

Symbolic Herb Ontology for Ritual Use

Symbolic System and Scope

This ontology is designed for a **non-medical, ritual-focused "Herbal Magic" system** that aggregates cross-cultural symbolic knowledge of herbs. It emphasizes **energetic and spiritual properties** (e.g. calming, protective, purifying) rather than any medicinal efficacy, avoiding health claims. We surveyed ethnobotanical texts, historical herbals, and modern spiritual herb guides across Western folk traditions, Ayurveda, and other lineages. Each herb entry consolidates **traditional uses, sensory profiles, and symbolic correspondences**. Key provenance is noted so users understand if an attribute comes from (for example) European folk magic, Ayurveda (India), Traditional Chinese Medicine (TCM), or Indigenous practices. Where different cultures ascribe contrasting symbolism to an herb, those differences are **clearly flagged** in the entry (e.g. basil as sacred and purifying in Hindu tradition versus associated with negativity in some European folklore ¹ ²). This approach highlights both common threads and divergences, while **avoiding folklore ambiguity** by specifying the cultural context.

Ontology Fields and Structure

Each herb is represented as a JSON object with stable fields capturing its symbolic profile. The proposed fields include:

- **name:** Primary common name (e.g. "Lavender").
- **aliases:** List of other common names or local names.
- **latin_name:** Scientific name for clarity (to disambiguate species).
- **traditions:** Array of cultural lineages or systems that recognize the herb's symbolic use (e.g. "Ayurveda", "European folk", "TCM", "Indigenous North America"). This provides provenance for each herb's entry.
- **region:** Geographic origin or primary regions of use (broadly, e.g. "Mediterranean" or "Himalayas").
- **forms:** Typical **preparation or ritual forms** – e.g. incense (burned for smoke cleansing), infusion/tea, baths, sachets, oils, etc. These indicate how the herb is symbolically applied (burned, carried, drunk, etc.).
- **phytochemicals:** Dominant compounds or chemotypes associated with the herb's aroma or energy, given in a non-medical context. For example, *rose* petals high in **geraniol** and **citronellol** contribute to its soothing "heart-opening" fragrance ³, and *lavender* contains **linalool** which gives it a calming scent ⁴. These are included to connect scientific aspects to sensory symbolism (speaking to the "plant's spirit" through chemistry ³) without making health claims.
- **aroma:** Descriptors of the herb's scent/taste and the sensory impression (e.g. "minty and cooling" or "earthy, pungent"). This often correlates with its elemental affiliation or energetic effect.
- **timing:** Symbolic timing aspects – for instance, associations with seasons, time of day, or lunar phase. Many traditions link herbs to cycles: *mugwort* is tied to the moon and used for **dreamwork at night** ⁵, while *calendula* (marigold) is called "summer's bride," thriving in mid-summer sun. Some

herbs are used at specific festivals (e.g. *bay laurel* at Apollo's summer games ⁶ or *yarrow* on Samhain for love divination ⁷). Such temporal tags help time UI prompts or ritual suggestions.

- **cautions:** Warnings or symbolic cautions. These avoid medical contraindications and instead note energetic cautions: e.g. an herb that is very “fiery” or *stimulating* might be used sparingly to avoid agitation of energy; *mugwort* and *wormwood* contain thujone – users are warned not to overindulge as folklore considers them potent and even slightly toxic in excess ⁸. Cultural respect warnings appear here too (e.g. a note if **white sage** should be used with respect to its Indigenous significance).
- **actions: Symbolic action tags,** chosen from a controlled vocabulary for UI filtering. We propose eight core actions – **calm, focus, ground, lift, clear, protect, dream, warm** – distilled from common energetic themes. These terms are user-friendly and avoid medical phrasing. For example, *chamomile* would be tagged **calm** and **clear** (peaceful, purifying), *rosemary* might be **focus** and **protect** (used for memory and warding), *ginger* is **warm** and **lift** (a warming stimulant), *mugwort* is **dream** and **protect** (for lucid dreams and protection). This taxonomy balances simplicity with coverage of ritual intentions.
- **elements:** Correspondences to the **classical elements** (Earth, Water, Fire, Air, plus Ether/Spirit). These reflect energetic qualities: e.g. Earth for grounding herbs, Fire for spices that “burn” (cinnamon, ginger), Water for soothing, emotional herbs, Air for those used in incense or that influence the mind (thought/dream), and Ether for mystical or spirit-linking herbs. These assignments draw on traditional Western occult correspondences ⁹ ¹⁰ and Ayurvedic pancha mahabhuta concepts where applicable. For instance, *sage* might be Fire/Air (purifying flame and smoke), *lavender* Water/Air (soothing and aromatic), *frankincense* Air/Ether (uplifting smoke to spirit), etc.
- **planetary** (optional): Any astrological planet correspondences (mainly from Western astrology/herbals like Culpeper). E.g. *Rose* is often under Venus (love), *bay laurel* under the Sun (glory) or Jupiter ¹¹, *wormwood* under Mars ¹², etc. We include these when well-attested, but note variations between sources ¹³ – our entries can list multiple if authors disagree (e.g. agrimony: Jupiter or Mercury ⁹).
- **chakra** (optional): Chakra associations (from yoga/Ayurveda or modern energy healing) if relevant. E.g. *Tulsi* (holy basil) is said to open the heart and crown (devotion) chakras ¹⁴, *rose* targets the Heart chakra (emotional healing) ¹⁵, etc. These are included as tags for users interested in chakra work, but are omitted if not commonly cited.
- **alchemical** (optional): Other esoteric tags such as alchemical “principles” or humoral qualities. For instance, herbs were classically categorized as **hot/cold and dry/moist** in Western herbalism ¹⁶; *cinnamon* could be “Hot/Dry” in that system. Some Paracelsian alchemical correspondences (Sulphur/Mercury/Salt) might apply to a few herbs known as archetypal (e.g. *sage* long called the “salt of nature” by alchemists). These are included sparingly where source material supports them, to avoid speculation.
- **notes:** A free-text field for any extra context, especially to highlight **low-evidence or contradictory folklore**. For example, if an herb's role is mostly legendary or disputed, or if two traditions use it in opposite ways, this is noted here. We explicitly mark such cases to avoid misleading the user. (E.g. “*Basil's symbolism ranges from sacred (India) to negative (Medieval Europe) – use contextually.*”) Another use of this field is to acknowledge when modern practitioners report differing correspondences (as one source noted, authors vary on planet/element assignments ¹³ – our entries might mention “some sources say X, others Y”). This transparency flags where knowledge is more **folklore than consensus**.

This structure yields a rich yet structured ontology, suitable for powering UI filters (by actions, elements, etc.) and providing descriptive text. The JSON schema below formally defines these fields and their types.

Ontology JSON Schema

```
{
  "$schema": "http://json-schema.org/draft-07/schema#",
  "title": "HerbalMagicSymbolicOntology",
  "type": "object",
  "properties": {
    "name": {
      "type": "string",
      "description": "Primary common name of the herb"
    },
    "aliases": {
      "type": "array",
      "description": "List of alternative names or local names",
      "items": { "type": "string" }
    },
    "latin_name": {
      "type": "string",
      "description": "Scientific binomial name"
    },
    "traditions": {
      "type": "array",
      "description": "Cultural traditions or systems referencing this herb",
      "items": { "type": "string" }
    },
    "region": {
      "type": "string",
      "description": "Geographical origin or primary region of use"
    },
    "forms": {
      "type": "array",
      "description": "Common preparation/ritual forms",
      "items": { "type": "string" }
    },
    "phytochemicals": {
      "type": "array",
      "description": "Key aromatic or active compounds (non-medical context)",
      "items": { "type": "string" }
    },
    "aroma": {
      "type": "string",
      "description": "Sensory description of aroma or taste"
    }
  }
}
```

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"timing": {
  "type": "string",
  "description": "Symbolic timing (season, lunar phase, etc.) associations"
},
"cautions": {
  "type": "string",
  "description": "Symbolic or cultural cautions (non-medical warnings)"
},
"actions": {
  "type": "array",
  "description": "Symbolic action tags describing the herb's energetic
effects",
  "items": {
    "type": "string",
    "enum": ["calm", "focus", "ground", "lift", "clear", "protect",
"dream", "warm"]
  }
},
"elements": {
  "type": "array",
  "description": "Associated classical elements",
  "items": {
    "type": "string",
    "enum": ["Earth", "Water", "Fire", "Air", "Ether"]
  }
},
"planetary": {
  "type": "array",
  "description": "Associated planets in astrological lore",
  "items": { "type": "string" }
},
"chakra": {
  "type": "array",
  "description": "Associated chakra(s) in yogic/energy traditions",
  "items": { "type": "string" }
},
"alchemical": {
  "type": "array",
  "description": "Optional alchemical/humoral designations",
  "items": { "type": "string" }
},
"notes": {
  "type": "string",
  "description": "Additional notes on folklore, disagreements, or context"
}
},
"required": ["name", "traditions", "actions", "elements"]
}

```

(The required fields ensure each entry has at least a name, some tradition context, and the key category tags for actions and elements, which are central to the UI.)

Sample Herb Entries (JSON)

Below we provide **25 sample herb entries** in JSON format, illustrating the ontology. Each entry integrates cross-traditional symbolic data for the herb. (For brevity, sources are not cited in-line in this code block, but all information is drawn from the referenced materials above – see the summary and sources.) These entries demonstrate how the schema captures diversity while maintaining structure:

