

ENTERING HEKATE'S GARDEN: COMPANION GUIDE



Cyndi Brannen

Access the class that accompanies this Companion Guide [HERE](#).



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Purchase the Triple Goddesses illustration, which I commissioned for the launch of EHG, on [RedBubble](#). This image anywhere else is copyright infringement, so don't buy it on Amazon or Wish.

Welcome to the Garden of the Goddess

Greetings,

Thank you for embarking on this journey into the magick, medicine and mystery of plant spirit witchcraft with me. In the following pages, you will find ways to take your practice of *pharmakeia* deeper, expanding upon the teachings of “Entering Hekate’s Garden: The Magick, Medicine and Mystery of Plant Spirit Witchcraft.”



I have loved creating this companion as much as I enjoyed putting together my 30 years of experience as an herbalist, psychologist, student of ancient history, and seeker of Hekate’s Witchcraft. This is my journey, so long walked with Hekate, Circe and Medea, that I now share with you. May you be well blessed by the book and this companion guide.

Included in this Companion Guide, you will find audio and video classes to help you along this journey, as well as tables, figures, musings and more that are my gift to you for supporting my work.

Claim the key to Hekate’s Garden; the green world has been waiting for you to unlock the gate.

Blessings of Hekate’s Garden,

A handwritten signature in black ink that reads "Cyndi".

Cyndi Brannen, PhD

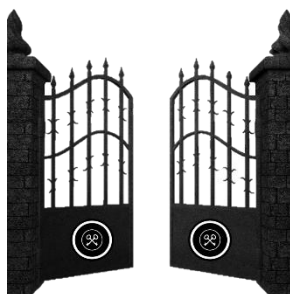
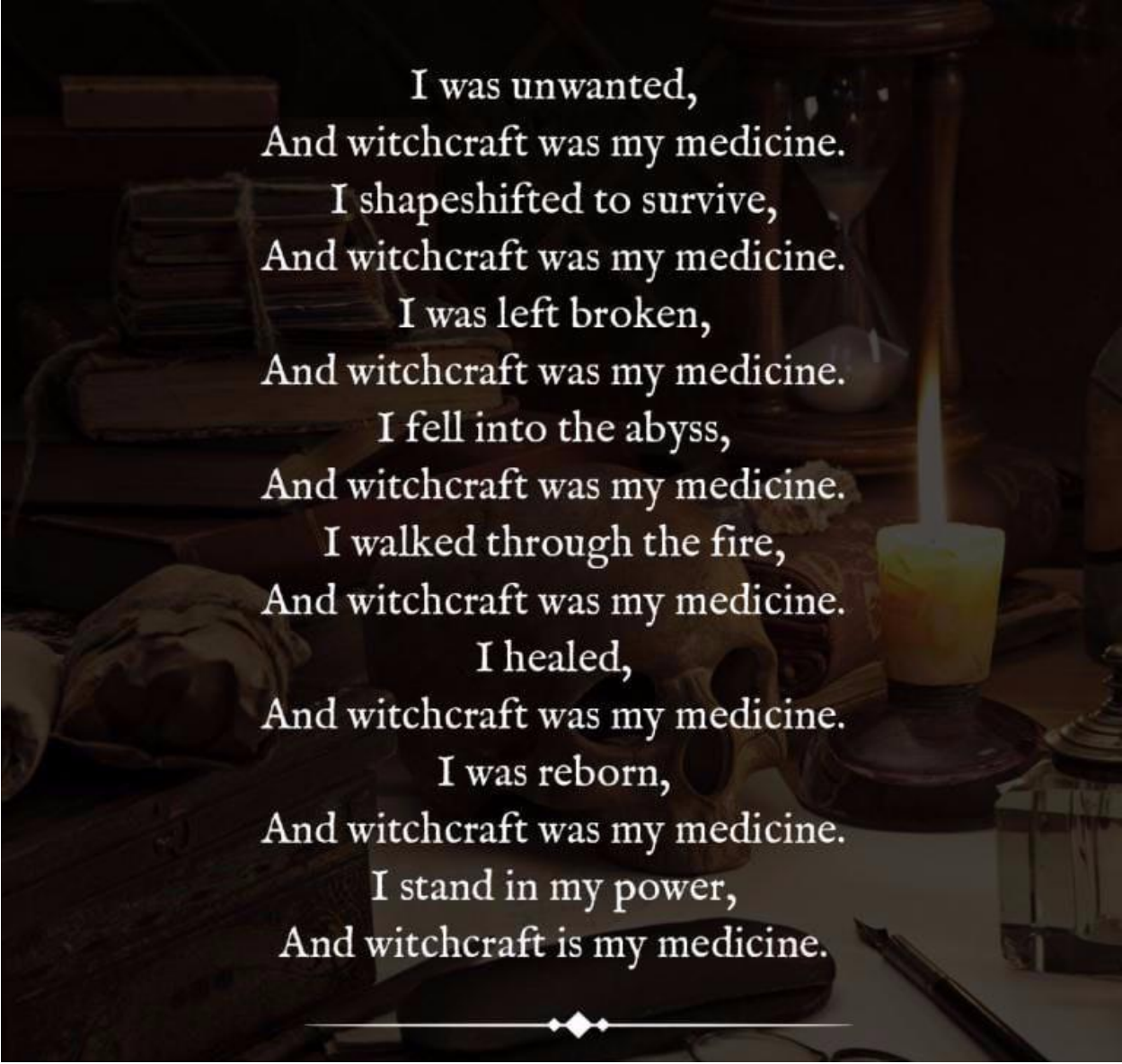


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The Return Of Witchcraft Medicine

Witchcraft is the medicine that heals the spirit and nourishes the soul for those who walk this crooked path. It is not found in a pill or in a ball of light, but in the pungent scent of herbs, the wild energy of the natural world, and under the pale moonlight. For centuries, our true medicine has been robbed by others who sought to silence us. Now the time has come to reclaim our medicine.



I was unwanted,
And witchcraft was my medicine.
I shapeshifted to survive,
And witchcraft was my medicine.
I was left broken,
And witchcraft was my medicine.
I fell into the abyss,
And witchcraft was my medicine.
I walked through the fire,
And witchcraft was my medicine.
I healed,
And witchcraft was my medicine.
I was reborn,
And witchcraft was my medicine.
I stand in my power,
And witchcraft is my medicine.

The return of witchcraft, and the closely related rise of holistic medicine, demonstrates that people know that the current approach to healthcare fails us in many ways. The world is evolving, and witches and other healers, are leading the return of the true medicine. Of course, the true medicine never disappeared. It was being practiced all along by witches and other healers, who learned to practice outside of the glare of the watchful eyes of the powerful. We also learned to adapt the useful parts of their medicine for our healing.

