



# *The Planet Mars*

*Manual and Channeling*

*By*

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*Information from various sources*

*This manual is to be passed to Reiki Masters only*



*Mars, The Red Planet and the Planet of War.  
When you are attuned to the Planet Mars  
You will receive the following energies and attributes*



*Enjoy!*

## Mars



*Mars, the reckless warrior God, signifies courage, strength, ambition and drive.*

*Without the get-up-and-go principle embodied by Mars, nothing would ever get done.*

*But Mars does not go gently about his business, whatever it may be.*

*His signature is rashness, defensiveness, sharpness and an aggressive drive.*

*His metal is the unyielding iron, whilst his stones are usually red and glowing such as rubies and garnets.*

*In the animal kingdom his allies are fierce and aggressive like sharks and Hyenas.*

*In the world of plants Mars manifests as the stamens (sexual organs) of all flowers in general.*

*His signature can also be found in sharp thorns and the stinging quality of some plants such as Poison Ivy and Nettles.*

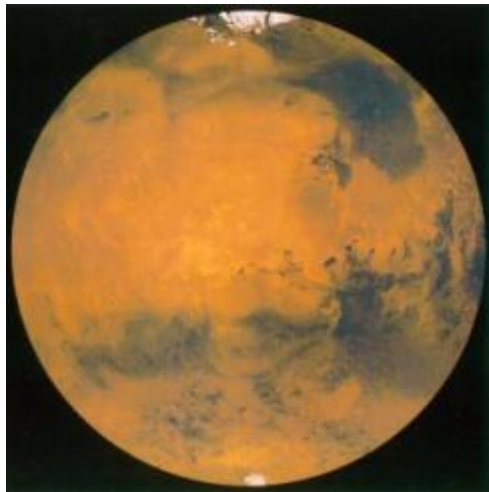
*The flowers are usually red and the smell and taste are peppery and hot.*

*Many pioneer plants are ruled by Mars as their role is to defend disturbed grounds against further intrusion.*

*The healing properties of Marsian plants are often styptic or stimulating for the circulatory system of the blood.*

*In the human body Mars rules the gallbladder, muscles, the reproductive organs and the adrenal glands*





*Mars (Greek: Ares) is the god of War.*

*The planet probably got this name due to its red color;*

*Mars is sometimes referred to as the Red Planet.  
(An interesting side note: the Roman god Mars was a god of agriculture before becoming associated with the Greek Ares;*

*The name of the month March derives from Mars.  
Mars is the fourth planet from the Sun and the seventh largest:*

*Mars was a major Roman deity, second only to Jupiter in the Roman pantheon.*

*He began as a protector of agriculture but later became the god of war, honoured throughout the realm of the conquering Romans.*

*The Romans admired Greek culture and absorbed Greek deities into their own. They came to identify their own war god, Mars, with the Greek war god, Ares, but Mars was a more dignified and popular figure.*

*According to legend, Juno, the queen of the gods, gave birth to Mars after being touched by a magic plant. He was originally associated with vegetation and fertility. As the Romans became increasingly warlike, Mars gradually developed. as the God of War..*

## *The Planet Mars: Mystery and Legacy in Ancient Times*

*Mars has enchanted man since prehistoric times.*

*What appeared to be a traversing red star in the night sky, the ancients gave it many names. To the Egyptians, it was *The Red One*.*

*The Sumerians, who inhabited what is today modern Iraq called it Nergal—the *Star of Death* named after their god of war, death and destruction.*

*Thereafter, the red planet—the fourth rock from the Sun has been named for one war god or another.*



*The Greeks, who would borrow the old Sumerian system of naming the known planets, dubbed it *Ares*, after their god of war.*

*The Romans—who learned almost everything they knew about astronomy from the Greeks changed the name to *Mars* after their god of war.*

*That is the name we have kept to this day. The red color of Mars brings with it a natural association with blood, war and death.*

*For this reason, it was considered a planet that had a destructive influence over Earth.*

*Many believed that when Mars was high in the sky and at its brightest, there would be war on Earth. Mars still has a reputation of ill omen.,.*

*. These symbols were chosen so as to have something to do with the god or goddess for whom the planet was named. The symbol for Mars shown to the left represents a shield and spear—things you would expect a god of war to be carrying. The ancients also associated Mars with the element iron—another natural association since men used iron weapons to wage war.*

*Mars* [ Greek: *Ares*], Roman god of war (fourth planet from the sun).



