

The Little Book of  
Folk Magic and Witchcraft

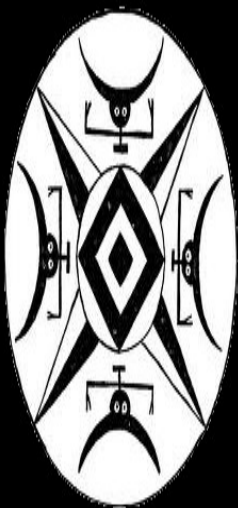


By  
Christopher Belmont Johnson

2012  
Star Blade Publishing

*The Little Book of Folk Magic and Witchcraft*

*Christopher Belmont Johnson*



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# For Angel

Special thanks to my Mother Mama J for her help and input in the Mama J's herb section.

## *Table of Contents*

*Opening prayer: P.6*  
*About the Author: P.7*  
*Introduction: P.8*  
*Folk Magic and Witchcraft: P.9*  
*To Have a Better Business: P.15*  
*To Have Revenge On a Physically Abusive Spouse: P.16*  
*To Attract a New Lover: P.17*  
*To Uncross Yourself: P.20*  
*Crossing Your Enemies: P.21*  
*Scrying Adis: P.22*  
*To Change Your Luck: P.23*  
*Putting End to Gossip and Slander: P.24*  
*To Gain Peace Between Lovers: P.26*  
*To Obtain a Job: P.28*  
*For Luck In Gambling: P.29*  
*The Evil Eye: P.30*  
*For a Peaceful Home: P.32*  
*The Hand of Glory: P.33*  
*Miscellaneous Spells and Formulas: P. 34*  
*Basic Folk Magic Oils: P. 35*  
*Other Useful Oils: P.38*  
*Miscellaneous Herbs: P.40*  
*Black Magic Herbs: P.42*  
*Good Luck Herbs: P.45*  
*Health Herbs: P.48*  
*Love Herbs: P.50*  
*Power Herbs: P.52*  
*Uncrossing Herbs: P.55*  
*Wish Herbs: P.58*  
*Mama J's Herbs and Old Fashion Cures: P.59*  
*Herbal Folk Names: P.63*

## *Opening Prayer*

*O God and Goddess of this my Craft,  
I pray to thee, that you may hear,  
Bless this work and all I do,  
So those with ears shall hear,  
The teachings spoken, both far and near,  
I praise thy divinity,  
And rejoice with pride,  
And honor all past Witches who gave their lives,  
And for this my Craft they did die,  
I pray that tis not all vain,  
May your majesty once more be proclaimed,  
And the days of old be reclaimed,  
O Lord and Lady of this my Craft,  
Bless this book of folk magic and Witchcraft.*

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## About the author

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Christopher Belmont Johnson has been heavily involved in the occult for over 12 years. He is a Initiate of the Builders of The Adytum: a western mystery school, member of the Horus Maat Thelemic lodge, the Order of The Black Dragon, the Temple of The Vampire and the Church of Satan,. He has also appeared on the Moncrieff program of NewsTalk 106-108 FM Ireland. He is also the former host of the pagan program Hermetic Philosophy and Magick. He has been a consultant for television programs involving occult topics. He is a former student of Monte Plaisance who founded the Church of Thessaly and the Hellenic Society of Archaeos Temenoi Hellenica. He was attuned to the forces of Italian Witchcraft by Raven and Stephanie Grimassi through their Italian Witchcraft course and was part of their Walnut Witches group. He is a Hereditary Warlock, his father was at one time a High Priest of his own occult group. He is the former High Priest of the Wiccan Earth Coven of Power. He is the founder of the Werewolf Pagan Tradition. A tradition which focuses on a realist approach to paganism without christian moral and ethical influence. As well as the High Priest of The Werewolf Cathedral, a pagan church/coven. He has earned degrees in both computer information systems and master art, and has also studied parapsychology at the college level. He currently holds a 3<sup>rd</sup> degree black belt in TaeKwonDo, and has studied Jujutsu, Muay Thai, and Shorin Ryu Karate. He is the author of Witchcraft Step by Step.

## Introduction

Ever since my father told me he was a sorcerer at the age of four I knew I wanted to learn the secrets of Occult wisdom. I can remember watching the video of “wrapped around my finger” by the police with my father. He explained to me how the song was about the occult. I was completely entranced by all the candles and slow motion figures. I knew and decided at that point I would become a Warlock. I have dedicated most of my adult life to the Occult. It has been a long rough road, yet I wouldn't trade it for anything. Here my dear reader is a portion of my knowledge. Use it wisely for the Occult is much like a double edged sword. If used properly by it's wielder then it is a powerful tool. If used incorrectly you can destroy yourself with it.

Blessed be – Christopher Belmont Johnson



## Folk Magic and Witchcraft

I debated for a bit before starting this book whether to explain what folk magic and Witchcraft are. If you have read my previous book you will already know what Witchcraft is. I have however decided not to explain what folk magic and Witchcraft are, but to dive right into the meat of things and begin to show you how to perform both folk magic and Witchcraft.

However before we do begin I must state that magic of any kind, be it folk magic, Witchcraft, ceremonial, Hoodoo, Wiccan, etc... is not to be dabbled with. It is a way of life for the true practitioner of the magical arts. You should enter into the practice of magic with a whole heart and complete devotion and dedication. If your heart and mind are aimed and merely playing with these things then you should abandon the idea now and find something else to do.

Another warning I often give people is be sure you really want to become a practitioner of magic and a student of the occult because once you get into this, you will never get out of it. And I do not say that in some threatening cult manner a religious fanatic might. I simply mean you might try to leave it but you will always end up coming back to it.

Now lets get to why you really bought this book. The MAGIC!

The first thing you need to know is when to perform magic and a little bit about the days and moon phases you will be performing them on:

**Sunday** Ruled by the Sun. Its incense is benzoin. The color of Sunday is yellow. Sunday's influence concerns wealth, honor, respect, glory, fame, peace and harmony, obtaining favor from those of importance, making new friends, preventing war and conflict, recovering possessions which you have lost.

**Monday** Ruled by the Moon. Its incense is myrrh. Its color is white. Monday deals with safe travels, messages, and feminine fertility, reconciliations, being open (spiritually, mentally, and emotionally) love, dreams and visions.

**Tuesday** Ruled by Mars. Its incense is dragon's blood. The color of Mars is red. The positive aspect of Mars includes defeating your enemies, being more courageous, breaking and reversing black magick, honors involving military matters. In its negative aspect, Mars causes bitterness between friends, creates hardships etc.

**Wednesday** Ruled by Mercury. Its incense is cinquefoil (five finger grass.) Its color is purple. Mercury concerns matters of learning, science, development of psychic abilities and spirituality, health, communication, influencing other people, divination.

**Thursday** Ruled by Jupiter. Its incense is hyssop. The color of Thursday is blue. Jupiter concerns obtaining respect and honor as well as awards, wealth and money, ambition, matters of friendship, health, obtaining luck, the male aspect of fertility, success in your place of business.

