



Ethereal Herbs

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10th June 2006

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without the written consent of the founder is strictly prohibited.
Please can I also ask that this system not be advertised on any free Yahoo,
MSN groups.

PLEASE NOTE: A LOT OF THE HERBS MENTIONED IN THIS MANAUL
ARE EXTREAMY POISONOUSE AND SHOULD NEVER BE INGESTED.

THIS SYSTEM USES THE ETHERIC ENERGIES OF THE HERBAL
KINGDOM WHICH IS 100% SAFE

During my work with the energies of the Ethereal Crystals and the Ethereal Flower Systems founded by Mr. Ole Gabrielsen I have always felt

"Why has the Herbal Kingdom been left out?"

Through Many Month's of Meditation and speaking with my Guide's and sprit over this matter I now feel that spirit is guiding me to write up this information and to pass the energies on via a simple yet effective Attunement.

Herbs also have many metaphysical qualities but I will go into more detail about the Metaphysical uses of the herb's you will be attuned to later on in this Manual.

HOW TO USE THE ENERGIES OF THE ETHEREAL HERBS

To use the energies of the Ethereal Herbs energy system all you need to do is simply point your finger or palm towards or on a Chakra or Part of the body needing treatment and intending that the Specific energy of that Herb be placed there.

Intention is the key to all things.

Thought follows intention and intention follows Thought.

If you are sending out negative, hurtful energies to someone you are not physically hurting them but on the etheric level you are, if you send out positive, loving and caring thought's to someone you are etherically sending this positive energy that will only heal and will do no harm.

You can even make your own Ethereal Herb Oils by Filling a bottle with any Oil, I like to use Organic Sunflower Oil, adding a few drops of your favorite Aromatherapy Oils (**please perform a small skin test before adding any aromatherapy oils to your carrier oil**) then just point your finger. Palm of hand towards the bottle or even hold the bottle in your hands while hands

are in Prayer position and intend for the Etheric herbal energies to enter into the oil through your hands/Finger.

You can say the name of the herb 3 times if you would like to but once the intention is set it has worked, Just Believe and INTEND

You can also use the Ethereal Herbs in any Spell Work if you practicing Wiccan or even infusing you face cream, Hand Cream with Ethereal Lavender and Aloe Vera to make a wonderful cooling Ethereal Cream.

You can also add the energies of the Ethereal Flower and Ethereal Crystals if you have received the attunements to these systems.

The Herbal Kingdom plays a major part in our society just as it did in the societies of the past, the Ancient Egyptians, Romans, Atlantian's just to name a few used the medicinal purposes of herbs for healing.

A LITTLE HISTORY ABOUT HERBS

IN THE BEGINNING

Herbs have been with us from the beginning of time. Man has used herbs to treat his illnesses for thousands of years. Most of the world's people still continue to use herbs to the benefit their bodies.

The reason being that most herbs are safe and extremely reliable with no side effects but as mentioned before some herbs are very poisonous.

The Herbs that are good for us to use in natural form put the body in tune with nature as God intended. The bible tells us many times to use herbs for the benefits of the body's health. In Genesis, God tells us, "I have given you every herb bearing seed, which is upon the face of the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for meat." In Ezekiel, the Lord says, "the fruit of the tree is for man's meat and the leaves for man's medicine

THE EGYPTIANS

Ancient Egyptians were highly skilled with herbs. The Papyrus Ebers, an ancient text written in 1500 BC, contains references to more than 700 herbal remedies, including herbs such as aloe, caraway seeds, poppy, and garlic.

THE CHINESE

The Chinese have practiced herbal use for 5000 years. There is one Chinese medical text written 2700 BC in which thirteen herbal prescriptions were listed. The Chinese are noted for their knowledge and use of ginseng. Many Chinese believe regular use of this herb prolongs life.

THE GREEKS

Hypocrites, "the father of medical literature" as he is called, was so far as we know the first man to practice medicine as an art. Hypocrites believed and taught that in nature there was strength to cure disease. Often, Hypocrites used diet and herbs as the basis of treatment.

THE ROMANS

The medical inheritance of ancient Egypt passed to Greece, then to Rome. The Roman Empire used herbal remedies quite extensively. Mandrake herb was used in Roman times as an anesthetic (**Mandrake is extremely dangerous and should never be Ingested or used directly on the skin**)

In Wicca herbs are used for there healing properties but also there metaphysical properties. The Ethereal Herb System will also give you the ability to make Herbal infused Oils for Magical reasons and for anointing the Chakra's.

THE CHAKRA SYSTEM

The word chakra is Sanskrit for wheel or disk and signifies one of seven basic energy centers in the body. Each of these centers correlates to major nerve ganglia branching forth from the spinal column. In addition the chakras also correlate to levels of consciousness, archetypal elements, developmental stages of life, colours, sounds, body functions, and much, much more.

There are 7 Main Chakras in the human body starting at the top of the head and ending at the base of the Spine.

These Chakras are called:

ROOT/BASE CHAKRA

SACRAL CHAKRA

SOLAR PLEXUS

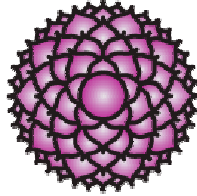
HEART CHAKRA

THROAT CHAKRA

BROW/3RD EYE CHAKRA

CROWN CHAKRA

Crown Chakra (Sahasrara)

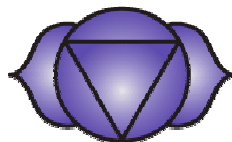


Thought, Universal identity, oriented to self-knowledge

This is the crown chakra that relates to consciousness as pure awareness. It is our connection to the greater world beyond, to a timeless, space less place of all-knowing.

When developed, this chakra brings us knowledge, wisdom, understanding, spiritual connection, and bliss.

Brow/3rd Eye Chakra (Ajna)



Light, Archetypal identity, oriented to self-reflection

This chakra is known as the brow chakra or third eye center. It is related to the act of seeing, both physically and intuitively. As such it opens our psychic faculties and our understanding of archetypal levels.

