



Higher Mind Incense

Listening To Incense Program

Mugwort



The magical Mugwort is a very special plant. This lunar herb is a goddess of dreaming and has been employed for thousands of years as a dream guide. Its silvery foliage gives evidence of its connection to the Moon. Mugwort is also a powerful teacher plant, sharing its many layers of wisdom with those who work with it in a sacred way. It has been a power plant for many shamanic peoples for thousands of years and has been an ally to sages and wise men and women throughout many ancient cultures of the Eastern world.

Mugwort is the common name for a number of species of plants native to Europe, Asia, North Africa, and Alaska. It is cultivated throughout the world and is often considered an invasive weed. It is a tall, airy perennial plant that grows between 3 and 5 feet in height. The silvery leaves are harvested and dried for use in incense and moxa, or bundled for smudging purposes.

Histories and Virtues of Mugwort

Mugwort has been used throughout the World for many medicinal and magical purposes. In Medieval times it was widely used as a protective herb. Travelers would carry the herb with

them as a talisman to ward off evil spirits, wild animals, and bandits. People would nail or hang the roots of the herb to a door or wall to protect the home and inhabitants from negative energies, influence, or intruders. Throughout Europe, Mugwort has long been associated with witchcraft and other esoteric traditions due to its highly magical nature.

Mugwort has long been known as a Women's herb and a Moon herb for millennia. It is commonly carried by midwives and nurses, and was originally called Motherwort for its effect on the uterus. Its Latin name *Artemisia*, links it to the Greek goddess of the Moon and mother of nature, Artemis. Another hint to its Lunar correspondence is its strong effects on dreaming. Mugwort has traditionally been placed under a pillow while sleeping, or burned before bed to induce more profound, vivid dreaming. Many people I know use mugwort in this way, including myself, always with wonderful results.

Many Asian cultures have used Mugwort for thousands of years to flavor food, as incense, and as a medicine. It is the ingredient used to make moxa, an important energetic tool in Traditional Chinese medicine and acupuncture. In Nepal and other southeastern Asian cultures, the dried leaves are traditionally used as an incense. Mugwort is an essential part of shamanic ceremonies in Nepal and in other Himalayan regions, and is carried or burned for protection from evil spirits and sickness. The plant was once commonly used as a spiritual tool to protect shamans on 'journeys' and other matters of the spirit world.

In traditional European medicine, Mugwort has been used to reduce tension, calm the nerves, and to induce sleep in insomnia patients. In Traditional Chinese medicine and herbalism, the fibers and hairs from the leaves of Mugwort are powdered and formed into moxa sticks to be burned as 'moxibustion.' The sticks are lit with a flame and the burning ember is held over different acupuncture points, energy meridians, cold, stiff joints, and other stiff areas of the body to increase *Qi* movement, energy, blood circulation, and warmth. This process is also used to draw out toxins from joints where there is a lack of blood flow. Research of physicians using moxa during pregnancy has shown it to cause uterine contractions and increases fetal movement in certain cases.

Mugwort also has a reputation of healing many respiratory ailments such as cold, cough, asthma, bronchitis, and sore throat. The dried, powdered leaves are used as a snuff to relieve sinus congestion (Mars, Brigitte).

Magical and Metaphysical Uses

Mugwort is known all around the World as a magical plant. As we learned from the history of this herb, it has been used for many metaphysical and magical purposes for thousands of years. It is a strong ally in the dreamworld, enhancing the dreaming experience and bringing about higher wisdom for conscious dreamers. As a potent Moon, Venus, and Women's herb, it helps to bring out a more feminine side in people when anger, frustration, or strong, intense masculine or Yang energies are overpowering.

Ancient Chinese healers would often use the powdered herb to aid in clearer communication with the spirit world. It is used by many shamanic cultures of the Himalayas as a spiritual protector during shamanic journeying and trance states. In all of the ancient traditions who used this herb, it was universally known as a powerful herb of protection.

Latin Name: *Artemisia vulgaris*, *A. argyi*, *A. douglasiana*, *A. frigida*, *A. lactiflora*, *A. ludoviciana*

Other Names: Chinese Mugwort, Moxa, Felon Herb, Cudweed, Naughty Man

Family: Asteraceae

Planet: Moon, Venus

Element: Water

Chakra: Crown

Parts Used: aboveground plant

Aroma: woody, green, herbaceous, dry