**Friday** Ruled by the planet Venus. Its incense is vervain. Its color is green. Venus deals with romance, love, beauty, happiness, kindness, developing new friendships, travel, sexual gratification.

**Saturday** Ruled by the planet Saturn. Its incense is

patchouli. The color of Saturn is black. Saturn's influence involves Protection from evil and others spells, magick/psychic attack and self defense, things concerning your home, communicating with spirits.

All constructive or positive rites are to be done during the Waxing phase of the moon (the period of the New moon to the Full moon.) All negative or destructive rites are to be done during the Waning moon phase (the period of the Full moon to the New moon.)

### Candle Magic Charts

#### Personal, Astral, and Petitioner Candles

Petitioner candles, also called astral and personal candles, represent the person you are performing the candle magic on. The petitioner candle may represent you or another person or group of people. The method in this book relies on finding the persons birth date and selecting the color attributed to that date. The colors for birth dates are as follows:

Blue	January 20 – February 18
White	February 19 – March 20
White	March 21 – April 19
Red	April 20 – May 20
Red	May 21 – June 21
Green	June 22 – July 22
Red	July 23 – August 22
Gold	August 23 – September 22
Black	September 23 – October 22
Brown	October 23 – November 21
Gold	November 22 – December 21
Red	December 22 – January 19

## Day Candles

These candles are placed on the right front of your altar and are used to honor and call upon the astrological influence of the day of the week. The use of day candles is entirely optional.

Sunday	Yellow
Monday	White
Tuesday	Red
Wednesday	Purple
Thursday	Blue
Friday	Green
Saturday	Black

## Candle Magic Color Chart

**White** Truth, purification, protection, peace of mind, spiritual purity, breaking curses and hexes (uncrossing), faith, serenity, sincerity, higher attainment.

**Red** Health, sexuality, physical vigor, gives off energy, passion, desire and lust, restores strength, will power.

**Black** Creates confusion, promotes loss and evil (negative) energy, creates sadness, can be used for cursing (crossing), absorbing negative energy to remove it from something else, depression, discord, protection from retribution, will power, revenge, uncrossing and reversing, binding, repelling others magick and negative energy, will power.

**Purple** Creates tension, promotes ambition and progress in matters of business, aids in matters involving power (material and spiritual), building willpower, healing extreme illnesses, conquering enemies and obstacles, idealism, enhancing psychic abilities, attaining wisdom, protection, breaking cycles of bad luck, banishing evil, divination, contacting spirits, progress and success.

**Pink** Overpowers evil, can be used as a representation of honor, love, friendship, morality, and success, fidelity, affection,

romance, spiritual healing and awakening, fosters feelings of togetherness.

Green Financial matters, luck, money, cooperation, fertility, abundance, good fortune, success and renewal, generosity, marriage, balance.

Brown Neutrality, uncertainty, doubtfulness, robbing of energy, fast money, financial success, balance, develops concentration, powers of ESP (telepathy, clairvoyance etc...), powers of intuition, study.

Orange Concentration, encouragement, ability to adapt, attraction, stimulation, protection in legal matters, controlling people and situations, success, sudden changes, used to draw good things to you or others, changing ones luck.

Grey/Silver Neutralizing negative energy, stopping psychic attack, neutralizing negative energy, cancellation, victory, stability, meditation, development of psychic abilities.

Yellow Divination, stimulation of the intellect, brings visions, increases ones memory, matters of persuasion, instills confidence, charm, attraction, powers of imagination and the mind, creativity, persuasion in a gentle way, concentration and inspiration, can bring about sudden changes.

Gold Good luck, prosperity, finding employment (jobs), great fortune, intuition, understanding, divination, fast luck, attracts the influence of higher forces and people.

Light Blue Peace in home, healing, sleep induction, tranquility, understanding, protection, happiness, patience, spiritual awareness.

Dark Blue Depression and moodiness, change, misfortune, subduing, impulsiveness.

Greenish Yellow Anger, jealousy, cowardice, sickness, creating quarrels, discord.

Indigo Neutralizing another magician's spells, stopping

gossip and lies, removing competition, aids in meditation.

Magenta Should be used with other colors and is known for it's fast effects when used in spells. Brings quick changes, healing of the spirit, and can be used in exorcism.

### Dressing your candles

To dress your candles simply anoint them starting at the middle and rubbing down and then at the middle again rubbing up until the whole candle is covered in the oil.

### Alter Candles

Alter candles are typically either 1 black candle and one white candle, two white candles or two black candles. They can be dressed in various oils. Including frankincense for one and myrrh for the other or simply frankincense and myrrh mixed. Or even basic anointing oil or alter oil.

Armed with this information you should be able to make candle spells for any occasion which should require candle magic.

## To Have a Better Business

Carry a seal of good fortune from the sixth and seventh books of Moses in a red flannel gris gris bag and anoint it with success oil once a week on Thursday. This seal is known for bringing fortune and blessings to it's wearer.



Seal of good fortune

You may also burn a mixture of money attraction incense on a charcoal. To do this simple light a charcoal and place it in an incense brazier now burn a mixture of:

1. Benzoin
  2. Frankincense
  3. Sandalwood
  4. Salt Peter
  5. Myrrh
- I have been told by a close friend that adding sea onion to any money drawing mixture is especially effective if used by a **businessman**.

## To Have Revenge On a Physically Abusive Spouse

Make a poppet in their image and place a lock of their hair inside of it. Now nail the poppet to a tree and take a baseball bat or other appropriate weapon and beat the poppet until you are satisfied with the amount of violence unleashed on your spouse. Now obtain a photo of him or her and torture it in every conceivable way after having anointed the four corners with crossing oil.

- Note to anoint a square seal or photo with oil. Place a small amount of the oil in each corner of the seal. Begin at the top left of the seal, then move to the bottom right, bottom left, top right. Now connect the corners starting at the top right corner and move your finger down around the seal, ending where you started.



## To Attract a New Lover

All love spells and magic should be performed during the waxing phase of the moon and during the hours of Venus.

Sunday	2:00am and 9:00am	4:00pm and 11:00pm
Monday	6:00am	1:00pm and 8:00pm
Tuesday	3:00am and 10:00am	5:00pm and 12:00pm
Wednesday	7:00am	2:00pm and 9:00pm
Thursday	4:00am and 11:00am	6:00pm
Friday	1:00am and 8:00am	3:00pm and 11:00pm
Saturday	5:00am and 12:00pm	7:00pm

This is a ritual bath designed to make you more appealing to everyone which you encounter.

You will need:

1. sage
2. peppermint
3. star anise
4. lavender
5. rose petals
6. safflower

Begin by mixing all the herbs in a pan filled with 2 quarts of water and boil them. Using a cheesecloth strain the water into a jar. Use one half cup per bath session for five days in a row.

## Alternative bath

You will need:

1. Lavender
2. Rose petals
3. jasmine
4. orange flowers
5. ruda
6. star anise
7. myrtle

This bath is said to make one feel alive and attractive to a greater degree, so much so that those of the opposite sex will notice you.

Begin by mixing all of the above herbs together using 1/7 of the mixture in a quart of hot water. Add this to your bath water for 7 days in a row. You should also dust your body with orris root powder after each bath.

