



Starry-Hearted + Wild-Rooted

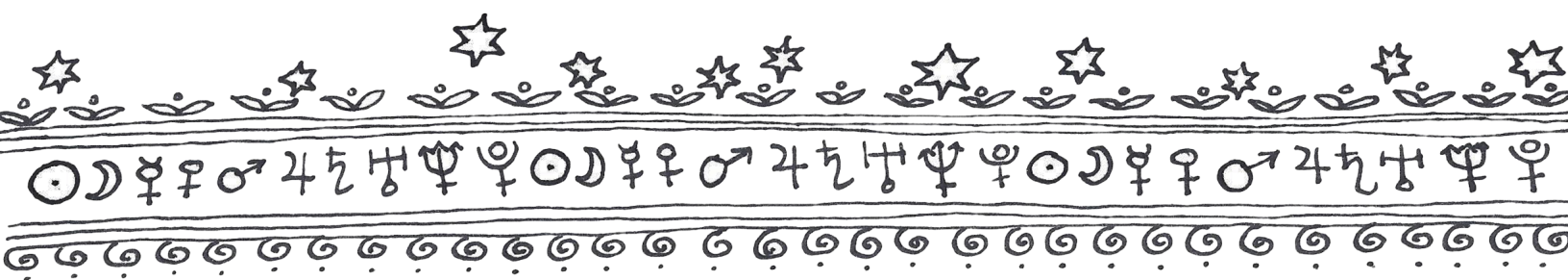
An Introduction to Astroherbology

Ever since I created the Lunar Apothecary and started to wave my astroherbology flag proudly, I have met amazing folks who are just as inspired by roots and stars as I am. I'm expanding the material of the Lunar Apothecary to encompass the whole craft of astroherbology, looking not only at the Moon, but all the planets and signs. The following is a brief introduction to astroherbology (which expands upon what has already been written in the Lunar Apothecary) as well as a guide to the template I'll be using to profile each planet and sign.

What is Astroherbology?

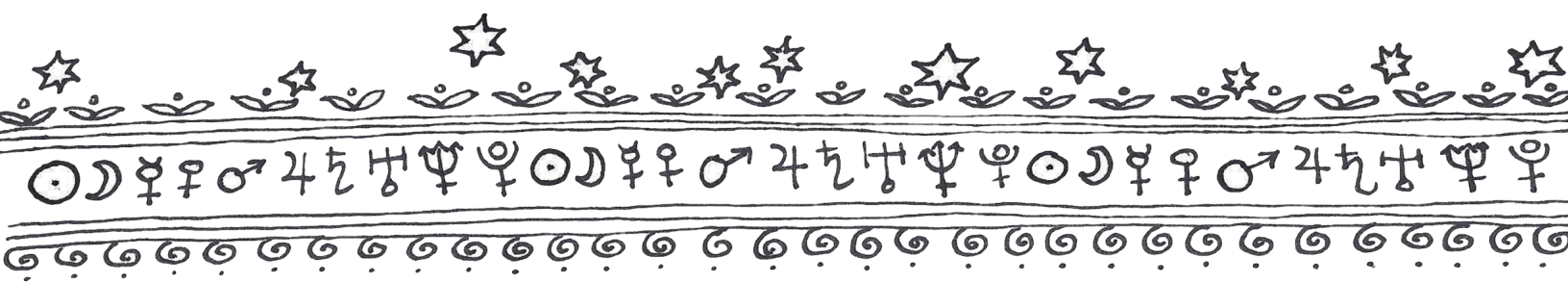
Astroherbology is the art of using astrological wisdom to inform and influence medicinal and magickal herb and wellness choices. The practice of medical astrology has been around as long as we have been practicing medicine but the form of medical astrology practiced in the west was formalized in ancient Greece (Ayurvedic and Traditional Chinese Medicine practices, too, have been around for a heck of a long time).

How does it work?



