

# Pharmakeia Monograph: Garlic

Sacred to the ancient Hekateans, garlic was revered for its diverse healing powers, and for the ability to banish just about anything. Garlic purifies, protects and activates making it an excellent herb for Hekate Enodia, the Guide of our Middle World journey. Indispensable for the modern witch, always keep several cloves on hand.

In a bizarre plot twist, the sacredness of garlic for witches was inverted for use by Christians to repel us. As always, they confused us with actual evil. However, garlic is one of our most beloved botanicals.

One of the most sacred pharmakoi, garlic should always be included in the Deipnon, whether as simple cloves or more elaborate creations, such as the garlic jam. Ancient Hekate's Suppers always included garlic, eggs, fish, bread, and cheese. The ancient use of garlic to ward against evil was undoubtedly why it was included in the meal, since Hekate was seen as both household protector and imminent threat if she wasn't honored each month on the dark moon.

Garlic is one of the most healing botanicals, being applicable to many health complaints from the common cold to stiff joints. My sons have been raised with garlic as a remedy for all manner of problems. One of our enduring family jokes is that no matter what the situation, sleeping with a clove of garlic in your sock is the cure. There is quite a bit of truth in this, that garlic, as it is absorbed through the foot, releases calming energies as well as antiseptic properties. Cures nightmares and draws splinters to the surface.

A general remedy of one entire clove of garlic, crushed and mixed with a bit of olive oil is a common sight whenever one of us is feeling a bit off.

Generally, using freshly chopped garlic results in better results whether in witchcraft or physiological treatment because as it dries, the microbial properties evaporate. Another tip is to buy local and organic whenever possible. The lengthy shipping of garlic, although it is among the sturdiest of all the Pharmakoi, can still contaminate the botanical.

Spiritually, garlic is a very strong ally when venturing into the Other World and will greatly enhance any encounters with Hekate. Garlic will always pull you back to the Middle World wherever you wander in the astral realms. Wise, undemanding and energetic, the Pharmakoi Propolos stands on guard for witches always.

Garlic has a fiery, passionate side that can be coaxed out for sex magic but watch out this plant of Mars means business.

## Properties And Correspondences

Cleansing, emotions, shadow healing, invoking, offerings, protection, sacred rituals  
bulb Mars Fire

**Latin Name:** *Allium sativum*

**Genus:** *Allium*

**Classification:** Plant

**Properties:**

**Spiritual:** Cleansing, healing, purification, sacred rites.

**Physiological:** Revered for a myriad of healing properties, garlic should be part of the witches' daily diet. Antiseptic, anti-inflammatory, diuretic, expectorant and stimulant.

**Witchcraft:** Banishings, courage, envy, healing, hex breaking, home protection, prevention of psychic attacks, purification, sex magic and sacred Hekatean rites.

**Part Used:** Generally, the bulb, although the greens and even the blossom can be used.

**Planetary:** Mars

**Elemental:** Fire

**Hekatean:** Propolos (The Guide)

**World:** Middle

**Zodiac:** Aries

**Direction:** South

**Color:** Red

**Stone:** Red jasper

**Metal:** Iron

**Animal:** Horse

**Indications:** Very safe for all.

## **Formulations**

Generally, the strong taste of garlic renders it difficult to consume on its own. Add small amounts to infusions for banishing colds, stress and stiffness, as well as to degunk any miasma you've accumulated.

Growing garlic is simple and rewarding. An easy thing to do is cutting off the top of a clove, then turn it upside down in a tall glass so that the top (now the bottom) is immersed in water. Place this in a warm, sunny spot. Edible garlic shoots (known as "scapes") will soon grow out of the bulb.

Add bits of the skin to incense.

## **Applications/Pharmakeia**

Garlic banishing spell: write the name or intention of that which you seek to banish on a piece of paper with black ink, wrap around a clove of garlic. Place the talisman in a piece of black fabric and tie tightly. Bury or place in the compost bin.

Shut the fuck up spell: create a poppet, make a slit for the mouth and then insert a clove of garlic.

Leave me alone spell: take a picture or write the name of the target on paper, pin on a bulb of garlic with two cross pins.

Hekate as the protector of the household is evoked using garlic.

Make an offering to Hekate of garlic bulbs, placing three on your altar. Especially suited for the Deipnon ritual.

Cooking with garlic purifies mind, body and spirit. Connects us to sustained energy for getting the job done, while maintaining health.

Place bulbs around your property to banish all evils.

## **Garlic Jam**

Excellent as part of Hekate's Feast, this garlic jam can be made up to three days in advance. Can also be used for the antiseptic qualities to cleanse germs from the body, especially when cold symptoms are first starting. Smear on the photos of your enemies to banish. All around super useful witchy recipe.

6 bulbs of garlic

1 – 1 ½ cup olive oil

Foil

Baking sheet

Bowl

Sharp knife

Fork

Pepper and salt

This recipe can easily be reduced to one serving or increased for a big batch. This makes about 1 ½ cups of garlic jam.

Preheat oven to 350

Cut the tops off the garlic bulbs, just enough to expose the individual cloves. Place each one on a separate sheet of foil. Pour olive oil directly into the bulb until it overflows over the top. Wrap tightly in the foil.

Place the completed bulbs on the baking sheet.

Bake for 35 minutes, until the packets feel soft.

Allow to cool completely while wrapped in packets.

Once cooled, remove bulbs.

Squish the garlic out of the bulbs into the bowl. This is easier than it sounds.

Mash the garlic well, adding olive oil if the jam is too thick. I always add hot chili oil as well.

Season with pepper and salt.

Excellent as an offering, and to banish unwanted spirits without and within.

Serve on just about anything, including my traditional biscuits:

1 cup whole milk mixed with 2 teaspoons white vinegar

½ cup butter or margarine (chilled)

2 cups gluten-free flour, such as Bob's Red Mill 1:1

1 teaspoon baking soda

1 teaspoon baking powder

1/2 teaspoon salt

1/4 cup white sugar

**Instructions:**

Preheat oven to 425

Let the vinegar and milk mixture rest for 10 minutes on the counter while you get everything ready.

Mix the dry ingredients in a bowl.

Add the butter.

Now here's the part I love the most: grease your hands. Combine the butter with the dry mix until it is the consistency of wet sand.

Stir in milk mixture.

Flour a cutting board. Spoon biscuit mix onto the board, dusting with more flour until the mix is fairly dry. Sort of like a bit drier than pizza dough, but not much.

Cut with circular cutter or use knife to make shapes.

Place on baking sheet.

Bake for 10-12 minutes. Pull biscuits out of oven, butter tops and then broil for one minute.



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