

*Cláudia Loureiro*



# *My Sacred Set of Twenty Four Trees*



*by Cláudia Loureiro*

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*Cláudia Loureiro*





## *My Land*

My name is Cláudia Loureiro, I'm 42 years old, I was born in Angola but I live in Portugal since I was two years old.

I lived in Lisbon until I started working as a first grade teacher. (Also) because of that I moved to a wonderful place called Setúbal that is located in the south of the country (about one hour away from Lisbon by car). It's one of the 18 capitals of districts Setúbal is known for its kilometers of beaches... When the good weather arrives, almost everyone in Lisbon tries to cross the river to get some good tan at one of this beaches. For pictures please Google «Portinho da Arrábida».

I have here the best of two worlds because we also have the Sado Estuary Nature Reserve that covers more than 23000 hectares (57000 acres).

I love the Arrábida Natural Park near my house, it's one of the most beautiful in the country, a green mountain filled with mysteries and lovely charming beaches, hidden waterfalls and grottos.

In Azeitão (about 30 minutes away from Setúbal by car) there is the land of vineyards and wine cellars, manor houses, handicraft and gastronomy (cheeses, the tortas de azeitão delicious sweets, and others). Is a place to stop and indulge. You should be able to taste the Moscatel wine...

Well, I've always said that I could not live far from the sea... In fact, I felt called to be a sea witch a couple of months ago and I'm studying hard for that.

## *How Druidry entered my life*

In August 30 of 2013 when I visited the Almendres Cromlech (located near Guadalupe, municipality of Évora – Portugal, which is by far the largest one in the Iberian Peninsula), it arouse me the seed that was kept for longer than I can imagine. That was when, unconsciously, I decided that I had to learn more about those stones, its meaning, why were they put in that place and in that position... I needed to know everything I could about them.

I could feel the energy vibrating in each and every stone I touched. I even felt slightly dizzy and had a headache while my husband was driving home (it's about two and a half hours away). I really believe this was due to the energy exchange that I had with that magical place. It overwhelmed my senses. I truly felt that was a free spirited place.

Being close to the stones, touching them (although there were signs saying we couldn't), made me believe that my place is and was in the middle of them and not just seeing them only from afar) made me go back in time, to a time I was not even born, it felt like a strange reunion and yet a rewarding one. I felt a lot of energy in the air, almost could see the fires lit at nightfall, people dancing, laughs, colorful clothes, music. I remember having been overwhelmed with what I felt, but I didn't judge myself, I knew little or nothing about Druidry. I just began to better understand these feelings and what they meant, way after starting the Bard Course. I now know that it all made



perfect sense. Somehow I managed to absorb and interpret on the form of images what had been registered in those stones centuries ago.

Looking back to that day, I am sorry I could not have been there only with my family, there were other people there. Some were running, some were making noise and they were being much less respectful than I was when I touched those stones...

I hope I would have had the opportunity to tune deeper. Maybe it was due to my effort to do this that I felt unwell.

Reliving this experience by what I wrote down the day after it happened helped me to organize my thoughts and be sure of what I saw and felt. It is very difficult to express something so intense, so personal...

It comforts me to know that my path in Druidism is far from over. This is what I need and this is what I've been looking for, for so long...

This Course and the Ovate one helped me to know better and work better with various energies, with my spirit guides and with the gods.

### *About me and my Druid Course*

I'm a first grade teacher since 1997 (although I'm a Biology and Math's teacher), I create art and I sell some of it – I am a very visual person, I wrote and published a children's book after my son and daughter were born (he's 10 and she's 7 years old) and lately I've been creating eBooks about spirituality. Art has always been a part of my life and it couldn't have been any other way.

I've been a pagan and a witch since 2011 and my heart told me to start my studies to be a Bard in 2014, my goal is to be a Druid. Now that I'm in the middle of my Ovate studies I feel as a purpose is being fulfilled.

I'm a self English learner so please excuse the typos.





## My own Sacred Tree Set

*The trees taught me the meaning of what has been called “right livelihood” – doing what only I can do and being what only I can be.*

Philip Heselton

I've appreciated working on this project suggested in the Ouate course, and has also been a new learning curve, due partly to working with wood as the base material and I've appreciated to work in this project almost daily and I've loved each of the countless hours I've put into this work.

By working with the forests near me I will rejuvenate and bring new life to the lore of the forest as well as deepening my personal understanding.

I hope that by using my Bardic skills I will work with the trees of my own forests. I will visit several forests, parks and gardens to create my own unique set of sacred trees - my own Ogham!

Until now, this is what I've collected (sorry but the tree names are in Portuguese):





Before and after:



I made a list of trees that I can find around my home, in the woods and in the city.

The making of an Ogham set from the various trees that each stave represents, and the making of a tree journal containing facts, free associations with what was immediately outstanding to me of each tree, insights and leaf pressings from the trees I meet felt amazing.

Some of the species of Oghams are not native to Setúbal so I felt excited since the beginning about creating an Ogham only with native trees or at least trees that I can find near me.

As a biology teacher it was fun to research about these trees and even makes up its character!

These are the scientific names of the trees I found:

Olea europea  
Tipuana tipu  
Quercus suber  
Jacaranda mimosifolia  
Eriobotrya japonica  
Pinus pinaster

Arecaeae  
Citrus x limon  
Cupressus  
Quercus ilex  
Eucalyptus  
Platanus orientalis

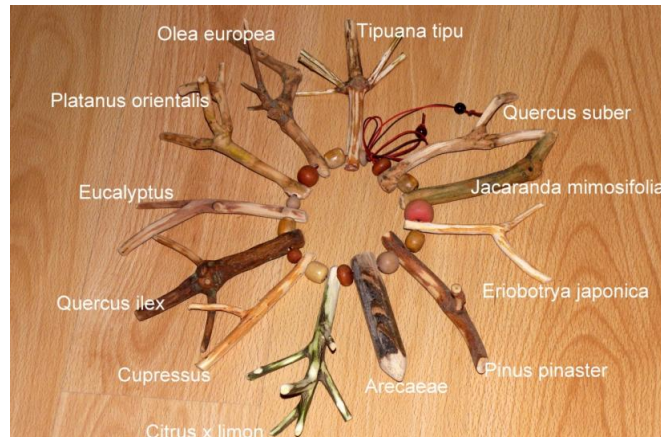
Then I created a chart with some of the questions suggested in the respective gwers:

Does the tree have fruit? Flowers?  
Is it easy/hard to climb?  
Does it grow in unusual places?  
Is it popular in suburban gardens? Why?  
Is any part of it medicinal or poisonous?  
Does it have a smell?  
What shape are the leaves?  
What color/texture is the bark? Does it have thorns?  
Are there any stories or myths associated with the tree?

After creating my list I organized it into different groups (Gender Association; Planetary Association, Element, Month, Seasons...)







I was guided to only choose 12 different trees (instead of 20) because I was told during a meditation that each tree would protect me and my home during the 12 months of the year.

Quercus suber - November  
Jacaranda mimosifolia - June  
Eriobotrya japonica - April  
Pinus pinaster - June  
Arecaeae - January  
Citrus x limon - February

Cupressus - March  
Quercus ilex - October  
Eucalyptus - May  
Platanus orientalis - September  
Olea europea - May  
Tipuana tipu - December

Each branch was carefully chosen and cut after receiving the permission of the tree. Some of them were brought from the woods and some were brought from the street trees around my house. Each one has a small hole and they, when are together, represent a whole year. The small beads are all from wood. Some were hand carved but not for me. Some of the beads belonged do my family and have more than 20 years.

Then I wanted to create symbols for each of my 12 trees, so I drew each of the branches. Each symbol is a copy of the branch of my Sacred Tree Set.

Finally I related each tree on my Set to the trees on the Ogham.

About the question: **Where would you place each tree in your Ovate table of correspondences?**

My spirituality is elemental based so I place each tree according to its elemental correspondence.

<b>Quercus suber<sup>1</sup></b> <b>Cork Oak<sup>2</sup></b> <b>Sobreiro<sup>3</sup></b>	<b>Jacaranda mimosifolia</b> <b>Jacaranda</b> <b>Jacarandá</b>	<b>Eriobotrya japónica</b> <b>Loquat</b> <b>Plum</b> <b>Nespereira</b>	<b>Pinus pinaster</b> <b>Maritime pine Tree</b> <b>Pinheiro</b>	<b>Arecaeae</b> <b>Palm Tree</b> <b>Palmeira</b>	<b>Citrus x limon</b> <b>Lemon Tree</b> <b>Limoeiro</b>
November <b>Air, Water, Fire, Earth</b>	June <b>Fire</b>	April <b>Water</b>	June <b>Air, Fire</b>	January <b>Air Fire</b>	February <b>Water</b>









<b>Cupressus Mediterranean Cypress Cipreste</b>	<b>Quercus ilex Holm Oak Azinheira</b>	<b>Eucalyptus Eucalypt Gum Tree Eucalipto</b>	<b>Platanus orientalis Oriental Plane Maple Plátano</b>	<b>Olea europea Olive Tree Oliveira</b>	<b>Tipuana tipu Rosewood Tipu Tree Tipuana</b>
March <b>Water, Earth</b>	October <b>Air, Water, Fire</b>	May <b>Water, Air, Fire</b>	September <b>Air, Water</b>	May <b>Air, Water, Fire, Earth</b>	December <b>Air</b>

<sup>1</sup> First – Scientific name

<sup>2</sup> Second - Common name in English

<sup>3</sup> Third – Common name in Portuguese







### Symbols for my First Sacred Tree Set and Relation of each tree on my Set to the trees on the Ogham

<b>Quercus suber Sobreiro</b>	<b>Jacaranda mimosifolia Jacaranda Jacarandá</b>	<b>Eriobotrya japónica Loquat Plum Nespereira</b>	<b>Pinus pinaster Maritime pine Tree Pinheiro</b>	<b>Arecaeae Palm Tree Palmeira</b>	<b>Citrus x limon Lemon Tree Limoeiro</b>
November	June	April	June	January	February
					
<b>Birch Beithe Bétula</b>	<b>Rowan Luis Tramazeira</b>	<b>Alder Fearn Amieiro</b>	<b>Willow Saille Salgueiro</b>	<b>Ash Nuin Freixo</b>	<b>Hawthorn Huathe Pilriteiro</b>
<b>Cupressus Mediterranean Cypress Cipreste</b>	<b>Quercus ilex Holm Oak Azinheira</b>	<b>Eucalyptus Eucalypt Gum Tree Eucalipto</b>	<b>Platanus orientalis Oriental Plane Maple Plátano</b>	<b>Olea europea Olive Tree Oliveira</b>	<b>Tipuana tipu Rosewood Tipu Tree Tipuana</b>
March	October	May	September	May	December







