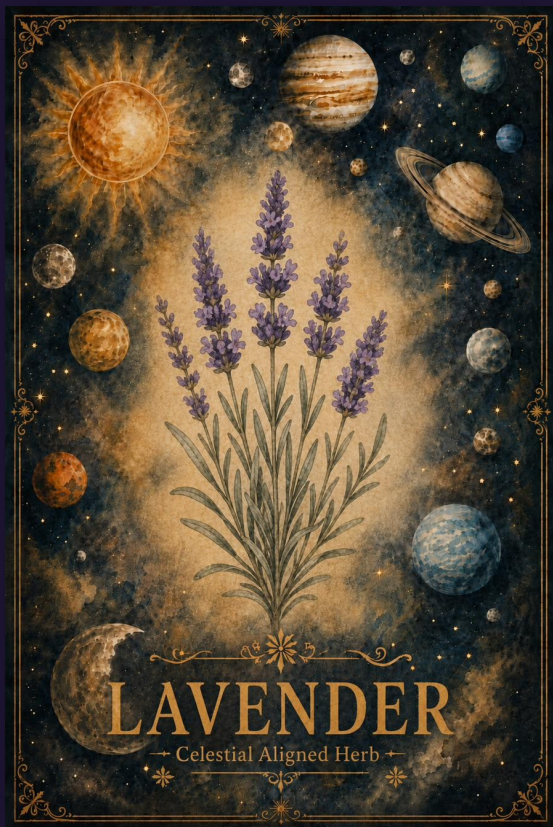


THE LITTLE BOOK OF



The Celestial Herbalist

CRYSTAL CONJURE MAGIC

Crush a single lavender flower between your fingers, breathe it in, and feel your shoulders drop. There is no scent in the world that says *calm* more immediately, or to more people. It is the smell of serenity itself — clean and cool and faintly sweet — and that immediate, bodily unclenching is lavender's whole gift.

The name tells the oldest use: *lavender* comes from the Latin *lavare*, to wash. The Romans dropped it into their baths and laundered their linen with it, and in a sense the herb has been rinsing things clean ever since — not just cloth and skin but the overwound mind. It is the great soother — laid under the pillow for sleep, tucked into a sachet against worry, breathed to loosen a knotted day. Its violet answers to the Crown, the chakra of peace and clarity, and its lifting scent does there what it does in a stuffy room: it opens a window. Lavender clears the mind not by stimulating it but by settling it — letting the noise drain off until what remains is calm.

But its governing oracle gives that calm a harder edge of wisdom. Lavender answers to *Tumbling Down* — the counsel for the time when things fall apart, when the wise response is not to fight the collapse but to stay steady, cautious, and unbroken through it. This is lavender at its truest: not a fair-weather pleasantness, but the herb you reach for precisely when the ground is giving way — the steadying scent that holds a frightened person together. Its angel Taliahad governs the Hanged Man, the card of surrender: lavender teaches the same lesson, that calm is most often a matter of unclenching, of finding peace by letting go rather than holding on.

Staying steady when things fall apart, quieting the inner critic, restful sleep and dream, and washing an overwound day clean — four gifts of the great soother. This little book gives you one working for each.

Everything here is for external charm-craft only — these flowers are held, breathed, placed, and steeped in water for washing, never eaten or brewed as tea. Do the ritual, then meet it halfway in the ordinary world.



♦ 1 • Lavender for Staying Steady — The Stones Held Fast

Pluto-Aligned Lavender · a Crystal working · the technique: "Paired Stone Practice"

Why this working. Lavender's oracle is *Tumbling Down* — the herb for the time when things fall apart, teaching you to stay steady and unbroken through the collapse rather than fight it. Under Pluto, who finds peace through breakdown and rebirth, it holds you together while the ground gives way. This working puts a charged stone in each hand — something solid to hold onto, literally, when everything else is coming undone.

You will need

- **Pluto Aligned Lavender** — the hero, to find peace through breakdown and rebirth
- **Gonggong Aligned Sage** — to keep calm and clarity in the chaos
- **Quaoar Aligned St John's Wort** — to keep a light through the dark stretch
- **Aragonite** — the keystone of grounding, stability, and staying centered
- **Celtic Sea Salt** — the steadying salt of the deep, unshaken sea
- Two small stones you can hold, and a little of the herbs

The working. This is a *Paired Stone Practice* — you hold a stone in

each hand to steady yourself. Set the **Lavender**, **Sage**, and **St John's Wort** with a little **Celtic Sea Salt** before you, then take up the **Aragonite** in one hand and a second stone in the other, one in each palm.