When healthy it allows us to see clearly, in effect, letting us "see the big picture."

Throat Chakra (Vishudha)

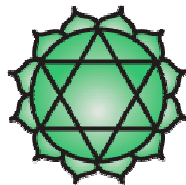


Sound, Creative identity, oriented to self-expression

This is the chakra located in the throat and is thus related to communication and creativity.

Here we experience the world symbolically through vibration, such as the vibration of sound representing language.

Heart Chakra (Anahatna)



Air, Social identity, oriented to self-acceptance

This chakra is called the heart chakra and is the middle chakra in a system of seven.

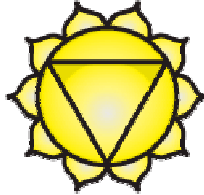
It creates a bridge between the Lower Chakras and the Higher Chakras.

The Colour of this Chakra is Green but it can also be seen as Pink

It is related to love and is the integrator of opposites in the psyche: mind and body, male and female, persona and shadow, ego and unity.

A healthy heart chakra allows us to love deeply, feel compassion, and have a deep sense of peace and centeredness

Solar Plexus *(Manipur)*

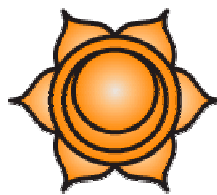


Fire, Ego identity, oriented to self-definition

This chakra is known as the power chakra, located in the solar plexus middle of the stomach.

It rules our personal power, will, and autonomy, as well as our metabolism. When healthy, this chakra brings us energy, effectiveness, spontaneity, and non-dominating power

Sacral Chakra *(Svadhithana)*



Water, Emotional identity, oriented to self-gratification

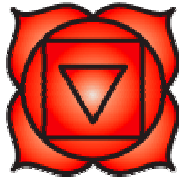
The second chakra, located in the abdomen, lower back, and sexual organs,

This Chakra deals with our emotions and sexuality.

It connects us to others through feeling, desire, sensation, and movement.

Ideally this chakra brings us fluidity and grace, depth of feeling, sexual fulfillment, and the ability to accept change

Base Chakra (Muladhar)



Earth, Physical identity, oriented to self-preservation

Located at the base of the spine, this chakra forms our foundation. This Chakra is related to our survival instincts, and to our sense of grounding and connection to our bodies and the physical plane. Ideally this chakra brings us health, prosperity, security, and dynamic presence.

As you can see the Chakra's play a major part in our lives as they are part of the balancing of the Physical and Astral bodies and by using Herbs you can help to balance the chakra's, physical and Astral bodies either through the use of ETHEREAL HERBS or the use of HOME GROWN HERBS that are safe to take internally but please research before ingesting any Herbs or seek Medical advice from a fully Qualified Professional.

Below is a list of the Herbs that you will be attuned to:

- **Acacia:** Psychic Development, Protection Against Psychic Attack, Uncrossing, Protection Against Hexes.
- **Agrimony:** Uncrossing, Protection, Rest, Invisibility, Banishing, Binding, Hexing, Disbursing Negative Energy, Reversals, and Returning Negative Energy to Its Source.
 - **All-Heal:** Healing, Health, Vitality
- **Aloe:** Healing, Protection against Harmful Spirits, Luck, Water Elemental Invocation.

- **Amber:** Mental Magic, Balance, Protection, Protection against Harmful Spirits, Protection Against Hexes, Protection Against Psychic Attack.
- **Angelica:** Exorcism, Hex Breaking, Divination, Prophecy, Disburses Negative Energy, Protection, Healing.
 - **Basil:** Circle Casting, Flying, Exorcism, Protection, Warding Off Harmful Spirits, Love, Wealth.
- **Bay:** Protection, Purification, Vitality, Psychic Development, Healing
 - **Bayberry:** Business Success, Wealth.
 - **Benzoin:** Purification, Circle Casting, Wealth, Protection.
- **Catnip:** Familiar Magic, Spirit Familiar Invocation, Beauty, Love, Joy.
 - **Chamomile:** Rest, Prosperity, Purification, Water Elemental Invocation, Romance.
- **Cinnamon:** Lust, Success, Strength, Spirituality, Healing, Divination, Protection, Love.
 - **Clove:** Prosperity, Romance, Protection, Exorcism.
- **Dandelion:** Spirit Magic, Wish Magic, Prophetic Dreams, Divination, Health.
- **Echinacea:** Healing, Protection Strengthens Spells, Defensive Magic.
 - **Eucalyptus:** Protection, Healing, Water Elemental Invocation.
 - **Fern:** Weather Magick, Exorcism, Air Elemental Invocation, Good Fortune, Immortality, Protection, Wealth, Healing.
 - **Frankincense:** Protection, Spirituality, Exorcism, Purification.
- **Garlic:** Protection, Healing, Exorcism, Protection from Theft, Fertility.
- **Ginger:** Romance, Love, Prosperity, Control, Success, Mental Magic.
 - **Ivy:** Health, Healing, Protection.
 - **Marjoram:** Protection, Love, Joy, Healing, Prosperity.
 - **Mistletoe:** The Hunt, Lust, Healing, Love, Romance, Protection, Exorcism, Fertility, Air Elemental Invocation.
- **Mugwort:** Astral Projection, Potency, Mental Magic, Earth Elemental Invocation, Dream Magic, Protection, Healing.
 - **Mullein:** Courage, Healing, Protection, Love, Romance, Divination, Exorcism.
 - **Musk:** Lust, Control, Persuasion, Prosperity, Confidence, Courage.
 - **Myrrh:** Protection, Exorcism, Purification, Healing, Spirituality.
 - **Nutmeg:** Clarity of Vision, Friendship, Confidence, Divination, Prosperity.

