

# TODAY'S WITCH

MAY 2025

ISSUE 7



BELTAINE

VOLUME 2



Ex Libris—Sofia Hator—Awakening Lilith Candles, Ritual Oils,, Smudging

Mantras and Mudras

Tarotscopes by Lisa Stewart and More

## BELTAINE

# TODAY'S WITCH

MAY 2025

The information covered in this Magazine is comprised of various sources from the Pagan community. We endeavor to cover topics from all traditions, and to be inclusive. The information provided is to be considered factual based on the research of the various authors represented therein. If there is any contradictory information, please feel free to contact the author of the article. We hope that everyone can enjoy the magazine and also learn from it. If there is a topic you wish to see also contact us and we'll be happy to try to include it in a future issue.

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Edward Sott

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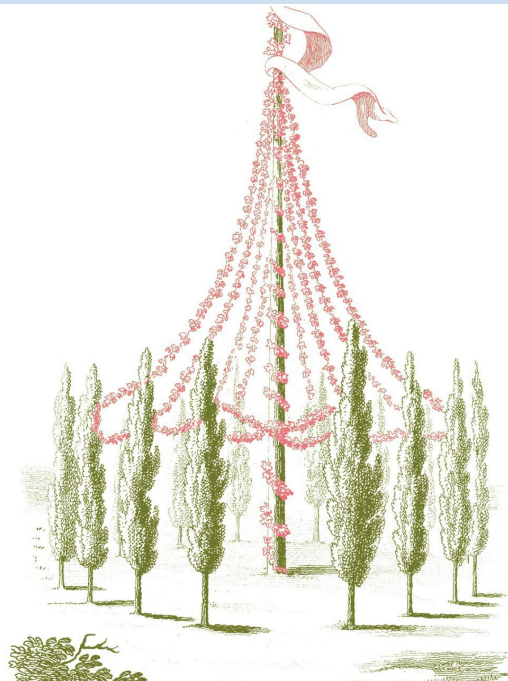
**Melina Valdejo**—Staff Writer/Chief Admin Exec.

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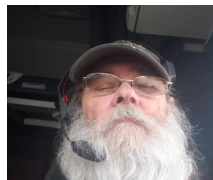


## Meet the Staff

### Edward Sott (CEO)



Edward Sott is a Theologian and Historian and run a Non-profit organization. And he's a military Veteran. He was since childhood inspired to write novels and plays. He currently resides in Pennsylvania and has traveled throughout the world. He is the founder and CEO of Covered Bridge Press LLC, and of "Today's Witch " Magazine. His goal is to educate the public and bring traditionalism back to the craft and its practices. He is an Alexandrian Wiccan High Priest and Elder.



### David Larsen (Sales and Marketing Dir.)

David Larsen is an over the Road Commodities Relocation Engineer, (AKA truck driver) He is also a history buff and a word smith. He currently resides in Florida and wherever the road and his dog Joey might take him. He is also world traveled from his military experience and driving. David is Co-Author with Edward Sott of Two Novels A Time for Redemption and A time for Retribution he is also A Vice President of Covered Bridge Press, LLC and a member of the Board of Directors of "Today's Witch" magazine. He is an open-minded Christian and Friend of the Pagan Community. He understands the value of spiritualism.



### Earl Williams (Hum. Res. Director)

My name is Rev. Earl Williams.

I have been in the pagan community for 20 years, holding a position as an ordained minister for 17 of those years. I am currently the Human Resources manager for Covered Bridge Press. I am happy and honored to also be a part of the new publication, "Today's Witch" magazine, due to be released mid-October of 2023.



### Melina Valdejo (Staff Writer)

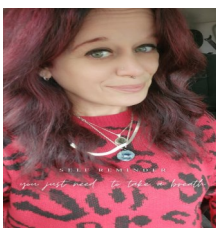


Being interested in many traditions and "finding the gold" in each one, Melina labels herself as an Eclectic and enjoys the concept of the "Spiritual Mosaic" as stated by Thomas Ashely-Farrand. Her strengths lie in personalizing her Spiritual path. As a Priestess of the Well of Avalon, she enjoys finding unique, practical approaches to situations and magickal workings drawing from her direct inspiration and her ever-widening background. "By putting ourselves in alignment with deity we can rise above situations and find our true path, we are all 'in the process'". Melina is the owner of Pathways New Age Books & Gifts, a brick-and-mortar resource center honoring all traditions located in St Louis, Missouri. If you're a traveling author or artist, please contact her at [Melina@pathwaysstl.com](mailto:Melina@pathwaysstl.com) to get details on how to present at her shop.

### Emily Thornton (Managing Editor)



My name is Emily Thornton (Emma Gardner) and I have my Masters in Journalism. I love editing work and working with others. I have written numerous articles along with having my own column with local newspapers for over 10 years. Even though I grew up in a fairly religious household, I have always felt a love of nature and the metaphysical. I have an affinity for green magic and I love reading tarot for people around me. I even opened my own little side business called Celtic Readings, Oils and Sundries. I love stories and providing perspective to people at a crossroads. I work with Brigid mainly, but love the Celtic pantheon of deities.



### Zannah Matejak—Social Media Director

Hello my name is Zannah & I've been a practicing gray witch for 25 years. Initiated Norse shaman. I am a Yoni practitioner, I own an apothecary and metaphysical store. I am a wealth of knowledge of the occult and mythologies as well as a healer in a wide variety of modalities. I love to teach and building online communities on social media. Very passionate with what I do, I am an eclectic pagan who never gets enough knowledge.

### Christina Aul (Resident Crone/Staff Writer)



Is a silent partner of the PRC/UPCC who has been active in the online Pagan community for over 20 years. She is a writer, educator, and instructional designer who shares her home in Pennsylvania with her spouse and adult child, three dogs, two cats, and several previous residents of the property. She is a solitary Welsh-Celtic pagan with ancestral roots in Scotland, Ireland, and Norway. Raised in the United Methodist Church, Christina began exploring alternative faiths in her teens and thoroughly deconstructed from Christianity in her early 20s. She considers herself a green kitchen witch and enjoys the oddities of life.

## Letter From the Editor

Hello Dear Readers:

Blessed Beltaine everyone.

Many more things are coming your way this Beltaine Season from us at Today's Witch Magazine.

We are continuing our work with Amazon as our main distribution site, as well as our stores, and of course on our website our products are always available.

We have invited many new authors into the fold so we have lots more articles and contributions coming your way. Our Last issue included new features like the Ogham Bethlusian and the I-Ching. These will continue in many more issues to come. Feel free to send us letters to let us know how you feel about our magazine and if you have any suggestion for new topics..

We are always searching for more articles and more authors. If you are an aspiring author and wish to see your work in print we can provide that for you. Please feel free to submit your articles to us. We are always accepting new material. You can submit your articles to [editor@todayswitch.net](mailto:editor@todayswitch.net).

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In other news. We are in process of translating our magazines into six foreign languages. DUTCH, FRENCH, ITALIAN, GERMAN, CATALAN, SPANISH, and RUSSIAN. These foreign editions will be available for the time being on our website in digital copy only. The cost will be \$11.95 per pdf. Bearing the response we receive from this we may take the foreign editions also into print.

We are also going to be starting up a Patreon service soon. So if you wish to become a patreon member we will announce when it's available

We also are proud to announce that we are going to be hosting Pagan's Against Trafficking until it can establish it's own website and we will continue to support this fine organization and it's purpose. Any information that you need regarding this organization and how you can support and help in it and become part of it, you can get directly from us. Please contact me via phone or email for the information, my phone number is 570-534-7628 and the email is [contactus@coveredbridgepress.com](mailto:contactus@coveredbridgepress.com) we will be happy to assist you in this matter, please place in the subject PAT—What can I do to help?

So Keep reading and enjoying our magazine, we appreciate you all.

Edward Sott

CEO Covered Bridge Press LCC and Today's Witch Magazine.

## Through the Eyes of a Crone: Beltane - For Mature Readers Only

This morning, as I was starting to do some “inside chores” (aka cleaning up incense dust and tackling the Pile of Laundry™), my spouse stopped me at the top of the stairs with one of “those” kisses. You know – those kisses that take your breath away, make you forget what you’re doing, and bring a flush to your ears. At least, that’s what usually happens.

I should stop here and give a warning: This is not the issue you want to leave lying around for your underage household members to find! We’re going to get down and dirty in this article. We’re going to explore some really adult themes, and your kiddos don’t need to know about them. M’kay? 18+ only, thanks!

So why do we have a disclaimer? Why, it’s Beltane, of course! The Mother of All Fertility Festivals! We do it all for the nookie! That is, um, I mean... We do it all to honor the Great Marriage/Rite and the intertwining of Goddess and God while they bless the land and ensure continued prosperity, crops, and children..... Ah, but the nookie!

We know the history and meaning behind Beltane. Like Imbolc, it’s got a strong emphasis on fertility. Beltane takes it further in that it is the stirrings of that fertility that were promised months ago. We are outside, baby! We dance, prep plants for transplants, tend to gardens and parties, and get really active outside. All of these “raise the blood,” and, understandably, we all want to have “those” moments along with the rest of the species on this earth.

But we’re crones. Or older men. And we’re tired, and our bones hurt, and things just don’t work the way they did. So what can we do about it? Is there a place for a crone in this frenzy of, well, nookie???

(Okay, seriously, take this issue out of your kids’ hands now.)

The first step in having an enjoyable Beltane is to know thyself. Do you have a floor-length mirror? If not, get one. They’re cheap at a dollar store and can be hung on the back of the door. Get naked and LOOK at yourself. Gods above and below, you are GORGEOUS. Each curve, hollow, stretch mark, bump, and wrinkle tells the tale of your life, and it’s the most interesting story you have. Like you stripped off your clothing, strip off the expectations of modern media and society and the “commercialization of youth.” You are breathtaking. Literally. You take a breath, and you do so much with it – you speak, you sing, you move, you create, and you rest. All of those things are accomplished by that body there before you in the mirror. Close your eyes, touch your skin. That skin that has protected you and expanded and contracted through all of the seasons of your existence. Touch it and be touched by it, and marvel at this largest organ of your body. This is what has held you together for decades. This is what has taken the bruises of life and the cuts of circumstance, healed itself, and made scar tissue that is even stronger and allows you to move about this earth. THIS skin is YOUR skin – no one else’s, and isn’t it lovely? How dull it would be if it was plain. Look now at your freckles, your stretch marks (or honor stripes), your little extra skin bits, and the places where hair grows and where it doesn’t.

Be your own lover at this moment. Would you shy away from the marks and signs of a life well lived in the one beside you in bed? Absolutely not. So why do you shy away from them now? They are YOURS, and those unique characteristics love you. Love them back. You’re so amazing, and your absolute beauty reflects back at you. You have earned every mark, every light and dark, every small and large, and every cell is a miracle. Embrace yourself. Embrace YOU and know that anyone who lies with you is blessed to do so.

The second step is to kindly admit that age changes everything. Wine gets better, cheese gets better, but milk gets worse. Some parts of us get a bit, well, rusty. As a Gen X crone, my sexual education was – interesting – as I’m sure yours was too. Part sexual liberation of the 60’s, part hush hush of our preceding generations, with a lot of unknowns and, yes, fear, as we entered the AIDS epidemic and its increased focus on STD/STI concerns overall. It was okay to be gay, as long as you never ever spoke of it (remember that?).

It was okay to “sleep around” as long as you were male, and porn was just starting to come out of the shadows and into the mainstream. I remember Vivid productions being touted as “by women for women” in the adult shops and was still afraid to actually rent or buy any of the content. Along with this odd mix of repression and progression, no one talked to us about what age does to our sex lives or what to do about it. After all, grandparents didn’t get laid! What a disgusting thought!

But – here we are, grandparents (or old enough to be), and gosh darn it, I still wanna do it all for the nookie! My brain, my heart, and my soul still sing for intimacy and pleasure, even if my body disagrees. So what to do?

Have an open, honest conversation with your medical provider before exploring methods to “bring back the spark.” Some of these advertised “cures” are worse than the disease, especially if you have underlying medical conditions. (Second disclaimer – I am certainly not a medical professional, so please do not say, “The Crone Told Me To Take This Crazy Herbal Concoction” because I absolutely did not.)

Then, reach for some lube. A good quality water-based lubricant is a game changer. When women get older (even in perimenopause), the waterworks that used to function like clockwork run dry. Nothing is wrong with using extra that comes in a bottle or tube. Your partner is doing a great job; you know they are. If you can’t make your own moisture in sufficient quantity, store bought is fine. Thanks, Ina Garten!

Get some toys. Marital aids. Vibes. You may love yourself in the mirror, but do you know how you like to be loved? These kids today are so in touch with what gets them going, but we of a certain age were told “hands off.” Furthermore, what used to arouse and astound us when we were younger may not be what works now. Our palate changes in more ways than one. Remember when you used to only like super sweet wine, but now a Zinfandel is what you reach for? The same thing happens to our sexual function. Fantasies change. Erogenous zones change. If you’ve breastfed babies, your nipples may have different sensitivity as you get older. If you’ve done hard physical labor all your life, your scrotum may have a different sensitivity. How will you know what you like unless you experiment? And if you try something store-bought and hate it, that’s okay, too. Now you know. (Some stores have return policies, so check that before you buy.)

After talking to your doctor, maybe medication is the answer (for him and her). Hot flashes are not the sexy time stimulant you’re anticipating; I promise you that. A good mix of black cohosh, evening primrose, etc., can do wonders IF IT IS MEDICALLY SAFE FOR YOU. Maybe you need an ED med (if you use your own penis for sexual activities) – and that’s okay too. High blood pressure medication can save your life but ruin your erections. Stick with reputable brands and follow dosing instructions carefully.

“Listen, Christina, I get that you’re trying to help, but I just don’t want to have sex anymore. I’m done with it.”

I get it. I truly do. I have had months go by where I had the sex drive of a turnip. But I still love my spouse, and they love me. Intimacy is not just sex. It’s vulnerability, physical contact, and shared activities and conversations. Sometimes, they’re better when naked. Sometimes, you’re in an Applebee’s, and that’s just not possible without risking arrest. But don’t lose the connection.

So, what about fertility? We’re not having babies at this age, my friend. Fertility is found elsewhere. Marvel at your grandchildren, your pregnant younger friends, your kids, your garden, or chicks pecking around the yard. Celebrate the new project you’re starting or the new book you’ve added to the TBR pile (you’ll finish that book soon, right?). Sing of the sun shining higher every day and the warmth of the grass as you walk barefoot through it again.

Now for the final disclaimer. There will come a day when sexual intercourse is no longer possible or advisable, given certain health concerns. This is not the end of your life. This is not the end of your worth, your romantic value, or your relationships. We don’t cut milk with a cheese knife. We don’t make jelly from wine.

The only constant in our existence is change, and the Wheel turns whether we will it to or not. Ride with it and embrace each other tightly. As we journey along this life path, new things take the place of the old, and that's the way it should be. No one should ever be shamed or forced into actions they no longer wish to take. That includes sexual activities.

Love each other, my friends, and love yourselves. Blessed Beltane!



Is a silent partner of the PRC/UPCC who has been active in the online Pagan community for over 20 years. She is a writer, educator, and instructional designer who shares her home in Pennsylvania with her spouse and adult child, three dogs, two cats, and several previous residents of the property. She is a solitary Welsh-Celtic pagan with ancestral roots in Scotland, Ireland, and Norway. Raised in the United Methodist Church, Christina began exploring alternative faiths in her teens and thoroughly deconstructed from Christianity in her early 20s. She considers herself a green kitchen witch and enjoys the oddities of life.



## A Dictionary of Angels

### ANERETON—ARAFIEL

**ANERETON אנרֶטון** (Anaireton) "a high holy angel of God" invoked in Solomonic rites.

**ANFIEL אנפִּיאל** (Anafiel, "branch of God") a guard of the 4th Heaven. Anfiel's crown "branches out to cover Heaven with the divine majesty." He is head and chief of the porters and seal-bearers of the 7 Heavens.

**ANGERECTON אנגִּירֶקטון** (Angrecton) a great angel, invoked in magical rites, specifically in the invocation at fumigation.

**ANGROMAINYUS אנגרומייניס** In early form of Ahriman, the Zoroastrian equivalent of the Judaeo-Christian Satan, although he is not a fallen angel and is not subject to the overlordship of God. Angromainyus was God's opposite and opponent from the beginning (in Persian lore). In the Zendavesta, Angromainyus, pregnant with death, leaps from Heaven in the form of a serpent—a form in which he is not infrequently represented. He tries to deceive Zoroaster (Zarathustra) and to cause the latter to rebel against Ahura Mazda (the Persian equivalent of the sovereign power), but fails.

**ANIEL (Haniel) אניאל** One of the numerous angelic guards of the gates of the West Wind.

**ANIHIEL'EL אניחִיאל** One of the angel princes whom God appointed to the sword.

**ANIQUEL אניקל** One of the 7 great princes of the spirits, represented in the form of a serpent of paradise. One of the seven grand dukes of the infernal regions.

**ANITOR אניטור** a high holy angel of god, invoked in magical rites after proper investiture by the invocant.

**ANIXIEL אניקסיאל** One of the 28 angels governing the 20 mansions of the moon.

**ANMAEL (Chnum) אומאל** One of the leaders of the fallen angels, sometimes identified with Semyaza for Anmael, like Semyaza, makes a bargain with a mortal woman (Istahar) in connection with the revelation of the Explicit Name (of God).

**ANNAUEL אנאואל** One of the 72 angels bearing the name of God Shemhamphorae.

**ANPIEL אנפִּיל** In rabbinic lore, an angel in charge of the protection of birds. He resides in the 6th Heaven, where he is a supervising chief of 70 gates. With 70 crowns he crowns all prayers that ascend to Heaven from the earth and transmits the prayers to the 7th Heaven for additional sanctification. Anpiel conveyed Enoch to Heaven.

**ANSIEL אנסיאל** an angel invoked in magical rites.

**ANTIEL אנטיאל** an angel's name found inscribed on an oriental Hebrew charm to ward off evil.

**ANUSH אנוש** One of 3 administering angels (the other 2 being Aebel and Shetel) whom God appointed to serve Adam. The celestial trio "roasted meat" for our first parent and even "cooled his wine".

**APAR or APARSIEL אפר** an angel in service to Sadqiel, ruler of the 5th day.

**APHAROPH (Apholph, Afarof) אפארוף** an angel equated with Raphael and believed to be "the only true name of God."

**APHREDON אפרדון** in gnosticism, a great celestial entity dwelling in the Pleroma with his 12 Just Ones. He is a ruler of the Indivisible.

**APRAGSIN אפרגסינ** (Apragsih) a divine messenger appointed by God to the sword also known as Assi Asihih.

**APSU אפסו** in Babylonian mythology, Apsu is a female (?) angel of the abyss; "father" of the Babylonian gods as well as "wife" of Tamat. Apsu is finally slain by his (her) son Ea.

**APUDIEL אפודיאל** One of the 7 underworld planetary rulers, called Electors. The demon Ganael serves under the joint overlordship of Apudiel and Camael.

**APUTEL אפוטל** an invocation angel mentioned in Mathers, The Greater Key of Solomon; also the name that a priest bore on his breast when entering the holy of holies. The name was reputed to have had the virtue, when pronounced, of reviving the dead; when engraved on vessels of gold or brass, it loosened every form of evil.

**AQRAB אקרב** in Arabic mythology, an angel used for conjuring.

**AQUACHAI אקוה־ג'אי** (or Aqua) a holy name one of the nomina barbara used in Solomonic conjurations to command demons.

**ARABONAS אראבונאס** a spirit invoked in prayer by the Master of the Art, in Solomonic rites.

**ARAD ארד** an Indo-Persian angel who protects religion and science.

**ARAEBEL ארבל** an angel of the 6th hour, serving under Samil.

**ARAEI אראל** (Ariel) "one of the spirits which the rabbis of Talmud made price over the people of the birds."

**ARAFIEL ארפִּיאל** one of the great angelic princes representing "the divine strength, majesty, and power."

## Dictionary of Angels

### ARAKIEL—ARHUM HII

**ARAKIEL** **עַרְקִיָּאל** (Greek: Ἀραβακ Κιμβρα), also spelled Arâkîba, Araziel, Araquel, Araciël, Arqael, Sarquael, Arkiel or Arkas, is a fallen angel, the second mentioned of the 20 Watcher leaders of the 200 fallen angels in the Book of Enoch, who taught the "signs of the earth" (which suggests geomancy) to humans during the days of Jared. Arakiel is also called Aretstikapha (meaning "world of distortion" [the combination of arets + kaphah]) in Chapter 69. His name is generally translated as "earth of God"; the combination of araq-earth (Babylonian in origin) and El-God. Michael Knibb lists him as a combination of two names "the land of the mighty one" or "the land is mighty".