It is also said when trying to win the love of someone of the opposite sex you should sprinkle your clothing and body with love powder to help the attraction process.

Also placing lavender in the drawer you keep your under garments in as well as where you keep your sheets stored is said to be a most potent herbal love filter.

You may also write the name of your desired love on the back of a seal of attraction and carry it with you throughout your day.

Seal of Attraction



## To Uncross Yourself (Break a Curse Put On You)

Carrying some lucky hand root in a red flannel gris gris bag is said to return all hexes and curses back to their senders.

Brew a tea made with poke root and wash the doorways of your house, during the new moon, with it to break hexes and curses placed upon you.

You may also brew a tea of five finger grass and wash your forehead and hands nine times to remove all curses and hexes placed upon you.

Confusion powder used on the forearms is known to break most hexes and spells of other magicians.

To break very strong curses leveled against you try adding nine drops of dragon's blood oil to your bath water. As you bath pour the bath water over your whole body and chant:

Bathed in blood of dragon's of old,  
Ancient magic curses unfold,  
Crossed no longer shall I be,  
As I will so mote it be.

Make sure to bath in this mixture for nine minutes total and try to allow the air to dry off your skin rather than using a towel. If this is not possible use a white towel.

Anna Riva suggest there is a legendary chant to be said upon waking in the morning, during the day, and at night before bed, if one feels they have been cursed by means of someone making an image of them. The chant is as follows:

*“Those who have made images of me, reproducing my features, who have taken away my breath, torn my hairs, who have rent my clothes, and have stopped my feet from treading the dust; may the fire god, the almighty one, break their charm.”*

## Crossing Your Enemies

First anoint a black candle with damnation oil, crossing oil, devil's oil, or black arts oil. Now write the name of the person you wish to curse/hex on virgin parchment and burn it in the candle flame.

- Alternative version

Write the name of your victim on virgin parchment and anoint the parchment with one of the above oils and cast it into a fire.

- anointing a seal

To anoint a square seal with oil, place a small amount of the oil in each corner of the seal. Begin at the top left of the seal, then move to the bottom right, bottom left, top right. Now connect the corners starting at the top right corner and move your finger down around the seal, ending where you started.

To anoint a circular seal, apply the oil starting in the north, then then south, then the east, then the west quarters. Now connect these quarters by running your finger from the north in a counter clockwise direction. You should end in the north where you began.

Whether the seal is circular or square it should be anointed once a week, on the appropriate day and moon phrase. Unless other instructions are given.

Make a poppet of your enemy out of wax and carve either their name or initials into it and hit the part of the enemies body you wish to harm.

- Note hitting an area you know to be a weak point in your enemy is best. For instance if they have a heart condition striking the heart area would be best.

### Scrying Aids

Add some mugwort to a bottle of wine and let it sit for 9 days during the waxing phase of the moon. Afterwards use a cheesecloth to strain out the wine from the mugwort. Drink a little of this wine whenever scrying for enhanced second sight.

Make a tea of mugwort and wash your scrying device (crystal ball, black mirror, mirror, crystal etc) in the mugwort tea.

When scrying trying burning some acacia as this stimulates ones psychic centers. Because of this messages from the spirits are easier to receive and are more easily understood.

## To Change Your Luck

It is said burning rose petals or buds in a open fire ensure one good luck.

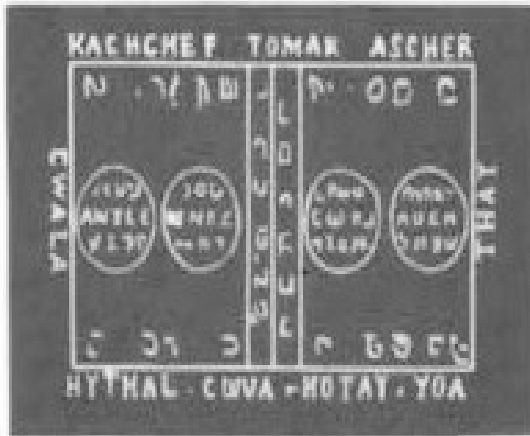
Carry sumbul root near your heart to attract good luck and to ward of diseases.

Carrying a mojo wishing bean in a red flannel bag is believed to make all wishes come true.

- remember be careful what you wish for.

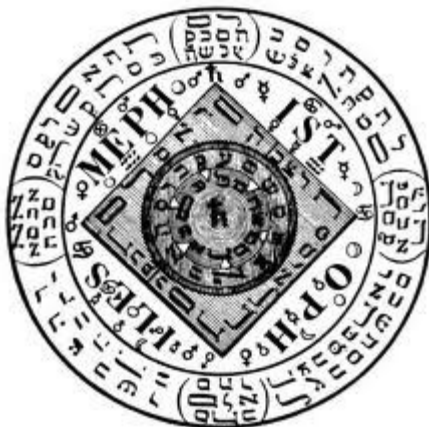
Carrying clover in a red flannel bag is said to bring good luck to it's wearer.

Carry a magnetic lodestone wrapped with a seal of spiritual assistance, which you have tied with red yarn.



### Putting End To Gossip and Slander

Carry a Seal of Mephistophilis and anoint it with a drop of high conquer oil every three days. This seal is designed to aid one in conquering enemies. You may also anoint your wrist and earlobes with the high conquer oil, to stop the psychic energy which might attach to you from others ill words.



Seal of Mephistophilis

Take a ritual bath with one teaspoonful of Uncrossing bath added to your water. You may also sprinkle confusion powder or get away powder in front of your house. This is done in order to confuse malefic forces which may wish you harm as well as to send them back to their sender.

It is also a good idea to remove the effects of negative gossip. If you know people having been speaking in a ill manner against you. To do this you will need:

1. Charcoal
2. Frankincense resin
3. A incense burner or censer

Light the charcoal and place it in the censer. Now walk outside your front door and place some Frankincense resin on the charcoal and chant seven times:

*By this my spell,  
Your tongues burned by flames of hell,*



*No more lies shall yea tell,  
Or you shall speak a dead mans tale.*

Another formula you may use is one designed to stop evil intentions and break jinxes. This formula is known as the three holy incense. The three holy incense are Frankincense, Myrrh, and Sandalwood. To use these you will need to grind all three into a powder form with a mortar and pestle, mix them all together and burn. Begin to cense both yourself and your property while chanting:

*Evil, jinxes, and negativity,  
By this incense flee from me.*

### To Gain Peace Between Lovers

Soak a tablespoon of hyssop in one quart of water for twenty-four hours. Next strain some of this mixture into your bath water every day for seven days.

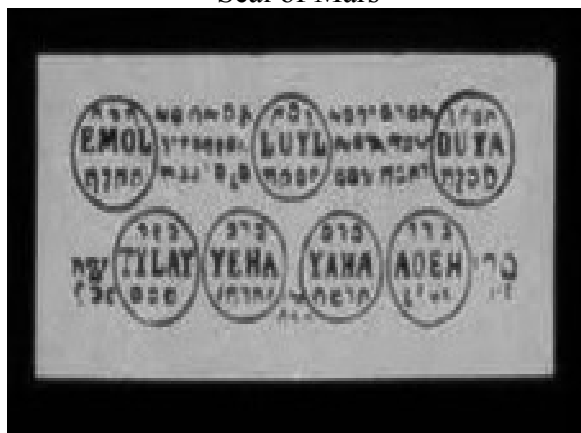
Burn John the conqueror or helping hand incense to create understanding vibrations and a calm atmosphere. This will allow clear thinking to prevail.