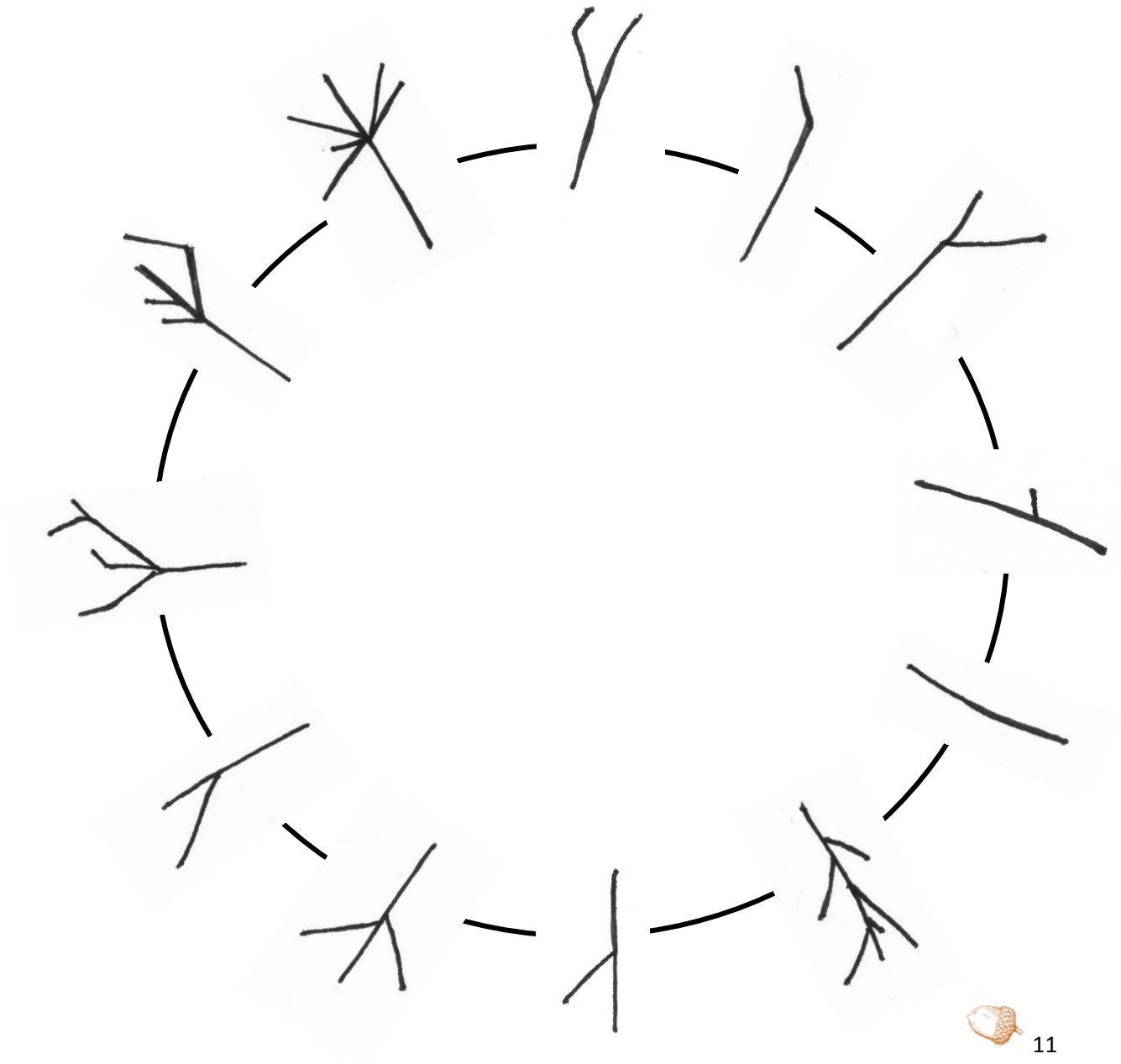
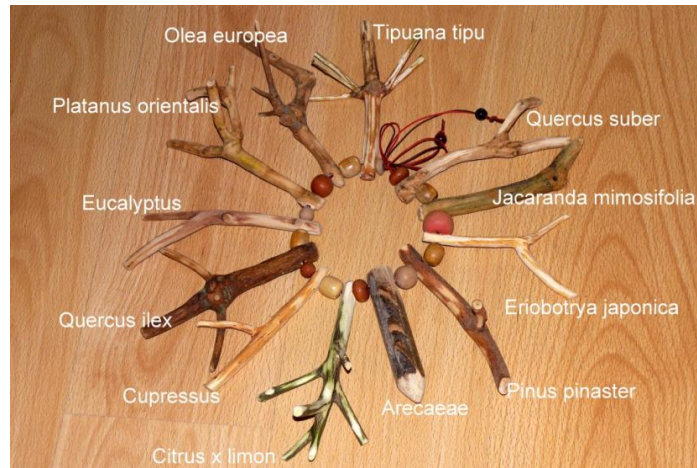
					
<b>Oak</b> <b>Duir</b> <b>Carvalho</b>	<b>Holly</b> <b>Tinne</b> <b>Azevinho</b>	<b>Hazel</b> <b>Coll</b> <b>Avelaneira</b>	<b>Apple</b> <b>Quert</b> <b>Macieira</b>	<b>Bramble</b> <b>Muin</b> <b>Amora</b> <b>silvestre</b>	<b>Broom</b> <b>NgEthal</b> <b>Giesta</b>

























## My Sacred Tree Set and its Symbols







*My First Sacred Tree Set*  
(Alphabetical order)

	<b>Arecaeae</b> <b>Palm Tree</b> <b>Palmeira</b>	<b>Citrus x limon</b> <b>Lemon Tree</b> <b>Limoeiro</b>	<b>Cupressus</b> <b>Mediterranean</b> <b>Cypress</b> <b>Cipreste</b>	<b>Eriobotrya</b> <b>japónica</b> <b>Loquat Tree</b> <b>Plum</b> <b>Nespereira</b>	<b>Eucalyptus</b> <b>Eucalypt</b> <b>Gum Tree</b> <b>Eucalipto</b>	<b>Jacaranda</b> <b>mimosifolia</b> <b>Jacaranda</b> <b>Jacarandá</b>
<b>Photo</b>						
<b>Fruit</b>						
<b>Symbol</b>						
<b>Flowers</b>	Yellow/White	Pink/White	Orange	White/Cream/Gray	White/Near White	Violet/Blue Violet/Lavender





<b>Does it grow in unusual places?</b>	Streets and public gardens to add texture and different high	It is a large evergreen shrub or small tree, grown commercially for its yellow fruit, and also cultivated as an ornamental plant. In the south of Portugal it's found along streets just like orange trees	<p>In classical antiquity, the cypress was a symbol of mourning and in the modern era it remains the principal cemetery tree in both the Muslim world and Europe. In the classical tradition, the cypress was associated with death and the underworld because it failed to regenerate when cut back too severely.</p> <p>In China, Frazer says: "It has been customary from time immemorial to plant trees on graves in order thereby to strengthen the soul of the deceased and thus to save his body from corruption; and as</p>	It is a large evergreen shrub or small tree, grown commercially for its yellow fruit, and also cultivated as an ornamental plant.	They adapt well to a wide range of soils, from hot, dry sites to slightly wet as long as the area is well draining.	<p>Street Tree</p> <p>Its main value is as an ornamental tree widely grown in urban areas worldwide.</p> <p>The blue jacaranda has been cultivated in almost every part of the world where there is no risk of frost.</p>
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			the evergreen cypress and pine are deemed to be fuller of vitality than other trees, they have been chosen by preference for this purpose.”			
<b>Is it popular in suburban gardens? Why?</b>	Yes because it adds some texture to large suburban gardens	Not in Portugal	Not in Portugal	No. It is a large evergreen shrub or small tree, grown commercially for its yellow fruit, and also cultivated as an ornamental plant.	Not in Portugal	Yes, because It makes an excellent shade  Jacaranda may flower best when grown in poor soil
<b>Is any part of it medicinal or poisonous?</b>	The leaves of a true palm are not considered poisonous to domestic animals.	Toxic to dogs, cats, and horses Although the amount is most concentrated in the fruit, the roots contain some of the toxic essential oils as well.	Although severe reactions are quite uncommon, Mediterranean Cypress has been reported to cause skin irritation, rashes, and headaches.	The seed is slightly poisonous. This report probably refers to the hydrogen cyanide that is found in many plants of this family, the seed should only be used in small amounts if it is bitter. In small quantities, hydrogen cyanide has been shown to stimulate respiration and	Some eucalyptuses are fast-growing sources of wood, producing oil that can be used for cleaning and as a natural insecticide, or an ability to be used to drain swamps and thereby reduce the risk of malaria.	Seed is poisonous if ingested All parts of plant are poisonous if ingested Handling plant may cause skin irritation or allergic reaction Plant has spines or sharp edges; use extreme caution when handling because the pollen may cause allergic reaction





				improve digestion, it is also claimed to be of benefit in the treatment of cancer. In excess, however, it can cause respiratory failure and even death.		
<b>Habitat</b>  <b>Does it have a smell?</b>	<p>They have no smell but the high leaves - if you could call them that - have a distinctly waxy feel to them once they've been trimmed off, or if a storm has knocked them off the tree.</p> <p>The bottom of the trunk is prickled and rough, even stringy, but beyond reach is a narrower, lighter and more solid bit of wood. The bottom bits can be pulled off the trees,</p>	<p>Soft lemony scent</p> <p>Nothing makes a room smell more like spring than the blossoms of a citrus tree.</p>	<p>This essential oil has a rich woody, slightly spicy aroma which helps to build emotional and mental resolve and can be used as an effective foot bath and deodorant.</p> <p>Evaporated in an aroma lamp, used as a perfume or sniffed to from the bottle or a tissue, its fragrance helps us to cope with crises in life, especially of emotional and sentimental character. The fragrance encourages us to</p>	Aromatic flowers	Flowers are fragrant	<p>Flower bunches, or panicles, typically appear after some early spring leaf drop. This floral display against bare branches makes the flowers that much more brilliant. Although prolific, these flowers only give off a slight fragrance.</p>





			rise above self-pity and despair. The astringent quality it has on our physical body shows itself spiritually as well: it keeps us together when we are falling apart. It is a good companion in times of nervousness and stress and spreads a calm and serene atmosphere in our lives and environments.			
<b>What shape are the leaves?</b>	<p>Pinnate (feather) shape</p> <p>Palm leaves are most commonly used for decorative purposes in the culinary world. Palm leaves are commonly used in combination with banana leaves and other local vegetation in the traditional Hawaiian</p>	Ovate, obovate	Scale-like	Oblong, elliptic (oval)	Adult leaves are covered with oil glands and alternate in arrangement, sickle-shaped, stalked, leathery and dark green.	Bipinnately compound, odd-pinnately compound





	method of cooking in an underground oven known as an imu.					
<b>What color/texture is the bark? Does it have thorns?</b>	The bottom of the trunk is prickled and rough, even stringy, but beyond reach is a narrower, lighter and more solid bit of wood			Branches droop not showy  Typically one trunk  Thorns	The appearance of eucalyptus bark varies with the age of the plant, the manner of bark shed, the length of the bark fibers, the degree of furrowing, the thickness, the hardness and the color. All mature eucalypts put on an annual layer of bark, which contributes to the increasing diameter of the stems.  They peel or shed in strips to reveal the pale grey, pink or white-tinged trunk.	Its bark is thin and grey-brown in color, smooth when the tree is young though it eventually becomes finely scaly. The twigs are slender and slightly zigzag; they are a light reddish-brown in color. The wood is pale grey to whitish, straight-grained, relatively soft and knot-free. It dries without difficulty and is often used in its green or wet state for turnery and bowl carving.
<b>Are there any stories or myths associated with the tree?</b>	Historically, palm leaves were used as one of the original materials for writing on. Palm leaf	The lemon is both the pinnacle and ubiquitous citrus of many cultures from Italy to France to	A cypress tree was sometimes planted next to the tomb of someone considered holy, so the	Loquat fruit is used in making plum wine. Loquat tree wood has been used in place of pear tree	Eucalyptus is primarily associated with positive luck, especially if related to knowledge. For	According to an Amazon legend, a beautiful bird named Mitu landed atop a Jacaranda