**ARAMAITI** **אַרַמַיְתִי** one of the 6 amesha spentas, representing holy harmony.

**ARARIEL** **אַרְיֵאל** (also called Azariel) is an angel who, according to the rabbis of the Talmud, takes charge of the waters of the earth. Fishermen invoke him so that they may take large fish. Arariel has also traditionally been invoked as a cure for stupidity.

**ARARITA** **אַרְרִיטָה** (Araritha) a name inscribed on a cabalistic sigil in connection with Solomonian conjurations and employed to command demons; if the name is inscribed on a gold plate, the invocant is assured he will not die a sudden death. Ararita is considered to be the "verbum inenerrabile" (the ineffable word or name) of God.

**ARASBARASBIEL** **אַרְסַבְרַאסְבִּיָּאל** an angelic guard of the 6th Heaven.

**ARASEK** **אַרְסֵק** a form of Nisroc mentioned by Josephus.

**ARATHIEL** **אַרְתִּיָּאל** a chief angel of the 1st hour of the night, serving under Gamiel.

**ARATHRON** **אַרְתְּרוֹן** (Aratron) 1st of the Olympian spirits governing the planet Saturn; he rules 49 of the 196 Olympic Provinces. Arathron teaches alchemy, magic, and medicine, and is able to make a person invisible. He can also cause barren women to become fertile.

**ARAUCHIA** **אַרְאוּכִיָּה** an angel's name found inscribed in Hebrew characters on the 3rd pentacle of the planet Saturn.

**ARAXIEL** **אַרְקַסְיָאל** Araxiel is mentioned as one of the fallen angels.

**ARAYEKAEL** **אַרְאִיְקָאֵל** one of the many angel princes appointed by God to the sword.

**ARAZIEL** **אַרְזִיָּאל** (Arazjal, Arazyal, ATriel, Esdreel, Sahariel, Seriel, Sariel, etc., "My moon is God") an angel who sinned when

he descended to earth to unite with mortal women. Araziel governed with Bagdal, the sign of the Bull (Taurus).

**ARBATEL** **אַרְבַּאטֵל** a "revealing" angel.

**ARBGDOR** **אַרְבַּגְדוֹר** an angel governing one of the months.

**ARBIEL** **אַרְבִּיָּל** an angel serving Anael, ruler of the 6th day.

**ARCAN** **אַרְקָן** king of the angels of the air, ruler of Monday. Arcan's ministers are Bilet, Missabut, Abuhazah.

**ARCHAN** **אַרְכָן** an angel who exercised dominion over the lower rays of the moon. May be the same as Arcan.

**ARCHANA** **אַרְקָנָה** an angel's name found inscribed in Hebrew characters on the 5th pentacle of the planet Saturn.

**ARCHARZEL** **אַרְכַרְזֵּל** an angel invoked in ritual magica by the Master of the Arts.

**ARCHER** **אַרְכֶּשֶׁת** A governing spirit of Aquarius. Archer shares this post with Ssakmakiel.

**ARCICIAH** **אַרְצִיָּה** an angel of earth.

**ARDAREL** **אַרְדַרְאֵל** in occult lore the angel of fire.

**ARDEFIEL** or **ARDESIEL** **אַרְדֶּפִּיָּאל** or **אַרְדֶּסִיָּאל** one of the 28 angels ruling the 28 mansions of the moon.

**ARDIBEHIST** **אַרְדִּיבֵהִיסְט** in ancient Persian religion, the angel of April and one of the Amesha spentas. Ardibehist governed the 3rd day of the month.

**ARDOUISUR** **אַרְדוּאִיסוֹר** (Arduisher) in Zoroastrianism, Ardouisur is a female ized (i.e., cherub). Among the attributes of this cherub is making females prolific and giving them easy childbirth and even supplying them with breastmilk. Her title is "giver of living water."

**ARDOUR** **אַרְדוּר** an angel ruling the month of Tammuz (June-July).

**AREHANAH** **אַרְחַנָּה** a name of an angel inscribed on the 3rd pentacle of the planet Saturn.

**AREL** **אַרְאֵל** an angel of fire. The name Arel is found inscribed on the 7th pentacle of the sun. Arel is an angel invoked in ritual magic.

**ARFIEL** **אַרְפִּיָּאל** another name for the angel Raphael. Arfiel is an angelic guard stationed in the 2nd Heaven.

**ARGHIEL** **אַרְגִּיָּאל** an angel invoked in magical rites.

**ARHUM HII** **אַרְהוּם הִי** (Rhum) in Mandeian lore, one of the malki (uthri angels) of the North Star.

## A Dictionary of Angels

### ARIAS—ARTIYAH' IL

**ARIAS** **אריית** an angel who rules over sweet-smelling herbs. In occultism, Arias is regarded as a demon and is one of the 12 mar-guises of the infernal empire.

**ARIEL** (Hebrew: **אֲרִיֵּאל**, romanized: Ari'el, Arael or Ariael) is an angel found primarily in Jewish and Christian mysticism and Apocrypha. The literal meaning is "lion of God." The word Ariel occurs in the Hebrew Bible at Isaiah 29:1, 29:2, and 29:7, where it refers to Jerusalem. The word appears at II Samuel 23:20 and I Chronicle 11:22 as referring to "men of valor" of Moab. It appears at Ezekiel 43:16 as referring to an "altar hearth," and it appears at Ezra 8:16 as the name of a Jewish man. It's also said that Ariel is not a rebel Angel.

In Thomas Heywood "Hierarchy of the Blessed Angels (1635) Ariel is called both a prince who rules the waters and "Earth's great Lord." In several occult writings, Ariel is mentioned with other elemental titles such as the "3rd archon of the winds," "spirit of air," "angel of the waters of the Earth" and "wielder of fire." In mysticism, especially modern, Ariel is usually depicted as a governing angel with dominion over the Earth, creative forces, the North, elemental spirits, and beasts. Other entries in angelologies to Ariel are found in Jacques Collin de Plancy Dictionnaire Infernal (1863) and Moïse Schwab Vocabulaire de l'Angéologie (1897).

**ARIOC** **אריוק** (Ariukh, Oriockh) in Jewish legend, a guardian angel of the ancestors or offspring of Enoch, appointed by God to preserve the Enoch writings. In Genesis, Arioc is the name of an executioner.

**ARIOCH** (**אֲרִיֵּוֹךְ**, fierce lion") a demon of vengeance, a follower of Satan, a fallen angel.

**ARMAITA** **ארמאיתה** (Aramaiti, Armaiti) in Persian mythology, one of the 6 or 7 amesha spentas or archangels. She is the spirit of truth, wisdom, and goodness who became incarnate and visited the earth "to help the good".

**ARMÂRÔS** (Aramaic: **תַּרְמַב**, Greek: **Ἀρμαρως**) was the eleventh on a list of 20 leaders of a group of 200 fallen angels called Grigori or "Watchers" in the Book of Enoch. The name means "cursed one" or "accursed one". The name 'Armaros' is likely a Greek corruption of what may be an Aramaic name; Armoni is possibly the original (according to this, he may be identified as Armoniel, also mentioned in chapter 7 in the Book of Enoch). Michael Knibb, Professor of Old Testament Studies at King's College London, lists the meaning of his name as being "the one from Hermon".

"Then sware they all together and bound themselves by mutual

imprecations upon it. And they were in all two hundred; who descended in the days of Jared on the summit of Mount Hermon, and they called it Mount Hermon, because they had sworn and bound themselves by mutual imprecations upon it." - Book of Enoch

**ARMAS** **ארמאס** an angel invoked in magical rites at the close of the Sabbath.

**ARMASA** ("**ארמסה** the great lord") an angel in Aramaic incantations.

**ARMAZIEL** **ארמזיאל** (Armisael?) a gnostic entity.

**ARMEN** **ארמן** (Ramiel? Arakiel? Baraqel?) one of the fallen angels listed in Enoch I, 69.

**ARMESI** **ארמסי** an angel of the 10th hour of the day, serving under the suzerainty of the angel Oriel.

**ARMESIEL** **ארמסיל** an angel of the 4th hour of the night, serving under Jefischa.

**ARMIEL** **ארמיל** an angel officer of the 11th hour of the night, serving under Dardariel

**ARMIMAS** **ארמימס** (Armimimas) an angel invoked in magical rites at the close of the Sabbath. Hermes or Ormuzd.

**ARMISAEAL** **ארמיסאל** angel of the womb. In Talmud it is recommended that, to ease a confinement, one should recite Psalm 20 nine times, but if this doesn't prove efficacious, then one should try the following invocation; "I conjure you, Armisael, angel who governs the womb, that you help this woman and the child in her body."

**ARMON** **ארמון** one of the angels of the 2nd chora or altitude invoked in magic prayer.

**ARPHUGITONOS** **ארפוגיטונוס** one of the 9 angels who will rule "at the end of the world".

**ARSYALALYUR** **ארסיאליור** an angel sent to Enoch with a special message from God; also to Lamech's son Noah to warn him of the impending flood. The name is a corruption or amagamation of Israel and Uriel.

**ARTAKIFA** **ארטקיפה** an archangel mentioned in Enoch lore.

**ARTIYA'IL** **ארטיעאיל** is an angel in Islamic lore, believed to remove the grief of humans. He is mentioned in the hadith collection of Jalal Al-Din Al-Suyuti: when Abu Muslim al-Khawlani was awaiting news from Byzantium, the angel came down in the shape of a bird and introduced himself as the angel Artiya'il, the angel who removes the memories of anxiety.

## The Runes

### Laguz (la-gooz)



<b>Sound:</b>	“L”
<b>Depiction:</b>	The quick-growing green portion of a leek, or a wave of water
<b>Runic Position:</b>	3rd <i>aett</i> , 5th Rune
<b>Original Meaning:</b>	Signifies life energy, and organic growth
<b>Keywords:</b>	Fluidity, life force, birth.
<b>Tree:</b>	Willow
<b>Herb:</b>	Leek
<b>Gemstone:</b>	Aquamarine, azurite, calcite, chrysocolla, fluorite.
<b>Color:</b>	Deep blue-green
<b>Runic Half-Month:</b>	April 29—May 14
<b>Hours of the Day:</b>	8:30 a.m.— 9:30 a.m.
<b>Other Names:</b>	Germanic: <i>Laaz</i> ( <i>Laguz</i> ) Norse: <i>Lögr</i> Anglo-Saxon: <i>Lagu</i> Icelandic: <i>Lögur</i> Norwegian: <i>Laukr</i>
<b>God/Goddess:</b>	Njörd, Ran
<b>Power Animals:</b>	Swan, seal, seagull, duck, whale, dolphin, otter, beaver
<b>Element:</b>	Water
<b>Numerological Value:</b>	“21”
<b>Astrology:</b>	Waxing Moon
<b>Tarot:</b>	The Star
<b>Magickal Qualities:</b>	Increases your living spark by your becoming aware of it Tunes into the watery flow of life Becomes familiar with the energies of life and death Increases the flow of your personal patterns Understands and integrates your emotions and desires Immerses you in divine knowledge Washes away negative energies and unwanted patterns

**Galdr Song:** Laguz, Laguz, Laguz  
 L I I I I I I I I  
 Lu la li le lo  
 Lug lag lig leg log  
 Ul al il el ol  
 Lo le li la lu  
 L I I I I a a a a a g u u u u u  
 L I I I I I I I I

**Ogham-Bethlusian:** Luis (*pr. Loo'sh*)

**Quatrain:** The saving herb draws healing through its root,  
 Dispensing many gifts through every shoot.  
 Physic of cattle, lustre of eye,  
 Answers need's prayer with mercy as we cry.

## Tarotscopes for May 2025 by Lisa Stewart.

We are all recuperating from this past Mercury and Venus retrogrades. It was a doozy of a month. In fact the stars are aligning in very interesting configurations. The Outer planets will all shift from earth and water signs to air and fire over the next 2 years, focusing on a generational shift of energy that will speed things up in ways we cannot see just yet



### **.Aries: Knight of Wands**

Pay close attention to incoming information. Venus and Neptune can offer a way to see through illusions. No matter how insignificant it might seem at first, by month's end it could be of great value to you. This will be a month of making lists and personal resolutions that you may find yourself following the rest of this year

### **Taurus: Ace of Swords**

Time to take back your control over situations that have been troubling you. You have great ideas for solutions; you just have to implement them. You may not be as popular as you would like, but things will definitely run more smoothly.

### **Gemini: King of Cups**

I know you think you know best, but this might not be the time to share your ideas. Someone who is asking for advice may not really be ready to take any. In the end it would only result in an "I told you so", that could damage the relationship. So, best just lay low.

### **.Leo: King of Pentacles**

Investments made this month will not be in vain. Step back and really look at where you need to focus your efforts in order to get a good pay out. Make sure before you spend that you are ready to take on the responsibilities that come with the endeavor.

### **Cancer: Queen of Cups**

There are some rather delicate matters to be taken care of. Things that could see very explosive emotional outbursts if not handled with the utmost focused attention you can give. You will feel like you have to stay one step ahead and be almost manipulative. You will need to find a way to let go of the stress. Try exercise, something where you can throw things.

### **Virgo: 9 of Cups**

So, what is it you have promised yourself over and over and then for whatever reasons or excuses not kept that promise? This month is a great time to take a close look at all you wish for. Make yourself a list and get on with taking care of your needs.

Start slow and you will pick up momentum and motivation as things unfold just the way you hope they will.

### **Libra: Ace of Wands**

You are right in tune with mother earth and the summer's energy. You can sense things starting to loosen up; things are planning on growing and taking back their life. This will be your theme too. If you listen just a bit to your inner voice you can hear the messages of anticipation for all that will come your way this month.

### **Scorpio: 8 of Swords**

You don't do well feeling like things are beyond your control. I just get a sense that the planets are dancing to a different drummer this month and making you feel a little unstable, not grounded like you would like or bringing in stress and difficult people. Think about all this. You are a Scorpio. You have all you need to break free and stabilize.

### **Sagittarius: The Empress**

You might be feeling a bit like everybody's mother and that's ok you're up for it. It would seem a lot of folks are looking toward you for support and guidance. Like I said you have just the right answers and you have a soothing way to deliver the much needed guidance. Just make sure you keep some energy for yourself. If you burn out, you can't help anyone.

### **Capricorn: 6 of Pentacles**

Some difficult choices have to be made. There is a feeling of a crossroads and this time you can not go in both directions, they are leading apart and do not parallel each other, so no use trying to walk between. I know you are a list maker, so write out the pros and cons of both and make the best-educated choice you can.

### **Aquarius: 7 of Cups**

Time for a cleaning. What things have you been holding on to that are starting to weigh you down? This could be physical items; clutter etc....or this can be emotional baggage that you seriously no longer need to carry. Once you start dumping the trash you will feel so much lighter and ready to move forward unencumbered.

### **Pisces: 7 of Coins**

Too many, patience is a four-letter word. Pisces however is very good at waiting things out. I know you can just be still and wait and see how this is gonna go. My only advice to you is do not allow the waiting to make you lazy. Do something constructive while you exude your patience.

## Tarot Spell

### Beltane



Beltane is the celebration of the fertility and the time when the god and goddess unite to consummate the new birth of the sun. This should be a time of reflection on fertility as well as the time to begin welcoming the growing and abundant plants around us. This spell is laid out with cards that represent fertility celebration and the abundance that May bring us. So when performing this spell focus on each of these cards and visualize the completion of a new cycle of life. One full of abundance, joy, and celebration. Lay out the cards in the following order:

**The Empress** when laying this card visualize the fertility of the Goddess.

**The Lovers** this card represents the courtship of the God and Goddess

**The Four of wands** this card represents the marriage of the God and Goddess

**The Three of Cups** this card to represent

the celebration of the union of the God and Goddess

**The Ace of Cups** this card represents the joy of the coming of spring and the new Sun

**Seven of Cups** this card represents hopes for the future

**Eight of Pentacles** this card represents working on goals

**Seven of Pentacles** this card represents the tending to the goals

**Nine of Pentacles** and finally this card represent the rewards in full fruition.

**Items You will need:**

A deck of tarot cards  
 A gold altar cloth  
 A white chime candle  
 A black chime candle  
 A sunstone  
 A moonstone  
 Pink rose petals

**Meditation**

First lay out **The Empress**, this is the card of fertility. Gaze upon her and think of the new growth coming forth in your life. What new idea are you giving birth to? What new goals are you trying to achieve?

Next lay out **The Lovers**, look upon this card as the courtship of the God and Goddess, You should meditate on the blessed union of the divine energies. Together they will join and manifest this new idea/goal. Providing balance and the energy to begin to achieve it.

Then lay out the **Four of Wands** the time of courtship is ended and the absolute union has begun. The God and Goddess have become one with each other in sacred marriage. Thus your concepts now have become one single entity. Marry the energies of your ideas and begin the journey or manifesting them.

Then lay out the **Three of Cups** it is now time to celebrate this union. Visualize the completion of your project and the satisfaction and joy you will achieve because of it, recognize how it will help yourself and others.

Then lay out the **Ace of Cups** see your cup overflowing, extending outwards so that others may share with you, it will never be empty as you manifest your desire so you can share with others they too shall be filled.

Then lay out the **Seven of Cups**. Look upon this card as a vision of all you are wishing to accomplish. Can you perceive the results of your endeavors? See them extending outwards. See them growing and manifesting.

Then lay out the **Eight of Pentacles**. Visualize yourself tending toward the perfection of your goals. Are you ready to apply the efforts needed for them to grow forth? Are you ready to face without criticism of self these desires?

Then lay out the **Seven of Pentacles**. See yourself tending to your tasks at hand. Keeping an eye on their progress working and removing those things that may blight it. Instead building them up and watching them grow.

Finally lay out the **Nine of Pentacles**. Gaze upon the beauty of your creation see it manifest and grow into a garden of prosperity and wealth. See the new springing forth of the blossoms of your ideas. Know that soon those flowers will bring forth fruit.

**Affirmations**

*I can manifest my ideas and bring fertility and life unto them.*

*I can unite the energies of the Divine within me, I can feel the loving presence of the God and Goddess become one within me.*

*I have the union of the God and Goddess within, I now am complete and balanced. Both being strict and nurturing with myself.*

*I celebrate and share with others in complete joy for new beginnings are coming and they are set for all.*

*I reach out to others and give unto them as well as take equally and fairly so that all can be nourished together in peace and harmony.*

*I can see my endeavors and my dreams coming to light. I know my expectations and look upon them realistically.*

*I can be diligent and work hard to perfect my personal goals and my inner self. I can watch myself progress and grow into perfection of my spirit.*

*I can tend my garden and remove all old and blighted ideas that my stifle my path, I can bring my dreams into fruition.*

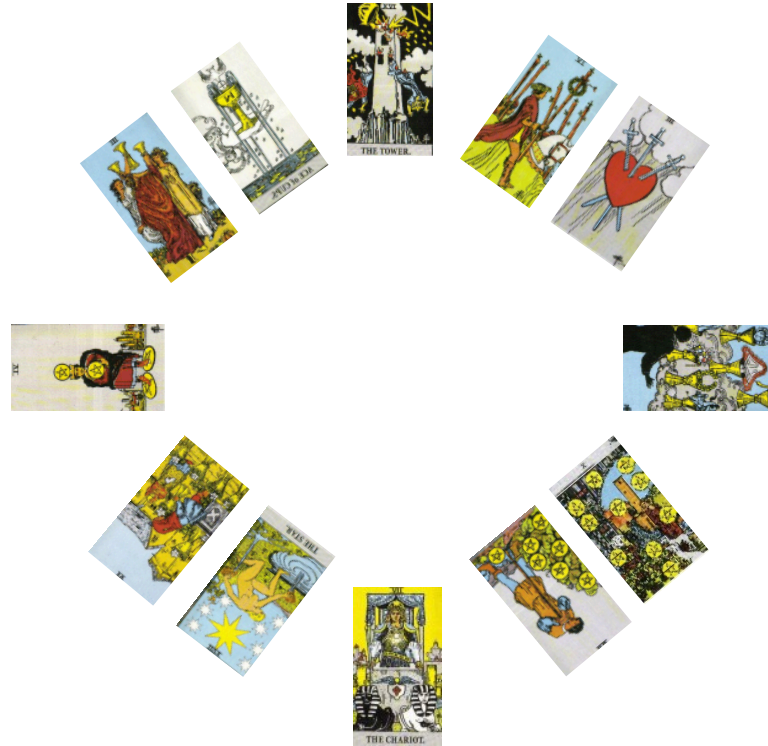
*I can realize my dreams and see them now springing forth into life, they are showing me their beauty and I know they soon will bear fruit.*

**Light the two candles while visualizing feel the energies of the sunstone and moonstone surrounding you and building together one divine light of protection, joy, unity, balance and peace. Take in the gentle and pleasing odors of the rose petals, feel the love of the god and goddess. Reflect upon the Golden color of the cloth and feel the warming rays of the fires of passion and fertility filling you.**

**And your spell is complete. Leave this spell up for three days and repeat the meditation .**

**Blessed Be!**

## The Astrology Wheel Spread



This twelve card spread relates the tarot to the houses of the Zodiac. By placing the cards in the houses one can determine how they are going to be affected in the upcoming days.