On a Friday during the new moon cycle write your lovers name nine times on parchment and burn a red candle on top of it, so that the wax may drip onto the paper, for three days. As the candle burns pray:

*Lord and Lady, Most high of the Gods and Goddesses, I pray yea this day. I and my lover are at odds. We fight and bicker and have forgotten what made us love each other. I pray yeah this day heal our hearts and souls. Bring our love for each other back to us. And make things peaceful and loving between us once more. By the sacred power of the number three, as I will so mote it be.*

Another good idea is to carry a seal of mars on you at all times as it is thought to bring good luck in quarrels to it's owner.

### Seal of Mars



To ignite passion between you and your lover try putting some magnolia leaves beneath the mattress.

To bring good spirits into your home entice them by sprinkling violets into the corners of your house. This is said to bring great blessings from the good spirits.

Burning peace incense is said to cure even the worst arguments as well as bring happiness to a difficult relationship.

### To Obtain a Job

Burn John the conqueror incense in your home and no other incense. Before you go to a job interview anoint your forehead with lucky nine oil.

In a red flannel bag place a seal of relief from want and a southern John the conqueror root along with a sardonyx stone. Sardonyx is said to aid in attaining fame and rewards, as well as sharpen ones wits and render it's owner fearless and lead him into victory.

Seal of relief from want



## For Luck In Gambling

Below is a list of days best suited for each astrological sign to gamble on:

Capricorn and Leo	Monday
Cancer and Taurus	Tuesday
Pisces and Virgo	Wednesday
Libra and Aries	Thursday
Sagittarius and Aquarius	Friday
Scorpio and Gemini	Saturday

It is also a good idea to sprinkle your hands with drawing powder before playing games of chance. Remember to rub the drawing powder in after sprinkling your hands.

Carrying a buckeye in your pocket is also said to bring good luck.

A few good oils you may rub on your hands before gambling are: Magnet, Anise, Fast Luck, Cleo May, and Lucky John the Conqueror.

To make a gambling sack write the amount of money of need to win on a piece of paper and place it in a red flannel mojo bag. Then add a small stone from a cemetery. Make sure to sew the top shut with white thread. Anoint it with Lucky John the Conqueror Oil every seven days. Remember this gambling sack is worn in the left shoe while gambling.

### Seal of Luck



Place a seal of luck under a green candle and dress it with chypre oil.

## The Evil Eye

The evil eye or Malocchio is a powerful way of transmitting negative energy to someone for the purpose of jinxing them. Shown below are methods of both giving someone the evil eye and removing the evil eye, either from yourself or someone else.

This is a very easy and simple curse hand sign that may be pointed at someone and used to project negative psychic energy at them. Begin by pointing the hand sign below at your victim. Now focus on projecting as much negativity towards your victim as you can, through both your eyes and your hand sign.



To remove the evil eye first you need to divine if your negative circumstances are because of the evil eye or some other cause. To do this place three drops of olive oil on top of each other in a bowl of water. If the drops separate or smear together then the evil eye is to blame for your misfortune. If, however, the drops remain together than your negative circumstances are natural and not the result of evil magic.

To remove the Malocchio from yourself or someone else you will need:

1. Two sewing needles.
2. Salt
3. Scissors

Take the sewing needles and put one tip threv the eye of the other and chant:

*Eyes of evil,  
Eyes of doom,  
Your evil shall return soon,  
Your eyes burst o so well,  
Your eyes shatter with this my spell.*

Now drop the needles into the water onto of the oil.  
Sprinkle approximately three pinches of salt upon the water. Now  
take the scissors and thrust them into the oil drops three times.  
Now you must cut the air above the bowl three times and the evil  
eyes link to you is broken.

### For a Peaceful Home

This ritual should be performed on the proper day according to your sun sign.

Leo & Capricorn	Monday
Cancer & Taurus	Tuesday
Pisces & Virgo	Wednesday
Aries & Libra	Thursday
Sagittarius & Aquarius	Friday
Scorpio & Gemini	Saturday

Sprinkle jinx removing powder or salt in every corner of your home during the late hours of the evening, making sure no one sees you. Wash it off or sweep it up the next morning.

To banish evil spirits from your home add two spoonfuls of new salt to a bowl of fresh water. Imagine a dim blue light hovering over the bowl as you go to each room of your home and chant:

*Water and Earth, Cast be,  
No spell or negativity shall last,  
No longer allowed shall you be,  
By the sacred power of the number three,  
As I will, so mote it be.*

Once you have finished this place the bowl outside and allow the water to disappear of it's own accord.

Add three drops of Peace oil to your bath and anoint your forehead with this oil afterward.

White the word "peace" nine times on a square of parchment and place it under a white candle. Light this white candle and focus on not allowing any negativity to come to you. It is said contentment and peace will surely follow.



## The Hand of Glory

The hand of glory is reputed to be one of the most powerful controlling spells used in modern times.

Some people choose to make the hand out of modeling clay and then paint it red. I however like to make mine out of melted red candles and put a small amount of the appropriate oil into the wax. As the wax begins to dry you will need to make a candle holder in the palm of the hand. To do this simply insert the candle partially into the palm and leave it there while the wax dries. Once the wax is dry enough cut out a hand shape from the wax and take it out of the pan you melted it in. After you have created the wax hand you should place any tag locks you have of your victim into the hand. To do this simple cut some wax out place the tag lock in and seal the hole up with wax. If you choose to make yours of clay them simply work the tag locks into the clay as your sculpt it.

Now you will need to place a black candle in the “candle holder” palm of the hand of glory. Make sure to dress it in the appropriate oil such as: Confusion oil to bewilder and perplex. Controlling oil to make one submit to your wishes. Voodoo oil to bring pain and distress. Crossing oil to curse, hex and jinx.

Burn this candle for 10 minutes at midnight for seven consecutive nights. While you burn the candle stare into the blue part of the flame and project what you wish to happen to them into it as well as envisioning it in the flame.

## Miscellaneous Spells and Formulas

### To Win Back a Lover

Place some Damiana in a votive candle holder and anoint a red candle with rose or come to me oil. Next place the candle in the candle holder and sprinkle some Damiana on top on the red candle. Light the candle and allow it to burn all the way down. This works best on a Friday at 1:00 am and 8:00 AM or 3:00PM and 10:00PM during the waxing phase of the moon.

### For Legal Protection

Place some cinquefoil in the bottom of a votive candle holder. Dress an orange candle in cinquefoil oil and place the candle in the votive candle holder. Now sprinkle some cinquefoil on top on the orange candle and light it while chanting:

*Legal protection come to me,*

*Judge of justice be for me.*

This spell should be done on a Sunday during the waxing phase of the moon.

