

Smokeable Herbs for Cleansing and Protection

"May the smoke rise and purify, guarding me with herbs that protect and heal. With every breath, I stand shielded."

Herbs and Their Properties:

Lavender

Properties: Peace, purification, calm.

Uses: Clears emotional negativity, protection during rituals.

Flavor: Floral, calming.

Damiana

Properties: Relaxation, emotional protection.

Uses: Cleansing negative thoughts, grounding energy.

Flavor: Mild, spicy.

Mullein

Properties: Healing, purification, lung support.

Uses: Base herb for smoking blends, clears energy.

Flavor: Light, neutral.

Skullcap

Properties: Protection from negative thoughts, calming.

Uses: Psychic protection, grounding during stress.

Flavor: Mild, slightly earthy.

Mugwort

Properties: Protection, lucid dreams, clearing negativity.

Uses: Enhances dream work, psychic protection.

Flavor: Earthy, mild.

Rosemary

Properties: Strong protection, grounding.

Uses: Banishing negative energy, shielding aura.

Flavor: Piney, fresh.

Smoking Blend Recipes:

Cleansing and Protection

2 parts Mullein
1 part Rosemary
1 part Mugwort
1 part Lavender
1 part Damiana

Dream Protection Blend

2 parts Mullein (base)
1 part Mugwort
1 part Lavender
1 part Skullcap

Cleansing and Calming

2 parts Mullein (base)
1 part Lavender
1 part Skullcap
1 part Rosemary
1 part Mugwort

Correspondences for Cleansing and Protection

Colors: White for purification, black for protection, purple for psychic shielding, blue for emotional healing.

Crystals: Black Tourmaline and Obsidian for protection, Amethyst and Clear Quartz for cleansing and amplifying energy.

Elements: Air for clarity, Fire for purification, Water for emotional healing, Earth for grounding.

Deities: Hecate, Brigid, Morrigan, and Lilith for protection and strength.

Astrological Signs: Scorpio for transformation, Capricorn for grounding, Pisces for emotional cleansing.

Days: Tuesday for protection, Saturday for deep cleansing, Thursday for strengthening boundaries.