Desperate For True Medicine

We are desperate for the true medicine that witchcraft can offer. This is why so many horribly damaged people turn to witchcraft for help. It is why my inbox is full of those in need of healing. If you are suffering, know that witchcraft, the true kind that draws you inward to heal the shadow and retrieve the soul, may be your cure.

This is not the pseudo healing offered by a pill, nor is it found in a ball of white light. The only way out of hell is through it. Excessive clinging to the light not only avoids the darkness where healing resides but can burn us to ash.



The Healing Power Of The Shadow

Our personal underworld journey is where we find healing and from which we are reborn into our unique power. None of this is easy. Our journey will be unique. What works for another may not for you. We often must keep trying different treatments – from crystals to past-life regressions – to find the medicine that works for us. There is great beauty in this journey. Work with poison pharmakoi, such as aconite, to enter deep shadow healing.

We Practice Wild Medicine

Our minds have been deceived by the powers that be into believing that we must “cure” our uniqueness. Of ways of experiencing the world have long been feared by those in power. We have always been the wild ones they sought to control. No wonder that their medicine rarely works on us. Witches are different, right down to our DNA. Whenever we attempt to conform to their ways, we will get horribly sick, in mind, body and spirit. Our medicine is found in the darkness. It is the poison that heals, and the power of the natural world. This medicine is not found in the halls of corporations, but by returning to Hekate’s Garden where the keys to our healing are found.



Witchcraft Heals The Spirit And Nourishes The Soul

Witchcraft heals the spirit, nourishes so that those who find their truth in it can become powerful, and calls many of us to be healers of mind, body and spirit. That is true medicine.

[Listen to this interview where I discuss witchcraft as soul medicine.](#)

Dittany of Crete is medicine for my soul and connects me to the deeper world of the Goddesses.



KLEIS MALEFICARUM: The Keys of Witchcraft

All plant spirit witchcraft follows a series of steps. Each one leading deeper into the Garden of the Goddess. Each is a key that opens the way to a new crossroads, leading you further on your journey.



Historica – The Truth

The story that led to this moment, standing at the crossroads of deciding which way to go.

Also known as the antecedent.

All workings have a story behind them.

The past led us to this place.

Nyssa – The Beginning

Is the spirit of entering into the garden – of beginning a new journey, ritual, or spell.

Origio – The Source

The origins of magick, medicine and mystery.

What influences and guides the journey and spell.

Praeparatio – The Foundation

The base up which plant spirit witchcraft is built.

The Green World.

The core essence and intention of a spell.

What you require for your journey.

Ratio – The System

The organization of plant spirit witchcraft.

The structure of a spell.

The plan for the journey.

Practica – The Process

*The applications and formulations of plant spirit witchcraft.
The ways their magick, medicine and mystery are used in a spell.
That which gives us strength for our journey.*

Hieros Pyr – The Fire

*The use of fire in plant spirit witchcraft.
The ignition of a spell or ritual.
The necessary sparks and friction during our journey.*

Gnosis – The Knowledge

*The standard lore, properties, correspondences and uses of plant spirits.
Confidence in the outcome of a spell.
Belief in our journey.*

Magikeia – The Spell

*The magickal techniques used with plant spirits.
The power of the spell.
The unseen magic that strengthens us.*

Sibylika – The Prophecy

*The gift of divination bestowed by the Goddess.
The prediction of the spell's outcome.
The intuition that guides us along our journey.*

Agia – The Sacred

*Rituals and all workings in the spirit world.
The spirits of the spell.
The Goddess and guides and our inner sacredness.*

Sophia – The Wisdom

The union of knowledge, intuition and the sacred.

The message of the spell.

The lessons learned along our journey.

Initio – The Mystery

What unseen, deeper world of the Garden of the Goddess.

The activation of a spell.

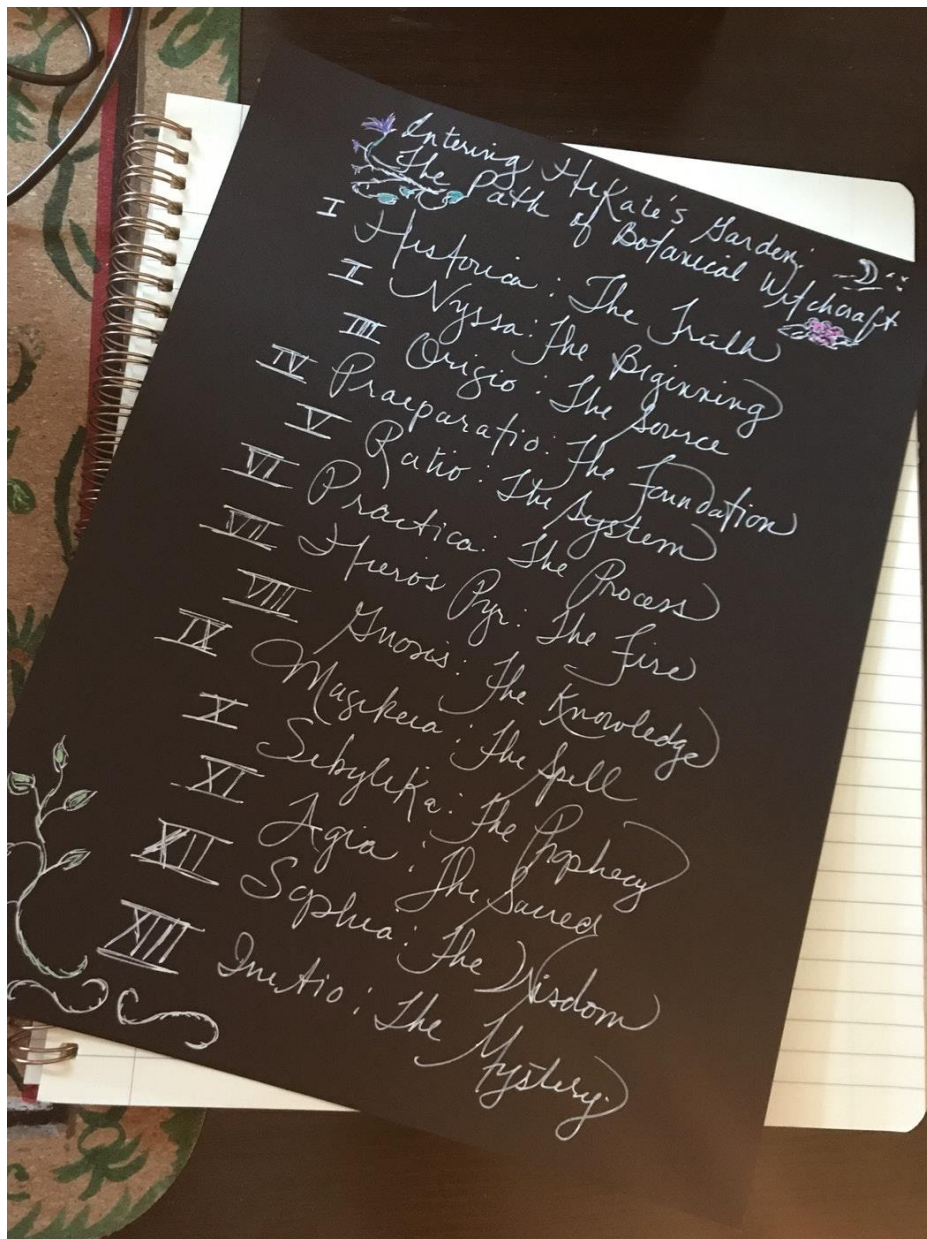
Our initiation.



