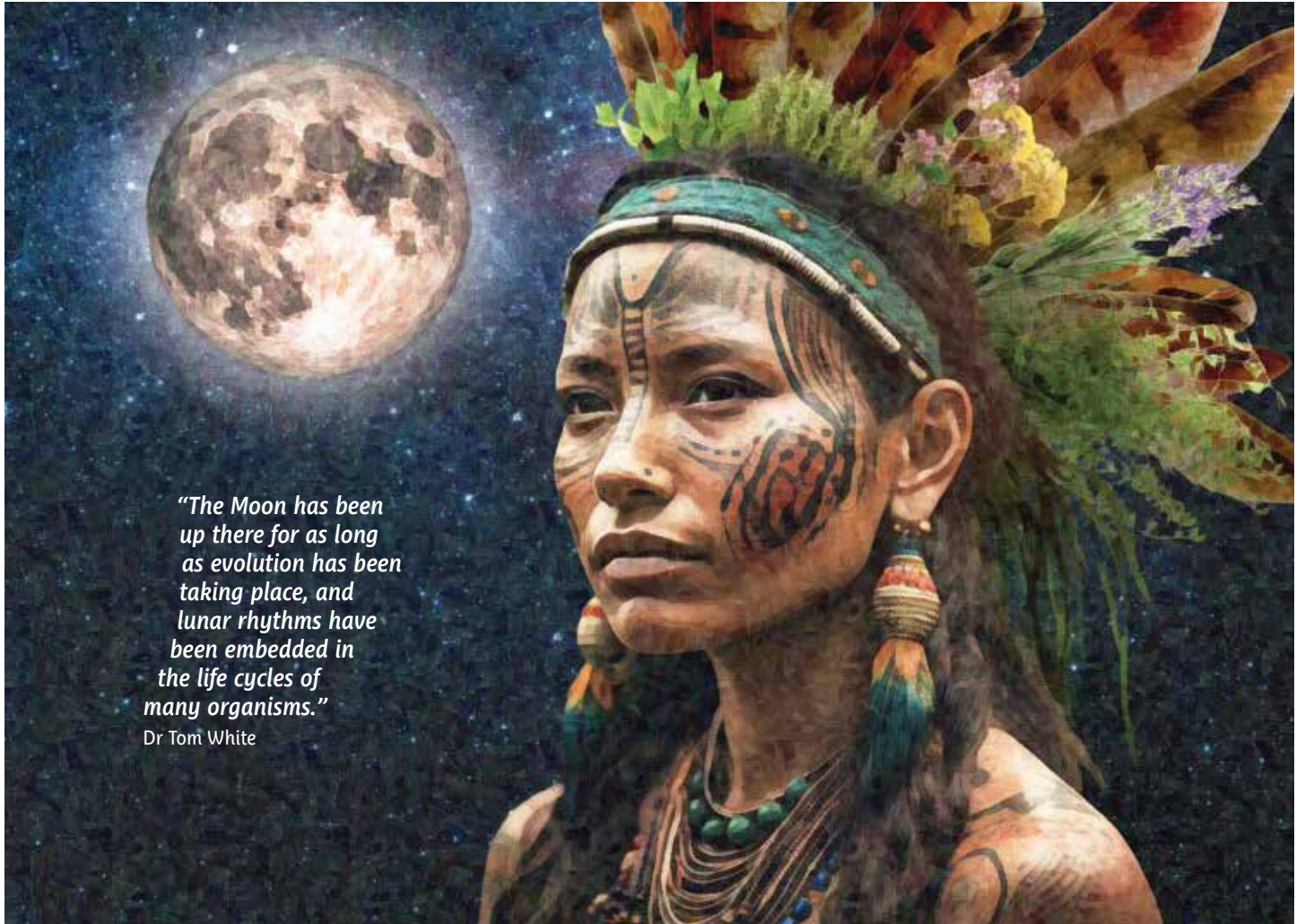




## In-streaming Cosmic light permeates plants and humans



*“The Moon has been up there for as long as evolution has been taking place, and lunar rhythms have been embedded in the life cycles of many organisms.”*

Dr Tom White

### Cultivating lunar savvy

In an ever-changing, unpredictable and sometimes perilous world, the silvery orb of light in our sky has always offered us the solace of consistency, reliability and sense of place. The enigmatic presence of the luminous moon is a constant reminder of the infinitely cyclical and recurring rhythms that preside over Nature and all living things in a profoundly spiritual way. This omnipresent beacon of light has a deep connection to all of earth's waters including the artesian waters of humans and plants. Mother moon illuminates our emotions and the shadowy depths of our subconscious, bringing them to the surface of our awareness. Following

the lunar cycle as part of our spiritual practice can deepen our connection with Nature and plants as we meaningfully negotiate life in this embodiment. Each moon phase resonates with both physical and metaphysical significance to reveal different themes in our experience and offers a reliable guide to planning activities, projects and especially growing herbs and making herbal preparations.