	<p>manuscripts have been found that date back to the 5th century in parts of South and Southeast Asia. Palm leaves have also long held symbolism in Christianity where they are seen as a symbol of victory, of good and faithfulness triumphing over evil and are mentioned numerous times in the Bible.</p> <p>Additionally in Judaism palms are one of the four species (of plants) used as part of both the traditional Sukkot blessing and the Hallel prayer to honor God.</p>	<p>Egypt, Spain and America. Its color, aromas, taste and multitasking properties make it the most popular and commercially successful citrus fruit throughout the world. Lemons also have the highest preserving qualities of all citrus making them more suitable for long transports.</p> <p>Weeing around a lemon tree will make it produce better lemons. Unsavory as it sounds, weeing under your tree creates a healthier plant and better harvest. Urine contains nitrogen, phosphorus and potassium; the N:P:K you see listed</p>	<p>deceased spirit could live on in the tree. In days gone by people would tie ribbons to sacred trees, attached to prayers asking to be granted the gift of a child, or relief from suffering or a painful ailment.</p>	<p>wood in the making of rulers. The fragrant Loquat blossom was considered for use in perfume oils in France, but the small yield did not warrant commercial production. Loquat leaf is dried for use as an herbal tea known as biwa-cha in Japan. Loquats are used in Mexico to celebrate Day of the Dead as offerings and ornaments on the altars.</p>	<p>instance, using eucalyptus in a ritual seeking a positive result to pending news (tests, interviews) would prove beneficial. Worn as a charm, this wood would promote positive luck for the wearer.</p> <p>It is also an excellent tool in divination.</p>	<p>tree bringing with him a lovely woman. The woman, who was actually a priestess of the moon, descended from the tree and lived among the villagers, sharing with them her knowledge and ethics. Having fulfilled her mission, she returned back to the tree adorned in Jacaranda blooms and ascended to the heavens where she united with her soul mate, the son of the sun.</p> <p>Because the Jacaranda tree is associated with the Amazonian moon goddess who is known for her wisdom, the trees are often found</p>
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		<p>on bought fertilizer. The nutrients in urine can be taken up fast by plants - like a quick vitamin tonic! But if you can't bring yourself to do it, apply urea, a high-nitrogen fertilizer, or a soluble balanced food like Yates Thrive Flower &amp; Fruit.</p>				<p>planted on university campuses. In Australia, in particular, there are academic superstitions that have grown up around the tree. For example, a student is considered unlikely to do well on final exams if he hasn't started studying for them by the time the Jacaranda trees are in bloom. But there are conflicting meanings for what it means when a Jacaranda bloom falls on a student's head. One says it's good luck; another says it's bad luck unless the bloom is caught in the right hand.</p> <p>Although they don't</p>
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						have as storied a history, Jacaranda trees have a bit of legend in the United States as well. If a Jacaranda bloom falls on your head, it's considered good luck. The blossoms of the Jacaranda also are associated with rebirth and the magic of spring.
<b>Healing properties and/or Magical Uses</b>		Cypress is a very ancient species, of an exceptional longevity. It is the symbol of immortality, serenity, stability and faith.		While the fruits themselves are sold as a food product with no medicinal history, the seeds have been added to alcoholic drinks which are thought to promote longevity while the leaves have been ingested on an as-needed basis to treat cough, sputum, and throat inflammation associated with sickness.	Eucalyptus leaves are widely believed to effectively ward off evil and repel enemies who are troubling your home or job.  The leaves are also said to help a weak person cast off evil; that is, to ensure a final break with wicked companions or to put a stop to	In Columbia this tree has medicinal uses, but here it apparently is not sufficiently well established for the herbalists and village doctors to have learnt of its value.





					<p>personal weakness such as a drug, alcohol, or tobacco habit.</p> <p>Some folk's burn eucalyptus leaves on charcoal as incense, and they claim that this cleanses the home and rids the premises of evil.</p> <p>Others tell us that they carry eucalyptus leaves in a pocket or in their shoe for Protection from Crossed Condi tions.</p> <p>The magical use of eucalyptus is an extension of the plant's household use to repel fleas and other pestiferous insects, no doubt.</p>	
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					This wood is highly recommended for any purpose combating illness or promoting good health.	
<b>Gender Association</b>	Masculine (Feminine in Portuguese)	Feminine (Masculine in Portuguese)	Feminine (Masculine in Portuguese)	Masculine (Feminine in Portuguese)	Feminine (Masculine in Portuguese)	Feminine (I decided) (Masculine in Portuguese)
<b>Planetary Association</b>	Sun, Jupiter	Sun (I decided)	Saturn, Pluto	Mars, Jupiter	Sun, Mars, Moon	Pluto (I decided)
<b>Element</b>	Air, Fire	Water	Water, Earth	Water	Air, Water, Fire	Fire (I decided)
<b>Month</b>	January (I decided)	February (I decided)	March (I decided)	April (I decided)	April (I decided)	June (I decided)
<b>Season (I decided)</b>	Spring	Summer	Summer	Spring	Autumn	Winter



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*My First Sacred Tree Set*  
(Alphabetical order)

	<b>Olea europea</b> <b>Olive Tree</b> <b>Oliveira</b>	<b>Pinus pinaster</b> <b>Maritime Pine</b> <b>Tree</b> <b>Pinheiro</b>	<b>Platanus</b> <b>orientalis</b> <b>Oriental Plane</b> <b>Maple</b> <b>Plátano</b>	<b>Quercus ilex</b> <b>Holm Oak</b> <b>Azinhiera</b>	<b>Quercus suber</b> <b>Cork Oak</b> <b>Sobreiro</b>	<b>Tipuana tipu</b> <b>Rosewood</b> <b>Tipu Tree</b> <b>Tipuana</b>
<b>Photo</b>						
<b>Fruit</b>						
<b>Symbol</b>						
<b>Flowers</b>	White	Orange	Orange/Red	White	Yellow	Yellow
<b>Habitat</b>	Woods and scrub in	Pines trees are				





<b>Does it grow in unusual places?</b>	dry rocky places	modest in their demands and can live on next to nothing. They will anchor themselves in the most barren soil, even surviving in the minimum of earth on nearly bare rock, as if the light provides for their needs. This reminds us that we too, though anchored on the earth, need the light of heaven for our survival.				
<b>Is it popular in suburban gardens? Why?</b>	Not common	It's a popular ornamental tree, often planted in parks and gardens in areas with warm temperate climates.	Yes, because It makes an excellent shade	Not common	Not common	Yes, because of the amount of shade they provide, combined with moderate water use, Tipus are always a sure bet when seeking large, wide shade.
<b>Is any part of it medicinal or poisonous?</b>	Olives freshly picked from the tree contain phenolic compounds and a unique glycoside,		Wilted maple leaves are among the most toxic parts of the tree.	Parts of plant are poisonous if ingested	The leaves and acorns of the oak tree are poisonous to cattle, horses, sheep, and goats in	The tree is not poisonous, this is not a characteristic of the family.







	oleuropein, which makes the fruit unpalatable for immediate consumption.				large amounts due to the toxin tannic acid, and cause kidney damage and gastroenteritis. The exception to livestock and oak toxicity is the domestic pig, which may be fed entirely on acorns	
<b>Does it have a smell?</b>	The scent of olive is very characteristic and we often associate it with scents of the sea and Mediterranean sun. This aroma is green and almost edible.	Resin <i>scent</i>				Pleasant smell in bloom
<b>What shape are the leaves?</b>	<p>The leaves are oblong to lance-shaped.</p> <p>The upper surface of the leaf is usually grey-green, while the lower surface is silvery to yellowish-green.</p>	Needles	Lobed leaves	<p>The leaf shape is variable (depending on age and growing conditions), and are toothed or somewhat spiny – possibly as protection from grazing animals.</p> <p>It has dark glossy</p>	The leaves are long, weakly lobed or coarsely toothed, dark green above, paler beneath, with the leaf margins often down curved.	The leaves of the tree are pinnately compound and made up of leaflets.





	Each leaf typically grows over a period of two years before being shed.			<p>silvery green leaves</p> <p>Leaves are oval, dark green to black and concave with a similar coating of pale hairs on the underside.</p> <p>Young leaves and leaves on young plants are spiny, like holly leaves, whereas older leaves and leaves on old plants have smooth edges.</p>		
<b>What color/texture is the bark? Does it have thorns?</b>	<p>It has a rough, fissured gray bark. It has a strong, dense wood with a beautiful, close grain.</p>	The bark of most pines is thick and scaly, but some species have thin, flaking bark.	When mature, the bark transforms into large scales called rhytidomes, which then slough off to reveal a soft, smooth, thin pale, new bark.	<p>The bark is dark, black or steam and finely cracked, and twigs are slender and covered with light brown felt-like hairs.</p>	<p>The tree has a thick, insulating bark that may have been the cork oak's evolutionary answer to forest fires. After a fire, while many of the other tree species merely regenerate from seeds or resprout from the base of the tree (as, for example, the Holm</p>	<p>The trunk is fissured and flaking with age, bark on the branches gray and cracked, sap from the cut branches red and sticky.</p>





					<p>oak) the cork oak branches, protected by cork, quickly resprout and recompose the tree canopy. The quick regeneration of the tree seems to be an advantage compared to other species that, after a fire, return to an initial stage of development.</p> <p>The bark is a vegetal tissue composed of an agglomeration of cells filled with a gaseous mixture similar to air and lined with alternating layers of cellulose and suberin.</p>	
<p><b>Are there any stories or myths associated with the tree?</b></p>	<p>The Romans used it to chase away evil, and also to protect little children. It is also used in</p>	<p>In Japan, two pine trees growing close together were said to be faithful lovers. Tales from many</p>	<p>In Greek, «platanos» means big, a characteristic that the Plane tree develops easily in</p>	<p>In ancient Greece the leaves of the Holm oak were used to tell the future and they</p>	<p>In Norse mythology, the oak was sacred to the thunder god, Thor. Thor's</p>	





	<p>exorcisms, and has been since the time of ancient Greece.</p> <p>According to Greek mythology, the creation of the olive tree was a result of a contest held between Athena and Poseidon. Poseidon, the god of the sea, and Athena, the goddess of wisdom, held a contest in which the winner would become protector of a newly built city in Attica. The city would be named after the god who gave the citizens the most precious gift. Poseidon struck a rock with his trident and as water began to rush out of the rock, out ran a horse. Next, Athena struck the rock with</p>	<p>cultures speak of the dead being reincarnated, or reborn, as trees, and legends and songs often tell of two trees, their branches linked or intertwined, that grow from the graves of lovers.</p>	<p>favorable conditions.</p> <p>When mature, the bark transforms into large scales called rhytidomes, which then slough off to reveal a soft, smooth new bark. It is this vegetal "molting" that inspired the idea in Greek mythology to choose the Plane tree as the symbol of revitalization.</p>	<p>were also used to make crowns to honor people. The acorn was seen as a sign of fertility and wearing acorn jewellery was believed to increase fertility. In Greek lore, the primitive tribes of Arkadia were said to have lived on a stable diet of acorns.</p>	<p>Oak was a sacred tree of the Germanic Chatti tribe. According to legend, the Christianization of the heathen tribes by Saint Boniface was marked by the oak's being replaced by the fir (whose triangular shape symbolizes the Trinity) as a "sacred" tree.</p>	
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	<p>her spear and the first olive tree appeared at the gates of the Acropolis. Considering her gift more valuable, residents of the new city declared Athena the victor and themselves Athenians for life. To this day, an olive tree still stands where this event took place. It was also believed that the Greek gods were born under the branches of the olive tree.</p>					
<p><b>Healing properties and/or Magical Uses</b></p>	<p>Olive leaf was first used medicinally in Ancient Egypt and was a symbol of heavenly power. It was also used to mummify pharaohs. More recent knowledge of the olive leaf's</p>	<p>Pine bark extract is often used for its antioxidant properties. Pine oil It is used in aromatherapy, as a scent in bath oils, as a cleaning product, and as</p>			<p>Acorn Good Luck Amulet:</p> <p>Acorns are good for all kind of magic, after all, each one holds what is needed to create an entire oak tree. Using black paint,</p>	





