

**Sunday, January 13, 2008**

Greetings and Happy New Year to all my friends! This blog is the first step in my personal journey for the upcoming year - which is to get myself out there and connect with the world in ways that are not necessarily comfortable and/or familiar to me. With the Age of Aquarius heralding technology, in all its shiny and efficient glory, it becomes increasingly important for us to roll with the changes. As individuals we have to make a point of tuning into the "collective consciousness" and learning to speak to each other in this new and universal language we call the Internet.

So, with that being first and foremost on my agenda for 2008, this blog is the starting point for me to really spread my wings and make my personal vision a reality. In the upcoming weeks I will be blogging about topics I feel are both relevant and educational; such as Moon and planetary placements, Stones, Herbs, alternative Healing methods, and many other various and assorted subjects of wonder. As always, if you need more in-depth information, or would like to inquire about a class or workshop, please visit my website at <http://www.amethystdreams.biz/>, or email me through the site.

Namaste,  
Rev. Aislinn Awatake Firehawk, LMT

Today we will be covering the **Pisces Moon, Amethyst, and Rosemary.**

**Moon Phase:** Waxing Crescent, 22% Visible, Age: 4 days 12 hours 22 minutes.

**Moon in Pisces:** Influences; sensitive, compassionate, and psychic. The Pisces Moon will enhance your empathic and intuitive abilities more than any other Moon. The detriment comes from your susceptibility to the opinions of others; you can be led to distrust your inner thoughts and feelings. In matters of love, be more careful than usual. During this Moon you are inclined to look at things through rose-colored glasses; your feelings for another may be unusually strong due to your current emotional state. If you wear your heart on your sleeve under the empathic influence of this Moon, you could pick up on the feelings of others and mistake them for your own.

**Stone: Amethyst**



**Tarot association:** XIV – Temperance.

**Folk names:** Dogtooth Chevron Amethyst, Spiritual Crystal.

**Colors:** Dark purple with violet, clear and white areas; bluish purple to almost white.

**Sources:** Brazil, Uruguay, Sri Lanka, Canada, Russia, Zambia, Czechoslovakia, and parts of East Africa.

**Healing properties/uses:** acne, alcoholism, allergies, arthritis, asthma, blood (cleanses), blood clots, bones (strengthens), circulatory system, diabetes, digestive system, emotional states, endocrine glands

(balances), eyes, gout, headache, health maintenance, hearing disorders, heart (soothes), hormone production (bolsters), hunger (suppresses), hyperactivity, immune system, insomnia, lungs, memory, mental tension and disorders, metabolism, migraine, neural signals (aids in transmission), pain control, sedates, self-healing, sinuses, skeletal system (strengthens), skin, stomach (soothes), stress, sympathetic nervous systems (strengthens), teeth, tension, troubled sleep.

**Primary Chakra Aid:** Solar Plexus, Third Eye, Crown.

**As a favorite stone:** An Amethyst person is very spiritual and thoughtful. You look for higher values, rather than for practical things. You are a regal, purple color. You are intuitive and sensitive as well as spiritual. As a lover of Amethyst, you help others to get in touch with their faith. Sometimes, it is hard to tell you what to do, for you know already what you want. Your complement is an Agate to help bring you down to earth.

**Energy:** Receptive/Feminine.

**Deities:** Bacchus, Dionysus, Diana.

**Astrological Influences:** Sagittarius, Pisces, Taurus, Aries, Capricorn.

**Planetary Influences:** Jupiter, Neptune, Pluto, Mars.

**Elemental Correspondences:** water, beyond physical senses and elements, air, earth.

Amethyst is a good stone to have on hand at all times for all the reasons mentioned above. It is extremely helpful in calming hyperactive children, particularly because the child is attracted to its beauty and will hold it, thereby absorbing the gentle, calming energies of the stone. It works on many levels and aspects of one's being – at the edges and borders of perceptions – where the mysteries are held. This can be both helpful and, on occasion, a hindrance (as Amethyst does not allow self-deception). When one is faced with acknowledging oneself, the time has come for self examination and spiritual growth on every level. Working with people in various states of health and healing has allowed me many opportunities to use this versatile stone on both myself and my clients. As with all things, you are highly encouraged to explore and try Amethyst to see how it affects you and your lifewalk.