Like a badge of blood in the sky, the Red Planet has long stood for the gods of war.



- It seems natural that the Greeks named the fourth planet after *Ares*, since the fourth planet shines with a red color, resembling blood, which is appropriate for the god of war.
- The Romans identified their god of war, *Mars*, with the Greek *Ares*, so now we know the planet as *Mars*.
- *Mars* was the Roman war god; his shield and spear form the planet's symbol.
- He was one of the most important of the Roman gods and an entire month of the year was dedicated to him.
- We still call the third month of the year, *March*, in his honor.

## Mars and Iron

*He who knows what iron is, knows the attributes of Mars.  
He who knows Mars, knows the qualities of iron.*

*Paracelsus*

*Red storms rage across Mars. The soil of the red planet is high in iron, and its dust, swirling up into the atmosphere, causes giant storms that last for weeks. They blot out all its surface features, even the huge mountains. This can be quite a problem for craft trying to land there. One feels that these storms well express the Mars-quality of anger. Mars has around fifteen percent of iron in its surface soil, thrice its average level here on Earth. There must once have been lots of oxygen around, as all the iron is in the red, highly-oxidised (ferric) form.*

*Mars has two rocky little moons, and one of them is destined to crash in the future, doomed to disintegrate, being too close to its parent planet. By meditating on these things one can experience the being of Mars. The archetype of Mars is fully expressed both in the red planet in the sky and in the metal iron under the ground. Thus, modern space discoveries have deepened our understanding of the primary Hermetic principle, as quoted above by Paracelsus.*

*Of the seven metals, iron is the earthy one, having a stronger connection with the Earth than do the others for a start, it is the only one that aligns with the Earth's magnetic field, in a compass. It is present in far larger quantities in the earth's crust than the other classical metals. The others lead, tin, gold, copper, mercury and silver total no more than 0.01%, or one part in ten thousand of the Earth's crust. They are in a sense little more than visitors to the Earth (the phrase is Dr Steiner's), although we use them so much nowadays that we forget their scarcity. Iron makes up about 5% of the crust, being the only one which has built itself solidly into the substance of the earth.*

*Reddish-looking soil means that iron is present, and, for the same reason, Mars is red. So the symbolism of Iron-Mars is direct and obvious, with nothing subtle about it. Mars has always been associated with blood and war because of this symbolism. But, let us not forget that that symbolism is also physiological fact: the blood is red because of the iron in it! The main ore of*

*iron is pyrites, fool's gold. Have some of its marvellous cubic-crystal structures on your mantelpiece! The other common ore is haematite, which has a quite different bulbous structure, and a dark reddish hue. Haem means blood and pyr means fire - blood and fire! These are indeed the Mars-attributes.*

*Of the seven metals, iron is the one that burns. A falling star is burning iron. A meteorite burns brightly as it falls through the atmosphere. Fireworks use the burning sparkle of iron filings. Some steel wool can be ignited, then plunge it into a jar of oxygen, when it will glow fiercely. Thereby one experiences the fiery energy of Mars. One is reminded of Vulcan and Ares by such a demonstration, the two Mars-archetypes of antiquity. One was married to Aphrodite the Goddess of Love while the other just had an affair with her.*

*Vulcan or Haepastos was the Smith, who forged the armour and instruments of war. The fiercely-glowing iron is removed from the furnace and then hammered into shape. Haepastos was lame, symbolizing an affliction that could befall Smiths from arsenic-poisoning. As copper and iron are bound together in the Earth, with most copper ores bound up with iron, as copper and iron interact in the blood, copper helping the iron metabolism so Mars and Venus were mutually attracted. One sees this in the principle of a dynamo, where an iron-copper interaction takes place to produce the throbbing pulse of electrical energy.*

*Within the human body the fire-energy of Mars is seen in the metabolic process. Iron has a key role in the combustion processes within the tissues of the body, whereby food is turned into energy. Blood becomes red as the iron-containing molecule haemoglobin carries oxygen throughout the body. Thereby foodstuffs can be metabolised, as fuel for the organism. This same iron-molecule then absorbs the product of combustion, carbon dioxide, so the blood becomes blue, and carries it back to the lungs.*