- **Parsley:** Purification, Romance, Protection.
- **Patchouli:** Lust, Protection, Reversals, Hex Breaking, Returning Negative Energy To Its Source, Returns Harmful Magick, Wealth, Money, Fertility, Riches, Earth Elemental Invocation.
- **Rose:** Love, Healing, Mental Magick, Divination, Wish Magick, Protection.
- **Rosemary:** Protection, Exorcism, Love, Friendship, Lust, Mental Magick, Purification, Rest, Beauty.
- **Sage:** Protection, Wisdom, Youth, Longevity, Wish Magick.
- **Sandalwood:** Purification, Protection, Healing, Exorcism, Spirituality, Consecration.
- **Tobacco:** Purification, Exorcism, Healing.
- **Valerian:** Love, Purification, Rest, Protection.
- **Ylang Ylang:** Lust, Fertility, Power, Social Power.

As I mentioned before you can also use the energies of the Herbs to make Oils, Potions, and Lotions.

Below is a Description of Specific Herbs that can be used to make these Items.

ACTION, QUICK:

Catnip, Cayenne.

ANCESTOR CONTACT:

Amaranth.

ANIMAL HEALING:

Allspice, Wood Betony, Blackberry, Coriander, Lemon Balm, Myrrh, Rosemary, Sandalwood, Spearmint.

ANIMALS: Never give your animals any herbs apart from etheric herbs without seeking veterinary advice first.

Herbs particularly in tune with animals, to confer blessings, health and protection. Use with other herbs for specific purposes.

Burdock, Catnip, Clover, Coltsfoot (hooved animals), Deerstongue, Dragon's Blood, Geranium, Ground Ivy, Horehound, Juniper, Lady's Mantle, Marjoram, Melilot, Mistletoe, Peppermint, Pine, St. John's Wort, Tarragon, Valerian, Wintergreen, Wormwood, Yarrow.

ANOINTING:

Herbs used to ritually set something or someone apart as sacred by smearing oils on their body.

Acacia, Angelica, Carnation, Cinquefoil, Eucalyptus, Frankincense, Geranium, High John, Jasmine, Lavender, Myrrh, Olive, Pine, Rose, Rosemary, Sandalwood, Vervain.

ANTI-THEFT:

Herbs that will help protect objects, ideas, etc. from theft.

Aspen, Basil, Cumin, Dill, Ground Ivy, Horehound, Juniper, Mugwort, Rosemary, Tarragon, Vetivert, Willow.

ASTRAL PROJECTION:

For help in leaving one's body and for protection while on the astral planes. Benzoin (Poisonous), Cinnamon, Dittany of Crete, Hemlock (water), Jasmine, Mugwort, Poplar.

BALANCING:

Used to bring balance to person, thing or situation.

Geranium, Lavender, Orange, Peppermint, Rose.

BANISHING:

Powerful herbs used to drive away an unwanted, though not necessarily evil, influence, entity or thing.

Agrimony, Benzoin, Wood Betony, Cayenne, Cedar, Cinquefoil, Clove, Cypress, Elder, Fern, Hemlock (water), Henbane, Mugwort, Myrrh, Patchouli, Rose, Rue, St. John's Wort, Vervain, Vetivert, Violet, Yarrow.

BEAUTY:

To enhance inner beauty and others' impression of one's physical beauty.

Heather, Lady's Mantle, Lemon, Orange, Rose, Strawberry, Violet.

BIND SPELLS:

These help to drive spells and bind them to their purpose.

Calamus, Frankincense, Myrrh, Sandalwood.

BINDING:

Herbs often used to bind (or tie) a person or thing to you. If used against that person's free will, it is considered by most to be a definite no-no.

Apple, Catnip, Cypress, Dragon's Blood, Black Pepper, Pine, Rowan, Wormwood.

BLESSINGS:

To set someone or something apart as sacred and to confer good wishes.

Carnation, Cypress, Dill, Elder, Frankincense, Myrrh, Passionflower, Rose, Rosemary, Rue.

BUSINESS SUCCESS:

Herbs used to attract customers, good will, growth and prosperity to a business venture.

Basil, Benzoin, Cinnamon, Dock, Mistletoe, Pennyroyal, Vetiver.

CHASTITY:

Used to promote purity, either physically or in thought.

Camphor, Hawthorn, Lavender, Vervain.

CLAIRVOYANCE:

Aid in the ability to perceive facts by psychic means without the use of tools.

Bay, Broom, Cedar, Cinnamon, Cinquefoil, Clary Sage, Clove, Coriander, Dittany of Crete, Elder, Fennel, Frankincense, Ground Ivy, Lavender, Lemongrass, Lilac, Mugwort, Nutmeg, Oakmoss, Parsley, Patchouli, Pine, Poppy, Rose, Sage, Sandalwood, Star Anise, Strawberry, Thyme, Willow, Yarrow, Yew.

CLEANSING:

Herbs used to clean by removing negative energies from a person, place or thing.

Frankincense, Pine.

COMPASSION:

Plants that help to promote compassion and caring.

Allspice, Almond, Burdock, Elder, Lady's Mantle, Lemon Balm, Myrrh, Pine, Poppy, Quassia, Rose, Sassafras, Willow, Yew.

CONCENTRATION:

Herbs that aid one to focus.

Allspice, Bay, Cinnamon, Eucalyptus, Rose, Sandalwood, Thyme.

CONFIDENCE:

To promote sureness of self.

Basil, Cedar, Dill, Fennel, Geranium, Oak, Rosemary, St. John's Wort, Tarragon, Thyme, Turmeric.

CONSECRATION:

To dedicate someone or something to a higher purpose.

Anise, Bay, Wood Betony, Burdock, Carnation, Cassia, Cedar, Cinnamon, Clary Sage, Copal, Cypress, Dragon's Blood, Elder, Frankincense, Galangal, Geranium, High John, Hyssop, Lavender, Lemongrass, Liquidamber, Mistletoe, Mugwort, Myrrh, Peppermint, Pine, Rosemary, Rue, Sage, Sandalwood, Spearmint, Star Anise, Thyme, Valerian, Woodruff, Yarrow.

