

AW 100: WORTCUNNING I SYLLABUS

Credits: 3

Welcome to AW 100: Wortcunning I! In this first course in a 4-course sequence, the student is introduced to the rudiments of botany, the history of herbal usage, and several common herbs that can be found in the garden or kitchen cupboard. Our path into the Green Mysteries begins with such friendly spirits as stalwart thyme and fiery ginger.

Lessons

Lesson 1: Introduction to Wortcunning

An overview of the course, defining wortcunning and its place in history and in modern magickal practice.

Lesson 2: Botany 101 for Wortcunners

An introduction to basic botany, explaining the parts of a plant and their uses in herbalism.

Lesson 3: Herb Identification

A beginner's guide to identifying common herbs based on sight and plant characteristics.

Lesson 4: The History of Herbal Usage

A broad overview of the historical use of herbs in medicine, magick, and daily life.

Lesson 5: Mint - Herb of Hospitality

Exploring the uses, identification, and lore of Mint.

Lesson 6: Basil - Royal Herb

A deep dive into the uses, identification, and folklore of Basil.

Lesson 7: Dandelion - The Lion's Tooth

Investigating the surprising uses and lore of the humble Dandelion.

Lesson 8: Garden Sage - Herb of Wisdom

A study of Sage, its identification, uses, and place in folklore and magick.

Lesson 9: Thyme -The Stalwart Herb

Uncovering the medicinal and magickal uses of Thyme.

Lesson 10: Rosemary - Herb of Remembrance

Learning about the uses and folklore surrounding Rosemary.

Lesson 11: Herbal Preparations - Infusions and Decoctions

An introduction to making herbal infusions and decoctions.

Lesson 12: Herbal Preparations - Tinctures and Salves

A practical guide to making tinctures and salves from herbs.

Lesson 13: Herb Storage and Preservation

How to store and preserve your herbs to maintain their potency.

Lesson 15: Garlic - The Protective Bulb

A study of Garlic, its uses, and its place in folklore and mythology, as well as apotropaic magick.

Lesson 16: Ginger - The Fiery Root

A deep dive into the uses, identification, and folklore of Ginger.

Lesson 17: Turmeric - The Golden Spice

Investigating the medicinal and magickal uses of Turmeric.

Lesson 18: Parsley - Herb of the Dead

Understanding the symbolism, uses, and lore associated with Parsley.

Lesson 19: Cinnamon - Bark of Sweet Success

Exploring the magickal and medicinal properties of Cinnamon.

Lesson 20: Herbs in Food and Nutrition

Exploring the role of herbs in enhancing nutrition and flavor in food.

Lesson 21: Flower Essences

Learn about flower essences, such as the Bach Flower Essences.

Lesson 22: Lavender - Herb of Tranquility

Exploring the uses, identification, and lore of Lavender.

Lesson 23: Fennel - Herb of Strength

Understanding the historical and magickal significance of Fennel.

Lesson 24: Chamomile - Herb of Rest

Learning about Chamomile and its uses in wortcunning.

Lesson 25: Growing Your Own Herbs

Guidance on starting an herb garden at home, even in small spaces.

Exercises

- I. **(Lesson 3)** Students will document several of the herbs in their immediate surroundings, creating a mini 'herbarium' to collect and present their findings.
- II. **(Lesson 11)** Students will create a simple herbal infusion, document the process, and describe the intent behind the herbs utilized.
- III. **(Lesson 13)** Students will safely collect, dry, and store an herb, to begin exploring the preservation process for common herbs.
- IV. **(Lesson 21)** After learning about flower essences, students will go through a series of scenario-based exercises for selecting flower essences for the right situation.
- V. **(Course Examination)** Students take a 75-question multiple-choice exam on the rudiments of wortcunning and the herbs covered in this course.

References & Suggested Reading

One Time Around the Wheel – Sean Croke

The Master Book of Herbalism – Paul Beyerl

Under the Bramble Arch – Corinne Boyer

The Witch's Cabinet – Corinne Boyer

The Green Mysteries – Daniel Schulke

A Weedwife's Remedy – Kiva Rose Hardin

Cunningham's Encyclopedia of Magical Herbs – Scott Cunningham