THE LITTLE BOOK OF

The Celestial Herbalist

CRYSTAL CONJURE MAGIC

Spearmint is the mint you grew up with. Before peppermint's sharp cold shock there was this gentler, sweeter, homelier green — the mint of the sauce beside the lamb, of the julep and the mojito, of the chewing gum and the first cup of mint tea a child is ever given. Where peppermint clears the head like a thrown-open window, spearmint simply soothes and freshens, mild and kind, the everyday mint that asks nothing of you but to feel a little better. That gentleness is not a lesser thing; it is spearmint's whole gift.

It is the pointed-leaved mint, its bright green leaves drawn out into the little spears that named it. Its coolness comes not from peppermint's fierce menthol but from a milder, sweeter compound called carvone, which cools without biting — the gentle and friendly mint, reached for where peppermint would be too strong.

Its governing oracle, though, is anything but timid. Spearmint answers to *Pursuing the Best Course* — the hexagram of breakthrough. There is no contradiction in handing a breakthrough to so gentle an herb, for its way of clearing is the mild one: it does not blast through an obstacle but dissolves it, easing a knotted feeling, lifting a foggy head, freshening a stale mind — making the small daily breakthroughs that let a person carry on clear and light. It belongs to the Mansion of Free Spirits under Hecate, goddess of the crossroads, a reminder that even the kitchen mint keeps a little of the wild in it; and its fresh, clarifying nature answers to the Throat, the center of clear speech, under the quick rule of Mercury.

The small daily breakthrough, sweet words that win love, the nerve to speak plain truth, and the cooling of an overheated self — four gifts of the gentle mint. This little book gives you one working for each.

Everything here is for external charm-craft only — these leaves are carried, breathed, pictured, and anointed as essence, never eaten or brewed as tea. Do the ritual, then meet it halfway in the ordinary world.

✦ 1 · Spearmint for the Daily Breakthrough — The Pocket Mint

Mercury-Aligned Spearmint · an Herbal working · the technique: "Pocket Herb Charm"

Why this working. Spearmint's oracle is *Pursuing the Best Course* — but its way of breaking through is the gentle one: it dissolves the fog rather than blasting it, freshening a stale mind and lifting a foggy head into the small daily breakthrough. Under Mercury, quickener of the mind, that clearing sharpens. This working keeps a little charm of the fresh mint in your pocket, so a clearing breath of it is always within reach when the fog closes in.

You will need

- **Mercury Aligned Spearmint** — the hero, to freshen a stale mind for the breakthrough
- **Uranus Aligned Lemongrass** — for the sudden clearing of the way
- **Mercury Aligned Oak Bark** — for the steadiness to hold the new clarity
- **Amethyst** — the keystone of a calm, clear, unclouded mind
- **Herb Salt** — the fresh, savoury salt of a cleared head
- A small cloth pouch, and a little of the herbs

The working. This is a *Pocket Herb Charm* — you carry a small bundle of herb to keep its gift close. Into the pouch put a pinch of the

Spearmint, **Lemongrass**, and **Oak Bark** with a little **Herb Salt**, and tuck in the **Amethyst**. Draw it closed.

The charged moment. Hold the pouch and crush it gently between your fingers to wake the mint's cool, sweet freshness — the smell of a stale mind coming clear. Picture the fog dissolving, the knot easing, the small breakthrough opening: not forced, just cleared. Say it: *The fog dissolves; my mind comes fresh and clear; the way opens.* Slip the charm into your pocket.

Keep it. Carry the pocket mint, and crush it for a clearing breath whenever the fog closes in. Refresh the spearmint when its scent fades.

Then meet it halfway. The mint freshens the mind — you still take the cleared head to the stuck thing and work it through. The working dissolves the fog; you make the breakthrough.

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✦ 2 · Spearmint for Sweet Words — The Warm-Heart Glow

Venus-Aligned Spearmint · a Visualization working · the technique: "Heart-Space Glow"

Why this working. Spearmint sweetens the words and the charm that wins love — the gentle, kindly mint lending its warmth to what you say, so your words land soft and sweet and winning. Under Venus, who sweetens speech and charm, it warms the heart the words come from. This working is held in the mind's eye: a warm glow kindled in your chest, so that what rises from it into speech comes out sweet.

You will need

- **Venus Aligned Spearmint** — the hero, to sweeten your words and winning charm
- **Venus Aligned Spanish Moss** — for a warmth that lingers and holds
- **Venus Aligned Jasmine** — for tender, soul-deep sweetness
- **Rose Quartz** — the keystone of loving warmth and the open heart
- **Vanilla Salt** — the sweet, warm salt of endearment
- A quiet place to sit, and a little of the herbs nearby

The working. This is a *Heart-Space Glow* — you picture a warm light in the center of your chest. Set the **Spearmint**, **Spanish Moss**, and

Jasmine with a little **Vanilla Salt** beside you, hold the **Rose Quartz**, close your eyes, and breathe the mint's gentle sweetness.