COURAGE:

To promote bravery.

Allspice, Borage, Clove, Dragon's Blood, Fennel, Geranium, Ginger, Mullein, Musk, Nettle (with Yarrow), Oak, Black Pepper, Pokeweed, Rosemary, St. John's Wort, Tarragon, Thyme, Tonka, Turmeric, Yarrow.

CREATIVITY:

These help bring inspiration and to dissolve blockages to creativity.

Cherry, Cinnamon, Clary Sage, Lemon Verbena, Lilac, Orris, Patchouli, Rose, Vervain.

DEATH:

Herbs that aid passage of deceased, and to ease the pain of loss.

Cypress, Lavender, Marjoram, Parsley, Rosemary, Thyme, Violet, Willow.

DETERMINATION:

To increase willpower.

Allspice, Chamomile, Dill, Dragon's Blood, Mullein, Rosemary.

DIVINATION:

Used as an aid to the gaining of psychic information through the use of physical tools, such as the Tarot, etc. Also often used to anoint these tools.

Acacia, Anise, Apple, Bay, Camphor, Cassia, Cedar, Cherry, Cinnamon, Cinquefoil, Clary Sage, Clove, Coriander, Dittany of Crete, Elder, Frankincense, Goldenrod, Ground Ivy, Hawthorn, Lavender, Lemongrass, Lilac, Mace, Gum Mastic, Mugwort, Nutmeg, Oakmoss, Orange, Orris, Parsley, Patchouli, Pine, Poppy, Rose, Rowan, Sage, Sandalwood, Star Anise, Strawberry, Thyme, Willow, Wormwood, Yarrow, Yew.

DRAGON ENERGIES:

Hyssop, Tarragon.

DREAMS:

Catnip, Chamomile, Dill, Lemon Verbena, Nutmeg, Poppy, Spearmint.

DREAMS, Prophetic:

Ash, Bay, Cassia, Cinquefoil, Dragon's Blood, Jasmine, Mugwort, Peppermint, Rose.

ECOLOGY:

Peppermint.

ELOQUENCE:

Aspen, Citronella.

ENDINGS:

An aid in finalizing an event and to ease the pain of loss.

Bay, Camphor, Lemon Balm, Melilot, Myrrh, Pennyroyal, Peppermint.

ENERGY:

For both physical and mental energy.

Carnation.

EXORCISM:

Powerful herbs to help in the expulsion of an unwanted entity from a person, place or thing.

Angelica, Asafoetida, Balsam of Peru, Basil, Bay, Benzoin, Birch, Broom, Burdock, Cedar, Cinquefoil, Citronella, Clove, Clover, Copal, Dragon's Blood, Elder, Fern, Frankincense, Galangal, Geranium, Horehound, Juniper, Lavender, Lemon Verbena, Liquidamber, Mint, Mistletoe, Mullein, Myrrh, Nettle, Oakmoss, Orris, Patchouli, Peony, Black Pepper, Pine, Rosemary, Rue, St. John's Wort, Sandalwood, Thistle, Turmeric, Valerian, Vervain, Willow, Wormwood, Yarrow.

FAERIES:

Ivy, Lilac, Mistletoe, Oak, Poppy, Rosemary, Strawberry, Thyme.

FERTILITY:

Not only physical, but mental and spiritual, also. These herbs help to increase gain from ideas and plans.

Allspice, Almond, Anise, Banana, Cardamom, Cherry, Coriander, Dill, Dock, Fennel, Geranium, Hawthorn, Hemlock (tree), Jasmine, Juniper, Lemon Balm, Mace, Mistletoe, Mugwort, Mullein, Musk, Nutmeg, Oak, Olive, Orange, Parsley, Patchouli, Pine, Poppy, St. John's Wort, Star Anise, Strawberry, Willow, Yarrow.

FIDELITY:

To help insure loyalty and the keeping of promises.

Basil, Carnation, Clover, Cumin, Dragon's Blood, Ground Ivy, Horehound, Lemon, Lemongrass, Nutmeg, Rosemary, Red Sandalwood, Violet.

FIXATIVE IN MIXTURES:

These plants serve to preserve the scent and potency of the ingredients in a mixture or potion.

Angelica, Benzoin, Calamus, Clary Sage, Clove, Liquidamber, Myrrh, Oakmoss, Orris, Patchouli, Sandalwood, Tonka, Vetiver.

FRIENDS:

Acacia, Heather, Passionflower, Yarrow.

GOSSIP, to Stop:

Clove, Clover, Deerstongue, Geranium, Orris.

GRAVEYARD DUST, substitute for:

Mullein, Patchouli, Valerian.

HAPPINESS:

Anise, Apple, Basil, Borage, Cardamom, Cassia, Catnip, Cedar, Chamomile, Cherry, Cinnamon, Clary Sage, Cypress, Dittany of Crete, Fir, Geranium, Hawthorn, High John, Jasmine, Lavender, Lemon Balm, Lemon Verbena, Lilac, Melilot, Myrrh, Orange, Parsley, Patchouli, Peppermint, Rose, Rosemary, St. John's Wort, Spearmint, Valerian, Ylang Ylang.

ALL HEALING:

These help to promote healing and to maintain health on all levels.
Allspice, Angelica, Apple, Ash, Balm of Gilead, Balsam of Peru, Bay, Blackberry, Calamus, Camphor, Carnation, Catnip, Cedar, Chamomile, Cinnamon, Cinquefoil, Clove, Coriander, Cypress, Elder, Eucalyptus, Fennel, Fern, Galangal, Gardenia, Geranium, Horehound, Hyssop, Ivy, Juniper, Lavender, Lemon, Lemon Balm, Mandrake, Marjoram, Mint, Mistletoe, Mullein, Myrrh, Nettle, Nutmeg, Oak, Olive, Orange, Peppermint, Pine, Rose, Rosemary, Rowan, Rue, Sage, St. John's Wort, Sandalwood, Sassafras, Spearmint, Tansy, Thistle, Thyme, Tobacco, Tonka, Vervain, Violet, Willow, Wintergreen.

