

# Herbcrafter's Tarot

Artwork by Joanna Powell Colbert Written by Latisha Guthrie

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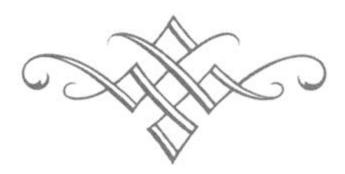
### Dedication

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

—Joanna

Para mis hijas.

-Latisha



## Acknowledgements

I offer first thanks to Latisha Guthrie, who responded with a soulful "yes" when I asked her to collaborate with me on this project, and who has taught me more about herbcraft than I ever could have imagined. You are sister, daughter, and friend to me.

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Thank you most of all to the plants themselves—especially my beloved cedar, wild rose, mugwort, lavender, and sweetgrass—for their companionship, their beauty, and their mystery.

—Joanna



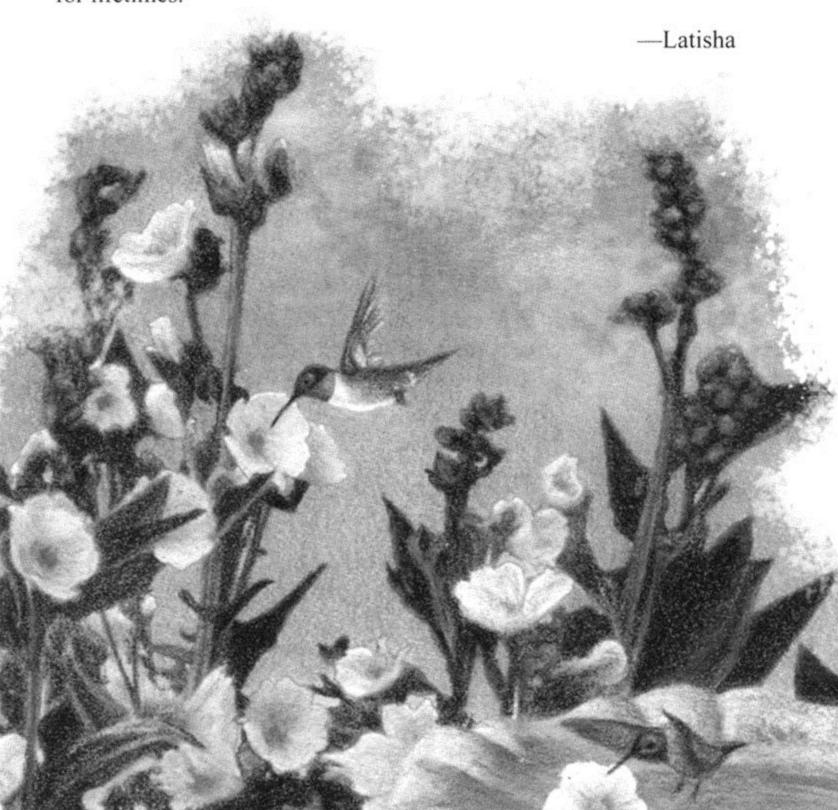
Thank you first to the plants who have been my steady companions since I was a little girl.

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### Introduction

Tarot is a game that invites contemplation of an encounter. It offers an opportunity to stir the players and experiences in the cauldron of life. Tarot and herbs—tools of the seer, the healer, and the wise one—are natural allies. Tarot is often described as representing archetypes in human form. Similarly, we might think of herbs as archetypes in botanical form. Each card of the *Herbcrafter's Tarot* captures an encounter between humans and plants that highlights the ways our stories are inextricably linked. The cards do not simply depict plants and their properties; rather they acknowledge the partnership between humans and the botanical world. The *Herbcrafter's Tarot* is a celebration of tools, handicrafts, and time-honored folk skills related to herbs, trees and weeds. It tells the story of the people as much as it tells the story of the plants.

The Herbcrafter's Tarot is very much a daughter deck of the Gaian Tarot, Joanna's first deck. In the Herbcrafter's Tarot, we expand on Joanna's Gaian philosophy while focusing on botanicals. This deck is in no way an exhaustive representation of plant medicine. We highlight the plants found in the spaces we call home: the Pacific Northwest and the Sonoran Desert. We place a light emphasis on the traditions of Latisha's Mexican-American heritage as well as the Celtic heritage we share.

Since the days of the spice trade more than 3,000 years ago, humans have been fascinated by plants from distant lands. The globalization of herbal medicine, however, often comes at the expense of the local people for whom the plants are necessary and sacred. We have taken great care with the herbs and remedies included here to respect their histories to the best of our abilities. We hope this deck inspires conversations about how we work toward a better relationship with not only the botanicals and the ecosystems on which we all depend, but with the humans who rely on them as well. We encourage a return to a gift economy and a culture of reciprocity and respect for each other and our beloved Mother Earth.

## Who is an Herbcrafter?

An herbcrafter is an aficionada of the botanical realm. She is in love with plants and longs to know them more deeply. Her approach is driven by a playful, wild spirit. The herbcrafter embraces the plant world as her teacher and friend through observation and botany, gardening and wildcrafting, medicine and kitchen craft, fiber arts and weaving, art and magic. She recognizes herself as part of nature. She seeks reciprocity in all things. Through a relationship with the botanical world, she learns how plants and people can be of service to one another.

### About This Deck

The *Herbcrafter's Tarot* follows the structure of the standard 78 card tarot deck. The Major Arcana consists of 22 cards representing the suit of Spirit. In the Major Arcana, we follow an herbcrafter's journey as she meets the wilderness and learns to cultivate a garden for herself and one for the world.

The Minor Arcana comprises 56 cards divided into four suits numbering from Aces to Kings. The suits have been changed to the four elements needed to create life: Swords becomes Air, Wands becomes Fire, Cups becomes Water, and Pentacles becomes Earth. The tools of the herbcrafter are bolines in the suit of Air, mortars and pestles in the suit of Fire, kettles in the suit of Water, and baskets in the suit of Earth. The suits also represent skills acquired on the herbcrafter's journey: learning (Air), creating (Fire), nourishing (Water), and giving (Earth).

The Minor Arcana cards show the everyday activities of the herbcrafter. She stands outside the frame; we experience her life from the plant's perspective. We find her walking in nature, growing a cultivated garden, crafting medicine with fire and water, or creating legacy tools for the future.

We chose the herbs for each suit according to how their medicine

is acquired. The suit of Air honors the medicine that comes from noticing—observing the plants as they are. Air cards show tall, sword-like plants outside. The suit of Fire celebrates the alchemy of herbcraft. Fire cards show busy scenes making tinctures and potions. The suit of Water emphasizes water-based medicines. Water cards show baths and teas. The suit of Earth features plants that are used to make legacy tools. Earth cards show baskets and fiber arts.

We chose the herbs for each number according to how they contribute to an ecosystem.

- 1. Dooryard herbs and weeds
- 2. Plants that attract pollinators or feed animal friends
- 3. Plants that are easy to grow
- 4. Plants used for borders and hedges
- Plants listed as endangered or threatened by United Plant Savers
- 6. Abundantly producing plants
- 7. Ancient trees
- 8. Root medicine plants
- 9. Fruit trees
- 10. Cover crops and composting plants

The sixteen People cards are inspired by the legacy of women healers throughout history. We highlight the medicine keepers of the ages as hedge witches, grandmothers, midwives, and *tias* who have held the secret recipes and passed them down to families in the most casual ways: in gathering flowers, making tea, and crafting baskets. The titles of the People cards are changed from traditional Court card names to represent the archetypes each woman embodies as she matures into her craft from wonderer to warrior

to midwife to teacher. Pages become *Hijas* (daughters), Knights become *Adelitas* (warriors), Queens become *Madres* (mothers), and Kings become *Curanderas* (healers). Like fairy godmothers, they each offer a gift to the herbcrafter in the form of a virtue. Hijas give playfulness, Adelitas give activism, Madres give love, and Curanderas give wisdom.

The People cards feature the hands of the herbcrafter. Our intention is to highlight the plant as well as to celebrate the slow intentional ritual of handcrafting. With every berry gathered and tincture mixed we enflesh the sacred, making prayer visible. As cultural anthropologist Angeles Arrien writes: "Hands were humans' first magical tool. Hands give. Hands receive. Your ancestors live in your hands. Hands are symbols of initiation. They have the power to love, create, move, and change. They are associated with giving, receiving, and serving. They teach us about reciprocity. Hands bridge the profane and sacred worlds."

## Cards and Correspondences

The botanical world is rich with mythology and medicine that spans across countries, eras, and ideologies. Each plant contains a universe of possibilities for divination, healing and story. As each card in a tarot deck represents a different, yet equally important and complex archetype, so too do the plants. A plant's placement on a particular *Herbcrafter's* card is not a fixed definition of its magic nor an indicator of its level of importance. As you explore the symbolism of each card, consider the plants as medicine but also consider the *encounter* as medicine. Notice how the plant shows up. Pay attention to how the plants behave in nature. Allow their expressions to inspire you, and reflect on the ways your behavior affects them. The message from the card might be found in the plant itself. But it might also be found in the relationship the plant has with the forest, the garden or the creatures nearby.

Our invitation to you is to look at the botanical realm from new perspectives and create your own vocabulary by actively reading the book of nature. We encourage you to allow your own experiences, mythologies, and magic to influence the stories you build from this deck. This contemplation will create an ecology of spirit that is unique to you, profound, and powerful.

> —Latisha Guthrie and Joanna Powell Colbert Bellingham, Washington Spring Equinox 2018





## The Major Arcana

In traditional tarot decks, the Major Arcana represents the soul's journey. In the *Herbcrafter's Tarot*, we follow a woman on a journey toward a deeper understanding of her gift with plants and her place in the world. The herbs are her guides, providing companionship, medicine and magic. By assigning the plants to particular cards, we do not mean to bind a plant to one archetype; it is not that mugwort always *is* the High Priestess. Rather, a plant plays a particular role at the particular time of the herbcrafter's encounter.

The herbs featured in the Major Arcana have a long history of magical and ritual use. Each card of the Major Arcana shows an altar that honors both the plant and the traditional tarot archetype. The herbcrafter makes offerings of gratitude for the gifts and insights the plants give her. Sometimes the altars are mandalas of devotion or carefully created earth art. Other times the cards depict altars arising in the midst of herbcrafting.



## 0. The Fool DANDELION (Taraxacum officinale)

Follow your dream seeds.

Be audacious in your adventures.

Seek wisdom in weeds.

A basket of dandelion flowers lies in the grass. Stones mark the cardinal directions, but the arrow-shaped leaves point to many possible paths. Some plants spill from a wildcrafting pouch that rests on the ground. A monarch butterfly sets off on its migration.

The world is full of adventure. Open to what you have never known before. Like the dandelion seeds that float freely in all directions, trust the changing winds as you embark on a new journey. The bright yellow flowers are bold and lively; be as audacious and spirited in your explorations. Often thought of as a weed, dandelion is an inviting first medicine for a new herbalist. Keep your mind open. Be willing to experience life as a beginner. Be a pioneer.

#### CRAFTING WITH THE FOOL

- Harvest a dandelion seed and wear it as an amulet when you set off on a new journey.
- Make dandelion vinegar and sip it when you need to be bold and audacious.
- Practice finding wisdom in unlikely places; create a mandala with weeds.



Unleash your magic. Radiate power and potency. From one seed, a thousand.

A vibrant sunflower lies on a weathered table. One of the leaves gestures toward the sky, the other toward the ground. Black seeds form a lemniscate above the flower. Casting charms are tossed onto the table revealing the tools of the herbcrafter: boline, mortar and pestle, kettle, and basket.

The power of manifestation lives within. All the information necessary to create life is contained in the seed; yet it is the elements that make the sunflower grow. Wind strengthens the stalk; water feeds the plant; fire is converted to energy by the leaves; earth anchors the root. Nourish your ideas with the elements and watch them bloom into being. Receive divine light from the unseen realms, shape it into form, then give it all away. Sunflower roots travel for miles underground bringing nutrients to the flower. When it matures, the flower head bends to the earth and unleashes thousands of seeds. Be a conduit of transformation for others.

#### CRAFTING WITH THE MAGICIAN

- Boost magical potency by eating sunflower sprouts for energy.
- E Learn to read casting charms for others.
- Multiply creativity with guerrilla gardening. Plant sunflowers everywhere and share your seeds.

## 2. The High Priestess MUGWORT

(Artemisia species)

Follow the fragrance of mystery.

Awaken ancient memory.

Divine messages in dreams and visions.

An unfinished mugwort dream pillow of stars and moons lies on a blue silk cloth. The thread, still attached to the needle, loops around curled leaves. A small scroll tied with satin ribbon is tucked inside. Three rose hips split open, revealing their seeds, near vials of copal and storax resin. A moon-phase pendant is draped across the table.

The mystery summons the awakening one. Answer the call. Known for its aromatic leaves, mugwort enhances dreams and strengthens intuition. Just as the bitter taste of the tea is hard to swallow, what is revealed may be unpleasant. Healing is sure to come once your visions are acknowledged. The silver leaves of mugwort easily hide the plant from all but the best foragers; this is a secret between you and the dreamtime. You need not share.

#### CRAFTING WITH THE HIGH PRIESTESS

- To follow the fragrance of mystery, seek your native mugwort in the wild.
- Make a dream pillow with mugwort tucked inside to invite lucid dreaming.
- Burn mugwort incense before a journaling session to decipher messages in dreams and visions.

## 3. The Empress ROSE (Rosa species)

Be vulnerable, yet strong.

Nurture love and compassion.

See beauty and abundance in every stage of life.

A honey-colored work table is covered in wild roses. Fall leaves are arranged in a crown. The seeds of fat, juicy rose hips spill out next to pink heart-shaped petals. Buds and flowers lie on a honeycomb. Red chiles form a triskele pointing to a flaming heart. A stone bead of the Woman of Willendorf, a representation of the Great Mother, is strung onto a rosary.

Healing the heart heals the world. Learn to be vulnerable yet strong like the delicate petals of the rose protected by thorns. Roses uplift the spirit and inspire love. Embody sensuality in bold, vibrant ways. Let creativity and abundance flourish around and within you. Wild roses are prolific, creating food, medicine, and shelter for all who encounter them. As all parts of the rose contain medicine, every stage of your life finds passionate expression. Create, make, love, play. It is a fertile, generative time.

#### **CRAFTING WITH THE EMPRESS**

- Arrange rose thorns and petals together on your altar to cultivate vulnerability and strength.
- Create a rosary out of rose buds, rose hips, or dried rose petal beads for love and compassion.
- Celebrate the many stages of life by learning the remedies for each season of the rose: rose buds for childhood, full blooms for midlife, and hips for elderhood.

# 4. The Emperor HEMLOCK (Tsuga heterophylla)

Build strong boundaries.

A sturdy structure supports abundant growth.

Own your authority.

A square mandala lies on a wooden table. An eight-pointed star made of hemlock cones forms the centerpiece. Four small houses crafted of branches grow out of the star. Sprigs of hemlock, separated by yellow rose petals, adorn the top and bottom. Hemlock cones and tips form an expansive rectangular framework around the piece.

A strong foundation and a safe environment build a solid future. Hemlock is ideal for framing houses, because it is a soft wood that toughens with age. Trust your boundaries. They may feel pliable at first, but they will strengthen over time. By creating the conditions for other plants to thrive, hemlock is an important part of a healthy ecosystem. Build a reliable scaffolding on which your sacred work can grow. Step into leadership with confidence.

#### CRAFTING WITH THE EMPEROR

- Frame an altar with hemlock. Place objects representing what you want to protect inside.
- Drink vitamin-rich hemlock\* tea to support your body during intense creative or spiritual growth.
- Embody the power of the hemlock: stand tall with your crown reaching to the sun and your roots firmly in the earth.

\*Important note: We refer to the evergreen conifer tree, *Tsuga heterophylla*, not the dangerous herbaceous flowering plant, poison hemlock, *Conium maculatum*.

## 5. The Hierophant CACAO

(Theobroma cacao)

A revelation is at hand.

Seek the truth in spiritual teachings.

The most potent wisdom emerges from the heart.

A clay pot of ceremonial cacao sits on an ancestral tapestry decorated with pink primrose blossoms. A basalt mortar holds roasted cacao beans, a cinnamon stick and a chili. A replica of an ancient incense burner in the shape of a woman emerging from a hill of cacao rests on a pile of raw beans and unopened pods. A decorative *molinillo* lies on the tapestry, having already stirred and frothed the walnutbrown elixir.