```
[
  {
    "name": "Basil",
    "aliases": ["Sweet Basil", "Tulsi (Holy Basil)"],
    "latin_name": "Ocimum basilicum (culinary basil); Ocimum tenuiflorum (holy basil)",
    "traditions": ["European folk magic", "Mediterranean lore", "Ayurveda", "Ancient Roman", "Hoodoo"],
    "region": "Native to India; cultivated in Europe and globally",
    "forms": ["infusion/tea", "incense (dried leaf)", "fresh sprig", "bath sprinkle"],
    "phytochemicals": ["linalool", "eugenol"],
    "aroma": "warm, spicy, clove-like and herbaceous",
    "timing": "Summer herb (thrives in sun); used in death rites (India) and harvest rituals (Europe)",
    "cautions": "Energetically potent (strong Fire element) – use with clear intent; folklore in some regions casts basil as malign (e.g. associated with scorpions in old Europe)",
    "actions": ["lift", "protect", "warm"],
    "elements": ["Fire"],
    "planetary": ["Mars", "Venus"],
    "chakra": ["Root (grounding), Heart (holy basil aspect)"],
    "alchemical": ["Hot/Dry (Western humoral)"],
    "notes": "Highly **culture-dependent symbolism**: revered as a holy herb of protection and purification in India (sacred to Vishnu/Krishna), yet medieval European lore sometimes linked basil to negativity or Satan. Often used to attract prosperity (Hoodoo) and to banish petty conflicts (folk magic).",
  },
  {
    "name": "Bay Laurel",
    "aliases": ["Bay Leaf", "Sweet Bay", "Laurel"],
    "latin_name": "Laurus nobilis",
    "traditions": ["Greco-Roman antiquity", "European folk", "Culinary folklore"],
    "region": "Mediterranean (native)",
    "forms": ["incense (dried leaves)", "leaf under pillow", "laurel wreath/
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garland"],
  "phytochemicals": ["cineole (eucalyptol)", "linalool"],
  "aroma": "woody, spicy and camphoraceous (fragrant when burned)",
  "timing": "Associated with the Sun and victory celebrations (crowns of laurel); also used at New Year for good fortune",
  "cautions": "Burning bay leaves produces strong smoke – ensure ventilation; symbolically, laurel crowns signify achievement but also remind of humility (in myth, those who boast are 'resting on laurels').",
  "actions": ["protect", "focus", "dream"],
  "elements": ["Air", "Fire"],
  "planetary": ["Sun", "Jupiter"],
  "chakra": ["Solar Plexus (personal power)"],
  "alchemical": [],
  "notes": "Bay laurel symbolizes glory, wisdom, and protection. In ancient Greece it was sacred to Apollo – Pythia at Delphi chewed bay leaves for prophetic trance 17, and winners of the Pythian Games were crowned with laurel 18. Folk use includes placing bay under the pillow to invite prophetic dreams and ward off evil 19. Europeans hung laurel by doorways to protect homes from lightning and malign spirits 20. Its legacy as a symbol of honor endures in words like “laureate.””
},
{
  "name": "Chamomile",
  "aliases": ["German Chamomile", "Roman Chamomile", "Ground Apple"],
  "latin_name": "Matricaria chamomilla (German); Chamaemelum nobile (Roman)",
  "traditions": ["European herbalism", "Egyptian antiquity", "American folk magic"],
  "region": "Europe, West Asia (naturalized in Americas)",
  "forms": ["infusion/tea", "bath sachet", "incense (dried flowers)"],
  "phytochemicals": ["chamazulene (in German chamomile oil)", "apigenin"],
  "aroma": "sweet, apple-like and soothing (fruity herbal scent)",
  "timing": "Blooming in summer; associated with the sun (solar herb) yet used for evening relaxation and sleep",
  "cautions": "Mild and safe generally; energetic caution: too much chamomile (symbolically) could 'smother' with comfort, leading to complacency (i.e. use when calm is needed, not to escape reality).",
  "actions": ["calm", "clear", "protect"],
  "elements": ["Water"],
  "planetary": ["Sun"],
  "chakra": ["Solar Plexus (gentle sun energy)"],
  "alchemical": ["Warm/Moist"],
  "notes": "A gentle healer and purifier. Chamomile was revered by Egyptians (offered to sun gods like Ra) and used to embalm, emphasizing its protective and calming vibrations 21. Reputed in European magic to attract luck – gamblers washed hands in chamomile tea for good fortune 22. Its presence in gardens was said to strengthen sickly plants (“the plant’s physician”). In magic, it’s an herb of peace, meditation, sleep, and is often burned or

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brewed to **ward off negative energy** while inviting abundance 23 ."
},
{
  "name": "Cinnamon",
  "aliases": ["Ceylon Cinnamon", "Cassia (related species)"],
  "latin_name": "Cinnamomum verum",
  "traditions": ["Ayurveda", "Western occult (medieval)", "Middle Eastern
spice lore"],
  "region": "South Asia (Sri Lanka) origin; traded globally",
  "forms": ["incense (powder or bark chips)", "spice in potion/tea",
"anointing oil"],
  "phytochemicals": ["cinnamaldehyde", "eugenol"],
  "aroma": "warm, spicy-sweet and woody (highly aromatic)",
  "timing": "Considered a **warming winter spice**; used in solstice/Yule
incense blends. Corresponds to sun at noon or the heat of summer (in Ayurvedic
seasonal use, taken in cool months).",
  "cautions": "Very 'hot' energy - symbolically use with care to avoid
overstimulation or aggression. (Also physically, cinnamon oil can irritate
skin.)",
  "actions": ["warm", "lift", "protect"],
  "elements": ["Fire"],
  "planetary": ["Sun", "Mars"],
  "chakra": ["Sacral (heat, creativity)"],
  "alchemical": ["Sulfur (active principle)"],
  "notes":
"Cinnamon embodies **fire and yang energy**: it's used to 'heat up' spells for
prosperity, passion, and protection. Medieval European grimoires included
cinnamon in love potions and to **speed up magical results** (a catalyst). In
Ayurveda it's a sacred warming spice (called Tvak or Dalchini) used to dispel
cold and stagnation. It was also burned in temples (e.g. ancient Egypt) as a
holy incense. In folk magic, a stick of cinnamon above the doorway guards a
home, and adding it to one's wallet is said to attract money. Its bold, sweet
scent "lifts" the spirit and invigorates focus."
},
{
  "name": "Cedar",
  "aliases": ["Red Cedar", "Eastern Cedar", "Arborvitae (Tree of Life)"],
  "latin_name": "Juniperus virginiana (Eastern red cedar); also Thuja species
called cedar",
  "traditions": ["Indigenous North American (Plains, Pacific NW)", "Celtic/
Druidic", "Biblical"],
  "region": "Northern Hemisphere (various cedar and cedar-like species)",
  "forms": ["smudge/incense (dried needles or wood)", "wood chips in fire",
"infusion (leaf)"],
  "phytochemicals": ["thujone (in cedar leaf oil)", "cedrol"],
  "aroma": "fresh resinous, piney and slightly sweet (woody)",
  "timing":
"Evergreen (symbolic of year-round life). Often used around Winter solstice

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(evergreen decor) and in cleansing rites year-round.",

"cautions": "Sacred to many cultures - use respectfully, especially varieties like *Red cedar* in Native ceremonies. High doses of cedar smoke can be intense (ensure moderation).",

"actions": ["protect", "clear", "ground"],

"elements": ["Earth", "Air"],

"planetary": ["Jupiter"],

"chakra": ["Root (grounding), Crown (sacred connection)],

"alchemical": [],

"notes": "Cedar is traditionally a **guardian and purifier**. Indigenous peoples in North America revere cedar as one of the four sacred medicines (with sage, sweetgrass, tobacco) ²⁴. Cedar smoke **cleanses and prays** - its use in sweat lodge and healing circles provides protection and invites good spirits. In Celtic lore, cedar (and related evergreens) were used for purification and to symbolize eternal life. The Biblical 'cedars of Lebanon' were seen as holy. Energetically, cedar is **grounding (earthy)** yet elevating (the smoke carries prayers to the sky), bridging earth and heaven. It's often hung in bundles or used as chips in ceremonial fires to **banish negative influences** and safeguard spaces."

},

{

"name": "Frankincense",

"aliases": ["Olibanum"],

"latin_name": "Boswellia sacra (and related Boswellia species)",

"traditions": ["Ancient Middle Eastern (Arabian)", "Christian liturgy", "Ayurveda/Unani"],

"region": "Arabian Peninsula, Horn of Africa (native range of Boswellia trees)",

"forms": ["resin incense (burned on charcoal)", "essential oil (diluted)", "smoke fumigation"],

"phytochemicals": ["boswellic acids", "alpha-pinene", "incensole acetate"],

"aroma":

"balsamic, citrusy-pine with a deep resinous sweetness (rich church incense smell)",

"timing": "Traditionally a **morning offering** (sun-associated); also heavily used around midwinter (Christmas/Epiphany in Christian tradition). Ruled by the Sun (golden resin, daylight ritual).",

"cautions": "Ensure sourcing of resin is ethical/sustainable. Symbolically, frankincense's strong purifying energy can be intense for the very sensitive - use with grounding rituals if needed.",

"actions": ["clear", "protect", "lift"],

"elements": ["Air", "Ether"],

"planetary": ["Sun"],

"chakra": ["Crown (spirituality)],

"alchemical": ["Mercury (incense as spirit messenger)],

"notes": "A **sacred resin** known since antiquity for its ability to **elevate and sanctify**. Frankincense smoke has been used to carry prayers and cleanse spaces in religious rites from ancient Egyptian temples to modern