HEX-BREAKING:

To render powerless any spells cast against you.

Angelica, Balsam of Peru, Basil, Bay, Benzoin, Burdock, Cedar, Cinquefoil, Citronella, Clove, Copal, Datura, Dill, Elder, Frankincense, Galangal, Gardenia, Geranium, High John, Juniper, Lemon Verbena, Mugwort, Myrrh, Nettle, Oakmoss, Orris, Patchouli, Black Pepper, Pine, Pokeweed, St. John's Wort, Squill, Thistle, Turmeric, Valerian, Vervain, Vetiver, Willow, Wintergreen, Wormwood, Yarrow.

HONESTY:

Dragon's Blood, Ground Ivy, Horehound, Lemongrass, Red Sandalwood.

IMMORTALITY:

These herbs help to prevent death of physical body, ideas, projects, etc.
Apple, Heather, Mistletoe, Sage, Tansy.

INSPIRATION:

To help promote ideas and feelings the lead to creative action.
Acacia, Angelica, Balm of Gilead, Bay, Benzoin, Cinnamon, Cinquefoil, Clove,
Cypress, Fir, Frankincense, Lavender, Oakmoss, Rosemary, Rowan, Rue, Sage,
Vanilla, Vervain.

INSURE AGREEMENTS:

Acacia.

INVINCIBILITY:

Fern, Galangal.

INVISIBILITY:

To help one be less noticeable; to *blend* into the background.
Amaranth, Mistletoe, Nutmeg, Poppy, Tansy, Wolfsbane.

INVOCATION:

Cinnamon.

JUSTICE:

Bay, Cedar, Chamomile, Cinnamon, Cinquefoil, Dock, Jasmine, Nutmeg,
Peppermint, Violet.

KNOWLEDGE:

As an aid in gaining knowledge and answers to questions.
Angelica, Balm of Gilead, Bay, Benzoin, Cassia, Cinnamon, Cinquefoil, Clary
Sage, Frankincense, Vervain.

LAW:

Galangal, High John.

LONGEVITY:

Used to increase lifespan of physical body, ideas, projects, groups, etc.
Apple, Cedar, Cypress, Fennel, Heather, Lavender, Lemon, Lemon Balm,
Maple, Mugwort, Mullein, Oak, Rose, Rosemary, Rue, Sage, Tansy, Yarrow.

LOVE:

Acacia, Allspice, Almond, Amaranth, Angelica, Anise, Apple, Ash, Balm of
Gilead, Basil, Bay, Beebalm, Benzoin, Wood Betony, Birch, Broom, Burdock,
Calamus, Cardamom, Carnation, Cassia, Catnip, Cedar, Chamomile, Cherry,
Cinnamon, Cinquefoil, Clary Sage, Clove, Clover, Coltsfoot, Copal, Coriander,
Cumin, Deerstongue, Dill, Dragon's Blood, Elder, Fern, Frankincense,
Galangal, Gardenia, Geranium, Ginger, Grains of Paradise, Henbane, High
John, Jasmine, Juniper, Lavender, Lemon, Lemon Balm, Lemon Verbena, Lilac,
Mace, Mandrake, Maple, Marjoram, Mistletoe, Mullein, Musk, Nutmeg,
Orange, Orris, Pansy, Patchouli, Pennyroyal, Peppermint, Poppy, Quassia
(Harmony in love), Raspberry, Rose, Rosemary, Rue, Sage, St. John's Wort,
Red Sandalwood, Sassafras, Spearmint, Star Anise, Strawberry, Tarragon,
Thyme, Tonka, Valerian, Vanilla, Vervain, Vetivert, Violet, Willow, Wormwood,
Yarrow, Ylang Ylang.

LUCK:

Agrimony, Allspice, Anise, Basil, Bay, Cardamom, Cassia, Catnip, Cedar,
Chamomile, Cinnamon, Cinquefoil, Dock, Dragon's Blood, Elder, Fern,
Frankincense, Galangal, Goldenrod, Grains of Paradise, Heather, High John,
Jasmine, Lavender, Mace, Melilot, Mistletoe, Myrrh, Nutmeg, Oak, Olive,
Orange, Peony, Peppermint, Poppy, Rose, Rosemary, Rowan, Rue, St. John's
Wort, Sandalwood, Spearmint, Star Anise, Strawberry, Tonka, Vetivert,
Violet, Wintergreen, Yarrow.

LUCK, Fast:

Cinnamon, Tonka.

LUST:

Almond, Anise, Bay, Beebalm, Calamus, Cardamom, Cassia, Cinnamon, Clove,
Coriander, Cumin, Deerstongue, Dill, Galangal, Geranium, Ginger, Grains of
Paradise, Jasmine, Juniper, Lavender, Lemon, Lemongrass, Mandrake, Gum
Mastic, Mint, Mugwort, Nettle, Nutmeg, Olive, Parsley, Passionflower,

Patchouli, Black Pepper, Peppermint, Rose, Rosemary, Sage, Sandalwood, Spearmint, Turmeric, Valerian, Vanilla, Vervain, Violet, Ylang Ylang.

MANIFESTATION:

Used to call spirits and make visible; to cause something to come into being.
Balm of Gilead, Dittany of Crete, Heather, Gum Mastic, Sandalwood.

MEDITATION:

These are used to help calm and focus the mind.
Acacia, Angelica, Anise, Bay, Cassia, Chamomile, Cinnamon, Clary Sage, Copal, Dittany of Crete, Frankincense, Jasmine, Lavender, Myrrh, Nutmeg, Parsley, Peony, Rosemary, Sandalwood, Thyme.