The secrets of the sacred are available to all. Learn them. Teach them. Drinking pure cacao is an ancient practice that leads to greater perceptive awareness by opening the heart. Commercial chocolate is cacao stripped of its beneficial properties, cloaked in delicious yet harmful ingredients. Only true cacao can open the capillaries and increase blood flow. Spiritual teaching must speak authentically to reach the heart, but some things must be revealed slowly. As too much cacao can cause the pulse to quicken, learning too much too fast can overwhelm. Have patience with the pace of the divine. Remain devoted to mystery, yet have respect for ceremony.

#### CRAFTING WITH THE HIEROPHANT

- Create or participate in a cacao ceremony and listen for an epiphany.
- Enjoy true chocolate. Find an ethical source of whole cacao beans. Dip them in vanilla honey.
- Enhance your perceptive abilities by learning about heart intelligence at heartmath.org.

## 6. The Lovers HAWTHORN (Crataegus species)

Dance with the beloved.

Desire in spring becomes sustenance in fall.

Love blossoms, love wounds, love heals.

Two hawthorn crowns lie on a delicate, light green satin cloth. The crown above is covered in small fragrant white flowers. The crown below is full of tiny, bright red berries. The stems of each lead to piercing thorns. The crowns woven together form a *vesica piscis*. The mandorla-shaped space where the wreaths overlap is the place where potential lives, where magic is created, where love dwells.

Give life to the fruits of divine union. Hawthorn opens the heart and ignites passion. Berries emerge from pollinated flowers, a partner-ship that feeds the bee and the tree. Relationships based on shared desires lead to sweet rewards. Take only what is yours, only what fills you with joy. If you pick too many flowers in the spring, the tree will yield little fruit in the fall. When making a choice, trust your heart. Though the thorns can be menacing, they can also be protective.

#### **CRAFTING WITH THE LOVERS**

- Create a hawthorn flower and berry elixir; drink it to welcome the beloved into your heart.
- Pause to watch bees pollinating flowers and reflect on the magic of desire in your journal.
- We Visit a hawthorn tree. Hang your wounds on the thorns. Make a crown for your head. Taste the berries or flowers. Dance around the tree.

# 7. The Chariot CEDAR (Thuja plicata)

Move forward with confidence.

Be disciplined yet flexible in your pursuits.

Embody the journey.

A mandala lies on a dark forest floor. A cedar branch stripped of its needles forms the shape of roots, while another, fuller one makes the shape of a tree canopy. The two stems come together to create a trunk. Cones encircle the tree. The mandala is framed by lush boughs above and below. A starlit sky casts an aura around the tree.

Life is a forward-moving gift. Embark on a deeper quest; learn from ancient wisdom and forge a new path. Cedar is both a spiritual vessel used in sacred ceremony and a literal vessel when it is used for making canoes. Like strong, flexible cedar roots finding their way through the forest, be determined and opportunistic. Travel between the worlds of heaven and earth. Bring the knowledge of spirit and soul into the body just as the cedar trunk contains the stories of the earth. Have faith in the experience. It is not the triumph but the journey that leads to mastery.

#### **CRAFTING WITH THE CHARIOT**

- Encounter cedar in the wild; ask for guidance. Carry a small leaf in your pocket for courage.
- Practice discipline and flexibility; learn to harvest cedar honorably, with ceremony and intention.
- Journey into the spiritual realms with a cedar steam or cedar smudge.

# 8. Strength GARLIC (Allium sativum)

Lead with a bold kind heart.

Gentle healing builds resilience.

Power sweetened is strength unmatched.

A braided cluster of purple garlic rests on a cloth made of natural fibers. Roses from a nearby vase begin to dry, and petals have fallen on the table. Golden liquid seeps from a heart-shaped honeycomb onto a wooden board. Green scapes fold into their lemniscate shape surrounding a pot of garlic cloves submerged in honey.

Courage dwells in the soft spirit. Meet adversity with inner fire. Garlic strengthens the heart and increases stamina. You have the power to persevere. Cultivate reliable habits that enhance vitality. Planting garlic around the roots of roses strengthens the leaves, encouraging more flowers to bloom. Cooking with garlic daily boosts the immune system, protecting against illness. Drinking garlic tea heats up the body, igniting passion. Step into your power, but remember, a compassionate approach is powerful. Adding honey to garlic tames the medicine, making it more effective and palatable. Embrace both the gentle and the wild within.

#### **CRAFTING WITH STRENGTH**

- Wear a garlic amulet to remind you to be bold. Let it hang just over your heart.
- Cook meals rich with garlic to strengthen your body and prepare for difficult times ahead.
- Sweeten intensity and conflict; make immune-boosting garlic honey. Take it before a challenging encounter.

# 9. The Hermit USNEA (Usnea species)

Withdraw into sacred solitude.

Gather treasures from the darkness.

Emerge with the light.

A wreath of usnea lies on a bed of fresh snow. Rose hips, cottonwood twigs, dandelion roots, pine cones, and crow and gull feathers are tucked inside the nest for safekeeping. Three quartz crystals lie above the nest pointing north, while a single owl feather lies beneath. A candle is lit in the center of the offering.

Rest and stillness are good medicine. Go within and listen for your own voice. Clarity is found in places empty of others' thoughts and ideas. Usnea, also called "old man's beard," grows long and healthy on trees where the air is clean. Find your mountain. Ask for guidance from nature. There are many gifts to be gathered in dark times; rose hips, cottonwood, and pine cones among them. Seek understanding from the allies you encounter during your time alone. A reliable fire starter, usnea may save a life on a cold night, just as the perfect insight can warm a dying soul. When you are ready, let wisdom glow.

#### CRAFTING WITH THE HERMIT

- Keep usnea on your dashboard to remind you to slow down.
- Create a wisdom nest. Add allies and symbols that guide your quest for understanding.
- Craft usnea fire starters and light them before beginning council with a sacred circle.

## 10. The Wheel of Fortune KITCHEN GARDEN

Put your faith in the turning of the wheel.

Stay centered in the midst of change.

Find the medicine unique to every season.

A circle of white stones frames a fragrant wheel-shaped garden honoring the eight holy days of the year. An herb planted for each section provides a valuable remedy in the corresponding season. Bay is planted for Yule, parsley for Candlemas, violet for Ostara, chives for Beltane, lemon verbena for Summer Solstice, basil for Lammas, sage for Autumn Equinox, and onion for Hallows. At the center of the garden is a compass rose.

The promise of the garden is change. Events may unfold that redirect your path. Some things may feel beyond your control. Find the larger pattern in the chaos. The holy days mark the revolving cycles of nature. They may bring disruption, but they are always reliably in forward motion. When your soul compass spins, find stillness in experiences that easily allow you to be yourself. Trust life to come into being, as the plants always do. There is transformation in each turn of the wheel. What emerges from this development will point to your true north.

#### CRAFTING WITH THE WHEEL OF FORTUNE

- Celebrate the holy days by creating a living altar. Add nature elements as each season unfolds.
- When you need to stay grounded, hold a small round stone in the palm of your hand and breathe.
- Build a reliable seasonal apothecary. Start with learning the herbs in the kitchen garden.



## Seek the truth. Make informed decisions. Consider the consequences of your actions.

A mandala of cannabis lies on top of a copy of the Declaration of Independence written on hemp paper. Rich cannabis oil, salve, tinctures, and capsules are set out on display. Freshly wound thread rests near a jar of dried buds. Vitamin-packed seeds are scattered about the table.

The personal is political. Clarity and understanding are necessary before making a decision. Until the 1900s, seventy-five percent of the world's paper was made from hemp. A campaign targeting people of color criminalized marijuana use and shifted popular opinion, leading to the perception of cannabis as a dangerous drug. The loss of a valued remedy for pain and mental illness, as well as a sustainable source of clothing and paper, is minor compared to the continued impact the campaign has on people of color. The recent legalization of marijuana further complicates the issue. The unfolding story of cannabis teaches about imbalances of power. When life asks for your ruling, arm yourself with information from all sides. Stand on the side of truth and fight for what is right.

#### CRAFTING WITH JUSTICE

- Create flags with messages of justice using hemp fabric.
- Consider cannabis products for healing. Do research. Talk to experts. Make an informed choice.
- Claim responsibility for your actions. Record your commitments on hemp paper.

# 12. The Hanged One BURDOCK (Arctium lappa)

Embrace a foe as a friend.

Tap into nourishment found in the depths.

Let go of control. Lasting change takes time.

A cup of tea placed over a large burdock leaf reflects the naked tree outside the window. A large clean root rests on the table, the tendrils forming the shape of the hanged one, legs crossed like the numeral four. Burdock root runes spill out from their blue velvet bag toward a lit beeswax candle.

Challenge presents an opportunity for growth. Though burdock is a tenacious weed, it can also be a valuable plant. The presence of burdock may indicate where the land is lacking nutrients. Using the large leaves as mulch can bring nourishment to the surface. When the leaves break down, the soil will improve and burdock will no longer have the conditions to thrive. Flip the script on a difficult situation. See the problem as the solution. Burdock is also a valuable ally for the liver as it helps clear and release toxins. But healing the land or the body requires a long-term commitment. Surrender to the process. Deep change takes time.

#### CRAFTING WITH THE HANGED ONE

- Invite burdock to shift your perspective. Sit with it in the wild, harvest it, cook with it.
- Tap into wisdom from the depths by crafting burdock root runes for divination.
- Enjoy a slow cup of burdock tea. As you sip, silently release all that is keeping you stuck.

### 13. Death MARIGOLD

(Tagetes erecta)

Honor that which is passing.

Celebrate the beauty and fragility of life.

Welcome endings.

Thirteen beeswax candles glow inside a mandala of *cempazúchitl* (marigold) flowers in a dark room. A *calavera* (skull), painted in striking reds, purples, and greens, is illuminated in the center. Delicate and colorful *papel picado* (cut tissue paper flags) frame the top and bottom of the mandala. Monarch butterflies are drawn to the rich scent of the flowers.

All things come to an end. Find closure so you may accept renewal. First, pay homage to what must die. It has given you life. The rich scent and vibrant color of the marigold is said to lead the souls of the beloved dead home so we may celebrate them and the lives they lived. Honor your experiences as they pass. Like the delicate paper flags, life is fragile and fleeting. Delight in the beautiful moments. As the bright marigold flowers will eventually wither and fade, embrace this time of transition. A sacred contract is reaching completion. Let the petals fall.

#### CRAFTING WITH DEATH

- Create ceremony to acknowledge a symbolic death.
- Build a mandala outside to celebrate beauty. As it is consumed into the body of the earth, release your hold on what you no longer need.
- Welcome transformation by making art with butterfly imagery.



Trust the magic of presence.

See the sacred in the simple.

Create new magic from what is familiar.

An old Japanese teapot painted with blue flowers sits on a bamboo ray. Three full cups reveal the chartreuse color of the steaming tea ear a wooden bowl filled with dried leaves. A vibrant branch of the a plant, camellia, drapes across the center. Its leaves are waxy and eep green. The flowers are bright white with a rich yellow center.

ocus on the present moment brings balance to opposing forces. Give every task before you the gift of your full attention. Stillness reveals the middle way. The tea ceremony is an act of mindfulness. The tea plant is rich in antioxidants and strengthens the heart. Preparing a pot of tea with intention cultivates harmony and promotes well-being. The ritual becomes the holy alchemy that effects change. There is magic in the mundane: ordinary tea bags stop minor bleeding, soothe sunburns, and reduce eye inflammation. Camellia is the oldest, most widely used botanical in history. Let ancient practices inspire fresh ideas.

#### CRAFTING WITH TEMPERANCE

- Display a single camellia bud in a small vase. Carefully observe it and discover a new detail each day.
- Create a simple ceremony for peace around your daily cup of tea.
- Learn to make kombucha. Experiment with unique flavors and share with friends.

## 15. The Devil BLACKBERRY

(Rubus armeniacus)

Sweet berries, sharp brambles. Beware. Let awareness awaken the power of choice. Break free of the desires that keep you trapped.

An old cast iron pan lies on top of a rust colored napkin. Inside the pan is a blackberry pie with a carefully crafted lattice top. A beautiful antique silver pie server is set to the side. Blackberry brambles, brimming with fruit and flowers, surround the pie. A blue bowl is full of lush berries. Cinnamon spills onto the table. Measuring cups and spoons sit nearby.

Knowing what keeps you bound can set you free. You may be feeling trapped by something you love. It feels good, yet you are depleted. Blackberries are delicious, but the vines strangle everything in their path. Do not become ensnared by the sweet fruit of pleasure while ignoring your true needs. In "Sleeping Beauty," bramble creeps over the land, protecting the people while they slumber. Blackberry can be a safe but destructive hedge; consider what desires you are indulging. Are they keeping you from seeing the light? Be your own prince and cut them away. Wake up and choose transformation.

#### **CRAFTING WITH THE DEVIL**

- Go foraging for wild blackberries. Delight in their sweet, delicious taste. Mind the thorns.
- Place a crown of blackberry vines on your altar to loosen yourself from the pursuit of adoration.
- Make a blackberry sugar scrub; invite release as you cleanse your body.

## 16. The Tower MUSHROOM

Let tragedy nourish the soil of rebirth.

Everything is food for growth.

Be liberated by your acceptance of profound change.

A tree crashes in a dark wood onto a bed of brown, gold and green leaves. A large decaying piece of the trunk is covered in mushrooms. When the wood is touched, it gives way, crumbling to dust. Light shines through the forest and hits the log, illuminating the vibrant colors of the mushrooms.

Sudden change leads to destruction and upheaval. Mushrooms are the instigators of transformation in the forest. They spark foundational healing. Mushrooms are decomposers; they convert material that is no longer useful into something living things can eat. They break down and absorb environmental contaminants, recycle decaying materials, and bring nutrients to the soil. Use tragedy to nourish the bedrock of your soul. Let the current crisis consume the false narratives you have created, and rewrite your story. Now is your chance to play at the game of life anew. As mushrooms build the immune system, allow yourself to build strength through resilience. Mushrooms reproduce by shooting their spores through the air in bursts. Once the first shock of profound change has passed, let new energy be released.

#### CRAFTING WITH THE TOWER

- Write about the tragedy you are facing; bury the writing beneath a decaying mushroom log.
- Enhance vitality to cope better with change. Take medicinal mushrooms, like reishi or (responsibly harvested) chaga.
- Learn something new; enroll in a mushroom foraging class.

## 17. The Star COTTONWOOD

(Populus species)

Your broken pieces contain the stars of hope.

Open your heart to grace.

Be generous with your blessings.

A bowl of smooth stones floats in the center of eight deep green serrated cottonwood leaves arranged in a star pattern. Knobby young twigs full of resinous buds reach out like an old witch's hands holding the mandala. Seven cottonwood star coins cut from the broken branches are arranged in the corners of the offering. The deep blue water reflects the stars in the night sky.

Hope can be found in the darkest moments. Have faith and believe in possibility. As the appearance of a cottonwood tree means water is near, so is inspiration close. You may not see it right away. Stay optimistic. Close your eyes and listen for the sound of the rushing river. Cottonwood trunks are marked by scars from harsh weather yet cottonwood leaves shimmer like golden lights against a stark blue sky. Your wounds may run deep, but wholeness still shines from within. When you encounter grace, be generous with your blessings, the way cottonwood trees are generous with their seeds.

#### CRAFTING WITH THE STAR

- Break cottonwood twigs to discover the stars. Use them in amulets, magic, and altar pieces to give you hope when you most need it.
- Take a contemplative walk in nature and listen for the flutter of leaves.
- Make cottonwood bud oil for joint and muscle aches. Rub it over your heart to ease emotional pain as well.



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.
- 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

- 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**

- Make 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.

## 21. The World PACHAMAMA

## 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.

#### FIRE: ACTION, PLAY

Fire corresponds to Wands in traditional tarot decks and represents the realm of action. In the *Herbcrafter's Tarot*, this suit contains medicine for the body gained from playing and making. The herbcrafter has gathered her herbs and now has an intense desire to make potions. She transforms book learning into something concrete. Creating becomes a way to release fear. She gets out of her head and uses her hands. She collects things in jars, experiments and gets messy. She feels as excited and empowered as an alchemical sorcerer who creates healing. She is led by her spirit.