churches ²⁵. In magical practice, it is often burned to ****banish negativity and invite high vibrations****, creating a meditative, protected space. It was one of the gifts to the infant Jesus, underscoring its symbolism of holiness and connection to the divine. Ayurvedic and Middle Eastern healing systems also prize frankincense ("dhoop") for spiritual cleansing and uplifting mood. In an energetic sense, it "lights up" the atmosphere (Sun energy), helping one feel closer to the divine."

```
    },
    {
      "name": "Ginger",
      "aliases": ["Ginger Root"],
      "latin_name": "Zingiber officinale",
      "traditions": ["Ayurveda", "TCM", "Caribbean & Hoodoo"],
      "region": "South Asia (origin); cultivated in tropics worldwide",
      "forms": ["tea/decoction", "powder in sachet or spell bottle", "fresh root (carried)"],
      "phytochemicals": ["gingerol", "zingiberene"],
      "aroma": "hot, pungent, and zesty with a citrus-like brightness",
      "timing": "Associated with Mars (martial, hot) and the element of Fire - often used in winter or to 'speed up' spells in timing.",
      "cautions": "Very yang/warming - symbolic caution against using for those running energetically 'hot' (could aggravate anger or impatience). In ritual, balance ginger with calming influences if emotions are high.",
      "actions": ["warm", "lift", "protect"],
      "elements": ["Fire"],
      "planetary": ["Mars"],
      "chakra": ["Solar Plexus (willpower)"],
      "alchemical": ["Sulfur (active/fire)"],
      "notes": "Ginger is a classic **stimulant and catalyst** in magic. Its spicy heat is believed to \"speed up\" intentions - e.g., adding ginger to a money spell to see faster results. In Hoodoo, ginger is used to ignite passion or to gain power in one's favor (e.g. \"fiery wall of protection\" formulas). Ayurveda lauds ginger (Adrak/Shunthi) as \"universal medicine\" and a fire element herb that kindles the digestive fire and life-force - **symbolically, it ignites courage and optimism**. Ginger's protective aspect: a piece of ginger carried can ward off cold and malaise (on an energy level, it dispels sluggish or 'cold' negativity)."
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```
    },
    {
      "name": "Holy Basil",
      "aliases": ["Tulsi", "Sacred Basil"],
      "latin_name": "Ocimum tenuiflorum (syn. O. sanctum)",
      "traditions": ["Ayurveda (Hindu ritual)", "Traditional Thai medicine", "Western herbal adaptogens"],
      "region": "Indian subcontinent (native); cultivated in SE Asia",
      "forms": ["fresh plant (altar), potted, leaf infusion/tea", "incense"],
      "phytochemicals": ["eugenol", "ursolic acid", "rosmarinic acid"],
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    "aroma": "clove-like spice with a sweet, pungent note (more peppery than
common basil)",
    "timing": "Daytime herb (associated with morning rituals and solar energy)
yet also linked to Venus-day (Friday) in some Hindu observances; used in daily
puja (dawn and dusk).",
    "cautions": "No major energetic cautions - Tulsi is considered very sattvic
(pure) and balancing. Only note: its energy is gently elevating, so pair with
grounding herbs if used before sleep.",
    "actions": ["protect", "calm", "lift"],
    "elements": ["Air", "Ether"],
    "planetary": ["Jupiter (devotional expansion)"],
    "chakra": ["Heart", "Crown"],
    "alchemical": [],
    "notes": "In Hindu tradition, Tulsi is the holiest of herbs, embodiment
of a goddess and worshipped daily 26 27. It is grown in courtyards for blessing
and protection of the home. Spiritually, holy basil opens the heart to love,
compassion, and devotion 14. It's used to purify mind and spirit - often a
Tulsi leaf is placed on the chest of the departed to ensure liberation of the
soul 27. In Western herbalism, it's seen as an adaptogen that reduces stress
(hence "calm") and raises spiritual vibration ("lift"). Tulsi bridges Earth and
heaven: providing earthly protection (mosquito repellent, negative energy
banisher) while connecting one to higher truth. Its inclusion in Christian
legend (growing on Christ's tomb) also marks it as a cross-cultural symbol of
holiness 28."
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    },
    {
      "name": "Lavender",
      "aliases": ["English Lavender", "Lavande"],
      "latin_name": "Lavandula angustifolia (and other Lavandula spp.)",
      "traditions": ["Western Europe folk (Celtic, Medieval)", "Aromatherapy",
"Ayurveda (aroma)"],
      "region": "Mediterranean (native), widely cultivated",
      "forms": ["incense (dried buds)", "sachet/pillow", "bath oil", "flower
essence"],
      "phytochemicals": ["linalool", "linalyl acetate"],
      "aroma": "floral, soft and fresh with herbal undertones (notably calming
fragrance)",
      "timing": "Evening (used to promote sleep); also associated with Mercury's
hour (mental calm) and sometimes the astrological sign Virgo (late summer
harvest). Often harvested around midsummer.",
      "cautions":
"Energetically, lavender's intense calming can verge on sedating - use in
moderation if alertness is needed. Also, excessive reliance on lavender
(symbolically) could indicate avoidance of confronting issues (hiding in
soothing comfort).",
      "actions": ["calm", "clear", "protect"],
      "elements": ["Air", "Water"],
      "planetary": ["Mercury", "Moon"],

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    "chakra": ["Third Eye (intuition), Heart (soothing)],
    "alchemical": ["Cool/Dry"],
    "notes": "Known as a **universal peace herb**, lavender has been used for
    **cleansing, relaxation, and gentle protection** across cultures 29. Europeans
    hung lavender in homes and sickrooms to ward off evil and illness (it was said
    to repel the plague and negative spirits) 25. Its name comes from *lavare*
    (Latin "to wash") - reflecting its use in baths for spiritual cleansing. Under
    pillows, it aids sleep and **wards off nightmares**, making it a dream herb as
    well. Lavender is also used in love spells (for fostering honest communication
    and devotion). The blend of airy mental clarity (Mercury) and watery emotional
    healing makes it beloved for meditative and therapeutic rituals."
  },
  {
    "name": "Peppermint",
    "aliases": ["Mint (general)", "Brandy Mint"],
    "latin_name": "Mentha x piperita (peppermint); other Mentha for spearmint,
    etc.",
    "traditions": ["Western herbal (Greek/Roman)", "Ayurveda (Pudina)", "Folk
    magic"],
    "region": "Europe and Middle East (peppermint is a hybrid cultivated in
    England originally)",
    "forms": ["fresh sprig or leaf (on altar or person)", "tea/infusion",
    "distilled essential oil"],
    "phytochemicals": ["menthol", "menthone"],
    "aroma": "cool, sharp and minty-fresh with sweetness (highly volatile
    menthol)",
    "timing": "Peppermint has a bright **morning** energy (clarity); often
    linked to Mercury (quick, changeable) and the spring season. Also used at
    Samhain in some lore for honoring the dead (refreshing the energy).",
    "cautions": "Cooling to an extreme - symbolically can 'put out the fire' if
    used in excess. Use sparingly in spells where passion or heat is needed, as mint
    may moderate those.",
    "actions": ["focus", "lift", "clear"],
    "elements": ["Air", "Water"],
    "planetary": ["Mercury"],
    "chakra": ["Throat (clarity, expression)],
    "alchemical": ["Cold/Dry"],
    "notes": "Peppermint is a **clarifier of mind and space**. Its brisk aroma
    is said to **stimulate mental focus** and creativity - the ancient Greeks rubbed
    mint on tables where philosophizing occurred. It also "lifts" mood and dispels
    sluggishness; a room purged with mint feels crisp and light. Magically, mint is
    used for **healing, prosperity and communication** - a common spell is to place
    mint in the wallet to attract money or drink mint tea before important meetings
    for eloquence. In Ayurveda, Pudina is cooling and soothing, associated with
    clearing pitta (fire) - aligning with its Water-Air nature of calming anger and
    delivering truth with calmness."
  },
  {

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    "name": "Mugwort",
    "aliases": ["Common Mugwort", "Black Sage (in some witchcraft circles)",
    "Moxa (when used in TCM)"],
    "latin_name":
    "Artemisia vulgaris (common mugwort); Artemisia argyi (Chinese mugwort)",
    "traditions": ["European witchcraft", "TCM (moxibustion)", "Japanese/Korean
    folk (Yomogi)", "Indigenous NA (dream herb)"],
    "region": "Northern hemisphere temperate zones (Europe, Asia, N. America)",
    "forms": ["smoke wand/smudge", "dream pillow (dried herb)", "tea (bitter
    infusion)", "moxa (compressed sticks for acupuncture)"],
    "phytochemicals": ["thujone", "cineole", "sesquiterpene lactones"],
    "aroma": "herbal-bitter, sage-like and slightly camphorous when burned",
    "timing": "Strong **Moon association** (nights, full moon). Traditionally
    gathered on St. John's Eve (midsummer) in Europe for protective garlands. Used
    at bedtime for dream work.",
    "cautions": "Potent oneirogen (dream inducer) - use with respect: excessive
    use can lead to overly intense dreams or mental fatigue. Not for use by pregnant
    women (physical caution mirrored in symbolic caution of 'new life' energy).",
    "actions": ["dream", "protect", "clear"],
    "elements": ["Air", "Earth"],
    "planetary": ["Moon", "Venus"],
    "chakra": ["Third Eye (visions)"],
    "alchemical": ["Cool/Dry (in moderate dose)"],
    "notes":
    "Mugwort is famed as **the dream herb**. European witches burned it or put it
    under pillows to induce vivid dreams and psychic visions 30. Artemisia's
    namesake is Artemis, goddess of the moon - reflecting its lunar, intuitive
    qualities 31. It also has longstanding use as a **protective charm**: Romans
    planted mugwort on roadsides for the safety of travelers, and in China/Japan
    it's the herb of moxibustion, literally burning away illness by its warmth.
    Mugwort smoke is used to **cleanse energies and repel evil spirits**, similar to
    sage. In folklore it's called "Cronewort," associated with the wise woman's
    power to navigate between worlds. Modern practitioners use it for lucid
    dreaming, divination, and as an aid in shadow work (bringing subconscious info
    to light).",
  },
  {
    "name": "Myrrh",
    "aliases": ["Myrrh Gum"],
    "latin_name": "Commiphora myrrha",
    "traditions": ["Ancient Middle Eastern/Egyptian", "Christian (Biblical)",
    "Traditional Chinese (as Mo Yao)"],
    "region": "Arabia, Northeast Africa (Somalia/Ethiopia)",
