



# Mugwort



## HEALING PROPERTIES

Mugwort is one of the most popular herbs for a witch in his or her pantry! It is well known for its magickal uses of clairvoyance, strength intuition, psychic dreams, astral projection, protection, wisdom, divination, lucid dreams and more. Some physical healing properties it has are aiding with menstruation, fertility, stimulate energy and circulation, and help with digestion and arthritis.

## HOW TO USE MUGWORT

You can place Mugwort in your shoes for protection and to prevent fatigue on long journeys. You could also use Mugwort to create a divination incense for prophetic dreams, purification, repelling insects and increase divination skills. You can also rub the fresh leaves on a scrying ball or mirror to increase divination skills. Carry Mugwort with you to increase fertility and lust, while also preventing backaches and aiding to heal your body. You can drink Mugwort tea to help open your third eye, psychic dreams, plus aiding in divination. Steep a teaspoon of dried leaves in a cup of hot water, then add honey, lemon and other herbs if you wish. Place some under your pillow (or in a sachet) to bring about psychic dreams, lucid dreaming and enable astral travel.

## WHERE CAN I GET MUGWORT?



Mugwort can appear as body oils, essences, ointments, psychic teas and divination incenses. There have been many different experiences using mugwort. For instance, if you are very sensitive thujone, it can be absorbed through the skin. Witches can purchase mugwort in metaphysical, herb and occult shops. You may even find some fresh in a gourmet grocery store. You can also find mugwort growing wild in many places. However, make sure you are positive that it is the correct plant because it looks a lot like Ragweed.

## WARNINGS

If you are pregnant or lactating, it is not recommended to use this herb. Artemisia plants contain liver toxins that build up if used in excess. Make sure to take breaks when using this herb for a least a week. Do not give this herb to children or pets. If you're not into mind-altering substances, this might not be for you. Some people have experienced skin irritation. Do not ingest essential oils because it can damage your liver and kidneys if you take too much.