The Key to Entering Hekate's Garden

I am so blessed to have Judika Illes as my editor. She is a wise mentor, giving excellent advice and support. This come about when I synchronously ran into Amy Blackthorn at Mystic South. We were instant kindred. Amy contacted Judika, who is her editor, and the rest is history.

Weiser Books wanted proposals from me ASAP after the initial conversation I had with Judika, who works for them. I mentioned to her that, of the proposed books, Entering Hekate's Garden would require the most work due to the nature of the book. I knew even as we discussed this that this was the book they would want from me. And so it was. *I begin all my projects with a magickal template, such as this outline for what became EHG.*



Animara Chthonia: Deathwalking Oil and Ritual

This ritual is designed to break you free of the chains that bind, building upon the lessons in EHG.

Hekate, Circe, and Medea, Triple Goddesses of Magick, Medicine, and Mystery.

You are the darkness, and you are the light. Grant me the death of the chains that bind me, freeing me to walk in your world of spirits. Reveal to me your magick, medicine and mystery.

Hekate, Great Queen, she who is the primal source who holds the keys of magick, medicine and mystery.

Hekate, Great Queen, bestow upon me the key to the world of spirits. Open the gate.

Hekate, Great Queen, shine your torches upon my path.

Circe and Medea, Eternal Witches, Daughters of Hekate, guide me. Share with me your knowledge of the world of spirits. Release me from my physical form, bring me safely back when the time comes.

Circe, Great Queen, You hold the secrets of transformation, and know the stories of the dead.

Medea, Great Queen, You possess the powers of life and death, and know the mysteries of deathwalking.

Brimo Eneroi, Fiercest Goddesses, I seek only your healing and wisdom.

Deae Rixipyle, Break the chains that bind my mind and imprison my soul.

Liberate me as I walk in the world of spirits.

Enodia, guide my way.

Lampadios, Shine your torches upon my journey, reveal to me your wisdom through visions of the spirits.

Psychopomps, Chthonias, Lampadios, guide me.

Hail Hekate.

Hail Circe.

Hail Medea.

This ritual evokes Hekate, Circe and Medea to guide you on a journey to meet with ancestors of spirit and flesh.

The dark time of the year is the perfect time for deathwalking in the spirit world. When we leave our physical bodies behind to journey as our eternal soul self, we enter a type of death; the old ego dies as we receive the medicine of the spirits. Deathwalking provides us with the opportunity to better understand the magick, medicine, and mystery of the Triple Goddesses and their world of spirits. If you are new to this sort of witchery, proceed with caution. I suggest contacting a beloved departed for your first time walking on the other side.

The Power of the Crossroads

*At this crossroads,
The end of a long journey.
I am no longer seduced by the past.
Nor am I fooled by the hollow promise of the well-lit path.
It is the deepest darkness that I seek.
Guided only by distant torch light.
The Mistress of Souls, my only companion.
Each step has been my own.
I am here to reclaim what is mine.
Pieces of me that found refuge in her dark womb.
After the cruelty and violence,
Of those who preyed on my weakness.
They are dead to me now.
Slain by my will to heal.
How her Wheel has turned.
Now I keep my own keys.
This witch has come home.
Into the welcoming darkness I tread.*

The crossroads is the symbolic gateway to the world of spirits. We find crossroads throughout the natural world, where paths meet, at the juncture of land, sea, and sky. Swamps, marshes, and entrances to caves are considered crossroads. Find your crossroads and bring some of Hekate's Feast as an offering on the night of the Dark Moon (astrological new moon). Offerings have been left at the crossroads to Hekate for at least 2,500 years. Also called deipna Hekates (Deipnon singular) and were also known as Hekataia or Hekatesia were offerings left at the crossroads every month for Hekate in various parts of the ancient Mediterranean.

“When planning a rite at a crossroads, determine how the energy of a specific location will factor into what you are doing. Determine if there are natural correspondences of Hekate in the environment. For example, oak is sacred to Hekate, so finding a three-way crossroads with an oak tree nearby can be considered very special. If you are

working with Hekate as Guardian, you may want to find a crossroads that reflects Under World energy. Finally, you can add lunar energy to the location by planning your ritual during a suitable part of the moon phase. You can bring items to the crossroads to heighten the energy by selecting from the correspondences discussed earlier. I generally do my workings at the crossroads of land, sea, and sky because I live right on the coast and have access to remote places free from the built environment.

If you can't easily get to such a place, you can use the end of your driveway as a three-way crossroads and do your workings there. If this is not available for you, then create your own indoor three-way crossroads using dirt from such a location. This can be done either as part of your altar, or you can create a temporary one. To do the latter, lay a black cloth on the floor and then arrange your crossroads. When you are finished with your working, you can bundle it up and store the portable crossroads until you need it again. You know by now that the cloth and dirt should be magically prepared before use. Store the dirt in a clean container that you leave outside or near a windowsill if it has come from a high-traffic area. If you appropriated the dirt from a secluded crossroads, then it is most likely fine to use right away. You'll be able to tell if the dirt is ready for magic or placing on your altar."

- From "Keeping Her Keys: An Introduction to Hekate's Modern Witchcraft"

Asters are often found along the roadside and are fabulous offerings. Look for them to appear as the Autumn Equinox draws nigh.