### Cleansing Incense

This incense mixture is used to clear away unwanted spirits. It is particularly usually in the removal of spirits of the dead. However it may be used to remove any unwanted entities which may be around.

1 tbsp. Cinnamon

1 tbsp. Benzoin

A pinch of Frankincense

## Basic Folk Magic Oils

### **Attraction Oil**

Equal parts loveage herb and grated lemon peel. Add two tablespoons of this mixture to two ounces of sunflower oil. To finish off add a small lodestone to the bottle.

### **Blessing Oil**

Mix two parts frankincense and one part benzoin. Add two tablespoons of this mixture to two ounces of sunflower oil.

### **Confusion Oil**

Two parts rue and one part guinea pepper. Add two tablespoons of this mixture to two ounces of sunflower oil.

### **Controlling Oil**

Two tablespoons of calamus added to two ounces of sunflower oil.

### **Crossing Oil**

Equal parts wormwood and pepperwort. Add two tablespoons to two ounces of sunflower oil. Add a small piece of ground ivy root to your bottle.

### **Dream Oil**

Equal parts grated lemon peel, myrrh, frankincense. Add two tablespoons of this mixture to two ounces of sunflower oil. Add a small bit of cinquefoil to your bottle.

### **Friendly Judge Oil**

Two parts carnation petals, one part anise seed and one part cinnamon. Add two tablespoons of this mixture to two ounces of sunflower oil. Add a small piece of galangal root to each bottle.

### **Home Protection Oil**

Equal parts cinquefoil, sandalwood, gardenia petals and

purslane herb. Add two tablespoons of this mixture to two ounces of sunflower oil. A pinch of blessed salt should be added to each bottle.

### **Money Drawing Oil**

Equal parts sandalwood, frankincense, and myrrh. Add two tablespoons of this mixture to two ounces of sunflower oil. A bit of barberry herb should be added to each bottle.

### **Peaceful Home Oil**

Two parts white rose petals with one part cumin seed. Add two tablespoons of this mixture to two ounces of sunflower oil.

### **Power Oil**

Equal parts frankincense and grated lemon peel. Add two tablespoons of this mixture to two ounces of sunflower oil.

### **Protection Oil**

Equal parts patchouli leaves, sandalwood, and gardenia petals. Add two tablespoons of this mixture to two ounces of sunflower oil. A pinch of blessed salt is added to each bottle made.

### **Success Oil**

Two parts cinquefoil, sandalwood, and frankincense to one part cinnamon and one part grated lemon peel. Add two tablespoons of this mixture to two ounces of sunflower oil. Add a piece of high john the conqueror root to each bottle.

### **Uncrossing Oil**

Two parts sandalwood, patchouli leaves and myrrh, with one part cinquefoil. Add two tablespoons of this mixture to two ounces of sunflower oil. Add a pinch of blessed salt and eight drops ammonia to each bottle made. Shake well before use.

### **Van Van Oil**

Two tablespoons of lemon grass herb to two ounces of sunflower oil. A pinch of blessed salt should be added to each bottle made.

## Other Useful Oils

For these oils you will need to add the formula to an 1/8 cup of sunflower oil.

### **Anointing Oil**

5 Drops myrrh oil, 2 drops cinnamon oil.

### **Astral Travel Oil**

5 drops sandalwood oil, 1 drop ylang yling, 1 drop cinnamon.

### **Business Success Oil**

3 parts bergamot mint bouquet, 1 part basil, 1 part patchouli, 1 pinch of ground cinnamon.

### **Healing Oil**

4 drops rosemary, 2 drops juniper, 1 drop sandalwood.

### **Initiation Oil**

3 drops frankincense, 3 drops myrrh, 1 drop sandalwood.

### **Lunar Oil**

4 parts sandalwood, 2 parts camphor, 1 part lemon.

### **Protection Oil**

5 drops petitgrain, 5 drops black pepper.

### **Psychic Oil**

5 drops lemon grass, 1 drop yarrow.

### **Purification Oil**

4 drops frankincense, 3 drops myrrh, 1 drop sandalwood.

### **Sacred Oil**

3 drops frankincense, 2 drops sandalwood, 1 drop

cinnamon.

**Temple Oil**

4 drops frankincense, 2 drops rosemary, 1 drop bay, 1 drop sandalwood.

**Visions Oil**

4 drops lemongrass, 2 drops bay, 1 drop nutmeg.

**Wealth Oil**

4 drops tonka bouquet, 1 drop vetivert.

## Miscellaneous Herbs

**Ague Weed** – Burnt to destroy an enemies ability to harm.

**Bay Leaves** – Placed in corners of rooms to avoid being cursed or crossed.

**Broom Tops** – Boiled with salt and sprinkled to banish poltergeists.

**Buck Thorn** – Made into a tea to remove warts.

**Cowslip Flowers** – Place a bit of this under your front porch to prevent visitors.

**Dandelion** – Buried at the northwest corner of homes to bring favorable winds.

**Gravel Root** – Should be carried in ones pocket when looking for a job.

**Joe Pie** – Said to make one look favorable to all people.

**Knot Weed** – Mixed with wax and buried to destroy your problems.

**Lion's Tooth** – Soaked for six days and sprinkled on the seventh to bring good luck to the year.

**Poke Root** – Added to melted wax and thrown into water to force ones enemy to move away.

**Primrose** – Sewn into children's pillows to insure their loyalty and respect.

**Trillium** – Said to attract money to its owner.



**Valerian** – Used as grave dirt for evil spells.

**Vandal Root** – Burn with black arts incense for curse spells.

**Woodruff** – Carry in a leather bag for protect from all forms of harm.

**Yellow Dock Root** – Wash door knobs with a tea made from this too draw money or business into the premises.

**Yerba Santa** – Holy herb carried to give one spiritual strength and blessings.

## Black Magic Herbs

**Black Mustard Seed** – Causes strife and stress in the life of an enemy. Sprinkle some of the seeds in front of their door.

**Devil's Bit** – Break this into small pieces and sprinkle some in front of your enemy's door. It has been said that when this is done every seven days any evil your enemy may send to you will rebound on him.

**Grape Vine** – Said to cause paralysis in a foe. Cut the vine up into small pieces and throw them at your enemy. Wherever the vine hits is where they shall be struck with paralysis.

**Knot Grass** – Used for casting extremely evil curses. Mix with melted black wax and a piece of paper you have written your enemy's name on. After the wax hardens you should burn it on the night of the new moon.

**Little John Chew** – Carry this in your pocket to reverse the effects of any curse and cause harm to it's sender.

**Skunk Cabbage** – Throw a bit of this in front of your enemy's house. Repeat this every seventeen days to keep them in a crossed state.

**Slippery Elm** – Make a poppet or doll and write the name of your enemy on it. Take the doll and place it in a box and sprinkle some slippery elm onto it. Now stick pins through the dolls mouth and say:

*A slash be across your tongue,*

*No more slander against me shall you speak.*

Now bury the box as far away from your house as possible. This will stop your enemy from gossiping about you.

