

Sage

(*Salvia officinalis*)

Sage is a sacred herb revered for its powerful cleansing, protection, and healing properties. It has been used in spiritual practices for centuries, particularly for purifying spaces and banishing negative energies. Its versatility makes it a staple in many witchcraft traditions and rituals.

Correspondences:

- Element: Air
- Planet: Jupiter
- Deities: Hecate, Zeus, Athena
- Crystals: Amethyst (clarity, protection), Black Tourmaline (grounding, banishing)
- Chakra: Throat (for communication and wisdom)
- Colors: White (purity), Green (healing)
- Zodiac: Sagittarius
- Moon Phases:
 - Waning Moon: Best for banishing negativity and purifying energies.
 - Full Moon: Enhances protection and boosts clarity in divination.

Magical Uses:

- Cleansing & Purification: Removes negative energy from spaces, objects, and people.
- Protection: Wards off evil spirits, harmful entities, and unwanted influences.
- Wisdom & Clarity: Enhances mental focus and helps in seeking wisdom during divination.
- Healing: Promotes physical and emotional healing, balancing energies.
- Longevity: Linked to vitality, sage can be used in rituals to promote a long, healthy life.



Herbal Recipes:

Sage Smudge Stick

- Ingredients: Fresh or dried sage, cotton string
- Use: Burn to purify spaces or objects and remove negative energy.

Sage & Rosemary Protection Charm

- Ingredients: Dried sage, rosemary, black salt
- Use: Carry with you or place near entryways for protection.

Sage Healing Tea

- Ingredients: Dried sage leaves, honey, lemon
- Use: Drink for emotional balance and physical healing. Especially helpful for easing anxiety and promoting clear thoughts.

Folklore and History:

Sage has long been associated with wisdom and longevity. In ancient Greece, it was sacred to the goddess Athena, while the Romans believed sage enhanced memory and cognitive abilities. Native American tribes have used sage in their smudging rituals for centuries to purify spaces and banish negativity.