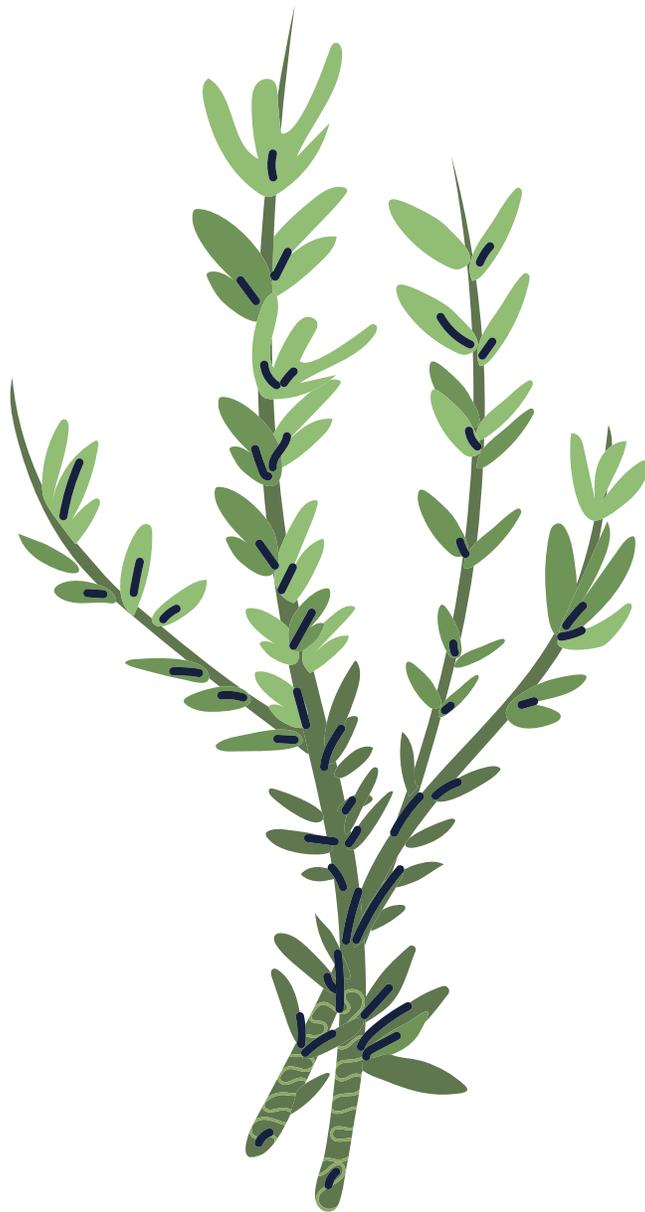


ROSEMARY

RITUALS AND MAGIC

ACE OF CUPS APOTHECARY



ROSEMARY

MAGICAL PROPERTIES

Magical Properties

- Latin name: Rosmarinus (dew of the sea) Officinalis
- Common names: Rosemary,
- Family: Lamiaceae
- Parts used: Dried or fresh aerial parts of plant
- Element: Fire Tarot card: High priestess

Heal past experiences, call in playful spirits, boost energy, strengthen memory, connect with ancestors, associated with Venus and the virgin Mary, purifying, cleansing, clears past, present and future patterns that don't serve us, helps to access all of humanities memories, aids telepathic work and divination, connect with the collective unconscious, used for brides and grooms to long remember their love, love spells as Aphrodite can be see draped in rosemary

Preperations for Spell Work

Burn to purify a room before ritual practices, anoint with the oil before divination, anoint the querent (one who seeks) and yourself before divination practices or tarot readings, meditate with the plant for ancestor work, grow in your yard for protection, sleep with a sprig under your pillow for dream work, brew 24 ounces of rosemary tea and add to your ritual bath, rosemary biscuits can be baked to ground after a ritual, make a wreath out of rosemary to wear as a crown or hang on your door for protection, keep a rosemary sprig near you when you study to help your memory, give as a gift to brides or grooms



ROSEMARY

ANCESTRAL HEALING

Honey Jar Ritual

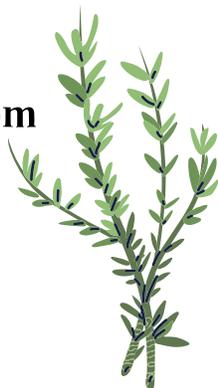
Connecting with Ancestors to release negative and draw in positive attributes of your bloodline through a honey jar ritual. To be done during the full moon.

