

HERBS USED IN SMUDGE STICKS & HERBAL WREATHS

Rosemary- protects, cleanses, purifies, clarifies mental awareness, invigorates, enhances memory, brings luck & joy. Also brings warmth & prosperity into your space & soul, & used in love, healing & mental rituals. An old adage states that where Rosemary grows, the woman rules, as it was believed that Rosemary would only flourish in a garden where the lady of the house ruled the roost. Rosemary is used as a symbol of love & to bless weddings with fidelity, honesty, longevity, & wisdom. It was also tossed into graves to signify that the departed will always be remembered. Create a garland/wreath using fresh Rosemary sprigs to hang near the entrance of your home to protect from negative energies, to keep thieves away, and/or to keep your partner faithful.

Oregano- Protective herb with the power to ward off troublesome and meddling individuals, especially those who may wish to interfere with one's personal financial dealings. It is used for manifesting happiness, tranquility, luck, health, protection and letting go of a loved one. It can also be used to embrace & deepen existing love. When worn on the head during sleep, it is said to promote psychic dreams. Oregano symbolizes joy.

Roses- used in unconditional love for self and others, brings in luck, helps with a grieving heart & healing process. Induces thoughts of loving affection & peaceful harmonious vibrations. Used for prophetic dreams. Rose is considered a symbol of balance. The beauty of this flower expresses promise, hope, and new beginnings. It is contrasted by thorns symbolizing defense, loss, and thoughtlessness. All roses symbolize Divine love at work in the world. White roses mean purity and holiness. Red roses mean passion and sacrifice. Yellow roses mean wisdom and joy. Pink roses mean gratitude and peace. Purple or lavender roses mean wonder, awe, and change for the better.

Sage- Sage or 'salvia' comes from the Latin word *salvare*, which means "to heal." Dried sage plants have been used in shamanic ceremonies for a long time as a way to protect, cleanse and purify the sacred space and the people participating in the ceremony. It is said that any conflict, anger, illness or evil was absorbed by the sage smoke is released from the energy field of a person. Sage is used to purify & protect objects, places & people, also helps remove negative energy.

Eucalyptus- the name derived from the Greek word "eucalyptos," which means "well covered." bring fresh energy to a situation, to heal regrets and worries, protective, & to relieve mental exhaustion. It removes negative influences from the immediate surroundings. It is a holy tree of the Aboriginals (native Australians) that represents the division of underworld, Earth and heaven. At a spiritual level it has a purifying effect & negative energy disappears in the place where you burn it. Eucalyptus means rejuvenation, leadership, focus, strength, connection, goals, clarity & healing.

Thyme- all about out with the old and in with the new. Hanging dried thyme or even smudging thyme dispels melancholy, hopelessness and other mellow but negative vibrations. Thyme derives its name from the Greek "Thymus," meaning courage. A bed of thyme was thought to be a home for fairies, and a patch was often set aside for them. Thyme was burned inside homes to drive off stinging insects. The Greek used the symbol of thyme to represent elegance. Also excellent for releasing ceremonies; allows us to recall the past without pain.

Cinnamon- Natural aphrodisiac. Brings and enhances stability in one's life. It possesses a great amount of energy, and a pinch can be added to anything to rev up the power level. It is also excellent for manifesting abundance and money. Cinnamon is a magical herb for success, action, healing, protection, energy, love, prosperity, & purification.

Thyme & Cinnamon Stick- This duo provides a gentle cleansing, all about out with the old & in with the new. Smudging your home with thyme dispels melancholy, hopelessness and other mellow but negative vibrations. Pair it with cinnamon sticks and it raises the spiritual and protective levels while stimulating personal psychic & physical energy.

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