**Snake Root** – To stop someone from loving you, mix the persons

nail clippings with snake root and burn the mixture. They will avoid you henceforth.

**Tormentilla Root** – Write your enemy's name on a piece of parchment paper. Place some tormentilla root on the parchment covering your enemy's name. Now fold the paper so that the writing does not show. Now cut a lemon in half and place the paper between the two lemon halves. Now tied the lemon back together and put it out in the sun. Your enemy's strength will weaken as the lemon dries.

**Valerian** – Said to cause misery to anyone who walks in its path. Sprinkle some in front of your enemy's door or where they walk.

**Vetivert** – Used against someone who has hexed you. Place a black cloth inside a small box and place an image of you enemy inside of it. Sprinkle vetivert leaves on the image and chant:

*I bind your own evil to you,  
May it be upon your own head.*

Close the box tie it shut with a cord using nine knots. Bury the box as far away from your home as possible or throw it into some water. Turn away and do not look back.

**Witches Grass** – Grind this into a herb and sprinkle on poppets and dolls when you wish to hex someone.

**Wormwood** – Used to make a potent sauce. Melt some butter or heat up some oil and mix in the wormwood. Place it in a dark place where no sunlight may fall upon it. While pouring the sauce on the ground in a circular motion say:

*Round and Round, their brains will go,  
Be they mixed, be they confused,  
Until the sun this sauce does burn,  
No harm to me shall they send.*

**Yarrow** – Mix some of your enemy's hair with yarrow and burn it at midnight on the night of the new moon. As you do this chant:

*Up in smoke goes your hair,  
Evil shall befall me no more,  
The hair of your head the fire doth consume,  
Into your door shall trials and troubles enter.*

## Good Luck Herbs

**Alfalfa** – Keep inside your home to protect against poverty.

**Basil** – Soak a teaspoonful of basil in a pint of water and sprinkle this water in your place of business. This is said to attract money and success to your business as well as keep away all negativity.

**Buckeye** – Wrapping a buckeye in a dollar bill is said to attract money when carried in your pocket.

**Cascara Sagrada** – Make a tea of this and sprinkle it around your bed the night before your appearance at a court case to aid in success.

**Chamomile** – If brew and used as a hand wash regularly it is said to insure constant winnings in gambling games.

**Dragon's Blood Reed** – Said to cure impotence when placed under a mattress. It can also be carried inside your pocket or purse for good luck.

**Galangal Root** – When carried to court it is believe to help swing the jury in your favor.

**Irish Moss** – Brings great fortune to those that place it under their rugs in their homes.

**Job's Tear** – For good luck carry seven in your pocket.

**John The Conqueror Root** – Boil this root in water and wash your hands in the water just before going to gamble. This is said to improve your chances of winning.

**Low John Root** – Wrap money around this root and it is said the money will multiple.

**Little John** – Leave one to soak overnight in Water of Notre Dame and it will bring luck to you in all your endeavors.

**Lucky Hand Root** – Wear for good fortune and other benefits.

**Mandrake** – Every Friday soak this root in wine then wrap it in red silk cloth. When cared for with attention it is said to double money left near it.

**Nutmeg of India** – A favorite herb among gamblers. Cut a hole in it and place some quicksilver inside and cover the hole with wax, to increase its power. Carry in a red flannel gris gris bag.

**Queen of The Meadow** - Brings good luck when added to bath water.

**Rosemary** – Brings good luck when placed under ones pillow.

**Sacred Bark** – Brings good luck when carried.

**Sea Lettuce** – Place some in a bottle of alcohol in the window to bring good luck to all in your household.

**Silver Leaf** – Kept in ones home as a potent good luck charm.

**Sumbul Root** – Worn near the heart for good luck and protection from diseases.

**Tonka Beans** – Carried in a red gris gris bag to bring success financially, and good fortune.

**Violets** – Sprinkle this in the corners of your house to bring good spirits and their blessings. Violets also give off healing vibrations to anyone who is ill within your home.

**Wonder of the World Root** - Place in the corners of your house to keep things in a favorable condition.

## Health Herbs

**African Ginger** – Said to protect against evil and cure a sore throat when placed under one's pillow.

**Asafoetida** – Said to be the incense of the Devil. Wear in a cloth as a necklace to keep colds and evil away.

**Ash Tree Leaves** – Take a tablespoon of the leaves and place them in a bowl of water. Place this in your bedroom and leave it over night while you sleep. When you wake up the mixture should be thrown away. Repeat this process every night to insure all illnesses are prevented and to obtain good health.

**Betony** – Sprinkle near doors and windows to protect against evil spirits. Can also be worn as an amulet to strengthen the body.

**Caraway Seed** – Placed in red gris gris bags and hidden near cribs and beds of children to protect them from illness and harm.

**Coriander** – Place in a bag to protect against disease, illness, and headaches.

**Dill Seed** – Placed in cloth and smelled to cure one's hiccups.

**Dog Grass** – Sprinkled all around inside your home it is said to relieve one of depression, if done for seven consecutive days.

**Eucalyptus** – Stuff the pillow you sleep on with this and it will protect you from colds.

**Holy Herb** – Use this in your bath water for protection and healing.

**John The Conqueror Root** – Removes depression and confusion when carried in one's pocket.



**Life Everlasting** – Carried or kept in one's home to protect against minor illnesses and major disease.

**Masterwort** – Sprinkled inside one's shoes to prevent weakness and lack of energy. It can also be mixed with oil and rubbed on the neck to relieve pain.

**Quince Seed** – Carry in a red gris gris bag to protect against all forms of physical harm.

**Rose Buds** – Placed around bruises and sprains to heal them quickly.

**Rue** – Place on the forehead while laying down to relieve headaches. Worn next to the heart at night to recover from minor illnesses.

**Rosemary** – carried to improve memory and one's mind.

**Sumbul Root** – Worn over the heart to chase away illness.

**Thyme** – Burnt to attract good health to all in a home.

**Valerian Root** – Place inside one's pillow to insure a peaceful nights sleep, and sooth one's nerves.

**Vervain** – Worn as a healing amulet for poisoning and fevers.

## Love Herbs

**Cloves** – Fill two bags with this and use some leather string to make them into two necklaces. Give one bag to a friend. As long as you and your friend wear these your friendship is insured.

**Corn Flowers** – Sprinkle in your home to insure harmony.

**Damiana** – Soak some damiana in a glass of wine for three hours. Now sprinkle some of this wine mixture outside your front and back door for twenty one days. It is said this will bring a wandering lover back to you.

**Dill Seed** – Said to make one irresistible to the opposite sex. Sprinkle some grains into your bath water before going to meet your date.

**Heartsease** – Said to soften a cold lover's heart. Place some in the sole of their shoes.

**Khus Khus** – Said to increase business as well as attract the opposite sex when added to bath water.

**Laurel** – This should be worn by a bride to insure a happy and long marriage.

**Marigold** – Added to bath water to gain respect and admiration.

**Marjoram** – Used by women to attract a husband. Place a small amount in the corner of each room of your home. Marjoram should be removed and replaced once a month.