Being that this spread combines two aspects astrology and tarot You will have to look at each card from, the perspective of how it is influencing your house at current.

A list of the houses is below

The **First House** is the house of Personality, this is how you present yourself to others and how they perceive you.

The **Second House** is the House of Possession, this house indicates how you handle possessions and the value you place on them.

The **Third House** is the House of Communications, this is how you relate to others. How you are able to express yourself.

The **Fourth House** is the House of The Home, this is what your family life or home life is like. How you live amongst those close to you.

The **Fifth House** is the House of Lovers, this house expresses your relationships in a romantic sense, or interpersonal relationships. Mostly dealing with your significant other.

The **Sixth House** is the House of Employment, this house is your job, and how you serve others, it's also your work ethic.

The **Seventh House** is the House of Partnerships, this house represents how you work with others on a regular basis.

The **Eighth House** is the House of Legacies, this house represents your inheritances or what you leave behind.

The **Ninth House** is the House of Religion, this house is the house of spirituality and your viewpoints on how you relate to divinity.

The **Tenth House** is the House of Careers, this house governs your long term goals, and how you work toward achieving them.

The **Eleventh House** is the House of Friends, this house governs your friendships and how much value you put on them.

The **Twelfth House** is the House of Karma, this house governs your habits, your tendencies and your past and future lives.

When utilizing this spread there are several considerations you must take into account. The first being your Astrological Sign and the card in which that house is ruling. This will be your indicator card and you will build your relationships based upon it. with the other houses.

Each of the Houses is ruled by a particular Zodiac Sign. On the next page I will discuss the individual signs and their dominant houses.

### **The Houses and their Ruling Signs**

The First House is ruled by Aries.

The Second House is ruled by Taurus

The Third House is ruled by Gemini

The Fourth House is ruled by Cancer

The Fifth House is ruled by Leo

The Sixth House is ruled by Virgo

The Seventh House is ruled by Libra

The Eight House is ruled by Scorpio

The Ninth House is ruled by Sagittarius

The Tenth House is ruled by Capricorn

The Eleventh House is ruled by Aquarius

The Twelfth House is ruled by Pisces.

### **Modifiers**

In this spread each of the houses and cards are also effected by other houses. So when reading this spread you must look at the other houses which are modifying the primary house. below is a chart of the Modifiers.

The 1st House is modified by the 5th and the 9th House

The 2nd House is modified by the 6th and the 10th House

The 3rd House is modified by the 7th and the 11th House

The 4th House is modified by the 8th and the 12th House

The 5th House is modified by the 9th and the 1st House

The 6th House is modified by the 10th and the 2nd House

The 7th House is modified by the 11th and the 3rd House

The 8th House is modified by the 12th and the 4th House

The 9th House is modified by the 1st and the 5th House

The 10th House is modified by the 2nd and the 6th House

The 11th House is modified by the 3rd and the 7th House

The 12th House is modified by the 4th and the 8th House

Next when reading this spread you also must consider the Opposing aspects

Below is a chart of the Opposing houses Use this to determine what may be standing in the way of your progress or growth.

The 1st House is opposed by the 7th House

The 2nd House is opposed by the 8th House

The 3rd House is Opposed by the 9th House

The 4th House is Opposed by the 10th House

The 5th House is Opposed by the 11th House

The 6th House is Opposed by the 12 House

The 7th House is Opposed by the 1st House

The 8th House is Opposed by the 2nd House

The 9th House is Opposed by the 3rd House

The 10th House is Opposed by the 4th House

The 11th House is Opposed by the 5th House

The 12th House is Opposed by the 6th House.

### **Reading the Cards:**

First look at the card representing your Zodiac sign, see what it say to you about yourself in the current.

Next we are going to do a general overlook of the cards starting from the 1st House and proceeding widdershin (counter clockwise) until we reach the 12 House.

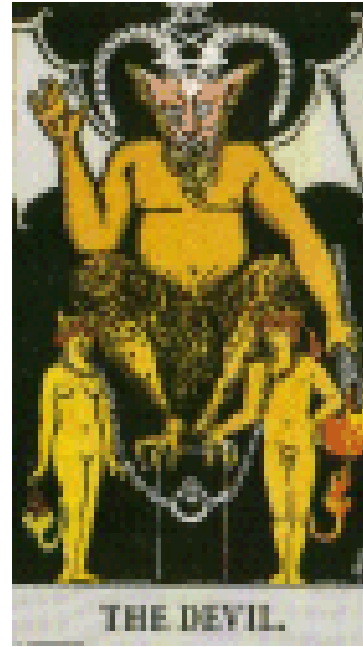
Next you will then use the modifiers to determine how the house is affected by the other cards in the deck.

Finally you will look at the opposing card to your card. Note what may be standing in your path.

In the Sample reading on the previous page I will use myself as an example and work starting from the 10th House. which is Ruled by Capricorn.

**Sample Spread Card Order as Layed Out:**

Card #1	4 of Pentacles
Card #2	6 of Pentacles
Card #3	The Star
Card #4	The Chariot
Card #5	7 of Pentacles
Card #6	10 of Pentacles
Card #7	7 of Cups
Card #8	3 of Swords
Card #9	6 of Wands
Card #10	The Tower
Card #11	Ace of Cups
Card #12	3 of Cups



The Tower in the 10th house indicates that there is going to be an abrupt and sudden change. It will not be expected and may cause chaos to ensue. So Capricorn you must prepare yourself and steady yourself to face this change. Being that it fell in your house of Careers it also indicates that there may be a change in your life's path. You may no longer be feeling satisfied in what you are doing so a new opportunity may arise to change Career paths. However, there is going to be a period of indecisiveness until you determine which path is right for you.

Because this House is being modified by the 2nd and 6th House. The cards in those houses are indicating that Your present career was set by an ideal which you had as a child. The Goal you had set, for yourself was that goal that you had envisioned for a long time. However now that you have found yourself in adulthood at that particular goal you are coming to realize that the goal may have been unrealistic and that your not leaving behind you the legacy which you initially sought out. Thus a new decision is now coming into play and you must pursuit that new path if you wish to manifest a more permanent result as seen in the two cards the 6 of cups and the 10 of Pentacles.

The current path your on is opposed by the house of the Home or Cancer in which the Chariot has fallen. This indicates that there is an uncontrolled environment in your home life, or that you have let your unbridled ambition get the better of you thus the need to change career paths and move ahead. This time though reign in that ambition and when choosing that new path consider the final results that you wish to achieve.



## **May 2025 - The Full Moon and the Fires of Beltane**

*-By Melina Valdejo, owner, Pathways New Age Books*

As we step into May, the Wheel of the Year turns toward passion, fertility, and the heightening energy of spring. This month brings Beltane, a fire festival of love, abundance, and the sacred union of earth and sky. Alongside this celebration, May's full moon graces the night sky, illuminating our intentions and desires. This is a time to embrace joy, kindle your inner fire, and revel in the magic of life's unfolding.

May's full moon, known as the Flower Moon, will occur on May 12, 2025, at 6:42 p.m. CST. This moon derives its name from the blooms that blanket the earth in spring's peak. Other names for this moon include the Corn Planting Moon, Milk Moon, and Hare Moon, each carrying themes of fertility, nourishment, and growth.

Our ancestors honored this moon as a time of peak fertility, both in the land and in spirit. Flowers symbolize beauty, attraction, and the manifestation of desires, making this a potent moon for love spells, prosperity work, and celebrating the sensuality of life. It is a powerful moment to align with nature's abundant energy and set intentions for love, creativity, and spiritual expansion.

### **Beltane**

Beltane, celebrated on or around April 30–May 1, marks the midpoint between spring and summer. This fire festival honors the sacred union of the divine masculine and feminine and the fertility of the land. It is a time to celebrate passion, creation, and connection with the wild forces of nature.

Ancient traditions of Beltane included leaping over fires for purification, dancing around the Maypole to weave intentions of prosperity, and honoring the fae who are believed to be especially active during this time. Today, many Pagans celebrate Beltane by lighting candles, hosting bonfires, performing love and abundance rituals, and expressing gratitude for life's pleasures.

As the Flower Moon rises, we are reminded to embrace the full bloom of our desires and let our inner fires burn bright. The union of the sun's warmth and the earth's fertility inspires us to welcome love, passion, and creative expression into our lives.

## **Ways to Celebrate Beltane and the Full Moon**

### **Fire Ceremony**

Light a candle or a small bonfire to honor the sacred fire of Beltane. As you gaze into the flames, visualize your desires taking shape. Write down intentions for passion, love, or creativity and release them into the fire. If you are with others, dance around the fire, chant, or drum to raise energy and connect with the festival's spirit.

### **Flower Offerings & Green Magick**

Gather fresh flowers and create an altar dedicated to love and fertility. Offer blooms to the earth, to fae spirits, or to deities associated with Beltane, such as Flora, Aphrodite, or Cernunnos. Work with green magick by tending to plants, crafting herbal charms, or anointing yourself with floral oils to align with the season's abundance.

### **Handfasting or Love Rituals**

Beltane is a traditional time for handfasting, a sacred marriage or commitment ceremony. Whether with a partner, friends, or yourself, use this time to affirm love and devotion. Perform a love spell by tying two ribbons together while focusing on a harmonious relationship or simply honor self-love by taking a ritual bath infused with rose petals and honey.

## **Dancing the Maypole**

Weave prosperity into your life by dancing around a tree, pole, or symbolic object, tying colorful ribbons to represent different aspects of abundance. This dance, when done with intention, can create a physical manifestation of your dreams and wishes. Even if you don't have a Maypole, you can weave ribbon spells or create a manifestation charm.

## **Fertility and Abundance Spellwork**

Plant seeds or work with fertility symbols like eggs, milk, or honey to attract abundance. Create a Beltane charm by anointing a candle with cinnamon and vanilla, then burn it while visualizing your life blooming with joy and prosperity. Charge crystals such as rose quartz and carnelian under the full moon to amplify passion and confidence.

## **Faery Offerings**

Beltane is a time when the veil between worlds is thin, making it an ideal moment to honor the fae. Leave offerings of milk, honey, or fresh bread in a natural place as a sign of respect. Approach with gratitude and an open heart, and you may find yourself in tune with the unseen magic of the earth.

## **Journal Prompts**

### **The Flower Moon**

- What is blooming within me at this time? How can I nurture my personal growth?
- What passions or desires am I ready to fully embrace?

### **Beltane and Love**

- Where in my life do I need more joy and pleasure?
- How can I cultivate deeper connections with others and with myself?

### **Fertility and Creativity**

- What seeds am I planting in my life, both physically and spiritually?
- How can I embody more abundance and creative energy?

### **Fire and Transformation**

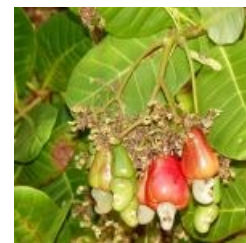
- What fears or limitations can I release to step fully into my power?
- How can I use fire—literal or metaphorical—to ignite passion and motivation?

May's full moon and the fires of Beltane remind us to embrace life with open arms, the light of passion, and honor the cycles of renewal. As you move through this month, let love, creativity, and joy be your guides. Step into the fire of transformation and welcome the magic of the season with a heart full of possibility.

~Blessed Be, Blessed We.

## Acajou

Fifteen species of small to very tall trees make up this genus, which occurs in tropical parts of S and C America, and the West Indies. *Anacardium occidentale* was introduced from Brazil as a crop to India and the Malay Archipelago during the 16th century, but did not reach Europe until 1699. The seeds became known as cashews, after the Portuguese cajú. The fruits of *A. occidentale*, known as cashew apples, yield a pleasantly acidic pulp and juice. Shells contain a caustic oil that is extracted before the nuts are removed.



Evergreen tree or shrub, with ovate leaves to 22cm (9in) long. Sweetly scented, pale green, red-striped flowers appear all year in terminal panicles, followed by red or yellow fruits that have a kidney-shaped nut at the base

<b>Common Name:</b>	Acajou	<b>Culinary Uses:</b>	ans.
<b>Other Names:</b>	Cashew, Maranon		Fruits are eaten fresh, cooked or dried, or made into chutney or jam.
<b>Family:</b>	Anacardiaceae		Juice is made into soft drinks, such as <i>cashola</i> , and distilled as <i>fenni</i> and <i>koniagi</i> . Nuts are eaten roasted and used in a variety of both sweet and savory dishes, and also ground when raw to make cashew butter, milk, cream, as a substitute for dairy products in special diets.
<b>Botanical Names:</b>	<i>Anacardium occidentale</i> .		
<b>Genus:</b>	<i>Anacardium</i>		
<b>Cultivation:</b>	Well-drained, sandy soil in sun, with ample moisture during the growing season		
<b>Propagation:</b>	By hardwood cuttings		
<b>Harvest:</b>	Leaves are picked at any time and dried. Bark is removed as required and used fresh or dried. Fruits are harvested when ripe and processed into fresh pulp and juice. Oil is extracted from the shells, and the seeds ("nuts") are removed and used fresh or roasted.	<b>Economic Uses:</b>	Shell oil is used in brake linings, synthetic rubbers, and to proof paper and wood against insect attack.
		<b>WARNING:</b>	Oil is skin irritant; oil vapor is irritant if inhaled.
<b>Native Location:</b>	Tropical America	<b>Bibliography:</b>	Encyclopedia of Herbs by <i>Deni Bown</i> , Copyright © 1995, 2001 Dorling Kindersley Limited. pp 118-119
<b>Height:</b>	12m (40ft)		
<b>Width:</b>	10m (30ft)		
<b>Hardiness:</b>	Min. 18°C (64°F)		
<b>Parts Used:</b>	Leaves, bark, fruits, seeds, oil.		
<b>Properties:</b>	Reduces fever (leaves) and blood sugar levels (bark), and is diuretic (fruit); the nuts (seeds) are a source of nutrients, and the shell oil is toxic to many disease causing organisms such as <i>Staphylococcus</i> bacteria.		
<b>Medicinal Uses:</b>	Internally for diarrhea (bark and leaf extracts, fruit juice), hypoglycemia (bark extract), and influenza (fruit juice), and, in W. Africa for malaria, (leaf and bark infusions). Externally for leprosy, ringworm, warts and corns (fresh extract from shells), and, in W Africa, for toothache and sore gums (leaf and bark infusions). Bark extract is considered to have contraceptive properties by native Amazoni		

## Adamite

Adamite, or hydrous zinc arsenate, was named for French mineralogist Gilbert-Joseph Adam (1795-1881). The crystals may be found in many colors, but commonly range from yellow to green. It is a fairly rare mineral and not of gem quality.

Adamite is classified as a member of the phosphate class, and is included in the arsenate subclass. It has no commercial value as an ore, but is extracted in many places for sale to collectors as specimen pieces. The botryoidal crystals fluoresce strongly under ultra-violet light, showing a bright green color, and even in daylight they are an attractive pale green and display a high adamantine luster. It is usually found on limonite, but is also associated with aragonite, calcite, mimetite, smithsonite, and many others. Adamite has similar crystal structures to olivenite and libethenite.

Adamite is capable of correcting imbalances of the heart over the intellect. If you feel you are excessively ruled by your emotions, adamite can be of great use to you. It also provides inner strength during stressful, emotional times and allows you to properly express how you are feeling

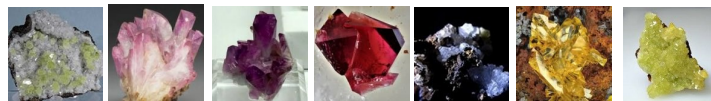
<b>Chemical Composition:</b>	$\text{Zn}_2\text{AsO}_4(\text{OH})$
<b>Category:</b>	Arsenate Mineral
<b>Colors:</b>	Pale yellow, honey yellow, brownish yellow, reddish, white, colorless, blue, pale green, green,
<b>Crystal Structure/System:</b>	Orthorhombic
<b>Geological Category:</b>	Metamorphic
<b>Strunz Classification:</b>	8.BB.30
<b>Specific Gravity:</b>	4.62-4.48
<b>Crystal Habit:</b>	Wedgelike prisms typically in druses and radiating clusters—also smooth botryoidal masses.
<b>Hardness/Moh's Scale:</b>	3.5
<b>Cleavage:</b>	Good
<b>Fracture:</b>	Uneven to subconchoidal
<b>Luster:</b>	Vitreous
<b>Streak:</b>	White to pale green
<b>Diaphaneity:</b>	Translucent—May fluoresce
<b>Occurrence:</b>	Mapini, Durango, Mexico, Greece, USA

### Physiological/Holistic Properties:

<b>Preparation:</b>	Elixir
<b>Treatments;</b>	Heart, lungs, ductless glands, throat

### Metaphysical Properties:

<b>Astrology:</b>	Cancer ♋
<b>Numerology:</b>	8



**Elemental Correspondence:** Fire, Air

**Chakras:** Solar Plexus (3rd), Heart (4th)

### Variants:

**Keywords:** Joy, love, creativity, enthusiasm, perseverance

**Tarot:** Strength, The Star, 8 of Wands, 8 of Swords

**Tone:** D

**Gods:** Adonis, Aesculapius, Agni, Anubis, Apollo, Arawn, Athtar, Atlas, Athos, Attis, Baal, Bacchus, Balder, Bannik, Bel/Belanos, Beltene, Bes, Bochica, Braggi, Bran, Cernunnos, Chacol, Chors, Coeus, Coyote, Credne, Cronos, Cuchulain, Cupid/Eros, Dagda, Dagon, Dainichi, Dauh, Dharme, Diancecht, Dionysus, Donnus, Dumuzi, Dylan, Ebisu, El, Elegba, Eros, Essus, Father Sun, Faunus, Februus, Freyr, Ganges, Ghanan, Gobniu, Gwali, Gwydion, Hadad, Haurun, Helios, Hephaestus, Hermes, Herne, Horned God, Horus, Hotei, Howtu, Hyperion, Iacchus, Janus, Jesus, Jupiter, Khonsu, King Arthur, Krishna, Legba, Liber, Llew, Lono, Lord of the Greenwood, Lugh, Mabon, Mannawyddan, Marduk, Maui, Mercury, Mithras, Mitra, Nabu, Neper, Ngau, Ninib, Nurelli, and many more.

