

Ancient Wisdom



by

Pat Kirven Sawyer

the **MASTER GRIMOIRE**

herbs, oils and incenses: their magickal uses and formulas

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*herbs, oils and incenses:
their magickal uses and formulas*

The Definitive Reference Book
OVER 1000 FORMULAS
Modern and Historical Uses of Herbs, Oils & Incenses

by Pat Kirven Sawyer

*ANCIENT WISDOM A Master Grimoire of Oils, Herbs and Incenses: Their
Magickal Uses and Formulas* by Pat Kirven Sawyer

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FOREWORD

This book is the result of conversations with friends and several book store owners during which it was concluded that no one source of such complete information about oils and herbs existed, much less one source for the many formulas devised over thousands of years of herbal practice. Of course, it followed that “someone” should compile such a book, and there, the conversation ended.

Originally, in 1979, I compiled the many herbs, their uses, and formulas I had come across through my years of study and how they are used so that they would be available to you in one book without having to run from one library to another, from one store to another, from one book to another, from one practitioner to another. This project grew like the proverbial wildfire as each new formula was added and much more information about herbs and oils seemed necessary to complete this compendium on designing your own recipes.

I soon realized that one book could not possibly contain all the information I wanted to include, as it would be too heavy to carry! Besides, each new student of herbs and oils brings with him his own experiences, and so the rituals and recipes evolve and are constantly changing and being added. It is a never-ending growth. Therefore, I have had to be content in presenting to you only the basics; a smattering of customs to get you started on the road to the practical use of herbs, oils, candles, and incense. Here then, is the first edition of *ANCIENT WISDOM*.

Should you design or find new recipes you would like to share, please send them to the author, Pat Kirven Sawyer, in care of the publisher, along with your permission for us to include them in future editions. I regret that the volume of mail received prevents personal answers, but you will be notified and given credit if your formula is used in the next printing.

I present this information to you for its historical interest and curiosity, and I make no claims for the outcome of its use, regardless of any statements made in the following text. All of the ritual information is given for background only. None of it is really necessary for the appreciation and use of the formulas you will find in this book. However, some people find rituals comforting, and if you are one of those, you should use them. There are many other books that will give you much more detail about rituals.

CAUTION! CAUTION! CAUTION!

These oils can be very irritating to the skin, and should be highly diluted before applying to bare skin: Black Pepper, Cinnamon, Clove, Frankincense, Rose Geranium, and some others.

Some herbs are either poisonous, restricted or illegal in the United States, and are not recommended. I do not recommend using them, although they may be listed in some recipes. Try a substitute. If you cannot find any other substitute, Tobacco can always be used. With some, the smoke irritates the lungs, and you should not breathe the smoke or fumes. Others are foul-smelling, but necessary, and should be used sparingly or out of doors. These herbs are: Aconite or Wolfsbane, Asa-fetida, Black Nightshade, Castor beans, Cayenne, Euphorbium, Garlic, Hashish, Hemlock, Hemp, Hemp seed, Henbane, Mandrake, Mistletoe, Nightshade, Opium, Rue, Sulphur (sometimes spelled Sulfer).

NOTICE

This book has been compiled using sources such as folklore, various reference books, ancient texts, out of print books, anecdotes, personal beliefs and experience. All of the products and techniques named in this book are curios only and represent products and techniques which are used in conjunction with certain folk and/or religious beliefs. All names are legendary, and are used for identification purposes only. The author, publisher, and book seller make no claims whatever that magickal, supernatural, or mystical powers are inherent in any of the products discussed herein. The user should not infer that any of these products will accomplish what folklore and historical uses have claimed for them. All information is being presented as a compilation for the curious of various folk techniques and products.

DISCLAIMER

The author, publisher and book seller disclaim any and all responsibility for any adverse reactions that may be suffered from handling these herbs and oils. None of the formulas in this book are intended for consumption by humans or animals, regardless of notations to the contrary in the individual recipes, which have been handed down for over 2000 years. Use these formulas at your own risk!

In addition the author asserts the contents are for information only and denies personal consequences of a karmic nature as use of these formulas is the reader's sole responsibility.

HOW TO USE THIS BOOK

When you get to the actual use of the formulas in this book, you may become confused because there are so many of them and the form they take is different from one formula to another. First, be aware that I have given the formulas just as I found them, with little or no change, except for spelling, although in some cases I did add comments. Most of the recipes are appropriate for either herbs (incense) or for oils; in fact, when I speak of the purported effects of an herb, you can take this to mean any form of the herb — either the dry form, or the essential oil, or the tincture. Some of the formulas have a number in parentheses after each ingredient. To the careful observer, this means “parts of the whole” or parts of whatever unit of measurement you are using. Some recipes call for ounces or drops, some for parts, and some give no proportions whatsoever, in which case you should remember the cardinal rule of proportions which is--there are no rules. See comments on proportions in the last chapter.

When deciding on which formula to use, you must first be very specific about what you are trying to accomplish. Then:

1. Go to Chapter 11 and check the list of formulas commonly used for your specific purpose.
2. If nothing there pleases you, go to the chapter discussing the herbs that are commonly used for your general purpose and examine it until you find several herbs you want to use.
3. Go to the Index, find the listings for those herbs, and determine which formulas might be appropriate, keeping in mind your specific purpose. You will also find general purposes listed in the Index which might be of help to you in determining which formulas could possibly be used. The index is also helpful to determine which oils and herbs you should keep on hand; just notice how many formulas each one is in.
4. If all else fails, you have the information here in this book necessary to devise your own recipes.

Should you devise your own recipes, I would appreciate hearing about them for possible inclusion in the next edition of this book. While I cannot answer your letters personally, I will give credit in future editions, if you include your permission to use the formula.

NOTE: You will notice that many of the formulas are the same or similar. That is because they have come to be known by more than one name. All these have been listed so that you could find them.

NOTE ON MARGINS: We have intentionally left you space for notes, sketches, symbols or anything else you may want to write in your book and make it your own grimoire.

Enjoy!

Special Acknowledgement

There are many people to whom I owe my thanks for their help in getting this book finished, either through their work or their encouragement, but two people especially stand out.

The first is Paula Peare, a dear friend and mentor, whose help and encouragement has been invaluable. Paula is the friend who is always there when you need her! She has contributed to this volume in so many ways. It would take another book to list them all. Paula, your friendship, generosity, and help are appreciated more than you know!

Second, I especially want to thank my husband, Dallas, for his never-ending encouragement, for putting up with me during all the time I spent compiling this tome, and for his special help doing many of my chores so I could work at my computer! Love you! Here's to 47 more!

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Chapter 1

THE BASICS: Introduction

INTRODUCTION

Throughout all time, humankind has searched for ways to control our environment and the events in our lives. When women and men found we were inadequate to the task, we sought ‘outside help,’ and gradually, through trial and error, found certain rituals, oils, incense and herbs to be effective for comfort or results. Additionally, it seemed to us that these tools affected the outcome of events in our lives, albeit because of the energy we were lending in the direction of the desired outcome.

Through experimentation, it was found that certain combinations of ingredients and rituals worked best in affecting change, and they were adopted and gradually improved upon. It was found that, sometimes, repeating the rituals several times seemed to have stronger effects, and combining certain colors within the rituals enhanced the effects even more.

These rituals — and uses of herbs, oils, incense, and candles — have come to be lumped together in one category and called by any number of names. We feel the terms ‘herbalism’, ‘herbal’ and ‘herbalist’ are much more accurate than any used before and, therefore, these are the terms we will use.

These rituals are, and always have been, concerned with the basics of life. Success, health, luck, money, and love — the numerous problems in life which can affect one’s equilibrium. Even if the formulas do not work for you, at least you will take on a more balanced spiritual life, and your house will smell nicer too. But millions claim results and benefits from the use of herbs and oils. Many people enter the use of these formulas and rituals with a healthy amount of skepticism which they find drops away as the number of “coincidences” (the physical occurrences that happen during and after conducting a specific ritual) continue to grow past what the law of averages allows.

You will find using herbs, oils, incense and candles an extremely open religious or spiritual system (or addition to your present system) which can be tailored to personal needs and lifestyles. The key to success is in practice, experimentation, and the exercising of one’s will to a specifically desired end.

The practice of herbalism, as we know it today, has evolved to become a combination of ancient historical usage and modern ‘new age’ Aromatherapy.

RITUAL INGREDIENTS

The herbs and their formulas you will find in this book have no formal rules, but there are general guidelines. If possible, a room should be set aside for your rituals. If that’s not possible, choose a place in your home where you will be undisturbed for as long as you’re working, and where your set-up can remain until your ritual is done. A purifying powder or floorwash should be used in this space frequently to rid it of negative and/or unwanted influences. Keep in mind that this is a spiritual practice, and not to be taken lightly. Color, particularly for candles and oils, is very important. If a blue oil base is called for, the candle to be burned with that oil, herb or incense is also blue. There are several books that deal with ritual in more depth, which may be of use to you. The virtually limitless combination of candles, incenses, oils, perfumes and herbs should encourage the practitioner to experiment on her/his own, to improve the strength of various ritual techniques.

Constructing a ritual, because of its flexibility, is a lot of fun. The preparation of your space, bathing, anointing of candles, making the Ouanga bag — these not only give you the necessary practice

to become proficient, but they exercise your imagination as well. Rituals and spells tend to relate to life's little (or big) problems; the rituals vary according to the desired goal. We must always remember, though, that most important admonition--*With harm to no one!*--and we should always ask for the 'greatest and best good' for all concerned.

The following is a list of the basic ingredients used in rituals, some or all of which will be included in all rituals:

- Candles
- Oils
- Incense
- Powders
- Floorwashes
- Baths
- Talismans
- Dolls or Poppets
- Charm Bags

While not every ritual will employ all of these ingredients, it is helpful to have a full understanding of what each one does and why each is used. Although the proper selection of ingredients takes a long time to learn, basically the principles are simple. The guiding rule is: Always spell out your message with as few ingredients as possible, making it simple and to the point. In other words, why use twenty candles and fifteen oils when one candle and one oil will work just as efficiently? I have seen people spend literally hundreds of dollars for a failed ritual, while another individual spent four dollars and achieved spectacular results. You will find as you progress in your studies that you will discover your rituals becoming more and more economical because simplicity of expression is always to be preferred over elaborate spells. While I do not mean to imply that at times elaborate procedures are not necessary, it has been my practical experience that, nine times out of ten, a couple of candles and an oil or two will suffice to handle just about any situation. The key here, of course, is in the careful selection of your basic symbolic ingredients. So let us take a look at each of the basic elements in your ritual to try and reach an understanding of what each does and why each is employed.

THE BASICS: Candles

One of the most well known aspects of Herbalism is candle burning. Candles represent the principle of Fire and Willpower in ritual. Your intention determines its color — blue or pink for love, black for grounding; you might burn a brown, green or gold candle if you are seeking success and luck.

As the mere burning of a candle is not enough for most people, anointing of the candle is a basic part of the ritual. For general use, Anointing Oil, or Van-Van, is used; any number of oils and combinations may be used, with the practitioner determining, through fragrance, the desired result of the ritual.

The tradition regarding the anointing is that you start at the middle and anoint the candle to the top, then go back to the middle to anoint toward the bottom. The precept behind this is that you are the center of the candle, sending your energy both upward to the spiritual planes and downward to the physical world. You are creating a complete circuit, so to speak. You send your wishes to the heavens to be known, with the goal being their materialization on the physical planes. Both commands come from you.

The tradition among some Practitioners that while the first half of the candle is burning, the wish is heard in heaven; the judgment is being carried out on earth while the second half burns. Many religions practice the burning of candles, the belief being the same, that the smoke and heat from the candles

carries ones' prayers to the spiritual world.

Your candles (or "lights", as they are sometimes called) are not essential to every ritual, but they do add a great deal. However, there will be times when simply the use of herbs or oils will be enough. Candles are the "engines" or "powers" which are used to symbolize the basic purpose of your ritual. In other words, if you are working a love ritual, you will be using a red or pink candle; if you are working a money or success ritual, certainly a green candle will be employed; if you are working an uncrossing ritual, then no doubt white or purple candles will be utilized. To attempt an uncrossing ritual using black candles would obviously only make the problem worse; to attempt a money ritual using red candles would only confuse the spirit planes. So, the first thing in any ritual is to determine which color or colors you will be using. Let's now look at what each of the colors means according to traditional sources.

There is one aspect of candle color which is widely misunderstood: while it is true that the color of the candle should always be solid, rather than a white candle coated with color, it is perfectly acceptable to use a colored glass container with a white candle. In fact, most of the best seven-day candles are not available in colors. Many practitioners have opted for the top quality candle which always burns at least seven days without any soot or leftover wax whatever. Since this candle is available only in white, keep a variety of colored containers on hand in which to burn the candles, according to your purpose. These candles have the added benefit of coming in a plastic container that can be removed for anointing, then replaced for burning, thus keeping the glass container clean. The effect is just as powerful as if you burn colored candles.

White. White is the most spiritual of colors and certainly no white ritual would fail to include at least one white candle. Within ritual practice it is felt that white candles invoke the highest spiritual vibrations to your altar and it is precisely this spiritual vibration which is required for best results. Practitioners believe that there are essentially two types of spirits: white and black, and that the dark spirits do works of destruction or "evil", while the white spirits devote themselves to matters of love, luck, and "good." Most commonly two white candles are used in a white ritual and are placed at the back of the altar — one on the left and one on the right. These are called your altar candles. In the beginning stage of practice, it is most unwise to eliminate the white candles, since they are felt to be protective. Although advanced students may feel no need to have this kind of added protection due to their having mastered the oils and incenses, it is advisable for the beginner to always incorporate white candles into his/her workings until s/he feels psychically secure in working without them. In addition, any ritual can be performed with a white candle, if you do not have the preferred color candle available.

Red. Red is the traditional color of love, but more in its passionate than romantic sense. Red is also the basic color of "energy," and consequently is sometimes used in rituals to help the convalescent to regain energy and vitality. Red candles should be employed in situations where the sexual dimension of love is desired as opposed to the more platonic aspects of love. In view of red's connection to vitality, it is interesting to observe that sex and energy are equated within the candle tradition, which is an insight into the mystical secret of human sexuality. It must be understood that within the various traditions, there is nothing inherently evil or wrong with sexuality and, in fact, it is one of the basic energies at work in the shaping of the universe. However, it is not within the scope of this book to delve into the mysteries of sexuality. When red candles are employed in healing rituals, they are normally reserved to help facilitate recovery and to lend greater life-force to the patient rather than to help cure an illness. For helping to cure, white candles are recommended.

Pink. Pink is a less intense shade of red and is more romantic in nature, having more to do with friendship and "good vibes" than with heavy love. Pink is truly the color of hospitality and good feeling and is particularly beneficial in helping to remedy problems between friends or to smooth over difficulties

within a family. Pink is also alleged to create a feeling of warmth and conviviality and is consequently recommended as the ideal color candle to be burned at parties or social gatherings. Often in love rituals one begins the procedure with a pink candle to attract someone and then moves on to a red candle to push the relationship into a more sexual dimension. This is quite advisable because sometimes we are attracted to someone, but once we get to know him or her we realize that the relationship has little or no potential. If one had started with a red candle, the relationship might tend to move too quickly in the wrong direction whereas had one started with a pink candle one could get to know the person before becoming too involved. In an age of instant sex and gratification, most people choose to begin with red candles to get things moving, but it has been our experience that starting with pink allows one to really become acquainted with the character and personality of one's beloved before becoming too involved in levels which may or may not be desirable. Pink is also rather protective and while it is less direct than red in effect, it can provide time to decide whether or not a relationship is worth pursuing.

Blue. Essentially blue is the color of peace and tranquility and it is used when a pink candle fails to bring vibrations of conviviality or friendship. Blue is often used to smooth over otherwise difficult situations where white or pink have failed. In general, it is best to start with white or pink in handling negative emotional circumstances before moving on to blue. In fact, this is a wise bit of advice in general: Always start with the weakest color and move on to stronger colors if the situation requires. One would not pull out an atom bomb to kill a mosquito. So, too, with our rituals — always start weak and build to strong. The reason for this is that a truly expert practitioner recognizes that excessive force, instead of remedying a problem, frequently makes it worse! For problems between spouses, blue is usually the color of preference since the color is particularly associated with smoothing over problems in the home. When we discuss incenses and oils you will note that blue is often the color employed in potions aimed at soothing and bringing peace. Blue, pink and, to some extent, red all relate to Venus, although red is more often associated with Mars because it is far more aggressive in vibration than blue or pink. In general, red is never used to calm things down because its basic effect is to excite or stimulate. Pink and blue, on the other hand, have a definite calming effect and are therefore used in those sorts of situations. Another association for blue is that of “communication.” Since blue is normally considered to be the color of Mercury, the god of communication, it is easy to see why the color has this association.

Purple. Purple is associated with power and force. Traditionally it has been the color of royalty and is, indeed, the most kingly of the candle colors. Purple candles may be added to just about any sort of ritual to lend power and force, but certainly they should not be used unless it is necessary. The use of purple candles can tend to force someone to do something, which treads dangerously close to black practices. Forcing anyone to do something is, at best, a questionable act. In general, purple candles are used for protection, rather than for forcing, and are considered to be very effective in uncrossing situations where the crossed condition has been unaffected by the use of white candles. In situations where one's life or liberty are in jeopardy, purple is definitely the color of choice. However, one must be most judicious as to the oil used to anoint purple candles.

As a general rule, only commanding and compelling oils are used on purple. It is exceedingly unwise to use purple candles indiscriminately. Many novices think that by adding purple to a ritual they will get more powerful and faster results. While this is sometimes the case, frequently the ritual turns on them quite unexpectedly. For instance, we have noted an overuse of purple candles in love rituals where, indeed, they are extremely inappropriate. Force and love have absolutely nothing to do with one another. However, purple candles can be very useful in situations where justice or protection are needed. Purple candles, for example, are frequently employed in rituals seeking to obtain relief from an injustice, false accusation, landlord problems, etc. While we would be naive to assume that a purple candle could protect a wrong-doer, they are very effective in protecting the innocent. Within our mechanistic, bureaucratic society, it is very easy for an innocent victim to have his rights trampled upon by expediency or uncaring authority. A purple candle will go far to reverse such injustice. While a purple candle is certainly no substitute for competent legal advice, it is felt that using certain rituals involving purple candles will help to

enhance your chances in the event of legal difficulties.

Green. Money, fertility and growth are the qualities associated with green. Green candles are also frequently employed in rituals aimed at promoting luck. Fertility is an important aspect of the green vibration and many childless couples have found relief through the use of green candles and other potions. While the commonest use of green candles has to do with the attainment of wealth, it should be pointed out that at best a green candle will draw a moneymaking opportunity to one. In fact, all that candle burning and rituals can do is provide one with an opportunity or setup for attaining a goal. Rituals alone will not make the goal happen. Instead, just plain old hard work is called for.

Many people approach these rituals as a panacea for all of life's problems, but rituals are not a replacement for work! They can only bring you opportunities or possibilities. It is up to you, the practitioner, to seize the opportunity and take advantage of it through work. Sadly, many people who become involved in this work think that it is an easy system, requiring no work or effort on the part of the practitioner. Far from it! As the well-known saying goes, "There is no such thing as a free lunch." So, if you are looking for a free lunch, look elsewhere. This premise is particularly true in the area of money or success. Success is not achieved through sitting back and lounging, no matter how many rituals you may work! If you are not an ambitious person eager to make the most of every opportunity, then you would do best to forget about using what you read in this book. While a green candle will no doubt bring you some sort of opportunity, it will never just drop a wad of cash into your pocket. While occasionally a green candle will inspire a bit of gambling luck, unless you use the money you win to set yourself up in life, the money will quickly disappear. All too often a gambler will think that just because a ritual has put a roll of bills into his/her pocket, s/he can continue gambling to keep increasing his/her winnings. Sorry, but that just is not the case! S/He would do better to invest money in some sort of business and get off his tail and start working. Never forget that, at best, your work in rituals will provide a setup ... only a setup .

Yellow. Yellow is the color of joy and happiness and is frequently used when one is lacking in these two qualities. Many practitioners, for instance, when finding themselves depressed, will light a yellow candle anointed with an appropriate oil. Yellow is the color of the sun and, as such, it is said to illuminate and bring light to darkness. We all know how a walk in the sun can serve to uplift our spirits if we are feeling gloomy or oppressed. This is also the function of the yellow candle.

Yellow or gold candles are often used in money rituals, particularly in combination with green candles. They may also be used as part of follow-up procedures to uncrossing rituals since frequently, after an uncrossing, an individual needs something to brighten his mood. Ironically, very often a person is so used to walking around with a hex on him/her that when it is lifted s/he feels as if they have lost an old "friend!" This is why a ritual for success or happiness is frequently used after an uncrossing procedure to get new and positive currents working for the freshly uncrossed individual. Yellow candles may also be used in healing procedures to help bring joy or positive vibrations to someone who is ill. Because illness frequently results in depression, yellow candles can be helpful in modifying this problem and, since good spirits are requisite to a speedy recovery, yellow should not be overlooked in the healing process.

Orange. Orange is yellow with a bit of red mixed in and basically, it is used in healing situations where yellow is not strong enough to offset negativity or depression. Orange candles are also useful when a love affair is having serious problems, particularly in the romantic area. While blue is useful for calming people down and in eliminating constant arguing, orange is used to enhance romance and joy between the two partners. In essence, orange and yellow candles may be used almost interchangeably, but orange tends to work a bit more forcefully than yellow in most cases. Usually yellow or white candles are used as a preventive measure while orange is called into play when things have gotten out of hand. You will note that in the homes of many practitioners there is often a white or yellow candle burning to enhance the positive vibrations within the home. Orange is often helpful in improving communication between people, although blue candles are also very useful in this regard. In general, if one wishes a

communication from someone whom they have not seen in a long while or who is far away, blue candles are preferable (usually used in combination with an appropriate seal), whereas orange candles are used to encourage communication between people who live close or who are in constant contact.

Brown. Within candle burning practice, brown candles are considered to be symbolic of the materialization process; that is, of bringing your wish into reality. Since brown is the color of the earth, and since the earth is the ultimate embodiment of the material plane, it is easy to see why brown candles have this symbolic meaning. Brown candles are frequently employed in any sort of luck or money ritual since they are felt to help speed materialization. However, it should be pointed out that brown candles have no real spiritual function and therefore should never be employed in spiritually-oriented rituals (such as healing, uncrossing, etc.). Also, while brown candles are very appropriate for success rituals, they are highly inappropriate in a love ritual because they would tend to bring too much force to bear on the situation and, as we pointed out earlier, love and force have nothing to do with one another. The other problem with using brown candles with love rituals is that they tend to invoke the purely passionate, sexual levels of relationship and to obviate or destroy the more spiritual aspects.

Black. Black candles have numerous negative associations connected with them, not all of which are correct. However, in general, you should avoid the use of black candles because for the most part they tend to invoke negative or baneful spirits to your altar and are generally only used in black procedures. The major connotation of black is that of “enslaving.” Just as there is nothing a true negative practitioner hates more than freedom and individuality, black candles tend to restrain the freedom and potentials of those they are used against. People who employ black candles as a regular part of their practice are almost inevitably on ego or power trips and it has been our general observation that few of them survive for very long. It has also been our experience that there is absolutely no such thing as a situation which requires black practices or intentions. There is always a way to use white intentions to get the results one wishes and practically no reason at all to ever resort to black.

There are some advanced practitioners who believe black candles can be used for ‘grounding’; however, we would advise beginners to avoid this practice, as it takes an accomplished practitioner to accomplish this without negative side effects.

Needless to say, our discussion of the meanings of candle colors is very basic, but it should give you a good elementary framework within which to consider the role of color in candle burning rituals. What has been said about candle colors also applies to the colors of oils, incense bases, altar cloths, and other ritual accessories. Hence, you should review these comments thoroughly a few times so that the basics are clear to you inasmuch as they relate to so many other facets of the ritual arts. Within candle burning, as within many other spiritual disciplines, the role of color is vital to many procedures. Entire books have been written about healing and meditation techniques involving color, and in recent years psychologists have done a great deal of research into the effect of color upon the psyche and emotional states of people. Although color and its role in influencing human nature is a new toy for psychologists, the essential knowledge of colors has been known to practitioners for centuries.

In addition to various colored candles there are many different types of so-called “figure candles” available to practitioners. In general, advanced practitioners will use any candle they can get their hands on, but beginners often prefer to work with figure candles. Figure candles come in various shapes — some are shaped like people, some like skulls, cats, mummies, etc. In point of fact, these figure candles are just aids to the imagination, but they can produce very startling results. If, for example, you are burning a skull candle on your altar, you can just imagine your inner psychic reaction as you gaze upon it. Surely it would be stronger and more dominant than merely staring at an ordinary white candle. But let’s have a look at one of the most common figure candles and its traditional use:

Seven-Knob Candle. Essentially a seven-knob candle is just like any other candle except it is molded with seven equal-sized “knobs”. Seven-Knob Candles come in several different colors and are employed in seven day rituals wherein the practitioner burns one knob per day for seven days. In a sense, seven-knob candles are used to help “time” rituals, insuring that you do it for an equal amount of time each day for seven days.

Two Basic Rules

The main thing to keep in mind about selecting a candle is that it is considered best if the color is throughout the entire candle, not just a coating on the outer surface. Many candles have a color on the outside and are white on the inside. These candles will do, but they are not considered as powerful. Instead, try to locate a candle store near you which has a wide selection of solid color candles, or follow an earlier suggestion to use the colored glass holders with the white candles.

The second most important rule to remember is to never, never blow out a candle! If it is necessary to snuff out a candle, then by all means do so — but don’t blow it out. Instead, use a candle snuffer similar to that used in churches. A snuffer is a small bell-shaped metal cup, with short or long handle, that smothers the flame. Any way you can cut off the oxygen will snuff a candle. You could use your hands on top of the glass, or if the glass is too hot, any solid object. The reason for this rule is that blowing out the candle is believed to scatter the intent and power of the candle in the same way the wind scatters the smoke or air.

Size of Candles

One factor which can be important is the size of the candles one elects to use. In general, most candle burning rituals are seven days in length and employ what are known as seven-day candles. Seven-day candles are large candles which come encased in glass jars. In order to be most effective, the candles must be removable from the jar for total anointing. Many grocery markets and specialty shops sell seven day candles which are not removable and, while you may use these in an emergency, in general, they are not as effective as those that can be anointed in their entirety. These candles are called “seven day” because they take about seven days to burn down, although, depending upon your ritual and the components involved in it, they may burn out in as little as twenty-four hours! For instance, I have seen protection rituals performed where the candle burned out in less than a day due to the extreme atmosphere of hostility surrounding the person being protected.

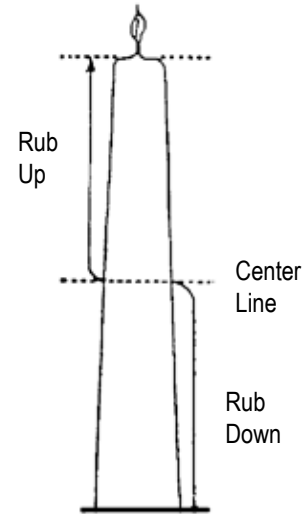
On the other hand, I have seen seven-day candles burn for as long as two weeks! So don’t take the term “seven-day” too literally. Some practitioners drill small holes in these candles from the top in which to insert oils, but this practice has been less than successful, as the oils tend to interfere with the burning of the candle. Also, oils catch fire so easily, they can be a real fire hazard if used too freely. Never pour oil over a candle. The resulting puddle of oil at the bottom of the holder will most definitely flare up when the flame reaches it and could be quite dangerous. At the very least, it will scorch the altar where it is sitting. At worst, it could cause a catastrophic house fire — a lesson we learned first hand!

Personally, I prefer to use either seven-day or what are called jumbo candles. Jumbo candles are about nine-inches-long and perhaps an inch and a half thick. Since jumbo candles are sometimes far less expensive than seven day candles, they make for an economical, but at the same time effective, ritual. There are, of course, much smaller candles available, but in general their use is to be discouraged because they usually do not burn long enough to focus the sort of energy necessary for success.

Many practitioners use votive candles which are also convenient. Votive candles are commonly used in churches. They consist of a small clear or colored glass cup which holds a short, fat candle. The glass cups may be reused, and most good candle stores carry a wide selection of colors. In general, it is a good idea to get clear glass cups instead of colored ones so that the colors of your candles are clearly visible. Votive candles usually burn for about fifteen hours, but as with the seven-day candles, may burn faster or slower, depending upon your ritual and the factors affecting it.

Once you have selected the color and type of candle which you intend to use, there are certain things which you must do to prepare it for ritual use. While various authors and practitioners are not in complete accord as to any one procedure, here are a few suggestions which are widely employed.

Anointing. To “anoint” a candle is just a fancy term for rubbing oil on it. However, there is a traditional way of doing this which I suggest you follow. Grasping the candle by its base with your left hand, anoint the top half of the candle, starting at the center and working up, all the way around. When the top half is completely anointed, reverse the candle, still holding it in your left hand, and anoint the bottom half, again starting at the center and moving down, all the way around. The symbolism behind this anointing procedure is simple. First, you petition upwards to the angelic realms to bring your desire down to manifest on the material plane. If you wish, you may use more than one oil on a candle; in fact, this is a common technique. However, first you anoint the candle completely with one oil, and then anoint separately with the second oil. When using more more than one oil, however, make sure that they are compatible in nature — for instance, you would not wish to blend a love oil with a hexing oil unless your intention was to cause bad vibrations between lovers.



Twisting. When one is working with a commanding or compelling candle (purple), one uses a different procedure for anointing than the one specified above. This procedure is also used with black candles. Place the oil that you are going to be using in the palm of your right hand and hold the candle by its base with your left hand. Then, starting at the bottom, grasp the candle in your right hand and twist it, grasping it tightly, and using a sort of screwing motion. Work your right hand up to the top of the candle in this manner, thereby anointing the entire candle completely. If you have not put enough oil in your right hand, simply pour some more into your palm and continue the twisting motion from where you left off. Keep in mind, however, whenever you use any sort of hexing oil to immediately wash your hands thoroughly when you are finished with the anointing process. The same advice is also generally true when using any sort of commanding or compelling oil, although there are special circumstances when commanding and compelling oils are used directly on the body for specific effects. Under no circumstances is a hexing oil ever worn on the body, and extreme care should be taken in using them. Some practitioners actually use rubber gloves when applying one of the “evil” oils.

Etching. Commonly, practitioners choose to etch the name of someone upon whom they are working. For instance, if you are working a love ritual to get _____ to notice you, first you would carve his/her name on the red candle you are employing for that purpose and then anoint with a suitable love or attraction oil. Some more advanced practitioners might also wish to carve astrological or other signs and symbols on a candle to lend it greater power. The idea behind carving a name on a candle is that it makes it more specific in the mind of the practitioner as to exactly who is represented on the altar. Sometimes, in very complex rituals where several people may be symbolized by candles on the altar, name carving is essential. Also, it provides additional clarity for assistance from spirit planes. Some authors recommend carving the name different numbers of times - seven times for love and uncrossing,

nine times for hexing, etc. However, in practice, number symbolism really isn't of great importance and that just carving the name or names once is sufficient. The angels aren't stupid. They know what to do.

Loading. Loading a candle is a rather advanced procedure which can tend to be messy until you get the hang of it. Quite simply, it involves hollowing out the base of the candle and "loading it" with suitable herbs. For instance, in the example above, we might hollow out _____'s red candle and fill it with some finely powdered rosebuds and lavender to help augment the power of the candle itself. Loading is most commonly used with figure candles although it may be done with other kinds of candles, also. Very often, when working with a seven-day candle, instead of hollowing it out, one would instead place the powdered herbs in the bottom of the glass jar and then re-insert the candle in the jar. It's been my experience that the use of herbs in seven-day candles drastically increases their effectiveness. However, you should not put more than about a quarter to a half-inch of herbs in the bottom or you may have difficulty keeping the candle lighted.

Shaping. To "shape" a candle, you must heat it gently until it becomes pliable, but not to the melting point. When the wax is pliable, you may shape the candle into any form you like, most commonly into a human shape. However, instead of going to all of this trouble, it might be wiser to spring for a figure candle and save yourself a lot of mess and effort. The shaping process, however, is sometimes employed to work powdered herbs into the wax of the candle itself which is really just another form of "loading" the candle.

Notching. Because many candle burning rituals are specified to last for seven days, often a practitioner will notch a candle, using a knife, into seven approximately even segments. If you wish, you purchase a seven-knob candle available at most specialty supply stores. However, you can save yourself money by purchasing a regular jumbo candle and notching it yourself. Then, all you do is burn one section per day for seven days.

There are many good books on the market that discuss ways of arranging candles on the altar and the various subtleties possible through different combinations of candles. Very often a single candle is sufficient to achieve startling simple effects. However, oftentimes when a situation has a great deal of complexity or a number of factors involved, you may need more than one candle. Some rituals call for a mixture of different kinds and sizes of candles, but such rituals are very advanced and will not be dealt with in this book. Suffice it to say that the candle representing the petitioner is usually moved toward the object s/he wishes to accomplish or the object candle is moved toward the petitioner's candle.

CANDLEBURNING THEORY

There are two viewpoints about why and how candle burning works; one traditional, one modern.

Traditional In the traditional approach it is felt that "spirits" do the work for the practitioner. When you light candles or apply oils, various spirits are called to your altar to receive instructions. As said before, many religions practice the burning of candles, the belief being the same, that the smoke and heat from the candles carries ones' prayers (wishes) to the spiritual world.

Modern The modern viewpoint relies heavily on telepathy to explain how results are achieved. The belief is that lighting candles and using various ritual accessories helps focus your innate psychic or telepathic abilities.

Either of these theories is acceptable, though we personally prefer a combination of the two viewpoints because we think it is closer to the truth and heart of the matter. However, if you feel more

comfortable with one or the other viewpoint, then that is the one that is right for you. It is also possible to derive an “in-between” sort of theory which embodies both explanations, as we have done. Many people are more comfortable with the telepathic explanation than with the spiritual explanation because it bothers them that there are forces outside themselves with power. I find that ascribing one’s achievements to the angels, or “powers that be”, automatically gets rid of potential ego problems.

Chapter 2

THE BASICS: Oils, Incense and Other Goodies

OILS

Like candles, oils play a vital role in any ritual work. Oils are often made of a blend of 50% or more olive oil, jojoba, canola, sweet almond or other light oil and 50% or less of the essential oils needed for a specific ritual. Many practitioners agree that the larger the number of oils used, the stronger the effects of the ritual. If working for “success” for instance, five or more oils (or combinations thereof), plus strengthening oils (such as Commanding/Compelling Oil) would be added to further reinforce the desired goal. I don’t ascribe to the ‘more is better’ school of thought. My feeling is that it is much better to keep things simple.

There is a tremendous amount of lore regarding the use of oils with different color candles, but generally, cautious personal experimentation is best. To further strengthen the fragrances of the oils used, they may be put on your skin or in your bath, provided they have been diluted with neutral oils properly.

Next in importance to the proper selection of candles and an understanding of their colors is the selection of the proper anointing oil(s). Later in this book, I will discuss literally hundreds of herbs and oils in detail regarding their meanings and uses. However, it is important for you to understand the function of an oil; how and why it works.

You might think of the oil you are using as being like a “filter” which modifies the meaning of the candle you are using. For instance, you can use a white candle for several different purposes, but the oil you choose to anoint it with makes its purpose more specific. Let us say that you are working a ritual for uncrossing. You would probably select a white candle, but a white candle alone is too general in meaning to accomplish a specific effect. Consequently, you would need to anoint it with one of several different oils (or perhaps more than one if the situation warrants it) having to do with uncrossing.

Oils are mixtures of what are called essential oils — that is, oils which have been derived from various herbs and flowers through a special process. When you buy a bottle of rose oil, for example, it is the same as using actual roses because the rose oil is produced through the extraction of the essential fragrance directly from the roses. Unfortunately, there are numerous synthetic oils on the market which are created through chemical means and which only smell like the flower or herb they represent. While these oils are to be avoided if possible, it has been my discovery that they will work, in most cases. The important consideration with any oil is its fragrance.

There is a school of healing known as “Aromatherapy” which utilizes the scents of various herbs and flowers to cause the body to heal itself. No one knows why this works, but it does. In candle burning it is believed that various herbs, shrubs, roots, flowers and trees represent certain “powers” to invoke certain “gods”, “spirits”, or angels, and, that if one combines herbs or oils in specific ways, very special effects may be achieved. Aromatherapy actually had its beginnings in the herbal traditions.

Let us take the classic New Orleans Uncrossing Oil formula as an example:

Uncrossing Oil

Rose, Bay, Verbena, Lavender

All of these essential oils are available from good specialty supply houses and often you can find them in herb and health food stores. By mixing together all four of these individual oils, we obtain an oil which is alleged to remove hexes and to calm and soothe. All of the oils we will discuss later are combinations of various essential oils. Let's take another example:

Love Oil #20

1 part Almond, 2 parts Rose, 2 parts Lavender, 1 part Bay, 1 pt Lemon, *Red Coloring
A special love oil formula from New Orleans. A favorite among prostitutes.

The important thing to notice here is that, while the two oils contain several ingredients in common, they are used for entirely different purposes. Why do you think that is? If you look up the different ingredients and their uses, you will find the answer. Hint: each ingredient modifies the others, and changes the effect of the whole.

As you can see, there is nothing particularly complicated about mixing and using oils, although some authors have run down a lot of hocus-pocus nonsense about their preparation. Anyone can create an effective oil, but you must be fully aware of the meanings of the herbs themselves and how they can modify the effects of other herbs when they are combined. The following chapters deal with herbs, my comments about their meanings and how they relate to the oils derived from them. In other words, whether you use actual rose buds or whether you use rose oil makes no difference --- the effect achieved will be the same.

Another interesting fact which is not generally known is that you can substitute an herb for an oil. For example, let's say you wanted to make some Shi-Shi Oil but could only obtain bay and clove oils. Alas! you cry, what will you do now since you can't find anyone who sells angelica oil!? The answer is simple. Put a piece of angelica herb into the bottle with the clove and bay oils and you will find that the oil does exactly what it is supposed to do! However, there are limitations to this in that you should only use one substitution in any given formula. In other words, if you happen to have only clove oil and want to make Shi-Shi, it would not be effective to put a bay leaf and some angelica into the bottle with the clove oil. While you would get some results, the effect would not be particularly potent and would probably be somewhat unpredictable.

Some of you might find this a bit puzzling because you may be wondering about proportions of oils in a mixture and can't see how a little bit of angelica herb could possibly replace a dose of the oil. Again, you must keep in mind that within authentic traditions it is believed that plants represent certain powers. *Just so long as the proper plant or herb called for is represented, you are fine.* A little bit of an herb is like being a little bit pregnant! Either you are (have it), or you aren't (don't have it).

Of course, as you become more and more experienced in the creation of oil formulas, you will discover that by varying proportions of various ingredients you can emphasize or de-emphasize certain effects of the individual herbs in the combination. However, the changes in effect are very subtle and in the beginning stages of practice one need not pay particular attention to these details. A classic oil or incense formula, like any other great recipe, has a large amount of latitude in its variations. ***In general, the stronger smelling oils are used in lesser proportion to the more subtly scented oils.***

For example, in the Uncrossing Oil recipe above, bay oil is definitely the strongest, so you would use less bay than rose, verbena or lavender.

In addition to being used for anointing candles, oils have many other uses too. Some of them are designed to be used on the body (see cautions elsewhere in this book!). Many of the love, luck and success oils are used in this way. Later, when we discuss the classic oils, we will go into detail as to which oils are appropriate for application to the body. As a general rule, the only oils which are never placed upon the body are the hexing oils. Also, a few oils are only applied to certain very definite parts of the body while some oils are suitable for application to the entire body.

You may also use oils as incenses! All you do is light an incense charcoal (which you can obtain from any specialty or religious supply house or incense store) and pour a few drops of the oil onto the lighted charcoal. Viola! You have an incense. I have seen an individual purchase a bottle of Uncrossing Oil, an ounce of Uncrossing Incense, a jar of Uncrossing Bath and some Uncrossing Floorwash. All they had to do was purchase the Uncrossing Oil because the oil may also be used in one's bath water or mop bucket, as we will see later. That information alone paid for this book over and again.

Oils may be mixed with herbs to create special incenses and may be incorporated into stuffing for dolls or charm bags. The primary function of oils, as we said earlier, is to serve as a filter, but oils can also be "catalysts," that is, they can get things started, or cause the other ingredients to work better. You might see an oil as an underlying principle, in that it makes specific your goal or desire and attracts, through its fragrance, the spiritual entities whose job it is to accomplish that goal or desire. You might think of the spirit planes as being a gigantic organization, each angel having his/her own specialty. The minute, for example, you reach for a green candle, that automatically invokes the "green spirits" to your altar. However, there may be five hundred different green spirits. The oil that you use on the candle lets the crowd of spirits know precisely which ones you wish to invoke, for of the five hundred green spirits, perhaps only ten actually function in the area where you need action. The idea is to let the ten you want to work with know that you are calling them so that the other four hundred ninety spirits can go help someone else. While we admit this is a bit too simple an explanation, it does get the point across. You should triplecheck the meanings of the herbs and start to think of them as being distinct personalities, pals, buddies, friends. Just as each of your acquaintances is different and unique, each herb is also different and unique in its action. The more you hang out with your friends, the more you get to know about them. The more you work with individual herbs and various potential combinations, the more you get to understand your herbal friends.

Although there are literally hundreds of commercially available oils (Let the buyer beware. Many of them are not as represented!), most practitioners discover that they whittle the number of oil mixtures they actually use on a day-to-day basis down to about ten. You should always have on hand an effective uncrossing oil, a good love oil, a success oil, a banishing oil, a praise oil (to give thanks to the angels for their blessings), a protection or peace oil, a commanding or compelling oil, and perhaps a couple of other special-purpose oils, or the individual oils to mix them. The trick here is to discover which oils will work for you because not every practitioner has equally successful results from any given oil. It seems that certain herbs get along better with the personalities and temperaments of some practitioners more than with others! For example, I have had enormous success using Money Drawing Oil, but know several people who have had no luck with it. Again, you must experiment a little bit to find the combinations that work best for you. Also, you will sometimes find that an oil works one time and not another! This is probably due to a resistance that can develop from the overuse of an oil similar to the sort of resistance the body can develop from the overuse of a medication. It is a good idea to vary one's oils occasionally as your budget permits and to experiment with oils you haven't tried just so that you can widen your repertoire. Also, the frame of mind of the practitioner at the time of use plays a definite part in the effectiveness of the oil or ritual.

From having spent a number of years in and around the herbalist's community, I can say that there is a real problem confronting the oil and incense consumer in terms of the accuracy and quality of

various commercially available preparations. In general, about ninety percent of the commercially available oils are not authentic. This is a good reason for referring to the recipes throughout this book and learning to make your own oil and incense mixtures. Above all, it is important that you find a supplier you trust so you know you are getting exactly what you need. One of the major purposes in writing this book is to help you save money and insure that you are getting what you pay for.

Another problem confronting you is the fact that there are literally dozens of different oils for the same purpose. How do you select the one that's right for you? Given the fact there are about eighty different love oils, all of which are said to do the same thing, how do you choose? The answer, once again, is simple. Pick the one you think smells the best and that you like most. You will find it a general rule of thumb that oils which appeal to you personally will generally work best for you! Sometimes, in fact, the mere name of an oil can be a turn on. We remember, for example, when we first got started in botanicals we were browsing through a little shop and saw a bottle labeled "Bend Over Oil." For some reason, the name of this oil cracked us up so we bought a bottle. It was only much later that we found out it was one of the best commanding and compelling oils from the New Orleans candleburning tradition. There is even a marvelous powder known as "Yo-Yo Pucker Powder" which is used by men to protect themselves against unwanted advances by women!

In addition to the various oils mentioned above, there are what is known as the astral or astrological oils. For example, if you are an Aquarius, then it is recommended that you wear Aquarius Oil to achieve the highest vibrations of your sign. In general your astrological oil is not worn except on ritual occasions. It may be used to anoint your astral candle (a candle representing the color of your astrological sign) in various rituals.

INCENSES

In most religions, including Christianity, incense is a basic part of any ritual. It also has importance in herbal or ritual work. In a ritual, incense may be used more than once. Oils may be added to the incense to intensify and direct its intention and effect. Incense may be made of herbs alone or a Bamba Wood Base with appropriate oils can be used. Bamba Wood is crushed bamboo. Its pleasantly scented wood base makes an excellent foundation to which oils are added. The Wood Base is made in several colors, since scent and color share equally high status in ritual belief.

There are basically two ways to make incenses. Let's take the formula for Fast Luck Incense for our example:

Fast Luck Incense

Rose, Patchouli, Juniper Berries

Rose, patchouli, and juniper berries are common herbs. Now, if you wanted to be one hundred percent authentic, you would go to your local herb store and buy some of each of these herbs, take them home, grind them up in either a blender or with a mortar and pestle and mix them together.

The other way of preparing an incense is to obtain what is called a crushed Bamba Wood Base. This is nothing more than ground-up bamboo and it is available from most of the better specialty stores for a nominal charge. Bamba Wood Base comes in several different colors which relate to our discussion of candle colors above. In this instance, since Fast Luck Incense deals with luck, we would select a green base. The crushed bamboo is excellent because it burns well on charcoal and it is highly absorptive so it will accept oils nicely. All you do to make Fast Luck Incense once you have obtained your green bamba wood base is to pour a few drops each of rose, patchouli, and juniper oils onto it and mix them in thoroughly. An even simpler way of creating this incense is to obtain the green Bamba Wood Base and a

bottle base. The crushed bamboo is excellent because it burns well on charcoal and it is highly absorptive so it will accept oils nicely. All you do to make Fast Luck Incense once you have obtained your green Bamba Wood Base is to pour a few drops each of rose, patchouli, and juniper oils onto it and mix them in thoroughly. An even simpler way of creating this incense is to obtain the green bamba wood base and a bottle of Fast Luck Oil and just pour a bit of the oil onto the base and mix it in thoroughly. The problem here is that many commercially-available oils are rip-offs and have nothing to do with the correct recipe. So, to be absolutely certain that you are obtaining the highest quality mixture possible, I recommend purchasing a bit of each of the individual oils and mixing it yourself. While there are a few reliable and reputable suppliers for oils, there are also plenty of less-than honest dealers in the business, so make sure you can trust your supplier. Generally, the best way to be certain of getting highest quality oils is to deal with a supplier who mixes his/her oils on the premises. Very often the mass-produced oils with the fancy labels are nothing more than kerosene and food coloring with a touch of artificial fragrance.

There is no difference in the success rate between using the actual herbs and using oils on crushed Bamba Wood Base. Either incense form is acceptable, but if you really want to be a fanatic about authenticity, then go right ahead and work exclusively with the herbs.

Another form of incense, as mentioned under the section on oils, is to put a drop or two of an oil on an incense charcoal. The fragrance let off by essential oils is very strong and pure so you need only use a little bit.

It should be pointed out that most incense recipes from the New Orleans tradition, at least, call for specific colors for the bamba wood base when it is used. For example, green is called for in making Fast Luck Incense, white is called for in making Shi-Shi Incense, and white is called for in Uncrossing Incense. Obviously, if you are using the actual herbs, you cannot obtain these colors. The colors are added to the Bamba Wood to help strengthen it. It is probably the color that equalizes its potency with that of the actual herbs themselves. My observation is that, if you use the incorrectly colored base for a recipe, you get no results. Therefore, pay attention to colors. Here the purist has an advantage because those working with the actual herbs need not pay such close attention to color details.

The function of an incense is to waft your message into the atmosphere and also to provide a concentrated mechanism for your message. Just as the oil filters the meaning of the candle color you are using, the incense further tempers your message and adds another dimension. You may, in fact, wish to use more than one incense in any given ritual.

For example, you might use a money incense and a commanding incense to really force a business situation to a head. You would probably open the ritual with the money incense and close it with the commanding incense. Or, you might use an uncrossing incense and a healing incense in a health ritual to cover both physical and psychic ills simultaneously. The possible combinations are practically limitless and only you can determine what techniques will work best in any given situation.

This flexibility puts a lot of people off because many people are more comfortable with strict and unbreakable rules for rituals. Although there are dozens of books available on the market, most of them fail to work because no one spell can take all the various individual factors into account. The better books tend to emphasize individual experimentation because, after all, that is where all of the herbal ritual discoveries were originally made. The numerous oils on the market are the by-products of experiments by individuals over uncountable centuries. While many are of modern origin, most of the oils and incenses we will be discussing in this book are at least two or three-hundred-years-old.

As an additional point of information, I should mention the very handy procedure for making either stick or cone incenses because many of you may prefer to work with that kind of incense as opposed to the powdered varieties. The advantage of cone or stick incense is that it burns longer than the powdered variety so you don't have to use as much. Often a stick or cone of incense will burn for half an hour or longer whereas powdered incenses burn for only a few moments.

The two "secret ingredients" in all stick or cone incense is Gum tragacanth which is available from most herb suppliers and at better specialty supply houses.

Gum tragacanth has incredible water-absorbing capabilities and it is used to hold the powdered ingredients together when you make stick or cone incenses. Start with a tablespoon of Gum tragacanth in a large (12 ounce) glass of water and keep adding a little bit at a time until you have a stiff, paste-like consistency. To this goeey mess you add essential oils and powdered herbs. See more detailed instructions in a later chapter.

The second "secret ingredient" is Saltpeter, or Potassium Nitrate, which is the "igniter" for self-igniting incense.

Saltpeter (Potassium nitrate) may be used to help stubborn mixtures burn; use no more than 1 teaspoon per 1/2 cup of the total recipe. We recommend that you try the mixture without the saltpeter first, then add just a little at a time, only if it is needed to get the mixture to burn. Do NOT add more than the recommended amount, as it can be a fire hazard! Too much Saltpeter will cause the mixture to smoke excessively, and can cause sparks to fly, possibly causing a fire or explosion!

For example, let's say you wanted to make some Moon Incense.

Moon Incense

Jasmine, Camphor, Wormwood, White Sandalwood, Ylang-Ylang, Frankincense

First, you would decide which of the ingredients you were going to use as herbs and which you'd use as oils. With stick and cone incenses, it is important to add oils to intensify the fragrance since they tend to be milder in fragrance than other incense forms. In this case you'd probably elect to use jasmine and Ylang-Ylang oils and obtain the camphor, wormwood, white sandalwood, and frankincense in their herb forms. The reason for this is that both Ylang-Ylang and jasmine are very fragrant and pungent oils.

You would obtain the necessary herbs, powder them thoroughly, and add a few drops of the jasmine and Ylang-Ylang to our herbal mixture. Then you would dump this into the Gum tragacanth and mix it thoroughly.

To make cones, you should make a doughy, thicker mixture and shape them by hand. For sticks, procure some joss sticks from your local incense or specialty supply store and merely dip them into the mixture. When making sticks, make sure that the mixture is diluted enough to cling to the stick. Also, keep your mixture covered with a damp cloth because it will tend to harden quickly and become unusable. More detailed instructions are in Chapter 12, Special Recipe Hints.

Later, we will discuss dozens of incenses and how to use them in particular detail. Most practitioners would feel that a ritual is incomplete without an incense and, yet, when you anoint a candle with an oil, in reality you are applying an incense because as the candle burns you will notice that the fragrance of the oil you have applied to it fills the room. So, merely by using an oil on a candle you are already taking the incense factor into account to some extent. However, the use of an actual incense permits you to add

an additional category of meaning to your ritual.

For example, let's say you are working a success ritual and you have selected a green candle and have anointed it with Success Oil. You might also wish to burn Crown of Success Incense which is a different recipe than that of Success Oil and thereby add an element of "removing obstacles to success" which is the alleged results of Crown of Success formula. Or, in an uncrossing ritual you might anoint a white candle with Uncrossing Oil, but also use Banishing Incense to remove evil elements from your space or the environment of the person upon whom you are working. While Uncrossing Oil is said to lift a hex, it would take Banishing Incense to disperse it away from the person being uncrossed. In other words, using an incense in combination with oils and candles helps you to add more power to a ritual and cover more territory.

POWDERS

How powders are used varies widely. They may be blown into the air, sprinkled on the body or around the room. In use of powders, the practitioner relies on her/his intuition. Your spontaneous action (being "seized with the spirit") has great power, as it is held that it comes not directly from yourself, but from the spirit plane.

Usually, the powders and the baths are not utilized by the novice. More advanced practitioners started out with candle burning and worked their way to more sophisticated and elaborate rituals and accessories.

The previous information relevant to incenses applies in large measure to powders and, in fact, many people use incenses for powders. The function of a powder is different from that of an incense, however. Probably you have seen movies where someone sprinkled some sort of naughty powder on someone else's doorstep to cast a "hex." While this is a typical example of media distortion, it does illustrate a means of applying a powder. You might look at the sprinkling of a powder as being equivalent to the FBI's planting a "bug." The powder is what forms the link between what you are doing in your candle burning ritual to the outside world.

But let's use an example for the sake of clarity. Suppose you are working a success ritual to help get a promotion on the job. Let's also say that one of the people involved in making the promotion decision does not like you at all for strictly personal reasons, not because of any sort of professional incompetence on your part. Now, you know that the individual (whom we'll call Mr. X) is going to vote against you when the management meeting takes place, so you want to influence him to think more objectively and also to get off your back on the job. You decide to work a success ritual at home, but want to make some sort of symbolic gesture to connect the power of our ritual *directly to our office environment*. Therefore, you decide to sprinkle a powder such as Boss Fix Powder around Mr. X's desk and also circle the candle on your altar which represents Mr. X with some of the powder. Now you have a symbolic psychic link between your altar and Mr. X. Theoretically, this makes your ritual all the stronger because it reinforces in the mundane world an imaginary goal in your fantasy world.

This also illustrates an excellent example of a situation where some would use hex procedures to handle a problem. You can imagine some people who would think that the way to deal with Mr. X is through baneful or negative practices. They would probably buy a black candle, anoint it with some sort of evil oil, burn some foul smelling incense, stick pins in the candle and pray to every demon in creation that Mr. X have a coronary so the promotion can go forward smoothly!

Notice that the first procedure discussed in no way harms Mr. X, but rather seeks to control some

of his more negative attitudes. The second approach might actually do harm to Mr. X and thereby incur bad karma for the person who is casting the spell. Obviously, the first procedure is preferential from both a spiritual and practical standpoint. While the first procedure assumes that Mr. X is a victim of intolerance or some deep-seated emotional problem, the second procedure assumes that he is evil, villainous, and mean. People who are intolerant, evil or mean are actually merely sick. The best way to deal with them is through uncrossing procedures. Therefore, in the first procedure discussed above, you would select a white candle to represent Mr. X rather than the black candle employed in the second procedure. Probably you would etch Mr. X's name in the white candle and anoint it with Uncrossing Oil in the hope that his negative vibes and attitudes would be converted to more positive expressions.

You may think that this is a somewhat long-winded digression from a discussion of powders, but, actually, it is a good illustration of how to think through designing a ritual according to a real-life situation. All too often hexes are cast where white, positive solutions are infinitely more effective and rewarding. However, getting back to the powders, since Boss Fix is noted to control an unruly employer and cause him to deal with you fairly, it would definitely be the powder of preference in this ritual.

The concept of a link between your personal rituals and the real world is basic to all spiritual disciplines and is really nothing more than a form of what some call sympathetic magick. Sympathetic magick is the belief in a psychic connection between a symbol and the object it represents. Or, put another way, you take a red figure candle of a woman, write your girlfriend's name on it, anoint it with Come to Me Oil and burn it. Assume that your real girlfriend will, as the candle burns, be inspired with thoughts of love for you and hurry to your side. If you can't accept this as possible, it's not terribly important because these procedures tend to work even for those who have no faith in them! Of course, the more you believe, the more focused you become telepathically and the faster these techniques tend to get results.

Some powders are worn on the body, particularly the love powders. But more often than not they are used on others or on the altar. Sometimes powders are used to circle candles (such as in an uncrossing ritual where you might circle a white candle representing the person being uncrossed with a powder such as Fiery Wall of Protection just to give additional power to what you are seeking to accomplish). Often powders are sprinkled directly into the candle flame. For example, in the ritual working on Mr. X you might, in addition to circling his candle with Boss Fix Powder, also sprinkle some of the powder into the flame of his candle from time to time.

When using powders on others, keep in mind that a little goes a long way. For instance, in the example of Mr. X above where you sprinkled some Boss Fix Powder near his desk, obviously, you want the powder to be undetectable. Had we dropped a huge glob of powder, he would have noticed and probably asked the janitor to clean it up. A pinch of two of any powder, applied inconspicuously, is all that you need. Very often when you are required to touch another person's body with a powder in order for it to work, you can accomplish it without their even noticing if you are clever and discreet. The difference between a master practitioner and a klutz is subtlety. Candle burning is actually a language of delicacy and nuance. Knowing exactly how much force to use in a ritual, the judicious and intelligent selection of your implements, the painstaking arrangement of your candles on the altar — all of this attention to detail will help you produce better results. The point of candle burning techniques is for your herbalism not to be obvious or even noticeable. Instead, it should pervade your environment without anyone being aware of it except you.

Utilizing powders, however, comes dangerously close to negative practices in that it is a bit like "slipping someone a mickey" to use some appropriate slang, and depending on the *intentions of the practitioner*. Because the idea of working sneakily behind someone's back is for many people much too slippery and devious, many practitioners prefer not to use the powders; but in so doing, of course, they often

delay their results. Many powders, however, even when applied in secret, have very beneficial results. Take Uncrossing Powder, for example. Sometimes you will run into someone who is in a bad place but without realizing s/he needs help. Frequently they have poltergeist activities going on around them — plates falling off shelves, items mysteriously disappearing, bad health, chronic bad temper, etc. Sprinkling a bit of Uncrossing Powder in their home or apartment would be doing them a favor because sometimes hexed people are quite content to stay that way even if they are miserable!

Those who have studied the Tarot know that the “Devil” card typically portrays a man and a woman standing in front of a horrid looking demon. The man and the woman have chains around their necks which are held by the demon. However, if you look closely, you notice that the chains are loose and could be removed at any time. Yet the man and woman just stand there, paralyzed, unable to realize how easily they could be free. The same is true of a person in a crossed condition. While the hex is easy to lift, few people attempt to do it. Consequently, I secretly perform uncrossing rituals on friends or sprinkle some sort of banishing powder in their premises to help them out.

Powders may also be used in the bottoms of seven-day candle jars in much the same way as herbs. Actually, since powders are composed of herbs, it is redundant to discuss this since it has already been described in the candle section.

Making a powder is essentially the same as making an incense, but with a couple of minor differences. The most authentic procedure is to obtain the actual herbs called for in the recipe and to powder them very fine using either a blender or a mortar and pestle. The other way to make a powder is to obtain some arrowroot from your supermarket or herb store and use the various essential oils called for in the recipe. For example, were we to make some Fast Luck Powder, we would either powder some rosebuds, juniper berries and patchouli OR we would obtain some rose oil, some juniper oil, and some patchouli oil and put a couple of drops of each into about an ounce of the arrowroot, mixing thoroughly. Either way is equally effective, but, with powders, I personally prefer working with the actual herbs.

As a point of interest, powders frequently employ very unusual ingredients in addition to herbs. Sometimes they contain ashes, bits of old newspaper, brick dust, iron filings, etc. When we discuss some of the actual recipes for classic powders we think you will find it absolutely fascinating the way the folk practitioner employs just about everything except the kitchen sink in the concoction of potions. The beauty of these practices is that for the most part they are rather inexpensive once you have established your basic herb and oil supplies. Because certain herbs are used again and again in the creation of powders and incenses, we generally recommend stocking in certain basics and as the book unfolds and more and more recipes are given, you will see how it comes together.

For instance, rosebuds (or rose oil), lavender (or lavender oil), cinnamon (or cinnamon oil) are used in literally hundreds of different recipes. Of course, right now you are at somewhat of a disadvantage because you haven't read many recipes yet, but by the end of this book, you will have dozens of different formulas to work with covering just about every area and you will discover that many of them employ the same herbs in different combinations again and again! For a hint, go to the Index and look at the number of times some oils and herbs are listed! This keeps supplies well within your budget. Generally, we think you'll find that this book will save you a great deal of money.

If you will glance back at the recipes we have already given, you will notice that each of them is appropriate as a powder and you use exactly the same ingredients. In other words, the recipe for Uncrossing Oil, Uncrossing Incense, and Uncrossing Powder utilize the exact same ingredients — rose, bay, lavender, and verbena — either in their herb or oil form. So when you have one recipe, you can actually make all of its variations.

However, there are certain recipes which are only appropriate as oils or incenses or powders and these will be clearly noted in the text. Because of specific combinations of herbs, certain recipes will only work in one form or another. In fact, in the case of several of the hexing powders, it would be outright disaster to burn them as incenses!

FLOORWASHES

Although many modern practitioners prefer to eliminate floorwashes, this is a big mistake because they are basic to the traditional African and New Orleans procedures. The purpose of a floorwash is to cleanse, purify, and dedicate your sacred space prior to a ritual. Making a floorwash is very simple. If you were going to do a luck ritual for instance, you might want to wash down the floor of your ritual space with some Lady Luck Floorwash.

Lady Luck

Rose, Patchouli, Cinnamon

To make the floorwash, either put a few drops of rose, patchouli and cinnamon oils into the mop bucket (along with your normal detergent or cleanser) and then wash down the floor with this mixture. Or, make a “tea” using rosebuds, patchouli leaves and some cinnamon by bringing about a pint of water to a boil and then dumping in approximately an ounce of the mixed herbs. Allow the “tea” to steep and then strain it. Put the “tea” into your mop bucket with your regular cleanser.

Obviously, if the space is carpeted, this isn't an option for you. Instead you should brew the tea, put a bit onto a sponge and lightly touch the top of the carpet around your work area with the sponge, taking care not to soak the carpet. If you do not wish to do this, then at least wipe off the top of your altar with the floorwash. Ideally your sacred space would not be carpeted because carpeting, and the pad underneath, trap all sorts of unclean particulates.

If you don't like the idea of using a floorwash, then at least use a spray. You make a spray by brewing the tea and straining it carefully through a coffee filter to get all of the heavy residue out. Then put the strained tea into an empty spray bottle (bottle can be recycled, but must be clean) and use the spray like an aerosol around your ritual area. This accomplishes close to the same effect, but to be absolutely authentic and thorough, you should go to the extra trouble of floorwashing.

In some kinds of rituals, particularly uncrossing rituals, you will probably want to use two floorwashes or sprays — one at the beginning and one at the end of your ritual. If you start your procedure using Uncrossing Floorwash (using the recipe given in the section on oils), then you might close with a banishing floorwash to make sure that no evil entities lurk in your environment once they have been lifted from you or your client.

BATHS

Ritual bathing prior to a spiritual working is a common procedure thought by some to be an essential step. With drops of the appropriate oil in your bath water and incense burning, the cleansing is virtually a ritual of its own. Aside from washing away the petty matters of the outside world and cleansing the body before presenting it before the altar, it is suggested that, while bathing, you meditate on the desired goals and effects of the ritual you are about to undertake. Visualize the end result already being obtained. Usually, one to two tablespoons of bath formula per tub of hot water with more for extra-large tubs.

There are numerous baths available commercially, but you can also make them yourself as suggested above except, instead of pouring your “tea” or oils into your mop bucket as you would to make a floorwash, you pour them into your bathtub! While you may overlook the floorwash, you must never overlook the bath if you are serious about your results. When you are using a bath preparation, *be sure to use only an unscented soap*. One never knows what sorts of effects the commercially-scented soaps may have and we can hardly expect their manufacturers to be aware of the meanings of the perfumes they are using! There are, however, several excellent herbal soaps available on the market which are often sold at finer drugstores or boutiques. You may use any of these provided that the meaning of the herbal soap you choose is relevant to the type of ritual you are going to perform AND that it contains real and not synthetic essential oils. For instance, lavender soap is excellent to use prior to (and after) an uncrossing procedure. Rose-scented soap is great for a love ritual, etc.

The bath provides the practitioner with a time for contemplation and review of the procedure s/he is going to perform. Many times, while in the bath, I have been struck by a new angle on the ritual and have completely revised what I had planned to do. The bath should last fifteen to twenty minutes and it should be a time of complete relaxation. No further instruction necessary for those born under water signs. The theory behind the bath is that it not only cleanses the body, but it also dedicates it to the purpose of the ritual about to be executed. It permits you to do a lot of preliminary telepathic work by concentrating on the goal of your ritual as you sit and soak. As a matter of fact, a couple of times when I was sitting in the tub, the phone rang and it turned out that I didn't even have to bother to light my candles because on the other end of the line was the person or situation I had planned to work on! In fact, sometimes, merely by planning a ritual, you automatically get results without lighting a single candle. But these effects usually only occur after you have done a great deal of psychic work and honed your telepathic abilities to a razor-sharp edge. While modern science is still highly skeptical of telepathy, let us not forget that until five hundred years ago, science was also certain the world was flat.

DOLLS AND POPPETS

The fabled (and much maligned) “voodoo doll” has been extensively written about and portrayed in the media of popular culture and those who have experimented with them will attest to the fact that they appear to be extremely effective. One noted New York root doctor once said to me, “Sure, the candles do a good job, but when you really want results, you'd better make yourself a doll.” We think it is obvious by now to the reader that the doll represents just another form of sympathetic magic, but since more goes into the making of a doll than the mere anointing of a candle, the will or intent becomes more sharply focused and therefore results do appear to be swifter and more dramatic.

In the fabrication of a doll there are several factors to take into consideration. First, what will you use to stuff the doll? Second, what color fabric should you use? Third, what color thread? Since we have already learned that colors are very important, it should come as no surprise that the colors of fabric used for the dolls have real importance. If you re-read the meanings of the candle colors, you can take most of what you read there and apply it to the construction of dolls or poppets. The same is true of the various colors for threads.

Let's take a few examples of color selection before we go on to discuss the stuffing for the doll. The basic rule in selecting the color of the fabric is *to symbolize the central element of your goal with the color cloth you use*. For instance, in a love ritual, select red fabric. Use purple for a protection ritual and white for healing or uncrossing. Selecting the color of the thread depends upon any *sub-factor* which might be involved. For example, if you want to control an adulterous husband, make the doll of red fabric and sew it with purple thread because purple is the color of commanding, compelling and controlling. If you want to protect someone who is ill, use white fabric and purple, or possibly blue, thread. To manifest

money, make a green doll and sew it with purple thread. The thread symbolizes not so much your goal, but rather your desire for that goal. For an all-purpose love ritual, we'd use red fabric and red thread.

A word of caution about fabrics. *You must not use any sort of synthetic fabric or thread!* You may use any natural fiber you'd like, but avoid the modern plastic-based fibers. Experience has shown, time and again, that synthetics sometimes render Herbalism ineffective. Unfortunately, you may find it difficult to get pure cotton, silk, or other natural fabric these days in the exact colors you wish since everything seems to be moving towards synthetics. My best advice is to obtain a few yards of cheap white cotton thread and dye it yourself to obtain the various colors you need. Fortunately, silk and cotton threads are still available in many different colors.

The stuffing of a doll also depends upon its purpose. Normally the stuffing is made of herbs which relate in attributes to the doll's intended purpose. For example, in a doll you might make for luck, you would stuff it with luck herbs. In a doll you make for love, you would stuff it with love herbs. The following chapters will provide you with a wide choice of herbs with which to work in creating your own stuffing.

Most of this is very obvious, but it never ceases to amaze me how many people select totally inappropriate stuffing herbs for their dolls! Later in the book you will be given several recipes for doll stuffing. You may also use the various oil and incense recipes for stuffing. For instance, if you were making a doll to uncross someone, you could use the herbs called for in the recipe for Uncrossing Oil (rose, bay, lavender and verbena) for the doll stuffing.

A variation on the stuffing is to add a few drops of one of the oils to the herbs you have selected. For example, let's say you're stuffing a green doll with Fast Luck herbs (rose, juniper and patchouli). Put a drop or two of Commanding Oil or Power Oil into it just to heighten the effect and speed things up.

Very often a doll is used on the altar during a ritual and it is important that the doll never be touched by anyone but you. When you are finished with the doll, you should keep it wrapped up in a white natural fabric cloth and store it in a clean place where only you have access to it. Although hexing dolls are always buried or destroyed when their job is done, dolls made for white herbal purposes are not always thrown away. In fact, it could be devastating to lose or get rid of the doll. In general, dolls made for the objectives of love, healing, etc., should be kept until the desire has been fully accomplished. Then they may be disposed of according to the rules for discarding materials mentioned later.

If you are not particularly talented at sewing, don't worry! The point of the doll is not necessarily to look pretty, but rather it is meant to provide you with a focus for your own innate telepathic abilities. The size of the doll is completely up to you, but rest assured that size has nothing to do with effectiveness. Probably the typical doll is about eight inches long. You may be as elaborate in the design of your doll as you wish, adding eyes, features, clothes, facial details, but this elaboration will not drastically enhance the power of the doll. However, personal objects obtained from the person you are symbolizing with the doll will tend to lend greater power according to most sources who have written on this subject. Fingernail clippings, hair, a piece of clothing — all of these serve to form the psychic link between the doll and the actual person. Placing the item(s) into the doll is similar in effect to how a sprinkling powder places a "bug" in the area where it is placed.

One excellent idea is to reserve a bit of the stuffing mix you are using in the doll to use as a powder or incense. For example, if you have made a love doll of _____ and stuffed it with lavender, rose, jasmine and violets (all love-oriented herbs), you would then want to grind up some of that combination in your blender to sprinkle at _____'s house the next time you are there. If you don't happen to have a

blender, then you must acquire a mortar and pestle, the old fashioned way for powdering herbs. You may grind just about anything in a blender except for the gums (such as frankincense, gum arabic, myrrh, etc.) and certain hard roots such as Galangal (better known in candleburning tradition as “Low John”) or Jalop (better known as “High John the Conqueror”). But any soft herb may be very conveniently and quickly powdered in any decent blender. It is probably advisable in this regard to use the blender for exclusively spiritual purposes and get yourself another one for the kitchen. There are also grinders on the market which do a nice job. Usually they are used to mill wheat to flour, but you can use just about any herb in them.

You have probably seen practitioners sticking pins into “voodoo dolls” in movies and TV. This is actually a very common practice, but it is not necessarily evil! For example, if you make a red love doll of _____ and stick a pin through its heart, this is not going to give _____ a heart attack, but rather it would stimulate his/her “heart” to feel love for us. In a way this is somewhat similar to the Chinese healing system of acupuncture.

CHARM, “OUANGA” OR ROOT BAGS

Ouanga bags are small cloth bags in which are put herbs and objects related to your ritual. These are used very commonly in herbal rituals, and the contents are tailored to the specific goal. In the selection of herbs, etc. for Ouanga bags, those indicated in the formula would be used, plus additional other herbs traditionally associated with that goal.

For example, if you are making an Ouanga bag for love, choose herbs such as rosebuds, patchouli, etc. The practitioner could add a talisman made for the same purpose, properly inscribed. The bag may also be anointed with oils to intensify its effects.

Often, a charm bag is made of red flannel or chamois (any natural fabric will do) into which are placed various items — shells, herbs, talismans, stones, fingernail clippings, hair — just about anything you can think of can end up in a charm bag. In essence, they are a ‘portable’ version of the doll or poppet because most charm bags are made small enough to carry on one’s person (often worn around the neck and tucked into clothing to be less obtrusive). You can make charm bags for protection, love, luck, success, happiness — in fact, just about all of the various woes that afflict mankind have a traditional charm bag recipe for them. One caution here: if any of the herbs you are using have a particularly obnoxious odor, such as asafetida, it is permissible to seal it in a tiny zip-lock plastic bag to prevent the odor from broadcasting and offending the person for whom the bag is made or those around him/her.

Not generally known is the fact that there is a way of “charging” or activating a root bag which is authentic, but not widely publicized. After you place the item(s) you wish to include in the bag, bring the bag up to your mouth and blow in it, then spit (a tiny bit) into it. Then take a paper match, light it, and plunge it into the bag, taking care not to set the bag or its contents on fire! The idea is to extinguish the match inside the bag. When the match is extinguished, pull the draw-string on the bag tight and the bag is considered to be “charged.” If you are making a charm bag for someone else to use, then have them charge the bag when you give it to them. There are also recipes for charm ouangas made for negative reasons and these are usually left discretely in someone’s home or office or car to cause unpleasant vibrations and effects. But these are left to your imagination to create.

Although there are numerous formulas for ouanga bags, the one presented below is one of the best because it handles so many things all in one tiny package. Obviously, you need only a little bit of each of the herbs - just a pinch of each from your supplies.

Ouanga Bag; All-Purpose

Cassia Bark, Three Coins (pennies), Lodestone, Low John (Galangal), High John (Jalop), Adam & Eve Root*, Bay Leaf, Vetivert, Lavender

Piece of parchment on which you have drawn the symbol of Venus in Dragon's Blood Ink

*The only ingredient you may have difficulty obtaining is the Adam and Eve Root which has not been available in this country for a number of years except in tiny quantities for ridiculously high prices. If you cannot obtain Adam and Eve Root, then you can substitute a piece of Salap (Lucky Hand Root) and it will work almost as well. It might be wise to anoint the salap root with a love or luck oil before inserting it in the bag.

TALISMANS

Talismans, charms, and amulets are carried on your person and anointed in special rituals. The talismans are of metal, paper, wax, or other materials (choose according to the purpose). The practitioner inscribes the name of the person or object s/he is working on, plus a symbol appropriate to the desired goal of the will. For example, if working a ritual to win love, you might inscribe the sign of Venus on the talisman or Jupiter for success.

You may choose to use one of the traditional "talismans" or one of the symbols of the Gods. There are books in print which describe the use of talismans. Christianity has borrowed liberally from herbalism. Herbalists have no problem in relating to Christian beliefs with or without the courtesy of reciprocation. Many practitioners of herbalism keep a Bible or Book of Shadows near their altar and most wear a cross or pentagram for protection and luck. Many of those who practice herbalism or other forms of magick, spiritualism or homeopathy also attend a Christian church regularly.

A talisman is a physical object that symbolizes your will. Talismans may be very simple or very complex depending upon the preferences of the individual. There are commercially produced talismans representing designs from various classic grimoires or books of herbalism or you may design and create your own talismans based upon your own research or taste. The idea of creating a talisman is to form a simple pictorial image with symbols defining your desires. Or you may select a planetary talisman relevant to a particular ritual. For example, you might obtain a Venus talisman for a love ritual, a Jupiter talisman for a money or success ritual, a Sun talisman for a healing ritual, or a Saturn talisman for a controlling ritual. Most specialty stores have a complete array of various talisman designs at a reasonable price.

Talismans are frequently made of metal or are sometimes drawn or printed on parchment or paper. If you wander into any decent-sized specialty store, you will probably find that they have dozens of talismans to choose from and there's bound to be one that fits the purpose of your ritual. If you can't find one, then sit down and make your own!

Talismans are used in a number of ways. Some are worn. Some are placed on the altar under or near candles. Some are included in charm bags with herbs, etc. However you plan to use your talisman, you must consecrate it first. There are many different ways of doing this, but the simplest is to find an oil whose meaning is similar to that of the talisman (For instance, we might use Power Oil on a talisman aimed at granting power. Use Love Oil on a Venus talisman. Use Jockey Club Oil on a talisman aimed at bringing luck in gambling; and so forth). As you anoint the talisman with the oil selected, you would say something in your own words which makes clear to the spiritual planes the exact purpose of the talisman or seal. Lengthy poetic soliloquy isn't necessary. A few well-chosen words are all that you need. Christian practitioners may incorporate Psalms. Others would use sacred poetry or any consecration of your own

writing. It's really a matter of your personal taste. The angels like to be approached with dignity and respect, but you need not be hyper-pious! As any practitioner will tell you, the spiritual plane has an excellent sense of humor and it would be folly to identify informality with disrespect. The idea that the spiritual realm is divorced from humanity is a false doctrine which has been foisted for centuries upon an unsuspecting populace. In the herbal arts, the assumption is that there is a continuous direct and positive linkage between the higher realms and humanity and that this interplay is one of joy and intimacy. The concept of a stark, uptight, jealous, freaked-out God is garbage from the standpoint of those who actively traverse the spiritual planes.

If you wish to make your own talismans, go right ahead, but make sure you use either Virgin Parchment (very expensive) or a plain old ordinary brown paper bag (very cheap) when you work. Brown paper bags are commonly employed in the New Orleans tradition and work very effectively. A talisman made on paper or parchment is just as effective as one made of metal. The one thing to keep in mind is to make it neat and incorporate into it everything you need to bring success to your ritual. Very few people bother to make their own talismans and that is a shame since they are so easy to create.

The art of making talismans is really the art of learning how to symbolize. The study of symbols is a whole discipline in itself and the more you study, the more you will be able to express through symbolism. If you look at commercially-prepared talismans, you will notice that they incorporate astrological designs, Hebrew letters, runes, unfamiliar geometrics and figures, etc. Very often all the individual symbols on a talisman mean exactly the same thing. The person who designed it probably drew from several different systems, incorporating all of the comparable or corresponding symbols into one talisman. For example, a love talisman might include the symbol of Venus, a heart, a cupid, the Hebrew name of the Angel ruling love, the name of the Babylonian love goddess, etc.