In the Fire cards we see busy scenes in the herbcrafter's workspace. In this suit, plant medicine is produced by alchemy; it is extracted using oil, alcohol, sugar or vinegar. Many of the remedies featured in this suit apply to specific acute ailments and are medicines that do not last; they are made to be used up.

We craft to play in the suit of Fire.

#### WATER: EMOTIONS, NOURISH

Water corresponds to Cups in traditional tarot decks and represents the realm of emotions. In the *Herbcrafter's Tarot* this suit contains medicine for the heart and soul, gained by reflecting and connecting. This is a time in the herbcrafter's journey when she understands that more is not necessarily better. The herbcrafter learns to savor the medicine. She begins to crave a more profound relationship with the plants. She has an urge to slow down and find a softer remedy, something that will take her deeper. She is led by her heart.

In the Water cards we see calming scenes in the herbcrafter's life. In this suit, plant medicine is extracted using water—baths, warm cups of tea, and serene water vistas. Remedies featured in this suit are long-term healing tonics that do not act quickly on the body. They work slowly over time.

We craft to nourish in the suit of Water.

#### EARTH: WEALTH, MAKING

Earth corresponds to Pentacles in traditional tarot decks and represents the realm of wealth. Wealth for the herbcrafter is measured by the health and sustainability of her community and the earth. In the *Herbcrafter's Tarot* this suit contains medicine for the world gained from teaching and preserving. Here on the herbcrafter's journey she begins to look beyond herself. She protects and cares for the land. She creates forward-moving gifts. She sees medicine as anything that heals and has a desire to share what she has learned with others. She is led by her body.

In the Earth cards we see scenes of gardening, harvesting and weaving. The plants in this suit are used in basketry and fiber arts. Their medicine lies in the making of tools as functional art that hold stories to be passed to future generations. Stories of creation, history, planting, and medicine are written in the designs of everyday materials: baskets, blankets and clothing. These creations will not be used up but will be passed on to future generations.

We craft to be makers in the suit of Earth.

#### **NUMBERS: PHASES OF GROWTH**

The number system for the *Herbcrafter's Tarot* explores ten phases of growth. Inspired by permaculture principles, we chose the plants based on how they contribute to an ecosystem. In the management of a sustainable food forest, the goal is to assist the plant in showing up as its best self, in service to its own nature. This is true in the journey of the soul as well.

We follow Teresa Michelsen's three-card minidrama system, as in the *Gaian Tarot*. Each set of three cards tells a short story with a beginning, a challenge, and a resolution. The three sets are Ace-2-3, 4-5-6, and 7-8-9. The herbcrafter begins to understand her gift better as she progresses through each suit. At the end of the suit, having experienced the three dramas, the herbcrafter reaches the card of transition, the 10, and begins her journey again.

The first minidrama (Ace-2-3) is about awakening consciousness. It is playful, spontaneous, and driven by curiosity. The herbcrafter experiences a new, nature-based awareness. She meets her first plants on a weed walk (Aces), considers life choices while learning about the challenges of pollinators (Twos), and successfully grows her first herbs (Threes).

The second minidrama (4-5-6) is about community consciousness. It is exploratory, external, and driven by passion. The herbcrafter experiences a new, community-based awareness. She learns about limits and boundaries with hedgerow plants (Fours), confronts external conflicts with conservation of threatened species (Fives), and builds community with ritual magic (Sixes).

The final minidrama (7-8-9) is about soul consciousness. It is intentional, internal, and driven by a greater calling. The herb-crafter experiences a new, soul-based awareness. She turns to the ancestor trees for council (Sevens), gathers inner strength with roots (Eights), and enjoys her accomplishments with fruit trees (Nines).

The triad of adventures ends with a time of rest and reflection.

The herbcrafter experiences a completion: the death of the old and birth of the new all at once. She replenishes the soil of the soul by working with composting plants (Tens).

# PEOPLE: HIJAS, ADELITAS, MADRES, AND CURANDERAS

The People cards represent virtues: playfulness, activism, love and wisdom, respectively. The people are in service to the elements, not rulers over them. They, like fairies or devas, are the caretakers of the suit and embody the magic of the element with their actions. They may represent qualities of the herbcrafter herself, someone she knows, or someone she encounters.

The *Hijas* (Daughters; Pages in traditional tarot), although young and naive, possess an intuitive understanding of the plants. They approach the plants without fear or preconception. They are daughters of the elements, always learning, always full of wonder. They

are also the true teachers of the elements. They lead with play. The herbs in these cards are gentle plants. Their medicine is easily made, easily taken, easily grown and enjoyed. They are sweet and tasty. They are beginner herbs that create a feeling of lightness and joy, and they have an affinity with children.

The Adelitas (Warriors; Knights in traditional tarot) are hungry for knowledge and have learned enough to be both effective and dangerous. They are purposeful and determined. They experiment with controversial medicines and take on challenges. They are excited to know how herbs work but may not have all the information to talk about them expertly. They are the warriors for the elements, revolutionaries fighting for an earth-honoring way of life. They lead with activism. The herbs in these cards have some controversy attached to them. They ask for more understanding and research. They prompt us to fight for a cause and bring attention to taboo subjects.

The *Madres* (Mothers; Queens in traditional tarot) have achieved a high level of herbal knowledge and are actively serving their community. They are intentional and generative. They understand that we cannot heal the world in one lifetime. Their work ripples from the everyday acts of building community and being present to the task at hand. They are healers of the elements, nurturing, guiding and protecting. They lead with love. The plants in these cards are deeply nourishing medicines and long-term herbal remedies. They ask for patience and trust.

The *Curanderas* (Healers; Kings in traditional tarot) have served their community for many years and are now shaping their legacies. They are spicy and sweet. They tell stories, make soup, and create magic. They are the visionaries of the elements, deeply interested in passing on knowledge to future generations. They share wisdom with patience and stillness. The herbs in these cards are time-honored ancient plants. They have a long history of use and fascinating folklore. Some are so common, we may have forgotten they are medicine. They ask for respect and recognition.



Weeds • Starting Point • Possibility

The Ace cards feature herbs most of us know as weeds. Found easily in nature, they are not usually cultivated intentionally but eradicated. They are ancient medicine with a long history of use and will often be the first plants we meet as beginning herbalists. They are referred to as "dooryard herbs" because they are found right at our doorsteps. They are the gateways into the world of herbcraft.

In the first minidrama (Ace-2-3), you are a beginner on your path. The herbs of the Aces initiate the herbcrafter into the world of plant medicine. Meeting these plants, she becomes excited, hopeful and filled with possibility. Her experience triggers a somatic remembering of ancient ways and invites a deeper knowing. The Aces, like the acorn, contain the stories of the ancestors as well as the promise of the future. The herbs of the Aces inspire a fresh view toward your calling.





Don't fence me in.

Discernment is necessary for survival.

Know your wounds; identify your medicine.

A wild bramble grows along a barbed wire fence in front of a dry field with a mountain in the distance. A hummingbird lands on a leafless, thorn-laden stem. Several sword-like yarrow plants fill the base of the thicket; the feathery leaves bend with a warm summer breeze, and the crisp white flowers reach beyond the boundary.

The first seeds of a new idea can be found just outside your front door. Take a fresh look at an ancient calling from Spirit. Though it is a common weed, yarrow often goes unnoticed; inspiration is close, yet you may have overlooked it as ordinary or not valuable enough. Use discernment and reasoning to see clearly. It is important to positively identify yarrow because lookalikes can be deadly. Set feelings aside and follow the truth. Start with what you already know. Seek vision from your ancestors.

#### CRAFTING WITH THE ACE OF AIR

- The Latin name for yarrow comes from the myth of Achilles. Read his birth story, then journal the question: What is my Achilles' heel? How is it keeping me from my destiny?
- Cultivate discernment by learning to identify yarrow and its lookalikes.
- Craft a powder of dried yarrow leaves to stop bleeding. Use it in magical practice to heal wounds that cut to the bone.



Ignite the flame of creativity.

Seek inspiration by the light of a witch's torch.

Let desire illuminate courage.

A large meadow glows with late afternoon sun. Rolling hills reveal a pasture beyond a large hedge. A towering mullein plant points toward the sky. The leaves are fuzzy and soft. Hover flies, bees and wasps gather nectar from the small yellow flowers at the tip of the stalk.

Creative inspiration is bubbling to the surface. Pursue an ancient calling from Spirit. Take action to magnify your magic; it is closer than you think. Mullein is an easy-to-find yet often overlooked medicine weed. You already possess the power you need, but you may not recognize it in yourself. Like mullein, inner strength and outer softness move you in an upward direction. Dried mullein stalks are dipped in wax to create torches; follow the spark that unleashes your creativity. Allow your deepest desires to find expression. Seek courage from your ancestors.

#### CRAFTING WITH THE ACE OF FIRE

- Craft magical mullein oil; add spicy essential oils like ginger or cinnamon. Apply it to creative tools like paintbrushes, pencils, or dancing shoes to ignite creativity.
- Create a witch's torch by dipping dried mullein stalks in wax.
  Summon your power during a dark moon.
- Rub a drop of mullein oil behind your ears to hear the voices of your ancestors.



Follow your heart.

Trust your instincts and intuition.

Your capacity for love is limitless.

It is the height of summer. A gently flowing river is lined with lush vegetation. At the edge of the bank, a healthy plantain plant spreads its strong green leaves along the ground in all directions. The tiny white flower petals form the shape of a halo around each stalk. Bees are drinking water from the riverbed. The air is cool with a breeze from the glacier above.

New experiences can cause a wellspring of feelings. Open your heart to spiritual guidance. Take a fresh look at an ancient calling of soul. Plantain is a prolific yet powerful medicine that is easily missed; to embody the love you desire, you may need to see it in a new light. Mixed with a bit of water, this unassuming weed gently heals wounds from bites and stings. A simple, compassionate approach to a surge of emotions can have the most meaning. Small strings form a rib-like structure within the leaves that give it strength. Nourish your emotions and trust your feelings. The threads of joy point the way to wisdom.

#### CRAFTING WITH THE ACE OF WATER

- Seek out the plantain in nature. Let it lead your walk. Look for auguries and signs on your journey.
- Make plantain ice cubes to have on hand for healing wounds that sting.
- Shape plantain flower stems into hearts and leave them as gratitude offerings.



Health and wealth may begin with a sting.

Take the next step, even if it hurts.

Let your gifts take root in the physical world.

A dense evergreen forest is brimming with life. The broken branches of giant moss-covered evergreen trees make way for the sun. A healthy stand of nettles is illuminated. The tiny poison-filled syringes on the leaves and stem glisten in the light. An admiral butterfly flits about until it lands to lay eggs underneath one of the serrated leaves.

The beginning of a new project can be challenging. Respond to practical developments with action; the outcome is closer than you think. Nettle stops us when it brushes against our skin and stings. Pay attention to what is calling. Nettle may be a familiar weed, but it is also potent medicine; you already have access to the resource you desire, but you may need to accept it first. Rope, baskets and clothing are also made with nettle. Find stability and prosperity in fulfilling work that takes root in the physical world. Develop your skills and enjoy your creations. Receive the gifts of the earth. Build on the path of your ancestors.

#### CRAFTING WITH THE ACE OF EARTH

- Take charge of your well-being with a bite; wildcraft young nettle tips and make pesto.
- Dye journal paper with nettle tea. Commit to your next steps in writing.
- Share your projects and plans with trusted friends.



Pollination • Choice • Reciprocity

The Twos feature plants that are beneficial to pollinating animals, providing them with food and shelter. They attract birds, moths, butterflies and beneficial insects. The animals, who spread pollen and fruit, ensure the plants will continue to survive. Both receive and both give. Like the Aces, the Twos are plants we often encounter near the beginning of our botanical journey.

The herbcrafter now meets her first challenge. As her awareness grows beyond weeds, she encounters the difficulties facing the botanical world. Still a beginner, she learns how her choices affect the ecosystem. She confronts what this means to her and consults her intuition to decide what to do about it. The Two cards spark the beginning of action that eventually leads to reciprocity. As the herbcrafter considers her relationship with nature, the herbs of the Twos challenge us to create balance.





Release long held beliefs. Be receptive to guidance. Open to unlikely partnerships.

Chicory thrives in a meadow. The tall stems pierce the sky, and ground-nesting birds make a home in the dense brush beneath. The flower's blue petals jut out like platforms, hubs of pollinating activity. Bees and moths gather morning nectar, wasps devour aphids, and two white butterflies flitter about the wild field.

Old ideas can be blinders to new wisdom. Let go of worn out thinking to see an issue clearly. Chicory is often classified as a weed. It is however a beneficial medicine plant that draws important insects to the garden. Be receptive to new guidance; gather information before taking action, then be still and look within. As the long chicory taproot brings nourishment to the surface, a deep dive will quiet self-doubt. What is really true? Acknowledge what you do not want to accept, then be willing to listen. When it is your turn to share, do not hide behind a closed, fearful heart. Open wide like the bold chicory flowers.

#### CRAFTING WITH THE TWO OF AIR

- Pluck the petals of a chicory flower. Release old beliefs aloud with the falling of each one.
- Observe pollinating insects. Journal the question: How might I open more in my relationships?
- Be bold and clear. Dress like a chicory flower; put blue streaks in your hair.



Harness the power of desire. Embrace creativity with confidence. Courageously step toward the heat.

A hat rests on a stone potting table. Bee balm plants grown from seed are ready to be transferred to the garden. Tools and gloves are gathered in preparation for planting. The pungent smell of the leaves and the vibrant color of the flaming red flowers sets the bees a-buzzing.

An empowered bright spirit inspires others. Bee balm brings bees, butterflies and hummingbirds to the garden. Planting bee balm stirs activity in the area, igniting growth by shaping a diverse ecosystem. When making decisions, take a creative approach. Be original and open to alternative ideas. Spicy bee balm remedies heal with a kick; walk with flames of passion under your feet. Though excitement and fear may charge your actions, be confident about what must be done. Like these striking flowers, we attract what we desire when we show our bold, colorful selves.

#### CRAFTING WITH THE TWO OF FIRE

- Save the bees! Grow bee balm.
- Attract what you desire by wearing bright colors inspired by bee balm flowers.
- Make spicy bee balm-infused honey for respiratory ailments, colds and flu. Take it before creative work sessions to fuel passion.



Let love in.

Soften dry and brittle wounds.

Welcome genuine connection.

Marshmallow grows at the edge of a garden. The sturdy stalks, heavy with soft green leaves, reach up to the bright blue sky. The plant is covered in white flowers with delicate pink centers. A ruby-throated hummingbird, suspended in air, nurses on the nectar. Another sips from a flower that has fallen into a stone fountain of Aphrodite.

Aphrodite reminds us that vulnerability and sovereignty create relationships that are self-renewing. Allow yourself to be drawn in by what you love. Mallow attracts many pollinators, delightful hummingbirds among them. Lightness of being fosters an open heart. Growing tall in watery marshlands, mallow shows that when we reach out with a gentle yet steadfast hand, harmonious union follows. Mallow root tea cools the pain of dry, brittle wounds; take time to soften your sharp edges. Approach partnership with kindness and emotional stability and you will experience mutuality.

#### CRAFTING WITH THE TWO OF WATER

- Draw a heart-opening bath with mallow flowers. Allow your chest to expand as you soak.
- Make a cold-infused mallow root tea to soothe a sore throat and ease the rage of bitter emotions.
- Invite love into your life; make an offering of mallow to Aphrodite.

# Two of Earth WITCH HAZEL

(Hamamelis virginiana)

Full hands, rich life.

Balance on the edges of depth and lightness.

Find joy in each moment.

A blanket of fresh snow covers the ground on a winter day. The vibrant yellow flowers of a witch hazel tree illuminate the scene. The other plants on the land are brittle and leafless. Colored ribbons are tied to the tree's branches. A family of healthy blue tits emerges from a woven birdhouse for a midday snack.

A busy life is an abundant life. Your many skills are called to task at once. Witch hazel is valued for providing multiple functions: food and refuge for birds, flexible branches for baskets, and bark for medicine. Flowering in late winter, witch hazel blends the edges of winter and spring, grief and joy, depth and lightness. The ability to hold the tension of opposing interests brings prosperity. Your stability may feel at risk, but as the flowers promise, relief is not far off. When the world shifts around you, find solid ground in the present moment. Like witch hazel blossoms that brighten a monochromatic winter landscape, adding levity to your tasks will lighten your load.