The primary tool of the astroherbologist is the natal or birth chart of the person that they are serving. The natal chart represents the tools, dispositions, weaknesses, and strengths that person is born with. A natal chart is static and unchanging, but an astroherbologist would pay attention to the current movements of the stars and planets and their affects on the natal chart as these pass over and aspect the natal chart. Yup, you're the center of the universe in a medical astrology reading (but you already knew that...).

Just like a regular herbologist, an astroherbologist or medical astrology practitioner, will examine your intake form, physical observations (such as tongue, pulse, and skin conditions), and ask lots of questions about your current health concerns. All of this information will be compared to the natal chart and the astroherbologist will begin to track inherent weaknesses and strengths as well as the current affects of planets passing over your chart right now and in the near future. Your general feeling of sluggishness might have appeared suddenly because of a transit of Neptune over your chart. Or a natal chart may have lots and lots of fire, but little water, so a client may want to do more water-based activities (cool baths and swimming, tea-based medicines, and visiting the jimjilbang regularly) to balance out an overheated state that has led to chronic inflammation in the body. Astroherbology is especially effective in tracking down illnesses that seem to have no easily identifiable root cause as well as helping clients become aware of upcoming transits that might hinder or benefit health



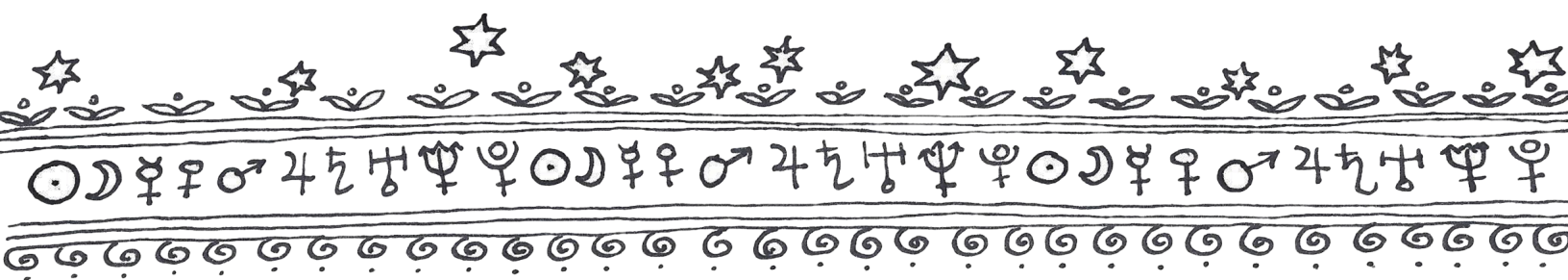
(such as prepping and living in your Saturn Returns with lots of adaptogens as your herbal allies, clever one).

Why does it work?

The sacred mystery of medical astrology is summed up succinctly by the simple words from the Emerald Tablet:

As Above, So Below

"As Above" is the celestial while "So Below" is the terrestrial - the celestial reflects the terrestrial and vice versa. Just why the stars show us patterns of our earthly experience and why our earthly experience can be seen in the stars is where everything gets more complicated. Part of it is observational and seasonal - the starry display of the sky changes as our planet gently rotates, marking the change of seasons which affect not only the great macrocosm of the universe, but the microcosm of our own personal universe composed of our physical, emotional, mental, and spiritual experiences. Some say that the stars and planets themselves affect us by "throwing of rays" of energy and color that harmonize, neutralize, and disrupt our energy and the energy of our home planet. Others suspect that there is something occurring on the quantum level that we don't understand yet. To be honest, I don't know why exactly astroherbology works. What I do know is that it is very useful. Astroherbology has provided me with traditional and brand new