	<p>medicinal properties dates back to the early 1800s when pulverized leaves were used in a drink to lower fevers. A few decades later, green olive leaves were used in tea as a treatment for malaria.</p>	<p>a lubricant in small and expensive clockwork instruments. It is naturally deodorizing, and antibacterial. It may also be used varyingly as a disinfectant, massage oil and an antiseptic. It is also used as an effective organic herbicide where its action is to modify the waxy cuticle of plants, resulting in desiccation.</p>			<p>draw the oak symbol on the side of the acorn and let it receive several hours of sunlight to charge. After you set it in place draw a pentagram over it in the air above it with the index finger of your right hand, then say: “Tiny acorn little nut, Be enchanted with good luck Soak up power from the sun My lucky charm you are the one.”</p> <p>Magical Uses: luck, success, prosperity, wisdom, status, self confidence, masculine God energy, inner strength, magic for men, masculinity, stability, protection,</p>	
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					bravery, leadership	
<b>Gender Association</b>	Masculine (Feminine in Portuguese)	Masculine	Feminine (Masculine in Portuguese)	Masculine (Feminine in Portuguese)	Masculine	Feminine (I decided)
<b>Planetary Association</b>	Sun, Mercury, Moon	Mars, Jupiter	Jupiter, Venus	Sun, Jupiter, Venus	Sun, Moon, Mercury	Saturn (I decided)
<b>Element</b>	Air, Water, Fire, Earth	Air, Fire	Air, Water	Air, Water, Fire	Air, Water, Fire, Earth	Air (I decided)
<b>Month</b>	July	August	September (I decided)	October (I decided)	November (I decided)	December (I decided)
<b>Season (I decided)</b>	Winter	Spring	Autumn	Summer	Winter	Autumn



*Cláudia Loureiro*



# *Botanical Scientific Illustrations*



*My hands drawn by me in 1997*





# Palm Tree





Cláudia Loureiro



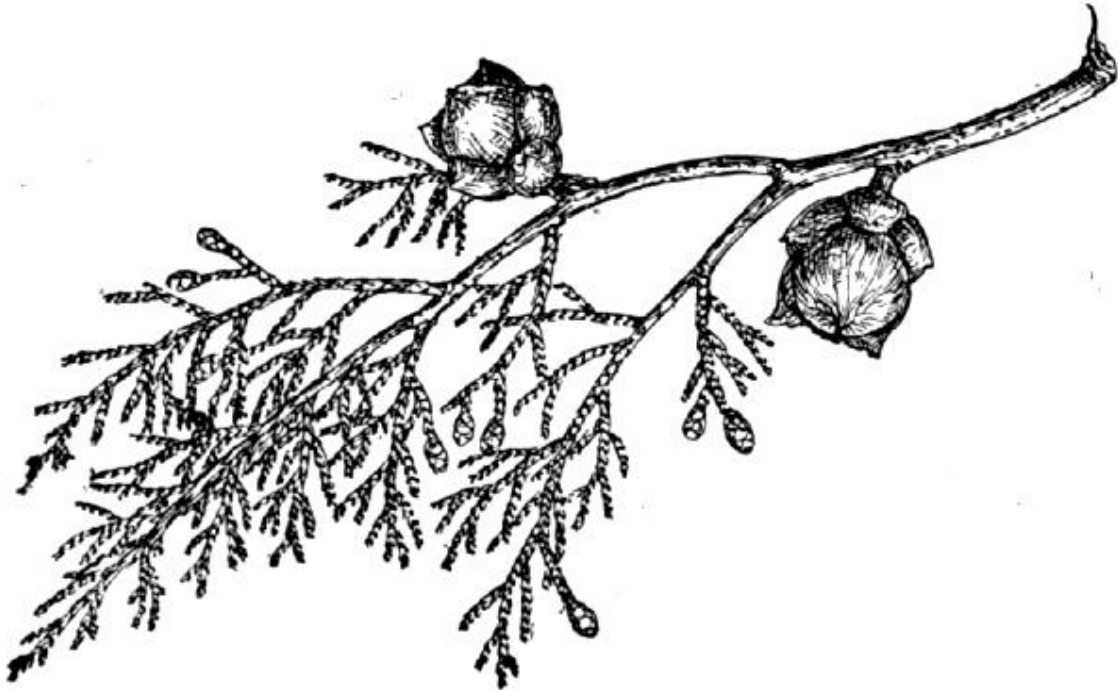
*Citrus X limon*



Cláudia Loureiro



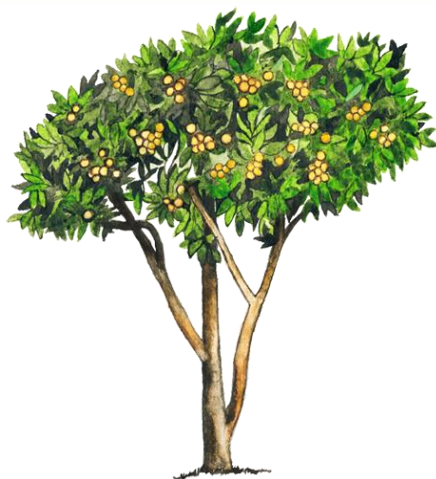
## *Cupressus*



Cláudia Loureiro



*Eriobotrya japonica*





*Cláudia Loureiro*



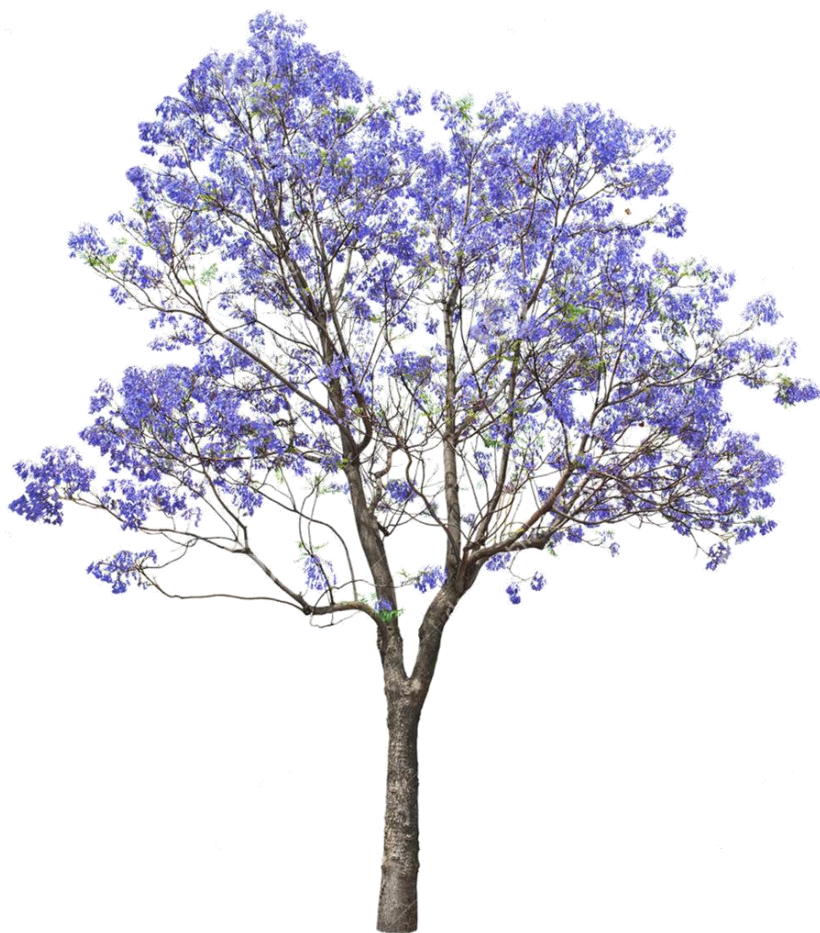
## *Eucalyptus*



Cláudia Loureiro



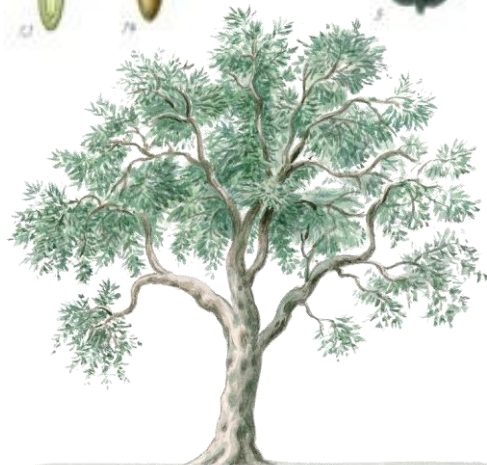
*Jacaranda mimosifolia*







This botanical illustration features a central branch (A) with several clusters of small, light-colored flowers. The branch is adorned with long, narrow, green leaves. Surrounding the main branch are 18 numbered details: 1, 2, and 3 show different views of the flowers; 4 and 5 are individual stamens; 6 is a pistil; 7 is a cross-section of the ovary; 8 is a seed; 9 and 10 are other views of the seed; 11 is a longitudinal section of the seed; 12 is a small seedling; 13 is a seedling; 14 is a seedling; 15 is a seedling; 16 is a seedling; 17 is a seedling; 18 is a seedling.