**Goddesses:** Aestas, Aima, Aine, Aki Bimi, Albina, Alphito, Amaterasu, Anapurna, Angerona, Anna, Anna Fearina, Anna Perenna, Anu, Aphrodite, Arachne, Aradia, Arani, Arianrhod, Ariel, Artemis, Artio, Asherah, Ashnan, Astarte, Athena, Attar, Audhumla, Banba, Bast, Baubo, Befana, Beltic, Blaize, Blodewedd, Bona Dea, Branwen, Brigid/Brid, Brigit, Brigitte, Brizo, Brynhild, Cabria, Calliope, Cardea, Carmen, Cerd, Ceres, Cerridwen, Cesair, Changing Woman, Chicomecoatl, Chuang-Hu, Chup-Kamui, Clio, Coatlicue, Cupra, Cybele, Dag, Dahud, Damara, Damia, Damona, Dana, Demeter, Devana, Dia Griene, Diana, Djanggawaul Sisters, Doda, Elat, Eos, Eostre, Epona, Erato, Erce, Eriu, Erzulie, Euterpe, Eve, Fand, Februa, Flidais, Flora, Fortuna, Freyja, Frimia, Gaia, Garbhog, Gerd, Goddess of Mundus, Gokarmo, Grian, Habondia, Hani-Yasu-Nokami, Hannah, Harmonica, Hathor-Tiamet, Hebe, Hecate, Heket, Hera/Juno, Hestia, Hilaria, Hygeia, Ilamatecutli, Ilat, Inanna, Indra, Iris, Ishtar, Isis, Jord, Juno, Kaikibani, Kait, Kali, Kebehut, Keca Aba, Kefa, Kornjunfer, Kou-Njami, Kupulo, Lady of the Lake, Laufey, Levanah, Libera, Lilith, Lilitu, Lofn, Lucina, Lunah, Ma'at, Mabd/Maeve, Madhasri, Mah, Maia, Mama Allpa, Marcia, Mari, Mariamne, Marici, Marku, Melpomene, Melusine, Metis, Metzli, Mielikkom, Minerva, Mitra, Mnemosyne, Modron, Morgay, Moon Mother, Morgan, Morgay, Muma Alpa, Muses, Nemesis, Nephthys, Nikkal, Nimue, Ningal, Nisaha, Nox, Nu Kua, Nut, and many more.

**Emotional Healing:** Helps one move out of passive mode and into an active, dynamic, and expressive relationship with others and the world. It can help one remain playful, joyful, patient and kind, returning one to a state of childhood innocence. It recovers one's sense of wonder and curiosity, and removes from state of worry-based paralysis.

**Spiritual Healing:** Assists in connection with one's true joy or passion in life by opening one up to the Divine Will. It affords the ability for us to recognize the Divine's will for us and reach an acceptance that our needs; physical, emotional and spiritual are met.

## MAGICKAL OILS

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### OIL USES

<b>Allspice</b>	Attracts money & luck, promotes healing
<b>Almond Bitter</b>	Brings money & prosperity
<b>Amber</b>	Healing, uplifting
<b>Angelica</b>	Removes hexes, protects spaces, promotes healing
<b>Anise</b>	Purifies & protects
<b>Balsam of Peru</b>	Grounding, provides attraction in relationships
<b>Basil</b>	Happiness, peace, brings money & good luck, stimulates conscious mind
<b>Bay</b>	Purification, psychic cleansing, increases psychic awareness
<b>Bayberry</b>	Gaining control in situations, protection, prosperity
<b>Benzoin (Styrax)</b>	Increases physical & magickal energy, stimulates conscious mind
<b>Bergamot</b>	Relieves depression, brings peace & happiness, promotes restful sleep, brings money
<b>Birch</b>	Brings protection, disperses negative energies
<b>Black Pepper</b>	Mental alertness, courage, protection, physical energy & endurance
<b>Camphor</b>	Self purification, physical energy, decreases sexual appetite
<b>Caraway</b>	Revitalizes & refreshes, enhances memory & alertness, attracts love
<b>Cardamom</b>	Arouses sexual desires, clears conscious mind
<b>Carnation</b>	Magickal & physical energy, regain health, "spicy" love, protection
<b>Carrot Seed</b>	Promotes fertility & lust
<b>Cedarwood</b>	Promotes spirituality, aids in self control, longevity, purifies & heals, removes hexes
<b>Celery</b>	Psychic awareness, brings restful sleep
<b>Chamomile</b>	Peace, promotes meditative state, induces sleep, relieves stress & irritability
<b>Cinnamon</b>	Physical energy, increases psychic awareness, prosperity, stimulating, aphrodisiac, purification
<b>Citronella</b>	Repels negativity, clears and energizes space
<b>Clary Sage</b>	Relaxes mind & body, relieves stress, brings vivid dreams
<b>Clove Bud</b>	Keep & regain health, improves memory, strengthens protective aura, heightens courage
<b>Coconut</b>	Brings protection, used to keep one chaste
<b>Coriander</b>	Improves memory, brings love, healing
<b>Cumin Seed</b>	Protects both self and home
<b>Cypress</b>	Smooths transitions, brings strength & comfort
<b>Dill</b>	Clears & sharpens conscious mind
<b>Eucalyptus</b>	Keep & regain health, rids an area of negative psychic energy

<b>Fennel</b>	Promotes long life & courage, purifies
<b>Frangipani</b>	Brings love, attracts the perfect mate
<b>Frankincense</b>	Enhances spirituality, facilitates meditation, purifies & protects, rejuvenating
<b>Gardenia</b>	Enhances love, brings peace & spirituality, harmony & happiness
<b>Geranium</b>	Brings peace & calmness, protects against negative energy
<b>Ginger</b>	Increases Magickal & physical energy, enhances sexual desires, brings money, promotes courage
<b>Grapefruit</b>	Powerfully purifying, cleansing space
<b>Heather</b>	Guard against violent crimes, brings spirit contact
<b>Honeysuckle</b>	Weight loss, enhances psychic awareness, increases money, brings clarity, aids concentration
<b>Hyssop</b>	Purifies self & home, clears head & strengthens mind
<b>Jasmine</b>	Brings love & induces sexual desire, brings peace & enhances spirituality, promotes prophetic dreams, relaxation, confidence
<b>Juniper Berry</b>	Purifies & protects both people & places, healing
<b>Labdanum</b>	Strengthens, produces a tranquil mind
<b>Lavender</b>	Promotes good health, spiritual love, celibacy, brings peace & control over emotions, purification
<b>Lemon</b>	Heals illness & infection, vitalizes body, purifies area
<b>Lemongrass</b>	Stimulates psychic awareness, purifies area
<b>Lilac</b>	Purifies & cleanses, expansive loving energies, protects and eliminates negativity
<b>Lime</b>	Personal purification & protection, energizes the body
<b>Lotus</b>	Blossom Blessings, good luck, protection, purifies and raises vibration, brings health & abundance
<b>Magnolia</b>	Increases ability to give and receive love, feelings of oneness, harmony with Mother Nature
<b>Marjoram</b>	Peaceful detachment, sedative, promotes celibacy
<b>Melissa</b>	(Lemon Balm) Drives away evil entities, purifies & brings peace, helps us to accept prosperity
<b>Mimosa</b>	Produces prophetic dreams & brings love
<b>Mugwort</b>	Psychic dreams & psychic awareness, <b>UNSAFE, NOT RECOMMENDED</b>
<b>Musk</b>	Increase sexual desire, arouse passion, attracts a lover, prosperity
<b>Myrrh</b>	Expands spiritual awareness, enhances meditation, healing, brings peace
<b>Narcissus</b>	Manifests & enhances self love & self esteem, brings good fortune
<b>Neroli</b>	(Orange Blossom) Self purification, joy
<b>Niaouli</b>	Protects against psychic attack & encourages healing
<b>Nutmeg</b>	Enhances physical & Magickal energy, psychic awareness, brings money
<b>Orange</b>	Self purification, brings joy, enhances physical & magickal energy
<b>Palma Rosa</b>	Encourages healing & attracts love

<b>Patchouli</b>	Arouses sexual desires, enhances physical energy, brings money, stimulating
<b>Pennyroyal</b>	Physical energy, clears & strengthens mind, protective qualities
<b>Peppermint</b>	Stimulates conscious mind, banishes negativity & purifies, brings money
<b>Petit Grain</b>	Calms mind & enhances thought processes, bestows personal protection
<b>Pine Needle</b>	Physical healing, purifies, brings protection, increases, brings money
<b>Rose</b>	Enhancing love, sex, beauty & brings peace, calming
<b>Rosemary</b>	Promotes love, stimulates conscious mind & memory, promotes a long healthy life
<b>Rosewood</b>	Uplifting & balancing, promotes meditation, spiritual healing
<b>Sage</b>	Strengthens conscious mind & memory, brings money
<b>Sandalwood</b>	Promotes spirituality, enhances meditative state, stimulates sexual activity especially if due to an emotional or mental block, uplifting
<b>Sassafras</b>	Attracts money & brings healing
<b>Savory</b>	Strengthens the mind
<b>Spearmint</b>	Speeds healing, protection while asleep, comfort in times of loss
<b>Spikenard</b>	Ensures fidelity, brings good luck and maintains health
<b>Tangerine</b>	For energy, strength & power, sun-filled
<b>Tea Tree</b>	Cleansing, healing
<b>Thyme</b>	Brings good health, assures restful sleep, purifies, aids in developing psychic powers
<b>Vanilla</b>	Soothing, healing
<b>Vetiver</b>	(Khus Khus) Brings protection & money
<b>Violet</b>	Stimulates love, brings luck & protection, healing
<b>Wintergreen</b>	Removes hexes, brings protection and healing
<b>Wisteria</b>	Mental clarity, promotes better retention
<b>Ylang-Ylang</b>	Brings peace of mind, creates sexual desire

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## The Star and the Fool

By Emily Thornton



At this time, the Fool has been broken down and made it through the Tower. If one has ever been depressed with no vision of what is to come, this is a good example of what the Fool is feeling after his time with the Tower. It is now time to rest and recuperate. His recuperation takes the form of the Star.

The Star is number 17 in the major arcana. This card is hauntingly beautiful with a great message for anyone who has been through the Tower. This card promises new opportunities, healing and happiness. There is a real sense of relief when this card is pulled in a reading. Spirit is telling them, it is time to rest and recuperate. It is recognizing that one has worked so hard and their journey has been rough, it is ok to rest.

Looking at the card itself, one can immediately see, there is no path or road. If one looks at the other Major Arcana cards, one can see there is some sort of path or focus that is shown. The card really says, do not focus on moving ahead right now, now is the time to sleep and recuperate.

There are a lot of symbols in this card that accentuate its beauty. There is a lot of blue in this card. Blue skies, blue water, blue tinged skin (in some cards) which signify the attitudes of the subconscious mind. It is usually associated with the element of water and has a calm, spiritual, introspection to it. It also tells the querent to be open to freedom, imagination, expansion and inspiration. It is ok to be sensitive here. The blue wants the Fool to take stock in everything.

There is one large star in the center and numerous little stars surrounding it. The large star is our guide that leads us forward. The little stars are our energy centers, like the chakras, and they signify how we are connected to the soul and our spiritual self.

The figure in the middle, pouring the water, is an example of the goddess or Egyptian goddess being vulnerable. We see she has one foot in the water and one on land. She is balanced and knows how to balance herself with the grounding of the earth and the spiritual aspect of the water.

The bird on the card is an Ibis. It reminds us to keep a higher perspective. We have the abilities to fish, collect our resources (goddess getting the water), and have the tools we need to help us get the energy needed.

The mountain signifies the goals that are still there and available to us. There is a real peace and calm here in the card. The action of pouring the water is a way we are sharing with the collective consciousness that is available in the spirit realm and Mother

Earth. The Goddess is pouring what she has learned into the collective unconscious so people can learn from what she has experienced. There is a real balance here between where we are on our journey and how we give back to the earth and the consciousness. We need that balance to finish our journey.

With the Star Card it is all about healing of the soul and connecting back into abundance and higher self. Connect with that intuition and recuperate from where you have been. When this card comes up, it is also considered a time of manifesting.

To connect with the Star card's energy, focus on self-care and inner reflection. Engage in activities that promote relaxation and spiritual connection, like meditation, spending time in nature, or creative pursuits. Pay attention to your intuition and dreams, as they may offer guidance. Embrace vulnerability and be open to receiving healing and inspiration. Consider journaling about your hopes and dreams, or creating a vision board to visualize future possibilities. The Star encourages trusting the process of healing and believing in a brighter future.



## SMUDGING

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### WHAT IS SMUDGING?

Smudging is the moving of smoke from various sacred herbs through a space, your personal energy field (or that of another being) or around objects such as crystals, stones or sacred tools. It comes to us from Native American traditions, but many peoples and many cultures have echoed the principle.

### WHY SMUDGE?

Smudging clears negative energy and purifies the physical and finer environments. Everything and everyone has an energetic (auric) field around it/them. These fields can become contaminated with negative vibrations and thoughtforms. These negative energetics, if not removed, can cause disharmony, imbalance, depression and illness. Sometimes these negative energies are left in our environment from contact with others who are creating or harboring them. Sometimes they form tenacious connecting cords draining energy and vitality. Smudging can eliminate these imbalances and restore harmony.

### WHAT YOU NEED TO SMUDGE

1. Sacred herbs chosen for their inherent qualities or vibrations – see possible choices we have listed.
2. Shell or receptacle you can use to burn the herbs. A shell is the Native American traditional choice. A fire resistant open dish-like container is necessary as it prevents stray smoldering embers from burning furniture, carpeting or clothing.
3. A feather is used to sweep the smoke generated by the smoldering herbs through the space needing cleansed.
4. Matches or lighter to light the herbs. With a smudge stick or bundle, however, the easiest way is to light a candle and light the bundle from that steady flame.

### HOW TO SMUDGE

**Note: To avoid fire hazards, do not use smudge around flammable surfaces. Never leave burning smudge, candles or fire unattended.**

1. Gather needed items.
2. Light smudge until the end glows red and then fan it to put out the flame. We are working with the smoke from the smoldering herbs; the flame needs to be extinguished. Do not blow out the flame, this puts your vital breath at cross-purposes with your intent.
3. After lighting the smudge offer it to the four cardinal directions: East, South, West and North or hold it for a moment near your heart.
4. Hold the shell or bowl with the smoking smudge in one hand and fan it through space to be cleared.
5. When finished give thanks.
6. Tamp out any herbs still burning. For small embers use a spoon or stick to tamp it out if necessary.

### SMUDGING A PERSON

**Note: Because of the smoke emitted, avoid burning smudge in confined areas or around infants, anyone who is pregnant or suffering from asthma or respiratory conditions.**

Begin by smudging the auric space – about 2 to 3 feet out from the body. Work from above the head to the feet. Move around the person in a clockwise manner. When you get to the feet, have the person lift up their feet, one at a time, as you sweep the smoke under each one. Go back above the head and go down the front, back and each side of the body, cleaning the energies that lie close to their form. Then hold the smudge in front of them so they can offer smoke to Father Sky, to Mother Earth and to take some to their heart. End by bowing to the other person as they return the bow to you.

## SMUDGING A PLACE

Prepare the smudge for use as described above. In an enclosed space, open a door or window to provide a route for negative energies to leave as they move to get away from the smudge. Begin in the room that is the most distant from the open door or window. Start at the center of that room. Move through the room in ever widening clockwise circles. Fan the smoke from the smudge over, under and around objects. If any area feels “sticky” continue smudging until it feels clean to you. Use your finer intuitive senses as you work. Tell everything that you do not want in your space to “Leave now and go to the Light”. Move to the next room and the next, repeating this procedure, moving any negativity ahead of you towards the opening. If you have left a door open for negativity to exit, smudge the doorway, step through and smudge the immediate area outside so “hitchhiking” lower thoughtforms don’t ride back inside. Many people hang sweetgrass braids over doorways to allow only good energy to enter their space. Outdoors, begin smudging in the center of your sacred space. Move clockwise in ever increasing spirals until you reach the perimeter. Smudge each individual as described above as they enter the sacred space.

## SMUDGING OBJECTS

Note: **If setting your smudge shell or bowl down to clean objects be sure that it is on a stable fireproof surface.**

For small items, such as tumbled stones or jewelry – put them in an open weave basket, sieve or strainer. Hold the container above the smudge and allow the smoke to rise and enter the container, bathing the small items in smoke.

For larger objects: Move around the object in a clockwise direction. Begin at the top and sweep smudge through the close energetic field and off towards the Earth.

Smudging clear quartz crystals: Remember that crystals store and amplify energy. Much like a computer they do not discriminate as to the type of energy put into them. When cleansing your space be sure to give them attention as well.

## HERBS USED FOR SMUDGING

### HERBS QUALITIES

<b>California White Sage</b>	Clears negative and foreign energies and entities out of our environment, our personal space and our belongings
<b>Desert Sage</b>	Purifies, dispels unwanted energies and entities
<b>Sweetgrass</b>	Brings sweetness, grace, blessings; grounding protecting and sanctifying; brings help from spirit
<b>Cedar</b>	Calls in spirit, helps to connect with guides and spirit teachers, purifying
<b>Lavender</b>	Brings protection, peacefulness and rest
<b>Yerba Santa</b>	Nurtures and protects that which is ancient and sacred within us, give us courage and encouragement
<b>Juniper</b>	Breaks up negative thoughtforms sent from others
<b>Copal</b>	Clearing, sanctifying, empowering, ATTRACTS BENEVOLENT ENERGIES
<b>Pine Needles</b>	Purifies, calms, renews and cleanses
<b>Mint</b>	Cleanses, uplifts and protects
<b>Tobacco</b>	Connects us with sacred teaching and sacred beings
<b>Uva Ursi</b>	Very calming and grounding

### WARNINGS:

Smoke from herbs can lead to allergic reactions or trigger asthma or other forms of respiratory distress. Do not begin using smudge if you are pregnant. The information on this flyer is offered for its cultural and historical value. Pathways does not assume any responsibility for the way individuals burn or respond to the smoke from any herbs. If you choose to burn herbs, do so only in a well-ventilated area, use common sense and moderation. Discontinue use and contact your health professional if any irritation develops.

## UNDERSTANDING THE OGHAM BETHLUSIAN



**LUIS** (*pr. Loo' sh*)

<b>Tree:</b>	Rowan
<b>Letter:</b>	L
<b>Other Names:</b>	Cairtheand
<b>Meaning:</b>	Flame Herb
<b>Goddess:</b>	Brighid
<b>Season:</b>	Spring
<b>Holiday:</b>	Ostara
<b>Magickal Purpose:</b>	Insight, Protection. Warding Off Evil. Protection Against Enchantment,
<b>Keywords:</b>	Insight, Protection, Warding, Perception, Prediction, Passion, Innovation
<b>Astrology:</b>	Aquarius
<b>Bird-Ogam (Enogam):</b>	<i>Lachu</i> "duck"
<b>Color-Ogam (Dathogam):</b>	<i>Liath</i> "grey"
<b>Agriculture (Ogam Tirda):</b>	<i>Loman</i> "rope"
<b>Art/Craft Ogam (Danogam):</b>	<i>Luamnacht</i> "pilotage"
<b>Company Ogam (Ogam Cuidechtach):</b>	<i>Laichesa</i> "Heroines"
<b>Runic Equivalent:</b>	Laguz
<b>Verses:</b>	<p>lí súla - "lustre of the eye" in the <i>Bríatharogam Morann mic Moín</i></p> <p>carae cethrae - "friend of cattle" in the <i>Bríatharogam Mac ind Óc</i></p> <p>lúth cethrae - "sustenance of cattle" in the <i>Bríatharogam Con Culainn</i>.</p>

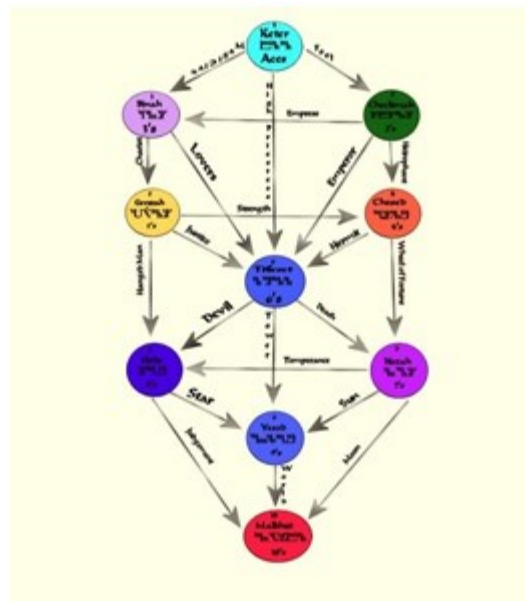


## Tree of Life

### Sacred Paths of the Qabala

#### Path 16

Titles:	The Son; The Priest
Intelligence:	Triumphal Intelligence
Place:	Path Joins Chockmah to Chesed
Hebrew Name:	Vau; ו (Nail)
Number:	6
Angel:	Asmodel <b>דוגמנית</b>
Qlippoth (Demons):	Adimiron <b>אדמירון</b> (The Bloody Ones)
Demons of the Hidden Paths:	Uriens <b>אורינס</b>
God Forms:	The Vanir, Osiris, Shiva, Hera, Venus
Color Atziluth:	Red-Orange
Color Briah:	Deep Indigo
Color Yetzirah:	Deep Warm Olive
Color Assiah:	Rich Brown
Incense:	Storax
Animals:	Bull
Legendary Beings:	Gorgons, Minotaurs
Stones:	Topaz
Plants:	Mallow, Moss, Archangel, Fig
Tree:	Birch
Zodiac/Element:	Taurus
Tarot Card:	The Hierophant, Magus of the Eternal.
Correspondence to Human Body:	Shoulders, Arms
Diseases:	Indigestion
Magickal Powers:	Secrets of Physical Strength.



