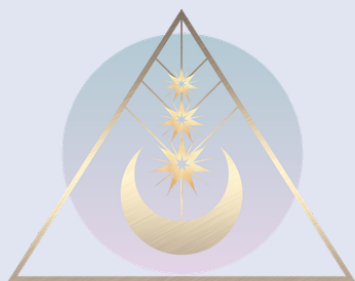


WORMWOOD KEEPER OF THE THRESHOLD

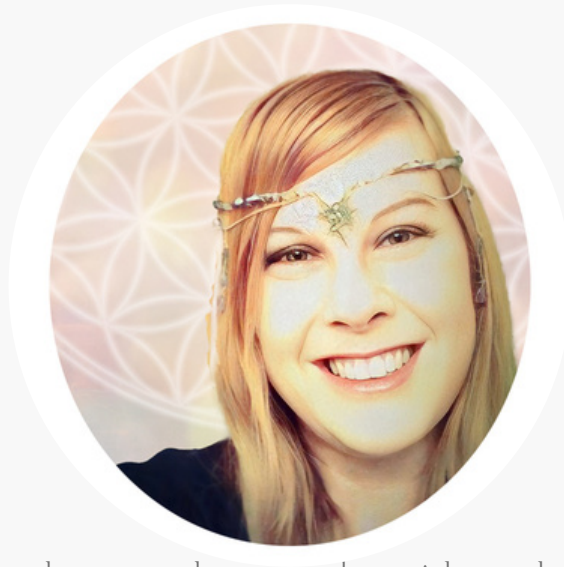
Workshop & Ritual



LEMURIAN[✦]
MOON TEMPLE

© 2026 LEMURIAN MOON TEMPLE / JOANNA ROWAN

REMEMBER WHO YOU ARE...



Joanna is a vibrational healer, teacher, and guide whose work is rooted in the understanding that all life moves through resonance. With over 23 years of experience in spiritual healing and nearly two decades of professional energy work, her path has been shaped through a deep and lifelong connection with the natural world, the wisdom of the stars, and the subtle energetic languages that flow through sound, water, and symbol. She is the founder of Lemurian Moon Temple, a sacred space devoted to healing, remembrance, and reconnection with the soul's natural harmony.

At the heart of Joanna's work is what she calls The Celestial Resonance Path — a holistic approach to healing that weaves together: crystalline sound healing, Starseed Astrology insight, plant spirit and herbal wisdom, celestial water codes, light language and symbolic activation. This path is guided by the understanding that healing unfolds when we return to harmony with the natural rhythms of the universe — the movement of the stars, the cycles of the Moon, and the living intelligence of the Earth. A foundational thread within Joanna's work is her certification in Astro-Herbalism, a sacred discipline that bridges the wisdom of the cosmos with the healing intelligence of plants. Through Astro-Herbalism, the energetic patterns of the stars and planets are understood in relationship with plant allies, allowing healing to be approached as a unified conversation between celestial influence and earthly medicine.

She holds space for clients to gently release what no longer serves and reconnect with the deeper wisdom of their own soul.



PLANT SPIRIT: WORMWOOD

Artemisia absinthium

Wormwood is a silver-green guardian of edges and unseen crossings. With its soft, feathery leaves and bitter scent, it has long been associated with protection, psychic clarity, and the ability to perceive what lies just beyond ordinary sight.

Belonging to the Artemisia family — named for the moon and the huntress sacred to both Artemis and Diana— wormwood carries strong lunar and liminal currents. In most herbal books you read-one will most likely place planetary alignment for this herb firmly under Mars and the Fire Element, however, in my personal workings with this amazing spirit, she comes to me as most definitely lunar aligned. Most plants of Mars do not have silvery soft leaves that practically glow under the full moon light, they are defensive plants most often with thorns. Please keep this in mind as you work with her and note how she approaches you in your own workings.

It grows in open landscapes and often thrives where the soil is poor, teaching resilience and discernment. Traditionally, wormwood has been used in folk magic, protection charms, dream work, and rites of divination. Its energy is sharp yet steady, clarifying rather than clouding.

Metaphysical & Magical Associations:

Element: Air (with subtle Fire undertones)

Planetary Correspondence: Moon & Mars

Magical Themes:

- Protection of sacred space
- Heightened intuition
- Dream work & visioning
- Clearing stagnant or intrusive energy
- Boundary strengthening
- Veil-thinning rituals (performed with grounding)

Wormwood is not a plant of softness. It is a plant of clarity. Its medicine is not about comfort — it is about perception.

Wormwood as Hinge Between Worlds

Wormwood is often regarded as a threshold plant — one that stands between visible and invisible realms.

In folklore and occult traditions, it has been used to:

- Enhance divination practices
- Support scrying and mirror work
- Deepen dream states
- Guard against unwanted energies when working with spirit

WORMWOOD & SERPENT CURRENT; THE ENERGETIC CONNECTION

Wormwood and snake medicine share a subtle but striking resonance.

Both are guardians of thresholds.

Both are misunderstood.

Both carry the power of discernment.

