

BLACKTHORN'S BOTANICAL MAGIC

The Green Witch's Guide to Essential Oils for Spellcraft, Ritual & Healing

AMY BLACKTHORN

WHAT PEOPLE ARE SAYING

"Brilliantly written and jam-packed with practical advice and easy-to-follow recipes, *Blackthorn's Botanical Magic* is the one book that no magical practitioner can do without. I wish I'd had it when I began my practice!" —**Dorothy Morrison**, author of *Everyday Magic* and *The Craft*

BOOK SYNOPSIS

Part reference guide, recipe book, and ritual journey, *Blackthorn's Botanical Magic* offers readers an in-depth exploration of the hidden potential in their hearts and noses. From rose-scented rosaries, the lingering aroma of frankincense, or the ritual energy of white sage, readers will delve into the hidden realms of scent found in prayer, meditation, shamanic journeying, and rituals of all kinds.

One of the few aromatherapy books focused on the use of scents in magic, ritual, and witchcraft, this book includes recipes, history, lore, and magical craft projects. It is also full of practical information on purchasing, blending, and storing oils, making it essential for kitchen witches.

Blackthorn's Botanical Magic is bewitchment, no wand needed.

WEBSITE AND SOCIAL MEDIA

Website: www.amyblackthorn.com



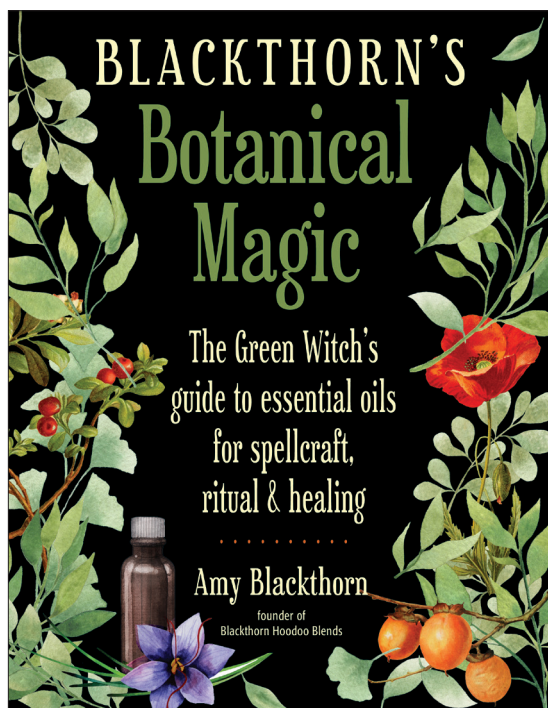
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AUTHOR BIOGRAPHY

Amy Blackthorn has a certification in aromatherapy and her company, Blackthorn Hoodoo Blends, creates tea based on old hoodoo herbal formulas. She is also founder of Witchcraft Down & Dirty. She lives in Delaware. Photo credit: Marisa Taylor Photography



AMY'S FAVORITE MAGICAL RECIPE

Everyone talks about food being a language of love, but they really don't know why. Ingredients are magic. I can blend a few ingredients together and get cake, bread, pasta or croissants. We need food to survive because we need the caloric intake, but our souls need feeding just as well.

Faux Sourdough

2-3 Sprigs Rosemary (Clarity, transformation, honoring the dead, seeing ghosts, banishing sadness)

1 cup Self-Rising Flour

1 cup Greek Yogurt

1-2 tsp Olive Oil

(Minced garlic if desired, *protection)

Preheat oven to 350 degrees Fahrenheit or 177 degrees Celsius. If using garlic, add one to two teaspoons of olive oil to a custard cup with 1/2 tsp minced garlic (*to taste). Stir. Add Greek yogurt to a mixing bowl and slowly incorporate self-rising flour until mixed. Knead another minute until well incorporated. Flour working space and roll out dough ball into a flatbread. Transfer to a baking sheet or stone. Brush the top of the dough with olive oil. Strip the rosemary leaves from the stem and sprinkle on top of the dough. Bake 18-20 minutes until golden brown. (Makes an excellent pizza dough as well.)

