

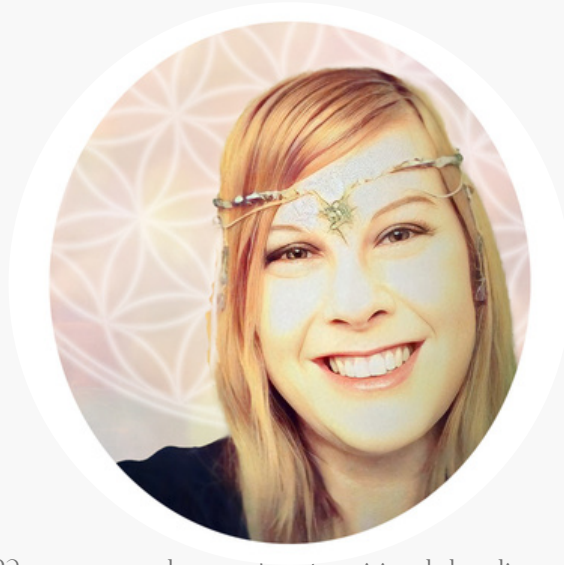
# WORMWOOD KEEPER OF THE THRESHOLD

Workshop & Ritual



THE FAERY STAR  
TEMPLE

# REMEMBER WHO YOU ARE...



Joanna has devoted more than 23 years to the path of spiritual healing, with nearly 20 years of professional experience in energy-based modalities and holistic practice. Her work bridges the mystical and the practical — rooted in earth-based traditions, plant medicine, sound healing, and subtle energy work, while supported by extensive formal training and certification.

At the heart of Joanna's practice is a deep relationship with the natural world. She works in alignment with the wisdom of plants, stones, sound, and the living energies of land and spirit. Through this connection, she gently supports others in releasing what no longer serves, restoring balance, and reconnecting to their own inner guidance. Joanna does not position herself as someone who "fixes" or overrides another's path. Instead, she holds compassionate and grounded space for healing to unfold organically — guided by intuition, experience, and respect for each individual's sovereignty.

Her work weaves together modalities including:

- Plant Wisdom Medicine — flower essences, herbal preparations, and aromatherapy
- Sound Healing — crystal singing bowls, drumming, and tuning forks
- Reiki (Usui & Karuna) and energy balancing
- Shamanic healing practices and soul integration work
- Crystal healing and elemental energy work
- Spiritual life coaching and holistic wellness support

Joanna offers private sessions and classes in Arizona, as well as virtual sessions for clients worldwide. The Faery Star Temple is an extension of this calling — a sanctuary created as an act of service, gratitude, and care for those navigating change, grief, awakening, or renewal.

[www.hedgefaeryherbals.com](http://www.hedgefaeryherbals.com) / [www.thefaerystartemple.com](http://www.thefaerystartemple.com)  
[earthandskyspirit@gmail.com](mailto:earthandskyspirit@gmail.com)



## PLANT SPIRIT: WORMWOOD

### *Artemisia absinthium*

Wormwood is a silver-green guardian of edges and unseen crossings. With its soft, feathery leaves and bitter scent, it has long been associated with protection, psychic clarity, and the ability to perceive what lies just beyond ordinary sight.

Belonging to the Artemisia family — named for the moon and the huntress sacred to both Artemis and Diana— wormwood carries strong lunar and liminal currents. In most herbal books you read-one will most likely place planetary alignment for this herb firmly under Mars and the Fire Element, however, in my personal workings with this amazing spirit, she comes to me as most definitely lunar aligned. Most plants of Mars do not have silvery soft leaves that practically glow under the full moon light, they are defensive plants most often with thorns. Please keep this in mind as you work with her and note how she approaches you in your own workings.

It grows in open landscapes and often thrives where the soil is poor, teaching resilience and discernment. Traditionally, wormwood has been used in folk magic, protection charms, dream work, and rites of divination. Its energy is sharp yet steady, clarifying rather than clouding.

Metaphysical & Magical Associations:

Element: Air (with subtle Fire undertones)

Planetary Correspondence: Moon & Mars

Magical Themes:

- Protection of sacred space
- Heightened intuition
- Dream work & visioning
- Clearing stagnant or intrusive energy
- Boundary strengthening
- Veil-thinning rituals (performed with grounding)

Wormwood is not a plant of softness. It is a plant of clarity. Its medicine is not about comfort — it is about perception.

## Wormwood as Hinge Between Worlds

Wormwood is often regarded as a threshold plant — one that stands between visible and invisible realms.

In folklore and occult traditions, it has been used to:

- Enhance divination practices
- Support scrying and mirror work
- Deepen dream states
- Guard against unwanted energies when working with spirit



# WORMWOOD & SERPENT CURRENT; THE ENERGETIC CONNECTION

Wormwood and snake medicine share a subtle but striking resonance.

Both are guardians of thresholds.

Both are misunderstood.

Both carry the power of discernment.