MEMORY:

Bay, Benzoin, Cinnamon, Clove, Lilac, Patchouli, Rose, Rosemary, Thyme, Yew.

MENTAL POWER:

Aid in the increased ability to learn and to use knowledge.
Anise, Basil, Cinnamon, Horehound, Lavender, Lemon Balm, Mace, Gum Mastic, Peppermint, Rosemary, Rue, Spearmint, Vanilla.

NIGHTMARES, Protection from:

Anise, Wood Betony, Chamomile, Frankincense, Lemon Verbena, Rosemary, Star Anise, Thyme, Willow.

OFFERATORY:

Often used as a gift or offering to spirits and deities during religious rites.
Cinquefoil, Echinacea, Lavender, Tobacco, Vervain.

PEACE:

Acacia, Amaranth, Apple, Basil, Bay, Benzoin, Calamus, Cassia, Catnip, Cedar, Chamomile, Cinnamon, Citronella, Clary Sage, Clove, Coltsfoot, Cumin (peace of mind), Cypress, Dill, Fir, Gardenia, Jasmine, Lavender, Lemon Verbena, Lilac, Marjoram, Myrrh, Olive, Orange, Passionflower, Patchouli, Pennyroyal, Pine, Poppy, Rose, Rosemary, Sage, Valerian, Vanilla, Vervain, Violet, Yew, Ylang Ylang.

PHYSICAL ENERGY:

Allspice, Patchouli.

POTENCY (opposite of impotency):

Banana.

POWER, to Gain:

Allspice, Bay, Benzoin, Carnation, Cinnamon, Dragon's Blood, Frankincense, Ginger, Lemon Verbena, Oak.

POWER OF SPELLS, to Increase:

Acacia, Cinnamon, Dragon's Blood, Echinacea, Frankincense, Galangal, Lemon, Lemon Verbena, Liquidamber, Gum Mastic, St. John's Wort, Vetivert.

PROSPERITY:

Used to attract money and/or the abundance of good things on all levels.

Acacia, Agrimony, Allspice, Almond, Angelica, Anise, Ash, Balsam of Peru, Bananna, Basil, Bay, Orange Bergamot, Blackberry, Cassia, Cedar, Chamomile, Cherry, Cinnamon, Cinquefoil, Clary Sage, Clove, Clover, Coriander, Dill, Dock, Dragon's Blood, Elder, Fern, Fir, Frankincense, Galangal, Ginger, Goldenrod, Grains of Paradise, High John, Hyssop, Jasmine, Lavender, Lemon Balm, Lilac, Mace, Mandrake, Maple, Marjoram, Mint, Musk, Myrrh, Nutmeg, Oak, Oakmoss, Orange, Patchouli, Peppermint, Pine, Poplar, Poppy, Sage, Sassafras, Spearmint, Squill, Star Anise, Tonka, Vervain, Vetivert, Wintergreen, Woodruff.

PROTECTION:

Usually psychic, but sometimes physical, prevention of harm by negative entities or energies.

Acacia, Agrimony, Angelica, Anise, Gum Arabic, Asafoetida, Ash, Balm of Gilead, Basil, Bay, Beebalm, Benzoin, Orange Bergamot, Wood Betony, Birch, Blackberry, Broom, Burdock, Calamus, Carnation, Cassia, Castor, Cedar, Chamomile, Cinnamon, Citronella, Clary Sage, Clove, Clover, Copal, Coriander, Cumin, Cypress, Datura, Dill, Dragon's Blood, Elder, Eucalyptus, Fennel, Fern, Fir, Foxglove, Frankincense, Galangal, Gardenia, Geranium, Grains of Paradise, Ground Ivy, Hawthorn, Heather, Hemlock (tree), High John, Horehound, Hyssop, Ivy, Jasmine, Juniper, Lavender, Lemon Verbena, Lilac, Liquidamber, Mace, Mandrake, Marjoram, Melilot, Mint, Mistletoe, Mugwort,

Mullein, Myrrh, Woody Nightshade, Nutmeg, Oak, Olive, Orris, Parsley, Patchouli, Pennyroyal, Peony, Black Pepper, Peppermint, Pine, Quassia, Raspberry, Rose, Rosemary, Rowan, Rue, Sage, St. John's Wort, Sandalwood, Red Sandalwood, Spearmint, Squill, Star Anise, Tarragon, Thistle, Thyme, Tobacco, Valerian, Vervain, Vetivert, Violet, Willow, Wintergreen, Wolfsbane, Woodruff, Wormwood, Yarrow, Yew.

PSYCHIC POWER & AWARENESS:

Acacia, Anise, Bay, Borage, Camphor, Cedar, Cinnamon, Cinquefoil, Clary Sage, Clove, Deerstongue, Dittany of Crete, Frankincense, Galangal, Ginger, Hyssop, Jasmine, Juniper, Lavender, Lemon Balm, Lemongrass, Lemon Verbena, Lilac, Mace, Marjoram, Gum Mastic, Mugwort, Nutmeg, Parsley, Peony, Peppermint, Poppy, Rosemary, Rue, Sage, St. John's Wort, Sandalwood, Spearmint, Star Anise, Thyme, Wormwood, Yarrow.

PURIFICATION:

Powerful cleansing herbs that help remove negative energies and to bring in desired positive energies.

Acacia, Anise, Gum Arabic, Asafoetida, Basil, Bay, Benzoin, Wood Betony, Birch, Broom, Camphor, Cedar, Chamomile, Cinquefoil, Copal, Dragon's Blood, Eucalyptus, Fennel, Frankincense, Geranium, Hyssop, Juniper, Lavender, Lemongrass, Lemon Verbena, Marjoram, Mullein, Myrrh, Oak, Orange, Parsley, Pennyroyal, Peppermint, Pine, Rosemary, Rue, St. John's Wort, Sandalwood, Thyme, Turmeric, Valerian, Vervain, Woodruff.