### The rise and fall of vital forces

The Moon has infallibly offered her wisdom of living in cyclical flow with the earth every month for millions of years. Much like what occurs in the plant world, when the seasons are transitioning

from autumn into winter, the Moon is transitioning from extending outward production of energy to turning inward, preparing for a state of deep rest and introspection in order to begin anew yet again. The shape shifter Moon teaches us how to change and adapt in our own lives. Aligning with it, allows us to become more expansive and more open to the inherent possibilities about living in uncertainty. The moon connects us to all other sentient life in the way that every being sees or feels her impacts in their current state of embodiment. As a soul with a body, the moon reminds us that we too are a unique expression of the omniscient, unchanging, totality consciousness that expresses itself through all

inanimate and sentient forms.

The visible effect of the moon's recurrent motion on plant life presents the perfect analogy of the birth and death cycle to which we must all reconcile. From the earliest times, the healers and herbalists across the globe have carefully observed the phases of the moon, especially while planting, harvesting, or collecting plants. The amount of moonlight at different times influences the growth of plants. Leaf growth is stimulated as the moonlight increases (new moon and second quarter) and after the full moon as the moonlight decreases; the aboveground leaf growth slows down as plants put energy into their roots.

CONTINUED PAGE 3



## Observing lunar influences

Planting and harvesting by the moon works with the natural rise and fall of vital forces to make sure the herbs are getting optimum growing conditions and are harvested at their peak. Harvesting at the correct time will help retain the most nutrition, essential oil qualities, aroma and healing efficacy of the plant. Aligning with lunar energies when harvesting ensures the herbs have maximal therapeutic vitality and Prana. Observing lunar influences also applies when making herbal remedies to activate and potentise formulations. Another simple way of incorporating some lunar magic into our herbal remedy making is by exposing them to moonlight. We can sit jars of herbal brews, oils, extracts or teas, in moonlight on a regular basis when they are in the process of infusing or integrating to stimulate potent therapeutic value.

The Moon has an unearthly energetic quality bringing a unique power to any herbal concoction that it touches. To be even more precise, in medicine making rituals we can leave our preparations under the Moon during a specific astrological phase, transit or sign. Working with herbs by the moon allows us to return to our roots and our ancestral lineage and wisdom. It heightens our awareness of the unseen energies and brings us another reason to ceremonially celebrate the moon and our own participation in nature throughout the month as part of our spiritual observance.

*"All the gods, all the heavens, all the world are within us. They are magnified dreams and dreams are manifestations in image form of the energies of the body."* Joseph Campbell

## Mugwort and the Moon

To get a feel for how lunar energy affects plants, start with a sensitive plant like mugwort. Watch how mugwort's silvery under leaves appear to be painted with moonlight ink as they quiver with lunar energy. Known to herbalists as *Artemisia vulgaris*, mugwort is named after the lunar goddess Artemis who like the moon, invites us to travel with her from the material world into the magical. Throughout history, it has been noted how mugwort's properties grow in strength along with the moon's phases. Harvest mugwort near the full moon, when the plant is photosynthesising during daylight hours and also by moonlight at night so all of its energies are concentrated in the above ground portions. Mugwort can really help us to energetically align with the Moon in its fullest form, as well as serving as a guide for all other phases. This herb is known to promote dreams of clarity and of the natural world.

When the moon is new, the effects of mugwort may hardly seem noticeable; however when the moon is full, mugwort brings so much brightness during dreamtime that we feel like we are actually awake. Mugwort's energy is very conducive for lucid dreaming and its effects are directly related to how sensitive we are. Those who are adept at lucid dreaming are more able to control the action and content of their dreams to varying degrees. It is fascinating to explore how mugwort opens us to the mysteries of the night and the land of dreams; use it in a dream pillow during this time of the month, or clear away unwholesome energies with a mugwort smudge or incense. We can call upon our plant ally Mugwort during the waning moon phase for cleansing space in sacred smoke form. This way we create the consecrated container in which to create self-empowering intentions and discern that which we must let go.