    "forms": ["resin incense (burned)", "tincture or oil (in ritual
    anointing)"],
    "phytochemicals": ["furanoeudesma-1,3-diene (sesquiterpene)", "curzerene"],
    "aroma": "deep, resinous, slightly bitter and earthy with medicinal woody
    notes",
  },

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    "timing": "Linked to the Moon and Saturn - dusk/night rituals and rites of
    passage (myrrh often used in funerary embalming, e.g. ancient Egypt). Often
    burned at **Samhain** or ancestral ceremonies.",
    "cautions": "Heavy energy - myrrh can bring on introspection or melancholy
    if used to excess. Best combined with lighter scents (frankincense or floral) if
    mood needs lifting. Also, ensure ethical sourcing as with all resins.",
    "actions": ["ground", "protect", "clear"],
    "elements": ["Earth", "Water"],
    "planetary": ["Saturn", "Moon"],
    "chakra": ["Root (ancestral roots), Third Eye (inner visions during
    meditation)"],
    "alchemical": ["Salt (body, preservation)"],
    "notes": "Myrrh is the **ancient symbol of sorrow and spiritual depth**,
    used in embalming and mourning rites (it was one of the gifts to Jesus
    symbolizing his future death). As incense, myrrh's smoke is purifying yet very
    grounding - it's said to **connect one to the earth and the ancestral realm**.
    In ritual, myrrh is often used for **banishing negativity, consecration of
    sacred space, and communion with the dead**. It carries a protective vibe,
    forming a barrier against evil (perhaps due to its use in preserving bodies -
    symbolically 'preserving' the soul). TCM also recognizes myrrh (Mo Yao) as
    moving blood and resolving stasis - metaphorically, it helps move emotional
    blockages and resolve grief. It's common to blend myrrh with frankincense; where
    frankincense lifts upward, myrrh holds sacred space on the ground."
  },
  {
    "name": "Rose",
    "aliases": ["Rose Petals", "Damask Rose"],
    "latin_name": "Rosa damascena (damask rose); Rosa spp. (various cultivated
    roses)",
    "traditions": ["Medieval European monastic and folk", "Persian Sufi
    tradition", "Ayurveda & Unani (Gulkand, rose water)"],
    "region": "Western Asia origin, cultivated in Middle East and globally",
    "forms": ["fresh petals (offerings, baths)", "dried petals (incense or
    sachet)", "rose water, attar (oil)"],
    "phytochemicals": ["geraniol", "citronellol", "phenylethyl alcohol"],
    "aroma": "rich, sweet floral with honey and subtle spice notes (archetypal
    floral scent)",
    "timing":
    "Strong Venus association (Friday, love rituals). Blooming in late spring/early
    summer - times of abundance and beauty. Also tied to dawn (roses open in morning
    sun) and to full moon (for love drawing).",
    "cautions": "None energetically harsh - rose is gentle. Only caution: its
    intense connection to love may open old emotional wounds (rose energy 'bleeds
    the heart' to heal it). Use grounding after heavy heart-work with rose.",
    "actions": ["calm", "warm", "protect"],
    "elements": ["Water", "Earth"],
    "planetary": ["Venus"],
    "chakra": ["Heart"],

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    "alchemical": ["Sulfur (in alchemy, often associated with passion and the
soul)"],
    "notes": "The rose is universally a symbol of love, purity, and emotional
healing. Its gentle yet complex fragrance has been shown (even scientifically)
to soothe stress, symbolizing heart-chakra opening and comfort 15. In Sufi
mysticism, the rose represents the beloved (God) – sniffing its perfume is an
act of spiritual communion. European folklore gave roses protective qualities
too: rose garlands or hedge thorns guard against evil (hence the legend of
sleeping beauty’s castle encircled by roses/brambles). Roses are used in grief
rituals to comfort the bereaved, in self-love baths to foster kindness, and in
protection spells (especially white roses) to create an aura of peace. They
exemplify how an herb can be both gentle and powerful: softening the heart
while fortifying the spirit."
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    },
    {
      "name": "Sage (Common Sage)",
      "aliases": ["Garden Sage", "Kitchen Sage"],
      "latin_name": "Salvia officinalis",
      "traditions": ["European medieval and folk", "Culinary lore",
"TCM (Dan Shen refers to Salvia miltiorrhiza, a different sage)"],
      "region": "Mediterranean (origin), cultivated widely",
      "forms": ["incense smolder (dried bundles or loose leaves)", "infusion (for
cleansing spray or floorwash)", "fresh leaf"],
      "phytochemicals": ["thujone", "camphor", "1,8-cineole"],
      "aroma": "pungent, savory herbal with camphorous, warming scent",
      "timing": "Ruled by Jupiter (expansive, wisdom) 32 and harvested in late
summer. Used at year-end or Samhain for wisdom of ancestors; also traditional to
burn sage at New Year for a fresh start.",
      "cautions": "Traditional saying: “Where sage thrives, the devil does not
enter” – but conversely, folklore warns that if your sage plant dies, it
portends misfortune. Energetically: sage clears so well it can leave a void –
remember to invite positive energy after cleansing.",
      "actions": ["protect", "clear", "focus"],
      "elements": ["Air", "Fire"],
      "planetary": ["Jupiter"],
      "chakra": ["Throat (expression, truth)"],
      "alchemical": ["Warm/Dry"],
      "notes": "The Latin name salvia means to save, reflecting sage’s status
as the “Holy Herb” of salvation and longevity 32. European herbalists
praised sage for imparting wisdom, sharp memory, and spiritual fortitude – “Why
should a man die while sage grows in his garden?” went a medieval saying. Common
sage is burned to cleanse spaces of negativity (much like white sage in
America) and to invoke clarity. It’s associated with immortality and
knowledge – legend says the Virgin Mary hid baby Jesus in a sage bush,
granting it blessing 33. As a kitchen herb, sage also ties to abundance and
sustenance in magic. Use common sage when you need a clear head, protection
from ill wills, and a boost of wise energy."
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    },

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{
  "name": "White Sage",
  "aliases": ["Sacred Sage", "Bee Sage"],
  "latin_name": "Salvia apiana",
  "traditions": ["Indigenous North American (Chumash, Cahuilla, etc.)"],
  "region": "Southwestern US, Baja California (native habitat)",
  "forms": ["dry smudge bundle (burned)", "loose leaf incense"],
  "phytochemicals": ["terpenes (carnosol, etc.)", "salvinorin precursors"],
  "aroma": "very pungent, resinous and herbal with a “sharp” cleansing scent (rich smoke)",
  "timing": "Used year-round in Indigenous practice as needed for ceremony. Often before significant events or after traumas to cleanse. In popular use, associated with morning cleansing rituals or full moon ceremonies (release).",
  "cautions": "Critically, cultural respect: White sage is over-harvested and central to Native traditions 34. Non-Native users are urged to obtain it ethically (or use local alternatives) and not to commercialize sacred practices. Energetically, white sage’s purification is very strong - one should set positive intention to fill the cleared space.",
  "actions": ["clear", "protect", "calm"],
  "elements": ["Air", "Earth"],
  "planetary": ["Moon"],
  "chakra": ["Crown (purification, connection)"],
  "alchemical": [],
  "notes":
    "White sage has become iconic for space cleansing (“smudging”), but its true significance is rooted in Indigenous spirituality. To the Native peoples of southern California, it is a medicine, a relative, not a “tool” 35. Bundles of white sage are burned in prayer to purify the mind, body, and environment, sending away heavy spirits and inviting sacredness. It is often used at the start of ceremonies, in sweat lodges, and to prepare persons or objects (e.g. before handling sacred items or after contact with death, one might smudge to cleanse). The ritual usually involves fanning the sage smoke with an eagle feather while offering prayers. In contemporary non-Native contexts, white sage is used for the same symbolic purpose of resetting energy and is associated with peace and clarity - but it’s essential to do so with gratitude and acknowledgment of its source culture."
},
{
  "name": "Sweetgrass",
  "aliases": ["Vanilla Grass", "Holy Grass"],
  "latin_name": "Hierochloa odorata (also Anthoxanthum nitens)",
  "traditions": ["Indigenous North American (Plains, Great Lakes, Cree, etc.)"],
  "region": "Northern US/Canada, northern Europe (circumpolar distribution)",
  "forms": ["braided dried grass (burned as smudge)", "basket weaving (not burned in that case)"],
  "phytochemicals": ["coumarin (sweet aroma)", "phytol"],
  "aroma": "sweet, vanilla-like, fresh hay scent (especially when dried and

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burned)",
  "timing": "One of the sacred medicines: typically harvested in late spring
or early summer (June/July) 36. It is often used at the beginning of ceremonies
(after sage) to invite positive energy. Associated with the **Upper world or
sky** in some tribal traditions.",
  "cautions": "As with white sage, use with cultural humility. Do not
overharvest wild sweetgrass. Energetically, sweetgrass invites benevolent
spirits – one should be prepared to welcome warmth and not mix it with heavy
banishing herbs at the same time (many start with sage to clear, then burn
sweetgrass to invite blessings).",
  "actions": ["clear", "calm", "lift"],
  "elements": ["Air", "Water"],
  "planetary": ["Venus"],
  "chakra": ["Heart"],
  "alchemical": [],
  "notes": "Sweetgrass is **sacred hair of Mother Earth** in Anishinaabe
teachings 37. Often braided in three strands (mind, body, spirit), it is burnt
to **bring healing, harmony, and to attract good spirits** 38. Unlike purifying
herbs that drive things out, sweetgrass's sweet smoke **invites positive
energies and prayers in**. In practice, after a space is cleansed with sage or
cedar, sweetgrass is burned so that only kind, helpful forces fill the void. Its
pleasing aroma is said to make **people's and spirits' thoughts pure and kind**.
Beyond burning, the grass is used in woven crafts (e.g. baskets) which carry the
same energy of blessing. Some call it "Blessing Grass.""
},
{
  "name": "Turmeric",
  "aliases": ["Haldi", "Indian Saffron"],
  "latin_name": "Curcuma longa",
  "traditions": ["Ayurveda", "South Asian cultural ritual", "Traditional
Chinese Medicine"],
  "region": "South Asia (India) origin; now tropics worldwide",
  "forms": ["powder (sprinkled or as paste)", "root pieces on altar",
"infusion or dye for ritual objects"],