REINCARNATION:

Used to facilitate remembrance and reconciliation of past lives.

Aspen, Lilac, Parsley, Sandalwood.

RELEASE:

For the aid in letting go of a person, object or ideas, etc.

Bay, Wood Betony, Camphor, Cedar, Elder, Fern, Lemon Balm, Melilot, Mugwort, Myrrh, Patchouli, Pennyroyal, Peppermint, Quassia, Rose, Rosemary, St. John's Wort, Spearmint, Vervain, Violet, Willow, Woodruff, Yarrow.

REMEMBRANCE:

Rosemary.

RENEWAL:

For regeneration and restoration of ideas, things, etc.
Allspice, Angelica, Eucalyptus, Ground Ivy, Hemlock (tree), Mistletoe,
Peppermint, Rue.

SECRETS, to Keep:

Agrimony, Clary Sage, Coriander, Dill, Horehound, Juniper, Lavender, Oak,
Rose, Sage, Tarragon.

SEND-BACK SPELLS:

Agrimony, Nettle.

SLEEP:

Catnip, Chamomile, Datura, Dill, Elder, Jasmine, Lavender, Lemon Verbena,
Mugwort, Mullein, Nutmeg, Passionflower, Peppermint, Poppy, Rosemary,
Spearment, Thyme, Valerian, Vervain.

SPIRITS, to Call:

Anise, Lavender, Sweetgrass, Willow, Wormwood.

SPIRITUALITY:

Gum Arabic, Cedar, Cinnamon, Clove, Copal, Frankincense, Gardenia, Sage,
Sandalwood.

STORMS, TO HALT:

Ginger.

STRENGTH:

Physical or mental.
Balm of Gilead, Bay, Carnation, Cedar, Clover, Dragon's Blood, Fennel,
Hemlock (tree), Juniper, Lemon, Lemongrass, Liquidamber, Melilot, Mugwort,
Oak, Pennyroyal, Pine, Rosemary, St. John's Wort, Tarragon, Thistle,
Turmeric.

SUCCESS:

Angelica, Beebalm, Orange Bergamot, Cedar, Cinnamon, Clover, Frankincense, Ginger, Grains of Paradise, High John, Jasmine, Lemon Balm, Lemon Verbena, Mistletoe, Myrrh, Oak.

TRAVEL:

Used to help promote safe travel.
Mint, Mugwort, Mullein.

TRANSFORMATION:

To help one produce the changes they seek, either in themselves or their situation.

Bay, Elder, Frankincense, Rose, Woodruff.

VIBRATIONS, High or Good:

Often added to raise the vibrations of the mixture.
Gum Arabic, Gardenia, Cinnamon, Peppermint.

VICTORY:

Bay, Mandrake.

VIRILITY:

Used to help increase masculine strength and vigor.
Balm of Gilead, Fennel, Mistletoe, Oak, Vetiver.

VISIONS, to Induce:

Angelica, Balsam of Peru, Benzoin, Coltsfoot, Datura, Frankincense, Mugwort, Deadly Nightshade, Peppermint.

WEATHER MAGICK:

Fern, Heather, Henbane, Pansy.

WEDDINGS & NEWLYWEDS:

Used for blessings of happiness, fulfillment and success of the couple and their marriage or union.

Anise, Coriander, Ground Ivy, Ivy, Jasmine, Lady's Mantle, Marjoram, Orange, Rose, Rosemary, Sage, Yarrow.

WISDOM:

Acacia, Angelica, Apple, Balm of Gilead, Bay, Benzoin, Cassia, Cinnamon, Cinquefoil, Clary Sage, Clove, Cypress, Elder, Fir, Frankincense, Musk, Oakmoss, Rosemary, Rowan, Rue, Sage.

WISHES:

Bay, Cypress, Grains of Paradise, Sandalwood, Tonka, Violet.

YOUTH, to regain or maintain:

Anise, Fern, Lemon Balm, Rosemary, Vervain.

The Truly best thing that Spirit has told me about this system that separates it from many other energy systems is that you are able to attune yourself to any of the herbs mentioned in the last list simply by intention but this can only be done after you have received the initial Ethereal Herbs Attunement.

If you are a practicing Wiccan, Herbologist, or anyone who enjoys working with Herbs then this System is a **MUST HAVE**.

How many times have you needed a herb for a spell, Potion, Lotion etc only to find out that you have run out.

By receiving this attunement you will never have to worry about this again, you will have there energies integrated within your Energy System that are stored there waiting for you to activate it and use them.

ETHEREAL HERB MEDITATION

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SCHOOL OF LIVINGREIKI THERAPIES.

IF YOU WOULD LIKE TO USE THIS MEDITATION OR ANY OTHER PART
OF THIS MANUAL PLEASE EMAIL ME.

Before beginning any meditations please make sure you are comfortable and will not be disturbed for 30-60 minutes, Call upon your Guides, Angels and Archangels for protection and open yourself up to the encompassing beauty of mother earth and the universal life force energy that is all around us and ground yourself by either imagining golden roots flowing from the soles of your feet into mother earth core or by using crystals such as smoky Quartz, Kyanite, Obsidian placed below your feet.

Sit or lie down and take 3 deep breaths into your stomach not your chest, your chest should not move but your tummy will expand out. Feel your feet becoming heavy and relaxed, this relaxing feeling rising up into your legs making your legs feel heavy and at ease all your muscles are relaxing. Now this feeling is moving up into your stomach and chest relaxing every muscle as it slowly envelopes you, now up to your neck and facial muscles becoming more and more relaxed as you proceed. Now feel the top of your head become relaxed your crown chakra is opening and you might feel a slight tingling sensation when this happens as if someone is playing with the hair on the top of your head.

Now that you are fully relaxed the guided meditation can take place.

I understand that some people find it hard to visualise things during meditation and this is perfectly ok, do not force yourself to see things just relax and imagine yourself in the garden we are going to enter.