#### CRAFTING WITH THE TWO OF EARTH

- Decorate a leafless tree with strands of ribbon for each of your blessings.
- Place fresh flowers or an image of the blooming tree on your altar in difficult times.
- Cultivate joy. Hang birdhouses from winter trees and pause to sing with the birds while you work.



### Threes

#### Flourishing • Abundance • Harmony

The Three cards feature plants that are easy to grow. These are the first plants the herbcrafter attempts to cultivate in her garden. They reward her with a bumper crop from little effort. They are beginner herbs and beneficial to pollinators. These plants invite her to create freely; nothing holds her back.

The success of growing her first herbs is a milestone for the herb-crafter. She feels a sense of confidence and productivity. She learns the old healing ways while giving back to all the beings that rely on the land. The herbs of the Threes grow the awareness sparked in the Aces and meet the challenge encountered in the Twos. Tending, harvesting, and creating with these herbs inspires a lifetime journey. In the Threes the herbcrafter awakens to the *pleasure* of plants.





Speak the truth about your heartbreak.

Be the medicine that heals the pierced heart.

Healing from grief takes time.

Three echinacea flowers pierce the sky on a cloudy summer day. An abandoned barn with a rusted roof stands in the background. The sun and rain battle for position: bursts of light are followed by short showers. Tattered petals of pink flowers fall as the plant bends toward the ground to offer its seeds. New buds emerge from beneath the thick green layer of leaves.

Heartache leads to self-knowledge. You may be confronted with an agonizing reality. Wild echinacea, a potent medicinal that once blanketed the prairies of North America, is now endangered. We may never again experience wild abundant fields of this electrifying pink flower. See things as they truly are and accept the loss. Healing lies in your ability to learn from the devastation. Echinacea remedies increase resistance to infection and build a strong body. Embracing painful truths leads to resilience. Seek out strong allies who will help you through the grieving process. Find comfort in your sorrow. Echinacea is a slow-growing plant; sit with your grief as long as it takes.

#### CRAFTING WITH THE THREE OF AIR

- ## Find expression for your heartbreak. Write your story.
- Buy only cultivated echinacea. When you heal the earth, you heal us all.
- Embark on a meditative journey to the prairies where echinacea once flourished and harvest medicine for your grief there.



Take joy in prolific, passionate play.

Delight in your own unique expression.

Creative inspiration will last longer than one season.

Petals are scattered about a messy work table. Baskets are brimming with yellow, red and orange calendula. Mortars and pestles are smudged from crushed plants. A glass jar with freshly picked flowers is flipped open in front of a bottle of olive oil. Incense burns and the summer sun shines through the window.

Playful creativity is infectious. Calendula grows easily and readily self sows. Once you plant it you will have it in your garden for years. All varieties have healing properties and create an abundance of medicine. These are exciting times. Explore new art forms. Take decisive action. Allow your ideas to find wildly original expressions, like the many colors of calendula. Calendula enjoys a long and fruitful growing season; remain enthusiastically committed to your goals. Step into leadership with confidence.

#### CRAFTING WITH THE THREE OF FIRE

- # Ignite your playful spirit; make oil, salve, and tincture with calendula.
- Create art with the colors of calendula to express your joy.
- Make magical creativity confetti with dried calendula petals. Use it in everything!

# Three of Water LEMON BALM

(Melissa officinalis)

Lift your spirit with the scent of happiness.

Pleasure shared is pleasure multiplied.

Celebrate your heart's delight.

An afternoon tea party is set for three on a delicate lace tablecloth in front of a giant lemon balm bush. Sweet confections, mismatched china, and children's toys are on the table. An old glass bottle, used as a vase, holds a single bright blue flower. The bees buzz. The giggles of little children are heard in the distance.

Happiness is contagious. A favorite of bees, the intoxicating scent of lemon balm brings life to the garden. Rejoice! Make merry! Celebrate your friendships. Spend time with loved ones. Make new friends too; you have already done the work to attract the right people. Your community awaits you with open arms. Lemon balm spreads widely without effort; allow relationships to grow with ease. Show your admiration and appreciation for others. Express joy in all areas of your life. Lemon balm tea supports peace and calms an anxious heart. Now is the time to proclaim your true feelings.

#### CRAFTING WITH THE THREE OF WATER

- Enjoy fresh lemon balm tea to lift your spirits.
- Invite friends for a tea party and share your joys over dishes of lemon balm sorbet.
- Dip a lemon balm posy in sacred water; sprinkle it around to brighten dark, stagnant spaces.

# Three of Earth RASPBERRY

(Rubus idaeus)

Fill your basket with companionship and collaboration.

Nourish your body.

Savor simple pleasures.

Baskets of juicy red berries sit on the grass on a bright summer day. Two rows of raspberries extend down a clover-filled path toward the foothills of a verdant mountain. The bushes overflow with flowers and fruit. The ripe ones come easily. Cedar trees line the boundary of the land. The sky shines blue with small puffy white clouds.

Company brings joy to hard work. You have a responsibility to tend the abundance you have been given. There is much to do with fruitful raspberry: jellies, pies, syrups, vinegars, baskets, and medicine. Teamwork multiplies productivity; invite others to join you. Trust your leadership and organizing skills. Approach people with clear expectations and agreements. As first year raspberry canes create the foundation for second year canes to fruit; create value for generations to come. Together with your community, you can build a strong legacy. Raspberry tea, rich with minerals, tones weakened tissues and energizes the body. You are competent and up to the task, but keep yourself strong. Also, raspberries are just plain delicious. Remember to enjoy the sweetness of life.

#### CRAFTING WITH THE THREE OF EARTH

- Take a class in your community to learn how to weave a basket with raspberry canes.
- Make raspberry leaf tea to nourish and delight your body.
- Harvest ruby red raspberries at the peak of summer. Make jam with friends and enjoy it all year.



Borders • Limits • Structure

The Four cards feature herbs used as border or hedgerow plants. They are shaped and managed to keep what is wanted inside the space and what is not wanted outside the space. These plants introduce the herbcrafter to thresholds and portals. Guarding the ecosystem, they ensure that what grows inside the border thrives. They are gateways to a deeper connection to the plants.

In the second minidrama (4-5-6) the herbcrafter begins to cultivate community. This takes her out of her own experiences to build a bigger world. After the abundance of the Threes, the herbs of the Fours teach her about edges and boundaries. She becomes aware of external factors that affect her journey and thus learns how to create sacred space. Discernment, intention, and mutuality become important as she seeks to protect the ancient ways. The Fours ask the herbcrafter to create a threshold and walk through it.





Withdraw behind borders.

Calm the body and mind.

Pause to cherish the present moment.

A tall lavender plant grows at the edge of a garden. It is the height of summer and the intoxicating fragrance fills the air. A basket rests nearby, partially filled with gathered flowers. Shoes and gloves have been removed. Tools sit unused on the earth. A small snail inches by and the bees buzz.

Contemplation precedes action. Build a foundation for deeper understanding. Create space for rest and pull away from the outside world. Lavender is a popular border plant. The strong scent keeps unwanted animals from entering the garden and the woody stems keep other plants from encroaching. Put up strong boundaries and retreat behind them. Commitment to self-care eases conflict in other areas of your life. Lavender clears the air and relieves tension; let your emotions settle and your mind relax. Take a break from gathering thoughts and ideas. You have already learned so much! Allow what you have studied to sink into your bones.

#### CRAFTING WITH THE FOUR OF AIR

- Make a lavender wand; use it to create boundaries from unwanted energies.
- Keep lavender oil with you; for instant calm, make a palm tent and slowly breathe in and out.
- Carry a lavender sachet in your pocket as the grandmothers did, and inhale the scent all day long.

# Four of Fire ELDER

(Sambucus nigra)

Make a little magic, stir up a special ceremony. Holy helpers guide you and lend you power. Honor the beings who guard the liminal places.

A wand is being crafted on a table brimming with activity. Potions, plants, and yarn are scattered about. Berries spill out of a wooden bowl. A fire glows inside a wood stove, and an embroidered pillow of Guadalupe rests on a rocking chair draped in silk scarves. The room is cozy and full of light.

Create a safe space to make a little magic. Elder provides protection from stormy weather to small creatures and tender plants. It is a striking hedgerow plant steeped in mystical lore. Invoke the aid of holy helpers, like the crone who lives within the elder tree, guarding the portal between the land of the living and the realm of the dead. She appears in the frothy white blossoms of summer and the dark berries of fall. Practice magical arts and move between the worlds. Honor the Old Ones. Elderberry syrup is a sweet remedy that heals a body weakened by invaders. Build a foundation that will sustain your work so you can create the life you desire.

#### CRAFTING WITH THE FOUR OF FIRE

- Hang elder boughs above the door to your creative space to honor the threshold.
- Craft a wand of power; the creative process of making magical tools is transformative.
- Make elderberry elixir; offer it to your ancestors during a dark moon and listen for guidance.

# Four of Water MINT

(Mentha species)

Take time to refresh your spirit.

Prevent plenty from becoming too much.

Quench your thirst with gratitude.

Robust peppermint plants border a garden wall. Freshly picked leaves steep in a pitcher of cold water near four glasses; three are full, one is empty. Dappled summer light dances over the table. Despite his loud call, a blue Stellar's jay sitting on a birdbath goes unnoticed. A discarded kerchief hangs over the only chair.

Life sometimes leads to boredom or discontent. Your lack of interest is keeping you from connection. Create a nourishing space to contemplate your feelings. Mint plants are used as border plants because they can be trained to grow as a lively hedge. However, just as mint can overtake the garden if it is not contained, your feelings can overwhelm. Replenish your emotional reserves with uplifting practices. Mint tea is an energizing and refreshing medicine. Notice and appreciate the blessings in your life; do not take them for granted. Build a foundation for emotional stability with a gratitude practice. Sit quietly and bring your awareness to what you have overlooked.

#### CRAFTING WITH THE FOUR OF WATER

- # Indulge in a mint foot bath to refresh your spirit.
- Place mint in a vial and wear it around your neck to help contain overwhelming emotions.
- Begin a gratitude practice with a pot of warm peppermint tea.



Be a wise steward of your resources.

Be flexible yet sturdy.

Strong roots help young sprouts grow.

Weaving tools and an unfinished willow basket sit on a wooden table. A sturdy ancient grandmother willow tree stands tall nearby. Her branches bend in the wind. A harvest of willow rods provides enough material for making many baskets.

Conservation is key to sustainability. Take time to gather your resources respectfully and carefully; tend them well. Create space to preserve what you have gained. As a border plant, willow protects a natural area and creates sanctuary in the underbrush for small animals. Young trees can be shaped and curved to fit the location. The pliable and hearty stems are prized by basket makers. Making tools for today is medicine for tomorrow. Build a foundation for future harvests. A tea made from willow branches is used as a rooting hormone that helps other plants grow. Give thanks to those who have given your life roots. Be as generous in sharing your gifts as your teachers have been with you.

#### CRAFTING WITH THE FOUR OF EARTH

- Frame an altar with willow branches. Place objects representing what you want to protect inside.
- Weave a willow bracelet around your wrist. Wear it to be flexible and strong.
- Shower your teachers with gratitude. Send a gift of natural art using willow.



Threat • Conflict • Adversity

The Five cards feature plants that are listed as threatened or endangered with United Plant Savers, an organization whose mission is to protect the native medicinal plants of North America. The plants of the Fives have been affected by climate change, overharvesting, deforestation, development and disease. They require specific conditions for growth and are difficult to cultivate. They are among some of our most potent healing plants. Their loss would be devastating.

The challenge the herbcrafter faces in the second minidrama comes from the larger world beyond herself. She has created sanctuary with the Fours in her own garden, but she sees the threats from the outside world to these beloved botanicals. The herbs of the Fives specifically confront humanity's relationship with nature. The herbcrafter becomes aware of how the choices of the dominant culture influence the ecosystem. She will be charged with standing up for what is right. The Fives spark action that leads to community and conservation.



## Five of Air WHITE SAGE

(Salvia apiana)

Long-held beliefs may not be rooted in reality.

Refuse to go along with the crowd.

Believe the threatened, oppressed ones.

A healthy white sage plant grows in a pot on a well-worn concrete doorstep. The plant is small but strong; the home is old but well cared for. A basket holds sprigs of the freshly harvested sage. Several leaves are wrapped into bundles with red string; the loose leaves will be saved for medicine. Nothing will be wasted.

A spiritual crisis challenges long held beliefs. Though your conscience pulls at you, you are reluctant to let go of your opinions. Rise to the challenge; accept the truth. White sage has become a trendy spiritual tool. It is sacred to many of the indigenous people of North America whose traditions are widely misused. Development and erosion also threaten the survival of this species. White sage is teaching us to protect what is holy. It rids the air of toxins but is also a valued medicinal. Clear the path. Listen to others and make room for healing. Seek a solution that is beneficial to all.

#### CRAFTING WITH THE FIVE OF AIR

- Familiarize yourself with the origins of your spiritual tools, where the botanicals are grown, and where the practices come from.
- Get to know plants local to you for burning in sacred rituals of your own making.
- Listen to the conservationists. Support United Plant Savers' efforts to preserve this plant.

### Five of Fire BLACK COHOSH

(Actaea racemosa)

Anger is sacred.

Burn through the slumber of helplessness and complacency.

Resist!

Women's rage is a force that will change the world.

A lush stand of black cohosh grows against a bright red wall. White flowers burst from a deep crown, looking like sparklers. The seeds shake like a rattlesnake before it strikes. Flies, bees and other insects are drawn to the plant's strong scent; the earth below is teeming with life. The healthy shallow roots jut out below the surface of the soil.

Honor the fire that rises up within. Neither deny your anger nor let it rule you. Discern whether your rage is righteous or if it is rooted in fear and insecurity. Though the survival of black cohosh is threatened by loss of habitat, it remains an important medicinal. The tincture supports the female reproductive system, alleviating pain and releasing stuck fluids from the body. Black cohosh teaches us to harness the power of our own creative source. As the tall flower bends easily in the wind, cultivate a strong flexible backbone. The folk name, snakeroot, signifies transformation. Rattle like a snake and shed your skin.

#### CRAFTING WITH THE FIVE OF FIRE

- Channel anger into activism; support United Plant Savers' efforts to preserve this plant.
- Use black cohosh tincture to harness the power of your changing energy shifts.
- Craft a rattle of power with black cohosh seeds.

# Five of Water GOLDENSEAL

(Hydrastis canadensis)

Seek out healing waters to ease your pain.

A restored heart clears the vision.

Golden hope dwells deep underground.

Old growth trees covered in moss line the bank of a rolling creek in a woodland area. The forest is wet and dripping with life. A stand of goldenseal is protected by a barrier of twigs. The young plant is thriving but remains vulnerable. White flowers emerge, bringing hope.

Grief is a necessary part of healing. You may be lost in sorrow or depression, unable to move forward from a great loss. Allow your feelings to unfold. While goldenseal is a prized remedy, its survival is threatened by overharvesting. Tea made from the yellow root heals irritated mucous membranes, conjunctivitis, wet colds, sore gums, and eczema. Goldenseal root medicine teaches us that healing can be buried deep within. Sadness can open the portal to intuition. Though you are in the depths of despair, hope is hidden in the darkness. A small amount is all we need to get by.

#### CRAFTING WITH THE FIVE OF WATER

- ## Fill a small vial of bright yellow goldenseal root water to remind you where hope is hidden.
- Nourishing the earth restores the heart. Support United Plant Savers' efforts to protect this plant.
- Use goldenseal root as a wash to soothe eyes inflamed and red from exhaustion and crying.

## Five of Earth SLIPPERY ELM

(Ulmus rubra)

Soothe the pain of those in need.

Even the wounded can heal.

You have the skills it takes to survive any crisis.

A slippery elm sapling sits in the empty yard of a beloved home that has white paint chipping from its sides and boarded-up windows. Wind supports are in place and the tender trunk is protected from deer by a circle of bamboo. The home is old and in need of repair, but it is sturdy. The old black chairs rock in the wind.

