

Herb & Botanical Quick Reference

Sages & Stones — Free Resource

Herbs and botanicals have been used for thousands of years to support energy, mood, sleep, protection, and healing. You don't need to be an herbalist to benefit from them. This reference covers the 20 most useful herbs for energy work, how to use them, and what each one is traditionally known for.

HOW TO USE THIS REFERENCE

Look up an herb by name or browse by category. Each entry includes the herb's traditional energy association, the simplest way to use it, and a practical tip. This is not medical advice — always consult a healthcare provider before ingesting herbs, especially if you are pregnant, nursing, or on medication.

1. CLEANSING & PURIFYING HERBS

WHITE SAGE (*Salvia apiana*)

Energy: Purification, clearing, renewal

Traditional use: Burning dried bundles to clear stagnant or heavy energy from spaces and auras

How to use: Light the tip, blow out the flame, let the smoke reach corners and doorways. Move clockwise through your space.

Tip: Use sparingly — white sage is overharvested in the wild. Consider garden sage (*Salvia officinalis*) as a sustainable alternative that works similarly.

CEDAR (*Thuja* spp.)

Energy: Deep cleansing, grounding, protection

Traditional use: Burned in bundles or as incense to clear unwanted energy and invite protective, grounding energy

How to use: Burn as loose leaves on a charcoal disc or use a small bundle like sage. Move through your space with intention.

Tip: Cedar is especially good for cleansing after illness or a difficult emotional period.

SWEETGRASS (*Hierochloa odorata*)

Energy: Blessing, welcoming positive energy, sweetness

Traditional use: Braided and burned after sage or cedar

to invite good energy into a freshly cleansed space

How to use: Light the end of the braid, let it smolder.

Walk through your space and speak your invitations:

"Welcome peace. Welcome clarity. Welcome joy."

Tip: Use sweetgrass AFTER cleansing, not instead of it.

It's the "invitation" step, not the "clearing" step.

ROSEMARY (*Rosmarinus officinalis*)

Energy: Mental clarity, memory, protection, purification

Traditional use: Burned as a cleansing smoke, used in floor washes, hung above doorways for protection

How to use: Burn a sprig like sage, or place fresh rosemary in a spray bottle with water and mist your space. Also excellent as a tea for mental focus.

Tip: Rosemary grows easily in pots — keep a plant in your kitchen for fresh cleansing material year-round.

LEMONGRASS (*Cymbopogon citratus*)

Energy: Cutting through stagnation, fresh starts, uplifting energy

Traditional use: Burned or steeped to clear energetic "fog" and invite fresh, vibrant energy

How to use: Burn dried lemongrass as incense, or simmer fresh stalks in water on the stove to fill your home with its bright, clearing scent.

Tip: Lemongrass is excellent for morning cleansing — it has an energizing quality that sage and cedar don't.

2. CALMING & SLEEP HERBS

LAVENDER (*Lavandula angustifolia*)

Energy: Peace, calm, rest, emotional balance

Traditional use: Placed under pillows, burned before bed, used in baths to calm the mind and body

How to use: Place dried lavender in a sachet under your pillow. Burn a small bundle before sleep. Add 5-6 drops essential oil to a warm bath.

Tip: Lavender is the most versatile calming herb. If you only have one calming botanical, make it this one.

CHAMOMILE (*Matricaria chamomilla*)

Energy: Gentle calm, soothing, emotional comfort

Traditional use: Steeped as a tea for anxiety and sleeplessness, used in baths for relaxation

How to use: Drink a cup of chamomile tea 30 minutes before bed. Add chamomile flowers to a sleep sachet with lavender.

Tip: Chamomile is especially good for children and people who are sensitive to stronger herbs.

PASSIONFLOWER (*Passiflora incarnata*)

Energy: Deep relaxation, quieting racing thoughts, spiritual calm

Traditional use: Steeped as a tea for insomnia and overactive mind

How to use: Drink as tea before bed. Combine with chamomile for a stronger sleep blend.

Tip: Passionflower is for nights when your mind won't stop. It's stronger than chamomile — start with a small amount.

VALERIAN ROOT (*Valeriana officinalis*)

Energy: Deep sleep, physical relaxation, grounding

Traditional use: Used as a tincture or tea for severe insomnia and nervous tension

How to use: Take as a tincture 30 minutes before bed (follow product directions). Not typically pleasant as a tea.

Tip: Valerian has a strong smell. It works, but it's not for the faint of heart. Save it for tough nights.

3. PROTECTION & STRENGTH HERBS

ROSEMARY (see above — doubles as protection)

BASIL (*Ocimum basilicum*)

Energy: Protection, prosperity, harmony in the home

Traditional use: Placed in windows to block negative energy, cooked into food to infuse meals with protective energy

How to use: Keep a basil plant in your kitchen window. Add fresh leaves to cooking with the intention of nourishing and protecting your household.

Tip: Basil is one of the easiest herbs to grow indoors. Its presence alone is considered protective.

BAY LAUREL (*Laurus nobilis*)

Energy: Victory, protection, psychic clarity, strength

Traditional use: Leaves carried for protection, burned for clarity, placed under pillows for prophetic dreams

How to use: Write a wish or intention on a bay leaf and burn it safely in a fireproof dish. Carry a leaf in your wallet or pocket for protection.

Tip: Bay leaves are incredibly easy to find (check the spice aisle of any grocery store) and one of the most versatile protection herbs.

