

Blackberry: Rubus



Blackberries originated thousands of years ago in sub-Arctic Europe. This can assist us in connecting with our European ancestors.

Blackberry is now grown throughout the world, so in regions where it has grown wild for generations it may be used to connect with the ancestors of that land regardless of if they were European or not. Blackberries are made up of several small segments that make up the whole berry. This reminds us of how each individual makes up a community. Added to the ancestral information above, it also reminds us that our ancestors are part of our community. Blackberry also connects us to feminine energies and the element of water. It is ruled by the planet Venus and is sacred to the goddess Bridgid. In my household we usually make a blackberry pie as part of our Imbolc celebrations. *Bridgid's sacred holy day (Sabbat) is at Imbolc, February 2nd.

Folklore tells us that blackberry brings us wealth and protection. When grown in your garden it brings protection to your property. The brambles can be cut and fashioned into stars or pentagrams for protection. By using the leaves we can return any evil cast against us from our enemies. These enemies may be known or unknown to us. The leaves may also remove evil spirits from your home. This could be done by either scattering fresh or dried leaves on your floors and then sweeping them up after leaving them for a length of time, or by making a tea and allowing it to cool, then placing it in a spray bottle and spraying into the air of your home. Crawling under blackberry arches is said to bring healing. Traditionally this is done three times forward and backward, although you may want to use your own intuition and/or consult with your helping spirits and/or higher self for the best number of times unique to you.

Blackberry helps us to take action in our lives, assisting us by clearly focusing our will. It supports our manifestation process by showing us concrete and definite actions to take to move forward.

It helps to look at our goals, ideas, inspiration, desires, and visions and to see them with clarity, then organize and prioritize our thoughts so that we can take



decisive action to make our goals manifest. It also brings in radiant and awakened energy, which we definitely need for clarity and the ability to act/take action to manifest our goals.

*Blackberry is a nutrient dense fruit with antioxidants that are said to be higher than blueberries. If you don't have access to elderberries, try using blackberries instead. Blackberries may improve neural dysfunctions and improve memory. It may also help to fight bacterial and viral infections by enhancing and improving the

immune system. The leaves and fruit may help to manage sugar levels and reducing insulin. The phytoestrogens in both the leaves and fruit may help with menopause and PMS, while also offering relief from excess bleeding.

* Additional health benefits of Blackberry may include:

Better digestion

Healthy bones

Cognitive benefits creating more clarity

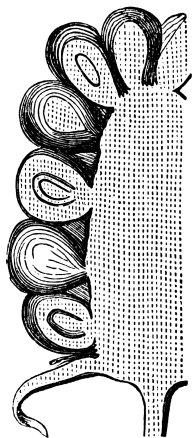
Improved heart function

Healthy skin and hair

Improved vision



*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.



While blackberry may improve vision in our physical body, consider working with blackberry to improve spiritual and metaphysical vision to see the unseen, to see another perspective, and to open and/or boost the function of your third eye and sixth chakra.

As blackberry may protect us from pathogens and infections in our physical body, it could also protect us from spiritual "pathogens", curses, malevolent energies, or spirits that want to cling to us by making our auric field strong and less porous.