*In this breathing iron-process, which never ceases while life is present, there is the restless energy of Mars, as the blood rhythmically alternates from red to blue, from oxygen carrying to carbon dioxide carrying, moving away from the lungs then back again. As it does this, the unique iron-molecule haemoglobin continually changes its shape. Iron has the property of readily passing from one valency condition to the other, as connects iron with the rhythmic breathing process.*

*One is 'anaemic' if one lacks iron in his blood; or, equally, it may refer to a lack of Mars-attributes in the character: strength, courage and will. Weleda make a meteoric iron remedy as is supposed to help with giving such*

*strength to the will, for persons who feel a bit anaemic, or as if they cannot cope with life's challenges.*

*According to Mellie Uydert,  
If they [anaemic people] eat nettles or spinach, their zest for life returns,  
these plants being high in iron.  
I suppose that Popeye is a modern Mars-archetype, who gains his strength  
from eating a tin of spinach.*

*As the Smith forged iron, with his hammer and anvil, so the development of  
the blast furnace required control over fire-processes.  
Iron has been closely involved with human history, as its strength gave men  
the power to dominate nature:*

*The true Iron Age, led mainly by the peoples of the West, arises as a  
creation of iron and steel.  
Iron is harnessed to purely material goals.  
The shackles by which man has enslaved nature are forged of iron' (3). As  
you press down the pedal on the gas, an iron apparatus controls combustion.  
The Mars-metal iron unleashes masculine power. For the history of  
warfare, the development of hardened steel was pivotal, and is today the  
element from which all weapons are made.  
An iron-and-coal girdle surrounds the Earth, through Wales, England,  
Germany, France, Russia and America.*

*Today we live surrounded by iron and steel, and within this will find no cure  
for the rising tide of violence.  
We might however note the mystery of iron.  
Yes, iron has got a mystery.*

*Comparing the black hue of your wrought-iron garden gate with the gleaming  
steel of the car bumper, can they really be the same element?*

*A few percent of carbon turns one into the other, as reminds us of Iron's  
strong connection with the Earth.*

*Carbon the Earth-element makes all the difference to iron, giving to it the  
awful strength of steel.*

## *Gods Associated with Planet Mars*



*Planet: Mars*  
*Element: Fire*

*Associated Deities:*  
*Mars, Blodeuwedd, Cardea, Creiddylad, Fairies, Flora,*  
*Hymen, Olwen, Thor*



*Number associated with Mars*  
*Numbers 4 and 9*



*Day*  
*Your day is Tuesday*



*Musical Note*  
*the musical note is C Major.*



*Element*  
*Fire*

*Taro association*



*The sign Aries belongs to the element fire and is ruled by the fiery planet Mars (the Greek war god Ares), which is associated with the tower trump of the tarot.*

*The tarot's fire suit of rods or wands, symbolic of new birth at springtime, illustrates typical scenes of daily life related to enterprise, ambition, enthusiasm, challenge and competition.*

*The tower trump, numbered sixteen, is often called the lightning-struck tower.*

*Lightning bolts were a favorite weapon of Zeus (Jupiter) for punishing the transgressions of his enemies.*

*The tower card also refers to the Tower of Babel, a symbol of human arrogance that was punished by the deity of the Bible.*

*The phallic nature of the tower and the destruction depicted on the card are linked to the planet Mars, the Greek war god Ares.*



*Kabbalah association*

*Gevurah is position 5 of the Tree of Life and is associated with the keyword Restraint. It represents the conflicts and challenges we must overcome and the lessons we must learn. These assignments are generally seen as oppositions we encounter, and unless appreciated for the strengthening qualities they impart will tend to be seen as trials, tribulations and limitations. This position also tells us the qualities we must hone in order to effectively deal with difficulties. Using the constructive influence of this position can help us to take greater responsibility for our lives and make assets out of those areas which were once considered to be liabilities. Physically this node represents discipline, musically it corresponds with Sol, and angelically it depicts the archangel Kamael. In astrology this position corresponds with the planet Mars and therefore possess a great driving force which helps to carry on even when weary. We can most effectively use the energy of Geborah by focusing our activities on those areas which will bring us the most satisfaction. For instance, if Geborah is placed in the maternal sign of Cancer then we would gain the highest achievement by engaging in family activities and looking after those who we care about.*