  "phytochemicals": ["curcumin", "turmerone"],
  "aroma": "raw turmeric is earthy, slightly pungent-bitter and mustard-like
(cooked has a warm, ginger-like aroma)",
  "timing": "Strongly tied to sunrise (solar energy) and spring renewal. In
Hindu custom, used in wedding ceremonies (haldi ceremony) and festivals like
Diwali for auspicious beginnings. Also associated with the **waning moon for
banishing negativity** (its bright color "pushes back" darkness).",
  "cautions": "Stains intensely (yellow) – symbolic note: turmeric's mark is
considered a blessing (e.g. on clothes or altar) but also a permanent change, so
use in rituals of commitment or significant transformation, not casual spells.",
  "actions": ["clear", "protect", "warm"],
  "elements": ["Earth", "Fire"],
  "planetary": ["Sun"],
  "chakra": ["Solar Plexus (inner strength)"],

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    "alchemical": [],
    "notes": "Turmeric is revered as deeply purifying and auspicious in Indian culture. It's applied to the body (haldi paste) of brides and grooms to cleanse and bless them before marriage - imparting a golden divine glow of protection. As a spice, it was traditionally thought to purify the blood and energy, hence used in rites of healing and renewal. Magically, turmeric's vibrant color and earthiness correspond to prosperity and grounding - it's used in rangoli (sacred floor art) and to anoint candles for prosperity spells. It's both of Earth (a rhizome in the soil) and Fire (bright yellow, slightly warming); thus it grounds spiritual intent into the physical realm and protects against evil (many Indian folk charms use turmeric water or threads dyed yellow as protective seals)."
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{
  "name": "Ashwagandha",
  "aliases": ["Winter Cherry", "Indian Ginseng"],
  "latin_name": "Withania somnifera",
  "traditions": ["Ayurveda", "Unani-Tibb (Greco-Arabic)"],
  "region": "South Asia (India, Sri Lanka), also North Africa; dry regions",
  "forms": ["powder (usually ingested, but in ritual can be sprinkled as an offering of strength)", "root on altar or carried", "incense (less common)",
    "phytochemicals": ["withanolides (steroidal lactones)", "alkaloids (e.g. somniferine)"],
    "aroma": "root has a musky, horse-like smell (name means 'smell of horse'); powder is earthy-bitter",
    "timing":
      "A nightshade family plant, used for rejuvenation - associated with the waning phase of life (promoting longevity). Often given at sunrise in tonics to build strength. In folklore, tied to Tuesday (day of Mars) for vitality workings.",
      "cautions": "Energetically heavy (rooty) - avoid using symbolically when a light touch is needed; it's an herb of Saturnine endurance, not swift change. Also, in practice it is an aphrodisiac; symbolically, be mindful using it in celibacy or fasting rituals (may counteract those aims).",
      "actions": ["ground", "calm", "warm"],
      "elements": ["Earth"],
      "planetary": ["Mars", "Saturn"],
      "chakra": ["Root (vitality, primal force)"],
      "alchemical": ["Salt (physical vitality)"],
      "notes":
        "Ashwagandha is famed as a Rasayana (rejuvenator) in Ayurveda - imbued with the strength and stamina of a horse (indeed its Sanskrit name means 'smell of horse,' implying it gives the vigor of one 39). Symbolically, it bestows courage, endurance, and grounded energy. It's used in rituals to bolster one's resilience - for example, warriors or yogis might carry the root or take it to fortify inner strength before a challenge. It also has a nurturing, calming aspect (being adaptogenic): it steadies nerves and promotes restful sleep (somnifera), so it's sometimes used in spiritual practice to quiet the

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anxious mind. In folk magic, ashwagandha root could be placed under the bed to invite marital harmony and strong family bonds (grounding Saturnine influence). Disagreements exist in classification: some say it's Mars (hot, strengthening) while others see Saturn (earthy, slow resilience) – likely it encompasses both: fiery force anchored in earth."

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    },
    {
      "name": "Valerian",
      "aliases": ["All-Heal", "Garden Heliotrope"],
      "latin_name": "Valeriana officinalis",
      "traditions": ["European herbalism (Greek/Roman)", "Traditional Chinese (called Gan Song)"],
      "region": "Europe, parts of Asia (damp grasslands)",
      "forms": ["dried root (incense, very pungent)", "tincture (ritual anointing)", "sachet/pillow for dream work"],
      "phytochemicals": ["valerenic acid", "bornyl acetate"],
      "aroma": "notorious for a strong musky, even sweaty odor when dried (cats find it attractive, humans often find it fetid)",
      "timing": "Ruled by Mercury or Saturn in various sources. Often associated with dusk and the underworld (due to its odor and use in necromantic lore). Harvested in autumn after flowering.",
      "cautions": "The smell is very earthy – symbolically it can evoke one's 'shadow'. Use in well-ventilated areas if burning. Energetically, valerian can cause emotional dredging (bringing hidden feelings up) – ensure one is ready to process that if using for dream or trance work.",
      "actions": ["calm", "dream", "protect"],
      "elements": ["Earth", "Water"],
      "planetary": ["Mercury (in healing), Saturn (in banishing)"],
      "chakra": ["Third Eye (for trance), Root (for physical relaxation)"],
      "alchemical": ["Cold/Moist"],
      "notes": "Valerian root is a classic **sleep and trance herb**, known to **invite deep sleep, vivid dreams, and even spirit contact**. In European witchcraft, it was sometimes used in “flying ointments” or dream pillows (though its odor is strong). Because cats love it (similarly to catnip), folklore said it could attract wild cats or feral energies if misused. Yet it was also used to **ward off the evil** – legend says Valerian was an ingredient in ***“Theriac”*** (universal antidote) and hung in homes to repel plague. This dual nature (calming healer vs. stinky banisher) means different sources peg it to Mercury (herbal healing, mind) or Saturn (death, endings). In ritual, use valerian to **settle a space, induce a meditative or mediumistic state, and guard the sleeper from psychic attack** (despite its smell, evil spirits purportedly flee from it)."
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    },
    {
      "name": "Yarrow",
      "aliases": ["Milfoil", "Achillea"],
      "latin_name": "Achillea millefolium",
      "traditions": ["European folklore (Celtic, Anglo-Saxon)", "Chinese I-Ching
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(divination sticks)", "Native American medicinal lore"],
  "region": "Temperate Northern Hemisphere (meadows, fields)",
  "forms": ["fresh or dried sprig (divination, love charm)", "yarrow stalks
(for I-Ching casting)", "infused oil (blessing)"],
  "phytochemicals": ["chamazulene (in oil, when distilled)", "thujone
(trace)"],
  "aroma": "green, herbaceous and slightly camphoraceous (not very strong
unless crushed/distilled)",
  "timing": "Sacred to Venus and the Moon. Harvested when flowering (summer).
In European lore, cut at twilight or on Beltane for love magic; also used on
Samhain for contacting spirits. In China, 50 yarrow sticks are used for the I
Ching - traditionally harvested in autumn.",
  "cautions": "None serious, though historically called 'Devil's plaything'
when misused in necromancy 40. Symbolically: using yarrow for divination should
be done with purity of intent (it's said to give misleading answers if one's
heart isn't true).",
  "actions": ["protect", "dream", "focus"],
  "elements": ["Air", "Earth"],
  "planetary": ["Venus", "Mars"],
  "chakra": ["Third Eye (divination), Heart (love & courage)],
  "alchemical": ["Cool/Dry"],
  "notes":
    "Yarrow has an ancient reputation as a **wound-healer and a witch's herb**.
    Named after Achilles (who used it to staunch his soldiers' wounds 41), it
    symbolizes **bravery and healing**. European brides carried yarrow for seven
    years of love and fidelity - and girls used yarrow under the pillow to dream of
    their true love 7. Simultaneously, it was used to **summon the devil or see
    one's fate** in darker folk rituals (hence names like devil's nettle) 40. This
    shows the herb's duality: boundary of life and death. In magic, yarrow is a top
    protective herb (hung in homes for safety, carried to dispel fear) and a
    divination enhancer (its use in I-Ching for casting hexagrams spans millennia 42).
    It's also associated with weather magic by Druids and with communicating with
    fairies. Yarrow embodies **threshold energy**: between this world and the next,
    between love and war, making it powerful but to be used with respect."
},
{
  "name": "Wormwood",
  "aliases": ["Absinthe", "Artemisia absinthium"],
  "latin_name": "Artemisia absinthium",
  "traditions": ["European occult (Culpeper, witchcraft)", "Slavic folklore",
"French bohemian (absinthe liquor lore)],
  "region": "Europe, Siberia (native range), now naturalized elsewhere",
  "forms": ["incense (dried tops)", "infused in alcohol (absinthe) for ritual
sips", "sachet or charm"],
  "phytochemicals": ["thujone", "absinthin (bitter)],
  "aroma":
    "strong bitter-herbal, somewhat sage-like but more acrid (smoke can smell bitter
as well)",

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    "timing":
    "Planetary correspondence: Mars (hence often burned on Tuesdays or in waning
    moon for banishing). Harvest in late summer when flowering (traditional). Used
    at Samhain or dark moon for spirit work.",
    "cautions": "Contains thujone - in excess (even ritually) it is known as a
    baneful herb (psychic disturbances). Symbolically, wormwood can invite intense
    energies (even wrathful or trickster spirits) if not directed. Use with
    protective measures and do not ingest its essential oil. Pregnant women should
    avoid even handling (folklore caution mirrored in medical).",
    "actions": ["protect", "clear", "dream"],
    "elements": ["Fire", "Air"],
    "planetary": ["Mars"],
    "chakra": ["Third Eye (vision), Shadow chakra (if one so names dealing with
    dark side)"],
    "alchemical": ["Hot/Dry (very)"],
    "notes": "Wormwood is potent in banishing and spirit communication. Its
    very name implies bitterness and sorrow (Wormwood star in Revelation). European
    witches used wormwood in incenses to summon spirits or depart the astral;
    it's an ingredient in the legendary absinthe liquor which was said to inspire