The simplest (and also very effective) talisman is nothing more than writing your desire on a piece of parchment or brown paper using one of the specialty inks. Essentially there are three major specialty ink formulas: *Dragon's Blood Ink*, *Dove's Blood Ink*, and *Bat's Blood Ink*. Dragon's Blood Ink is used in commanding rituals, protection rituals, uncrossing rituals, and sometimes in love rituals. However, Dove's Blood Ink is particularly designed for love spells and although many spell books call for the use of Dragon's Blood Ink in this connection, technically this is incorrect. Bat's Blood Ink is used for hexing and other negative procedures and has absolutely no other use. By the way, none of these formulas actually contains blood in them. The red coloration comes from Dragon's Blood Reed (an herb) and sometimes a drop or two of food coloring just to heighten the intensity of the color.

The comments in Chapters 1 and 2 relate to just about any sort of procedure, whereas specialized ingredients relate more to specific kinds of rituals and will be discussed under those categories.

Chapter 3

Your Magickal Environment

Now that we have discussed the basic ingredients for candle burning rituals, let's have a look at the fundamentals of the environment within which you will practice the candle and herbal arts.

YOUR TEMPLE

By your "temple," we mean your room, space, or closet where you practice! The temple does not have to be fancy nor does it have to be a room used exclusively for spiritual pursuits. The main quality to consider in the selection of your temple is privacy. Wherever you choose to work, you must be sure that you will not be interrupted, bugged, bothered, annoyed, or otherwise have your attention taken from what you are doing. I realize that this is always a problem, but it is something you must overcome. Wealthier practitioners have an entire room or part of their homes set aside for their rituals while others work in bathrooms, large closets, over kitchen counters, etc. The temple does not have to be a formal space (unless you prefer it that way), but it must be clean and orderly.

Because rituals sometimes last for a week or two, it must also be a place where you can leave your ingredients safely without someone walking in and messing with them. If a stranger sticks his hand into your candles and touches them, then you might as well start over from scratch! Also, if you have children or pets you must keep in mind that they are always curious and take this factor into consideration when you decide where to locate your temple.

If you are fortunate enough to have a room or a portion of a room set aside for your temple, you may want to spend some money fixing it up or you may wish to centralize some of your favorite things in this area so that you will always feel particularly "at home" when you work. Photographs, knick-knacks, trinkets, personal objects of every description are all appropriate for this space. You should try to create your temple in such a way that it will always be very comfortable for you to be there.

You should also arrange to keep all of your spiritual "tools" at hand in the temple area. Many practitioners invest in a small cabinet to hold all their herbs and oils. Since herbs tend to lose their potency when exposed for long periods to direct sunlight, this is actually quite a good idea. If you can't afford a cabinet, then why not set aside one of your kitchen cabinets for your specialty supplies? If you are forced to work on a kitchen counter or other multi-purpose surface, then the use of a floorwash on its surface is mandatory. If you are fortunate enough to have a working surface available to you which will be used for no other purpose than your rituals, then you need not be so fussy about the washing of the surface. A good, general purpose floorwash from the Southern tradition is called Florida Water. Florida Water may be used in a number of ways. However, since it is so easy to make, you may want to mix yourself a batch right away to keep on hand. You can use Florida Water for any sort of purifying or banishing procedures and many practitioners use it instead of any of the other floorwashes because it has such powerful legendary attributes connected to it. Besides, it has a delightful fragrance!

Florida Water

1 gal. 75 proof alcohol, 3 oz. Bergamot, 4 oz. Cinnamon, 2 oz. Benzoin

In the recipe above, the bergamot, cinnamon, and benzoin are all oils which are commonly available from several different suppliers. Later in this book, you will find other recipes for Florida Water. Any of them are effective. It's just a matter of personal preference.

YOUR ALTAR

When a celebrant advances to high Spiritual workings (ceremonial magick), s/he may wish to use a book of ritual, obtainable from a religious or metaphysical book store. It is basic text which the practitioner modifies for his/her personal work. The book will give valuable advice on preparation of self and space for a ritual, and describes the possible paraphernalia that might be used by serious practitioners. It gives prayers and incantations. The practitioner adds his/her personal incenses, oils, and powders and other tools necessary to the purpose.

As previously noted, a copy of the Bible or Book of Shadows is near or on the altar. According to most spiritual beliefs, the Bible or Book of Shadows is the ultimate book of incantations. Also, the familiarity most Practitioners have with the Judeo-Christian belief systems is most helpful.

A sample altar configuration might be several candleholders, an incense burner and a personal grimoire (spells, incantations, etc. that you have collected or constructed yourself). Your altar should be anointed and cared for regularly with special oils and powders to keep its spiritual potency clear and intact.

The altar can be any convenient working surface provided that it conforms to the requirements set forth under the section on the temple. The most important thing is that it be in a place where it will not be disturbed. Otherwise, you can feel free to use any table top, counter, dresser top, etc. which is convenient. I might point out that many practitioners use their garages or their basements and one friend of mine who has become very successful in business started out by working success rituals on the back of his toilet! Some people also like to work in kitchen sinks or bath tubs because this eliminates the fear of fire. And this is an important point! Fire! Because you are using candles and incenses, you must pay particular attention to the safety of your ritual components. There was recently a horrible fire in Harlem because a woman left a religious candle burning overnight. A cat knocked it over and it destroyed an entire apartment building killing over twenty people. You must pay careful attention to safety and take this into account when you decide where your altar is going to be. Many wise practitioners keep a fire extinguisher readily at hand in case of such an eventuality.

Those of you who have carpentry skills could construct a special altar of fireproof materials and include in its design a small lower cabinet in which you can keep your supplies.

Another possibility is a 'portable altar'. You've seen the portable artist's boxes that unfold to make an easel with a small working space. And recently, a business suitcase on rollers with an unfolding desk has come on the market. You could make or adapt something similar to use for your rituals — a box that, when folded, would contain your candleholders, incense burner, etc., and a small basic supply of oils and herbs. In this way, you can carry your altar with you and set it up wherever and whenever you choose.

OTHER CONSIDERATIONS

THE HERBAL RECORD OR BOOK OF SHADOWS

There is probably no more valuable tool than your own herbal record or Book of Shadows. Basically this is nothing more than a diary in which you keep an exact record of your procedures such as materials used, time of operation, and various observations you may make while the ritual is in process, and a record of your results. If you do not keep such a record, one day you'll kick yourself because it's really basic to

your advancement as a practitioner. The tradition of keeping an herbal record goes way back and I doubt if there is an initiated herbalist anywhere who does not keep an exacting journal of this sort.

Personally, I prefer to keep my journal in a loose-leaf notebook since this makes it easier to categorize various things discovered along the way. In this book you should keep a record of your personal experiments with different herbs and oils, strange little “intuitions” you get, etc. You will find, after you begin working on candle burning rituals, that hundreds of new ideas come to you about variations and new combinations of components. Record these because nine times out of ten the ideas which occur to us while at the altar are divinely inspired.

SPECIAL ROBES?

Whether you choose to work robed or in your regular clothes, you will get equally good results. Again, your personal preference here will be the deciding factor. For certain kinds of rituals I prefer not to take the time to change. For others I work robed, but, again, this is really up to you. The most important point in the selection of your temple, the creation of your altar and your apparel during a ritual is that you feel comfortable and at ease.

If you decide to wear a robe, make sure that it is made of natural fiber and not synthetics. This is usually more expensive. If you wish to work in “street clothes,” that’s fine, but I recommend the clothes be freshly laundered before you start.

MENTAL ATTITUDE

Opinions vary on what your attitude should be while at the altar. Personally, I think of angels as good friends and relate to them in that way. I find that they do not mind informality of approach so long as there is no disrespect. Fear and pompous formality are not necessary in candle and herbal workings. In fact, fear is inappropriate! The most important point to keep in mind when you are at the altar is to be yourself. If you tend to be a formal kind of person, then be that way at the altar. If you tend to be laid-back and informal, then that should be the tone of your workings. If you find that reading Psalms or sacred poetry is right for you, then do so. If, on the other hand, you merely wish to chat with the angels in your own words, then do that! You should feel the same creative freedom with your oils, incenses and candles as a child might feel when handed a set of blocks of various shapes and colors. Approach them with wonder and joy and your results will reflect your attitude. Approach the work with fear and terror and your results will reflect that too!

Those first getting started in candle burning and herbal work sometimes flip out *not* because they fail, but because their rituals are successful! While this may seem hard to believe, a lot of people find it difficult to adjust to the effects that their rituals produce. Because so much of our society is aimed at defeating the imaginative levels of the individual and stresses conformity, many people find it hard to break from these limitations. The best practitioners are really very much like children. They do not believe in the word “impossible,” and are willing to take a leap of faith into realms which the mass culture doesn’t know about.

By adopting the attitude of a child, the practitioner manages to offend a lot of people. We heard of one elderly gentleman we helped recently who at first thought the practitioner was kidding when she said she would do a candle procedure to help him with his problem. As it turned out, the effects of the candle ritual she performed were nothing short of spectacular and the elderly gentleman, instead of being pleased, literally turned on her and became vindictive. He had to, because she had challenged nearly

seventy years of false assumptions and for him to admit, at that age, that herbalism was real was more than he could face. Interestingly, once he took his attitude of disbelief and became offensive, all of the benefits herbalism had thrown his way shriveled up and disappeared. It would seem that the angels are more than willing to help, but, if the person who is helped is unable to deal with angelic intervention, then the benefits are withdrawn and the non-believer is left sitting right back where he started.

Part of the practitioner's mental attitude is the recognition of a need for total secrecy. Secrecy is important, not because you are doing anything "evil" or unnatural, but because there are many people (probably a majority) who are totally unable by reason of education or training, to approach mystical realms without becoming crazed and vindictive. Many fundamentalist religions fall prey to this intolerance and spread ignorance, hate, and egomaniacal judgment wherever they go. This is a sickness as great as that of the negative practitioner and actually, repressive religion is a form of negative practice.

Men and women who have been initiated into magickal practices such as candle burning and the use of herbs, oils, incense, etc., realize that in reality their function is that of a servant not of a master. All the great spiritual leaders have perceived themselves as servants of mankind. Religious leaders who seek to be "masters" of other people's lives or who seek to control behavior through using the blackmail techniques of morality or hell-fire and damnation are nothing more than negative practitioners or Satanic servants. The role of the true religious leader is to defeat his/her ego and to provide silent help to the oppressed. While there was once a time when adepts were treated as sacred and had the ears of monarchs (Merlin and King Arthur, Dr. John Dee and Queen Elizabeth), the modern magus is pretty much treated like dirt by the powers that be.

Your time at your altar is exceedingly intimate and personal. In the truest sense, your altar is an outward symbolic representation of your inner spiritual center. You may play music in the background or not. Again, the main criterion is that you feel completely at home.

Occasionally rituals fail no matter how advanced you may be. There are several reasons for this. For one thing, you may be reaching for something outside your potential. Sometimes we may be grasping for something the angels know will be bad for us and therefore it is denied. Sometimes we get totally opposite results from what we expected! In this case, usually it is a situation where either we are attempting to deflect too much of our personal karma (or that of another person) or we have incorrectly selected our materials. You will find that almost every ritual gets some sort of result even if not the one you planned.

I don't mean to discourage you with this fact that not every ritual bears fruit, but it would be unrealistic to assume otherwise. It has also been my experience that some practitioners are better at certain areas of herbalism than others. For example, some people seem to be very good at love rituals, others specialize in success or money-drawing rituals, others find their talent is in uncrossing and healing rituals. I don't know any one practitioner who is adept in all areas. It will be up to you to find and develop your own particular area(s) of expertise .

SPEED OF RESULTS

You can never predict how quickly you will reap results from a given ritual. In most cases, results are evident within a week or two, but sometimes it can take months or even years to achieve the full effect. For instance, I know of success rituals that have taken five to seven years to fully unfold. This is, of course, because we work within a universe governed by time; just as it takes a flower time to develop, so too with the result of our efforts. Probably the biggest lesson you can learn at the beginning of your practice of these arts is patience. Sometimes it takes a long time for events to arrange themselves to your satisfaction and you must be willing to "go with the flow" in this regard. Sometimes practitioners become

impatient and start repeating rituals or adding commanding candles and oils in the vain belief that this will make events move faster.

I have seen rituals where results were obtained but the practitioner failed to notice! This kind of effect often occurs in love and success rituals and it is an important warning to keep your eyes open whenever you are doing a ritual because the results may not be what you expect them to be. Let's look at a couple of examples:

A good friend named Sheila had been divorced from her husband three years before I met her. She told me that she wanted her husband back and explained the awful events that had led up to the divorce. Suffice it to say that the separation took place under very violent and hostile conditions. She had not seen nor heard from her ex-husband since the divorce and although she had tried to call him once, he had slammed the phone down after telling her to "drop dead."

While I personally will never understand why people would want to move backwards in their lives, I agreed to help Sheila because it was clear that, despite her ex-husband's viciousness, she still loved him very deeply. I designed a simple candle ritual for her to perform and she went about it religiously. Pretty soon, she started meeting eligible man after eligible man, but her focus stayed firm on her ex-husband. There was no phone call. There was no letter. There was no contact with the ex. Instead, more and more eligible men approached Sheila, but still she kept her attention firmly focused on the past.

Finally, after about three months she called to advise me that the treatment hadn't worked and could I think of anything else. When I heard about all the new suitors she rejected, I realized not only that her husband was never coming back, but that Sheila was frozen in the past, unable to renew her life in the present and future. I told her this and she became very disturbed and upset. Instead of seizing and embracing the many benefits that the angels had wisely sent her way, she had, instead, chosen to lock herself away in a counter-productive prison of her own creation. In general, you will find that the movement of your rituals is forward not backwards.

You must remember when you do any sort of work that, while you are symbolizing a very exact goal you have in mind, you do not get to proclaim how events will manifest! If the goal you have in mind is just plain wrong for you, you will find that the angelic realms will not provide you with your request, but instead may provide you with better, more evocative alternatives. In Sheila's case, she rejected a doctor, a lawyer, a publisher and a noted artist because she was too fixated on an improper goal to see the gifts the Universe was attempting to bestow upon her. Let's look at another example.

I heard a story about a retired business executive who had, for some time, been working on a system of prediction for a certain state lottery. Because he was a mathematician and accountant, he had spent several years developing his system and found that, while it was certainly not a "sure thing," it did seem to produce very good results.

One evening as he was working on his system with his candles going in the background, he was struck with a number/letter sequence which he wrote down on a small piece of paper. Unfortunately he wasn't thinking very clearly because it was late at night so he stuck the piece of paper in a pile of other papers and forgot all about it. The next week he was looking through the newspaper and saw the winning lottery number which looked very familiar and then he remembered! He rushed to his desk, found the little piece of paper, and sure enough, number for number, letter for letter he had uncovered the winning ticket! Sadly, however, he had not paid careful attention to events which occurred during his performance of his ritual and failed to play it and therefore had to sit there, totally depressed, because the winning number could have put \$800,000 in his pocket!

During the period that you are performing a ritual, even when you are not at the altar, you must realize that a great deal is going on and that it is very important to keep your eyes open and to watch carefully for any sort of omen, sign, or indication which is relevant to what you are doing. You must also be brave enough to realize that, since you do not get to choose the form of manifestation, you may get some “off-the-wall” surprises. Be ready and willing to take advantage of them even if they may not be leading toward your goal in a conspicuous way.

Also, be on guard not to offend certain spirits who may work for you in very unorthodox ways. For example, Susan became interested in entering the cosmetics business. She asked me for a ritual. I gave her one and she started to do it. A day later another friend whom I hadn't seen in quite a while called and told me that he was working for a major cosmetics supplier. I thought it might be worthwhile to introduce him to Susan. It turned out that he had become very successful and was quite interested in the prospect of meeting Susan, but when they were introduced a certain little problem cropped up. It happened that my friend is a homosexual and Susan, for some reason, decided to expound on her anti-gay beliefs right in the middle of their first meeting. Not only did our gay friend leave quickly, but Susan is still trying to get into the cosmetics business and I doubt she ever will.

This last case is a perfect example of how diabolically the spiritual planes can work. Very often they will present us with an opportunity in the form of something or someone which is challenging or objectionable to us. The great law of life is change; change for you and for those you work on or with. In order for you to attain greater and greater effects in your rituals, you must open certain centers of your higher consciousness. Whether it is candle burning arts, herbs, oils, or whatever, they happen to be some of the best and most balanced systems for attaining this higher consciousness, but you should anticipate major changes in your life and thinking once you begin to practice. As your consciousness evolves and as you become more open and tolerant, you will discover that the spirit planes permit you to engage in more and more complex matters. While my job is to deliver into your hands the basics of these practices, your true guru will be those angels, guides, spirit assistants or elementals who attend your altar. Your greatest insights may come from them. There seems to be a sort of electrical interplay between the practitioner and the spirits which occurs over the altar setting and this is where your most profound lessons will be learned.

Successful practitioners (whatever their discipline) are always those most open to change. The ability to “go with the flow” of events and to be accepting of radical departures from what you “thought” would happen as a result of a ritual are the hallmarks of true attainment. The more flexible you become in your thinking, and the more willing you are to experience new realms, the better you will do.

FAILURES

Failures occur basically for the following reasons:

- (1) You are meddling in something in which you shouldn't be involved.
- (2) Improper selection of ingredients (candles, oils, incenses, etc.)
- (3) You really don't want what you think you want.
- (4) A great deal of time is required to bring about your goal so, although your ritual is successful, because your results are going to unfold over a long period of time it may look like a failure on the surface.
- (5) You succeeded, but you don't like what your results appear to be!

The third condition for failure is probably the most common because what many people say or think they want and what they actually want are very often two different things! You will get used to this the more you practice even though it seems like a rationalization for failure. We find this pattern particularly evident in success and love rituals. Very often people say they want success badly, but when they are actually confronted with the possibility, they head for the hills! The reason for this is that most people define success badly. They see it as money or power while, in reality, success is nothing more than being happy with what you are doing. Also, in the area of love, many people are big talkers until they are actually faced with their match at which point they seem to wilt and draw inward. On the surface this may appear as cowardice, but actually, it is simply a matter of not knowing what something is until you actually confront it. An individual can't discover that s/he is not interested in worldly success until s/he is given the opportunity to find out what it is.

Your "failures" are always your greatest teachers. I have learned more from my flops than I ever learned from my successes. Don't be afraid to fail and don't be disheartened if you do. It is all a part of learning. You will also find that your failures become fewer and fewer the more you practice, because you'll tend to avoid the areas where you are least effective and concentrate more on the areas where you have greatest impact. If you are anything like me, you will spend more time meditating about your failures than your triumphs because it is in such meditations that you will discover new techniques and skills. Failures offer us the opportunity to refine both our consciousness and our practical applications.

HERBAL MEDITATIONS

In closing this chapter, I'd like to make some comments about the art of herbal meditations since this ability is so basic to your advancement.

The structure of this meditation is simple:

- (1) First get to know the individual ingredients.
- (2) Theorize as to how they interact.
- (3) Compare the individual herbs in the recipe you are studying to their occurrence in other recipes in your possession.

For example:

Fast Luck

Rose, Patchouli, Juniper Berries

Lady Luck

Rose, Patchouli, Cinnamon

Here you have two of the classic New Orleans luck recipes. As you will notice, both contain rose and patchouli; the unique factors being juniper and cinnamon. When you read the chapters on herbs, look up each of the individual herbs in the recipes and see if you can figure out why the practitioners who originally designed these recipes employed the herbs they did. For instance, why the substitution of cinnamon for juniper? What different sort of effect should be expected? What are the functions of rose and patchouli that they should be employed in two different recipes? If you will look back over Chapter 2, you will also notice that rose occurs in Uncrossing Oil. What is its function there given its occurrence in these recipes for luck? Look at the formula for Shi-Shi.

Shi-Shi

Clove, Bay, Angelica

Notice that bay occurs in Shi-Shi and in Uncrossing Oil. What does this suggest to you about the nature of bay? As you collect more and more recipes during the progress of this book, you should find that your insights into their individual components will grow and grow. This knowledge of individual herbs will eventually enable you to develop your own oils and incenses for highly specialized purposes. While few authors have made much of this technique, it is unquestionably the best way to really learn about the oils and incenses you are using. It will also enable you to vary proportions of herbs in any given recipe since you will know exactly what each does and can therefore adjust any recipe to meet your individual needs.

It is also important to think of these recipes as being rather basic. A good cook can always feel free to add a few more spices to any dish to enhance its flavor. By adding an herb or two to either of the recipes above for luck, you could pinpoint, through the addition of that herb, an exact area where luck needs to be focused. This is what I meant earlier when I said you should grow to think of the various herbs as being like friends and get to know all of their little idiosyncrasies and talents. This book will provide you with a fairly comprehensive herbal encyclopedia of legendary properties of herbs and oils. This will serve as the basic reference volume for your herbal rituals.

Each time a recipe is revealed, I hope you will take the time to really dissect it and give it a proper analysis. You might think of the various recipes as being good books and the herbs your favorite characters popping up again and again. Some of the herbs are good guys. Others are as mean as any villain could ever be.

DISPOSAL OF MATERIALS

Many beginners wisely ask, “When we are finished with our ritual, what do we do with the leftovers?” Of course, any excess incense, powders, or oils may be retained for future rituals, but your burned candles and other used materials should be properly disposed of. In the secret traditions there are basically two things you can do:

1. Take your materials and put them in a brown paper bag. Then take an orange, cut it in half and put both halves in the bag with the debris. Take the debris to a river and throw it in.
2. OR... Instead of throwing the bag in a river, leave it on the front steps of a church. This is not seen as sacrilege, but rather it is felt that the church is probably equipped to knowledgeably dispose of such materials. We do not recommend this course of action in these modern times.
3. There is another method, less authentic, but much simpler. It works just fine without potential pollution of our water resources or the disingenuity of relying on Christian resources. Proceed as above except throw the brown bag out with our regular garbage. The most important point here is the isolation of your candle burning materials from the rest of your waste by the brown paper bag. You must remember that most of these techniques come from a much more primitive time when people basically lived in rural settings. Therefore, it is important to update them somewhat to blend more harmoniously with the realities of modern life.

Chapter 4

HERBS: Associated with Love

As we discussed earlier herbs, and the oils and incenses made from them, are the keystone to this entire book. All of the recipes we will be discussing are prepared from various herbs and herbal oils and throughout the book we will be referring back again and again to this herbal directory.

Merely providing you with a dictionary-like list of herbs would do little more than bore and confuse. Therefore, the herbs have been divided into sections, roughly classified by the general area or areas within which they are alleged by tradition to work. You will note that in most cases you are provided with the correct botanical name for the herbs discussed herein because this will help you in identifying the correct species. In different parts of the country different herbs are known by different names. By knowing the botanical reference, you may be sure of what you are getting whenever you purchase them.

Once you have obtained your herbs, their proper storage is an important consideration. In general, herbs should be kept out of direct light. Ideally, they should be stored in a dark and dry location. **If you have toddlers around the house, it might be a good idea to lock your herb cabinet since some herbs are poisonous and if taken internally can cause real problems.**

When you consider the unbelievable number of herbs alleged to work in love problems, you hardly know where to begin. How can you select one or two? The fact that there are so many “love herbs” indicates how important love is in the mind of humanity and in nature.

The realm of love is ruled by the planet Venus although not all of the herbs discussed come under Her direct governance. However, when working any sort of love ritual, in general you should try to perform during the planetary hour(s) of Venus.

Adam and Eve Root is probably the most famous of all the love roots. It is a species of “Orchis” which is the genus of the orchid family. It is composed of two halves, one looking like a male, one looking female. Unfortunately, this root is generally unavailable in the United States at present. Should you be fortunate enough to locate a root, the traditional way of using it is to anoint it with an appropriate love oil and carry it with you in a red charm bag at all times. The practice of anointing a root with an oil is very common and highly recommended by every writer in the field. In general, roots are seen to be more powerful than herbs or flowers and they are viewed as being similar to candles in that they generate a kind of raw earth energy which is focused to a specific task through the anointing process. Just like when they are used on candles, the oil acts as a filter or lens to project your desires accurately.

Ambergris is not an herb. Actually, it is a scent obtained from the stomach of whales. Because whales are in short supply these days, most firms only sell artificial ambergris and from the standpoint of both ecology and ritual success, these synthetic fragrances work fine. Ambergris is probably the strongest sexual compellant scent available (see also Civet and Musk), and it is the base for many well-known commercial scents worn by the general public. The term sexual compellant simply means an herb or fragrance which is alleged to force or “compel” sexual interaction. While there may be some argument philosophically as to whether sex and love have anything to do with one another, within the old traditions the two are equated to some extent. While most practitioners recognize many different kinds of love — the love of a parent for a child, the love of one friend for another, etc., — most rituals have mostly to do with romantic or sexual love. Ambergris is seldom used alone. It is usually added to various other herbs to lend power and to help the other herbs exert a bit more pressure than they otherwise would.

Apple and Apple Blossom are both associated with love. The Judeo-Christian tradition often refers to the notion of “temptation”. The same meaning is implicit in the old ways and magickal traditions except without a sense of evil. Unlike Ambergris, which is very potent, Apple or Apple Blossom are delicate and only faintly seductive. They are more of an invitation than a proposition. Some practitioners have advised placing an apple on your altar top when doing any sort of love ritual as a symbol of your goal. In general, only the Apple Blossoms are burned for incense and Apple Blossom oil is easy to find in any major herb store.

Similar in effect to Apple Blossom are **Ash Leaves**. The Ash Tree has long been one of the most popular of plants and the characteristics of Ash Leaves (*Sorbus aucuparia*) are many. They make a fragrant addition to any love incense and are deemed to be very protective. One author has alleged that Ash Leaves also help to protect against drowning! Ash Leaves also have a beauty secret connected with them inasmuch as it is said that if you put a few of the leaves in your bath water they will help to soften the skin and create a more youthful appearance. As with all of the love herbs, Ash Leaves may be mixed with hexing herbs to deny love and attractiveness to the hexed individual.

Bachelor’s Buttons (*Centaurea cyanus*) are particularly useful when one is experiencing difficulties with love or where it seems hopeless that you will ever get to meet the man or woman of your dreams. The characteristic of Bachelor’s Buttons (also commonly called Cornflowers) is “hope in love.” Consequently, they would make a fine addition to any incense where one wished to overcome apparently real obstacles to love. Bachelor’s Buttons may also be employed in cases of love problems — e.g., infidelity, loss of interest. They are highly spiritual in focus and tend to work less on the carnal or sexual problems than on the more delicate problems of love.

Basil (*Ocimum basilicum*), aside from being a tasty culinary herb, is also considered to be a love herb. This is somewhat strange since, according to legendary sources, Basil is associated with hatred! Here we come to one of the great mysteries of herbs in that, in addition to representing their legendary meanings, many of them also represent their opposite meaning! This may seem confusing, but in the case of Basil, for instance, use it to overcome a major obstacle to love since it works similarly to an uncrossing herb. For example, if you have a fight with someone you love, use Basil to remove the hatred. If you hadn’t had a fight and used Basil on your loved one, you would probably invoke a problem! A common method of transference is to use it on your lover’s food. One woman I know used this very successfully on a wandering spouse. Each night she fed him a bit of Basil and certain other herbs and very quickly his extra-marital affair came to an end.

Bittersweet (*Solanum dulcamara*) is a poisonous herb: a member of the Nightshade family. Despite this association, it is said to be a strongly aphrodisiac when burned as part of a love incense. Basically, Bittersweet would be reserved for an incense when you want to “clinch” a contact. It should not be used as part of a general-purpose love incense intended to attract a lover. The reason for this is that Bittersweet, like many sexual compellants, is non-selective in who (or what) it brings to your door. This is why I suggest starting with pink candles and working up to red. The danger of Bittersweet or any of the sexual compellants is that they are unrefined in predictability and should be restricted to a very limited range of function when employed. In other words, wait until you are sure you have found Mr. or Ms. Right before you use this one! Otherwise you could be in for some heavy surprises, probably none of which will be to your liking.

Black Cohosh (*Cimicifuga racemosa*) is largely associated with helping to overcome the problem of sexual impotency. It has also been used as a tea by American Indian women for centuries to help treat female complaints and rheumatism. Unfortunately, large doses can cause symptoms of poisoning so it is not recommended for internal use except under the guidance of a competent herbal physician. However, as an additive to love incenses, it can be helpful in invoking the spirits of potency and fulfillment. Couples

having difficulties reaching fulfillment have frequently used this as a part of background incenses for when they are making love. Its function is to help overcome fear and anger and in this sense has an uncrossing or unhexing function in addition to its association with love. Another way of using Black Cohosh is to brew a tea from it (about an ounce of herb to a pint of water) to pour into your bath water and soak prior to making love. This procedure is also said to help overcome impotence and to act similarly to an aphrodisiac. It works equally well on men or women in this way. If you are sneaky, pour your lover a nice hot tub and surreptitiously slip a bit of the tea into the water without his/her knowing. Then sit back and wait for the action to begin.

Looking for a thoroughly X-rated herb? Then get yourself some **Black Snakeroot** (*Sanicula marilandica*). Be careful what your herb dealer gives you, however, because Black Snakeroot is also a common name for Black Cohosh. We are here referring to a member of the Sanicle family. Black Snakeroot is generally used only by men and the commonest way of employing it is to anoint it with both a love and a power oil and to carry it in a small red charm bag only at those times when one is on the hunt. To carry it during the day or at times when sex is not desired is to wear out the root's potency. This is the root you carry to the singles club or the bar when you want a fast pickup. You can also place a bit of the root in your bath water before a hot date.

Cardamom (*Elettario cardamomum*) is a common culinary spice, but also a noted love herb. Attributed to Erzulie, the Voodoo goddess of love, it makes for an excellent additive to just about any romantically-inclined love incense. The trick with Cardamom is to use only a pinch because its fragrance can tend to overwhelm the rest of the incense if used too liberally. It also makes an excellent charm bag herb since its influence is mellow but strong. Normally, Cardamom is not used alone in an incense, but rather is included among other herbs since by itself it is not particularly effective. Slipping some of it into a loved one's food is probably its commonest means of employment.

Although **Chrysanthemum** is not strictly a love herb, it can be used whenever there are love problems because its virtue is "cheerfulness in adversity." If you are dealing with a problem of infidelity or lost love, then this is an excellent flower to burn while trying to overcome the hurt. It is alleged to bring gentle, protective, loving vibrations your way despite your pain and in that sense it is a psychological healer. In many ways, Chrysanthemum acts similarly to Roses in helping to resolve love problems. Of course, Chrysanthemum is not strong enough by itself to cause a lover to return, but it can help to ease your loneliness and help get your head together for a new encounter.

Like Ambergris, **Civet** is an animal oil, extracted from the sexual glands of the civet cat. However, most Civet oil is artificial these days since the process of its extraction results in the death of an animal. Civet is used in very tiny amounts (because of its sickening fragrance) in various perfume oils and incenses designed to command or compel love. See the entries under Ambergris and Musk for further information about the employment of such an oil. In general, it is recommended that you keep this oil only as a last resort since it is so powerful and also totally non-selective.

Cloves are considered by some to be an aphrodisiac and they have a wide reputation as a love herb. Actually, Clove is considered a compelling herb in the secret tradition and has nothing to do, by itself, with love. However, they are a potent additive to any sort of incense where it is felt that force or power is required. While I caution against using compelling herbs in a love situation because they are a form of negative practice, many practitioners are not bothered by this distinction and use power herbs regularly. My observation has been that love or sex obtained through the use of commanding herbs seldom works out particularly well. One love ritual suggests holding some Cloves in your hand while concentrating on a friend or a lover. Then, place the "charged" Cloves into two red charm bags. Give one to the object of your affection and you keep the other. This is said to insure a friendship or love affair. I

have also heard of practitioners who charged Cloves by placing them on an altar surrounding a red candle upon which they have carved the name of the desired individual. They allow the candle to burn down and when it has gone out, they take the Cloves and place them in a red charm bag. Instead of giving the Cloves to the loved one, they secretly plant a few of them around the intended's home or apartment thereby creating a psychic link. The remaining Cloves are burned, one at a time, with a strong love incense during the planetary hour of Venus. They do this each day until the goal is achieved.

Coriander (*Coriandrum sativum*) is another common culinary herb and it is deemed both a protection against health problems and as a love potion. Normally, as a love potion it is sprinkled onto food or employed as one ingredient in a love incense. Coriander is particularly recommended to those who wish to have a love affair progress at a slow pace. While many people want instant gratification in the love department, others prefer to string things along and thereby savor every nuance and pleasure to its maximum. Coriander is also a good additive for incenses because it tends to be somewhat protective and thereby assures you that whomever you invoke will probably not present a major problem down the road. Because of this power, it is particularly recommended to people who may not have a specific individual in mind but who want to attract a lover.

The problem of infidelity within a relationship is more common than you may suppose. Statistical surveys have shown that between sixty and seventy percent of all husbands commit adultery and about fifty percent of all wives! Adultery is not unusual. In fact, it is to be expected. However, when it happens, one of the herbs recommended for its control is **Cumin**. Cumin (*Cuminum cyminum*) seeds, when employed for this purpose, are powdered very fine and a bit of the powder is slipped into the errant spouse's shoes and underwear. Again, as we pointed out earlier, a little goes a long way. We shall mention other herbs herein noted by tradition to control infidelity and would advise that you mix a few of them together to form your powder since one by itself may not handle the entire problem. Cumin may also be slipped to the wandering lover in his/her food since it is a charming culinary spice. The effect of Cumin is to "bind" the individual to you. Sometimes it takes a while for the herb to take effect. Don't expect overnight results with Cumin.

The common **Daisy** is a universal symbol for innocence and the freshness of youth. A few daisies around the house will tend to create that vibration in your space. They are particularly effective as a protection against the advances of someone you may not wish to get involved with. For example, I had a client who always placed daisies around in vases whenever a certain ex-boyfriend of hers came over. She noticed that whenever she did this his amorous advances were restrained. This wasn't the effect she was going for. You might say that daisies are the anti-aphrodisiac! However, they may also be used to symbolize an innocent person with whom you wish to get involved by placing a few petals around a red or pink candle that represents them.

Damiana (*Turnera diffusa*; *Turnera aphrodisiaca*) is probably one of the best-known alleged aphrodisiacs on the market. Normally, it is drunk as a tea, but it may also be used as an additive to incenses aimed at provoking sexual encounters as opposed to romantic love. To prepare the tea, you bring a pint of water to a boil, add three tablespoons of Damiana herb, and allow to steep for at least twenty minutes. Then strain and drink a cup a day for two to three days, and you should start to feel unbelievably aroused. Damiana works equally well on males and females. A variation on this tea recipe: take about an ounce of Damiana and allow it to soak in a bottle of brandy for two to three weeks, shaking the bottle thoroughly each day. At the end of this time, carefully strain the brandy through a coffee filter and re-bottle it. You might also wish to add a bit of Ginseng root to this brandy mixture. I know people who swear it has immediate aphrodisiac effects! Personally, I haven't tried it, but since it employs a classic technique for preparing an herbal extract, I see no reason why it should not be effective.

Probably the dream of every lover is to find a sure-fire aphrodisiac recipe which is also harmless. While there are such things as “Spanish Fly” available on the market, they are often quite dangerous and produce sexual feelings by severely irritating the genito-urinary tract. According to one practitioner, however, the following recipe comes from the New Orleans tradition and is fabled to be highly effective in producing sexual rapture. Take six fresh eggs, shells intact, and place them in a bottle with the juice of twelve lemons. Slowly but surely you will find that the lemon juice eats through the eggshells. When this happens (a few weeks), take the resulting mixture, remove any remaining eggshell, and mix with a pint of fine brandy, stirring thoroughly. Take one shot glass full of the brandy about an hour before sex. Again, I have not personally tried this technique, but have it on good authority that it works well, even if it does seem unappetizing and takes a long time to prepare.

Devil’s Bit (*Liatrix spicata*) is also commonly known as **Blazing Star** and it is employed mostly by men as a sexual compellant. One noted recipe calls for powdering some Devil’s Bit and mixing it with an equal part of Camphor (now impossible to obtain) and boiling these two herbs to form a handwash. It is said that washing hands in this tea automatically results in total control of the loved one. However, since genuine Camphor is unavailable in the United States at present, this recipe is not particularly useful. Many practitioners just carry a little of the Devil’s Bit in a charm bag often in combination with Black Snakeroot. Although women may use Devil’s Bit, it is generally considered a males-only herb. Often gay women carry a bit of this herb because it is reported to attract women to whoever possesses it.

Dill (*Anethum graveolens*) is particularly known for its protective qualities, but is also alleged to be a powerful aphrodisiac. One author recommends that you steep an ounce of Dill Seeds in a pint of red wine for several days and drink it as a sexual tonic from time to time. Another common way to use Dill is to boil an ounce of the seeds in a pint of water and add the resulting “tea” to your bath water before an important date. It is said to add to your irresistibility. In this sense, Dill is one of the subtler love herbs in that it is felt to add an aura of attraction to your physical presence, a sort of mysterious and beckoning power which is difficult to explain until you experience it. Dill allows you to “hunt” for interesting “game” without getting lost in the woods. Also, it is particularly recommended for use by shy people who would rather have people approach them.

Dragon’s Blood Reed (*Geranium robertianum*) is also commonly known as **Herb Robert** and within the Southern tradition it is considered to be the ultimate of the white power roots. Used in all sorts of preparations, Dragon’s Blood Reed is thought to do only good despite its great power. The reed comes in a solid form and is a dark, blood-red color. To use it you must powder it thoroughly and a bit of it can be added to almost any incense, oil, or powder to provide enormous reservoirs of strength. When I discuss the various classic recipes for oils and incenses, you will see how important this herb is in just about every area of herbal practice. In addition to its power or force, it is also felt to be highly protective and is used in numerous formulas for uncrossing and protecting. It is common to use a bit of Dragon’s Blood Reed in charm bags made for love and success. Again, the major thing to keep in mind about this herb is that it is always positive in orientation and it is just as powerful as the most outrageous hexing herbs, but only for good. Because of its legendary powers, it is felt by most practitioners that there is no hexing herb that can overcome the protection of Dragon’s Blood Reed. For this reason, it’s a staple of your supply closet. Its uses are practically limitless.

In long lists of this nature, it is difficult to spotlight any individual herbs because they all tend to blend together. However, within the tradition of folklore, **there are three major herbs you must be familiar with: Dragon’s Blood Reed, High John the Conqueror and Low John.** All of these are discussed in this book and you should pay particular attention to their mention.

Elecampane (*Inula helenium*) is a love herb which is seldom employed, but one author points out that by mixing Elecampane, Vervain and Mistletoe in equal parts that one obtains “True Love Powder.” This recipe makes sense, and it would seem to work through the power of enchantment. That is, it should tend to cast a special, magnetic aura around you. Burn as an incense or make a tea and use as a bath. Sprinkle some of it at your lover’s residence, in his/her car, etc. This recipe, however, is not out of the authentic New Orleans tradition which does not use the herbs Elecampane, Vervain or Mistletoe to any large extent. Vervain and Mistletoe are primarily European herbs. This formula probably comes from the European witchcraft tradition.

Eryngo (*Egyngium aquaticum*) is more properly called **Water Eryngo**, and is known by such charming names as **Button Snakeroot**, **Corn Snakeroot**, **Rattlesnake’s Master**, and **Rattlesnake Weed**. It is said that if you carry a piece of Eryngo anointed with a proper love oil that it will cause your lover to think of you incessantly. Whether or not this is so, I really can’t say. However, the legendary power attributed to Eryngo implies that it has a strong psychic effect that is more intellectual than emotional in method. Hence, it might be advisable to employ a bit of Eryngo in an incense or oil aimed at establishing contact with someone who is either shy or who lives at a great distance from you. Water Eryngo is sometimes brewed into a tea and drunk to help restore sexual function or to overcome impotence. The American Indians used it in this way. You will probably find these effects very long-term in nature and also rather subtle.

The Fig is a fruit sacred to Pan and traditionally symbolic of fertility for both males and females. Many practitioners, when working a love ritual, will place one or two figs upon the altar in a small white dish as an offering to the spirits responsible for granting love or fertility. Since it would be most difficult to use Figs in an incense or powder, they are normally employed in this offering function, similar to the Apple already discussed.

Gentian Root (*Gentiana lutea*), sometimes called “Bitter Root” because of its taste, is considered a potent root for attracting love. Normally it is used as a part of a bath mixture from which you would prepare a tea. Gentian by itself is merely the power force and it takes other herbs (or oils) mixed with it to produce a desired effect. For example roses, lavender, musk or ambergris make fine additives to help focus the root’s dynamic energies.

In the past few years, **Ginseng** has acquired a potent reputation in this country for its remarkable medical benefits as a tonic. Because Ginseng is said to help restore sexual function, it is not surprising that the root is considered one of the important “love invokers.” Since Ginseng has always grown wild in this country, herb and root workers have long known about its effects and have used it in numerous ways. The commonest means of using Ginseng is to select a good root, preferably one which is shaped more or less like a human being. Carve your lover’s name on the root, anoint it thoroughly with a powerful love oil and carry it with you at all times. If you don’t want to carry it, you can use it as an altar ornament in love rituals. Ginseng may also be used for success rituals (anointed with an appropriate success oil), money-drawing rituals, and healing. Because the root is considered to be totally benevolent and strictly positive in its orientation, you really can’t go wrong. Ginseng is sometimes referred to as “**Wonder of the World Root**” in various grimoires and those who have used Ginseng for health or herbal benefits can easily understand why it has gained this reputation.

Among the fabled so-called “aphrodisiacs” is **Grains of Paradise** (*Aframomum melegueta*), sometimes referred to as “**Seeds of Paradise**.” To brew the aphrodisiac, bring about two pints of water to a boil, put in an ounce of seeds and allow to steep for about fifteen minutes. Grains of Paradise also has strong luck connotations and make a suitable addition to any incense or charm bag designed for that purpose.

Hazel Leaves (*Hamamelis virginiana*) carry the traditional connotation of “reconciliation.” Hence, it is easy to see why it is a common additive in incenses or powders aimed at bringing two people back together after an argument or problems. Hazel Leaves may also be added to one’s bath water for this purpose, which is probably the subtlest means of employment. When used as part of an incense, use very mellow love herbs with it and we’d suggest a blue or pink candle. This is not a “forced” reconciliation, but rather one which may come slowly and subtly. To force a reconciliation, different herbs would be used since any question of forcing automatically comes under the heading of commanding and compelling herbs and involves a different process. In general, in the area of romantic problems, forced reconciliations are only temporary in effect and it is best to settle for a gentle botanical such as Hazel Leaves to accomplish your purpose .

And speaking of a forcing herb, **Honeysuckle** (*Lonicera caprifolium*) is traditionally said to convey the sense of “bonds of love.” Since Honeysuckle is one of the ingredients in “Bend-Over Oil,” one of the most potent of the commanding oils (and also one of the sneakiest), it is obviously quite powerful. When using Honeysuckle you will notice that it is very sweet, almost sickeningly sweet, and this is how it is very deceptive — because behind that sweetness lies an iron fist. The fragrance of Honeysuckle is misleading and this is how it accomplishes its goal — it sets the person it is used on off-balance by the innocence of its aroma and thereby creates an opening for effects to take place unnoticed. Honeysuckle incense or oil by itself is said to be very effective in working on the problem of infidelity.

Jasmine (*Jasminum officinale*) is well-known, even to the uninitiated, for its love attributes. It is used as the basis of many perfumes worn by women and it is said to be very attractive to men. This is probably so. I know of a men-only class during which several bottles of oil were passed around. One of them was Jasmine. Every man in the room picked the bottle of Jasmine as his favorite; the one that “most turned him on.” Since Jasmine is used in so many of the various love recipes listed later, it is important to understand that essentially it is an herb of seduction--one that plays more to sexuality than romance. Of course, Jasmine is used in romantic oils and incenses, but always as a *minor* ingredient. The more you raise the level of Jasmine in a recipe, the more you raise the sexual potential of its effects. In many ways, Jasmine is related to Patchouli in the way it works, but is far safer to use than Patchouli. Jasmine’s fragrance is earthy and exotic. Its effects are normally swift and obvious. Try wearing a little Jasmine oil the next time your boyfriend is around and watch what happens. In general, men do not use Jasmine as part of their love rituals. This one is usually reserved for ladies.

Laurel (*Kalmia latifolia*) is a traditional flower given to brides because it is thought to ensure a happy and fruitful marriage. Whether or not this is so I don’t know, but certainly the Laurel has a rich history of associations, all of them positive in nature. The basic trait of the herb is “glory.” While this is not a true love herb inasmuch as it is a positive benefactor and a few Laurel petals added to an incense or powder certainly would not hurt and would probably tend to be beneficial. The reason for adding Laurel to a love incense or powder would be to add a certain kind of “screen” or protection against any sort of undesirable entity your ritual may attract. This is always a danger when performing a blind love ritual (that is, when you don’t have anyone specific in mind and perform a ritual to attract someone into your life). All too often I have seen a totally wrong kind of person invoked by a love ritual because the practitioner had not taken into account the exact nature of who s/he was looking for. Without detailed specificity, you can assume that just about anyone who happens to be lustful at the time you cast your spell may come knocking on your door. For this reason, certain protective or mellowing herbs (like rosebuds and lavender) are frequently added to love potions to protect you against lesser entities who may be curious or desire sexual satisfaction without any form of relationship. Of course, there may be those among you who enjoy such encounters in which case you should select only the raunchiest herbs and oils for your ritual ingredients.

We have already discussed **Lavender** a couple of times and it was mentioned earlier as one of the ingredients in Uncrossing Oil. Lavender is cleansing and protective in nature and shields from bad vibrations. For this reason, it is frequently employed by those looking more for romance and relationship than for a quick sexual encounter. Lavender is a multi-purpose herb used for uncrossing, love, and money-drawing since it has associations in all three areas. Its primary frame of reference is benevolent and although it is attributed by some authors to relate to “mistrust,” its action in this area is not to create mistrust, but rather to get rid of it. For this reason, Lavender is used in such incenses as Peace and Peaceful Home and it is considered particularly beneficial in helping with love problems in a marriage or relationship.

Lemon or **Lemon Blossoms** are also helpful in love. The Lemon itself is associated with zest and activity while the Lemon Blossoms are said to help bring infidelity to an end. Lemon is also employed in certain luck recipes where it works as a “catalyst.” By catalyst, I mean any herb or oil which is fiery in nature and which interacts with other herbs in ways that cause change. A good example of this is **Cinnamon** which is used in dozens and dozens of oil and incense recipes. By itself, Cinnamon is not much, but, in combination with other herbs, it may acquire potency. The trick to using Cinnamon or Lemon in any recipe is to use just a little. Otherwise, the fragrance will tend to overwhelm the other herbs and render them ineffective. Another catalyst which is often used in baneful or negative recipes is Capsicum (red pepper).

Licorice is a commanding herb which is generally associated with love problems. Now said to help control infidelity, it was once used by the ancient Egyptians as an aphrodisiac! They used to brew a tea of the root which they drank prior to copulation. Its reputation has persisted through history so there must be something to it. Used herbally, however, you must grind the root to a very fine powder and either burn as an incense or use by itself by slipping it into the wayward spouse’s shoes or pockets. One author claims that a couple of friends of his tried using Licorice in this manner and that they can attest to the fact that it works. However, it is usually employed by adding some of the powdered Licorice to a preparation such as Stay At Home or Unfaithful Powder both of which are described later.

Lignum Aloes is very difficult to find, but is widely used as an additive to love incenses. According to legend, Lignum Aloes was the one tree to leave the Garden of Eden along with Adam and Eve and for this reason it is considered to be a particularly sacred tree. Its wood is exotically fragrant and lovely when burned and, although it is very rare to find a source for Lignum Aloes, from time to time it does appear on the market often at unbelievably expensive prices. However, only a bit of Lignum Aloes is necessary for love incense. Just an ounce of the stuff can be made to last a long time. The herbal quality of Lignum Aloes is that it tends to bring high spirits to your altar to help you accomplish your objective. In this sense, it is rather like a King of Herbs as it is unquestionably more potent than any of the other herbs we have discussed for working on the spiritual levels of love. Lignum Aloes is not a passion inducer, but rather is highly protective of love in its highest and finest sense. You can, however, make Lignum Aloes X-rated depending upon the other herbs or oils you mix with it. For instance, if you were to mix a bit of Musk, Civet and Ambergris oils with Lignum Aloes and burn it, you would definitely have a pretty potent sexual invocation agent. The inclusion of the Lignum Aloes creates certain protections built into the incense which would keep miscreants or creeps from responding to your spell.

Lilac is a favorite fragrance to use on someone who has just lost a lover or who is broken-hearted because the traditional peculiarity of Lilac is “return of lost happiness.” Obviously, Lilac has several possible uses outside the love arena since it may be used whenever you are dealing with someone who is unhappy, for whatever reason. Lilac is not a commanding oil and it is not useful in terms of invoking the lost lover back to one’s side, but it can help lift the gloom and doom vibration from someone who has been jilted and thereby prepare them for a new encounter, perhaps with the old lover or perhaps with someone

not yet known. A person who is depressed and experiencing stress is less likely to be the sort of person who attracts love, so Lilac is used to change the negative vibration to positive, thereby making the person more attractive and likely to regain happiness.

Lily of the Valley (*Convallaria majalis*) is very similar in use and meaning to Daisies, discussed earlier. It is also used similarly to Lilac since it is said to raise one's spirits, particularly after an unpleasant love affair.

Lime, surprisingly enough, carries the property of "conjugal love" and in some traditions it is considered to be one of the sexiest of fragrances! In general however, it should only be used by men to attract women. This is more a Caribbean oil in that it is used prevalently in those cultures for both love and luck. Since there are many lime-scented aftershaves and colognes on the market, it is easy to obtain and use. However, some practitioners have noted that Lime is only effective in tropical climates and will not be particularly potent in cooler, northern areas such as the northeastern United States, but residents of warmer climes may find it useful.

Lovage (*Levisticum officinale*) is a European herb, but freely available in the United States. In the European Witchcraft tradition, many Books of Shadows call for using Lovage as a love herb par excellence! Normally it is brewed as a tea and added to the bath water. However, it also makes a great floorwash for any sort of love ritual, or prior to a party or social gathering. Lovage is deemed to be very sensitive and impressionable and able to absorb the ritual intent of the user. By this, we mean that, if you meditate or concentrate carefully on the loved one while holding some Lovage, it will take on the purpose with which you "charge" it. For this reason it should be regarded as a psychic herb. In a sense, all herbs have this potential, but some are more impressionable than others. Lovage is perhaps the most sensitive to your desires of all the love herbs with the possible exception of Rosebuds.

Maidenhair (*Adiantum pedatum*) is one of the herbs traditionally ascribed to Venus, Goddess of Love, and it is used exclusively by women. A tea may be brewed and added to your bath water. One noted author suggests wetting a bit of the Maidenhair and carrying it with you in a small red charm bag when you go out for a social evening. Several books on the subject of herbs refer to Maidenhair as putting out an irresistible vibration to males.

The charming **Marigold** (*Calendula officinalis*) can be used both to create and to remove jealousy. Like many herbs, Marigold is said to be a "twisting" or "reversible" component in that it does two totally opposite things. If there is someone who is terribly jealous, the Marigold oil or flowers might be very beneficial in helping to extract the green-eyed monster. On the other hand, if your objective is to *make* someone jealous, Marigold will also accomplish this! Since several herbs have a "twisting" potential, this is a very important concept for your workings.

Sitting on your spice shelf right now is one of the stronger love herbs. Attributed to Venus, **Marjoram** is a common culinary herb and also a frequent addition to love incenses. It is considered to be a very strong protection herb, too, and some have even claimed that it has aphrodisiac properties when used in food. This latter claim, however, is rather doubtful, although at various times in history Marjoram has been considered a pretty hot herb. It is said that, if you sprinkle a little powdered Marjoram in each room on the night of the full moon, a lover will appear before the next full moon. It's certainly worth a try!

Mint is a common addition to love incenses; its effect is basically spiritual in nature, as opposed to carnal. Spirits are said to go crazy over the scent of Mint and many practitioners keep a little white dish of Mint Leaves on their altar at all times as an offering to the spirits. While white spirits find Mint charming and refreshing, according to legends, black or dark spirits find it disgusting and awful. Hence, to make

sure that evil spirits find no comfort in your environment, I suggest keeping a few Mint Leaves lying around to be sure that your temple stays clean of invading entities who might seek to impede your growth or success. This is a cheap protection against paranoia. See also the various descriptions of Herbs for Power and Protection.

Mistletoe (*Phoradendron flavescens*) is one of the most famous love herbs, but it actually isn't a love herb at all! As the supreme ritual herb of the ancient Druids, Mistletoe is actually a protective and commanding/compelling herb. The symbolic act of kissing beneath the Mistletoe has more to do with protecting the love and the lovers than with the invocation of love. Banishing and exorcism are the primary qualities ascribed to Mistletoe and you should keep this in mind whenever devising an incense or powder for that purpose.

Musk, like Civet and Ambergris, is an animal oil and its potency is well known, particularly in the New Orleans circles. It is a commanding and compelling oil, particularly in the sexual area. It is an oil of domination and power and, although Musk has enjoyed enormous commercial success on the mass market, it is not particularly effective unless mixed with other oils or herbs. When we discuss some of the many love oils which contain Musk, you will see that its herbal influence is considered to be almost without peer in the sexual arena. A warning here: the scent of Musk is very strong, so a little goes a long way! If it is too strong in your oil or perfume, it can have the opposite effect and drive the object of your affection away!

Myrtle (*Myrica cerifera*; *Myrtus communis*) has the connotations of love and fertility and its effect is both protective and healing. Hence, it may be employed to remedy love problems. It is not, however, a commanding or controlling agent and won't do much to remedy infidelity except that, when added to an infidelity potion, Myrtle does tend to strengthen it and lends the particular blessings that Myrtle can provide the practitioner. When using Myrtle oil, only use a tiny bit because often its odor is very strong and can tend to overpower the rest of your herbs. Legend has it that Venus used Myrtle as both a douche and as a skin wash to enhance her seductive abilities. One author even suggests that it has aphrodisiac qualities when the leaves are brewed as a tea.

Orange Blossoms make a wonderful addition to any love incense, both from the point of view of fragrance and also effectiveness. Again, Orange, like Lime and Lemon, comes from Caribbean traditions and may not work that well in extreme northern climates. It is important to note that many practitioners have discovered that certain herbs do not translate well ritually from one climate to another. For example, herbs which are very effective in Africa or Haiti seem to have no effect in the United States and vice versa. For this reason, when the slaves came to the United States in the 17th century, they were forced to translate the herbal knowledge they had from Africa into trees, herbs and shrubs which were to be found in their new location. Ironically, the herbs which seem to be most universal are the poisons. The ashes of Orange Blossoms are said to make a fine love powder. After you burn a few petals, take the ashes and sprinkle them near your loved one's home (preferably inside) and they are said to create a magnetic seductive effect which insistently (and consistently) reminds him/her of you.

Orris (*Iris germanica*, *Iris florentina*, *Iris pallida*) is also sometimes referred to as **Yellow Flag**. The root of the Orris is considered to be one of the strong power sources for invoking love. Orris Root is available either whole or powdered and both forms have their uses. The powder is particularly useful in incenses while the whole root is useful as a focal point for any love ritual. It has been suggested that Orris Root alone is enough to cast a potent love spell! To use it, place it in front of a red or pink candle and anoint the root with an appropriate love oil. Burn the candle for about an hour each day with the Root in front of it and at the close of each day's ritual, take the Orris Root and put it in a red charm bag which you can make or purchase and carry it with you until the next day's candleburning. At the end of the seven

days, take the piece of Orris Root and place it on an incense charcoal and let it burn. Save the ashes and put them into the red charm bag. Take a new piece of Orris Root and anoint it with the same love oil you were using on the burned root and place it into the charm bag with the ashes. Carry this bag with you until the next New Moon, then bury it at midnight in front of your loved one's home.

Palmarosa (*Cymbopogon martini*) is a unique. Its essential oil smells like a combination of citrus and rose. Useful for love and healing.

The common garden variety **Pansy** (*Viola tricolor*) also called **Heartsease**, is another of the more psychically oriented love herbs. The traditional quirk is "thoughts" or "thinking of you." Hence, a few petals from the flower are a fine addition to any sort of love incense where one is seeking communication. This is a great flower to use on strangers to get them to notice you. You may use the ashes of Pansies similarly to the uses for Orange Blossoms and Orris described above.

Despite its name, **Passion Flower** (*Passiflora incarnata*; *Passiflora edulis*) is not a particularly lusty herb. In medieval Europe, Catholics thought of the herb as being a perfect depiction of the Passion of Christ. Jeanne Rose in her book *Herbs and Things* says, "The corona was the crown of thorns; the five sepals and the five petals symbolized the ten Apostles; and the other parts of the flower represented the nails and the wounds." The influence of the plant is protective and calming, and it is particularly recommended when there are problems in the home. It is said to attract friends and harmonious relationships while at the same time banishing negative vibes and beings from your space.

Now we come to the trickiest and most useful of the many herbs we will discuss. **Patchouli** (*Pogostemon cablin*; *Pogostemon patchouli*) is commonly considered one of the most important of the love herbs and yet a very noted practitioner once told us, "I don't get it. Personally, if I wanted an herb to really mess up a relationship, Patchouli is the one I'd choose." And he was right!

The legendary attributes connecting Patchouli to the area of love are rather dubious but understandable. Patchouli is an herb of manifestation, a materializing fragrance. It is earthy and pungent. In fact, in some New Orleans circles, Patchouli is considered to be the strongest negative herb going! But why all of this controversy and misunderstanding about Patchouli? The answer is simple. Patchouli is both a hexing herb and a materialization herb. Like certain other herbs we will discuss in this book, it has absolutely no conscience and this is what makes it tricky. You have learned that Patchouli is a common additive in luck incenses (Fast Luck and Lady Luck) and hence it isn't totally evil. On the other hand, we neglected to mention that in several traditions, Patchouli is considered to be an adequate substitution for Graveyard Dust (some call it "Goofy Dust") in hexing recipes. Patchouli's job is to make things happen; to bring results down to earth quickly and powerfully. However, it is a tricky spirit and unless you employ it very carefully and in proper balance with other herbs to control its power, you can invoke real devastation upon yourself. Our personal advice is to reserve use of Patchouli until you feel yourself totally grounded in your herbal knowledge. Interestingly, Patchouli burned by itself is not particularly dangerous. It is when you start mixing other herbs with it that you can land yourself in hot water.

For marital problems **Pennyroyal** (*Mentha pulegium*) is recommended by several sources. Generally, it is only to be used by women to stop a philandering male. However, control of infidelity is only one of its uses. It is an herb of harmony and attunement and putting a bit of Pennyroyal oil on a blue or yellow candle is thought to be very helpful in times of domestic unrest. It can also be used to soothe problems between parents and children. Lavender oil is also very effective in this application.

Periwinkle (*Vinca major*; *Vinca minor*) is another of the love herbs which is said to help promote or inspire friendship. Consequently, it is usually used in love rituals designed to draw attention of someone to oneself in the very early stage of a relationship. Its function is more about communication than

love, but it is traditionally listed as a love herb because “intimate communication” is more the practical meaning of Periwinkle. Periwinkle is employed in situations where there seems to be problems arising between two people to keep them from getting better acquainted. Sometimes this can take the form of distance, interfering parents or friends, or other impediments which can intervene between people. Of course, severe problems might require a commanding potion to remove them but, as often as not, Periwinkle can help bridge gaps between people without having to resort to commanding or compelling rituals which in general are at odds with the true meaning of a love ritual. Periwinkle tends to work slowly and subtly to dissolve barriers and to bring people closer. Do not expect overnight results, however. Instead, look for a long-term, steady improvement.

Just as Periwinkle is useful in getting love started, **Quassia** (*Picraena excelsa*) is alleged to “preserve” love once you have obtained it. One old spell calls for obtaining a bit of a loved one’s hair and burning it with some Quassia chips or powder. The ashes are saved in a bottle and it is said that so long as the seal on the bottle is unbroken, the lover will stay loyal. When using as an ingredient in incenses or oils, Quassia is normally employed when a relationship is having difficulties in order to help remove the negativity and preserve the positive elements between two (or more) people.

Rosebuds are the primary flower ascribed to the goddess Venus and as such you will find Rose specified again and again in recipe after recipe. Roses always work benevolently. Rosebuds or rose oil are not so much love attractants as they are symbolic representations of love itself. Hence, whenever Rose is used in a recipe, its function is less active than passive. The other herbs or oils mixed with the Rose define the specific nature of the love you wish to invoke. You can never go wrong in adding Rosebuds to any love incense. Also, plain Rose oil is very effective for anointing one’s altar candles in a love ritual.

Aside from being a common household spice, **Rosemary** (*Rosmarinus officinalis*) is said to be helpful in controlling infidelity, but it may also be used for a number of other purposes. You might think of Rosemary as being sort of like a “cement.” It tends to bind things or people together in a gentle, loving way. Some legends also note that by making yourself a small pillow and stuffing it with Rosemary you can induce prophetic dreams and visions! Other authorities say that Rosemary is associated with luck. In other words, Rosemary is strictly a positive herb and it tends to work psychically or unobtrusively to bring love to you or to eliminate unpleasantness between lovers. Most traditionally, Rosemary is sprinkled into the food of the unfaithful individual.

Another important herb to help with love problems is **Rue** (*Rutagraveolens*). Rue is associated with purification and it is particularly recommended as an additive for an incense or oil where one is setting out to look for love without anyone special in mind. The reason for the inclusion of Rue is that it tends to protect the petitioner against unworthy lovers and thereby automatically prevents an unwise choice. Rue is felt by many to be one of the more potent “attracting” herbs. That is, it has a magnetic ability (strictly positive) which “pulls” good things to you. For this reason, it is used in recipes other than for love. It may be used to help attract money or spiritual blessings, also for healing potions. Burned by itself, Rue does nothing. It must be mixed with other positive herbs to make full use of its attraction abilities.

Sage is similar in meaning and use to Rosemary and has the same general meanings. However, Sage is much stronger and many would consider it to be a commanding and compelling herb. Sage may also be employed as a hexing herb and is included in such potions as Black Arts and Zombie. While Rosemary is helpful in controlling infidelity over the long haul, Sage is generally utilized when Rosemary fails to accomplish the job. Sage is one of the ingredients in Stay-At-Home Powder, one of the New Orleans super potions for keeping lovers faithful. Sage is used in Native American rituals in a completely different way — as a blessing and cleansing herb. It is usually burned and the smoke used in smudging the person or place.

Sarsaparilla (*Smilax officinalis*) has long been regarded as a potent aphrodisiac since it contains both testosterone (the male sex hormone) and estrogen (the female sex hormone) in their natural states. To prepare the alleged aphrodisiac, soak about an ounce of the herb in some wine or brandy for about two weeks and then strain and allow the herb to dry thoroughly. Grind the leftover herb into a powder and mix with a combination of Frankincense and Myrrh. You drink the wine or brandy, a shot a day, for about two weeks as a sexual tonic and you burn the incense once a week to help protect and stimulate the sexual levels of self.

Women who are having difficulties with wandering mates might be well advised to carry a bit of **Skullcap** (*Scutellaria lateriflora*) on their person at all times to help secure the man's fidelity. A bit of powdered Skullcap may also be slipped into their shoes or pockets when you suspect they are headed for a big date because Skullcap is said to make a man undesirable in the eyes of other women! Alas, fellows, it doesn't work for men in the same way. This herb is strictly for employment by women. Another herb which may only be used by women which has the same effect is **Senna** (*Cassia marilandica*).

Snakeroot (*Aristolochia serpentaria*) is used to bring about a "psychic divorce" from someone who is bothering you or from a former lover whom you no longer care about. Obtain a bit of their hair or a personal article and burn it with Snakeroot. Take the ashes and bury them when you are through. This simple ritual is supposed to keep the individual from bothering you and works similarly in effect to Lost and Away Powder or Get Away Powder. You might try powdering the Snakeroot and putting some in each of your shoes because in addition to its abilities to banish unwanted pests, it is also said to lead one to money! How's that for an idea?! Get rid of someone you don't like and get rich in the process? But be careful, there are many different kinds of Snakeroot on the market so be sure to specify "Virginia Snakeroot" and also give the correct Latin botanical name when ordering. Other kinds of Snakeroot do not work as well.

Southernwood (*Artemisia abrotanum*), also known as "**Lad's Love**" is a simple little love charm you can carry with you to both attract love and to protect against negative vibrations. Anoint a piece with an appropriate love or protection oil and carry with you in a red charm bag. Southernwood is not strictly a love herb nor is it really a protection herb. However, its traditional gift is "jest and bantering" which makes it a sort of "good times" herb in every possible sense. Boiling a tea of Southernwood and using it as a floorwash prior to a party is an interesting experiment which you might try. Watch for changes in behavior in some of your friends at the party. You may be in for some surprises — all of them nice.

Spikenard (*Aralia racemosa*) is another herb commonly used to stop infidelity and it may be used by either sex. Normally a tea is brewed of the Spikenard (about an ounce of herb to a pint of boiling water). The tea is then used to anoint personal objects, photographs, etc. of the adulterous party. You may wish to anoint the bottoms of his or her shoes, etc. Another common use for Spikenard is to make a doll and stuff it with Spikenard to help control the infidelity. Normally purple candles are used at the head and feet of the doll. These candles may be anointed with Unfaithful Oil or with essential oils derived from those herbs we have discussed herein relevant to controlling unfaithfulness between partners.

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One of the most famous (or infamous) herbs from the European witchcraft tradition is **Vervain** (*Verbena officinalis*). Its primary talent is “enchantment.” Not strictly a love herb, it is often employed in love recipes, however, because of its mysterious powers. A bit of Vervain oil worn to a party either alone or in combination with other essential oils is said to be a sure-fire inducement for fascinating things to happen. Using Vervain as a floorwash prior to a party (similarly to Southernwood discussed above) is a most fascinating experiment which we think you’d enjoy.

Yerba Mate (*Ilex paraguariensis*) is a noted Paraguayan aphrodisiac, but basically it merely contains a mild stimulant, about as effective as tea or coffee. However, when added to a love incense, it is said to inflame lust in others! Its influence is considered to be strictly carnal and it should only be employed by those who are more interested in sexual gratification than in a relationship.

In the preceding pages we have discussed a number of herbs.

You will notice that the herbs basically break down into two general categories: **Love Attraction and Love Problems**. Within each category are various gradations of power or force which permits you to select precisely the right combination for what you wish to accomplish. While we have not attempted to list every love herb known in tradition, we think we have selected a representative cross-section for your consideration. Also, it has been our experience that these are the herbs used again and again by competent practitioners. The more esoteric herbs which are difficult or impossible to obtain have been omitted.

Let’s now look at a couple of classic New Orleans recipes for love incenses and oils to see how these ingredients work in combination.

Lovers’ Incense

Musk, Civet, Ambergris, Patchouli

We have discussed all of the ingredients above before, and we think it is clear that this recipe is very strong. When preparing as an oil, go light on the Civet or it will overpower the rest of the recipe. Personally we would use about 50% Patchouli oil, 10% Civet, 30% Musk, and 10% Ambergris. When preparing as an incense, since Musk, Civet and Ambergris are only available as oils, put a few drops of each onto a Patchouli powder base. Or, you could obtain some Red bamba wood base powder and put a few drops each of Civet, Musk, Ambergris, and Patchouli oils on it. No matter how you make it, the effect should be the same.

He’s Mine

Orange Blossom, Jasmine, Musk

This is the recipe for a classic love commanding incense from the New Orleans tradition. Study the herbal ingredients to see why this is such a potent love oil.

Goddess of Love
Rose, Mint, Musk

Notice particularly how often we see Musk appear in love oils. In view of the fact that Musk is a commanding oil, how do you think it would work in combination with the Rose and Mint? While Rose and Mint might make a pretty good love oil by themselves, what does the addition of the Musk accomplish?

Follow Us Boy
Vanilla, Rose, Jasmine, Piece of Coral, Gold Glitter

For a last love formula, I have chosen Follow Us Boy. Many books describe this as a potion related to legal problems and their solution and despite its ingredients this is correct! Follow Us Boy was created in New Orleans at a time when the major customers of the herbal priests and priestesses were prostitutes and madams. Follow Us Boy is alleged both to attract business to prostitutes and to keep them from harm or arrest. The Rose, Vanilla and Coral all work to protect the prostitute while the Jasmine pulls in the business. Note also the inclusion of gold glitter which is often employed in these recipes as a symbol for money or gold. Since more than anything else prostitution is a business, it was felt appropriate to add this ingredient to the recipe. Properly prepared, the oil should always have a piece of coral in the bottle.

You will not find Vanilla as a love herb because it has more to do with luck than love and it will be discussed under that section of this book. Some practitioners, however, feel that Vanilla functions very similarly to Musk when mixed in love or luck potions and that its basic characteristic is as a commanding oil.

Chapter 5

HERBS: Power, Commanding, Compelling and Protection

The primary danger of commanding/compelling preparations is that when they are used to force someone else to do something, you are assuming an undeserved authority and the result that follows will surely be unpleasant. While Commanding recipes can be used to protect you, when they are used to impose your will upon another you have stepped over the line to black herbalism and must be prepared to accept the consequences. I have wondered why some practitioners spend fortunes trying to cause others to do their bidding when they could make things happen much faster and better by simply willing themselves to personal action. Commanding oils are for the lazy or those who think they have some divine right to decide for others! Although we will be discussing dozens of ways to employ commanding oils in later chapters, suffice it to say here that they are best left out of your rituals except under very special conditions which will also be discussed. Another major problem with commanding preparations is that, even when used positively, they sometimes produce baneful results. For example, let's say that you are broke and want to anoint a green candle with some commanding oil in the hope that it will attract money or luck. This is fine if (and only if) you have figured out why you are broke in the first place. If your financial straits are a part of your karmic lessons and you manage to draw money through herbalism or magicks, your karma will reorient itself (like a wily serpent) and you will pay in other areas.

The manipulative nature of the commanding oils and of the traditional arts in general is what turns most people off. "Who are we to decide that events should be changed?" they ask. This is a crucial question for all potential herbalists and one which you must consider before you really start to practice. My answer to the question is: If a person comes to a doctor with a serious medical problem, what right does the doctor have to cure the individual? After all, curing a sick person is manipulative. Anyone who seeks to make a change could be viewed as manipulative from a certain perspective. However, the major difference between the white herbal manipulator and the black herbal manipulator is that the white herbalist seeks to help him/herself and others with consequence of harm to no one while the black herbalist seeks to help himself regardless of whether or not it is at the expense of others. Using commanding recipes can obviously, therefore, be either positive or negative in function.

Power herbs, on the other hand, simply add to the effectiveness of a formula you are using. They are neither good or bad in and of themselves, but, if you use them in a negative way, look out! The fundamental use of some of these power herbs is different, and they are discussed under their primary uses.

African Ginger (*Zingiber officinale*) is considered to be one of the more protective herbs and it has a rather feisty personality. Many practitioners use Ginger in love and money or success incenses or oils because the effects of Ginger are strictly positive; that is, its potency is only released under positive conditions. There is no way to use Ginger for negative purposes. Ginger is what is known as a "catalyst"; that is, an herb or oil which makes things happen. Its spicy, tangy flavor is emblematic of how it manifests herbally — full of energy and verve.

Agrimony (*Agrimonia eupatoria*) is a protection herb with some commanding abilities in terms of banishing negative spirits. Its protection function is multi-purpose and works like a deflecting shield to "reverse" a bad spell or bad "wish" which may be being sent at you by someone else consciously or unconsciously. A lesser-known use for Agrimony is in an incense of praise or gratitude which you might choose to burn to thank the spirits for their services in your behalf. "Thankfulness" is one of the traditional attributes of Agrimony. A bit of this herb is often added to charm bags for protection, although High John, Low John, or Dragon's Blood would be stronger in effect.

Agueweed or Boneset (*Eupatorium perfoliatum*) is another protection herb. One author advises the following recipe to stop any sort of hex:

Uncrossing Oil

4 oz. Patchouli, 4 oz. Agueweed (Boneset), 2 oz. Myrrh, 4 oz. Frankincense, 4 oz. Betony,
7 oz. Saltpeter

Althea (*Althaea officinalis*), also sometimes called **Marshmallow**, is said to be a particular favorite of positive spirits when burned as part of an incense. Additionally, it is a very mild and gentle commanding oil inasmuch as its classic traditional meaning is “persuasion.” Normally, however, Althea is not burned alone, but in combination with other herbs. For instance, a mixture of Althea with Apple Blossoms and Rosebuds might make a subtly forceful love incense.

Angelica (*Angelica archangelica*; *Angelica sylvestris*; *Angelica atropurpurea*), also sometimes referred to as “**Archangel**,” is one of the most sacred of flowers in many different traditions. You will probably recognize it as one of the herbs in the formula for Shi-Shi (Chinese) given earlier. Angelica is highly protective where it is used and many concur that it will keep bad spirits from a home or room by its mere presence. Brew a tea of Angelica and use as a bath or as a floorwash. Some practitioners make a practice of sprinkling a bit of Angelica tea at the beginning and close of each ritual service they conduct, as a combination blessing and banishing gesture.

Though you may not be able to tolerate its foul, acrid smell, **Asafetida** (*Ferula foetida*) is one of the strongest protection herbs available. Nicknamed alternately “**Devil’s Dung**” and “**Food of the Gods**”, Asafetida has a wide reputation in a number of traditions as a protection herb, but has particular repute as an excellent banishing agent. Many might assume that evil spirits would be attracted by foul smelling substances, but this is not always the case. For example, Sulfur (often called “Brimstone”) is one of the most common and strongest banishing ingredients and yet it smells awful when burned.

Balm of Gilead (*Populus candicans*) is actually from the balsam poplar tree and it is noted to be highly protective, particularly in love matters. Balm of Gilead also has healing connotations according to traditional sources. In some parts of Europe, particularly Italy, Balm of Gilead is seen as a potent protection against the “Evil Eye.” Consequently, one might safely assume that Balm of Gilead is particularly effective in cases of psychic attack or bombardment. Because love is seen as a psychic involvement between people, it is easy to see how a baneful vibe or spell cast between two people who are psychically entwined could be devastating. Since nothing creates jealousy and hatred more than love or success, you must be aware that there will be those who will seek to destroy what you have built and Balm of Gilead is a wonderful traditional herb to keep them from causing serious harm.

Of all the powerful, protection herbs from the Southern tradition, **Bay Leaves** (*Laurus nobilis*) wear the crown. In any protection ceremony or ritual aimed at power or commanding, Bay Leaves will always play an important part. Notice that Bay occurs in both the formula for Uncrossing Oil and for Shi-Shi (Chinese) both of which are considered to be very potent banishing and protection formulations. Very often, when performing an uncrossing ceremony, I circle the candle representing the person being uncrossed with Bay Leaves. This seems to provide a high wall between this person being and the negative vibration aimed at him/her. Crushing a Bay Leaf and putting it into almost any recipe adds the elements of both force and protection. In some traditions, however, Bay is seen as a hexing herb. It may be used in this way by focusing its power through baneful herbs. When using Bay in any oil or incense, err on the conservative side. Its fragrance is very strong and tends to overpower the fragrances of other herbs so it doesn’t take much.

Benzoin (*Styrax benzoin*) was for a long time considered to be one of the most secret of the New Orleans power herbs. Benzoin is a gum or balsamic resin. It has a slightly fragrant odor, but one that is not particularly noticeable. Traditionally Benzoin is not burned alone, but added to other herbs to focus the combined (or diverse) energies to a bead aimed at a particular target. Traditionally Benzoin has been considered sacred to the planet Mercury and hence is used in incenses and oils for enhancing communication or improving the thought process. It is considered to be highly psychic in nature and is part of many sacred High-Church incenses. The essential virtue of Benzoin is “purification” and as such it should never be added to hexing herbs under any circumstances. Very often adding a strictly positive herb to hexing herbs cancels their effect altogether. Just as you would not be likely to add red pepper to a friend’s coffee, it would be equally inappropriate to add an uncrossing or protection herb to a hexing mixture.

Betony (*Stachys officinalis*; *Stachys betonica*; *Betony officinalis*) is another of the well-known unhexing herbs. It is frequently added to uncrossing oils and incenses or carried in a red charm bag. Betony protects through its banishing action and is somewhat weaker in effect than Brimstone or Asafetida. In some ways it works similarly to Low John which is discussed later.

Yes, folks, even wicked old **Bilberry** (*Vaccinium myrtillus*), sometimes called “**Huckleberry**” or “**Blueberry**” is usable as a protection herb. The traditional trait associated with Bilberry is “treachery” and while it makes a hexing herb par excellence, it is what is known as a “twisting” or “reversible” herb and has the ability to protect as well as inflict. Normally, this herb is reserved for situations where a close friend or relative has somehow offended you or destroyed a trust. When used as part of an uncrossing or protection ritual, Bilberry does not inflict a hex upon the guilty party, but rather sees to it that the effects of their treachery will not reach you.

Another nasty herb, **Bindweed** (*Ipomoea pandurata*) has the potential also to both inflict and reverse a hex. The traditional quality for Bindweed is “to extinguish.” Obviously it works as a hexing herb, but it can also have an extinguishing effect on general negative vibrations coming your direction. According to traditional sources, Bindweed works like a wet blanket smothering the intentions of others--in this case negative intentions. Normally it is used as an ingredient in a powder which is sprinkled around the premises of either the person you wish to hex or the person who is hexing you. Do not use Bindweed as an ingredient in an incense unless you really want negativity hovering about your *own* person and sacred space.

For those of you about to undertake a voyage by sea or water, tradition recommends **Bladderwrack** as being particularly protective under those circumstances. Just put a bit in a charm bag which you carry upon your person and add a little to each of your pieces of luggage.