## Gemstones associated with the Planet Mars

## Aragonite

**Chakra:** Sacral, 2nd. (Common orange type)  
**Ruling Planet:** Mars, but not as suited to astrological use as some other Mars gems -  
[astrological gemmology colour chart](#)



*[Aragonite] provides ease of centering oneself and is especially helpful during periods of stress and anger, or during preparation for meditation and can stimulate communication on the higher planes. An aragonite elixir can be used as a spring tonic and for the amelioration of general aches and pains.*

*An excellent stone to encourage patience and "grounded-ness". Has been used to treat hair loss and improve skin condition.*

## Red Jasper

**Chakra:** Sacral, 2nd.  
**Vedic Astrological Information:**  
**Ruling Planet: Mars**  
**Gemstones:** Red coral, carnelian, bloodstone. **Metal to be used:** Gold  
**Number:** 9  
**Hand:** Right (men), left (women).  
**Affected Element:** Fire  
**Affected Chakra:** 7th, Muladhara  
**Day for Invocation:** Tuesday  
**Time for Invocation:** One hour after sunrise.  
**Mantra of Invocation:** "Om ang angarakaya namah" Repeat 19 times.  
**Pronunciation.** "Owm ang angara-kaya nama-ha"



*This colour of jasper provides energy and has often been carried by shaman as a protective amulet. Native Americans considered red jasper induced health and re-birth. Its nurturing and sustaining qualities make it useful during convalescence. "Red jasper can facilitate the reiteration of dreams to allow the dreamer to remember the aspects which could be consequential in ones life."*



*Hematite has been discovered to be quite abundant on the planet Mars and is responsible for the planet's distinctive red color*

### *Healing Properties:*

*Hematite is known as the stone for the mind and is thought to assist in mental organization and clarity, enhancing memory, original thinking, technical knowledge, and logic. It is also thought to transform negativity, reduce stress and increase one's optimism and courage.*

*Physically, hematite is used to treat leg cramps, blood and nervous disorders, insomnia and to relieve the effects of jet lag.*

*Hematite is even known to heal itself because scratches on the surface of the stone can often be rubbed away.*

## *Ruby*



*Ruby The red gem is oftentimes associated with the fiery, masculine planet Mars,*

*Ruby is an important gemstone in opening a closed Sacral Chakra (2nd Chakra). Rubies are most often associated with the Heart Chakra. Thought to heal the heart both physically and emotionally and increase love, both given and received. Associated with Mars, it is considered a stone of masculine virility and fertility and thought to improve strength, courage and physical ability.*



# *Carnelian*



<i>Planet:</i>	<i>Mars</i>
<i>Energies:</i>	<i>Power, Healing</i>
<i>Chakra:</i>	<i>Second Chakra - Spleen</i>

## *Gemstone meaning*

*Carnelian (also sometimes referred to as cornelian) is found primarily in India, as well as various sites in South America. It is a variety of chalcedony. The most favorable pieces are a deep red to red-orange hue. Carnelian has a long and storied past, and was once considered strictly the property of the noble class.*

*People holding a high social status were often buried with this gem stone.*

*Want more pep in your life? Keep a carnelian with you and feel the energy flow to you. Carnelian is used for these benefits:*

- gives energy*
  - protects from bad vibrations*
  - guards against poverty*
  - helps give a sense of humor*
  - calms the temper*
- . Healing properties of Carnelian Carnelian is an energy booster. It helps the insecure person to find strength within them so they can come into their own. It is said to increase the appetite*





## Colours associated with Mars

### **Red**

*Use to stimulate, energize, for physical desire, lust, strength and vigor.*

*Associated with...*

*Day: Tuesday*

*Energy: Male*

*Planet: Mars*

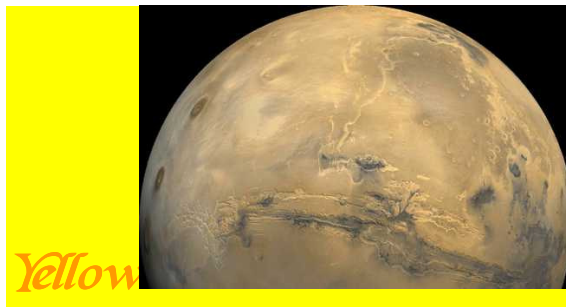
*Zodiac: Aries, Scorpio, Capricorn*

*Red - Corresponds to the base of the spine or "root chakra" and the planet Mars. It's effect is vitalizing and energizing but the intensity*