**Orris Root** – Used to attract the love of the opposite sex.

**Rosemary** – When given as a gift in a bag to a friend it creates feelings of warmth within them.

**Scullcap** – Worn by women to protect their husbands from the advances of other women.

**Spikenard** – Brewed into a tea and placed on a picture of someone you love to insure they will not leave you.

**Sweet Bugle** – Used to attract new lovers and possibly even a marriage partner. Crush some sweet bugle then sprinkle it around your bedroom.

**Yaw Root** – Carry with you to bring romance into your life.

## Power Herbs

**Acacia** – Believed to stimulate the psychic centers and make messages from the spirits easily received and understood, when burnt.

**Althea** – Used in rituals to aid in bringing spirits forth.

**Anise Seed** – Burnt with incense during workings involving psychic manifestations.

**Bladderwrack** – Used in rituals to call forth sea spirits to ask for their assistance.

**Calendula** – Sprinkled under your mattress to induce dreams of a prophetic nature. Can also be worn during court proceeding to ensure that justice is in your favor.

**Celery Seed** – Used to increase one's concentration during works requiring mediumship. Mix this with some incense and burn to increase your psychic abilities.

**Devil's Shoe String** – Carried in one's pocket to bring luck in gambling and protect against poisons. Can cause financial ruin to an enemy when placed in their path. Cut some up and add to a mixture of whiskey and camphor, then rub this on your hands to have complete control over the opposite sex.

**Elder Bark** – Take some parchment and write in dove's blood ink the name of a person you wish to gain control over. Burn this paper and mix the ashes with elder bark in equal portions. Now divide this mixture into seven parts. Now bury one portion in a separate grave each night at midnight for seven days. On the seventh day it is said the person will be completely submitted to you.

**Goat's Leaves** – Boil goat's leaves in for ten minutes in a pot and let the water cool and strain. Allow the leaves to dry and wrap them in a piece of paper you have written the name of the person and the situation you wish to gain control over. For one week carry this with you and by the seventh day the situation will begin to swing in your favor.

**Holy Herb** – Sprinkle on the grave of the person you wish to make contact with. It is said the person will appear to you during your dreams. This can also be made into a tea to make spirits appear and raise one to a higher spiritual plane. **Do not drink this tea.** Focus while the steam rises from the tea and it is said the spirits will appear as you are elevated to a higher plane.

**Hyssop** – Take a tablespoonful and soak in a quart of water for twenty four hours, strain the mixture and add the water to your bath water to purify yourself. This is will also greatly enhance your psychic powers.

**Licorice Stick** – Write the name of the person whose mind you wish to effect nine times on parchment in dove's blood ink. Wrap the parchment around a piece of licorice and tie this together with some red cord. Wait till nightfall then bury or hide on, or as close to the person's property as you can. In three days you should notice a change in the person.

**Mugwort** – Place next to your bed to aid in astral travel.

**Pole Cat Weed** – Used to cross one's neighbor. Place a bit in front of your neighbors door every seventeen days.

**Queen of The Meadow** – Used to gain the power to see the future. Place some in a jar of water for seven days and then add this mixture to your bath water.

**Silver Leaf** – Used to find hidden and lost treasures. Burn and

follow the direction of the smoke.

## Uncrossing Herbs

**Ague Weed** – Mix with any incense and burn to uncross yourself.

**Angelica** – Stops evil spirits from entering your home when sprinkled in each corner of the house.

**Bay Leaves** – Place one in the corner of each room of your home to protect both your house and family. It may also be carried in a gris gris bag to protect against Witchcraft.

**Betony** – Worn to protect against evil spells and to strengthen one's body. Sprinkled near all windows and doors to prevent the entrance of evil spirits.

**Ballderwrack** – Worn by travelers, especially those traveling by water, as protection.

**Blood Root** – Used as protection against curses. Place near doorways and in window sills.

**Boldo Leaves** – Used to ward off evil. Simply sprinkle some around your house.

**Cinquefoil** – To protect your home from all evil, take an egg and cut a hole in one end. Drain the inside and allow the egg shell to dry. Now fill the egg with cinquefoil and tape the hole shut. As long as you keep this in your home it will be protected.

**Clover** – Soak in vinegar for three days and strain. Now sprinkle the vinegar in the corners of every room in your home, to remove all unwanted spirits.

**Comfrey Root** – To insure a safe trip place a bit of this in the bottom of all your luggage.

**Dill** – Mix with salt and sprinkle around your house to counter act and protect against Witchcraft.

**Elm Bark** – Used to stop slander. Bury some in a box with a poppet you have written to name of the person slandering you on.

**Balm of Gilead** – Carry two buds in a gris gris bag to protect one from the evil eye.

**Holy Herb** – Added to bath water for protection.

**Marjoram** – Placed in each room of your home to help overcome the effects of Witchcraft which may have been used against you. Replace once a month.

**Mint** – Placed inside a jar and kept in your home to keep Witches away.

**Misteltoe** – Worn around the neck to keep Witches and their craft away.

**Monkshood** – Carried for protection from demons.

**Mullein** – Carried to give one courage and protection from wild animals and enemies. Placed under pillows to protect one from demons and nightmares.

**Pearl Moss** – Placed across one's doorway so that only good spirits may enter the home.

**Queen of The Meadow** – Used to banish Ghost. Keep this wherever you do not wish them to gather.

**Sulphur** – Used to drive away evil. Burn some at midnight outside your back door.



**Trumpet Weed** – Place into a gris gris bag to protect yourself from all forms of injury.

**Wahoo Bark** – Used for exorcisms. Boil the bark in a quart of water for ten minutes and strain. Now sponge the possessed person with this water and chant “Wahoo” nine times.

## Wish Herbs

**Calendula** – To makes dreams come true and protects one from evil, sprinkle some dried calendula under your bed.

**Cloves** – Hold some cloves in your hand and think about your friend or a lover. This act will cause them to bend completely to your will.

**Dandelion** – Worn in a gris gris bag around one's neck to make one's wishes come true.

**Huckleberry Leaves** – Burnt in one's bedroom before sleeping to make dreams come true within seven days.

**Lavender** – Used for dream divination. Place some under your pillow and concentrate on your wish before you go to sleep. If you dream about your wish it means that it shall come to pass. If you dream of anything else or nothing at all, it means your wish will not come true.

**Lotus Root** – Used for wish divination. Write yes on one side of the root and no on the other. Toss it into the air, whichever side it lands on is the answer to whether or not your wish will come true.

**Rose Buds** – Used for wish divination. Count the leaves on a rose bud. If the numbers are even your wish will come true, if they are uneven it will not.

**Sandalwood** – Burnt to aid in making your secret wishes come true.

## Mama J's Herbs and Old Fashion Cures

**Tomato** – Rub half a tomato on poison oak rash and let it dry. Reapply several times a day. The acid in the tomato will dry up the poison ivy and help soothe itching.

**Honey** – A natural healing element dating as far back as the ancient Egyptians. Apply honey to wounds and cover with gauze. It fights infections and speeds healing.

**Gold Seal** – For boils make a poultice of this and place securely on the boil. It will bring the to a head as it dries. Reapply as needed. This herb will draw out the boil, bringing it to a head. Squeeze and the center will shoot out.