A CONVERSATION WITH AMY BLACKTHORN

IT SAYS HERE YOU'VE WORKED IN EXECUTIVE PROTECTION, RETAIL, PERFUME, AND HORTICULTURE, HOW DID YOU COME TO WRITE A BOOK ON AROMATHERAPY?

It was during my Clinical Aromatherapist course that I experienced the sudden and irrefutable connection between my feelings and my reactions to aromas. No matter how many varied jobs I've had, my love of horticulture, perfumes, and magic have never waned. I actually started the Clinical Aromatherapist program while working in executive protection. As you can imagine it was stressful and no two days were the same. I was looking for a way to expand my horizons, reduce my stress without changing jobs and embracing aromatherapy was just the ticket. Plus reading my anatomy and physiology textbooks was better than a sleeping pill on the nights I was away from home.

YOU'RE A WITCH, HOW DOES THAT RELATE TO AROMATHERAPY?

Magic is causing a change in accordance with the will. I can cause change with aroma just the same. Aroma is a very potent tool available in magic because essential oils are the soul of the plant material. This book can be used by anyone, hospice workers, yoga studio owners, stay at home dads, it doesn't matter. Utilizing the essential oils that so many people already have on hand can yield some incredible results. Magic just adds another level of efficacy to the work.

DO YOU HAVE A FAVORITE SCENT AND STORY?

It seems a universal truism that our foundational moments with scent inspire our relationship with it. I keep a jar of my mother's favorite perfumed body powder, 'Savannah Gardens' by Crabtree and Evelyn in my bathroom. I never use it, but on special occasions, I'll get it down from the cabinet and open it to smell the delicate jasmine fragrance that wafts from the powder and remember her getting ready for parties and putting makeup on.

My favorite thing to tell people is that perfume is my business because it's in my blood now. At the tender age of three, I was staying at the home of my mother's friend while we were moving to a new house. I was so entranced by the golden tray of perfumes. I spent what seems like hours reverently opening the bottles to smell them. What I remember most vividly was how awful I felt afterward because to the mind of my three-year-old self, the one that smelled the most beautiful would taste the best, and I drank the whole bottle. I was sorry at the time, but I never stopped loving the magic and mystery of perfume transforming women into queens.

YOU'VE BEEN A WITCH SINCE YOU WERE QUITE YOUNG, HAS THAT INFLUENCED YOUR PROFESSIONAL LIFE IN A MEANINGFUL WAY?

It absolutely has. I stumbled onto Scott Cunningham's, *Wicca: A Guide for the Solitary Practitioner* at the age of 11. I was a nosy younger sister and shared a room with my older sister. I found it in her backpack and read it in one or two days. I spent the next 7 years haunting bookstores and libraries reading everything I could get my hands on until I found a British Traditional Witchcraft coven to join when I hit 18. My professional life had been impacted in a few ways, I always really thought about where I was working or not working. My personal ethics had a lot to do with the jobs I took or refused. I also had issues with compartmentalizing my life. If I was open about my religious background I was an easy target for harassment. In my security work if I was too compartmentalized, that lead to issues with co-workers. A witch I worked with even told me that her experience as a federal investigator told her my dreams of working for the FBI were untenable because of my religion.

AROMATHERAPY HAS A REPUTATION FOR BEING ALL ABOUT SCENTED CANDLES AND SOOTHING MUSIC, DO YOU THINK THIS CALM REPUTATION IS DESERVED, OR IS THERE ANY EXCITEMENT IN WHAT YOU DO?

Aromatherapy can be about stress reduction and soothing music, but there is excitement in aromatherapy. The foundation of aromatherapy has more to do with the opening sequence to a Bruce Willis summer blockbuster than the spa-like surroundings most people envision. René-Maurice Gattefossé discovered the healing properties of lavender after an explosion of a still that was producing lavender oil. He ran into the burning building to save workers and was covered in the lavender oil during the attempt. His burns healed much faster than ever before.

CAN ANYONE USE THIS BOOK AND LEARN AROMATHERAPY OR DO YOU NEED ANY SPECIAL MAGICAL SKILLS TO 'GET' THIS BOOK?

Absolutely anyone can use this book. If you own one essential oil, or the local store has you on speed dial. Whether you have never experimented with intentions, magic or spells, or you're the high priest(ess) of a coven, there's something in here for everyone. No wand needed.

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