

# Coffee

(*Coffea arabica*)



Coffee was primarily consumed in the Islamic world where it originated. It was directly related to religious practices of Sufi monks who consumed it to fast in the day and stay awake at night.

**Origin:** The original domesticated coffee plant is said to have been derived from Ethiopia.

**Element:** Fire

**Gender:** Masculine

**Planet:** Mars

**Zodiac:** Aries, Sagittarius

## Magical Properties

**Speed Up Spells:** Sprinkle some coffee grounds on your altar to speed up your intentions. Help spells move along by adding coffee to sachets.

**Open Throat Chakra:** Anoint your throat with a bit of coffee in the morning to help you find the right words throughout the day.

**Clear Blockages:** Break free of negative or stagnant patterns by including coffee in your spell work. The coffee can help to liberate your own personal energy and get things flowing freely.

## Medicinal Properties

**Improve Energy Levels:** Coffee contains caffeine which is by far the most consumed psychoactive substance in the world. Once caffeine is ingested it is absorbed into the blood stream and then goes directly to the brain.

**Improves Physical Performance:** Caffeine stimulates the nervous system which signals fat cells to start breaking down body fat making the fatty acids available as fuel. At the same time it increases the adrenaline levels in the blood preparing the body for intense physical exertion.

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**Caution:** Long-term and in really massive quantities coffee has been known to cause digestive problems.