*Pinus pinaster*





Cláudia Loureiro



*Platanus orientalis*



*Cláudia Loureiro*



*Quercus ilex*

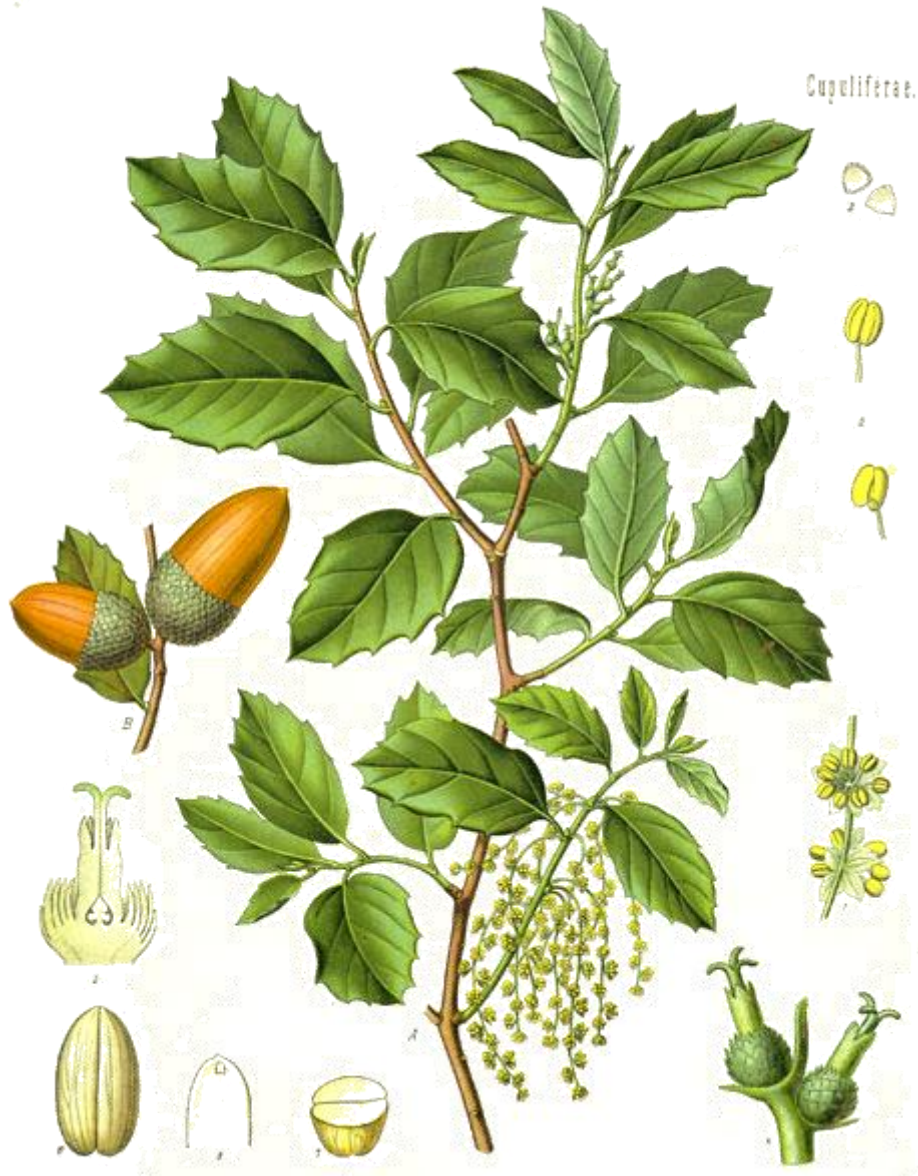




Cláudia Loureiro



*Quercus suber*



Cláudia Loureiro



*Tipuana tipu*





## My second Ogham Tree Set

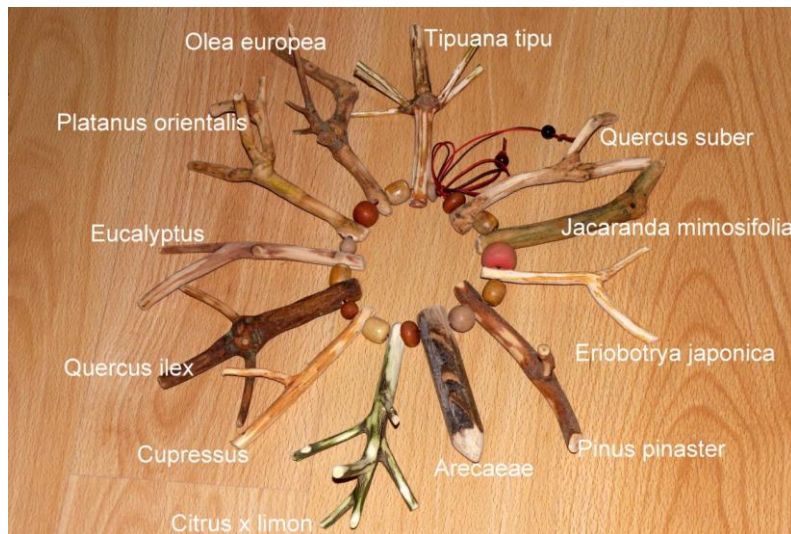
I enjoyed so much doing the first one that I created another one that will complete the first one. The first set will cover the first 15 days of every month. The second Set will cover the rest of the days of each month.

These are the scientific names of the trees I studied until now:

### First Set

Olea europea (Oliveira)  
Tipuana tipu (Tipuana)  
Quercus suber (Sobreiro)  
Jacaranda mimosifolia  
Eriobotrya japonica (Nespereira)  
Pinus pinaster (Pinheiro)

Arecaeae (Palmeira)  
Citrus x limon (Limoeiro)  
Cupressus (Cipreste)  
Quercus ilex (Azinheira)  
Eucalyptus (Eucalipto)  
Platanus orientalis  
(Plátano)



### Second Set

Ilex aquifolium (Azevinho)  
Leguminosae -caes Bauhinia aculeata L.  
(Pata de Vaca)  
Populus nigra (Choupo Negro)  
Rhamnus alaternus (Sanguinho)  
Oleo europea (Olive Tree, branch from  
a milenar tree)  
Arbutus unedo (Medronheiro)

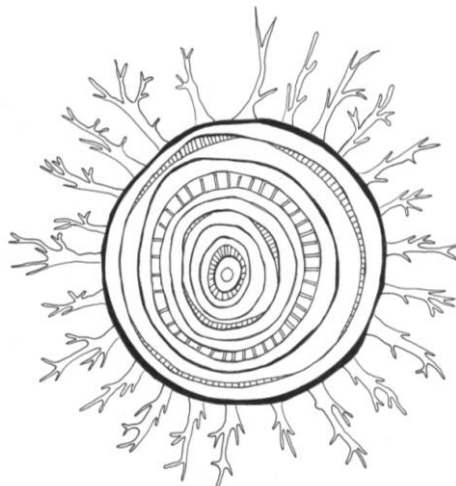
Rosmarinus officinalis L. (Alecrim)  
Quercus coccifera (Carrasco ou  
Carvalho Quermes)  
Pistacia lentiscus (Lentisco)  
Sorbus aucuparia (Tramazeira)  
Callistemon (Escovilhão de Garrafas)  
Myrtus communis (Murta)







This is how I love to see them in my home (one above the other) .







<b>Bauhinia aculeata L.<sup>1</sup></b> <b>White Orchid-Tree<sup>2</sup></b> <b>Pata de Vaca<sup>3</sup></b>  January <b>Water</b>	<b>Populus nigra</b> <b>Black Poplar</b> <b>Choupo Negro</b>  February <b>Air, Water</b>	<b>Rhamnus alaternus</b> <b>Italian Buckthorn</b> <b>Sanguinho</b>  March <b>Fire</b>	<b>Oleo europea</b> <b>Olive Tree (milenar tree)</b> <b>Oliveira</b>  July <b>Air, Water, Earth, Fire</b>	<b>Arbutus unedo</b> <b>Strawberry Tree</b> <b>Medronheiro</b>  May <b>Fire</b>	<b>Rosmarinus officinalis L.</b> <b>Rosemary Alecrim</b>  June <b>Fire</b>
<b>Quercus coccifera</b> <b>Kermes Oak</b> <b>Carrasco or Carvalho Quermes</b>  June <b>Air, Water, Earth, Fire</b>	<b>Pistacia lentiscus</b> <b>Mastik Tree</b> <b>Lentisco</b>  October <b>Air</b>	<b>Sorbus aucuparia</b> <b>Rowan Tramazeira</b>  August <b>Fire, Earth</b>	<b>Callistemon Bottlebrushes</b> <b>Escovilhão de Garrafas</b>  May <b>Fire</b>	<b>Myrtus communis</b> <b>Myrtle Murta</b>  November <b>Water</b>	<b>Ilex aquifolium</b> <b>Holly Azevinho</b>  December <b>Air, Water, Fire, Earth</b>

<sup>1</sup> First – Scientific name













<sup>2</sup> Second - Common name in English

<sup>3</sup> Third – Common name in Portuguese





# **Symbols for my Sacred Tree Set and Relation of each tree on my Set to the trees on the Ogham**

<p><b>Bauhinia aculeata L. White Orchid- Tree Pata de Vaca</b></p> <p>January</p>  <p><b>Birch Beithe Bétula</b></p>	<p><b>Populus nigra Black Poplar Aspen Choupo Negro</b></p> <p>February</p>  <p><b>Rowan Luis Tramazeira</b></p>	<p><b>Rhamnus alaternus Italian Buckthorn Sanguinho</b></p> <p>March</p>  <p><b>Alder Fearn Amieiro</b></p>	<p><b>Oleo europea Olive Tree Oliveira (milénar tree)</b></p> <p>July</p>  <p><b>Willow Saille Salgueiro</b></p>	<p><b>Arbutus unedo Strawberry Tree Medronhei ro</b></p> <p>May</p>  <p><b>Ash Nuin Freixo</b></p>	<p><b>Rosmarinu s officinalis L. Rosemary Alecrim</b></p> <p>June</p>  <p><b>Hawthorn Huathe Pilriteiro</b></p>
<p><b>Quercus coccifera Kermes Oak Carrasco Carvalho Quermes</b></p> <p>June</p>  <p><b>Oak Duir</b></p>	<p><b>Pistacia lentiscus Mastik Tree Lentisco</b></p> <p>July</p>  <p><b>Holly Tinne Azevinho</b></p>	<p><b>Sorbus aucuparia Tramazeira</b></p> <p>August</p>  <p><b>Hazel Coll</b></p>	<p><b>Callistemon Bottlebrush es Escovilhão de Garrafas</b></p> <p>May</p>  <p><b>Apple Quert</b></p>	<p><b>Myrtus communis Mysrtle Murta</b></p> <p>November</p>  <p><b>Bramble Muin</b></p>	<p><b>Ilex aquifolium Holly Azevinho</b></p> <p>December</p>  <p><b>Broom NgEthal Giesta</b></p>























<b>Carvalho</b>		<b>Avelaneira</b>	<b>Macieira</b>	<b>Amora silvestre</b>	
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*My Sacred Tree Set*  
(Alphabetical order)

	<b>Arbutus unedo</b> <b>Strawberry Tree</b> <b>Medronheiro</b>	<b>Bauhinia</b> <b>aculeata L.</b> <b>White Orchid-</b> <b>Tree</b> <b>Pata de Vaca</b>	<b>Oleo europea</b> <b>Olive Tree</b> <b>Oliveira</b> <b>(milenaar tree)</b>	<b>Populus nigra</b> <b>Black Poplar</b> <b>Aspen</b> <b>Choupo Negro</b>	<b>Rhamnus</b> <b>alaternus</b> <b>Italian</b> <b>Buckthorn</b> <b>Sanguinho</b>	<b>Rosmarinus</b> <b>officinalis L.</b> <b>Rosemary</b> <b>Alecrim</b>
<b>Photo</b>						
<b>Fruit</b>						
<b>Symbol</b>						
<b>Flowers</b>	Pink White	White	White	Red	Yellow and greenish flowers	Pink White





	Bell-shaped	The flowers are followed by many brown, woody seed pods which fill the tree and could be considered unattractive on the tree in the winter and a nuisance when they drop.			<p>The tiny flowers are borne in small dense clusters in the leaf forks.</p> <p>Separate masculine and bisexual flowers are produced in these clusters, with the majority of the flowers being masculine.</p>	Blue, or purple
<p><b>Habitat</b></p> <p><b>Does it grow in unusual places?</b></p>	It grows in rocky, well-drained soils.	Recommended tree for urban landscapes	Woods and scrub in dry rocky places	Wet lowlands, and along water-bearing ditches, prefers moist soils.	<p>A weed of coastal environs, riparian vegetation, grasslands, open woodlands, dry sclerophyll forests, rocky outcrop vegetation, plantations, disturbed sites, waste areas and roadsides in temperate regions</p>	<p>Rosemary grows on friable loam soil with good drainage in an open, sunny position.</p> <p>Grows easily in your herb garden.</p>
<p><b>Is it popular in suburban gardens? Why?</b></p>	<p>Yes</p> <p>The tree has outstanding ornamental features</p>	<p>Yes</p> <p>Non-marine habitat</p> <p>Forests</p>	Not common	<p>Yes</p> <p>For ornamental purposes</p>	<p>Yes</p> <p>For ornamental purposes</p>	Yes





	and could be planted more	Wide tree lawns  Large parking lot  Branches droop and are susceptible to breakage. Makes a spectacular vase-shaped specimen or patio tree.			Agricultural areas Coastland Natural forests Riparian zones Scrub/shrublands Water courses  <i>Rhamnus alaternus</i> is commonly used in reforestation programs in the Mediterranean, due to its fecundity and ability to survive in xeric environments	
<b>Is any part of it medicinal or poisonous?</b>	The leafs are used  The berries are poisonous  The berries are used in folk medicine but seldom eaten as fresh fruits. Their phenolic profile and antioxidant capacity reveal a high potential, but they are not well characterized as a	At this time, there is a lack of high-quality evidence to support <i>Bauhinia</i> for any medicinal use. Further research is needed.	Olives freshly picked from the tree contain phenolic compounds and a unique glycoside, oleuropein, which makes the fruit unpalatable for immediate consumption.  The pollen of <i>Olea europaea</i> is highly allergenic.	The Inner bark used to be dried, ground and then added to flour and used for making bread etc. A famine food, used when all else fails.	Berries are poisonous.  There are no medicinal uses listed for <i>Rhamnus alaternus</i> .  Edible Uses: None known	It is used as a culinary condiment, to make bodily perfumes, and for its potential health benefits.  Rich source of antioxidants and anti-inflammatory compounds  Improves digestion  Enhances memory