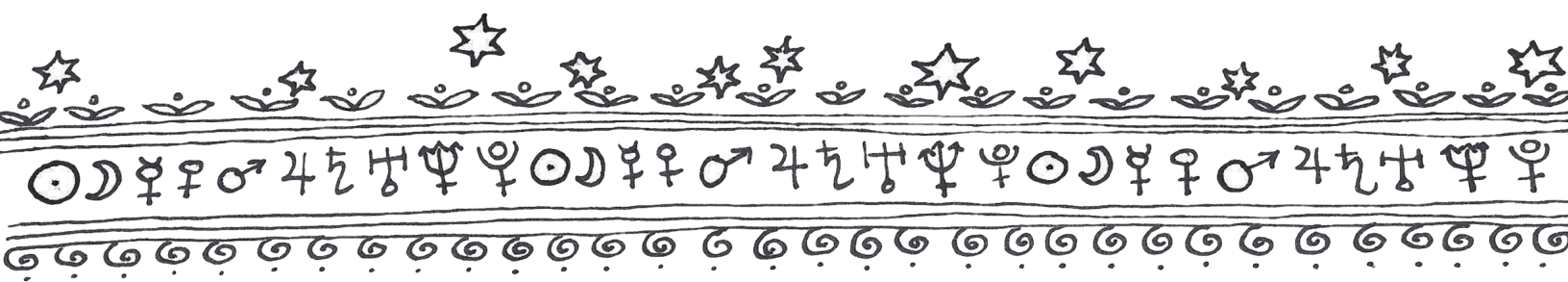


language to describe imbalances, healing journeys, and tools that we'll need along the way. It is a fantastic storytelling device as well as actually working. In an eerily accurate sort of way or wonderfully right-on depending on what sort of mood you're in.

If you've ever read your horoscope, you've experienced the story-telling powers of astrology. Through the story-telling of astrology we can learn about the gifts of the Moon in the sign of Mighty Goatfish (also known as Capricorn) and tap into the revolutionary powers of a Waxing Quarter Moon in Aries. We can learn more about ourselves and experience our experiences in ways that affirm our gifts, our intuitions, and our inherent value as humyn creatures.

How do I learn more?

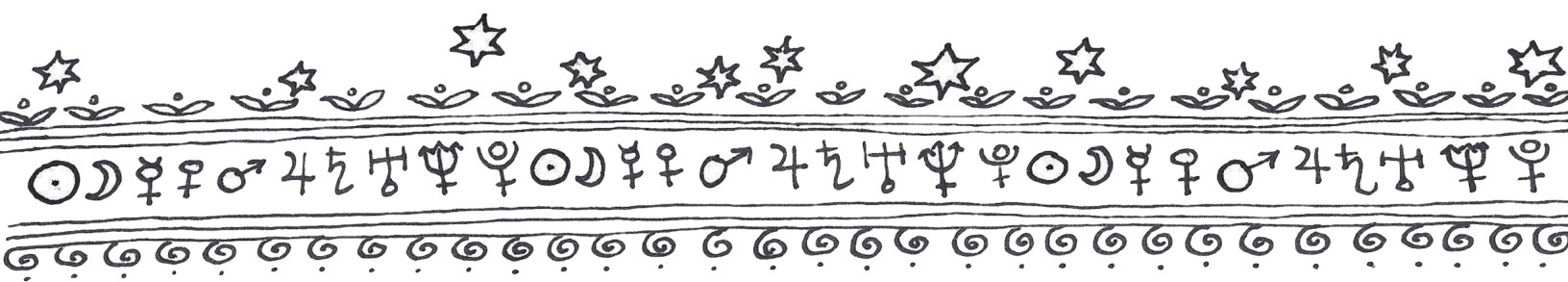
In addition to the growing astroherbology resources in the Lunar Apothecary, there are a number of books on the market covering medical astrology and particularly astroherbology. I recommend getting a copy of Nicolas Culpeper's Complete Herbal since modern western astroherbology and magickal herbology pulls much of its astrological correspondences and inspiration for further categorization from his work. And Culpeper can be a lot of fun (think melancholic, rebellious, and snarky Englishman who wasn't very popular with the authorities) and is just an all-around useful foundational text for Traditional Western Herbalism. Judith Hill is