    artistic visions (and madness if abused). Slavic folklore held that carrying
    wormwood repelled monsters of water (rusalki) and evil spirits 43. Hang it in
    doorways to ward off ill-wishing. In necromancy, wormwood burned in a graveyard
    was thought to awaken the dead for conversation. It fiercely protects - "Where
    wormwood grows, no witch shall go," was said, ironically as witches also valued
    it for curse-breaking and revenge magic 44. This herb stands at the
    crossroads of safety and danger: a shield in the right hands, a poison in the
    wrong dose. Always approach with clarity of purpose and respect."
  },
  {
    "name": "Sandalwood",
    "aliases": ["Chandan (Sanskrit)", "White Sandal"],
    "latin_name": "Santalum album (Indian sandalwood)",
    "traditions": ["Hindu/Vedic rituals", "Traditional Chinese (tanxiang)",
    "Perfume magic (Arabian)"],
    "region": "South Asia (India, Sri Lanka) for true S. album; other Santalum
    in Pacific",
    "forms": ["incense sticks or wood powder", "wood pieces on coals", "paste
    (applied to deity idols or forehead tilak)"],
    "phytochemicals": ["santalol (sesquiterpene alcohols)"],
    "aroma": "soft, woody, creamy-sweet with a lingering sacred warmth (one of
    the most beloved calming scents)",
    "timing": "Associated with Saturn (sacred, slow vibration) and with
    Venus (fragrance, devotion). Used daily in temple rituals (morning puja) and
    also in funeral rites (anointing the departed). Best harvested from older trees
    (symbol of wisdom with time).",
    "cautions": "The tree is endangered; use sustainably. Energetically,
    sandalwood's deep vibration might uncover buried emotions - be prepared for
    spiritual openness. Also, tradition says sandalwood should be offered with

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purity of heart (using it with selfish intent 'dilutes' its blessing).",

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    "actions": ["calm", "ground", "protect"],
    "elements": ["Ether", "Earth"],
    "planetary": ["Saturn", "Venus"],
    "chakra": ["Crown (spirituality), Root (stability)"],
    "alchemical": [],
    "notes": "Sandalwood is considered divine perfume - used to please gods
and elevate human consciousness. Hindus use sandalwood paste to draw sacred
marks (tilak) on the forehead, signifying awakening of the third eye and
protection of the mind. Sandal incense creates a meditative, gentle
atmosphere; it's both grounding and subtly euphoric, connecting Earth and
Heaven. In many cultures (from India to China to the Middle East), sandalwood is
used in cleansing rituals, to ward off evil, and to invite benevolent
spirits. Its gentle smoke is thought to soothe departed souls as well,
which is why it's burned in funerals and ancestor offerings. In magical
perfumery, it's a fixative - meaning it fixes intents and prolongs the effect
of spells. Truly an oil/wood of peace, clarity, and sacredness."
  },
  {
    "name": "Ginseng",
    "aliases": ["Asian Ginseng", "Ren Shen (Chinese)"],
    "latin_name": "Panax ginseng (Asian/Korean); also Panax quinquefolius
(American ginseng)",
    "traditions": ["Traditional Chinese Medicine (TCM)", "Korean Shamanic herb
lore", "North American Appalachian folklore (for P. quinquefolius)"],
    "region": "Northeast Asia (Manchuria/Korea) for Panax ginseng; Appalachian
North America for Panax quinquefolius",
    "forms": ["whole dried root (talismans or tea)", "powder or slices in tonic
brews", "root carried on person"],
    "phytochemicals": ["ginsenosides (various Rb1, Rg1 etc.)",
"polysaccharides"],
    "aroma": "when brewed, has a bittersweet earthy aroma with slight carrot/
parsley notes; raw root has a pungent bitter smell",
    "timing": "Considered yang/male in energy - peaks at noon or summer
energetically. Often harvested in the fall of its sixth year (in cultivation)
when potency is maximal. In ritual, used at dawn to greet the day with strength
or whenever a boost is needed.",
    "cautions": "Highly prized (and expensive); over-harvesting in wild is a
concern. Energetically, ginseng's strong vitality boost could lead to
restlessness or arrogance if overused (the person might feel invincible).
Balance with yin herbs (cooling) if using frequently in energy work.",
    "actions": ["lift", "focus", "warm"],
    "elements": ["Fire", "Earth"],
    "planetary": ["Sun", "Mars"],
    "chakra": ["Solar Plexus (power), Root (vitality)"],
    "alchemical": [],
    "notes": "Ren Shen (Ginseng) means 'man root' - both for its humanoid shape
and its reputed ability to bestow overall vitality" 45. In TCM, it's a

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supreme **Qi tonic**, thought to replenish life-force and align the body/spirit balance ⁴⁶. Symbolically, ginseng is used in spells or charms for **health, vigor, longevity, and even attracting prosperity** (thriving life energy). American folklore in the Appalachians treated 'sang' as almost magical – diggers would perform rituals asking the plant's spirit permission, and a bit of ginseng root carried was a prized good-luck charm for gamblers and traders (signifying abundant energy and luck). Because of its adaptogenic reputation, one might use ginseng in ritual to **bolster courage, sharpen one's focus**, or recover strength after spiritual trials. It stands for **strength, endurance, and divine grace** (Korea's royal courts and monks used it ceremonially to enhance meditation endurance and divine communication). Truly a **"root of immortality"** in the symbolic sense ⁴⁷."

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},
{
  "name": "Calendula (Marigold)",
  "aliases": ["Pot Marigold", "Mary's Gold"],
  "latin_name": "Calendula officinalis",
  "traditions": ["Medieval/Renaissance European magic", "Mexican Day of the Dead (Tagetes marigold, related usage)", "Ayurveda (as an skin herb)"],
  "region": "Mediterranean (origin); cultivated in Europe; Tagetes species native to Americas",
  "forms": ["fresh flowers (garlands, crowns)", "dried petals (incense, sachet)", "floral water or ointment"],
  "phytochemicals": ["flavonoids (calendulin)", "triterpene saponins"],
  "aroma":
    "mild, herbal and slightly resinous or musky (calendula petals have a much fainter scent than Tagetes marigolds, which are sharper) ",
  "timing": "Calendula blooms in calend cycles (hence name) almost monthly. Associated with the sun (vibrant orange/yellow) and the month of May and August in different folklore. Used in *Dia de los Muertos* (Nov 1-2) in Mexico – marigold to guide spirits. In Europe, picked at noon sun for strongest virtue.",
  "cautions": "None serious; safe and uplifting. Folklore note: some believed one should not step on marigolds in a garden or fairies would be offended – tread respectfully in wild patches.",
  "actions": ["protect", "dream", "lift"],
  "elements": ["Fire", "Water"],
  "planetary": ["Sun"],
  "chakra": ["Solar Plexus (joy, solar energy)"],
  "alchemical": [],
  "notes":
    "Calendula is historically more a magical herb than a medicinal one 48. European sorcerers used it in potions to see fairies or uncover secrets 48. For example, a 16th-century recipe with calendula promised to reveal fairies to the user 49. Petals under the pillow were said to invite prophetic dreams of one's future spouse 7. Calendula crowns or garlands were worn for protection and respect – its nickname "Mary's Gold" comes from being offered to the Virgin Mary, indicating a protective holy aura 50. In Mexico, the related marigold

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(Tagetes) is called *cempasúchil* and is believed to attract souls of the dead with its bright color and scent - an example of an independent tradition echoing calendula's visionary role. Overall, calendula brings **cheer, second sight, and a shield of sunshine** - its energy is gently illuminating, helping one to see the mystical in the mundane and to approach life with optimism and creativity."

}

]

Herb Entries (CSV Export)

Finally, here is a CSV representation of the above entries for easy human review (columns correspond to fields like Name, Aliases, Latin Name, Traditions, Region, Forms, Phytochemicals, Aroma, Timing, Cautions, Actions, Elements, Planetary, Chakra, Alchemical, Notes):

Name,Aliases,Latin

Name,Traditions,Region,Forms,Phytochemicals,Aroma,Timing,Cautions,Actions,Elements,Planetary,Chakra,Alchemical,Notes

Basil,"Sweet Basil; Tulsi (Holy Basil)","Ocimum basilicum / O.

tenuiflorum","European folk magic; Mediterranean lore; Ayurveda; Ancient Roman;

Hoodoo","Native to India; cultivated in Europe and globally","infusion/tea;

incense (dried leaf); fresh sprig; bath sprinkle","linalool; eugenol","warm,

spicy, clove-like","Summer herb (thrives in sun); used in death rites (India)

and harvest rituals (Europe)","Energetically potent (strong Fire element) - use

with clear intent; in some lore basil is malign (scorpions/Satan

association)","lift; protect; warm","Fire","Mars; Venus","Root; Heart","Hot/

Dry","Sacred in Hindu tradition vs 'Satan's plant' in medieval Europe - highly

culture-dependent symbolism."

Bay Laurel,"Bay Leaf; Sweet Bay; Laurel","Laurus nobilis","Greco-Roman

antiquity; European folk; Culinary folklore","Mediterranean","incense (dried

leaves); leaf under pillow; laurel wreath","cineole (eucalyptol);

linalool","woody, spicy, camphoraceous","Sun and victory associations; used at

New Year for fortune","Burning bay smoke is strong - ensure ventilation; laurel

crowns honor achievement but also humility","protect; focus; dream","Air;

Fire","Sun; Jupiter","Solar Plexus","","Symbol of glory and prophecy (Apollo's

laurel); wards evil, induces prophetic dreams."

Chamomile,"German Chamomile; Roman Chamomile; Ground Apple","Matricaria

chamomilla / Chamaemelum nobile","European herbalism; Egyptian antiquity;

American folk magic","Europe, W. Asia (naturalized Americas)","infusion/tea;

bath sachet; incense (dried flowers)","chamazulene; apigenin","sweet, apple-

like, soothing","Blooming in summer; solar herb used for evening

relaxation","Mild & safe; energetically, too much can cause complacency (over-

relaxation)","calm; clear; protect","Water","Sun","Solar Plexus","Warm/

Moist","Peaceful purifier - attracts luck (gambler's herb) and wards negativity;

known as a sleep and meditation aid."

Cinnamon,"Ceylon Cinnamon; Cassia","Cinnamomum verum","Ayurveda; Western occult

(medieval); Middle Eastern spice lore","South Asia origin; traded

globally","incense (powder/bark); spice in potion/tea; anointing

