

Motherwort

Courage • Heart-Guard • Storm-Calming

The Lion-Heart Herb of Steadfast Spirit



Overview

Motherwort is a fierce, steadying herb — a plant whose magic gathers in the chest like a quiet, iron resolve. In old-world spellcraft, it is revered for its ability to calm the stormed spirit, strengthen the emotional body, and shield the heart from fear, sorrow, or spiritual disturbance. Its energy is not soft; it is firm, grounding, and protective in a way that feels ancient and maternal. Motherwort is the herb of those who must stand tall while their inner world trembles.

Magical Properties

- **Courage:** Steadies the heart, strengthens resolve, and dispels fear.
- **Heart-Guard:** Shields the emotional body from sorrow, anxiety, and subtle harm.
- **Spirit-Calming:** Quiets inner turbulence and restores equilibrium.
- **Resilience:** Supports endurance during grief, upheaval, or emotional strain.

Spellwork Applications

- **Courage Charms:** Added to sachets or jars to fortify the will and steady the spirit.
- **Heart-Healing Rites:** Used in blends that soothe heartbreak, fear, or emotional exhaustion.
- **Protective Bundles:** Placed near the bed or carried to guard the heart from subtle intrusion.
- **Calming Work:** Burned or scattered to quiet emotional storms and restore inner balance.
- **Ancestral Strength:** Incorporated into workings that call upon maternal or guardian spirits.

Notes for the Practitioner

Motherwort is a herb of quiet strength. It does not roar; it steadies. It does not shield with force; it shields with presence. Call upon it when your heart feels unmoored, when your courage falters, or when your magic requires a firm, unwavering center. Treat it as a companion of lion-heart calm — grounding, protective, and deeply resilient.



Magie Witchballs