Bloodroot (*Sanguinaria canadensis*) is another of the most potent unhexing herbs from the New Orleans tradition. It is a common ingredient in protective charm bags and is often used for enhancing respect. The claim is that, if you carry a piece of Bloodroot on your person, you will always be treated with respect. While I doubt that this is really true, it does imply to the practitioner that Bloodroot might provide an effective counterforce in circumstances where an individual is being treated disrespectfully or unkindly.

Borage (*Borago officinalis*) is traditionally associated with “courage.” It is easy to see how this could be a convenient ingredient in an incense or oil aimed either at conquering fear or the aggressive intentions of others. Since most negative practitioners are primarily motivated by greed and the desire to control, they often try to employ tactics of fear as part of their manipulations of those around them. Negative practitioners are also bad at sharing. While they are sometimes good at business, they never make good friends. Because they usually maintain their power by vicious attacks on those they seek to

control, Borage can help deflect feelings of unease or even frightening visions being directed toward you. Borage will rebound and send evil intentions back at them. It is also somewhat effective in uncovering dishonesty, according to some sources, although this is not its primary function. Carrying a little in a charm bag could be helpful if you feel that you may have been subjected to a negative spell or influence.

Brimstone (sulphur) has already been discussed to some extent. Clearly it represents one of the stronger banishing ingredients, but I should point out that it should not be used as an everyday ingredient. Rather, it should be reserved only for the most severe of hexed conditions. Brimstone is, to some extent, a commanding and compelling herb which is how it accomplishes its purpose. However, it could be devastating to add it as an ingredient in a commanding or compelling incense or oil because it is just too darned strong to be used on an individual. Keep this one in reserve for countering *true* demonic attacks.

Broom Tops (*Cytisus scoparius*), sometimes called “**Scotch Broom**”, is said to be effective in countering poltergeist activity. To this end it is normally brewed as a tea and used as a floorwash to mop out those areas where phenomena seem strongest. It is said to act like a “broom” in sweeping away negative, supernatural effects. Broom, however, has another traditional peculiarity and that is “humility.” In this sense it constitutes a sort of spiritual offering tending to invoke only positive spirits. A bit of Broom may be added to any incense of praise or thanks for benefits received from the spiritual planes.

The sweet little **Buttercup** (*Ranunculus acris*), sometimes called “**Bachelor’s Buttons**” is traditionally associated with ingratitude. Consequently, it might be used in situations where you have done a good deed or performed a service for someone who responded by “stabbing you in the back.” This is not a particularly powerful herb in that it is not a commanding or compelling herb. Rather, it is an herb of “judgment”; that is, it invokes the Powers that judge humankind. Burning Buttercup flowers in an incense does not mean that you are passing judgment on another. You are merely inviting those spirits responsible for weighing the deeds of mankind to have a look at the actions of s/he who has wronged you. Keep in mind, however, whenever asking for justice or judgment, that you had better have a clean slate yourself!

Calamus (*Acorus calamus*) is another name for **Sweet Flag** and it has been deemed one of the best controlling herbs from Southern magicks. Calamus may be used by itself, but most commonly is combined with other herbs since its action is nonspecific. For example, if your goal was to control infidelity, you could mix some Calamus with herbs specifically designed to work on that area.

Caraway Seeds (*Carum carvi*) are considered to be very protective particularly in the area of health. Carrying a few seeds in a charm bag or adding them to an incense aimed at uncrossing someone with health problems are typical uses for Caraway.

Carnations are frequently used at funerals and next to sickbeds. They are said to inspire healing and also are traditionally ascribed to represent “pride” and “beauty.” Carnation is often included in various healing incenses and oils and is said to be particularly beneficial to help someone who is afflicted by illness or some sort of negative attack to recover both health and self-esteem.

Cascara Sagrada (*Rhamnus purshiana*), also called **Sacred Bark** is a defensive herb noted to be particularly effective in protecting against legal difficulties. Legal problems could represent a hex if you are innocent of the charge. Under no circumstances should any of the legal-aid herbs be used as a replacement for competent legal advice. Rather, they may be employed to help your attorney in aiding you by focusing a lot of positive energy behind his/her efforts on your behalf. This same advice relates also to healing herbs. Don’t use them as a replacement for a doctor! Cascara Sagrada is used in a number of ways particularly as a bath and floorwash. Interestingly, the medicinal use of Cascara Sagrada is as a laxative! Apparently it cleans things up for you on a number of levels. (*Be careful when taking internally.* The

bark must be aged at least a year before it can be taken internally. Otherwise it can cause severe nausea.)

Despite its reputation, **Cinquefoil** (*Potentilla tormentilla*) is not the strongest of protection herbs and knowledgeable practitioners utilize it primarily as a sort of “insurance policy” against the intrusion of hexes. This is accomplished by secreting pieces of Cinquefoil in various corners of the house, under furniture, over door, between mattresses, etc. This is said to ward off any evil. In the authentic New Orleans tradition, many practitioners hang a piece of Cinquefoil (also called “**Five Finger Grass**”) over their beds. A tea may be brewed to use as both a floorwash and bath, but, again, it would probably not be strong enough to lift a hex once it has been cast. It should, however, keep you from being hexed in the first place if you use it as suggested above.

Clove (*Eugenia caryophyllus*) is a commanding and compelling herb said to work particularly well in the area of love. See our previous comments under Love Herbs.

Comfrey Root (*Symphytum officinale*), in addition to being a marvelous tonic for the system, is considered by tradition to be a great protection for travelers. Placing some in your luggage or carrying a bit upon your person will provide excellent protection when away from home. Unlike Bladderwrack, its effectiveness is not limited to voyages by sea.

Curry Powder is considered to be strongly protective and has a potency roughly equivalent to *Asa-fetida* described earlier. Curry, in addition to being protective, however, is another of the “twisting” herbs and may be used to cast hexes.

Devil’s Bit has already been discussed under the section on Love Herbs, but it has many uses as a commanding or compelling herb. It may be used to invoke love, luck, or success, depending upon the oils you use to anoint it. It is also said to be protective in nature and works similarly to Low John, discussed later.

Are you pretty sure you’ve been lied to? Then **Dogbane** (*Apocynum androsaemifolium*) should expose the liar. Associated with deception and falsehood, Dogbane is a “twisting” herb and may be made both to remove deception and to create it depending on how it is used. Be very careful when using Dogbane because it is an herb with conscience despite the image of the faithful and devoted “dog” the name may suggest. Its herbal personality is far from loyal. In general, this herb is normally used only for negative purposes. Violet oil or incense will perform the same function, but without the requisite danger.

Although **Dragon’s Blood Reed** was discussed under Love Herbs, technically it is a commanding/uncrossing/protection herb with very few rivals in terms of potency. There are many different uses for Dragon’s Blood Reed under various formulas. This is one of the most basic and essential herbs in your entire inventory so you should always have some on hand.

Of all the plants deemed to be most obnoxious to negative practitioners, there is none more famous than **Elder** (*Sambucus canadensis*). It is commonly used as a tea, a bath and a floorwash. It works similarly to Cinquefoil, but is much stronger. The traditional meaning of Elder is “compassion” and it is that quality that offends the orientation of negative practitioners. Confronting a black witch or magician with the power of love renders him/her disabled from doing any further harm. In tradition, Elder is a commanding herb, but it is said to influence others very subtly. One traditional spell suggests writing the name of someone you wish to influence on a piece of parchment in Dragon’s Blood Ink (if it is a love ritual). Place a few chips of Elder Bark or a few Elder Berries on the piece of parchment and burn it on an incense charcoal. Divide the ashes into seven equal parts. Then, each night at midnight for seven nights, bury a portion of the ashes near the home or apartment of your intended. You may also, if you can,

sprinkle a bit of the ashes in the loved one's home.

Elm Bark (*Ulmus campestris*) is a protection herb with a highly specific assignment inasmuch as it is alleged to stop slander and malicious gossip. Elm Bark, when employed to stop libelous accusations is normally used to stuff a doll representing the person committing the slander. The doll should be made of brown fabric and use purple thread. Ideally it should be made at the planetary hour of Jupiter.

Eucalyptus (*Eucalyptus globus*) is particularly protective in the area of health and it is said to be helpful in speeding recovery for those who are ill. As a charm against disease, it is usually carried in an ouanga bag on one's person. The leaves of the Eucalyptus may be used similarly to Bay Leaves, but they are not as general in their protection abilities as Bay. If using Eucalyptus oil in an incense or as an ingredient in an oil, use sparingly. Otherwise it will overpower the other herbs because it has a strong and penetrating odor.

Fennel Seed (*Foeniculum vulgare*) represents another of the "twisting" herbs. Fennel is basically a controlling herb, better used as a hex (reversing herb) than as a purely protective herb although it does have some minor protective qualities. Fennel is an ingredient in Confusion Powder and Inflammatory Confusion formulas which appear later in this book. While Fennel is protective in the sense that it may be used in combination with other herbs to rid your premises of baneful spirits, by itself it is not particularly effective or trustworthy. When using Fennel in any mixture, start with just a few seeds and build from there if you do not get results. Keep in mind that Fennel can "twist" suddenly and, because of this, most practitioners use other, more dependable herbs.

Foxglove (*Digitalis purpurea*) is traditionally associated with "insincerity." As such, its use is similar to **Violets** as it is said to be capable of exposing a liar or thief. If you think that someone is being insincere with you, stuff a doll representing that person with some Foxglove and watch for reactions. In general, the doll should be made of brown fabric and employ purple thread. The brown here (as with Elm Bark above) represents a petition for justice while the purple thread represents commanding or compelling. Add to this combination the highly specific Foxglove and you should be able to extract honesty from the person you suspect.

In the New Orleans tradition there are basically two ultimately important power roots. **Galangal** (*Alpinia galanga*) is more commonly known as "**Low John**" and it is only slightly less powerful than the so-called "High John" root which is discussed below under Jalop. An awful lot of time can be spent learning about Jalop and Galangal because they are both so versatile and capable of being used in many different kinds of procedures. We have already discussed the idea of roots as being similar to candles in that a "root" is seen to be a source of power while leafy herbs and flowers are seen to be focusing agents for that power. This is not to imply that there aren't many very powerful leafy herbs (as we have already discovered), but roots carry remarkable properties. Galangal is particularly associated with helping one out of legal difficulties (High John also has this property). It accomplishes this function basically through very devious means. Galangal always reminds me of a serpent. It never proceeds in a straight line and always brings surprises. As you might guess, it is difficult to work with because of that unpredictability. By unpredictability, I don't mean that it is unreliable. I do mean that it always acts in the most unexpected of ways. By anointing Galangal Root with any sort of oil (including hexing oils) you create a very powerful agent for effecting change. Anointed Galangal Roots are typically carried on one's person or placed upon the altar during rituals. Because the oil is readily available from various essential oil suppliers, it provides a fine additive for any kind of incense or oil mixture, but proceed with a drop or two at a time. Basically, Galangal is similar to Ginger in scent and action, but much stronger and more general in its effects.

Garlic (*Allium sativum*) is well-known to movie buffs as a protection against vampires. Again, like other strong-smelling herbs such as Eucalyptus, Asafetida and Brimstone, Garlic protects through scent. A clove of Garlic hidden in your bedroom is said to protect one while sleeping and prevent bad dreams. Placing a clove of Garlic in a charm bag made for protection is a good idea. Also, Garlic may be inserted in doll stuffings to help in healing rituals.

Another of the classic purification and banishing herbs is **Hawthorne** (*Crataegus oxyacantha*) sometimes spelled without the 'e' on the end. It is normally applied in its floorwash form. It is said to be nearly as strong as Elder and, at various times, has had different traditional attributes. The Romans saw Hawthorne as a symbol of marriage, but more modern herbalists associate it with "hope". Because of its alleged effectiveness in restoring hope and good spirits, it is highly recommended by several authors on this subject.

If you have had an argument with someone and you'd like to renew your friendship, **Hazel** (*Hamelis virginiana*) comes highly recommended because of its traditional quirk of "reconciliation." To use it, add it to an incense or use it to stuff a doll representing the person with whom you wish to be reconciled. For this purpose, the doll should be made of either white or pink fabric and utilize either blue, white, or pink thread. Another way to use Hazel is to powder it and sprinkle some around the premises of the person with whom you are arguing -- if that is possible. This should quickly lessen the tension between you and open the door to resolution.

Holy Herb (*Eriodictyon californicum*), sometimes called "**Yerba Sante**," is an evergreen shrub prevalent in the western United States. Holy Herb is said to be extremely protective and is often felt to have uncrossing abilities when used as a bath. Holy Herb is also a psychic herb of sorts and is used by some practitioners to contact the dead. To use it in this way one author recommends sprinkling some of the powdered herb on the grave of one you wish to contact. Consequently, s/he will appear to you in dreams. Another common use is to brew a tea and, as the steam rises from the boiling water, speak your desire aloud. The vapor will then carry your wish to a higher spiritual plane where helpful spirits might be persuaded to intercede in your behalf.

Holy Thistle (*Cnicus benedictus*) is also a protection herb and is used similarly to Broomtops. Holy Thistle (sometimes called **Blessed Thistle**) is normally used as a floorwash and makes an excellent day-to-day purification herb. Holy Thistle is also used as a doll stuffing in uncrossing rituals and I personally know of those who have had great success using Thistle as a base to which was added various uncrossing and protection oils. The mixture then anoints the stuffing for a doll. Thistle seems to have remarkable abilities to serve as a conveyor or vehicle for oils of a positive nature.

Horehound (*Marrubium vulgare*) is a protection herb and probably received this status as a result of its notoriety as an excellent tonic for the system. It is used similarly to Bay, but is not quite as strong. I cannot personally vouch for the effective of Horehound as I have not used it in ritual.

Now we come to **Jalap**, also spelled "Jalop" (*Ipomoea jalapa*) which is much better known to practitioners as "**High John the Conqueror Root**," **High John** or **Hi-John**. High John represents the strongest of the positive roots within the New Orleans tradition and basically it is quite similar to Galangal (Low John) except that it works more directly. While Galangal tends to be "sneaky" whereas Jalap confronts "head-on" without detour or deviation. Many practitioners would consider a ritual incomplete if it did not include a piece of High John on the altar. Jalap oil is available from some specialty suppliers, but make sure you are getting the essential oil and not a chemically mixed version because, of all herbs you don't want to be synthetic, Jalap is the one! High John may be used in success and love rituals, to uncross, and as a supreme symbol of protection. Like Low John, the root is normally anointed with an

appropriate oil to focus its energy and more often than not the root is carried on one's person. High John is a commanding and compelling herb without peer. I like to work with just High John and Low John oils when uncrossing and protecting because they do such an excellent job. Both Galangal oil and Jalap oil may be used on any color candle except that Jalap should never be used with black candles. Galangal doesn't mind black candles and, because it is another of the herbs "without conscience", may be used for hexes. However, using either High or Low John in negative rituals will normally prove devastating to the practitioner because, at heart, both of these herbs are positive in orientation.

We have already discussed **Marjoram** under Love Herbs, but it is important here to emphasize its protective qualities particularly in the area of love. For example, some Marjoram with a drop or two of High John and Low John oils would make an excellent protection powder or incense for newlyweds or for couples who feel that their relationship is threatened in some way. One author recommends putting a bit of Marjoram in the corners of each room in your house and renewing it once a month at the New Moon to completely protect your premises.

Masterwort (*Heracleum lanatum*) is a power herb with the alleged ability to grant strength and courage to its user. Traditionally a bit of the herb is powdered and put in each shoe prior to any sort of meeting or event requiring courage or inner strength. Athletes might find Masterwort the ideal herb to slip into their sneakers before the big game. Also, performers have used Masterwort to help calm "stage fright." Masterwort has additional protective qualities and is somewhat similar to Dragon's Blood Reed in effect, but Masterwort is less potent as a general protection vehicle than Dragon's Blood.

Somewhat similar to Masterwort in terms of subtle effects is **Mimosa Pine** which is said to inspire courtesy when it is burned as an incense or employed as a powder. The oil may be used to anoint purple candles to command that people treat you courteously and it is also believed to help develop sensitivity and tolerance in others. It accomplishes a similar effect when it is used as an ingredient in stuffing a doll. Carrying a bit in a charm bag on your person may make others treat you with new respect and appreciate the things you do for them.

We have discussed **Mistletoe** under Love Herbs, but it is important to point out that this sacred herb of the Druids also has remarkable abilities to protect those who use it. In terms of its protective abilities see our comments under Holy Thistle because Mistletoe works very similarly and can be employed in the same ways.

If you can't find any Masterwort, then perhaps you will be able to find some **Motherwort** (*Leonurus cardiaca*) which is just as powerful as a protection agent. It also has magnetic qualities as a love herb so many practitioners include some with their bath mixtures. Motherwort is quite appropriately named because the quality of its protective powers reminds you of a concerned "mother." By the way, one of the major problems with using a protection herb of any sort is that it often will "protect" you in areas where you don't want protection. For example, I heard of a case where a practitioner prescribed some protection herbs to someone to help shield him from loan sharks who were after him. While carrying the herbs, he noticed that he also had to give up his sordid sex life and was no longer able to obtain recreational drugs for his own use -- no matter what he did! So if you use protection herbs, make sure you realize that the price may be the riddance of personal vices.

Although **Mullein** (*Verbascum thapsus*) may be used for purposes of protection and to enhance courage, it also has definite negative functions. As a protection herb it is said to be particularly effective in alleviating nightmares or paranoid thoughts which are recurring. To accomplish this, most practitioners would make a small pillow for themselves and stuff it with Mullein. You may also throw a bit of powdered Mullein between your mattresses to achieve the same effect. See comments about hexing later.

Niaouli (*Melaleuca viridiflora*) is a bush that grows in Australia, Tasmania, and the East Indies. The scent of its essential oil is remarkably exotic, and it is considered an excellent protective oil.

Oak Leaves have been traditionally associated with bravery and courage in the military and so, too, in the herb and oil arts. Oak Leaves make a delightful addition to an incense and are often included in charm bags or doll stuffings aimed at granting a client (or yourself) additional courage and stamina. This is another great tool for athletes to work with and more than one sports enthusiast has powdered some Oak Leaves and put them in his shoes prior to a major competition.

The **Palma Christi Bean** (*Ricinus communis*) is more commonly known as the **Castor Bean** from which Castor oil is derived. The Palma Christi is said to be very protective and is alleged to have the ability to absorb negative attacks. When employed for this purpose it should be renewed each month because that is about how long each bean is said to be effective as an accumulator of baneful vibrations. To dispose of a contaminated bean either burn it or bury it at the end of each month. Most commonly the bean is one of the ingredients in a protection charm bag and you may use Castor oil to anoint white and purple candles.

Pettigraine (*Citrus aurantium*) is an essential oil used in protective blends. It has a bitter orange scent. Said to be good for anxiety, insomnia, depression, and as an aid to convalescence, as well as for protection.

Pine Needles have a connotation similar to Oak Leaves in that they are felt to induce greater courage and also to be highly protective. Pine oil is excellent in uncrossing procedures and since Pine incense is available practically everywhere, it affords an easy way to protect your house or apartment merely by burning a little bit each day. Pine oil targets weakness in character which is one reason why it has been used as one of the ingredients to help people overcome drug addiction. Pine invokes the quality of “pity”, not in its negative sense, but in the sense that it will draw helpful spirits or friends to you.

Quince Seed is another protection herb, but with two particular alleged areas of potency. First, it is deemed to be an excellent protection against accidents, and, therefore, might be recommended for accident-prone individuals or for travelers. Also, it has the additional traditional meaning of “temptation”. In this sense it may be used to help protect someone against falling for temptation either by putting a few seeds in a charm bag or by using it as an ingredient in a doll stuffing.

Rowan (*Sorbus aucuparia*) is a protection herb from the European witchcraft tradition and essentially, it is similar to Pine in its protective abilities. One traditional recipe for Rowan calls for finding two small pieces of this wood and tying them together into a cross using red or white thread. You should make several of these crosses and keep them hidden around your home or one may be carried on your person in a red flannel bag. The advantage of the Rowan crosses over protection herbs like Marjoram or Palma Christi Bean is that you don't have to keep replacing the cross every month or so because it retains its power indefinitely.

St. Johnswort (*Hypericum perforatum*), sometimes spelled St. John's Wort, is sort of an emergency, “first aid” kind of protection herb. It is used at times of sudden flare-ups or unpleasantness in your environment because it is said to work quickly to reverse negativity. Its particular realm of influence is in quieting animosity or arguments between people. To use it, keep a bit on hand and when an argument flares up, anoint it with Peace Oil or an essential oil with tranquilizing powers and carry it on you for the duration of the argument. It works similarly to the Palma Christi Bean in that it is said to absorb bad vibes.

Slippery Elm (*Ulmus fulva*) is another of the highly focused protection ingredients because it is said to be particularly effective in controlling gossip or slander. Slippery Elm leaves and/or bark have been used for this purpose and have been found to work quite well. However, you must realize that if someone does not like you, while you may stop gossip or criticism with Slippery Elm, it will do nothing to alter their attitude. To do that you would need to use uncrossing herbs.

Looking for a potent banishing herb? Then **Sloe Berries** (*Prunus spinosa*) are among the best. A species of Plum, Sloe is often mixed with other incense ingredients to banish demons or negative vibrations. Many practitioners will add one or two of these berries to an uncrossing oil they have purchased or made to give it additional power.

The common garden variety **Snapdragon** carries with it the special gift of “presumption; NO” and as such it is used to control people who presume too much or who trample upon your feelings or waste your time. Just keep a few in a vase in your home or apartment whenever you know that your pushy friend is coming over and watch for a change in their attitudes. To protect you while on the street, take a few petals, allow them to dry and place them in your shoes.

Many New Orleans recipes call for the addition of **Storax** or *Styrax*. This is another name for *Ben-zoin* which has been discussed above.

Tobacco is traditionally associated with “peace” and tranquillity. For this reason it is frequently employed in rituals aimed at that objective. The reason it is to be particularly recommended for this purpose is that Tobacco is an herb of Mars and as such it has a lot of power and force behind it. Tobacco smokers know that the herb relaxes them and that is why they use it. The same effect is evident when a bit of Tobacco is added to an incense or oil.

Sitting on your spice rack right now is one of the most common protection herbs. Also used for enhancement of courage. **Thyme** (*Thymus vulgaris*) is a favorite with helpful spirits because it encourages positive vibrations and activities. Uses similar to Masterwort.

Tormentil (*Tormentilla erecta*; *Potentilla tormentilla*) is another of the well-known protection herbs from the European tradition. Frequently, a bit is carried on one’s person for spiritual protection. Some practitioners also imply that it is basically a commanding herb with diabolical action. For example, if someone is bothering you, write their name on parchment or brown paper in Dragon’s Blood Ink and wrap the parchment around a piece of Tormentil. Bury the parchment and Tormentil in the ground and you should notice that, every time the individual attempts to annoy you, s/he will suffer all sorts of annoyance themselves. Eventually they will be retrained subconsciously to stay away from you according to the model of reinforcement. All they know is that, every time they cause you trouble, they bring similar difficulty to themselves. Eventually, they will make the association and change their behavior. Given the way people treat one another these days, it’s a good idea to keep a pound or two of this herb close at hand at all times!

We have already discussed **Violets** (*Viola odorata*) to some extent. Traditionally, Violet is associated with “honesty” and “truthfulness.” It makes an excellent anointing oil for a ritual aimed at getting to the bottom of things or designed to get the truth out of someone. In general, it would be used to anoint a purple candle representing the person whom you think is lying.

The above herbs, to some extent, all have uncrossing abilities. We will be discussing the major uncrossing herbs later.

Let's have a look at a few power recipes from the New Orleans tradition to see how some of the herbs described above are employed:

Commanding and Compelling Oil

Patchouli, Vetivert, Lime, Bay

We have discussed Patchouli, Lime and Bay. Vetivert will be included later as one of the uncrossing herbs. There is another formula for Commanding and Compelling oil which is perhaps more commonly used. It calls for Allspice, Orris, Patchouli, Cinnamon, Sandalwood, and Clove. I prefer the latter formula because it's more balanced. The first recipe, while authentic, does not strike us as having the proper balance of herbs. The inclusion of Sandalwood (which we will discuss later) adds a strong, positive orientation to the recipe without deflecting or reducing its powers.

Dragon's Blood Crystal Bath

Small piece Dragon's Blood Reed, 1 drop Cinnamon, 7 drops Mint, Rock Salt Base

To make Dragon's Blood Crystal Bath, which is considered to be both powerfully protective and to have remarkable uncrossing abilities, get some rock salt and add the remaining ingredients, mixing thoroughly. Put a teaspoon to a tablespoonful of this "brew" into your bath water each day for seven days. Note especially the use of Cinnamon which provides a strongly positive catalyst for the rest of the ingredients. Also of interest in this recipe is the inclusion of Salt which has been used for centuries for banishing and exorcising demons. Within the Haitian tradition where negative practitioners sometimes create what are called "Zombies" (the walking dead) there is nothing more fearful to them than salt because if a zombie comes in contact with salt, it automatically moves outside the control of its master and becomes completely unmanageable. So, if you are planning to create a zombie, hide the salt.

Fiery Wall of Protection

Dragon's Blood Reed, Frankincense, Myrrh, Salt

Although we have not yet discussed Frankincense and Myrrh, they are commonly used in incense and oil recipes. This recipe is included here to once again illustrate the use of Dragon's Blood Reed in combination with salt. Fiery Wall of Protection is one of the most famous of the New Orleans protection recipes and is used as both a powder and incense. However, it also makes a good bath formula.

Goddess of Evil

Iron Filings, Low John (Galangal), Pinch of black horsehair

This hexing recipe is included here for two reasons. First, it illustrates what is meant regarding the use of Low John as a crossing formula. Second, the recipe demonstrates the use of unusual items (horsehair) which are frequently part of traditional folk recipes. Goddess of Evil is primarily used as a powder and should not be burned as incense because you would prefer to avoid negative vibrations hovering in your space.

When we study the hexing herbs later, you will notice that many of them are also included in the Power and Protection Herbs discussed in this Chapter. The reason for this is that power can be ambivalent -- neither good nor evil. A good analogy would be that your car will take you anywhere you want to go without imposing a moral judgment on the destination. Power herbs are similar. They are a vehicle that will take you where you want to go. Of course, some of the power herbs are strictly positive in orientation and cannot be used for baneful purposes, but, in general, most power herbs are very versatile in the ways in which they can be used.

Chapter 6

HERBS: Luck and Success

In essence, all herbs for luck and success are positive in focus and all of them work in more or less the same way, although some luck herbs are more oriented towards specific areas than others. For instance, there are herbs that attract money. Some are noted to be of particular use to gamblers. Others are said to remove obstacles to success. The latter category basically consists of power herbs which push back negative vibes or obstacles to your progress. For this reason, frequently a power or commanding herb is added to an incense or oil created for success or money drawing because it intensifies the potency. Be careful, however, to select one of the *non-twisting* power herbs lest you end up in worse financial shape than when you started out!

The **Acorn** (*Quercus alba*) is the seed of the Oak Tree and has traditionally been associated with luck. Within the New Orleans tradition, a common practice used to be to hollow out an acorn, fill it with liquid Mercury (Quicksilver), and then seal the hole with some wax. Obviously this is not a good idea since we know now that liquid Mercury is very dangerous to organic life forms. However, symbolically, the power of the Acorn stays the same with or without the Quicksilver. The inclusion of an Acorn in a charm bag designed for luck is an excellent idea.

Alfalfa (*Medicago sativa*) is another traditional luck herb, often used in incenses and powders. Alfalfa is especially associated with money-drawing. One old legend claims that keeping some Alfalfa in the closet will spare you from poverty. However, as Plato so wisely observed, “Poverty is not the absence of goods, but rather the overabundance of desire.” This important spiritual truth is one you should keep in mind whenever you feel like you are broke and unable to have the things you want.

Allspice has a reputation as a staple, luck herb, but it is actually more of a catalyst (similar to Cinnamon). It is also thought to work well in love spells and is an ingredient in such New Orleans recipes as Love and Success, Prosperity, and Stay-at-Home Powder. Additionally, Allspice works on psychic planes and is frequently used in prophetic dream formulas such as the classic Aunt Anna’s Wishbone which will be discussed in the Chapter on Formulas. This psychic factor is one not generally revealed outside initiated circles, but it is a very important concept. As a rule, those incenses and oils employing catalysts such as Cinnamon, Allspice, and the baneful Capsicum tend to work on rather high spiritual planes, for good or for evil. By psychic, I mean they tend to affect the mind or thoughts of those upon whom they are used. For example, using Allspice in a success recipe would probably bring luck or success in the form of a sudden brainstorm or inspiration.

Another highly psychic herb is **Bergamot** (*Citrus aurantium*), used in many success and prophetic dream recipes since it is thought to attract “luck through intuition.” Whenever using Allspice or Bergamot or any of the other psychic-oriented herbs, be sure you pay careful attention to your hunches or any off-the-wall associations which may occur to you during your ritual. Don’t forget the example of the student who had figured out the correct lottery ticket number and then failed to play it. Anything that occurs during the conduct of a ritual involving psychic herbs requires your closest attention. A little-known fact about Bergamot is that it is also a very powerful herb; adding a few drops of bergamot to any formula increases the power of the formula tremendously and multiplies your success rate.

Bistort (*Polygonum bistorta*), sometimes called **Dragonwort** and **Snakeweed**, is another money-drawing herb. You may add a pinch of Bistort to any sort of money-drawing incense or powder. Another traditional use is to sew a small green cotton (or silk) charm bag and fill it with Bistort, adding a drop of Allspice oil and a drop of Juniper oil. Carry the bag with you, particularly when you are at work or in a

situation with profit potential

Buckeye (*Aesculus hippocastanum*), commonly called the **Horse Chestnut**, is another of the luck herbs. A common practice is to either carry a Buckeye anointed with an appropriate luck oil or to use a few Buckeyes on your altar as a decorative garnish to a money-drawing or luck ritual. In older times Buckeyes were carried as a primitive, folk remedy to ward off arthritis and rheumatism. (People with arthritis or other rheumatoid disorders would be better served by seeing an acupuncturist since the ancient Chinese healing arts sometimes have marvelous results on diseases that Western medicine hasn't begun to conquer. Having been cured of a bursitis condition by an acupuncturist, one practitioner can personally attest to this method.)

Chamomile (also spelled Camomile) (*Anthemis nobilis*; *Matricaria chamomilla*) is an herb particularly associated with gambling luck. I once heard of a student who was a member of a bowling team in New Jersey. He asked for suggestions to help improve his score. He was prescribed a series of baths using Crown of Success Oil before each tournament along with a recommendation that he also wash his bowling ball once a week with Chamomile tea. New Orleans gamblers often use Chamomile as a handwash prior to card or dice games because it is said to attract luck, particularly in games of chance where money is on the line. You might also use it as a bath before going to play cards with the boys (or girls) and surprise your friends by taking all their money! That is unless another player has used luck oils or washes in which case they tend to cancel themselves out. So, before you start betting, better ask the other people at the table if they have read this book! It is also interesting to note that Chamomile has the talent of "energy in adversity" in the European tradition. Hence, it is sometimes used as an herbal ingredient in uncrossing incenses and powders to help someone who has been drained by his/her hexed condition and left lacking energy or drive.

Students who need help with school should try a **Cherry Blossoms** remedy because they are associated with "good education" (and honesty to a lesser degree). Students who have difficulty adjusting to school or who find it hard to concentrate might try anointing the center forehead with Cherry Blossom oil before sitting down to study. Also recommended are Hermes Incense and Concentration Oil for these purposes.

Clover (*Trifolium pratense*) is a well-known luck herb in many traditions. The fabled "four-leaf clover" is a common symbol of luck. However, you would be better advised to burn a four-leaf Clover than to merely carry it. A Clover flower placed in a luck incense is also said to be quite effective. The problem with Clover is that it is so widely used by so many people as a luck talisman that its power is diffused and overworked thereby having tragically reduced effect. If too many people in the same area are using the same procedure, results will be diluted.

Frankincense, also called *Olibanum*, is probably the most widely used of all incenses. In many of the older formulas, it is also spelled *Olbanum* or *Albanum*. Known by several traditions to be a particularly lucky gum incense, you can find packages of Frankincense incense even in stores where you might not expect herbal solutions. While there is no question that Frankincense is a potent and positive fragrance, again, the problem is that so many people are using it at any given time that its power seems to be lessened. The spirits associated with Frankincense are perhaps too much in demand to do anyone very much good. However, I do like to work with Frankincense oil occasionally, particularly as an ingredient in money-drawing recipes. Anointing green candles with Frankincense oil is especially effective. Also, purple candles with Frankincense oil help uncross money and/or luck problems in general, but, again, the major problem is that Frankincense has become too commonly used to be of great service anymore.

Gum Mastic, which is another resinous gum, is similar to Frankincense. Again, the big problem with Gum Mastic is how commonly it is employed, but don't lose heart because there is a way to take Frankincense and Gum Mastic and make them potent again. To do this, you assume that both of these resins can form a good positive base to receive other oils. For example, in the recipe for Money Drawing Powder:

Money Drawing Powder

Frankincense (or Gum Mastic), Heliotrope, Tonka, Gold magnetic sand

To make this powder, pour a few drops each of Heliotrope and Tonka oils onto some Frankincense or Gum Mastic. Then add some gold magnetic sand (or gold colored plastic tinsel) to the mixture. In this way, you are employing Frankincense as a receptor to help convey other herbs. Women may use love oils with it because Frankincense is associated with the male principal. That is, it is basically considered to be male in orientation. (Its legendary partner, Myrrh, is considered to be female.) A mixture of Frankincense and Myrrh has implicit within it the male and female polarities in balance. Both Gum Mastic and Frankincense accomplish basically the same thing, but Gum Mastic is somewhat cruder than Frankincense in its effects. Also, its odor is far less pleasantly fragrant than Frankincense.

Heal-All (*Scrophularia nodosa*) or **Figwort** has the same meanings and uses as Chamomile (discussed earlier). It makes an excellent bath or handwash for gamblers and some have suggested that drinking the tea helps promote luck.

Irish Moss (*Chondrus crispus*) is a success herb primarily, said to work on a long-term basis for your benefit. Most commonly, it is placed under rugs or furniture where it will not be detected. Do not use Irish Moss alone as a success Powder. Instead, mix it with a few other herbs plus a catalyst (cinnamon or Allspice) to create a stronger powder. When money is the goal, some people suggest including a shredded dollar bill in the recipe, but, since the deliberate destruction of currency is a Federal offense, I can't recommend that practice. However, I understand that shredded money can be obtained legally from the U.S. Treasury. It is often found in novelty and souvenir shops packaged in various ways. Shredded money is also frequently added to money-drawing incenses. Placing a rolled dollar bill in a jar with money-attraction oil will make the oil even stronger.

Job's Tears is a common root used in the New Orleans tradition and are very effective in attracting luck to their possessor. To use them, count out seven roots and anoint each one with an oil representing your desire. (For example, if you want luck in finances, use a money oil; for luck in love, use a love oil, etc.). After you have anointed each of the seven small roots, pick them up, one at a time with your left hand and hold them in your right hand concentrating intently on the image of your desire. If you wish, you may look at a photograph, a stack of money, an advertisement for a new car, or whatever. Carry the seven Job's Tears in a red charm bag for seven days at the end of which the means to your goal will be at your disposal. Again, this may not mean that you have all the money you think you need, but you should at least have an avenue towards obtaining your desire. As pointed out earlier, magick may provide a potential or possibility for you, but may require your hands-on participation in manifesting the completed product.

Juniper Berries (*Juniperus communis*) have already been discussed as one of the ingredients in Fast Luck Incense which is related to Jupiter, the God of good fortune and success. Juniper Berries are also associated with male virility and, in fact, medicinally they are said to be good for enhancing sperm production in some men. I sometimes use Juniper oil by itself to anoint green candles, and have found that this works quite well. However, despite its luck connotations, Juniper is basically a power herb which is particularly effectively in the area of luck.

Lemon Verbena (*Lippia citriodora*) is an ingredient in Uncrossing Oil. It is a traditional luck herb with the additional power to convert bad luck to good. One author suggests that Lemon Verbena may be used as a sort of separation powder to estrange lovers, but I suspect this is unlikely because of the many New Orleans recipes that utilize Lemon Verbena as a strictly positive, protective, and cleansing luck herb. While I have not tried this, I think a tea brewed of Lemon Verbena could be used very similarly to Chamomile and would make an excellent wash. You might, however, consider adding a drop of Allspice oil to your Chamomile or Verbena wash to give it fire and make it more effective.

Another famous New Orleans luck root is the so called **Lucky Hand (Salap)**. Lucky Hand Root is related to Adam and Eve Root in that both are species of the Orchid family. Normally, the Lucky Hand Root is anointed with a strong luck oil and carried in a green or red charm bag. Some gamblers have strung bracelets of Lucky Hand Roots which they wear around their wrist while playing cards or dice.

Mojo Wish Beans are an African bean which sometimes come onto the market in the United States. Mojo Wish Beans are about two inches in diameter, black on the outside with a white, meaty center when split. Mojo Beans are considered to be “accumulators” of desire. That is, you can mentally project your goal into the receptive bean, then carry it in your pocket or purse, handling it occasionally during the day. The result will be that the bean will become “charged” with your wishes. The classic formula for its use involves carrying one for three days, concentrating as often as possible on your wish. On the fourth day, throw the bean into a stream, ocean, or river. According to legend, seven days thereafter your wish will become a reality. Mojo Beans are also often carried in charm bags (normally green) and may be anointed with various luck oils, particularly those containing Frankincense. Unfortunately, I cannot recommend a reliable supplier for Mojo Beans because they come and go depending upon imports. But, if you happen to see some in an herb store or an specialty supply shop, grab them because they are precious, powerful and will store indefinitely.

Similar in every way to the Acorn, the **Nutmeg** (*Myristica fragrans*) is traditionally associated with luck and also, like the Acorn, it was traditionally filled with quicksilver which was thought to enhance its power. Nutmeg oil is available from various herb suppliers and it makes an excellent addition to luck incenses. Ironically none of the recipes we have from New Orleans employs Nutmeg as an ingredient and this is particularly surprising since Nutmeg is an African and West Indian tree and those are the areas where herb magicks are most widely employed. I often add Nutmeg oil to incenses and other oils and have found it to be both effective and gentle in its operation.

Peony (*Paeonia officinalis*) is another luck herb. The part used is the root, not the flower. Peony Root may be added to any luck incense / powder or it can be boiled as a tea and used for bath or floorwash. One highly recommended incense formula calls for about an ounce of Peony Root with a few drops of High Conquering or Success Oil added to it.

While it is hardly the most beautiful addition to your altar-top, several practitioners have recommended **Potato** as a fine luck attractant. Certainly it is an inexpensive enough altar decoration. Cloves stuck into the Potato will make the spell all the stronger. You might also consider anointing the Potato with a luck or success oil.

Queen of the Meadow (*Eupatorium purpureum*) or “**Joe Pye Weed**” is another of the luck herbs from the New Orleans tradition. Normally it is brewed as a tea and used as a bath or handwash. Queen is said to be particularly effective for people hunting for a new job because it is alleged to lead them to exactly the right position. To use it for that purpose, create a powder and put some in each of your shoes before going on employment interviews. Queen of the Meadow is also commonly used by gamblers, particularly for “hands-on” games of chance where your hands actually touch the tools of play such as cards

or dice. For gambling games such as horse racing or numbers betting, use the psychic development or prophetic dream-inducing herbs.

Sacred Bark (*Rhamnus purshiana*), sometimes called “**Cascara Sagrada**” or “**Buckthorn**” is primarily found in mountainous areas and is a frequent addition to various incenses and powders aimed at attracting luck. It is also useful in uncrossing procedures, particularly for people who may be down on their luck due to a hexed state. Sacred Bark makes an excellent addition to any positive charm bag and may also be used to create doll stuffings to help with luck or uncrossing.

Be careful what color you order! **Sandalwood** is associated with luck and white Herbalism, but there are two kinds: red and white. **White Sandalwood** (*Santalum album*) is employed for any sort of success incense while **Red Sandalwood** (*Pterocarpus santalinus*) is frequently used for hexing and baneful Herbalism. Red Sandalwood is a very tricky power herb that will do anything you command it to do while White Sandalwood is more passive and forgiving of mistakes. In fact, it is often used as a base to which one adds essential oils to create an incense. You may substitute White Sandalwood for the crushed bamba wood base discussed earlier if you wish. White Sandalwood is highly spiritual in vibration, but has no real power of its own. While it is very pleasant to burn the incense all by itself, if you want results of a magickal nature, it behooves you to mix other oils or herbs with it because it is only a “receptor”. To illustrate the difference between Red and White Sandalwood, White Sandalwood is used in such classic recipes as Angel, Aunt Anna’s Wishbone, Crown of Success, Love and Success, Magnet, Meditation, and Venus. Red Sandalwood, on the other hand, is used in such recipes as Devil’s Master, Double Cross, Hot Foot, and Yo-Yo Pucker Powder.

Sea Lettuce (Kelp) is also associated with luck. One New Orleans folk tradition calls for keeping a glass of Sea Lettuce and whiskey on your kitchen windowsill where it is thought to keep dollars flowing through your environment. Adding herbs to whiskey is very common. For instance, a glass of whiskey to which you have added a pinch of Asafetida and Brimstone is said to absorb bad vibrations or hexes. This technique is particularly recommended for use in business. Set the glass unobtrusively near each entrance.

Seven Barks (*Hydrangea arborescens*), also called “**Hydrangea**”, came by the name Seven Barks because its bark peels away to reveal layers of various colors. Seven Barks has uncrossing abilities, particularly in the area of luck. In that sense, it is similar to Sacred Bark in use and effect.

Smartweed (*Polygonum hydropiper*; *Polygonum punctatum*), also called **Knotweed** or **Water Pepper**, is said to be a highly psychic luck herb. That is, it should generate sudden hunches or flashes of intuition. You could carry a bit of the herb on your person or use it in a prophetic dream or meditation incense to stimulate your mind to devise money-making schemes.

Many practitioners consider **Solomon’s Seal** (*Polygonatum multiflorum*) to be an uncrossing herb and that is correct, but it is also associated with luck and wisdom. In this sense it works similarly to Smartweed, but vibrates at a higher spiritual frequency. I frequently include Solomon’s Seal oil in uncrossing incenses because often a crossed individual’s luck suffers more than any other aspect of their lives. There is no such thing as a “star-crossed” individual and Solomon’s Seal is particularly effective in removing that destructive illusion. This herb, or oil, is also recommended because it forces the “crossed” individual to discover within him/herself the keys to better balance because it works psychically to draw them away from negative distractions and turn their attention towards positive proaction.

Spearmint (*Mentha spicata*) is considered to be a general-purpose luck inducer and is said to be helpful in materializing specific desires, particularly in the areas of love and personal success. To use it, write down your wish on a piece of parchment or brown paper bag. Place some Spearmint leaves inside a

red flannel bag with the parchment folded to fit. According to ancient legend, your wish should come true by the time the smell leaves the Spearmint. Some practitioners also claim that Spearmint has protective powers, but these are minor compared to its luck attributes.

Squill Root (*Urginea maritima*) also called the **Sea Onion** sometimes. It is considered to be among the most potent of money-drawing herbs and is said to work through a mild uncrossing action. For example, many practitioners who own businesses use Squill by putting a piece in their cash register to hopefully insure a nice flow of money. Other practitioners recommend carrying some Squill in your pocket at all times. Squill may also be brewed into a tea and used as a floorwash, and many businesses employ it for this purpose, washing down the premises at the close of business each day.

Another very common additive to luck charm bags is **Star Anise** (*Illicium anisatum*; *Illicium verum*). According to the legends surrounding this condiment, the fragrance of Anise is highly regarded by those spirits associated with luck, and it is said to attract them to your altar. Anise is said to work psychically, that is, it will bring you ideas or an unexpected opportunity for success. Anise may be added to love incenses because it is useful in that area, but primary association is luck.

One of the nicest fragrances going is that of **Tonka Beans** (*Dipteryx odorata*) also called **Coumara Nut**. This is a South American herb well known in that part of the world for bringing luck. Normally, Tonka Beans are used as a part of a money-drawing potion because they are said to protect against impoverishment. In many ways, they work like Vanilla and their fragrance is somewhat similar. They are often used interchangeably. Tonka is also associated with courage and general protection.

Vanilla (*Vanilla planifolia*; *Vanilla aromatica*) is one of the Caribbean derived luck herbs and is said to be particularly good for gambling luck and romance. Many practitioners claim Vanilla acts similarly to Musk and consequently most people see it as a commanding and compelling oil. In fact, it is. However, because it is limited in its commanding abilities to the realms of love and money, it is included here. If you are making an incense that calls for Vanilla oil but can't find any, substitute Vanilla extract (real, not imitation!) which is available at every supermarket.

Probably the most commonly employed luck herb for helping to increase the volume of a business is **Yellow Dock** (*Rumex crispus*) which is brewed as a tea and used to mop down the premises each day. Yellow Dock, in addition to its potent luck attributes, is also alleged to be particularly efficacious as a purifying or banishing agent, but in that capacity it is rather weak. If you think your business is jinxed, it would probably be sensible to add a true uncrossing herb in addition to the Yellow Dock to your floorwash.

In a sense, categorizing herbs in this way is arbitrary because many herbs overlap categories. Where possible, double or triple attributes have been mentioned. Because different traditions tend to use herbs in different ways, it is common for an herb to have several different, but related, purposes.

In fact, if you look at the luck recipes already given, you will notice that none of the ingredients are listed under luck herbs with the exception of Juniper Berries! The more you work with herbs, the more you will realize the degree to which their action is directed by the other ingredients in your ritual. For instance, if you burn Rosebuds with a green candle, you will be working in the area of luck. If you burn Rosebuds with a red or pink candle, you will be invoking love. Burning Rosebuds without any candle, calls general, non-specific vibrations of positive nature into your space because Rosebuds can only work positively. If you are using the Rosebuds with a green candle and add a power herb to the Rosebuds, then, theoretically, you should get a speedier or more direct result than that obtainable by burning just Rosebuds by themselves.

Lucky Lodestone Incense or Oil

Cinnamon, Lavender, Lodestone

This recipe is given because it exemplifies two things. First, it gives insight into using Cinnamon and Lavender as luck herbs, but it also incorporates another famous luck ingredient -- the "lodestone." Lodestones are small natural magnets that you can get them from specialty suppliers or from rock and mineral stores. In folk magicks, the Lodestone has particular connotations because its magnetic action is seen to be "attractive" in ways other than the obvious. There is, for example, a sub-routine used in certain luck rituals called "feeding the lodestone". This procedure involves a Lodestone and some iron filings. Place the Lodestone on your altar top during any sort of luck or money-drawing ritual and each day "feed" the Lodestone some iron filings. Here is a perfect example of how sympathetic magick works. You identify yourself with the Lodestone and identify money (or whatever you are after) with the iron filings. As you "feed" the Lodestone each day, visualize good things being captured and drawn to you magnetically. This procedure is very powerful as you will see for yourself, but don't skip the visualization step because it is key.

Crown of Success

Orris, Frankincense, Vetivert, White Sandalwood, Gold Glitter or Gold Magnetic Sand

The recipe above is one of New Orleans' most famous success incenses and oils. Note once again, the inclusion of the gold glitter in a formula aimed at success and money drawing. Note also how the inclusion of strictly positive herbs makes a very well balanced luck attracter. This recipe is strictly positive in its function. It operates by seducing luck rather than commanding it. Add Musk to make a stronger potion.

Double Fast Luck

Rose, Patchouli, Juniper Berries, Shredded Dollar Bill*

Here we see nothing more than the regular Fast Luck incense recipe to which a shredded dollar bill has been added to increase the potency. The idea of adding an additional element to a traditional formula is one you should take note of.

Good Luck Mystic

High John (Jalop), Low John (Galangal), Cinnamon, Squill

Essentially, this recipe encourages psychic or prophetic dreams. What would your guess be about its potency given its ingredients? Which of the herbs is the "luck" herb?

Success Incense or Oil

Patchouli, Orris, Sandalwood, Myrrh, Allspice, Cinnamon

This is the most frequently used of the New Orleans success formulas. While we have not yet discussed Myrrh in any real detail, it is considered to be primarily associated with the ability to "materialize". Within the incense traditions, Frankincense and Myrrh are often coupled. Frankincense is related to the highest spiritual levels while Myrrh is related to the material plane. When you mix Frankincense and Myrrh, you are symbolically creating an incense aimed at materializing your highest spiritual goals. In some traditions, however, Myrrh is considered to be a hexing ingredient! The reason for this is that it is said to bring things to pass quickly. Because of that legendary power, it tends to frighten people a little bit. Often, people react to what they don't understand with fear and label the unknown as "evil". Of course, Myrrh is not evil. It is simply powerful. After all, it was a gift to the Christ-child in Biblical mythology.

Chapter 7

HERBS: Hexing and Crossing

Writing about or discussing hexing and crossing herbs is always a difficult subject because nothing can land you in hot water faster than casting negative spells. For those of you who are unfamiliar with The Law of Karma, perhaps we should say a few words about it here.

Within many traditions there is the belief that everything you do will come back to roost. For every action, there will be an equal reaction. Even if you don't pay the price for actions in this lifetime, the price *will* be exacted eventually. Karma is not nasty or evil. It is an impartial balancing of your "Book of Deeds" like balancing your spiritual bank account. Negative acts/thoughts are debits. Positive contributions are credits. Within Witchcraft or the Wicca tradition, it is believed that everything comes back three-fold for good or bad. Other traditions purport that the balancing effect of Karma is equal to what you do although the punishment may hit you in an area totally unconnected to your spiritual crime so that you would probably not make the association. For example, you may cast a hex on your employer only to discover that you lose your lover.

One would think that this would be enough to dissuade anyone from black magicks such as hexing and crossing procedures, but sadly, that is not the case. I suppose it is a part of every practitioner's training to experiment with baneful Herbalism at least once to find out what it is and what it does. Hopefully, your experiments in this area will be minor, infrequent and not bring you too much harm.

It would be folly, however, to believe that the use of hexing herbs is *never* necessary. There are times when it is the only method available to counter negative Herbalism leveled at you, but such occasions are rare and these techniques should only be employed under extreme conditions of personal danger. When hexing or crossing herbs are used in this manner then, in reality, all you are doing is using fire to fight fire; that is, using hexing herbs to cancel the effects of other hexing herbs. CAUTION. First exhaust all positive possibilities before resorting to the dark side of Herb magicks. There are Justice rituals and spells available to you that will overcome most dark practices. However, from time to time you will undoubtedly have to use baneful herbs and that is why they have been included. My hope is that you will choose to use these herbs for defensive purposes only.

Aconite (*Aconitum napellus*), better known as "**Monkshood**" or "**Wolfsbane**," is a poison which was used prevalently in the medieval period for doing in one's enemies. When used with candle burning magicks it is never taken internally, but is used to form a powder or incense which can inflict *or* remove hexes. Because Aconite is such a deadly poison, it is usually reserved for reversing only the most extreme hexes in situations where there is no question that someone has cast a baneful procedure against you. This is not something to use just because someone doesn't like you! Magick requires more maturity. You must understand that you can't please everyone and, instead of being bitter about those you offend, the best policy is to avoid them completely. Again, with Aconite, be absolutely certain that negative procedures have been used against you because only under those circumstances would the herb be useful to you. The powder is normally sprinkled into the flame of a candle assigned to represent the person who is hexing you. Last, it is generally a good idea to use Aconite in combination with other herbs, not by itself.

Barberry (*Berberis vulgaris*) is essentially a defensive herb, but can be used to inflict the qualities of "bitterness or sourness" and as such is often used to hex relationships between lovers or business associates. A powder employing Barberry is sometimes inconspicuously sprinkled around the premises of a business or home with the desire to bring bad vibrations and quarreling. On the positive side, in combination with Bay Leaves and Vetivert it can protect *against* bitterness by creating a powder to encircle candles on your altar top. However, it would probably be wiser to use one of the classic New Orleans

recipes for protection since Barberry has a tricky character just as eager to work evil as good. In fact, some would say that it really only does good deeds begrudgingly whereas it takes an actual and particular delight in hexing uses. If, however, you find yourself constantly quarreling with your spouse and suspect that someone is working baneful spells against your relationship, a pinch or two of powdered Barberry around your premises should be effective in calming things down. If you find that Barberry has this effect, then probably you should do a full uncrossing procedure on yourself and your home because the fact that it worked is proof that black magicks were aimed at your relationship. Very often a practitioner will test the environment with a single herb to see if suspicions are warranted before performing a full-scale uncrossing. This simple testing procedure can save you both time and money.

Bayberry (*Myrica cerifera*) or “**Wax Myrtle**” is a common scent added to seasonal candles. The aroma of Bayberry is common around Christmas time in homes across America. Too bad that Bayberry is considered one of the heaviest of crossing herbs! Lack of knowledge of herbal characteristics is causing millions of Americans to inflict hexes upon themselves without even knowing it! The good news is that the vast majority of “bayberry” candles are scented with synthetics which renders them completely impotent. Actually, Bayberry alone is *relatively* innocent. It is when it is mixed with other herbs that it becomes potentially dangerous. However, even alone its minor baneful qualities can cast a pall or gloomy depression people and premises. The pleasant scent of Bayberry disguises both its nature and power. You will discover that many of the power and hexing herbs are sweet smelling, but bad behaving. Let’s have a look at two of the New Orleans’ tradition classic crossing compounds to see an example of how deadly Bayberry can be:

Crossing

Bayberry, Cinnamon, Myrrh

Devil’s Snuff Powder

Bayberry, Cinnamon, Red Sandalwood, Chili Powder

You will recognize some old friends here. Cinnamon, while positive in nature, is used to catalyze or “fire” the other ingredients in the recipe. Notice that use of Red Sandalwood, as opposed to White Sandalwood, and the inclusion of Myrrh. (Chili Powder will be discussed later.) Devil’s Snuff is used exclusively as a powder while Crossing may be used as a powder, incense, or oil. So the next time you smell Bayberry candles at a friend’s house, you may consider mentioning the inadvertant and undesirable effects!

Blueberry, or **Bilberry**, has already been discussed in an earlier chapter. Associated with treachery and deception, Bilberry is basically a baneful herb despite occasional positive uses -- also covered. The classic means of employing Bilberry is to brew a tea of its leaves and throw the tea on the doorstep of the person you intend to hex. Another use is to powder the leaves after you have let them thoroughly dry and sprinkle the powder into the flame of a candle representing a person (or situation) you wish to hex.

Red Pepper, or **Capsicum**, (*Capsicum frutescens*), also known as “**Cayenne**” is used in numerous baneful recipes and viewed as a catalyst, but of much greater strength and negativity than any of the others we have discussed. For example, substituting Capsicum for the Cinnamon in the recipes above for Crossing and Devil’s Snuff Powder, creates a much stronger hexing agent. The fiery taste of Capsicum is probably what gives it its wicked reputation. Actually, from a medicinal standpoint, Capsicum has a number of important uses that are purely good. But, when employed as a part of an herbal incense or powder, there just isn’t much good you can say about its effects. It is an ingredient in such old favorites as Inflammatory, Hell’s Devil, Hot Foot, Mad Oil, Separation, and War. The names alone give you some idea of Capsicum’s notorious effects.

Chicory (*Cichorium Intybus*) is another of the hexing herbs. Normally it is used in combination with other herbs rather than alone. It is alleged to be a good “carrier” for other herbs and oils and that is

its gift, but Chicory is only receptive to baneful vibrations. Therefore, it is solely used as a carrier for negative or evil herbs. The comments relevant to Bayberry also apply to Chicory.

Chili Powder is a milder form of Capsicum used, as we have already seen, in Devil's Snuff Powder. Basically it works similarly to Capsicum, except Chili has more to do with "controlling" than activating. Chili in the recipe for Devil's Snuff is the ingredient that binds the other ingredients together and adding the focusing or controlling agent. The specific function of Devil's Snuff is to stop gossip or libel and to keep nosy people out of your business. In a sense, Devil's Snuff is a protection powder, but it goes one step further by actually inflicting punishment if the gossiper transgresses -- a form of training by negative reinforcement. While a protection powder acts as a barrier or shield, a powder such as Devil's Snuff has the further effect of reversing intent and sending it back to the sender like a boomerang. There was an Herbalist who used Devil's Snuff to stop an individual from spreading malicious rumors about him and friends of his. He used a white candle to represent the group of friends, carved their names onto it and then anointed it with Uncrossing oil. The candle was then encircled with Devil's Snuff Powder. Not only did the person cease gossiping, but the ritual exposed other people who had been working baneful magicks undetected. So, for the price of one candle and one oil he managed to rid his environment of detractors without dabbling in hex magick. Sometimes an herbal spell may produce side-effects or render benefits you could not possibly anticipate.

Cucumber is a very useful vegetable. Its oil is used in certain recipes for love, but the cucumber itself can be a hexing ingredient in the sense that it is a controlling agent. One old spell used to rid yourself of a pest or annoying person calls for splitting a Cucumber in half lengthwise and placing between the two halves a piece of parchment with the name of the person you wish to leave you alone written on it in Dragon's Blood Ink. Put the two halves of the Cucumber back together and wrap the two halves with purple or black natural fiber thread. Then place the Cucumber in your freezer and forget about it. This will "put the annoying person on ice". Under most circumstances, purple thread works fine, but, sometimes with the extremely persistent or dim, you have to use black thread. Once the individual has left your space and is no longer annoying, remove the Cucumber from the freezer and bury it. Before burying it, however, we would advise sprinkling some Banishing powder around the Cucumber in its "grave" to make sure that all baneful energies which might have accumulated in the Cucumber itself are dispersed. While this may look like a hexing procedure on the surface, it is actually a protection ritual when used defensively. This is a good one to try on people who are too nosy or who get on your case for no apparent reason.

Cypress (*Euphorbia cyparissias*) is traditionally associated with despair and mourning. This gives you some idea of its nature. Under no circumstances should Cypress be used unless you are committed to totally "doing in" your rival and are prepared to pay the price -- whatever it may be. It is sometimes (though rarely) employed in domination or power recipes, but generally only those used for baneful purposes.

Another notable poison is **Hellebore** (*Helleborus foetidus*; *Helleborus viridis*) used similarly to Henbane. ***Under no circumstances are these poisonous herbs meant to be taken internally!*** The traditional association of Hellebore is "female inconstancy." For this reason it is used primarily by males to either control female infidelity or to cause it to happen! Again, Hellebore is one of the "twisting" herbs without conscience. Because of its unreliability and proclivity for "pulling the rug out from under the operator", it is probably best to use the gentler herbs for handling the problem of philandering.

Not only was **Hemlock** (*Tsuga canadensis*) used to poison Socrates, but it is also being used daily as one of the foremost hexing agents because of its insidious reputation for creating pain and torture in others. Normally it is employed as an ingredient in powders, but sometimes a bit of Hemlock is added to various oils to radically change their purpose. For example, adding some Hemlock to Fast Luck oil ruins

the luck potential of the oil and probably changes it into a substance that repels luck. Or it might lend unpleasant qualities to those boons won by using the oil. Another means of employing Hemlock is to rid yourself of an enemy by writing his/her name on a piece of parchment paper (or brown paper bag). Place some powdered Hemlock onto the name and fold the parchment so that all of the powdered Hemlock is contained within it. Now take the folded parchment outdoors and burn it on some incense charcoal. When it has finished burning take the ashes and bury them either deep in the woods or next to a moving stream which flows away from your town.

Henbane (*Hyoscyamus niger*) is illegal to sell in most places, but it grows wild in the northern U. S. Henbane probably has a wicked reputation because it is commonly found growing in cemeteries and graveyards! No one knows why this herb enjoys such a location, but it gives you some idea of its historical meaning. Henbane is a poison, but it is commonly mentioned as an ingredient in Witch's Flying Ointments. These ointments were traditionally composed of various poisonous and hallucinatory ingredients which were rubbed on the bottoms of one's feet (or other amusing places) and caused the illusion of "flying" due to the effect of the absorbed poisons. Henbane is often used as a doll stuffing for crossing and hexing procedures and is sometimes employed with other herbs (such as Cinnamon, Knot Grass, and Nutgall) to make a hexing powder for sprinkling around an enemy's premises.

Knot Grass (*Polygonum aviculare*) is an exclusively baneful herb which is used similarly to Henbane, but, unlike Henbane, Knot Grass is not poisonous. One old spell says to wait until the night of the Full Moon. Write your problem on a piece of parchment or brown paper bag in Dragon's Blood (or Bat's Blood) ink. Place some Knot Grass on the parchment and seal melted black wax. Then take it outside and bury. Allegedly, the problem should be handled before the sun comes up.

Lemon Grass (*Cymbopogon citratus*) is used in the same way as Knot Grass. Both Knot Grass and Lemon Grass are very often used as doll stuffings and are frequently included as ingredients in hexing powders aimed at creating problems for someone. In general, this is how all of the hexing herbs work. They bring a baneful environment and create hostile circumstances in someone's life. Compared to some of the poisons, Knot Grass and Lemon Grass are relatively mild and work primarily by making the hexed individual's life exceedingly complicated.

Lobelia (*Lobelia inflata*) is another of the poisonous herbs most commonly used in powders or doll stuffings. Like most of the poisons, Lobelia expresses "hate" while the other hexing herbs express "anger," "contempt," or "dislike". The major difference between the poisons and the less baneful hexing herbs is one of degree rather than function. One problem with using hexing herbs, particularly the poisonous ones, is that their results are always nasty, but never predictable. When using hexing agents, you should think very carefully about the admonitions expressed earlier. However, poisons are sometimes used to create hex-reversing barriers in uncrossing rituals. So they do have a few (very few) positive functions in historical rituals.

Mandrake (*Podophyllum peltatum*; *Mandragora officinarum*) is also poisonous and is frequently used for hexing. However, Mandrake is a twisting herb and has some rather positive uses in the area of love! It is a commanding and compelling herb more than a hexing herb that happens to be particularly potent in the area of romance. However, it is just as potent as a crossing agent and, when used, it is normally aimed at creating dissension between lovers. Surprisingly Mandrake makes an excellent stuffing for love dolls! It acquires purpose dependent on the other herbs mixed with it. Because it is a conveying or carrying herb, you can use it either positively or negatively. People in medieval Europe used to believe that, if men carried a piece of the Mandrake Root on their persons, their virility would be enhanced. The reason for this complex understanding of Mandrake is its long historical significance in European magick. Mandrake was considered sacred because the roots are shaped like human bodies. It was seen as a natural

talisman. Some European Witchcraft traditions use the Mandrake Root similarly to doll or poppet magick. They rub various herbal preparations on the root to “charge” it and then carry it on their persons.

The lovely **Rhododendron** is not normally considered a hexing herb, but it does have those possibilities and, strangely enough, it is used to inflict physical danger. Its primarily employed as a powder made from the crushed petals and also as an altar flower during hexing procedures.

Sassafras (*Sassafras Albidum*) was used historically for relief from rheumatism, gout and arthritis. However, in addition to medicinal purposes, it is a very evil, hexing herb, used in incenses, powders, and doll stuffings. Recent scientific research has shown that “Safrole,” one of the medicinal ingredients in Sassafras, may be carcinogenic and perhaps this is why the herb has such an evil reputation.

One of the most commonly employed hexing “herbs,” is **Skunk Cabbage**. This foul-smelling plant is used by allowing a few of the leaves to dry and, either brewing a tea which you throw on the doorstep of the intended hex victim, or grounding a powder to be used alone or in combination with other hexing herbs. The alleged power of Skunk Cabbage is to create chaos and cause everything the hexed individual attempts to fail. Also, it is said to sometimes cause the hexed person to be scandalized.

Smilage (*Apium graveolens*), also called “Smellage” or “Smallage”, is the same as **Celery Seed**. Smilage is typically a positive herb, but, when mixed with other hexing herbs, it becomes positively baneful! Basically, it is used in situations where you wish to control someone or something because it is a dominating (or perhaps domineering) seed widely used for this purpose. Adding Celery Seed oil to a recipe automatically makes it much stronger in terms of its ability to control or focus events. In a sense, Smilage is a catalyst like Cinnamon, but less fiery and more specific in use. While Cinnamon may be used in all sorts of different compounds, in general, Smilage is reserved for hexing mixtures or for psychically-active commanding and compelling recipes.

Certainly one of the least known but most potent of all hexing or offensive herbs is **Tansy** (*Tanacetum vulgare*) which is not only poisonous in large quantities, but also has a distinctly evil reputation in terms of its ability to inflict violence. The traditional idea behind Tansy is a declaration of war. It is normally employed as either an oil or in its powdered form. It may be sprinkled around the premises of the person to be hexed or may be sprinkled directly into the flame of black candle(s) representing that individual.

Valerian may be used both to hex and to help. When used to hex, powder some of the herb and sprinkle on the doorstep of your intended victim. When used for protection or healing, normally it is burned as part of an incense (mixed with such herbs as Rosebuds, Lavender, Lemon Verbena, etc.). Valerian is used medicinally to help calm and relax. The tea is particularly soothing despite the fact that Valerian is a rather foul-smelling herb. Cats love this herb even more than Catnip by the way. So if you want to give your friend a real treat (and yourself some amusement) try some Valerian and watch the cat go crazy!

Another classic hexing herb is **Wormwood** (*Artemisia absinthium*) which is also called “**Old Woman**”, or Absinthe. Wormwood is particularly used in necromancy rituals (evocations of the souls of the dead) and, in general, is reserved for conjuring baneful spirits. To call more positive spirits, see the section on “Psychic Herbs”. To use Wormwood for necromantic purposes, either sprinkle some of the powdered herb on the grave of the person you wish to raise or use it in an incense mixed with equal parts of Patchouli and Myrrh to call up deadly shades. However, keep in mind that, unless you know how to handle malevolent spirits, you will probably end up doing yourself enormous harm. Necromantic workings, if they are to be undertaken at all, should only be handled by experienced practitioners under very

controlled circumstances. Also, it is a good idea not to work necromantic rituals on your own, but rather to perform them with the assistance of another individual just in case things get out of hand and you require some help. While you need not fear any “dirty tricks” from positive spirits, those invoked with Wormwood are almost certain to be unruly. Have a quick, dissolution spell at hand before you begin.

Another common herb employed for vicious hexing is **Yarrow** (*Achillea millefolium*), also called “**Milfoil**” or “**Sneezewort**.” It may be added to any hexing recipe for either an incense or powder and makes a particularly evil ingredient in stuffings for black dolls.

Finally! It’s really good to finish this list because even writing about hexing herbs seems to set off bad vibrations everywhere. Let’s have a look at a few crossing recipes to get an idea of what a hexing compound is and how it works:

Crossing

Bayberry, Myrrh, Cinnamon

Of all the hexing recipes from the New Orleans tradition, Crossing is probably the most famous. Here the operative herbs are Bayberry and Cinnamon with Myrrh acting as a conveyer. To make this powder simply crush the Myrrh gum into a powder and put a few drops of Bayberry and Cinnamon on it. Also powder the Bayberry and mix it with the Myrrh and Cinnamon, but Bayberry Bark isn’t easy to grind into powder! Myrrh, as I have pointed out, makes for a great hexing or helping base, depending upon how it is used and what is mixed with it, but is without conscience on its own.

Myrrh is seen as primarily female in nature and is deemed to be a ruler of the material plane. You would employ Myrrh in situations where you wish to influence material events such as success, love, etc. For more spiritually oriented rituals, select Frankincense, Myrrh’s herbal mate. While Frankincense has money drawing and success implications, it achieves them on a different plane. Myrrh works more directly while Frankincense clears the way for good things to flow. Myrrh, despite its delicate feminine attributions, tends to exert more muscle. It avoids spiritual planes by commanding earth-spirits or “elementals” to accomplish the goal directly.

Double Cross (XX) Powder

Bayberry, Myrrh, Cinnamon

Double Cross (XX) Powder has a wide reputation as being the best way to deflect a psychic attack. Notice that its formula is exactly the same as Crossing. This is a further example of what we meant by “fighting fire with fire”. So, if you have made yourself some Crossing Powder, you also have Double Cross ((XX) Powder.

Black Arts

Myrrh, Patchouli, Cinnamon, Gum Mastic, Graveyard Dust, Vetivert, Mullein

The recipe for Black Arts (which may be used as an incense, powder, or oil) is straightforward, but includes “Graveyard Dust” which is nothing more than some dirt obtained from a graveyard (preferably obtained after midnight). If getting to a graveyard after midnight presents a problem, you may substitute Patchouli although certainly the recipe would lose some of its raw potency. Notice the blending of herbs. Some are positive. Some are negative. In general, you will discover that in hexing recipes there is almost always a mixture of light and dark herbs. The reason for this has to do with moderating or modulating the vibration of the recipe. While one could mix strictly baneful herbs together and form a good hexing potion, it would probably be difficult to control its power without the softer, more malleable herbs. Baneful herbs alone are like a clenched fist ready to do damage. Also, due to the sordid reputation of

certain baneful herbs, it is to be assumed that they would be just as likely to turn against the user as to his/her bidding. The less baneful herbs help keep the potion stable. Notice once again the inclusion of Cinnamon which catalyzes the other ingredients. The inclusion of the two gums--Gum Mastic and Myrrh--causes the recipe to function on both the psychic plane (Gum Mastic) and the material plane (Myrrh). Vetivert is discussed under the section on Uncrossing/Unhexing herbs.

Separation Powder

Chili Powder, Cinnamon, Galangal (Low John), Black Pepper, Iron Filings, Vetivert,
Pinch of Bitter Aloes

Separation Powder is used to break up relationships between lovers, friends, partners, associates --basically any two people or things. For example, it might apply in business as a means to create distance between your interest and a competitor. Or it could be used to build a "wall" between two people and estrange them. You can see by studying the recipe that it is decidedly baneful. The inclusion of the Iron Filings is interesting because it functions similarly to Graveyard Dust in its effect. When Iron Filings are used in combination with a Lodestone in a recipe (such as in the "feeding the lodestone" subroutine discussed earlier), they are positive. When used alone, their character is bleak at best. Notice the inclusion of Black Pepper, which was not listed before in hexing herbs, but which is considered one of the nastier spices when used in incenses and powders.

As a rule,

seeds tend to have very specific focus while leaves or leafy herbs tend to work more generally.

Like seeds, flowers also have a very focused quality.

Roots tend to be power sources and derive their focus from other herbs or oils you may use in combination with them.

Chapter 8

HERBS: Psychic Development

The so-called “psychic” herbs are those that work on the highest spiritual planes. By psychic, I mean they tend to affect the mind or thoughts of those upon whom they are used. In a sense, the psychic herbs are not particularly noticeable when used alone. They require other herbs to modify or define the message you need sent to the higher planes. You might think of the psychic herbs as being like mini-communicators. They carry messages, but they are not messages themselves. Using a psychic herb is somewhat akin to picking up a telephone to dial a number. You must add other herbs, otherwise you’re going to stand there forever with the phone in your hand listening to the dial tone and waiting for something to happen. Psychic herbs may be burned alone as a background fragrance for meditation, but are usually mixed with other herbs even for that purpose.

Acacia Flowers (*Acacia senegal*) has already been discussed to some extent. These flowers are considered to be sacred to the spirits and said to call them to your altar. They also stimulate your psychic centers which is why Acacia Flowers are recommended for meditation and concentration incenses. Some practitioners advise including a few Acacia Flowers in incenses aimed at prophetic dreaming or luck.

Anise Seed (*Pimpinella anisum*) has long been one of the most secret of the psychic oriented herbs. Said to be excellent for astral travel, crystal gazing, and meditation, Anise Seed adds power when used in conjunction with candle burning magick. You may add Anise Seed to any incense, oil, or powder for luck, love, success, uncrossing, etc., and it will bring to bear psychic clarity to the situation in question. Of course, in the truest sense, all herbs work psychically, but Anise Seed raises the vibration of any charm to which it is added, bringing it to the highest possible psychic level. Anise is particularly useful, for example, when you must change attitudes. For instance, if your girlfriend/boyfriend is more interested in someone else and does not seem to be noticing you, Anise Seed would probably be beneficial in overcoming this situation.

Buchu Leaves (*Barosma betulina*) are highly psychic. Normally, a few of the leaves are brewed as a tea to help the meditation process. In point of fact, however, Buchu Leaves contain a mild stimulant which works similarly to caffeine and consequently the so-called “psychic” effects may be nothing more than a reaction to the stimulant. However, since so many reputable practitioners believe in Buchu’s psychic abilities, it is worth experimentation. Buchu is considered to work similarly to Anise Seed when mixed into incenses, oils, or powders, but its effects are broader and more far-reaching than Anise’s finely targeted effects.

Calendula (*Calendula officinalis*), also called the “Marigold,” is particularly noted for its dream-inducing abilities and has been used for centuries to help inspire prophetic dreams. Calendula also has a reputation for being useful when legal difficulties arise. For the most part Calendula may be classified as a psychic herb because its action is always subtle and takes place on higher planes. Despite its reputation, however, most practitioners will probably find Calendula weak in effect, but that is its particular blessing. Many times all that is really needed to help remedy a situation is a gentle or mild remedy. And that is what Calendula brings to herbal magick. Some suggest stuffing a pillow with Calendula flowers and leaves to use as a dream pillow. Those who play the horses or numbers will find Calendula to be a very effective long-term luck inducer according to several sources. Some use it as part of a meditation incense when they are trying to come up with the “triple” at the local track because of a belief that Calendula will invariably bring successful combinations. While I doubt that is true, it would not hurt to include it in an incense designed for such purposes.

Cassia is similar to Cinnamon in its effects, but is said to work at a higher psychic vibration than Cinnamon. I find that Cassia and Cinnamon are almost universally interchangeable in any sort of recipe with the exception that, while Cinnamon truly enjoys working in baneful combinations, Cassia should *never* be used in a hexing recipe. For example, in the recipes for Black Arts and Separation Powder referenced before, you should never substitute Cassia for Cinnamon. (As an aside, Cinnamon and Cassia are thought to have money-drawing abilities!) When used in psychic incenses, Cassia is intended to catalyze the other ingredients in the mixture and is not effective when used alone.

Cedar (*Cedrus libani*) is well-known for both its psychic and protective qualities. In fact, for psychic protection, Cedar is probably the herb of choice by most experienced practitioners. Available in an oil form, you will find that many practitioners use Cedar oil to anoint their third eye and temples prior to any sort of meditation or ritual which leaves you vulnerable to psychic attack or static. Cedar has a way of keeping psychic channels open safely while keeping nasty spirits away. The inexperienced often make the false assumption that all discarnate entities are more “evolved” than humankind. That is, of course, ridiculous. Dying doesn’t make one wise. Spirits can be mischievous, pranksters, grouchy, hostile or malevolent. Do not assume that things are much different in the spirit kingdom than here on earth. As the Cabalists say, “As above, so below.” However, incorporating Cedar (or Rose or Lavender) will screen out unruly or negative entities and insure that they will not spoil your working.

Celery Seed has already been discussed under Smilage (Hexing Herbs) in Chapter 7. Celery Seed is equally a psychic herb, but only for baneful purposes. In order to use Celery Seed safely in a psychic recipe, use in combination with *very* positive, unambiguous herbs. If you include an herb such as Patchouli, you are asking for trouble because nine times out of ten your incense or oil will backfire badly. However, Celery Seed used in combination with Frankincense, Rose, Lavender, Angelica, etc., means no worries at all.

Dandelion (*Taraxacum officinale*) is both a luck herb and a psychic herb. It is particularly useful in situations where a crossed condition is believed to have settled on someone’s luck and where traditional Uncrossing recipes fail to work. Some practitioners recommend drinking Dandelion tea regularly to help develop psychic centers and also to keep hexes away.

Deerstongue (*Frasera speciosa*; *Liatris odoratissima*) is without a doubt the most widely used of the psychic herbs. This is due not only to its delightful fragrance, but also to the fact that it is remarkably efficacious and always positive in its effects. Like Cedar, Deerstongue “screen” negative vibrations, but also has another interesting historical attribute. It is said to be particularly useful to male homosexuals wishing to attract others! To use it in this way, place a bit of Deerstongue in a red charm bag with some **Echinacea** (also called “**Sampson Root**”). Wear the bag in your underpants when going out for the evening. Deerstongue oil may also be used in gay-oriented perfumes or colognes often in combination with Musk, Civet and Ambergris.

Dragon’s Blood Reed has already been discussed, but again, it should be pointed out that a large part of its power is on psychic levels as well as the material plane alone. Dragon’s Blood is one of those unique herbs which works on both planes simultaneously and, while I have pointed out its effectiveness in rituals aimed at material goals, it is no doubt important to emphasize its psychic effects once again because Dragon’s Blood is such a vital part of so many different magickal factors. In psychic recipes, it may be used alone or in combination with other herbs. Dragon’s Blood Reed is a staple which can be used in combination even with such tricky herbs as Celery Seed or Patchouli because it tends to tame their more baneful aspects and keep them in check.

Heliotrope (*Heliotropium europaeum*; *Heliotropium arborescens*) is beautifully described by

Jeanne Rose in her charming book *Herbs and Things*. “A Greek myth tells of a girl, madly in love with the God Apollo, who lay on the ground everyday, searching the skies for sight of him, following the sun with her eyes until she turned into the heliotrope. According to another myth, to find things which have been stolen from you gather the Heliotrope in August, during the sign of Leo, wrap the flowers in bay leaves with the tooth from a wolf and place it under your pillow and when you sleep you will dream of where your things are and who took them (p. 66).” However, within the New Orleans tradition the psychic level of Heliotrope is emphasized, retaining the concept of “looking for something missing or lost”. Heliotrope also has certain luck connotations (see the recipe for Money Drawing Powder for example). But, it is primarily psychic in its operation and brings luck in the form of sudden insights or lucky intuitions rather than via a direct materialization.

