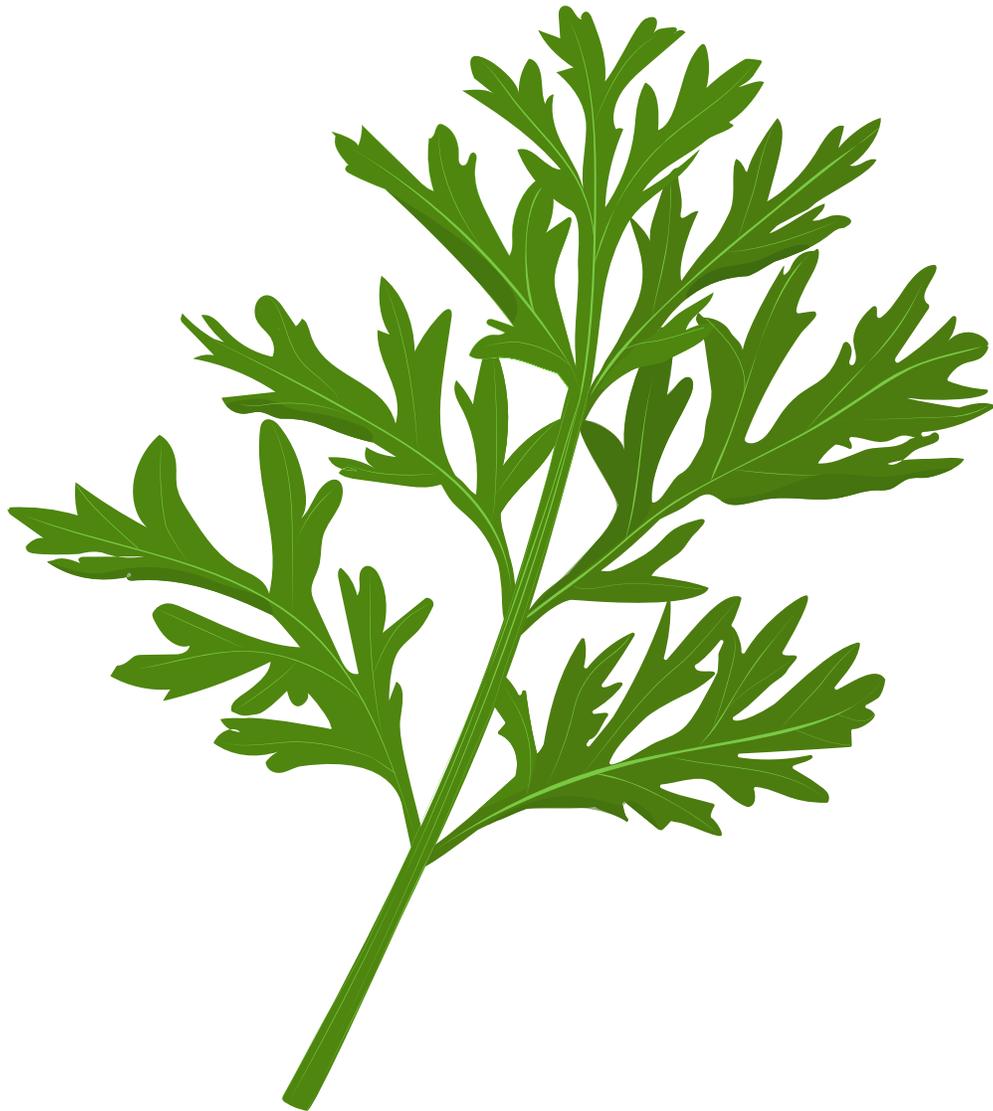


MUGWORT

RITUALS AND MAGIC

ACE OF CUPS APOTHECARY



MUGWORT

MAGICAL PROPERTIES

Magical Properties

- **Latin name:** *Artemisia vulgaris*
- **Common names:** Mugwort, dream weed, St. Johns plant
- **Family:** Asteraceae/compositae
- **Parts used:** Leaves roots and flowering tops

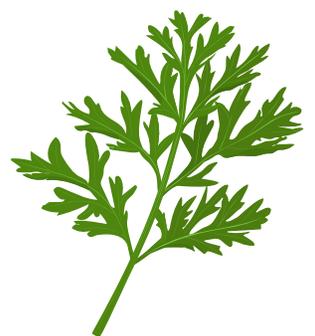
Oneirogen (dream enhancing) Lucid dreaming, dream work, clearing, cleansing and connecting. It is named *Artemisia* in connection to the goddess Artemis, Greek goddess of the hunt. Use a tincture or tea of this herb to do dream work especially lucid dreaming.

Mugwort helps to create vivid dreams if you are already a dreamer or bring about dreams if you have a scarcity of dreams. It is said that St. John the Baptist wore this in the wilderness for protection and Roman soldiers used it in their shoes to help their feet become less tired and remember their quest.

Used to keep away dreams of the dead. Used as a blessing herb before trance work and spiritual quests.

Magical Properties

Burn to purify a room before ritual practices, anoint mugwort infused oil before sleeping, meditate with the plant while awake to access dream knowledge, grow in your yard for protection, hang over your doorways for protection, sleep with a spring under your pillow for dream work, make a mugwort dream pillow and amulet.