# Phases of the Moon for plants and Humans

## New Moon:

### New beginnings, fresh start

This phase represents the very beginning of the planting cycle, when the seed sends forth its tender shoot while still underground. It's time to begin new projects and regimes. This is a tentative moment with the outcome still in doubt. We feel subjective during this phase, wanting to leave our mark upon the world. Herbs grown for their leaves and young stems are best sown under a new moon and it is the best time to sow or transplant leafy and flowering annuals. For more established plants, the new moon is a wonderful time to feed our herbs with a nourishing liquid organic plant food. Give plants some extra love and attention in this period of abundant leaf growth. A fertiliser tea will provide nutrients in the

soluble form that your plants can absorb right away. The new moon is excellent for most herbal remedy-making endeavours, as the power of the brew will grow with the moon's waxing. Make stimulating brews, warming bitters, energising nervines, restoratives, alteratives and remedies for new beginnings, to treat children and to boost vitality.

## Crescent Moon:

### Intention, hopes, wishes

During this phase the moon starts to wax, halfway between new and first quarter moon. In the planting cycle this is when the young plant has to contend with the surrounding environment, which can sometimes seem difficult and hostile. The lunar gravity pulls water up and causes the seeds to swell and burst. During this phase,

we tend to charge forward with new ideas and impulses, even in the face of resistance. Our primary mission is to actualise new forms into an objective and concrete existence, as does the plant.

## First Quarter Moon:

### Challenges, decisions, action

In this phase, the moon is waxing and square to the sun. This represents the time in the planting cycle when the plant puts out its leaves and branches, a time of great growth. During this phase, we wilfully build new structures for society and ourselves; we characteristically exert the most effort to achieve our goals of bringing new forms into reality. It is the best time to sow or transplant fruiting and flowering annuals. Prune to encourage growth and

carry out grafting and budding. It is a good time for brewing daily tonics that are nutritive in nature.

## Second Quarter Moon:

### Adjust, refine, edit

The Moon is now waxing with a forward momentum halfway between the first quarter and full moon. This represents the moment in the planting cycle when the bud begins to form, carrying with it the promise of the flower. During this phase, we are still likely to have a passion for the building and perfecting of new forms and structures. It is generally a good time for planting, especially two days before the full moon. The types of crops that prefer the second quarter are annuals that produce above ground, but their seeds form inside the fruit.



**Full Moon - Harvest:**

Signed, sealed, complete

In this phase the lunar energies are peaking now fourteen days into the cycle. This corresponds to the time in the planting cycle for the flower to emerge.

It is harvest time, possibly for projects begun at a new moon months beforehand. Emotions may peak during this phase and we are more subjective and very aware of the effect of our work on others and open to their influence. We are operating out of the mode of visible clarity rather than blind faith.

Full moon is the best time to sow or plant out root crops and all fruiting and decorative perennials, including fruit trees. Plant herbs such as holy basil, borage, lemon balm and mint. The leaves of shorter living annual plants thrive as the light of the waxing moon increases each night. The full moon is at the peak of its maturation and power making it an excellent time for making any kind of balanced herbal remedy or an energizing blend for enhancing psychic ability.

**Disseminating Moon:**

Gratitude, sharing, enthusiasm

In this phase, the moon is waning and halfway between the full and last quarter moon. In the planting cycle this corresponds to the first appearance of the plant's fruit. This is a good time for our energies and thoughts to turn inwards and to use what we have learned and bide our time. The gravitational pull is high, creating more moisture in the soil, but the moonlight is decreasing, putting energy down into the earth into the roots. This is a favourable time for planting root herbs and woody herbs and also good for perennials, biennials and bulbs. It is also a time for transplanting because of the active root growth. Plant longer-living herbal plants such as lavender, rosemary and rose under a full moon. This portion of the lunar cycle is also the best time to prune shrubby herbs and other routine plant care rituals such as applying slow-release organic fertiliser in a solid, granular form.

Grounding and relaxing remedies do well when made during the disseminating and waning quarter

moon. Relaxing nervines, sleep aids, cooling bitters, mucilaginous brews and remedies that disperse excess energy. We can make a remedy that pulls toxicity from the body and dissipates build-up of waste.