Hyacinth is another psychic oriented flower and it is used to transmit on psychic planes a feeling of joy and playfulness. It is frequently employed as a follow-up to uncrossing rituals in an attempt to replace negative vibrations with strictly positive ones.

Although we discussed **Lilac** under the Love Herbs, it is also definitely psychic in its action. Lilac may be used in uncrossing and love procedures to great benefit, but its action is to convey other herbs rather than to perform on its own. Lilac is felt to soothe and ease problems and it does this by both providing a screen against negativity and by tending to promote the positive qualities of the herbs you mix with it. For example, if we mixed some Lilac with Bergamot, Allspice, and Juniper we would have not only an excellent luck preparation, but the utilization of the Lilac would protect us against canceling effects and any sort of baneful attack. In some traditions, Lilac is seen as the uncrossing oil of choice for just about any condition and it is employed as an ingredient in such New Orleans potions as Easy Times, Lobban, Peaceful Home, Unfaithful, and Versatile. Under no circumstances, however, should Lilac ever be mixed with baneful herbs.

Linden is another of the herbs noted for psychic potentials. It is also said to be particularly efficient in keeping lovers faithful. For this reason, Linden is a common ingredient in recipes related to love problems when a psychic-energizer is needed. In other words, use this one when things are really bad!

Linseed Oil (*Linum usitatissimum*) or “**Flax**” is used for purposes of psychic development and is used both to anoint one’s temples and third eye area and also in candle rituals as an anointing oil for white or blue candles. Burning Flax as a part of a background incense during divinations (Tarot, astrological counseling, necromancy) is particularly recommended as useful and reliable. Make a cross using Linseed Oil on each door to protect against hexes.

Locust (*Cassia marilandica*) is another common name for Senna, which we discussed briefly under Love Herbs. Locust has a psychic reputation which alleges that it has the mystical or historical meaning of “devotion beyond the grave.” For this reason it is used in love incenses, but also in necromantic workings, particularly when you need to contact a departed spouse or loved one.

Lotus (*Nymphaea lotus*; *Zizyphus lotus*) is a common additive to psychic incenses and is an ingredient in such New Orleans formulas as Egyptian Temple and Kyphi which will be discussed later. Lotus is said to be particularly beneficial to meditations and while it is not powerful to work results on the material plane, it is felt to be able to take you to the highest realms of mystical insight.

As I have pointed out, in reality all herbs work on psychic planes to accomplish their results. However, the herbs listed above are particularly noted to be reliable in conveying messages to those levels. The use of a psychic herb depends largely upon the nature of your ritual. If you suspect that a problem is essentially karmic in nature and dates back almost to the day of birth, then a psychic herb or two is

considered to be particularly important in removing such a hex. Also, for those who wish to develop their meditational and psychic abilities, certainly working with the psychic herbs in combination with other incenses or oils would be highly recommended. Lotus is said to be particularly beneficial to meditations and while it is not powerful to work results on the material plane, it is felt to be able to take you to the highest realms of mystical insight.

Psychic incenses and oils are most frequently used in combination with other formulas because in and of themselves they are rather unfocused and tend to stimulate psychic or intellectual centers without making much else happen. This is fine, if you are looking for specific results, but you must modify the meaning of the psychic herbs with other herbs, oils, candles, etc., to make your desire specific. Normally, psychic herbs are not employed in the average ritual unless it is felt that help from the highest sources is necessary to help reach one's goal.

Spirit Guide

Orange (Naroli), Lily, Acacia

In the recipe above you will notice the inclusion of Acacia Flowers and the Lily which we will discuss under Uncrossing Herbs. Naroli (or Orange Blossom) is used to modify the meaning of the Lily and Acacia in order to provide a loving vibration which will create the personality of the "Spirit Guide" this recipe is said to invoke.

Spiritual Vision

Galangal (Low John), Cinnamon, Cedar, Orris, Myrrh

Considered to be one of the classic "scrying" or meditational incense recipes, Spiritual Vision employs several old friends. Notice particularly the inclusion of Myrrh, which at first seems out of place given its material world focus. In this case, Myrrh is added to bring practicality to the visions obtained. Within the New Orleans tradition, spiritual evolution never divorced itself from practicality. The Magician card of the tarot shows a man with one hand pointing towards heaven to obtain divine insight and his other hand points down to the earth, to obtain active materialization of his desires on the material plane. To become too much involved in purely spiritual attainment is deemed to be as absurd as it is to become totally involved with worldly attainment. It is critical that those participating in candle burning and other herbal techniques should always be careful to connect their findings to the material plane. Again, the caution of "As above, so below" applies. I have watched dozens of beginners get totally carried away by the two extremes of manifestation. Either they become totally "spiritual" and show disdain for the bounties of the earth, or they get so trapped in looking for material manifestations that they totally overlook their spiritual sources.

The guiding principle for all herbal practices is that of balance. Both your skills to climb to the highest spiritual heights and those related to material manifestation must be developed.

Chapter 9

HERBS: Uncrossing and Unhexing

We have discussed several herbs which fall under this category already because many of the love, protection, and power herbs are also frequently employed for uncrossing situations. Of all the concepts in using herbs, incenses and oils, uncrossing is probably one of the most important of the healing arts. The following list of herbs contains those generally considered to be uncrossing or unhexing herbs and in it you will spot several herbs we have already discussed:

Absinthe (Wormwood)	African Ginger (catalyst)
Agrimony	Agueweed (Boneset)
Angelica	Anise
Ash Leaves	Basil
Bay	Benzoin
Betony	Bitter Root (Gentian)
Blood Root	Brimstone (Sulfur)
Broom Tops	Clover
Cloves	Curry Powder
Dill	Dog Grass
Dragon's Blood Reed	Elder
Fennel Seed	Five Finger Grass
Flax	Frankincense
Geranium	Hawthorne
High John (Jalop)	Holy (Blessed) Thistle
Huckleberry	Hyacinth
Hyssop	Lavender
Lilac	Lotus
Low John (Galangal)	Marjoram
Mistletoe	Mugwort
Nettle	Pine Bark
Rue	Sage
Sloe Bark or Berries	Spikenard
Tormentil	Unicorn Root
Valerian	Verbena
Vetivert	Woodruff
Wormwood (Absinthe)	

While this list is not totally inclusive, it gives you an idea of the wide range of herbs available to the practitioner.

Uncrossing is a healing process working less on physical problems (although this is often one of the manifestations of a crossed condition) than on psychological difficulties. An uncrossing ritual is, in many ways, a practitioner's equivalent of a trip to a psychologist. However, the approach to the removal of problems is quite different from that taken in a clinical situation. The keywords to uncrossing are "cleansing, healing, and refocusing." The difference between a crossed condition and a "hex" is that a crossed condition is most often "self-created" while a hex is most usually "inflicted" by another. Sometimes, of course, a minor hex can turn itself into a crossed condition if it is left in effect for a long period of time.

The herbs listed earlier work in various ways within an uncrossing or unhexing procedure. Some work to act as “defenses”. That is, they block the source of the hex and help to alleviate further baneful energy from doing additional damage to you or your client. Some of the herbs are “cleansing” in nature; they work to erode the problem within you or your client by clarifying and cleaning out those spiritual centers or energies which have become blocked. Other herbs are “refocusing” agents that help to open up positive creative channels for the hexed individual to replace the negative spaces he or she presently pursues in his or her life.

Rather than go into basically repetitive descriptions of each of the herbs above, we have, instead, classified them according to their ritual function in uncrossing. All of them work more or less the same. Those herbs which we have personally found to be particularly beneficial are noted with an asterisk (*), and will be discussed following the list. You might wish to look up our previous discussion of those herbs in order to gain an even deeper understanding of their individual natures.

RITUAL FUNCTION OF UNCROSSING HERBS

P (positive) C (cleansing) R (refocusing)

Absinthe (Wormwood) P	African Ginger (catalyst) R
Agrimony P, C	Agueweed (Boneset) P
Angelica P, C, R	Anise R
Ash Leaves P, C	Basil C, R
Bay P	Benzoin R
Betony P, C	Bitter Root (Gentian) P
Blood Root P	Brimstone (Sulfur) P, C
Broom Tops C	Clover C, R
Cloves P	Curry Powder P
Dill R	Dog Grass P, C
Dragon’s Blood Reed P, C	Elder P
Five Finger Grass P, C, R	Flax R
Fennel Seed P, R	Frankincense P, R
Geranium P, C, R	Hawthorne P, C
High John (Jalop) P, R	Holy (Blessed) Thistle P, R
Huckleberry P	Hyacinth P, R
Hyssop C	Lavender P, C
Lilac P, C	Lotus C, R
Low John (Galangal) P, R	Marjoram C, R
Mistletoe P, C, R	Nettle P
Pine Bark P	Rue P, R
Sage R	Sloe Bark or Berries C
Spikenard P, R	Tormentil P, R
Unicorn Root P, R	Valerian P
Verbena (Lemon Verbena) P, C	Vetivert P, C, R
Woodruff P	

By studying the list above you can get a good idea of the function that each of the herbs listed performs. Herbs already discussed will not be repeated.

Absinthe or “Wormwood” is one of the hexing herbs, but works to protect in situations where an actual hex has been inflicted on you or someone else. It is not particularly effective in alleviating a condition which has gone on for some time. Normally, also, Absinthe would be used in combination with other herbs such as Rose or Lavender because these help to control its baneful vibrations. While I have cautioned against mixing positive herbs with hexing herbs, you may feel free to do so with any of the twisting or reversible herbs such as Absinthe because at base they are merely power herbs which do what they are told depending upon the other herbs you mix with them.

Bitter Root (*Gentiana lutea*) or “Gentian” is a well-known uncrossing root which works similarly to Low John in effect. Gentian Root is sometimes brewed as a tea to attract love, but more commonly it is used for its uncrossing abilities in this area since it is more beneficial for removing love problems than for invoking love. Gentian Root may be anointed with any of the strong uncrossing oils and it is recommended that the crossed individual wear a small bag containing Gentian Root (or another of the power roots such as High John and Low John during any uncrossing procedure.

Dog Grass (*Agropyron repens*) is sometimes called “Couch Grass” or “Witch Grass.” It is both a hexing and unhexing herb depending upon other herbs mixed with it. Considered by many to be one of the best of the spell-casting herbs, it is commonly employed in many different traditions. Most frequently, it is used as a part of a “gris-gris” or “ju-ju” which are merely fancy technical words used to describe a power or charm bag. In terms of doll stuffings, Dog Grass is normally only employed in hexing situations, but it may be used to help refocus an individual away from bad habits.

Geranium (*Geranium maculatum*), sometimes called “**Spotted Cranebill**” or “**Alum Root**,” is one of our favorites to work with because it handles all three of the uncrossing functions: protection, cleansing and refocusing. However, we find that, while it does work in all three areas, it should be blended with other herbs for maximum effect. Personally, we like to mix it with Rose, Lavender and Vetivert. You may use the oil known as Rose Geranium in the same way as Geranium and it has the same meaning. Huckleberry is a common name for Bilberry. See comments under that herb. While it is technically a crossing or hexing herb it may be used to reverse hexes. It is particularly recommended for use in combination with Sulfur and Asafetida as an incense or powder. However, Huckleberry can be as treacherous as it is powerful and when using it in a ritual you should observe your results very carefully to make sure that none of its baneful elements are surfacing. If they are, then switch to a more stable herb in place of the Huckleberry.

Hyacinth has already been discussed under the psychic herbs, but it is important to re-emphasize its refocusing abilities and its ability to protect against psychic attack. Hyacinth also has another rather important uncrossing potential and to discover it we must look to the mythology surrounding Hyacinthus, one of the Greek symbols of masculine beauty. The myth goes: A discus.....caused the death of Hyacinthus, the son of Amyclas, king of Sparta. This is a story of male, homosexual love — how the sun god Apollo fell in love with the beautiful Hyacinthus and aroused the jealousy of Zephyr, the west wind and son of Aeolus and Aurora, who also loved the boy. Finding that he was adored by a god, Hyacinthus cast aside his earthly love, Thamyris. One day, when Apollo and Hyacinthus were playing at quoits on the banks of the Eurotas, Zephyr, in his blind rage, turned aside the discus that the sun god had thrown so that it struck Hyacinthus and killed him. From his blood Apollo caused the hyacinth to grow and marked its petals AI, the Greek word for woe. While you might not have known about this side of Greek mythology, this story points out the importance that homosexuals attach to the Hyacinth and the frequency with which it is used to protect gay love affairs.

Hyssop (*Hyssopus officinalis*) is mentioned several times in the Bible, although probably the herb referred to is the thorny caper (*Capparis spinosa*). Hyssop is particularly recommended for its cleansing

abilities which seem to function on both the physical and psychic planes. I often mix a little Hyssop Oil with some Everclear and water and spray it all around my office or home to rid my environment of negative or baneful influences. I have also used Hyssop in rituals where there were extreme problems of karma involved. For example, I know a practitioner who once was given the problem of helping a small specialty store overcome some of the karma it had incurred by opening its doors to various negative groups and the participation of its owner in Satanic rituals. It took about a month of constant, but failed rituals until he added the Hyssop to the oils he was using. Suddenly things started to change for the better despite a series of robberies during this uncrossing process undoubtedly a way of balancing karma. Within a year the store had quadrupled its business. Unfortunately, the owner slipped back former ill-advised practices and the store's prosperity slid backward with him. Even though your uncrossing procedure may be initially successful, if the client insists on continuing habits that result in baneful effects, all your efforts will eventually be for naught .

Sloe Bark or **Berries** (*Prunus spinosa*) is another name for the "Plum" tree. One wonders whether the laxative properties of the Sloe have anything to do with its reputation for psychic cleansing! In any case, Sloe Bark is often used in charm bags and uncrossing incenses and it is felt that eating Plums during an uncrossing procedure is rather beneficial.

Tormentil has already been discussed under the Power Herbs, but it is important to re-emphasize its legendary protective abilities. Since it is often recommended to help control slander and bigotry, it is commonly used these days to bring tolerance and understanding to an individual or situation.

Unicorn Root is a fabled herb within New Orleans circles, but we have not yet been able to find out its species. It is used similarly to High John or Low John and is said to help in both protecting and refocusing the individual. We suspect that the refocusing ability is rather weak, however, and would suggest anointing the Unicorn Root (if you can find one) with an appropriate refocusing oil such as Lavender, Rose, or Vetivert.

Of all the uncrossing herbs, we find that **Vetivert** (*Vetiveria zizanioides*) is one of the most efficient and powerful of additives. Technically, Vetivert is a power herb and may be used to strengthen hexing potions (although this use is rather infrequent), but its greatest application comes in the uncrossing arena. You may also add Vetivert to incenses for luck, love, and healing according to various practitioners. When purchasing oils, however, it is important that your Vetivert not be synthetic. While many synthetic oils work rather well, Vetivert is not one of them.

Woodruff (*Asperula odorata*) is almost exclusively a protection herb, but it has been found to blend well with uncrossing herbs in rituals aimed at that result. Woodruff also makes an excellent floorwash when brewed as a tea and some have recommended it as a good uncrossing bath, although personally, we would add other elements to make it even more potent.

To build a balanced uncrossing incense, oil, or powder, one must take into account all three of the elements in uncrossing: protection, cleansing and refocusing.

Let's take a look at a few of the better known uncrossing formulations from the New Orleans tradition to see how they work and how each of the elements is taken into account in the recipes.

Agarbatti Chandan
Lavender, Bay, Hyssop

Agarbatti Chandan is a classic example of an uncrossing formula. The Bay protects while the Hyssop cleanses and the Lavender helps refocus the individual towards positive goals.

Banishing
Bay, Cinnamon, Red Wine, Rose, Myrrh, Salt

Here we have a far more complex formula which is actually not an uncrossing potion so much as it is a banishing preparation. Often a banishing agent is used when the crossed condition or hexed condition is considered extreme. Also, one might use this recipe in a “haunted” house or where poltergeist activity is evident. The Salt and the Red Wine are both Pagan and Christian in reference and symbolize body and blood. The Bay is strongly protective and also serves to command baneful spirits away. The Rose is refocusing and cleansing while the Myrrh and Cinnamon are strong in clearing away problems from the material plane. When preparing this as an incense or powder, go light on the Red Wine (a couple drops will do) and emphasize the Myrrh and Bay.

There is another kind of recipe common to the New Orleans tradition. For instance, let’s look at the “procedure” for making Evil Eye Perfume Oil, which is said to protect against the so-called “evil eye”. Evil Eye is another way of describing a person who has awakened his or her third eye but who chooses to use it for evil. Sadly, many evolved people turn towards baneful spells since they select the momentary satisfaction of power on the material plane instead of opting for balance between material and spiritual goals. Fear of the “evil eye” is particularly prevalent in Mediterranean countries such as Italy and Greece, but it is not unknown in the African tribal tradition.

To make Evil Eye Perfume Oil you must first make yourself some Van-Van. Van-Van is one of the most sacred of the New Orleans oils and some practitioners use this oil exclusively in all but hexing spells since it can be utilized in so many positive ways. Also, Van-Van is one of the more delightful smelling of the oils.

Van-Van
Vanilla, Khus-Khus (Vetivert), Almond

Now that you’ve made your Van-Van oil, you can make Evil Eye Perfume Oil. First get a white plate (preferably an inexpensive one since the plate will be destroyed). Then, using blue food coloring, draw an eye in the center of the plate. Now dump the bottle of Van-Van oil you have prepared onto the plate and get the oil to absorb the blue food coloring completely. Then, pour off the oil into a small bottle. You now have a bottle of Evil Eye Perfume Oil.

Chapter 9

Your Personal GUIDE TO HERBS and OILS

Lest any of you think that you are getting away easily with the simple exercises given thus far, wait until you look at the next page! The pages which follow contain a list of all the herbs we have discussed plus several columns of categories such as “Uncrossing,” “Commanding,” “Love,” “Success,” etc. You will notice that we have left the columns blank because we feel that the best way for you to become completely conversant with herbs is to go through them all again and check off the categories which apply to each herb. In this way you will create an extremely handy guide to herbs and oils which you will use again and again. I realize that this means a lot of work for you, but I am certain that you will find it rewarding. Since many herbs cover more than one category, this table of herbs will serve as a fast reference for when you are planning a ritual or recipe.

As emphasized again and again, these herbs will become very important in your formulas and it is most vital that you feel completely conversant with them. In addition to the categories we have supplied, we have left a few blank categories which you may add based upon your own interests or upon your experimentation. For example, someone interested in controlling infidelity might wish to set up a special category for those herbs. Those interested in stopping gossip might wish to make a special category for those herbs. I have also left space at the bottom of each page for your notes and special observances. Those who choose not to do this exercise will find themselves handicapped when they begin to mix their formulas.

A note on collection and care. Most practitioners build a small supply of several different herbs, but keep in mind that herbs should be stored away from the light in a dry location. If possible, keep herbs stored in dark-colored jars (as opposed to clear glass) or keep them in a cabinet where light will not reach them and thereby destroy their potency. Most herbs, if they have been properly dried, may be kept indefinitely. Since we are not discussing the medicinal use of herbs in this book, we do not have to pay such close attention to the shelf-life of herbs. While medicinal abilities of herbs may be aged away, they tend to keep their ritual qualities indefinitely although, to the best of our knowledge no one has done any research into how long an herb is useful when stored. I have some herbs which are about three years old and which still function totally effectively, so we don't think that spoilage is of particular importance. However, you find that oils will be come rancid if kept too long or under improper conditions.

I do tend to keep herbs with opposite meanings in different cabinets. For instance, I would not keep my Rosebuds near my Henbane! One advantage of having several different kinds of herbs in one's home is that they tend to cancel out effects. For example, if I had only hexing herbs in our home, a strong baneful vibration would quickly fall over our premises. However, if we had love herbs and luck herbs also in the house, then there would be a balanced vibration. This will not effect a ritual, however. If I happen to have a couple of hexing herbs in our closet and perform a love ritual in another room, the hexing herbs will not translate into problems just because I happen to have them in my house. Only those herbs being used on the altar itself are called into play. While there are certain herbs which are dangerous to keep in the home, none of these will be discussed in this book because they are poisonous for the most part and have only baneful uses.

CHAPTER 10 - PERSONAL GUIDE TO HERBS AND OILS

HERB	ALSO KNOWN AS	P S Y C H I C	C A T A L Y S T	H E X I N G	D R A W M O N E Y	S U C C E S	L U C K / G A M E S	L U C K / A L L	L O V E / R O M A N C E	L O V E / P A S S I O N	P E A C E	U N C R O S S I N G	P R O T E C T I O N	C O M M A N D I N G	R E F O C U S I N G	C L E A N S I N G	P O W E R	T W I S T I N G	
Absinthe	<i>Old Woman, Wormwood</i>																		
Acacia Flowers																			
Aconite	<i>Monkshood, Wolfsbane</i>																		
Acorn																			
Adam & Eve																			
African Ginger																			
Agrimony																			
Agueweed	<i>Boneset</i>																		
Alfalfa																			
Allspice																			
Althea	<i>Marshmallow</i>																		
Ambergris																			
Angelica	<i>Archangel</i>																		
Anise Seed																			
Apple / Apple Blossom																			
Asafetida																			
Ash Leaves																			
Bachelor's Buttons	<i>Buttercup, Cornflower</i>																		
Balm of Gilead																			
Barberry																			
Basil																			
Bayberry	<i>Wax Myrtle</i>																		
Bay Leaves																			
Bemzpom	<i>Storax, Styrax</i>																		
Bergamot																			
Betony																			
Bilberry	<i>Huckleberry, Blueberry</i>																		
Bindweed																			
Bistort	<i>Dragonwort, Snakeweed</i>																		

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HERB	ALSO KNOWN AS	P S Y C H I C	C A T A L Y S T	H E X I N G	D R A W M O N E Y	S U C C E S S	L U C K / G A M E S	L U C K / A L L	L O V E / R O M A N C E	L O V E / P A S S I O N	P E A C E	U N C R O S S I N G	P R O T E C T I O N	C O M M A N D I N G	R E F O C U S I N G	C L E A N S I N G	P O W E R	T W I S T I N G	
Bitter Root	<i>Gentian</i>																		
Bittersweet																			
Black Cohosh																			
Black Snakeroot																			
Bladderwrack																			
Blazing Star	<i>Devil's Bit</i>																		
Blood Root																			
Blueberry	<i>Bilberry, Huckleberry</i>																		
Borage																			
Brimstone	<i>Sulphur</i>																		
Broom Tops	<i>Scotch Broom</i>																		
Buchu Leaves																			
Buckeye	<i>Horse Chestnut</i>																		
Buckthorn	<i>Sacred Bark, Cascara Sagrada</i>																		
Buttercup	<i>Bachelor's Buttons, Cornflower</i>																		
Calamus	<i>Sweet Flag</i>																		
Calendula																			
Cardamom																			
Chamomile																			
Capsicum	<i>Cayenne, Red Pepper</i>																		
Caraway Seeds																			
Carnation																			
Cascara Sagrada	<i>Sacred Bark</i>																		
Cassia																			
Cayenne	<i>Capsicum, Red Pepper</i>																		
Cedar																			
Celery Seed	<i>Smilage</i>																		
Cherry Blossoms																			

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HERB	ALSO KNOWN AS	P S Y C H I C	C A T A L Y S T	H E X I N G	D R A W M O N E Y	S U C C E S	L U C K / G A M E S	L U C K / A L L	L O V E / R O M A N C E	L O V E / P A S S I O N	P E A C E	U N C R O S S I N G	P R O T E C T I O N	C O M M A N D I N G	R E F O C U S I N G	C L E A N S I N G	P O W E R	T W I S T I N G	
Chicory																			
Chili Powder																			
Chrysanthemum																			
Cinquefoil	<i>Five Finger Grass</i>																		
Cinnamon																			
Civet																			
Clover																			
Cloves																			
Comfrey Root																			
Coriander																			
Cucumber																			
Cumin																			
Curry Powder																			
Cypress																			
Daisy																			
Damiana																			
Dandelion																			
Deer's Tongue																			
Devil's Bit	<i>Blazing Star</i>																		
Dill																			
Dogbane																			
Dog Grass	<i>Couch Grass, Witch Grass</i>																		
Dragon's Blood Reed	<i>Herb Robert</i>																		
Echinacea	<i>Samson Root</i>																		
Elder																			
Elecampane																			
Elm Bark																			
Eryngo	<i>Rattlesnake Weed</i>																		
Eucalyptus																			

CHAPTER 10 - PERSONAL GUIDE TO HERBS AND OILS

HERB	ALSO KNOWN AS	P S Y C H I C	C A T A L Y S T	H E X I N G	D R A W M O N E Y	S U C C E S	L U C K / G A M E S	L U C K / A L L	L O V E / R O M A N C E	L O V E / P A S S I O N	P E A C E	U N C R O S S I N G	P R O T E C T I O N	C O M M A N D I N G	R E F O C U S I N G	C L E A N S I N G	P O W E R	T W I S T I N G	
Fennel Seed																			
Fig																			
Five Finger Grass	<i>Cinquefoil</i>																		
Flax	<i>Linseed</i>																		
Foxglove																			
Frankincense																			
Galangal	<i>Low John</i>																		
Garlic																			
Gentian Root																			
Geranium	<i>Spotted Cranebill, Alum Root</i>																		
Ginseg																			
Grains of Paradise																			
Gum Mastic																			
Hawthorne																			
Hazel Leaves																			
Hazel																			
Heal-All	<i>Figwort</i>																		
Heliotrope																			
Hemlock																			
Henbane																			
High John	<i>Jalop</i>																		
Holy Herb	<i>Yerba Sante</i>																		
Holy Thistle	<i>Blessed Thistle</i>																		
Honeysuckle																			
Horehound																			
Huckleberry	<i>Bilberry, Blueberry</i>																		
Hyacinth																			
Hyssop																			
Irish Moos																			

CHAPTER 10 - PERSONAL GUIDE TO HERBS AND OILS

HERB	ALSO KNOWN AS	P S Y C H I C	C A T A L Y S T	H E X I N G	D R A W M O N E Y	S U C C E S S	L U C K / G A M E S	L U C K / A L L	L O V E / R O M A N C E	L O V E / P A S S I O N	P E A C E	U N C R O S S I N G	P R O T E C T I O N	C O M M A N D I N G	R E F O C U S I N G	C L E A N S I N G	P O W E R	T W I S T I N G	
Jalop	<i>High John</i>																		
Jasmine																			
Jobs Tears																			
Juniper Berries																			
Knot Grass																			
Laurel																			
Lavender																			
Lemon																			
Lemon Blossom																			
Lemon Grass																			
Lemon Verbena																			
Licorice																			
Lignum Aloes																			
Lilac																			
Lily of the Valley																			
Lime																			
Linden																			
Linseed	<i>Flax</i>																		
Lobelia																			
Locust	<i>Senna</i>																		
Lotus																			
Lovage																			
Lucky Hand Root	<i>Salap</i>																		
Maidenhair																			
Mandrake																			
Marigold																			
Marjoram																			
Masterwort																			
Mimosa Pine																			

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HERB	ALSO KNOWN AS	P S Y C H I C	C A T A L Y S T	H E X I N G	D R A W M O N E Y	S U C C E S S	L U C K / G A M E S	L U C K / A L L	L O V E / R O M A N C E	L O V E / P A S S I O N	P E A C E	U N C R O S S I N G	P R O T E C T I O N	C O M M A N D I N G	R E F O C U S I N G	C L E A N S I N G	P O W E R	T W I S T I N G	
Mint	<i>Dittany of Crete</i>																		
Mistletoe																			
Mojo Wish Beans																			
Motherwort	<i>Mugwort</i>																		
Mullein																			
Musk																			
Myrtle																			
Nettle																			
Niaouli																			
Nutmeg																			
Oak Leaves																			
Orange Blossoms																			
Orris	<i>Yellow Flag</i>																		
Palma Christi Bean	<i>Castor Bean, Palmarosa</i>																		
Pansy	<i>Heartsease</i>																		
Passion Flower																			
Patchouli																			
Pennyroyal																			
Peony	<i>Pettigraine</i>																		
Periwinkle																			
Pepper, Red	<i>Capsicum, Cayenne</i>																		
Pepper, White	<i>Knotweed, Smartweed</i>																		
Pine Bark																			
Pine Needle																			
Potato																			
Quassia																			
Queen of the Meadow	<i>Joe Pye Weed</i>																		
Quince Seed																			
Rhododendron																			

CHAPTER 10 - PERSONAL GUIDE TO HERBS AND OILS

HERB	ALSO KNOWN AS	P S Y C H I C	C A T A L Y S T	H E X I N G	D R A W M O N E Y	S U C C E S	L U C K / G A M E S	L U C K / A L L	L O V E / R O M A N C E	L O V E / P A S S I O N	P E A C E	U N C R O S S I N G	P R O T E C T I O N	C O M M A N D I N G	R E F O C U S I N G	C L E A N S I N G	P O W E R	T W I S T I N G
Rose																		
Rosebuds																		
Rosemary																		
Rowan																		
Rue																		
Sacred Bark	<i>Buckthorn, Cascara Sagrada</i>																	
Sage																		
St. Johnswort	<i>St. Joan's Wort</i>																	
Salap	<i>Lucky Hand Root</i>																	
Sandalwood, Red																		
Sandalwood, White																		
Sarsparilla																		
Sassafras																		
Sea Lettuce	<i>Kelp</i>																	
Senna	<i>Locust</i>																	
Seven Barks	<i>Hydrangea</i>																	
Skullcap																		
Skunk Cabbage																		
Slippery Elm																		
Sloe Bark / Berries	<i>Plum</i>																	
Smartweed	<i>Knotweed, White Pepper</i>																	
Smilage	<i>Celery Seed</i>																	
Snakeroot																		
Snapdragon																		
Solomon's Seal																		
Southernwood	<i>Lad's Love</i>																	
Spearmint																		
Spikenard																		
Squill Root	<i>Sea Onion</i>																	

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HERB	ALSO KNOWN AS	P S Y C H I C	C A T A L Y S T	H E X I N G	D R A W M O N E Y	S U C C E S S	L U C K / G A M E S	L U C K / A L L	L O V E / R O M A N C E	L O V E / P A S S I O N	P E A C E	U N C R O S S I N G	P R O T E C T I O N	C O M M A N D I N G	R E F O C U S I N G	C L E A N S I N G	P O W E R	T W I S T I N G	
Star Anise																			
Storax	<i>Benzoin, Styrax</i>																		
Tansy																			
Thyme																			
Tobacco																			
Tonka Beans	<i>Coumara Nut</i>																		
Tormentil																			
Unicorn Root																			
Valerian																			
Vanilla																			
Verbena																			
Vervain																			
Vetivert																			
Violets																			
Woodruff																			
Wormwood	<i>Absinthe, Old Woman</i>																		
Yarrow	<i>Milfoil, Sneezewort</i>																		
Yellow Dock																			
Yerba Mate																			

Chapter 11

FORMULAS: Most Popular by Use

I have already discussed a bit of the general functions of oils, powders, incenses, floorwashes and baths. Now it is time to deal at length with various classic recipes.

To simplify things, I have listed the most popular recipes by various categories of alleged effectiveness. The following list will give you an idea of the general area of a recipe's usefulness. However, this is only a rough guide and you should read the entries for each of the potions carefully, since some have very specialized uses.

While this list by no means represents every formula in this book or available on the market, it is a relatively comprehensive list of some of the most used recipes.

You can also check the index in the back of this book for clues about ingredients and purposes of the formulas. Since you now know the attributed characteristics of the various herbs and oils, it should not be hard to pick a formula that will be well suited to your needs and intentions.

ANGER -*To create or disperse*

Anger Powder
Unforgiving

Easy (Ease) Wrath
War

ATTRACTION

As You Please
Basil
Blessing
Courting
Drawing
Friendship
Horn of Plenty
Inflammatory
Love
Magnet
Nutmeg
Stay At Home

Attraction
Binding
Come to Me
Draw Across
Fire of Love
Fruit of Life
Hot Foot
Irresistible
Luv, Luv, Luv
Mystic
Red

BUSINESS

Business
Magnet
Prosperity

Lucky Business
Money Drawing
Saturn

CONSOLATION and COMFORT

Courage
Hermes
Rose

Egyptian
Jinx Removing
Separation

COMMANDING and COMPELLING *General*

As You Please	Bend Over
Boss Fix	Commanding
Easy Life	Fiery Command
Get Away	High Conquering
Instigation	Lost and Away
Master	Power Brand
Thrifty	

COMMANDING and COMPELLING *Love*

Black Cat	Cernunnos
Come To Me	Commanding & Compelling
Devil's Master	Draw Across
King of the Woods	Master Oil
Quitting	Satyr
Stay At Home	

CONTROLLING

As You Please	Black Arts
Commanding	Compelling
Controlling	Devil's Master
Do As I Say	Enemy
Power Q	Voodoo

COURAGE *Enhancement of*

Courage	Iris
Marie Laveau Peace	Special Perfume Oil # 20
Wolf's Heart	

PROPHETIC DREAMS

Aunt Sally Dream	Aunt Anna Wishbone
Beneficial Dream	Five Circles
French Creole	Good Luck Mystic
Mimosa Magic	Rose
Wishbone	

ENVY AND JEALOUSY *To create or disperse*

Envy and Jealousy Powder

EXORCISM, BANISHING

Banishing	Get Away Powder
Go Away Powder	Lobban
Lost and Away	Satan Be Gone

GUIDANCE

Angel	Five Circles
King Solomon	Three Kings
Vision	Wolf's Heart

HEALTH and HEALING

Healing	Health
House Blessing	No Hex
Special Perfume Oil #20	

HEXING and JINXING *General*

African Ju-Ju	Banishing
Bat's Blood	Bat's Eye
Black Arts	Black Cat
Confusion	Crossing
Damnation	Devil's Master
Devil's Snuff	Domination
Double Cross	Get Away
Go Away	Goddess of Evil
Goofer	Hell's Devil
Hot Foot	Inflammatory
Inflammatory Confusion	Jinx
Ju-Ju	Jua-Jua
Lost and Away	Mad
Mandrake	Mars
Obeah	Quitting
Separation	Snuff
Tar Perfume Oil	Ten Commandments
Tiphereth	Twisting
Voodoo	Wanga-Wanga
War	Wear-Away
Wormwood	Yaka
Yula	Yuza-Yuza
Zawba	

HEXING *Love*

Bat's Heart	Love Breaker
Separation	Yo-Yo
Zawba	

INFIDELITY *Controlling*

Black Devil	Lucky Powder
Stay-At-Home	

LEGAL MATTERS *and COURT CASES*

Black Candle Tobacco	Helping Hand
*John The Conqueror	Jury Winning
Just Judge	
* plain or mixed with Three Jacks & Success King's Oil	

LOVE *Passionate*

Algiers	Astarte
Caliph's Beloved	Cleopatra Oil
Come To Me	Delight
Dixie Love	Eve

LOVE *Passionate* (cont'd.)

Fast Luck (Red)	Fire of Love
Fire of Passion	Flame of Passion
Follow Me Boy	French Love
Goddess of Love	Love Powder (Green)
Haitian Lover	Isis
Jinx - Red	Love Oil
Love Oil # 20	Love Powder (Red)
Lovers Mount Powder	Musk Love
“Q” Perfume Oil	Queen Tryst
Venus Voodoo Night	

LOVE *Spiritual / Romantic*

Adam and Eve	Amour
Arabian Nights	Astarte
Attraction	Courting
Dreams	French Love
India Bouquet	Khus-Khus
Kindly Spirit	Love
Love and Success	Love Incense
Love Powder - Blue	Love Powder - Orange
Love Powder - Pink	Love Powder - Red
Love Powder - White	Lovers’
Luv-Luv-Luv	Magnet
Musk Love	Oriental Lover
Red Rose	Rose

LOVE *Fertility*

Ya-Ya	Earth Bath
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LOVE PROBLEMS *Soothing of*

Cleopatra Incense	Dove’s Heart
Helping Hand	Love Oil # 20
Love Powder (Orange)	Pax/Peace
Peaceful Home	

LUCK *In business*

Angel	Arabka Soudagar
Attraction	Fast Scrubbing
Happy Times	High Conquering
Jamaica Bush	Luck Around Business
Prosperity	Spiritual Vision

LUCK *In gambling*

Algiers	Bat’s Heart
Chypre	Cleo May
Fast Luck	Games of Chance
Has No Hanna	Haitian Gambler
Herb Oil	Hermes
Jamaica Bush	Kyphi

CHAPTER II - FORMULAS: MOST POPULAR BY USE

Lady Luck	Magnet
Money Drawing	Lady Luck
Lucky Dog	Three Jacks
Winner's Circle	

LUCK *General*

Attraction	Black Cat
Buckeye	Conquering Glory
Crown of Success	Double Luck
Drawing	Easy Times
Fast Luck	Good Luck
High Conquering	Horn of Plenty
House Blessing	Jinx-Green
King's	Kyoto
Love and Success	Love Powder (Green)
Lucky Lodestone	Lucky
Magnet	Money
Money Drawing	Mystic
Rosemary	Shi-Shi
Success	Ten Slivers
Three Kings	Uncrossing
Van-Van	Versatile
Wisteria	

MONEY

Attraction	Commanding
Fast Luck	Jupiter
Magnet	Money Drawing
Power	Prosperity
Thrifty	Winner's Circle

MISCELLANEOUS & GENERAL PURPOSES

Aphrodite	Attraction
Bast	Commanding
Conquering Glory	Fast Luck
Good Luck	Hecate
Helping Hand	Hermes
High Conquering	Inflammatory
Jupiter	King Solomon
Mars	Master
Mercury	Seven African(s)
Swallow's Heart	Ten Commandants
Wisteria	

PEACE AND SERENITY

Dove's Blood	Dragon's Blood
Drawing	Dream
Goon-Goon	Gris-Gris
Hermes	Joy

PEACE AND SERENITY (cont'd.)

John The Conqueror	Kabala
Moon	Pax/Peace
Peace	Peaceful Home
Special #20	

POWER, STRENGTH, AND INFLUENCE

Banishing	Bend Over
Commanding/Compelling	Confusion
Conquering Glory	Devil's Master
Domination	Easy Life
Fiery Command	Flaming Power
Isis	King Solomon
Love	Mars
Saturn	Success
Tiger	Van-Van
Wolf's Heart	

PROSPERITY

Hermes	Horn of Plenty
House Blessing	King Solomon
Money Drawing	Shi-Shi
Thief	

PROTECTION *General*

Aphrodite	Angel
Anger	Arabian Bouquet
Black Cat	Blessed
Devil's Snuff	Devil Trap
Dragon's Blood Crystal Bath	Draw Back
Evil Eye	Fiery Wall of Protection
Four Thieves' Vinegar	Goddess of Evil
Gris-Gris	Haiti Jungle
Healing	Holy Herbs
House Dressing	Isis
Jinx	John The Conqueror
Jyoti	Lost & Away
Mercury	Nine Mysteries
Obeah	Peace and Protection
Pentatruck	Protection
Protection and Love	Quieting
Rosemary	Seven African Powers
hi-Shi	Shoe String Root
Special Perfume No. 20	Swallow's Blood
Swallow's Heart	Thief
Trinity	Untruthful
an-Van	Vesta
Voodoo Powder	Water of Notre Dame

CHAPTER II - FORMULAS: MOST POPULAR BY USE

Winner's Circle
Yo-Yo

Wolf's Eye

PROTECTION *Legal*

Black Candle Tobacco
Just Judge

Jury Winning

PROTECTION *Business*

Boss Fix

Jyoti

PROTECTION *Against hexes*

Confusion

Evil Eye

PROTECTION *Quieting and calming*

Agarbatti Chandan
Dove's Blood
Joy
Pax/Peace

Boss Fix
Goona-Goona
Kindly Spirit
Peaceful Home

SELF IMPROVEMENT

Blessing
Courage
Easy Life
Hermes
Jalop
Protection
Spirit
Temple Vesta

Controlling
Dambalah
Happy Times
High Conquering
Kyphi
Queen
Sun

SEX

Black Devil
Delight
Fire of Passion
Hermes
Love Breaker
Musk Love
Queen
Ya-Ya

Come to Me
Fire of Love
French Love
Joy
Magnet
Oriental Lover
Venus
Zeus

SPECIAL PURPOSES

Ancient Wisdom
As You Please
Black Arts
Draw Back
Gris-Gris
Jamaica
Moon
Nirvana
Sabbat

Anger
Beneficial Dream
Candle
Five Circles
Isis
Love Breaker
Mount
No Hex
Satan Be Gone

SPECIAL PURPOSES (cont'd.)

Saturn	Separation
Special Favors	Spirit
Success	Thief
Untruthful	

SPIRIT ATTRACTORS, SPIRIT PULLERS

All Saints	Attraction
Drawing	Holy Spirit
Holy Herbs	Kabala
Spirit Guide	Spiritualists' Powder
Van-Van	Voodoo

SPIRITUAL *Purifying, cleansing*

Arabian Bouquet	Anointing
All Saints	Altar
Abramelim	Blessed
Buckeye	Ceremonial
Dressing (Van-Van)	Fast Scrubbing Essence
Florida Water	Hermes
High Altar	Holy Oil
Holy Spirit	Indian
Jalap	Kyphi
Lobban	Mystic Rites
Obeah	Pray/Praying
Qabal	Quieting
Repentant	Rosemary Incense
Spirit	Spiritual Good Luck
Temple	Van-Van
Vesta	

SPIRITUAL *Psychic development, meditation*

African Ju-Ju	Beneficial Dream
Ceremonial	Concentration
Conjure	Divination
Egyptian Temple	Five Circles
Good Luck Mystic	Good Luck Spiritual
Holy	Holy Spirit
Holy Herbs	Indian
Jinx-Purple	Kabala
King Solomon	Lucky Mystic
Lucky Spirit	Magic Carpet
Master	Meditation
Mystic Rites	Nirvana
Obeah	Oracle
Power	Pray/Praying
Psychic Power	Quieting

Sandalwood	Satan Be Gone
Spirit Guide	Spiritual Vision
Spiritualist's Powder	Success
Tiger	Vision
Zorba	

UNHEXING / UNCROSSING

Angel	Bend-Over
Black Cat	Black Devil
Cat's Blood	Confusion
Ending Oil	Evil Eye
Exorcism	Flying Devil
Get Away	Goofer Dust
Jinx-Black?	Jinx-Removing (Inside)
Jinx-Removing (Outside)	Jinx-Removing
Jockey Club	Ju-Ju, Jua-Jua
Lobban	Lucky Seven
Mandrake	Mint Bouquet
No Hex	Obeah
Obitsu	Quieting
Peace	Protection
Root Powder	Satan Be Gone
Seven-Day Uncrossing	Ten Slivers Powder
Uncrossing	War
Weed of Misfortune	Zonka

WEALTH

King Solomon	Money Drawing
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WISHING

Enchantment	John The Conqueror
Voodoo	Wishbone
Wormwood	

WORK AND JOB

Boss Fix	John The Conqueror
Power	Van-Van

Chapter 12

FORMULAS: Special Recipe Hints

INCENSE

1. Always use clean tools!
2. For incense, if one part equals 1 teaspoon, then ten to twelve parts will yield approximately 1/2 cup of finished incense.
3. Loose incenses should be burned on a charcoal in an incense burner filled with sand.
4. Sprinkling powders that have noxious odors may be diluted by mixing with fine sawdust; use 1 cup very fine sawdust to 3 or 4 tablespoons of powder. This is especially good for Go-Away Powder, which contains Asafetida. Not only does this make the powder less unpleasant, but it also serves to make it less detectable to others because the sawdust absorbs the odor.
5. Saltpeter (Potassium nitrate) may be used to help stubborn mixtures burn; use no more than 1 teaspoon per 1/2 cup of the total recipe. We recommend that you try the mixture without the saltpeter first, then add just a little at a time, only if it is needed to get the mixture to burn. Do NOT add more than the recommended amount, as it can be a fire hazard! Too much Saltpeter will cause the mixture to smoke excessively, and can cause sparks to fly, possibly causing a fire!
6. To color incense: Combine 6 parts of bamba wood (ground bamboo) with several drops of food coloring; mix until all powder is colored. The more coloring used, the richer and deeper the incense will be. Let the mixture dry for about 30 minutes before adding the rest of the ingredients. You can purchase bamboo powder from your supplier, or you can make it yourself by using a sander on bamboo and collecting the dust.

To mix incense:

1. Always use clean tools!
2. Mix the dry ingredients and grind, using a mortar and pestle or a coffee/herb grinder, or blender. We recommend you do not grind the resins (such as frankincense and myrrh) in a grinder, as they will melt from the heat and dull and gum up your blades.
3. Place the ground mixture in a metal or ceramic bowl.
4. Add any powdered herbs.
5. Mix all liquid ingredients and dissolve Saltpeter, if called for, in liquids.
6. Add liquids to dry mixture.
7. Blend mixture with a metal spoon, or shake in a plastic bag until thoroughly mixed.
8. Store in an airtight, preferably dark, container. If you keep the container away from heat and direct sunlight, the mixture should last indefinitely.

There are basically two kinds of incense: combustible and non-combustible. The non-combustible incense must be burned on charcoal blocks while the combustible incense contains Saltpeter (Potassium nitrate) and can be burned independently in the form of blocks, cones, sticks, or other shapes. Most of the incense used in rituals is the non-combustible type because it is easier to make. Just follow the steps outlined above and you have ready-to-use non-combustible incense.

Combustible incense is a little more complicated. Gum tragacanth (available at some herb or drug stores) glue or mucilage is the basic of all combustible incense. To make the glue, place a teaspoon of the ground herb in a glass of warm water. Mix well, until all particles are dispersed. An egg beater or electric mixer will facilitate this even though it will cause foam to rise. The foam can be strained off or allowed to disperse. The gum tragacanth is extremely absorptive; one ounce will absorb a gallon of water in a week.

Let the tragacanth absorb the water until it is the correct consistency for your project and is a thick, bitter smelling paste. The consistency for sticks should be relatively thin, while blocks and cones should be thicker. After you have made a few batches you'll get the feel of it and know just the right thickness for your project. When your glue is finished, cover it with a wet cloth and set aside. It will continue to thicken as it sits. So if it becomes too thick add a bit of water.

Next, make up the incense base. Not all formulas in this book can be used for combustible incense. In fact, most of them were designed for non-combustible incenses. Fortunately, you can add the incense to a base and it should work well.

Cone Incense Base

- 6 parts powdered Sandalwood (or Cedar, Pine, Juniper, whatever is used in your incense)
- 2 parts powdered Benzoin (or Frankincense, Myrrh, etc.)
- 1 part ground Orris root
- 6 drops essential oil (use the oil form of one of the incense ingredients)
- 3 to 5 parts incense mixture

Use Sandalwood if it is included in the incense recipe. If not, use one of the other types of wood, depending on the type of incense to be made and its ingredients. Try to match the wood base of this incense base to the incense's formula. If you can't, then use Sandalwood. Mix the first three ingredients until well mixed. Add the oil and mix again. Add three to five parts of the completed incense formula. This should be in powdered form. Weigh it all and add ten percent of its weight in Potassium Nitrate (Saltpeter). If you've made 10 ounces of the incense, then you should use 1 ounce Saltpeter. Mix well, add the gum tragacanth glue, a teaspoon at a time, until desired consistency is obtained. Combine all, and mold into desired shapes.

Cone incense, you'll need a very stiff, dough-like texture. It should mold easily and hold its shape.

Block incense, make a 1/3 inch thick square of the cone dough on waxed paper and use a knife to cut into one inch cubes. Separate slightly and allow to dry.

Stick incense, add more of the tragacanth glue to the mixed incense and base until the mixture is wet but still rather thick. For wood sticks, try home made bamboo splints (they aren't available commercially), broom straws, or wooden cocktail skewers. Dip the sticks in the mixture, let them sit upright, then dip again. Several dippings are usually necessary to obtain the proper thickness, no more than double the thickness of the stick. When you are finished, stick them upright in clay or Styrofoam and leave to dry.

COMBUSTIBLE INCENSE

1. Always use clean tools! We cannot over-emphasize this!
2. Never use more than 10% Saltpeter.
3. Keep woods and gum resins in the proper proportions: at least twice as much powdered woods as resins. If you use more resin, the mixture won't burn.
4. Juggling proportions is OK, but insure that resins never constitute more than 1/3 of the final mixture.

Obviously, this has not covered all the 'ins and outs' of making incense. That would take a book! It has given you the basics, though. If you care to pursue it further, there are many good books on the subject.

OILS

1. Always use clean tools!
2. A supply of eyedroppers will be very helpful in measuring drops of oil.
3. You will need Everclear (available at liqueur stores) for cleansing eyedroppers and mixing vessels before using for another oil.
4. When mixing a spray, use 1/2 cup of denatured alcohol as a fixative. In a pinch, you can use Everclear, but it is much more expensive.
5. Any of the following can be used as a base oil: Almond, Apricot kernel, Grape Seed, Hazelnut, Jojoba, Olive, Palm, Safflower, Sesame, or Sunflower. Never use Mineral Oil! However, if a particular oil is listed in the formula, that is the one that should be used.
6. When called for, Ambergris, Civet, and Musk should always be the artificial forms, since the natural oils are quite expensive. Besides, they are taken from animals, which goes against our motto of "Harm to no one!"

Remember:

- * if no base oil is mentioned, add these essential oils to 1/8 cup of a base oil
- * visualize as you mix and smell
- * for best results, don't use synthetics unless absolutely necessary.

If you are a person who does not like the oily residue on your skin and bathtub, use Turkey Red oil to dilute these essential oils for your bath. Turkey Red oil is an emulsifier, and while it does not have a particularly pleasant fragrance, it is the only emulsifier oil available. Some people think the oil has a rancid odor, but we wouldn't go that far. When it is mixed with the pure essential oils, they tend to dominate the fragrance.

POWDERS

After powdering all dry ingredients except talc, add liquids. Wait until liquid is completely absorbed, then slowly add talc. The talc will not absorb liquids, so it is always added last.

Chapter 13

FORMULAS: Bath Salts

Bath salts are easily prepared, and are much preferable to the commercial mixtures, which tend to be irritating to the skin. They are also an easy alternative to using herbs in the bath, as this tends to be messy.

The basic ingredients are table salt, baking soda (sodium bicarbonate) and Epsom salts (magnesium sulfate). Some herbalists also use borax. Add the ingredients to a large bowl or plastic bag in these proportions:

Basic Recipe For Bath Salts

3 parts Epsom salts*

2 parts baking soda

1 part table salt (or Borax)

Mix thoroughly. From this base, you can create any fragrance bath salts you desire. You can make up a large quantity of your favorite bath salt, or two or three fragrances, if you prefer. Simply divide the above mixture and set aside those portions to be separately mixed with the fragrance and colors of your choice.

It's wise to add the power of colors to bath salts. Use plain food coloring for this purpose, letting it fall drop by drop onto the salt base. If two or more colors are required to mix an exotic hue (such as purple), mix these in a spoon first and then add to the salts to avoid creating a two-toned product. Recommended colors for all bath salt mixtures are included in the recipes. For those who read "Color: White," you can simply leave them untinted.

Add many drops for a darker colored bath salts; fewer for a lightly hued bath salts. Mix the color into the salts with a spoon until it is evenly distributed. Or, if you are using a plastic bag, you can shake and work the bag until you are satisfied with the color.

Now add the essential oils drop by drop, one ingredient at a time, until the scent seems right. Mix with a spoon (or shake) until all salt particles are moistened. Be prepared to spend some time doing this, perhaps a half hour or so. Here is where the plastic bag comes in handy! If the Bath Salts are mixed for a ritual purpose, visualize the energies within the oils merging with each other and with the salt as you mix. Keep the salt's goal in mind while you stir. Use or store until needed.

These directions also apply to the following recipe:

Bath Beads

1 box Epsom Salts*

2 ounces Glycerin

5-6 drops of essential oils

3-4 drops of food coloring

Mix all ingredients except Epsom Salts. Mix well. Add the mixture to Epsom Salts, put mixture in a plastic bag, and shake daily for 14 days.

NOTE: Epsom Salts should not be used by diabetics or any other person with circulatory problems.

As to proportions: even though each recipe lists relative proportions, you should rely on your nose and personal preferences. The stronger the finished product's scent, the less will have to be used for each bath. Bath salts should be strongly scented.

Two tablespoons to one-half cup of the salts should be added to a full bath tub of water. While

sitting in the tub, soak up the power. Allow yourself to receive it, or alternately, to release specific negative energies from yourself into the water.

Directly after every ritual bath (and before, if necessary), clean your tub, either with a commercial cleanser or with a damp cloth covered with baking soda. Ritual baths taken in unclean bathtubs won't have the desired effects!

The proportions here, though for essential oils, are by parts. One part may equal six drops. Generally speaking, there shouldn't be more than ten total drops of essential oil per half-cup of bath salts. Experiment to find what works best, and please use only genuine essential oils. You should remember, too, the irritating qualities of some essential oils, and use accordingly.

Air Bath (Elemental)

3 parts Lavender
2 parts Rosemary
1 part Peppermint
1 part Bergamot Mint Bouquet

Color: Yellow

Use to attune with the powers of Air, for divination, theorization, aiding the memory, concentration, clear thinking, visualization and study.

Celibacy Bath

4 parts Lavender
2 parts Camphor
Color: White

Add to a tub of tepid water--not hot. Bathe in this blend when you wish to cool down.

Circle Bath

3 parts Rosemary
2 parts Myrrh
2 parts Sandalwood
1 part Frankincense

Color: purple

Bathe in Circle Bath before any form of ritual work to strengthen, purify and prepare yourself for ritual.

Earth Bath

4 parts Patchouli
3 parts Cypress
1 part Vetivert

Color: Green

For use in attuning with the Earth, or for rituals involving money, foundation, stability, creativity, fertility, ecology, etc.

Exorcism Bath

3 parts Frankincense
3 parts Sandalwood
2 parts Rosemary
1 drop Cloves

Color: White

Bathe in this mixture for a heavy psychic cleansing. Splash fresh water over your body after the bath. *NOTE: Do not add more than one drop of clove - it can be irritating.*

Fire Bath (Elemental)

3 parts Frankincense

2 parts Basil

2 parts Juniper

1/2 part Orange

Color: Red

For use in attuning with the element of Fire, or for rituals involving strength, courage, passion, lust, etc.

Flowery Love Bath

3 parts Palmarosa

2 parts Lavender

1 drop Rose

Color: Pink

Bathe in this mixture to attract love and to expand your ability to give and to receive love.

NOTE: We've specified one drop of rose because of its high cost. More can be added if desired; indeed, rose absolute can be used in place of Palmarosa, which is much less expensive.

Healing Bath

3 parts Nardo

2 parts Eucalyptus

1 part Sandalwood

Color: Dark Blue

For use in speeding healing. Release the ailment into the water. Splash fresh water over your body before toweling. And don't bathe, of course, if your condition doesn't allow it.

High Awareness Bath

3 parts Cedarwood

2 parts Sandalwood

1 part Frankincense

Color: Purple

Bathe in this mixture to direct your consciousness toward higher things, to promote spirituality and to combat Earth-obsessions such as uncontrolled spending, overeating, sluggishness and all forms of unbalanced materialism.

Love Bath

3 parts Rosemary

2 parts Lavender

1 part Cardamom

1 part Yarrow

Color: Pink

For promoting and attracting love. Use with visualization as with all of these formulas.

Lust Bath

3 parts Sandalwood

2 parts Patchouli

1 part Cardamom

Color: Red

For promoting lustful desires.

Protection Bath

3 parts Rosemary
2 parts Frankincense
1 part Lavender

Color: White

Bathe in this mixture daily to strengthen your psychic armor and to stave off all manner of attacks — physical, mental, spiritual, psychic and emotional.

Psychic Bath

4 parts Yarrow
1 part Bay
Color: Light Blue

Purification Bath

3 parts Geranium
2 parts Rosemary
1 part Frankincense

Bathe in this blend to purify body, spirit and soul.

Sea Witch Bath

3 parts Lotus Bouquet
2 parts Lavender
1 part Rosemary
Color: Dark Blue

Add a bit of sea salt to the salt base. Bathe in Sea Witch Bath for a gentle purification prior to Herbal works.

Spiritual Bath

4 parts Sandalwood
2 parts Myrrh
1 part Frankincense
1 drop Cinnamon

Color: Purple

Use to increase your awareness of the divine, especially before religious rituals.

NOTE: Use only one drop of cinnamon essential oil.

Water Bath (Elemental)

2 parts Camomile
2 parts Yarrow
1 part Ylang-Ylang
1 part Palmarosa

Color: Dark Blue

Use for attuning with the element of Water, or for love, psychic awareness, friendships, healing and so on.

Water Bath (Elemental) #2 (a less expensive version)

2 parts Palmarosa
1 part Sandalwood
1 part Myrrh
1 part Geranium
Color: Dark Blue

Chapter 14

FORMULAS: Tinctures

Many recipes you will encounter call for a tincture, often of benzoin. The following recipe can be used for any tincture by changing the benzoin to whatever ingredient for which you need a tincture.

Tincture of Benzoin

2 oz. Powdered Benzoin Gum

4 oz. water

12 oz. alcohol

Keep this mixture tightly capped and bottled for two weeks and shake daily. If you prefer, a teaspoon of glycerin may be added. After two weeks, strain and bottle the liquid for use.

Below are some other recipes for tinctures. You should grind your herbs to the finest powder, or purchase them already powdered. Pour the herb into a small bottle with an airtight lid. Pour in just enough ethyl alcohol to cover the herb and cap tightly. Shake the bottle vigorously every day for a week or two. Then, using a paper coffee filter, strain the alcohol. With some herbs and most resins, the scent will be strong enough at this point; test by placing a few drops on your wrist and waiting for the alcohol to evaporate, then sniff. If it is not strong enough, add more herbs to the alcohol and repeat the procedure. Work fast, so the alcohol won't evaporate. The alcohol should become heavily scented and colored. If it doesn't, you are using an herb that isn't readily soluble in alcohol. Add a bit of water to the alcohol and try again. Or, try the recipes below.

Under no circumstances should you ever drink a tincture! You can make incense papers with them, anoint your skin (test first; resins usually leave a sticky residue), jewelry, tools, sachets, and candles; added to bath water, mixed with oils, added to ointments, and so on. Virtually all ritual uses of oils also apply to tinctures.

Some of the best tinctures are made from: Benzoin, Camphor (real), Cinnamon, Clove, Copal, Deerstongue, Frankincense, Galangal, Lavender, Myrrh, Nutmeg, Patchouli, Peppermint, Rosemary, Sage (white is best), Sandalwood, Star Anise, Tonka, Vanilla, and Wormwood.

All of the following tinctures are safe for anointing the skin, but remember, the alcohol can be very drying. You should know, too, that gum-based resins can make for a sticky tincture!

For proportions, use equal parts, unless your intuition tells you differently.

Guardian Angel Tincture Anoint yourself or objects for protection

Cinnamon

Sandalwood

Clove

1 drop Bergamot

Health for Your Mind and Body Tincture

Sage

Myrrh

Rosemary

1 drop Bergamot

Anoint your body, healing amulets (sachets), blue candles and so to speed healing or to retain good health.

Love, Love, Love Tincture

Lavender

Rosemary

Patchouli

1 drop Bergamot

Anoint your body or love sachets to attract a love and to expand your ability to give and to receive love.

Money Drawing Tincture

Patchouli

Clove

Nutmeg

Cinnamon

1 drop Bergamot

Anoint money before spending; anoint money amulets, your purse or wallet, cash register, etc. to draw money to you, or back to you.

Spiritual Tincture

Frankincense

Myrrh

Benzoin

1 drop Bergamot

Anoint yourself, especially prior to meditation and religious rituals of all kinds, to increase your involvement with spiritual activities,.

Third Eye (Psychic) Tincture

Star Anise

Clove

Nutmeg

Deer's Tongue

1 drop Bergamot

Anoint your pillow for psychic dreams (use an old pillowcase, as this tincture stains). Also anoint the wrists and forehead before using your natural psychic abilities.

Chapter 15

FORMULAS: Sachets and Herbal Charms

SACHETS FOR THE BATH

Sachets are traditionally used in drawers, suitcases, etc., to freshen the contents and add fragrance. The following sachets are also meant to be used in your bath water. As they soak in a tub of warm water, they both tint and scent the bath.

Once you've gathered the ingredients, put them in a large mixing bowl and mix with your hands. Place a handful or so in a large square of muslin or other porous fabric and tie up the ends. Add this to your bath. To save time, make several bath sachets and store them in a jar with a tight lid until needed.

If you wish, you can burn an appropriate incense and some candles while you soak.

If you prefer showers to a bath, simply tie the herbs in a washcloth and scrub yourself with the mixture after your regular shower and before toweling.

Anti-Hex Bath

4 parts Rosemary

3 parts Juniper

2 parts Bay

1 part Mugwort

Soak in this mixture at night to cure you of all ills.

Aphrodisiac Bath

3 parts Rose Petals

2 parts:

Rosemary

Thyme

1 part:

Myrtle

Jasmine flowers

Acacia flowers

3 drops Musk oil

Bathe before meeting a lover, or bath with a friend!

Beauty Bath

3 parts:

Lavender

Rosemary

2 parts Spearmint

1 part:

Comfrey root

Thyme

Lie back, close your eyes and relax! Be at peace. Visualize yourself as you wish to appear. Look in the mirror and see the new you!

Break the Habit Bath

2 parts Rosemary

1 part:

Lavender

Lemon grass

Lemon Verbena

Sage

To rid yourself of negative, bad habits as well as their root causes. After the sachet has colored the water, step into the tub. Lie back and visualize yourself happily avoiding the habit or other negative condition - smoking, drinking, drugs, depressions, obsessions, etc. Visualize the water absorbing your desire and need for the habit. See in your mind's eye all the energy you've been giving to this negative condition.

Dieter's Magical Bath

2 parts Rosemary

2 parts Fennel

1 part Lavender

1 pinch Kelp

For best results, repeat this bath morning and night. While in the tub, visualize yourself as possessing complete control over your eating habits. See yourself eating sensible foods in sensible quantities. For symbolic associations, begin this bath regime two days after the Full Moon and continue until the New Moon. On the last day of the two-week period, visualize yourself as you wish to be --- slim, fit, healthy.

Divination Bath

3 parts Thyme

2 parts Yarrow

2 parts Rose

1 part Patchouli

1 part Nutmeg

Bathe in this mixture directly before practicing any form of divination, to relax the conscious mind and to stimulate psychic awareness.

Energy Bath

3 parts Carnation

2 parts Lavender

2 parts Rosemary

2 parts Basil

Use when fatigued or depressed. Gives a lift, especially if you let the water cool slightly before bathing.

Visualize the water sparkling with fiery droplets of energy that melt into your body, lending you vitality and power.

Exorcism Bath

2 parts Basil

2 parts Rosemary

1 part Yarrow

1 part Cumin

1 pinch Rue

Use this to cleanse yourself of negativity, especially when you feel that someone (or something) is out to get you. Visualize the energy-packed water absorbing the negative energies from your body. Splash fresh water over yourself after this bath to remove all traces of negativity.

Healing Bath

3 parts Rosemary

2 parts Lavender

2 parts Rose

1 part Peppermint

1 part Cinnamon

To be used, of course, in conjunction with conventional medical attention. This bath speeds the healing process. To help shake off a cold, add two parts eucalyptus to this formula. *Avoid bathing if your doctor so informs you.*

Herbalist's Bath

3 parts Rosemary

3 parts Carnation petals

2 parts Galangal

2 parts Cinnamon

1 part Ginger

While bathing in this mixture, visualize yourself possessing perfected abilities to rouse, direct and release personal power. Use prior to all types of positive rituals for extra potency.

Love Bath

3 parts Rose petals

2 parts Lovage

1 part Dill

Bathe in this mixture daily to bring a love into your life. Visualize yourself as a loving, caring person seeking another of like mind.

Love Bath #2

3 parts Rose petals

2 parts Rose Geranium

1 part Rosemary

Love Bath #3

3 parts Orange flowers

2 parts Lavender

1 part Gardenia petals

1 part Cardamom

1 part Ginger

1 part Rosemary

1 part Rose petals

Money Bath

3 parts Patchouli

2 parts Basil

1 part Cinnamon

1 part Cedar

Bathe in this mixture to increase your finances.

Money Bath #2

3 parts Clove
2 parts Cinnamon
1 part Galangal

Peace Bath

2 parts Catnip
2 parts Hops
1 part Jasmine
1 part Elder flowers

Bathe to stem anger and to relieve stress. Visualize yourself releasing the anger or stress into the water as you sit in it. Feel it floating out and the water absorbing the hurt, pain, nerves and wrathful feelings. Splash fresh water onto your body after the bath.

Protection Bath

4 parts Rosemary
3 parts Bay
2 parts Basil
2 parts Fennel
1 part Dill

To strengthen your psychic armor, bathe in this mixture daily until you feel strong.

Psychic Bath

3 parts Lemongrass
2 parts Thyme
2 parts Orange peel
1 part Clove
1 part Cinnamon

Use before working with your psychic awareness. Or, repeat this bath daily to become increasingly aware of psychic impulses. Visualize.

Ritual Purification Bath

4 parts Lavender
4 parts Rosemary
3 parts Basil
2 parts Hyssop
2 parts Fennel
3 parts Thyme
1 part Mint
1 part Vervain
1 pinch Valerian root

This recipe, adapted from The Key of Solomon, is ideal for use before all types of rituals, or when you simply wish to feel clean and free of impurities. If you add more than a pinch of valerian, you'll be sorry. It smells. Well, trust me. It smells!

Summer Magical Cleansing Bath

3 parts Marjoram
3 parts Thyme

Use this mixture during the Spring and Summer to wash away the chills of winter and to "spring clean" yourself.

Winter Magical Cleansing Bath

3 parts Pine needles

2 parts Bay

1 part Rosemary

Bathe in this blend during the winter months to refresh and revitalize your energies.

HERBAL CHARMS

For most charms and sachets, a handful or less of the herbs is enough. If you plan to wear the charm, just a tablespoon will be plenty.

Mixing charms is easy:

1. Mix the herbs
2. Empower them with your need.
3. Select the properly colored natural fiber cloth.
4. Cut the cloth into a square 4 to 9 inches across.
5. Place the herbs on the cloth, gather up the ends, and tie them firmly together. Again, use a natural fiber to tie the cloth.

Using the Sachets:

If this is a personal charm, you can wear it around your neck or carry it in your pocket or purse.

Keep it with you at all times.

If it's made for the house or car, you can place it wherever is convenient for you.

You can release the fragrance by squeezing it in your hand.

The sachet should be replaced with a fresh one every three month or so, or whenever it loses its fragrance. Disassemble the old one and bury it.

Anti-Sorcery Sachet #2

1 part Trefoil (Clover)

1 part Vervain

1 part St. Johnswort

Tie up in white cloth and wear. To guard your home, hang in a window.

Anti-Theft Sachet

2 parts Rosemary

1 part Juniper

1 part Caraway seeds

1 part Elder

1 pinch Garlic

Tie up in white cloth and hang over the front door to protect the home and its contents. If you don't enjoy the strong garlic odor, use a pinch of crumbled garlic skins.

Anti-Toothache Sachet

1 tbs. Salt

1 Bread crumb

1 small piece Coal

Tie up in a piece of red silk and carry when pains begin. See a dentist to ensure that the sachet works!

Aquarius Sachet

3 parts Lavender

2 parts Patchouli

1 part Benzoin

1 part Mace

1 part Mint

Mix, tie up in gray or some other dark-colored cloth that appeals to you.

Aries Sachet

3 parts Carnation

2 parts Juniper

1 part Frankincense

1 part Fennel

1 part Cumin

Blend the empowered herbs, tie up in red cloth and wear or carry to strengthen the positive aspects of your sign.

Cancer Sachet (Moonchildren)

3 parts Sandalwood

2 parts Myrrh

1 part Gardenia

1 part Lemon Balm

1 part Gardenia petals

Tie up in white cloth and carry with you to strengthen the positive aspects of your sign.

Capricorn Sachet

3 parts Vetivert

2 parts Cypress

1 part Vervain

1 part Mimosa blossoms

1 part Comfrey

Mix, tie up in indigo, gray or any other dark cloth you prefer. Wear or carry to enhance the positive aspects of your sign.

Car Protection Sachet

2 parts Rosemary

2 parts Juniper

1 part Mugwort

1 part Comfrey

1 part Caraway

1 small Quartz Crystal point

Tie up in red cloth. Secrete somewhere in the car where it won't be found. And drive safely --- this sachet won't guard against the driver's mistakes. After a few months, take the sachet apart, save and cleanse the crystal (using Crystal Purification Incense, perhaps) and use again in the new sachet.

Car Protection Sachet #2

3 parts Rosemary
2 parts Juniper
2 parts Basil
1 part Fennel
1 part Mugwort
1 part Vervain
1 pinch Salt

Games of Chance Sachet

3 parts Patchouli
2 parts Nutmeg
1 part Jasmine flowers
1 part Cloves
1 part Cinquefoil
1 small Lodestone

Tie up the empowered herbs in green cloth and carry with you when risking your money for possible future return --- investments, gambling, speculation.

Gemini Sachet

3 parts Lavender
2 parts Mint
2 parts Gum Mastic
2 parts Clover
1 part Dill seed
1 part Anise

Tie up in yellow cloth and carry with you to enhance the positive aspects of your sign.

Healing Sachet

2 parts Cinnamon
2 parts Sandalwood
1 part Rose petals
1 part Cayenne
1 part Ginger
1 part Rue

Mix, tie up in blue or purple cloth. Anoint sachet with Eucalyptus oil and wear or place near the bed at night.

Home Protection Sachet

3 parts Rosemary
3 parts Basil
2 parts Fennel seed
2 parts Dill seed
1 part Bay
1 part Fern
1 pinch Salt

Tie up in red cloth. Situate the sachet in the highest place inside the home.

Home Protection Sachet #2

1 part Fleabane
1 part St. Johnswort
1 part Capers (dry them before using)
a few grains Whole Wheat

This formula, from ancient Middle Eastern Herbalism, should be tied up in red cloth and hung over the front door.

Leo Sachet

2 parts Orange peel
2 parts Cinnamon
1 part Frankincense
1 part Nutmeg
1 part Juniper
1 pinch Gum Arabic

Tie up in orange, gold or red cloth and carry with you to enhance the positive aspects of your sign.

Libra Sachet

2 parts Spearmint
2 parts Catnip
2 parts Rose petals
1 part Marjoram
1 part Thyme
1 part Mugwort

Tie up in yellow cloth and carry with you to enhance the positive aspects of your sign.

Love Sachet

3 parts Lavender
2 parts Rose petals
1 part Orris root

Tie up in pink cloth. Place the sachet among your clothing to infuse it with the scent of love. Or, wear to attract a love.

Love Sachet #2

3 parts Rose petals
2 parts Orange flowers
1 part Jasmine flowers
1 part Gardenia flowers
Love "Special" Sachet

4 parts Rose petals
1 part Orange peel
1/2 part Carnation petals
1 pinch Baby's Breath
Mix, tie up in pink cloth and wear.

Money Sachet

3 parts Patchouli

2 parts Clove

1 part Oakmoss

1 part Cinnamon

Tie up in green cloth and carry to attract money.

Nightmare Cure , TOXIC

1 part Lupine

1 part Helenium (Heliotrope or Sunflower)

1 part Marshmallow

1 part Dock

1 part Elder

1 part Wormwood

1 part Strawberry leaves

1 part Yew berries

Tie up in light blue or white cloth. Hang on bedpost near your head. This ancient formula also cures “water elf disease,” as well as mischief caused by goblins! No guarantees.

Pisces Amulet

3 parts Sandalwood

2 parts Sage

1 part Eucalyptus

1 part Anise

1 part Lemon

Tie up in a purple cloth and wear or carry to enhance the positive aspects of your sign.

Protective Sachet

3 parts Dill seed

2 parts Caraway seed

1 part Flax seed

1 pinch Salt

Tie up in white or red cloth and carry for protection.

Protective Sachet #2

2 parts Marjoram

1 part Angelica root

1 part Dill seed

1 part Clove

Tie up in white cloth; place in a window.

Sacred Bundle Sachet

3 parts Cachana root or Tobacco

1 dried Chile pepper

1 kernel Corn

1 pinch powdered Turquoise

Wrap in white cloth and bury near your front door (or in a flowerpot) to guard your home and to bless it with power.

Sagittarius Sachet

3 parts Sassafras
2 parts Cedar
2 parts Clove
1 part Star Anise
1 part Dragon's Blood
1 part Juniper

Tie up in purple cloth and wear or carry to strengthen the positive aspects of your sign.

Scorpio Sachet

3 parts Pine
3 parts Myrrh
2 parts Galangal
1 part Allspice
1 part Violet flowers
1 part Violet flowers
1 part Basil

Tie up in bright red (or blue, if you prefer) cloth. Wear or carry to strengthen the positive aspects of your sign.

Spicy Rose Sachet

1 part Rose --- for love
1 part Rosemary --- for remembrance
1 part Hibiscus --- for delicate beauty
1 part Clove --- for dignity
1 part Chamomile --- for energy in adversity
Tie up in pink cloth and give to one you love.

Taurus Sachet

3 parts Patchouli
2 parts Oakmoss
1 part Cardamom
1 part Rose petals
1 Vanilla bean, crushed

Tie up in yellow or blue cloth and wear or carry to strengthen the positive aspects of your sign.

Travel Protection Sachet

1 part Mustard seed
1 part Irish Moss
1 part Bladderwrack (also known as Kelp)

Tie up in white or yellow cloth. Carry with you when traveling and tuck one into each suitcase and garment bag as well.

Twelve-Herb Yule Sachet

7 parts Juniper
2 parts Rosemary
4 parts Cinnamon
2 parts Lemon peel
4 parts Allspice
2 parts Orange peel
4 parts Ginger
1 part Clove
4 parts Caraway
1 part Bay
2 parts Nutmeg
2 pinches Orris root
Tie up in green or red cloth and give as gifts on Yule or Samhain.

Virgo Sachet

3 parts Lavender
2 parts Patchouli
2 parts Cypress
1 part Caraway
1 part Fern
1 part Mint
Tie up in a clear yellow cloth and wear or carry to enhance the positive aspects of your sign.

Wealth Sachet

2 parts Cinnamon
2 parts Lemon Balm
1 part Cinquefoil
1 part Clove
1 whole Vanilla bean
1 whole Tonka bean
Crush the vanilla bean and mix all together. Empower. Tie up in purple or green cloth. Carry to increase riches and to establish a positive cash flow.

Weather Protection Sachet

1 part Mistletoe²
1 part Cedar
1 part Broom
1 part Bryony (Bryony sp.) or Tobacco
Tie up in white cloth and hang near the chimney, in the attic, or elsewhere high in the house to protect it and its occupants against the ravages of the weather.

Witch-Finder Talisman

1 part Rue
1 part Agrimony
1 part Maidenhair fern
1 part Broom Straw
1 part Ground Ivy
Tie up in purple cloth and wear to know other Witches if you are lonely and seek others of the Old Ways.

Chapter 16

FORMULAS: Lagniappe

PERFUMES AND COLOGNES

The tradition of “Lagniappe” derives from New World Spanish *la ñapa*, “the gift,” and perhaps ultimately from Quechua *yapay*, “to give more.” The word came into the rich Creole dialect mixture of New Orleans and there acquired a French spelling. It is still used chiefly in southern Louisiana to denote a little bonus that a friendly shopkeeper might add to a purchase, similar to the “baker’s dozen”. By extension, it may mean “an extra or unexpected gift or benefit.”

Here, as our “something extra” gift to you, we will begin to learn the basics of making our own perfumes and toilet waters. There really is no mystery to this, since we are not going to get into lessons about perfumery. While a knowledge of top notes, middle notes, and base notes is basic to perfumery, we are simply going to make our aromatic liquids from the essential oils we have mixed and that we especially like.

The strength of aromatic liquid depends upon the ratio of essential oil to water and alcohol. Perfume is the strongest formulation, and should be made up of 15- 30% essential oil. The remaining percentage should be 90-95% alcohol and 5-10% distilled water. The following chart will help to make the proportions clearer:

TYPE OF AROMATIC LIQUID	PERCENTAGE OF ESSENTIAL OIL	THE BALANCE:	
		PERCENTAGE OF ALCOHOL	PERCENTAGE OF WATER
Perfume	15-30	90-95	5-10
Eau de Perfume	8-15	80-90	10-20
Eau de Cologne	4-8	80-90	10-15
Eau de Toilette	3-5	70	15
Splash Cologne	1-3	80	15-20

The essential oils should be used without any dilution --- not even a neutral vegetable oil! Perfume always contains a percentage of water, even if it is as little as 5 percent of the whole, and you should use distilled water. Ideally, the alcohol should be pure pharmaceutical grade, but this is impossible to buy at present. Kitchen perfumers should therefore use vodka --- or, better yet, Everclear (a very high proof alcohol available at stores that sell other alcoholic beverages), --- the higher the proof, the better. If you want to add color, use a high quality, natural, vegetable food dye. You will also need some small sterilized bottles to put your creations in and, although they look nice, clear cut glass ones will be a quick death for the delicate liquids they contain because they attract perfume’s number one enemy --- the sun. An amber or other dark glass is much to be preferred for storage of perfumes and colognes, just as it is for your essential oils. Finally, you will need a notebook to record the exact formulations, in drops, of essential oils that you use when making your concentrate. Just one extra drop of this or that can completely change the aroma of the whole and when you create a masterpiece, you are going to kick yourself if you cannot remember whether it was 3 drops of Nardo and 1 of Bergamot, or 1 Nardo and 3 of Bergamot.

