

Smokeable Herbs for Meditation and Focus

To enhance meditation and focus, help promote calm, clarity, and deeper introspection during spiritual practices.

Herbs and Their Properties:

Mugwort (*Artemisia vulgaris*)

Properties: Intuition, spiritual insight, focus

Uses: Enhances spiritual connection, sharpens focus, excellent for deeper meditative states.

Damiana (*Turnera diffusa*)

Properties: Relaxation, mood enhancement, mental clarity

Uses: Soothes tension, promotes introspection, ideal for calming the mind before meditation.

Lavender (*Lavandula angustifolia*)

Properties: Relaxation, stress relief, tranquility

Uses: Calms nerves, soothes the mind, perfect for creating a peaceful environment for meditation.

Peppermint (*Mentha piperita*)

Properties: Refreshing, focus, mental clarity

Uses: Sharpens concentration, clears mental fog, cools the body, great for alertness during meditation.

Skullcap (*Scutellaria lateriflora*)

Properties: Anxiety relief, mental clarity, peace

Uses: Calms racing thoughts, reduces anxiety, promotes mental focus during meditation.

Holy Basil (*Ocimum sanctum*)

Properties: Mental clarity, balance, stress relief

Uses: Enhances mental focus, balances mind and body, reduces stress during meditation or focus tasks.

Gotu Kola (*Centella asiatica*)

Properties: Cognitive enhancement, mental clarity, focus

Uses: Improves concentration, clears mental fog, supports long meditation sessions.

Passionflower (*Passiflora incarnata*)

Properties: Calm, stress relief, relaxation

Uses: Quietens the mind, grounds energy, helps prevent overthinking during meditation.

Calming Meditation Blend

- 1 part Damiana
- 1 part Skullcap
- 1 part Lavender
- ½ part Mugwort

Focus and Clarity Blend

- 1 part Peppermint
- 1 part Gotu Kola
- ½ part Holy Basil
- ½ part Mugwort

Balanced Calm and Focus Blend

- 1 part Skullcap
- 1 part Passionflower
- 1 part Peppermint
- ½ part Damiana

Correspondences for Meditation and Focus

Colors: Blue (calm, clarity), Purple (spirituality, intuition), Green (balance, healing)

Crystals: Amethyst (calm, spiritual insight), Clear Quartz (focus, clarity), Fluorite (mental clarity)

Planetary Associations: Mercury (communication, mental agility), Moon (intuition, reflection)

Instructions for Use

Mix herbs in an airtight jar.

Use a small amount in a pipe, herbal cigarette, or burn as loose incense before meditation. Focus on slow, mindful breathing as you inhale the herbal smoke, setting your intention for clarity or relaxation.