

THE HIDDEN POWER

HOLY SANTO

A B A S I C G U I D E T O H E R B A L M A G I C K

THE HIDDEN POWER OF HERBS: A BASIC GUIDE TO HERBAL MAGICK

Throughout history herbs have played a huge role in magick, religion, superstition and divination. Witches and practitioners all over the world have held a special relationship with herbs since the beginning of time. Developing different methods to harness the powers and magickal energies contained within plant matter, herbs, leaves, flowers, roots and bark and have used them as tools for healing, spellcrafting, divination and connecting with higher powers and Deity.

Ancient practitioners believed that all herbs possess their own specific spirit and vibrations and there probably is no plant that has not been utilized in a spell or potion.

Herbs are mother nature's gift to us all, regardless of one's spiritual beliefs, tradition, or culture.

Creating potions, using dried herbs in ritual or infusing herbs into a ritual bath are all natural ways to practice witchcraft. Herbs can be used in many different ways to help set your intention.

Herbal magick is the art of using herbs to cast various types of spells, rituals and blessings. It can take many forms: sachets, infusions, baths, powders, oils, incenses and herbal bundles to name a few. Because of the incredible versatility and variety of plants, the uses for herbs in magick are practically endless.

If you're new to the world of witchcraft and using herbs for rituals, you might be wondering how to use them as a part of your practice.

Here is a quick reference chart for some of the practical ways you can incorporate your herbs into your practice. All of these use the magickal energies of herbs in one way or another.

The strength of your focus and your clarity of mind are more important than any ingredient that you will use. Mental clarity and feeling grounded before spellwork is essential to receive the outcome you're seeking.

SACHETS

A Sachet is a small bag containing herbs. Carry it with you or place it somewhere special (over doors, windows, under your pillow, on your bedside table, etc).

A Sachet is also known as a "charm bag" or "root bag".

You can make a Sachet for every magickal purpose (love, protection, psychic power, etc)

Fill your sachet with a handful of herbs or place herbs on a piece of fabric, gather the ends and tie up with some string or ribbon



INFUSIONS & BATHS

The magic of water has always been associated with healing and cleansing. Including herbs in a ritual bath is a great way to conjure the magickal powers of earth energies.

Immersing yourself in water that's been infused with herbs can create quite the magical experience!

If you are without a bath tub, you can steep your herbs in a large bucket and scoop out some infused water with a mug and pour on your body outside in the garden or in the comfort of your shower.

To create a herbal infusion, pour boiling water over your herbs in a large pot, cover and steep for 15-30 minutes and then strain the infused water in a new container. Alternatively, you can place your herbs in a cloth bag or wrap in a piece of fabric or wash cloth.

Another way (and my personal favorite) is to simply let your herbs float around you as you immerse yourself in a relaxing bath and allow the herbs to slowly expand and infuse in the water. Enjoy your magical bath for 20 minutes or as long as you feel comfortable. When your bath ritual is complete, be sure to remove the herbs by hand before draining the water to prevent any clogged pipes.

Please Note: Hibiscus Flowers may stain your tub, so test a small area with wet Hibiscus first.

Using Hibiscus in a bag or in a cloth is a good alternative.

MAGICKAL OILS

One of the oldest forms of magickal practice are specially blended oils.

Magickal oils are delightfully easy to create. All that is needed is a carrier oil such as: almond, olive, grape seed oil and some herbs. (You can even add a drop or two of your favorite essential oil!)

(Note: Most carrier oils have a shelf life of about one year)

Oils are used in a lot of different ways in magick. You can anoint your body and objects to bless them, rub candles with the oil to reinforce it's powers or put a few drops into your bath.



SMUDGING WITH HERBS

Burning incense has been used in ancient Wicca and Witchcraft traditions, and the practice of smudging has been used in scared rituals around the world since ancient times.

Incense and smudging both use dried herbs. And while smudging uses dried herbs, Incense is traditionally made from a blend of powdered herbs, oils, resins and bark which is associated with the stronger scent that is has.

Incense is a common ingredient in spellwork, and different types have specific magickal purposes. Smudging is normally done prior to spellwork, and generally the main purpose is to purify and cleanse the energy of a space or person.