**Last Quarter Moon:**

Release, let go, forgive

In this phase the moon is waning and square to the sun. In the planting cycle, this phase represents the beginning of the end of the cycle, when the plant is harvested and the parts remaining start to wither and die back into the ground, while what is left of the fruit also begins to prepare its seeds for planting.

It's not a good time to go after anything new but a good time to fine-tune things and work with what we have to make it better. No sowing or planting during this phase, rather attend to the soil; weeding, mulching, making compost, applying solid fertilisers and digging or ploughing, prune if necessary to restrain growth.

**Balsamic Moon:**

Surrender, rest, healing

The waning moon has reached its last phase, halfway between last quarter and new moon. The balsamic moon is also called the dark moon, because it is the final sliver of lunar light in the sky before the birth of the new moon. The word balsam means something soothing or restorative and indeed this time is a resting period and time of release, to let go of attachments both material and emotional. Symbolically, this point in the cycle is when the inner world is more important than the outer world. This is the time of the maturation of the seed while the rest of the plant dies away and all of the plant's energy becomes concentrated in the seed preparing for the next cycle. In the garden it is certainly no time for planting or sowing, but it is ideal for pruning, soil conditioning, eradicating pests and weeds. This is when we go deep into our inner contemplative realms to understand what it is that our body needs and the types of herbs and treatments that will serve us the best.



## Lean into dark moon energy

We tend to glamorise the moon when it is full and disregard it at its darkest times, yet this is a mystically fertile phase that can catapult our spiritual connection to plants and healing in a profound way. Dark moons draw us inwards as we move away from externally driven energy. Darkness is the perfect time to look inside our self to perceive inner truths when there is no light. Can we find beauty and brightness when the world is not offering it to us? When the outside world is no longer shining, can we still shine from within? A lot of focus and attention has occurred up until this point of the dark moon, now it is a great time to slow down

and pause for introspection, rest and recuperate especially as we will begin a new cycle shortly. It is time to assess habits that deplete our own empowerment, such as negative self talk or behaviours that rob us of creativity or vitality. Dark moon energy is for considering ways in which we can intentionally shift negative influences in our life and practice more self-love and compassion toward our self. Choosing the right herbal medicine will be easier at this time in a state of insightfulness to evaluate what our body/mind/spirit complex needs and we are open to what our gut is telling us.

## Astrological power of plants

The practice of astro-herbalism, which has ancient roots in both Western and Eastern medicine, operates according to the basic principle 'as above, so below'. The starry sky influences not just our bodies, but also plants and herbs in order to supplement, enhance and invigorate one's health. The correlation of plants to planets has existed since time immemorial. Like humans, herbs have complex personalities. They grow and develop under cosmological influences as much as we do. They favour and thrive in certain environments and they too, have a nervous system. Herbs also feel as much as we do (or more) and they offer a mirror that reflects how some of us prosper under certain astrological transits while not under others. Stellar influences are absorbed into anything that is alive on this planet. Plants absorb these stellar vibrations through photosynthesis, detailing the complex nutrient chemistry contained in both the stars and the planets. A true herbal action is one that we can sense or feel a noticeable change in the body. It refers to the specific ways a plant will influence the organs, systems and how it will adjust the movement of vital force in the body.

### As above so below

Paracelsus, the father of alchemy, was of the opinion that every physician should simultaneously be an alchemist and an astrologer. "Therefore he must judge the medicine according to the stars... Medicine is without value if it is not from heaven; it must be from heaven." He taught how the stars related to the earth, plants and humans according to "the original order" or cosmic rhythms. Each medicinal plant possesses the powers of specific planets to a more or lesser degree. As with certain

organs in the human body, certain parts of plants can come under the influence of one specific planet, others under that of another planet, although one or two planets can rule the whole plant. The herb is generally classified according to its strongest influence. Each planet is an agent of karma for the individual lifetime, giving us a cosmic blueprint of the personality as the baseline from which we might spiritually evolve.

The underlying cause of every disease is indicated in the birth chart as well as the weakness and strength of every organ of the body. The signs of the zodiac give the history of these limitations as they tell of personal biases, fluctuating emotions, unruly desires and wandering thoughts. The desires of the past are responsible for present planetary aspects in our birth chart, as well as for our physical limitations. The desires of the present are ever making our future horoscopes. We can purify these if we will and are always free to choose our thoughts, the makers of our destiny, each of us being a spark of the Divine.