	<p>“health promoting food”.</p> <p>The fruits are also used as antiseptics, diuretics and laxatives, while the leaves have long been employed as an astringent, diuretic, urinary anti-septic agent and, more recently, in the therapy of hypertension and diabetes</p> <p>The ripe berries look like small strawberries. They can be eaten, but does not taste sweet as strawberry. The fruit is used as an aromatic addition to Raki or Tsikoudia.</p>					<p>and concentration</p> <p>Neurological protector</p> <p>Prevents brain aging</p> <p>Protects against macular degeneration</p> <p>Cancer</p>
<p><b>Does it have a smell?</b></p>	<p>The flowers have a soft and attractive honey scent</p>	<p>Very agreeable scent</p>	<p>The scent of olive is very characteristic and we often associate it with scents of the sea and</p>	<p>Pale yellow twigs are sticky towards the tips with a strong turpentine smell.</p>	<p>The fragrant flowers are produced during winter and early spring</p>	<p>Fragrant evergreen herb</p>







			Mediterranean sun. This aroma is green and almost edible.			
<b>What shape are the leaves?</b>	Oblanceolate  Obovate	Orbiculate  Cordate Green	The leaves are oblong to lance- shaped.  The upper surface of the leaf is usually grey-green, while the lower surface is silvery to yellowish- green.  Each leaf typically grows over a period of two years before being shed.	Deltoid  Ovate	The leaves are borne on short stalks and have sharply toothed margins  Ovate Glossy Medium Green	Leaves shaped like needles
<b>What color/texture is the bark? Does it have thorns?</b>	Red flaking bark  The trunk droops as the tree grows, and will require pruning for vehicular or pedestrian clearance beneath the canopy; routinely grown with, or trainable to be grown with, multiple trunks; showy trunk; tree	Twig color: brown  Trunk/bark/branche s: branches droop; not showy; can be trained to one trunk; thorns	It has a rough, fissured gray bark. It has a strong, dense wood with a beautiful, close grain.	The bark is thin and easily damaged from mechanical impact; grow mostly upright and will not droop; not particularly showy; should be grown with a single leader; no thorns.  Young trees have soft, smooth bark	Older branches have dark brown furrowed or smooth bark, while younger branches are pale brown or purplish in colour. Younger stems are greenish and hairless (i.e. glabrous) or finely hairy (i.e. puberulent).	The stems are covered with an exfoliating bark





	<p>wants to grow with several trunks but can be trained to grow with a single trunk; no thorns</p> <p>Pruning requirement: requires pruning to develop</p>			<p>ranging from light silver to dark grey, darkening, roughening and cracking with age.</p> <p>The catkins (devil's fingers) are more substantial, like a row of rusty-red or greenish beads hanging below the branches. The rough bark of the black poplar may exude a sticky yellowish resin-like balsam which solidifies as it dries.</p>		
<p><b>Are there any stories or myths associated with the tree?</b></p>	<p>The word Azeitão (city where this small branch was picked) comes from "azzeittum" - the arabic term for olive trees.</p> <p>Some olive trees in this area are aged at 300 years BC.</p>		<p>The Romans used it to chase away evil, and also to protect little children. It is also used in exorcisms, and has been since the time of ancient Greece.</p> <p>According to Greek mythology, the creation of the olive</p>	<p>According to Greek mythology, the black poplar was created after Phaeton's fatal attempt to drive Apollo's chariot. Phaeton's sisters made such a fuss mourning his death that the gods changed them into</p>	<p>The species was used in ancient Mediterranean cultures for medicinal purposes</p> <p>The common name sanguinho-das-sebes (meaning blood-of-the-hedges), <i>Rhamnus alaternus</i>, owes its</p>	<p>According to legend, it was draped around the Greek goddess Aphrodite when she rose from the sea, born of Uranus's semen. The Virgin Mary is said to have spread her blue cloak over a white-blossomed</p>





			<p>tree was a result of a contest held between Athena and Poseidon. Poseidon, the god of the sea, and Athena, the goddess of wisdom, held a contest in which the winner would become protector of a newly built city in Attica. The city would be named after the god who gave the citizens the most precious gift. Poseidon struck a rock with his trident and as water began to rush out of the rock, out ran a horse. Next, Athena struck the rock with her spear and the first olive tree appeared at the gates of the Acropolis. Considering her gift more valuable,</p>	<p>black poplars. It is also said that fallen red masculine catkins are Devil's fingers, and bring bad luck if picked up.</p> <p>Of old the aspen was a tree of heroes, whose crowns of poplar leaves gave them the power not only to visit the Underworld, but also to return safely. Similarly, the aspen crowns found in ancient burial mounds may have been included to allow the spirits of the deceased to return to be reborn. Aspis, the aspen's Greek name, means shield and amongst the Celts its lightweight wood was indeed</p>	<p>name to the color of the juice of its fruit that was once used as a pigment in the dry cleaning industry.</p>	<p>rosemary bush when she was resting, and the flowers turned blue. The shrub then became known as the "Rose of Mary".</p> <p>Rosemary has been found in the wrappings of Egyptian mummies.</p>
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			<p>residents of the new city declared Athena the victor and themselves Athenians for life. To this day, an olive tree still stands where this event took place. It was also believed that the Greek gods were born under the branches of the olive tree.</p>	<p>favoured for making shields. These shields were more than mere physical barriers between warrior and enemy; they were imbued with additional magical, protective qualities to shield the bearer from psychic as well as physical harm.</p> <p>"My aspens dear, whose airy cages quelled, Quelled or quenched in leaves the leaping sun . . ." Gerard Manley Hopkins, 1879</p>		
<p><b>Healing properties and/or Magical Uses</b></p>	<p>Exorcism Fire magic Protection Anti-lightning Attract women (carry) Dream magic Energy Encourage nature</p>	<p>At this time, there is a lack of high-quality evidence to support Bauhinia for any medicinal use</p>	<p>Olive leaf was first used medicinally in Ancient Egypt and was a symbol of heavenly power. It was also used to mummify pharaohs. More recent knowledge of the</p>	<p>Used mainly for its antirheumatic properties, diuretic and to treat pain.</p> <p>Astringent</p> <p><u>Medicinal properties:</u></p>	<p>The bark, leaves and fruit are rich in anthraquinones, which have laxative effects. They also have astringent and anti-inflammatory properties for the oral mucosa, and</p>	<p>Protection Love Lust Mental powers Exorcism Purification healing Banish negativity Blessing Cleansing (burn)</p>





	<p>spirits  Luck (carry)  Good magic  Make dreams come true (nine leaves in cloth with nine knots under pillow)  Power  Protect children (sprinkle with holly water)  Repel animals (place around area)  Repel spells (plant)  Repel spirits  Strength  Wedding blessing (wear as a crown)  Dispel evil</p> <p>Bladder  Bronchitis  Gout  Fevers  Astringent  Antiseptic</p>		<p>olive leaf's medicinal properties dates back to the early 1800s when pulverized leaves were used in a drink to lower fevers. A few decades later, green olive leaves were used in tea as a treatment for malaria.</p>	<p>The Doctrine of Signatures (an old system of healing) claimed that illnesses could be cured with plants having the same symptoms as the ailing body. Since the Aspen showed perpetual quaking of its leaves, it was designated to heal ague (shaking palsy.) The bark of Aspen contains analgesic and anti-inflammatory properties. Native American women would drink a tea made from the leaves to ease menstrual cramps. This tea also aided in alleviating diarrhea and urinary disorders. A poultice made from the root was used for cuts and bruises.</p>	<p>have been used to regulate the circulation.</p>	<p>Consecration  Exorcism  Good luck  Healing (burn)  Intellectual power  Maintain Youth  Memory  Mental powers  Protection  Psychic development  Purification  Sleep</p> <p>Astringent  Diuretic  Sleep  Youth  Bladder  Urinary disorders  Acne  Raises blood pressure  Stress  Relaxes spasms  Relieves pain  Increases perspiration rate  Stimulates the liver and gall bladder  Improves digestion</p>
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				<p><u>Magical properties:</u>  Used in anti-theft spells, it was also planted in gardens and fields to protect the property from thieves.  Place an aspen leaf under your tongue if you wish to become eloquent.  Burn incense made of Aspen at Samhain to protect you from unwanted spirits and to help you release old fears as you move forward into the next new year.</p>		<p>and circulation  Controls many pathogenic organisms.  Depression  Apathy  Nervous exhaustion</p>
<p><b>Gender Association</b></p>	<p>Male  (Feminine in Portuguese)</p>	<p>Feminine  (I decided)</p>	<p>Masculine  (Feminine in Portuguese)</p>	<p>Feminine or Masculine  (Masculine in Portuguese)</p> <p><b>Each tree carries</b> either masculine (reddish green ) or Feminine</p>	<p>Male  (I decided)</p>	<p>Male</p>





				(yellowish green) flowers, taking the form of long, rather ‘shaggy’ and untidy pollen carrying catkins in early spring. The tops of each Feminine catkin produce a small pod-like seed-head which splits open in early summer and spills its thousands of white fluffy ‘cotton’ covered seeds into the wind.		
<b>Planetary Association</b>	Mars	Saturn (I decided)	Sun, Mercury, Moon	Saturn, Mercury, Venus, Neptune	Sun (I decided)	Sun Mercury
<b>Element</b>	Fire	Water (I decided)	Air, Water, Fire, Earth	Air, Water	Fire (I decided)	Fire
<b>Month</b>	May (I decided)	January (I decided)	July (I decided)	February (I decided)	March (I decided)	June (I decided)
<b>Season (I decided)</b>	Spring	Spring	Winter	Autumn	Summer	Spring





















*Cláudia Loureiro*







*My Sacred Tree Set*  
(Alphabetical order)

	<b>Callistemon Bottlebrushes Escovilhão de Garrafas</b>	<b>Ilex aquifolium Holly Azevinho</b>	<b>Myrtus communis Myrtle Murta</b>	<b>Pistacia lentiscus Mastik Tree Lentisco</b>	<b>Quercus coccifera Kermes Oak Carrasco Carvalho Quermes</b>	<b>Sorbus aucuparia Rowan Tramazeira</b>
<b>Photo</b>						
<b>Fruit</b>						
<b>Symbol</b>						