## The Dhammapada of Buddha

### Chapter XVII

#### Anger

##### Verse CCXXI

Give up anger, abandon conceit, overcome all fetters. Ills of life (dukkha) do not befall one who does not cling to mind and body and is free from moral defilements. .

##### Verse CCXXII

He who restrains his rising anger as a skilful charioteer checks a speeding chariot, — him I call a true charioteer; other charioteers only hold the reins.

##### Verse CCXXIII

Conquer the angry one by not getting angry (i.e., by loving-kindness); conquer the wicked by goodness; conquer the stingy by generosity, and the liar by speaking the truth.

##### Verse CCXXIV

One should speak the truth, one should not yield to anger, one should give when asked even if it is only a little. By means of these three, one may go to the world of the devas

##### Verse CCXXV

The arahats, who do not harm others and are always restrained in their actions, go to the deathless Nibbana, where there is no sorrow.

##### Verse CCXXVI

In those who are ever vigilant, who by day and by night train themselves in the three sikkhas (i.e., sila, samadhi and panna), and who have their mind directed towards Nibbana, moral intoxicants become extinct.

##### Verse CCXXVII

It is not new, O Atula! It has always been done from ancient times. They blame one who is silent, they blame one who speaks much, they blame one who speaks little. There is no one in this world who is not blamed

##### Verse CCXXVIII

There never has been, there never will be, nor is there now, any one who is always blamed or always praised.

##### Verse CCXXIX,CCXXX

If the wise praise him day after day, knowing him to be truly faultless, wise and endowed with knowledge and virtue, who would blame him, who is like a nikkha of pure gold? The devas praise him; he is praised even by the great Brahmas.

##### Verse CCXXXI

Guard against evil deeds, control your body. Giving up evil deeds, cultivate good deeds.

##### Verse CCXXXII

Guard against evil deeds, control your body. Giving up evil deeds, cultivate good deeds.

##### Verse CCXXXIII

Guard against evil thoughts, control your mind. Giving up evil thoughts, cultivate good thoughts.

##### Verse CCXXXIV

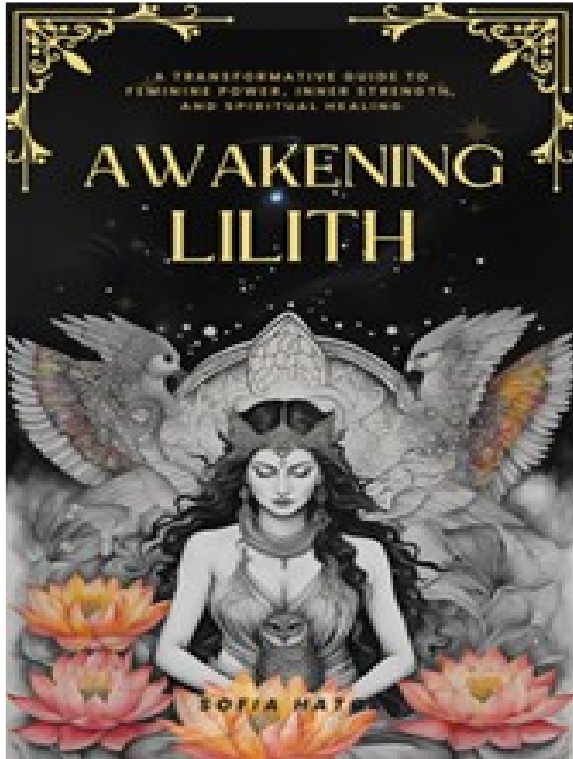
The wise are controlled in deed, they are controlled in speech, they are controlled in thought. Indeed, they are perfectly self-controlled.



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Sofia Hator, *Awakening Lilith*



FOR IMMEDIATE RELEASE

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**New Book Awakens the Divine Feminine: *Awakening Lilith* by Sofia Hator Calls Women to Reclaim Their Sacred Power**

**January 2025**—Author and spiritual guide **Sofia Hator** unveils her powerful channeled book, *Awakening Lilith*, an evocative journey into the soul of the divine feminine. Now available in **Kindle, Paperback, and Hardcover** on Amazon, this book reclaims the voice of Lilith, a goddess long misunderstood and demonized, offering a path of empowerment, healing, and ascension for modern spiritual seekers.

Rooted in sacred feminine wisdom and multi-dimensional downloads, *Awakening Lilith* invites readers to step beyond 3D conditioning and into the elevated vibrations of 5D consciousness. Blending ancient archetypes with contemporary soul work, Sofia

channels Lilith as a force of **divine rebellion, radical truth, and spiritual sovereignty**.



“Lilith’s exile was not her end, it was her liberation,” says Hator. “This book is for anyone ready to walk the path of truth, reclaim their wild nature, and embody their inner High Priestess.”

With poetic transmission and energetic resonance, *Awakening Lilith* speaks directly to women awakening to their spiritual gifts, shadow work, and sacred feminine lineage.

**Now available on Amazon:**

<https://a.co/d/6xKHxFn>

For interview, podcast features, or collaboration inquiries, please contact Sofia at

[info@mk.lisahoffman.online](mailto:info@mk.lisahoffman.online).

**Author Bio**

Hi, I’m Sofia Hator an Initiated Priestess, Spiritual Seeker, and Mother who can feel subtle energies. I hope these books inspire you to become more than your individual self by encouraging you to take steps to energize your magical abilities and transform yourself from a life doer into a sovereign creator.

Look for more upcoming books by Sofia Hator as she explores more of the Goddesses, and their energies.

A well written book with a lot of positive information in it. It really does help you connect with the divine feminine, and also allows you to get to know the real Lilith, and dispels the myths behind her fall.

## Interview with Sofia Hator

**ED:** Good afternoon everybody. Welcome to Today's Witch Magazine interview with Sophia Hator, and she's the author of several Goddess books that she's written. The first book I spotted was on...what was it?

**Sofia:** No, it's Awakening.

**ED:** Awakening the God, the goddess Lilith. That's it. Lilith.

**Sofia:** yes.

**ED:** Okay, well first of all, I'd like to ask you a couple questions like what are your current craft practices and what got you on the path?

**Sofia:** They're very good questions. So my current practices, I'm very much an energy girl, so I do a lot of meditation.

And I do a lot of, in the moment, intuitive kind of energy thing, so it can be very spontaneous. It sort of just comes from within. Then it can involve things like you know, movement or even noise. That's a more recent thing. But my daily practice is meditation. And a bit of candle work and meditation, and then spontaneous bits throughout the day as they arise.

**ED:** So you declare yourself basically an eclectic?

**Sofia:** Yeah, to be honest, I don't really have a name for myself. I just, in the beginning when I was young, I used to think of myself as a witch. And then as I've. Aged and then found the goddess path. I kind of associated myself with priestess and now high priestess which sort of came through intuitively when I had this huge spiritual awakening in 2020.

That was just kind of what was on a different level and so now I'm learning all these others. The words like chaos, witch and things like that. And I kind of resonate with a lot of them in different ways, so I'm not too sure. So eclectic sounds right.

**ED:** Very good. Now you've been writing books on goddesses and you particularly started off with Lilith. What, uh, drove you to write about Lilith first?

**Sofia:** Well, they're channeled books. It was a lived experience of her coming through. Throughout the book I show pieces of that. So she came in many, many ways. Obviously in meditation a lot. I communicate there. Then in my lived experience it comes up and it's almost like a process I have to go through in various ways.

But sometimes it can be really fun as well. So I remember when I started writing that book, the movie, the new movie *Wicked* came out, you know, the new one with the, the green character and the pink character. And so Lilith very much to me, I could see it in that green character. I was just like, yes, that's, yeah.

So it's like that it's very much becoming my reality.

**ED:** Now you're currently, I noticed, working on another one on Aphrodite, I believe.

**Sofia:** Yeah, I am. I'm nearly finished.

**ED:** That is an interesting, dichotomy of a sort, because Lilith has always been considered a dark goddess or chrome goddess of the sort, you know, and then here you go.

Lilith being a chrome dark goddess and a chaos goddess to Aphrodite who was the total opposite and goddess of love, beauty, and poetry.

**Sofia:** Totally. So it's one extreme to the other. Yeah. And do you know what, it wasn't my choice. It came through and when she came through after, it was probably about a month after I'd released the *Awakening Lilith* one.

I was in the ocean at the time and I started thinking, oh, what is this energy like, you know, and started seeing signs of that kind of channeling experience coming through and that connection. And a few weeks into it, I picked out different goddesses. When I just went, okay, just tell me, and I drew out the Aphrodite card, I was like, yeah, oh no, it can't be Aphrodite 'cause that's not my usual.

And I just missed it. Yeah, but it came back around. It was definitely Aphrodite and the book uncovers a lot of, well, to be honest, I brought into the archetypal, what do we call it? The impression of that. She is just a beautiful figure. I think I was holding onto that and I've discovered. I put a lot more about her as being more of a creator of the world.

So yeah, it's been a journey.

**ED:** Well, she is a very interesting goddess. I, I must agree. I personally am Alexandrian and Wiccan. But with a Norse background, I tend towards Freyja and Tyr personally. Yeah. But, I've noticed that when you do your books on the goddesses, right. And I'm looking forward to getting a copy of your first one on Lilith, because I've always been fascinated with her.

**Sofia:** Yeah, I'll send you one.

**ED:** Oh, nice. I'll remember you to give you my address at the end of this. But, yeah.

Anyway, one of the things I've not, I've noticed is. Now when you do work with a God and Goddess in the archetypal principles, what, what type of experiences do you have with them? What type of things do you note with them? I know, 'cause you probably directly channel their energies and Connect with them in it. What were your experiences with them?

**Sofia:** It was very much about creating boundaries with the things I wanted. In order for me to create the boundary around myself to create what I'm wanting, I also had to travel. Travel through some fear, and I actually had some real experiences of, like I hurt my back and then I had to kind of process some, do some healing and shadow work through that to get to where I want.

It sort of, it activates I would say, a multidimensional layer within my being. And then it can pull me into lots of different things. I also had family issues come out that were very Lilith and confronting and I had to walk through them. But at the same time, because I'm working with the goddess, I just, I can kind of settle into it and almost be an observer.

Perhaps this is a perfect experience to show you.

The experiences are all different sorts of experience, like going to see and then just being like, oh my gosh, I'm, I'm here writing this book of Lilith and here it is in this movie form, which was fun and empowering and just really speaks to that.

An archetype of coming into your power and standing up for what you believe in and following your own pathway. And then it can be like a real experience of being with family members that, and things go wrong and, and just sort of witnessing lots of, you know, a hardcore energy come through and sort of just for me it was in this particular experience, not going into too much detail, but it was just witnessing it.

Pulling away from boundaries around it. It can be like that as well. And then I do channeling things when writing the book, the information comes through. I'm writing and I'm learning as well at the same time. 'cause I don't often know what I'm writing until I'm writing it. I don't know.

**Sofia:** Ah, you, you know, you asked me the, the, how do I experience it, and I was just thinking this is an exact. Perfect example, you know, things so come that are unexpected and we just go through them.

**ED:** Well now when you channel a deity, I know I've done it myself and numerous times.

I want to channel gods and goddesses at various levels, especially Gods because of the fact I am male of course. Channeling the gods is a, I found my experiences have been kind of strange at times because like I channeled Pan once,

**Sofia:** Right? That would be fun.

**ED:** I'll never do that again.

That was not fun for me, but fun for my coven. Have you found when you channel a God, a guardian God, so you invite them in there and them. Have you found the goddesses, being very strong in her message to you and stuff like that...

**Sofia:** I find that, to be honest, I only just, I didn't even know I was channeling I until I just thought I was automatic writing in the Lilith book.

I thought I was just writing and I mean, I knew, I was having communion and things like that 'cause that's always been normal and present. But only recently I've learned that it's a form, form of clairvoyance and that kind of writing and it and then the sort of that feeling of yes, I can bring it through, has come through.

So it's kind of new for me to think of it this way. I can notice the more I'm doing. 'cause now I'm on the second book. I know, and I've written it down in there, there is a strong impression, like I'm getting impressed strongly. Like, it's like a definite, you know, this is what I want to say, kind of thing.

Yes, it's more of a feeling. So again, I work with energy, so what does it feel like? It feels like, yeah, like a push in a way. Like an internal push. Like there's more energy behind it. Yeah. Thrusting forward.

**ED:** Right. Well, the next question for you is in your, in your practice of the craft.

Of course. I know in personal experience that there's been times when there's not been acceptance and other times where there's been a lot of acceptance of my practices and mostly because of the fact I was raised in it. I had the advantage of being craft from the time I was eight years old, to now.

How is your support wise from your family, from your friends, and are you in a broom closet or are you out of the closet? So to speak.

**Sofia:** Awesome question, because this is something I think about a lot now, so I've always been interested in the craft. I remember being in my first year of high school and we were allowed for the first time ever to do our own assignment on whatever we wanted, and I remember going to get the witch books out and sitting there and writing them out.

I don't ask myself how that assignment ended, but that's what I was interested in or all the way back then. I remember then later on when I. I was like in my final years of high school saying to my mum, we were picking up one of my siblings, one day, and I was back in the days before GPS was looking in the index of the street names and I went, oh! There's Witch Street.

And I remember my mum saying, don't be ridiculous. There's no such thing as witches. And I was like, yes, there is. So, I just backed off. But when I became, you know, a young adult and entered out into the world. I very quickly found my very first spiritual teacher, when I was about 19. That's when the goddess path came. She was a high priestess and then I just connected so deeply.

It was a mixture of witchcraft and all this kind of high priestess kind of learning together. So once I found that I had a tribe around me all the time, and I stuck that out for like 10 years...that would've been about 10 years. And then I went overseas to Glastonbury, to the Goddess Temple and did more studies.

I've always had the tribe around me and got very used to that. Recently, in the last few years, I've never really brought it out in the open much apart from, you know, the mention of the goddess here and there with my husband and yoga. But his sister all of a sudden, a few years ago was like, I'm a witch, just like that.

And then the mom was like, yeah, I'm gonna be a witch too. So there's this huge door open for me. To bring it out at the same time as I, then I, maybe it influenced me being able to come out of the broom closet within my family and not just my circles. And that's where the books started coming through. It makes sense in a timeline.

Now we, me and, and my sister-in-law and my mother-in-law, we go to witch festivals and things like that, so it's totally different. There is a little bit of fear still with putting it out into the masses in the books. Yeah, pretty much out of the broom closet, but just new, newly out.

**ED:** So you have a, you have an excellent support system when it comes to it. Then in regards to the, you know, family support and your husband and everything else having, basically having your back saying, you know, yeah, she's a witch, It's a good thing.

**Sofia:** It's a long time coming.

**ED:** Exactly. Now you've probably, you've obviously been practicing a while now, you know, in the craft. And I'm sure you've seen some of the growth and progress we've seen in the craft practitioners as witchcraft practitioners over the course of the many years. I mean, like every 15 years we have an influx of new witches coming out with the woodwork, including your sister-in-law and your mother-in-law, you know?

Yeah. Do you find that there's a lot of positivity to the growth or do you find there sometimes there's a lot of misinformation and a lot of things that aren't really there. I know you've done your homework on, you know, on craft back when you were in high school of course and learning first, learning craft.

I know you did a lot of homework. Have you found there's a lot of misconceptions regarding crafting our practices or have you found that, you know, with new TikTok, witches and all this.

**Sofia:** Yeah, I have to say it's been a while since I went to a witchy thing, and when I went to the last witch festival, which was the first one I'd done in like 10 years, I'd just been practicing solo.

I was impressed. The stuff that was there impressed me and 'cause it, it just had that energetic resonance of those, the people doing that. And there were lots of workshops going on. They were connected. I could see that. Vibratory connection and that higher level, practice. They were all different. But I was really impressed, um, in saying that I have only ever experienced one person who I've directly said my things to who went, no, you're full of bs.

There is definitely still resistance out there and I'm sure there's much more. I just don't connect with it so I don't have to experience it. It's a lot, but in the practices that I've seen recently of what other people are doing. It makes me feel very happy because it is not just routine structural stuff, it's actually coming from a place of I believe, from what I can see, is they're connecting with their higher selves.

**ED:** Okay. I've experienced both sides of that coin. That's why I was asking that question because I've experienced both sides of the coin from the higher connectivity to the lower end of, rote learning and rote memory of books that aren't even written correctly, that have so much misinformation that we have to guide them back.

Back into the right way or path. Luckily, you were from, I noticed you're from Australia, you said, and I know you traveled to England often being that you traveled to England and everything and you were, Glastonbury I know was in England and Scotland rather. Surrey, Surrey's up in Scotland?

**Sofia:** No, in England.

**ED:** Okay. I was right. Been a while.

**Sofia:** You must go again.

**ED:** I know. I must. One of these days I will get the opportunity to travel again that far, hopefully.

I know the birthplace of witchcraft is basically England and that when it comes to modern witchcraft, because you had Gerald Gardner and Doreen Valiente and then later Alex Sanders.

That and then Ray Buckland bringing it into the United States from his perspective. I can see there would be a difference in the way you would perceive it than some of the stuff I see in the US today, but the internet is what I'm talking about. More, less anything else. Internet.

**Sofia:** I know for sure and this probably serves as a warning maybe for, for those who are interested in reading materials to be, to be very mindful of. I have seen, 'cause I'm in book writing, how to write and get your books out there, their clubs.

I have seen people talk about taking witchcraft and writing a book on it. They are not witches, which is...that's a very sad thing. So I just wanted to put that out there. I have seen that. Definitely unsure whether it's a real one or not.

**ED:** Yeah, well that's what I was referring to.

There's a lot of, you know, false information and misinformation and, and that being written from several people, and I'm not gonna mention names of some of them, some of the authors, but there are many. Who are not true practitioners. And then there's some of us that are, that have been in the craft for a long time.

I, too, am an author by the way, and a writer.

**Sofia:** You're an author.

**ED:** I'm an author and a writer.

**Sofia:** You have to send me your links to your book because I would, yeah.

**ED:** I'll actually send you a copy of my first manuscript. You'll enjoy it.

**Sofia:** Yay, Thank you.

**ED:** You'll enjoy it immensely. Being a writer, what are some of the challenges you've faced in that aspect of things too, in writing?

**Sofia:** Well for me it was confidence first. So, In the beginning, like now it feels so natural. In the beginning, I felt like I had to get help, which is totally a dogma thing. Like I just brought into the fact that I needed, you know, other writers to tell me how to structure it and all these sorts of things.

But actually since I grew my confidence that I'm writing from spirit. And from my own personal experience, it's being received so much better. So that's one thing. The other thing about writing is, writing is only half the journey. If you, if you want to get your books out there. Now this is my part of my high priestess path, it's that coming, that full circle teaching back around as I get older.

So when, if you want to get your books out there, you have to do media. That's another journey in itself. And right now for me, I have. My spiritual name and my other name and, and, and I'm in the phase probably over the next, I don't know from how I see it in my vision without thinking too much.