The charged moment. Picture a warm, soft glow kindling in the center of your chest — the warmth of real fondness and goodwill. As it grows, feel it filling the words you are about to speak, sweetening them, softening them, making them land kind and winning. Picture the person you want to reach receiving them gladly. Say it: *My heart is warm; my words come sweet; what I say lands kind and wins.* Carry the glow into the conversation.

Keep it. Return to the heart-space glow before any conversation that matters. Carry the Rose Quartz when you speak to the one you want to win.

Then meet it halfway. The glow sweetens the words — you still say them, warmly and honestly, and let the other person answer. The working warms your speech; you speak it.

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✦ 3 · Spearmint for Plain Truth — The Nerve on the Inhale

Mars-Aligned Spearmint · a Breath working · the technique: "Intention on the Inhale"

Why this working. Spearmint frees the nerve to speak the plain truth — the thing others keep avoiding, the honest word the room needs. Under Mars, who lends that courage, the gentle mint stiffens into candor: not cruelty, just the clear, brave, necessary truth spoken plainly. This working draws that nerve in on the breath — naming the courage you need on each inhale, until you have the nerve to say the thing.

You will need

- **Mars Aligned Spearmint** — the hero, to free the nerve to speak plain truth
- **Uranus Aligned Cilantro** — to ground the truth in steadiness
- **Uranus Aligned Basil** — for the bold, original clarity of it
- **Lapis Lazuli** — the keystone of truth, honesty, and clear speech
- **Blue Salt** — the throat-blue salt of clear, brave words
- A quiet place to breathe, and a little of the herbs nearby

The working. This is an *Intention on the Inhale* — you draw in the quality you need on each breath. Set the **Spearmint**, **Cilantro**, and **Basil** with a little **Blue Salt** before you, hold the **Lapis Lazuli** at your

throat a moment, and breathe the mint's fresh, clearing coolness.

The charged moment. Bring to mind the true thing you need to say — the honest word you've been avoiding. Then breathe slowly, and on each inhale, silently draw in the nerve for it: *courage… clarity… the plain truth.* Feel the fresh mint clearing the fear off it, the words coming steady and brave. Say it, on an inhale: *I draw in the nerve; I speak the plain truth, clear and kind.* Breathe until the words feel ready.

Keep it. Return to the truth-breath before the hard conversation. Carry the Lapis Lazuli when you must say the honest thing.

Then meet it halfway. The breath frees the nerve — you still open your mouth and say it, plainly and without cruelty. The working gives you the courage; you speak the truth.

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✦ 4 · Spearmint for Cooling Down — The Cooling Touch

Sun-Aligned Spearmint · an Essence working · the technique: "Wallet or Bag Touch"

Why this working. When the self runs overheated and weary — burned out, frayed, worn thin — spearmint cools it back to life, the mild sweet coolness reviving what the heat wore down. Under the Sun, which cools an overheated, weary self back to life, its essence carries that relief with you. This working anoints something you carry every day, so a cool touch of revival goes wherever you go.

You will need

- **Sun Aligned Spearmint** — the hero, to cool an overheated, weary self back to life
- **Haumea Aligned Ginger** — to rekindle a flagging life-force gently
- **Ceres Aligned Comfrey** — for steady, renewing recovery
- **Carnelian** — the keystone of restored vitality and warm life
- **Dead Sea Salt** — the deeply restoring salt of renewal
- **Spearmint essence** (**oil**), and something you carry daily (a wallet, a bag, a small case)

The working. This is a *Wallet or Bag Touch* — you anoint something you carry every day to keep a gift close. Set the **Spearmint**, **Ginger**, and **Comfrey** with a little **Dead Sea Salt** beside you, hold the

Carnelian, and dab a small drop of spearmint essence on the corner or inside of the thing you carry.

The charged moment. Breathe the cool, sweet mint rising off the essence — the coolness that eases an overheated head and a worn-thin spirit. Picture the heat of your exhaustion lifting, the frayed edges soothed, a little life coming back. Say it: *The heat lifts; I am cooled and eased; a little life returns to me.* Carry the anointed thing through your day.

Keep it. Re-anoint the carried thing when the weariness builds again. Touch the Carnelian when you need reviving.

Then meet it halfway. The cool touch eases the heat — you still do the real cooling: the rest, the pause, the pace you can sustain. The working revives you; you let yourself recover.

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✦ Choose Your Spearmint

Four gentle gifts, and there are more. Every one of the seventeen celestial bodies turns spearmint toward a different clearing — the Moon to guard sleep and open prophetic dreams, Pluto to cut to the buried truth, Eris to say what others avoid, Jupiter to widen a narrow view with hope.

Where to start:

- For **clearing a foggy mind** → Mercury-Aligned Spearmint
- For **sweet words that win** → Venus-Aligned Spearmint
- For **the nerve to speak plain truth** → Mars-Aligned Spearmint

We did the prep. You do the magic.

Browse the full range of Celestial Aligned Spearmint →

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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)

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