Make notes all the way, so you know your failures as well as your successes. And don’t fool yourself into thinking you will remember because, believe me, you won’t!

MAKING YOUR OWN PERFUMES

First, decide the strength of perfume you are going to make. Eau de perfume is lighter than perfume but lasts longer than eau de toilette, which is best put in an atomizer and sprayed on several times during the day. We are not going to go into great detail listing male and female scents, or top, middle and base notes, etc. You should feel free to follow your own nose and intuition. You are the creative artist here and not a perfuming tradition. Only you know what you like and who you are trying to please. Do though, start with a general idea of what you want. Is it something spicy, citroney, floral, or seductive? It helps to know that “fixative” or “bridging” elements are important in your fragrances, too. The best perfume designers take their work as seriously as do the great musical composers or painters. With the general form, the first impact, the subtle undertones, the highlights, and background melodies, all playing their part in making the whole a beautiful composition. There has to be contrast, light and dark, highs and lows, movement between all the contributing parts, and, above all, harmony.

Perfumes are dynamic and change with people and with time. Not only do they react differently with different skin, and so cannot be said to be just one, specific smell; they also evaporate, and as they do, the aroma changes. The speed with which a particular component evaporates is its volatility. If it is fast, it's a top note; not so fast, a middle note; and if it is slow, it's called a base note. The fact that essences with different rates of evaporation are incorporated into a single perfume counts for the fact that it will smell differently on your skin when first placed there, a few minutes later, and later on in the day. That is why any perfume salesperson worth her salt will suggest you “try, and wait until it is dry” before making your decision about a purchase of perfume.

It is the harmonious blending of these three stages of volatility that makes a good perfume. If it simply changes dramatically and smells quite different as time passes, the perfume isn't “hanging together” --- it isn't integrated into one harmonious whole. This is why a perfume needs “bridges” or “fixatives” to hold it together.

You might by now be thinking that the whole prospect of making a good perfume sounds too complicated. However, we hope you won't be put off. With a little experience and your aromatic good taste, you will soon get the hang of it..

Perfumery may be as simple as using a natural essence mixed with alcohol and water to make a liquid that carries the perfume of one flower. It may be that you wish to create the aroma of a flower that cannot, for one reason or another, be distilled and need to blend other essences to re-create it. Or, and this is where the grand symphonies of perfumery come into play, you wish to create a picture, not of one flower but of a field of flowers. This is when you need to sit down and let your imagination play to conjure up aromatic images of vitality and complexity and interaction. It could be that you have in mind an Alpine mountain in spring, or an English garden in summer. The choice is entirely yours, and with the vast array of essential oils any aromatic image is possible. But, above all, have fun and enjoy the challenges and sheer pleasure of making your own perfumes.

When making a perfume, add your essential oil concentrate to the alcohol and water base in a large bottle. Swirl the mixture around gently until it is well diffused and leave it for at least four to six weeks before pouring through a paper coffee filter and bottling.

Although no perfumers will give away the formula of their product, they are prepared to offer a few clues while keeping the exact proportions hidden away in their vaults. Following are some of the vital ingredients of some very popular makes.

SHALIMAR™ BY GUERLAIN

Lemon	Orris Root	Jasmine
Bergamot	Vetivert	Rose
Mandarin	Opoponax	Balsam de Peru
Rosewood	Vanilla	Patchouli
Benzoin		

OPIUM™ BY ST. LAURENT

Orange	Cinnamon	Ylang-Ylang
Pimento berry	Patchouli	Frankincense
Bay	Orris Root	Rose
Carnation	Benzoin	Jasmine
1 drop Bergamot		

NO. 5™ BY CHANEL

Bergamot	Orris Root	Rose
Lemon	Ylang-Ylang	Vanilla
Naroli	Vetivert	Jasmine
Cedarwood	Lily of the Valley*	*Not available as a natural essential oil.

These are the essential oil ingredients of some of the most popular male perfumes and colognes:

PACO RABAN™

Laurel (bay)	Geranium	Carnation
Bergamot	Rosewood	Cedarwood
Lavender	Cinnamon	Clary-sage
Rosemary	Pine	Tonka bean
Pettigraine		

ARAMIS™

Orange	Jasmine	Carnation
Bergamot	Ylang-Ylang	Vanilla
Pimento berry	Patchouli	Lemon
Sandalwood	Cinnamon	Olibanum
Rose	Benzoin	

GEORGIO™

Orange	Orris	Bergamot
Rose	Pimento berry	Cedarwood
Carnation	Benzoin	Cinnamon
Olibanum	Patchouli	Vanilla

You can see from the preceding lists that fragrances one might consider to be exclusively “feminine” actually feature very strongly in male preparations. The difference between male and female fragrances does, of course, depend largely on the ingredients. But another important factor is the proportion of each oil used, and to come to a fragrance that perfectly suits you will be a matter of experimentation. Although the marketing of male products relies heavily on macho images such as the martial arts

and predatory animals, the fact of the matter is that the products themselves contain delicate ingredients such as lavender, bergamot, lemon, lime, orange, jasmine, carnation, and geranium. As with the female products, these are, of course, used in addition to synthetic and animal products, which by making our own fragrances, we are going to do without.

MAKING EAU DE COLOGNE

First make your concentrate using the information that has gone before or following one of these formulas:

EAU DE COLOGNE FORMULAS

FORMULA 1

Bergamot	10 drops
Rosemary	2 drops
Lemon	10 drops
Orange	20 drops
Naroli	2 drops

FORMULA 2

Rose	4 drops
Lemon	2 drops
Orange	2 drops
Basil	1 drop
Naroli	1 drop
Pettigraine	1 drop
Bergamot	2 drops

FORMULA 3

Palma Rosa	10 drops
Orange	8 drops
Pettigraine	3 drops
Lime	2 drops
Geranium	1 drop
Bergamot	1 drop

Pour your essential oils into 2-1/2 ounces of 100 percent proof vodka or Everclear, stirring slowly but long enough to ensure complete dispersal. Leave it to stand for forty-eight hours and then add 2 tablespoons distilled water and, again, stir slowly but enough to sure a thorough mixing is taking place. The mixture should be left to stand now for at least another forty-eight hours, but the fragrance will be much stronger if you follow the procedures of the perfume trade and leave the liquid for four to six weeks. After letting the liquid mature, for however long you decide that shall be, pour it through a paper coffee filter and bottle. If you find the aroma too strong, the eau de cologne can be further diluted by adding more spring water and mixing well.

INFUSED OILS

There are two methods of infusing vegetable oils with the aroma (and other properties) of flowers or herbs. Put the flowers or herbs of your choice in a large cooking pan with a lid and add half their volume of a good odorless vegetable oil. Heat the pan, with the lid in place, to a temperature of 150o Fahrenheit. At this temperature, the cells containing the odoriferous molecules burst and these are taken up by the oil. Strain and then bottle the oil.

Alternatively, pack a jar tightly with your chosen flowers or herbs and cover them with the vegetable oil; seal the jar very tight and put it outside in the sun for a few weeks, bringing it in at night. Strain

and then bottle the oil.

These infused oils can be used on their own or as a base in which to dilute essential oils. In a pinch, they can substitute for an essential oil in any of the formulas in this book.

MORE PERSONAL FORMULAS TO TRY

Rosewater & Glycerin Hand Lotion

2 oz. rosewater

2 oz. glycerin

Combine to make a lotion to soften dry hands and elbows.

Bouncing Bubble Bath

1 Cup milky dishwashing liquid (such as Dove)

¼ Cup glycerin

1 Tbs. sugar

40 drops of your favorite essential or fragrance oil or blend

Combine thoroughly, then use 2-3 tbs. per bath

MAKE YOUR OWN HEATING / COOLING PADS

Sometimes called “bed buddies” or “stress busters”, these nifty little pads can be tossed in the microwave and used as heating pads for sore, aching or tense muscles, or tossed in the freezer and used as cooling pads!

THE INSIDES:

You can fill the pad with dry rice, corn, bird seed, or a combination of all of these.

Add spices, herbs and/or essential oils - when heated the pad will smell wonderful. A combination of allspice, ground cloves, ginger and nutmeg makes a nice Christmas smell. The combination of herbs below are purported to soothe a headache:

Dried lavender

Marjoram

Betony

Rose petals

Cloves

Rosemary

Mix all the ingredients together in a large bowl. Add a few drops of essential oil if desired. Cover and leave for a day or two, stirring occasionally to distribute the herbs.

THE OUTSIDES:

Quicky pads can be made by using an old tube sock and sewing up the ends.

Other materials:

An old towel or washcloth

Flannel (cut up an old flannel shirt or nightgown if you have one)

Muslin

Simply cut the material into rectangle pieces, 2-3 times longer than the width. Fold lengthwise and sew up the sides. Spoon in the mixture and sew the top end closed.

If you'll be giving these as gifts, you might want to go one extra step and make an outer pouch that's pretty, and washable. An outer pouch also helps protect the skin from excess heat or cold. Follow

the same basic instructions as above, but make the outer pouch just a little larger than the inner. On one end you might want to include a strip of Velcro to close the pouch and hold the inner pad in place. Added embellishments might include a loop of material or ribbon on both ends to use as a handle, a strip of satin ribbon folded over the edges for trim, or an embroidered design. Just remember, whatever decoration you use should be soft, not scratchy or hard.

TO USE:

Simply pop the pad in the microwave and nuke for 2-3 minutes (time will vary depending on the size of your pad). To use as a cooling pad, place in the refrigerator or freezer.

Caution!

Heating pads can catch on fire from smoldering on the inside. This may occur when the water content of the filling is dried out and burned from many re-heatings. One possible solution is to place a cup of water in the microwave when heating the pads, to keep the interior moist. Another solution would simply be to replace the filling after so many heatings.

I bought a similar product at a flea market and they recommended spritzing it with water before nuking it so as not to “kill” the filling, and make it last longer. Makes sense.

Chapter 17

FORMULAS: By Magickal Use

Now that you have all the background on the uses and ‘powers’ of herbs and oils, we present you with this list of over 1000 formulas, listed in alphabetical order, so it will be easy to find your favorites, old and new.

In all of the following formulas, if you need to add color, we have listed it at the end of the ingredients and marked the color with an asterisk (*).

Some of the formula names are self-explanatory particularly the names of mythological Gods and Goddesses, the houses of the Zodiac, the names of the elements. These should obviously be used for the purposes implied by the name; however, the uses and comments of some of these formulas have been lost in time. In these cases, it will be up to you to research the characteristics of the various ingredients and come to your own conclusions about the usefulness and meanings of these formulas (a great study aid!).

Since most of these formulas are quite ancient, some of the ingredients may be impossible to obtain now. Remember, these formulas are not “Written in Stone”. It is perfectly acceptable to omit entirely those ingredients you cannot find, or substitute others that will serve the same purpose. Substitutions may be made in any recipe at your discretion, but try not to make more than one substitution per recipe. Just be sure, if you substitute, that you understand completely how the new herb will affect the formula. (See Appendix A for substitutions.)

SOME COMMENTS ON PROPORTIONS

Let’s talk about proportions for a minute, because it seems to be creating a great deal of confusion with some students.

Certainly, the first step in any ritual is to decide exactly what formulas you plan to use. This takes quite a bit of thought, but once you have selected your ingredients, the next step is to decide about proportions of the individual herbs within each formula.

You will notice that amounts of the ingredients are not always given. This is because there is almost never a set amount. It is up to the preferences of the practitioner. The herbalist should follow his or her own tastes and consider what seems to work best for him. Where amounts are given, they should be read as the suggestions made by another herbalist who found a combination was noteworthy, but they should be considered suggestions only. Each of the formulas is flexible, depending upon the specific problem with which you are dealing. They should be regarded as a starting place for your experiments to determine what proportions work best and are most pleasing to you.

Some may find this sort of freedom of practice upsetting, or even threatening, due to the liberties allowed in mixing formulas. Don’t worry about this, because the only time mixtures are dangerous is when dabbling in the area of hexing recipes. But, even in the hexing recipes, it is difficult to create anything too evil because of an error in proportions because most hexing herbs work in the exact same way.

One of the best ways of determining proportions is by the “sniff test”. It involves setting out all of your herbs or oils you plan to use in a given recipe and:

1. First, sniff each one and arrange them in order of strength of scent.
2. Next, use the softest scent as your major ingredient; use the strongest scent as your least amount, and add other scents to suit your own tastes.

This formula for the creation of potions seems to work extremely well, and we particularly recommend it to beginners.

About 90% of the decision-making process in the determination of proportions has to do with your vibrations and your own inner voice. We know that the scientists among you all cringe when they read something like this, but the intuitive faculties are what the study of herbalism is all about. Novices to the herbal arts will at first feel somewhat uncomfortable about trusting their own feelings and would feel infinitely more relaxed if we laid down strict proportions and rules for them to follow. An experienced practitioner, however, knows exactly what we are talking about here. There is a very special moment that happens in the preparation of ritual ingredients — a special spiritually uplifting moment — when you seem to “know” exactly what to do. Try not to be so distrustful of your own feelings!

In fact, if you get a sudden flash of insight while at the altar and you don't follow through on it, then you are short-circuiting your own power. So long as the idea is in keeping with the general nature of your planned ritual, do it. DO IT! Adding an herb to an oil formula, for instance, is often an excellent technique. You can pinpoint effects better, too. For example, one might add a couple of drops of Chamomile oil to Fast Luck oil to make it more specifically a gambler's oil.

Or, if you have anointed a green candle with some Fast Luck oil and you feel that the luck isn't flowing with the speed you'd like to see, why not sprinkle some Cinnamon or Cassia into the candle flame, or add some Cinnamon or Cassia oil to the Fast Luck oil?

Herbs and oils are to you what paints are to the artist. They are your colors, your textures, your tools. To the herbalist, life is always a blank canvas, ready to receive new patterns, shapes and forms. While not everyone can be a Van Gogh or a Monet, anyone is capable of painting a pretty picture with a little effort.

If no proportions are given, keep in mind that the first ingredient often is the one that has the strongest scent, therefore it is usually the top note in the mixture, and is used in the smallest proportions. Line your ingredients up according to the strength of their scents, and use least of the strongest, more of the next, etc., until the scent is pleasing to you. A good general rule to follow is that the stronger the fragrance, the less you should use.

And one last thing: any essential oil that will be put on your body (or anyone else's body), such as for massage or fragrance, MUST be diluted with a neutral base oil such as jojoba, sweet almond, etc. A ratio of 1 part essential oil to at least 16 parts of the neutral oil will be about right. Always remember that pure essential oils can irritate your skin.

MEASUREMENTS

In the formulas that follow, you will be using some liquid ingredients by the dram, which may be an unfamiliar measurement to you. For your convenience, here is a handy conversion chart:

20 drops	= 1/5 teaspoon
1/8 fluid ounce = 1 dram	= 1/2 tsp. plus 1/8 tsp.
1/4 fluid ounce = 2 drams	= 1/2 tbsp.
1/2 fluid ounce = 4 drams	= 1 tbsp.
3/4 fluid ounce = 6 drams	= 1 tbsp. plus 1/2 tsp.
1 fluid ounce = 8 drams	= 2 tbsp.

More conversions in Appendix B.

Author's Notes on COMMANDING AND/OR COMPELLING FORMULAS.....

As the description implies, any recipe which is used to get others to do as we wish, without any room for improvisation on their part, is a commanding or compelling recipe. These formulas border on black herbalism in that they tend to interfere with the will of another and it is not a good idea to employ them except under the most extraordinary of circumstances. One positive use for this type of oil might be to compel someone to return something to you which they have stolen, or to dispel negative influences in your environment by anointing a purple candle with this type of oil. Another positive use for a commanding oil is for removing hexed or crossed conditions since a commanding/compelling formula is said to exorcise and banish negative spirits and influences. However, most practitioners use this type of recipe when they definitely want to get something done and are unwilling to wait for results, since the herbs involved in these recipes tend to hasten effects. Again, the primary danger of commanding preparations is that when they are used to force someone else to do something, you are setting yourself up as a petty dictator and the karma which follows will most likely be quite unpleasant. While commanding recipes can be used to protect you, when they are used to impose your will upon another you have stepped into the arena of black herbalism and must be prepared to accept the consequences.

I have always wondered why it is that some practitioners spend fortunes trying to cause others to do their bidding when if they got up off their own tails they could make things happen much faster and better. Commanding oils are mostly for lazy people or for people who think that they have some divine right to decide for others! Suffice it to say here that they are best left out of your rituals except under very special conditions. Another major problem with a commanding preparation is that even when used positively, it can sometimes have baneful results. For example, let's say that you are broke and want to anoint a green candle with some Commanding oil in the hope that it will attract money or luck to you. This is fine if (and only if) you have figured out why you are broke in the first place. If your financial straits are a part of your karmic lessons and you manage to draw money through herbalism, your karma will reorient itself (like a wily serpent) and you will pay in other areas.

The manipulative nature of the commanding oils and of the traditional arts in general is what turns most people off. "Who are we to decide that events should be changed?" they ask. This is a crucial question for all potential herbalists and one which you must all consider before you really start to practice. The answer to the question is this. If a person visits a doctor with a serious medical problem, what right does the doctor have to cure the individual? After all, curing a sick person is manipulative. Anyone who seeks to make any change in his or her environment or in society in general may be viewed as manipulative. However, the major difference between the white herbal manipulator and the black herbal manipulator is that the white herbalist seeks to influence and cause changes for the betterment of himself and others, with harm to no one, while the black herbalist seeks to help himself and others without regard to the consequences to others. Using commanding/compelling recipes can, therefore, be either positive or negative in function. You will see this warning repeated many times in this formulary, as we cannot over-emphasize its importance!

Aabes

Dragon's Blood
Frankincense
Myrrh
Salt
*Red

Aah

Wormwood
Camphor

Ab Ra

Frankincense
Myrrh

Abramelin Incense #1

1 part Olibanum
1/2 part Stacte (Storax)(Benzoin)
1/4 part Lignum Aloes
or Cedar
or Rose
or Citron Wood
1 drop Bergamot

Abramelin Incense #2

2 parts Myrrh
1 part Wood Aloe
Few drops Cinnamon oil
1 drop Bergamot
Burn to contact spirits during rituals or as a simple consecration incense to sanctify the altar or ritual tools.

Abramelin Oil

1 part Myrrh
2 parts Cinnamon
1/2 part Galangal
1 3/4 part finest olive oil
1 drop Bergamot
Abramelin oil or incense is a classic from ceremonial herbalism. The recipe is given in the grimoire "The Sacred Magic of Abra-Melin" and it may be used in any sort of ceremony aimed at a white herbal goal. Use to anoint white candles.

Abtina #1

Musk
Myrrh
Olibanum
Storax
Balm of Gilead

Abtina #1 (cont'd.)

Cassia
Lotus

Abtina #2

Myrrh
Frankincense
Honey
Red Wine
Cyprus
Storax (Benzoin)

An excellent banishing incense. Use to banish negativity, evil spirits, or bad luck. Beneficial in attracting healing spirits.

A/C D/C Oil / Incense

Patchouli
Cinnamon
Verbena
Generally utilized to bless candles before they are used in a ceremony. It is said to magnetize the candle or to give it more strength. Can be used to wipe down an altar or a worship room. (For success, use on candles, add to incense, add to bath water, dress curio bags.)

A/C D/C Oil #2

1 cup Olive Oil
1 teaspoon Myrrh
1/2 teaspoon Cinnamon
Add herbs to olive oil. Seal in a tight jar. Let sit 30 days. Strain and use for anointing candles, or when other oils are not available or suitable.

A/C D/C Oil #3

Vervain
Cinquefoil
Parsley

A/C D/C Oil #4

Carnation
Frankincense
Sandalwood

A/C D/C Oil #5

Frankincense
Myrrh
Benzoin

A/C D/C Oil #6

Patchouli
Ambergris
Musk
Frankincense

A/C D/C Oil #7

Ambergris
Civet
Musk

Adam and Eve Oil / Powder

Apple Blossom
Rose
Lemon Oil
*Red (oil) or blue (powder)

Aesculapius Oil

Rose
Carnation
Citron
Gardenia
*Yellow, *Blue, or Natural
Used to anoint candles, talismans, or anything pertinent to healing rituals.

African Ju-Ju Powder

Galangal
Sprinkle ground root on various parts of the body. Makes the user more intuitive. Aids in psychic development. A potent ingredient. (Powerful help in crossing. Use with all crossing rituals and spells.) Ju Ju is an African term for magic and certainly there is no fragrance more legendary for magical power than this one. Also called "Low John the Conqueror", this root has extremely strong potency for both for good and evil. Often used as a remedy for legal problems,

Ju Ju has many other uses, among them protection, returning hexes to their makers, uncrossing and success. It can be burned by itself with any color candle, but is often used in combination with other incenses for greater potency. For example, burning Ju Ju with a success, uncrossing or love incense is believed to greatly enhance the power of the formula. Keep in mind, however, that African Ju Ju has a nasty reputation as a "twisting" root and because of its unpredictability, should be avoided by the inexperienced.

Agarbatti Chandan Incense

Lavender
Hyssop
*Purple
A powerful concentrate burned while trying to overcome adversity. (Use before doing any betting. Pray for success while burning. Add oils.)

Air Incense

4 parts Benzoin
2 parts Gum Mastic
1 part Lavender
1 pinch Wormwood
1 pinch Mistletoe
1 drop Bergamot
Burn to invoke the powers of the element of Air or to increase intellectual powers, to obtain travel, for communication, study and concentration, or to end drug addiction.

Smolder during divinatory rituals

Air (Element) Oil

Violet
Acacia
Orange
Hyssop
1 drop Bergamot

Air (Element) Oil #2

5 drops Lavender
3 drops Sandalwood
1 drop Nardoli
1 drop Bergamot
1/8 cup of a base oil
Wear to invoke the powers of Air and to promote clear thinking, for travel rituals, and to overcome addictions.

Alder Moon Incense

1 part:
Linden
Hibiscus
2 tablespoons cream or milk
splash of Cranberry Juice
For spirituality, wholeness of being.

Algiers Powder

Vanilla
Patchouli
Cinnamon
*Purple

Rub on the body to attract love and gambling luck. Used for the same purpose as Algiers floorwash; to obtain good fortune in love affairs and gambling. Powder is applied to the hands before gambling. Floorwash is mixed with water and sprinkled about the house to remove bad influences hindering success.

All Night Long

Almond
Jasmine
*Red

A combination of oils said to completely relieve sexual problems and inhibitions. Said to simultaneously relax and inflame. Believed to have aphrodisiac powers, this oil is said to inspire prolonged lovemaking. It is also useful in relationships where the sex has gone stale, and will help a shy lover overcome inhibitions and turn in a brilliant performance. You may either wear this oil or use it to anoint a red candle representing your intended.

All Saints Powder / Oil

Cinnamon
Tonka
Patchouli
Vanilla
Lavender
Gardenia
Vetivert
*White

Attracts all the good spirits to its user and assists in bringing forth psychic power. Use liberally both on your body and on the altar.

(All Saints Oil: To bring success, add incense and anoint candles used in rituals.) This is an African-inspired classic and is a powerful anointing oil for uncrossing rituals, healing, success, and where the cooperation of the highest spiritual planes is desired. Each of the 7 African deities is represented by an herbal oil; it is both loving and powerful in the effect it has when used on white, yellow, or blue candles.

Altar Incense #1

32 parts Wood Base
16 parts Olibanum
8 parts Sandalwood
4 parts Myrrh
8 parts Cinnamon
4 parts Orris Root
2 parts Charcoal
1 drop Bergamot

Altar Incense #2

3 parts Frankincense
1 part Cinnamon
2 parts Myrrh
1 drop Bergamot
Use equal parts of each. Burn to cleanse the altar.

Altar Oil #1

Frankincense
Myrrh
Vervain
Lavender
Sandalwood
1 drop Bergamot

Use incense or oil to bless and purify your altar. When New Orleans candle practitioners work a white magic spell, they generally use one of three so-called “altar incenses” and/or oils — Altar, Holy Spirit, or Van Van. The altar incenses and oils are separate from all other incenses/oils that may be used in a ritual and are alleged to “pull” or “call” helpful spirits to the altar.

Altar incenses are used to open and close a candle ritual. Since all of Altar’s ingredients are purely white magical in nature, it must never be used in any sort of harmful procedure. Altar may be used with any candle color except black to enhance the positive impact of other incenses and oils you may use and ensure that only pleasant spiritual personalities attend your working.

Altar Oil #2

3 parts Frankincense
2 parts Myrrh
1 part Cinnamon
1 drop Bergamot

Altar Oil #3

4 drops Frankincense

2 drops Myrrh

1 drop Cedar

1 drop Bergamot

1/8 cup of a base oil

Anoint the altar with this oil at regular intervals, calling your Deity (Deities) to watch over it.

Amber Musk Incense

Amber

Musk

*Purple

Special mixture used for gaining control over others and to banish evil spirits

Amour Oil

Orange

Almond

Cinnamon

Balm of Gilead

Piece of Coral

*Coral Tint

Ancient Shrines Incense / Oil

1 part Cinnamon

4 parts:

Frankincense

Sandalwood

For initiation or seeing past lives.

Ancient Wisdom Powder

Rose Scent

*Pink

Helps clarify muddled thinking, promotes telepathic powers. A very strong protective powder. Use with care. Sprinkle on ingredients, rub on forehead before ritual for protection against counter forces.

Angel / Archangel Incense

Lavender

Sandalwood

Holy Water

Spring Water

*Blue

Very potent, protects from evil spirits and overcomes hexes. Burn for general good luck. (Angel Oil: for love and invoking spirits' aid.) Use the oil with pink candles to attract friendship; anoint your Astral candle

for personal protection. A lovely, sacred fragrance, particularly useful to help healing and to remember the dead. Use with white candles when conducting a memorial service for a deceased loved one; carve his/her name on a white candle and anoint with Angel oil.

Anger Powder

Chili powder

Black pepper

Sulfur

Asafetida

*Brown

Anger Powder is a "twisting powder" in that it may work to both create anger and to cancel its effects. One of its commoner uses is in the dispelling of anger, however. If you happen to be furious with someone about something, reach for your jar of Anger Powder and toss some around your room to eliminate those angry feelings from yourself. The powder seems to act as a "carrier" in that it is felt to absorb your angry feelings and take them away from you. Sprinkle around a room to overcome feelings of irritation and anger. Helps avert future fights and will cleanse the mind of all evil thought. Also may help to clear the head when you are experiencing negative emotions, which can distort the outcome of whatever you are trying to accomplish.

However, it is equally useful for baneful purposes since its recipe consists of baneful herbs. If you use the powder to disperse your anger by tossing it around your space, make sure that you sweep up afterwards. Or better still, perform the ritual outdoors. When used vindictively, Anger Powder is traditionally sprinkled in the premises of people whom you wish to have start arguing. Often it is used to break up lovers or to squelch business deals.

Animal Oil / Bath / Powder

1/8 pt Saturnian oil (Root): Lucky Hand

1/8 pt Ambergris

1/8 pt French Musk

1/4 pt Civet

1/4 pt Valerian

1 drop Cinnamon

For homosexual males (and for extremely adventurous heterosexual males), there is a classic Greek formula called Satyr Oil. Satyr Oil is a sexual compellant worn strictly as a perfume oil and should not be burned as an incense. However, it may be used to anoint red candle

Animal Oil / Bath / Powder (cont'd.)

in love rituals where one man wishes to attract another man. Satyr Oil turns women on too, but the problem with using it is that it will also attract men to its wearer.

King of the Woods is the sexual compellant normally selected by heterosexual men, since its formula is rather similar to that for Satyr Oil except for a couple of ingredient differences which screen male “applicants” out and female “applicants” in. While we have pointed out that proportions are a matter of personal taste, keep in mind that Civet and Cinnamon are very strong. For Satyrion you may substitute a piece of Salap Root (Lucky Hand). Homosexual women should use Queen Oil or “Q” Perfume Oil for the same effect.

Said to incite the passions of anyone who comes near you. Use with extreme caution. Anoint candles in any love ritual, may also be used as a bath or powder. Place oil at the heart, throat, and behind the ears.

Animal Oil #2

Musk
Patchouli
Civet
Ambergris
Cinnamon
For men only. Mix and wear on self to attract women.

Animal Oil #3

Musk
Patchouli
Cinnamon
Carnation
Vanilla
For men only. Mix on a Tuesday.

Anointing Oil / Incense

1 drop Bergamot +
Patchouli
Cinnamon
Verbena
Generally utilized to bless candles before they are used in a ceremony. It is said to magnetize the candle or to give them more strength. Can be used to wipe down an altar or a worship room. (For success. Use on candles, add to incense. Add to bath water. Dress curio bags.)

Anointing Oil #2

1 drop Bergamot +
1 cup Olive Oil
1 teaspoon Myrrh
1/2 teaspoon Cinnamon
Add herbs to olive oil. Seal in a tight jar. Let sit 30 days. Strain and use for anointing candles, or when other oils are not available or suitable.

Anointing Oil / Incense

1 drop Bergamot +
Patchouli
Cinnamon
Verbena
Generally utilized to bless candles before they are used in a ceremony. It is said to magnetize the candle or to give them more strength. Can be used to wipe down an altar or a worship room. (For success. Use on candles, add to incense. Add to bath water. Dress curio bags.)

Anointing Oil #2

1 drop Bergamot +
1 cup Olive Oil
1 teaspoon Myrrh
1/2 teaspoon Cinnamon
Add herbs to olive oil. Seal in a tight jar. Let sit 30 days. Strain and use for anointing candles, or when other oils are not available or suitable.

Anointing Oil #3

1 drop Bergamot +
Vervain
Cinquefoil
Parsley

Anointing Oil #4

1 drop Bergamot +
Carnation
Frankincense
Sandalwood

Anointing Oil #5

1 drop Bergamot +
Frankincense
Myrrh
Benzoin

Anointing Oil #6

1 drop Bergamot +
Patchouli
Ambergris
Musk
Frankincense

Anointing Oil #7

1 drop Bergamot +
Ambergris
Civet
Musk

Anointing Oil #8

1 drop Bergamot +
5 drops Sandalwood
3 drops Cedarwood
1 drop Orange
1 drop Lemon
1/8 cup of a base oil
Use for general ritual anointing purposes.

Anointing Oil #9

1 drop Bergamot +
5 drops Myrrh
2 drops Cinnamon
1/8 cup of a base oil

Anubis Incense

Cinnamon powder
Low John powder
Cedar oil
Orris oil
Myrrh
*Blue
Burn to increase clairvoyant powers. An excellent incense for job hunters.

Aphrodite Incense #1 / Oil #1

1 drop Bergamot +
Rose
Orris
Sandalwood
Musk
*Pink or Red

Aphrodite Incense #2

1 drop Bergamot +
Lavender
Chamomile
Cinnamon
Rose petals
Musk
Patchouli
Orris
*Pink or Red

Aphrodite Incense #3

Rose Petals (3)
Orris (1)
Orange peel (1)
White Sandalwood (2)

Aphrodite Incense #3 (cont'd.)

Deer's Tongue (2)
Allspice (1)
Jasmine (1)
Sage (1/2)
Basil (2)
Civet (drops)
Ylang-Ylang (drops)
Muguet (drops)
Cinnamon (1)
1 drop Bergamot
*Pink

Aphrodite Incense #4

1 part Cinnamon
1 part Cedar
Few drops Cypress oil
1 drop Bergamot
Burn to attract love.

Aphrodite Oil #2

Jasmine (4)
Rose (1)
Ylang-Ylang (3)
Civet (drops)
Ambergris (1)
Myrtle (1) or Muguet (1)
1 drop Bergamot
*Pink, Red, or Green
An alluring magnet used to draw love toward you.
Makes a person irresistible to the opposite sex.

Aphrodite Oil #3

5 drops Cypress
 2 drops Cinnamon
 1 drop Bergamot
 a small piece of dried Orris root
 1/8 cup of a base oil
 Add the true essential oils and the Orris root to an olive-oil base. Anoint your body to bring a love into your life.

Aphrodite Powder

Rose oil
 Lavender
 Violet
 Musk
 Amber
 1 drop Bergamot
 Pink wood base
 *Pink

Apollo Incense

4 parts Frankincense
 2 parts Myrrh
 2 parts Cinnamon
 1 part Bay
 1 drop Bergamot
 Burn during divination and healing rituals.

Apparition Incense

3 parts Wood Aloe
 2 parts Coriander
 1 part Camphor
 1 part Mugwort
 1 part Flax
 1 part Anise
 1 part Cardamom
 1 part Chicory
 1 drop Bergamot
 1 part Hemp (Illegal! We recommend you substitute tobacco.)
 Burn to cause apparitions to appear, if you really want this to happen.

Aquarius Oil

Jasmine
 Lavender
 Patchouli
 Vetivert
 1 drop Bergamot

Aquarius Incense

1 part each:
 Sandalwood
 Cypress
 Pine resin
 1 drop Bergamot
 Burn as a personal altar or household incense to increase your own powers.

Arabian Bouquet Oil

Sandalwood
 Musk
 Myrrh
 Oil of Allspice (Pimiento oil)
 A special oil designed to cleanse the spirit before calling on good spirits. Will also protect against hexes.

Arabian Nights Oil

Myrrh
 Rose
 Lilac
 *Red
 Used to attract many new friends. Can be depended upon to exude an air of magnetism around you and cause others to find you stimulating and extremely appealing. Very good for potential lovers. (Love oil. Add to rituals, love charms, anoint hands.)

Arabka Soudagar Incense

Frankincense
 Tonka Extract
 *Green
 Burn whenever business is bad. It is said to bring luck and financial gain. Helps business and luck.

Arch Druid Incense / Oil

Equal parts:
 Cherry
 Vanilla
 Apple Blossom
 For healing.

Ari Senter Incense #1

Vanilla
 Jasmine
 Oleander
 Almond
 Vetivert

Burn to purify a room where rites are going to be held.
Be silent while it burns.

Ari Senth Incense #2

Rose (1)
Vanilla (1)
Vetivert (1)
Lemon (3)
Ash Moon Incense
1/2 part:
 Sage
 Black Cohosh
2 parts angelica
pinch Rosemary
For matters of the intellect.

Aries #1

Cinnamon
Rose
Galangal
Almond
1 drop Bergamot

Aries #2

2 parts Frankincense
1 part Juniper
2 drops Carnation oil
1 drop Bergamot
Burn as a personal altar or household incense to increase your own powers.

As You Please Powder / Oil / Incense / Bath / Floor-wash

Orange Blossom
Mint
Musk
*Orange

One of the mildest and best of the commanding formulas is As You Please. Within the New Orleans tradition this recipe is deemed to be one of the subtlest, but at the same time most powerful of the forcing mixtures. This formula derives its power from the Musk, but tempers it with the loving and spiritual vibrations of Mint and Orange Blossom.

In general, it is a good idea to actually sprinkle some of this on the person or object that you desire. It is particularly effective in interpersonal situations and, while it may be used in love rituals, generally it is used mostly

to get people to do your will without realizing they are doing it! (See also Inspiration and Courage recipes.) When used in its oil form, it is normally applied to red, pink, green, or occasionally purple candles. Sometimes used by business persons to cause an investor or banker to "loosen the purse strings" and become a willing lender or investor.

Sprinkle on the ground in front of a loved one and he will be forced to return to you. Makes others desire to please you at all costs. A form of commanding and compelling powder. Place some in shoes or belongings of those you wish to do your bidding. If this cannot be done, sprinkle where they are sure to walk.

Astarte Incense / Oil

Sandalwood
Rose
Orange oil
Jasmine
*Blue

Burn in a room where lovers are to meet, to please the good spirits and to increase sexual awareness. Wonderful for lovers. Dedicated to the Canaanite goddess who was considered to be the daughter of Ra, the Sun God. Encourages love to blossom. Use alone or with red or pink candles. Powerful in attracting love opportunities.

Astral Travel Oil

Orange
Lemon
Frankincense
Myrrh

1 drop Bergamot
*Indigo (Deep Reddish Blue)
Anoint third eye - center of forehead.

Astral Travel Incense

3 parts Sandalwood
3 parts Benzoin
1 part Mugwort
1 part Dittany of Crete
1 drop Bergamot
Burn a small amount in the room to aid in projecting the astral body.

Attraction Incense

32 parts Wood Base
 16 parts Olibanum
 8 parts Sandalwood
 4 parts Myrrh
 8 parts Cinnamon
 4 parts Orris Root
 2 parts Saltpeter

*Blue

A highly magnetic blend which is always used to draw only good spirits. Attracts love. Draws power, luck, love, money. Amplifies the power of any white herbal working.

Attraction Bath #1

Patchouli leaves
 Lemon Verbena
 Cinnamon
 Vetivert

*Pink

Attraction Bath #2

32 parts Wood Base
 16 parts Olibanum
 8 parts Sandalwood
 4 parts Myrrh
 8 parts Cinnamon
 4 parts Orris Root
 Soap Base

*Blue

A highly magnetic blend which is always used to draw only good spirits. Attracts love. Draws power, luck, love, money.

Attraction Powder

32 parts Wood Base
 16 parts Olibanum
 8 parts Sandalwood
 4 parts Myrrh
 8 parts Cinnamon
 4 parts Orris Root

*Blue

A highly magnetic blend which is always used to draw only good spirits. Attracts love. Draws power, luck, love, money. Always used to incite the passions of the opposite sex. Also brings all forms of good luck. It is especially good for attracting financial gain. Used to attract money, better business, good luck, love and the better things of life. For love and gambling it is

applied to the hands and body in small amounts. For business, sprinkle about the premises. May also be rubbed on charms and/or conjure bags.

Since Attraction oil and incense are non-specific in nature, they are used in conjunction with other, more specific formulas and colored candles to specify what it is to attract. For instance, for luck, it would be combined with Fast Luck, or with a red candle for love; if you burn it with a yellow candle, it will bring joy; if you burn it with a blue candle, it will bring peace and better communication.

Attraction Oil

16 parts Olibanum
 8 parts Sandalwood
 4 parts Myrrh
 8 parts Cinnamon
 4 parts Orris Root

*Blue

Attracts lovers and should always be worn (when wearing, dilute with 32 parts neutral base oil) when searching for a suitable mate. Brings luck in all areas of life when sprinkled in your shoes. Attracts all good things. Used like Attraction Powder and to anoint Green candles.

Aum Incense / Oil

Sandalwood
 Orris
 Mastic
 Cinnamon

*Blue

A special mixture designed to give off vibrations necessary for meditation and other spiritual work. Especially good for psychic endeavors. A strong spirit attractant and will tend to add success to any ritual.

Aunt Anna Wishbone Powder

Sandalwood
 Orris
 Allspice
 Deer's Tongue
 Musk

A special blend of powders designed to make dreams and wishes come true. Can be sprinkled on your sheets before retiring. Use to anoint a photo of anything you wish for. One of the most popular of the

wishing formulas' from New Orleans.

Aunt Sally's Dream Powder

Licorice
Cinnamon
Cardamom
Coriander

This a favorite formula to induce prophetic dreams of events to come, lucky numbers, or love. Sprinkle powder on the sheets. Toss a little under your bed as well. This powder is said to make you dream prophetically. Sprinkle on and all around your bed.

Aunt Sally's Dream Oil

OIL: Put a drop under your nose before going to sleep or anoint blue, yellow, or pink candles. *Do not go to bed with candles burning!* Also used as a charm to bring good luck if carried in a purse or the pocket. (Dream Incense is said to make love dreams come true.)

Aunt Valerie's Healing Oil

Valerian
Asafetida
Lavender

This old Polish formula is a special homophobic blend which aids in the instant cure of homosexuality. Use copiously.

Aus Incense

Pine Bark (16)
Sandalwood (24)
Orris (8)
Patchouli (8)
Myrrh (8)
Olibanum (8)
Wood base (8)

The best for love problems.

Aus Oil

Balm of Gilead
Musk
Orange
Frankincense
*Blue

An oil only for lovers. It entices the stranger you secretly desire. Excites and arouses those you love to come forth and respond. An aphrodisiac. (Use to anoint pink candle in love rituals.)

Autumn Incense

Lavender (4)
Thyme (3)
Vervain (2)
Basil (3)
Frankincense (1)
Rue (pinch)
Benzoin (pinch)
Oil of Jasmine
2 drops Bergamot
*Blue

An ancient formula with unknown origins, this makes an excellent incense, powder, or bath herb combination.

Babylonian Ritual Incense

3 parts Cedar
2 parts Juniper
1 part Cypress
1 part Tamarisk
1 drop Bergamot

Burn during Babylonian and Sumerian rituals, or when attuning with such deities as Inanna, Marduk, Enlil, Tiamat and others.

Banishing Incense

Bay leaves
Cinnamon
Red wine
Rose Petals
Myrrh
Salt
*Blue

Eliminates all bad spirit forces. Should be burned in a ceremonial room during services. Also used in uncrossing. (Removes evil forces and hexes.)

Bast

Acacia
Carnation
Camellia
*Yellow

Another sexual stimulant and attraction powder. Draws the opposite sex to you. Also creates feelings of happiness when you are depressed about anything.

Bat's Blood Incense

Dragon's Blood

Myrrh

Cinnamon

*Red

Burn to cast evil spirits and to place a hex on someone you wish to get even with. (For Black Herbalism and hexing.) Dangerous conjure. For highly adept only.

Bat's Blood Ink

2 parts Dragon's Blood

1/2 part Myrrh

2 drops Cinnamon oil

12 parts Alcohol

1/2 part Gum Arabic

*2 drops Indigo color

Bat's Eye Incense

Real Bat's Eye (optional) (Definitely NOT recommended!)

Myrrh

Dragon's Blood

Bayberry powder

Use for the same purpose as Bat's Blood Incense.

Works equally well. (Use where eye of bat is needed.)

Bat's Heart Incense / Oil

2 parts Dragon's Blood

1/2 part Myrrh

2 drops Cinnamon oil

1/10 part Sugar

*2 drops Indigo color

Same as Bat's Blood Ink — No alcohol. Substitute 1/10 part sugar for gum arabic. Burn to break a love affair and to hex any unfaithful mate or lover. Works quickly. If an ex-lover did you wrong, Bat's Heart oil is a quick and nasty remedy. It has several effects. First, it throws disharmony and stress into his/her life; second, it helps you to forget him/her; and third, it ensures that he/she will never do to another what he/she did to you! Use with black or purple candles.

Beltane Incense

3 parts Frankincense

2 parts Sandalwood

1 part Woodruff

1 part Rose petals

a few drops Jasmine oil

a few drops Nardoli oil

Beltane Incense (cont'd.)

1 drop Bergamot

Burn during fires of Beltane (pagan sabbat).

Bend Over Oil / Powder / Incense / Bath / Floorwash

Rose

Frankincense

Vetivert

Honeysuckle

*Yellow

In essence, Bend-Over is a commanding and compelling fragrance and it is alleged to cause others to willingly do your bidding or to be most anxious to please you. Bend Over is said to be particularly beneficial in financial and business situations more than anything else. The inclusion of Vetivert is significant because Vetivert has the reputation of being one of the most potent of forcing herbs in Herbalism. That is, it adds pressure to any combination of factors. The Honeysuckle, Rose, and Frankincense modify the power of the Vetivert to give it a specific focus.

This is a very sneaky recipe in that it employs almost exclusively beneficial herbs, and one way to use it is when you come up against someone who unnecessarily throws impediments in your path. Bend-Over can be used to gently move them aside without harming them in any way. Under certain circumstances, Bend Over is used in uncrossing procedures since it is deemed to be highly protective due to the Rose and Frankincense. Of all the commanding recipes, Bend Over is probably the one most likely to produce "happy endings" for everyone concerned. Normally, the oil is used on purple candles and it makes an excellent bath preparation. When using for the purpose of a business meeting you wish to influence, anoint the backs of your hands with the Bend-Over oil. As you shake hands with your associates, some of the oil becomes transferred to them and it is felt that you thereby exert a secret influence.

Makes other people do your bidding. Use to break any hexes. Used to order evil spirits to return to their sender. Said to be extremely potent. It is extremely important that you define your specific goals when using Bend Over, and candles are one way to do this: Color of candles indicates purpose of use. For other "gentle persuaders", see Thrifty, Courage, Bewitching, and As You Please.

Beneficial Dream Incense / Powder

Bergamot
Lemon
Frankincense
Orris
*Blue

Burn to make all dreams come true, especially those helpful to the dreamer. (Also helps to develop clairvoyance.) Powder must be rubbed on the forehead and sprinkled under the bed for ultimate effectiveness. To use in a bath, while bathing meditate on being surrounded by all the good things in life. Business people, artists, writers, and others searching for new and practical ideas can use this blend.

Better Business Incense / Oil

2 parts Benzoin
1 part Cinnamon
1 part Basil
1 drop Bergamot

Burn to attract customers and improve the bottom line. Also called Business. Use with green and gold candles, plus anoint over entrance doors, mail box, and telephone (all entrances for more business).

Bewitching #1 Oil / Powder / Incense / Bath / Floorwash

Patchouli (4)
Vetiver (4)
Lime (1)
Bay (1)

For getting others to do as we wish. Use with caution, as these formulas get very close to Black Herbalism, interfering as they do with another's will.

This is the classic Commanding formula. As its name implies, this general-purpose recipe is used to get others to do as we wish, but without any room for improvisation on their part. This formula borders on black herbalism in that it tends to interfere with the will of another. (For cautions, see author's notes at beginning of chapter.)

Bewitching #2

Allspice
Orris
Patchouli
Cinnamon
Sandalwood
Clove
*Brown

Bewitching #3

16 oz. Winters Bark
16 oz. Sandalwood
8 oz. Orris Root
8 oz. Patchouli
8 oz. Myrrh
8 oz. Olibanum
16 oz. Wood base
4 oz. Saltpeter
*Purple

Bible Incense

24 parts Olibanum
8 parts Sandalwood
8 parts Myrrh
14 parts Charcoal
32 parts Wood base
2 parts Saltpeter

Bible Oil

Hyssop
Frankincense
For ritual success, anoint all candles except Black. With Bible on altar, burn incense and oil before it.

Bible Bouquet Incense

24 parts Olibanum
8 parts Sandalwood
8 parts Myrrh
14 parts Charcoal
32 parts Wood base
2 parts Saltpeter

Bible Bouquet Oil

Hyssop
Frankincense
For ritual success, anoint all candles except Black. With Bible on altar, burn incense and oil before it.

Binah

3 parts Raisins

2 parts each:

Frankincense

Myrrh

Hellebore* or Patchouli

1 part Jasmine Flowers

*Caution! Hellebore is a poisonous herb. If you must use it, do so outside and do not inhale the fumes. If you use Patchouli instead; the mixture will smell wonderful and will be safe for indoor use.

Binding Incense , TOXIC

4 parts each:

Nettle

Thistle

Knotgrass

1/4 part Nightshade

1/4 part Aconite (Wolfsbane)*

1 drop Bergamot

Burn with caution during outdoor rituals to destroy baneful habits and thoughts. Small amounts only. Do not inhale fumes!

Birch Moon Incense

3 parts Ginger

1 part Lemongrass

pinch of Dill

Splash of Lemon Juice

For matters of beginnings and children, purification.

Black Arts Incense / Powder # 1

Myrrh

Patchouli

Cinnamon

Gum Mastic

Graveyard Dust

Vetivert

Mullein

*Black

A special powder used for hexing someone you despise with a passion. Very dangerous if you do not use for this purpose only. We include this and other Black Arts formulas for your information only, as we would never recommend your use of such negative forces. Anyone who uses negative forces will suffer serious karmic consequences. Although we have included several hexing oils in this book, none is as devastating as Black Arts. Remember the Rule of Three.

Black Arts Incense / Powder #2

Myrrh (4)

Patchouli (4)

Ambergris (1/4)

Civet (drops)

Musk (1/4)

Black pepper

*Black

Black Arts Oil

Myrrh

Patchouli

Cinnamon

Gum Mastic

Graveyard Dust

Vetivert

Sage

*Black

A special crossing oil used only for placing hexes on hated competitors. Use with extreme care. (Used only in Black Herbalism.)

Black Art Powder

Myrrh

Patchouli

Cinnamon

Gum Mastic

Graveyard Dust

Vetivert

Mullein

Black Arrowroot

*Black

Black Candle Tobacco

Hi-John

Low John

Clove

Sage

Rosemary

Pipe tobacco

A very powerful item when burned along with a Black candle and salt. Use only to win seemingly impossible court cases and to overcome major legal entanglements. Used to influence the jury and judge and to reduce the influence of your opponent's case.

Black Cat Oil / Powder

Black cat hair (3)
 Steel Wool
 Iron Powder
 Sage
 Myrrh
 Bay
 *Black

Black Cat is a remarkably versatile potion. Within the New Orleans and Haitian traditions, black cats are not indicative of bad luck — in fact, they mean precisely the opposite! In the case of this formula, it is said that the oil and incense forms of this brew will attract love and will compel a person of the opposite sex to desire you. The only way, however, that one can use this recipe for white herbal purposes is when you do not specify a particular individual as your objective. In other words, if you used Black Cat Oil to anoint a red candle (or a black cat figure candle) without carving anyone's name on it, then your ritual would be considered white herbalism because it would then attract to you someone who is both unattached and choosing you from his or her free will.

All too often, someone who is lonely or alone, instead of working a general love ritual to attract a suitable partner, will pick some impossible objective and work ritual after ritual to get the unavailable man or woman to come to them. A far better and more productive solution is to work a general love ritual, without specifying anyone in particular, just to see what kinds of new people might enter your life. Sadly, people are often frightened by anything that is new since it represents the unknown to them.

Compels the opposite sex to strongly desire you. Also used for breaking bad spells and unhexing, and to bring good luck. (Black Cat Incense — of tremendous power for obtaining luck and good fortune.)

Black Devil's Oil / Powder

Bay
 Frangipani
 Lavender
 Cinnamon
 *Black

Oil: Mixed with sugar and salt to stop a married man or woman from playing around. It should be carefully sprinkled on their undergarments or shoes while they sleep. Can also be used to anoint an orange or purple candle on which you have carved the adulterer's name.

Powder: Same as oil. Stops infidelity in an instant. Forces those you love to return, due to the destruction of the adulterous relationship.

Black Panther

Orris
 Vanilla
 Clove
 Lavender
 *Blue or Purple

Sprinkle on the head of anyone desiring assistance in overcoming illness or bad luck. Creates a more positive attitude in all who utilize it.

Blessed Powder / Oil

Lavender
 Silver magnetic powder
 Ylang-Ylang
 Musk

Sprinkle all around a room to cleanse and purify it. Rub a little on your body before holding any ritual. To attract help of good spirits. It is sprinkled about the room and also about the home and place of business. This is a delightful formula, used to bring blessings and nice things to yourself and others. Use with white, pink, or blue candle.

Blessing Powder /Oil

Lily of the Valley

Lemon

Silver glitter

*White

Used only for dressing candles and altar. Sprinkle liberally. Attracts good spirit forces. Brings out clairvoyant powers. A delightful formula, used to bring blessings and nice things to yourself and others. Use with white, pink, or blue candle.

Blue Angel Powder

Lavender

Sandalwood

Holy Water

Spring Water

*Blue

Very potent, protects from evil spirits and overcomes hexes. Burn for general good luck. Angel Oil: for love and invoking spirits' aid. Use the oil with pink candles to attract friendship. Anoint your Astral candle for personal protection.

Bon Voyage Incense

1 oz. Jalop powder

1/2 oz. Rosemary herb

1/4 oz. Patchouli Leaves

1 tablespoon Sulfur

3 tablespoons Ginger

1/4 teaspoon Salt peter

2 Teaspoons Tincture of Benzoin

Used to drive away those who are troublesome to you.

Can also be used to break up undesired relationships.

Born Again Incense

3 parts Frankincense

1 part Mullein

1 part Mums (Chrysanthemums)

1 drop Bergamot

Burn when distraught over the passing of friend or loved one.

Boss Fix Powder

Musk

Chili powder

Tobacco

Pulverized newsprint

*Red

If you like your job but you have one of those bosses

who is constantly on your case, this is perfect for you! Boss Fix is said to force your boss or supervisor to get off your back and begin to appreciate your efforts. The powder is used by sprinkling some of it around your boss' office and also around your own desk, making sure that you sprinkle it where it won't be detected or removed by the building cleaning staff. A good place to sprinkle it is in desk drawers, in corners, in closets, etc.

Due to the very protective nature of this potion, it is also highly recommended that you use it in your home since it causes others to react to you with consideration and kindness, according to tradition. Merely sprinkle a bit in your doorways and on your doorstep to protect against unpleasant encounters. Also, for women who are bring annoyed on the job. Also, for women who are bring annoyed on the job by the sexual advances of a boss or supervisor - however, there are other powders which we will discuss later which specifically control a boss who happens to be married and who wishes to commit infidelity. Use Boss Fix only on an unmarried boss or supervisor. If the passes still do not stop, then you will have to employ a hex-reversing commanding preparation such as Inflammatory Confusion.

Bottom #20

Low John

Yerba Buena

Nutmeg

Sage

Special powder / incense to be used only in casting hexes.

Bouquet X135

Orange

Vanilla

Strawberry

*White

Sprinkle liberally around a room. Changes luck and reverses unfortunate circumstances. Good to eliminate poverty.

Bridging Oil

Allspice

Anise

Cinnamon

*Blue

Helps to 'bridge the gap' between this world and the next. For communication with spirits.

Bruno's Curse Incense

2 parts Frankincense

1 part Dragon's Blood

1/2 part Wood Betony

Burn for physical and psychic protection while visualizing. Rosemary can be burned alone, if that is all that is available. Use when you feel it is needed.

Bruno's Curse Incense #2

2 parts Frankincense

1 part Sandalwood

1/2 part Rosemary

Bruno's Curse Incense #3

1 part Frankincense

1 part Myrrh

1/2 part Clove

Bruno's Curse Incense #4

2 parts Frankincense

1/2 part Cumin

Bruno's Curse Incense #5

4 parts Frankincense

3 parts Myrrh

2 parts Juniper berries

1 part Rosemary

1/2 part Angelica

1/2 part Avens

1/2 part Basil

1/2 part St. Johnswort

1/2 part Yarrow

1/2 part Mugwort

Bruno's Curse Incense #6

2 parts Frankincense

1 part Copal

1 part Dragon's Blood

Bruno's Curse Oil / Bath

Rosemary

Rose Geranium

Cypress

Use to anoint candles and add to protective cleansing baths.

Bruno's Curse Powder / Oil #1

Verbena or Vetivert (4)

Galangal (1)

Peppermint (1)

Rue (drops)

Cinnamon (1)

*Blue

Used to protect against any hexes, negative vibration, or foul mood which may overcome you. Sprinkle powder liberally in your chamber and burn the incense. In bath form, it is excellent as an uncrossing, helps you to maintain immunity to a recurrence of the hexed state.

Bruno's Curse Oil #2

1 cup Olive Oil or Almond Oil

1 tablespoon Myrrh Tears

1/2 cup fresh Rose Petals

1/2 cup dried or fresh Lavender

Warm over a low flame until rose petals turn translucent. Stir regularly to keep from sticking, always in a clockwise direction to draw in positive energy. Strain. If fragrance is not strong enough, add more essential oils.

Bruno's Curse Powder #2

Equal parts of:

Basil

Elder

Valerian

Marjoram

To protect household, work into a powder, then walk through the house clockwise, scattering the herb mixture lightly so that it is spread in every room. Protects, brings good fortune, peace and security from attackers and thieves.

Bruno's Curse Powder #3

Plain Salt

Dragon's Blood, powdered

Mix together and sprinkle to banish negativity from your home or place of business.

Buckeye Incense

Ground Bayberry
Ground Buckeye
Bay
Basil

*Brown

A special blend used to chase away all evil spirits. A good hex breaker. (For luck and sending back curses.)

Buddha Incense / Oil

Sandalwood
Orris
Mastic
Cinnamon

*Blue

A special mixture designed to give off vibrations necessary for meditation and other spiritual work. Especially good for psychic endeavors. A strong spirit attractant and will tend to add success to any ritual.

Bull's Incense

10 oz each:

Gloria
Cedarwood
Dittany of Crete (Mint)

2 oz each:

Patchouli
Calamus
Mugwort
Sandalwood

1 oz each:

Camphor
Ambergris

Bull's Incense / Oil (Liquid)

10 parts each:

Cedar oil
Dittany of Crete (Mint) oil

8 parts Ambergris

2 parts each:

Frankincense oil
Benzoin oil
Cinnamon oil
Sandalwood oil
Patchouli or Pine oil
Musk oil
Honey
Red Wune

1 part each:

Bull's Incense / Oil (Liquid) (cont'd.)

Hyacinth or Narcissus oil
Camphor oil
Myrrh oil
Rose oil

*Blue

Business Incense / Oil

2 parts Benzoin
1 part Cinnamon
1 part Basil
1 drop Bergamot

Burn to attract customers and improve the bottom line. Also called Better Business. Use with green and gold candles, plus anoint over entrance doors, mail box, and telephone (all entrances for more business).

Caliph's Beloved Oil

Musk
Ambergris
Coriander
Cardamom
Carnation
1 drop Bergamot
Incense *Red

A special oil developed to incite sexual feelings and attract lovers. Recommended for use in the early stages of a romance to turn things from a friendship into a sexual encounter. Wear or use on red candles. A popular aphrodisiac.

Candle Incense / Oil #1

Frankincense
Myrrh
Almond
Sandalwood
Incense: Burn for protection from evil. Also said to be one of the best healing incenses.

Oil: Use an Olive Oil base.

Candle Oil #2

Lily Oil
Rose Oil
Olive Oil Base
Cross in a Bottle

Cancer (Moon Children) Incense or Oil

2 parts Myrrh
 1 part Sandalwood
 1 part Eucalyptus
 1 part Lemon peel (or a few drops Lemon oil)
 1 drop Bergamot
 Use as a personal altar or household incense to increase your own powers.

Cancer #2

Cucumber
 Camphor
 Water Lily
 Musk
 Clove
 1 drop Bergamot

Capricorn Incense

2 parts Sandalwood
 1 part Benzoin
 a few drops Patchouli oil
 1 drop Bergamot
 Use as a personal altar or household incense to increase your own powers.

Capricorn #2

Valerian
 Pine
 Ylang-Ylang
 Galangal
 Wisteria
 1 drop Bergamot

Cash Flow Oil for Aromatherapy

1/8 cup base oil
 3 drops Vetivert
 2 drops Vanilla
 2 drops Patchouli
 1 drop Ginger
 1 drop Bergamot
 Wear or anoint money before spending. Or, rub onto green candles and burn while visualizing.

Cash Flow #2

1/8 ounce Camellia
 2 or 3 drops Vetivert
 2 or 3 drops Cinnamon
 1 drop Patchouli
 Most New Orleans practitioners consider Camellia the

queen of all money oils, because it is associated not just with enhancing cash flow, but with great riches.

Cat's Blood

Orris
 Frankincense
 Tonka
 Ginger

Same as Cat's Heart and Cat's Eye, below. A very potent spell or hex-breaker, used in uncrossing rituals. Breaks the most powerful spells when burned on a special altar covered with white silk. Despite its decidedly gruesome (and misleading) name, this is one of southern candleburning's legendary uncrossing/protecting recipes. It is particularly useful in situations where an actual hex has been placed. Use with red or purple candles. Works well in combination with Obeah, African Ju Ju, and Commanding/Compelling.

Cat's Blood Incense

Orris
 Frankincense
 Tonka
 Ginger

A horrible name, but a very potent spell or hex-breaker, used in uncrossing rituals. Breaks the most powerful spells when burned on a special altar covered with white silk. A legendary recipe in the Southern tradition. Works well in combination with Obeah, Ju Ju, & Commanding/Compelling. Use with red or purple candles.

Cat's Eye

Orris
 Frankincense
 Tonka
 Ginger

A very potent spell or hex-breaker, used in uncrossing rituals. Breaks the most powerful spells when burned on a special altar covered with white silk.

Cat's Heart

Orris
Frankincense
Tonka
Ginger

A very potent spell or hex-breaker, used in uncrossing rituals. Breaks the most powerful spells when burned on a special altar covered with white silk. Despite its decidedly gruesome (and misleading) name, this is one of southern candleburning's legendary uncrossing/protecting recipes. It is particularly useful in situations where an actual hex has been placed. Use with red or purple candles. Works well in combination with Obeah, African Ju Ju, and Commanding/Compelling.

Cavern Treasures Incense / Oil

1 part:
 Cinnamon
2 parts:
 Allspice
4 parts:
 Myrrh

Used to attract prosperity.

Ceremonial Magic Incense

3 parts Frankincense
2 parts Gum Mastic
1 part Wood Aloe
1 drop Bergamot

This formula, from the Key of Solomon, is typical of grimoire-type recipes. It can be used in general Herbal workings to raise power and to purify the area. Other recipes include such ingredients such as mace, brandy and Vervain.

Ceremonial Magic Incense #2

2 parts Frankincense
1 part Wood Aloe
a few drops Musk oil
a few drops Ambergris oil
1 drop Bergamot

Can be used in all ceremonies for herbal workings to raise power, and to purify the area.

Cernunnos #1 Oil / Incense

Pine
Sandalwood
Civet
Valerian

Cernunnos #1 Oil / Incense (cont'd.)

Musk
Cinnamon
Frankincense

Cernunnos is the familiar "Horned God" of mythology. He is a fertility god who works in combination with the Goddess to insure good harvests and bounty to those who keep the laws of nature. Any true spiritual pursuits should express the essential yin/yang, positive/negative, male/female aspect of nature and as such, it represents a truly balanced cosmology. Those religions which propagate the superiority of the male principle and which identify the female energy with temptation and sin are basically out of touch with nature and the facts of creation. It would be interesting to have a team of experts analyze the beliefs of these one-sided faiths, because our guess is that they stem from the failure of their founding fathers to come to terms with their fear of women and the power of women.

The variation of this recipe below is equally effective. This formula is out of the authentic Wiccan tradition as opposed to the New Orleans tradition where most of our recipes found their beginnings. In general, Cernunnos is used only as an incense, but it may also be prepared as an oil. The focus of this recipe is primarily sexual in nature and some would say that the ingredients reflect a domination formula.

Cernunnos #2

Oak Leaves
Sandalwood
Allspice
Coriander
Cedar
Carnation

Chakras - See last page

Chesed Incense

2 parts each:
 Wood Betony
 Cedar
1/2 part Hyssop
1 part each:
 Anise
 Poppy Seeds
 Cinnamon Powder

Chesed Incense (cont'd.)

8 drops Nutmeg essential oil per 1/4 cup of mixture above.

Chinese Luck

Clove

Bay

Angelica

*Green (optional)

Draws wealth and overcomes poverty. Alleged to work very quickly. Very helpful to those who need a stroke of fortune.

Chocolate Powder

Ashes

Red pepper

Rose

Jasmine

Sandalwood

*Blue

Chocolate Powder is used strictly to end arguments. This blend is mixed to help calm down a bad situation. The Red Pepper symbolizes the anger, the ashes symbolize the end of that anger or the "burning out" of the upset. The Rose, Jasmine and Sandalwood promote luck, love, and tranquillity. In general, this is used only as a powder, although it is possible to use it as an incense or oil.

Toss on any person who is angry over something you have done. Eliminates all feelings of animosity. Also good for overcoming hatred.

Chokmah

2 parts each:

Vetivert

Peppermint

Fennel (or 10 drops Fennel essential oil per 1/4 cup mixture)

1 part each:

Frankincense

St. Johnswort

Chypre Oil

Vanilla

Bay

Galangal

*Green

Rub on hands before gambling for luck. It will

guarantee winning. Also brings other financial gain. This is most effective when your hands actually come into contact with the gambling materials (dice, cards, etc.) Another classic New Orleans luck oil, Chypre may also be used with yellow or green candles.

Circe

Cucumber

Camphor

Water Lily

Musk

Clove

Circle Incense

4 parts Frankincense

2 parts Myrrh

2 parts Benzoin

1 part Sandalwood

1/2 part Cinnamon

1/2 part Rose petals

1/4 part Vervain

1/4 part Rosemary

1/4 part Bay

1 drop Bergamot

Use for general workings in the Circle, the ritual working space of Wiccans and Herbalists, and as a general ritual incense.

The Circle is created by directing personal power to form a sphere of energy surrounding the ritual area.

Circle Incense #2

2 parts each:

Frankincense

Rose Petals

Rosemary

Myrrh

Benzoin

Cinnamon

Vervain

Sandalwood

Bay Laurel

1 drop Bergamot

Another recipe calls for equal parts of each. Use for general rites, rites of worship, or when no other else is called for or available.

Circle of Flame Incense / Oil

1/4 oz. Rose
 1/8 oz. Musk
 1/4 oz. Violet
 A love incense.

Circle of Protection Incense

1 oz. Sandalwood
 1/2 oz. powdered Five-finger Grass
 1/4 oz. Frankincense
 1/4 oz. grated Orange Peel
 1/4 oz. Saltpeter
 1 tsp. Gardenia oil
 2 tsp. Tincture of Benzoin
 Designed to protect a person, home, or place of business from evil influences.

Clearing Incense

3 parts Frankincense
 3 parts Copal
 2 parts Myrrh
 1 Part Sandalwood
 1 drop Bergamot
 Burn this incense to clear your home of negative vibrations, especially when household members are arguing or when the house seems heavy and thick with anger, jealousy, depression, fear and other negative emotions. Leave the windows open while burning this mixture.

Cleo May Oil / Powder / Incense / Bath / Floorwash

Rose
 Jasmine
 Gardenia
 Lemon Oil
 1 drop Bergamot
 *Red

Of all the New Orleans recipes for compelling love, undoubtedly the most famous is Come To Me. This formula is an exact copy of Come To Me, with a different name. The addition of the Gardenia and Jasmine make this a very effective commanding and compelling oil, specifically designed to work on a balky or seemingly disinterested lover. While this recipe is used mostly by women, it may also be employed with good results by men. This recipe is not particularly useful for returning a wandering lover; instead, it is primarily used to beckon forth new lovers, particularly those who do not seem to take any notice of you. Wearing the oil when in the loved one's presence is said to cast a powerful

hypnotic spell over him/her. The powder form may be sprinkled into the flame of the candle representing your loved one, or you may place a bit on your fingertip and touch him/her inconspicuously if the opportunity arises.

A very powerful attraction recipe used only when you desire to force a certain stranger to feel strong sexual responses toward you. USE WITH CARE. Also used to make your lover more generous if he/she is inclined to be stingy.

Cleopatra Oil

Balm of Gilead
 Musk
 Orange
 Frankincense
 *Blue

An oil only for lovers. It entices the stranger you secretly desire. Excites and arouses those you love to come forth and respond. An aphrodisiac. (Use to anoint pink candle in love rituals.)

Cleopatra Incense

Pine Bark (16)
 Sandalwood (24)
 Orris (8)
 Patchouli (8)
 Myrrh (8)
 Olibanum (8)
 Wood base (8)

The best for love problems. Cleopatra is one of New Orleans' most exotic love fragrances. Its complex formula is unparalleled for invoking sexual possibilities into one's life. Normally it is used either alone or in combination with a red candle to materialize a lover.

Often burned in combination with Fast Luck, Commanding/ Compelling, Flaming Power, Venus or Goddess of Love.

Come to Me Oil / Powder / Incense / Bath / Floorwash

Rose
 Jasmine
 Gardenia
 Lemon Oil
 1 drop Bergamot
 *Red

Of all the New Orleans recipes for compelling love, undoubtedly the most famous is Come To Me. The addition of the Gardenia and Jasmine make this a very effective commanding and compelling oil, specifically designed to work on a balky or seemingly disinterested lover. While this recipe is used mostly by women, it may also be employed with good results by men. This recipe is not particularly useful for returning a wandering lover; instead, it is primarily used to beckon forth new lovers, particularly those who do not seem to take any notice of you. Wearing the oil when in the loved one's presence is said to cast a powerful hypnotic spell over him/her. The powder form may be sprinkled into the flame of the candle representing your loved one, or you may place a bit on your fingertip and touch him/her inconspicuously if the opportunity arises.

A very powerful attraction recipe used only when you desire to force a certain stranger to feel strong sexual responses toward you. USE WITH CARE.

Commanding & Compelling / Controlling #1 Oil / Powder / Incense / Bath Floorwash

Patchouli (4)

Vetivert (4)

Lime (1)

Bay (1)

For getting others to do as we wish. *See Author's Notes at beginning of this chapter.*

Commanding & Compelling / Controlling #2

Allspice

Orris

Patchouli

Cinnamon

Sandalwood

Sandalwood

Clove

*Brown

Commanding & Compelling / Controlling #3

16 oz. Winters Bark

16 oz. Sandalwood

8 oz. Orris Root

8 oz. Patchouli

8 oz. Myrrh

8 oz. Olibanum

16 oz. Wood base

Commanding & Compelling #3 (cont'd.)

4 oz. Saltpeter

*Purple

Concentration

Mastic

Cinnamon

Myrrh

1 drop Bergamot

*Black

Anoint forehead with small amount to aid in solving a problem. Clears the mind, inspires sudden insights into problems.

Use when studying, when mind tends to wander, or when your mind isn't functioning as it usually does to increase mental sharpness.

Confusion

Vetivert

Lavender

Galangal

Burnt knotted shoelace

*Black

Confuse those who are trying to cast a spell on you. Breaks all forms of hexes. Acts almost instantaneously. Works better when a hex is new, but it is good idea to keep some on hand for emergencies.

Can also be used to break up illicit love affairs, bring chaos to plans of enemies, or to bring confusion to a situation. Particularly good against creditors who are being obnoxious.

Conjure Perfume Oil

Myrrh

Patchouli

Galangal

Jasmine

Lemon

A powerful African oil used to bless churches and prayer rooms. Protects against evil in all forms. Use to anoint white altar candles or use in a bath to cover yourself with its protective fragrance. Banishes bad vibrations and elicits the help and support of white (good) spirits.

Conjure Powder

Myrrh
Patchouli
Galangal
Jasmine
Lemon
*Black

Sprinkle all around a ceremonial room to draw kindly spirit forces and to send away bad vibrations. Use on the altar during rituals.

Conquering Glory Powder / Incense

Gloria
Tonka
*Green

Assists the user in overcoming any obstacles in the path to success. Used by many athletes during a game. A powerful commanding and success combination useful in business, legal, and competitive situations. Sprinkle powder on hands and feet each morning. Good for overcoming timidity. Use oil with yellow, purple, orange or red candles. (Add *Gold Leaf to Powder.)

Consecration Incense #1

Vanilla
Jasmine
Oleander
Almond
Vetivert
1 drop Bergamot

Burn to purify a room where rites are going to be held. Be silent while it burns.

Consecration Incense #2

Rose (1)
Vanilla (1)
Vetivert (1)
Lemon (3)
1 drop Bergamot

Consecration Incense #3

2 parts Wood Aloe
1 part Mace
1 part Storax (or Gum Arabic)
1 part Benzoin
1 drop Bergamot

When purifying or consecrating herbal tools, jewelry, quartz crystals and other stones, smolder this incense and pass the tool through its smoke several times. Do

this while visualizing the fumes purifying the tool.

Controlling

Clove
Vetivert
Storax (Benzoin)
*Red

Particularly useful with love rituals. Use with Red male figure candle; mix with doll stuffing herbs.

Somewhat similar to Commanding, except it is used to control or confine a situation, rather than instigate one. Often used to stop infidelity or stop bad behavior in children. Can also be used to limit another person's influence, especially if they are meddling. Use with purple or orange candles.

Cooling Anger Incense

1 oz. Passion Flower
1 oz. powdered Orris Root
1/2 oz. powdered Rose Petals
1.2 oz. dark brown sugar
1/4 tsp. Saltpeter
1 tsp. Honey

2 tsp. Tincture of Benzoin

Designed to calm down those who are angry and quarrelsome, heal unhappy marriages, etc. Can be burned periodically in the home to keep family members cooperating with one another.

Courage Incense

2 parts Dragon's Blood
1 part Frankincense
1 part Geranium leaves (or a few drops Rose Geranium Oil)
a few drops Tonka Bouquet
a few drops Musk oil
1 drop Bergamot

Smolder this incense when you lack courage. If you are in a situation where you cannot burn it, recall its scent and be strong. If Tonka Bouquet is unavailable, use Tonka Tincture or Vanilla Tincture (or extract).

Courage Oil / Powder / Incense / Bath / Floorwash

Hyssop
 Verbena
 Clove
 Galangal
 Coffee
 1 drop Bergamot
 *Brown

One of the “cutest” of the commanding formulas for general purposes is Instigation. Courage and Instigation are the exact same formula. This potion is every employer’s dream come true because it is said to cause others to do your bidding, but without realizing that they are being worked on. While this is true of most of the commanding preparations,

Courage is said to work by causing your employees (or those you wish to influence) to suddenly be “inspired” by the desire to do what you want. Because it works subtly, the employee thinks that s/he has come up with the idea, so that you can kick back and relax. However, good news for the employee is that this potion is not a slave driver but rather is said to make difficult tasks simple and to remove complications before they occur! Because the employee has such little difficulty in executing his idea, he tends to become more and more ambitious due to the gratification he or she receives because of positive and immediate results for his/her efforts.

Courage can be used to get anyone to be inspired by anything you desire depending upon the color candles you employ in your ritual. For example, if you want someone to be suddenly inspired by thoughts of love for you, you might use a pink or red candle. If you want someone to bring you some money, you might anoint a green candle representing your intended benefactor, etc.

A wonderful blend designed to make others initiate new projects. Adds to their creativity and helps them to accomplish difficult endeavors. A mild commanding and compelling mixture that has positive effects when used cautiously.

Court Incense #1

Vanilla
 Jasmine
 Oleander
 Almond

Court Incense #1 (cont’d.)

Vetivert
 Burn to purify a room where rites are going to be held. Be silent while it burns.

Court Incense #2

Rose (1)
 Vanilla (1)
 Vetivert (1)
 Lemon (3)

Court Incense #3

32 oz. Woodbase
 4 oz. Myrrh
 8 oz. Cinnamon
 12 oz. Olibanum
 12 oz. Sandalwood
 4 oz. Vervain
 *2 drops Yellow

Court Anointing Oil

1 oz. Soluble Oil Base
 2 drams Vervain Essence
 2 drops *Yellow

Courting Powder

Muguet
 Excellent when carefully sprinkled on or near someone you care for. Makes him/her respond favorably to your advances. creates a desire to marry, if the person is already known to you. Otherwise used to get on a friendly basis with someone prior to using a more potent powder to attract them.

Crossing Incense / Oil / Powder

Bayberry
 Cinnamon
 Myrrh
 *Brown

A very powerful spell-casting powder which should always be used with extreme care. Use only to cast a hex on your most hatred rivals. Never consider trying this blend in jest. Said to be exceptionally good. Use with extreme care for this is very powerful.

This recipe can be very effective in returning evil spells or bad vibrations, full force, to the source. Use with purple or red candles. After using Crossing burn Uncrossing incense to clear negativity.

Crossing Powder #2

1 oz. Wormwood
 1/2 oz. powdered Pine Needles
 1/4 ox. Graveyard Dirt
 1 tbs. Guinea Pepper
 1/8 fluid oz. Crossing Oil
 4 oz Talc

Crown of Success Incense

Orris
 Frankincense
 Vetivert
 White Sandalwood

*Gold glitter

Crown of Success is a combination of four ingredients, all of which are highly positive in nature. The difference between the Crown of Success and Success formulas is that Crown of Success has an uncrossing frequency which removes obstacles that may be in your path.

Also, Crown of Success is more related to worldly attainment than to a broader definition of success. Helps push aside those who hinder your rise upward to success. Stops evil talk.

When you are the subject of gossip or slander, this blend stops bad vibrations from affecting you in any way. This combination of four very positive ingredients has an uncrossing influence that removes obstacles from your path. Use with green or brown candles.

Crucible of Courage Incense / Oil / Powder / Bath / Floorwash

Vanilla
 Rose
 Lilac
 Lavender

*Blue bottle

Crucible of Courage is the formula of choice when courage is lacking due to a mild crossed condition. This potion is more for the very timid individual than for the person who is seemingly hopelessly withdrawn in which event Wolf's Heart would be recommended. In its herbal structure, Crucible of Courage is basically an uncrossing oil with one courage herb tossed in. This recipe may also be used in success rituals where you are confronting seemingly overwhelming odds, although probably a better choice in such circumstances would be Crown of Success.

If you are facing an unpleasant situation such as a visit to the dentist for root canal work or an audit by your friendly IRS agent, then a bath in Crucible of Courage is highly recommended prior to the appointment.

Gives great amounts of courage to those who are fearful or timid. Used to anoint *Purple candles and wear the oil when confronting frightening or dangerous situations.

Crystal Purification Incense

2 parts Frankincense
 2 parts Copal
 1 part Sandalwood
 1 part Rosemary
 1 drop Bergamot
 1 pinch finely powdered Salt
 1 small, purified Quartz Crystal point

To use, pour a bit of the incense (leaving the crystal in the jar) onto charcoal. Smolder and pass the crystals to be purified through the smoke, visualizing the smoke wafting away the stone's impurities.

Naturally, this incense can be used in conjunction with the other recommended purifying rituals, or in place of them. To cleanse the small quartz crystal, leave it in sunlight for a few days, place it in running water overnight, or bury it in the Earth for a week.

Crystal Temple Incense / Oil

1 part each:
 Orris
 Frankincense

2 parts each:
 Sandalwood
 Lotus

Use for spiritual growth.

Crystal Woodlands Incense / Oil

1 part Pine
 2 parts each:
 Fir
 Juniper

Use for communion with animals and astral beings.

Curse-Breaker Incense

2 parts Sandalwood

1 part Bay

1 drop Bergamot

Burn at night near an open window if you feel "cursed."