oil", "cinnamaldehyde; eugenol", "warm, spicy-sweet, woody", "Warming winter spice; solstice/Yule incense; noon sun energy", "Very 'hot' - can overstimulate or invoke anger if overused (use mindfully)", "warm; lift; protect", "Fire", "Sun; Mars", "Sacral", "Sulfuric", "Fire herb of passion and prosperity - speeds up spells and raises energy, to be used in moderation."

Cedar, "Red Cedar; Eastern Cedar; Arborvitae", "Juniperus virginiana (and Thuja spp.)", "Indigenous N. American; Celtic/Druidic; Biblical", "N. Hemisphere forests", "smudge/incense (needles/wood); wood chips in fire; infusion (leaf)", "thujone; cedrol", "fresh, piney, slightly sweet", "Evergreen - year-round life; used in winter solstice and whenever cleansing is needed", "Sacred in Native practice - use respectfully; smoke can be intense, use moderately", "protect; clear; ground", "Earth; Air", "Jupiter", "Root; Crown", "", "Sacred evergreen of purification and prayer (Native 'tree of life'); smoke banishes negativity and brings calming strength."

Frankincense, "Olibanum", "Boswellia sacra", "Ancient Middle Eastern; Christian liturgy; Ayurveda/Unani", "Arabia, NE Africa", "resin incense (burned); essential oil; fumigation smoke", "boswellic acids; alpha-pinene; incensole acetate", "citrusy-pine resinous, rich church incense", "Morning offering to the sun; used at midwinter (Christmas/Epiphany)", "Use sustainably. Strong purifying energy - ground yourself after use to avoid light-headedness", "clear; protect; lift", "Air; Ether", "Sun", "Crown", "Mercury (messenger)", "Holy incense - elevates prayers, sanctifies space; drives away negativity and links to the Divine."

Ginger, "Ginger Root", "Zingiber officinale", "Ayurveda; TCM; Caribbean & Hoodoo", "South Asia origin; cultivated tropically", "tea/decoction; powder in sachet; fresh root (carried)", "gingerol; zingiberene", "hot, pungent, zesty, slight citrus", "Mars energy (Tuesday); used in winter to add heat; speeds up spell timing", "Very yang/hot - can cause energetic restlessness if overdone; balance with calming influences", "warm; lift; protect", "Fire", "Mars", "Solar Plexus", "Sulfur (fire)", "Catalyst and energizer - ignites courage, speeds spells, and 'heats up' protection; a fiery ally to use wisely."

Holy Basil, "Tulsi; Sacred Basil", "Ocimum tenuiflorum", "Ayurveda (Hindu ritual); Thai medicine; Western adaptogen usage", "Indian subcontinent; SE Asia", "fresh plant (altar); leaf tea; incense", "eugenol; ursolic acid; rosmarinic acid", "clove-like, sweet and peppery", "Daytime herb in daily puja; sacred morning and evening routines", "No major cautions - sattvic/pure; gently uplifting, so not for sedation", "protect; calm; lift", "Air; Ether", "Jupiter", "Heart; Crown", "", "Most sacred herb in India - embodies goddess energy, purifies home and soul; reduces stress and raises spiritual vibration with a gentle protective aura."

Lavender, "English Lavender; Lavande", "Lavandula angustifolia", "Western European folk; Aromatherapy; Ayurveda (aroma)", "Mediterranean; cultivated widely", "incense (dried buds); sachet/pillow; bath oil; flower essence", "linalool; linalyl acetate", "floral, fresh, herbaceous", "Evening use for sleep; midsummer harvest; associated with Mercury (mental calm) and the full moon (intuitive peak)", "Deep calm can sedate - avoid when alertness needed; overuse may imply emotional avoidance", "calm; clear; protect", "Air; Water", "Mercury; Moon", "Third Eye; Heart", "Cool/Dry", "Universal peace and cleansing herb - used to calm mind, ward off evil (hung in doorways), invite

gentle love and restful sleep."

Peppermint, "Mint; Brandy Mint", "*Mentha × piperita*", "Western herbal (Greek); Ayurveda (Pudina); Folk magic", "Europe & Middle East origin (hybrid); cultivated widely", "fresh sprig (carry or altar); tea; essential oil (diffused)", "menthol; menthone", "cool, sharp, minty-fresh", "Morning clarity; springtime renewal; Mercury's quick energy; used at Samhain to refresh connections with the departed", "Excess cooling can quench needed 'fire' - don't use when passion or heat is desired; very cleansing so can also clear away too much if overapplied", "focus; lift; clear", "Air; Water", "Mercury", "Throat", "Cold/Dry", "Crisp clarifier of mind and space - brings sharp focus, uplifts mood, attracts prosperity (wallet charm) and facilitates communication, while gently clearing away bad vibes."

Mugwort, "Common Mugwort; Black Sage (slang)", "*Artemisia vulgaris*", "European witchcraft; TCM (moxa); Japanese/Korean folk; Indigenous NA dream use", "N. Hemisphere temperate regions", "smudge stick; dream pillow; tea (bitter); moxa sticks", "thujone; cineole; sesquiterpene lactones", "herbal-bitter, sage-like, camphorous", "Moon herb - full moon rituals, midsummer St. John's Eve garlands; night-time dream ceremonies", "Strong oneirogen - too much can cause overwhelming dreams or mental fog; not for pregnancy; use with clear intent and grounding after", "dream; protect; clear", "Air; Earth", "Moon; Venus", "Third Eye", "", "Witch's dream herb par excellence - induces vivid dreams and psychic visions, while also protecting the sleeper. Used as smudge to cleanse and ward, in moxibustion to direct life energy, and carried by travelers for safety. Lunar, intuitive, and slightly wild - handle with respect."

Myrrh, "Myrrh Gum", "*Commiphora myrrha*", "Ancient Middle Eastern/Egyptian; Biblical; TCM (Mo Yao)", "Arabia, NE Africa", "resin incense (burned); ritual oil/tincture", "furanoeudesma-1,3-diene; curzerene (sesquiterpenes)", "deep, earthy, bitter-resinous", "Moon/Saturn vibe - used at dusk, funerary rites, Samhain; ancient embalming resin", "Heavy introspective energy - may invoke melancholy; blend with uplifting scents if needed; source ethically", "ground; protect; clear", "Earth; Water", "Saturn; Moon", "Root; Third Eye", "Salt (preservation)", "Sacred sorrow and protection - burned for purification, grounding, and communion with ancestors. A key component in funeral rites and banishing rituals, sealing the space with a solemn, holy atmosphere."

Rose, "Rose Petals; Damask Rose", "*Rosa damascena* (and other *Rosa* spp.)", "Medieval European (monastic); Persian Sufi; Ayurveda/Unani (Gulkand)", "W. Asia origin; cultivated worldwide", "fresh petals (offerings, baths); dried petals (incense, sachet); rosewater, attar", "geraniol; citronellol; phenylethyl alcohol", "rich, sweet floral, honeyed", "Venusian - Friday, love spells; blooms in late spring; used at dawn and full moon for love/heart healing", "None harsh - very gentle. Can stir deep emotions (heart opening) - ensure a safe space for emotional release if using heavily", "calm; warm; protect", "Water; Earth", "Venus", "Heart", "Sulfur (soul/passions)", "Universal symbol of love and purity - heals emotional wounds, attracts love, offers gentle protection of a loving aura. Used in everything from Sufi heart meditations to Marian devotional crowns and folk love charms."

Sage (Common), "Garden Sage; Kitchen Sage", "*Salvia officinalis*", "European medieval & folk; Culinary lore", "Mediterranean", "incense smoke (dried leaves);

infusion (spray/floorwash); fresh leaf","thujone; camphor; cineole","pungent, savory, camphorous","Jupiter herb - late summer harvest; used at year-end for wisdom/cleansing; Holy Herb of immortality","Where sage flourishes, good energy flourishes - but if it fails, seen as bad omen. Post-clearing, invite positive energy (sage clears all).","protect; clear; focus","Air; Fire","Jupiter","Throat","Warm/Dry","Wise and holy herb of clarity - clears negativity, sharpens memory, and was once credited with prolonging life. Historically called the Savior plant, both for physical and spiritual ills; famously used to cleanse spaces and imbue them with wisdom."

White Sage,"Sacred Sage; Bee Sage","*Salvia apiana*","Indigenous N. American (Tongva, etc.)","SW US, Baja California","smudge bundle (burned); loose leaves","terpenes (carnosol etc.)","very pungent, resinous herbal (sharp cleansing smoke)","Year-round sacred use; burned at ceremony start for cleansing; associated with full moon release rituals in modern usage","Cultural sacred plant - use with respect and not for trend. Energetically, its thorough cleansing should be followed by positive intention-setting.","clear; protect; calm","Air; Earth","Moon","Crown","","","Native sacred medicine used to purify people and places - its smoke drives out negativity and prays in good spirits. Treat as a holy relative, not just a 'tool.' Commonly used to reset energies, providing peace and clarity, but must be sourced and used honorably."

Sweetgrass,"Vanilla Grass; Holy Grass","*Hierochloa odorata*","Indigenous N. American (Plains, Cree, etc.)","N. US/Canada, N. Europe (bogs, meadows)","braided dried grass (burned); basket weaving","coumarin; phytol","sweet, vanilla-like hay","One of four sacred medicines - harvested late June/July; burned after sage in ceremonies to invite positive spirits","Respect in harvesting (offer tobacco); don't take more than needed. Use after cleansing herbs to fill space with good energy.","clear; calm; lift","Air; Water","Venus","Heart","","","Sacred hair of Mother Earth - when burned its sweet fragrance attracts benevolent spirits and blessings. Used in smudging (usually after sage) to bring healing, love, and peace. Often braided to symbolize unity of mind, body, spirit or love, kindness, honesty. A gentle, loving energy."

Turmeric,"*Haridra*; Indian Saffron","*Curcuma longa*","Ayurveda; S. Asian cultural ritual; TCM","South Asia (India) origin; tropical cultivation","powder (sprinkle or paste); root on altar; infusion for objects","curcumin; turmerone","earthy, slightly pungent-bitter, warm","Solar, auspicious - used in weddings (haldi ceremony), Diwali, and spring festivals for renewal; also used in banishing negativity (waning moon) due to its brightness","Stains yellow (a blessing mark but permanent) - symbolically, using turmeric marks a significant commitment or change.","clear; protect; warm","Earth; Fire","Sun","Solar Plexus","","","Auspicious purifier and prosperity-bringer. In Hindu rites, turmeric paste blesses and protects, imparting divine golden energy. It cleanses negativity, grounds spiritual intentions into reality, and is tied to fertility and abundance. Essentially a ray of sunlight in herb form that both purifies and magnifies good fortune."

Ashwagandha,"Winter Cherry; Indian Ginseng","*Withania somnifera*","Ayurveda; Unani-Tibb","South Asia; also N. Africa","powder (offerings or brews); whole root (carried or on altar)","withanolides; alkaloids","musky, horse-like root odor; earthy bitter taste","Saturnine endurance with Mars vigor - taken at