Economic and physical hardship may cause stress. Setbacks can take you by surprise and reduce vitality. Alienation from your support system compounds the issue. While slippery elm is a valued botanical; for the first few years of life the bark provides medicine for inflammation and materials for baskets. Its health is threatened by Dutch elm disease. All trees eventually become susceptible. Slippery elm teaches that even in hard times we have access to our resources if we do not lose faith. You have the skills to protect what remains and make it through this crisis. Create a warm and comforting place to hole up while your situation improves.

#### CRAFTING WITH THE FIVE OF EARTH

- Take slippery elm lozenges to soothe a stomach upset by worry and stress.
- Honor the gifts of slippery elm. Support United Plant Savers' efforts to protect this plant.
- Take a wild skills class and learn to make containers from slippery elm bark.



## Sixes

#### Bounty • Community • Magic

The Six cards feature plants that produce generously and are used in community ritual. Found both in the cultivated garden and in the wild, they give profusely to the land, the creatures, and the herb-crafter. These plants offer food, medicine, and craft to people; food, nest-building materials, and protection to animals; and nutrients, pollinators, and protection to the land.

Circling with friends is the resolution to the conflicts encountered in the Fives. The confidence and productivity the herbcrafter experienced in the Threes is magnified when she unites people for a greater cause. In the ritual work of the Sixes, she combines the skill of creating sacred space she learned in the Fours with meeting the challenges she encountered in the Fives. In the Sixes the herbcrafter awakens to the power of community.





Question your assumptions.

Gain clarity through articulating your visions in writing.

Support others in setting intentions for change.

A table in the afternoon sun is covered in sheets of handmade paper for writing prayer petitions with friends. Cattails grow along the border of a nearby marsh. Crow, owl, and heron feathers are gathered in glasses. A jar of walnut ink is open, ready to document devotions.

Clarity can be found in the mire. Cattail, often seen as invasive, creates a stronger ecosystem by cleaning and purifying an area, making it more habitable for life. Open yourself to new ways to pray. Ask for help from your community when you need it. Adjust your expectations and challenge your current way of thinking. As cattail seeds are carried by the wind, trust Spirit to carry your visions toward a greater good. Cattail is sometimes called the supermarket of the wild for its many uses—as food, shelter, clothing, fuel and medicine. Be the resource of the spirit; look for myriad ways to be of service to the needs of others.

#### CRAFTING WITH THE SIX OF AIR

- Learn to make botanical paper from cattails and use it for journal writing.
- Write a single petition to a holy helper; then burn the paper, letting your prayers rise to heaven.
- Gather friends on a new moon and support each other in setting new intentions.

## Six of Fire NASTURTIUM

(Tropaeolum species)

Celebrate yourself and others.

Call the circle, make some magic.

Glitter and spice magnify power and joy.

A table is set for making spells with friends. Large beeswax pillars wait to be adorned. Red and gold glitter spills onto the table. Nasturtium flowers—crimson, orange, and yellow—pepper the table. A candle is lit in the center of the holy mess to mark the beginning of sacred time.

Raise a little power for healing and transformation! Cheer on your friends and praise their accomplishments, as they do for you. Drawing bees and nourishing soil, wildly growing nasturtium is a vibrant plant that brings life to the garden. Your ability to bring people together creates magic. Claim your place as a community leader. Gather circles. Creativity ignites creativity. Nasturtium blooms in many colors; let your personal flair shine. Dance to your own beat while dancing in harmony with others. Nasturtium vinegar adds flavor with a kick; celebrate your accomplishments with pizazz.

#### CRAFTING WITH THE SIX OF FIRE

- Add nasturtium petals to spell candles to increase their energy and strength.
- Make nasturtium oxymel spritzers to toast your accomplishments.
- Magnify joy at your next gathering: serve goat cheese mixed with nasturtium petals and leaves.



Celebrate milestones old and new.

Freely give, freely receive.

Let your heart be comforted by the company of friends.

A table covered in borage flowers is set on the beach to welcome friends. The little girls in the Three of Water now gather for a celebration of their maturity. Bouquets of purple and white flowers adorn the table. A clay goddess dressed in a long white gown raises a toast to the women and their lasting friendship.

Gathering with beloveds lifts the spirits. Treasure friendship and celebrate community. Honor your connection by expressing how much your friends mean to you. Offer what you can to support them on their life paths. Sharing nourishes the soul. Borage is a continuously flowering plant that encourages a long-lasting relationship with our pollinating friends, teaching us to give freely without expecting anything in return. Drinks made with borage flowers lighten the mood and inspire a courageous heart. Let old tensions be dissolved and replaced with love. Embrace a carefree attitude and watch your joy expand.

#### CRAFTING WITH THE SIX OF WATER

- Bring joy to drinks at festive summer parties with borage flower ice cubes.
- Float borage flowers in your bath water to bring buoyancy to your spirit.
- Place a borage flower on your tongue and savor the sweetness of a warm summer day.

# Six of Earth PINE (Pinus species)

Ground yourself in community.

Share your resources; your generosity will circle back to you.

The soul remains evergreen.

A circle of ancient stones surrounds a warm fire. A rustic pine table shows small muslin bundles adorned with red string, pine sprigs, and cones—bundles made with friends at Solstice. The sun has set and moonlight glows across the field. The shadow of a rich evergreen forest is seen beyond the meadow.

Life is generative. Share with friends. Support each other in times of plenty and times of lack. Celebrate what you have. Pine is an evergreen tree that keeps its needles all year, providing medicine, materials for baskets, and shelter for forest creatures. It is a living embodiment of everlasting life. As the pine is gracious with its resources, be generous with those in need. Honor the people and the land that have provided you with the foundation, security, and resources on which you now rely. Gather the community together and teach what you know. Recognize the bounty in your life. Look for ways to share your abundance with others.

#### CRAFTING WITH THE SIX OF EARTH

- Walk in a pine forest with friends to release the old and make way for the new.
- Learn to weave pine needle baskets to gather your bounty.
- Drink tea from freshly gathered pine needles for renewal and regeneration.



# Sevens

#### Ancient Trees • Initiation • Deeper Journey

The Sevens feature visionary trees. They contribute to the ecosystem, acting as grandmothers and nurse plants for other organisms. They require great care and attention to be sustainably grown and harvested. As storied tree medicines used by humans since antiquity, they are gateways to mastery. They are planted in the garden to live far beyond our lifetimes. We grow them for our descendants.

In the final minidrama (7-8-9), the herbcrafter begins a deeper study and looks toward the future. The Sevens initiate her into specific fields of herbcraft. With the introduction of these plants, she becomes curious about the ancient mysteries of the botanical world. She looks toward the ancestors as she seeks a visionary experience. They point her toward a journey of introspection that leads to a higher calling. She is rooted in the soul, reaching for the stars.



# Seven of Air EUCALYPTUS (Eucalyptus globulus)

Trust in reason.

Do not be swayed by popular opinion.

Respond with integrity.

A copper still sits next to piles of old aromatherapy books on a sunny table outside. Sunlight bounces over the scene. A warm breeze pushes eucalyptus leaves across the books, and the large eucalyptus tree nearby shudders with delight.

Information is key to understanding. Trust in reason; discern fact from feeling. When your assumptions are challenged, learn more before taking further action. Essential oils may provide quick relief but are a resource-intensive medicine. Hundreds of pounds of plant material are needed to make one ounce of oil. As botanicals desirable for their essential oils such as eucalyptus are planted, native species are pushed out, devastating local ecosystems. Eucalyptus teaches us that what comes easily usually comes with a hidden cost. It is often said that the greatest enemy of learning is not ignorance but the illusion of knowledge. Distill information to the essence of clarity; act ethically whether or not anyone knows. Just as eucalyptus clears the lungs, you will breathe easy once again. Truth will give you direction.

#### CRAFTING WITH THE SEVEN OF AIR

- Seek the answer to your inquiry using the scientific method.
- Gather eucalyptus leaves and hang them from your shower to find clarity.
- # Learn to make hydrosols at home. Be patient with the process.

## Seven of Fire CINNAMON

(Cinnamomum verum)

Answer the call of the ancients.

Seek vision from ancestors.

Take a stand for your whole, authentic self.

An image of the goddess Ixchel and a Sun Stone are gathered on a table. A rosary is draped across a dusty book of *curanderismo* (healing arts) near a roaring fire. Cinnamon has been crushed for *te de canela*, cinnamon tea, and now boils on the wood stove. A jar of cinnamon sticks remains opened, and lime is sliced.

Ancestral traditions remind us who we are. *Te de canela* is a remedy of Mexican grandmothers. Your personal power has roots in your own cultural heritage. When you hear a call from the ancients, start with a study of your bloodlines. Learn the history, take the medicine, and eat the food of your people. As cinnamon found its way around the globe on the Silk Road, allow yourself to be taken on a journey by your ancestors. Devotion to divine beings will deepen your connection: collect imagery and stories, make altars and offerings. Take pride in where you come from. Stand up for who you are. Claim your sovereign path. Your foremothers will give you direction. Cinnamon is a strong and spicy remedy; be assertive and bold in the expression of true self.

#### CRAFTING WITH THE SEVEN OF FIRE

- Study your bloodlines.
- Invite your ancestors to a fireside council. Share a warming tea and ask for guidance.
- Boost your day with fire power; use extra cinnamon in your breakfast.

## Seven of Water BIRCH

(Betula species)

Imagine the possibilities. Choose one option out of many.

Open your heart to wisdom from soul.

Toast to a fresh start.

Birch leaves cover a book of ancient tree knowledge on a rustic countertop. Fresh Ogham staves, carved from fallen twigs, are scattered about. A bottle of freshly tapped birch water sits nearby. Several glasses line the windowsill. The tall white trees can be seen through the window.

Folklore, symbolism, and myth nourish intuition. There are countless forms of divination tools; birch Ogham staves are just one. Birch grows multiple stems from one trunk, and water extracted from the tree rids the body of toxins. When you hear a call to explore the depths, you may have several paths to pursue. Look for the common root in your many desires and clear out unhealthy illusions. Use divination to consider the path you will take next. Tap into the wisdom deep within your heart to divine the message. Your soul will give you direction. Make a clean choice and toast your decision.

#### CRAFTING WITH THE SEVEN OF WATER

- Write your heart's desire on fallen bark and set it down a river.
- Use birch water to detoxify and cleanse, both for your health and in your magical practice.
- Invite new forms of divination into your practice.

## Seven of Earth OAK

(Quercus species)

Live by the rhythms of the earth.

Work slowly and steadily toward your goal.

Plant for the generations to come.

A large tree stands gracefully at the edge of a lush lawn. The pages of a local field guide are open to Oak. A handmade basket sits on the grass, full of collected acorns. The sky is blue on this early crisp fall day. The leaves are beginning to turn; several float down to the earth.

Knowing nature is key to knowing the self. Your legacy is intertwined with the moss and trees. Oaks are slow growing, long-lived sovereigns of the land. Like the oak, you have worked hard and gathered your rewards. When it is time to build your future, listen for the call of the earth. Oaks grow only about one foot per year. Be patient; trust your vision to manifest in its own time. Furniture made from oak wood is durable and hearty. As Texans said on seeing a 1,000-year-old oak standing after Hurricane Harvey, "You don't get old by being weak." Have faith in your work. The fruits of your labor will last beyond your lifetime. Look to the pace of nature for guidance. The seasons will give you direction.

#### CRAFTING WITH THE SEVEN OF EARTH

- Make an acorn necklace to remind you to slow down and live in alignment with the seasons.
- Take a basket weaving class. Work on your craft.
- Study the ethnobotany of the land where you live.



Roots • Tenacity • Empowerment

The Eights feature plants whose roots are used as medicine.

Drawing deep into the earth, they accumulate rich nutrients. They can be difficult to grow; like the trees, they must establish themselves for several years before they can be sustainably harvested. The roots are collected in the fall when it is cold and wet. We must work to gain access to their medicine.

The final minidrama presents an internal challenge. The herbcrafter has accepted her higher calling from the trees but now questions her ability to fulfill her destiny. The herbs of the Eights pull her into a deeper inquiry as she confronts her relationship to her own nature. She will be faced with speaking her truth, trusting her instincts, walking away, and restoring her self-worth. Her weaknesses become allies that, as she gets to the root of each one, ground and strengthen her for the challenges ahead. The Eights spark action that leads to true self-awareness.





Know your limits and respect them.

Proclaim your truth.

Walk out through the gate.

A large licorice plant stands in the foreground of an old garden. It is wild and needs to be cut down. The broken down wooden gate swings open at a small gust of wind, revealing the wide open meadow through the thick branches of the unruly plant. A dilapidated stone arch blocks the view to the clear sky beyond.

What holds us back is not always clear. Are you feeling fenced in by the circumstances of your life? Staying isolated seems safe, but like this overgrown garden, it could become a prison of your own making. Know your limits; there is no shame in saying no. Constant internal dialogue may have silenced you, but your body can no longer hold that story inside. Take responsibility for your thoughts and clear a path to freedom. Licorice heals the vocal cords. Speak your truth aloud to others; it will give you power. A power shared is a power multiplied. Licorice medicine is soft and sweet; be kind to yourself as you meet your boundaries head on.

#### CRAFTING WITH THE EIGHT OF AIR

- Make a licorice root talisman to reinforce boundaries.
- Drink licorice tea to strengthen your voice.
- Write thank you notes to friends who hold the gates of compassion open when you feel trapped.



Adapt swiftly to unexpected changes. You can handle the heat. Act quickly when inspiration strikes.

Something cooks on every burner in a busy kitchen. A sauté pan is alive with flames; vegetables fly into the air from another pan; a large pot bubbles over with broth. A tray of onions, limes and ginger root is precariously perched on the edge of the stove. The walls are filled to the brim with spices, herbs, and culinary supplies.

Inspiration comes from all directions. Can you handle so many things at once? Like the busy stove in this kitchen, everything begs for your attention. Change is happening quickly. Swift action is needed or you may become overwhelmed. Ginger warms the body and fires up energy. When creative possibilities spin all about you, fast, focused movement is key. This is not the time to pause and consider but instead to respond with urgency. Ginger is a spicy medicine, but you can handle the heat.

#### CRAFTING WITH THE EIGHT OF FIRE

- Build your resilience and adapt to unexpected change: use spicy ginger in cooking.
- Make ginger elixir; take it to keep the flames of inspiration burning.
- Speed up a desired outcome by crafting a magic ginger honey pot.

## Fight of Water VALERIAN

(Valeriana officinalis)

Seek the depths of rest.

"Sleep is the best meditation." —The Dalai Lama
Relax, recover, recuperate.

An oceanside room glows with soft light. A bouquet lies on a nightstand near a warm pot of valerian root tea; delicate star-shaped flowers fall to the floor. Steam rises to meet moonbeams on the water. The full moon shines through a small window, illuminating the mountains beyond.

Exhaustion makes the simplest things feel insurmountable. You may be overextended and weary. Do you need to step away from commitments? Invite time for retreat, like the calming energy of this sanctuary. Pull back from it all. Be still and recuperate. Valerian is a valuable tea for those who struggle to rest and relax. If a lack of control over the situation has led to constant anxiety, invite sleep and consult the dreamtime. Valerian is a pungent medicine; slowing down may not be a pleasant experience at first, but it is the only way to become strong again.

#### CRAFTING WITH THE EIGHT OF WATER

- Brink valerian tea for deep, restful sleep.
- Carry valerian root in a magic vial to settle anxiety.
- Create time for a personal retreat. Even a staycation can be rejuvenating.

# Fight of Earth TURMERIC (Curcuma longa)

Let your tasks be an embodied prayer.

Do the work.

Teach what you know.

Fresh turmeric is sliced on a cutting board. An old white dress is lifted from a pot of warm water mixed with bright orange powder made from the dried root. Old tee shirts, dresses, and linens await their turn in the dye bath; tools rest on the counter. Freshly dyed garments dry on a line in the sun.

Dedication leads to mastery. Is your commitment strong enough? Put in the time to hone your skills. The longer fabric soaks in the dyebath, the more vibrant and lasting the color. Hard work may sometimes take its toll. It can feel isolating and frustrating. Do it anyway. Turmeric stabilizes the body, increasing vitality and strength. Remember to care for yourself at the root. If you are struggling with diminished self-worth, teach your craft to others. Look for ways to engage the community in your projects. Turmeric medicine survives because it has been passed down through generations. Trust the value of keeping time honored traditions alive.