<b>Flowers</b>	Large red flower brushes with yellow stamens	Small white flowers	White to pinkish	Green  It presents very small flowers, the masculine with five stamens, the Feminine trifold style.	The masculine flowers form into catkins whilst the Feminine flowers grow beneath the leaves.	May to June produces sprays of white flowers.
<b>Habitat</b>  <b>Does it grow in unusual places?</b>	This is a very hardy and reliable bottlebrush species to around 3m that can withstand periods of drought and periodic inundation and poor soils. It's well suited to be grown as an individual garden specimen or as part of a shelterbelt or screening system.		It is a common and widespread shrub and the sole representative of the Myrtaceae in the Mediterranean Basin. It is typically found in Maquis shrubland together with other low-growing shrubs which have been developed after the clearing of the primary woods of the Mediterranean in the lower mountain environments.	The Lentisk grows near the coast on dry, rocky soil.	Dry places on limestone and siliceous rocks	Woods and open areas of altitude, occurring up to 2000m. It supports low temperatures. Tolerates urban pollution and strong sea winds.
<b>Is it popular in suburban gardens? Why?</b>	Yes it's a popular small landscape tree		Myrtus communis is excellent for hedges, screens, patio planters and			Prefers light, peaty soils with good drainage, not too dry, likes open





			pots, or for providing a dark green background for perennial or annual color plantings			unshaded areas with plenty of sunshine but not too hot. Likes temperate zones.
Is any part of it medicinal or poisonous?	Poisonous flowers	The fruits are poisonous	The essential oil contained in the leaves of <i>Myrtus communis</i> plants is slightly toxic. It may cause headaches, nausea, indigestion, and may colour urine purple if consumed in larger quantities (above 10 ml).	We can extract the resin from the tree - "mastic" - a material which, is used to make varnish. But it can also be used in candy, bread, cakes and drinks. In Greece the mastic is often called 'Chios' tears' because mastic were mainly produced on the island of Chios and resemble small solidified droplets.	Astringent Edible Parts: Seed. Edible Uses: Coffee.  The seed can be dried, ground into a powder and used as a thickening in stews etc or mixed with cereals for making bread. The seed contains bitter tannins, these can be leached out by thoroughly washing the seed in running water though many minerals will also be lost. Either the whole seed can be used or the seed can be dried and ground it into a powder. It	Bark and berries. (Berries must be cooked before use, they are poisonous)  As is usual with fruits, the scarlet Rowan berries are high in Vitamin C content. They contain sorbic acid, making them very astringent and should normally be boiled and then strained before use, as eating the berries raw can easily cause stomach upsets. The berries are best prepared into jellies or syrups, where the pulp and seeds are strained out, as the seeds and possibly





					<p>can take several days or even weeks to properly leach whole seeds, one method was to wrap them in a cloth bag and place them in a stream. Leaching the powder is quicker. A simple taste test can tell when the tannin has been leached. The traditional method of preparing the seed was to bury it in boggy ground overwinter. The germinating seed was dug up in the spring when it would have lost most of its astringency. The roasted seed is a coffee substitute.</p>	<p>the leaves are known to contain some toxic properties of the kind associated with poisonous prussic acid.</p>
<p><b>Does it have a smell?</b></p>	<p>Citrus scent</p>	<p>"Heavenly" scent</p>	<p>Scented flowers</p> <p>An essential oil from the bark, leaves and flowers</p>	<p>The plants emit a bitter, resinous or medicative smell, which in some species is very</p>	<p>Faintly aromatic</p>	<p>The Rowan is loved for its pretty creamy-white clusters of flowers in May, whose</p>





			is used in perfumery, soaps and skin-care products.	intense and aromatic.		sweet scent attracts plenty of bees and other pollinating insects.
<b>What shape are the leaves?</b>	Olive green lance-shaped leaves	Leaves are spiny, and have a waxy texture	pointed-oval leaves, which are dark green, shiny and fragrant when crushed  Ovate to lanceolate	Lanceolate  The leaves are alternate, leathery, and compound paripinnate (no terminal leaflet) with five or six pairs of deep-green leaflets.	Broad  Alternate, entire, dentate or serrate, spinescent; a stellate pubescence beneath  The leaves have green upper surface and grayish underside. They are thick with thorns on the edge.	Its deciduous deep green leaves are very much like those of the Ash, leaflets paired on a long central stem, which turn red in late autumn
<b>What color/texture is the bark? Does it have thorns?</b>	The exfoliating bark is light gray	Smooth silver-greyish bark	Stems — twigs are fine textured; initially green in color, rapidly turning orange-brown and then gray-brown; Bark — handsome with age; the bark is smooth and gray-brown in color, eventually developing a brown	Branches droop; showy; typically one trunk; thorns	Bark dull grey, often scaly on old trees; branch at first yellowish brown, hairy, becoming grey brown; bud ovoid, pointed, chestnut brown	The bark on young trees is a shiny grey colour ageing to a brown-grey colour. The texture of the bark is generally smooth, especially on younger trees.





			peeling aspect showing the lighter tan inner bark.				
Are there any stories or myths associated with the tree?	<p>The etymological root of the binomial name <i>Callistemon</i> is derived from the ancient Greek <i>Kalli</i> meaning 'beautiful' and <i>stamen</i> the pollen producing part of a flower. <i>Phoenix</i> is derived from the Greek <i>foinikos</i> meaning red'.</p>	<p>The native holly tree (<i>Ilex aquifolium</i>) has been a symbol of midwinter festivals since pre-Christian times</p> <p>In the Druidic culture Holly was considered as a holy tree. Its name (Old English "holegn") is directly related to "holy". Oak was considered the king of the rising year (from Winter solstice to summer solstice), and Holly the king of the descending year (summer and fall until winter solstice).</p> <p>Holly is always the vital and alive. One</p>	<p><i>Myrtus communis</i> is often cultivated in the Mediterranean, where the plant is regarded as a symbol of love and peace and is much prized for use in wedding bouquets.</p>	<p>The name of Pistacia derives from the Persian name 'pisteh' or 'pesteh'.</p> <p>Classification within the genus Pistacia has been based on leaf morphology and geographical distribution.</p> <p>The name Rowan comes from an Irish surname. It is an Anglicized form of Ó Ruadháin which means "descendant of Ruadhán". Sometimes this name is associated with the rowan tree which has red berries. It is also said to mean "little redhead". This name is said to have</p>	<p>The color of crimson was produced by using another expensive dye for Roman clothing. The Kermes (Crimson) Dye was obtained from the dried bodies of the Feminine insects (Kermes vermilio Planchon and Kermes ilicis) which were found in southern Europe on the small evergreen kermes oak (<i>Quercus coccifera</i>) The history of the Kermes dye dates back to the ancient Egyptians and the Romans. Kermes dye was produced by a process of drying the bodies of</p>	<p>The name aucuparia is derived from the latin word avis for bird, and capere to catch as the fruit attracts birds so much.</p> <p>The hard pale brown wood of the rowan was used to make bows in the middle ages, also used for tool handles, bowls and plates and for general woodcraft. The berries were used to make rowan jelly which was eaten with meat and helped prevent gout.</p> <p>The name 'Rowan' may have been passed down from the old Norse name for the tree 'Runa'</p>	





		of the four native evergreens, it symbolizes the principle of the “ever-green” – that which is always actively synthesizing energy from the light – with the principle of focused and concentrated energy – manifested in its characteristic leaf prickles. Holly is the survivor.		been used for both genders since the middle ages, most commonly in Scotland and Ireland.	the insects and then fermentation.	which means a charm, or the Swedish ‘Roon’ for red. As well as being known as the Mountain Ash, its folk names are many and varied, Wicken Tree, Quickenwood, Quickbane, Sorbapple, Witchenwood, Rune Tree, Witchbane and Whitty Tree being but a few! The botanical name Sorbus Aucuparia is interesting, in that ‘aucuparia’ shows the tree has fruit which can be used by the ‘auceps’ or bird catcher to bait his traps.
<b>Healing properties and/or Magical Uses</b>	Callistemon citrinus Viminalis is commonly known as 'Bottlebrush'	Bladder problems Bronchitis Fevers Gout	Blessing objects Consecration Contemplation Exorcism	Lust Manifestations Psychic powers Spirit calling	Acorn Good Luck Amulet:  Acorns are good for	Diuretic Astringent Haemostatic Vulnerary







	<p>plant of family myrtaceae that has a great medicinal importance.</p> <p>Traditional uses of the aerial parts of <i>Callistemon citrinus</i> in ethnic tribal communities are in practice, and very little are known about its importance on scientific grounds.</p>	<p>Colds Sinusitis Wounds Halitosis Coughs</p> <p>The leaves are used for colds with fever. They are soaked overnight, then briefly boiled, with a threefold effect: the fever goes down, the cough is soothed and mucus is released.</p> <p>Attract woman (carry) Anti-lightning Dream magic Encourage nature spirits Energy Luck Power Protect children (sprinkle with holy water) Wedding blessing (wear as a crown)</p>	<p>Good luck Healing (sachet) Lift vibrations (burn) Love Meditation Peace Purification (incense) Spirituality Success Money Sleep Youth Prosperity Abundance Love spells</p>	<p>Attract positive energy (burn) Purify negativity and evil</p> <p>The oil extracted from its fruits is the most widely used product of this plant. Among the diverse claimed therapeutic properties of this oil, only its wound healing effects was scientifically proved.</p>	<p>all kind of magic, after all, each one holds what is needed to create an entire oak tree.</p> <p>Using black paint, draw the oak symbol on the side of the acorn and let it receive several hours of sunlight to charge. After you set it in place draw a pentagram over it in the air above it with the index finger of your right hand, then say: “Tiny acorn little nut, Be enchanted with good luck Soak up power from the sun My lucky charm you are the one.”</p> <p>Magical Uses: luck, success, prosperity, wisdom, status, self</p>	<p>Febrifuge Digestive Expectorant Stimulant Tooth fillings Demulcent Anti-Scorbutic Diarrhea</p> <p>This tree is particularly good for all rituals associated with empowerment, it represents the masculine (yang) essence, call on the gods Dagda, and Lugh for courage and protection in difficult circumstances. In times of strife and war the rowan is particularly good for protection and instilling courage. To increase virility and masculine strength carry a small piece of</p>
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					confidence, masculine God energy, inner strength, magic for men, masculinity, stability, protection, bravery, leadership	rowan inscribed with Ogham.
<b>Gender Association</b>	Feminine (I decided)	Male or Feminine (Masculine word in Portuguese)	Feminine	Male	Male	Feminine
<b>Planetary Association</b>	Venus (I decided)	Earth, Mars, Saturn	Venus, Jupiter, Moon	Sun	Earth, Jupiter, Sun	Mars, Moon, Saturn, Sun, Uranus
<b>Element</b>	Fire (I decided)	<b>Earth:</b> Just by being a woody plant, Holly shows key characteristics of a plant that grows deeply into the Earth element. It is well-rooted with dense wood of a white or yellowish-greenish colour with a shimmer of blue. It's clear geometric growth patterns also speak of the Earth Element with	Water	Air	Air, Water, Fire, Earth	Fire Earth





		<p>respect to the Life Ether.</p> <p><b>Water and Air:</b> I characterize Holly as a plant of the temperate Atlantic climate. This means that it likes humidity in the air and the mildness of the weather that goes with it. Gentle rains and the alternation of sun and clouds (as exemplified in Ireland), is where Holly is most at home. "Air" lightens up the humidity, vice versa "Water" holds the dispersing tendency of the air element in check. Air brings lightness while water brings renewal of life. The balanced interplay of "Water" and</p>				
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		<p>"Air" is not only something that Holly thrives with, but it is also a characteristic of the tree itself.</p> <p><b>Fire:</b> The red fruits suggest a strong fire process, and in fact the fruits are poisonous. Fire also suggests a strong transformative process, and Holly is a plant very capable of adaptation and sacrifice. However, Holly does not have an intense devouring flame. Rather it appears to work as a gentle warmth. All in all, Holly incorporates a very harmonious interplay of all four elements.</p>				
<b>Month</b>	May	December	November	September	June	August





	(I decided)	(I decided)	(I decided)	(I decided)	(I decided)	(I decided)
<b>Season (I decided)</b>	Summer	Winter	Winter	Autumn	Autumn	Spring

*Cláudia Loureiro*



# *Botanical Scientific Illustrations*



*My hands drawn by me in 1997*









*Illex aquifolium* (Azevinho)