MUGWORT

SPELL & PROTECT

Preparation

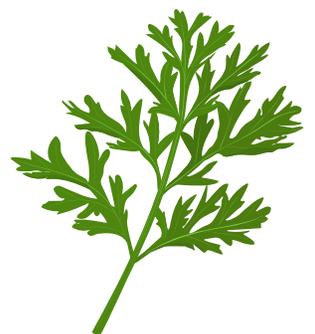
Set up your altar in the center of where you will cast your circle with the following items

- **A dark blue or purple altar cloth**
- **A paper with the last good dream you remember written on it**
- **A black stone of your choice for absorbing what is not needed**
- **Two small amethysts to add to dream pillows**
- **Mugwort infused oil (put mugwort in a small 4 oz. jar, pour sunflower or olive oil over it and shake daily for one moon cycle, then strain)**
- **A Mugwort smudge stick or loose mugwort and a burning shell or cauldron**
- **One 9x9 inch square of cotton and a 5x5 inch square of cotton cloth (any design you want is fine, something beautiful or an old cut up t-shirt will do)**
- **Two cords of your choice (hemp is a great option, but a ribbon that you connect to your dreams will also work)**
- **A mugwort tincture (fill up a jar with dried moonwort, add vodka, let sit for 4 weeks, shake daily)**
- **A bag of loose mugwort $\frac{1}{2}$ ounce per person participating in the ritual**
- **A timer (not a phone)**

Mugwort (to be done on full moon)

Dreaming while awake spell

Enhancing your dreams and lucid dreaming work



MUGWORT

SPELL & PROTECT

1. Cast a Circle to Create Sacred Space

Call in the directions ending with Earth to honor the earth element, as mugwort helps us be connected to work and therefore able to safely do dream work

- Use your own directions or use ours
- Welcome guardians of the watchtowers of the East, we invoke you and call on the powers of air, logic, words, mind and intellect. Teach us to create boundaries that draw magical circles around us, may our seeds be carried by your gentle breeze and your strong winds deter our enemies. By the air that is our breath be here now
- Welcome guardians of the watchtowers of the South, we invoke you and the fires of passion that ignites our creativity, inspiration and opens our hearts releasing fear and bringing in the heat of transformation. By the fire that is our spirit we ask that you be here now.
- Welcome guardians of the watchtowers of the West, we invoke you and the waters of life ever changing, to help us open to our emotions, desires and pour our love into ourselves. Creatures of the water, guardians of the oceans, we welcome you and vow to protect you. By the water that is our blood we ask that you be here now.
- Welcome guardians of the watchtowers of the North, we invoke you and the powers of the earth that give us the home, hearth and abundance to sustain life and help us walk the path that will lead us to discover the mysteries that will unlock our souls. By the earth that is our body, be here now.



MUGWORT

SPELL & PROTECT

2. Call in allies and familiars

- Spirit guides
- Dream allies (recurring characters in your dreams)
- Qualities (patience, love) you want in the sacred space with you
- Ancestors

3. Smudge

- Take the stick of mugwort or your loose mugwort and place it on the charcoal in your cauldron and light it to create smoke
- Smudge with the smoke the person to the left of you (or yourself if working solo)
- Breathe in the mugwort as you are being smudged and call healing past, present and future through ancestor connection

4. Take a Tincture of Mugwort

- Take one dropper of the mugwort tincture (not to be used in pregnancy), pass to the person on your left



MUGWORT

SPELL & PROTECT

5. Meditation

- Lay comfortably on the floor (have pillows if needed)
- Set timer for five minutes
- Breathe in and out deeply
- Focus on connecting with your inner voice
- Note any images that are coming up

6. Journal

- Journal about experience, noting any of the images or characters you met along the way
- Identify the ones that made you feel good, and the ones that didn't

7. Share and Create Dream Pillow and Carrying Protection Bundle

- Place a handful of mugwort into the large square of cotton, saying what you want to gain from dreaming, add the amethyst to this, fold and tie with ribbon
- Place a small amount of mugwort and amethyst into the small piece saying what you don't want to bring into your dreams and state what you need protection from.
- Tie this one with ribbon also
- Place the large one under your pillow at night and carry the small one with you until the next full moon then discard that one (place herbs in the earth)
- After each person does this pass around the smudge and smudge the pillow and protection bundle



MUGWORT

SPELL & PROTECT

8. Release the circle

- Release the directions in opposite order
- Guardians of the watchtower of the North, Earth, hearth and home, we release you. Thank you for keeping us grounded and connected, safe and nurtured. Go if you must stay if you will.
- Guardians of the watchtower of the West, water, ebb and flow, waters of the living womb, we release you and thank you for guiding us deeper into our emotions for self discovery. Stay if you will go if you must.
- Guardians of the watchtower of the South, fire, passion, creativity, lust for life, and inspiration we release you. Thank you for helping us to discover and explore our passion and bring our creations to life. Stay if you will go if you must.

Then say “The circle is open but unbroken, may the peace of this connection stay within our hearts, Merry meet and merry part and merry meet again’

You can keep the mugwort pillow as long as you like, you can untie it and add new mugwort as needed.

·Disclaimer: This information is to be used for educational and entertainment purposes only. It is not intended to prevent disease, intended to diagnose, treat or cure any ailments. The Food and Drug Administration have not evaluated this information. Always consult a doctor before adding new herbal remedies to your health regimen. And consult a trusted teacher, your deeper intuition or Curia Arcanum for guidance in spell work.

