

PSYCHE	Chill Out Grounding Love Attract Manifesting Mental Focus Mood Lifter Opening Releasing
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ELEMENTAL	Air Earth Fire Water
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Spiritual

Moon Commune

Aroma: resinous – sweetly musky and warm

Ceremonial Use: purifications; women’s, fertility and water ceremonies

Significant Days: goddess and divine feminine days; New and Full Moons; Holi and Divali – Hindu; lunar Beltane, Lammastide, Samhain and Imbolc – pagan; Vesak and Bodhi Day – Buddhist; Passover, Rosh Hashana and Sukkot - Jewish

Preparation Notes: Crush the myrrh and sandalwood, if necessary, and then grind with the buchu into a rough powder. Add mugwort and wild lettuce, if desired, and blend.

1/4 cup	buchu - optional	1/2 part
1/2 cup	mugwort	1 part
1 cup	myrrh resin	2 parts
1 cup	sandalwood	2 parts
1/2 cup	wild lettuce root - optional	1 part

Burn these lunar herbs as an offering to the Moon. Based on mugwort, herb of the Moon, myrrh and sandalwood, it is a deeply psychic and emotional blend. If children, teens or anyone on medication for psychiatric illness are not present, you can deepen the impact by including buchu and wild lettuce to expand the mind. Pregnant and nursing women should avoid mugwort.

Passages

Aroma: resinous – with much spice and sharpness

Ceremonial Use: cremations; funerals and memorial services

Significant Days: Day of the Dead; Divali - Hindu; Obon – Shinto;
Samhain - pagan

Preparation Notes: Crush the copal, elder wood, mandrake root, myrrh, poplar bud and sandalwood, if necessary, and then grind into a rough and very sticky powder. Add anise seed, basil, Dittany of Crete and rosemary and blend. Sprinkle with cypress oil and blend again.

2 tbsp	anise seed	1/2 part
1/4 cup	basil	1 part
1 cup	copal resin	4 parts
10 to 20 drops	cypress oil	10 to 20 drops
1/4 cup	Dittany of Crete	1 part
1/4 cup	elder wood	1 part
2 tbsp	mandrake root	1/2 part
1 cup	myrrh resin	4 parts
1/2 cup	poplar bud (Balm of Gilead)	2 parts
1/4 cup	rosemary	1 part
1/2 cup	sandalwood	2 parts

For use at the end of life, this recipe features herbs that honor the deceased and assist their passages, either from the physical body or between worlds. Use this blend to dress the body before burial or cremation, or to toss into the grave. Burn the blend at memorial services, funerals and ancestor observances.

Spirit Food

Aroma: resinous – sweet with a slight sharp note

Ceremonial Use: ancestor remembrances; funerals and memorial services;
evocations and honorings of spirits and spirit guides

Significant Days: Day of the Dead; Samhain – pagan; Divali - Hindu

Preparation Notes: Crush the copal, myrrh and poplar bud, if necessary, and grind into a rough and very sticky powder. Add Dittany of Crete and benzoin and blend.