FORMULARIA: Index of Pharmakeia Preparations

Blend	Two or more botanicals macerated together.
Bundle	A collection of stemmed botanicals bound together for burning.
Charm	One botanical worn as an amulet.
Concentrate	Decoction, infusion, oil, or philter that has a high ratio of materia to water or fixative. Can be diluted.
Cream	Adding botanicals to a based such as coconut oil or shea butter.
Decoction	The process of boiling botanicals for several minutes. Best for tougher plants, roots, seeds.
Dressed candle	A candle activated with botanicals using various methods, usually involving the application of a fixative to a dried blend.
Essence	The liquified steam collected during an extended period of low-boiling or the condensation collected over time in a closed jar.
Fixative	An oil, liquid or solid, used as the basis for an oil or ointment.
Incense	Botanicals prepared for burning.
Infusion	Steeping of botanicals in boiled water. Best for softer plants and herbs.
Infused oil	Botanicals steeped in a fixative oil for several days or gently heated over several hours.
Magickal ink	Ink infused with botanicals.
Ointment	Botanicals mixed into a more solid fixative, such as shea butter, for topical use.
Oxymel	Botanicals infused in honey and vinegar.
Paquet	Botanicals placed in a corresponding color cloth or bag. Also called a sachet.
Philter	A finished preparation with all botanical residue filtered out using a fine strainer such as multiple layers of cheesecloth, usually made by combining several types of preparations (e.g., oils and decoctions).
Potion	Any liquid preparation solely for magickal purposes.
Poultice	Botanicals combined into a paste using a solid fixative or fabric applied topically.

Ritual Bath	Soak in the tub or shower that uses preparations to connect with the sacred.
Scrub	Botanicals combined with activated charcoal, salt, or sugar for cleansing.
Simple	A preparation made using one botanical.
Smoke	The molecules released when botanicals are burned.
Steam	The released molecules of oils, decoctions, etc. that are boiled. More aggressive than vapor.
Talisman	A combination of botanicals and other objects crafted into an amulet.
Tincture	Preparation of botanicals in high-proof alcohol.
Vapor	The released molecules of oils, decoctions, etc. that are gently warmed.
Wash	Diluted infusion or decoction used for cleansing.
Water	Made without heat to release the botanical's properties, often using fresh herbs. Done over a period, often using lunar or solar energy.



Index of Plants

Plant	Planet	Element	Sign	Stone	Animal
Aconite	Saturn	Water	Virgo	Howlite	Serpent
Agrimony	Jupiter	Air	Cancer	Calcite	Dragonfly
Am. Mandrake	Mercury	Fire	Gemini	Onyx	Bat
Aster	Venus	Water	Virgo, Sagittarius	Rhodochrosite	Cow
Basil	Mars	Fire	Aries, Scorpio	Garnet	Ram
Bay laurel	Sun	Air	Leo	Aventurine	Horse
Benzoin	Mars	Fire	Aries	tourmaline	Peacock
Birch	Venus	Water	Capricorn	Labradorite	Wolf
Black cohosh	Mars	Fire	Scorpio	Moonstone	Panther
Cinnamon	Sun	Fire	Aries	Tourmaline	Phoenix
Corn and grain	Sun	Fire	Leo	Citrine	Hen
Damiana	Venus	Fire	Scorpio	Sm. Quartz	Coyote
Dandelion	Jupiter	Air	Aquarius, Taurus	Lepidolite	Cat
Dittany	Venus	Water	Virgo	Selenite	Bee
Fennel	Mercury	Air	Aqua., Gem., Virgo	Agate	Magpie
Foxglove	Venus	Water	Taurus, Libra	Opal	Fox
Frankincense	Sun	Air	Aquarius	Calcite	Lion
Garlic	Mars	Fire	Aries	Jasper	Boar
Juniper	Mars	Sun	Aries	Beryl	Hawk
Lavender	Mercury	Air	Aquarius, Leo	Fluorite	Wren
Moss	Jupiter	Earth	Pisces	Agate	Turtle
Mugwort	Venus	Air	Gem., Taur., Sag.	Cl. Quartz	Raven
Myrrh	Jupiter	Air	Scorpio	Moonstone	Dragonfly
Oak	Jupiter	Air	Taurus	Emerald	Dragon
Olive	Sun	All	Leo	Labradorite	Dove
Peppermint	Mercury	Air	Aquarius, Virgo	Topaz	Finch
Pine	Jupiter	Air	Aquarius, Aries	Shungite	Deer
Pomegranate	Saturn	Earth	Scorpio	Garnet	Swan
Poppy	Moon	Water	Capricorn, Cancer	Hematite	Owl
Rose	Venus	Water	Taurus, Libra	Sugilite	Butterfly
Rosemary	Sun	Fire	Virgo, Leo, Sag.	p. quartz	Toad
Saffron	Sun	Fire	Leo	Tiger's eye	Bear
Sage	Jupiter	Air	Aquar., Taur., Sag.	Jet	Dog
Seaweed	Venus	Water	Pisces	Pearl	Dolphin
Skullcap	Jupiter	Water	Aquarius	sapphire	Spider
Thyme	Venus	Air	Taurus, Libra	Amethyst	Bull
Vervain	Mercury	Air	Capricorn	Agate	Goat
Walnut	Jupiter	Air	Gemini	Moldavite	Eagle
Yarrow	Venus	Air	Gemini	Jade	Elephant



SPIRITUS: Spiritual Properties of Botanicals

Abundance	Bay, corn and grain, peppermint, pine, seaweed
Afterlife	Basil, dittany of Crete, pomegranate, poppy
Ancestors	Dittany of Crete, pomegranate, rose
Astral realm	Benzoin, mugwort, myrrh, thyme
Awareness	Peppermint, thyme, walnut
Balance	Benzoin, black cohosh, walnut
Banishing	Agrimony, basil, juniper, rosemary, sage, thyme
Beginnings	Bay, benzoin, lavender, rose, rosemary, thyme.
Boost mood	Benzoin, foxglove, dandelion, foxglove, lavender, peppermint, vervain, yarrow
Calm	Aconite, aster, black cohosh, lavender, peppermint, rose, skullcap, yarrow
Clarity	Lavender, sage, walnut
Cleansing	Benzoin, dandelion, frankincense, garlic, rosemary, sage, thyme, walnut
Communication	Fennel, vervain
Compassion	Aster, rose
Connection	Fennel, saffron
Consciousness	Frankincense, mugwort, myrrh, sage, walnut
Contentment	Rose, rosemary
Courage	American mandrake, black cohosh, fennel, juniper, mandragora
Creativity	Fennel, olive, vervain
Discipline	American mandrake, frankincense, mandragora
Distress (ease)	Aster, dittany of Crete, thyme
Divination	Bay, juniper, mugwort, sage, thyme
Dreams	Agrimony, lavender, mugwort
Embodiment	Bay, black cohosh, lavender, oak, saffron, yarrow
Energy	Basil, cinnamon, fennel, peppermint, rosemary