Preparation

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

Supplies

- A beautiful altar cloth
- The oldest item from your ancestral lineage, (a quilt your grandma made, a coin your great-grandfather gave you)
- A black stone of your choice for absorbing unwanted energy
- A pink stone for nurturing energy
- A birthday candle
- Rosemary essential oil or "rosemary infused oil"
- An incense burning shell or cauldron and charcoal to burn
- A jar of honey (1-2 oz. per person in ritual)
- A bag of dried rosemary (2 tablespoons per person)
- An empty 1- 2 oz. jar per person
- Dried rosemary sprig
- Plates or tinfoil
- A journal and small pieces of paper
- Pens to write with
- Optional a photo of your ancestors or towns you know they came from
- Optional rosemary biscuits



ROSEMARY

ANCESTRAL HEALING

Honey Jar Ritual

Ritual

- Set up and purify your room, or any other practice you like to use and set up your altar with items from supply list
- Cast a circle to create sacred space
 - Call in the directions ending with South to honor the fire element. Welcome the spirit within, the power of transformation and connecting with the ancestors 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 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. 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 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.



ROSEMARY

ANCESTRAL HEALING

Honey Jar Ritual

Ritual

- Call in allies and familiars
 - Spirit Guides
 - Ancestors
 - Qualities (patience, love) you want in the sacred space with you
- Smudge to purify, expel unwanted energy and welcome guides
 - Take the dried sprig of Rosemary and place it on the charcoal in your cauldron or just burn it like sage over the cauldron
 - Smudge with the smoke the person to the left of you (or yourself if working solo)
 - Breathe in the rosemary as you are being smudged and welcome the ancestors
- Journaling exercise: connecting with the ancestors
 - First journal exercise: Set the timer for 3 minutes and free write about your ancestry, what you know about it, what you don't, what you are proud of, what you are ashamed of, write for the entire 3 minutes
 - Second journal exercise: Journal prompt, "When I connect to my ancestral self I feel ... write for three minutes
 - Third exercise: Journal prompts, "I want to connect to my ancestors because ..." and set timer for 3 minutes and write
 - Learning from what you discovered journaling decide what it is you want to stay connected to in your ancestral line and what you want to let go
 - Take a small piece of paper, on one side write what you want to keep and on the other what you want to let go of



ROSEMARY

ANCESTRAL HEALING

Honey Jar Ritual

Ritual

- Honey jar work to sweeten the connection
 - Each person will place 2 tablespoons of dried or fresh rosemary into their 2 oz. jar
 - Place one drop of rosemary oil in jar
 - Breathe in the scent sending love and forgiveness to yourself
 - Drawing in the ancestors that are helpful and breathing out the others
 - Pour the honey over the rosemary to the top of the jar and close the lid. Fold the paper you wrote on three times saying,
 - I welcome the ancestors
 - I call in and ban the ones that don't serve my highest good
 - I accept my bloodline and my power to heal it past, present and future
 - Place the jar on a plate or tinfoil, put the paper underneath it
 - Melt the bottom of the candle and place it on the lid of honey jar (melt enough that it glues to lid and stands erect)
 - Each person lights their candle and in complete silence watch the flame burn, do not take your eyes from the flame, listen for messages from your ancestors
- Completing the circle to seal the spell
 - Hold hands with the other people in the circle
 - Person to the Right look into eyes of the person to the left, say a positive affirmation, go around the whole circle
 - Keep your folded paper with you until the next new moon, or place it on your altar, when you are ready to discard of it bury it (I like to use my house plants or magical herb garden beds)



ROSEMARY

ANCESTRAL HEALING

Honey Jar Ritual

Ritual

- Release the circle
 - Release the directions in opposite order 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. 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 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 East, Air winged ones we release you, Thank you for guiding us on this exploration of the mind, intellect and heart. Stay if you will go if you must 8. 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'Now would be the time to eat your rosemary biscuits to ground if you made some This honey will be ready to eat on the full moon, put it in tea, use as a facemask or bake with it, strain it or enjoy the rosemary leaves

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.