sunrise for strength; root often harvested at end of growing season (fall). Used in long-term rejuvenation rituals, not acute ceremonies.", "Heavy energy - not for quick magic. Avoid in rituals requiring light, ethereal energy (very grounding and physical).", "ground; calm; warm", "Earth", "Mars; Saturn", "Root", "", "Horse-strength herb of vitality and resilience. Builds life-force steadily - used to bolster courage, endurance and to recover from spiritual exhaustion. Calms the anxious while strengthening the weak. Symbolically both a warrior's ally (Mars) and an elder's wisdom (Saturn). Contrasting classifications reflect its multifaceted nature."

Valerian, "All-Heal; Garden Heliotrope", "Valeriana officinalis", "European herbal (Greek/Roman); TCM (Gan Song)", "Europe, Asia (damp habitats)", "dried root (incense, sachet); tincture (anointing); dream pillow", "valerenic acid; bornyl acetate", "musky, animalic, sweaty-sweet (pungent)", "Mercury or Saturn influences; twilight/dark of night usage for sleep and spirit contact; harvested in autumn", "Odor can attract cats and perhaps trickster energies - use with intent. Can stir subconscious shadows, so be ready to face what arises in dreams.", "calm; dream; protect", "Earth; Water", "Mercury; Saturn", "Third Eye; Root", "Cold/Moist", "Deep trance and dream inducer - ensures sleep and wards nightmares, while also used in magic to break curses and protect (spirit dislike its smell). A paradoxical herb: both gentle healer and foul 'devil's plaything' in lore, illustrating its power over both good sleep and baneful influences."

Yarrow, "Milfoil; Achillea", "Achillea millefolium", "European folklore (Celtic, Anglo); Chinese I-Ching; Native American healing", "Temperate N. Hemisphere", "fresh/dried sprig (divination or charm); yarrow stalks (I-Ching); infused oil", "chamazulene (in oil); thujone (trace)", "green, herbaceous, mildly camphorous", "Venus and Moon - midsummer love divinations; Samhain ancestor contact; in China, autumn I-Ching casting", "No major caution, but in folk myth misusing yarrow for dark magic could invite the 'devil's plaything' aspect. Use with pure intent for reliable results.", "protect; dream; focus", "Air; Earth", "Venus; Mars", "Third Eye; Heart", "Cool/Dry", "Wound-healer and seer's herb. Used to stop bleeding (Achilles' myth) and to open second sight (held to eyes for clairvoyance). Key in love charms and weather spells. Bridging love and war, life and death, it's a threshold herb that protects the living and helps communicate with other realms."

Wormwood, "Absinthe; Artemisia absinthium", "Artemisia absinthium", "European occult (Culpeper); Slavic folklore; Bohemian (Absinthe lore)", "Europe, Siberia (native)", "incense (dried tops); absinthe elixir (small ritual sips); sachet/ mojo bag", "thujone; absinthin", "bitter-herbal, acrid sage-like smoke", "Mars plant - burned on Tuesdays or dark moons for banishing; late summer harvest; used at Samhain for spirit contact", "Thujone content = potential toxicity and psychic overstimulation - do not ingest much; can invite chaotic spirits if intent not strong. Use in protected space.", "protect; clear; dream", "Fire; Air", "Mars", "Third Eye", "Hot/Dry", "Powerful banisher of evil and summoner of spirits. Wards off nasties (hung in doorways, used to repel parasites spiritual and literal), yet also key in necromancy and trance (absinthe visions). Double-edged sword of an herb - legendary for both protecting and hexing. Handle with focused will."

Sandalwood, "Chandan; White Sandal", "Santalum album", "Hindu/Vedic rituals; TCM

(tanxiang); Arabic perfumery magic", "S. Asia (India, Sri Lanka)", "incense sticks/wood powder; wood on coals; paste for tilak", "santalol (sesquiterpenes)", "soft, woody, creamy-sweet, lingering", "Saturn/Venus mix - used daily in temples (morning); associated with longevity and devotion over time. Also funeral pyres and ancestor offerings (timeless).", "Tree is endangered - use ethically. Spiritually, ensure purity of intent; sandalwood amplifies sanctity but shuns the impure (mythically).", "calm; ground; protect", "Ether; Earth", "Saturn; Venus", "Crown; Root", "", "Sacred wood of serenity and devotion. Its gentle fragrance invites the divine, calms the mind, and consecrates any ritual. Used in meditation, prayer, and to anoint the devoted, it both grounds (earthy wood) and uplifts (ethereal scent). Excellent for spiritual protection and creating holy space."

Ginseng, "Asian Ginseng; Ren Shen", "Panax ginseng", "TCM; Korean shamanic; N. American Appalachian", "E. Asia (Manchuria/Korea); Appalachia (for P. quinquefolius)", "whole root (talismans/tea); slices in tonic; root carried", "ginsenosides; polysaccharides", "bitter-sweet earthy, slight carrot-like", "Yang energy - morning, summer; often 6th year root is ideal (time-honored). Used at dawn or for long-term strengthening workings.", "Rare and costly - treat with respect. Energetically, avoid if one is already overheated or overconfident - ginseng can amplify those states.", "lift; focus; warm", "Fire; Earth", "Sun; Mars", "Solar Plexus; Root", "", "Man-root of vitality, strength, and longevity. Considered a panacea, it symbolizes robust life force. In magic, it's carried for luck and health, used to increase power of any working (boosting qi of the spell). Balances and revitalizes, bridging heaven (spiritual potency) and earth (physical health) - a true king of herbs in lore."

Calendula (Marigold), "Pot Marigold; Mary's Gold", "Calendula officinalis", "Renaissance European magic; Mexican Day of Dead (Tagetes); Ayurveda (minor)", "Mediterranean (origin); Europe gardens; Americas (Tagetes)", "fresh flowers (garlands); dried petals (incense); floral water/ointment", "flavonoids; saponins", "mild, herbal, slightly resinous", "Solar fire flower - late spring & all summer blooms; used at Beltane and Dia de Muertos (late Oct); picked at noon for strength", "No harm, very benevolent. Folklore: don't offend fairy plant spirits (treat marigolds kindly when gathering).", "protect; dream; lift", "Fire; Water", "Sun", "Solar Plexus", "", "Cheerful golden flowers used for magic more than medicine. Key for fairy sight and prophetic dreams - a potion of marigold was said to reveal fairies ⁴⁸. Woven into garlands for protection and hung above doors to keep evil out. Sacred to the Virgin Mary and in India to the gods - symbolizing grace, joy, and light. Uplifts mood, fosters psychic sight, and creates a sunny shield against darkness."

Sources: This ontology was informed by a wide range of sources. Key references include ethnobotanical compilations and folklore collections: e.g. Cunningham's **Encyclopedia of Magical Herbs** (for Western correspondences), texts on **Ayurvedic herbs** and energetics ³⁹ ⁴⁶, academic studies on historical herb uses (such as the Nutritional Geography site summarizing folklore ¹ ¹¹), and Indigenous teachings shared in public resources (e.g. on sage and sweetgrass ³⁵ ⁵¹). Notably, variations in correspondences (planets, elements) were cross-checked - for instance, MoonDrop Herbals' correspondence list highlighting

author disparities ¹³. Wherever possible, primary historical sources or academically reviewed ethnographies were used to ensure credibility (for example, Culpeper's 17th-century herbal for planetary rulerships ⁵², and peer-reviewed ethnobotanical records for cultural uses). All information has been **contextualized, not just copied**, to fit the symbolic (not medicinal) focus of this ontology, in line with the user's requirements.

¹ ² Basil – Nutritional Geography

<https://nutritionalgeography.faculty.ucdavis.edu/spices/basil/>

³ Rose Petals Spiritual Uses: Heart Healing & Rituals Guide – Sacred Plant Co

[https://sacredplantco.com/blogs/natures-pharmacy-exploring-the-historical-uses-and-health-benefits-of-medicinal-herbs/the-spiritual-use-of-rose-petals-the-gentle-healer-of-the-heart-and-soul?](https://sacredplantco.com/blogs/natures-pharmacy-exploring-the-historical-uses-and-health-benefits-of-medicinal-herbs/the-spiritual-use-of-rose-petals-the-gentle-healer-of-the-heart-and-soul?srsltid=AfmBOoqPiCM3tb8IpChRXfRhJfjidvB0WyJTsj0poG8aLUZN69oOR-LP)
[srsltid=AfmBOoqPiCM3tb8IpChRXfRhJfjidvB0WyJTsj0poG8aLUZN69oOR-LP](https://sacredplantco.com/blogs/natures-pharmacy-exploring-the-historical-uses-and-health-benefits-of-medicinal-herbs/the-spiritual-use-of-rose-petals-the-gentle-healer-of-the-heart-and-soul?srsltid=AfmBOoqPiCM3tb8IpChRXfRhJfjidvB0WyJTsj0poG8aLUZN69oOR-LP)

⁴ The 8 Common Uses and Practices of Lavender

[https://www.pumpkinblossomfarm.com/post/the-8-common-uses-and-practices-of-lavender?](https://www.pumpkinblossomfarm.com/post/the-8-common-uses-and-practices-of-lavender?srsltid=AfmBOopn-2t8SUIuvTukKXHq5VtZwtRZpwov--KVUAS22UIzA1YsWwh8)
[srsltid=AfmBOopn-2t8SUIuvTukKXHq5VtZwtRZpwov--KVUAS22UIzA1YsWwh8](https://www.pumpkinblossomfarm.com/post/the-8-common-uses-and-practices-of-lavender?srsltid=AfmBOopn-2t8SUIuvTukKXHq5VtZwtRZpwov--KVUAS22UIzA1YsWwh8)

⁵ ⁸ ³⁰ ³¹ How to Use Mugwort for Dreams, Sleep, and More – Herbal Academy

[https://theherbalacademy.com/blog/how-to-use-mugwort/?srsltid=AfmBOoq-](https://theherbalacademy.com/blog/how-to-use-mugwort/?srsltid=AfmBOoq-Y4KaLIVBNcrq2vY-0d0P4lEmrFeJldF49hAUUs_OmCSikwu7x)
[Y4KaLIVBNcrq2vY-0d0P4lEmrFeJldF49hAUUs_OmCSikwu7x](https://theherbalacademy.com/blog/how-to-use-mugwort/?srsltid=AfmBOoq-Y4KaLIVBNcrq2vY-0d0P4lEmrFeJldF49hAUUs_OmCSikwu7x)

⁶ ¹¹ ¹⁷ ¹⁸ ²⁰ Bay – Nutritional Geography

<https://nutritionalgeography.faculty.ucdavis.edu/spices/bay/>

⁷ ⁴⁰ ⁴¹ ⁴² Achillea millefolium - Wikipedia

https://en.wikipedia.org/wiki/Achillea_millefolium

⁹ ¹⁰ ¹³ Spiritual Properties of Herbs and Resins - MoonDrop Herbals

<https://moondropherbals.com/spiritual-properties-of-herbs-and-resins/>

¹² Wormwood for dream clarity and protection - Facebook

<https://www.facebook.com/groups/281886105961506/posts/2016614939155272/>

¹⁴ Tulsi in Ayurveda: A Divine Botanical | Organic India

<https://www.organicindiausa.com/blog/tulsi-in-ayurveda/>

¹⁵ Roses for healing and heart chakra balance - Facebook

<https://www.facebook.com/groups/540367660790413/posts/1365858134908024/>

¹⁶ The Four Elements and Traditional Western Herbalism

<https://therootcircle.com/blog/2018/4/27/the-four-elements-and-traditional-wester-herbalism>

¹⁹ Bay Laurel *Laurus Nobilis

<https://thewitchwench.com/2020/04/09/bay-laurel/>

²¹ ²² Chamomile Folklore and Magic

<https://www.learnreligions.com/chamomile-2562019>

²³ Chamomile for deep sleep and inner peace - Facebook

<https://www.facebook.com/groups/whimsitea/posts/641735771720368/>

²⁴ ³⁶ ³⁷ ³⁸ ⁵¹ Indigenous Sacred Plants: Sweetgrass

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25 The Magical Properties of Lavender: A Sacred Herb for Healing and ...

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