Consciousness	Mugwort, sage, skullcap, vervain, walnut, yarrow
Fear (banish)	Aconite, foxglove
Fertility	Black cohosh, damiana, sage
Focus	Frankincense, walnut
Forgiveness	Fennel, pomegranate, yarrow
Freedom	Basil, frankincense, oak, vervain
Grace	Cinnamon, rose, rosemary, sage, thyme
Gratitude	Agrimony, aster, rose
Grief	Basil, dittany of Crete, pomegranate, poppy
Growth	Bay, birch, lavender, yarrow
Healing (general)	Agrimony, dandelion, dittany of Crete, garlic, mugwort, pine, seaweed, vervain
Healing (emotional)	Aconite, birch, dandelion, moss, mugwort, yarrow
Healing (mind)	Fennel, mugwort
Healing (psychic)	Agrimony, mugwort
Healing (sexual)	Black cohosh, damiana
Initiation	Basil, benzoin, frankincense, mugwort, myrrh, sage, time
integrity	Mugwort, sage, vervain
Journeying	Benzoin, bay, frankincense, mugwort, myrrh, sage, yarrow
Kindness	Aster, bay
learning	Fennel, vervain
Life cycle	Corn and grain; pomegranate
Loss	Basil, Dittany of Crete, pomegranate, poppy, sage
Love	Aster, bay, black cohosh, lavender
Loyalty	Bay, oak
Lust	Black cohosh, damiana
Meditation	Bay, lavender, mugwort, sage
Mind (inspire)	Lavender, fennel, vervain
Mind (soothe)	Aconite, Dittany of Crete, mugwort, saffron

Nourishment	Aster, bay, corn and grain, oak, pine, rose, rosemary, seaweed
Offerings	Aster, basil, bay, benzoin, black cohosh, frankincense, lavender, mugwort, pomegranate, poppy, oak sage, thyme
Opening (mind)	Frankincense, skullcap, sage
Optimism	Aster, fennel, rose, rosemary, vervain
Passion	Cinnamon, damiana, sage
Personal growth	Basil, dandelion, lavender, pine
Power	American mandrake, mandragora, oak, vervain
Prosperity	Bay, dandelion, oak, seaweed, sage, yarrow
Protection	American mandrake, bay, dandelion, juniper, lavender, mandragora, mugwort, oak, sage
Psychic abilities	Bay, cinnamon, dandelion, mugwort, myrrh, sage
Purification	Bay, basil, garlic, juniper, lavender, mugwort, moss, olive
Purpose	Birch, frankincense, oak
Rebirth	Corn and grain; foxglove, lavender, mugwort, oak, pine, pomegranate, poppy, rose, sage, skullcap
Relationships	Aster, damiana, fennel, rose, sage
Releasing	Agrimony, juniper, moss, sage, yarrow
Revelations	Bay, fennel, skullcap
Sacred	Basil, Dittany of Crete, garlic, oak, olive, rose, saffron, sage, thyme, yarrow
Sleep	Agrimony, American mandrake, aster, lavender, mandragora, mugwort, yarrow
Soul	Damiana, foxglove, juniper, mugwort, myrrh, poppy
Sovereignty	Benzoin, Dittany of Crete, frankincense, oak, sage, thyme
strength	Black cohosh, lavender, oak, thyme, yarrow
Trance	Aconite, American mandrake, benzoin, damiana, frankincense, mugwort, myrrh, saffron
Trust	Fennel, peppermint
Visions	American mandrake, bay, Dittany of Crete, lavender, mugwort, sage, vervain

Well-being	Aster, bay, corn and grain, lavender, olive, seaweed, sage, yarrow
Wisdom	Bay, birch, moss, mugwort, oak, thyme



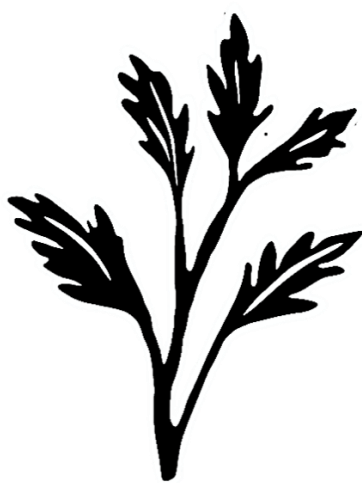
PHYSICA: Physical Properties of Botanicals

Analgesic	Birch, damiana, mugwort, yarrow
Antibacterial	Damiana, garlic
Anticonvulsant	Skullcap
Antidepressant	Black cohosh, yarrow
Antifungal	Damiana, garlic
Antimicrobial	Basil, garlic
Antioxidant	Basil, garlic, pomegranate, skullcap
Antiseptic	Birch, cinnamon, garlic, moss, myrrh, thyme, vervain
Antiviral	Basil, garlic
Anxiety	Aconite*, damiana, lavender, skullcap
Appetite	Bay, juniper
Aromatic	Fennel, juniper, pine, peppermint
Astringent	Agrimony, bay, cinnamon, frankincense, rose
Bleeding	Sage, vervain, yarrow
Blood (strengthen)	Poppy
Bones (strengthen)	Poppy
Bruises	Bay, rose, yarrow
Calming	Benzoin, lavender, mugwort, saffron, yarrow
Circulation	Fennel
Cognition	Cinnamon
Colds	Garlic, thyme, yarrow
Congestion	Benzoin, damiana, garlic
Constipation	Dandelion, olive
Cough	Agrimony, damiana, garlic, saffron, thyme, vervain
Deodorant	Lavender, peppermint, thyme
Depression	Damiana, lavender, saffron, yarrow
Detoxifying	Bay, garlic, lavender, seaweed, vervain

Diarrhea	Oak, walnut
Digestion	Aster, cinnamon, dandelion, dittany of Crete, fennel, juniper, peppermint, sage
Diuretic	Fennel, garlic, lavender, vervain
Emmenagogue	Black cohosh, lavender, mugwort
Fever	Aster, moss
Headache	Lavender, peppermint, rosemary, yarrow
Healing	Agrimony, garlic, lavender, seaweed, yarrow
Heart	Aconite*, foxglove*, olive, rose, walnut
Hypertension	Basil
Hypotension	Foxglove*
Immune system	Dandelion, garlic, pomegranate, yarrow
Inflammation	Aconite*, aster, black cohosh, damiana, Dittany of Crete, garlic, pomegranate, pine, oak, rose, yarrow, walnut
Insecticide	Lavender
Joints	Sage, thyme, yarrow
Kidneys	Dandelion
Liver	Agrimony, dandelion, vervain
Lubricant	Olive
Menopause	Black cohosh
Menstrual cycle	Rosemary, vervain
Miscarriage	Juniper
Moisturizer	Olive, walnut
Mood	Black cohosh, lavender, mugwort, yarrow
Muscles	Rose, rosemary, thyme, yarrow
Nervous system	Lavender, mugwort, skullcap
Nightmares	Agrimony, rosemary
Pain	Birch, damiana, yarrow
Parasites	Lavender