a medical astrologer and herbalist who has written many book on the subject and teaches an online course of the art. She has also teamed up with Matthew Wood and created a *The Renaissance Medicine Conference* that is full of interesting classes. The Portland Astrology School is also beginning to offer more and more classes on herbs, essences, and astrology including their first *Medical Astrology Conference*. They are also a queer affirming space that addresses so many of the issues that kept me away from studying astrology for so long – the patriarchal heteronormativity of it all turned me off for a long time until I began to find more astrologers practicing in a binary-free, queer, and multi-cultural way (speaking of which - holy heck, check out Chani Nicholas right now for an example of such profoundly resonant and healing astrological work). Speaking of queering things up, have you heard about the *Queer Astrology Conference* yet? Now you have and I hope very much you're able to make it there one of these years! If you're wanting to get your toes wet and learn about astroherbology from a lunar perspective (the Moon is our truest self and story in astrology), come check out my year-long program in moon magick, herbology, and living a fully enchanted life.

References + Resources

The following are a selection of resources geared towards the beginner that I have found useful. The list below is in no ways exhaustive. I have yet to find a medical astrology resource that is



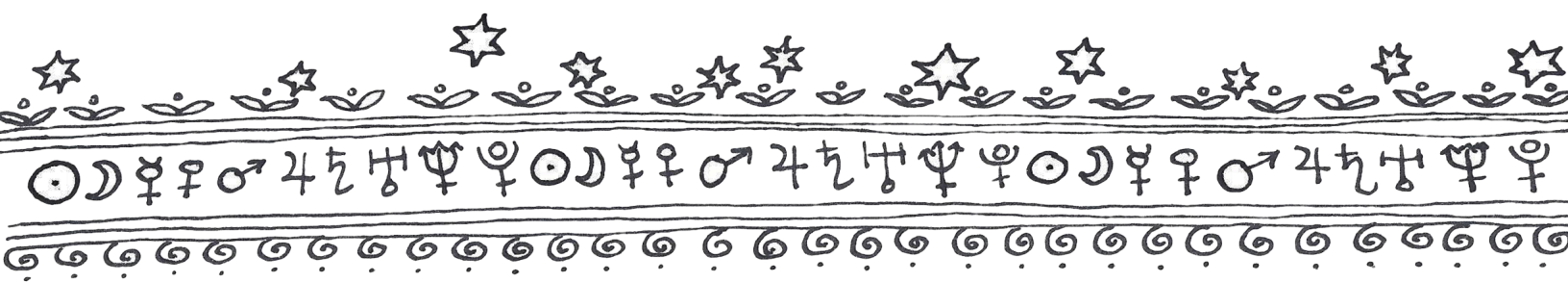
does not rely on gender-binary and heteronormative language, so apply your filters as needed. If you have found such a resource or have further medical astrology and astroherbology recommendations for beginners or advanced students alike, please share!

- [Skyscript's Guide to Free Astrology Books](#) including a number of medical astrology texts.
- [Medical Astrology + Astrological Medicine](#) by Peter Morrell
- [Aux Mailles Godefroy](#) is an incredible resource not only for medical astrology, but for anyone interested in the arts and sciences of European Renaissance period.
- *Encyclopaedia of Medical Astrology* by H.L. Cornell, M.D.
- *Medical Astrology* by Judith Hill
- *Earth Mother Astrology* by Marcia Starck
- *Astrology: Key to Holistic Health* by Marcia Starck
- *A Handbook of Medical Astrology* by Jane Ridder-Patrick

The Astroherbology Profiles

Every post will use the same template and I wanted to begin the series by taking a look at just what I'm going to be writing about.

Element: Western astrology has four elements – Earth, Air, Fire, Water – and each sign is predominant in one of these elements.