Though curses are rare, if we believe we are cursed, we are! Therefore, smolder this incense and visualize it banishing all negativity from you. Repeat this ritual for seven nights during the Waning Moon, if possible or desirable.

Curse-Breaker Incense #2

2 parts Sandalwood

1 part Bay

1 part Rosemary

1 drop Bergamot

Curse-Breaker Incense # 3

2 parts Frankincense

1 part Rosemary

1 part Dragon's Blood

1 drop Bergamot

Smolder to remove negativity in general.

Dambalah Perfume Oil

Myrrh

Patchouli

Galangal

Jasmine

Lemon

A powerful African oil used to bless churches and prayer rooms. Protects against evil in all forms. Use to anoint white altar candles or use in a bath to cover yourself with its protective fragrance. Banishes bad vibrations and elicits the help and support of white (good) spirits.

Dambalah is the high god of Voodoo and this oil, although it can be vicious in results, is primarily a justice oil to be used against those who have done you wrong.

Dambalah is a relentless and merciless god when it comes to dispensing vengeance, so this oil should be used only for the most serious offences.

Use with a black candle on which the villain's name has been carved.

Dambalah Powder

Myrrh

Patchouli

Galangal

Jasmine

Lemon

*Black

Sprinkle all around a ceremonial room to draw kindly spirit forces and to send away bad vibrations. Use on the altar during rituals.

Damnation Powder

Burnt ashes from palm leaves

Holy Water

Beer

Myrrh

Lavender

Another very powerful powder used for hexing an individual you dislike. Sprinkle on burning incense while repeating his name nine times. Use with extreme caution.

Dark Huntress Incense / Oil

1 part

Verbena

Dragon's Blood

2 parts

Jasmine

Binding recipe.

Deja Vu Incense / Oil

Sandalwood

Orris

Sandalwood

Mastic

Cinnamon

*Blue

A special mixture designed to give off vibrations necessary for meditation and other spiritual work. Especially good for psychic endeavors. A strong spirit attractant and will tend to add success to any ritual.

Delight Powder

Sandalwood
Rose
Melon
*Red

A popular and potent love powder which is most effective when sprinkled on a lover. Forces all inhibitions to leave for the moment. Increases pleasures.

Demeter Oil

Rose (2)
Lavender (1)
Lotus (1)
1 drop Bergamot
*Pink

Desert Nights Incense / Oil

1 part Frankincense
2 parts Gardenia
2 parts Honeysuckle
A love recipe.

Desire

Rose
Jasmine
Gardenia
Lemon Oil
*Red

A very powerful attraction recipe used only when you desire to force a certain stranger to feel strong sexual responses toward you. Used only for same-sex attraction.

USE WITH CARE.

Desire Me Oil / Powder / Incense / Bath / Floorwash

Rose
Jasmine
Gardenia
Lemon Oil
*Red

Of all the New Orleans recipes for compelling love, undoubtedly the most famous is Come To Me. This is an identical formula. The addition of the Gardenia and Jasmine make this a very effective commanding and compelling oil, specifically designed to work on a balky or seemingly disinterested lover.

While this recipe is used mostly by women, it may also be employed with good results by men. This recipe is not particularly useful for returning a wandering lover. It is primarily used to beckon new lovers, particularly those who do not seem to take any notice of you. Wearing the oil when in the loved one's presence is said to cast a powerful hypnotic spell over him/her. The powder form may be sprinkled into the flame of the candle representing your loved one, or you may place a bit on your fingertip and touch him/her inconspicuously if the opportunity arises.

A very powerful attraction recipe used only when you desire to force a certain stranger to feel strong sexual responses toward you. USE WITH CARE.

Devil Trap Incense / Powder

Lavender
Salt
Hyssop
Bay
Vervain

Powder: Sprinkle around a room, the altar, and on the person you are uncrossing. One of the best means of breaking a strong hex. USE WITH CARE.

Incense: Burn only when uncrossing yourself or a client. One of the best hex breakers. There may be strange psychic effects;

Devil's Master Incense / Oil / Powder

Cinnamon
Red Sandalwood
Chili powder
*Red

One of the naughtiest of the love commanding recipes is Devil's Master. Devil's Master is similar in effect to Cernunnos or Master and is used in the same way. Again, this is a very strong recipe, so it is difficult to imagine a white use for it. According to its legend, it is said to cause your loved one to become interested in you...and ONLY you. You can see from this that use of Devil's Master would definitely interfere with another's will. However, this blend is alleged to be somewhat effective in controlling infidelity, particularly when used in combination with Black Devil which was discussed earlier.

As we have said earlier, it takes three people to create an infidelity and one of those people is you! Better check carefully your own karma and actions to see what part you have played in forcing your spouse away from you before enlisting one of the commanding formulas because if you don't, undoubtedly you will find yourself confronted with some unpleasant recognitions once you start your herbal working. Devil's Master is, however, alleged to have a function somewhat similar in effect to Boss Fix Powder when you employ it to handle a problem on the job. See the entry under Boss Fix Powder for how to use it in this way. However, due to the hexing nature of certain of the ingredients, we would recommend Boss Fix as being infinitely more subtle and appropriate for this purpose.

Burn to gain power over those of the opposite sex you strongly desire.

Devil's Oil

Cinnamon
Red Sandalwood
Chili powder
*Red

A hexing oil. Rub or throw on an enemy to create strife and to cause bodily harm. Often brings on illness and then eventual death unless the hex is removed.

Devil's Snuff Powder

Cinnamon
Red Sandalwood
Chili powder
Bayberry
*Red

Use to dust your hands carefully for temporarily blinding all opponents. Stops others from interfering in your personal business.

Diana Oil

Nutmeg
Benzoin
Vanilla
Patchouli
Cinnamon
Vetivert
Myrrh
Bay
*Natural Earth

Divination Incense

1 part Clove
1 part Chicory
1 part Cinquefoil
1 drop Bergamot
Smolder during or directly before using tarot cards, magic mirrors, quartz crystal spheres, rune stones and so on. Beware. This incense doesn't smell great!

Divination Incense # 2

2 parts Sandalwood
1 part Orange peel
1 part Mace
1 part Cinnamon
1 drop Bergamot
Another like the above, and this one smells better.

Divination Incense #3

Patchouli
Gum Mastic
Cinnamon
Dittany of Crete (Mint)
1 drop Bergamot
*Yellow

A wonderful aid in communicating with the spirit world during a Herbal séance. Burn with any type of incense and sprinkle all over burning candles.

Divination Incense #4

Cloves
Chicory
Cinquefoil
1 drop Bergamot
Use equal parts of each. Good for any form of Divination.

Dixie Love Perfume Oil

Patchouli
Cinnamon
Jasmine
*Red

A powerful attraction oil which induces those of the opposite sex to readily give in to your every whim. It inspires romance and lovemaking. Makes all charms even more appealing.

Do As I Say #1 Oil / Powder / Incense / Bath Floor-wash

Patchouli (4)
 Vetivert (4)
 Lime (1)
 Bay (1)

For getting others to do as we wish. USE WITH CAUTION.

This is the classic Commanding formula. (See Author's Notes beginning Chapter 17.) One positive use for this oil might be to compel someone to return something to you which they have stolen or to dispel negative influences in your environment by anointing a purple candle with this oil. Another positive use for Commanding oil is for removing hexed or crossed conditions since the Commanding formula is said to exorcise and banish negative spirits and influences.

Do As I Say #2

Allspice
 Orris
 Patchouli
 Cinnamon
 Sandalwood
 Clove
 *Brown

Do As I Say #3

16 oz. Winters Bark
 16 oz. Sandalwood
 8 oz. Orris Root
 8 oz. Patchouli
 8 oz. Myrrh
 8 oz. Olibanum

Domination #1

Patchouli (4)
 Vetivert (4)
 Lime (1)
 Bay (1)

For getting others to do as we wish. USE WITH CAUTION, as these formulas get very close to Black Herbalism, interfering as they do with another's will.

Domination #2

Allspice
 Orris
 Patchouli
 cinnamon
 Sandalwood
 Clove
 *Brown

Allows the user to gain complete control over other people. Stops others from casting evil hexes. May reverse the effect of an intended spell.

Double Cross Incense / Oil / Powder

Bayberry
 Cinnamon
 Myrrh
 *Brown

One of the most powerful of all hexing powders known in Herbal practice. Sprinkle with much caution. Will enable you to cross or hex anyone you wish.

Double Cross Incense #2

Mistletoe powder
 Red Sandalwood
 Bluing powder
 Corn meal
 Sage
 *Black

Double Fast Luck Incense / Oil / Powder / Bath / Floorwash

Patchouli
 Rose
 Juniper berries
 Powdered dollar bill.
 *Green

A very powerful means of increasing your luck in all areas of life.

Double Justice Incense / Oil

Equal parts:
 Sandalwood
 Lily
 A protection recipe.

Dove's Blood Incense

Dragon's Blood (4)

Rose Oil

Bay Oil

*Red

A special blend of incense designed to bring peace of mind and happiness. An uncrossing and protection formula which works powerfully in both ways. It is particularly useful for mending a broken heart and for resolving problems within a family or between lovers. Especially effective when used in combination with an oil designed to bring happiness or joy. Use with white, red, or purple candles.

Dove's Blood Ink

1 part Dragon's Blood

2 drops Cinnamon

2 drops Bay

10 parts Alcohol

1 part Gum Arabic

2 drops Rose oil

Dove's Eye Incense

Red carnation petals

Frankincense

Vanilla

Cardamom

Marjoram

*Red

Use for same purpose as Dove's Blood Incense. Works equally well.

Dove's Heart Incense

Lavender

Rose

Wisteria

Lilac

*Pink

Will calm restless souls and solve all problems. Soothes love feelings. No recipe from the New Orleans tradition has a better reputation for solving love problems. Use for a broken heart, when feeling neglected, when being cheated on. Burn alone or in combination with white, pink, or yellow candles. Excellent when used in combination with Uncrossing, Holy Spirit, Van Van, Joy and Altar.

Dragon's Blood Crystal Bath

Rock Salt base

Pinch of Dragon's Blood

Drop of Cinnamon oil

Drop of Mint oil

*Red Coloring

A protective bath, said to attract peace of mind and love. Next to High John the Conqueror, the oil is considered the most protective and positive in the New Orleans tradition. May be used to add power to any positive purpose. Use with white, pink, blue, purple, or red candles.

May be used in combination with Uncrossing, Obeah, or Seven African Powers. If someone is threatening you and you need to push them away, Dragon's Blood is renowned for its protective and forceful handling of negative individuals or events. Strictly defensive.

Dragon's Blood Crystal Bath #2

Small piece Dragon's Blood Reed

1 drop Cinnamon

7 drops Mint

Rock Salt Base

Dragon's Blood Ink

1 part Dragon's Blood

15 parts Alcohol

1 part Arabic

Dragon's Blood Oil

1 part Dragon's Blood

15 parts base Oil

1 parts Arabic

Use only for uncrossing a friend who has been hexed. Used to anoint the hexed person; not used for candle anointing. Works best at midnight in a cemetery.

Draw Across Powder

Footprint in dirt
 Patchouli leaves, powdered
 Cinammon
 *Red

One of the authentic Haitian recipes for bringing a lover to you is called Draw Across Powder. All you have to do is find your lover's footprint in the dirt and sprinkle some of this powder in it. While we realize that there aren't all that many dirt paths around and that the likelihood of your spotting a lover's footprint is very unlikely, one woman came up with an ingenious way to utilize it. She invited her lover to accompany her to the beach and brought her Draw Across Powder with her. She merely sprinkled some of it into one of his footprints in the sand and viola! He went home with her that night and stayed and stayed and stayed! Another practitioner has advised us that merely sprinkling some across your doorstep will accomplish the same function.

A special blend utilized to increase sexual magnetism. Pulls others to you and forces friendships to develop. A popular mixture. (Brings people to you. Sprinkle around the home.)

Draw Back Incense

Dragon's Blood
 *Red

A restrainer. Stops others from placing any type of hex or curse on you. Burn in combination with sprinkling Get Away Powder. If someone is threatening you and you need to push them away,

Draw Back is well known for its protective and forceful handling of negative individuals or events. Draw Back is strictly defensive and is normally used only as an incense. Burn in combination with Uncrossing, Obeah, or Seven African Powers. Use with pink, blue, red or purple candles. Draw Back is another name for Dragon's Blood (see above).

Draw Back Powder

Dragon's Blood
 *Red

Another name for Dragon's Blood. Sprinkle all around your home. No one will be able to cast a spell on you. Prevents hexing from ever taking place. Reverses the effect of evil things.

Drawing Love Oil

Lavender
 Bayberry
 Almond
 Rose
 Lemon
 *Red

Drawing Powder

Jasmine
 Violet
 Lavender
 *Blue

Rub on your hands and sprinkle around the altar before calling the spirits. Helps attract good luck and assistance in all important matters. Assists in quieting the nerves as well.

Dream

White Plate
 Brown Bamba wood Base
 Make a circle on plate with Naroli oil (orange blossom);
 Rub bamba wood base on circle to remove oil.
 Make circle with Sweet Basil, rub with bamba wood.
 Make circle with Lemon Verbena oil, rub with bamba wood.
 Make circle with Myrtle oil, rub with bamba wood.
 Make circle with Narcissus oil, rub with bamba wood.
 Helps foresee the future. Anoint the forehead and bedroom. An extremely psychic formula. Use in tiny amounts.

Dream Incense

2 parts Sandalwood
 1 part Rose petals
 1 part Camphor
 a few drops Tuberose bouquet
 a few drops Jasmine oil
 1 drop Bergamot
 Burn a bit in the bedroom prior to sleep to produce psychic dreams. Remove the censer from the room before retiring. Use only genuine camphor. If this is unavailable, add a few drops spirits of camphor, which is available in most drug stores.

Dreams of Delight Powder

Licorice
Cinnamon
Cardamom
Coriander

To be sprinkled on the sheets. Toss a little under your bed as well. This powder is said to make you dream prophetically. Sprinkle on and all around your bed. Drink as an aphrodisiac. Also used as a charm to bring good luck if carried in a purse or the pocket.

Dreams Incense

Licorice
Cinnamon
Cardamom
Coriander
1 drop Bergamot

To be sprinkled on the sheets. Toss a little under your bed as well. This powder is said to make you dream prophetically. Sprinkle on and all around your bed. Drink as an aphrodisiac. Also used as a charm to bring good luck if carried in a purse or the pocket. (Dream Incense: Said to make love dreams come true.)

Dressing Incense #1

Vanilla
Jasmine
Oleander
Almond
Vetivert

Burn to purify a room where Herbal rites are going to be held. Be silent while it burns.

Dressing Incense #2

Rose (1)
Vanilla (1)
Vetivert (1)
Lemon (3)

Purifies a room and those in attendance for special services. Burn in a series of seven, at the start and end of your service.

Druid Curse Incense / Oil (for binding)

1 part:
 Dill
 Hyssop
2 parts: Anise
4 parts: Galangal
Myrrh

Druidic Holy Incense

32 parts Wood Base
16 parts Olibanum
8 parts Sandalwood
4 parts Myrrh
8 parts Cinnamon
4 parts Orris Root
2 parts Charcoal

Dryad

Saturn root
Civet
Musk
Vanilla
Cyprus
*Green

Used by men, a sexual domination formula. Gay men seeking to attract others should see Satyr Oil. Used by gay men to attract and keep a lover. Wear it and use to anoint orange candles to maintain and protect the relationship.

Burn while scrying, or throw onto the coals of a fire once the flames have been quenched and gaze into them to see images from within them. The latter rite is best performed on a beach at night. Fire of Azrael incense is also used as a general psychic abilities inducing incense.

Earth Incense (Elemental)

2 parts Pine resin (pitch) or needles
1 part Patchouli
1 pinch finely powdered Salt
a few drops Cypress oil
1 drop Bergamot

Burn for invoking the powers of the element of Earth for money, stability and so on.

Earth Incense (Planetary)

1 part Pine needles
1 part Thyme
a few drops Patchouli oil
1 drop Bergamot

Burn to honor the Earth, and for all Earth-reverencing rituals.

Earth Incense Special

1 part each:

Nutmeg
Oak Moss
Rosemary
Benzoin
Vanilla Powder
Cardamom
Juniper Berries

2 parts each:

Orris
Myrrh
Sandalwood
Bay
Cinnamon
Vetivert

3 parts each:

Allspice
Chamomile

4 parts:

Basil

1 drop Bergamot

*Red

Earth Oil

Vetivert

Sandalwood

Patchouli

Musk

1 drop Bergamot

*Green

Easy Life Powder / Oil / Incense / Bath / Floorwash

Gum Mastic

Cloves

Ginger

Lemon

Orange peel

Cassia

*Brown

Easy Life is one of the mildest of the commanding preparations, and in many ways it works similarly to As You Please, in that it is alleged to enable you to relax while others do your bidding for you. The powder form is sprinkled on the person you wish to gain influence over and it is said to help you dominate their thoughts in the sense that they will be desirous of pleasing you in every possible way.

Most of the herbs in this recipe, however, are associated with success rather than “controlling,” and so this is not a particularly powerful recipe. It is designed in such a way that it will bring success not only to you, but also to the person you use it on, so in a sense, it does have a certain ‘reward’ potential. The supposed function of the formula is to create such a positive and dynamic atmosphere around you that others feel good about helping out! This recipe also has money drawing herbs in it, so it makes an excellent incense or anointing oil in money rituals, and the bath is excellent for casting a subtle glow of authority and success around you when in the company of those whom you wish to influence.

Easy Times

Lilac

Clove

Pieces of cut up dollar bill

Easy Wrath Powder/Incense

Ashes

Red pepper

Rose

Jasmine

Sandalwood

*Blue

Easy (Ease) Wrath Powder is used strictly to end arguments. This blend is mixed to help calm down a bad situation. The Red Pepper symbolizes the anger, the ashes symbolize the end of that anger or the “burning out” of the upset. The Rose, Jasmine and Sandalwood promote luck, love, and tranquillity. In general, this is used only as a powder, although it is possible to use it as an incense or oil.

Toss on any person who is angry over something you have done. Eliminates all feelings of animosity. Also good for overcoming hatred. If you chose to use Oil, use it on a white or yellow candle.

Egyptian Body Oil

Musk

Ambergris

Coriander

Cardamom

Carnation

*Red

Incite sexual feelings and attract lovers. Aphrodisiac.

Egyptian Incense

4 parts Frankincense
 3 parts Gum Arabic
 2 parts Myrrh
 1 part Cedar
 1 part Juniper
 1 part Calamus
 1 part Cinnamon
 Burn during Egyptian rituals, or to honor any ancient Egyptian deity such as Isis, Osiris, Thoth, Anubis, Selket, Heket, Isis, etc.

Egyptian Oracle Incense / Oil

1 part :
 Acacia
 Cinnamon
 2 parts:
 Sandalwood
 Patchouli
 Used to develop psychic ability.

Egyptian Temple

Myrrh
 Balm of Gilead
 Frankincense
 Orange peel
 Lotus
 Costus (Sweet Flag)
 *Purple
 The basic purpose of this mixture is to purify, banish evil or bad vibrations, and make sacred the temple area.

Egyptian Vision Incense

Cinnamon powder
 Low John powder
 Cedar oil
 Orris oil
 Myrrh
 *Blue
 Burn to increase clairvoyant powers. An excellent incense for job hunters.

Elder Moon Incense

1 part each:
 Ginko
 Mugwort
 Valerian
 Spearmint

Elder Moon Incense (cont'd.)

pinch of Anise
 pinch of Allspice
 For exorcism, prosperity, astral travel, finding fairies.

Eleventh Degree Oil

Frankincense
 Ambergris
 Rose
 Lily
 Lilac
 Almond
 Coconut oil

Enchantment (Aura of) Incense

1/4 oz. Bayberry
 1/2 oz. powdered Sandalwood
 1 oz. Frankincense
 1/4 oz. Anise Seed
 1/4 oz. powdered Myrrh
 1/4 teaspoon Saltpeter
 1 teaspoon Gardenia Oil
 2 teaspoons Tincture of Benzoin
 Use for daily meditation and prayer.

Enchantment Powder

Rose Oil
 Mint Oil
 Musk Oil
 *Rose
 A very powerful aphrodisiac which must be utilized with extreme care. Rub on your hands prior to meeting with a potential lover.

Brings out the total animal instincts in those you desire.

Enchantress Incense / Oil

1 part acacia
 2 parts Wisteria
 A love recipe.

Ending Oil

Take white plate.
 Make three crosses in Red coloring.
 Wash with Van-Van into receptacle.
 Make sure the crosses dissolve into the Van-Van. This is a remarkably handy, but too often overlooked oil, used to end any kind of ritual, from hexing to healing to ensure that none of the conjured entities hover in your vicinity. This oil is alleged to send a signal to the spirit planes that the ritual is finished and that the spirits are to depart to do their work. An oil essential for beginners because it protects them from any missteps they may have made in their ritual design. Use on red candles

Enochian

Frankincense
 Rose
 Hyssop
 Myrrh

Envy & Jealousy Powder / Bath

Bayberry
 Vetivert
 Sassafras
 Arrowroot
 Envy and Jealousy Powder is both a hexing and hex-reversing preparation, although most often it is used banefully rather than defensively. To use it for defensive purposes--that is, to rid yourself or another of feelings of envy or jealousy--sprinkle some of the powder upon your head and sit and meditate. You may also use the herbs to make a bath mixture in which you can soak away the blues. To inflict envy or jealousy, the powder is either sprinkled around the premises of the person you wish to inflict it upon, or it is sprinkled into the flame of a candle representing that person. Eases feelings of jealousy when placed on the door of anyone with whom you wish to gain confidence. Use sparingly.

Esbat Incense

Patchouli
 Calamus
 Mugwort
 Cinnamon
 Sandalwood
 Ambergris
 Camphor (to scent)

Esbat Incense #2

4 parts Frankincense
 3 parts Myrrh
 2 parts Benzoin
 1 part Sandalwood
 1 part Gardenia petals
 1/2 part Orris
 1/2 part Thyme
 1/2 part Poppy seed
 1/2 part Rose petals
 Burn during rituals and spells on the Full Moon or at any Wiccan gathering other than the Sabbats.

Esbat Oil

Mint
 Vervain

Eve Oil / Powder

Apple Blossom
 Rose
 Lemon Oil
 *Red (oil) or blue (powder)
 A very powerful aphrodisiac. Use sparingly and with care.

Exodus Powder / Incense #1

Sulfur
 Asafetida
 Acacia
 Sprinkle in the path of a pest or someone who bothers you. Also place on your window ledges and front doorstep. Turns people away on contact.

Exodus Powder / Incense #2

Sulfur
 Asafetida
 Chili Powder
 Arrow Root

Exodus Powder / Incense #3

Sulfur
 Asafetida
 Chili Powder
 Red Pepper
 Sawdust
 One summer several years ago, an old friend had 'had' it with a friend who was not only overstaying his welcome, he was taking over the house of the

Exodus Powder / Incense #3 (cont'd.)

After she had been there for nearly three months and had run out of money, she figured that it was time to get him to move along to new adventures since she was beginning to resent having her space and purse invaded. However, because he was an old friend, she had no desire to get into a heavy confrontation with him or to throw him out. So she mixed up a little Exodus Powder (also called Go Away Powder or Get Away Powder).

Generally, we mix about two-thirds Chili Powder, a pinch of Asafetida, and the rest Sulfur, in a base of Arrowroot or sawdust. We usually like to throw in red pepper to equal the chili, too. The powder is supposed to look reddish when properly mixed. Sprinkle some into the shoes and pockets of the person you want to leave and outside your front door. Again, however, remember that only a tiny pinch is needed to work. And it's a good thing, too, because the odor of asafetida can be a dead give-away! After mixing it, she sprinkled it into her friend's shoes, luggage, etc., and within three days he left suddenly!

However, there was an interesting side effect to all this in that when she sprinkled the powder, she also tossed some out onto the porch and onto the sidewalk leading to her house. For approximately three months following this, not one single annoying person came to her door! So, apparently Get Away has protective ingredients too, which makes it particularly useful, but this makes sense considering the banishing function of both Sulfur and Asafetida. As a matter of fact, Get Away Powder could be effectively used as an exorcism incense.

Exorcism Incense

3 parts Frankincense
1 part Rosemary
1 part Bay
1 part Avens (Gum urbanum)
1 part Mugwort
1 part St. Johnswort
1 part Angelica
1 part Basil
1 drop Bergamot

Burn with open windows in disturbed places as a heavy purifying incense and breathe through your mouth while the mixture is smoldering.

Exorcism Incense / Powder

Lavender
Salt
Hyssop
Bay
Vervain
1 drop Bergamot
Powder — Sprinkle around a room, the altar, and on the person you are uncrossing. One of the best means of breaking a strong hex. Use with care.

Incense: Burn only when uncrossing yourself or a client. One of the best hex breakers. There will probably be strange psychic effects. Don't worry about them. Just continue your ritual.

Exorcism Incense / Powder #2

1/4 tsp. Asafetida
1 oz. Frankincense
1/2 oz. Rosemary
1 tbs. powdered vanillin
1/4 oz. Jalop
1/4 oz. Basil Leaves
1/4 tsp. Saltpeter
2 tsp. Tincture of Benzoin
1 drop Bergamot
1 tsp. Uncrossing Oil
Use in exorcisms and for removing negative thought forms and heavy vibrations from within a building.

Fantasy Powder

Sandalwood
Orris
Allspice
Deer's Tongue
Musk
A special blend of powders designed to make dreams and wishes come true. Must be sprinkled on your sheets before retiring.

Far Sight Oil

Acacia
Cassia
Anise
1 drop Bergamot
Wear to aid in seeing your past lives.

Fast Luck Incense / Oil / Powder / Bath / Floorwash

Patchouli

Rose

Juniper berries

*Green

Fast Luck is thought to stimulate your luck in a hurry. The incense, as well as the oil, is normally used with a green candle. I personally know people who have used this formula many times with excellent results. However, it has been observed that a little goes a long way and over-use of this fragrance can sometimes trigger “too much” action, making it difficult or impossible to take advantage of the many opportunities that will present themselves. Combine Fast Luck with a love or success incense because it interacts well with any positive potion.

Fast Luck Scrubbing Incense

Florida water

Vetivert twig

*Blue bottle

A special blend of oils which is burned with incense for luck and success in all types of business endeavors. Makes an excellent floorwash.

Fiery Command Powder / Oil / Incense / Bath / Floorwash

Dragon’s Blood

Frankincense

Myrrh

*Red

One of our favorite commanding and compelling recipes is Fiery Command, which is composed of Dragon’s Blood, Frankincense and Myrrh. From our previous discussion of the individual components, we think you can see why it is a rather effective recipe! Also, since Dragon’s Blood can’t really be used for baneful effects, it represents a very balanced recipe. Probably the commonest use for this particular formula is in uncrossing procedures, and we have used it dozens of times for that purpose. Another factor to consider with this particular recipe is that it is very general in effect. While other commanding oils have various herbs which hone them in on specific objectives, Fiery Command is totally non-specific in function and you must be careful to symbolize (through other oils and through candle colors) precisely what you want to accomplish.

Fiery Command Powder / Oil / Incense / Bath / Floorwash (cont’d.)

Forces all other people to do your every bidding without a second thought. USE WITH CARE.

Fiery Wall of Protection

Dragon’s Blood

Frankincense

Myrrh

Salt

*Red

Same as Fiery Command, except for the salt. The salt helps protect the user against any attack or unexpected rebound. Restrains anyone from placing an evil hex on you. Sprinkle around a room to help ward off curses. Place by all windows and doors.

Fiery Wall is one of New Orleans’ best-known protection formulas, handling every sort of threat with great flair. This recipe can be used to help with legal, health and business problems. Use with red or purple candles. Excellent when burned in combination with Seven African Powers, Commanding, Bend Over, or Uncrossing.

Fiery Wall of Protection #2

Dragon's Blood Reed
Frankincense
Myrrh
Salt

Fire Incense (Elemental)

3 parts Frankincense
2 parts Dragon s Blood
1 part Red Sandalwood
1 pinch Saffron
a few drops Musk oil
1 drop Bergamot

Smolder for summoning the powers and beings of Fire, and also for success, strength, protection, health, passion and other similar goals. Genuine saffron is prohibitively expensive; hence, the smallest pinch will suffice. If you have none in stock. substitute orange peel.

Fire Oil (Elemental)

Cinnamon
Galangal (Low John)
Bayberry
1 drop Bergamot
*Red

Fire Of Azrael

1 part Sandalwood
1 part Cedar
1 part Juniper
1 drop Bergamot

Burn while scrying, or throw onto the coals of a fire once the flames have been quenched and gaze into them to see images from within them. The latter rite is best performed at night. Fire of Azrael incense is also used as a general psychic abilities inducing incense.

Fire of Love Incense

Patchouli
Civet
Musk
*Red

Creates a mystical love spell and draws others to you. Increases your sexuality. Among New Orleans practitioners, two of the favored sex-related potions are called the "two fires": Fire of Love and Fire of Passion. Essentially these are similar recipes, varying only in terms of degree.

Fire of Love is slightly less sexual than Fire of Passion, but both are powerful sexual compellants. Fire of Love is used when you want romance mixed in with the lust. Use with red candles. May be burned alone or in combination with other love-oriented incenses.

Fire of Passion Incense

Patchouli
Civet
Musk
Pine or Ambergris
*Red

Makes the opposite sex desire you more passionately. Overcomes resistance to advances. A very potent formula indeed!

Five Circles

White Plate
*Brown Bamba wood Base
Make a circle on plate with Naroli oil (orange blossom); rub bamba wood base on circle to remove oil. Make circle with Sweet Basil, rub with bamba wood. Make circle with Lemon Verbena oil, rub with bamba wood. Make circle with Myrtle oil, rub with bamba wood. Make circle with Narcissus oil, rub with bamba wood.

Helps foresee the future. Anoint the forehead and bedroom. An extremely psychic formula. Use in tiny amounts.

Flame of Desire

Cinnamon
Galangal
Bay
*Red

Makes you more exciting to those of the opposite sex. Burn with great care to avoid problems. Overuse can excite your lover to a highly possessive and jealous state.

Flaming Power

Cinnamon
Galangal
Bay
*Red

This is a commanding and compelling recipe, but is used almost exclusively for purposes of protection. For that purpose, burn alone or in combination with a purple candle. Although this formula may be used to apply pressure to a situation in order to force issues to your advantage, we do not suggest that inexperienced practitioners employ it in that way. Flaming Power is often burned in combination with Uncrossing, Van Van, Fast Luck, Lady Luck, Lucky Dog, and Obeah.

Makes you more exciting to those of the opposite sex. Burn with great care to avoid problems. Overuse can excite your lover to a highly possessive and jealous state.

Florida Water #1

1 gallon 90 proof alcohol
1 dram Lemon
1 dram Portugal
2 drams Lavender
2 drams Clove
1/8 dram Canella (Cinnamon)
1 pint water

All Florida Water formulas can be proportionally reduced to suit your needs and requirements.

Florida Water #2

1/2 gallon 90 proof alcohol
1 oz. Lavender
1 oz. Bergamot
1 dram Lemon
1 dram Cloves
1 gallon water

Florida Water #3

1 gallon 75 proof alcohol
3 oz Bergamot
4 oz Cinnamon
2 oz Benzoin

Florida Water #4

2 dram Lavender
2 dram Bergamot
2 drams Lemon
1 dram Tincture Turmeric
20 drops Oil of Palm
10 drops Oil of Rose
1 dram Naroli
2 pints 75 proof alcohol

Flying Devil

Black pepper
Dragon's Blood
Cassia
Patchouli
*Black

Herbal uncrossing oil used to overcome the power of a strong ouanga or hex. Dependable and quick.

Perhaps the most powerful hex-reversing oil. We often think of this oil as "instant karma" in a bottle. You must NEVER use this oil offensively or you can land yourself in hot water. However, used defensively, it completely reverses any evil spells (including negative vibes) and sends them right back at the person who's transmitting them. Use with purple or black candles.

Flying Incense

Gum Mastic
Calamus
Cinnamon
Musk
Juniper
Sandalwood
Ambergris
Patchouli
Hemp

To gain "the Sight." Equal amounts of each.

Flying Ointment #1

100 grams Lard
5 grams Hashish*
Handful of Hemp flowers*
Handful of Poppy flowers
Pinch of powdered Hellebore Root
Pinch ground Sunflower seeds
1 drop Bergamot

*ILLEGAL INGREDIENT. Offered as a curio.

Flying Ointment # 2

3 grams Agnanthol
 50 grams Extract of Opium*
 30 grams extract of Betel
 15 grams Extract of Belladonna
 15 grams Extract of Hemlock
 250 grams Extract of Indian Hemp*
 5 grams Extract of Cantharides
 5 grams Extract of Gum Tragacouth
 5 grams Extract of Powdered Sugar
 1 drop Bergamot
 *ILLEGAL INGREDIENT

Flying Ointment # 3 (non-toxic)

5 parts Mugwort
 2 parts Parsley
 1 part Catnip
 1 part Orris Root powder
 3 drops Jasmine oil
 1 drop Bergamot
 pinch of Valerian root
 Crush the herbs into a heavy powder and mix them into a container with an unscented, greaseless body lotion.
 Apply to body before attempting astral travel.

Follow Me (Us) Boy

Vanilla
 Rose
 Jasmine
 Piece of Coral
 *Gold glitter

According to tradition, this recipe was created by Marie Laveau, the queen of New Orleans voodoo circles in the 1890s. Originally designed for prostitutes, this recipe has money, love, and protection herbs incorporated in it. Burn alone or with red candles. May be burned in combination with Venus, Goddess of Love, Astarte, or any other love incense

A favorite among prostitutes to increase and insure financial gain. Many books describe this as a potion related to legal problems and their solution and despite its ingredients this is correct! Follow Us Boy was created in New Orleans at a time when the the major customers of the herbal priests and priestesses were prostitutes and madams. Follow Us Boy is both alleged to attract business to prostitutes, and also to keep them from harm or arrest. The Rose, Vanilla and Coral all work to protect the prostitute while the Jasmine pulls in the business.

Note also the inclusion of gold glitter which is often used in recipes as a symbol for money or gold. Since more than anything else prostitution is a business, it was felt appropriate to add this ingredient to the recipe. Properly prepared, the oil should always have a piece of coral in the bottle.

For Emergencies Incense , TOXIC

3 parts Frankincense
 2 parts Dragon's Blood
 2 parts Myrrh
 1 part Rosemary
 1 part Asafetida*
 1 part Cayenne*
 1 part Grains of Paradise
 1 part Rue*
 1 part Garlic*

Burn to be rid of foul demons, wrathful spirits, tax collectors, drunks, and other noisome creatures. Stand back and hold your nose--or better still, leave the room while this incense is smoldering. Emits powerful smoke that is irritating to the eyes, nose and lungs.

Forget Him / Her Not Incense

Lavender
 Rose
 Wisteria
 Lilac
 *Pink

Will calm restless souls and solve all problems of the heart. Soothes broken hearts. New Orleans' answer to obsessive thoughts about a past lover. Use to anoint the temples and the heart. Also use on blue candles representing yourself.

Forget Me Not Incense

Lavender
 Rose
 Wisteria
 Lilac
 *Pink

Will calm restless souls and solve all problems of the heart. Soothes broken hearts.

Four Thieves Vinegar

High John
 Vetivert
 Adam and Eve
 Low John or Black Pepper Base
 Red Wine Vinegar
 Is alleged to drive enemies from your door. *You may have difficulty obtaining the Adam and Eve Root, which has not been available in this country for a number of years except in tiny quantities for ridiculously high prices. If you cannot obtain Adam and Eve Root, then you may substitute a piece of Salap (Lucky Hand Root) instead and it will achieve almost as good an effect. It might be wise to anoint the salap root with a luck oil before inserting it in the bag.

Four Winds Oil

Lavender (East Wind, the wind of intelligence)
 Musk (South Wind, the wind of passion)
 Rose (West Wind, the wind of love and the emotions)
 Honeysuckle (North Wind, the wind of riches)
 1 drop Bergamot

French Bracelet

Rose
 Frangipani
 Lavender
 Dittany of Crete (Mint)
 Red velvet stuffed with herbs.

French Creole Oil

Lilac
 Musk
 Bay
 Lime
 *Purple
 A special oil designed to make your dreams come true. Helps to interpret dreams prophetically.

French Love Powder

Musk
 Orris
 Ambergris
 Vetivert
 *White
 Increases psychic powers and helps you to recall dreams in their entirety. Exposes deceitful people who are working against you. Helps to entice, fascinate, and bewitch a lover.

Friendship

Lily
 Hyacinth
 Lemon
 *Blue
 Makes others like you and feel sympathy for you under all circumstances. Use in any ritual where you are seeking to overcome loneliness or when you need a friendly shoulder to cry on.

Full Moon Incense

Equal parts:
 Sandalwood
 Frankincense
 3 drops Rose Oil
 1 drop Bergamot
 Burn on the full moon when performing other rituals, or during meditation on the full moon.

Full Moon Ritual Incense

3 parts Frankincense
 1 part Sandalwood
 1 drop Bergamot
 Burn during Full Moon rituals, or simply to attune with the Moon.

Full Moon Ritual Incense # 2

2 parts Sandalwood
 2 parts Frankincense
 1/2 part Gardenia petals
 1/4 part Rose petals
 a few drops Ambergris oil
 1 drop Bergamot

Full Moon Ritual Incense # 3

3 parts Gardenia petals
 2 parts Frankincense
 1 part Rose petals
 1/2 part Orris
 a few drops Sandalwood oil
 1 drop Bergamot

Games Of Chance Incense

2 parts Gum Mastic
 2 parts Frankincense
 1 drop Bergamot
 Burn before gambling.

Geburah

2 parts each:

- Mustard Seed
- Tobacco (or substitute patchouli)
- Pine Needles or Pine Bark

1 part each:

- Pennyroyal
- Basil
- Mace (or 8 drops Nutmeg oil per 1/4 cup of

mixture)

Gemini

- Violet
- Lavender
- Heliotrope
- Cassia
- Thyme
- Myrtle
- 1 drop Bergamot

Gemini Incense

- 2 parts Gum Mastic
- 1 part Citron (or 1 part mixed Orange and Lemon peel)
- 1/2 part Mace
- 1 drop Bergamot
- Use as a personal altar or household incense to increase your powers.

Get Away Powder #1

- Sulfur
- Asafetida
- Acacia
- Sprinkle in the path of anyone you wish to stop bothering you. Iso place on your window ledges and front doorstep. Turns people away on contact. See also Excursion or Go Away Powder.

Get Away Powder #2

- Sulfur
- Asafetida
- Chili Powder
- Arrow Root

Glow of Attraction Bath #1

- Patchouli leaves
- Lemon Verbena
- Cinnamon
- Vetivert
- * Pink

Glow of Attraction Bath #2

- 32 parts Wood Base
- 16 parts Olibanum
- 8 parts Sandalwood
- 4 parts Myrrh
- 8 parts Cinnamon
- 4 parts Orris Root
- Soap Base
- *Blue
- A highly magnetic blend which is always used to draw only good spirits. Attracts love Draws power, luck, love, money.

Glow of Attraction Incense

- 32 parts Wood Base
- 16 parts Olibanum
- 8 parts Sandalwood
- 4 parts Myrrh
- 8 parts Cinnamon
- 4 parts Orris Root
- *Blue
- A highly magnetic blend which is always used to draw only good spirits. Attracts love. Draws power, luck.

Glow of Attraction Oil

- 32 parts Wood Base
- 16 parts Olibanum
- 8 parts Sandalwood
- 4 parts Myrrh
- 8 parts Cinnamon
- 4 parts Orris Root
- *Blue
- Attracts lovers and should always be worn when searching for a suitable mate. Brings luck in all areas of life when sprinkled in your shoes. Attracts good things. Used like Attraction Powder and to anoint *Green candles.

Glow of Attraction Powder

32 parts Wood Base

16 parts Olibanum

8 parts Sandalwood

4 parts Myrrh

8 parts Cinnamon

4 parts Orris Root

*Blue

Always used to incite the passions of the opposite sex. Also brings all forms of good luck. It is especially good for attracting financial gain. Used to attract money, better business, good luck, love, and the better things of life. For love and gambling it is applied to the body and the hands in small amounts. It is sprinkled about a place of business. It is rubbed on charms and added to conjure bags that have a beneficial purpose.

Glow of Health

1 part:

Bayberry

Rose Petals

2 parts:

powdered Sandalwood

Carnation Petals

1/4 teaspoon Saltpeter

2 teaspoons Tincture of Benzoin

Designed to attract or maintain good health.

Go Away Powder / Incense #1

Sulfur

Asafetida

Acacia

Sprinkle in the path of anyone you wish to stop bothering you. Also place on your window ledges and front doorstep. Turns people away on contact. See also Get Away Powder, Excursion.

Go (Get) Away Powder / Incense #2

Sulfur

Asafetida

Chili Powder

Arrow Root

Go (Get) Away Powder / Incense #3

Sulfur

Asafetida

Chili Powder

Red Pepper

Sawdust

God Fire

Pine

Musk

Cinnamon

Goddess of Evil

Iron Filings

Low John (galangal)

Pinch of black horsehair

Goddess of Love Powder

Rose Oil

Mint Oil

Musk Oil

*Rose

Alleged to attract and stimulate women and men.

Use with red or pink candles. Many practitioners select Goddess of Love as a background fragrance for lovemaking. The recipe for this potion includes two classes of herbs--erotic and spiritual--to ensure that we attract a person with both qualities, although passion is Goddess of Love's primary objective. Works especially well when combined with Fast Luck, Joy, Come To Me or Venus.

A very powerful aphrodisiac which must be utilized with extreme care. Rub on your hands prior to meeting with a potential lover. Brings out the total animal instincts in those you desire.

Gold Buddha Incense / Oil

1 part Cinnamon

2 parts Frankincense

4 parts Bay

8 parts Heliotrope

To attract prosperity.

Gold Dust Powder (A Gambling Powder)

1 oz. Sandalwood

1 tsp. Carnation Petals, dried & powdered

1 tsp. Cinnamon

1/16 fluid oz. Frankincense oil

1/16 fluid oz. Myrrh oil

4 oz. Talc

Golden Dawn

Dittany of Crete (Mint)

Pine

Myrrh

Dragon's Blood

Patchouli

Balm of Peru

Invokes evil spirits when you wish to cast hexes and spells on others. Use with caution, as this mixture draws its potency from the dark side of the Tree of Life.

Good Luck

Same as Good Luck Mystic below.

Good Luck Mystic

Hi-John

Low John

Cinnamon

Squill

*Red

A highly spiritual blend which makes one dream poetically. A psychic developer.

Good Luck Spiritual

Lavender

Rose Geranium

*White

A favorite of many Herbal practitioners who have natural clairvoyance. Makes them feel more vibrations in a room at any given time.

This recipe may be burned alone or in combination with other luck incenses. According to tradition, it was designed to attract specific "high level" spirits that work primarily in the area of luck. Many practitioners like the combination of Good Luck Spiritual with Joy, Lady Luck, Holy Spirit, Fast Luck, and Altar. Use with white or yellow candles only.

Gofer Dust #1

Patchouli leaves

Mullein

Vetivert Powder

Dirt from graveyard gathered from open grave at midnight (optional).

Gofer Dust #2

Patchouli leaves

Dirt from graveyard gathered from open grave at midnight (optional). Use for hexing purposes.

Goona-Goona Incense

Powdered Nutmeg

Orris powder

Rose oil

Patchouli oil

*Orange

A special blend used only to create an atmosphere of trust and understanding. This aromatic blend is African in origin and is one of the best balanced luck and success formulas. Goona Goona is specifically recommended for material world success rituals, although it contains a touch of Rose to ensure that the opportunities we draw are spiritually sound. Many practitioners like Goona Goona because they claim it generally works quickly. Use with brown and green candles. Excellent when burned in combination with other luck or power incenses.

Graveyard Dirt, Graveyard Dust, Graveyard Mystic

Patchouli leaves

Mullein

Vetivert Powder

Dirt from graveyard gathered from open grave at midnight (optional)

Great Goddess Incense / Oil

Equal parts:

Myrrh

Lotus

Lily

For healing.

Greek God And Goddess Incense

4 parts Frankincense (sacred to Apollo)

2 parts Myrrh (Demeter)

1 part Pine (Poseidon)

1 part Rose petals (Aphrodite)

1 part Sage (Zeus)

1 part White Willow bark (Persephone)

a few drops of Olive oil (Athena)

a few drops of Cypress oil (Artemis/Hecate)

1 drop Bergamot

Burn to honor them

Green Powder

Musk

*Green

Used by lonely men who seek female companionship. Sprinkle on the left leg and if desired place a small amount in the “private” area. Also see Red Powder for women. Gays use Lavender or *Purple base

Gris-Gris Faible Incense

1 oz. powdered Sandalwood

1/2 oz. powdered Bay Leaves

1/2 oz. powdered Dill Seed

1 tsp. Asafetida

1/4 tsp. Saltpeter

1 tsp. Uncrossing Oil

2 tsp. Tincture of Benzoin

Use to destroy an enemy’s power to harm you. Can also be used as an Uncrossing Incense.

Guardian Angel Oil

Acacia

Almond

An especially pleasing fragrance to both humans and the higher beings we call our Guardian Angels. Alleged to bring your Guardian Angel to your side and to facilitate communication with higher planes. This formula is used to please your Guardians and entice them to do favors for you.

Mostly used as a meditation incense, but also employed in uncrossing rituals where it is felt that divine intervention is the key to resolving a problem. Use with white or yellow candles. May be burned in combination with any positive incense or oil.

Gypsy Gold

Orris

Frankincense

Vetivert

White Sandalwood

1 drop Bergamot

*Gold glitter

Helps push aside those who hinder your rise upward to success. Stops evil talk. When you are the subject of gossip or slander, this blend stops bad vibrations from affecting you in any way (one of the most famous Herbal essences.)

Gypsy Love Bath #1

Patchouli leaves

Lemon Verbena

Cinnamon

Vetivert

*Pink

Gypsy Love Bath #2

32 parts Wood Base

16 parts Olibanum

8 parts Sandalwood

4 parts Myrrh

8 parts Cinnamon

4 parts Orris Root

Soap Base

*Blue

A highly magnetic blend which is always used to draw only good spirits. Attracts love. Draws power, luck, love, money.

Gypsy Love Incense

32 parts Wood Base

16 parts Olibanum

8 parts Sandalwood

4 parts Myrrh

8 parts Cinnamon

4 parts Orris root

*Blue

A highly magnetic blend which is always used to draw only good spirits. Attracts love. Draws power, luck, love, money.

Gypsy Love Oil

32 parts Wood Base

16 parts Olibanum

8 parts Sandalwood

4 parts Myrrh

8 parts Cinnamon

4 parts Orris Root

*Blue

Attracts lovers and should always be worn when searching for a suitable mate. Brings luck in all areas of life when sprinkled in your shoes. Attracts all good things. Used like Attraction Powder and to anoint *Green candles.

Gypsy Love Powder

32 parts Wood Base
 16 parts Olibanum
 8 parts Sandalwood
 4 parts Myrrh
 8 parts Cinnamon
 4 parts Orris Root
 *Blue

Always used to incite the passions of the opposite sex. Also brings all forms of good luck. It is especially good for attracting financial gain. Used to attract money, better business, good luck, love, and the better things of life. For love and gambling it is applied to the body and the hands in small amounts. It is sprinkled about a place of business. It is rubbed on charms and added to conjure bags that have a beneficial purpose.

Haitian Gambler

Patchouli
 Lemon
 Jasmine

Used to banish a streak of even the worst luck. Very good for anointing talismans, seals, ouanga bags, playing cards, etc. Rub a bit of this oil on your hands before a hands-on gambling game to improve your luck. This potion is also used by men to inspire luck in love. Wear as a perfume oil or use to anoint green, yellow or purple candles. The incense may be burned in combination with another luck formula or commanding recipe

Haitian Love Drops

Honey
 Cloves
 Cinnamon
 Lemon
 Rum
 Almond
 Mint
 Yohimbe
 *Red

Natural ingredients only.

Haitian Lover

Cinnamon
 Anise
 Orris
 Clove
 Sassafras
 *Red

This oil, designed for men only, provides a powerful, insistent sexual message to all who come within range of its fragrance. Carnal, not romantic, in focus. Wear or use on red candles representing either yourself or your intended.

Happy Times

Orange
 Vanilla
 Strawberry
 *White

Sprinkle liberally around a room. Changes luck and reverses unfortunate circumstances. Good to eliminate poverty. Also good to insure everyone has a good time at your party.

Has No Hanna Oil / Incense

Rose
 Gardenia
 Open Safety Pin
 Iron Filings
 *Orange

Oil: A wonderful anointing oil designed to bring luck and good fortune to believers. Use liberally when feeling depressed. If you're someone who has difficulty sticking to a budget or holding on to money, this is the oil for you. Wear it, anoint your wallet and money with it, or use on green candles to ensure a steady flow of cash and a thrifty nature.
Incense: Add a tangerine base. Use to anoint orange and white figurine candles (representing yourself). Burn every day for seven days, also a drop placed in the corners of your temple is very protective.

Hawthorn Moon Incense

2 parts:
 Hawthorn
 Catnip
 1 part:
 Rue
 Chamomile

For peace, sleep, dreams, prosperity, happiness.

Hazel Moon Incense

4 parts Ginseng
 1 part Mugwort
 pinch of Savory
 splash of any non-citrus juice
 For manifestations, protection, healing, fertility.

Healing Incense

1 part Rosemary
 1 part Juniper berries
 1 drop Bergamot
 Burn to speed healing while visualizing.

Healing Incense # 2

2 parts Myrrh
 1 part Cinnamon
 1 pinch Saffron
 1 drop Bergamot

Healing Incense # 3

3 parts Myrrh
 2 parts Nutmeg
 1 part Cedar
 1 part Clove
 1/2 part Lemon Balm
 1/2 part Poppy seeds
 a few drops Pine oil
 a few drops Almond oil
 1 drop Bergamot

Healing Incense # 4

3 parts Myrrh
 1 part Rose Petals
 1 part Eucalyptus
 1 pinch Saffron
 a few drops Cedarwood oil
 1 drop Bergamot

Healing Incense # 5

2 parts Juniper berries
 1 part Rosemary
 1 drop Bergamot

Healing Incense #6

Cloves
 Nutmeg
 Lemon Balm
 Poppy Seed
 Cedar
 3 drops Honeysuckle Oil
 3 drops Almond Oil
 1 drop Bergamot
 Burn during healing rituals.

Healing Oil #1

Rose
 Carnation
 Citronella (1/2)
 Gardenia
 1 drop Bergamot
 *Green

Healing Oil #2

Sandalwood
 Carnation
 Rosemary
 1 drop Bergamot
 Blend the essences and anoint for healing.

Healing Oil #3

2 drops Eucalyptus
 1 drop Niaouli
 1 drop Palmarosa
 1 drop Spearmint
 1 drop Bergamot

Healing Oil for Aromatherapy

1/8 cup base oil
 7 drops Niaouli
 4 drops Eucalyptus
 2 drops Pine
 Wear or anoint blue candles. Use in conjunction with treatment!

Health Incense

2 parts each:
 Myrrh
 Sandalwood

1 part each:
 Sage
 Rosemary

1 drop Bergamot
 Burn when there is illness in the house.

Health Oil

Rose
 Carnation
 Citron
 Gardenia
 1 drop Bergamot
 *Yellow, *Blue, or Natural
 Used to anoint candles, talismans, or anything pertinent to healing rituals.

Heather

Mastic
Frankincense
Cinnamon
Lavender
Bay
*Purple

Helps to bring forth psychic power. Wonderful for clairvoyance. Anoint forehead while in ritual. Use in your bath before retiring to secure prophetic dreams.

Hebrew Incense

Gum Mastic
Lavender
Violet
Gardenia
Deer's Tongue
*Brown

A meditation / psychic enhancement blend, this sets up a positive vibration current conducive to spirit contact, clairvoyance, or telepathy.

Hecate Incense

Iron Filings
Low John
Pinch Black Horsehair
1 drop Bergamot
*Black

Protects you from all bad spells and allows you to cast hexes on others. Sprinkle on the altar before conducting services. Also place a little on the floor. This formula is used as a protective and hexing agent. For protection sprinkle on the altar (temple) before conducting services. If added to a doll, for example, it will put a strong hex on whomever you don't like.

Hecate Incense #2

3 parts Sandalwood
2 parts Cypress
1 part Spearmint or Peppermint
1 drop Bergamot

To honor Her, burn at a crossroads or during ritual at the waning of the Moon.

Hecate Oil

Camphor
Wormwood
1 drop Bergamot
*Black

Heka #1

Musk
Myrrh
Olibanum
Storax (Benzoin)
Balm of Gilead
Cassia
Lotus

Heka #2

Myrrh
Frankincense
Honey
Red Wine
Cyprus
Storax (Benzoin)

An excellent banishing incense. Use to banish negativity, evil spirits, or bad luck. Beneficial in attracting healing spirits.

Hell's Devil

Capsicum oil
Mustard oil (drop)
Black peppercorns
*Red

One of the best oils for placing a hex on someone. Dress Black candles for this purpose and it will strengthen their power to cause harm. USE WITH CAUTION.

Helping Hand

Vanilla
Wintergreen
Jasmine
Oleander
Narcissus
*Yellow

This oil can be used in two ways. First, use it on a white candle to bring helpful spirits into your environment in times of stress. Second, use it on a blue or green candle to attract a worthy assistant to help you with a project.

Brings harmony to a stormy marriage. Burn only at night when retiring. Gives peace of mind. As an oil use to anoint white or pink candles.

Henry's Grass

Frankincense
 Bergamot
 Lemon
 Lilac
 *Green

A strong purifying incense. Use before and after conducting rituals. Cleanses of evil spirits.

Herb Oil

Basil oil
 Oregano oil
 Sage oil
 Thyme oil
 Lemon oil
 *Green

Brings good luck in gambling and will increase the memory of anyone who burns it. Also commonly used as a health oil.

Hermes Incense

Lavender
 Mastic
 Cinnamon
 *Purple

Aids in developing concentration and creativity. Always use when preparing to meditate.

He's Mine

Orange Blossom
 Jasmine
 Musk

This is a subtle love oil designed to be used by women (or gay men) to attract and keep a male partner. The effect of this potion is to cause a commitment and facilitate romance. Use with pink or red candles. Particularly effective when burned in combination with Goddess of Love, Venus, Astarte or other strong love incenses. See Love Me or Dryad for a similar, somewhat more subtle oil/incense.

Hetep Incense #1

Patchouli
 Orris
 Sandalwood

Hetep Incense #1 (cont'd.)

Myrrh
 Allspice
 Cinnamon
 *Green

Assists in defeating all competition and overcoming all obstacles in the way of success. Especially good when burned to win legal battles.

Hetep Incense #2

Orris (2)
 Allspice (1)
 Patchouli (2)
 Myrrh (1)
 Frankincense (1/4)
 White Sandalwood (2)
 Rose petals (2)
 Benzoin (pinch)

Hex Bane Incense #1

Bay leaves
 Cinnamon
 Red wine
 Rose Petals
 Myrrh
 Salt
 *Blue

Eliminates all bad spirit forces. Should be burned in a ceremonial room during services. Also used in uncrossing. Removes evil forces and hexes.

Hex Bane Powder / Incense #2

Lavender
 Salt
 Hyssop
 Bay
 Vervain

Powder: Sprinkle around a room, the altar, and on the person you are uncrossing. One of the best means of breaking a strong hex. USE WITH CARE.

Incense: Burn only when uncrossing yourself or a client. One of the best hex breakers. There will probably be strange psychic effects; don't worry about them. Just continue your ritual.

High Altar

Van-Van

Almond

*White

Burn only on an altar which has been blessed, and good spirits will come. Dress the altar and the candles with this potent oil. It attracts only good spirits.

High Altar oil is used only with white candles in uncrossing and healing rituals. Traditionally, it is used to anoint two white "altar candles" which are placed at the back of your altar. They serve as "spirit attractors" to attract only the highest level spirits to your altar. Other candles, symbolizing your goal, are placed in front of the altar candles, and they draw spiritual energy from the altar candles. High Altar is also very protective for the practitioner, which is important when you are removing a hex or disease from someone.

High Conquering

Hi-John

Vetivert

Bergamot

*Red

High Conquering is about POWER! This formula is said to be effective in several areas:

- (1) Love - to be used exclusively by men for this purpose. It is somewhat a sexual domination oil (though not as strong as King of the Woods or Satyr Oil) but it comes off more as a compelling invitation than as an assault.
- (2) Health - because of the protective natures of the High John and Vetivert, this recipe is alleged to help remove obsessing "illness" demons when used when used in combination with white candles anointed with Uncrossing oil.
- (3) For Wealth, this recipe is felt to be effective due to the inclusion of the Bergamot.

A very powerful means of attracting wealth, prestige, love, and health. Use generously when changes are desired. Works rather quickly. One of the best oils for good work. Brings unbelievable amounts of good luck to those present while it burns.

Because High John is the "ultimate" power root, this oil should not be used for any sort of aggressive procedure, and most practitioners reserve it for protection purposes.

High John the Conqueror

Hi-John

Vetivert

Bergamot

A very powerful means of attracting wealth, prestige, love, and health. Use generously when changes are desired. Works rather quickly. One of the best oils for good work. Brings unbelievable amounts of good luck to those present while it burns.

High John the Conqueror (Jalop) is without peer in the New Orleans tradition. It is a root that is considered supremely fortunate, with particular effectiveness in legal matters. Mostly, High John is highly protective, but given its power, its protective abilities are sometimes rather extreme. This oil should be saved for dire circumstances and emergencies. Use with white, yellow, blue, brown, red, or orange candles.

High Priestess Incense / Oil

1 part Lavender

2 parts:

Wisteria

Rose

For spiritual growth.

Hindu Grass

Cinnamon

Curry

Coriander

Sage

Patchouli

A special incense designed to heighten psychic, clairvoyant and meditation powers. Aids in spirit communication with the discarnate. One of the best to burn while meditating.

Hindu Incense #1

Vanilla

Jasmine

Oleander

Almond

Vetivert

Burn to purify a room where rites are going to be held. Be silent while it burns.

Hindu Incense #2

Rose (1)
Vanilla (1)
Vetivert (1)
Lemon(3)

Hod

3 parts each:
Mace
ground or mashed Pistachios (shelled)
2 parts Lavender
1 part Fennel

Holiness Powder

Lily of the Valley
Lemon
Silver glitter
*White

Used only for dressing candles and altar. Sprinkle liberally. Attracts good spirit forces. Brings out clairvoyant powers.

Holly Moon Incense

1 part:
Rose Petals
Raspberry
2 parts Kelp
pinch of Yarrow
For matters of animals, rituals, prophecy.

Holy Incense / Oil #1

Frankincense
Myrrh
Almond
Sandalwood
Incense: Burn for protection from evil. Also said to be one of the best healing incenses.

Holy Oil #2

Lily Oil
Rose Oil
Olive Oil Base
Cross in a Bottle

Holy Herbs

Chamomile
Thyme
Tarragon
Cinnamon
Parsley
Cardamom

Brew into a tea and serve. Let the steam slowly rise in front of you while calling on the spirits. Also used in bath water for protection and healing.

Holy Spirit Powder

Lily of the Valley
Lemon
Silver glitter
*White

See comments about Altar incense above.

Holy Spirit is also used to facilitate meditation and to screen against negative or destructive entities entering our thoughts at such times. Burn Holy Spirit in combination with any candle color except black. (Some practitioners insist that Holy Spirit should be used exclusively with white candles.)

Used only for dressing candles and altar. Sprinkle liberally. Attracts good spirit forces. Brings out clairvoyant powers.

Holy Water

Spring Water
1 drop Bergamot
Plain Salt

Sprinkle salt on water, saying the following:

“Banish evil and negativity!
This is my will, so mote it be!”
Use for consecrating objects, purifying

homes.

OR, you can obtain Holy Water from a church.

Honors Incense

2 parts Benzoin
1 part Wood Aloe
1/2 part Pepperwort (Lepidium latifolium or Polygonum hydropiper) (or Rue)
1 drop Bergamot
Burn for honors and favors.

Horn of Plenty

Apple
Cherry
Vanilla
Lime
Jasmine
Oleander
*Orange

Rub on forehead and on body to force a change of fortune. Overcomes poverty and brings much wealth and prestige to the practitioner.

Horned God Incense

2 parts Benzoin
1 part Cedar
1 part Pine
1 part Juniper berries
a few drops Patchouli oil
1 drop Bergamot

Burn to honor Him in His many guises, especially during Wiccan rituals.

Horus

Frankincense
Myrrh

Hot Foot Powder

Chili powder
Red Sandalwood
Black pepper
Cinnamon
Pinch of Sulfur

A hexing powder used when you wish to make an enemy uncomfortable. Doesn't hurt anyone permanently. Simply causes temporary suffering. Used in ways similar to Go Away Get Away Powders. A special blend used only to cleanse and purify a house and to protect from evil spirits. Burn in pottery roof tile.

House Blessing

Cucumber or Melon oil
Lavender
Basil
Hyssop
1 drop Bergamot
*Blue

A special blend used only to cleanse and purify a house and to protect from evil spirits. Burn in pottery roof tile.

House Consecration Incense

Dill
Frankincense
Wood Betony
Sandalwood
Dragon's Blood
Rose Geranium Oil
Myrrh

1 drop Bergamot
Burn when moving into a new home to cleanse it, or when you feel the need in your present home.

House Dressing #1

Van-Van
Lavender
Hyssop
*Blue

Incense brings luck and blessing where it is burned. Sprinkle powder in all corners of any house and by each window and door. Attracts good luck and protects the inhabitants from all evil.

Similar in effect to the Pax/Peace formula and is referred to by practitioners as a "quieting and calming" preparation. If there are problems in the home, or to keep problems from occurring, this is a popular remedy. Use in combination with white, yellow, or blue candles. House Dressing may be burned in combination with a success incense or Joy.

House Dressing #2

Cucumber or Melon oil
Lavender
Basil
Hyssop
*Blue

House Purification Incense #1

1 part each:
Cedar
Sandalwood
Myrrh

1 drop Bergamot
Grind together and burn in house when needed.

House Purification Incense #2

1/2 part each:

Basil

Sage

1 Part each:

Frankincense

Myrrh

Pine

1 drop Bergamot

Grind together and burn in house when needed.

House Purification Incense #3

3 parts Frankincense

2 parts Dragon's Blood

1 part Myrrh

1 part Sandalwood

1 part Wood Betony

1/2 part Dill seed

a few drops Rose Geranium oil

1 drop Bergamot

Burn in your home to cleanse it at least once a month, perhaps on the Full Moon. Additionally, burn this mixture in a new home before moving in.

House Purification Incense (Simple)

1 part each:

Sandalwood

Cinnamon

1 drop Bergamot

Grind together and burn in house when needed.

House Wealth Incense

Pinch of household dust

3 parts Frankincense

1 part each:

Myrrh

Patchouli

1/2 part

Allspice,

Nutmeg

Ginger combined

1 drop Bergamot

Grind together, burn every Thursday before a mirror.

Hummingbird Incense

Cinnamon

Anise

Orris

Clove

Sassafras

*Red

An excellent formula for men only. Very effective when used on a Red female figure candle.

Hypnosis Incense / Oil

Sandalwood

Orris

Mastic

Cinnamon

*Blue

A special mixture designed to give off vibrations necessary for meditation and other spiritual work. Especially good for psychic endeavors. A strong spirit attractant and will tend to add success to any ritual.

Hypnotic Incense

1 part Gum Acacia (or Gum Arabic)

1 part Sandalwood

Burn a small amount prior to meditation to relax the conscious mind.

Hypnotic Incense #2

Bay Leaves

Sandalwood

Damiana

Burn a little at a time; do not set too much smoldering on the coals directly before going into meditation.

Imbolc Incense

3 parts Frankincense

2 parts Dragon's Blood

1/2 part Red Sandalwood

1 part Cinnamon

1 drop Bergamot

a few drops Red Wine

To this mixture add a pinch of the first flower (dry it first) that is available in your area at the time of Imbolc (Pagan Sabbat).

Incubus (Incense Against)

2 parts each:

- Sandalwood
- Cardamom
- Benzoin
- Wood Aloe

1/2 part each:

- Clove
- Cinnamon
- Carnation
- Nutmeg
- Calamus
- Mace
- Birthwort (Aristolochia Clematitis)
- Cubeb seed (Piper cubeb)
- Ginger
- Pepper
- a few drops Brandy
- several drops Bergamot

This ancient mixture is burned to ward off the incubus.

India Bouquet

- Ginger
- Cinnamon
- Coriander
- Myrrh
- Cardamom
- *White

To draw opposite sex. Creates attraction, harmony to quarreling couples, ends marital infidelity. Use in love rituals to ensure tranquility.

Indian Incense

- Sandalwood
- Cinnamon
- Benzoin

Inflammatory Confusion

- Oak ashes
- Fennel
- Musk
- *Red

Increases confusion when lovers are cheating. Stops infidelity. Sprinkle around the altar and on a figure candle representing the one who is cheating. Use on red or black candles. NOT RECOMMENDED, as it injects chaotic confusion into the situation. Some practitioners suggest sprinkling a bit of the powder on the wandering one's undergarments.

Inflammatory Incense

- Oak ashes
- Fennel
- Musk
- Chili pepper
- *Red

Burn to make someone passionate when you are together. An incense of sensuality. The inclusion of the chili pepper turns this into one of the most passionate of the love/sex incenses.

Influence

See Inspiring below.

Initiation

- Mint
- Vervain
- 1 drop Bergamot

Inanna Oil

- Cinnamon
- Cedar
- Myrrh
- *Blue

Inspiring Powder / Incense / Oil

- Pine
- Lily
- Hyacinth
- Clove
- *Purple

If you know someone who is totally down about their lives and who seems to be lacking the "oomph" to get up and get things moving again in a positive direction, then you might be interested in the Inspiring formula. This recipe is repolarizing in effect. That is, it turns one from extreme negativity to total positive vibrations. Use by sprinkling the powder on the person or by getting them to burn the incense in their space at regular intervals. If they won't participate in their cure, then anoint a yellow, blue, or purple candle with the person's name carved on it with Inspiring Oil and watch for changes. Hyacinth, by the way, is deemed to be very effective in helping to change a person's self-perception. Since lack of courage or extreme negativity are merely symptoms of a false self-image then it makes sense that Hyacinth would be useful in this regard. This recipe is one from extreme negativity to total positive vibrations

Use by sprinkling the powder on the person or by getting them to burn the incense in their space at regular intervals. If they won't participate in their cure, then anoint a yellow, blue, or purple candle with the person's name carved on it with Inspiring Oil and watch for changes. Hyacinth, by the way, is deemed to be very effective in helping to change a person's self-perception. Since lack of courage or extreme negativity are merely symptoms of a false self-image then it makes sense that Hyacinth would be useful in this regard. This recipe is said to also be of use in helping to soothe people suffering from extreme grief, although Dove's Heart is also recommended in this regard.

Sprinkle on any person who needs a boost in morale. Builds confidence and inspires them to do good deeds. Makes people feel optimistic about life. Said to make creativity come easily.

Instigation Oil / Powder / Incense / Bath / Floorwash
(*See Courage Oil)

Hyssop
Verbena
Clove
Galangal
Coffee
1 drop Bergamot
*Brown

Invisible Ointment #1

100 grams Lard
5 grams Hashish
Handful of Hemp flowers
Handful of Poppy flowers
Pinch of powdered Hellebore Root
Pinch ground Sunflower seeds
ILLEGAL INGREDIENTS! CURIO ONLY.

Invisible Ointment #2

3 grams Agnanthol
50 grams Extract of Opium
30 grams extract of Betel
15 grams Extract of Belladonna
15 grams Extract of Hemlock
250 grams Extract of Indian Hemp
5 grams Extract of Cantharides
5 grams Extract of Gum Tragacouth
5 grams Extract of Powdered Sugar
ILLEGAL INGREDIENTS! CURIO ONLY.

Invisible #3 (non-toxic)

5 parts Mugwort
2 parts Parsley
1 part Catnip
1 part Orris Root powder
3 drops Jasmine oil
pinch of Valerian root

No, this oil won't make you invisible! But it is believed that it will make you "fade into the wood-work" when you go out in public thus making you much less noticeable. Many celebrities wear this oil when they must be out and about.

Crush the herbs into a heavy powder and mix them into a container with an unscented, greaseless body lotion. Apply to body before going out in public or attempting astral travel. If you prefer, this formula can be mixed as an oil. Not generally used with candles.

Irresistible Perfume Oil

Myrrh
Peppermint
Carnation
*Red

A highly stimulating oil used to entice anyone you deeply desire. Impossible to resist.

Ishtar Incense

Sandalwood
Rose
Orange oil
Jasmine
*Blue

Burn in a room where lovers are to meet, to please the good spirits and to increase sexual awareness. Wonderful for lovers.

Isis Incense

3 parts Myrrh
2 parts Sandalwood
1 part Frankincense
1 part Rose petals
a few drops Lotus oil
1 drop Bergamot

Burn while worshipping Isis. Or, burn during any type of ritual since Isis is the Goddess of All Things.

Isis Oil

Myrrh
 Vetivert
 Frankincense
 Orange rind
 Civet
 Styrax (Benzoin)
 Myrtle
 *Blue

Develops mild passion in the user. A sexually stimulating perfume. Popular with married couples who have lost the magic of love feelings. Guaranteed to bring on unexpected prowess and sexual pleasures.

Iris Perfume Oil

Orris oil
 Sweet Flag oil
 1 drop Bergamot
 *Purple

Iris Perfume Oil is one of several oils which are aimed at increasing will-power and determination and although it has had a potent reputation, we have found this particular oil not to be particularly effective in this regard. However, some practitioners have reported that it is an excellent aid to the promotion of concentration and focused thinking.

You might even try Iris Perfume Oil on a blue candle in a ritual aimed at getting in touch with someone you haven't seen for a while, although probably Hermes or Come To Me would be more appropriate formulas for this purpose.

Helps increase determination, will power, and the ability to concentrate.

Isis Powder / Incense

Sandalwood
 Rose
 Orange oil
 Jasmine
 *Blue

Burn in a room where lovers are to meet, to please the good spirits and to increase sexual awareness. Wonderful for lovers.

Ivy Moon Incense

1 part Eucalyptus
 2 parts Barberry
 4 parts Mullein
 For healing, cooperation, binding.

Jalop Powder #1

Galangal
 *White

Jalop Powder #2

1/4 part Brimstone (sulfur)
 1 pt Blessed Powder
 3 parts Vanilla powder
 1 pt Orris
 6 parts Rosemary
 1 pt Galangal (Jalop)

The foremost of blessing and protection powders. Use in any service where special spiritual protection is desired.

Jamaica Bush Powder

Patchouli
 Vetivert
 Lemon
 Jasmine

Wonderful for helping bring luck while gambling or investing. Attracts good fortune in all areas of life. Use sparingly. Used mainly as a bath; relax and meditate on success.

Jamaica Ginger Water

Water
 Ginger fragrance

Japanese Powder

Lily of the Valley
 Lemon
 Silver glitter
 *White

Used only for dressing candles and altar. Sprinkle liberally. Attracts good spirit forces. Brings out clairvoyant powers.

Jealousy

Cinnamon

Galangal

Bay

*Red

Make you more exciting to those of the opposite sex. Burn with great care to avoid problems. Overuse can excite your lover to a highly possessive and jealous state.

Jinx Incense

Clove

Cyclamen

*Base of appropriate color

*Black:

Burn to ward off evil spirits and to break a hex. Also used to purify altars before using for rituals conducted for placing curses and casting hexes.

*Green: Burn to gain financial wealth and general success in everything you attempt

*Purple: Burn to increase clairvoyant powers.

Makes one more deeply psychic.

*Red: Burn to attract potential marriage partners and new lovers. Always works wonders.

Jinx Removing (inside)

Mint

Wintergreen

*Blue

An extremely powerful powder which helps offset the effects of evil spells, hexes, and curses. Carefully sprinkle all around the inside of a house. Will protect all who reside there.

Jinx Removing (outside)

Chamomile

*Blue

Same as Inside Jinx Removing Powder except that it is to be used in the yard and on the front and back doors. Use both for best results, at the time of the new moon.

Jinx Removing Incense

Rose Geranium

Clove

Deer's tongue

*Blue

An extremely powerful incense for over coming the ill effects of the most horrible curse. Frequently used as a floorwash.

Jinx Removing Bath

Rock Salt base

Pinch of Dragon's Blood

Drop of Cinnamon oil

Drop of Mint oil

*Red Coloring

A protective bath, said to attract peace of mind and love.

Jockey Club Perfume Oil

Cinnamon

Piece of tanned leather

Carnation oil

Clove

Bay

One of the most famous New Orleans gambling formulas. As its name suggests, it was specifically designed for luck at the track, but it is said to be useful for other forms of gambling too. Some practitioners insist that this potion has uncrossing powers, but most likely, that is related to its legendary ability to generate lucky situations. Burn alone or with green, gold, or purple candles. May be burned in combination with other incenses such as Fast Luck, Commanding, Obeah, African Ju Ju, or Lady Luck.

A strong hex breaker. Use for uncrossing purposes.

Can be depended upon to protect against all evil doings.

John the Conqueror Oil

1 pint Soluble Oil Base

2 oz. Jasmine Bouquet

6 drops *Yellow

John the Conqueror Powder / Incense

Hi-John

Vetivert

Bergamot

Incense: Best when utilized for uncrossing purposes. Removes all curses and hexes enemies. Good to win court cases and to win when gambling.

Powder: Sprinkle on anyone who has been badly hexed. Helps to eliminate all curses and evil spells. Sprinkle the courtroom and you will win the case.

Joy

Acacia
Carnation
Camellia
*Yellow

Joy is New Orleans' most famous mood elevating recipe. This blend works on spiritual planes to lighten or disperse dark vibrations that may oppress you. It creates feelings of happiness when you are depressed about anything.

Burn in combination with a white or yellow candle. The inclusion of Acacia in this recipe, one of the most spiritual fragrances, is believed to draw high spirits to nurture and protect. Candle practitioners often use this formula in combination with Uncrossing (see below). Uncrossing lifts the problem; Joy brings in positive, upbeat events. Great to burn before and during parties.

Ju-Ju Oil

Myrrh
Mimosa
Jasmine
Patchouli

An extremely powerful oil used to cross enemies and to uncross clients. A very protective item.

Ju Ju is an African term for magic and certainly there is no fragrance more legendary for magical power than this one. Called "Low John the Conqueror" by many practitioners, this root's potency is unrivaled both for good and evil. Frequently employed as a remedy for legal problems, Ju Ju has many other uses ranging from protection, sending back hexes to their makers, uncrossing, and . Although it can be burned by itself with any color candle, more often it is used in combination with other incenses to lend greater potency. For example, burning Ju Ju with a success, uncrossing or love incense is believed to powerfully enhance the power of the formula. Remember, though, that African Ju Ju has a nasty reputation as a "twisting" root, i.e., it can all too easily turn on an unsuspecting or inept practitioner unless great care is taken to make certain the goal of your spell is clearly defined and without questions or loopholes. Generally, it is best to hold off on using this tool until you are well-grounded in candle procedures and symbolism.

Jua-Jua Powder

Gardenia
Rose
Mimosa
*White

Use to cross those you dislike and to uncross friends or yourself. Similar in effect to Ju-Ju Powder. Extremely protective.

Jungle Queen Oil / Incense

Musk Root Powder
30% Musk Oil
10% Civet
10% Ambergris
50% Patchouli
*Red

When preparing as an incense, since Musk, Civet and Ambergris are only available as oils, we'd put a few drops of each onto a Patchouli powder base. Or, we would obtain some Red bamba wood base powder and put a few drops each of Civet, Musk, Ambergris, and Patchouli oils on it. No matter how you make it, the effect should be the same. Increases a person's natural physical magnetism.

Jupi

Gardenia
Rose
Mimosa
*White

Use to cross those you dislike and to uncross friends or yourself. Similar in effect to Ju-Ju Powder. Extremely protective.

Jupiter

Anise
Mint
Hyssop
Chervil
Liverwort
Juniper
1 drop Bergamot

Jupiter Incense # 2

3 parts Frankincense
 1 part Mace
 1 part Cardamom
 1/2 part Balm of Gilead
 1/4 part pulverized Oak leaves
 1/8 part pulverized Pomegranate rind
 1 pinch Saffron
 a few drops Ambergris oil
 1 drop Bergamot

Jupiter Incense # 3

1 part Clove
 1 part Nutmeg
 1 part Cinnamon
 1/2 part Lemon Balm
 1/2 part Citron peel (or equal parts dried Lemon and Orange peel)
 1 drop Bergamot

Jupiter Incense (Planetary)

2 parts Wood Aloe
 1 part Benzoin
 1 part Storax (or Gum Arabic)
 1/4 part Ash seed
 1 pinch powdered Lapis Lazuli
 1 drop Bergamot
 a few drops Olive oil
 Mix and burn. This unusual formula includes a stone (lapis lazuli), and could also be mixed together and carried as a Jupiterian talisman charm. Burn for rituals involving riches, expansion, the law and luck.

Jury Winning Powder

Hydrangea
 Hi-John
 Low John
 Asafetida
 *Purple
 Sprinkle on the judge's seat and in the jury box to help win court cases. Said to work well. Sprinkle around a Purple candle in a protection ritual when concerned about a court case.

Use on a white (or purple) candle representing the person who is being charged. Burn one candle each day for seven days prior to a trial. Often this oil is used in combination with Black Candle Tobacco (see above).