Pesticide	Fennel
PMS	Black cohosh, saffron
Poisons	Dittany of Crete
Reproduction	Damiana, Dittany of Crete
Sedative	Lavender
Sexual desire	Damiana, saffron
Skin	Birch, Dittany of Crete, fennel, lavender, moss, myrrh, olive, oak, yarrow
Sleep	Agrimony, lavender, poppy, rosemary
Splinters	Dittany of Crete
Stimulant	Basil, bay, garlic, lavender, peppermint
Stress	Dandelion, fennel, lavender, yarrow
Teeth and gums	Myrrh
Throat	Agrimony, garlic, yarrow
Tonic yarrow	Basil, dandelion, garlic, peppermint, pomegranate, rose, vervain,
Urinary tract	Juniper
Vomiting	American Mandrake, bay
Warming	Basil, cinnamon
Warts	American Mandrake
Weight	Garlic, walnut
Wounds	Agrimony, benzoin, Dittany of Crete, myrrh, walnut

*dangerous poison



MAGIKEIA: Magickal Properties of Botanicals

Abundance	Bay, corn and grain, Dittany of Crete, myrrh, oak, olive, pine, saffron
Afterlife	Dittany of Crete, lavender, myrrh, pomegranate, poppy
Ambition	Bay, thyme
Ancestors	Dittany of Crete, lavender, oak
Attraction	Bay, black cohosh, cinnamon, damiana
Authority	Bay, corn and grain, fennel, oak, walnut
Awareness	Bay, mugwort, rose, rosemary, thyme, walnut
Balance	Lavender, olive, oak
Bane	Aconite, foxglove
Banishing	Agrimony, aconite, black cohosh, foxglove, garlic, juniper, lavender, rosemary
Beauty	Aster, Dittany of Crete, foxglove, olive, rose
Beginnings	Bay, pine, walnut
Binding	Benzoin, birch, mugwort, skullcap
Blessings	Aster, bay, corn, and grain, mugwort, oak, sage, thyme
Broken heart	Aconite, aster, Dittany of Crete, rose
Calm	Benzoin, lavender, saffron
Career	Bay, corn and grain, fennel, oak, walnut
Clarity	Dandelion, fennel, frankincense, juniper, lavender
Cleansing	Bay, peppermint, rosemary, sage, thyme
Comfort	Aster, rose, rosemary, vervain
Communication	Black cohosh, dandelion, fennel, peppermint, walnut
Compassion	Aster, rose, rosemary, vervain
Confidence	Basil, bay, juniper, oak, sage

Consecration thyme	Basil, bay, frankincense, garlic, lavender, mugwort, olive, sage,
Courage	Fennel, garlic, juniper, oak, thyme, vervain
Curses	Aconite, American mandrake, black cohosh, foxglove, mandragora
Death	Aconite, Dittany of Crete, myrrh, oak, poppy, rose
Deathwalking mugwort,	Aconite, Dittany of Crete, foxglove, frankincense, lavender, pomegranate, poppy, sage
Defenses vervain	Agrimony, American mandrake, juniper, mandragora, oak, sage,
Desire	Damiana, saffron
Divination	American mandrake, bay, black cohosh, Dittany of Crete, lavender, mugwort, sage, vervain
Dreams	Agrimony, lavender, mugwort, saffron, vervain
Education	Bay, fennel, walnut
Energy	Basil, peppermint, pine, saffron
Envy	Aster, garlic, peppermint
Focus	Fennel, juniper, rosemary, thyme
Freedom	Basil, dandelion, frankincense, oak, pine
Goddess	Bay, basil, black cohosh, Dittany of Crete, lavender, garlic, mugwort, oak, sage, poppy, thyme
Government	Corn and grain, fennel
Growth	Bay, corn and grain, pine, yarrow
Happiness	Bay, damiana, lavender, rose, rosemary
Healing	Agrimony, Dittany of Crete, lavender, mugwort, olive, saffron, yarrow
Hex breaking	Agrimony, American mandrake, fennel, garlic, vervain
Home	Bay, pine, thyme
Honor	Bay, basil, oak, olive, sage
Initiation	Basil, benzoin, frankincense, mugwort, myrrh, thyme
Insight	Bay, mugwort, sage
Inspiration	Birch, frankincense, walnut

Intellect	Fennel, walnut
Intensity	Aconite, basil, vervain
Intuition	Benzoin, lavender, mugwort, safe
Journeying	Aconite, benzoin, Dittany of Crete, mugwort
Justice	Fennel, oak
Kindness	Aster, birch, rose, yarrow
Love	Aster, rose, rosemary
Luck	Agrimony, bay, fennel
Manifestation	Bay, oak
Meditation	Agrimony, frankincense, mugwort
Memories	Dittany of Crete, rosemary
Messages	Bay, dandelion, mugwort, sage
Mind	Fennel, mugwort, pine
Money	Bay, dandelion, pine, saffron
Motivation	Basil, cinnamon, juniper, vervain
Mysticism	Dittany of Crete, benzoin, frankincense, mugwort, myrrh, sage
Nightmares	Agrimony, thyme
Offerings	Aster, basil, bay, benzoin, frankincense, garlic, mugwort, oak, olive, pomegranate, poppy, rose, thyme
Passion	Basil, damiana, Dittany of Crete, saffron
Past lives	Damiana, Dittany of Crete, mugwort, thyme
Poisons	Aconite, foxglove, poppy
Power	Bay, birch, dandelion, oak
Prevention	Dandelion, fennel, garlic, olive, yarrow
Prophecy	Bay, dandelion, lavender, mugwort, sage, vervain
Protection	Bay, black cohosh, garlic, juniper, lavender, oak, sage, vervain
Psychic abilities	Bay, fennel, garlic, lavender, mugwort, saffron, sage, walnut
Purging	American mandrake and mandragora
Purification	Basil, benzoin, garlic, juniper, myrrh, olive, thyme, vervain

Rebirth	Cinnamon, Dittany of Crete, lavender, mugwort, myrrh, poppy
Regression	Damiana, pomegranate
Release	Basil, dandelion, juniper
Removal	Agrimony, aconite, basil, cinnamon, juniper
Renewal	Birch, lavender, rosemary
Resilience	Birch, juniper, oak, pine, yarrow
Revelation	Black cohosh, Dittany of Crete, mugwort
Rituals	Basil, benzoin, cinnamon, frankincense, lavender, mugwort, myrrh, thyme, saffron
Sex	Damiana, garlic, oak
Sovereignty	Bay, basil, frankincense, oak, thyme
Spirits	American mandrake, Dittany of Crete, dandelion, frankincense, mugwort, rosemary, sage
Strength	Birch, juniper, oak, thyme
Structure	Corn and grain, frankincense, oak
Success	Bay, birch, olive, oak, saffron
Swiftness	Basil, peppermint
Sympathy	Aster, poppy, rose, yarrow
Trance	Aconite, foxglove, mugwort, saffron
Transformation	Peppermint
Truth	Basil, juniper, pine
Understanding	Aster, fennel, juniper, sage
Visions	Black cohosh, fennel, mugwort
Wealth	Bay, olive, pine, saffron
Wellness	Dandelion, olive, yarrow
Will	Birch, juniper, thyme
Wisdom	Lavender, pine, oak, walnut
Witchcraft	Aconite, American mandrake, Dittany of Crete, mugwort
Youth	Rosemary



DEFINITIO: GLOSSARY

Acetum: Vinegar.