See yourself walking down a path surrounded by trees with bluebells growing under them, Ferns surrounding you, the singing of the birds, Feel the warm summer breeze on your face and through your hair but this warm breeze also passes through you cleansing you and getting rid of any old negative

energies. As you are walking down this path listening to the birds singing, smelling the scent of the flowers that surround you, listening to the rustling of the leaves in the breeze you approach a gate and through this gate you see a stepping stone pathway leading through a garden full of all the herbs you could think of to a beautiful thatched roof cottage.

You open the gate and hear the creak of the hinge as it opens remembering to close it behind you. As you walk down this path you can smell all the fragrances of the herbs, you feel and touch them absorbing the energies. This place is wonderful and you feel so peaceful and happy here it is as if this garden and home is YOUR home.

Just down the path you see an opening leading to a lush green lawn but as you get closer you notice that this lawn is no ordinary lawn it is entirely made from Chamomile so dense it looks like grass. The scent is powerful but pleasant at the same time. Lie down on this mat of chamomile leaves and inhale the beautiful, relaxing fragrance as you stare at the sky. Just lay there soaking up the energies of the Herbs around you, the healing properties of the chamomile scent, the singing of the birds all aiding in relaxing you and connecting you back to the herbal kingdom and mother earth from what all was created.

Take some time out now to enjoy the sensations and experiences.

You notice that the sun is starting to set and wonder how fast the time has gone but know within yourself that you can come back here to visit at any time. You get up from the chamomile lawn and head back to the gate at the entrance of the garden but just before you leave slowly look behind you and see if you can see the Fairy's and Elemental spirits coming out (The Fairy's and Elementals prefer sunset and nigh time). Open the gate and hear that creaking sound again and close the gate behind you. As you walk back through the wooded path you feel calm, relaxed and deeply connected within yourself and with mother earth and everything that lives and grows in and on her.

Now slowly come back to the earth plane but take your time, wiggle your toes, move your arms and legs and stretch (the same sort of stretch you have in the mornings).

NOTE: Drink plenty of water after the meditation and do not drive or operate heavy machinery for about half an hour afterwards as you could feel a little drowsy, sleepy.

HOW TO PASS THE ETHEREAL HERB ATTUNEMENT

To Pass the Ethereal Herb Attunement is exactly the same as the procedure for the Ethereal Crystals and Ethereal Flowers Energy systems.

Prepare your Private/Sacred space in which you will be sending the attunement, you can burn incense, Candles or anything you wish to help relax you, Play some soft relaxing music (no vocals if possible) and Gain a energetic rapport with the Student, this can either be done using a picture of the person receiving the attunement or by reading out loud there name and address then asking your higher self and your students higher self to connect.

Once you feel this connection has been made all you need to do is say the Following:

I INTEND THAT (STUDENTS NAME, ADDRESS) BE ATTUNED TO THE ENERGIES OF THE ETHEREAL HERBS HEALING SYSTEM AND ASK THAT THEY RECEIVE ALL ENERGIES OF THIS SYSTEM ON THIS (DAY, DATE, TIME) AND THAT THEY WILL BE BLESSED BY THIS PROCESS.

IF YOU WORK WITH THE ANGELIC REALM YOU CAN ALSO CALL UPON ARCHANGE MICHAEL, GABRIEL, RAPHAEL AND URIEL TO AID IN THE ATTUNEMENT PROCEDURE.

HOW TO SELF ATTUNE TO A SPECIFIC HERB

To Self attune yourself to any Herb that is not mentioned in the First list of herbs all you need to do is get yourself into a Quiet relaxed, calm state and simply INTEND for the energy of the Herb you would like to use to be infused into your being, you might sometimes smell the specific Herb when doing this.

Say:

I INTEND THAT THE ENERGIES OF (HERB YOU WOULD LIKE TO BE ATTUNED TO) WILL BE INFUSED INTO ALL LEVELS OF MY BODY, PHYSICAL AND ASTRAL AND I ASK SPIRIT TO ALLOW THIS ENERGY TO FLOW THROUGH ME WHENEVER I NEED TO USE IT.

I hope you have enjoyed reading this Manual and truly enjoy working with the energies of the Ethereal Herbs as much as I do.

Many Blessings

Jay Burrell (Wolf Star)

PLEASE NOTE: THIS SYSTEM WORKS ON THE ETHERIC ENERGYS OF THE HERBAL KNGDOM NOT THE ACTUAL INGESTING OF HAND PICKED HERBS.

I STRONGLY RECOMMEND THAT IF YOU WOULD LIKE TO LEARN MORE ABOUT HERBOLOGY AND THE HERBAL KINGDOM TO SEARCH OUT INFORMATION THROUGH BOOK'S AND THE INTERNET. THERE ARE ALSO MANY WONDEFULL HOME STUDY COURSES THAT YOU CAN DO TO LEARN MORE ABOUT THE HEALING PROPERTIES OF HERBS.

PLEASE DO NOTE INGEST ANY FRESH HERBS MENTIONED IN THIS MANUAL WITHOUT SEEKING PROFFESIONAL ADVICE OR THOUROUGHLY RESEARCHING THE HERB ON THE INTERNET.

USING THE ETHERIC ENERGIES OF THESE HERBS IS 100% SAFE AS THE ENERGIES COME DIRECTLY TO US FROM SOURCE (GOD, SPRIT, THE UNIVERSE) THE ONLY SIDE EFFECTS YOU MAY EXPERIENCE ARE SLIGHT DETOX EFFECTS BUT THIS IS THE BODY'S WAY OF USING THE ENERGIES TO CLEANSE ALL TOXINS FROM THE PHYSICAL AND ASTRAL BODIE'S.

I WOULD LIKE TO ASK THAT THIS SYSTEM NOT BE PASSED FREELY ON ANY YAHOO, MSN OR ANY OTHER FREE GROUPS.

****THERE MUST ALWAYS BE AN ENERGY EXCHANGE****