#### CRAFTING WITH THE EIGHT OF EARTH

- Enjoy warm "golden milk," made from milk, honey, turmeric and ginger.
- Make turmeric-dyed prayer flags as expressions of joy.
- Host a turmeric-dyeing party. Gather community and teach them what you have learned.



Fruit Trees • Fulfillment • Enjoyment

The Nine cards feature fruit-bearing trees. They are the treasures of the sustainable food forest. Fruit trees are often the central point in a *guild*, a permaculture term used to describe a grouping of plants grown together to increase longevity, production, and sustainability. The trees are supported and surrounded by ground covers, understory herbs and vegetables, pollinators, and more. These trees are beneficial to all beings. They stand by themselves yet in service to the whole.

The plants of the Nines celebrate the herbcrafter's triumphs. She is now able to enjoy the fruits of her labor. She is able to handle her grief, is nurtured and taken care of, and is able to nurture others without depleting herself. The maturity of the Nines is made possible by saying "yes" to the invitation of the Sevens and overcoming the challenges of the Eights. The Nines also represent the culmination of the herbcrafter's adventures through the three minidramas. She has been introduced to the ways of the healing plants and learned to work well with others. Now, she revels in the completion of her journey. In the Nines, the herbcrafter awakens to the power of the soul.



## Mine of Air POMEGRANATE

(Punica granatum)

Know love, know grief.

Claim your underworld crown.

"You are the sky, everything else is the weather."

—Pema Chödrön

The branches of a tall pomegranate tree sag with the ripe, heavy fruit. Beyond the tree, a pathway leads to a desert mountain. The sun disappears then reappears beneath unpredictable storm clouds. On a table inside, a large pomegranate is split open with a boline. Red juice drips; seeds scatter to the floor.

Let go of what you cannot control. Pomegranate is the tree that leads to Demeter's agonizing loss in the Greek myth. Her daughter, Persephone, consumes the seeds and seals her fate as queen of the underworld. As a hike through the desert will prove, pain is one path to wisdom. When heartache enters your life, do not turn away. In *The Prophet* Kahlil Gibran says, "The deeper that sorrow carves into your being, the more joy you can contain." Do not hurry your grief. Pomegranate fruit must be harvested at just the right time; it will not ripen off the tree. You will live through shattering experiences and still stand proud. When you are ready, quench the thirst of guilt, regret, and worry. Invite in forgiveness.

#### CRAFTING WITH THE NINE OF AIR

- Write your grief with a feather in pomegranate juice.
- Tear open a pomegranate. Enjoy the seeds; claim your underworld crown.
- Drink pomegranate juice to calm the spirit and heal the heart when it is overcome by emotion.

### Mine of Fire WILD CHERRY

(Prunus serotina, Prunus virginiana)

Radiant power, humble spirit.

Sweeten work with play.

Satisfaction flourishes when you stay the course.

A Lammas altar, honoring the first harvest, is displayed on a mantle. Yarrow, lavender, sage and mint hang above the fire. Water boils on the wood stove. Branches of wild cherry lie on a crafting table with a mortar and pestle, rose hips, honey, jars, spoons and ladles.

The fruits of creative passion feed the spirit. Perseverance and determination cultivate courage. Approach your responsibilities with excitement and energy. Lammas celebrates many months of dedication to the land. Your efforts have paid off. The fruits of your labor have come to bear. It is time to make magic with your hard won harvest. Wild cherry lends itself to many delightful potions and remedies; invite playfulness into your work. Express personal power through creativity. Let your spirit glow like the bright red berries that shine in a thick hedge. You have the strength and stamina to meet life's demands with confidence.

#### CRAFTING WITH THE NINE OF FIRE

- Make wild cherry syrup for a home apothecary. Add it to warmed cider and toast to your power.
- Play with cherry blossoms. Craft a flower elixir for strength and stamina.
- Craft a wild cherry jelly in the heat of summer and let it satisfy your taste buds during winter.

## Nine of Water PEACH

(Prunus persica)

Celebrate the pleasures of life.

Delicate blossoms ripen into succulent fruit.

Enjoy your own sweet company.

A vibrant peach tree leans over the bank of a river. Pink flowers float in a wooden bowl filled with pure water. The elixir brews in the sun. A robe hangs from a branch of the tree.

Emotional nourishment is food for the soul. Invite comfort and happiness to fill your heart and enchant the senses. Peach trees are messengers of delight: watch flowers dance, taste sweet fruit, smell fragrant blossoms, feel cool leaves, listen to birds sing from branches. Let yourself be immersed in the waters of life, touched by grace. Peach tea cools inflammation; wash away the heat of negativity and disharmony. The luscious fruit of the peach brings the slow gift of summer to life. When your deepest wishes come to pass, enjoy them fully and offer gratitude for your blessings.

#### CRAFTING WITH THE NINE OF WATER

- Enjoy a cool peach on a summer's day. Let each juicy bite be a meditation in joy.
- Honor yourself with a sacred bath of peach blossoms, sensual oils and perfumes.
- Craft a peach flower essence to celebrate your majesty. You are sovereign unto yourself.



Savor the fruit of paradise, peace, and plenty.

Celebrate wealth by giving.

The hidden star of hope sustains us.

Ripe red apples fill a basket on a wooden countertop. Jars of cinnamon, sugar and oats line the shelf above. A hand-cranked corer is attached to the wooden cabinet; strings of deep red peels curl over the counter; slices are strung on a garland. Warm applesauce, dried apples tidbits, and hot apple crisp will be enjoyed in the winter.

Reciprocity is the key to sustainability. Restraint and self-control with your bounty lead to community abundance. Measure your wealth by what you have to give. Apple is an ancient tree that contributes to the well-being of both the land and the people. Living to over one hundred years, apple trees supply branches for fencing material, they welcome pollinators, bear hundreds of pounds of fruit each season, and provide cold-preventing medicine with leaves and blossoms. Though harvested in fall, apples last into the spring when properly stored. When you care for your resources with intention, you can feed more than yourself. Apples cut in half reveal a five-pointed star. Believe in the magic of the earth.

#### CRAFTING WITH THE NINE OF EARTH

- Give an offering of gratitude to the apple tree as you gather fruit to store for winter.
- Make extra applesauce and share with friends.
- String garlands of dried apple rings as reminders of the hidden stars of hope.



Compost • Replenish • Rebirth

The Tens feature herbs that are used as composting plants and cover crops. Grown for their ability to nourish and restore soil, they are the healers of the earth. These plants are deeply rooting, accumulating nutrients in the dirt as they grow. The parts above ground are cut and strewn over garden beds or made into compost teas. As the stems and leaves break down, the vitamins and minerals they contain are absorbed again into the earth, creating a rich environment where other plants can thrive.

Coming after the three minidramas, the Tens are cards of transition. The herbs of the Tens offer the herbcrafter a chance to stop and refill her emotional and spiritual basket before she begins another turn on the wheel. The earth and her spirit have given what they can. It is time to allow the soil to restore itself and for the herbcrafter to replenish herself. After letting the earth rest, we circle back to the Aces—the weeds that are usually the first to grow. The Tens reflect on past accomplishments while anticipating future growth.





Compost your plans and allow new ideas to sprout.

Breaking down leads to renewed fertility.

Let your studies lie fallow. Replenish and begin again.

A large field of alfalfa thrives in an abandoned lot. A small ladybug munches on aphids. Tall walnut trees stand guard over the lawn. A scythe dangerously sticks up in the air over the field of alfalfa.

Renewal follows release. You may have reached your limit. Alfalfa is planted to restore worn out, degraded, and fallow land. Rest and replenish so your experience can take flight. Take a break and spend some time in reflection to refresh your love of learning. Alfalfa is among the oldest of healing foods. You have the wisdom of the ancients within you. Sift through your knowledge and let go of the pieces that do not resonate. Do not be afraid to use the scythe on what you have grown. Alfalfa adds nutrients into the soil as it breaks down; what you leave behind enriches new growth.

#### CRAFTING WITH THE TEN OF AIR

- Grow alfalfa sprouts in a countertop jar. Eat them and wait for new ideas to sprout within.
- Plant a garden of renewal. Journal about what is broken down in your life. Plant your pages in a small pot beneath the seeds of a nourishing herb. Enjoy tea from this plant as it grows.
- Use alfalfa in magical practice for good fortune and prosperity or to encourage recuperation.



(Symphytum species)

There can be too much of a good thing. Stop. Step away. Soothe yourself. Cut it down and it roars back to life.

Piles of comfrey fill a basket on a crafting table. Leaves hang above the stove to dry. The counter is scattered with jars and beeswax. Oil drips onto the wooden surface. The bulging apothecary spills over with medicine and has little room for any more.

Peace follows overwhelm. You may be overextended. The shelves in this room are full, yet the crafting continues. Rest and replenish so your experiences can take root. Refresh your love of creating by releasing some self-imposed responsibilities. Comfrey quickly becomes burdensome and difficult to manage, but it will regenerate after harsh cutting. Even a small amount can quickly flourish into a new plant. Commit to just a few tasks and set the rest aside. Pushing too hard will lead to waste and exhaustion. Do not be afraid to give away some of your creative ideas. When you harvest too much, let what you cannot use feed the soil for next season's growth.

#### **CRAFTING WITH THE TEN OF FIRE**

- Write down what you need to release, roll it tightly in a comfrey leaf, and burn the leaf when it is dry.
- Make comfrey salve for burns, bruises, and injuries. Each time you use the salve, let it be an invitation to rest and soothe your overworked spirit.
- Use comfrey in magical practice, on an altar or in spells, to inspire you to come back to life.



(Trifolium pretense)

Taste the nectar of deep nourishment.

Serenity rises from the roots of gratitude.

Compost breeds contentment.

Fresh red clover blossoms dry on a sunny windowsill. A jar of flowers sits on a table; some are placed in a glass teapot. A well-loved rainbow mug holds the steaming green tea as bees visit the purple field beyond the window.

Serenity is born from nourishment of the soul. Experience the joy and stability of your dreams coming to life. As the deep taproot of red clover restores the soil underground, the bright flowers delight humans and animals above ground. When you feel refreshed and happy, freely share your good fortune with others. Radiate peace and abundance. Red clover needs to be planted only once to flourish on its own; trust your wishes to unfold without interference. The tea is as delicious as it is healing. The road to well-being can be filled with harmony. It can be this good.

#### CRAFTING WITH THE TEN OF WATER

- Sit on the earth and taste the nectar of red clover flowers one petal at a time.
- Dance barefoot with gratitude in a field of clover to find serenity.
- Enjoy daily red clover infusion to find contentment and give the used herbs back to the earth.

# Ten of Earth HORSETAIL (Equisetum)

Ancient magic, modern medicine.

Find strength deep within.

The wisdom of the elders takes root in the bones of youth.

A basket decorated with horsetail root rests on a bridge over a dense marsh. Alder trees lean to create a canopy above. The lush blanket of green covers the muddy earth beneath. The young spring shoots of horsetail are perfect for gathering.

You are safe and secure. You are a well-established member of your community; know your work supports and sustains others. Horsetail both gathers nutrients and removes toxins from the area. Understand your connection to the greater purpose of life. Pause and connect often with all you have been given. Horsetail is a relative of a 400-million-year-old plant. You come from ancestral giants. This all has taken place before. Sometimes in order to be effective you learn to grow small and multiply. Nourish an underground network. Mindfully gather from resources that have carried generations. Horsetail is favored among biodynamic gardeners as natural fertilizer; the future can build on the strengths of the past.

#### CRAFTING WITH THE TEN OF EARTH

- Wisit a marsh and make a gratitude offering to the ancestral giants of modern horsetail.
- ## Harvest and dry horsetail in the spring to regain strength and vitality from its rich minerals.
- Invite the wisdom of the elders—craft a talisman of horsetail root in the fall.



Play • Wonder • Innocence

The Hija cards feature plants that are traditionally children's medicine but can safely be used by all. They are gentle and approachable. These remedies taste delicious and feel light in the body. They are easy and fun to grow. The herbs of the Hija cards lead the herb-crafter gently onto the path of herbal medicine. They inspire her confidence in her abilities with their tried and true remedies. They invite her to explore through her senses with their delightful colors and textures.

The Hijas correspond to Pages in traditional tarot decks. They represent the curiosity and excitement we experience when beginning our craft. Children approach adventures with playfulness and little commitment to outcome. The Hijas call us to a time of wonder and awe. They are true teachers, reflecting the elements in their most pure and innocent expression. As guides, they offer the gift of playfulness.





Return to beginner's mind. First thought, best thought. Make mischief with a sleeping cat.

The sky is clear and blue on a bright spring day. Sage, lemon balm, catnip and California poppy fill a small garden. A cat slumbers, barely noticeable, in the catnip. The soft, pungent herb curves around the cat's head like a wild green mane. A girl plucks a sprig of catnip in her right hand and gleefully reaches toward the sleeping animal.

The Hija of Air invites everything to be her teacher. She observes the cat and playfully follows her into the catnip. Like this herb that grows wild through the garden, she lets the world around her inform the direction she takes. She approaches learning with the innocence of a child. She may revisit a well-known subject with the curiosity of a beginner. Just as catnip settles emotions with its refreshing medicine, she sets her feelings aside and communicates her observations and questions clearly.

#### CRAFTING WITH THE HIJA OF AIR

- Try something new! Grow catnip in a window pot or a garden.
- Perform a tea ritual with catnip before meditation to return to beginner's mind.
- Strengthen the psychic bond between you and your familiars: craft a catnip mouse.

## Hija of Fire CALIFORNIA POPPY

(Eschscholzia californica)

Create with the enthusiasm of a beginner.

Boisterous play, then sweet sleep.

Light up the landscape with golden joy.

Magical objects lie on a bright yellow table: a stuffed tiger, a glitter wand, a small cauldron, and a mortar and pestle. Pictures of poppy plants are scattered about like oracle cards. Real flowers frame the edge of the table. A child wraps her dirt-stained fingers adorned with flashy jewels around an amber gazing ball.

The Hija of Fire jumps at the chance to be creative. She cannot wait to begin a new project. She approaches everything with the play-fulness of a child. Knowing the strong elixir of California poppy creates magic, she takes small but confident steps toward independence. She may have watched an elder many times, but now she makes medicine for herself. Just as California poppy flowers light up dry, wild desert meadows with their brilliant color, she stays open to the light, sways with the wind, and radiates delight.

#### CRAFTING WITH THE HIJA OF FIRE

- Real Craft fairy dolls from poppy flowers to inspire enthusiasm.
- Spend time gathering California poppy in a wild meadow and craft a relaxing elixir.
- Do a little guerrilla gardening with California poppy seeds; sprinkle joy everywhere you go.



(Matricaria chamomilla)

Return, refreshed, to a beginner's heart.

Tender heart, big dreams.

Calm your spirit when emotions run awry.

Dried chamomile fills a jar on a countertop. A child pours hot water over flowers in a glass bowl. She spills a little onto the counter, distracted by the scene beyond the window. It is a clear day. The ocean is gleaming as if covered in diamonds. A helper steadies the girl's hand and brings her attention back to the flowers in the water.

The Hija of Water embraces her feelings with the freedom of a child. When emotions overrun and overwhelm her, she reaches out for help. She remembers the many times she was given chamomile tea when she was sad. She knows the medicine she needs, though she may not be able to prepare it on her own. Just as chamomile's sweet scent calms anxiety and brightens the spirit, the child quiets her mind and gives herself permission to be playful with her heart. She embraces her dreams and often loses herself in imagination.

#### CRAFTING WITH THE HIJA OF WATER

- Calm overwhelming emotions with gentle chamomile tea.
- Soothe a headache after a big cry with a chamomile head compress.
- Collect your dreams with chamomile as you harvest the flowers blossom by blossom.



Return to a beginner's path.

Light-hearted as a blossom, grounded as a sheltering tree.

Be flexible as you build your future.

A child weaves a wattle fence with linden branches around a small garden. It is haphazard and uneven, but effective and useful. She has protected the sage that wants to jump beyond its own borders. A large linden tree stands nearby covered in cream-colored flowers.

The Hija of Earth loves to take on new responsibilities. She approaches her duties with the earnestness of a child, proud to do her part. When faced with difficult work, she chooses reliable allies as companions. She knows that linden is more than just a lovely tea. Like the branches of this beloved tree, she is flexible, willing and strong. She learns to protect her resources by surrounding them with what she loves. Just as linden flowers provide medicine of joyfulness, she takes on her task with a playful air.

