

5-2024

## **Whispers of Thyme: Echoes of Herbal Wisdom**

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# Whispers of Thyme: Echoes of Herbal Wisdom

By: Gianna Constantine

*Herbal medicine and medicinal foods have been around and used for centuries. Why are the benefits of most plants not common knowledge, and why are those who do know the benefits called and considered to be crazy or so-called kooks?*





# My Project

*For this Project I have created a collection of poetry on herbal medicines and medicinal foods. I focused on what each plant can help with while relating them to goddesses and the seasons they are associated with. As a Gaian Pagan I have strong thoughts and feelings on how we treat the Earth whom I often refer to as Gaia, a goddess considered to be Mother Earth, throughout this collection. I want people to feel and understand the importance of treating the land we live on with respect and how much it truly gives us. I've really come into my voice as a poet these last few years and wanted it reflected in this project. I organized this collection into seasons with an intro poem to start.*



*Image by Felicia Constantine*



# Abstract

*Traditional herbal medicines used for centuries are now highly uncommon compared to the man made pharmaceuticals doctors have prescribed us with. Yes, they help and do what they are meant to but how come we go to these first? Why instead of peppermint or ginger tea do we take pepto bismol? Without a thought we immediately turn to the chemically man made medicines marketed to us rather than trying something natural that has the same purpose first. We pollute the Earth that has done nothing but given us the tools to help ourselves and our discomforts while relying on our chemical creations instead of what Earth has given us naturally for free. I hope to inform and inspire people to think more about what they are using and to try something natural before moving onto pharmaceuticals.*



*Image by:File:A witch holding a plant in one hand and a fan Wellcome*



# *Gaia's Love*

*Home is the moss under my feet*

*The canopy of leaves and branches above me*

*Gaia hugs me with her beauty*

*That goes unnoticed*

*Her love is the sound of a hummingbird's wings*

*Covered by noisy roads we keep. She*

*S*

*U*

*F*

*F*

*O*

*C*

*A*

*T*

*E*

*S*

*as pollution damages her trees, her crops*

*A place like no other we've found*

*My home is destroyed by my ancestors,*

*their GREED!*

*their ENTITLEMENT!*

*their DESTRUCTION!*

*SHE DESERVED LOVE!!!*

*As she heals*

*Our hearts*

*Our skin*

*Our lungs*

*Our guts*

*Our scrapes and cuts*

*Her Dandelion*

*Her Aloe*

*Her Ginger*

*Her Peppermint*

*Her Fleabane*

*Unappreciated, as we are undeserving*

*All her kindness is taken for granted by humans she raised*

*Home is the goddess who surrounds us with her beauty*

*Hugs our torches that burn and mutilate her*

*Her love beyond the hate we give her*

## *Spring*

### *Pomegranates and Dandelion*

*Whispers of Gaia*

*Whispers of Persephone*

*Whispers of the Goddesses of earth*

*They tell secrets and stories*

*Of bittersweet fruit*

*Her beauty and love like no other*

*Baring the fury of every woman*

*Venus screams in agony*

*Gaia screaming with her*

*The pain of Mother Earth*

*The pain of women*

*Persephone represents the root*

*Of the flower, we call weeds*

*Our hearts dying as we kill its healer*

*Gaia cries*

*Persephone cries*

*Venus cries*

# Summer

## Cinnamon Oranges and Raspberry Leaves

*A hand reaches out to me*

*dressed in flowers and vines, Gaia pulls me up beside her*

*she takes a breath*

*Exhaling into her hand, there grows an orange, beautiful and ripe*

*Her fruit never knew what a value was until we decided to add one*

*We sell her fruit when it was meant to be given, just as we take and force it out of her*

*Genetically modifying her, Forcing her to give more, to give better,*

*While we treat her like she's trash*

*Surrounded by cats watching me through the eyes of Bast as I search for raspberry leaves*

*frantically, These arrows aren't all that's watching over me,*

*the forest surrounds me, but I know they are there too, hiding*

*Fear creeps up my spine*

*They can't force me to give more than I'm willing,*

*I refuse*

*I am reminded of my will as I clutch the raspberry leaves in my hands,*

*I drink my leaves with cinnamon, I know they will protect me, my uterus, my sacral chakra*

*Though I am surrounded by the protection of goddesses, I must stand my own ground,*

*No man will lay a hand on me for I am protected*

*By goddesses who know that pain far more than I ever could*

*Would Gaia choose to give her fruits to us still if we didn't force it from her?*

*Knowing what she knows?*



# Autumn

## Hibiscus Apples of Eden

Divinity

Femininity

Fertility

Eve is punished

Unfairly judged

her humanity somehow too much

for those who gave her her curiosity,

Her childlike willingness to trust, snake or not

Why shouldn't she know?

Why can't she explore?

Why must a man determine her entire life

If he won't even teach her?

Goddesses of Divine Femininity watch in anger

Her true potential and divinity taken from her

As she feels cursed for bleeding, they know the truth

A woman's divinity kept secret from her

Taking her hand

They led her away from masculinity's Patriarchal bullshit

The lies they told her      The harm they caused her      The ideas they put in her head

Man never deserved woman

Hera gifts Eve Chasteberry

Kali gifts her Hibiscus

Together, they teach her

They show her the true nature and love her bleeding stems from

The abilities it gives her that no man has.