It's like emerging back into the one, you know? So that's tricky for me because it feels like I don't want to be separate like that. It's, I want to just be the one, so there's that other side of it too. I'm sorry I didn't explain that real well, but yeah.

**ED:** Well, I can understand that because as a writer, sometimes people use their actual , regular names, like in my case I do.

Some people use their pseudonym or pen name. Integrating that, those two aspects sometimes can be difficult because you're wearing different hats for different things. Yeah.

I got introduced to you through your pen name, therefore, you know, I'm gonna of course refer you as Sophia because of the fact that that's how I know you.

**Sofia:** Can I tell you what my medicine name is? So this was given in a meditation and it was so fire, Laughing Mountain.

Sophia, that's what it means. I was like, yeah, that's right. That's what it'll be.

**ED:** That's interesting. So anyway, we're running short on time. Where can we find your books? That's the next question I need,

**Sofia:** Like I don't preprint them or anything like that. You just go onto Amazon and look up Sophia Hator, H-A-T-O-R and you'll find them on there. And the new one's gonna be coming out soon.

**ED:** I'm looking forward to seeing it and I'll be happy to put it on my website 'cause you'll also be able to find her books on my website.

In the future I will have a direct link so you can purchase them through her on Amazon. So. And use my website to actually purchase it if you need to through hers. That's one thing I'll offer you is access. Okay. To a link to your books on my website.

**Sofia:** Awesome.

**ED:** So anyway, thank you for being here with us.

Okay. And, thank you.

**Sofia:** Thank you. Makes me feel very blessed. But also at the same time, I feel so excited about the future and all this magic coming back. It's, yeah, I'm just, it's very exciting.

**ED:** Well, it's been a pleasure having you here. Really appreciate you. Your time out of your day to allow us to interview you about your book and your, about your books, plural. Looking forward to more of them, I hope.

**Sofia:** Yeah,

**ED:** as they come through.

**Sofia:** Thanks.

**ED:** There are plenty of goddesses out there.

**Sofia:** There certainly are. And actually, it's just funny at the end of the, I know we're wrapping up, but what just came through in. This last book, as I'm finishing off my editing, is that this series is highly connected to the Rose Heart pathway of the Priestess, which has got links to, you know, Mary Magdalene and the Venice Starpoint.

## Remembering the Sacred Story: The 2nd Insight and the Second Rose Petal

By Jennifer Merlynn

### Introduction: The Ancestral Thread of Awareness

There comes a moment on the path where the veil begins to lift, and we look back on our life and the world around us with new eyes. Suddenly we see that what we once thought of as ordinary was actually sacred. We remember the feeling of a deeper truth tugging at the edges of our awareness, whispering that life is not just about survival, but about remembering.

The Second Insight of The Celestine Prophecy brings this moment into focus. It teaches us that we are waking up from centuries of forgetting, shaking off the trance of materialism, and realizing there is something more, something ancient and alive, pulsing beneath the surface of our world.

This awakening echoes powerfully within the teachings of the Majickal Rose Temple. In our tradition, the Second Petal of the Rose is called The Flame of Remembrance, and it is here that we remember why we came, who we are, and the sacred vow etched upon our soul.

As the second insight and the second petal bloom together in our awareness, we begin to walk the path of conscious remembrance. This is not just about understanding our past. It is about reclaiming the truth that we are part of a divine story, and we are here now to live it fully.

### The Second Insight: A Shift in Worldview

In The Celestine Prophecy, the Second Insight reveals that human beings have been operating within a material framework for centuries. This worldview focused solely on physical survival and power, ignoring the unseen world of energy, spirit, and intuition. But that time is ending. A great remembering is underway.

This insight teaches that we are moving into a new era, one where spiritual awareness is becoming primary again. As the old worldview dissolves, we begin to see how history has shaped our thinking, our patterns, our choices. We see how we were taught to separate spirit from matter, sacred from mundane. And now, we are called to bring it all back together.

This remembering is not about casting blame or getting stuck in the past. It is about awakening to the truth that our ancestors, our cultures, our religions, and even our traumas have all been part of a long unfolding story. We are not just individuals floating in time, we are soul travelers, part of an evolving planetary consciousness.

The more we understand this, the more we feel a stirring in our soul, knowing that we were born for this moment. Not to repeat the old cycles, but to carry the wisdom of the past into a new expression of spiritual life.

This is the heart of the Second Insight: not just seeing synchronicity, but understanding why it's happening. We are being invited to step into the next chapter of a very old story, one where the soul leads, and the sacred is remembered.

### The Second Rose Petal: The Flame of Remembrance

In the Majickal Rose Temple, the Second Petal is a holy flame that burns within the heart. We call it The Flame of Remembrance. This flame is ancient. It is the part of you that has never forgotten. Even when your mind was lost in doubt or confusion, even when your path seemed unclear, the flame was always burning.

This petal is held by Mary Magdalene, the Keeper of Sacred Knowledge, the Embodied Priestess, the One Who Remembers. She teaches us that remembering is not just an act of thought, it is a full-bodied return to truth. It is the sacred moment when you realize that your longing has always been for the Divine, and your purpose has always been to serve the light.

The Flame of Remembrance calls you to awaken your soul memory, to remember the sacred vow you made before this lifetime began. It might come as a feeling, a dream, a synchronicity, or a deep inner knowing. However it arrives, when you feel it, it will stir you to tears: not of sadness, but of recognition.

This flame carries the frequency of Rose Fire, a divine energy that burns away the illusions of the world and brings you back to the truth of your own being. It is both fierce and tender. It will not let you forget who you are, even when everything else tries to convince you otherwise.

When you open this petal, you begin to walk with a different kind of power. You are no longer seeking outside yourself for meaning. You begin to live from the truth that you are a living temple, and your path is sacred.

### Living the Insight and the Petal: Embodying Soul Memory

So how do we live this remembrance in a world that often encourages forgetting? How do we hold the sacred thread of our soul's story while navigating daily life?

#### 1. Begin to See Your Life as Sacred Story

Everything you've experienced, every joy, every wound, every twist and turn, has been part of your soul's curriculum. You are not behind. You are not lost. You are in the perfect place for your next awakening.

Take time to reflect:

- What were the moments in your life that felt orchestrated?
- When did you feel closest to something holy?
- What symbols or messages have returned again and again?

These are clues. They are pieces of your sacred map.

#### 2. Journal with the Flame of Remembrance

Set aside sacred time to journal with these prompts:

- What do I remember about why I came here?
- What sacred vow have I made with the Divine?
- What gifts am I here to share with the world?

Allow yourself to feel into these questions. You may not have answers right away. That's okay. The act of asking begins to awaken the memory that lives beyond thought.

### Ritual: Awakening the Flame of Remembrance

Purpose: To honor the sacred vow of your soul and awaken your inner knowing.

Materials Needed:

- A red or pink rose (fresh or dried)
- A white candle
- A bowl of rose-infused water or plain spring water
- A journal and pen

Steps:

#### 1. Create Your Sacred Space

Light your candle and place your rose and bowl of water before you. Take three deep breaths and call your energy fully present. You are stepping into temple space now.

## 2. Invocation

Hold the rose to your heart and speak aloud:

"I call upon the Flame of Remembrance to rise within me.

I remember who I am.

I remember why I came.

I remember the vow my soul has made.

Let the Rose Fire awaken my sacred knowing."

## 3. Anointing the Heart

Dip your fingers into the water and touch your third eye, your throat, and your heart. Breathe deeply and allow yourself to feel the frequency of Rose Fire activating within you.

## 4. Receiving the Memory

Sit in silence. Open your journal. Let the memories, feelings, or inner symbols arise. Don't force. Simply receive.

## 5. Close in Gratitude

Whisper:

"The flame within me burns eternal."

Let the candle burn naturally, allowing the flame to carry your remembrance into the world.

## Conclusion: Walking the Path of Remembering

To awaken is to remember. To remember is to return. And to return is to rise.

The Second Insight shows us that the world is not random, it is the unfolding of a divine design, one that we are part of. The Second Rose Petal shows us that our soul carries a sacred flame, one that remembers, even when we forget.

When we walk with both of these teachings in our heart, we no longer live from fear or disconnection. We walk as keepers of the flame, bearers of sacred knowledge, and vessels of divine remembrance.

This is the path of the Rose. This is the blooming of your soul. You are not alone. You are not lost. You are remembering.

And the flame within you burns eternal.

So Mote It Be

And So It Is

Awen and Amen



## Chrissy Dunham interview with Edward Sott of Covered Bridge Press

**ED:** Okay, welcome everybody to Today's Witch Magazine interview with Chrissy and Chris Dunham. It's my pleasure to have them both here. They're Stregaria and I believe followers of Aradia. So, without further ado, let me, let me have them introduce themselves and we again welcome you.

**Chrissy:** Hi everyone. for having us. My name is Chrissy and this is Chris. In the Pagan community in Iowa and Colorado, we go by Thunder and Gypsy for years, but now it's just Chris and Chrissy.

**ED:** Okay. Now, do you guys have a working coven or a church or a group?

**Chrissy:** Yes, we do. We started out as a coven in the 90s. In the late 90s, we called ourselves Coven of the Blessed Lady. Because the lady kind of gave us a blessing with the spiritual family. That is a coven. Over the years, we have sister covens now.

We've got three sister covens. One of the covens Covenant, the Sacred Lady. It's only like two hours from us and they are very, very active in the community and teaching as well. And then we had another coven, about three hours from us and one from five hours from us. So the priest and priestesses of those covens are just carrying on our teachings.

**ED:** Excellent. And what are some of the differences? I'm familiar with a lot of neopagan traditions and I'm wondering what are some of the differences that you have found between your practices and that of other neopagan practices?

**Chrissy:** Really, to me, there's not like not much difference. Sometimes we can be a little more elaborate than others, but we also like to have fun.

With some covens, tradition is very, very serious. We are serious, but we still like to have fun. We like to be silly too because the gods are looking down on you and think, Oh, you guys are silly. You guys are funny to watch. You know, I didn't like that.

**ED:** Well, it does say, it does say I know in some old craft tradition, celebrate me with mirth and joy.

**Chris:** Yeah.

**ED:** Back then I believe that was written in the book of Aradia.

**Chris:** Yeah. The big thing between neo-paganism versus hereditary or lineage traditions is that we keep the structures that were handed down to us through the ages versus neo-paganism is more what I would call more modern witchcraft.

Where they're trying to reconstruct all their, you know, their spirituality upon the base of witchcraft. But there is a difference because we're working upon what I would call Elder magic versus what they see today. That stems from Gerald Gardner and I'm not saying that they're wrong, they're very much right, but we have to realize that our traditions haven't been broken.

**ED:** Now, in your tradition, particular tradition, do you have a degree system that you work with? Like in a lot of traditions, we work with a degree system where you work from seeker to initiate to first, second, and third degree. Do you have that similar basis?

**Chris:** Within our Covenstead, we have the people go through three different stages, initiations.

But if you look at the old tradition, There's only one, one initiation.

**ED:** Well, I can agree and disagree. Well, yeah, there is only one initiation and that is your dedication to the god and goddess. I will say that. I'll agree with that.

**ED:** But I noticed, I know Instructor Coven, the reason for the degree system is much like that of a tribal family situation.

**Chris:** Yes.

**ED:** Like the first degree, your initiative or seeker. I mean, you're not even an issue. Your seeker is like a newborn child born into the womb of the goddess. Just coming into the light doesn't understand then you go to the first degree.

**Chris:** Yeah.

**ED:** Yeah. Yeah.

**Chris:** But where I was making that difference of one degree, it's more for the hereditary family tradition through birthright.

They already are linked to the goddess. They already have the ancient wisdom within their bloodline that flows through them versus more modern witchcraft practice. We have the three initiations. Those are very important. Dedication, your initiation, first degree, your second degree, and your third degree.

**Chrissy:** Once you get to your third degree, you know, I mean, you can stay with the covenant if you want, or you can go out on your own. I mean, we have that free will, you know, stay if you will, go if you must, anytime you want to. So, if they want to stay with us, they can. If they want to go off on their own, they can.

Only thing we ask is to always have that friendship with us. That's it.

**ED:** Well, I can agree with that in a lot of ways, what you're saying is true. I come from an Alexandrian working tradition myself. I'm an Alexandrian. Okay, and we do follow a degree system and the reason we do so is not so much of a hereditation or hereditary aspect, it's because of the amount of time it takes to learn the craft and understand the craft because you're always learning it. You never stop learning the craft. The day you stop learning the craft is the day you pass from this world into the next one and you're still learning.

**Chrissy:** Many lifetimes. Yes.

**ED:** Because I know we face challenges over the course of the years with the rise in paganism and the decline of paganism and it's a both. It goes in a fluctuation cycle. Every 15 years we get an influx of new pagans coming out of the woodwork.

**Chrissy:** Yeah.

**ED:** What would be? Some of the challenges I'd say that you keep, that you have run into because of this.

**Chrissy:** Oh, wow. That's a good question because it's a, each group, each Coven has their own challenges, as you know. I think it is one of our biggest. I think one of the biggest challenges is

**Chris:** patience

**Chrissy:** Of the students because some students want to come in and they want their degree right now. You know, they don't want to go through the system.

They want to come in and they want you to give them a silver spoon. They don't really want to do the homework. They just want to participate and say, Hey, I'm a witch and that's it. You know, and that's, that's really tough because it takes more than that. You do have some training. Some just go through the degree system.

You just cannot walk into a coven and say, “okay, I want my, you know, first, second, third degree within six months” because it's not going to happen. There's too many lessons in between over the years that you have to learn.

**ED:** The first lesson is to know thyself.

**Chrissy:** Right. And that's what we do because we do like a science part of it for the first, for the first half or the first part.

Well, you know thyself, you know what you're getting into, you know, what it means for witchcraft and everything. You do have to know the history too, as well, and you have to get to know yourself, your ancestors, everything to help you on your path.

Then we have the arts. You have to learn candle magic, what's your sabbaths and everything like that. You know, your full moons, how to do that. And then you work on your magic, which is the last part into different rituals, like hand fasting, last rites, coming of age, as well as your other sabbaths and moon phases too.

**ED:** Well, that's why I was explaining why I say that, you know, the degree system is important because the degree system. The ones that do the coming of age are very much the same thing. I said, you gotta put your initiative into your teenage years. That's coming of age into teenagers Yep, 13 to 16.

You go to a first degree from 16 to 19. You're learning about your family, the family structure and everything and how to become a family. Then you get that fatherhood and motherhood, the importance of that. Then you go further into your mother and fatherhood And then you go into your crony and staging or your elder, your grandfather's rights. Now go back where you have to teach the tribe and continue moving forward. And that's your third degree right there.

**Chrissy:** Yeah.

**ED:** So yes, it falls under the same right of passage that you're talking about.

**Chrissy:** Yeah. Well I'm talking about, you should know how to do your rituals and everything.

Okay. And, but when I say when they do the coming of age. I'm talking about the specific rights like coming of age, handfasting, wiccany...

**ED:** Oh yeah, that's what I'm referring to. Even the degree system falls under the same principle.

**Chrissy:** And we always make sure they know that to have them write their own. So we can look it over and say, yep, you did a good job. Or, you know, elaborate on this more or whatever.

**ED:** I do a similar thing with my students in Coven. I'll have them actually starting from a simple basic ritual all the way to a complex ritual, which a complex ritual includes everything. They have to include every chant, every ringing of the bell, every response, every set up of the altar, the whole shebang.

**Chrissy:** Yeah. And you know, we also teach our students that if you attend an event... because we have done 27 years of public events in Iowa and Colorado. We teach our students as well. If somebody comes up to you and says, “Oh, I need an element to be, you know, can you do air? Can you do earth? Can you do the center or something?”

You know, “Oh, I need a priestess or a priest. I need help.” We try to make our students able to adapt to all the paths that they can. So we do want them to learn not everything, but just a little bit about how each path can do their circle and stuff in case they get asked to help out.

**ED:** That's a good point. And in today's society, you brought up the fact that you have your challenges being the immediate gratification.

**Chris:** Yeah.

**ED:** Yeah. I want to be a third degree before they even reach the point where they're a seeker yet.

**Chrissy:** Yeah, that's true.

**ED:** Where they don't even know what they're looking for.

I faced that too. I've seen that with, back in the nineties with the movie, The Craft. I know your eyes rolled too. Mine, I remember that day all too well. Between that and the Teen Witch book written by Silver Ravenwolf, coming out at the same time. We had a massive influx of, what I like to call people playing at paganism, Before they even had set before they even knew what was going on.

**Chrissy:** Yeah

**ED:** Again with the computer age.

**Chrissy:** Yeah

**ED:** The TicToc Witch

**Chris:** You know what I call it is a lot of people when they come into the craft. They're going to have to check their egos and they're going to have to learn to relate to deities that they don't know. They forget that just like me and you. We talked a little bit, we had to build that relationship and that's the way it should be when we step into the path.

You have to check the ego. And build a relationship with your god.

**ED:** God. Goddess, right? Agreed. Totally. Totally agreed. Well, we're coming up on a 15 minute market. I normally close around 15 minutes. So, we'll go on to twenty but because I have a couple more questions to ask. What is your view or vision of the future coming up for the craft?

Do you think we're heading in a positive direction or do we have to return back to traditionalism?

**Chrissy:** Well, this is kind of like a, you're going to get a different answer from both of us. Because for me, I think the craft is coming into its power more. I think a lot of people are starting to come to the path or want to experience it.

I think it's more accepted in some areas, a lot more than it was like 10, 20 years ago. I see good things coming to the crop. I know there's some others that are scared to death of what's going on in the country and everything, but you know, if you just stick together, stick to your guns. Don't let no one take your beliefs away because they are your beliefs. They can take away your house, your car, sometimes they can take away your kids, but your beliefs, that's inside of you, it's inside your soul, they cannot take that away.

You, on the other hand, have to stay strong. That's what you have to do. Now I know his thoughts, it's a little bit different than mine.

**Chris:** I mean, I permanently believe in keeping the structure. That was handed down from our ancestors, more of a traditional sense, but I also realized that for us to grow, that our times are changing, that we should experience more of a spiritual sense of reaching out to the goddess in a stronger mindset as a collective.

These two things are very important. Why should we dismiss what was done and structurized thousands of years ago? To feed our ego. We have to let go of our ego and keep that traditional sense and move forward as a united front of which we have to become one, not in the sense of, Oh, you know, we're speaking of becoming one religion.

I'm speaking in a sense of letting our spirituality reign as individuals. You know, it's like a lot of people don't realize that, yeah, I've, I've been taught within a coven structure. I've had some wonderful, wonderful teachers, but I'm also a solitary witch. Why can't we have both? Why can't we be like the eagle who flies through the sky?

Very important

**ED:** Well, I thank you both very much for allowing me to interview you, and I look forward to publishing it in the future. I'm going to ask that you both stick around, as you know, because I have to download the recording and everything, and it's going to be time for that. So I'd like to say if there's any parting words from either one of you for the leadership or audience.

**Chrissy:** The only thing I can say now is that we don't do much leadership in the community, but we do have a Facebook group called "Within the Cauldron," that is kind of like a study group with questions. Of the chats that we have that's very active and along with that we have the "Within the Quadrant" YouTube that we podcast each week on.

So we are still serving the community, but in a different way.

**ED:** Well, thank you again both of you. Thanks everybody for allowing me to give you this interview and our magazine. We look forward to having more interviews in the future in the magazine. And. We look forward to your readership. So kindly, please, uh, please continue reading the magazine. Subscribe to us and enjoy the content because there's a lot of good information in this.

I'm sure you can learn a lot.

**Chris:** Yeah, thank you.

## **Beltane's Flame-Grilled Stuffed Peppers**

-By Melina Valdejo, owner, Pathways New Age Books

Beltane is a celebration of fire, passion, and fertility, making it the perfect time to prepare a dish that embodies the warmth and vitality of the season. These flame-grilled stuffed peppers are filled with nourishing ingredients, symbolizing abundance, renewal, and the sacred energy of Beltane's flames.

