

# Damiana

## (Turnera diffusa)

### Correspondences:

Colors: Yellow, Green, Pink

### Crystals:

Rose Quartz: Enhances love and emotional healing.

Citrine: Boosts confidence and personal power.

Amethyst: Supports psychic abilities and dream work.

### Magical Properties:

Element: Air

Planet: Venus

Gender: Feminine

Deity Associations: Aphrodite, Venus, Tlazolteotl

**Historical and Cultural Significance:** Damiana, native to Central and South America, has been used historically by indigenous cultures for its aphrodisiacal and calming properties. The Aztec goddess Tlazolteotl, associated with love and desire, is said to have bestowed this herb upon the people. Its use in love rituals and ceremonies highlights its role in enhancing emotional and spiritual well-being.

### Magical Uses:

**Love and Passion:** Enhance romantic connections and attract love. Ideal for love spells and rituals.

**Divination:** Boost psychic abilities and clarity in divination practices.

**Dream Work:** Promote vivid dreams and improve dream recall.

### Aligning with Moon Phases:

**New Moon:** Use for setting intentions related to love and emotional clarity.

**Waxing Moon:** Ideal for spells that attract love and enhance psychic abilities.

**Full Moon:** Amplify passion and divination practices.

**Waning Moon:** Engage in self-reflection and emotional release.

### Herbal Recipes:

#### Damiana Tea:

Ingredients: 1-2 teaspoons dried Damiana leaves, hot water

Instructions: Brew leaves in hot water for 5-10 minutes. Drink to promote relaxation and mood enhancement.

#### Love Sachet:

Ingredients: Damiana, rose petals, lavender

Instructions: Combine in a small pouch. Place under your pillow or carry with you to attract love and enhance romantic energy

#### Dream Pillow:

Ingredients: Damiana, mugwort, chamomile

Instructions: Mix herbs and sew into a small pillow. Place near your bed for vivid dreams and improved dream recall.

#### Damiana-Infused Oil:

Ingredients: Damiana leaves, carrier oil (e.g., almond or olive)

Instructions: Infuse leaves in oil for several weeks. Use in love spells, to anoint candles, or as a sensual massage oil.

### Magical Practices:

**Love Spell:** Combine Damiana with rose quartz and a pink candle. Carve your intention into the candle and light it during the Waxing Moon.

**Protection Ritual:** Create a charm with Damiana, black tourmaline, and sage to protect against negative energies while fostering positive relationships.