

# Herbal Allies for Frequency & Body Protection

These herbs weren't made in a lab. They don't come with fine print.

These are **the original protectors** — plants that know how to cleanse, defend, rebuild, and guide.

Use them with intention. They respond to energy. When you treat them like allies, they act like it.

## ■ **CLEANSING & PROTECTION HERBS**

**Mullein** – clears lungs, soothes grief, cleanses inner static

**White Sage (ethical)** – clears spiritual interference and psychic clutter

**Cedar** – drives out entities, ancestral guard herb

**Rosemary** – mental clarity, energetic protection, memory of who you are

**Holy Basil (Tulsi)** – balances energy, calms nervous system, shields field

**Black Walnut** – internal cleansing and parasite defense

**Clove** – clears energetic gunk, powerful for spiritual disinfection

**Mugwort** – dream work, astral travel, dark energy deflector

**Hyssop** – clearing for guilt, shame, and heavy spiritual residue

## ■ **REBUILDING & VIBRATION BOOSTING HERBS**

**Dandelion Root** – liver, solar plexus, boundaries

**Burdock Root** – blood cleanser, grounding

**Nettle** – nervous system reset, energy flow

**Lemon Balm** – heart calming, light field nourishment

**Mint** – mental focus, throat chakra energizer

**Lavender** – frequency stabilizer, field balancer

**Ashwagandha** – adrenal repair, energetic restabilization

**Shatavari** – feminine balance, sacral flow

**Ginger** – blood mover, spiritual warmth

## ■ **HOW TO USE**

- Brew into teas or tinctures
- Add to ritual baths or oil infusions
- Burn dried herbs with intention
- Sleep with a bundle near your bed
- Speak to them. Set your intention. Use with reverence.