### **Ingredients, Measurements & Correspondences:**

- ~ 4 bell peppers (any color, halved and deseeded) - (for love, strength, and vitality, mirroring the fiery energy of Beltane's sacred flames)
- ~ 3 tablespoons olive oil - (for anointing, blessing, and smooth transitions)
- ~ 1 cup quinoa or rice, cooked - (for nourishment, grounding, and abundance)
- ~ 1 cup cherry tomatoes, halved - (for love, joy, and vitality)
- ~ 1 small zucchini, diced - (for balance, growth, and harmony)
- ~ 1 cup mushrooms, chopped - (for grounding and connection to earth's mysteries)
- ~ 1 cup chickpeas, cooked and drained - (for fertility, stability, and sustenance)
- ~ 1 handful fresh basil, chopped - (for love, prosperity, and renewal)
- ~ 1 teaspoon thyme (fresh or dried) - (for courage, purification, and vitality)
- ~ 1 teaspoon smoked paprika - (for fire's transformative power and Beltane's sacred flames)
- ~ ½ teaspoon chili flakes (optional)- (for passion and warmth)
- ~ Salt & black pepper, to taste - (for purification, grounding, and balance)
- ~ ½ cup feta cheese or vegan alternative (optional) - (for nourishment and the sacred feminine)

### **Directions**

1. Set the Intentions: Preheat your grill (or oven to 400°F/200°C). As the grill heats, visualize them fueling your passion, creativity, and transformation.
2. Brush the halved bell peppers with olive oil and lightly sprinkle with salt and black pepper. Place them on a grill or baking sheet, cut side up.
3. For the filling: In a bowl, combine the cooked quinoa (or rice), cherry tomatoes, zucchini, mushrooms, chickpeas, basil, thyme, smoked paprika, and optional chili flakes. Stir well, infusing the mixture with thoughts of abundance and renewal.
4. Stuffing the peppers: Evenly distribute the filling into each bell pepper half. If using feta, sprinkle it on top for extra richness.
5. Grill: Place the peppers on the grill (or in the oven) and cook for 15-20 minutes, until the peppers are tender and slightly charred. Watch as the fire or heat infuses them with the warmth of Beltane's energy.
6. Bless & Serve: Remove from heat and allow to cool slightly before serving. Offer gratitude for the gifts of the season and the passion that fuels growth and transformation.

### **Ritual Blessing:**

Sacred fire, burning bright,  
 Fill this meal with love and light.  
 Earth and flame, joy and cheer,  
 Beltane's blessings, now draw near.

Blessed Be!



## **Beltane's Fiery Nectar**

-By Melina Valdejo, owner, Pathways New Age Books

This enchanted nectar blends floral, fruity, and fiery elements, symbolizing vitality, love, and renewal. Serve this drink as part of your Beltane feast or sip it beneath the moonlight as you honor the sacred fire within.

### **Ingredients, Measurements & Correspondences:**

- ~ 2 cups hibiscus tea, brewed and cooled - (for love, passion, and the fire of transformation)
- ~ 1 cup fresh orange juice - (for joy, creativity, and solar energy)
- ~ ½ cup pomegranate juice- (for fertility, abundance, and sacred union)
- ~ 1 tablespoon honey or agave syrup - (for sweetness, prosperity, and attraction)
- ~ ½ teaspoon cinnamon - (for warmth, protection, and igniting desires)
- ~ 1 teaspoon fresh ginger, grated - (for passion, vitality, and fiery energy)
- ~ Sparkling water (to top off, optional) - (for lightness, clarity, and the flowing nature of energy)
- ~ Edible flowers (such as violets, rose petals, or calendula) for garnish - (for beauty, love, and magical blessings)

### **Directions:**

1. Set the Intentions: As you gather your ingredients, focus on Beltane's energy of passion, renewal, and abundance. Visualize your desires blooming like the flowers of spring.
2. Prepare the hibiscus tea and allow it to cool. As it steeps, envision the fiery red hue infusing your drink with love and transformation.
3. In a large pitcher or bowl, combine the cooled hibiscus tea, fresh orange juice, pomegranate juice, honey (or agave), cinnamon, and grated ginger. Stir in a clockwise motion, drawing in warmth and prosperity.
4. Optional: If desired, pour the mixture into glasses and top with sparkling water for an effervescent touch, symbolizing the rising energy of Beltane.
5. Dress each glass with edible flowers, infusing the drink with beauty, love, and celebration.
6. Bless your drink: Hold your drink to the sky and offer gratitude for the fire within and the blessings of the season. Sip slowly, allowing the warmth and vibrancy of Beltane to fill you with joy.

### **Ritual Blessing:**

Flames arise, love's desire,  
 Passion's bloom, hearts afire.  
 Sip this nectar, sweet and bright,  
 Beltane's magic, pure delight.

Blessed Be!



## **AMULETS & TALISMANS**

**PATHWAYS 11419 CONCORD VILLAGE AVE., ST. LOUIS, MO 63123**

**(314) 842-0047 [www.pathwaysstl.com](http://www.pathwaysstl.com)**

Amulets and Talismans are very powerful magickal tools for achieving change in your life.

Talismans work by generating a positive force thereby drawing the desired result to you through the Law of Attraction. Amulets, on the other hand, provide protection by deflecting negative energies thus creating a protective barrier around your space. Unlike most other forms of magick, a correctly charged Amulet or Talisman will work even if its wearer initially has no belief in its powers. When empowered correctly, both work like self-charging solar batteries and function in a way that links them with the appropriate planetary or energetic forces in line with their intention. Magickal energy is then continually channeled through to the objective as more energy is attracted from the Cosmos.

The ancient symbols used in the construction of some Amulets and Talismans pre-date the Christian era and yet they are as potent and effective today as they were at the time of their original construction. Many Talismans, like the ones from King Solomon, have historic roots stemming from the Qabalah over 3,000 years ago. King Solomon's teachings form one of the cornerstones of Western Magick. Talismans based on King Solomon's designs are very powerful, and their effects will often be felt very quickly.

### **CHARGING YOUR AMULET OR TALISMAN**

To get the maximum benefit from your Amulet or Talisman it is advisable to form a link between yourself and the planetary forces that will operate through it by charging it. Experienced occultists may prefer to use one of the many Qabalistic, Golden Dawn or Wiccan rituals that have been designed specifically for this purpose. However the Ritual of Empowerment we give here is simple, safe and extremely effective and requires no magickal experience. If you bought your Talisman or Amulet to help you change an aspect of your life, rather than simply because it's an attractive fashion accessory, we strongly recommend you perform this ritual – you may well be surprised by the results!

### **SUPPLIES YOU WILL NEED**

Glass of Water, White Candle (or a candle of a color that corresponds with your desire or intent), Few Pinches of Salt, White Cloth, Small Side Table or Coffee Table, Stick of Incense (Sandalwood or a scent that corresponds with the desire or intent of the working), and a Quiet Room

### **RITUAL OF EMPOWERMENT FOR YOUR AMULET OR TALISMAN**

1. Make sure that you will be undisturbed in your room or sacred space. Take the telephone off the hook, shut the drapes, lock the door, put out a "Do Not Disturb" sign.
2. Lay your white cloth over the cleared, clean table and place your candle in the center of the table and light it. (Remember to never leave a lit candle unattended and be sure that it is not close to anything that could catch on fire.) Light your stick of incense, put it in a safe holder and place it on your table. Place your glass of water, salt and the new Amulet or Talisman on the table in front of the other items.
3. Turn off the lights, close your eyes and spend 5 minutes thinking about exactly what you would like your Talisman to achieve. Magick works far better on specific objectives than generalities. So for example if your Talisman is for ambition/success then visualize the job you would like to get – and SEE yourself in that position, having achieved your new job, sitting in your new office.
4. Take a pinch of salt and sprinkle it slowly into the water, visualizing the water being filled with a golden light and say: **"WITH THIS SALT I CONSECRATE THIS WATER, MAY WHATEVER IT TOUCHES BE HALLOWED WITH LIGHT."**
5. Sprinkle a drop of water onto your Talisman and say: **"WITH THIS SACRED WATER I CONSECRATE THIS TALISMAN SO THAT IT MAY...(state your intention)."**
6. Pass the Talisman through the smoke of the incense and say: **"WITH THIS BURNING INCENSE I PURIFY THIS TALISMAN SO THAT IT MAY...(state your intention)."**
7. Pass the Talisman through the flame of the candle saying: **"WITH THIS SACRED FLAME I CLEANSE THIS TALISMAN SO THAT IT MAY...(state your intention)."**
8. Sit down and close your eyes and hold your Talisman in your right hand. Imagine above you a sphere of brilliant white light approximately a foot in diameter radiating in all directions. Concentrate your energy on this sphere and see a shaft of white light penetrating into the top of your head. Imagine this gradually moving down to your neck where it forms a second sphere of silver blue light around your throat. The light slowly flows down your body until it reaches your solar plexus where it forms a huge golden sphere. You feel warm and powerful, invigorated by this cosmic light. Now with all the energy in your being, see this golden light move through your body and into the Talisman. At the same time picture again, very clearly, the vision you built up of your Talisman successfully working.

### **YOU HAVE NOW CHARGED YOUR TALISMAN.**

Allow yourself a few minutes to unwind while you once again contemplate the intention of your Talisman and then have a drink and a bite to eat to get yourself back down to earth. You can now completely forget about your Talisman, as it will be working with the cosmic forces and your own unconscious mind, but be prepared for some interesting changes in your life in the near future!

# P.A.T.



## Pagans Against Trafficking

It is our mission to create a safe space for survivors who have endured trafficking or abuse through cults or dangerous religious sects no matter the background. Here at P.A.T, we strive to bridge the gap for survivors and offer services that meets these individuals' needs, so they can integrate back into society. Here at P.A.T, it is our intention to raise awareness to this cause while facilitating the needs of the individual. It is our mission to be the liaison between survivors to get them the help that is needed while being a safe place to help them through every step of the process. Here at P.A.T, we strive to educate and protect individuals at all cost.

## The Dictionary of Pagan Terms

### S Words

**Sabbat:** A holy day of the seasonal cycle of the Sun and Earth.

There are eight: the lesser Sabbats are the two equinoxes and the two solstices. The greater Sabbats are the holidays that fall half-way in between, or at the cross quarters. See also Wheel of the Year. 2The name given to the eight great festivals of the year, celebrating the movement of the sun through the sky, the turn of the seasons. 3A Wiccan religious festival.

See, Beltane, Imbolc, Lughnasadh, Mabon, Midsummer, Ostara, Samhain, and Yule for specific descriptions. 4The eight seasonal festivals celebrated by witches and by many others. In order through the calendar year, they are: Imbolg (q.v) 2 February; Spring Equinox 21 March ; Bealtaine (q.v) 30 April; Midsummer Solstice 22 June; Lughnasadh (q.v) 31 July; Autumn Equinox 21 September ; Samhain (q.v) 31 October; and the Winter Solstice or Yule (q.v) 22 December. Imbolg, Bealtaine, Lughnasadh and Samhain are known as the Greater Sabbats, and the Solstices and Equinoxes are the Lesser Sabbats. The dates for observing the Lesser Sabbats may vary slightly in different traditions, and the actual dates of the Equinoxes and Solstices do vary, by a day at most, from year to year in astronomical fact. 5One of the holy days of the Wiccan religion, celebrating themes such as birth, fertility and death, related to the turning of the seasons. Most Wiccan traditions celebrate eight sabbats. They have more than one name each, but one set goes as follows: Yule, Imbolg, Ostara, Beltane, Litha, Lughnassad, Mabon, and Samhain. 6One of the eight seasonal festivals of the Wiccan year.

**Sachet:** A cloth bag filled with herbs. In herb magick sachets are used to contain herb mixtures while they slowly release their energies for specific magickal goals.

**Sacred Space:** Any region in which the power of the elements have been called upon to protect and guide whatever is happening within that space. In considering what constitutes true sacred space, remember this: Sacredness is determined as much by attitude as action.(see also Magick Circle).

**Salamander:** The traditional name for an Elemental (q.v) spirit of the nature of the Fire element.

**Salt:** Used in many magickal procedures, including Wiccan, as a kind of spiritual antiseptic, or purifying symbol.<sup>2</sup> In ritual, salt is both a symbolic element of Earth and a cleansing agent, especially when mixed with water.

**Samhain:** A Wiccan festival celebrated on October 31st , also known as November Eve, Hallowmas, Halloween, Feast of Souls, Feast of the Dead, Feast of Apples. Samhain marks the symbolic death of the Sun God and His passing into the "land of the

young" where He awaits rebirth of the Mother Goddess at Yule. This Celtic word is pronounced by Wiccans as : SOW-wen; SEW-wen; SAHM-hain; SAMH-ain; SAV-een and other ways. The first seems to be the one preferred among most Wiccans. 2The Hallowe'en Great Sabbat, celebrated on 31 October. In Celtic tradition, it is the start of the new year, and also of winter - Bealtaine (q.v) being the beginning of summer; the pastoral Celts only recognized two seasons. Samhain is particularly associated with the contacting of dead friends. The origin of the words seem uncertain, though it may relate to the Gaelic verb sámhaim, 'to quiet down, become silent'. 3Ancient Irish fires festival honoring the dead. One of the eight sabbats of the Wiccan year. Celebrated on October 31.

**Scourge:** This consists of several strands of light cord attached to a handle; some traditions require a token scourging as part of initiation, to ritually purify the candidate or induce trance.

**Scribe a Circle:** The act of drawing a protective circle, literally or figuratively, in a room to prepare the sacred space.

**Scrying:** To gaze into something in order to gain insight or psychic impressions. The obvious example of "something" is a crystal ball, but there are many other tools for scrying -- black mirrors, pools of still water, water in a dark bowl, flames, cloud formations ... .<sup>2</sup>Discerning images in a crystal that reveal the future or secrets of the past or present.<sup>3</sup> To gaze at or into and object (a quartz crystal sphere, pools of water, reflections, a candle flame) to still the Conscious Mind and to contact the Psychic Mind. This allows the scryer to become aware of possible events prior to their actual occurrence, as well as previous or distant, simultaneous events through other than normally accepted senses. A form of Divination. (4) Any form of divination which involves gazing at or into something (crystal ball, black mirror, pool of ink etc.) to induce psychically perceived visual images.(5) Divination by means of gazing into a dark reflective surface.(6) The word scrying comes from an Old English word meaning "discover" and it's used to describe a type of divination. Here a person looks at the flames of a fire, the surface of a crystal, a reflective surface, or the like, and watches for specific visions to appear. Many students of this art believe the intense staring leads to self-induced trance states that heighten awareness so the symbolic imagery can appear for interpretation.

**Sefirah:** (Plural: sefiroth) One of ten aspects of God revealed during the creation of the universe and represented in the Kabbalistic Sefiroth, or Tree of Life.

**So Mote It Be:** The way most rituals, prayers, etc. are ended in magick circles. Like the Christian "Amen", meaning "So be it" or "So must it be".

**Sorcerer, Sorceress:** An enchanter, usually with inborn and undisciplined powers.

**Soul Group:** A cluster of souls who are in incarnation.

**Soul Links:** The connections between members of a soul group.

**Soul-Mates:** Individuals (q.v) who are continuously involved with each other in successive Incarnations (q.v), becoming rather like a pair of binary stars. Also known as twin souls.

**Soul Retrieval:** Trauma, shock or abuse can cause a part of the soul energy to leave and remain "stuck". A soul retrieval practitioner or shaman retrieves the soul, bringing it back to the physical body or, temporarily, to a crystal.

**Spell:** A clearly focused intent that is directed through a ritual raising of energy. <sup>2</sup>A magickal rite, usually nonreligious in nature, and often accompanied by spoken words. <sup>3</sup>The mainstay of Folk Magick, spells are simply magickal rites. They're usually non-religious and often include spoken words. <sup>3</sup>A pattern or series of words and/or actions performed with magickal intent; or sometimes simply a spoken incantation. A spell may be part of a ritual, but may also be performed without the usual ritual steps: casting the circle, calling the quarters, invoking Deity and so on.(4) A mini-ritual in which magick is raised and directed toward a specific goal.

**Spin-Off:** A ritual in which one leaves the circle with which one has trained in order to form a new circle. Also called Hiving.

**Spiral Dance:** Refers to the "dance" of life, seen as a never-ending spiral. Also refers to an actual circle dance in which a group holds hands in a chain, spiraling inward to the center of the circle and out again, often snaking in and out in the process, but never dropping hands.

**Spirit Guides:** Discarnate souls who work from between-lives state to provide assistance to those on earth.

**Spirits of the Stones, The:** The elemental energies naturally inherent at the four directions of the magick circle, personified within the "Standing Stones Tradition" as the "Spirits of the Stones". They are linked with the Elements.

**Spiritualist:** Once who believes that the dead can communicate with the living, especially through a medium or channel.

**Staff:** A Witch's staff can be a ritual tool or Fire or Air, or symbolize the masculine energy of the God. They are sometimes used as hiking sticks, and sometimes in ritual. The kind of wood used and the carvings and decorations are usually symbolic of energies important to the owner.

**Stang:** A forked stick placed in the center of the circle, as a primitive symbol of the Horned God or other deity being invoked.

**Stones:** Rocks and gems are used for healing, divination, talismans, and other magickal purposes. Lodestone (magnetite) and quartz crystals are two commonly used stones, but many others are used as well.

**Subliminal:** Literally "below the threshold"; from Liebniz onwards, applied to experiences which enter the psyche without coming into con-

sciousness, and can result in overt action still without themselves becoming conscious.

**Subtle Bodies:** The layers of the biomagnetic sheath that relate to the physical, emotional, mental, and spiritual levels of being.

**Subtle Energy Field:** The invisible but detectable energy field that surrounds all living beings.

**Succubus:** A female spirit or demon once believed to sexually tempt and abuse men.. It may have been a theological explanation of nocturnal emissions. Compare with Incubus.

**Summerlands:** A spiritualist word for the Heaven which souls enter after death. Often used by believers in Reincarnation (q.v) to denote the astral stage of rest after physical death, before the Individuality (q.v) withdraws from all the lower levels to prepare for its next Incarnation (q.v). <sup>2</sup> The Wiccan concept of the afterlife, where spirits rest in the company of the Lady and Lord, reflect on what they have learned in their most recent incarnation, and prepare for the next one. Witches do not believe in heaven, hell, or purgatory, but only in the Summerland. (3) The dwelling place of spirits after death.

**Sun Magick:** Pertaining to the masculine attributes, any fire-based magicks or any ritual that marks the passage of the Sun through the sky, such as a solstice (when the sun is farthest from the equator). In comparison, and equinox is usually celebrated as a Moon or midnight festival. The sun has attributes of leadership, strength, etc.

**Sunward:** Clockwise, usually referring to the movement around a circle in dance. Meant to mimic the motions of the heavens and bring positive energy to the working.

**Sword:** One of the four elemental tools, representing the Fire Element - or in some traditions the Air element. <sup>2</sup> A ritual tool of Air or Fire, used in ritual to cast the circle. Most often individual Witches will own athames, and the coven may own a sword. It is also a masculine symbol; a priestess who wears a sword may take the part of a priest, in some traditions.

**Sylph:** The traditional name for an Elemental(q.v) spirit of the nature of the Air element.

**Symbol:** An image that represents something else.

**Symbol System:** A symbolic "map" of reality that represents the fundamental aspects of our emotional and spiritual experience and can be used as a means of exploring and developing the spiritual self.

**Synchronicity:** Jung's term for 'meaningful coincidence', an acausal connection principle for which he brought forward much evidence. His discussion of the subject is of great interest to all occultists.

**Synthetic "Essential" Oils:** Those fragrant oils which have not been obtained by steam distillation or cold expression from the naturally aromatic plant materials after which they are named. Synthetic scents are useless in both magickal aromatherapy and its conventional cousin and shouldn't be used for these purposes under any circumstances. Compare with Essential oils.

**Sefiroth:** The Tree of Life, the most familiar symbol of the Kabbalah. The Sefiroth graphically sets out the stages of God's manifestation and the relationships that underlie the whole of existence and creation. Each point on the Tree is associated with a Sefirah, whence the name.

**Self:** The true essence of the human psyche; the integrated individuality towards which all constructive psychic development strives. 2An individual's essential identity, referable to one or other of the main divisions of the total person: Higher Self, that part of the psyche which is more elevated than the rational mind: the Higher Unconsciousness, the Spirit. Lower Self, the soul and the physical body together; the rational, emotional, instinctual, lower unconscious and material levels of the person.

