



Basic Herbs

Practical & Accessible Herbal Essentials For Spells

Herbs are the most accessible form of magick. They live in cupboards, gardens, cracks of sidewalks. They flavor food and shift energy in the same motion.

How To Work With Herbs

Fresh carries immediacy.

Dried carries endurance.

Crushed releases faster.

Whole holds longer.

Herb	Properties
Rosemary	Protection • Clarity • Memory
Basil	Prosperity • Luck • Harmony
Lavender	Calm • Sleep • Peace
Cinnamon	Energy • Success • Confidence
Thyme	Courage • Strength • Purification
Bay Leaf	Wishwork • Success • Manifestation
Sage	Cleansing • Release • Boundary

Intention Example For Each Herb

Rosemary	<i>“May this rosemary clear my mind, protect my energy, and strengthen my inner wisdom.”</i>
Basil	<i>“May this basil attract abundance, invite good fortune, and bring positive energy into my life.”</i>
Lavender	<i>“May this lavender bring peace to my heart, calm to my mind, and gentle healing to my spirit.”</i>
Cinnamon	<i>“May this cinnamon ignite passion, attract abundance, and fill my life with warmth and success.”</i>
Thyme	<i>“May this thyme grant me courage, restore my strength, and bring clarity to my path.”</i>
Bay Leaf	<i>“May this bay leaf carry my intentions to the universe and turn my wishes into reality.”</i>
Sage	<i>“May this sage clear away negativity, purify my space, and invite peace and protection.”</i>