#### CRAFTING WITH THE HIJA OF EARTH

- Embrace ancient ways by learning to forage wild food: harvest fresh linden leaves for salad.
- Learn to build a wattle fencing from young branches to protect a favorite plant in your garden.
- Be flexible with your plans. Stop to enjoy iced linden flower tea in the hot summer as you work.



## Adelitas (Warriors)

Activism • Drive • Autonomy

The Adelita cards feature plants that are controversial in some way. They are focused on remedies for the young girl emerging into womanhood but can be used by others as well. The plants themselves poke and scratch; the medicine is spicy and has bite. The herbs of the Adelitas drive the herbcrafter to experiences that challenge her resilience. They prove her loyalty to the plants and this ancient wisdom. They invite her to explore the world with passion and creativity.

The Adelitas correspond to Knights in traditional tarot decks. They represent the fight we often encounter when first defending our path to the outside world. They approach adventures with conviction and righteousness. The Adelitas call us to a time of drive and fortitude. They are the warriors of the elements, showing us how to defend and serve. As guides, they offer the gift of activism.



# Adelita of Air OREGANO (Oreganum vulgare)

Speak from between your legs.
Shout, sing and scream.
Declare your truth loudly and without fear.

A young woman gathers herbs for *bajos*, warm vaginal steam baths. She selects the most vibrant and strong plants to use in the ritual: roses, calendula, and oregano. The herbcrafter arranges her steaming chair in a beautiful place in the garden near a healthy oregano plant. Soft warm blankets lie folded nearby.

The Adelita of Air is a champion for truth. She vows to remove the shame around women's bodies, beginning by loving her own. She strengthens the seat of her voice with vaginal steams. She knows oregano is more than just a kitchen herb. It is also an ally for women: easing menstrual pain and menopausal symptoms, bringing on menses, and increasing warmth and circulation to the pelvic region. She understands what ancient women knew about the connection between the vagina and the throat: when one is constricted, so is the other. She sings during birth and screams during sex. She allows throat and vagina to open in order to express herself fully. She is blunt and clear. As Clarissa Pinkola Estés (author of *Women Who Run with the Wolves*) states, "She speaks from between her legs."

#### CRAFTING WITH THE ADELITA OF AIR

- Use vaginal steams to improve circulation and energy flow in the pelvis and womb.
- Practice activities, such as harvesting herbs, in a squat position to open your pelvis.
- When you cook with oregano, don't forget to sing!



(Capsicum annuum)

Dare to take a risk. Be bold!

Defend the integrity of the grandmothers' teachings.

Heat erupts, then heals.

A young woman makes a spicy vinegar called fire cider. She gathers ingredients: garlic, onion, horseradish, ginger, rosemary, thyme, cayenne, and vinegar. She grips the side of a *molcajete* with one hand while crushing peppers with the other. The golden winter sun casts a divine glow on her workspace.

The Adelita of Fire fiercely defends her passion and her rights. Like the warm, stimulating medicine of cayenne pepper, she is bold and relentless in her advocacy. She vows to protect folk traditions. She knows that access to this ancient remedy may be threatened. She is determined to honor the ancestors by keeping the people's medicine available to all. She is inspired by countless teachers who have freely shared information with her as she has learned about herbal medicine. She fights for the integrity of the community by passing on what has been given to her. She inspires others to follow her lead.

#### CRAFTING WITH THE ADELITA OF FIRE

- Stand up to corporate greed: craft your own fire cider.
- Empower others: host a community fire cider—making party in your home.
- Boost your boldness: begin each day with a shot of fire cider.

## Adelita of Water OCOTILLO

(Fouquieria splendens)

Protect your heartwood, but let your love blossom. Strong boundaries create healthy relationships. Give your whole heart to your cause.

A young woman is on a solo hiking retreat in the desert. She makes camp near an ocotillo cactus. The plant is crowned with vibrant pink blossoms and overlooks a river running through the canyon. The bright blue sky is dotted with fluffy clouds. She adds flowers to the water to make tea, changing the liquid to a delicate pink.

The Adelita of Water is committed to nurturing her spirit. She knows that time alone allows for the discovery of her innermost desires. As the inner heartwood of ocotillo is used as sturdy building material, she vows to be a model of self-care. Just as the beautiful flowers of the ocotillo remain safe at the top of the tall plant covered in hidden thorns, she shares her heart with brilliant flair while keeping it safe and protected from harm. She has a deeply caring center, but will battle to protect her boundaries when it comes to love.

#### CRAFTING WITH THE ADELITA OF WATER

- Warm your heart: make a sun tea with flower blossoms.
- Your boundaries are sacred: grow a small cactus in a windowsill pot to remind you.
- Use the inner bark of ocotillo, or another beloved plant, as a reminder to protect your heart.

# Adelita of Earth YUCCA (Yucca baccata)

Put a new spin on an old tradition.

Ground your spirituality in practical ways.

To honor your ancestors, honor the land.

A young woman finds herself in the desert in winter. The voices of her elders urge her to ground herself by creating beauty with her hands. She seeks out long green reed-like plants and discovers the glorious yucca. She creates a bridge between her ancestors and the ancestors of the desert by weaving a Brigid's cross, a sacred symbol of her Celtic heritage.

The Adelita of Earth is driven by the power of place. She explores new ways to embody old traditions using what is locally available to her without depleting resources. She knows yucca is used for weaving baskets, rope and shoes. With the spirit of her foremothers behind her, she vows to respect the people and medicine of her home. She explores nature's bounty and creates practical but intuitive connections with the land. She is committed to an earth-honoring spiritual path wherever she finds herself. She is in the service of nature without ego. She is realistic and hard working.

#### CRAFTING WITH THE ADELITA OF EARTH

- Honor the ancient ones: create important symbols of your heritage with what grows in your area.
- Teach the power of place: learn the story of the yucca moth and share it with others.
- Take a class and learn about weaving fiber with yucca.



## Madres (Mothers)

#### Love • Nourishment • Guidance

The Madre cards feature herbs that have long had use as nourishing medicine. They are generally gentle, approachable and safe plants. These remedies go to the heart of the healing. Easy to grow and abundant, they are readily accessible in most climates. These herbs firmly establish the herbcrafter's role as a community healer. With properties that act deep within the body, they reflect her ability to care for others. They invite her to actively share with others and guide them on their own path.

The Madres correspond to Queens in traditional tarot decks. They represent the calm, reliable nature we have when we are confident in our craft. They approach adventures with love and patience. The Madres call us to a time of peace and a slow pace. As healers, they reflect the elements in their most nurturing expression. As guides, they offer the gift of love.



## Madre of Air MOTHERWORT

(Leonurus cardiaca)

Quick bite, deep nourishment.

Say what you mean and mean what you say.

Be fierce in service to the heart of the matter.

A stand of motherwort towers over other vegetation. A woman grabs a boline in one hand and grasps a large clump of stems in the other. The prickly seeds scratch her, but she tightens her grip and begins the harvest. She vigorously cuts away at the dense forest of motherwort.

The Madre of Air is led by a deep sense of integrity. She cuts right to the point, even if it hurts. Like bitter motherwort, her words may sometimes be hard to swallow, but clarity opens the path to truth. She knows her values and makes quick, rational decisions without doubting her choices. Just as motherwort softens those with a spiky disposition, the Madre of Air diffuses tension with others using humor and wit. She soothes unchecked emotions and allows common sense to come forward. She understands that execution of purpose comes best from a calm, loving center. Embrace your sharp edges; they create the container for your tenderness.

#### CRAFTING WITH THE MADRE OF AIR

- Make a bold declaration: cut something from your life today that will clear the path to truth.
- Experience the power of emotional stability: take motherwort daily for at least two weeks.
- Honor the lion-hearted one within you: wear motherwort as an amulet for courage and strength.

## Madre of Fire THYME

(Thymus vulgaris)

Turn up the heat on your creative passions.

A warm heart and a spicy kitchen welcome others to your table.

Stoke the creative fire that burns in your belly.

A woman stands in a warm kitchen. The table is covered in bottles, books, and a large, fresh harvest of thyme. A kettle whistles on the stove. Yellow and orange herbs dangle from the rafters. She is dressed in garden clothes, and her worn hands calmly grind herbs in a large *molcajete*.

The Madre of Fire inspires others by living an artistic life. She teaches from her actions. She encourages collaboration, inviting everyone to play in her busy apothecary. She is upbeat and accepts life's paradoxes. She knows thyme is both a popular kitchen herb and a superb medicine plant. She is driven by a rich imagination and finds magic in everything. Creativity is second nature to her, and her days are filled with inspired activities. Just like remedies made with thyme, she is warm and wholehearted. She attracts people into her home. She radiates vitality and love. Embrace your inner glow; it warms the hearts of others.

#### CRAFTING WITH THE MADRE OF FIRE

- Add flavor to your medicine cabinet: craft thyme salt and syrup.
- Invite friends for a busy day of making thyme potions like vinegar, honey, and tincture.
- Show someone you love them by cooking them a meal; add thyme to your dish.

## Madre of Water OATS

(Avena sativa)

Let the Mother of Water soothe your soul. Release anxiety by nourishing body and spirit. Open your heart and let your intuition flow.

Fresh oatstraw infusion brews on a sunny windowsill above a table holding a well-worn bottle of tincture and a jar full of oat tops. A woman holds her mug, its handle shaped like a whale's tale, and enjoys a fresh cup of tea while looking toward the sea. Steam rises to an altar filled with ocean treasures.

The Madre of Water is a master of self-care. She is kind and gracious to others because she is kind and gracious to herself. As oatstraw replenishes the land, she takes time to rest. By doing so publicly, she inspires others to do the same. She plants oats in the garden each year to replenish and fortify the soil. She feels full and complete after a day of good work. She understands the power of oatstraw and delights in the calming medicine it provides. She knows healing takes time and she has faith in her daily cup of tea. Just as oats soothe frazzled emotions, the Madre of Water transforms tension into healing. Embrace your emotions; they expand your capacity for compassion.

#### CRAFTING WITH THE MADRE OF WATER

- Drink oatstraw infusion every day for emotional nourishment.
- Take an oatmeal bath to nourish the body.
- ## Feed oat seeds to squirrels or chickens, or grow them in your garden to nourish the earth.

### Madre of Earth CREOSOTE BUSH

(Larrea tridentata)

Be a guardian of the wild places. Build circles of women. Share the medicine.

A woman travels deep into a canyon surrounded by the scrub plants of the Sonoran Desert. A large, dancing rock towers before her, a flat mesa sturdy behind it. Before collecting medicine, she makes an offering to the land. She raises a clay bowl full of creosote flowers to the sun and sings a song of gratitude.

The Madre of Earth provides for herself and her community. Like the creosote bush, she creates many remedies. She honors the land as she gathers medicine. She is in good health and inspires others to the same with her grounded daily rituals. She knows creosote bush thrives in depleted soil where other plants cannot. She too is considered a survivor because of her ability to grow strong. As a true guardian of the place, she learns from creosote, the mother of all plants, how to enhance the lives of generations beyond her lifetime. She steadily supports her people as well as the animals and plants of the region. Embrace your quiet nature; it is the foundation of grace.

#### CRAFTING WITH THE MADRE OF EARTH

- Empower future generations: lead a medicine walk in your community.
- Protect wild spaces: make an offering to the land in the form of a mandala.
- Share the medicine: make creosote salve and give it away to everyone.



Wisdom • Legacy • Council

The Curandera cards feature ancient herbs that have been used by humans for centuries. They are plants that have medicine particularly valuable for elder women but are useful for people of all ages. The plants themselves are established and well known. The herbs of the Curandera cards are vehicles for stories. They highlight the herbcrafter's role as keeper of secrets. They invite her to explore the world by listening for magic.

The Curanderas correspond to Kings in traditional tarot decks. They represent faith in the mysterious. They approach adventures with kindness and curiosity about the outcome. The Curanderas call us to a time of trust and respond to questions with, "Maybe so." Linked to the initiation that began with deeper areas of study in the Sevens, they represent the fulfillment of the herbcrafter's higher calling. They are the keepers of the elements, showing us how to preserve and protect what we value. As guides, they offer the gift of wisdom.



## Curandera of Air ROSEMARY

(Rosmarinus officinalis)

Adopt a story and pass it on.

With pen, song or brush tell your story.

What is remembered lives.

A wild and unruly rosemary bush grows on the side of a garden shed. The building's blue paint is weathered and in need of a fresh coat. Some of the rosemary branches are starting to produce small purple flowers. An old woman grips a bundle of fresh sprigs in her hand, her arm decorated with a faded wing tattoo. She offers it up to the sky.

The Curandera of Air is calm and collected. She agrees with what Chögyam Trungpa taught about spiritual materialism: "Wisdom is not an ancient relic to be collected but inspiration for new awareness." She knows the medicine of rosemary enhances cognitive function. Her mind is sharp and quick but she talks very little. She understands that words have wings, so she speaks only when she has something meaningful to offer. She is a wonderful listener. She says, "Tell me more." People are drawn to her honesty. Just as rosemary clears the mind, her counsel brings clarity and inspires peace.

#### CRAFTING WITH THE CURANDERA OF AIR

- Call a story circle: make a rosemary crown to be worn by the storyteller.
- Enhance your memory: add fresh rosemary to your cold water.
- Inspire your writing: begin your journal session with a rosemary palm inhalation.

### Curandera of Fire DAMIANA (Turnera diffusa)

Love yourself. (Old ain't dead.)
Indulge yourself with sensual bliss.
Come home to pleasure, power, and passion.

A red crystal vase of damiana elixir sits on a pink lacy altar cloth with a single glass. A beeswax candle illuminates symbols of sensuality: a voluptuous mermaid, a yoni-shaped geode, and cowrie shells. Copal resin is in the vial and burns from a smoky cauldron. Roses are scattered around fresh cuttings of a damiana plant. An elder woman places her hands upon the table making the shape of the sacred triangle; the gateway to life.

The Curandera of Fire defies conventional norms. She remains whole unto herself, wild and free. She is a champion of female sexual power. She understands the importance of self-love rituals. Just as damiana ignites passion, she adores the power of human desire and welcomes sensuality of all kinds. She knows a passionate life comes from living what you love; thus she honors her creative cauldron with luxurious ceremony. She says, "Delight in yourself." People are drawn to her vivacious personality. Her counsel brings pleasure and inspires direct action.

#### CRAFTING WITH THE CURANDERA OF FIRE

- Restore exhausted dreams and pleasures: make damiana incense to awaken your senses.
- Honor your inner power: build a self-love altar and create a sensual ceremony.
- Indulge in passionate bliss: make damiana chocolate liqueur.
  Share it with a lover or keep it to yourself!

# Curandera of Water SEAWEED

(dulse, kelp)

Don't live in the shallows; live in the depths.

Strengthen your bones in the ocean's ebb and flow.

Rock gently on the water, heed the siren's song.

An old bathtub is filled with seaweed next to a window decorated with candles, shells and a mermaid figurine. Towels, soaps, and bath salts are at hand. The view through the window is a sparkling ocean. Luscious greenery hangs in every corner of the room. An old woman adds hot water to the bath from an antique cast iron kettle.

The Curandera of Water flows through life with ease. She neither hides her feelings nor lets them overtake her. She understands emotions have cycles, too, and she easily navigates their changes. She remembers that our first home was the sea, and to the sea we shall return. She makes times for daily rituals that bring deep healing. She washes away inner turmoil as she cleanses and bathes. She knows seaweed nourishes her body and she enjoys snacking on the salty treat. People are drawn to her open heart and comforting embrace. Her counsel brings a sense of calm and well-being.

### CRAFTING WITH THE CURANDERA OF WATER

- Spend time watching seaweed in the ocean; wade in and let your body feel the rhythm.
- Strengthen your bones: snack on kelp and eelgrass.
- Restore your connection to the sea: enjoy a seaweed bath at home.

# Curandera of Earth SWEETGRASS

(Hierochloe odorata)

The living earth is our greatest teacher.

Braid together love, health and wealth — then give it away.

Let a holy fragrance bring you home.

