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DISCLAIMER: Please ensure that you correctly identify plants and check for any contraindications before handling or ingesting.

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Dedication

For all who have retreated with me on the sacred land of Aldermarsh.

—Joanna





## Acknowledgements

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—Joanna



Thank you first to the plants who have been my steady companions since I was a little girl.

Thank you Auntie Carrie for taking me with you on your herbal journey. Thank you to my Gaian Soul sisters for midwifing me through many episodes of self-doubt. Thank you to my partner and best friend, Drew Thomas, for your unwavering belief in me. Thank you to Maya Corinne for teaching me to serve a vision beyond my lifetime. Thank you to Angelique Arroyo for reminding me this is what it looks like. Thank you to Sara Holodnick for supporting my



Face the unknown. Enter the luminous darkness. Open your eyes to night blooming magic.

A large crystal bowl filled with water sits on a dark velvet cloth. Eight datura flowers surround the bowl. They unfold from a compact bud into the open form of a chalice. One white flower spins in the bowl as moonbeams hit the water.

Intuitive awakening awaits. Datura has a long history of magic and lore with witches and cunning folk. The potent seeds and flowers have been used by experienced practitioners to induce alternative states of consciousness. Turn toward mystery with curiosity and courage. Your dreams may be vivid and easy to remember, but also scary and confusing. Datura is a toxic plant whose ingestion can quickly lead to a number of permanent damaging effects. Learn to speak the language of symbol, myth and metaphor. As datura blooms with the moonlight, so is it now time to stay awake and witness the magic that dwells in the darkness. Embrace the power of vibrational medicine.

#### **CRAFTING WITH THE MOON**

- Use datura flying ointment to enhance your dreams.
- Cultivate a relationship with the moon and watch your awareness blossom.
- B Go on moonlit walks and seek out other night blooming plants.

## 19. The Sun ST. JOHN'S WORT (Hypericum perforatum)

Cultivate happiness, vitality and joy. The peak of summer's power wards off every ill. Shine on! Celebrate yourself and your successes.

A clear jar of red infused oil encircled by bunches of St. John's wort sits on an indigo-dyed cloth. A crown of the blood red oil in vials adorns the top of the bouquet. The bright yellow flowers tumble onto a replica of the ancient Mixtec Sun Stone, which hides beneath the green mass. A few flowers have fallen into the jar of oil.

Happiness begets happiness. Radiate liveliness and vitality. Fully experience the sheer gift of being alive. St. John's wort is best known as a mood-lifting plant but it also repairs skin from trauma and soothes nerve-related pain. The flower buds emit a rich pigment that yields vibrant red potions. The flowers and buds peak at the height of summer, the most potent time for wildcrafting. Make magic and medicine when your joy is in full bloom. Seek vibrant people and healing experiences that build good energy and boost your power. The leaves of St. John's wort shimmer like diamonds when held up to the sun. Step into the light and show your sparkle.

**CRAFTING WITH THE SUN** 

- B Keep bright flowers in your home to promote a sense of joy.
- Craft oils and elixirs with St. John's wort to invoke the healing powers of light during dark times.
- Wear bright red lipstick and nail polish to celebrate your fabulous self.

### 20. Awakening TULSI

#### (Ocimum sanctum, Ocimum tenuiflorum)

Make an offering to the sacred. Awaken to your life purpose. Devotion to your calling is devotion to the world.

A silver pot filled with a lush, thriving tulsi plant sits on a beautiful white tapestry imprinted with a cream-colored lotus flower mandala. A few leaves are scattered on the tapestry. Two sprigs of tulsi with dark purple flowers cradle the silver pot. An oil lamp lightly burns in the corner. A mala crafted of tulsi wood is placed near the base of the plant.

Sacred service is the call of the divine. Reverence for nature inspires connection with all beings. Tulsi, also known as holy basil, has been a highly regarded panacea for over 3,000 years. It enhances memory, restores energy, and clears toxins. Take care of your well-being and awaken consciousness. Committing to rituals that have special meaning for you will lead to spiritual awareness. Free your life of anything that keeps you from your purpose. Deepen your relationship with what enchants you. Devotion to your holy work spreads goodness to all.

#### **CRAFTING WITH AWAKENING**

- Hake tulsi incense to increase awareness.
- Drink tulsi tea to restore good health and bring the body into balance with the spirit.
- Find guidance regarding your purpose; begin a yearlong devotion to a single element of nature.



Weave a rainbow that makes the world whole. Share your sacred work. Love wins.

An elaborate altar lies on the grass. In the center is a handwoven basket filled with a colorful rainbow mandala made of flowers: red poppy, California poppy, dandelion, motherwort, borage, alfalfa, red clover and yarrow. Four sets of stones mark the cardinal directions. The herbs from the Aces anchor the corners, joined by objects representing each of the elements: feathers for air, shells for water, a candle for fire, and crystals for earth. A monarch butterfly lands on the basket.

Fulfillment and satisfaction come after great achievement. You have accomplished so much. The garden is lush and thriving. Life is in full bloom. *Pachamama* (world mother) is a sovereign deity of Inca mythology who represents all that is whole, beloved and complete. Like you, she is a being of great power who has the ability to create life through joy and pain. The lessons you have integrated on your journey may present themselves as if new. But honor them as the herbs of the Aces are honored, as old friends who come bringing new gifts. As a new monarch butterfly returns, completing the journey of migration, the cycle of life goes on.

#### **CRAFTING WITH THE WORLD**

- Spread joy and peace by decorating, making and wearing art with colorful rainbows.
- Promote and share your work. Sign up to teach; vend at a fair; submit an article for publication.
- Make a mandala to mark a significant moment in your life or in your community.

The Minor Arcana

"An experience does not have to teach any lesson outside of itself. Find the sacred in the ordinary moments."

-Rachel Pollack, Tarot Wisdom

The Minor Arcana explores the days in the life of the herbcrafter. The images on the Minor Arcana cards represent moments on the herbcrafter's path that urge you to pause and notice. Paying attention to life gives us the opportunity to choose our experiencing of it. The complexities of choice that are highlighted in the Minor Arcana drive the larger journey of the soul.

#### SUITS: CONDUITS FOR LIFE

The suits in the *Herbcrafter's Tarot* are named for the elements necessary to create life. Each suit represents the natural component that allows plants to grow and thrive as well as the rich symbolism of the element. The elements act as conduits for the manifestation of thoughts, actions, feelings and forms.

#### AIR: THOUGHTS, LEARNING

Air corresponds to Swords in traditional tarot decks and represents the realm of thoughts. In the *Herbcrafter's Tarot* this suit contains medicine for the mind gained from observing, thinking and learning. The herbcrafter gathers information, ideas, wisdom, and the plants themselves. She learns how to identify plants correctly, how to craft with them and grow them, how they behave in nature. She will have life-changing healing experiences. She may feel overwhelmed as she hoards books and information. She is led by her mind.

In the Air cards we see the plants as they appear in nature. They are tall and slender; they pierce the sky. In this suit the medicine comes from observation. The doctrine of signatures teaches that what a plant looks like reveals something about its remedy. The herbs in the suit of Air have a sword-like appearance.

We craft to *learn* in the suit of Air.

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# SAMPLE



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