

# Rosemary

## (Rosmarinus officinalis)

"I call upon the strength and clarity of Rosemary to protect, heal, and purify my mind, body, and space."

Common Names: Dew of the Sea,  
Compass Weed, Elf Leaf  
Element: Fire, Air  
Planet: Mercury, Sun  
Deities: Hecate, Aphrodite, Venus  
Zodiac: Leo, Aries  
Chakras: Third Eye, Solar Plexus  
Crystals: Clear Quartz, Amethyst,  
Tiger's Eye  
Colors: Green, Gold

### Rosemary Protection Oil

Infuse dried Rosemary in olive oil for 2-3 weeks. Use it to anoint doors and windows for protection or in candle spells.

### Clarity Spell Candle

Rub a yellow candle with Rosemary oil, roll in crushed dried Rosemary, and burn to enhance focus during meditation.

### Healing Tea

Steep dried Rosemary leaves in hot water for 5-10 minutes. Drink to promote healing and relieve headaches or digestive issues.

### Moon Phase Correspondences

New Moon: Use Rosemary for purification and setting intentions for new beginnings.

Waxing Moon: Strengthen spells for love, self-care, and personal growth.

Full Moon: Perform protection or healing rituals using Rosemary during this potent lunar phase.

Waning Moon: Focus on banishing and removing negativity or obstacles.



### Magical Uses:

Protection: Hang Rosemary over doorways or use it in charm bags to ward off negative energy and protect your home and spirit.

Healing: A powerful herb for physical and emotional healing, often used in baths or burned as incense.

Mental Clarity: Burn Rosemary or use its oil to enhance concentration, memory, and focus during spells or meditation.

Love & Lust: Use Rosemary in love spells to strengthen relationships and promote self-love.

Purification: Ideal for cleansing spaces, tools, and your aura before ritual work.

### Magical Uses

#### Protection Sachet

Combine dried Rosemary with salt and black tourmaline in a small pouch. Carry it with you or hang it in your home to protect against negative energies.

#### Cleansing Bath

Add a handful of fresh or dried Rosemary to your bath for purification. This clears your aura and prepares you for spellwork.

#### Focus & Clarity Spell

Burn a small bundle of Rosemary before meditating or studying to sharpen your mind and promote mental clarity.

### Healing Uses

Headache Relief: Apply diluted Rosemary oil to your temples for quick headache relief.

Digestive Aid: Drink Rosemary tea to soothe indigestion or stomach discomfort.

Immune Support: Add Rosemary to meals or teas to boost your immune system.