Several strands of sweetgrass have been woven into long braids in a well-tended meadow. An old woman weaves the long blades directly from the earth. Her hands are weathered from working the land. Her old sun hat, worn from decades of use, rests nearby. Her bracelets jingle as she lovingly connects with the sweetgrass, humming as she weaves.

The Curandera of Earth knows that when we share the sweetness of life with another, all may thrive. She brings attention to the rich bounty that nature provides. She visits her garden and the wild places often and shares her knowledge freely with her people. Sweetgrass grows best in community with other prairie land plants. She understands, as Robin Wall Kimmerer writes, (in *Braiding Sweetgrass*) "sweetgrass flourishes when it is harvested, and declines when it is not." The Curandera of Earth tends the land out of a heart overflowing. She says, "Thank you, thank you, thank you." People are drawn to her grounded steady presence. Her counsel brings faith and inspires prosperity.

### CRAFTING WITH THE CURANDERA OF EARTH

- Grow sweetgrass at home and support a wild sweetgrass management project.
- Share the joy and abundance of life: host a party, eat good food, braid sweetgrass with friends.
- Bless a home or gathering place: burn dried sweetgrass braids.

# Using the Deck

We are proponents of an intuitive approach to divination. Your relationship to the cards will always be more powerful than what a book presents. We've included on these pages just a glimpse of the magic each plant offers. We hope these cards will inspire you to look further into the rich world of botanical medicine and lore. If a plant means something to you beyond what is presented here, start there. Consider your initial responses, then invite our images to deepen the understanding of what you know.

#### A CARD A DAY

We recommend getting to know any new deck by pulling one card a day. You might pull a card every morning and ask, "What wisdom shall I carry into the day?" Note your initial reaction to the card and any thoughts, associations and emotions that come up. Write these first impressions in your journal. Then turn to this book and read about the plant and its wisdom. At the end of the day, turn to your journal again and reflect on how the card showed up during the course of your day.

# **QUESTIONS**

When you are ready to do a reading, ask an open-ended question. Questions that begin with "How...?" or "What ...?" or "Where in my life ...?" are more empowering than questions that assume the future is fated. Our favorite question is always, "What do I most need to know about [this situation]?"

# **BUILD THE STORY**

What is happening before and after the moment in the card? How might the herbcrafter be feeling? Where is she on her journey? Who is she crafting for? If she is not in the scene, what is she doing? How might the story serve as a metaphor for the question you are living?

# Connect with the Herbs

Seek the plant in nature. Host the herb in your garden. Tend a stand of the plant in the wild. Observe your plant through a full growing cycle, seed to seed. Pay attention to how the plant presents itself.

#### LEARN THE SCIENCE

Before turning to any spiritual definitions, learn about the ecology of the plant. How the herb behaves in nature gives us insight into the medicine it holds both physically and spiritually.

#### CREATE

Play with the plants. Make all the herbal remedies. Make botanical art and jewelry. Make the plants central to your creative process. How can you incorporate them into your daily life more?

#### HONOR THE STORIES

When researching correspondences and lore, do so with a curious mind. Wisdom is not static. It evolves with each generation. The stories are necessary to understand our ancestors, but they do not define the magic. Honor what has come before, and trust what is being created now.

### REVERSALS

Reversals are read when the cards appear upside down. Because we do not read reversals, they are not mentioned in the descriptions of the cards.

If you do choose to read reversals, you might read them in one of these ways:

- As revealing the unknown
- As an internal rather than external expression of the card
- As blocked energy

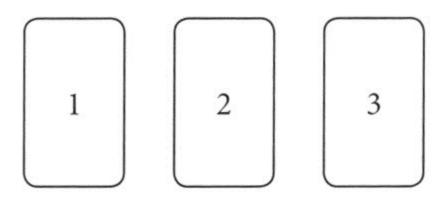
- As resisting the guidance of the card
- As highlighting a negative aspect of the plant
- As highlighting the wound the plant is used to heal

When a card lands in a challenge position in a spread, you can choose to read it as you would a reversal.

### SHORT BUT POTENT SPREADS

You can often get all the information you need from going deep with a few cards instead of pulling more. Our favorite short spreads are:

#### THREE-CARD SPREAD

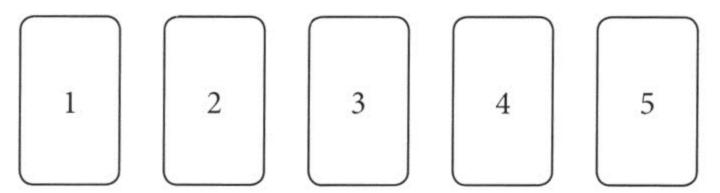


- 1. Current situation
- 2. Challenge
- 3. Potential outcome

# WHO, WHAT, WHERE SPREAD

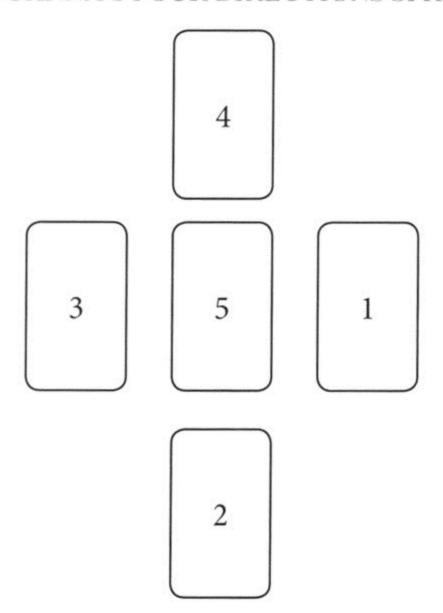
- 1. Who? Who am I in this situation? What role am I playing? (Pull from People cards.)
- What? What is the Big Lesson in this scenario? (Pull from the Major cards.)
- 3. How or Where? How or where is this showing up in my life? (Pull from the Number cards.)

# FIVE-CARD SPREAD



- 1. Current situation
- 2. Challenge
- 3. How to meet the challenge
- 4. Potential outcome
- 5. Most important thing to keep in mind.

# JOANNA'S FOUR DIRECTIONS SPREAD



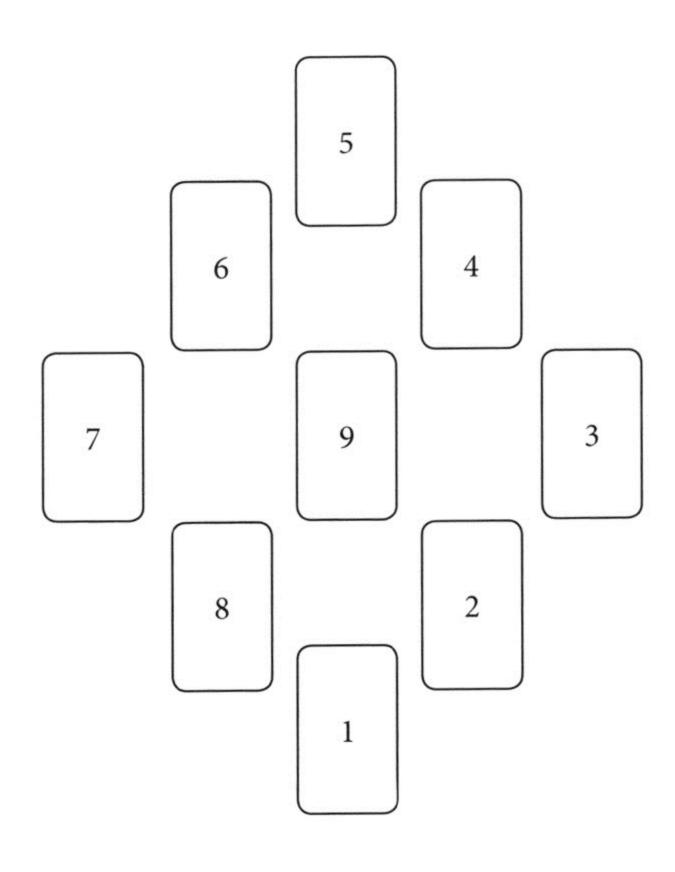
- 1. Pull from the suit of Air. What is the wisdom of the East (communication, thought, information, intention, meditation, ideas)?
- Pull from the suit of Fire. What is the wisdom of the South? (passion, creativity, energy, sexuality, personal power)
- Pull from the suit of Water. What is the wisdom of the West? (emotions, intuition, dreams, sensuality, compassion)
- 4. Pull from the suit of Earth. What is the wisdom of the North? (security, stability, health, finances, manifestation)
- Pull from the Major Arcana. What is the wisdom of the Center? (connection to Spirit)

#### YEAR AHEAD SPREAD

This spread, based on the Wheel of Fortune card, can be done at the new year, your birthday, or at the beginning of a life-changing time.

Pull nine cards. Each card represents the key energy coming to you during that season.

- 1. Winter Solstice
- 2. Candlemas
- 3. Spring Equinox
- 4. Beltane / May Day
- 5. Summer Solstice
- 6. Lammas
- 7. Autumn Equinox
- 8. Hallowmas
- 9. What will keep me centered in the midst of change?



# The Craft Activities

Each card comes with suggested activities to help you further connect with the power and magic of your reading. The following are basic herbcrafting methods and recipes that have worked well for us over the years. Let this be a starting point, but please consult a medicine-making handbook for more in-depth instructions; several are listed in the bibliography.

#### ELIXIR/CORDIAL

Fill a jar two-thirds full with herbs. Fill the jar with brandy just to cover the herbs. Fill the remainder of the jar with honey. Stir with a wooden stick to ensure that all the plant material is covered. Infuse for a full moon cycle or longer. Strain out the herbs and enjoy.

#### FLOWER ESSENCE

Place the flowers in water in a glass or crystal bowl. Place the bowl in the sun for two or three hours, or until the energy has wilted the plant material. Strain the water into a jar, offering a bit of the essence and the plant material back to the earth. Bottle with equal parts alcohol or vinegar to preserve. This is your mother essence. To make your daughter or "stock" bottle, fill a dropper bottle one-third of the way with alcohol, add five or six drops of your mother essence, and fill the bottle to the top with water. To make your dosing bottle, repeat the process above using the daughter bottle from one or more plants. This is the medicine you will take and use.

# HONEY

Fill a jar <sup>2</sup>/<sub>3</sub> full with dry or fresh plant material that has been chopped or cut. Cover the plants completely with honey. Cover the jar with a lid and let it sit from two to six weeks in a cool dark place. You can use your honey as is, without straining the herbs. If you prefer, you may strain the herbs by gently heating the honey in a double boiler.

#### INCENSE

Dry herbs completely. Powder them with a mortar and pestle or a small grinder, like a dedicated coffee grinder. Combine one teaspoon of wood or bark, two teaspoons of aromatic herbs and resins, and ¼ teaspoon of binding gum. Add water by drops (up to about 1½ teaspoons) until you achieve a sticky paste. Shape into cones or sticks. Dry completely before burning.

#### **KOMBUCHA**

Boil one quart of water. Remove from heat. Add two tablespoons (eight teabags) of green tea. Stir in one cup of sugar. Add three quarts of cold water to a gallon-size glass jar. Add the scoby and one cup of tea from a previously made kombucha to the jar. Cover with cheesecloth and let sit in a warm dark place for one to two weeks. Enjoy, or place into flip cap bottles for further conditioning.

#### OIL

Fill a jar about <sup>2</sup>/<sub>3</sub> full with dried herbs, cover the plant material completely with oil, and close the jar with a tight lid. Leave the jar in a dark, warm spot for a full moon cycle. Strain with cheesecloth and enjoy.

### **OXYMEL**

Fill a jar <sup>2</sup>/<sub>3</sub> full with plant material. Then fill the jar halfway with vinegar and add honey until the jar is full. Stir to ensure that all the plants are submerged in liquid. Cover with clear lid. Infuse for a full moon cycle (or more). Strain, if desired, and enjoy.

### PALM TENT

Place one drop of essential oil in the palm of your hand. Make a tent over your nose and mouth and inhale. Some essential oils are very powerful and may need to be added to olive oil before applying to your skin.

#### PESTO

Blend one cup of oil, two cups of fresh herbs, one cup of nuts, and <sup>1</sup>/<sub>4</sub> cup of cheese in a food processor. Serve immediately, refrigerate, or freeze and store.

#### SALVE

Combine one part wax with four parts herb-infused oil in a double boiler until melted. Pour into containers and set until cool and firm. Cover.

#### **SCRUBS**

Combine one cup of salt or sugar, ¼ cup of herb-infused oil, two teaspoons of dried and ground herbs, two tablespoons of honey, and, if you wish, 10-15 drops of essential oils in a bowl. Mix thoroughly.

#### **STEAMS**

Place fresh herbs in a heatproof bowl. Pour boiling water over the herbs. Create a tent over your torso with a towel and lean over the bowl for 15-20 minutes.

# **SYRUP**

Part 1: Put one cup of dried herb in a pan. Cover with three cups of water. Bring to a boil. Reduce to a simmer. Continue to simmer the tea until the volume has decreased by half.

Part 2: Strain out the plant material, retaining the liquid, and measure the liquid. Pour the liquid back into the pan. Add equal parts honey or sugar and stir until fully dissolved.

#### TEA WITH BARKS AND ROOTS

Add one tablespoon of dried herbs to 1½ cups of water. Bring to a boil. Turn down the heat and simmer for twenty minutes. Strain and enjoy.

# TEA, COLD INFUSION

Add one tablespoon of dried herbs to one quart of cold water. Steep overnight, or at least two hours. Strain and enjoy within 24 hours.

#### TEA WITH FLOWERS AND LEAVES

Add one teaspoon of dried flower and leaves per cup of boiled water. Steep for ten minutes. Strain and enjoy.

# TEA, STANDARD INFUSION

Add one cup (one ounce by weight) of dried herb to a 32-ounce glass jar. Fill the jar with boiling water. Cover tightly and steep for eight hours or overnight. Strain and drink throughout the day. This will keep for 48 hours if refrigerated, although it is best to consume it within 24 hours.

# TINCTURE

Remove plant leaf from stems. Chop leaves coarsely. Fill jar <sup>2</sup>/<sub>3</sub> full with fresh plant material or half full with dry plant material. Cover with 100-proof alcohol. Seal with tight fitting lid. Infuse in a dark, slightly warm place for two to six weeks. Strain herbs from liquid and bottle liquid for use.

### VINEGAR

Fill a jar <sup>2</sup>/<sub>3</sub> full with plant material. Cover with vinegar. Infuse for a full moon cycle. Strain and enjoy.

# About the Creators

Joanna Powell Colbert has been an artist, teacher, and convener of circles for over thirty years. She was named by SageWoman magazine as one of the Wisdom Keepers of the Goddess Spirituality movement. Her first deck was the Gaian Tarot. Joanna teaches workshops and online courses on earth-centered spirituality, creativity, and tarot and hosts retreats several times a year. She created the artwork for the Herbcrafter's Tarot while living on a small, magical island near Bellingham, Washington.

Visit her online at joannapowellcolbert.com.

Latisha Guthrie is a folk herbalist and creator of HerbCamp, an herb-based rewilding nature camp for adults. She has taught folk herbalism in the Sonoran Desert and the Pacific Northwest. She is building an enchanted food forest and herb'n learning sanctuary with her family on a small property in Bellingham, Washington. Latisha homeschools her two daughters and shares herbcraft as a pathway on the journey of the soul with her local community.

Visit her online at herbmother.com.

# About the Artwork

Joanna's medium is Prismacolor colored pencils in a photo-realistic style. Together Joanna and Latisha brainstormed the imagery for each of the cards. Then they took photos, with Latisha staging most of the photo shoots. Joanna took the photos into a digital editing program and adjusted the composition, adding some elements and removing others. When they were both happy with the composition, Joanna printed it out, made a line drawing based on the photo composition, then "painted" the final piece with Prismacolor colored pencils.

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#### OTHER RESOURCES

The *Herbcrafter's Tarot* Online: Visit our website for seasonal prompts and spreads and to learn more about the plants as well as crafting tips, recipes, myths and stories.

herbcrafterstarot.com

HeartMath Institute: An organization dedicated to the scientific study of the connection between heart and mind.

14700 West Park Avenue Boulder Creek, CA 95006

heartmath.org

United Plant Savers: A non-profit organization dedicated to the preservation and protection of native medicinal plants of the United States and Canada.

P.O. Box 147 Rutland, OH 45775

unitedplantsavers.org

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