

Warming Spices Correspondence

Cheat Sheet

Cinnamon

Intentions: Abundance, protection, vitality

Element: 🔥 **Planet:** Sun

Flavor: Sweet, warm, woody

Uses: Coffee/tea, oatmeal, baked goods

Nutmeg

Intentions: Luck, comfort, divination

Element: 🔥 **Planet:** Jupiter

Flavor: Warm, nutty, slightly sweet

Uses: Desserts, drinks, cozy recipes

Clove

Intentions: Protection, clarity, banishing

Element: 🔥 **Planet:** Mars

Flavor: Pungent, warm, slightly bitter

Uses: Simmer blends, cookies, mulled drinks

Ginger

Intentions: Courage, healing, energy

Element: 🔥 **Planet:** Mars

Flavor: Bright, sharp, spicy

Uses: Teas, simmer pots, baked goods

Star Anise

Intentions: Psychic protection, divination, clarity

Element: 💧 **Planet:** Jupiter

Flavor: Sweet, licorice-like

Uses: Teas, simmer blends, holiday desserts

Cardamon

Intentions: Love, comfort, communication

Element: 💧 **Planet:** Venus

Flavor: Sweet, citrusy, floral

Uses: Coffee, baked goods, festive mixes

Tips for Magical Use:

Stir clockwise for attraction & abundance, counterclockwise for banishing

Use whole spices in simmer pots or sachets to release aroma & intention

Combine with other herbs (rosemary, sage) for cleansing & grounding rituals

Label jars with a sigil or short intention for both energetic & visual reminders

Bramble & Bloom Studio



Garden Mess-Making & Creative Rituals