### Tailoring our remedy with the moon's position

We can tailor our herbal remedy to the exact conditions that arise within the body and within the cosmos. Plants need sunlight to grow, without the sun, plants wouldn't get the necessary food needed to grow, reproduce and survive, but it is the moon that is the key player to help us optimally grow and use herbs, giving us cues, heightening instinct and feelings to proceed. A combination of the moon and its place in a lunar astrological cycle can help guide us in our gardens or the place in which we can connect most intimately with our plant allies. Unlike a solar cycle in which we move between

## Herbal Allies of the Waning and Dark Moon

To better align with the energetics of the Waning Moon, we can also call upon the herbal allies that are reflective of autumnal energy, our turning inward and introspection. Elderberries are a powerful ally and a guide in a state of transition and liminality, bringing more clarity. Additionally, elder is a powerful immune system booster and protective agent helping prevent illness. Root herbs are very suitable for this time when the energetics of the Waning Moon start drawing energy inward and down. During this phase,

it can be helpful to seek deep nourishment and groundedness. Herbs that can support this include such herbs as dandelion, burdock, or marshmallow root. We also may call upon herbal allies like ashwagandha during this time to help strengthen our sense of self, or help boost our confidence. Herbs that can help support this and deepen our sense of self-love or help us move through emotional heartache include such plants as hawthorn, rose or linden.

astrological signs each month, the Moon moves through the entire zodiac during its 29 and half day cycle, moving through each sign roughly every two and a half days.

So each month we have an opportunity to work with all signs of the zodiac if we so choose, depending upon the astrological energy that the moon is passing through. This can have an enhancing influence on the success of our herbal gardening and healing strategies. For example, a nervine blend made during the New Moon in Pisces will carry a different soothing energy than the same brew made during a Waning Quarter Moon in Taurus. Medicinal astrology is too wide a field to be dealt with here, but we can get the gist about how looking at the big picture gives us some valuable

clues for choosing, harvesting, processing and administering herbal remedies. This level of sensitivity towards our experience with herbs is so enriching because it expands our awareness of their healing and transformational capacities.

### The planetary, bodily and herbal associations

Observe the astrological sign the moon is in. Note that many herbs come under multiple influences. To treat a condition, the rising sign or ascendant, which can only be found when the exact time of birth is known, should be investigated. The ascendant is the chief indicator of the human constitution and corrective herbs should be in harmony.







**Aries represents primal energy, power, desire and action.**

This dynamic fire sign is no stranger to competition; bold and ambitious, Aries dives headfirst into even the most challenging situations. The head is under the influence of Aries that includes the face, brain, eyes and face, but not the nose. The complaints of Aries are of an inflammatory or feverish type, the most common being headache, toothache, neuralgia, gum ulcers, ringworm, mumps and burns, scars or face injuries. Aries is under the dominion of Mars and the first house. Mars yields and provides us with strength, courage and physical activity and accordingly helps the muscular system.

**ARIES HERBS:** Blessed thistle, myrrh, yarrow, coffee, maca, chickweed, chamomile, prickly ash, pine, ginkgo, ephedra, aloe vera, basil, garlic, ginger, mustard, nettle, cayenne, pepper, tobacco, yellow dock, St. John's wort, hops, marjoram, sarsaparilla, tarragon, coriander.



**Taurus brings the power of grounding, steadiness and stability.**

Taurus represents long-term vision and growth, storing energy and resources. This sign finds pleasure in the physical form and is all about sensuality and relaxation. The neck is under the influence of Taurus that includes the throat, vocal chords, tonsils and thyroid. As an earth sign, illnesses tend to take a long time to heal. The complaints of Taurus are due to excesses, over indulgence and are often of an emotional nature. Taurus is under the dominion of Venus and the second house. Taurean herbs help the kidneys, thyroid and reproductive system, bringing harmony and beauty.

**TAURUS HERBS:** Liquorice, sage, thyme, fenugreek, slippery elm, hyssop, coltsfoot, marshmallow, lavender, dandelion, vervain, feverfew, thyme, angelica, yarrow, citronella, uva ursi, horsetail, rose geranium, schisandra.