Eve's taught with love by the goddesses

Rather than punished with judgment

Eve is empowered by her body

With the gifts she was given in hand, she sees her own divinity



# My Research

*For my research I looked at sources about medicinal herbs and what goddesses and seasons are associated with these herbs and foods. I focused each of my poems around one of five health issues I was focusing on for this project; women's health, heart health, respiratory health, digestive health, and scrapes & cuts. In my research I found an abundance of fruits, flowers, and herbs that have healing properties for these issues listed. I had so much fun and learned a lot about what plants are associated with what goddesses and what plants are good for healing what issue I may be having at the moment. There are so many plants out there that we have no idea could be something that is good for us.*

## 142 MEDICINAL HERBS AND POISONOUS PLANTS

The flowers are small and white. In identifying this flower, close attention should be paid to the leaves. In former days many healing virtues were ascribed to this herb: chewed in the mouth it cured toothache, applied to the scalp it prevented incipient baldness, and so on.

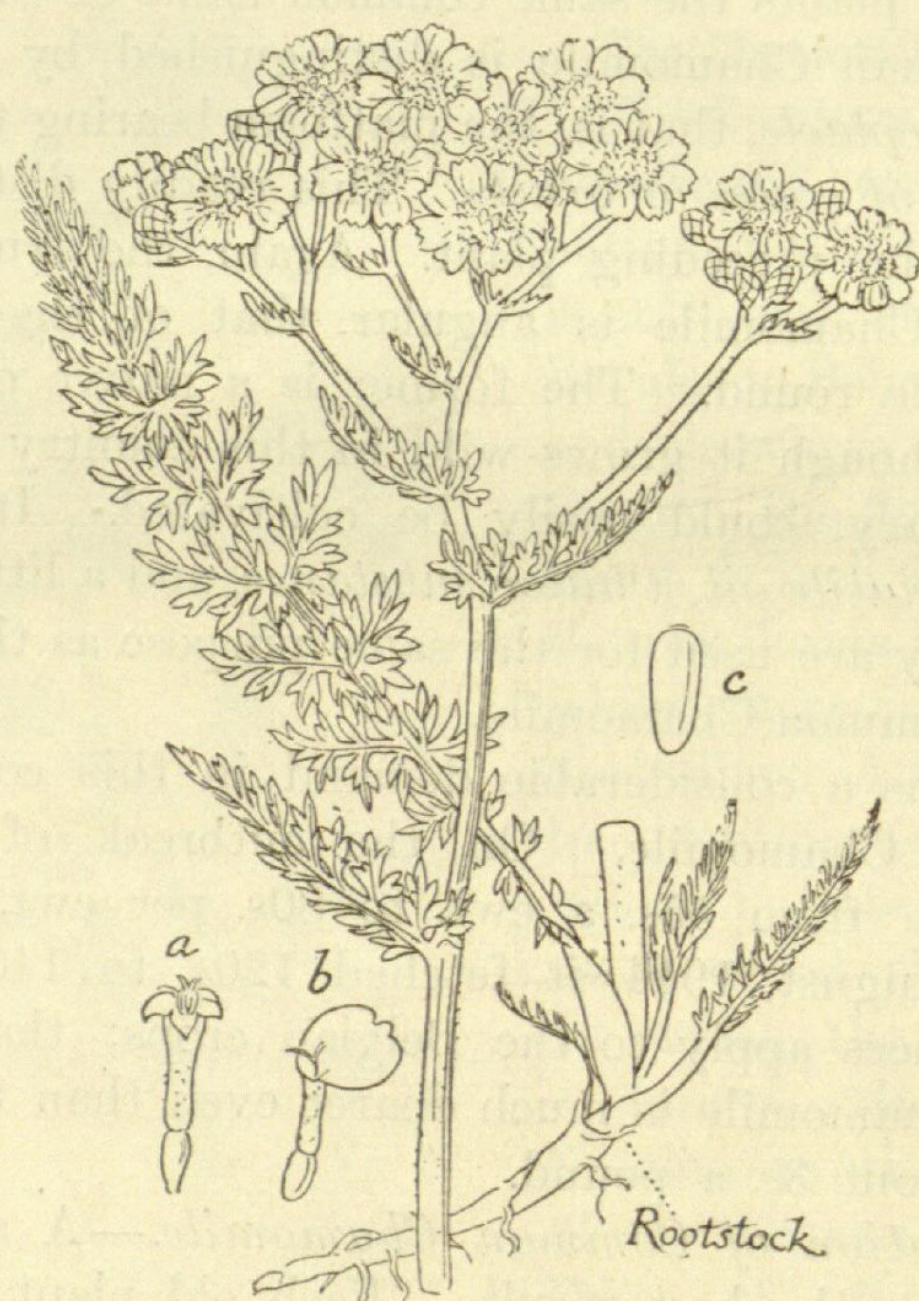


Fig. 87.—Yarrow or Milfoil (*Achillea Millefolium*)  
a, Disk floret. b, Ray floret. c, Seed.

Whatever its virtues may be, it is still regularly cultivated for medicinal purposes. At present it would pay to extend its cultivation, seeing that we use from 10 to 20 tons of it, the pre-War supply being largely from Germany. Its price has gone up from 20s. a cwt. to over 40s. a cwt.



The plants on this page are of great value to doctors, yielding some of our most important medicines. FROM LEFT TO RIGHT THESE PLANTS ARE: SENNA, JALAP, CASTOR OIL, PERUVIAN BARK, OPIUM POPPY, NUX VOMICA, TURKEY RHUBARB, ALOE, IPECACUANHA, SARSAPARILLA, SQUILL, GAMBOZE

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