Agia: sacred rites.

Analgesic: A botanical that reduces pain.

Anima Mundi: the universal essence within all creation. Literally translates as “World Soul.”

Animarum Aqua Sibylla: Ritual bathing to induce prophecy.

Animarum Corpus: Embodied rituals, where the physical being plays a central role, or a ritual celebrating the physical self.

Animarum Initio: An initiation ritual.

Animarum Pharmaka Gnosis: Ritual for experiencing the mystery of plant spirits.

Animarum Pyriphoitos: Spiritual firewalking ritual.

Animarum Sacris: Ritual for banishing the harmful.

Animarum Viridis: Ritual for experiencing the mystery of the Green World.

Animarum: all sacred activities, including preparing botanicals for use, spells, meditations, and rituals.

Antibacterial: Reducing or killing bacteria.

Antidepressant: Relieving depression.

Antifungal: A botanical that treats fungal infections.

Antiseptic: Reducing or stopping the spread of harmful microorganisms.

Antitussive: Relieves coughing.

Antiviral: Reducing or stopping the spread of viruses.

Anxiolytic: Reducing feelings of anxiety.

Apothecary: The plants, tools, objects, and supplies used in plant spirit witchcraft.

Aqua: Water.

Archetype: A primal force or spirit.

Aromatic: A botanical whose medicine is released through its scent.

Aspect: To allow a spirit or deity to use us as a vessel.

Astringent: Used on the skin, based in water or alcohol, that cleanses, reduces oil, and tightens pores.

Astrodia: Goddess of the Stars, representing the Upper World.

Astrodic Pharmakeia: Botanicals with properties and essences connected primarily to intellect, knowledge, and mysticism.

Astrodic: Of the Upper World, representing intellect and mysticism.

Attunement: The process of aligning an essence with another one.

Audere: To dare. One of the Septum Novum.

Binding: The process of magickally rendering spirits joined.

Blend: To allow a spirit or deity to become part of our physical or spiritual selves.

Book of Life: The sacred records of a witch. Also known as The Book of Shadows or a grimoire.

Botanical: Any bush, flower, herb, plant, or tree.

Chronos: Chronological time.

Chthonia: Goddess of the Under World.

Chthonic Pharmakeia: Botanicals with properties and essences that are strongly associated with emotions, healing, and the womb.

Chthonic: Of the Under World, representing emotions and the womb of the Goddess.

Command: To instruct a spirit to perform a certain way. Best used with lower-order spirits.

Corporeal: having physical form.

Corporeality: our experiences in the material world.

Correspondences: Beings, objects, symbols, and other entities that share energetic and/or physical properties with a botanical.

Credere: To know. One of the Septum Novum.

Deathwalking: Leaving the corporeal self to walk in the world of spirits. The spiritual death of the self, whether temporary or enduring.

Digestive: Aids digestion.

Diuretic: Increasing urinary function.

Emetic: Inducing vomiting.

Emmenagogue: Increasing and stimulating menstrual flow.

Enodia: Goddess of the Road, representing the Middle World.

Enodic Pharmakeia: Botanicals with properties and essences that are strongly associated with action and the material world.

Enodic: Of the Middle World, representing actions, the interface between the unseen and seen and the ensuing material world.

Essence: The soul and eternal, etheric properties of an object.

Ethereality: the very real experiences had in the World of Spirits.

Evocation: To petition the presence of a spirit or deity.

Expectorant: A botanical that encourages release of phlegm.

Fixative: The based used to stabilize and activate botanicals.

Formularia: A collection of botanical products.

Formularium: Botanical products, such as incenses or tinctures.

Gnosis: practical knowledge.

Green World: both the physical and spiritual natural world.

Hieros Pyr: Sacred fire; the essential spark used to activate and release plant spirits.

Icon: a symbolic representation of the perceived appearance of a spirit or deity.

Inflammation: A response of the body including swelling, soreness, and redness as a response to underlying infection or disease.

Initiation: the process of evaluation to determine suitability for proclaiming proficiency as a pharmaka and the ensuing ceremony.

Invoke: To call a spirit or deity into ourselves.

Ire: To go. One of the Septum Novum.

Kairos: Eternal cycles and time. The Wheel of Time and The Wheel of the Year.

Khernips: The ritual process of merging water, fire, and plant spirits for banishing.

Kleis Viridis: The key to entering the magick, medicine and mystery of the Green World.

Kleis: Literally means “key.” Used to indicate a foundational concept or practice.

Kolossos: A magickal effigy (also known as a poppet).

Layering: The considered combination of multiple botanicals and/or other correspondences to amplify the power of a spell or other working.

Loci: position or place.

Magic: the general spirit of the universal essence, see also “Anima Mundi.”

Magick: intention use of plant spirits for creating spells.

Magikeia: the practice of magick.

Maleficarum Saccharo: Sugar syrup based botanical preparations.

Maleficarum: Witchcraft.

Materia: Physical botanical matter.

Medicine: the physiological and spiritual properties of plants that correct imbalance and soothe dis-ease of the mind, body, and soul.

Merge: To share consciousness with a spirit or deity.

Mystery: the purely spiritual experience of plant medicine.

Naturalis: Using plant spirits without altering them.

Necromancy: Summoning the spirits of the ancestors.

Nervine: Calming to the nervous system.

Noscere: To believe. One of the Septum Novum.

Offering: Any object presented as a gift to a spirit or deity.

Oleum Moirai: Oil of The Fates. Psychic anointing oil.

Oleum: Oil.

Oversoul: The archetypal spirit from which all specific representations of the spirit flow.

Petition: To speak to a spirit or deity with an intention of gaining their assistance or favor.

Pharmaka: a practitioner of plant spirit witchcraft

Pharmakeia Acetum: Vinegar based botanical preparations.

Pharmakeia Aqua: Water based botanical preparations, such as infusions and decoctions.

Pharmakeia Lucerna: Botanical candle magick.