**Gemini is spontaneous, playful, erratic and driven by insatiable curiosity.**

An air sign, Gemini brings the power of self-expression and storytelling, representing flexibility, agility of mind and clarity for communication. Gemini as "the twins," rules lots of body parts that come in pairs. Gemini rules the arms, hands, shoulders and lungs. Gemini is under the dominion of Mercury and the third house. Herbs of Mercury serve the mind, thinking ability, the nervous system and respiratory system.

**GEMINI HERBS:** Mullein, passionflower, hyssop, lemon balm, linden flower, lobelia, hops, elecampene, vervain, meadowsweet, skullcap, lavender, fenugreek, liquorice, brahmi, cedarwood, red clover, geranium, gotu kola, ginkgo, lion's mane, rosemary, rhodiola, saw palmetto, tulsi, turmeric.



**Cancer brings the power of emotional maturity and intelligence.**

A water sign, Cancer is highly intuitive with psychic abilities that manifest in tangible spaces. It represents the mother, family, security and home and has the ability to exist in both emotional and material realms. Cancer governs the chest, breasts, stomach and diaphragm that indicates nurturing, especially when it comes to preparing and giving food to loved ones. Cancer is under the dominion of the moon and the fourth house. Herbs of the moon are associated with the gut, the pineal gland, the emotional body, our intuition and mood, acting principally on all the major fluids of the body. Herbs that heal wounds of the past and address negative thinking will be very helpful.

**CANCER HERBS:** Mugwort, peppermint, spearmint, skullcap, alfalfa, lemon balm, parsley, verbena, chickweed, aniseed, ashwagandha, astragalus, cacao, clary sage, vervain, chamomile, milk thistle, oats, ginger, poppy, reishi, lemon balm, tarragon, almond, bay laurel, centaury, chia, cinnamon, frankincense, myrrh, helichrysum, mistletoe, moringa, turmeric, walnut.





**Leo is passionate, loyal and infamously dramatic.**

A fire sign, Leo is all about creativity and performance to recognise our life's highest purpose. Leo represents leadership and likes to shine from the centre. This sign loves children, speculation, education and pleasure. The majestic lion Leo rules the body parts of strength and emotion: the heart and the spine including the upper back and arterial circulation. Leo is under the dominion of the Sun and the fifth house. Herbs of the sun are associated with the heart; they improve the eyes and clear the vision. They are strengthening and balancing tonics that assist with general vitality, helping to dispel cold, damp and phlegm from the lungs and respiratory tract. Sun herbs are anodyne herbs that relieve pain with their relaxing warmth.

**LEO HERBS:** Borage, chamomile, calendula, motherwort, rosemary, hawthorn, mint, lavender, parsley, dill, fennel, St. John's wort, garlic, angelica, eyebright, aniseed, ginger, sunflower, lemon balm, tarragon, almond, bay laurel, centaury, chia, cinnamon, frankincense, myrrh, helichrysum, mistletoe, moringa, turmeric, walnut.



**Virgo is logical, practical and systematic and brings the power of service and helping others.**

A perfectionist at heart, Virgo improves skills through diligent and consistent practice, but can also be prone to criticism. Virgo focuses on the minutiae of life and refinement, sorting out the wheat from the chaff. This earth sign is all about tending to our health and creating healing spaces. Virgo rules the abdomen, the digestive system, the liver, intestines and spleen. Virgoan people are worriers, especially about their health and possess a fussy digestive system, suffering from indigestion, gas pains, ulcers, liver upsets, colitis and bowel problems. Virgo, like Gemini, is under the dominion of Mercury and the sixth house. Most nervine and bitter digestive herbs will help Virgo and physical activity accordingly helps the muscular system.

**VIRGO HERBS:** Dill, fennel, slippery elm, meadowsweet, marshmallow root, plantain, aniseed, chamomile, St. John's wort, rhubarb root, skullcap, valerian, lavender, marjoram, liquorice, parsley, fenugreek.



**Libra brings balance, harmony and justice.**

Air sign Libra strives to create equilibrium and finds beauty in all aspects of life and relationship. Libra rules the house of marriage and business partnership, usually likes company. Judicious, even-handed and diplomatic, Libra can also be indecisive and uncommitted. Libra is under the dominion of Venus and the seventh house. Libra influences the kidneys and skin, lower back and buttocks. Libra needs alkalising herbs to treat over acidity and blood cleansing alternatives to serve the kidneys and skin. All fragrant flowers affect Libra and cosmetic herbs enhance beauty.

