



Folk Magic and Botanical Traditions

EXPLORING THE ROOTS OF
NORTH AMERICAN HERBALISM



Learning Objectives



TODAY WE WILL EXPLORE THE HISTORICAL ORIGINS OF NORTH AMERICAN FOLK MAGIC AND IDENTIFY LOCAL BOTANICAL SPECIES. WE WILL LEARN THE SAFE ETHICS OF HARVESTING, THE FOLKLORE OF SPECIFIC TREES, AND THE PRACTICAL APPLICATION OF HERBAL INFUSIONS IN DAILY LIFE WHILE NAVIGATING THE DIFFERENCE BETWEEN APPRECIATION AND APPROPRIATION.



Key Vocabulary



CORRESPONDENCE

THE SYMBOLIC LINK
BETWEEN A PLANT
AND A SPECIFIC
INTENTION OR
PLANETARY ENERGY.



SUSTAINABILITY

HARVESTING
PRACTICES THAT
ENSURE THE PLANT
THRIVE.
POPULATION
CAN
REGENERATE
AND



INFUSION

A LIQUID EXTRACT
MADE BY SOAKING
BOTANICAL MATERIAL
IN A SOLVENT,
USUALLY HOT WATER.



HARVEST

THE ACT OF
GATHERING RIPE
CROPS OR WILD
PLANTS AT THEIR
PEAK
POTENCY.



Raven Sky
THE WITCH CLUB CREATIONS

HISTORICAL CONTEXT



Trees of Virginia

WHITE OAK

RED CEDAR

BLACK GUM

LONGLEAF PINE

RED MAPLE

SASSAPARILLA

WHITE OAK

SWEET GUM

EASTERN REDBUD

TAUP POPLAR

BIRCH

VIRGINIA PINE

SWEET MAPLE

BACCHARIS

AMERICAN BIRCH

The Language of the Woods

PLANTS AREN'T JUST INGREDIENTS; IN FOLK MAGIC, THEY ARE 'SPIRITS' WITH SPECIFIC CHARACTERS AND STORIES.

WHITE PINE (PINUS STROBUS)

'TREE OF PEACE' FOR THE HAUDENOSAUNEE.
USED FOR CLEANSING AND PROTECTION.



MUGWORT (ARTEMISIA VULGARIS)

COMMON 'WEED'. USED FOR LUCID DREAMING
AND DIVINATION. BURNED OR PLACED UNDER
PILLOWS.



WATCH OUT
AVOID IF PREGNANT; IT MAY
STIMULATE THE UTERUS.



Folk Magic and Earth Medicine

THE LIVING TRADITIONS OF
BOTANICAL WITCHCRAFT IN NORTH
AMERICA



Learning Journey

BY THE END OF THIS SESSION, YOU WILL BE ABLE TO TRACE THE CULTURAL ROOTS OF NORTH AMERICAN FOLK MAGIC, IDENTIFY LOCAL HERBS SAFELY, AND UNDERSTAND THE ETHICAL RESPONSIBILITIES OF MODERN PRACTICE.

◆ KEY POINT

WE WILL FOCUS ON THE HARMONY BETWEEN BOTANICAL SCIENCE AND TRADITIONAL FOLKLORE.



Key Terminology



**CORRESPONDENCE –
THE BELIEF THAT A
PLANT'S PHYSICAL
TRAITS REFLECT ITS
SYMBOLIC
OR MAGICAL USE.**



**SUSTAINABILITY –
PRACTICES
ENSURING
BOTANICAL
RESOURCES ARE
PRESERVED FOR
FUTURE GENERATIONS.**



**INFUSION – A
METHOD OF
EXTRACTING PLANT
PROPERTIES BY
STEEPING
MATERIALS IN
HOT LIQUID.**



**HARVEST – THE ACT
OF GATHERING
PLANT MATERIALS
AT THEIR PEAK
POTENCY AND
VITALITY.**



Roots of the Craft

A MELTING POT OF MAGIC



DID YOU KNOW THAT 'WITCHCRAFT' IN NORTH AMERICA IS ACTUALLY A BLEND OF DIVERSE SURVIVAL STRATEGIES? FOLK MAGIC EMERGED FROM THE NECESSITY OF EARLY SETTLERS, ENSLAVED PEOPLES, AND INDIGENOUS KNOWLEDGE SHARING.

FROM THE APPALACHIAN 'GRANNY MAGIC' TO THE HOODOO TRADITIONS OF THE SOUTH, THESE PRACTICES UTILIZED WHAT WAS AVAILABLE IN THE WILD TO HEAL AND PROTECT.



REMEMBER

CULTURAL APPRECIATION MEANS LEARNING THE HISTORY; APPROPRIATION IS USING SACRED SYMBOLS WITHOUT PERMISSION OR CONTEXT.

Local Botanicals & Safety



IDENTIFICATION

MUGWORT (*ARTEMISIA VULGARIS*)

COMMON IN CANADA, USED FOR DREAM WORK AND PROTECTION. SAFETY: AVOID IF PREGNANT.

WHITE PINE (*PINUS STROBUS*)

THE 'TREE OF PEACE.' USED IN SACHETS FOR CLEANSING. HIGH IN VITAMIN C, BUT DISTINGUISH FROM TOXIC YEOW.



WATCH OUT

NEVER INGEST PLANTS UNLESS YOU ARE 100% CERTAIN OF THEIR IDENTIFICATION AND SAFETY.



Practical Application



TRANSFORMING HERBS INTO RITUAL TOOLS REQUIRES PATIENCE TO PRESERVE THEIR SPIRIT AND PROPERTIES.



HARVESTING: PICK
HERBS MID-MORNING,
AFTER DEW
EVAPORATES BUT
BEFORE PEAK SUN.

DRYING: HANG HERBS IN
SMALL, DARK, WELL-
VENTILATED BUNDLES
TO PREVENT MOLD.

STORING: SEAL DRIED
HERBS IN AIRTIGHT GLASS
JARS AWAY FROM
LIGHT TO MAINTAIN
POTENCY.

Reviewing the Craft



IMAGINE YOU ARE CREATING A PROTECTION SACHET USING LOCAL CANADIAN PLANTS. WHICH PLANTS WOULD YOU CHOOSE, AND WHAT ETHICAL STEPS WOULD YOU TAKE BEFORE HARVESTING THEM?

Reviewing the Craft



YOU MIGHT HAVE SAID...

IDENTIFICATION OF LOCAL PLANTS LIKE WHITE PINE OR CEDAR. APPLYING THE 'ONE-IN-TEN' RULE FOR SUSTAINABILITY. RESEARCHING THE CULTURAL HISTORY TO AVOID APPROPRIATION. CONSIDERING THE CORRESPONDENCES OF THE CHOSEN PLANTS.

