



# Scottish Herbs and Fairy Lore

*Ellen Evert Hopman*

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## **Scottish Herbs and Fairy Lore** Ellen Evert Hopman

Many of the herbal and magical practices of the Scots are echoed in traditional Norwegian folk medicine and magic. This is a valuable resource book not only for the serious folklorist, but also for a wider audience interested in a deeper look at rural Scottish practices. Ms. Hopman has done an amazing amount of research, and her Scottish herbalism section is far more detailed than I've seen elsewhere. A "must have" for the northern European folklorist's library.

Jane T. Sibley, Ph.D., author of "The Hammer of the Smith" and "The Divine Thunderbolt: Missile of the Gods".

Through her books, Ellen Evert Hopman lifts the veil between worlds of the present and the past. She guides the reader on a fascinating journey to our ancient Celtic history, simultaneously restoring lost knowledge and entertaining the reader. Be prepared to be educated and delighted.

Wendy Farley, Clan McKleod

The first thing is WOW! Ellen Hopman has given us a volume that belongs in Harry Potter's library. This wonderful collection of enchantments, faery lore and herbal potions, is presented by a practicing herbalist and (I suspect) magician. It is a useful manual of magic, an unusual tourist guide to Scotland, certainly a delightful read, and at the very least, a comprehensive and thoroughly footnoted collection of folk lore for humorless librarians and scholars.

Matthew Wood MS (Scottish School of Herbal Medicine) Registered Herbalist (American Herbalists Guild)

Every now and again, a book emerges from the waves of occult and magical authorship that delves into the deep and ancestral waters of old magic! This book is one of those rare occasions. From the lore of herbs to the blessing of stones; from avoiding the elf-blast to healing through Faerie blessing - Ellen guides the reader through ancient groves of oral lore to discover a power and spirit that connects the reader to the oldest of magics, the earth and her elements. I am confident that the Scottish Ancestral Wise Ones, are renewed through this book and the old ways live once again!

Orion Foxwood, Traditional Witch Elder, Conjuror in Southern Root-Doctoring and Faery Seer (www.orionfoxwood.com), author of "The Faery Teachings" (R.J. Stewart Books) and "The Tree of Enchantment" (Weiser Books).

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#### **Juanita Stoneman:**

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