*is such that it should not be used in a weakened condition in large doses. Some color therapists believe that it should not be used alone but always in conjunction with another color, preferably green or blue.*

*It is beneficial for treatment of arthritis, anemia, paralysis, and sinus conditions. An overabundance of this color in the aura may result in anger, irritation, greed or violence.*





*3rd Chakra: Navel - ( Manipura ) - Mid-section - Below the ribs but above the navel .*

*Element: Fire, Ego identity, oriented to self-definition*

*The color Yellow instills: Wisdom - Intellect - Enthusiasm - Joy - Optimism*

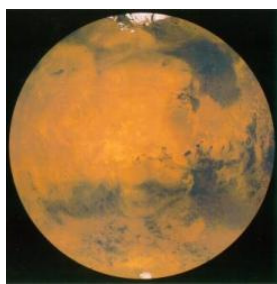
*Aligned with planet Mars and the Sun*

*Personal power and fulfillment, abundance, courage and self-confidence*

- *Yellow has stood for wisdom and intellect throughout the ages. It aids logic, memory, concentration, will - power and communication.*







## Orange.

*Orange is a combination of yellow/Mercury (mental agility) and red/Mars (action-energy).*

*Thus you have the best of both worlds, the energies of the actions of red, yet the intelligence to know how to use this action.*

*The over aggressive nature of the colour red/Mars is now toned and tapered with the healing wisdom rays of yellow/Mercury that nurtures the entire system.*

*Sunday is the best day for the use of the color orange. It can be used on Tuesday or Wednesday with success, depending on your magickal goals.*

*If used on Tuesday, the emphasis is on physical action.*

*If used on Wednesday, it is on mental actions whereas Sunday is a balance of both.*

### Associations:

*Planet: Sun, Mars, Mercury*

*Day: Sunday, Tuesday, Wednesday*

*Colors: Orange, rarely red, sometimes yellow*

*Used for :Prosperity, energy building, attracts others in a positive way, attracts success, good luck and fortune*

*Builds energy, vitality and stamina.*

*Encourages fun and discourages laziness.*

*Enhances mental agility, accompanied by the ability to take physical action toward a desired goal.*

*Energizes the entire system.*

*Promotes a happy-go-lucky appearance.*

## Wood and Trees associated with Mars

*Wood is a remarkable substance, a gift from nature itself. Nearly every culture throughout history has attributed magic properties to wood. Some hold one type of wood to be sacred, while others believe that all wood has magic properties*



<b>Alder</b>	
<i>Gender Association:</i>	<i>Masculine</i>
<i>Date Association:</i>	<i>March 18 - April 14</i>
<i>Planetary Ruler:</i>	<i>Mars</i>
<i>Animal Association:</i>	<i>Fox</i>
<i>Ruling Deity:</i>	<i>Bran</i>
<i>Magical Properties:</i>	<i>Courage, evolving spirituality, self-reliance, adventurism, charm and leadership skills</i>



### HAWTHORN: (*Crataegus Monogyna*)

*Gender: Masculine*

*Planet: Mars*

*Element: Fire*

*Associated Deities:*

*Blodeuwedd, Cardea, Creiddylad, Fairies, Flora, Hymen, Olwen, Thor*

*Magickal Uses: Fertility and Growth, Sex Magick, Happiness*

## *Bay*



*Planet: Mars*

*Element: Fire*

*Parts Used: Leaves, essential oil*

*Powers: Protection, clairvoyance, exorcism, purification, healing, remembering dreams*

*Burn 3 leaves before retiring to aid in remembering dreams, or place leaves under pillow to induce inspiration and prophetic dreams.*

*Wear as an amulet to ward off negativity and evil.*

*Burn and scatter on the floor in exorcism and purification rituals. The scent of bay can induce feelings of happiness when inhaled and is said to relieve headaches.*