**LIBRA HERBS:** Catnip, calendula, echinacea, red clover, burdock, elderberry, thyme, St. John's wort, bergamot, passionflower, parsley, fennel, cleavers, juniper, feverfew, uva ursi, corn silk, uva ursi, epilobium, mint, thyme, yarrow, angelica, helichrysum, vervain.



**Scorpio brings the power of enquiry, insight and transformation.**

Scorpio is unafraid of the dark and exploring the mystical depths encouraging us to dive into the abyss of our emotional body to fully evolve our dharma - our spiritual purpose. Water sign Scorpio is intense and passionate and all about latent power and sexuality, it deals with the collective underworld, catharsis, primordial energy and alchemy. Scorpio governs the reproductive system, sexual organs, genitals, blood, the bowels and the nose. Scorpio is under the dominion of Pluto (and Mars according to old school astrology) and the eighth house. Plutonian herbs cause deep transformations in the body, from powerful healing plants (like anticancer herbs) to those that help expel poisons from the body. They emotionally shift the body into higher frequencies.

**SCORPIO HERBS:** Aloe vera, ginseng, dong quai, sarsaparilla, pennyroyal, raspberry leaf, lady's mantle, damiana, saw palmetto, shatavari, cramp bark, chaste tree, milk thistle, horseradish, basil, gentian, wormwood, ginger, andrographis, coriander, brahmi, basil, sage, coriander, rue, nettle and all laxative herbs including cascara sagrada.





## 9 SAGITTARIUS

**Sagittarius brings abundance, higher wisdom, success and expansiveness.**

Fire sign Sagittarius is about the power of movement, spontaneity and Nature. It is about following our dreams but trusting our inner compass to guide us home. Sagittarius is always on a quest for knowledge, launching its many pursuits like blazing arrows, chasing after geographical, intellectual and spiritual adventure. Sagittarius rules the hips, thighs, liver and sciatic nerve. Sagittarius is under the dominion of Jupiter and the ninth house. Herbs of Jupiter bring vitality and energy while helping the liver. Jupiter herbs include the powerful adaptogens that are multi-organ-targeting enabling a general state of wellbeing and longevity. Eye herbs will also help.

**SAGITTARIUS HERBS:** Sage, ginseng, basil, elderberry, barberry, echinacea, borage, dandelion, horsetail, Oregon grape root, wild yam, chilli, manuka, feverfew, aniseed, nutmeg, mint, coltsfoot, elecampane, frankincense, hyssop, jasmine, tuberose, lemon balm, willow bark, meadowsweet, champaka, pine, rose hip.



## 10 CAPRICORN

**Capricorn climbs the mountain straight to the top knowing that patience, perseverance and dedication is the only way to scale.**

An earth sign, Capricorn teaches courage, endurance and self-control. Capricorn can deeply challenge us and provide us structure, foundation and discipline. Saturn embodies our Karma and the obstacles we stumble upon as we go down life's path. Capricorn is under the dominion of Saturn and the tenth house. Saturn is associated with the hard structures that hold our body, such as the skeletal system, the knees, the joints, teeth, nails. Saturn is also associated with the gallbladder and the faculties that process minerals within the body (such as the kidneys and bladder).

**CAPRICORN HERBS:** Rosemary, marjoram, comfrey, sarsaparilla, rue, mullein, thyme, horsetail, shepherd's purse, mullein, arnica, hemp, globe artichoke, goldenseal, St. John's wort, witchazel.



## 11 AQUARIUS

**Aquarius is innovative, progressive and shamelessly revolutionary.**

Air sign Aquarius embodies breakthroughs and transformation bringing the power of innovation, disruption and the wisdom of change. Detached Aquarius embraces eccentricity and is altruistic, humanitarian and scientific minded. It is the planetary body that rules ideas, speed, intuitive "downloads", the visionary world and the future including the Internet and IT. Aquarius is under the dominion of Uranus (with saturnine influence too) and the eleventh house. Herbs of Uranus serve higher consciousness and innovation. In astrology, Uranus helps us to understand what to let go so that we can take big chances to help catalyse powerful changes within our lives.

**ARIES HERBS:** Blessed thistle, myrrh, yarrow, coffee, maca, chickweed, chamomile, prickly ash, pine, ginkgo, ephedra, aloe vera, basil, garlic, ginger, mustard, nettle, cayenne, pepper, yellow dock, St. John's wort, hops, marjoram, sarsaparilla, tarragon, coriander.