The charged moment. Close your hands around the stones and breathe slowly, feeling their weight — two fixed points while everything else moves. Crush a little lavender nearby and breathe the calm it carries. Feel yourself steadying: not stopping the collapse, but standing unbroken in the middle of it. Say it: *The ground gives way, and I hold steady; I bend, and I do not break.* Hold as long as you need.

Keep it. Carry the Aragonite through the hard stretch, and return to the two-stone hold whenever the ground shifts under you.

Then meet it halfway. The stones steady your hands — you still ride out the collapse one breath at a time, letting go of what can't be saved. The working holds you together; you stay standing.





♦ 2 · Lavender for Quieting the Inner Critic — The Blanket of Light

Quaoar-Aligned Lavender · a Visualization working · the technique: "Warm Blanket of Light"

Why this working. Lavender quiets the harsh inner voice — the critic that judges and berates — and settles it into acceptance, the way its scent settles a stirred-up room. Under Quaoar, who quiets the inner critic into self-acceptance, it wraps you in kindness toward yourself. This working is held in the mind's eye: a warm blanket of soft light settling over you, and under it, the critic falling quiet.

You will need

- **Quaoar Aligned Lavender** — the hero, to quiet the inner critic into acceptance
- **Sun Aligned Lavender** — for a calm, peaceful confidence in yourself
- **Quaoar Aligned Lemon Verbena** — to lighten the weight of self-judgment
- **Venus Aligned Calendula** — for warmth and gentleness toward yourself
- **Sunstone** — the keystone of self-acceptance, warmth, and quiet worth
- **Pink Himalayan Salt** — the gentle rose salt of self-kindness
- A quiet place to sit or lie down, and a little of the herbs nearby

The working. This is a *Warm Blanket of Light* — you imagine a gentle light settling over you like a blanket. Set the **Lavender**, **Lemon Verbena**, and **Calendula** with a little **Pink Himalayan Salt** beside you, hold the **Sunstone**, close your eyes, and breathe the lavender's calm.

The charged moment. Picture a warm, soft light gathering above you and settling down over you like a blanket — gentle, weightless, kind. As it covers you, feel the harsh inner voice going quiet beneath it, the judgment softening into acceptance. Let yourself be held, exactly as you are. Say it, gently: *I am wrapped in kindness; the critic goes quiet; I am enough as I am.* Rest under the light a while.

Keep it. Return to the blanket of light whenever the critic gets loud. Carry the Sunstone as a reminder of your quiet, sufficient worth.

Then meet it halfway. The blanket quiets the critic — you still speak to yourself with that same kindness through the day. The working softens the voice; you keep it gentle.





♦ 3 · Lavender for Restful Sleep — The Dreaming Bundle

Neptune-Aligned Lavender · an Herbal working · the technique: "Mini Herb Bundle"

Why this working. This is lavender's most familiar magic: the flower laid at the pillow for deep, restful sleep — and under Neptune, opener of dream and psychic sight, for the true and prophetic dreams that come to a quieted mind. This working ties a small lavender bundle to keep at your pillow, so its calm carries you down into sleep and opens the dreaming.

You will need

- **Neptune Aligned Lavender** — the hero, for restful sleep and dream work
- **Moon Aligned Elderberry** — to open the dreaming gate to true vision
- **Neptune Aligned Rosemary** — to remember what the dreams reveal
- **Labradorite** — the keystone of dream, intuition, and the inner eye
- **Epsom Salt** — clean salt, to clear the way for deep rest
- A small cloth and string to tie a bundle

The working. This is a *Mini Herb Bundle* — you tie a small bundle of the herbs to keep close as you sleep. Lay a little **Lavender**,