*To promote psychic awareness in general, crumple a fresh leaf, crush a dried leaf or put a few drops of the essential oil on a cotton ball. Sit comfortably and relax your body and conscious mind. Inhale the fragrance. The same scent that the Delphic Oracle in Greece smelled. Visualize your conscious mind freeing its grip on your psychic mind.*

*Allow the odor to permeate your being, calling forth psychic consciousness. When you've made the connection between the 2 halves of your mind, discover what you need to know. An alternative use of bay is to inhale the aroma when you feel psychically dirty or simply wish to bring some positive changes in your life.*

*Visualize it's odor sweeping you clean. This is a powerful purification.*



## *Plants associated with Mars*

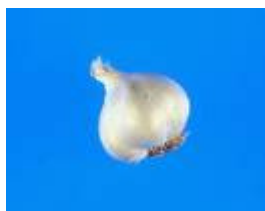


### *Mars Rules Garlic*

*Garlic is ruled by, or associated with, the planet Mars, which also governs the sign Aries and co-rules Scorpio. Mars was the Roman God of War, a brave warrior revered for his courage, strength and leadership. Consequently, the planet Mars is associated with will and ambition, and characterizes the energy required to turn ideas into action.*

*The name Mars means bright and burning one, corresponding to this planet's red, fiery color. Garlic certainly reflects this characteristic, as it can ignite both the mouth and stomach. As Nicholas Culpeper, the famed herbalist and astrologer, stated, (garlic's) heat is very vehement.*

*Garlic's therapeutic action is attributed to its array of potent phytochemicals, including allicin, alliin, ajoene and diallyl disulfide. These compounds contain sulfur, a mineral that plays important roles in maintaining health. Coincidentally, sulfur is ruled by the planet Saturn, which governs Capricorn, the sign in which Mars is exalted (best expressed).*



## Garlic, Mars and the Heart

*In medical astrology, different body systems and organs are associated with different planets. Mars is considered the secondary ruler of the heart (the Sun is its primary ruler). Scientific research has shown that Mars-ruled garlic may be an important component of a heart-healthy diet.*

*One way in which garlic may support heart health is through its beneficial effect on blood cholesterol and triglycerides. Elevated levels of these compounds can lead to heart disease by increasing the risk of atherosclerosis and heart attacks. Numerous clinical studies have documented garlic's ability to lower total cholesterol, triglyceride and LDL (the bad cholesterol) levels, and increase HDL (the good cholesterol) levels.*

*Garlic may also promote heart health through addressing other aspects of cardiovascular disease. Studies have suggested that it can lower mildly elevated high blood pressure, improve poor circulation and inhibit platelet aggregation.*

*Reviewing garlic's potential effects on blood pressure provides additional insight into the herbal astrology of garlic. High blood pressure can be exacerbated by stress, a psychological and physiologic condition familiar to those whose astrology charts reflect a strongly placed Mars or focused Aries energies. Additionally, one of the ways that the body responds to stress is through the production of hormones secreted by the adrenal glands, which are also ruled by Mars. As you can see, Mars-ruled garlic may help to moderate some of the physiologic effects of Martian/Aries temperaments.*

### Garlic and Mars: The Great Warriors

*As the God of War, Mars was a formidable opponent for any enemy crossing his path. Garlic seems to embody some of these Martian warrior-like qualities by fighting foreign invaders with its noted antibacterial, antiviral and antifungal activity. Additionally, studies have noted that people with diets high in garlic consumption have a reduced risk of colon and esophageal cancer (it is interesting to note that Pluto, which co-rules Scorpio with Mars, governs bacteria, viruses, fungi and cancer).*

## *Cayenne Is Ruled by Mars*



*Cayenne is associated with the planet Mars, which rules, or is linked to, Aries, and co-rules Scorpio. In mythology,*

*Mars was the Roman god of war, a courageous warrior esteemed for his bravery and strength.*

*The energy of the planet Mars is fiery, giving you energy to express your will and desire. In medical astrology, Mars is associated with the circulatory system and the muscles, as well as the physiological processes of inflammation, irritations and fever.*

### *Physical Characteristics*

*Cayenne's physical characteristics are very Martian (Mars-like). It has a fiery red color and a hot and pungent flavor. Its name is derived from a Greek word that means to bite, an action that can be associated with an unrestrained Mars temperament. While cayenne consists of a variety of phytochemicals, researchers believe that its constituent, capsaicin, provides cayenne with a lot of its unique healing properties.*