**Herb: Rosemary** (*Rosmarinus Officinalis*)

**Folk Names:** Compass Weed, Dew of the Sea, Elf Leaf, Guardrobe, Incensier, Libanotis (Greek), Polar Plant, Sea Dew.

**Description:** Rosemary is an evergreen shrub originating in the Mediterranean area and is now widely cultivated for its aromatic leaves and as a kitchen seasoning. The numerous branches have an ash-colored, scaly bark and bear opposite, leathery, thick leaves which are lustrous and dark green above and downy white underneath. They have a prominent vein in the middle and margins which are rolled down. The pale blue (sometimes white) flowers grown in short axillary racemes, blooming during April and May, or later in cooler climates.



**Medicinal Parts:** Leaves, flowering tops.

**Medicinal Properties:** Antiseptic, antispasmodic, aromatic, astringent, baldness (prevents), bile production (promotes), blood pressure, brain (gives vitality & health), bruises, cholagogue, circulation (improves), convulsions, dandruff, diaphoretic, digestive, dropsy, eczema, emmenagogue, eye wash, female problems, flatulence, gall bladder, halitosis, headache, heart tonic, high blood pressure, hysteria, insomnia, liver function (promotes), memory (strengthens), menstruation, migraines, nervine, prostate, rheumatism, rubefacient, scrofulous sores, spasms, stimulant, stings, stomachic, tonic, wounds.

**Active Ingredients:** Vitamins A and C, calcium, iron, magnesium, phosphorus, potassium, sodium, zinc.

**Cautions:** Do not administer to pregnant women or children! Excessive amounts of Rosemary taken internally can cause fatal poisoning!

**Magical Aspects:** Exorcism, healing, love, lust, mental powers, protection, purification, sleep, youthfulness

**Magical Uses:** When burned, it emits powerful cleansing and purifying vibrations, especially prior to performing any kind of magical working. When placed beneath the pillow, it ensures a good night's sleep and keeps nightmares at bay. When Rosemary is laid under the bed, it is said to protect the sleeper from all harm. Rosemary is hung on the porch and doorposts to keep thieves from entering your home. Carry it to promote health maintenance. When placed in the bath, Rosemary will aid in ridding one of impurities on the skin and in the aura. When worn about the head, it will aid in memory retention. Smelling the wood and adding an infusion to your bath is said to preserve youthfulness. It has strong curative vibrations, so it can be readily used in healing poppets. If the hands are washed in an infusion of Rosemary prior to any healing work, it will ensure that all energies delivered are clean and uncontaminated with the Healyist's energies. Mixed with Juniper berries and burned in the sickroom, it is said to promote healing and alleviate the space of unwanted airborne germs. If you wish to receive knowledge or an answer to a question, burn Rosemary on a charcoal and inhale a bit of its smoke to ensure clear reception. If grown, it will attract elves. Powdered leaves wrapped in linen and bound around the right arm aids in dispelling depression and lightening the emotions. It can readily be used as a substitute for Frankincense as both herbs have similar properties. Rosemary will also enhance the sacredness of any ceremony. If you have a tendency towards over-nervousness when facing an interview, carry Rosemary to boost your fortitude.

**Gender:** Masculine/Yang

**Planetary Influences:** Sun

**Elemental Influences:** Fire

**History:** Rosemary is one of the oldest incenses. It has been used in both weddings and funerals, and is a favorite among the green herbs. It has such a strong, volatile oil that both Pagan and Christians use it in their incenses. When used as a funereal herb, it was cast upon the lowering coffin so that all would remember with love and fondness the departed and that we inhabit mortal bodies as we walk this earth. Solomon used Rosemary as an aspurger so that its qualities would work their magic when he sprinkled holy water about his temple.

I really love the winter months for all the fantastic soups and stews I create at this time of year! And, needless to say, Rosemary is an ingredient that is almost standard with all these! I also use Rosemary for washing my hair as it helps it to remain shiny and clean looking between washings. It is also one of the "secret" ingredients in my Hair Growth Stimulator. For those of you that have known me for awhile, you know that I used to have short hair because it was so thin that it didn't look very good longer. Now, I have very thick hair due to using this formula weekly for about a year. It is also a great additive for liniments, and other conditions that require "fiery" herbs.