In magical symbolism, the serpent represents:

- Shedding of old skin
- Cyclical rebirth
- Hidden wisdom
- Grounded instinct
- Movement between worlds

Wormwood mirrors this current in plant form.

Where the serpent sheds illusion through transformation, wormwood pierces illusion through clarity.

Where the serpent moves along the earth's surface and into hidden places, wormwood grows in liminal soils — edges, roadsides, forgotten spaces — thriving where others do not.

## Bitterness & Shedding

Wormwood is known for its bitterness.

In esoteric symbolism, bitterness represents truth unadorned.

The serpent does not soften reality — it teaches adaptation.

Together, they speak of:

- Releasing what no longer fits
- Shedding outdated identities
- Facing truth without dramatizing it
- Protecting one's energetic field

This is not chaotic magic.

It is grounded transformation.

## Serpent as Veil Walker

Serpents in folklore often move between:

- Surface and underground
- Life and death symbolism
- Conscious and unconscious realms

Wormwood, as a hinge plant, supports this same movement — but only when approached with sovereignty and grounding.

In ritual, pairing serpent symbolism with wormwood may support:

- Discernment in spiritual work
- Stronger energetic boundaries
- Shedding false narratives
- Awakening instinctual wisdom

Wormwood belongs to the Artemisia family — lunar, intuitive, and protective.

Serpent energy is often chthonic (earth-rooted) and cyclical.

Together, they create a current of:

Moon above.

Earth below.

Clarity between.

# RITUAL: THE WORMWOOD THRESHOLD RITE

Purpose:

*To strengthen perception while remaining grounded.*

*To consciously stand at the veil without being pulled through it.*

You Will Need:

- A small bundle or sprig of dried wormwood
- A bowl of salt
- A small mirror or dark bowl of water
- A white or silver candle

Preparation

Perform this ritual at dusk or under the waxing or full moon.

Place the salt before you as grounding.

Place the mirror or bowl of water at eye level.

Keep wormwood nearby but not burning yet.

Take three steady breaths.

Opening

Light the candle and say:

*I stand at the hinge of worlds,*

*Rooted in earth,*

*Clear in mind,*

*Sovereign in spirit.*

Sprinkle a pinch of salt in your palm and touch it to your heart.

## The Wormwood Smoke

Light the wormwood gently and allow it to smolder.

Fan the smoke lightly around your head and shoulders.

Say:

*Silver guardian of clear sight,*

*Keep what is mine and dissolve illusion.*

*Let me see only what serves my path.*

Extinguish the wormwood fully once finished.

Look softly into the mirror or water.

Do not strain, Simply notice.

Touch the salt again and say:

*The veil returns to its place.*

*I return fully to myself.*

Blow out the candle.

Eat something small afterward to ground.

## Safety & Respect Note

Wormwood is a potent herb traditionally used in small amounts and with care. This workbook focuses on aromatic and ritual use only. Always research thoroughly before ingesting any herb and consult qualified professionals regarding physical use.



# RECORD YOUR EXPERIENCE

After your ritual, be sure to take notes on your experience. This way you can look back and gain more insights at a later time after the energies have had time to integrate.

DATE:

WHAT DO I WANT TO REMEMBER ABOUT THE EXPERIENCE?

HOW DID I FEEL AFTER THE RITUAL? IS THERE SOMETHING I REALLY WANT TO REMEMBER?

ADDITIONAL NOTES:

A large, empty white rectangular area intended for additional notes, occupying the majority of the page below the 'ADDITIONAL NOTES:' header.

# ABOUT THE FAERY STAR TEMPLE

The Faery Star Temple is a living sanctuary of freely offered healing music, rituals, meditations, and earth-rooted teachings created for these tender and transformative times. Woven from the seven-pointed Faery Star and guided by reverence for land, spirit, and subtle energy, the Temple holds offerings in plant wisdom, stone medicine, animal kinship, sound healing, sacred compost, and deep remembering. It is not a course to complete or a path to follow perfectly. It is a place to rest. To release what no longer serves. To reconnect with your own sacred medicine.

New offerings are added slowly and intentionally, guided by seasonal rhythms and inspiration, allowing the Temple to grow organically — just as all living things do.

All core offerings within the Temple are freely given as an act of service, gratitude, and care for the collective. You are always welcome to enter.

## The Faery Star Temple - Sanctuary

In addition to the online Temple, Joanna is now opening The Faery Star Temple Sanctuary, an intimate healing studio devoted to one-on-one sessions, small group circles, Reiki trainings, sound baths, and earth-based classes. Rooted in over two decades of healing practice, the Sanctuary is designed as a warm and steady space for restoration, release, and deep alignment. Private sessions are available by appointment. If you feel called to work more personally, you are warmly invited to learn more and connect.

## CONTACT INFORMATION

[www.hedgefaeryherbals.com](http://www.hedgefaeryherbals.com)

[www.thefaerystartemple.com](http://www.thefaerystartemple.com)

[earthandskyspirit@gmail.com](mailto:earthandskyspirit@gmail.com)