Just Judge

Hi-John
 Low John
 Clove
 Sage
 Rosemary
 Pipe tobacco
 A very powerful item when burned along with a Black candle and salt. Use only to win court cases and to overcome legal entanglements.

Jyoti

Galangal
 Powdered Nasturtium Seeds
 Patchouli
 *Brown
 Use while trying to overcome the hex of an enemy and to gain financially. A purifying agent. Sprinkle powder around the premises or burn the incense for protection and purification.

Kabala Powder

Myrtle
 Cedar
 Frankincense
 *Purple
 A strong attraction powder which allows its user to easily communicate with the spirits. Must be used only while in solitude, never in a group ceremony. Use only with white candles.

Kali Oil

Lemon
 Bay
 Rose
 Lily
 *Blue

Kephi

See Kyphi

Kether

3 parts Chamomile
 2 parts each:
 Rosemary
 Yarrow
 1 part Sage
 10 drops Cinnamon oil per ¼ cup of mixture

Khus-Khus

Jasmine

Oleander

Add to bath water and it will make you irresistible to the opposite sex. Also increases sales in business.

Kindly Spirit

Lily

Hyacinth

Lemon

*Blue

Makes others like you and feel sympathy for you under all circumstances. Use in any ritual where you are seeking to overcome loneliness or where you need a friendly shoulder to cry on. To attract new friends, wear the oil when you go out or use it to anoint white, yellow or pink candles upon which you've carved your name.

King of the Woods Oil / Incense / Powder / Bath Satyrion oil (Saturn root)

Civet

Musk

Vanilla

Cyprus

*Green

King of the Woods is the male domination fragrance par excellence. It is basically the same in function as Cernunnos and Master, and you should read the entries under those two potions for further information. For those of you who can't find Satyrion oil, you may substitute a piece of Lucky Hand Root in the bottle since Satyrion is unavailable in most places while Lucky Hand (Salap) is relatively simple to find. According to ancient herbals, Satyrion is the fabled aphrodisiac herb of the ancient Greeks and there are hundreds of poems extolling its virtues.

Used by men, a sexual domination formula. Gay men seeking to attract others should see Satyr Oil.

King Solomon Oil

Solomon Seal

Hyssop

Rose

*Red

Brings forth wisdom and intuitiveness. Makes the user more psychic than before. Draws wealth. Use in any ritual when these traits are the goal.

King's Oil Perfume

Frankincense

Used to improve lovemaking ability and locate a better job. Attracts love from those of the opposite sex. Expect great changes when using this oil. Used by men, women should see Queen's Perfume. Anoint success or luck objects to heighten their magnetism.

Kore

1 part Almond

2 parts Rose

2 parts Lavender

1 part Bay

1 pt Lemon

*Red

A special love oil formula from New Orleans. A favorite among prostitutes.

Kundalini Oil

1/8 pt Saturnian oil (Root): Lucky Hand

1/8 pt Ambergris

1/8 pt French Musk

¼ pt Civet

¼ pt Valerian

1 drop Cinnamon

Said to incite the passions of anyone who come near you. Use with extreme caution. Anoint candles in any love ritual, may also be used as a bath or powder. Place oil at the heart, throat, and behind the ears.

Kwan Yin Oil

Lemon

Rose

Lilac

*Blue

Kyoto Powder

Orris

Vanilla

Clove

Lavender

*Blue or Purple

Sprinkle on the head of anyone desiring assistance in overcoming illness or bad luck. Creates a more positive attitude in all who utilize it.

Kyphi Incense

4 parts Frankincense

2 parts each:

Gum Mastic

Myrrh

Benzoin

1 part each:

Cedar

Galangal (or Ginger)

1/2 part each:

Cinnamon

Juniper berries

Cassia

Orris

Cypress

Calamus (or Vetivert)

Cardamom

a few drops Wine

a few drops Honey

a few drops Lotus oil

1 drop Bergamot

7 raisins

Mix the ground dry ingredients thoroughly. Let sit in an airtight container two weeks. In a separate bowl, mix together the oil, wine, honey and raisins. Add to the dry ingredients and blend with the hands. Let sit another two weeks. Then, if desired, grind to a fine powder.

Kyphi is used in night rituals, to invoke Egyptian Goddesses and Gods, and as a general Herbalists' incense.

Kyphi #2 (simplified)

3 parts Frankincense

2 parts Myrrh

2 parts Benzoin

1 part Juniper berries

2 drops Honey

1/2 part Galangal

1/2 part Cedar

1/2 part Cinnamon

a few raisins

2 drops Lotus oil

2 drops Wine

1 drop Bergamot

Mix, burn, use as the above.

Kyphi Incense / Oil #1

Musk

Myrrh

Olibanum (Frankincense)

Storax (Benzoin)

Balm of Gilead

Cassia or Cinnamon

Lotus

1 drop Bergamot

*Purple

Kyphi Incense / Oil #2

Myrrh

Frankincense

Honey

Red Wine

Cyprus

Storax (Benzoin)

1 drop Bergamot

An excellent banishing incense. Use to banish negativity, evil spirits, or bad luck. Beneficial in attracting healing spirits. Egyptian temple oil.

La Flamme Incense

Lavender

Rose

Wisteria

Lilac

*Pink

Will calm restless souls and solve all problems of the heart. Soothes love feelings.

As an oil, this notorious New Orleans lust recipe was used by prostitutes. Based on an original French recipe, the fragrance has a wide reputation for inciting passion in even the most reserved of men. Wear or use with red candles.

Lady Luck Incense

Rose

Cinnamon

Patchouli

*Plain

Use before gambling. Will assist you in winning with regularity. Used as a bath for those seeking prophetic dreams or a change in luck.

Similar in some ways to Fast Luck (see above), Lady Luck is somewhat stronger in design and has been used in desperate financial situations. Many New Orleans gamblers consider burning this incense as essential prior to games of chance. In addition to inspiring lucky events, it is claimed that this recipe also attracts romance! Use with green candles (for financial success) or red candles (for love and romance). Lady Luck may be used in combination with other incenses such as Success, Patchouli, Lucky Dog, and Seven African Powers.

Leo

Frankincense

Musk

Rose

Lemon

Patchouli

Balm of Gilead

1 drop Bergamot

Leo Incense

2 parts Gum Mastic

1 part Sandalwood

1 part Juniper berries

1 drop Bergamot

Altar or household incense for power.

Leprechaun's Gold Incense

1 oz. Cinnamon

1 oz. Sandalwood

1/4 oz. Frankincense (powdered)

1/4 oz. Bayberry

1/2 oz. Anise Seed

1/2 oz. grated Orange Peel

1/4 tsp. Saltpeter

1 tsp. Louisiana Van-Van oil

2 tsp. Tincture of Benzoin

To help attract good luck.

Libra

Lavender

Chamomile

Cassia

Lily

1 drop Bergamot

Libra Incense

2 parts Sandalwood

1 part Thyme

a few drops Rose oil

1 drop Bergamot

Use as a personal altar or household incense to increase your powers.

Lodestone

Powdered iron filings

Galangal oil

Citronella oil

*Gray

A very potent protective incense. Always brings the best luck. Breaks hexes. A favorite luck blend, also used in uncrossing.

Lobban

Frankincense

Bergamot

Lemon

Lilac

*Green

A strong purifying incense. Use before and after conducting rituals. Cleanses of evil spirits. A potent luck formula with built-in uncrossing and protection workings. Use with green, yellow or purple candles. Many practitioners burn Lobban in combination with one of the commanding oils such as Bend Over.

Lock Incense

3 parts Frankincense

2 parts Juniper berries

1 part Vetivert

1/2 part Cumin

To guard your home from thieves. During the day smolder this mixture in a censer before the front door, then move it to each opening in the house (doors, windows, cellars, etc.) through which thieves may enter. Visualize its smoke forming an invisible but impenetrable barrier. Move in a clockwise circle throughout your home, replenishing the incense as

necessary. Repeat monthly at the time of the Full Moon, if possible; or, use as needed. This incense is designed to “lock” your home against unwanted intruders, but reinforce with common sense. In other words, don’t forget to also lock your doors.

Lost and Away

Dirt from crossroads

Mistletoe

Sulfur (Brimstone)

Orris

Sage

*Brown

Similar in many ways to Get Away Powder. Because into every life there eventually comes a creep and some creeps refuse to leave. Use the same way as Get Away for the same effect. However, the recipe for Lost and Away is particularly interesting because of its contents. The dirt from a crossroads is a typical example of folk thinking, because it implies a journey and a departure. If anything, Lost and Away is somewhat milder than Get Away Powder, but accomplishes the same objective. Personally, we would probably use Lost and Away in circumstances where one wishes to be disposed of an unwanted lover without getting into a major scene about it. However, another way of saying goodbye to a possessive lover is by using Unfaithful Powder which we describe elsewhere.

Said to be one of the most powerful of powders for getting rid of someone. Similar in effect to Get Away and employed in the same manner. Use with orange, purple, or black candles, depending on how badly you want the individual to vacate the premises or neighborhood.

Love and Success

Allspice

Orris

Cinnamon

Bay

White Sandalwood

*Red

Assists in locating happiness in marriage and great success in all things attempted. Use for anointing Red and pink candles.

Love Breaker

Graveyard dirt

Vetivert

Patchouli

Lemon Grass

Used to spoil a love affair or marriage. Can be used on self and mate if split is desired. Can also be used to rid oneself of undesired attention. Use with purple or red candles.

Be careful with this one. Use it only to break up an extramarital affair or to rid your self of unwanted attention, and it is considered white magick.

Love Drawing Powder

1 oz. Sandalwood

1/4 tsp. Cinnamon

1 tsp. Sweet Basil

1 tsp. Myrtle

1/16 fluid oz. Frankincense oil

1/16 fluid oz. Spikenard oil

1/8 fluid oz. Red Rose oil

4 oz. Talc

Love Incense

2 parts Sandalwood

1/2 part Basil

a few drops Bergamot

a few drops Rose oil

a few drops Lavender oil

Burn to attract love, to strengthen the love you have, and to expand your ability to give and to receive love.

Love Incense # 2

2 parts Dragon’s Blood

1 part Orris

1/2 part Cinnamon

1/2 part Rose petals

a few drops Musk oil

a few drops Patchouli oil

1 drop Bergamot

Love Incense #3

Orris
Musk
Sandalwood
Violet
Gardenia
1 drop Bergamot
Pink

A highly magnetic incense which is used to draw potential lovers and mates to your side. Molded into heart shapes with Salt Peter, Gum Arabic, and Alcohol.

Love Incense #4

Venus
Rose Buds
Red Sandalwood (santal)
Benzoin
Patchouli
1 drop Bergamot
Use for love rituals.

Love Incense #5

Rose petals
Patchouli
Cinnamon
Red Sandalwood
1 drop Bergamot
Burn during rituals designed to draw love to you.

Love Incense #6

1 oz. Rose petals
1/4 oz. Sweet Bugle (Calamus Root)
1/2 oz. Cinnamon
1/4 oz. Anise Seed
1/4 oz. Frankincense
1 oz. powdered Sandalwood
1/4 teaspoon Saltpeter
2 teaspoons Tincture of Benzoin
1 teaspoon Seduction Oil
1 drop Bergamot
Try this incense in your rituals designed to attract and hold love. Can also be burned periodically to keep an aura about the home.

Love Me Perfume Oil

Vanilla
Cinnamon
Jasmine
Oleander
1 drop Bergamot
*Red

Increases sexual magnetism and potency. Use sparingly for it is extremely strong. May be used to anoint candles in love rituals and also makes a fine aromatic bath mixture. Use pink or red candles. Can be used by either a man or a woman.

Love Oil

Coconut or Palm Oil Base
Musk
Frangipani
1 drop Bergamot
*Red

Brings luck in all love matters. Makes you more attractive to the opposite sex.

Love Oil #2

1/2 cup Olive Oil
1 tablespoon Ground Orris Root
3 to 7 drops (no more) Jasmine (for women) or Patchouli Oil (for men)
1 drop Bergamot

Love Oil #20 (also called #20 Love Oil)

1 part Almond
2 parts Rose
2 parts Lavender
1 part Bay
1 pt Lemon
1 drop Bergamot
*Red

A special love oil formula from New Orleans. A favorite among prostitutes.

Love Oil for Aromatherapy

1/8 cup base oil
6 drops Ylang-Ylang
5 drops Palmarosa
3 drops Lavender
2 drops Geranium
1 drop Bergamot
Wear, or add 10 drops to the bath daily. Alternately, rub onto pink candles and burn while visualizing.

Love Powder (Blue)

Lavender

Lemon

Frankincense

Tonka

1 drop Bergamot

*Blue base

To be used only by women. Toss in the face of a man or secretly place on his clothing. Makes him more sexually attracted to your charms.

Love Powder (Green)

Lavender

Lemon

Frankincense

Basil

1 drop Bergamot

*Green base

Attracts money to a marriage when the participants are truly in love. USE LIBERALLY.

Love Powder (Orange)

Lavender

Lemon

Frankincense

Cassia or Low John

1 drop Bergamot

*Orange base

Sprinkle on any couple who seems to be having difficulty adjusting. All-purpose love problem solver.

Love Powder (Pink)

Lavender

Lemon

Frankincense

Rosebuds

1 drop Bergamot

*Pink base

To be used only by men. Sprinkle a little on a women's clothing or toss a little in her face. Makes her more passionate in your presence.

Love Powder (*Purple)

Lavender

Lemon

Frankincense

Violet oil

*Purple base

To be used by gays. Sprinkle a little on the clothes of

the object your desire or toss a little in his face.

Makes him more passionate in your presence.

Love Powder (Red)

Lavender

Lemon

Frankincense

Yohimbe

1 drop Bergamot

*Red base

Sprinkle or toss on any person you sincerely desire. They will be unable to resist for long.

Love Powder (Yellow)

Lavender

Lemon

Frankincense

Almond

1 drop Bergamot

*Yellow base

Spiritual, unconditional, love

Love Powder (White)

Gardenia

Lilac

Muguet

Lily

1 drop Bergamot

*White base

Sprinkle on both newlyweds before they leave for their honeymoon. Increases understanding.

Lovers' Oil / Incense

Musk Root Powder

30% Musk Oil

10% Civet

10% Ambergris

50% Patchouli

1 drop Bergamot

*Red

When preparing as an incense, since Musk, Civet and Ambergris are only available as oils, put a few drops of each onto a Patchouli powder base. Or, obtain some Red bamba wood base powder and put a few drops each of Civet, Musk, Ambergris, and Patchouli oils on it. No matter how you make it, the effect should be the same. Increases a person's natural physical magnetism. Makes you much more dynamic and sensual.

Luck Around Business

Pulverized dollar bill
 Powdered frankincense
 Heliotrope oil
 *Gold Sand
 *Green

Brings an increase in business. Draws new customers. Anoint above entrance door, around cash register, and in other areas where customer traffic is desired. Also use to anoint green or yellow candles. Commonly used by prostitutes in New Orleans since early times. Said to work well. Any way it is used, as a powder, incense, floorwash, or oil, it is said to be effective.

Lucky 13

Orange
 Vanilla
 Strawberry
 *White

Sprinkle liberally around a room. Changes luck and reverse unfortunate circumstances. Good to eliminate poverty.

Lucky 7 Root

Nutmeg
 Vetivert
 Tonka
 Patchouli
 Adam & Eve
 Low John
 Hi-John

A more complex New Orleans recipe, Lucky 7 is one of the strongest of luck oils, but it is designed to ensure a continuous stream of luck rather than to inspire a sudden lucky break. It is useful for all games of chance, but its most important function is to surround its user with a wide range of opportunities. Use with green or yellow candles. Protects against being hexed or crossed by an unknown enemy. This root is said to be especially good when gambling or taking risks of any kind.

Lucky Dog Oil

Vanilla
 Cinnamon
 Strawberry
 Watermelon
 *Green

An aid to gamblers. Rub on hands before throwing

dice or dealing cards. Brings financial gain. Similar in effect to Fast Luck, Lucky Dog is a Haitian recipe. Use with green or yellow candles. New Orleans gamblers know this oil and believe it brings luck to dog races or virtually any "hands on" form of gambling such as cards or dice. Some people use it as a meditation incense when they are trying to come up with lucky numbers for the lottery.

Lucky Lodestone Oil

Cinnamon
 Lavender
 Lodestone in bottle
 *Red

An excellent all-around oil for developing good fortune and changing bad luck to good.

Lucky Mystic Powder

Silver magnetic sand
 Sweet Basil oil
 Vetivert oil
 *White

An excellent blend designed for attracting good. Aids in establishing clairvoyance, attracts prophetic dreams.

Lucky Nine Oil

Orange
 Violet
 Wintergreen

Excellent for overcoming all domestic or business troubles. Used to bless a business or a home. Sprinkle around a business or a home. Sprinkle around a room, burn as a blessing or attractant incense, or anoint success candles with the oil to bring a speedy change in fortune.

Lucky Powder

Lime
 Orange
 Peach Blossom oil
 Melon oil
 1 drop Bergamot
 *Yellow

A special blend designed to stop infidelity from taking place in any marriage. If, however, the person is not merely engaged in a sexual affair, but is deeply involved with someone else, this will be ineffective.

Lucky Spirit Powder

Bitter Orange

Citronella

*White

Another hex-breaking powder. Place in all corners of the house and on the altar. Attracts all helpful spirits. They in turn will reverse the curse.

Lughnasadh Incense

2 parts Frankincense

1 part Heather

1 part Apple blossoms

1 pinch Blackberry leaves

a few drops Ambergris oil

1 drop Bergamot

Burn for the Pagan Sabbat observance of Lughnasadh on August 1st or 2nd or at that time to attune with the coming harvest.

Luv, Luv, Luv Oil

Angelica

Clove

Cucumber

1 drop Bergamot

*Rose

A special blend of oils used to attract those already taken by someone else. Use of this oil will make him notice you. May also be used to attract women, too.

This Caribbean-inspired recipe is said to attract love and ensure that it lasts. It works by casting a sensual magnetic allure around the user. It may be worn or used with red or pink candles.

Maa-Isa Oil

Myrrh

Vetivert

Frankincense

Orange rind

Civet

Styrax

Myrtle

*Blue

Develops mild passion in the user. A sexually stimulating perfume. Popular with married couples who have lost the magic of love feelings. Guaranteed to bring on unexpected prowess and sexual pleasure.

Maa-Isa Powder / Incense

Sandalwood

Rose

Orange oil

Jasmine

*Blue

Burn in a room where lovers are to meet, to please the good spirits and to increase sexual awareness. Wonderful for lovers.

Mabon Incense

2 parts Frankincense

1 part Sandalwood

1 part Cypress

1 part Juniper

1 part Pine

1/2 part Oakmoss (or a few drops Oakmoss oil)

1 pinch pulverized Oak leaf

1 drop Bergamot

Burn during Pagan Sabbat at Fall Equinox.

Mad Oil

Capsicum (Red pepper)

Ammonia crystals

Coriander oil

Pine oil

*Red

Brings luck and success to the user. Clears channels for success. Use sparingly as this can be used to hex others by driving them to insanity.

Magic Carpet

Sandalwood

Rose

Henbane

Magnet Incense

Sandalwood

Cinnamon

Lavendar

Powdered Lodestone

*Red

An excellent all-around incense for developing good fortune and changing bad luck to good.

Magnet Oil #1

Cinnamon
Lavender
Lodestone in bottle
*Red

An excellent all-around oil for developing good fortune and changing bad luck to good. Attracts all forms of good luck. Draws forth wealth and success in all endeavors. Similar, but stronger than Attraction. Magnet is a potent attractant recipe mostly used for worldly success. This formula is not recommended for love spells. Burn in combination with Money, Crown of Success, Fast Luck, or any other positive potion. Use with yellow, red, purple, or green candles. Because Magnet is non-specific in terms of what it pulls to you, it is important to have your goals clearly symbolized by the other ingredients in your ritual.

Magnet Oil #2 (Black Magic)

1 oz. Soluble Oil Base
2 drams Orris Bouquet
2 drops *Brown

Place a Lodestone in each bottle.

Similar, but stronger than Attraction, Magnet is a potent attraction recipe mostly used for worldly success. Not recommended for love spells. Use in combination with Money, Crown of Success, Fast Luck, or any other positive formula. Use with yellow, red, purple, or green candles. Because demonic spirit in a person's life which causes all manner of pain and strife. This oil is not recommended to novices and should be reserved only for situations where no other remedy will do. Use with black candle.

Magus Incense/Oil

1 part Orris
2 parts:
 Lotus
 Narcissus

For initiation or seeing past lives.

Malkuth

2 parts each:
 Cypress
 Cedar
 Magnolia Flowers

1 part each:
 Pine
 Poppy Seeds, any color

Mandrake Perfume Oil

Galangal
Hyssop
Dill
Licorice
*Purple Musk base

Combination hexing and protecting formula. Seldom used, except by the very experienced as it is difficult to reverse. The ingredients can conjure Elementals. This is a nasty hexing oil intended to set a demon to work upon a victim for the purpose of causing pain and strife. Black candle. BLACK MAGICK! NOT RECOMMENDED. Paybacks are hell.

Manpower

Almond
Jasmine
*Red

A combination of oils said to completely relieve sexual problems and inhibitions. Said to simultaneously relax and inflame.

Marie Laveau Peace Floorwash / Spray

Holy Water
Spring Water
Rain Water
Rose Water
Lavender
*Blue

One of the most delightful floorwash and spray recipes was designed over a century ago by New Orleans High Priestess Marie Laveau and it is named in her honor. This recipe is useful in any sort of uncrossing situation, but particularly in situations where one is up against terrifying obstacles (real or imagined) to help bring peace of mind and a relaxed self confidence. To make this formula mix together equal parts of the above ingredients. Some practitioners use this water in every positive ritual by setting a small dish of it on the altar and floating rose petals in it as an offering to the spirits.

Use like holy water and sprinkle throughout the home to bring peace.

Mars

4 parts Dragon's Blood
 4 parts Rue
 1 pt Ginger
 1 pt Peppercorns
 Pinch of Sulfur
 1 drop Bergamot
 Powdered Lodestone

Mars Incense #2

2 parts Galangal
 1 part Coriander
 1 part Clove
 1/2 part Basil
 1 drop Bergamot
 a scant pinch Black Pepper

Mars Incense # 3

2 parts Dragon's Blood
 1 part Cardamom
 1 part Clove
 1 part Grains of Paradise
 1 drop Bergamot

Mars Incense (Planetary)

4 parts Benzoin
 1 part Pine needles (or resin)
 1 drop Bergamot
 a scant pinch Black Pepper

Burn to attract its influences, or during spells involving physical strength, competitions, rituals concerning men and so on.

Master Oil / Powder / Incense / Bath

Deer's Tongue
 Patchouli
 Brick dust
 *Brown

Among the commanding and compelling preparations there are what are called "domination" recipes. Domination recipes are strictly black herbalism, and one of the most noted of these brews is called Master. Master is available as an oil, incense, and powder, and some men use it for a bath oil. Master is used by men only and it is particularly useful in rituals aimed at luck and power in the material world sense.

Under no circumstances should Master be used in love rituals, although all too often this is one of its uses.

Because the potion works through establishing the domination of the practitioner over a given objective, it should not be employed in matters of love. To command love, choose a formula such as Come To Me or one of the more seductive of the love oils or incenses since they will accomplish the goal without enslaving your lover.

A popular conjure oil, also brings luck and power in all other things. Used mostly by men in rituals involving love, luck, or material power. Use a *Brown candle and wear a drop or two of the oil on the palms of the hands when going to an important business meeting or any other situation where you must be self-possessed and confident.

Medicine Wheel Incense

2 parts Sage
 1 part Sweetgrass
 1 part Pine resin or needles
 1 part Angelica root
 1 drop Bergamot
 a scant pinch Tobacco

Burn during rites revering American Indian deities and spirits, and to attune with the energies of this land.

Meditation Incense

1 part Gum Acacia (or Gum Arabic)
 1 part Sandalwood
 1 drop Bergamot

Burn a small amount prior to meditation to relax the conscious mind.

Meditation Incense #2

Bay Leaves
 Sandalwood
 Damiana
 1 drop Bergamot

Burn a little at a time; do not set too much smoldering on the coals directly before going into meditation.

Meditation Incense / Oil

Sandalwood
 Orris
 Mastic
 Cinnamon
 1 drop Bergamot
 *Blue

A special mixture designed to give off vibrations necessary for meditation and other spiritual work. Especially good for psychic endeavors. A strong spirit attractant and will tend to add success to any ritual.

Memory Drops

Rosemary
 Honey
 Vanilla
 Cinnamon
 Clove
 *Yellow

Mercury

Gum Mastic
 Cinnamon
 1 drop Bergamot

Mercury Incense #2

2 parts Benzoin
 1 part Frankincense
 1 part Mace
 1 drop Bergamot

Mercury Incense #3

2 parts Sandalwood
 1 part Gum Mastic
 1/2 part Lavender (or a few drops Lavender oil)
 1 drop Bergamot

Mercury Incense (Planetary)

2 parts Benzoin
 1 part Mace
 1/2 part Marjoram
 1 drop Bergamot
 a few drops Lavender oil
 Burn to invoke its powers or during rituals involving intelligence, travel, divination and so on.

Mexican Magic Incense

2 parts Copal
 1 part Frankincense
 1 part Rosemary
 1 drop Bergamot
 Smolder during Mexican-American folk Herbal rituals.

Midsummer Incense

2 parts Sandalwood
 1 part Mugwort
 1 part Camomile
 1 part Gardenia petals
 a few drops Rose oil
 a few drops Lavender oil
 a few drops Yarrow oil
 1 drop Bergamot
 Burn at Litha (Pagan Sabbat).

Midsummer Incense #2

3 parts Frankincense
 2 parts Benzoin
 1 part Dragon's Blood
 1 part Thyme
 1 part Rosemary
 1 pinch Vervain
 a few drops Carnation oil
 1 drop Bergamot
 a few drops Red Wine

Mimosa Magic Oil

Acacia oil
 Yellow Rose
 Lilac
 Bay
 *Yellow
 Rub over the body before going to sleep. Produces prophetic dreams which are said to come true. Sprinkle powder between your sheets, burn incense, anoint Blue or white candles with the oil, use as a bath. It is said this formula will only permit good dreams to come true.

Minoan Incense (Herbal)

- 10 oz each:
 Gloria
 Cedarwood
 Dittany of Crete (Mint)
- 2 oz each:
 Patchouli
 Calamus
 Mugwort
 Sandalwood
- 1 oz each:
 Camphor
 Ambergris

Minoan Incense / Oil (Liquid)

- 10 parts each:
 Cedar oil
 Dittany of Crete (Mint) oil
- 8 parts Ambergris
- 2 parts each:
 Frankincense oil
 Benzoin oil
 Cinnamon oil
 Sandalwood oil
 Patchouli or Pine oil
 Musk oil
 Honey
 Red Wine
- 1 part each:
 Hyacinth or Narcissus oil
 Camphor oil
 Myrrh oil
 Rose oil
- *Blue

Mint Bouquet Oil

- Pennyroyal
 Mint
 Lemon
 *Green
- Removes bad spells, particularly loved by good spirits.
 When invoking the aid of various gods, place this oil in a dish as an offering to gain their assistance.

Money Oil #1

- Frankincense (4)
 Heliotrope (1)
 Bay (1/2)
 Orange (1)
 Cinnamon (1/2) or Cassia (1/2)
 Sandalwood (2) (optional)
 *Green
- Used to anoint Green candles in any ritual to bring money into the home. This oil is often used as an incense by placing a few drops on charcoal. Wear the oil or sprinkle the powder in the cash register.

Money Drawing Bath

- Frankincense
 Gardenia
 Heliotrope
 1 drop Bergamot
 *Green Castile Base
 Bath version of Oil #2.

Money Drawing Oil #2

- 1 part Frankincense
 2 parts Heliotrope
 4 parts Tonka (Vanilla)
 3 drops Bergamot
 *Golden oil base

Money Drawing Oil #3

- 1 part Frankincense
 2 parts Heliotrope
 4 parts Tonka (Vanilla)
 3 drops Bergamot
- This is our personal favorite, and the one we make for our clients. The Bergamot makes the recipe more powerful, thus it works better and faster. Use on green candles, to anoint checkbook, cash register, money, door frame, any place that might come close to customers or money. Works hard and smells nice, too.

Money Drawing Powder

- Powdered frankincense
 Heliotrope
 Tonka (Vanilla)
 *Gold magnetic sand
- Powder: A special powder mixture designed to protect against suffering from financial losses. Said to attract money and material gain.

Money Drawing Powder #2

1 oz. Sandalwood
 1/4 tsp. Cinnamon
 1 tbs. powdered Five Finger Grass
 1 tsp. Yellow Dock
 1/16 fluid oz. Frankincense oil
 1/32 fluid oz. Patchouli oil
 1/32 fluid oz. Myrrh oil
 4 oz. Talc

Montseurrat Incense

1 part each:

Balm of Tolu
 Cassia
 Star Anise
 Oil of Lemon
 Vanilla powder

2 parts each:

White Sandalwood
 Deer's Tongue

4 parts Myrrh
 6 parts Frankincense
 1/2 part Naroli Crystals

Moon

Wormwood
 Camphor

Moon Incense

2 parts Frankincense
 1 part Sandalwood
 a few drops Eucalyptus oil
 a few drops Jasmine oil
 a few drops Camphor oil
 1 drop Bergamot

Burn to enhance lunar influences and also during psychic workings, love rituals, healing, rituals involving the home and dreams.

Moon Incense #2

Jasmine
 Camphor
 Wormwood
 White Sandalwood
 Ylang-Ylang
 Frankincense
 1 drop Bergamot

Moon Incense #3

2 parts Juniper berries
 1 part Orris
 1 part Calamus
 a few drops Spirits of Camphor (or Camphor tincture; or 1/4 part genuine Camphor)
 a few drops Lotus oil
 1 drop Bergamot

Moon Incense #4

2 parts Myrrh
 2 parts Gardenia petals
 1 part Rose petals
 1 part Lemon peel
 1/2 part Camphor
 a few drops Jasmine oil
 1 drop Bergamot

Moon Magic

Wormwood
 Camphor
 1 drop Bergamot

Moon Magic #2

Equal parts:

Frankincense
 White Sandalwood

1/4 part Orris Root
 Few drops of Lotus Oil
 1 drop Bergamot
 Burn during full moon to receive its blessings and during all Lunar rituals.

Moonfire Incense

1 part Rose
 1 part Orris
 1 part Bay
 1 part Juniper
 1 part Dragon's Blood
 1 drop Bergamot
 1/2 part Potassium Nitrate
 Burn for divination, love and harmony. The potassium nitrate is included in this incense to make it sparkle and glow, as well as burn better. CAUTION! If you add too much it will explode!

Moses Oil

Solomon Seal

Hyssop

Rose

*Red

Brings forth wisdom and intuitiveness. Makes the user more psychic than before. Draws wealth. Use in any ritual where these faculties are to be called into play.

Moss Rose

Rose

Mint

*Red

Incense: Makes one dream of a future lover or marriage partner. Creates a strong love spell between two people. Is said never to fail.

Oil: Special protective oil which wards off the ill effects of any hex. Attracts love

Powder: Protective powder utilized only to break the power of an evil spell. Overcome hatred between former friends and associates.

Mount Powder

Sweet Basil

Rum

Bay

Thyme

Sweet Aloe

*White

Rub all over arms and legs to increase physical strength and allure. Very powerful. Increases vitality and creates enthusiasm. Use only as a powder. Sprinkle on the altar in any love ritual.

Moving Powder /Incense #1

Sulfur

Asafetida

Acacia

Sprinkle in the path of anyone you wish to stop bothering you. Also place on your window ledges and front doorstep. Turns people away on contact. See Get Away Powder.

Moving Powder / Incense #2

Sulfur

Asafetida

Chili Powder

Arrow Root

Moving Powder / Incense #3

Sulfur

Asafetida

Chili Powder

Red Pepper

Sawdust Base

Moving Powder #4

Chili powder

Red Sandalwood

Black pepper

Cinnamon

Pinch of Sulfur

A hexing powder used when you wish to make an enemy uncomfortable. Doesn't hurt anyone permanently. Simply causes temporary suffering. Makes them feel a strong to move on.

Musk Love Powder

Musk Oil

Violet or Orris Oil

Vetivert

*Red

Musk is one of the most powerful sexual attractants. Develops confidence and builds much self-reliance. Strengthens will power and persistence. Works especially well with shy people. Usually used by women, homosexual men will find it a valuable brew when used as a bath prior to going out.

Mystic Incense

Hi-John

Low John

Cinnamon

Squill

*Red

A highly spiritual blend which makes one dream prophetically. A psychic developer.

Mystic Hermit Incense / Oil

1 part:

Cinnamon
Allspice

4 parts:

Ylang-Ylang
Galangal

For spiritual growth.

Mystic Powder

Hi-John

Low John

Cinnamon

Squill

*Red

A highly spiritual blend which makes one dream prophetically. A psychic developer.

Mystic Rites Incense

Hi-John

Low John

Cinnamon

Squill

*Red

A highly spiritual blend which makes one dream prophetically. A psychic developer.

Mystic Ritual Powder

Hi-John

Low John

Cinnamon

Squill

*Red

A highly spiritual blend which makes one dream prophetically. A psychic developer.

Mystic Veil Powder

Gum Mastic

Cinnamon

Sandalwood

Clove

Myrrh

*Purple

Sprinkle when invoking aid of mystic and spiritual powers. Often used at séances, or when meditating. Anoint the forehead with the oil before retiring, helps to dream prophetically and to focus one's telepathic abilities.

Mystic Wand Incense / Oil

1 part:

Sandalwood

2 parts:

Heliotrope
Violet

To develop psychic ability.

Nature Incense

Pine Bark (16)

Sandalwood (24)

Orris (8)

Patchouli (8)

Myrrh (8)

Olibanum (8)

Wood base (8)

The best for love problems.

Nefertiti Oil

Myrrh

Vetivert

Frankincense

Orange rind

Civet

Styrax

Myrtle

*Blue

Develops mild passion in the user. A sexually stimulating perfume. Popular with married couples who have lost the magic of love feelings. Guaranteed to bring on unexpected prowess and sexual pleasure.

Nefertiti Powder / Incense

Sandalwood

Rose

Orange oil

Jasmine

*Blue

Burn in a room where lovers are to meet, to please the good spirits and to increase sexual awareness. Wonderful for lovers.

Nepenthe

Licorice

Cinnamon

Cardamom

Coriander

To be sprinkled on the sheets, around and under your bed. This powder is said to make you dream

prophetically. Drink as an aphrodisiac. Also used as a charm to bring good luck if carried in a purse or the pocket. (Dream Incense: Said to make love dreams come true.)

Neptune

Ambergris
Wild Lettuce

Nervous Powder

Salt
Chalk dust
Sugar
Lemon oil
Lavender oil
Balm of Gilead
*Blue

A special blend designed to induce deeper meditation before rituals are held. Sprinkle over the altar and especially on all burning candles.

Netra Incense / Powder / Oil #1

Lavender
Rose
Bay
Verbena
*Purple

This is a very powerful blend which will remove any hex or spell. Burn in a tightly closed room for best results. No evil spell can withstand its vibrations.

Netra Incense / Powder / Oil #2

Lavender
Rose
Bay
Bergamot
Verbena
*Purple

Netra #3

Lemon (1)
Bay (1/4)
Rose (1)
Lily (1)
*Blue

Place a palm cross or a piece of Vetivert root in the oil.

Netzach

2 parts each:

Rose Petals, finely chopped
dried ground banana (Mash the banana and spread it on a cookie sheet. Bake in 200⁰ F oven until dried, or purchase banana chips in health food store.)

1 part each:

Red Sandalwood
Vervain
Vetivert
Strawberry Leaves

New Life Powder

23rd Psalm burnt to ashes
Salt

Lavender

Hyssop

If you feel you have failed to do your best, this powder can be utilized. Use by sprinkling on burning incense before attending a service. Cleanses the spirit and aids in purifying the soul.

Nine Mysteries Oil

Orange
Violet
Wintergreen

One of New Orleans' most mystical fragrances, designed to help loosen someone's tongue, reveal hidden things, expose lies, and aid in finding lost items. Burn the incense alone or use the oil on white, blue, yellow, or purple candles. (Excellent for overcoming all domestic or business troubles). Used to bless a business or a home. Sprinkle around a business or a home. Sprinkle around a room, burn as a blessing or attraction incense. Anoint success candles with the oil to bring a speedy change in fortune.

Nine Woods Incense

1 part each:

Rowan wood (or Sandalwood)

Apple wood

Dogwood

Poplar wood

Juniper wood

Cedar wood

Pine wood

Holly branches

Elder (or Oak) wood

1 drop Bergamot

Take sawdust of each, mix together, and burn indoors on charcoal when a ritual fire is necessary or desired but not practical. The incense emits the aroma of an open campfire.

Nirvana Incense

Cinnamon

Curry

Coriander

Sage

Patchouli

A special incense designed to heighten psychic, clairvoyant and meditation powers. Aids in spirit communication. One of the best to burn while meditating. Used in ritual for communication with the dead or disembodied.

No Hex Powder

Patchouli

Hyssop

Lavender

Salt

*Blue

Many practitioners employ this recipe to ensure that no hexes befall them during an important ritual. Strongly protective, No Hex is designed to disperse negative energy before it can interfere with your goals. Also burn one white candle, anointed with a protection, unhexing oil.

Nymph Oil

Ambergris

Gardenia

Jasmine

Tuberose (or Rose)

Violet 1 drop Bergamot

For women only. Mix and wear on self to attract men.

Oak Moon Incense

1 part each:

Mint

Orange Peel

3 parts White Oak Bark

pinch of Cinnamon or Nutmeg

For lust, strength, energy, endurance, fertility, fire rituals, male mysteries.

Obeah Perfume Oil

Myrrh

Patchouli

Galangal

Jasmine

Lemon

A powerful African oil used to bless churches and prayer rooms. Protects against evil in all forms. Use to anoint white altar candles or use in a bath to cover yourself with its protective fragrance. Banishes bad vibrations and elicits the help and support of white (good) spirits.

Obeah Powder

Myrrh

Patchouli

Galangal

Jasmine

Lemon

*Black

Sprinkle all around a ceremonial room to draw kindly spirit forces and to send away bad vibrations. Use on the altar during rituals.

Can just as easily inflict evil. Obeah is a multi-faceted formula whose impact is defined by the candle colors you use with it. The inclusion of Myrrh in this formula means that it is particularly effective on the material plane. It is rumored by some practitioners to cast powerful love spells, but its more common use is for protection and as a commanding/compelling tool. Obeah may be used with any color candle. Because this compound contains two tricky herbs which require careful focusing, I do not recommend its use by inexperienced practitioners.

Obitsu Powder

Jasmine
Violet
Citronella
*Green

Overcomes the most powerful crossing. Keeps all evil away from the user. Extremely protective. A very ancient and highly secret concoction. Use as a sub-ritual within a major uncrossing ritual for added effectiveness.

Offeratory Incense

2 parts Frankincense
1 part Myrrh
1 part Cinnamon
1/2 part Rose petals
1/2 part Vervain
1 drop Bergamot

Burn while honoring the Goddesses and Gods or as an offering in thanks for favors received. This can be used in place of Altar incense.

Olympian Oracle Incense / Oil

1 part:

Clove
Cinnamon

2 parts:

Myrrh

4 parts:

Vetivert

To develop psychic ability.

Oracle Powder

Gum Mastic
Cinnamon
Sandalwood
Clove
Myrrh
*Purple

Sprinkle when invoking aid of mystic and spiritual powers. Often used at séances, or when meditating. Anoint the forehead with the oil before retiring, helps to dream prophetically and to focus one's telepathic abilities.

Orange Powder

Orange
*Orange base

Makes those you desire come forth within 7 days. Increases the possibility of a wedding. Sprinkle over burning red and pink candles on the altar at any love ritual.

Oriental Lover's Satchet

10 oz. Plain Talcum
1 ox. Powdered Orris Root
1 oz. Magnesium Carbonate
4 drams Jasmine Bouquet
*Deep Pink

Osiris

Lavender
Lemon
Violet
Orris
Cardamom
*Blue

Sprinkle for achieving peaceful conditions in every room including the bathroom and over blue or white altar candles. Makes a relaxing bath and the incense will mellow chaotic conditions.

Ostara Incense

2 parts Frankincense
1 part Benzoin
1 part Dragon's Blood
1/2 part Nutmeg
1/2 part Violet flowers (or a few drops Violet oil)
1/2 part Orange peel
1/2 part Rose petals
1 drop Bergamot

Burn during Pagan rites of Ostara, the Spring Equinox, or to welcome Spring and refresh your life.

Ouanga Bag; All-Purpose

Cassia Bark
Three Coins (pennies)
Lodestone
Low John (Galangal)
High John (Jalop)
Adam & Eve Root*
Bay Leaf
Vetivert
Lavender

Piece of parchment on which you have drawn the symbol of Venus in Dragon's Blood Ink. *If you cannot obtain Adam and Eve Root, then you may substitute a piece of Salap (Lucky Hand Root) instead and it will achieve almost as good an effect. It might be wise to anoint the salap root with a love or luck oil before inserting it in the bag.

Pan

1/8 pt Saturnian oil (Root): Lucky Hand
 1/8 pt Ambergris
 1/8 pt French Musk
 1/4 pt Civet
 1/4 pt Valerian
 1 drop Bergamot
 1 drop Cinnamon
 Said to incite the passions of anyone who come near you. USE WITH EXTREME CAUTION. Anoint candles in any love ritual, may also be used as a bath or powder. Place oil at the heart, throat, and behind the ears.

Paryrus Incense / Oil

Sandalwood
 Orris
 Mastic
 Cinnamon
 *Blue

A special mixture designed to give off vibrations necessary for meditation and other spiritual work. Especially good for psychic endeavors. A strong spirit attractant and will tend to add success to any ritual.

Pax / Peace

Lavender
 Lemon
 Violet
 Orris
 Cardamom
 1 drop Bergamot
 *Blue

Like House Dressing (see above), Pax/Peace is a calming and quieting fragrance designed to bring tranquility to a disturbed environment. It can also be used to soothe your inner world in times of great personal distress. Use in combination with blue candles to restore serenity to a chaotic situation. This is also a useful incense for meditation. Sprinkle for achieving peaceful conditions. Sprinkle in every room including bathroom, and over *Blue or white altar candles. Makes a relaxing bath and the incense will mellow even the most chaotic conditions.

Peace & Protection Incense

Lavender (4)
 Thyme (3)
 Vervain (2)
 Basil (3)
 Frankincense (1)
 Rue (pinch)
 Benzoin (pinch)
 Oil of Jasmine
 2 drops Bergamot
 *Blue
 Good incense, powder, or bath herb combination.

Peaceful Home Powder

Lemon
 Rose
 Lilac
 Like House Dressing (see above), this is a calming and quieting fragrance designed to bring tranquility to a disturbed environment. It can also be used to soothe your inner world in times of great personal distress. Use in combination with blue candles to restore serenity to a chaotic situation. This is also a useful incense for meditation. Sprinkle for achieving peaceful conditions. Sprinkle in every room including bathroom and over *Blue or white altar candles. Makes a relaxing bath and the incense will mellow even the most chaotic conditions. Use in combination with blue, yellow, or white candles.

Pele Incense

2 parts Frankincense
 1 part Dragon's Blood
 1 part Red Sandalwood
 1 part Orange peel
 1 part Cinnamon
 a few drops Clove oil
 1 drop Bergamot
 Burn while honoring Pele, the Hawaiian Goddess of volcanoes when needing additional strength for any ritual, when you feel manipulated by others or for Fire rituals in general. Burn when you wish to be filled with the power of Pele. Pele isn't just a Goddess of Destruction. She's also a Goddess of Creation, a true Mother Goddess, since she creates new land every time one of Her lava flows reaches the sea. She is a powerful deity still respected in present-day Hawaii.

Pentatruck

Myrrh

Bay

Clove

Cinnamon

An uncrossing and protection formula. The origins are unknown, but it probably comes from New Orleans as the ingredients are common to other uncrossing potions from that area.

Also used by men to help them achieve and maintain an erection. Rub on loins, NOT genitals, about help an hour before having intercourse.

Phoenix Incense / Oil

1 part Lemon

2 parts:

Lavender

Bay

For healing.

Pikaki

Hi-John

Vetivert

Bergamot

A very powerful means of attracting wealth, prestige, love, and health. Use generously when changes are desired. Works rather quickly. One of the best oils for good work. Brings unbelievable amounts of good luck to those present while it burns.

Pisces

Cucumber

Orris

Vanilla

Lilac

Patchouli

1 drop Bergamot

Pisces Incense

2 parts Frankincense

1 part Eucalyptus

1 part Lemon peel

a few drops Sandalwood oil

1 drop Bergamot

Burn to increase your powers.

Planetary Incense

Frankincense (Sun)

Orris Root (Moon)

Lavender (Mercury)

Rose Petals (Venus)

Dragon's Blood (Mars)

Cinquefoil (Jupiter)

Solomon's Seal (Saturn)

1 drop Bergamot

Mix in fairly equal parts and burn for extra power during rituals.

Planetary Incense — General , TOXIC

1 part Myrrh

1 part Frankincense

1 part Gum Mastic

1 part Camphor

1 part Costus

1 part Red Sandalwood

1 part Opoponax (*Commiphora erythraceae*, var. *glabrescens*)

1 part Wood Aloe

1 part Storax

1 part Euphorbium

1 part Thyme

1 drop Bergamot

For general workings. The baneful substance in this recipe, Euphorbium, can be replaced with tobacco.

Gum arabic can be used in place of the Storax, as mentioned previously. Gum Opoponax is virtually unobtainable; use an Opoponax oil or substitute with gum arabic.

Power Oil

Cinnamon

Magnolia

Bay

Jasmine

1 drop Bergamot

*Purple

Use as a controlling or conquering oil to gain your way.

No New Orleans collection is complete without it. It is often used to "force" situations, particularly in success rituals. Although it is powerful, it normally acts in subtle ways. Use with purple or red candles.

Power Oil for Aromatherapy

1/8 cup base oil
 3 drops Patchouli
 3 drops Black Pepper
 1 drop Peppermint
 1 drop Ginger
 1 drop Orange
 1 drop Bergamot

Wear to be in control of yourself and for extra physical or psychical energy. An excellent oil for use in the morning when you wish to be ready to meet the day.

Power Brand Perfume Oil / Powder / Incense / Bath / Floorwash

Cinnamon
 Magnolia
 Bay
 Jasmine
 1 drop Bergamot

*Purple

(See Author's Notes beginning Chapter 17.)

Pray / Praying Incense

Frankincense
 Sandalwood
 Vanilla
 *Blue

Ideal for spiritual workings, meditation, or when spirit is in turmoil. Banishes negative vibrations and attracts only beneficial spirits.

Prophecy Incense , TOXIC

1 part Fleawort seed
 1 part Violet root
 1 part Parsley
 1 part Hemp seed (Illegal substance!)
 1 drop Bergamot
 Burn for divination and psychic work.

Prophetic Dream Incense

2 parts Frankincense
 1 part Buchu
 1 drop Bergamot
 Burn before bedtime to stimulate the psychic mind to produce revelations of the future in dreams and to insure that the conscious mind remembers them in the morning.

Prophetic Dream Incense #2

1/2 oz. Sandalwood
 1/4 oz. Bayberry
 1/2 oz. Rose petals
 1/4 oz. Lavender
 1/4 oz. Orris Root (powdered)
 1 oz. grated Lemon Peel
 1/4 oz. Saltpeter
 1 tsp. Frankincense oil
 2 tsp. Tincture of Benzoin
 1 drop Bergamot
 Use to bring about prophetic dreams, to enhance divination or during astral projection.

Prophetic Dream Oil

1/2 cup Olive Oil
 pinch Cinnamon
 pinch Nutmeg
 1 teaspoon Anise
 1 drop Bergamot
 Heat until warm, but not hot, and apply to forehead and temples before sleep.

Prosperity Incense

Cloves
 Nutmeg
 Cinnamon
 Citron Peel
 Anise
 1 drop Bergamot
 Burn for wealth and prosperity.

Prosperity Incense #2

Equal parts:
 Clove
 Nutmeg
 Lemon Balm
 Poppy Seed
 Cedar
 Moisten with a few drops each of:
 Honeysuckle oil
 Almond oil
 1 drop Bergamot

Prosperity Incense #3

2 parts Frankincense
 1 part Cinnamon
 1 part Nutmeg
 1 part Lemon Balm
 1 part Citron
 1 drop Bergamot
 Burn to attract wealth.

Prosperity Powder

Allspice
 Patchouli
 Myrrh
 Cinnamon
 Sandalwood
 Orris
 Orange Peel
 1 drop Bergamot
 *Green

This formula contains herbs related to long-term (as opposed to fast luck) success. Many practitioners burn this recipe daily to ensure a positive flow of money. Use with green, yellow, or purple candles.

Rub on hands, sprinkle about the premises, burn a *Green candle anointed with Money Drawing Oil and draw a circle around the candle with the powder. Can also be used as an incense, oil, bath, or floorwash.

Protection Incense

2 parts Frankincense
 1 part Dragon's Blood
 1/2 part Wood Betony
 1 drop Bergamot
 Burn for bath physical and psychic protection while visualizing.

Rosemary can be burned alone if that is all that is available. Use when you feel it is needed.

Protection Incense #2

2 parts Frankincense
 1 part Sandalwood
 1/2 part Rosemary
 1 drop Bergamot

Protection Incense #3

1 part Frankincense
 1 part Myrrh
 1/2 part Clove
 1 drop Bergamot

Protection Incense #4

2 parts Frankincense
 1/2 part Cumin
 1 drop Bergamot

Protection Incense #5

4 parts Frankincense
 3 parts Myrrh
 2 parts Juniper berries
 1 part Rosemary
 1/2 part Angelica
 1/2 part Avens
 1/2 part Basil
 1/2 part St. Johnswort
 1/2 part Yarrow
 1/2 part Mugwort
 1 drop Bergamot

Protection Incense #6

2 parts Frankincense
 1 part Copal
 1 part Dragon's Blood
 1 drop Bergamot

Protection Oil / Bath

Rosemary
 Rose Geranium
 Cypress
 1 drop Bergamot
 Use to anoint candles and add to protective cleansing baths.

Protection Oil for Aromatherapy

1/8 cup base oil
 5 drops Black Pepper
 5 drops Petitgrain
 2 drops Geranium
 1 drop Bergamot
 Anoint your body for protection while visualizing.

Protection Powder / Oil #1

Verbena or Vetivert (4)

Galangal (1)

Peppermint (1)

Rue (drops)

Cinnamon (1)

1 drop Bergamot

*Blue

Although many of you are familiar with Fiery Wall of Protection, which is New Orleans' most famous defensive potion, the combination of Fiery Wall and Protection covers all the bases. While Fiery Wall is particularly useful for fending off an acute situation, Used to protect against any hexes, negative vibration, or foul mood which may overcome you. Sprinkle powder liberally in your chamber and burn the incense. In bath form, it is excellent as an uncrossing, helps you to maintain immunity to a recurrence of the hexed state.

Protection Oil #2

1 cup Olive Oil or Almond Oil

1 tablespoon Myrrh Tears

1/2 cup fresh Rose Petals

1/2 cup dried or fresh Lavender

1 drop Bergamot

Warm over a low flame until rose petals turn translucent. Stir regularly to keep from sticking, always in a clockwise direction to draw in positive energy. Strain. If fragrance is not strong enough, add more essential oils.

Protection Powder #2

Equal parts of:

Basil

Elder

Valerian

Marjoram

1 drop Bergamot

To protect household, work into a powder, then walk through the house clockwise, scattering the herb mixture lightly so that it is spread in every room. Protects from attackers and thieves. Brings good fortune, peace and security.

Protection Powder #3

Plain Salt

Dragon's Blood, powdered

1 drop Bergamot

Mix together and sprinkle to banish negativity from

your home or place of business.

Protection (All Purpose) Sachet

Rosemary

Basil

Dill

1 drop Bergamot

Place these dried herbs in a piece of red or white cloth. Tie up the bundle with red yarn and hang it over the front door (or as close as possible) with protective words and visualization.

Protection (Anti-Theft) Sachet

Caraway

Rosemary

Juniper

Elder (or mistletoe)

1 drop Bergamot

Place these ingredients in a piece of white cloth, tie it up with white yarn and hang it prominently in your home, visualizing the sachet barring the entrance of thieves.

Protection (Weather) Sachet

Cedar

Mistletoe

Bay

1 drop Bergamot

Place these three items in a piece of white cloth. Tie it together with white yarn and hang it in the highest place in the house, or the chimney.

Protection & Love

20 parts:

Lavender

Orris

Ambergris or Tincture of Benzoin or Styrax

10 parts:

Musk X

Patchouli

Lemon

Muguet

5 parts:

Bay

Vetivert

1 part Civet

1 drop Bergamot

Purification Incense , TOXIC

4 parts Frankincense
 2 parts Bay
 1 part Camphor
 1 pinch finely powdered Salt
 1 pinch Sulfur
 1 drop Bergamot

Burn to purify the atmosphere of a disturbed home.
 CAUTION! Leave the windows open and do not inhale the sulfurous fumes!

Purification Incense # 2

2 parts Sandalwood
 1 part Cinnamon
 1 drop Bergamot

Another like the above. Though no sulfur is included in this formula, it's best to leave the windows open during all types of purification rites.

Mix together so that the oil moistens the powder; burn when you feel negative vibrations in your home or work place.

Purification Incense #3

3 parts Frankincense
 1 part Vervain
 1 drop Bergamot
 Purification Powder
 2 parts Sea Salt
 1 part Cinnamon
 1 drop Bergamot

Sprinkle all around building and on doorsills and windowsills to rid area of negative or baneful vibrations.

Purification Powder

2 parts Sea Salt
 1 part Cinnamon
 1 drop Bergamot

Sprinkle all around building and on doorsills and windowsills to rid area of negative or baneful vibrations.

Purple Willow Herb

Willow
 Sage

Psychic Incense

3 parts Frankincense
 1 part Bistort
 1 drop Bergamot

Smolder to sharpen psychic powers. Can also be burned in combination with other incenses or oils to lend a strong psychic factor to love and success rituals. Use with white or blue candles.

Psychic Incense # 2

2 parts Sandalwood
 1 part Gum Acacia (or Gum Arabic)

Psychic Incense #3

1 part Frankincense
 1 part Sandalwood
 1 part Cinnamon
 1 part Nutmeg
 a few drops Orange oil
 a few drops Clove oil
 1 drop Bergamot

Psychic Power Powder

Gum Mastic
 Cinnamon
 Sandalwood
 Clove
 Myrrh
 1 drop Bergamot
 *Purple

Sprinkle when invoking aid of mystic and spiritual powers. Often used at séances, or when meditating. Anoint the forehead with the oil before retiring, helps to dream prophetically and to focus one's telepathic abilities.

Psychon Incense

Cinnamon powder
 Low John powder
 Cedar oil
 Orris oil
 Myrrh
 *Blue

Burn to increase clairvoyant powers. An excellent incense for job hunters.

Q Perfume Oil

Myrrh

Peppermint

Carnation

*Red

A highly stimulating oil used to entice anyone you deeply desire. Impossible to resist.

Qabal Incense

Gum Mastic

Lavender

Violet

Gardenia

Deer's Tongue

*Brown

A meditation / psychic enhancement blend. Sets up a positive vibration current conducive to spirit contact, clairvoyance, or telepathy.

Queen Bee or Queen Oil

Vetivert

Juniper

Lavender

Honey

*Gold base oil

Used only by women, another producer of passion; attracts both love and success. USE WITH CARE. See King's Oil.

Quieting Powder

Salt

Chalk dust

Sugar

Lemon oil

Lavender oil

Balm of Gilead

*Blue

A special blend designed to induce deeper meditation before rituals are held. Sprinkle over the altar and especially on all burning candles.

Quitting Powder

Tobacco ashes

Nutmeg

Cinnamon

Powdered newsprint

Traditionally, some of this powder is carried in a charm bag as a protection, but may also be used on the altar in candleburning rituals to surround the candle represent-

ing the individual you wish to stop harassing you. If a man or woman is after you for sexual favors, you should sprinkle some in the area where the two of you meet so that this tendency will fade without in any way harming the person who is pursuing you. Both men and women may employ this powder, although men might derive even better results through the use of Yo-Yo Pucker Powder, described later.

Makes married members of the opposite sex leave you completely alone and for this reason this could be called "Morality Powder. Also induces others to stop trying to place hexes on you. Its effects are not noticeable to the person unless they try to bother you, at which point the crossing becomes more intense.

Rain Incense , TOXIC

4 parts Heather

1 part Fern

1/2 part Henbane

1 drop Bergamot

Burn out of doors on a deserted hill to attract rain.

DO NOT INHALE FUMES!

Raise The Dead Incense

1 part Pepperwort

1 part Red Storax

1 pinch Saffron

a few drops Musk oil

Compound and fumigate about the tombs and graves of the dead. According to ancient writings, spirits and ghosts will gather.

Red Fast Luck Drops

Patchouli

Rose

Juniper berries

Powdered dollar bill.

*Red coloring

Designed to bring a lover to you quickly.

Red Powder

Cinnamon

*Red

Used regularly by lonely women who seek male companionship. Sprinkle on the right leg only. Used by prostitutes to increase business. Also see *Green Powder for Males. Homosexuals use both colors.

Red Rose Incense / Powder / Oil

Rose

Mint

*Red

Incense: Makes one dream of a future love or marriage partner. Creates a strong love spell between two people. Is said never to fail.

Oil: Special protective oil which wards off the ill effects of any hex. Attracts love.

Powder: Protective powder utilized only to break the power of an evil spell. Overcome hatred between former friends and associates.

Reed Moon Incense

1 part each:

Red Clover

Hyssop

Boneset

pinch of Slippery Elm

For fertility, love, protection.

Repentant Powder

23rd Psalm burnt to ashes

Salt

Lavender

Hyssop

If you feel you have failed to do your best, this powder can be utilized. Use by sprinkling on burning incense before attending a service. Cleanses the spirit and aids in purifying the soul.

Reversible Oil

Pennyroyal

Mint

Lemon

*Green

Removes bad spells, particularly loved by good spirits. When invoking the aid of various Gods, place this oil in a dish as an offering to gain their assistance.

Riches And Favors Incense

2 parts Benzoin

1 part Wood Aloe

1/2 part Pepperwort

1/2 part Clove

1 drop Bergamot

Burn when you need favors and wealth.

Rising Fame

1/2 oz. Sandalwood

1 oz. Cinnamon

1/2 oz. Frankincense

1/4 oz. Myrrh

1/4 oz. Orris Root

1 tsp. Attraction Oil

2 tsp. Tincture of Benzoin

Use to attract wanted success and prosperity in your endeavors.

Ritual Bath Mixture

Rosemary

Fennel

Mint

Lavender

1 drop Bergamot

Mix, tie up in cheesecloth squares or muslin bags (available at your local Health Food or Spice store) and add to the bath for purification before ritual.

Root Powder

Hi-John

Low John

Adam & Eve

A special blend to offset the effects of a hex. Use for ncrossing yourself or a friend. Burn with incense and sprinkle on all candles.

Rose Incense

Muguet

Rose

Mint

Drop of Sandalwood

*Rose-colored base

Makes one dream prophetically. Also a great healing incense. Sprinkle on your pillow at night to inspire prophetic dreams of a positive nature. Very popular in Herbal circles.

Rosemary Bath

Rosemary
 Orris
 Few drops Basil
 Few drops Frankincense
 *Green
 equal parts:
 Florida Water
 Castile Soap.

Rosemary Incense

Rosemary
 Orris
 Few drops Basil
 Few drops Frankincense
 *Green
 Excellent purifying agent. Should be carefully sprinkled on and around the altar before starting the ritual. Also place a little by all doors. Burn in bedroom prior to going to sleep. Will attract good luck.

Rosy Cross

Rose
 Lotus

Rowan Moon Incense

3 parts Peppermint
 1 part Valerian Root
 pinch of Eyebright
 pinch of Ginger
 For empowerment, clairvoyance, air rituals, exorcism.

Sabbat Incense

4 parts Frankincense
 2 parts Myrrh
 2 parts Benzoin
 1/2 part Pennyroyal
 1/2 part Bay
 1/2 part Fennel
 1/2 part Thyme
 1/2 part Solomon's Seal
 1/4 part Wormwood
 1/4 part Camomile
 1/4 part Rose petals
 1/4 part Rue
 1 drop Bergamot
 Burn on Sabbats. (Pagan holy days)

Sabbat Incense / Oil

1 drop Benzoin oil
 Equal parts:
 Patchouli
 Sandalwood
 Orris
 Rose
 Fennel
 Thyme
 Rue
 Chamomile
 Pennyroyal
 Vervain
 1 drop Bergamot

Sabut

Gum Mastic
 Cinnamo

Sacred Garden Incense / Oil

1 part Lemon
 2 parts:
 Juniper
 Bergamot
 For communion with animals, familiars and astral beings.

Sacred Shield Incense / Oil

1 part
 Cedar
 2 parts:
 Myrrh
 4 parts:
 Dragon's Blood
 Bergamot
 A binding recipe.

Sagittarius

Pine
 Musk
 Myrrh
 Juniper
 Muguet
 1 drop Bergamot

Sagittarius Incense

2 parts Frankincense

1 part Myrrh

1 part Clove

1 drop Bergamot

Use as a personal altar or household incense to increase your own powers.

Sahumeria Azteca Incense

3 parts Copal

2 parts Frankincense

1 part Rosemary

1 part Sage

1 part Lemongrass

1 part Bay

1/2 part Marigold

1/2 part Yerba Santa

1 drop Bergamot

For ancient Aztec rituals and all Mexican-American folk rituals. Also, use as a general purification incense. For sale in botanicas (herb and specialty supply shops) in Tijuana. It's a famous incense in contemporary Mexican folk Herbalism.

Saint Michael

Frankincense

Myrrh

Saint Michael Incense

3 parts Frankincense

2 parts Myrrh

1 part Wood Aloe

1/2 part each:

Bay

Carnation

Balm of Gilead

a few drops each:

Ambergris oil

Musk oil

Olive oil

Burn to draw the influences of the Sun and for rituals involving promotions, friendship, healing, energy and ritual power.

Saint Michael Incense #2

3 parts Frankincense

2 parts Sandalwood

1 part Bay

1 pinch Saffron

a few drops Orange oil

Saint Michael Incense #3 , TOXIC

3 parts Frankincense

2 parts Galangal

2 parts Bay

1/4 part Mistletoe

a few drops Red Wine

a few drops Honey

Saint Michael Incense #4

Sandalwood

Clove

Orange Blossoms

Orris Root

Burn for honors, riches, and rituals involving jobs, promotions, or employers.

San Cipriano Incense

Cinnamon powder

Low John powder

Cedar oil

Orris oil

Myrrh

*Blue

Burn to increase clairvoyant powers. An excellent incense for job hunters.

San Ramón

Apple

Cherry

Vanilla

Lime

Jasmine

Oleander

*Orange

Rub on forehead and on body to force a change of fortune. Overcomes poverty. Brings wealth and prestige.

Sanctum Regum

Myrtle
Cedar
Frankincense
*Purple

A strong attraction powder which allows its user to easily communicate with spirits. Must be used in solitude with white candles.

Sandalwood Incense

White Sandalwood
Juniper
Vetivert
*White

Simple, healing protection. Attracts psychic vibrations.

Satan Be Gone Incense / Powder

Lavender
Salt
Hyssop
Bay
Vervain

Powder: Sprinkle around a room, the altar, and on the person you are uncrossing. One of the best means of breaking a strong hex. USE WITH CARE.

Incense: Burn only when uncrossing yourself or a client. One of the best hex breakers. Phenomena may occur. Just ignore and continue your working.

Saturn

4 parts Myrrh
1 pt Elderberry
1 pt Cypress
1 pt Yew
1 pt Patchouli
1 drop Bergamot
1 pinch Iron filings

Saturn Incense #2 , TOXIC

2 parts Cypress
2 parts Ash leaves
1 part Alum
1 part Gum Scammony (Convolvulus scammonia)
1 part Asafetida
1 part Sulfur
1/4 part Black Nightshade
1 drop Bergamot

Another like the above, but not recommended. By omitting the Black Nightshade, the incense is fairly innocuous but still smells incredibly foul!

Saturn Incense #3

2 parts Sandalwood
2 parts Myrrh
1 part Dittany of Crete
a few drops Cypress oil
a few drops Patchouli oil

This is the recommended Saturn incense formula. If you're going to use one of these, this should be it!

Saturn Incense # 4 , TOXIC

1 part Pepperwort
1 part Mandrake
1 part Myrrh
a few drops Musk oil
1 drop Bergamot

Saturn Incense (Planetary) , TOXIC

2 parts Frankincense
2 parts Poppy seed
1 part Gum Arabic
1 part Myrrh
1/4 part Henbane seed
1/4 part Mandrake
1 drop Bergamot
a few drops Olive Oil
Burn for Saturnian influences; also for rituals dealing with buildings, studying past lives, banishing illnesses, pests and negative habits. This incense can be hazardous to your health; for a recommended Saturnian incense see formula #3 below or substitute 1/2 part tobacco for the henbane and mandrake listed above.

Satyr Oil / Bath / Powder

1/8 pt Saturnian oil (Root): Lucky Hand
 1/8 pt Ambergris
 1/8 pt French Musk
 1/4 pt Civet
 1/4 pt Valerian
 1 drop Cinnamon
 1 drop Bergamot

For homosexual males (and for extremely adventurous heterosexual males), there is a classic Greek formula called Satyr Oil. Satyr Oil is a sexual compellant worn strictly as a perfume oil and should not be burned as an incense. However, it may be used to anoint red candles in love rituals where one man wishes to attract another man. Satyr Oil turns women on too, but the problem with using it is that it will also attract men to its wearer. King of the Woods is the sexual compellant often selected by heterosexual men, since its formula is rather similar to that for Satyr Oil except for a couple of ingredient differences which screen male "applicants" out and female "applicants" in. While we have pointed out that proportions are a matter of personal taste, keep in mind that Civet and Cinnamon are very strong. For Satyrion you may substitute a piece of Salap Root (Lucky Hand). Homosexual women should use Queen Oil or "Q" Perfume Oil for the same effect.

Said to incite the passions of anyone who comes near you. Use with extreme caution. Anoint candles in any love ritual, may also be used as a bath or powder. Place oil at the heart, throat, and behind the ears.

Satyr Oil #2

Musk
 Patchouli
 Civet
 Ambergris
 Cinnamon
 1 drop Bergamot

For men only. Mix and wear to attract women.

Satyr Oil #3

Musk
 Patchouli
 Cinnamon
 Carnation
 Vanilla
 1 drop Bergamot

Scorpio Incense

2 parts Frankincense
 1 part Galangal
 1 drop Bergamot
 1 part Pine resin (pitch)
 Use as a personal altar or household incense to increase your powers.

Scrying Incense

1 part Mugwort
 1 part Wormwood
 1 drop Bergamot
 Burn a small amount prior to scrying in a quartz crystal sphere, in fire, water and so on. Be warned this one doesn't smell so good.

Seax Incense

Powdered Sandalwood (3)
 Powdered Myrrh (1)
 Powdered Patchouli leaves (1/2)
 Powdered Orris Root (1/2)
 Powdered Cinnamon (1)
 Powdered Frankincense (4)

Sekhmet

Verbena or Vetivert (4)
 Galangal (1)
 Peppermint (1)
 Rue (drops)
 Cinnamon (1)

*Blue

Used to protect against any hexes, negative vibration, or foul mood which may overcome you. Sprinkle powder liberally in your chamber and burn the incense. In bath form it is excellent as an uncrossing. Helps you maintain immunity to a recurrence of the hexed state.

Sensation

Jasmine
 Oleander
 Add to bath water and it will make you irresistible to the opposite sex.
 Also increases sales in business.

Separation Powder

Chili powder
 Cinnamon
 Galangal
 Black pepper
 Iron filings
 Vetivert
 Pinch of Bitter Aloes or more Vetivert
 Use when you desire to break any relationship. Creates animosity between lovers and business associates.
 Forces an eventual separation.

Sesame Incense

Powdered Nutmeg
 Orris powder
 Rose oil
 Patchouli oil
 *Orange
 A special blend used only to create an atmosphere of trust and understanding.

Seven Africans Incense #1

Orris (3)
 Vanilla (pinch)
 White Sandalwood (1)
 Cascarilla (1)
 Vetivert (2)
 Sage (1)
 Lavender (2)
 Rose (3)
 *Purple

Seven Africans Incense #2

1 part each:
 Rose
 Vetivert
 Lavender
 Lemon

2 parts Orris
 3 parts Frankincense
 1/2 part Bay

This is unquestionably a favorite recipe because it invokes almost unlimited power and protection. Because it has so many uses, this is perhaps the most versatile of all the New Orleans incenses. You can use it with any color candle (including black) for anything from uncrossing to delivering a nasty and unrelenting hex. Seven of the ingredients in this recipe are associated with a powerful African deity.

Although none of these ingredients is venomous in nature and all convey themes of love, protection, success, personal power, and spiritual evolution, they are potently influenced by the candle colors you choose to use with it. Seven African Powers, when used with a black candle, is said to bring about a “karmic judgment” of the individual you specify without straying too far onto black magic’s turf.

Seven Day Uncrossing

Basil
 Bay
 Clove
 Hyssop
 Verbena
 Pine Needles
 *Purple

An excellent blend to use in overcoming a particularly strong curse. Must be sprinkled on the hexed person’s head for 7 consecutive days.

As an oil, this uncrossing formula is reserved for only the most severe situations. It is used with white or purple candles and normally it is used with 7-Day Candles which you can get at many New Age stores or church supply stores. Seven Day Uncrossing may be burned in combination with other uncrossing recipes, but it is strong enough to be used by itself.

Seven Day Uncrossing Bath

Hyssop
Lavender
Sage
Lemon
Bluing(As in laundry bluing)
Baking Soda
Soap Base
*Purple

Use in your bath every day for seven days to get rid of the most severe crossed conditions or hexes.

Seventh Heaven Incense

Patchouli
Civet
Musk
Pine or Ambergris
*Red

Makes the opposite sex desire you more passionately. Overcomes resistance to advances. ery potent!

Shifting Sands Incense

Lavender
Rose
Wisteria
Lilac
*Pink

Will calm restless souls and solve all problems of the heart. Soothes love feelings.

Shiva Oil

Patchouli
Rose
Cedar
*Green

Shi-Shi (Chinese) Oil / Incense

Clove
Bay
Angelica
*Green (optional)

Draws wealth and overcomes poverty. Alleged to work very quickly. Very helpful to those who need a stroke of fortune. Used for cleansing and banishing evil from your premises or place of business. Shi Shi is said to create a wall of impenetrable protection around an individual or situation. It is also said to attract money, and it is considered very lucky for business. Use with white, pink, red or yellow candles.

Shoe String Root Powder

Vetivert
Patchouli
Sprinkle around the home to protect the inhabitants against death. Also brings extreme good luck to those who play cards as it invokes lucky spiritual forces.

Shower of Gold

1 oz. each:
Bayberry
Sandalwood, powdered
Frankincense, powdered
1/4 oz. Myrrh, powdered
1/4 teaspoon Saltpeter
1 teaspoon Cinnamon OR 1 dram Cinnamon oil

2 teaspoons Tincture of Benzoin
This is another of the famous New Orleans recipes designed to attract wealth. Wear on important business occasions or use to anoint green or yellow candles upon which you carve your name or the name of someone you are trying to help. Often used in combination with a luck recipe. Use in matters pertaining to money and prosperity.

Siete Macho Drops

Satyrium oil (Saturn root)
Civet
Musk
Vanilla
Cyprus
*Green

A male domination fragrance par excellence. It is basically the same in function as Cernunnos and Master, and you should read the entries under those two formulas for further information. For those of you who can't find Satyrium oil, you may substitute a piece of Lucky Hand Root in the bottle since Satyrium is unavailable in most places while Lucky Hand (Salap) is relatively simple to find. According to ancient herbals, Satyrium is the fabled aphrodisiac herb of the ancient Greeks and there are hundreds of poems extolling its virtues.

Used by men, a sexual domination formula. Gay men should use Satyr formulas for attraction.

Sight Incense

2 parts Gum Mastic
 2 parts Juniper
 1 part Sandalwood
 1 part Cinnamon
 1 part Calamus
 a few drops Ambergris oil
 a few drops Patchouli oil
 1 drop Bergamot
 Mix, empower and burn to promote psychic awareness.

Smadhi

Orange oil
 Lily
 Acacia
 *Yellow
 Assists in communicating with deceased friends and relatives. Sprinkle on ground. Use as an incense or to anoint white candles. Do not wear on your person.

Snake Oil #1

Snake root extract
 *Brown coloring

Snake Oil #2

Saturated snake skin
 Galangal
 A favorite to solve legal problems favorably. Used to anoint purple, brown or black candles. Protects and lends healing currents to the healer. Use alone or in combination with High John the Conqueror, Black Candle Tobacco or Jury Winning.

Snuff Powder

Tobacco
 Bayberry
 Goldenseal
 A special conjuring dust which should be utilized only when placing a hex on a friend who has betrayed your confidence. Use for no other purpose. It will turn fortune back your way.

Solar Amber

Frankincense
 Myrrh

Song of Solomon Oil

Solomon Seal
 Hyssop
 Rose
 *Red
 Brings forth wisdom and intuitiveness. Makes the user more psychic than before. Draws wealth. Use in any ritual where these faculties are to be called into play.

Sorceress

Equal parts:
 Patchouli
 Galangal
 A protection recipe.

Sortes Sacrae Incense / Oil

1 drop Benzoin oil
 Equal parts:
 Patchouli
 Sandalwood
 Orris
 Rose
 Fennel
 Thyme
 Rue
 Chamomile
 Pennyroyal
 Vervain

Spanish Moss Powder

Jasmine
 Violet
 Citronella
 *Green
 Overcomes the most powerful crossing. Keeps all evil away from the user. Extremely protective. A very ancient and highly secret concoction. Use Obitsu Powder as a sub-ritual within a major uncrossing ritual for added effectiveness.

Special Dice Perfume Oil

Hi-John

Low John

Lovage

Vetivert

A wonderful oil for gambling luck. Draws financial gain to the user.

Special Favors Oil

Lime

Carnation

Gardenia

Wintergreen

*Green

Attracts friendly nature spirits. Anoint altar and room for best of luck and success.

Special Perfume Oil #20

Gardenia

Jasmine

Orris

Muguet

*Red

Special Perfume Oil No. 20 is traditionally listed as an uncrossing oil, which it is, but we have found that it has a better use as a follow-up to an uncrossing procedure to set new, positive, and dynamic growth trends going in the newly uncrossed individual's life. This is one of the more "psychological" oils in the New Orleans repertoire and it is said to help develop courage and resolve and to attract loving, sympathetic, helpful people.

Special Perfume No. 20 is a very gentle blend and we find it particularly helpful in working on people with love problems, although it works primarily by helping to reverse a negative self-image rather than by attracting lovers. Another use for Special Perfume Oil No. 20 is to work on chronic or habitual liars to get them to become more honest. Makes one courageous. Overcomes effects of the most powerful hexes. Use to uncross.

Spell Breaking Incense

Orris

Frankincense

Tonka

Ginger

A very potent spell or hex-breaker, used in uncrossing rituals. Breaks the most powerful spells when burned on a special altar covered with white silk.

Spell Weaver

4 parts:

Dragon's Blood

Myrrh

1 part:

Pine

A protection recipe.

Spirit Guide Perfume Oil

Orange oil

Lily

Acacia

1 drop Bergamot

*Yellow

Probably Southern Voodoo's most potent "spirit puller." Use alone or with white or yellow candles to induce positive thoughts and spiritual help in difficult times. You may burn Spirit Guide in combination with success or love incenses. Many practitioners believe that Spirit Guide provides a "screening" vibration that prevents unworthy projects or lovers from materializing in our lives. It can also be used similarly to Altar or Holy Spirit as a general purpose altar incense. Assists in communicating with deceased friends and relatives. Sprinkle on ground. Use as an incense or to anoint white candles. Do not wear on your person.

Spirit Guide Oil

Allspice

Anise

Cinnamon

1 drop Bergamot

*Blue

Helps to make contact with your Spirit Guides.

Spirit Incense

Cinnamon powder
 Low John powder
 Cedar oil
 Orris oil
 Myrrh
 1 drop Bergamot
 *Blue

Burn to increase clairvoyant powers. An excellent incense for job hunters.

Spirit Incense # 2 , TOXIC

root of the weedy herb Sagapen (?)
 juice of Hemlock
 juice of Henbane
 Tapsus barbatus (?)
 Red Sandalwood
 Black Poppy seed
 1 drop Bergamot
 Fume to make spirits and strange shapes appear. To make them flee, add parsley to this mixture, as this chases away all spirits and destroys all visions (which seems to contradict Spirit Incense #1 above!) This five-hundred-year-old formula is virtually impossible to compound. We included this recipe as an example of an authentic, ancient herbal incense. Most of these are as difficult to make as this one. What are “weedy herb Sagapen” or “Tapsus barbatus”? We haven’t the slightest idea!

Spirit Incense #3

1 part Anise
 1 part Coriander
 1 part Cardamom
 1 drop Bergamot
 Smolder to cause spirits to gather.

Spirit Incense #4

1 part Sandalwood
 1 part Lavender
 1 drop Bergamot
 Burn on the altar to invite good energies (or spirits) to be present during rituals.

Spirit Incense #5

2 parts Sandalwood
 1 part Willow bark
 1 drop Bergamot
 Burn out of doors at night during the Waxing Moon.