RUE (*Ruta graveolens*)

Energy: Strong protection, breaking hexes, returning negative energy to sender

Traditional use: Hung above doors, carried in sachets, used in floor washes for heavy-duty energetic protection

How to use: Place dried rue above your front door and in windows. Add to a protection sachet with bay leaf and rosemary.

Tip: Handle rue with care — it can cause skin irritation in some people. Don't ingest it.

MUGWORT (*Artemisia vulgaris*)

Energy: Psychic protection, dream work, boundary-setting

Traditional use: Placed under pillows for vivid dreams, burned before divination, carried for protection during spiritual work

How to use: Place a small sachet of mugwort under your pillow for clearer, more meaningful dreams. Burn before tarot or oracle readings.

Tip: Mugwort enhances dream recall. It's ideal for people working with oracle cards, tarot, or journaling their dreams.

4. HEALING & RENEWAL HERBS

ALOE VERA (*Aloe barbadensis*)

Energy: Healing, soothing, renewal, resilience

Traditional use: Grown in the home to absorb negative energy and promote healing; gel applied to burns

How to use: Keep an aloe plant in your kitchen or living room. It absorbs heavy energy and provides physical healing when needed.

Tip: Aloe is one of the best "living protection" plants.

When an aloe plant suddenly dies, it's traditionally said to have absorbed a heavy energy blast that was meant for you.

EUCALYPTUS (*Eucalyptus globulus*)

Energy: Deep clearing, healing, breath, vitality

Traditional use: Hung in showers for steam cleansing, used in healing baths and respiratory relief

How to use: Hang a bundle in your shower — the steam releases the essential oils and creates a cleansing, healing atmosphere. Add leaves to floor washes.

Tip: Eucalyptus in the shower is one of the easiest daily cleansing rituals. It takes zero extra time.

PEPPERMINT (*Mentha x piperita*)

Energy: Vitality, alertness, clearing, refreshment

Traditional use: Used in teas for energy and digestion, burned for mental clarity, placed in rooms for freshness

How to use: Drink peppermint tea for a natural energy boost. Burn dried leaves for a quick mental refresh. Place fresh peppermint near your workspace.

Tip: Peppermint is the herb for when you feel sluggish and need a reset without caffeine.

CALENDULA (*Calendula officinalis*)

Energy: Healing, warmth, optimism, solar energy

Traditional use: Used in salves for skin healing, added to baths for emotional renewal, placed on altars for positive energy

How to use: Add dried calendula flowers to a warm bath for emotional healing. Use calendula oil on skin irritations. Place flowers on your altar or windowsill for warmth.

Tip: Calendula carries the energy of the sun — it's ideal for winter months or times when you feel emotionally cold or depleted.

5. GROUNDING & CENTERING HERBS

VETIVER (*Vetiveria zizanoides*)

Energy: Deep grounding, stability, rootedness

Traditional use: Used in meditation oils, added to baths for grounding after intense energy work

How to use: Add a few drops of vetiver essential oil to a carrier oil and apply to the soles of your feet before meditation or sleep.

Tip: Vetiver has a deep, earthy scent. It's the single best herb for when you feel scattered, anxious, or "floating" above your body.

PATCHOULI (*Pogostemon cablin*)

Energy: Grounding, prosperity, sensuality, earthiness

Traditional use: Burned for grounding, used in money-drawing sachets, worn as fragrance for confidence

How to use: Burn patchouli incense before grounding meditation. Add to sachets with basil and bay leaf for prosperity.

Tip: Patchouli is polarizing — people love it or hate it. If you enjoy the scent, it's an incredibly powerful grounder.

CINNAMON (*Cinnamomum verum*)

Energy: Warmth, activation, protection, prosperity

Traditional use: Burned for protection, added to prosperity blends, used in kitchen magic for infusing food with intention

How to use: Simmer cinnamon sticks with cloves and orange peel on the stove for an instant home blessing. Carry a cinnamon stick in your pocket for protection and good fortune.

Tip: The stovetop simmer is one of the fastest ways to shift the energy of your entire home — and it smells amazing.

6. QUICK COMBINATION REFERENCE

FOR SLEEP

Lavender + Chamomile + Passionflower (tea or sachet)

FOR CLEANSING A SPACE

White Sage or Rosemary + Sweetgrass (cleanse then invite)

FOR PROTECTION

Bay Leaf + Rosemary + Basil (sachet or doorway bundle)

FOR GROUNDING

Vetiver + Patchouli + Cedar (oil blend or incense)

FOR MENTAL CLARITY

Rosemary + Peppermint + Lemongrass (tea or burn)

FOR HEALING

Aloe (living plant) + Calendula + Eucalyptus (bath or oil)

FOR PROSPERITY

Cinnamon + Basil + Bay Leaf (simmer or sachet)

FOR DREAM WORK

Mugwort + Lavender + Bay Laurel (pillow sachet)

7. SAFE USE GUIDELINES

- Never ingest herbs without researching proper dosage and contraindications
- Pregnant and nursing people should avoid: mugwort, rue, rosemary in medicinal amounts, and valerian
- Always do a patch test with essential oils before applying to skin (dilute in a carrier oil first)
- When burning herbs, never leave unattended and ensure proper ventilation
- If you have pets, research which herbs are toxic to your specific animal (e.g., eucalyptus and tea tree are toxic to cats; garlic and onion are toxic to dogs)
- Start small — use less, notice more, and build from there

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