In magical symbolism, the serpent represents:

- Shedding of old skin
- Cyclical rebirth
- Hidden wisdom
- Grounded instinct
- Movement between worlds

Wormwood mirrors this current in plant form.

Where the serpent sheds illusion through transformation, wormwood pierces illusion through clarity.

Where the serpent moves along the earth's surface and into hidden places, wormwood grows in liminal soils — edges, roadsides, forgotten spaces — thriving where others do not.

Bitterness & Shedding

Wormwood is known for its bitterness.

In esoteric symbolism, bitterness represents truth unadorned.

The serpent does not soften reality — it teaches adaptation.

Together, they speak of:

- Releasing what no longer fits
- Shedding outdated identities
- Facing truth without dramatizing it
- Protecting one's energetic field

This is not chaotic magic.

It is grounded transformation.

Serpent as Veil Walker

Serpents in folklore often move between:

- Surface and underground
- Life and death symbolism
- Conscious and unconscious realms

Wormwood, as a hinge plant, supports this same movement — but only when approached with sovereignty and grounding.

In ritual, pairing serpent symbolism with wormwood may support:

- Discernment in spiritual work
- Stronger energetic boundaries
- Shedding false narratives
- Awakening instinctual wisdom

Wormwood belongs to the Artemisia family — lunar, intuitive, and protective.

Serpent energy is often chthonic (earth-rooted) and cyclical.

Together, they create a current of:

Moon above.

Earth below.

Clarity between.

RITUAL: THE WORMWOOD THRESHOLD RITE

Purpose:

To strengthen perception while remaining grounded.

To consciously stand at the veil without being pulled through it.

You Will Need:

- A small bundle or sprig of dried wormwood
- A bowl of salt
- A small mirror or dark bowl of water
- A white or silver candle

Preparation

Perform this ritual at dusk or under the waxing or full moon.

Place the salt before you as grounding.

Place the mirror or bowl of water at eye level.

Keep wormwood nearby but not burning yet.

Take three steady breaths.

Opening

Light the candle and say:

I stand at the hinge of worlds,

Rooted in earth,

Clear in mind,

Sovereign in spirit.

Sprinkle a pinch of salt in your palm and touch it to your heart.

The Wormwood Smoke

Light the wormwood gently and allow it to smolder.

Fan the smoke lightly around your head and shoulders.

Say:

Silver guardian of clear sight,

Keep what is mine and dissolve illusion.

Let me see only what serves my path.

Extinguish the wormwood fully once finished.

Look softly into the mirror or water.

Do not strain, Simply notice.

Touch the salt again and say:

The veil returns to its place.

I return fully to myself.

Blow out the candle.

Eat something small afterward to ground.

Safety & Respect Note

Wormwood is a potent herb traditionally used in small amounts and with care. This workbook focuses on aromatic and ritual use only. Always research thoroughly before ingesting any herb and consult qualified professionals regarding physical use.

RECORD YOUR EXPERIENCE

After your ritual, be sure to take notes on your experience. This way you can look back and gain more insights at a later time after the energies have had time to integrate.

DATE:

WHAT DO I WANT TO REMEMBER ABOUT THE EXPERIENCE?

HOW DID I FEEL AFTER THE RITUAL? IS THERE SOMETHING I REALLY WANT TO REMEMBER?

ADDITIONAL NOTES:

A large, empty white rectangular area intended for additional notes, occupying the majority of the page below the 'ADDITIONAL NOTES:' heading.

ABOUT THE CHAMBERS OF LEMURIAN MOON TEMPLE

Within the chambers of the Lemurian Moon Temple lives a sacred and evolving sanctuary of freely offered healing music, rituals, meditations, and earth-rooted teachings — created to support the heart during these tender and transformative times.

Guided by the rhythms of the Moon, the wisdom of the waters, and a deep reverence for the living Earth and subtle realms, the Temple holds offerings in plant spirit medicine, stone wisdom, animal kinship, sound healing, sacred composting, and soul remembrance.

This is not a course to complete or a path to follow perfectly.

It is a place to soften.

To release what no longer serves.

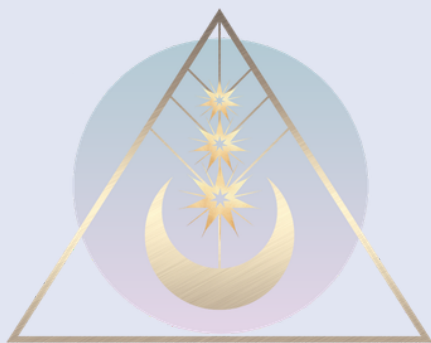
To return to the quiet knowing within you.

To remember your own sacred medicine.

New offerings are added slowly and intentionally, in harmony with lunar cycles, seasonal rhythms, and intuitive inspiration — allowing the Temple to grow as all living things do: naturally, and in its own time.

All core offerings within the Temple are freely given as an act of devotion, gratitude, and care for the collective.

You are always welcome here.



CONTACT INFORMATION

www.lemurianmoontemple.com

earthandskyspirit@gmail.com