



# Mugwort – Dreaming Herb, Womb Ally & Energetic Gatekeeper

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## Botanical Profile

- Latin Name: *Artemisia vulgaris*
- Alternative Names: Cronewort, St. John's Plant, Traveler's Herb
- Plant Family: Asteraceae
- Parts Used: Leaves, flowering tops, root (occasionally)
- Origin: Native to Europe, Asia, and North Africa

Mugwort is a sacred and storied herb with deep roots in ancestral medicine, womb wisdom, and the dreaming world. Known for its ability to stimulate intuition, regulate cycles, and protect the energetic field, Mugwort is both mystical and medicinal. At Peridotflow Wellness Centre, we work with Mugwort as a threshold herb—supporting vision, release, and the return to rhythmic flow in body and spirit.

## Enhances Dreams and Intuition

Mugwort is famed for its dream-enhancing properties. When taken as tea or placed under the pillow, it promotes vivid dreams, lucid awareness, and deeper connection to subconscious messages. It's a powerful ally for dreamwork, divination, and spiritual journeying, helping one access the inner realms with clarity and safety.

## Supports Menstrual Flow and Womb Vitality

Mugwort is a strong emmenagogue, helping to stimulate delayed menstruation and bring balance to irregular or stagnant cycles. It increases pelvic circulation, relieves cramping, and supports uterine tone. Often used by traditional midwives, it is known as a protective and clearing herb for the feminine center.

## Stimulates Digestion and Clears Stagnation

With its bitter and aromatic nature, Mugwort activates digestive secretions, helping to relieve bloating, gas, and sluggish metabolism. It is especially supportive where digestive function is cold, stagnant, or accompanied by poor appetite. It's often taken before meals to awaken the fire of digestion (Agni).

## Energetic Protection and Clearing

Used in smudging and energetic baths, Mugwort clears heavy or stagnant energy and protects the auric field. It is a guardian at the threshold—called upon in ritual, ceremony, and times of personal transformation. Its smoke has long been used to cleanse space and spirit.

## Balances the Nervous System and Eases Tension

Though pungent, Mugwort has a grounding, nervine effect, helping to calm inner tension and lift fog. It is often chosen for nervous exhaustion in sensitive individuals, particularly those who are empathic, energetically open, or creatively blocked.

## Folklore & History

Mugwort has been revered across cultures as a sacred herb of protection, divination, and feminine healing. In Europe, it was worn by travellers to ward off exhaustion and evil spirits. Named after Artemis, goddess of the moon and wild women, Mugwort was used to ease childbirth, regulate menstruation, and guide dreamers through the veil. It was also burned in summer solstice fires to cleanse the body and spirit.

## Traditional Usage

Used as tea, tincture, herbal smoke, infused oil, footbath, or smudge stick. Commonly taken before bed for dreamwork or in ritual for energetic clearing. Externally applied to the lower abdomen or back for menstrual discomfort.

## Herbal Actions

Emmenagogue, Bitter Digestive, Nervine, Carminative, Aromatic, Antimicrobial, Spirit Medicine

## Energetics & Tissue States

Temperature: Warming

Moisture: Drying

Tissue States: Cold, Damp, Stagnant, Depressed

## Active Compounds

- Volatile oils (cineole, thujone) – stimulating, antimicrobial, visionary
- Bitter principles – digestive activation
- Flavonoids – antioxidant, circulatory
- Coumarins – relaxant, antispasmodic

## Dosage & Preparation

- Tea: 1 tsp dried leaf per cup, steep 10 min before bed or meals
- Tincture: 1–2 ml up to 2x daily

- Smudge or burn: for energetic protection and cleansing
- Topical: infused oil or poultice for menstrual cramps and ritual anointing

### **Safety & Contraindications**

- Not safe in pregnancy – uterine stimulant
- Use with caution in large doses due to thujone content
- Avoid in epilepsy or seizure disorders
- Best suited to short-term use or ceremonial settings

### **Herbal Pairings**

- Yarrow – for menstrual and spiritual protection
- Skullcap – for grounding dream states
- Chamomile – to soften bitterness and add calm
- Lavender – for energetic harmony
- Ginger – to support digestive movement and warmth

### **Peridotflow Perspective**

Mugwort is the dreamwalker, the lunar guide, the protector of sacred thresholds. At Peridotflow, we call upon her in rites of release, to soothe the womb, and to reconnect with inner knowing. She is both wild and wise—illuminating what is hidden, waking what is waiting, and restoring rhythm to the cycles of spirit and blood.