

The Herb & Botanical Quick Reference

A concise reference guide to the most commonly used herbs for energy work — for gay, bi, transgender, and curious men.

Herbs have been used for grounding, protection, and emotional support across nearly every culture and era — long before anyone called it 'wellness.' This quick reference covers ten herbs worth knowing, what they're traditionally used for, and where they fit into the specific life of a gay, bi, or transgender man navigating identity, visibility, family, and self-acceptance.

Herb	Traditional Use	Best For
Rosemary	Protection, memory, clarity	Before hard conversations, coming out
Lavender	Calm, sleep, anxiety relief	Racing thoughts, nighttime rest
Sage (White or Garden)	Cleansing, clearing stagnant energy	After conflict, moving into a new space
Cedar	Grounding, protection, strength	Building confidence, steadying nerves
Rose	Self-love, tenderness, heart-opening	Body image work, self-acceptance
Mugwort	Dreams, intuition, inner sight	Journaling, dream work, reflection
Palo Santo	Cleansing, uplifting, clearing	Smoke-based room cleansing
Lemon Balm	Ease, lightness, gentle joy	Days that need lightness, not heaviness
Bay Leaf	Manifestation, transition, release	Writing an intention or letting go of one
Thyme	Courage, strength, healing	Facing something that requires bravery

How to Use Herbs Simply

- Dried herb sachet: a small cloth pouch of a chosen herb, kept in a pocket or under a pillow.
- Herb-infused spray: steep herbs in water, strain, add to a spray bottle for a smoke-free room refresh.
- Tea: many of these (rosemary, lavender, lemon balm, thyme) can be steeped as a calming tea — always confirm any herb is safe for you to consume, especially alongside medications.
- Smoke cleansing: burn dried herbs briefly in a heatproof dish, always with a window cracked and never left unattended.

Pairing Herbs With What You're Carrying

Before a hard family conversation: Rosemary for clarity, Cedar for steadiness.

After a difficult breakup or rejection: Rose for tenderness toward yourself, Lemon Balm for lightness.

Before coming out to someone new: Thyme for courage, Rosemary for protection.

On a night your mind won't slow down: Lavender, taken as tea or kept as a sachet by the bed.

A note on safety: this reference is for energetic and ritual use, not medical guidance. If you're pregnant, on medication, or managing a health condition, check with a doctor or pharmacist before consuming any herb, even in tea form.