You may be familiar with smudging with Sage, but sometimes other herbs may be used (depending on the reason for the purification.) Some types of purifications can range from healings, clearing, and elimination of negative energy. Moving into a new space or office is also an ideal time to burn Sage in order to clear the previous owner's energy, and set your own intention for the space. However, you can Sage your space as often as you feel called to. Whether it's for an energetic reset or just to feel a more relaxed vibe. Some people also Sage after entertaining or having people over to clear any lingering energies.



Smudge sticks (bundles of dried herbs tied with a string) are preferred to use in smudging compared to incense because they burn cleanly and evenly. Many witches prefer smudging with herbs for this reason.

An alternative to smudge sticks, is to burn loose sprigs of herbs for a "single use" smudging. With this

method, you put loose herbs in a fire proof dish and light them. (Always use caution while lighting loose

herbs)

You will want to thank the spirit of the herbs before lighting them, and as with any type of flammable substance, use extreme caution.

Many smudging rituals involve using a feather to circulate the smoke around the space or over the person. If you are smudging inside, remember to keep your windows slightly open, so the energy you want removed has a way to exit the space.

HOW DO I CLEAR MY SPACE?

Sage is the herb most commonly thought of when it comes to smudging, and by adding Thyme or Mugwort to the mix- it can really increase the power to clear away lingering negative energy from a space. A good practice is to smudge a space after the change in seasons, a long winter, or to clear stagnant energy and lighten any heavy or sluggish feelings of being in a slump.

Note: Don't forget to give your space a tidy first, as dust and dirt may interfere with Sage's ability to cleanse.

INSTRUCTIONS:

As you light your herbs in a fire safe dish or Abalone shell, remember your attitude and intention is the most important aspect.

An attitude of gratitude and respect will set the perfect environment.

An intention such as:

"Please clear this space of stagnant and unwanted energies"

OR

"The spirit of Sage, spirit of Mugwort (or insert the name of any other herb you are smudging with) thank you for allowing your magickal energies in this space. With your help, I remove any unwanted energy of low vibration and infuse this space with uplifting and magickal power. Blessed Be."

Now that you have an idea of some of the many forms of herbal magick, you might be curious on how to cast a herbal spell. Keep in mind, there is no one correct way to cast a spell and your own intuition will be key. Magick works by using energy in combination with your intent. It can be amplified by visualization. In a spell, you are using energy raised from sources of power and directing that energy towards a specific outcome using your intent to bring about a favorable result. Directing energy towards your intent is as simple as making sure you know what the goal of your spell is and focusing on it. If you are holding your desired result firmly in your mind, then you are directing energy. Here are a few other ways you can direct energy:

- Light a candle while focusing on your end result
- Write down your intentions and burn the piece of paper while thinking about your goal (intent)
- Dance in a circle (raising energy) while visualizing the result
- Meditate with Crystals (raising energy) while visualizing the result
- Mix herbs in a Sachet and hold in your hands while repeating an intention

Here is a simple method that works for all types of Herbal Magick

SET YOUR INTENTION

- Choose the purpose of your spell.
- What do you want to accomplish and what will the spell do?
- How will you increase energy around your intention?
- Will you use candles, chanting, herbs, oils, visualizations?



SELECT YOUR HERBS

Find the herbs you want to use for your magickal purpose. It's best to use the highest quality herbs since they contain more energy and are the purest form plant matter without containing any unnecessary additives.

This is why at we aim to provide you the highest quality ritual herbs which are all **certified Organic** and are packed individually in premium Mylar bags. These bags provide an airtight solution which maximizes potency. When kept out of sunlight and stored in a cool, dark place our whole herbs can last 3-4 years, and cut or ground herbs can last 1-2 years.

SELECT YOUR HERBS

A good practice before using your herbs is to charge each herb individually. While your plants/herbs are in a bowl rub your hands together, imagining a pure white light radiating from them. Focus on the magic qualities of the herb. Run your hands through the herbs, imagining the powerful white glow transferring into the herbs. Say a short prayer of appreciation for the herb you are using. When you feel a tingling in your hands, the process is complete.



