destiny, and what we are learning as a soul in this lifetime. Ketu, or the South Node, contains our karmic inheritance.

Guidance: Ashwagandha, like the North Node, mirrors the potentials of our divine purpose, also known as *dharma* in Sanskrit. Ashwagandha contains both Solar and Lunar elements within it, as it provides great strength and adaptability, yet with the deep qualities of the Moon, such as relaxation, lucidity, and expanded consciousness. Ashwagandha reminds us that it is not necessary to fully know the entirety of your purpose in order to pursue it. When you're living in alignment with your dharma, there is no separation between your inner and outer realities. It becomes a cohesive expression, therefore granting a feeling of wholeness and completion. Perhaps you are not clear on your desired outcome, so your efforts feel unfocused or purposeless. Even if you've lost touch with your "why," remain open to the mystery of the journey. Stay focused and playful. Keep following the signs.

55. PALO SANTO

— Guardian —

Bursera graveolens

Upright: gifts from past lives, activating dormant gifts, connecting to the ancestors, guardian of the sacred, the sacred trickster

Reversed: dormant gifts, living in the past, latent abilities, karmic inheritance

Astrological Ruler: South Node, Pluto

The ritualistic burning of Palo Santo, which translates to “sacred/holy wood,” can be traced back to the Incan Empire, where it was used in spiritual ceremonies to cleanse the body and space of malignant darkness. To this day, it is used ritualistically among many Indigenous communities throughout Central and South America, particularly to cleanse bad energy, bad air, and the evil eye. *Mal de aire* translated to “bad air,” yet it is a spiritual illness, believed to be a kind of cold nighttime air, created by malignant spirits, that enters the body, causing pain, discomfort, sickness, and many other kinds of imbalances.

Incan medicine people used this wood in their religious rituals as a tool to neutralize negativity; rejuvenate the body-mind and spaces; bring peace, balance, and good fortune; and achieve a better spiritual communication with their gods.

Scientific studies now show how Palo Santo can help relieve stress and anxiety, stimulate circulation, reduce joint and muscle pain, and uplift mood and the immune system. It also has proven to cleanse the space, dispel bacteria, and act as an insect repellent.

Palo Santo's medicinal qualities are very Plutonic in nature, as it powerfully cleanses malignant energy, while being highly invocatory and perfect for strong intention setting. Palo Santo has a long history of use as a magic wand that unlocks innate gifts that have lain dormant, inactive, or blocked, like wisdom, intuition, and sight to see into the past and past lives.

Guidance: Palo Santo is a protective wand that grants us the power of unlocking innate gifts that have laid dormant, inactive, or blocked. Palo Santo, like the Fox, is here to assist you as a spirit guide, who helps you navigate the spirit world. The Sechuran

Foxes, native to South America, nestle among the desert forest of Palo Santo for shelter, living in symbiosis with these precious trees. Foxes are symbolic of the afterlife, invisibility, and the sacred trickster. Palo Santo neutralizes the venom of dark tricksters and alchemizes its poison into gold; becoming the sacred trickster. Palo Santo is here to remind you to activate your dormant gifts. You are a guardian of the sacred that has walked many paths; know that you can neutralize the greatest of poisons and even outwit the smartest of tricksters.

The HERBAL ASTROLOGY

Oracle GUIDEBOOK



ADRIANA AYALES is a rainforest herbalist, medicine maker, mother, educator, and owner of Anima Mundi Herbals. Adriana started Anima Mundi in Brooklyn, NY, to bring ancient remedies to the modern world. Her

heart's purpose is to create a true farm-to-pharmacy experience through the art of medicine making, while offering a sustainable system of healing. She was born and raised in Costa Rica and has extensively studied amongst several healing traditions.

JOSÉPHINE KLERKS is an artist, mother, and folk herbalist based in the Swedish woods. She communes and co-creates with Mother Nature through ancient craft, herbalism, motherhood, dreamwork, and painting. She is a passionate believer that restoring our relationship to the Earth is the most potent medicine of our times. Her mixed ancestry of Finnish, Dutch, and Indonesian influences her to reclaim and honor the wisdom that lies deep within the land and cosmos.

