



## Curriculum for Herbology-An Introduction to Herbs

In this first course you will learn about the magical and therapeutic uses of herbs. I felt it was important to cover both aspects as herbs are the mainstay of current medical practices.

They are where it all started. This is also true of magical practices. Herbs and various other mediums have been utilized for centuries to represent all aspects of magic. With each herb that is used in this course, we will be covering the magical aspect. This includes the corresponding God or Goddess and the lore behind the connection.

There are many pantheon's that can be followed, so for this course I will be covering the basic connections between herb and deity. There will be handouts provided for you to print, and an herbal journal for you to use digitally or you can print it out. I will also include some of my favorite and time tested recipes for not only magical items but everyday use,



It is my hope that this class will give you a basic understanding of the herbal categories and terms that you will need to be familiar with. These basics will aid in the creation and use of your first tinctures, herbal oils and floral waters; which are your first steps in herbalism. Each of these items can be used in magical rites, aromatherapy, massage, relieving stress and creating a more positive atmosphere for you and your family.

After each lecture there will be an exam. I feel it is very important to have a firm understanding of what you are working with and the various applications that we will be covering. Therefore a passing grade of 80% is required to move through this course.



## First Lecture

Will cover the categories and herbal terminology that you will need to proceed through this class. There is also a recommended list of items and herbs to have on hand for future lectures.

- Introduction
- Where it all started-Herbal History
- Herbal Classification
- Herbal Terminology
- Why do I need this?
- List of Supplies
- Quiz



## Second Lecture

We will go over the three types of tinctures, their use and how to create your own. This will include storage, therapeutic and magical uses and corresponding lore behind each herb used.

- How Tinctures came to be
- Storage
- Herbs-Lore and History
- Therapeutic recipe's.
  - Anti-Inflammatory
  - Immune System Booster
  - Colds and Flu
- Magical
  - Purification
  - Protection
  - Divination
  - Consecration
- Quiz



### **Third Lecture**

We dive into herbal oils and how to create them. Many oils are used therapeutically for massage, skin conditions and even to aid in healing injuries. We will be covering each of these areas along with anointing, candle magic and Consecration of your magical tools. Again, each section will contain herbs, their lore and recipe's for your use.

- History of Herbal Oils
- Storage
- Therapeutic
  - Personal Care-Tension/Anxiety
  - Massage
  - Coughs and Colds
  - Cooking
- Magical
  - Consecration
  - Anointing-Personal
  - Anointing-Candle Magic
- Quiz



## Fourth Lecture

Floral Waters have a variety of applications. From ridding your home of unwanted energies, ceremonial baths, laundry and even daily cleaning. Incorporating magic into everyday tasks will strengthen not only your practice but protect your home and those residing there. Each section will contain herbs, their lore and recipe's for your use.

- The First Floral Waters
- Storage
- Therapeutic
  - Relaxation
  - Dry Skin
  - Humidifying
- Magical
  - Cleansing
  - Purification
  - Dispelling Negativity
  - Attracting Positive Energy
- Quiz



## Fifth Lecture

In this section we will cover the three types of Infusions. Infusions as with the previous items, have therapeutic uses and magical uses. Therapeutically they can be used in teas or cooking to help with specific maladies. These can also be used to create magical inks for your use in creating sigils, writing spells, or for use on magical items. Each section will contain herbs, their lore and recipe's for your use.

- Infusions and History
- Storage
- Therapeutic
  - Cough and Cold (Hot Infusion)
  - Natural Energy (Cold Infusion)
  - Spring Infusion (Solar Infusion)
- Magical
  - Ritual (Solar Infusion)
  - Meditation (Cold/Moon Infusion)
  - Cleansing (Hot Infusion)



## **Wrap Up**

Discussion on the final take-a-way from this course.

- Your Journey
- What to do Next

## **Final Test**

## **List of Resources**