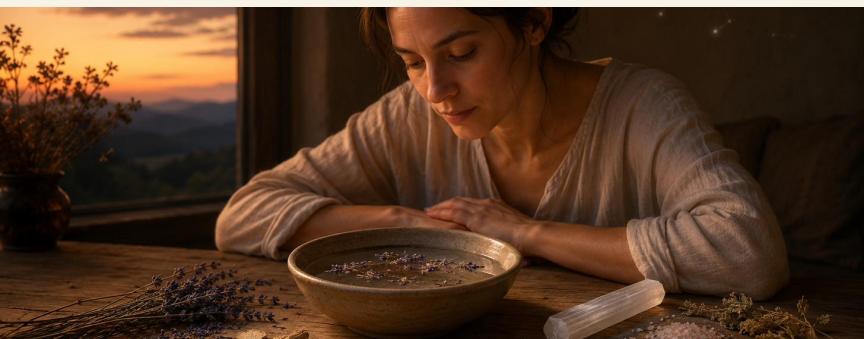
Elderberry, and **Rosemary** with a pinch of **Epsom Salt** on the cloth, rest the **Labradorite** against it to charge, then tie it into a small bundle.

The charged moment. Hold the bundle to your face and breathe the lavender deep — the scent that drops the shoulders and slows the breath. As you breathe, set the intention: deep rest, and a true dream if one wishes to come. Say it quietly: *Carry me down into calm sleep; open the dream, and let me remember.* Tuck the bundle inside your pillowcase or set it beside your head.

Keep it. Keep the bundle at your pillow, with a notebook nearby to catch any dream on waking. Refresh the lavender when its scent fades.

Then meet it halfway. The bundle carries you into calm sleep — you still keep the dark, unhurried bedtime that lets rest come. The working opens the door; you walk through into sleep.





♦ 4 • Lavender for Washing the Day Clean — The Bowl of Still Water

Mercury-Aligned Lavender · a Water working · the technique: "Bowl of Water for Reflection"

Why this working. Lavender's very name means to *wash* — and its oldest gift is rinsing the overwound day off the mind, letting the noise drain away until what remains is clear. Under Mercury, who calms and clarifies, it washes a cluttered, clamoring day clean. This working sets a bowl of lavender-touched water to look into, letting the day's noise settle out of you like silt settling in still water.

You will need

- **Mercury Aligned Lavender** — the hero, to wash the overwound day clean
- **Pluto Aligned Ginger** — to clear off what clings from the day
- **Mars Aligned Cilantro** — to ground and settle a scattered mind
- **Selenite** — the keystone of mental clarity and clean, clear light
- **Sea Salt** — the simple cleansing salt of a fresh rinse
- A bowl of clean water, and a quiet moment at the end of the day

The working. This is a *Bowl of Water for Reflection* — you look into still water to let the mind settle. Fill the bowl, dissolve a little **Sea Salt**, float a little **Lavender**, **Ginger**, and **Cilantro** on the surface, and set the **Selenite** beside it. Sit where the water is still.

The charged moment. Look into the still water and let the day come up — the noise, the clamor, the unfinished business — and then, as you watch, let it settle, the way silt settles and the water goes clear. Breathe the lavender rising off the surface. Feel the overwound day draining off you, leaving you clear. Say it: *The day settles and clears; the noise drains off; I am rinsed clean.* When the water feels still in you too, pour it away down the drain, the day going with it.

Keep it. Return to the still bowl at the end of any clamoring day. Keep the Selenite where you unwind.

Then meet it halfway. The water rinses the day off — you still set the day down for real: close the tabs, leave the work, let the evening be quiet. The working clears you; you keep the calm.



◆ Choose Your Lavender

Four kinds of calm, and there are more. Every one of the seventeen celestial bodies turns lavender toward a different peace — the Moon for restful sleep and prophetic dreams, Venus for a peaceful and harmonious love, Saturn for patient endurance and wise waiting, Mars for a composed, clear-headed courage.

Where to start:

- For **staying steady when things fall apart** → Pluto-Aligned Lavender
- For **quieting a harsh inner critic** → Quaoar-Aligned Lavender
- For **restful sleep and true dreams** → Neptune-Aligned Lavender

We did the prep. You do the magic.

[Browse the full range of Celestial Aligned Lavender →](#)



Want the whole sky?

This little book works one herb through four of its gifts. The complete system works *fifty* herbs through all seventeen — 850 alignments, a rite for every one, more than 800 pages of the *why* and the *how*.

[*The Celestial Herbalist — 2-Volume Set →](#) (its free sample is the complete Rosemary chapter — all 17 alignments)*



Get your Celestial Aligned Lavender

Ready-aligned, prepared and infused — free shipping in the U.S.

[Shop on Crystal Vaults →](#)

[Shop on Crystal Conjure Magic →](#)