## Cayenne and Pain

*One of cayenne's premiere uses is as a pain reliever. Pain can be very debilitating, threatening our self-expression. Cayenne, with its Martian warrior qualities, combats pain to protect our stamina for living. Cayenne is generally used for pain relief in a topical cream form, directly applied to the skin near the affected area. Coincidentally, the skin is associated with Capricorn, the sign in which Mars is exalted.*

*The capsaicin in cayenne is thought to reduce pain through a variety of mechanisms. It modulates levels of Substance P, a neurotransmitter related to the body's ability to sense pain. It stimulates nerves to release Substance P, which subsequently leads to its depletion. With lowered levels of Substance P, there is a reduction in the amount of pain perceived. In addition to its effects on Substance P, capsaicin stimulates the production of endorphins, the body's natural painkillers.*

*Clinical research has shown capsaicin to be effective in a variety of conditions in which pain is a hallmark feature. Several double-blind studies have shown it to ameliorate pain in post-herpetic neuralgia (shingles), diabetic neuropathy and post-surgery.*

*Capsaicin has also been found to alleviate joint pain associated with osteoarthritis and rheumatoid arthritis. Both of these conditions involve inflammation, a physiological process associated with Mars.*

## Cayenne as a Temperature Regulator

*While cayenne is known for its Martian-like heat, it seems to use its fire to bring about temperature balance. In this respect, cayenne's temperature-harmonizing effects exhibit qualities of Libra, the sign opposite Mars-ruled Aries.*

*Cayenne cools the body when it is exposed to excess heat, and warms it when it is exposed to excess cold. Cayenne is a very popular spice with tropical climate cultures, used to beat the heat. It seems to have this effect because it stimulates the cooling center in the hypothalamus, which leads to a reduction in body temperature. Alternatively, due to its ability to stimulate the circulatory system, cayenne is also prized for its heat by people in cold climates. Mountaineers, skiers and snowboarders are among those who apply cayenne cream to their hands and feet before going out in the cold.*

# *Ginger*



## *Magickal Uses*

*Folk Names: African Gincer*

*Gender: Hot/Masculine*

*Planet: Mars*

*Element: Fire*

*Basic Powers: Love, Money, Power, Success*

*Uses: It is believed that eating Ginger before performing spells will add extra power, especially to love spells, in which Ginger is often used. Sprinkle into pockets or onto money to attract money. You can also use it in success spells.*

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# Hops Flowers



*Properties and Uses: A safe sedative for children and adults to promote sleep and control nervousness and nervous stomach problems.*

*Magickal Uses*

*Folk Names: Beer Flower, flores de Cerveza*

*Gender: Hot/Masculine*

*Planet: Mars*

*Element: Water*

*Basic Powers: Healing, Sleep*

*Uses: Used in Healing sachets and sleep sachets.*



# Nettle



## Properties and Uses:

*Leaf* contains silicic acid, formic acid, mineral salts, phytosterin, vitamin A, vitamin C, enzymes, wax, lecithin, carbonic acid, ammonia, mucilage, phosphates, iron, and chlorophyll.

*Root* contains tannin. *Leaf* is blood building, astringent, stimulant, tonic, anti-asthmatic, anti-bronchial, diuretic, and vaso-constricting.

*Root* is astringent.

*Nettle* is traditionally used to relieve the discomfort and problems associated with asthma caused by allergies.

*It* is effective for childhood eczema.

*It* may be helpful for those experiencing itchy eyes caused by allergies.

*Nettle* is a good source of nutrition, especially chlorophyll, and is an excellent supplement during pregnancy

## Magickal Uses

*Folk Names: Stinging Nettle*

*Gender: Hot/Masculine*

*Planet: Mars Element: Fire*

*Basic Powers: Purification, Intellectual, Prosperity*

### Uses:

*Carry Nettle in a sachet to remove a curse.*

*Sprinkle Nettle around the house to keep evil out,*

*throw onto a fire to avert danger,*

*carry with yarrow to stop fear, and wear to keep negativity away.*

*Place in a pot near a sick person's bed for quick recovery, may also be used in purification baths.*