**Vinegar** – A natural anti-septic. It can be used to clean fresh wounds, and free them of germs. Also works to kill viruses on floors, walls etc... One fourth cup to a gallon of water.

**Yarrow Plant** – Very high in medicinal content. Yarrow is used as a tea for stomach problems and fever. It is also used to treat wounds (rashes, swelling, eczema, and spider bites) when made into a poultice. Yarrow plant tea may also be used to treat irritable bowel syndrome. The tea can also be used to treat high blood pressure, ulcers, internal and external bleeding, liver problems, diarrhea, colds, flu, crone's disease, bladder infections, anxiety, and insomnia. The most potent part of the plant are the uppermost leaves and flowers. These are best for making tea. To make Yarrow plant tea add one to two teaspoons of leaves or flowers (dried or fresh) to a cup of boiling water. Let this water stand for 15 minutes, strain and drink as needed. This tea may also be applied to the skin to relieve burns, bruises and other ailments.

**Aloe Vera** – Used as a remedy for burns, wounds, insect bites, fungal infections, frostbite, eczema, dry skin, and poison ivy. It

can be used as a liniment for arthritis.

**Corn** – Treats kidney and bladder problems. It can also increase milk production in nursing women. Indians made poultices, from corn, for skin ulcers, burns, and swelling. Corn oil may be applied to ease eczema and dry skin. Corn cobs may be burned and the smoke will relieve itching caused by insect bites and poison ivy. Corn silk can be made into a tea by steeping two teaspoons of chopped corn in a cup of boiling water. To make a poultice mix dried cornmeal with milk and apply the paste to the affected areas.

**Dandelions** – Used for potent herbal remedies. Dandelion roots may be sliced to make antiseptics for wounds, sores, and inflammations inside the mouth. It may be used as a mild laxative and digestive aid when brewed into a tea. The tea also helps to cleanse the kidneys, bladder, liver and spleen. Leaves and roots can be eaten either raw or boiled. They are high in iron, potassium, vitamins a,b,c, and d. When eaten the flower helps treat liver problems. When made into a tea it helps relieve pneumonia, bronchitis, and other respiratory problems. The white milky soap from the leaves and stems can be applied to corns and warts to remove them.

**Echinacea** - Used to subdue colds and upper respiratory infections. It strengthens the immune system. Made into a tea it can be used for external treatment of cuts, burns, and eczema, Gargling with the tea will relieve sore throats. To make Echinacea tea take one or two teaspoons of powdered herb to a cup of boiling water, let simmer for fifteen minutes, cool and drink as needed up to three times a day.

**Garlic** – Helps clear lungs and bronchial tubes of congestion. Used to rid people of worms, parasites and fight infections caused from fungi and yeast. Reduces the risk of heart attacks by lowering blood pressure, reducing harmful cholesterol, and

reducing the tendency of blood to form dangerous clots. One clove of garlic a day will give you these protective effects. Simplest way to enjoy the benefits of garlic is to eat it raw. This is an acquired taste and some people find it too overwhelming. Garlic tea can be made by chopping or mashing several cloves and steeping in a cup of water for six to eight hours. You can drink this tea for relieving cold or flu symptoms or gargle with it to treat soar throat. Another benefit of garlic is that it builds up in your system and repels bugs from biting you.

**Garlic Syrup** – One pound garlic to a quart of boiling water. Remove from heat and let stand for twelve hours, then add enough sugar to get a syrup consistency. You can add honey to this mixture to improve the taste. This can be used as a cough suppressant. If taken in small amounts each day it will strengthen the immune system help one's heart.

**Garlic Oil** – Slice or mash a clove of garlic add about a tablespoon of olive oil and heat briefly. Strain and store in a dark stoppered bottle. Several drops can be used to ease earaches.

**Golden Rod** – Every part of this plant can be used. Roots can be made into a poultice to treat boils and burns. The roots may also be chewed to relieve toothaches. Flowers are smashed to make lotions for bee stings and reducing localized swelling. The tea from the leaves is used to treat asthma, colic and headaches. It has been long known and used to treat bladder, gallbladder, and kidney problems. It is often recommended for preventing and treating kidney stones and gallstones, yeast and urinary tract infections. To make golden rod tea add 5 teaspoons of dried flowers or leaves to a cup of boiling water. Let stand until cool, then drink. It works best between meals three or four times a day. Some people are allergic to it so use with caution if you have hay fever or other allergies.

**Magnolia** – If you treat ulcerated leg soars or ulcerated soars of

any kind with a mixture of magnolia ashes and pork fat the wounds will dry up. When made into a tea it can be used to treat colds, fever, dysentery, muscle cramps, and intestinal worms. A magnolia gargle is said to ease toothaches. It also works for cuts, scrapes, and skin irritations. The most medicinal part of the tree is the bark when made into a tea. To make magnolia tea add two teaspoons of shredded bark, fresh or dried, to a pint of boiling water. Simmer thirty minutes and add more water to make 16 ounces. Strain the tea and take by tablespoon as needed. Rub this tea externally on wounds and irritations.

**Oats** – Helps with skin conditions, relieves anxiety and depression. Use it in a warm bath adding several handfuls to bath water.

**Cabbage** – Cabbage hearts will cleanse the body of intestinal worms when eaten raw.

**Wild Rose** – Petals of this are dried and crushed into powder which can then be applied to fevers, sores and blisters. Soak the petals in rainwater and use as a compress for sore eyes. Rose tea boost the immune system and can be gargled for sore throat. Tea can be made by using dried petals and leaves to a cup of boiling water. Simmer for 10 minutes, strain the liquid, and add honey.

## Herbal Folk Names

Blood - Elder Tree sap

Bloody Fingers - Foxglove

Candlemas Maiden - Snowdrop

Candlewick Plant - Mullein

Crown for a King - Wormwood

Dew of the Sea - Rosemary

Dragonwort - Bistort

Earth Smoke - Fumitory

Elfwort - Elecampane

Enchanter's Plant - Vervain

Eye of the Star - Horehound

Eyes - Aster Daisy

Five Finger Grass - Cinquefoil

Joy of the Mountain - Marjoram

Lad's Love - Southernwood

Little Dragon - Tarragon

Love in Idleness - Pansy

Love Parsley - Lovage  
Love Root - Orris Root  
Maiden's Ruin - Southernwood  
Master of the Woods - Woodruff  
Masterwort - Angelica  
May Lily - Lily of the Valley  
Mistress of the Absinthia - Nightshade  
Seven Year's Love - Yarrow  
Sleepwort - Lettuce  
Sorcerer's Violet - Periwinkle  
Star of the Earth - Avens  
Starflower - Borage  
Starweed - Chickweed  
Starwort - Aster  
Thousand Seal - Yarrow  
Thunder Plant - House leek  
Unicorn Horn - True Unicorn Root  
Wax Dolls - Fumitory



Witch Herb - Mugwort

Witches Aspirin - White Willow Bark

Witches Bells - Foxglove

Witches Briar - Briar Hip

Witchgrass - Dog Grass (Couch Grass)

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