Mode: There are three modes in astrology which describe the movement of energy. Briefly, Cardinal signs have fast-moving and quick to start energy, Fixed, is sturdy and foundational, while Mutable tend to be fluid and flexible.

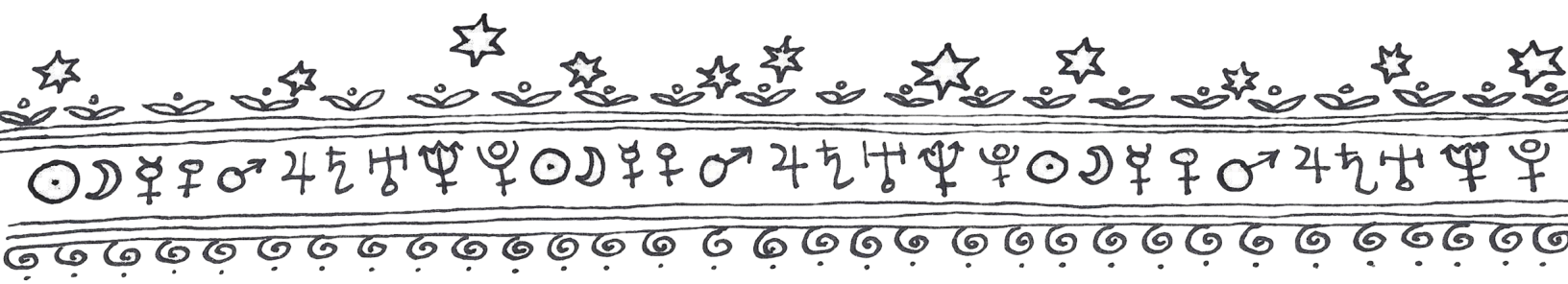
Guardian Planet: Also known as Ruling Planets or Rulership, I use the language Guarding and Guardian because a) it pleases my collective heart and b) I think it more accurately describes the relationship between signs and the planets that love them.

Direction: The wheel of the zodiac corresponds with the terrestrial wheel of the year, so each sign can be directionally situated.

Season: See above!

House: There are twelve astrological houses and each sign corresponds with one of them, embodying the energy of the that house.

Lunar Mansion: The Lunar Mansions or Mansions of the Moon is one of the oldest forms of astrology worldwide. There are 28 Lunar Mansions and the Moon visits a new one every two days or so completing the cycle in about a month's time. Each Lunar Mansion is corresponds with one or two of the signs of the zodiac. I think the Lunar Mansions are incredible tools of healing and magick and I explore each one in the Lunar Apothecary.



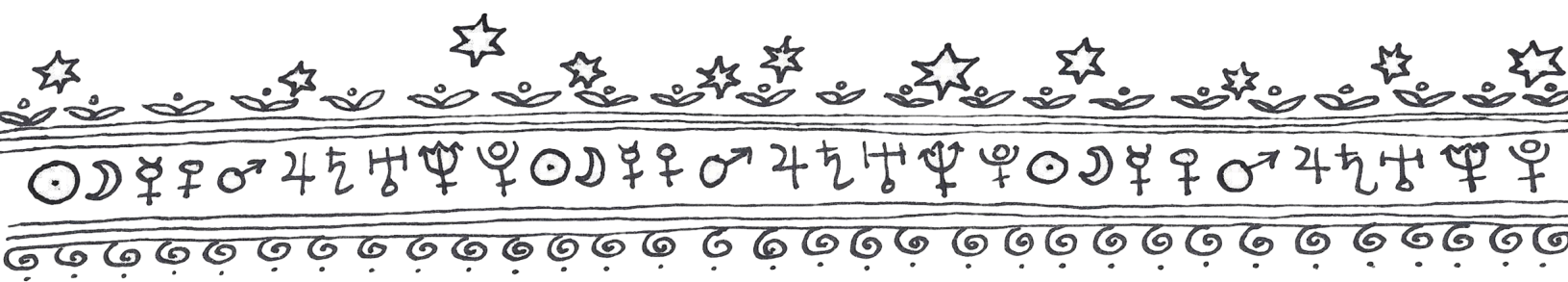
Solar Gemstone: There are several gemstones associated with each sign and I will list the one that I most often use in my practice.

