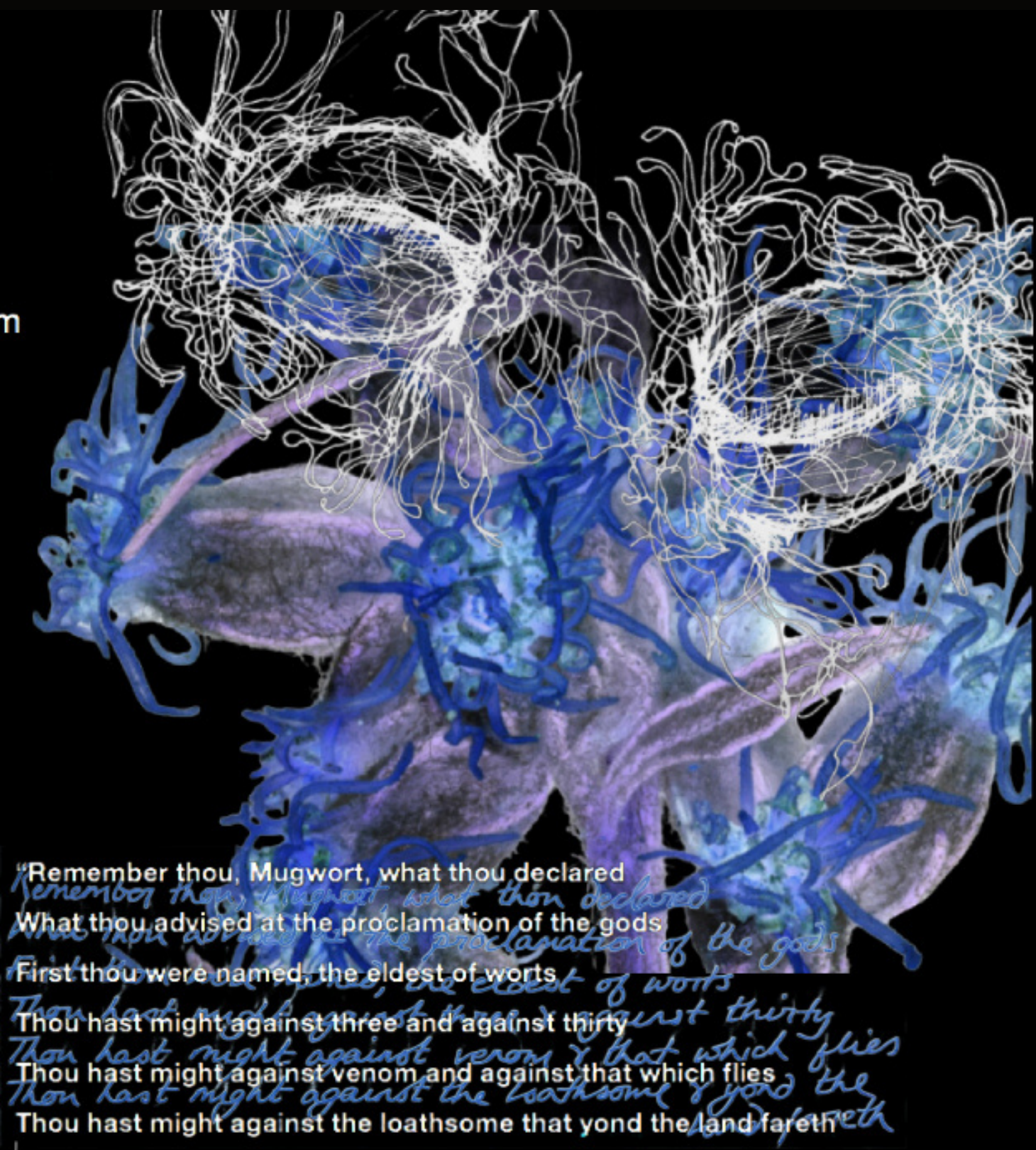


Mugwort - The Lucid Dreaming Herb

Pronounced 'wuht', derived from the Old English 'wyrht' meaning plant, a medicinal herb from old stock with ancient roots - if a weed is a plant in the wrong place, then Mugwort it seems is in the wrong time too - historically this curative has been revered and used for over 2000 years as a herbal medicine, a sacred and 'visionary' herb to the Anglo Saxons, known as Mater Herbarium (Mother of Herbs) and one of the nine sacred healing herbs of the medical compilation known as the [Lacnunga](#) (Remedies) manuscript kept in the British Museum. Mugwort tops the Nine Herbs Charm, used in incantation when working and mixing herbs:



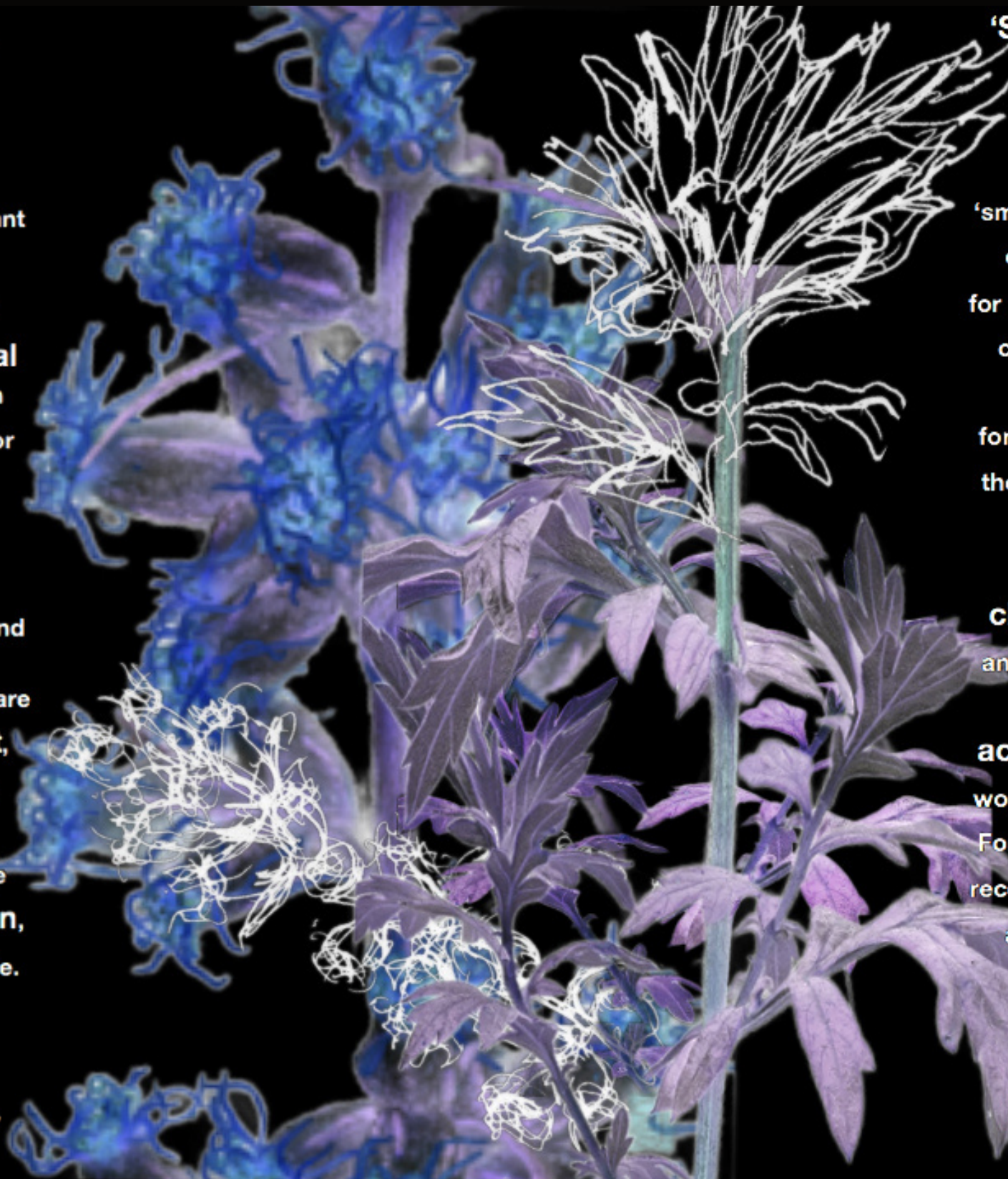
Remember thou, Mugwort, what thou declared
What thou advised at the proclamation of the gods
First thou were named, the eldest of worts
Thou hast might against three and against thirty
Thou hast might against venom & that which flies
Thou hast might against the loathsome & yond the land fareth

Mugwort can be found on **Sheppey**, along with other native **uncultivated** plants, often dubbed **weeds**, growing naturally in the environment self-seeding on infertile wasteland without help and despite environmental challenges. Part of mighty plant genus **Artemisia**, whose contemporary medicinal uses include malaria **treatment** and 'potent and broad anti-cancer properties in cell lines and animal models' (US NIH) Mugwort specifically is also known as an [oneirogenic](#), a substance which produces or enhances **dreamlike** states of consciousness, containing '[thujone](#)' the active component of absinthe, an "excitatory on the brain (analeptic)...which may produce mood **elevation** and antidepressant effects." (Richard W. Olsen NIH) Sheppey is home to a large collection of medicinal rare **wildflower** species such as Stinking **Goosefoot**, Bulbous Foxtail, Hairy Vetchling, **Flixweed**, Lesser Calamint, Annual **Knawel**, Sea Clover, [Bithynian Vetch](#) amongst hundreds of other less rare and more commonly known medicinal plants such as **Valerian**, **Milk Thistle**, **Cuckooflower** and White Dead-nettle.

Useful Wildflower resources..

Wildflower researching resource wildflowerweb.co.uk

Nature Guide Simon [Ginnaw](#) runs tours at [Elmley Nature Reserve](#), Sheppey for Wildflower Identification throughout the summer elmleynaturereserve.co.uk



'**Smudging**' is the ritual tradition used by indigenous American and Canadian peoples of **burning** one or more medicines gathered from the **earth**: a 'smudge ball' is made from the dried **leaf** of the plant and rolled into a small **ball** for burning; placed in a container - a shell, ceramic/stone bowl or copper/cast iron pan; once lit the **smoke** is pushed forward with a **feather** or fan. Implicit in the **ritual** is an understanding that **all** of life is a **ceremony**, that nothing is excluded - 'when we smudge, we first **cleanse** our heads, eyes, ears, mouths and **bodies**. These actions remind us to think **good** thoughts, see good **actions**, hear good sounds, speak good words and show the good of who we are.' For best effects in **lucid dreaming** it is recommended at night, the dried herb can also be put in your pillow case or made into a **night time tea**.

NB. Never use Mugwort when **pregnant** as it causes the uterus to contract.