## 12 PISCES

**Pisces brings the power of empathy, boundlessness and spirituality.**

Water sign Pisces is about knowing the self and others on a profound soul level. They have a creative and escapist nature that is prone to addiction. It is the most intuitive, sensitive and empathetic sign. Pisces is symbolised by two fish swimming in opposite directions, representing the constant division of attention between fantasy and reality. Pisces rules the feet and toes. Pisces is under the dominion of Neptune and the twelfth house and represents oceanic consciousness, universal consciousness that includes the insights and delusions that arise wading through the inner emotional waters. Neptunian herbs are linked with psychic energy, the collective dream and help the hypothalamus and the endocrine system. Includes all hallucinogenic herbs that can produce altered states of consciousness characterised by major alterations in thought, mood and perception as well as other changes

**PISCES HERBS:** Ephedra, mugwort, basil, lemon balm, goldenseal, echinacea, chaparral, buchu, juniper, shepherd's purse, eyebright, yarrow, skullcap, oat straw, nutmeg, valerian, clary sage, rose, nutmeg, cannabis.



## Some basic astrological observations

~ Harvest in an air or fire sign (Aries, Gemini, Leo, Virgo, Sagittarius, or Aquarius) during the 3rd or 4th quarter, as the moon is waning and harvest seeds when they turn brown, in an air sign.

~ When the Moon is in fire signs, such as Aries, Leo or Sagittarius, the energy of these times tend to be dry, barren and lacking moisture. It is during these times that it is not recommended to plant, but instead it is a time to tend to the garden such as weeding or maintenance. A

good time to make herbal incenses and smudges.

~ When the Moon is in Water signs, such as Cancer, Scorpio or Pisces, these tend to be times in which our plant friends will much more effectively absorb water. Irrigation around this time will be more efficient, and a time to provide the gift of water to help plants withstand dryer days that may occur later in the season. A good time to make herbal teas and decoctions and to add herbs to the bath.

~ When the Moon is in Earth Signs such as Taurus, Virgo and Capricorn, it is the most ideal time for planting and harvesting from our gardens. Seeds sown at this time will grow into stronger, more prolific plants and harvesting during this time ensures vegetables packed with more nutrients and herbs will embody more potent medicine. A good time to make herbal salves and balms and herbal skincare.

~ When the Moon is in Air Signs, such as Aquarius, Gemini and Libra, it is a time where preparation of the garden is ideal, including

adornment of the garden with art, or turning over soil to prepare the beds for sowing seeds. This is a good time for making herbal perfumes and infusing fragrant oils.

~ Plant aromatic herbs and beautiful flowers when the moon is in air Signs. A Libran moon can be used to encourage growth for the plants that are harvested for their blooms.

~ Virgo rules and benefits the growth of all medicinal plants and the other fertile water signs of Cancer, Scorpio and Pisces are also generally good.

### Tinderbox products using Lunar herbs



**Aphrodisiac**  
Heighten sexual pleasure



**Ashwagandha**  
Regenerates brain and nervous system



**Brain Booster**  
Stimulates memory and alertness



**Breathe free**  
Opens up breathing



**Cacao Maca**  
Energising deliciousness



**Dandelion**  
Nourishing liver tonic



**Fruity Ginseng**  
Uplifting and builds stamina



**Inner Radiance**  
Cleanses, detoxes and alkalis



**Man's Tea**  
Restores libido, energy and stamina



**Poo Tea**  
Safe laxative herbs



**Rooibos Relaxing**  
- antioxidant and nutrient boost



**Tranquility**  
Calms the mind, promotes sleep



**Tummy Settle**  
Soothes, restores gut upsets



**Turmeric Latte**  
Hearty restorative tonic



**Digestive Bitters**  
Improves digestion and gut function

**Nootropic Brain Elixir**  
Elevate cognitive function and focus

**Soma Elixir**  
Enhances spiritual practice

**Breathe Elixir**  
Decongests and strengthens the respiratory system

**Elderberry Elixir**  
Boosts immunity and resilience

**Rosehip & Elderflower**  
Restore vitality and energy



**Wee Tea**  
Eases urinary problems



**Wellspring**  
Cold and flu protection



**Wise Woman**  
Relieves symptoms and calms



**Woman**  
Eases and regulates menstruation



**Dream Pillow**  
Fragrant relaxation and vivid dreams



**Smudge Stick**  
Clears negative energy