Spirit Incense # 6

3 parts Wood Aloe
 1 part Costus
 1 part Crocus
 a few drops Ambergris oil
 a few drops Musk oil
 1 drop Bergamot

Spirit Incense #7 , TOXIC

3 parts Frankincense
 2 parts Coriander
 1 part Fennel Root
 1 part Cassia
 1/2 part Henbane
 1 drop Bergamot
 Take all ingredients to a dark, haunted, enchanted forest. Sprinkle dried mullein or patchouli on an old tree stump. On this set black candles, a censer and the incense. Light the tapers, burn the incense and wait until the candles are suddenly extinguished. There in the darkness around you will be the spirits. To be rid of them, burn asafetida or frankincense.

So you’re wondering why we included so many spirit incenses in this book? Well, they’re traditional. We are not recommending anyone to actually use these recipes; again, they’re a part of the colorful heritage of the herbalist and of other practices in general. To repeat what we’ve already said, herbalism isn’t performed through the use of spirits, although many believe it is. Herbalism is a direction of personal power (the energy within), as well as of Earth power (that resident in plants and stones) to effect needed goals. Besides, what would you do with all those spirits if they did indeed appear?

Spirit Incense #8 , TOXIC

4 parts Coriander
 1 part Smallage (Parsley)
 1/4 part Henbane
 1/4 part Hemlock
 1 drop Bergamot
 Burn outdoors to draw spirits together. As usual, DO NOT INHALE FUMES!

Spirits Depart Incense , TOXIC

1 part Calamint (Calamintha spp.)
 1 part Peony
 1 part Mint (Spearmint)
 1/4 part Castor Beans
 1 drop Bergamot
 Burn outside to drive away evil spirits and vain imaginings. If you wish to use this formula, substitute a few drops castor oil for the beans, as these are poisonous.

Spirits Depart Incense #2

2 parts Fennel seed
 2 parts Dill seed
 1/2 part Rue
 1 drop Bergamot

Spiritual Attunement Oil

Acacia
 Orange
 Lily of the Valley
 Cinnamon
 Obsidian

Spiritual Good Luck Incense

Lavender
 Rose Geranium
 *White

A favorite of many herbalists who have natural clairvoyance. Makes them more sensitive to vibrations in a room at any given time.

Spiritual Success

1 part each:
 Benzoin
 Bergamot
 2 parts each:
 Acacia
 Allspice
 Bay
 Frankincense
 Hyssop
 Lilac
 Myrrh
 Nutmeg
 Patchouli
 3 parts Vetivert
 4 parts cinnamon
 *Purple incense base
 For use when substituting purple candles.

Spiritual Vision Incense

Cinnamon powder
 Low John powder
 Cedar oil
 Orris oil
 Myrrh
 *Blue
 Burn to increase clairvoyant powers. An excellent incense for job hunters.

Spiritualist's Powder

Patchouli
 Gum Mastic
 Cinnamon
 Dittany of Crete (Mint)
 *Yellow
 A wonderful aid in communicating with the spirit world during a séance. Burn with any type of incense and sprinkle all over burning candles.

Spirituality Oil for Aromatherapy

1/8 cup base oil
 7 drops Sandalwood
 4 drops Cedarwood
 1 drop Frankincense
 1 drop Bergamot
 Wear before all spiritual rituals.

Spring Flowers Powder

Bitter Orange
 Citronella
 *White
 Another hex-breaking powder. Place in all corners of the house and on the altar. Attracts all helpful spirits. They in turn will reverse the curse.

Squint Incense / Powder / Floorwash

Pulverized bed sheet
 Clove
 Allspice
 Deer's Tongue
 Mullein
 Sage
 *Purple
 Burn incense to cure infidelity. Makes them return home and then appreciate it even more than before.

 Powder: Apply before intimacy with your lover. S/he will never be able to leave you for another partner.

Star Daughter Incense / Oil

1 part:

Verbena

2 parts:

Rose

Lilac

Communion with animals and astral beings.

Star of the Sea Incense (Herbal)

10 oz each:

Gloria

Cedarwood

Dittany of Crete (Mint)

2 oz each:

Patchouli

Calamus

Mugwort

Sandalwood

1 oz each:

Camphor

Ambergris

Starry Wisdom Oil

Pine

Camphor

1 tsp. Nettles

2 drops Jasmine

1 drop Musk

**Stay at Home Incense / Powder / Floorwash
(Same as Squint.)****Strega**

Vetivert

Juniper

Lavender

Honey

*Gold base oil

Used only by women, another producer of passion; attracts both love and success. USE WITH CARE. See King's Oil.

Study Incense #1

Mastic or Benzoin

Cinnamon

1 drop Bergamot

Burn to strengthen the mind during study, or to develop your powers of concentration. Also, use to gain knowledge in any form and in any manner: channeling,

clairvoyance, and so on. Since this works on the conscious mind, however, and not directly on the subconscious, it is not best suited to psychic work.

Study Incense #2

2 parts Gum Mastic

1 part Rosemary

1 drop Bergamot

Smolder to strengthen the conscious mind for study, to develop concentration and to improve the memory.

Success Incense #1

Patchouli

Orris

Sandalwood

Myrrh

Allspice

Cinnamon

1 drop Bergamot

*Green

Assist in defeating all competition and overcoming all obstacles in the way of success. Especially good when burned to win legal battles.

Success Incense #2

¼ part Frankincense

1 part:

Allspice

Myrrh

2 parts:

Orris

Patchouli

White Sandalwood

Rose petals

pinch Benzoin

1 drop Bergamot

Success Incense #3

3 parts Saltpeter

5 parts:

Patchouli leaves

Orris root

10 parts:

Myrrh

Cinnamon

30 parts Sandalwood

40 parts Frankincense

1 drop Bergamot

Ancient writings record that, among the early Israelites, it was the custom to burn incense to obtain success in their various ventures.

Success Incense #4

1/2 oz. Sandalwood
 1 oz. Cinnamon
 1/2 oz. Frankincense
 1/4 oz. Myrrh
 1/4 oz. Orris Root
 1 tsp. Attraction Oil
 2 tsp. Tincture of Benzoin
 1 drop Bergamot
 Attracts Prosperity.

Success Incense #5

Equal parts:
 Cinnamon
 Benzoin
 1 drop Bergamot
 Mix, grind together and burn for business success.

Success Incense #6

3 parts Wood Aloe
 2 parts Red Storax
 1 part Nutmeg
 1 drop Bergamot
 Burn for success in all undertakings. Since red storax (indeed, all storax) is unavailable, substitute frankincense or gum arabic.

Summer Rain Incense

Sandalwood
 Cinnamon
 Benzoin
 Sun
 Frankincense
 Myrrh

Sun Incense

3 parts Frankincense
 2 parts Myrrh
 1 part Wood Aloe
 1/2 part each:
 Bay
 Carnation
 Balm of Gilead
 a few drops each:
 Ambergris oil

Sun Incense (cont'd.)

Musk oil
 Olive oil
 1 drop Bergamot
 Burn to draw the influences of the Sun and for rituals involving promotions, friendship, healing, energy and ritual power.

Sun Incense #2

3 parts Frankincense
 2 parts Sandalwood
 1 part Bay
 1 pinch Saffron
 a few drops Orange oil
 1 drop Bergamot

Sun Incense #3 , TOXIC

3 parts Frankincense
 2 parts Galangal
 2 parts Bay
 1/4 part Mistletoe
 a few drops Red Wine
 a few drops Honey
 1 drop Bergamot

Sun Incense #4

Sandalwood
 Clove
 Orange Blossoms
 Orris Root
 1 drop Bergamot
 Burn for honors, riches, and rituals involving jobs, promotions, or employers.

Sun Gold Incense / Oil

1 part Allspice
 2 parts Juniper
 To attract prosperity.

Sure To Win

Patchouli
 Lemon
 Jasmine
 Used to banish a streak of even the worst luck. Very good for anointing talismans, seals, ouanga bags, playing cards, etc.

Sutchu Oil

Rose

Carnation

Citron

Gardenia

*Yellow, *Blue, or Natural

Used to anoint candles, talismans, or anything pertinent to healing rituals.

Swallow's Blood Incense

Dragon's Blood

Red Sandalwood

Rose petals

Jasmine

Orris

*Red

Designed to bring happiness to those who must travel. Soothes nerves while on the road.

Swallow's Eye Incense.

Dragon's Blood

Red Sandalwood

Rose petals

Jasmine

Orris

*Red

Designed to bring happiness to those who must travel. Soothes nerves while on the road.

Swallow's Heart Incense

Dragon's Blood

Red Sandalwood

Rose petals

Jasmine

Orris

*Red

Designed to bring happiness to those who must travel. Soothes nerves while on the road.

Talisman Consecration Incense , TOXIC

Alum

Gum Scammony

Asafetida

Sulfur

Cypress

Black Hellebore

Ash leaves

1 drop Bergamot

Poisonous and/or foul smelling. Burn in an

earthen dish and hold the talismans in the smoke.

We don't recommend its use. Try the following nonpoisonous version of the Consecration Incense to consecrate all forms of amulets and talismans.

Talisman Consecration Incense (nontoxic version)

2 parts Frankincense

1 part each:

Cypress

Ash leaves

Tobacco

1 pinch each:

Valerian

Asafetida

1 drop Bergamot

Though this one won't kill you like the above version, it still stinks. We recommend the Consecration Incense instead.

Taper Perfume Oil

Jasmine

Cinnamon

Patchouli

Olive Oil

Used to float wicks. Usually no more than perfumed olive oil. More for decoration than for ritual purpose, but the oils tend to attract love, healing, and positive spiritual forces.

Tar Perfume Oil

Molasses

Castorium

Turpentine

pinch of Bitter Aloes

Creosote

*Black

Specially designed to create strife. Use only when you wish to cause problems for others - cautions withstanding.

Tara Oil

Pine

Lily

Hyacinth

Clove

*Purple

Taurus

Ambergris
Patchouli
Musk
Vetivert
Jasmine
Civet
Sage
Cedar

Taurus Incense

2 parts each:

Sandalwood
Benzoin

a few drops Rose oil

1 drop Bergamot

Use as a personal altar or household incense to increase your powers.

Tejas

4 parts Dragon's Blood

4 parts Rue

1 pt Ginger

1 pt Peppercorns

Pinch of Sulfur

Powdered Lodestone

Temple Incense

3 parts Frankincense

2 parts Myrrh

a few drops Lavender oil

a few drops Sandalwood oil

1 drop Bergamot

Smolder in the temple or "ritual room," or as a general ritual incense. This incense increases spirituality.

Temple Oil

Myrrh

Balm of Gilead

Frankincense

Orange

Lotus

1 drop Bergamot

*Purple

Ten Commandments Powder

Hyssop

Salt

Powdered sea shells (Ochineia)

Used to place a curse on anyone who has violated on the spiritual laws. Also attracts assistance to those who live by these rules. Sprinkle with great care.

Very powerful for good or evil doings.

Tenfold Hearth Incense

2 parts Dragon's Blood

2 parts Myrrh

1 part Juniper

1/2 part Sassafras

1/2 part Orange flowers

1/2 part Rose petals

1 drop Bergamot

Burn for a safe, warm, loving home. Also give as a gift to others .

Ten Slivers Powder

Ten chopped toothpicks

Clove

Pine

Lilac

Little Pine sawdust

Sprinkle thoroughly through the hair in order to attract good fortune in times of despair.

Tetragrammaton

Myrtle

Cedar

Frankincense

*Purple

A strong attraction powder which allows its user to easily communicate with the spirits. Must be used only while in solitude, never in a group ceremony.

Use only with white candles.

Thief Incense (To See A Thief)

1 part Crocus

1 pinch Alum

1 drop Bergamot

In ancient Egypt this mixture was placed on a brazier and the seer stared into the coals.

Thief Powder

Galangal
 Vetivert
 Polk Root
 Hydrangea
 1 drop Bergamot
 Sprinkle liberally around the area where something has been stolen and you will envision who the thief was.
 Always exposes wrong doers.

Thousand-Named Solar Incense

3 parts Frankincense
 1 part Clove
 1/2 part Red Sandalwood
 1/2 part Sandalwood
 1/4 part Orange flowers
 3 pinches Orris
 1 drop Bergamot
 Burn for Solar influences.

Three Jack's Oil

Galangal
 Vetivert
 Patchouli
 Powdered Cardamom
 *Green
 Brings good luck while gambling. Used to anoint candles, palms, and forehead in a success ritual.

Three King's Incense

Frankincense
 Myrrh
 Benzoin
 Styrax or Tulu Extract
 Tonka or Vanilla extract
 White Sandalwood chips
 A good luck incense which brings a change of fortune in every area of life. Use with care.

Three Knave's Oil

Galangal
 Vetivert
 Patchouli
 Powdered Cardamom
 *Green
 Brings good luck while gambling. Used to anoint candles, palms, and forehead in a success ritual.

Thrifty Powder / Oil / Incense

Lavender
 Orris
 Sage
 *Green
 While this is a commanding recipe, it is also a sort of uncrossing formula, too, since miserliness is a symptom of a crossed condition and Thrifty will alleviate it, according to most practitioners. This powder will not extort or force someone to give you money, however. It is strictly usable on someone who has more than he or she needs and who is denying you something which they should not. For example, you could not use this on the rich stranger down the block, but it could also be used on a spouse or roommate who is withholding their share of their financial responsibilities. Sprinkle into their pockets or shoes or sprinkle into the flame of a purple candle you have lighted which represents them. If you wish, you may use Thrifty as an oil and use it to anoint the candle.

Rub on your hands and touch anyone who seems to be rather tight with money. They will be induced to spend some of it on you.

Tifareth

2 parts each:
 Frankincense
 Orange Blossoms
 Cedar chips or ground wood
 1 part each:
 Cinnamon
 Clove or Clove powder

Tiger Perfume Oil

Wintergreen
 Gardenia
 Rose
 Peppermint
 Cinnamon
 Bay
 *Yellow
 Awakens the psychic and clairvoyant powers of a person during ceremonies. Particularly effective when used as a bath just before retiring.

Considered to be one of the most "psychic" of the New Orleans incenses. Tiger was originally designed for purposes of uncrossing and protection, but it is

not all that selective about the nature of the spirits it attracts to your altar. While it is perfectly safe when used for defensive purposes, Tiger also has a reputation as an adventuresome meditation incense, but it can invoke some real spiritual “characters” to your altar! Tiger is not normally burned in combination with other fragrances and is used with white, yellow, and purple candles.

Tincture of Benzoin

2 oz. Powdered Benzoin Gum

4 oz. water

12 oz. alcohol

Keep this mixture tightly capped and bottled for two weeks and shake daily. If you prefer, a teaspoon of glycerin may be added. After two weeks, strain and bottle the liquid for use. For more tincture formulas, see Chapter 14.

Tiphareth Incense

Dittany of Crete (Mint)

Pine

Myrrh

Dragon’s Blood

Patchouli

Balm of Peru

Invokes evil spirits when you wish to cast hexes and spells on others. USE WITH CAUTION as this mixture draws its potency from the dark side.

Trinity Oil

Hyssop

Olive oil

Verbena

Designed to draw blessings to you in every area of life. Guarantees success in both material and spiritual undertakings. Use sparingly because it is potent.

True Love Incense

1 part Cinnamon

1 part Orris

a few drops Patchouli oil

1 drop Bergamot

Burn for love.

True Love Powder

Equal parts:

Elecampane

Vervain

Mistletoe

1 drop Bergamot

Tends to cast a special, magnetic aura around you.

Burn as an incense or make a tea and use as a bath.

DO NOT DRINK. Mistletoe is poison! Sprinkle some of it at your loved one’s home, car, cubical, etc.

Tryst Perfume Oil

Musk

Melon

Sandalwood

*Red

The oil of lovers. Use when you want passion to enter a relationship. Also develops clairvoyant power in anyone who uses it. If all you want is a one-night stand with someone, and not a long-term relationship, Tryst is the recipe to reach for. Use with red candles only. Generally, given its specific goal, Tryst is not used in combination with other incenses. Bear in mind that Tryst is a commanding as much as a love potion, so use sparingly.

Turquoise

Gum Mastic

Cloves

Ginger

Lemon

Orange peel

Cassia

*Blue-Green

A special blend which allows you to relax while others do your work. Sprinkle on any person over whom you want to gain control. Lets you dominate their thoughts.

Tutti Frutti

Ginger

Cinnamon

Coriander

Myrrh

Cardamom

*White

To draw opposite sex. Creates attraction, harmony to quarreling couples, ends marital infidelity. Use in love rituals to ensure tranquility.

Twisting Powder

Sulfur

Sugar

Patchouli

Cedar

Sprinkle all around the door of someone's house. Will reverse the effects of any crossing. If someone is sending a hex or bad vibes your way and you want a cheap and simple way to return their hex to them, Twisting is the route to go. This is a protective, not a hexing recipe and can be used in any number of procedures where you find yourself under fire. Burn alone or with power or uncrossing fragrances. Purple, red or white candles.

Uncrossing Incense / Powder / Oil #1

Lavender

Rose

Bay

Verbena

Bergamot

*Purple

This is a very powerful uncrossing blend which will remove any hex or spell. Burn in a tightly closed room for best results. No evil spell can withstand its vibrations. Uncrossing is one of the most popular formulas, because it is so versatile and healing. Whether the problem is health, psychological distress, or a nasty hex the Uncrossing formula is always helpful. It cleanses, soothes and protects the user. It is important after using Uncrossing to follow up with other incenses and oils that spawn new and stimulating events in a client's life. Merely removing pain and sorrow is not enough; you must also trigger positive events to replace the negative issues that may have subverted the client's happiness. Joy, Crown of Success, Success, or Venus are good choices for follow-up fragrances once an uncrossing is complete. Uncrossing is normally used in combination with white or purple candles. White will handle most situations and you should start with that color. In the event white fails to lift the impediments, then purple candles bring greater power into play.

Uncrossing Incense / Powder / Oil #2

Lavender

Rose

Bayberry

Bergamot

Verbena

*Purple or Orange

Uncrossing #3

4 parts:

Lemon

Rose

Lily

1 part:

Bay

Bergamot

*Blue

Place a palm cross or a piece of Vetivert root in the oil.

Uncrossing #4

4 oz. Agueweed (Boneset)

4 oz. Betony

4 oz. Frankincense

4 oz. Patchouli

2 oz. Myrrh

Few drops Bergamot

7 oz. Salt

Uncrossing Incense #5

Dragon's Blood

Frankincense

Rosemary

Few drops Bergamot

For banishing evil, curses, hexes.

Uncrossing Incense #6

1/2 oz. Frankincense

1 oz. Dragon's Blood

1 oz. Sandalwood

1/4 tsp. Saltpeter

1 tsp. Gardenia oil

2 tsp. Tincture of Benzoin

Few drops Bergamot

A basic uncrossing incense. Some herbalists recommend that this incense be burned near an open window for nine consecutive nights.

Uncrossing Powder

1 oz. Sandalwood

1-1/4 tsp. powdered Five-finger Grass

1/16 fluid oz. Uncrossing oil

1/32 fluid oz. Frankincense oil

1/32 fluid oz. Myrrh oil

Few drops Bergamot

4 oz. Talc

Universal Incense

3 parts Frankincense

2 parts Benzoin

1 part Myrrh

1 part Sandalwood

1 part Rosemary

Few drops Bergamot

Burn for all positive ritual purposes. If this formula is used for negative herbal goals, the incense will cancel out the spell or ritual.

Unfaithful Powder

Lilac

Carnation

Jasmine

Oleander

* Pink

Sprinkle on the body of anyone who is unfaithful.

This powder makes them toe the line and stop playing around. Also make someone be unfaithful if they are presently staying at home and being good.

Unforgiving Powder

Salt

Sugar

Sage

Rosemary

*White

Unforgiving Powder is used when you have recently quarreled with a close friend or are having difficulties in a relationship due to the “unforgiving” nature of your partner or friend. It is alleged that the sprinkling of this powder will cause the other person to forget about your quarrel. This is another form of Repentant Powder, the difference being that Repentant Powder implies that YOU are the one in the wrong whereas the use of Unforgiving Powder implies that YOU are blameless and that the other party is in the wrong. Selecting which powder you will use requires a careful consideration of your own role in the problem or argument. Using Unforgiving Powder is a way of showing the spirit planes that you are most anxious to bring an end to animosity.

To use it, sprinkle onto an image candle of the person with whom you are quarreling or sprinkle it around their house. You may also sprinkle it on the head and shoulders of any person who has recently lost a close friend. This is said to force the other party to forgive and forget.

Untruthful Powder

Mint

Rose

Nutmeg

*Yellow

Rub on your hands and touch anyone you feel may be telling lies. They will be made to ask your forgiveness, and the tall tales will immediately stop. According to tradition, this recipe will expose lies. You can either burn it as a background fragrance when the suspected liar is in your presence or you can use it as part of a candle ritual to compel them to drop their deception. Burn alone or with white or purple candles.

Uranus Incense

1 part each:

Sandalwood

Cypress

Pine resin

Van-Van Anointing Oil

1 oz. Soluble Oil Base

2 drams Vervain Essence

2 drops *Yellow

Van-Van Incense #1

Vanilla

Jasmine

Oleander

Almond

Vetivert

Burn to purify a room where rites are going to be held. Be silent while it burns.

Van-Van Incense #2

Rose (1)

Vanilla (1)

Vetivert (1)

Lemon (3)

Van-Van Incense #3

32 oz. Woodbase

4 oz. Myrrh

8 oz. Cinnamon

12 oz. Olibanum

12 oz. Sandalwood

4 oz. Vervain

2 oz. *Yellow

Venus Incense (planetary)

3 parts Wood Aloe
 1 part Red Rose petals
 1 pinch crushed Red Coral (optional)
 a few drops Olive oil
 a few drops Musk oil
 a few drops Ambergris oil
 a few drops Bergamot
 Mix well and burn for Venusian influences, such as love, healing, partnerships and rituals involving women. The inclusion of coral in this recipe dates it to about the 16th century, when coral was considered to be a powerful love stimulant. Now that we know that coral is the skeleton of a living creature, it might be considered best to omit it entirely.

Venus Incense #1 / Oil #1

Rose
 Orris
 Sandalwood
 Musk
 Few drops Bergamot
 *Pink or Red

Here are several recipes for Venus incense. This formula takes both the passionate and spiritual sides of Venus into account. Use in combination with pink or red candles, depending on how hot you want a situation to get. Normally, love incenses are used to invoke new romantic or sexual partners. However, married couples will also find these fragrances helpful before and during sex. Best used in combination with Joy or Goddess of Love.

Venus Incense #2

Lavender
 Chamomile
 Cinnamon
 Rose petals
 Musk
 Patchouli
 Orris
 Few drops Bergamot
 *Pink or Red

Venus Incense #3

1 part each:
 Orris
 Orange peel
 Allspice
 Jasmine
 Cinnamon
 2 parts each:
 White Sandalwood
 Deer's Tongue
 Basil
 3 parts Rose Petals
 1/2 part Sage
 Civet (drops)
 Ylang-Ylang (drops)
 Muguet (drops)
 Bergamot (drops)
 * Pink

Venus Incense #4

Lavender
 Dragon's Blood
 Myrtle
 Rose Buds
 Orris Root, ground
 Musk Oil - 1 drop
 Patchouli
 A few drops Bergamot
 Burn to attract love, preferably on a Friday night.
 Burn frequently in the bedroom.

Venus Incense #5

1 part Violets
 1 part Rose petals
 1/2 part Olive leaves
 A few drops Bergamot

Venus Incense #6

2 parts Sandalwood
 2 parts Benzoin
 1 part Rosebuds
 a few drops Patchouli oil
 a few drops rose oil
 A few drops Bergamot

Venus Oil #4

Jasmine (4)
 Rose (1)
 Ylang-Ylang (3)
 Civet (drops)
 Ambergris (1)
 Myrtle (1) or Muguet (1)
 A few drops Bergamot
 *Pink, Red, or Green
 An alluring magnet used to draw love toward you.
 Makes a person irresistible to the opposite sex.

Venus Oil #5

Jasmine
 Red Rose
 1 drop Lavender
 Musk
 Ylang-Ylang
 A few drops Bergamot
 Mix on a Friday night. To be used only by women wishing to attract men.

Venus Powder

Rose oil
 Lavender
 Violet
 Musk
 Amber
 A few drops Bergamot
 *Pink base

Versatile Powder

Rum
 Peach Blossom
 Lilac
 Cinnamon
 Rub on your hands and sprinkle on the clothing. Induces you to be much more adaptable to changes in life.
 Increases the potential for success in all areas. Inspires quick and creative thinking. Since this is a mild commanding recipe, it can be employed to transform rigid or unhealthy attitudes in another person.

Vesta Powder

Rose
 Lily
 Lavender
 Peppermint
 *White
 Draws the forces of good to your services. Drives out evil spirits. Sprinkle on the altar to purify it before and after a ritual.

Although Vesta is technically a love oil, it has a highly specific use — to inspire Platonic love and chastity. It is spiritual, protective, and has a lovely fragrance. It may be worn or used on pink candles.

Vesta Aru

Rose
 Lily
 Lavender
 Peppermint
 *White
 Draws the forces of good to your services. Drives out evil spirits. Sprinkle on the altar to purify it before and after a ritual.

Vestar Powder

Rose
 Lily
 Lavender
 Peppermint
 *White
 Draws the forces of good to your services. Drives out evil spirits. Sprinkle on the altar to purify it before and after a ritual.

Vine Moon Incense

1 part each:
 Blackberry
 Dandelion
 Splash of Currant Wine or Grape Juice
 Pinch of Hibiscus
 For earth rituals, sex rituals, overcoming difficulties.

Virgo

Lavender
 Wintergreen
 Rose
 Orris
 A few drops Bergamot

Virgo Incense

1 part Mace
 1 part Cypress
 A few drops Patchouli oil
 A few drops Bergamot
 Use as a personal altar or household incense to increase your powers.

Vision Incense

3 parts Frankincense
 1 part Bay
 1/2 part Damiana
 A few drops Bergamot
 Burn a small amount prior to psychic workings.

Vision Incense #2 , TOXIC

1 part Calamus
 1 part Fennel root
 1 part Pomegranate skin
 1 part Red Sandalwood
 1 part Black Poppy seeds
 1/2 part Henbane
 A few drops Bergamot
 Burn a small amount prior to psychic workings. Not recommended.

Vision Seeker Incense / Oil

1 part:
 Vanilla
 Gardenia
 2 parts:
 Violet
 A few drops Bergamot
 For Initiation or to see past lives.

Voodoo Night Perfume Oil

Myrrh
 Patchouli
 Vetivert
 Lime
 Vanilla
 A powerful oil designed to draw others to you. Make them unable to resist. Primarily used by women, but can also be used by men. Its effect is to cast a powerfully sexual spell over all who come in contact with its fragrance. It's especially recommended for married couples who find that some of the sexual zing has gone out of their relationship. Wear or use with red candles only.

Voodoo Perfume Oil

Myrrh
 Patchouli
 Galangal
 Jasmine
 Lemon
 A powerful African oil used to bless churches and prayer rooms. Protects against evil in all forms. Use to anoint white altar candles or use in a bath to cover yourself with its protective fragrance. Banishes bad vibrations and elicits the help and support of white (good) spirits.

Voodoo Powder #1

Myrrh
 Patchouli
 Galangal
 Jasmine
 Lemon
 *Black
 Sprinkle all around a ceremonial room to draw kindly spirit forces and to send away bad vibrations. Use on the altar during rituals.

Voodoo Powder #2

Myrrh
 Grave dirt
 Patchouli
 Mullein
 Vetivert
 Pine
 Clove
 Lime
 *Brown
 Sprinkle in all corners, on doors and windows, and burn a little with incense. Use prior to conducting a ritual of any type. Especially good when sacrifices are being offered. Appeases the restless spirits.

War Powder

Chili powder
 Mustard powder
 Iron filings
 Patchouli
 Musk Root
 *Red
 Essentially a hexing recipe. May be used similarly to Anger Powder to dispel your own rage. The basic difference between Anger Powder and War Powder

is one of degree rather than function. Anger Powder is used in normal arguments while War Powder is used when an “enemy” is striking at you with extraordinary venom. Ideally it should be used outdoors. Not good for distributing in the household. When used in candle burning workings, War Powder is sprinkled into the flame of a candle representing the person who is disturbing your peace or you may circle the individual’s candle with the powder to “enclose” and reverse his or her negativity.

If someone is defaming your reputation or spreading lies about you, then War is the oil to use to stop the slander. *Although this is technically a hexing oil, when used for purposes of self-protection, it falls within the domain of white magic.* Use with orange, red, purple, or black candles. Sprinkle on your body and around the room before leaving. Overcomes feelings of animosity in others. Assists in defeating any enemy.

War Water

Florida water
Red pepper
Black pepper
*Red
Water (Element) Oil
Lily of the Valley
Musk
Lavender
A few drops Bergamot
*Blue

Water Incense (elemental) #2

2 parts Benzoin
1 part Myrrh
1 part Sandalwood
A few drops Lotus oil
A few drops Ambergris oil
A few drops Bergamot
Burn to attract the influences of this element, as well as to develop psychic abilities, to promote love, fertility, beauty and so on.

Water of Notre Dame

Violet water
Rosewater
Orange water
Holy Water
Causes calm and peace by attracting the help of beneficial spirits. Mix Oil with water and spray about the dwelling.

Wealth Incense

1 part Nutmeg
1 part Pepperwort
1 pinch Saffron
A few drops Bergamot
Burn to attract wealth.

Wealth Incense #2

2 parts Pine needles or resin
1 part Cinnamon
1 part Galangal
A few drops Patchouli oil
A few drops Bergamot

Wealth Incense #3

2 parts Frankincense
1 part Cinnamon
1 part Nutmeg
1/2 part Clove
1/2 part Ginger
1/2 part Mace
A few drops Bergamot

Wear Away Powder

Black pepper
Orris
Castor Bean
Use to place a mild crossing on someone you wish to teach a lesson. Will unnerve them in a time of stress. Induces temporary mental anxiety.

Wedding (Handfasting) Oil

Gardenia, for peace and harmony
 Musk, for passion and courage
 Jasmine, for continuing love
 Rose Geranium, for protection against adversity.
 Using an eyedropper, blend together a drop at a time until the scent seems perfect. Make up two ounces, then add one pinch dried yarrow, which has the power to keep the couple together for seven years and seven is the number of Venus, the planet of love. Pour into twin crystal jars. One is given to the woman, the other to the man. Every night, the couple should anoint one another, using their own jars. When seven nights have passed, the oils should be blended together, poured into one of the jars, and the other jar hidden in some secret place.

Weed of Misfortune

Jimson
 Patchouli
 While this recipe is unquestionably a hexing oil, it may also be used defensively against dangerous enemies. The impact of Weed of Misfortune is to inject devastation and disappointment into an enemy's life. Use only with black candles.

Willow Moon Incense

4 parts Willow Bark
 1 part Dried Apples or a splash of Apple Juice
 1 tablespoon Vanilla Extract
 Pinch of Rosemary
 For matters of the Otherworld, healing, love, water
 Herbalism, feminine mysteries.

Winner's Circle Perfume Oil

Hi-John
 Low John
 Lovage
 Vetivert
 A wonderful oil for gambling luck. Draws financial gain to the user. Originally devised for gamblers at the track, it is good for any type of speculative gambling.

Wishbone Powder

White Sandalwood
 Orris
 Allspice
 Deer's Tongue
 Musk
 Potent in helping dreams and wishes to come true.

Anoint yourself before sleeping or meditating, or in services which are aimed at luck or psychic goals.

Wisteria Incense

Wisteria
 *Purple Base
 Always burn when good luck is needed. A strong force when burned at midnight.

Wisteria Perfume Oil

Wisteria
 *Purple
 Attract all good spirits to a ceremony. Rub on heads and sprinkle around floor.

Wolf's Blood

Dragon's Blood
 Polk Root
 Myrrh
 Bitter Aloes
 *Red base
 Burn to give courage when under great pressure. Helps overcome all fear of death. A good formula for those in business or the arts looking for strength to push their careers further.

Wolf's Eye Incense

Dragon's Blood
 Polk Root
 Myrrh
 Bitter Aloes
 *Red base
 Burn to give courage when under great pressure. Helps overcome all fear of death. A good formula for those in business or the arts looking for strength to push their careers further.

Wolf's Heart Incense / Oil

Dragon's Blood
 Polk Root
 Myrrh
 Bitter Aloes
 Heliotrope
 *Red base
 A couple of years ago we heard of a woman seeking help regarding her son who was 23 but never went outside and lived almost entirely within himself. She took her son to see an herbalist. The son was an enormous man, about six and a half feet tall.

attractive, but terribly withdrawn and quiet. It turned out that his father had beaten him badly several times when he was a child and it seemed like he was never going to come out of his shell. When the herbalist tried to talk with him he mumbled and was barely audible. After about three minutes of attempted conversation, the son excused himself and went back down to the street to sit in their car while his mother discussed his condition with the herbalist.

“Courage” is viewed within the New Orleans tradition as being the overcoming of fears and the assertion of self in the world. Clearly this young man was lacking such an ability, having had it beaten out of him as a young child. However, the wise practitioner knows that what the young man was suffering from was a crossed condition. She suggested that they try a two-week program of candleburning to see if it would help. Each day the young man was to burn a small purple candle upon which he had carved his name. The candle was anointed with Wolf’s Heart Oil and he was instructed to put a drop of the oil on his chest each time he anointed the candle. Then he was instructed to sit and meditate on the candle for a minimum of half an hour a day, each day, for two weeks. At the end of that period the herbalist was surprised by a telephone call from the young man, only this time when she spoke with him he advised her in a very strong voice that he had found three jobs and was even growing interested in a young woman he had been eyeing for months but to whom he had never spoken. After only one week he had summoned enough nerve to ask her out for a date!

Some of you skeptics out there will say that the “condition” was only in the man’s head and that he auto-suggested himself out of the condition by using the candles and meditation techniques, and that the Wolf’s Heart Oil had nothing to do with his progress. Any profound psychological scar is mental in nature and in reality the healing process is one of faith and perseverance. These may be the two crucial factors in what we normally call “courage.” Whether or not the oil had anything to do with this cure is not provable, but the point is the success.

In addition to anointing the chest area over the heart, one may also anoint the backs of one’s hands and the bottoms of one’s feet with this oil to achieve maximum effects. Like Special Perfume Oil No. 20, this potion is

often used in uncrossing procedures to help reverse negative attitudes and to help grant the strength and fortitude necessary to transition away from a hexed state to a new and positive life-direction.

Burn to give courage when under great pressure. Helps overcome all fear of death. A good formula for those in business or the arts looking for strength to push their careers further.

Wood Song

Violet
Honeysuckle
Mint

Wormwood Powder

Absinthe
Yerba Mate
A very powerful hexing agent, which is to be utilized only for crossing the worst type of enemy. Must be used with extreme care. Sprinkle in the yard and on the front door.

XYZ Incense

2 parts Frankincense
1 part Dragon’s Blood
1/2 part Wood Betony
Burn for physical and psychic protection while visualizing.

XYZ Incense #2

2 parts Frankincense
1 part Sandalwood
1/2 part Rosemary
Burn for physical and psychic protection while visualizing. Rosemary can be burned alone, if that is all that is available. Use when you feel it is needed.

XYZ Incense # 3

1 part Frankincense
1 part Myrrh
1/2 part Clove

XYZ Incense #4

2 parts Frankincense
1/2 part Cumin

XYZ Incense #5

4 parts Frankincense
 3 parts Myrrh
 2 parts Juniper berries
 1 part Rosemary
 1/2 part Angelica
 1/2 part Avens
 1/2 part Basil
 1/2 part St. Johnswort
 1/2 part Yarrow
 1/2 part Mugwort
 Burn for physical and psychic protection while visualizing. Rosemary can be burned alone, if that is all that is available. Use as needed.

XYZ Incense #6

2 parts Frankincense
 1 part Copal
 1 part Dragon's Blood

XYZ Oil / Bath

Rosemary
 Rose Geranium
 Cypress
 For candle anointing or protective cleansing baths.

XYZ Powder / Oil #1

Verbena or Vetivert (4)
 Galangal (1)
 Peppermint (1)
 Rue (drops)
 Cinnamon (1)
 *Blue
 Used to protect against any hexes, negative vibration, or foul mood which may overcome you. Sprinkle powder liberally in your chamber and burn the incense. In bath form, it is excellent as an uncrossing, helps you to maintain immunity to a recurrence of the hexed state.

XYZ Oil #2

1 cup Olive Oil or Almond Oil
 1 tablespoon Myrrh Tears
 1/2 cup fresh Rose Petals
 1/2 cup dried or fresh Lavender
 Warm over a low flame until rose petals turn translucent. Stir regularly to keep from sticking, always in a clockwise direction to draw in positive energy. Strain. If fragrance is not strong enough, add more essential oils.

XYZ Powder #2

Equal parts of:
 Basil
 Elder
 Valerian
 Marjoram

To protect household, work into a powder, then walk through the house clockwise, scattering the herb mixture lightly so that it is spread in every room. Protects, brings good fortune, peace and security from attackers and thieves.

XYZ Powder #3

Plain Salt
 Dragon's Blood, powdered
 Mix together and sprinkle to banish negativity from your home or place of business.

XYZ (All Purpose) Sachet

Rosemary
 Basil
 Dill
 Place these dried herbs in a piece of red or white cloth. Tie up the bundle with red yarn and hang it over the front door (or as close as possible), saying protective words and visualizing.

Ya-Ya Powder

Jasmine
 Oleander
 Cinnamon
 Asafetida
 Sage
 Rose
 *Red
 Increases sexual potency and female fertility. Also protects against miscarriages.

Yaka Powder

Arrowroot
 Low John Powder
 Use only as a crossing agent. Quite a powerful spell-maker. Sprinkle liberally around the ritual area to cast all types of crossings.

Yesod

4 parts Jasmine flowers, finely chopped

2 parts each:

White Sandalwood

Myrrh

1 part fresh ground Coconut

Yo-Yo Powder

Red Sandalwood

Orris

Vetivert

Angelica

*Red

Another powerful crossing powder which is designed for use only against females. Said to return her unwanted amorous advances to her and get her to leave you alone. The effect of the curse will be reversed if utilized on a male.

Yule Incense

Pine

Juniper

Cedar

A few drops Bergamot

Burn during all winter rites and also to purify the home from November 1 to March 21.

Yule Incense #2

2 parts Frankincense

2 parts Pine needles or resin

1 part Cedar

1 part Juniper Berries

A few drops Bergamot

Mix and smolder at Yule. (Pagan Sabbat)

Yula Perfume Oil

Melon

Rose

Lavender

Wisteria

*Black

Never use except when the death of an enemy is desired. Will reverse its mighty power if used for any other reason.

Yuza-Yuza Oil

Myrrh

Cypress

*Black

A dreaded mystical oil used for calling the spirits of the dead. Very dangerous. Never use in jest. Also for casting hexes.

Zawba Powder

Vanilla powder

Thyme

Wintergreen

Almond

*Brown

A special blend which is used to create dissension between lovers and very close friends. Sprinkle on those individuals you wish to cast such a spell upon. Careful! This is a Black Herbalism blend.

Zombie

Low John

Yerba Buena

Nutmeg

Sage

Special powder / incense to be used only in casting hexes.

Zonka Powder

Patchouli

Lavender

Lemon

Verbena

Salt

Peppermint

A special Haitian mixture designed to break evil spells. Used only during the full moon. Must be rubbed on the body while out of doors.

Zorba Perfume Oil

Mastic

Frankincense

Cinnamon

Lavender

Bay

*Purple

Helps to bring forth psychic power. Wonderful for clairvoyance. Anoint forehead while in ritual. Use in your bath before retiring to secure prophetic dreams.

CHAKRAS

<i>Chakra</i>	<i>Color</i>	<i>Stone</i>	<i>Oil</i>
Base	Red	Red Jasper	Cinnamon
Spleen	Orange	Carnelian	Patchouli
Solar Plexus	Yellow	Citrine	Sandalwood
Heart	Green	Adventurine	Rose
Throat	Blue	Sodalite	Clove
3rd eye	Indigo	Lapis Lazuli	Acacia
Crown	Violet	Amethyst	Heliotrope

APPENDIX A - SUBSTITUTIONS

APPENDIX A - SUBSTITUTIONS

Appendix A
SUBSTITUTIONS

- Rosemary can be safely used for any other herb.
- Rose for any flower.
- Frankincense or copal for any gum resin.
- Tobacco for any poisonous herb.

Unless otherwise noted, all listings refer to plant materials, not oils.

FOR:	SUBSTITUTE:
ACACIA	Gum Arabic
ACACIA, GUM	Gum Arabic
ACONITE	Tobacco
ARABIC GUM	Frankincense, Gum Mastic, Gum Tragacanth (for binding wet ingredients, not for incense use)
AMMONIAC, GUM	Asafetida
ASAFETIDA	Tobacco, Valerian
BALM OF GILEAD	Rose buds, Gum Mastic
BDELLIUM, GUM	Copal, Pine resin, Dragon's Blood
BELLADONNA	Tobacco
BENZOIN	Gum Arabic, Gum Mastic
CACHANA	Angelica Root
CAMPHOR OIL	Eucalyptus oil, Lavendar oil
CARNATION	Rose petals anointed with a few drop Clove oil
CASSIA	Cinnamon (Cinnamon sold in the U.S. is actually less expensive Cassia.)
CASTOR BEAN	A few drops Castor Oil.
CEDAR	Sandalwood
CINQUEFOIL	Clover, Trefoil
CITRON	Equal parts Orange peel and Lemon peel
CLOVE	Mace, Nutmeg
CLOVER	Cinquefoil
COPAL	Frankincense, Cedar
COWBANE	Tobacco
CYPRESS	Juniper, Pine needles
DEERSTONGUE	Tonka bean (not for internal use), Woodrull, Vanilla
DITTANY OF CRETE	Gum Mastic
DRAGON'S BLOOD	Equal parts Frankincense / Red Sandalwood
EUCALYPTUS OIL	Camphor oil, Lanvendar oil
EUPHORBIIUM	Tobacco
FRANKINCENSE	Copal, Pine resin
GALANGAL	Ginger root
GRAINS OF PARADISE	Black Pepper

APPENDIX A - SUBSTITUTIONS

FOR:	SUBSTITUTE:
GUM AMMONIAC	Asafetida
GUM BEDELLIUM	Copal, Pine resin, Dragon's Blood
HELLEBORE	Tobacco, Nettle
HEMLOCK	Tobacco
HEMP	Nutmeg, Damiana, Star Anise, Bay
HENBANE	Tobacco
HYSSOP	Lavender
IVY	Cinquefoil
JASMINE	Rose
JUNIPER	Pine
LAVENDAR	Rose
LEMONGRASS	Lemon peel
LEMON PEEL	Lemongrass, Lemon peel
LEMON VERBENA	Lemongrass, Lemon peel
MACE	Nutmeg
MANDRAKE	Tobacco
MASTIC, GUM	Gum Arabic, Frankincense
MINT (any type)	Sage
MISTLETOE	Mint, Sage
MUGWORT	Wormwood
NAROLI OIL	Osage oil
NIGHTSHADE	Tobacco
NUTMEG	Mace, Cinnamon
OAKMOSS	Patchouli
ORANGE	Tangerine peel
ORANGE FLOWERS	Orange peel
PATCHOULI	Oakmoss
PEPPERMINT	Spearmint
PEPPERWORT	Rue, Grains of Paradise, Black Pepper
PINE	Juniper
PINE RESIN	Frankincense, Copal
RED SANDALWOOD	Sandalwood mixed with a pinch of Dragon's Blood
ROSE	Yarrow
ROSE GERANIUM	Rose
RUE	Rosemary mixed with a pinch of Black Pepper
SAFFRON	Orange peel
SANDALWOOD	Cedar
SARSAPARILLA	Sassafras
SASSAFRAS	Sarsaparilla
SPEARMINT	Peppermint
SULPHUR	Tobacco, Club Moss, Asafetida

APPENDIX B - WEIGHTS AND MEASURES

FOR:	SUBSTITUTE:
THYME	Rosemary
TOBACCO	Bay
TONKA BEAN	Deerstongue, Woodruff, Vanilla bean
TREFOIL	Cinquefoil
VALERIAN	Asafetida
VANILLA	Woodruff, Deerstongue, Tonka Bean
VETIVERT	Calamus
WOLFSBANE	Tobacco
WOOD ALOE	Sandalwood sprinkled with Ambergris oil
WOODRUFF	Deerstongue, Vanilla
WORMWOOD	Mugwort
YARROW	Rose
YEW	Tobacco

Appendix B

TABLE OF WEIGHTS AND MEASURES

KITCHEN EQUIVALENTS

1 minimum (liquid measure)	= 1 drop
1 grain (dry measure)	= 1 drop
1 dram (liquid or dry measure)	= 1 teaspoon
2 drams	= 1 dessert spoon
1/2 ounce	= 1 Tablespoon
1 ounce	= 2 Tablespoons
2 ounces	= 1 wineglass
4 ounces	= 1 teacup
8 ounces (dry measure)	= 1 (kitchen) cup
2 gills (liquid measure)	= 1 (kitchen) cup
1 pound (16 ounces, dry measure)	= 2 (kitchen) cups
1 pint (liquid measure)	= 2 (kitchen) cups

VOIRDUPOIS WEIGHT

(larger amounts used in cookery)	
16 ounces	= 1 pound

OFFICIAL WEIGHTS AND MEASURES

(Originally the word “drachm,” the old Greek coin drachma, of Dioscorides’ day, was used in the apothecaries’ weights to distinguish it from the “dram” of the avoirdupois scale. Unfortunately, in these modern times, both are confusingly written. Wherever dram is referred to in this text, the apothecary weight is meant.)

20 drops	= 1/5 tsp.	
100 drops	= 1 tsp.	
1/8 fluid ounce	= 1 dram	= 1/2 tsp. plus 1/8 tsp.
1/4 fluid ounce	= 2 drams	= 1/2 tbsp.
1/2 fluid ounce	= 4 drams	= 1 tbsp.
3/4 fluid ounce	= 6 drams	= 1 tbsp. plus 1/2 tsp.
1 fluid ounce	= 8 drams	= 2 tbsp.

APOTHECARIES’ WEIGHT (small amounts used in medicine)

20 grains	= 1 scruple	= 10 drops
1 minum	= 1/2 drop	
3 scruples	= 60 minims (drops, liquid)	= 1 dram (drachm)
3 scruples	= 1 Tbs.	
8 drams	= 1 ounce	
128 drams	= 16 ounces	
128 drams	= 1 pound	

MILLILITERS TO OUNCES:

1 milliliter	= 1/30 ounce
2 milliliters	= 1/16 ounce
4 milliliters	= 1/8 ounce
10 milliliters	= 1/3 ounce
15 milliliters	= 1/2 ounce

Appendix C

MAGICKAL USES OF OILS**ANIMALS**

Protection of and from animals; calming and soothing of frightened or distraught animals; training or domesticating; attracting a familiar; creating a bond of love and trust, healing sick or injured animals.

Ambergris	Catnip	Civet
Clover	Dandelion	Deer's Tongue
Dogwood	Dragon's Blood	Elecampane
Ground Honeysuckle	Horehound	Juniper
Mandrake	Marjoram	Mistletoe
Motherwort	Musk	Musk Root
Oregano	Peppermint	Pine
Red Clover	Rose Geranium	Savory
Southernwood	Spearmint	Spikenard
St. Johnswort	Tarragon	Valerian
Water Lily	Wintergreen	Wormwood
Yarrow	Yerba Santa	

APHRODISIAC

Increase sexual drive and desire; enhance sensuality; overcome frigidity.

Almond	Ambergris	Anise
Basil	Bay	Bergamot
Calamus	Caraway	Cassia
Celery	Cinnamon	Civet
Cloves	Coriander	Cucumber
Damiana	Garlic	Ginger
Ginseng	Grains of Paradise	Jasmine
Juniper	Lavender	Lovage
Maidenhair	Mandrake	Mugwort
Musk	Musk Root	Mustard
Myrtle	Nettle	Nutmeg
Parsley	Peppermint	Pepperweed
Rose	Rose Geranium	Rosemary
Sage	Salap	Sarsaparilla
Savory	Southernwood	Spearmint
Star Anise	Tarragon	Turmeric
Valerian	Vervain	Violet
Wormwood	Yohimbe	

BEAUTY

Enhance natural and inner beauty; perceive beauty in all.

Bay	Camomile	Celery
Coconut	Elecampane	Lemon
Linden	Maidenhair	Orange

APPENDIX C - MAGICKAL USES OF OILS

BEAUTY (cont'd.)

Rose	Salap	Strawberry
Violet	Water Lily	

BRIGHTEN DISPOSITION AND HAPPINESS

Attracts joy and well-being; causes enjoyment and contentment; dispels sadness, bad moods, and irritability.

Basil	Dittany	Grains of Paradise
Jasmine	Lemon Balm	Lemon Verbena
Lily of the Valley	Marigold	Marjoram
Motherwort	Myrrh	Myrtle
Orange	Oregano	Parsley
Peppermint	Rosemary	Spearmint

CLAIRVOYANCE AND DIVINATION

Attracts, enhances, and removes obstacles for better results; clarifies messages and signs.

Althea	Anise	Basil
Bay	Cassia	Cedar
Cinnamon	Cinquefoil	Clary Sage
Cloves	Coriander	Dittany
Elder	Frankincense	Garlic
Ground Honeysuckle	Hibiscus	Holly
Lavender	Lemon Grass	Lilac
Marigold	Mugwort	Nutmeg
Oak	Parsley	Patchouli
Pine	Poppy	Rose
Sage	Sandalwood	Southernwood
Star Anise	Strawberry	Sunflower
Thyme	Willow	Wormwood
Yarrow	Yew	

COMMANDING

Enhances leadership abilities; aids in obtaining position of leadership or responsibility; strengthens will.

Ambergris	Basil	Calamus
Catnip	Civet	Elder
Fennel	Galangal	Garlic
Jalap	Marigold	Musk
Musk Root	Mustard	Oak
Orris	Patchouli	Pepperweed
Poppy	St. Johnswort	Slippery Elm
Spikenard	Storax	Sunflower
Tarragon	Turmeric	Vetivert
Woodruff	Yohimbe	

COMPASSION

Softens emotions; attracts aid and understanding; brings feelings to surface.

APPENDIX C - MAGICKAL USES OF OILS

Allspice
Elder
Myrrh
Rose
Thyme

Almond
Lemon Balm
Pine
Rue
Willow

Broom
Motherwort
Quassia
Sassafras
Yew

CONFIDENCE AND COURAGE

Gives confidence; strengthens resolve; increases one's ability to cope with problems.

Fennel
Musk Root
Rose Geranium
Tarragon

Garlic
Mustard
Rosemary
Thyme

Musk
Oak
St. Johnswort
Turmeric

CONSECRATION

Purifies; psychic and spiritual cleansing; removes negative influences.

Anise
Bay
Cassia
Clary Sage
Elder
Galangal
Hyssop
Lovage
Musk
Peppermint
Rose Geranium
Sage
Spearmint
Thyme
Willow
Yarrow

Asafoetida
Broom
Cedar
Copal
Eucalyptus
Garlic
Jalap
Mistletoe
Musk Root
Pine
Rosemary
Sandalwood
Star Anise
Valerian
Wood Betony

Basil
Cascara Sagrada
Cinnamon
Dragon's Blood
Frankincense
Holly
Lavender
Mugwort
Myrrh
Rose
Rue
Solomon's Seal
Storax
Vervain
Woodruff

CONTACT OTHER PLANES

Aids in all occult matters; enhances contact; helps recall past lives; receives messages from the dead.

Acacia
Anise
Damiana
Frankincense
Holly
Lemon Grass
Mistletoe
Patchouli

Althea
Cascara Sagrada
Dittany
Galangal
Hyssop
Linden
Oak
Rose

Angelica
Copal
Elder
Hibiscus
Lemon
Locust
Parsley
Sandalwood

CONTACT OTHER PLANES (cont'd.)

Southernwood	Star Anise	Storax
Thyme	Violet	Wintergreen
Wisteria	Wormwood	Yarrow

DETERMINATION

Increases will-power; enhances tenacity and perseverance; increases and strengthens determination.

Allspice	Althea	Camomile
Dill	Hibiscus	Honeysuckle
Southernwood	Willow	Wormwood

DREAMS AND SLEEP

Prevents nightmares or negative dreams; attracts pleasant or insightful dreams; calms and relaxes; provides protection during sleep.

Camomile	Catnip	Dill
Jasmine	Lemon Verbena	Linden
Marigold	Motherwort	Mugwort
Nutmeg	Peppermint	Poppy
Spearmint	Sunflower	

EXORCISM AND SPELL BREAKING

Removes unwanted or malignant influences; casts out evil or negativity from a person, place, or thing; removes curses or spells; sends spells back to the sender.

Angelica	Asafoetida	Basil
Bay	Benzoin	Broom
Cascara Sagrada	Cinquefoil	Cloves
Comfrey	Copal	Frankincense
Galangal	Garlic	Lemon Verbena
Mustard	Myrrh	Nettle
Oak	Orris	Patchouli
Pepperweed	Rose Geranium	Salap
Slippery Elm	Solomon's Seal	Southernwood
St. Johnswort	Storax	Turmeric
Valerian	Willow	Wormwood
Yarrow	Yerba Santa	

FERTILITY

Increases fertility of body, mind and spirit; causes propagation of ideas or plans; increases productiveness and accomplishment.

Allspice	Almond	Anise
Basil	Blueberry	Caraway
Celery	Cherry	Coconut
Coriander	Cucumber	Dill
Fennel	Grains of Paradise	Hemlock
Jasmine	Juniper	Mace
Mandrake	Mistletoe	Motherwort

APPENDIX C - MAGICKAL USES OF OILS

Mustard
Oak
Pomegranate
Strawberry

Myrtle
Orange
Poppy
Sunflower

Nutmeg
Pine
Star Anise
Yarrow

FIDELITY

Ensures good faith and loyalty; enhances integrity; insures performance of obligations or vows.

Basil
Dragon's Blood
Lemon Grass
Violet

Caraway
Ground Honeysuckle
Red Sandalwood

Dogwood
Horehound
Rosemary

GAIN

Helps reach goals; aids in mental or spiritual growth; helps development of plans; insures prosperity and growth of material possessions.

Acacia
Anise
Cedar
Coriander
Fennel
Juniper
Mustard
Poppy
Sunflower

Allspice
Blueberry
Cherry
Cucumber
Ginseng
Mace
Nutmeg
Star Anise

Angelica
Caraway
Coconut
Dill
Grains of Paradise
Mistletoe
Pomegranate
Strawberry

GENTLENESS

Causes calmness and serenity; promotes a peaceful nature; stimulates moderation; blunts temper.

Camomile
Lilac
Motherwort
Violet

Lavender
Lily of the Valley
Sassafras
Willow

Lemon Balm
Maidenhair
Slippery Elm
Wisteria

GOOD LUCK

Causes gain or increase; attracts good fortune and prosperity; ends bad luck.

Anise
Bindweed
Cassia
Dandelion
Galangal
Irish
Linden
Mistletoe
Myrrh
Peppermint
Rosemary
Sandalwood

Bay
Camomile
Cinnamon
Dragon's Blood
Grains of Paradise
Jalap
Mace
Musk
Nutmeg
Red Clover
Rue
Solomon's Seal

Bayberry
Cascara Sagrada
Clover
Frankincense
Honeysuckle
Lavender
Marigold
Musk Root
Orange
Rose
Salap
Spearmint

APPENDIX C - MAGICKAL USES OF OILS

GOOD LUCK (cont'd.)

St. Johnswort	Star Anise	Sunflower
Vetivert	Violet	Wintergreen
Yarrow		

HARMONY

Promotes co-operation and accord; brings mutual agreement and understanding.

Acacia	Althea	Basil
Bay	Bayberry	Benzoin
Calamus	Camomile	Cassia
Catnip	Cinnamon	Clary Sage
Hibiscus	Lavender	Lemon Verbena
Lilac	Locust	Maidenhair
Marjoram	Motherwort	Oregano
Pennyroyal	Poppy	Rose
Sage	Valerian	Violet

HONESTY

Promotes and protects honesty: reinforces trust and truthfulness: insures loyalty: protects from temptation.

Basil	Caraway	Dogwood
Dragon's Blood	Ground Honeysuckle	Horehound
Lemon Grass	Red Sandalwood	Rosemary
Violet		

INCREASE THE POWER OF SPELLS

Acacia	Ambergris	Bergamot
Cassia	Cinnamon	Cinquefoil
Civet	Copal	Damiana
Dragon's Blood	Frankincense	Galangal
Lemon	Lemon Verbena	Locust
Musk	Musk Root	Patchouli
St. Johnswort	Storax	Vetivert
Yarrow	Yohimbe	

KEEP SECRET

Protect ideas and information; conceal knowledge; make information incomprehensible or seem unimportant to others.

Caraway	Clary Sage	Coriander
Dill	Dogwood	Ground Honeysuckle
Horehound	Juniper	Lavender
Oak	Pomegranate	Rose
Sage	Sarsaparilla	Tarragon

KNOWLEDGE AND WISDOM

Stimulates creativity and imagination; brings comprehension; increases perception and understanding; causes clear thinking; improves good judgment, intelligence, and common sense.

APPENDIX C - MAGICKAL USES OF OILS

Angelica
Benzoin
Cinquefoil
Rosemary
Vervain

Balm of Gilead
Cassia
Clary Sage
Sage
Wisteria

Bay
Cinnamon
Honeysuckle
Solomon's Seal

LONGEVITY

Increases life span of ideas, projects, groups, etc.; aids in perpetuation, endurance and continuation.

Cedar
Ginseng
Myrtle
Rosemary
Yarrow

Fennel
Lemon Balm
Oak
Rue

Garlic
Mugwort
Rose
Sage

LOVE

Attracts those of like mind; strengthens love and affection; causes attachments and bonds to grow.

Allspice
Angelica
Basil
Bergamot
Caraway
Celery
Cinquefoil
Cloves
Damiana
Dragon's Blood
Fennel
Ginseng
Jalap
Lavender
Lilac
Mace
Marigold
Motherwort
Mustard
Orange
Patchouli
Poppy
Rose
Rue
Southernwood
Star Anise
Tarragon
Vervain
Willow
Yarrow

Almond
Anise
Bay
Bindweed
Cassia
Cherry
Civet
Coriander
Deer's Tongue
Elder
Galangal
Grains of Paradise
Jasmine
Lemon Balm
Linden
Maidenhair
Marjoram
Musk
Myrtle
Oregano
Pennyroyal
Quassia
Rose Geranium
Sage
Spearmint
Strawberry
Thyme
Vetivert
Wisteria
Yohimbe

Ambergris
Balm of Gilead
Benzoin
Calamus
Catnip
Cinnamon
Clary Sage
Cucumber
Dill
Elecampane
Ginger
Honeysuckle
Juniper
Lemon Verbena
Lovage
Mandrake
Mistletoe
Musk Root
Nutmeg
Orris
Peppermint
Red Sandalwood
Rosemary
Savory
Spikenard
Sunflower
Valerian
Violet
Wormwood

APPENDIX C - MAGICKAL USES OF OILS

MAGICK

Helps all occult matters; aids in clairvoyance and divination; increases power of herbs; influences worldly events.

Angelica	Bay	Broom
Cinquefoil	Clover	Dandelion
Dragon's Blood	Elder	Elecampane
Frankincense	Galangal	Garlic
Holly	Lavender	Lemon Verbena
Mandrake	Mistletoe	Mugwort
Myrrh	Myrtle	Nettle
Oak	Oak	Patchouli
Pine	Red Clover	Rose
Rue	Salap	Slippery Elm
Southernwood	St. Johnswort	Storax
Thyme	Turmeric	Valerian
Vervain	Willow	

MATERIAL OBJECTS

Helps to obtain, protect, attract, and increase possessions.

Almond	Basil	Bayberry
Bergamot	Bindweed	Camomile
Cassia	Cedar	Cinnamon
Cinquefoil	Clary Sage	Honeysuckle
Hyssop	Jalap	Jasmine
Mandrake	Marigold	Myrrh
Myrtle	Oak	Orange
Peppermint	Pomegranate	Poppy
Sage	Solomon's Seal	Spearmint
Sunflower	Vervain	

MEDITATION

Keeps out interference; increases concentration.

Acacia	Camomile	Cassia
Cinnamon	Clary Sage	Copal
Dittany	Frankincense	Jasmine
Locust	Nutmeg	Parsley
Rosemary	Sage	Sandalwood
Thyme		

MEMORY

Increases and strengthens memory; aids in recall.

Bay	Benzoin	Caraway
Cloves	Honeysuckle	Lavender
Lilac	Marigold	Patchouli
Rose	Rosemary	Yew

MODESTY

Frees from excesses; promotes humility and reserve; protects purity and virtue; moderation.

Broom	Camomile	Lilac
Lily of the Valley	Maidenhair	Violet

MONEY AND WEALTH

Attracts and protects from loss; removal of debt; increase of resources, property, and material objects.

Acacia	Almond	Anise
Basil	Bay	Bayberry
Bindweed	Camomile	Cascara Sagrada
Cassia	Cinnamon	Cinquefoil
Clover	Comfrey	Dragon's Blood
Galangal	Garlic	Ginseng
Honeysuckle	Hyssop	Irish
Jalap	Lavender	Locust
Star Anise	Lovage	Sunflower
Mandrake	Marigold	Myrtle
Nutmeg	Orange	Peppermint
Red Clover	Salap	Solomon's Seal
Spearmint	Spikenard	Thyme
Wintergreen		

OVERCOME OPPOSITION

Removes obstacles to goal; helps to prevail; insures winning; surmounts difficulties.

Asafoetida	Bay	Clover
Cloves	Garlic	Jalap
Oak	Red Clover	Southernwood
St. Johnswort	Valerian	Woodruff
Wormwood		

PASSION

Physical love; causes desire and lust; increases emotion; stimulates enthusiasm.

Ambergris	Basil	Broom
Caraway	Cassia	Cinnamon
Civet	Geranium	Ginger
Jasmine	Musk	Musk Root
Mustard	Pepperweed	Rose
Savory	Tarragon	Turmeric
Yohimbe		

PEACE AND TRANQUILITY

Brings accord and agreement; aids in reconciliation; causes tranquility, serenity, and peace of mind; freedom from disturbance or interruption.

PEACE AND TRANQUILITY (cont'd.)

Acacia	Althea	Basil
Bay	Bayberry	Benzoin
Calamus	Camomile	Cascarilla
Cassia	Catnip	Cinnamon
Clary Sage	Dill	Hibiscus
Lavender	Lemon	Lilac
Linden	Locust	Maidenhair

PREVENT THEFT

Guards objects; makes things hard to locate or steal.

Caraway	Dogwood	Ground Honeysuckle
Horehound	Juniper	Mugwort
Rosemary	Tarragon	Willow

PROTECTION

Insures emotional and physical well-being; preserves from loss, injury, or annoyance; guards against evil or negativity; attracts good luck.

Acacia	Angelica	Anise
Asafoetida	Balm of Gilead	Basil
Bay	Benzoin	Bergamot
Bindweed	Broom	Caraway
Cascara Sagrada	Cassia	Cinnamon
Cinquefoil	Clary Sage	Clover
Cloves	Comfrey	Copal
Dill	Dogwood	Dragon's Blood
Elder	Eucalyptus	Fennel
Frankincense	Garlic	Geranium
Ground	Hemlock	Holly
Horehound	Hyssop	Irish
Jalap	Juniper	Lavender
Lemon	Lily of the Valley	Locust
Lovage	Mace	Mandrake
Marigold	Marjoram	Mistletoe
Mugwort	Mustard	Myrrh
Nettle	Nutmeg	Oak
Oregano	Orris	Patchouli
Pennyroyal	Peppermint	Pine
Quassia	Red Clover	Red Sandalwood
Rose	Rosemary	Rue
Sage	Sandalwood	Sarsaparilla
Slippery Elm	Solomon's Seal	Spearmint
St. Johnswort	Star Anise	Storax
Sunflower	Tarragon	Thyme
Verbena	Vervain	Vetivert
Wisteria	Wood Betony	Woodruff

APPENDIX C - MAGICKAL USES OF OILS

Wormwood
Yew

Yarrow

Yerba Santa

PSYCHIC DEVELOPMENT AND GROWTH

Psychic development and growth is aided, protected, increased, and speeded towards fulfillment.

Acacia

Basil

Cassia

Clary Sage

Damiana

Frankincense

Honeysuckle

Lemon Balm

Mandrake

Mugwort

Parsley

Rue

Solomon's Seal

Star Anise

Wisteria

Althea

Bay

Celery

Cloves

Dandelion

Ginger

Hyssop

Lemon Grass

Marigold

Nutmeg

Peppermint

Sage

Southernwood

Sunflower

Wormwood

Anise

Camphor

Cinnamon

Cucumber

Dittany

Hibiscus

Lavender

Lilac

Marjoram

Oregano

Rosemary

Sandalwood

Spearmint

Thyme

Yerba Santa

PSYCHIC PROTECTION

Prevents harm from evil or negative forces; safeguards against outside influences.

Angelica

Basil

Broom

Cloves

Elder

Galangal

Hyssop

Lovage

Mugwort

Oregano

Red Clover

Rue

Salap

Star Anise

Vetivert

Wormwood

Anise

Bay

Cinquefoil

Dill

Fennel

Ginger

Lemon Verbena

Marjoram

Myrrh

Patchouli

Rose

Sage

Solomon's Seal

Storax

Wood Betony

Yarrow

Asafoetida

Benzoin

Clover

Dragon's Blood

Frankincense

Hemlock

Lilac

Mistletoe

Nettle

Pine

Geranium

St. Johnswort

Spikenard

Valerian

Woodruff

RELEASE AND ENDINGS

Sets free from restraint, restrictions, and unwanted events or situations; removes pain, trouble, worry, and grief; successful completion of a goal; release from unwanted involvements.

Asafoetida

Comfrey

Myrrh

Quassia

Bay

Lemon Balm

Pennyroyal

Rosemary

Camphor

Lily

Peppermint

Slippery Elm

RELEASE AND ENDINGS (cont'd.)

Spearmint	Water	Willow
Woodruff	Yarrow	

RENEWAL

Causes healing and regeneration; health and vitality; return or increase of strength; restore, rebuild, or revive ideas, plans, things, etc.

Allspice	Angelica	Eucalyptus
Ginseng	Holly	Lily
Marigold	Mistletoe	Peppermint
Pomegranate	Spearmint	Water
Woodruff		

RETENTION

Prevents loss; keeps secure; to retain what is rightfully yours.

Coriander	Dogwood	Caraway
Ground	Clary Sage	Dill
Honeysuckle	Horehound	Juniper
Lavender	Oak	Pomegranate
Rose	Sage	Sarsaparilla
Tarragon		

SENSUALITY

Increases passion, sex appeal, and pleasure; causes attraction, lust, and physical love.

Ambergris	Basil	Bergamot
Caraway	Cascarilla	Civet
Damiana	Ginger	Jasmine
Mandrake	Musk	Musk Root
Mustard	Patchouli	Pepperweed
Rose Geranium	Savory	Tarragon
Turmeric	Yohimbe	

STOP GOSSIP

Protects reputation; stops idle speculation; guards against slander; negates negative statements and remarks.

Clover	Cloves	Garlic
Geranium	Orris	Red Clover
Rose	Slippery Elm	Tongue

STRENGTH

Increases legal, moral, or intellectual power; gives strength, stamina, and vitality; protects strength; enhances physical well-being.

Balm of Gilead	Basil	Bergamot
Camomile	Cedar	Clover

APPENDIX C - MAGICKAL USES OF OILS

Dragon's Blood	Fennel	Garlic
Hemlock	Honeysuckle	Juniper
Lemon	Lemon Grass	Mugwort
Musk	Musk Root	Mustard
Oak	Pine	Red Clover
Rosemary	St. Johnswort	Storax
Tarragon	Turmeric	Yerba Santa

SUCCESS

Favorable outcome to project, event, or situation; luck; prosperity; attainment; reach a goal, causes gain, wealth, victory, and achievement.

Angelica	Basil	Bergamot
Cedar	Frankincense	Garlic
Grains of Paradise	Jalap	Lemon Verbena
Marigold	Mistletoe	Musk
Musk Root	Mustard	Myrrh
Oak	St. Johnswort	Salap
Sandalwood	Solomon's Seal	Storax
Sunflower	Vervain	Vetivert
Woodruff		

TRANSFORMATION

Change nature, conditions, functions, personality and character; to convert, modify, or shift one's life.

Bay	Elder	Frankincense
Holly	Myrrh	Peppermint
Rose	Rosemary	Southernwood
Spearmint	Vervain	Violet
Woodruff	Wormwood	

VIRILITY

Increase of masculine strength, vigor, stamina.

Ambergris	Balm of Gilead	Cascarilla
Civet	Dragon's Blood	Holly
Lavender	Mandrake	Mistletoe
Musk	Musk Root	Mustard
Oak	Savory	Tarragon
Vetivert		

WEDDINGS

Ensures contentment and happiness; encourages proposals; fulfillment, satisfaction, and success of the couple.

Broom	Ground Honeysuckle	Jasmine
Linden	Marjoram	Myrtle Orange
Oregano	Rose	Rosemary
Sage	Yarrow	

APPENDIX C - MAGICKAL USES OF OILS

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This book is the product of personal experimentation, much of which was based on suggestions by friends, teachers, and books from many disciplines. Much has come from our own experimentation and the resulting “Book of Formulas”; many were taken from forgotten books whose names now escape us. However, there are published sources that are of value to the student who wishes to further research the subjects of magical perfumery and aroma therapy.

Some of these works contain only a fragment of herbal information. Others are herbal textbooks. I do not necessarily agree with, or even endorse, what other authors have to say, but that doesn’t mean that their books shouldn’t be consulted.

The literature of Herbalism is extremely limited, in general; a condition we hope to remedy with this book. Unfortunately, most of the classic books on this subject are out of print; but they can still be found in secondhand book stores, some libraries, or by mail from book-search services.

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- * Internationally known Psychic Counselor, Crystal Artist, educator, and author
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- * Advanced studies in metaphysics, the Bible, religion, jewelry design, business, journalism, psychology, parapsychology, hypnotherapy, and education.
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Pat founded Pathways in 1980 as a path to sharing her knowledge and expertise. She was asked to assume leadership of Footsteps Foundation in 1981 and incorporated it into Pathways, taking the name for the Pathways newsletter. She has studied metaphysics, religion, the Bible, parapsychology, hypnotherapy, journalism, business, education, psychology and jewelry design and uses all of these disciplines as director of Pathways.

In 1994, Pathways was incorporated as a non-profit church and spiritual education center. At that time, the name was changed to Pathways Universal Light Center, Inc., a.k.a. Pathways Church and Seminary; it was recognized as a church by both the IRS and the Postal Service in 1996. Pathways offers ordinations, courses and degrees to the Light Workers of the world to help further their work, and currently has ordained ministers in Africa and Europe, as well as many in the United States. They can be reached through their web site, www.Pathways-Church.org.

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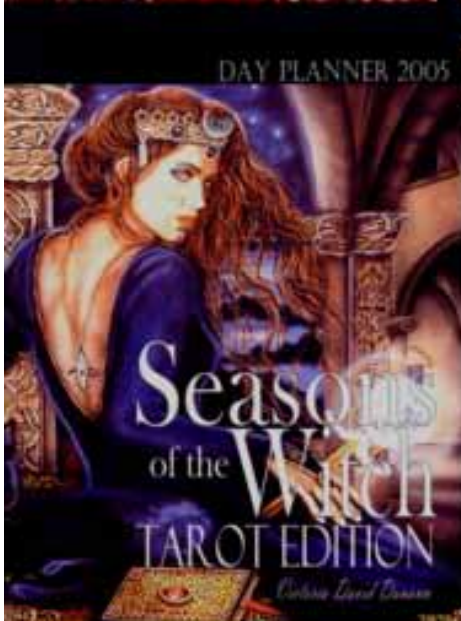


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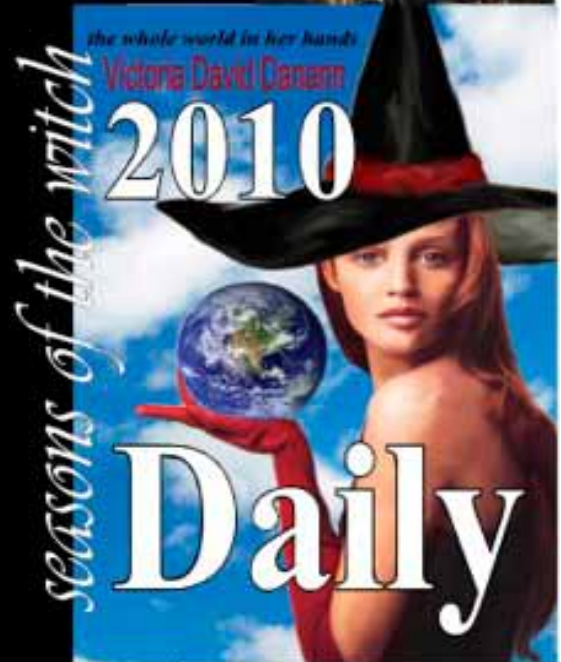
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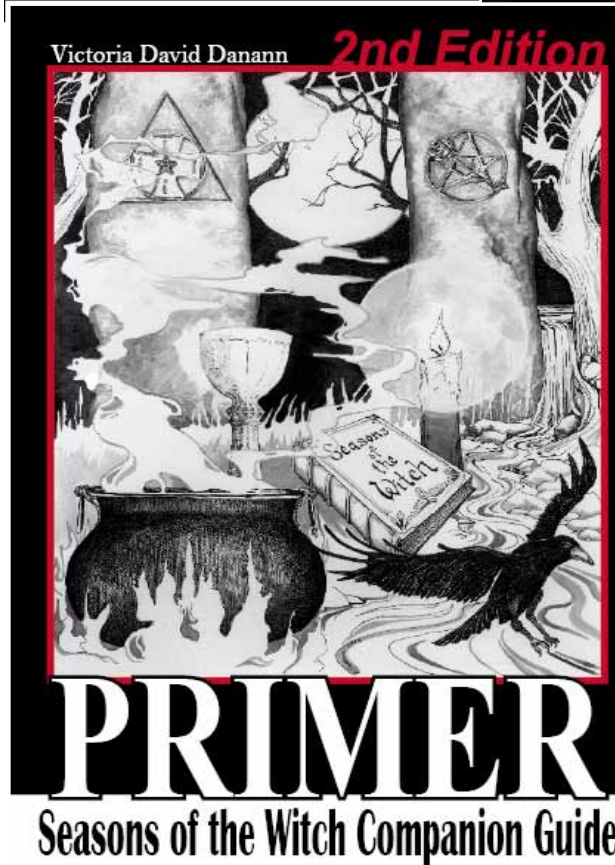
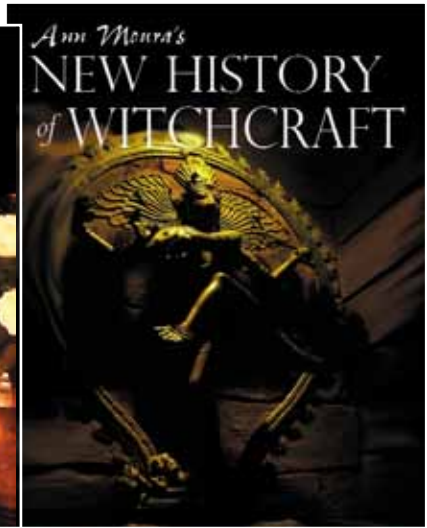
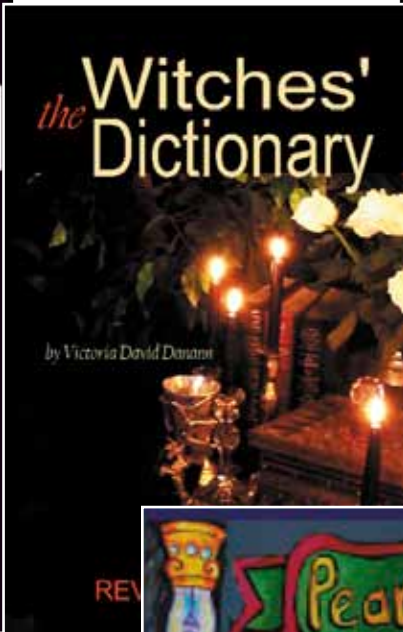
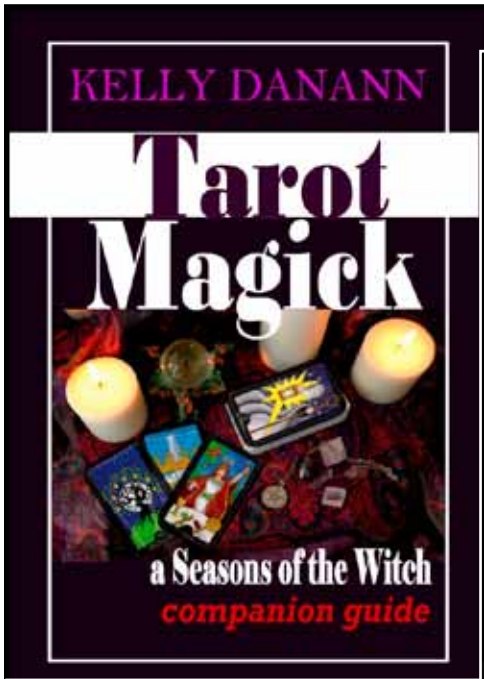
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