# Purple Cone Flower Echinacea



*The Purple Cone flower has strong vertical stems, rising up till 1.5 meter, not needing support; this points at strength.*

*The stems and leaves are dark green; according to the old signature teachings this is a vitalizing color.*

*The stems are round (balancing, harmonizing) and hairy; hairy stems were believed to have a healing effect on the skin and the respiratory system*

*The plant grows from a thick black root; this points at power, persistence and regeneration. Echinacea can stand full sun, drought, poor soil and frost; so it must be a strong plant.*

*The flowers reach up to the sun; this is translated with liveliness and optimism.*

*The plant flowers from June until September; again: strength and persistence.*

*The plant has orange-tipped bristles on the reddish flowerheads.*

*Both red and orange are colors of energy, vitality and enthusiasm; in the body they have a stimulating and purifying effect on the heart and blood circulation.*

*Red is associated with the planet Mars; strength, activity, assertivity and defense.*

*Orange is the color of Jupiter; liveliness, self-confidence, abundance, expressing your beliefs.*

*The flowerhead of the Echinacea completely opens up to the sun, as if to say "here I am"; herein we recognize both Mars and Jupiter.*

*The flower petals are purple-magenta. Purple is a mixture of red (activating and stimulating) and blue (calming down heat, fever and inflammation).*





## Number 4 is ruled by Mars

*Four is ruled by Mars (although in many systems 4 represents URANUS) and the astrological aspect of the square. It is forceful and dominating in an attempt to control the tension that is inherent in this number. It also has a great deal of stability and is therefore a good number when attempting to build foundations. When four is prominent, quite often people will need to overcome obstacles before they will be able to reach their highest potential. The number 9 is also associated with Mars*

## Astrological sign



**ARIES**

*March 21 -- April 19*

*Symbol... Ram*

*Planet... Mars*

*Planetary Stone... Jasper*

*Element... Fire*

*Astrological Stone... Bloodstone*



## Attunement Procedure

*Once you have been attuned to The Planet Mars energies you are able to pass the attributes and energies on to others.*

*The attunement procedure is simple*

*There are 3 symbols.*

*The symbol for Mars itself and the associated astrological symbol of Aries plus the sacred Phoenix symbol, which fixes the energies of the other symbols*

*The attunement is done by Intention.*

### The Symbols

*Mars*



*This is by no means the only method but it is the one I use.*

*Preparation:*

*Light a candle, play soft music, light incense, dim the lights etc according to your own preferences*

*Relax.*

*Call in your Guides, God, Goddess, Great Spirit or whoever you relate to.*

*Ask for their protection and help with the attunement*

*State your intention i.e.*

*to be a clear, pure channel to send the energies of the Planet Mars to .  
for the best that s possible for their Greater Good, and for them to receive  
it perfectly and use it for the greater good of all..*

*You may want to use the Usui Distant symbol if you are doing a distant attunement.*

*To access the energies of the planet Mars, Picture yourself in some quiet, safe place.*

*It is night and the sky is filled with millions of blue-white glittering stars. Just gaze at them in your mind's eye. Feel your eyes getting very heavy and feel a soft, gentle breeze wafting around you like a delicate silk scarf.*

*Now, picture the Planet Mars The, Red planet As you watch it turning on its axis you become aware of two symbols leaving the orbit of your planet and gently floating to earth towards you..*

*One is quicker than the others you can feel the energies from it and as it gets closer they become stronger and stronger.*

*Feel those powerful energies, feel it melt into your body.*

*Feel the power and the wisdom and the knowledge.*

*Allow it to be.*

*Let go of all external influences and relax into the moment.*

*What do you see, what do you feel?*

*Everyone will experience something different as it brings to you only what you need.*

*After a few moments you are aware that the other symbol is now right in front of you. Draw it into your energy field too and feel the love and warmth as the 2 symbols merge they are like twin flames; they belong to one another and now they belong to you.*

*You may call on these symbols at any time that you need to re-charge or re-connect with the special energies of Mars.*

*Spend as much time as you need absorbing the ancient knowledge then when you are ready slowly come back to this planet Earth, take a couple of deep breaths and thank your guides and higher self for taking you on this journey.*

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*This manual may be used freely for students but is not to be sold or altered in any way without the express permission in writing of the founders.*

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*December, 2006*

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