Tarot: The Tarot is based off of the astrological system codified by the Hermetic Order of the Golden Dawn. Each card has an astrological correspondence that can be used for timing in readings as well as remedy making.

Tissue State: The tissue states are a way of describing physical and energetic qualities of a person, herb, and imbalances similar to the five element systems of Traditional Chinese Medicine or the three doshas of Ayurveda. These are my current correspondences between tissue states and signs that I have developed as part of my ongoing explorations as an astroherbologist.

Body Systems: Each sign has resonance with certain parts and systems of the body. To learn more check out *Starmaps: The Astrological Body*.

Imbalances + Diseases: Every sign has the opportunity to become weakened or imbalanced when overexposed to food, environments, thoughts, and practices that pull them out of their happy flow. I'll be listing the ways these imbalances manifest and the diseases each sign is more prone to.



Disease Degrees: Each degree of the zodiac has an associated disease and these correspondences have been observed and recorded by herbalist such as Elsbeth and Reinhold Ebertin, Charles Carter, and Judith Hill.

Remedies: These suggested activities and healing modalities that can help bring a sign back into balance.

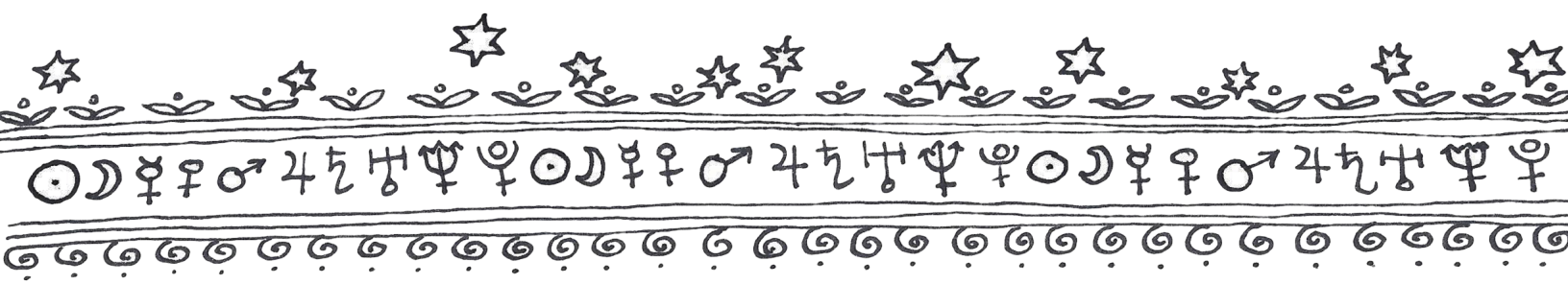
Gifts: Every sign has healing gifts and energies to offer.

Rituals: These are suggested ritual and magickal actions you might take to tap into the energy of a sign.

Guardian Herbs: These are herbs that embody the energy of a sign. Aries herbs, for example, are generally warming and invigorating such as Ginger (*Zingiber officinalis*).

Remedy Herbs: These are herbs that help bring errant, imbalanced or weakened signs back to a place of balance.

Flower + Gem Essences: I think Flower + Gem Essences are accessible, easy-to-use, and effective remedies so I've included some of my favorite for each sign.



The Sun in {Sign}: I will be including brief descriptions of people whose natal Sun is in the sign being discussed. There are many talented astrologers provided wise and in-depth description of each sign of the zodiac, so I will be focusing medical astrology traits of each sign.