PERFORM THE RITUAL



Reading a prayer or call upon your spirit guides (or whomever you feel inspired to channel) to send you blessings and to help you bring about your goal.

Simply saying something like this (or whatever resonates for you):

"with this offering I bestow blessings and pure, clear intention to these living herbs. May positivity and blessings flourish in this magickal space. Blessed be."

If you are enjoying a bath, recite your prayer while you step in to the bath tub.

If your herbs are placed in a Sachet, wear them, carry them on you or sleep with them under a pillow. Sachets can serve as symbols to meditate on, reminders of your intention and to focus and breathe. Depending on the herbs used, Sachets can serve different purposes.

For example, if you are seeking awareness- what is it that you need more clarity on, so you can see the situation with a fresh perspective? Meditate on this while you create your Sachet or whenever you see it.

Once you feel like a significant shift has occurred, or whatever you were seeking has manifested or attracted itself to you- you can simply empty the contents of the Sachet in nature. This ritualistic act signifies that your problem has dissolved, and the solution has already begun to take shape.

These herbs listed are examples of how you might want to create your own Sachet. Keep in mind there is no one right way to construct your Sachet. Whatever feels right to you, that is the guidance to follow. Your intuition will always serve you.

PROTECTION SACHET

ST. JOHN'S WORT - protection, prophetic dreams, strength, love, happiness

SAGE - smudging, meditation, relaxation, ancestral wisdom, peace

HYSSOP – purification, innocence, blessings, sacred baths and washes

SERENITY SACHET

LAVENDER - love and attraction, purification, relaxation, restful sleep

SAGE - smudging, meditation, relaxation, ancestral wisdom, peace

BLESSED THISTLE - consecration, protection, healing and cleansing by fire

POSITIVITY & UPLIFTMENT

ROSEMARY – cleansing, purification, vitality, wisdom, protection

PEPPERMINT – healing, purification, psychic awareness love and energy

ROSE PETALS – charms of love and beauty, harmony, divination, Goddess rites

Disclaimer:

HOLY SANTO herbs are intended for ritual and magical practice only. Metaphysical/magical outcomes are not implied or guaranteed by using them.

- These herbs and information provided are not meant to diagnose, treat, prevent or cure any illness.
- Please do your research and/or consult a doctor before using any new herb product.
- Do not use this product if you are allergic (or may be allergic) to any of the ingredients.
- Store your herbs in a labeled package, away from children and pets.
- Our herbs are not for internal consumption.

I hope this guide provides a basic grounding in herbal magick, and it begins to open your mind to the possibilities and ways in which you can practice and experiment with herbs.

Be patient, continue to practice and most importantly- trust your abilities.

It can take time to achieve your desired result or outcome. With the right timing, positive expectation and persistence, the results will manifest.

There is no right and wrong. Only interpretations to what calls your soul. Take note of anything that really resonates with you on an intuitive level and remember to have fun experimenting with the power of herbs!

The deeper you dive into the world of magick, and the more you read, you'll have a better understanding of the magickal properties of the herbs that interest you, which will support you in achieving the results you desire from your spellwork.

I wish you all the best in your journey and sincerely hope that incorporating magick in your life has opened your mind up to the incredible possibilities of this magnificent universe.

Blessed Be. CJ Owner, H<u>O</u>LY <u>SANTO</u>

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BONUS LOVE SPELL & MONEY SPELL



LOVE SPELL

You'll Need:

- Rose Petals
- Lavender
 - White/ Red/ Pink Candle

Hold some Lavender and Rose petals in your hands while you take a few moments to breathe deeply with your eyes closed, taking in the sweet floral aroma and focusing on what it feels like to have a deep sense of peace and feeling loved.

Even if you are not currently feeling that way, see yourself in your current reality feeling that way and trust that you will experience it again.

When you are ready, light the candle and sprinkle the Rose and Lavender petals in a clockwise circle around the candle, saying the following affirmation (or your own):

"Flames of passion, romance grow. I open my heart to love, the open path show. I love myself and am ready to receive love. May this flame of passion burn within our hearts. I raise my vibration to the level of highest love. So let it be."





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