

Lemon Balm: *Melissa officinalis*



Lemon Balm is native to south-central Europe, and is a member of the mint family and is easy to grow. Like mint, it becomes invasive in the garden.

Folklore tells us that lemon balm wards off evil as well as clearing negativity and evil influences. To clear yourself, drink a cup of tea or place lemon balm in your bath water. You can also make a tea, allow it to cool, and then either pour the tea over yourself in a shower or place in a spray bottle and spray yourself or your space. Fresh or dried lemon balm can also be sprinkled around your house to cleanse it as well. Just sprinkle, let sit, and sweep or vacuum up. The amount of time

you let it sit depends on your own intuition and guidance from your helping spirits.

Lemon Balm connects us to feminine energies, the element of water, and the energy of the Moon. It also opens us up to the divine love of the Goddess. Making a tea to drink and/or taking a ritual bath with lemon balm is one way to prepare for Full Moon rituals. It can also be used for asperging before ceremony, which takes the place of smudging. *Asperging is when we take a blessed bowl of water and dip a bundle of herbs into it, then lightly brushing that around a person's body for spiritual cleansing.

By shifting our energies, lemon balm can bring in higher vibrations of love, both self-love and romantic love depending on what intention you charge it with. For romantic love it does not bring people into your life against their will. Rather lemon balm increases our gentle love energies and makes us more appealing to others. *Love spells are some of the most dangerous magickal work out there. It is much wiser to work love magick on yourself than to force your will on others, manipulating them into a relationship with you, which tends to not end well.

Lemon Balm has a gentle, calming, and comforting energy, especially in situations of trauma, grief, and/or feelings of being overwhelmed. It energetically smoothes and calms what is out of balance so that it can be

brought into balance in a more harmonious way. It also calms and relaxes us so that we can look deeper into life situations and/or our own healing without being overwhelmed. Lemon Balm gives us a good foundation of calming energy so that we can better handle stressful or overwhelming circumstances.



For our physical body, lemon balm is said to have antiviral, anti-parasitic, and antibacterial properties and may be useful against the Epstein Bar Virus (EBV). It has a calming and cooling energy that may be helpful in dealing with hot conditions. It may also help to rebuild, strengthen, and replenish an overloaded nervous system and may help with adrenal fatigue.

*While lemon balm is considered safe for most people, please be aware that it is not recommended for people with Hypothyroidism. Lemon balm will lower your thyroid. Also if you are pregnant, nursing, or are on any medications, please consult with your primary health care professional before using lemon balm or any herb.

*Other conditions that Lemon Balm may be useful for are:

- Headaches
- Hypertension
- Hyperthyroidism
- Mild depression
- Relieving stress and anxiety
- Getting better sleep
- Improve skin health
- Relax and relieve sore muscles
- Normalize blood sugar levels
- Improve digestion, stomach aches, nausea, and other gastrointestinal problems
- Support Liver Health
- Treat cold sores and genital herpes.
- Improving alertness and mental clarity
- Strengthening memory and problem-solving abilities.
- Repel mosquitoes

*This statement has not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure, or prevent any disease.