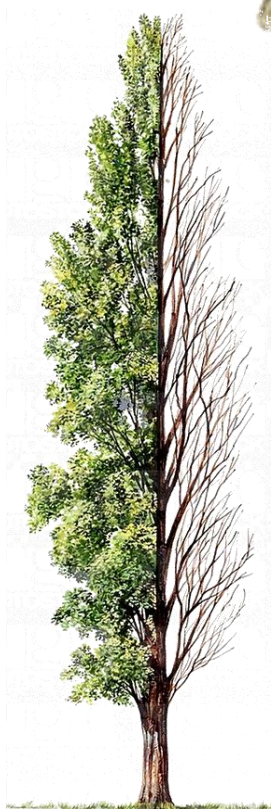


*Leguminosae-caes Bauhinia aculeata L.*  
(Paja de Vaca)





*Populus nigra* (Choupo Negro)





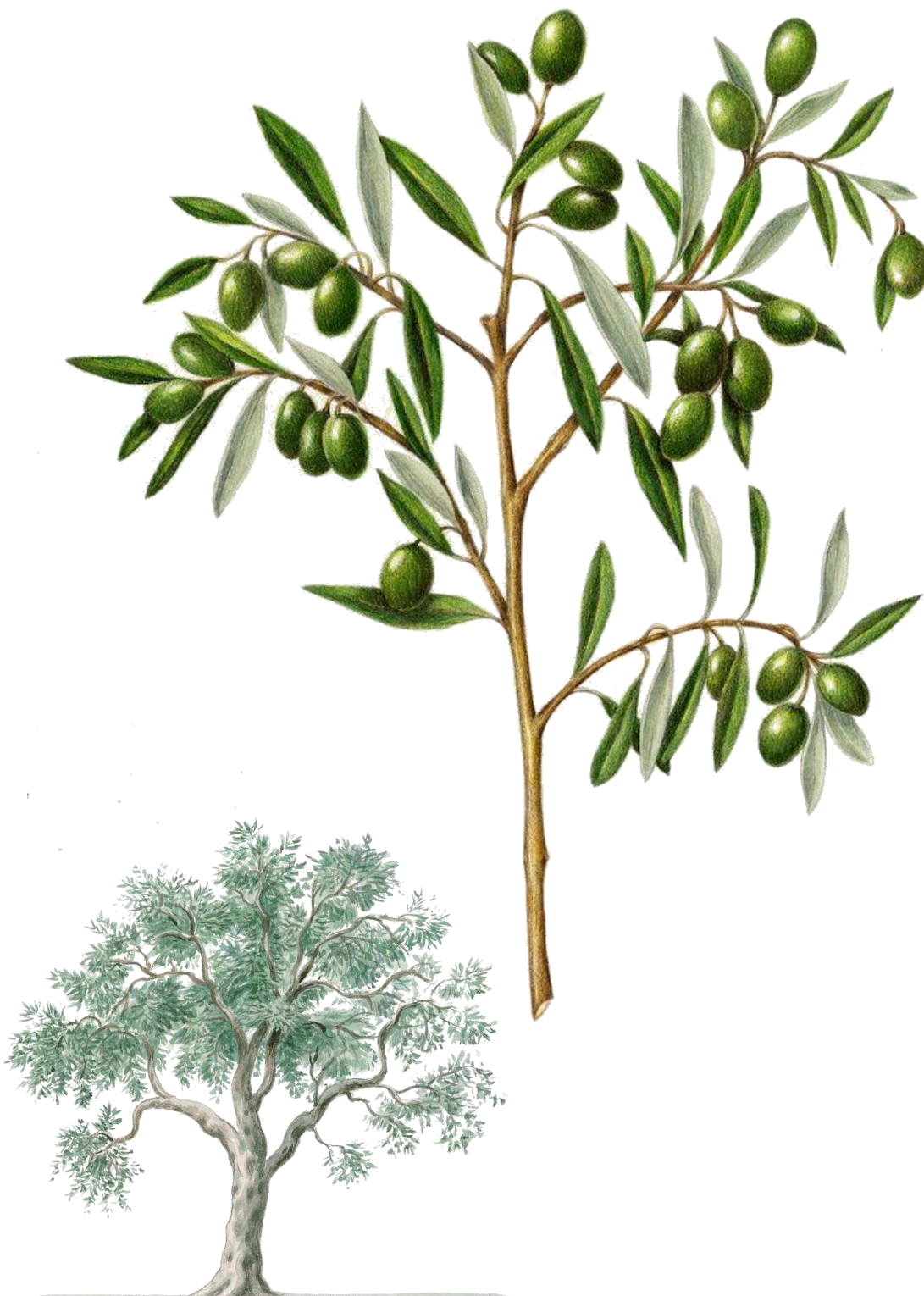
*Rhamnus alaternus* (Sanguinho)







*Oleo europea* (branch from a milenar tree)





*Arbutus unedo* (Medronheiro)





This botanical illustration depicts *Rosmarinus officinalis* (Rosemary). The central figure is a branch of the plant, showing its woody, reddish-brown stem, narrow, needle-like green leaves, and clusters of small, light-colored flowers. Surrounding the main branch are several detailed anatomical drawings of the plant's parts, labeled with letters: 'A' shows a single needle-like leaf; 'B' and 'C' show different views of the flower's structure; 'D' is a cross-section of the fruit showing four seeds; 'E' is a longitudinal section of the fruit; 'F' and 'G' show individual seeds; 'H' is a detailed view of the flower's base; 'I' shows a developing fruit; 'J' is a cross-section of a mature fruit; 'K' is a longitudinal section of a mature fruit; 'L' shows a single seed; 'M' is a cross-section of a seed; 'N' is a longitudinal section of a seed; 'O' is a cross-section of a seed; 'P' is a longitudinal section of a seed; 'Q' is a cross-section of a seed; 'R' is a longitudinal section of a seed; 'S' is a cross-section of a seed; 'T' is a longitudinal section of a seed; 'U' is a cross-section of a seed; 'V' is a longitudinal section of a seed; 'W' is a cross-section of a seed; 'X' is a longitudinal section of a seed; 'Y' is a cross-section of a seed; 'Z' is a longitudinal section of a seed.





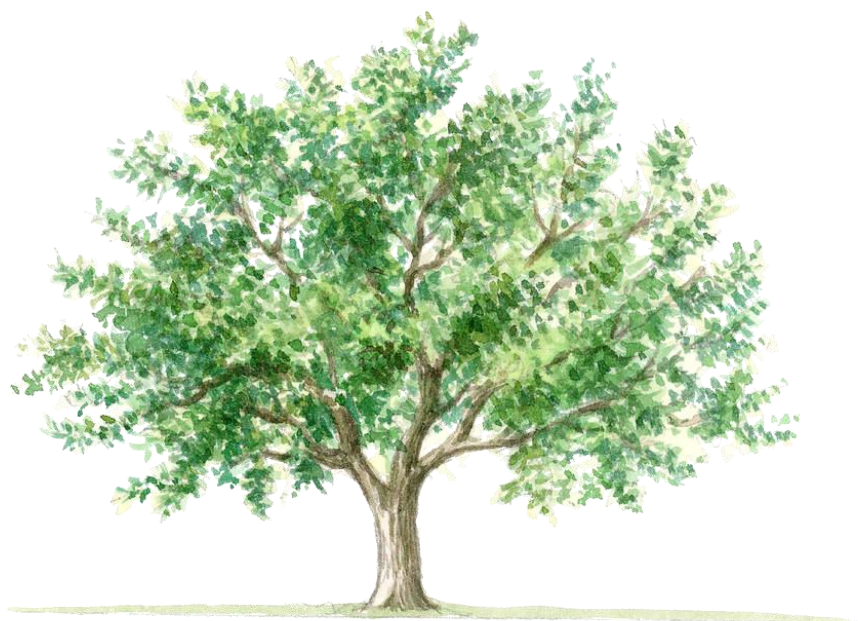
*Quercus coccifera* (Carrasco ou Carvalho  
Quermes)



Cláudia Loureiro



*Pistacia lentiscus* (Lenjisco)







*Sorbus aucuparia* (Framazeira)





*Callistemon (Escovilhão de Garrafas)*





*Myrtus communis* (Murja)







## Conclusion

*[Trees] hold up the mountains. They cushion the rain-storm. They discipline the rivers. They control the floods. They maintain the springs. They break the winds. They foster the birds.*

John Stewart Collis

In Portugal I believe that at the present moment there is an unprecedented interest in trees which, at its roots, is both ecological and personal in motivation, for it combines our awareness of the innermost parts of our being with our relationship with the Earth.

Trees are so much more to us than most people can imagine. Loving trees and finding an affinity with them has become more and more usual.

People and trees are both part of the living being we call the Earth and always have had a symbiotic relationship. Even now while humans have a greedier purpose, trees have played a role likened to a Mother or a Guardian that shows to those who listen that life is worth so much more than humans think.

This essay has been part of a healing process for me as well as an expressive one and I'm humbled that my experiences could make a difference. I believe that it has enhanced my authenticity, awareness and my ability to express myself. I know I have come to find a great peace and self-exploration in my walks through the woods.

Working with trees became a piece of my soul revealed to the outside world. They express things I cannot yet put into words. They evoke feelings in me while releasing a gentle wisdom. I'm glad I could share this process with you.

I feel that the healing process is ongoing – as life throws obstacles into our path – but I feel confident that I will meet these challenges. Why? Well, because I want to. Because I trust myself more now. Because I trust in my intuition.

It's been a really great adventure to learn and identify what I am feeling, and then to be able to sit with my feelings and work through them.

Just a small note:

In Portugal we call everything by gender which is very interesting. We say “she is”. For example: «tree» is a feminine word but a tree can be masculine (oak is a masculine word). In Portuguese we don't have a “IT”. If it's a Feminine cat we call it “she”.

Air and Fire are masculine words, Water and Earth are feminine words. Spirit is also a masculine word.

My work is not done. I'm now completing my Herbarium. Here is the page about the Jacaranda:





I hope that it will be an encouragement to others.





## Bibliography

I don't have a bibliography for all of this information - it is all stuff I've picked up in books, articles, magazines and online.

Sorry, no sources for you to check (but it's out there to inspire theory into practice), so you'll just have to trust that I saw it somewhere reliable.

This is by no means an exhaustive list of books, just a few places to start. I used these ones...

- Llewellyn's Complete Book of Correspondences: A Comprehensive & Cross-Referenced Resource for Pagans & Wiccans  
by Sandra Kynes
- Cunningham's Encyclopedia of Magical Herbs (Llewellyn's Sourcebook Series)  
by Scott Cunningham
- Whispers from the Woods: The Lore & Magic of Trees  
by Sandra Kynes
- Magical Guardians: Exploring The Nature And Spirits Of The Trees  
by Philip Heselton
- Love Letter to the Earth  
by Thích Nhất Hạnh
- Healing Energies of Trees  
by Patrice Bouchardon
- Flores da Arrábida Guia de Campo  
by José Gomes Pedro, Isabel Silva Santos
- Whispers from the Woods: The Lore & Magic of Trees  
by Sandra Kynes
- Segredos e Virtudes das Plantas Medicinais  
by several authors
- Árvores de Portugal e da Europa  
by C.J. Humphries, D. More (Illustrator), J.R. Press, D.A. Sutton, I.Garrard (Illustrator), T. Hayward (Illustrator)
- Celtic Tree Calendar Class by Mickie Muller





- Arbustos Silvestres e de Jardim (Mundo Verde, #1)  
by Bruno P. Kremer, Bachrum Bustillo, Daniela Neto
- Árvores de Folha Caduca (Mundo Verde, #2)  
by Gregor Aas, Andreas Riedmiller, Alda Mondas Cristina Pinto

All the images were found online except the one on the cover and the one where I draw my hands.