Pharmakeia Oleum: Oil based botanical preparations.

Pharmakeia Pyriphoitos: Trance inducing plant spirits used for spiritual firewalking.

Pharmakeia Vocatus: Alcohol based botanical preparations.

Pharmakeia: the practice of plant spirit witchcraft

Pharmakoi Kyrios: Master Plant Spirit Teachers.

Philter: any plant spirit preparation with a base of a combination of water, oil, vinegar, or alcohol.

Poppet: A magickal effigy (also known as a poppet).

Practica: “Doing” plant spirit witchcraft.

Praeparatio: Preparation.

Properties: The physiological and spiritual characteristics of a botanical.

Psychopomp: A guide for the departed.

Psychopompery: The practice of guiding the departed.

Purgative: A botanical with a laxative effect.

Ratio: The system or organization.

Regina Maleficarum: Queen or Goddess of Witchcraft. Hekate.

Regina Pharmakeia: Queen or Goddess of Plant Spirit Witchcraft. Circe.

Regina Venificarum: Queen or Goddess of the Poison Path. Medea.

Regina: Queen or Goddess.

Relic: any sacred object

Ritual: The process of entering the unseen world, the deeper Garden of the Goddess, through activities and altered states of consciousness.

Sedative: Inducing or improving sleep.

Sentire: To feel. One of the Septum Novum.

Septum Novum: the seven primal forces of the four elements and three worlds.

Sibylika: the practice of divination.

Sophia: spiritual wisdom.

Spell: The use of energetic techniques to create a spirit that seeks to achieve the indicated outcome.

Stimulant: A botanical that raises the functioning of the nervous system.

Summon: To intentionally call upon a spirit or deity.

Sympathetic magick: The use of an enchanted object to impact the person or spirit that it is connected to.

Synergetics: creating a unified whole much greater than the sum of the individual parts.

Tacere: To be silent. One of the Septum Novum.

Talisman: an object enchanted with magick or full of spiritual medicine.

Tonic: A formulation, usually in the form of a decoction, infusion or tincture, that encourages overall wellness.

Trance: Using plant spirit medicine (and other techniques) to enter altered states of consciousness to experience the deeper Garden of the Goddess and the world of spirits.

Velle: To will. One of the Septum Novum.

Venificarum: The poison path; the study and use of noxious botanicals for witchcraft.

Vibration: The energetic frequency at which an object resonates.

Vibrational essence: The basic energetic frequency of the soul of an object.

Vivification: The process of enlivening an object with a spirit or deity.

Vocatus: Alcohol.

Vox Pharmaka: The power of the practitioner's voice and thoughts.

Wildcrafting: Collection and use of botanicals that grow wild (i.e., are not grown in cultivated gardens).





Crossing The Veil Tea

Especially useful for connecting with witch ancestors.

1 tsp mugwort
1 tsp yarrow
1/2 tsp mint
13 juniper berries

Brew in 2 cups boiled water for 10 minutes.

Drink one cup. Offer the other to our witch ancestors.

* Place the botanicals in a tea ball, cheesecloth or other strainer.
Remove before consuming*

Also excellent burned as an incense.

<https://www.pathos.com/blogs/keepingherkeys/>

Death Walking Oil

Transcending the physical being, connecting with the departed, astral work, spiritual dismemberment and rebirth.

ASTER: WARDS OFF EVIL SPIRITS AND WELCOMES LOVING ONES.

BENZOIN: EASES TRANSITION INTO THE SPIRIT REALM.

LAVENDER: PROTECTION FROM WANDERING SPIRITS, PURIFICATION, CALM AND CLARITY.

MUGWORT: EXCELLENT FOR PSYCHIC ABILITIES AND PROTECTION.

POPPY SEEDS: THE AFTERLIFE, VISIONS AND MESSAGES.

WILD ROSE: CALMS RESTLESS MINDS WHETHER ALIVE OR DEPARTED.

OLIVE OIL: HEALING, SPIRITS AND REBIRTH.

Learn the technique and ritual:

<https://www.patheos.com/blogs/keepingherkeys/2018/10/samhain-death-walking-oil-ritual/>

Protection, Growth, and Success Botanicals

Protection

Foxglove: Harmony, healing, protection, witchcraft

Juniper: Awareness of enemies, boundaries

Sage: Purification, strength

Growth

Benzoin: Calm, focus, successful magickal endeavours

Birch: Creativity, kindness, wisdom, growth

Mugwort: Authority, power, witchcraft



Success

Bay: Influence, truth, blessings

Oak: Security, success, wealth, witchcraft

Rose: Dignity, nurturance, support, trust

Keeping Her Keys

Photo Gallery

Some of my favorite botanical preparations.



Aster Bath Bombs (one of my faves).



Dressing a candle with mugwort by baking in a low-temp oven.



The bain-marie technique.



Bay laurel blessing bowl with salt and quartz.



Bay laurel leaves attuned to Hekate's epithets.



Crafting the Brimo oil.



Bundles with mugwort, juniper and lavender.



Making an activated charcoal and salt scrub. Messy, but you will never feel cleaner, physically, emotionally, and spiritually. As we say in the Coven, “just get in the tub and do it!”



The fabulous Circe's Philter.



Cornmeal foot soak with rose and lavender. Your feet will thank you.



I use this star in the kitchen for various plant spirits to banish, protect and bless. Rockweed wreath, with wild juniper and rosemary from the garden.



The Dark Mother Cheesecake.



Yarrow and ginger infusion. Part of my daily routine.

Entering Hekate's Garden Talisman



I created this talisman on a blank piece of thin cork and placed it under my computer to guide me through creating Entering Hekate's Garden: The Magick, Medicine and Mystery of Plant Spirit Witchcraft.

May you be inspired by the book and this Companion Guide to create your own magick, medicine and mystery.

JOIN COVINA

In my soul school, we study a new botanical from Entering Hekate's Garden every month. Become a student of Hekate's Keys to claim the Key of Pharmakeia + 10 more:

Key of Aevitas – The Wheel of The Year

Key of Anassa – Every month includes one aspect associated with Hekate

Key of Animara – Twice monthly live meditations/rituals + Daily Quotidia

Key of Civitas – Being a sovereign citizen of your life

Key of Deae – A different goddess every month

Key of Magikeia – Monthly witchcrafting projects, including live salons.

Key of Medela – Healing through the monthly color

Key of Psychologika – The “heart” of each month is a psychological construct

Key of Sibylika – Daily Enodia Oracle, seasonal Hekate's Keys reading and Tarot Parlor

Key of Spirita – An animal and a stone are explored each month.

LEARN MORE

Join the self-serve Keeping Her Keys Hub on Searchie for more videos on Pharmakeia and so much more.