

# Smokeable Herbs for Anger and Frustration

## Purpose:

To soothe anger, release frustration, and promote emotional balance through the use of natural smokeable herbs.

## Herbs and Their Properties:

Lavender

Element: Air

Planet: Mercury

Properties: Calming, soothing, promotes relaxation, eases stress and tension

Use: Helps temper anger and frustration, encourages peaceful thoughts.

Damiana

Element: Fire

Planet: Venus

Properties: Uplifting, mood-enhancing, reduces irritability

Use: Eases emotional tension, brings emotional balance and clarity.

Mullein

Element: Air

Planet: Saturn

Properties: Smooth smoke, lung cleanser, grounding

Use: Acts as a base herb, providing a gentle foundation for blends while easing physical and emotional tension.

Skullcap

Element: Water

Planet: Moon

Properties: Anxiety-reducing, calming, promotes inner peace

Use: Soothes nervous tension, quiets an overwhelmed mind, encourages emotional control.

Blue Lotus

Element: Water

Planet: Moon

Properties: Tranquil, emotional release, mild euphoria

Use: Induces relaxation, opens emotional pathways, releases anger and frustration.

Catnip (Nepeta cataria)

Element: Water

Planet: Venus

Properties: Calming, stress-relieving, mild sedative

Use: Helps to reduce anger and frustration, promoting relaxation and emotional balance.

## Smoking Blend Recipes:

### Basic Calming Blend:

- 2 parts mullein
- 1 part lavender
- 1 part chamomile

### Uplifting Blend for Frustration:

- 2 parts lemon balm
- 1 part peppermint
- 1 part damiana

### Deep Relaxation Blend:

- 2 parts blue lotus
- 1 part skullcap
- 1 part passionflower

## Correspondences for Emotional Healing:

Colors: Blue (calm), Purple (spiritual healing), Green (balance)

Crystals: Amethyst (calming), Rose Quartz (emotional healing), Lepidolite (stress relief)

Additional Tools: Smudging feathers, candle (blue or lavender), meditation space

## How to Use:

Craft your blend with intention. Hold the herbs in your hands, visualize the release of anger and frustration, and charge them with calming energy. Use in a pipe or as incense during a ritual or when you need emotional relief.