

Elemental rulers for selected herbs

Air is the element of beginnings, the intellect, and the East. Very often these herbs will be aromatic, or have some subtle effect on the mind or spirit. They can help 'blow away' obstructions and congealment. They can have light, wispy shapes or reach, slender, into the air. Usually harvested for above-ground parts.

Comfrey
Eyebright
Mugwort
Thyme

Elder
Lavender
Peppermint
Wormwood

Fire is the element of passion, power, and the South. These herbs will have a spicy, strong taste and are usually very warming. Also, some can sting or irritate (burn) the skin. Often, their flowers will be of a fiery color (yellow, orange and red), and they can come in all shapes and sizes. Usually harvested for above-ground parts.

Angelica
Wood Betony
Hawthorn
Mullein
Rosemary

Basil
Garlic
Calendula
Nettle
Rue

Water is the elements of emotions, empathy, love, and the West. Always cooling and soothing, these herbs can help us reconnect to our feelings, ease tension, and relax inflammation. You will often find them in a moist setting, or in partial shade where they seem to do well. Harvested for all parts.

Burdock
Catnip
Echinacea
Poppies
Valerian

Chamomile
Elecampane
Meadowsweet
Rose
Blue Vervain

Earth is the element of wisdom, stability, and protection. Through Earth herbs we return to our centers, we are nourished and cared for. There is a direct affinity here with our physical body, giving direct, material healing to tender parts. Often harvested for their roots, these plants can also exhibit a 5-pattern in their leaves and flowers.

Black Cohosh
Horehound
Sage

Cinquefoil
Pennyroyal
Slippery Elm