

Mugwort

(*Artemisia vulgaris*)

Mugwort is a tall, aromatic plant with silver-green leaves and a history rooted in European and Asian traditions. It thrives in temperate climates and is often found growing wild in meadows, along roadsides, and near waterways.

Correspondences:

- Element: Water
- Planet: Moon
- Gender: Feminine
- Deities: Artemis, Hecate, Diana
- Colors: Silver, Deep Blue
- Crystals: Moonstone, Labradorite, Amethyst
- Tarot Card: The High Priestess

Magical Uses:

- Divination Rituals: Burn Mugwort as incense or drink Mugwort tea to sharpen your psychic senses during tarot readings or scrying.
- Dream Magic: Place dried Mugwort under your pillow or create a dream sachet to invoke lucid dreams and connect with the astral realm.
- Protection Charms: Combine Mugwort with black tourmaline or obsidian to create protective sachets for your home or to carry with you.

Aligning with Moon Phases:

Mugwort is closely aligned with the Moon's energy and can be worked with during various phases:

- New Moon: Use in intention-setting rituals to clear your third eye and envision new beginnings.
- Waxing Moon: Burn Mugwort incense to amplify personal growth and psychic development.
- Full Moon: Mugwort is at its most powerful. Use it in baths, incense, or teas to enhance divination and astral travel.
- Waning Moon: Employ Mugwort's protective qualities to banish negativity and obstacles in your path.

Herbal Recipes:

Mugwort Dream Pillow

- Combine dried Mugwort and lavender in a small cotton pouch.
- Place under your pillow for lucid dreams and enhanced dream recall.

Protection Sachet

- Combine dried Mugwort and a protective crystal (black tourmaline or obsidian).
- Carry with you for protection against negative energy or place in your home to create a protective shield.

Mugwort Tea for Divination

- Steep 1 tsp dried Mugwort in boiling water for 10 minutes.
- Drink before divination practices to enhance psychic vision and intuition.

Shadow Work with Mugwort

Mugwort is an ideal herb for shadow work, aiding in introspection and bringing hidden truths to the surface. Burn Mugwort incense during meditation or place a sachet on your altar to provide clarity and protection as you navigate your inner self.