**Sensitive** (as adjective): Having acute physical or mental perceptions, or emotional sensibility; (as noun) a person unusually susceptible to psychic influences.

**Sephira** (plural: Sephiroth): Any one of the ten spheres on the Tree of Life (q.v.), the central concept of the Cabala (q.v.). 2 One of the ten "Spheres" composing the Qabalistic "Tree of Life". Seven of the Sephiroth represent the modes of existence characterized by the Seven Planets of traditional astrology.

**Shadow:** The buried, unconscious elements of the human psyche; everything except the Ego (q.v.) and the Persona (q.v.).

**Shaman, Shamaness:** A man or woman who has obtained knowledge of other dimensions as well as of the earth, usually through periods of alternate states of consciousness. This knowledge gives the shaman the power to change this world through magick. Once derisively known as "medicine men" and "witch doctors", shamans are once again respected as repositories of traditional healing, psychological, and magickal knowledge.<sup>2</sup> In many cultures, a priest like figure who communicates with the spirit world.<sup>3</sup> A man or woman who has obtained knowledge of the subtler dimensions of the Earth, usually through periods of alternate states of consciousness. Various types of Ritual allow the Shaman to pierce the veil of the physical world and to experience the realm of energies. This knowledge lends the shaman the power to change her or his world through Magick. (4) A priest or priestess who communicates with the inner planes by self-induced trance. Originally a North Asiatic tribal word, it has come to be used to describe such functionaries in other cultures.(5) An original priest of nature, who goes to the spirits who abide in that realm for power and insights into daily living. Shamanism has many varieties, as any other form of magick, and is among the most popular of the modern magickal schools because of its reverence for the earth. Like Pagans and Wiccans, shamans see the earth as a living, vital organism that is very important to our spiritual progress as well as our physical and mental well-being.

**Shamanism:** The practice of shamans, usually ritualistic or magickal in nature, and sometimes religious. Usually a derivative of a Native American tradition, the shaman's role is often one of healing, teaching, and divining. Shamanism is a tradition which usually has emphasis on ancestral and natural spirits. Those with shamanistic callings often feel very closely linked to the Earth and its creatures.

**Shapeshifting:** Shapeshifting is a type of glamour but with a different

effect. The process transforms the magic user's outlook, perceptions, and understanding to that of the animal, plant, or person they're mimicking. Sometimes this auric transformation can be sensed by people around the magick user, but the ultimate goal of shapeshifting is not a literal one. Instead, the hope is to "walk in something else's shoes" to learn and grow from the experience.

**Shield:** A thought form or psychic barrier of protection.

**Show Stone:** A crystal ball or other polished stone used for scrying; see magickal mirror.

**Sick-Building Syndrome:** The set of symptoms, including headaches, dizziness, nausea, chest problems, and general fatigue associated with buildings with actual air pollution or inadequate ventilation, or negative environmental energies.

**Sidereal Year:** The time it takes for the earth to revolve around the sun; 365.256 days.

**Sigil:** An occult seal or sign. It should be pronounced to rhyme with 'vigil'.(2) A concept or principle designed by magickal formula to contain the essence of something.

**Simple Feast, The:** A ritual meal shared with the Goddess and God.

**Simples:** An old term used for medicinal herbs. Also, a term sometimes applied to the recipes for herbal restoratives.

**Sky Clad:** Participating in a circle, ritual, or other magickal activity without clothing. This is done in an effort to connect with nature and get away from the superficial. It is not necessary for any type of Wiccan worship, but is a matter of personal choice. <sup>2</sup>The witches' word for 'ritually naked'. <sup>2</sup>Clothed by the sky; i.e., naked. Some Wiccan traditions practice occasionally or regularly in the nude, while others wear robes. By tradition, nudity deemphasizes socio-economic differences, recognizes the sanctity of the human body, and allows the free flow of psychic energy. It is not an invitation to sexual advances or orgies.

**Smudge Stick:** A bundle of herbs - most often including sage, cedar and/or lavender - which is lit. The smoke of these herbs is believed to alleviate negative influences and may be used to prepare a ritual space or aid in other spiritual activities, such as meditation.

**Smudging:** A method of purification, used by Native Americans, for the preparation of oneself and one's sacred place for spiritual practice. The process involves wafting about the smoke of slow burning herbs. 2Native American ceremony involving the burning of sage, sweetgrass, cedar, or any combination of these herbs in order to purify the psychic energy of an individual or area.

**Soddag Valloo:** Ritual cakes, baked and eaten at Samhain.

**Solitary Wicca:** Wicca practiced, due to either choice or circumstance, by individuals without group support. Compare with Group Wicca.

**Solstice:** The point in time when the sun is at its greatest distance from the celestial equator.

**Solstices:** See Sabbats, also Yule.

**Gods and Goddesses**  
**South Pacific**  
**Polynesian (Hervey Islands)**  
**Vari-Ma-Te-Takere (The very beginning)**



TYPE: Mother Goddess

INFORMATION: The creator being who lives at the very bottom of the world coconut, sitting in a cramped space with her knees and chin touching. She lives in Te-Enua-Te-Ki (mute land) in eternal silence and is the mother of six children, all deities, three of which she plucked from her right side and three from her left. See Avatea, Tinirau, Tango, Tumuteanoa, Raka, and Tu-Metua.

The primordial mother of the gods and the mortals, she was a female spirit who was admitted to the lowest depths of the interior of Avaiki, a place which resembled a hollowed out coconut shell. Her prison was so narrow that her knees touched her chin, and it did not allow for any other position for her.

Her full name Vari-Ma-Te-Takere translates to “The Very Beginning” The word Vari also means “Mud” and when it is placed in conjunction with the word *takere* (canoe bottom or keel) literally translates to the “Mud at the bottom” This translations suggests that the mud at the bottom of Avaiki is the mud of the *taro swamps*. Which due to the fact it connotes plant growth, is thus applied to a female representing menstruation. As seen in the verse below.

*But we have no father whatever:  
 Vari alone made us.  
 That home of Vari is  
 The very narrowest of all!  
 Vari's home is in the narrowest of spaces,  
 A goddess feeding on raw taro  
 At appointed periods of worship!  
 Thy mother, Vatea, is self-existent.*

Being that she was anxious to conceive progeny, she plucked the flesh from each side of her body and molded it into human form.

There names had significant meanings for each

**Vatea** (Avatea), the father of gods and men

**Tinirau**, lord of the seas

**Tango**, lord of the birds

**Tumu-te-ana-oo**, and echo of the rocks,

**Raka**, Lord of the winds

**Tu-metua**, The beloved daughter who stayed with her mother in Avaiki. She was the tutelary deity of the island of Moorea and the fourteenth night in every moon was sacred to her.

## Monthly Correspondences

### MAY

<b>Other Names:</b>	Tri-Milchi
<b>Moon:</b>	Full Flower Moon, Corn Planting Moon, Milk Moon, Hare Moon.
<b>Element:</b>	Earth, Air
<b>Gender:</b>	Feminine
<b>Herbs:</b>	Hawthorn, Rose Hip, Dittany of Crete, Elder, Mint, Mugwort, Thyme, Yarrow
<b>Colors:</b>	Green, Pink, Yellow, Red, Brown
<b>Flowers:</b>	Roses, Lilac, Jasmine, Lily of the Valley, Foxglove, Broom
<b>Scents:</b>	Jasmine, Rose, Lilac, Sandalwood
<b>Stones:</b>	Emerald, Rose Quartz, Moonstone, Malachite, Amber, Carnelian
<b>Trees:</b>	Hawthorn
<b>Animals:</b>	Cats, Lynx, Leopard
<b>Birds:</b>	Swallow, Dove, Swan
<b>Spirits:</b>	Faeries, Elves
<b>Deities:</b>	Aphrodite, Artemis, Bast, Diana, Faunus, Flora, Mai, Pan, The Horned God, Venus, All Fertility Gods
<b>Power Areas:</b>	This is the best time to interact with spirits and Faeries, Intuition, Powers of the God.
<b>Astrology:</b>	Taurus ♉ Gemini ♊
<b>Birth Stone:</b>	Emerald
<b>Symbols:</b>	Maypole, Flowers, Bonfires, Ribbons
<b>Themes:</b>	Fertility, Love, Abundance, Growth
<b>Runes:</b>	Laguz, Ingwaz
<b>Planets:</b>	Venus, Mercury
<b>Tarot:</b>	The Star, Judgement
<b>Numerology:</b>	22, 3

# May 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Beltane	2	3
4	5	6	7	8	9	10
11 Mother's Day	12 Full Flower Moon	13 Celtic Tree Month Hawthorn	14	15 Budha Day	16	17
18	19	20	21	22	23	24
25	26	27 New Moon	28 Feast of Bendidia	29	30	31

**May 1—Beltane**

**May 11—Mother's Day**

**May 12—Full Flower Moon**

**May 13—Celtic Tree Month of Hawthorn**

**May 15—Buddha Day**

**May 27—New Moon**

**May 28—Feast of Bendidia**

## Mycology

### Amethyst Tallowgill

#### *Laccaria amethystina*



**Common Name:** Amethyst Tallowgill

**Botanical Name:** *Laccaria amethystina*

**Order:** Agaricales

**Family:** Hydnangiaceae

**Description:** Small to medium, slender mushroom. Purple all over. Surface of cap, watery; fades as it dries. Widely spaced gills extend down fragile stalk.

**Cap:** 1-5cm wide. Convex. soon becoming depressed at center and sometimes becoming shallowly funnel-shaped in age. Surface smooth at first, later becoming roughened as it breaks to form soft, somewhat powdery scales. Color varies, but some shade of purple all over. Hygrophanous—moderate violet to moderate purple when young and moist, fading to light reddish purple or lighter; flushed with reddish brown as purples fade and finally drying purple gray. Cap may be streaked near margin when moist. Odor and taste not distinctive.

**Gills:** Adnate (broadly attached) or decurrent (extending down stalk); sub-distant. Gills broad; colored like cap surface or lighter, but violet persists longer than on cap.

**Stalk:** 3-8 x 0.4-1.0cm. Cylindric, zigzag, hollow at maturity. Surface fibrillose, colored like cap or lighter; base white-cottony.

**Spores:** 7-9 $\mu$  Echinulate (spiny), non-amyloid, globose. Spore print white or flushed with pale violet. Clamps present on hyphae.

**Edibility:** Edible

**Season:** Summer and Early Autumn

**Habitat:** Solitary or in groups or small clumps; in wet places, often in deep leaf litter, Hardwood forests.

**Range:** East of Great Plains, United States.

**Look Alikes:** Formerly considered a color variant of *Laccaria laccata*, but darker, more violet colors and tendency to develop a more funnel shaped cap distinguish it. This is strictly a species of moist, shady hardwood forests in comparison with other tallowgills (species of *Laccaria*) that may be found in more open forests, grassy places or lawns, or sandy soils and dunes.

**Bibliography:** Peterson's Field Guide to Mushrooms. by McKnight & McKnight Copyright©1996 McKnight & McKnight pg 155-156  
Simon & Schuster's Guide to Mushrooms by Gary Lincoff, Copyright©1981 Arnoldo Mondadori ref. 75  
Field Guide to Wild Mushrooms of Pennsylvania by Bill Russell, Copyright©2017 The Pennsylvania State University. pg.91-92

**NOTE:** Do not consume any wild mushrooms without first consulting a mycologist. Many mushrooms though some are edible are poisonous and look alike.

## Types of Divination

### L-N

**Lampadomancy:** Divination by interpreting a candle or lamp, usually the flames.

**Lecanomancy:** Divination by interpreting the sound or image of an object or substance falling into a body of water.

**Lesser Arcana:** The 56 suit of cards in a Tarot deck that assist in fleshing out the situations indicated by the Trump cards (major arcana), or indicate smaller occurrences in our lives. Also known as the Minor Arcana.

**Libranomancy:** Divination by interpreting smoke from incense. A form of capnomancy.

**Lithomancy:** Divination using precious and semiprecious stones either by interpreting light reflected from stones, or casting them and interpreting the way they fall.

**Livanomancy:** see libranomancy.

**Logarithmancy:** Divination by interpreting logarithms.

**Lunomancy:** Divination by interpreting moonlight on a person's face dusted with silver.

**Lychnomancy:** Divination by interpreting the flames of three candles.

**Macharomancy:** Divination by interpreting knives or swords.

**Major Arcana:** The 22 trump cards depicting dominant occurrences in a Tarot deck.

**Margaritomancy:** Divination using pearls and interpreting the light reflected or the way they fall.

**Metagnomy:** Divination by interpreting visions received in a trance state.

**Meteoromancy:** Divination by interpreting falling stars.

**Metoposcopy:** Divination and character analysis through interpreting facial lines and wrinkles, especially of the forehead.

**Minor Arcana:** see lesser arcana.

**Moleoscopy (moleosphy):** Divination and character analysis by interpreting moles on the body.

**Molybdomancy:** Divination by interpreting molten tin or lead.

**Myomancy:** Divination by interpreting the appearance and behavior of mice.

**Myrmomancy:** Divination by interpreting the appearance and behavior of ants.

**Necromancy:** Divination through communication with ghosts or corpses. Not practiced in witchcraft or wicca. Specifically geared to summoning those spirits that are not existing in a "natural" state, and therefore they are assumed to be unhappy and/or malicious.

**Nephelomancy:** Divination by watching clouds shapes and movements.

**Notarikon:** Ta form of gematria in which the first and last letters of a word or phrase are put together to form a new word, or to turn a word into a phrase. A system of discovering truths and hidden meanings behind words.

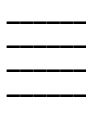
**Numerology (numeromancy):** The system of magick and divination developed by Pythagoras. Used to analyze a person's character, assess weaknesses, strengths and natural gifts, predict ones future and fate.

## THE I-CHING

### The 64 Hexagrams and What They Mean Part One

#### HEAVEN/HEAVEN

*Father/Father*



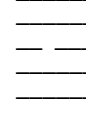
*The Creative*

*Heaven repeats itself. Continuous action of higher powers as well as of the superior being.*

Follow the chosen path with calm unfaltering steps. Act thus in harmony with the powerful, creative primeval principle, and success is assured

#### HEAVEN/WIND

*Father/Eldes Daughter*



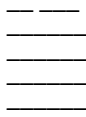
*Domination by Weakness*

*The rising force of Heaven is hindered by the gentleness of the Wind*

Momentarily, weakness predominates over strength. This is achieved by gentleness and adaptability. The time has not yet come for energetic action so it is advisable to show restraint.

#### HEAVEN/LAKE

*Father/Youngest Daughter*



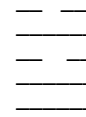
*Breakthrough*

*The Power of Heaven has been stored up in the lake it bursts out.*

The good should be helped to succeed. Remain self-critical, inwardly strong and outwardly friendly. Do not apply force but take a firm and open stand.

#### HEAVEN/WATER

*Father/Middle Son*



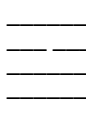
*Waiting*

*The rising force of Heaven is facing Danger in the form of rain clouds.*

Gather strength calmly and wait for fate to be fulfilled. Do not worry and take everything as it comes. If one does not deceive oneself, the path is clearly visible. Strengthen body and spirit. Perseverance brings success.

#### HEAVEN/FIRE

*Father/Middle Daughter*



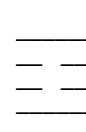
*Possession of great things*

*What Heaven gives to mankind becomes visible in the light of Fire.*

Encourage goodness and prevent evil. Such effort, undertaken with moderation and clarity, accords with the laws of Heaven and leads to great success.

#### HEAVEN/MOUNTAIN

*Father/Youngest Son*



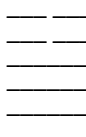
*Domination by Strength*

*The power of Heaven is bridled by the steadfastness of the Mountain*

Focused strength enables you to do great things. Let these actions take effect outwardly, and be ready to make important decisions. Explore the past and learn from it.

#### HEAVEN/THUNDER

*Father/Eldes Son*



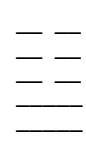
*Power of the Strong*

*The strength of Heaven takes the form of movement, and spreads itself out.*

The way is free. Proceed with inner strength and a fine sense of justice. Thus there will be no deviation from your path.

#### HEAVEN/EARTH

*Father/Mother*



*Peace*

*The Power of Heaven strives upwards, Earth downwards. Fertile union results.*

Contradictions unite in harmony. The strong helps the weak. See to it that his situation bears fruit.

## THE I-CHING

### The 64 Hexagrams and What They Mean Part One

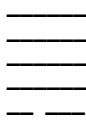
<b><u>LAKE/HEAVEN</u></b>	<b>Youngest Daughter/Father</b>	_____	<b><u>LAKE/WIND</u></b>	<b>Youngest Daughter/Eldes Daughter</b>	_____
<i>Stepping</i>		_____	<i>Confidence</i>		_____
		_____			_____
<i>The Lake rises toward Heaven. The weak face the strong.</i>		_____	<i>The Wind wafts over the Lake. The Joyous meets the Gentle.</i>		_____
		_____			_____
If the weak proceed courageously, but respectfully and without evil intention, the strong will not be provoked. Recognize the inner nature of a person and do not be impressed by external differences of rank.			Approach everything and everyone cheerfully and gently. Recognize their inner nature and earn their trust. Take important decisions. Endurance brings success		
<b><u>LAKE/LAKE</u></b>	<b>Youngest Daughter/Youngest Daughter</b>	— —	<b><u>LAKE/WATER</u></b>	<b>Youngest Daughter/Middle Son</b>	— —
		_____			_____
<i>Serenity</i>		— —	<i>Measure</i>		— —
		_____			_____
<i>Two Lakes are linked together, and each one is fed by the other.</i>		_____	<i>The Lake is filled with Water. The mouth speaks, the ear hears. Lake or ear do not have an infinite capacity.</i>		_____
		_____			_____
Associate with like-minded people to share experiences. Be inwardly strong and firm, outwardly mild and serene. Perseverance bring success			Undertake as much as you can master and no more, but also no less. Moderation brings success.		
<b><u>LAKE/FIRE</u></b>	<b>Youngest Daughter/Middle Daughter</b>	_____	<b><u>LAKE/MOUNTAIN</u></b>	<b>Youngest Daughter/Youngest Son</b>	_____
		_____			_____
<i>Opposition</i>		_____	<i>Decrease</i>		_____
		_____			_____
<i>The coolness of the Lake meets the heat of the Sun. Two sisters live in the same house but have opposing interests.</i>		_____	<i>The Lake dissolves. Mist rises and hides the Mountain. Thus both are weakened</i>		_____
		_____			_____
Men may have the same goals, but their ways often differ. Personal interests are emphasized, similarities with others recede. Only small projects can be realized.			Time of simplification, of poverty. Outer humility is no disgrace if there is inner substance. Quell lower feelings and muster your energy for higher things.		
<b><u>LAKE/THUNDER</u></b>	<b>Youngest Daughter/Eldes Son</b>	— —	<b><u>LAKE/EARTH</u></b>	<b>Youngest Daughter/Mother</b>	— —
		_____			_____
<i>The Marrying Girl</i>		_____	<i>Approach</i>		_____
		_____			_____
<i>The Lake draws near to Thunder. The young woman follows the older man into his house.</i>		_____	<i>The Lake turns toward Earth, the hollow strives towards its innermost centre. The youngest daughter approaches her origin, the Mother.</i>		_____
		_____			_____
The situation is uncertain, and end is possible at any time. Adapt to the situation with tact and modesty. Do not venture on any new enterprise.			Take matters in hand. Perseverance brings success. Take heed quickly for circumstances may soon change .		

## THE I-CHING

### The 64 Hexagrams and What They Mean Part One

#### **FIRE/HEAVEN**

*Middle Daughter/Father*



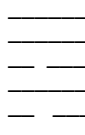
*Community*

*Fire strives towards heaven. The sun gives life and belongs equally to all beings.*

Inside reigns clarity, outside strength. Differences between men may be overcome if exposed. Good partnership depends on common purpose. New ventures materialize, great deeds succeed. Perseverance brings success.

#### **FIRE/WIND**

*Middle Daughter/Elders Daughter*



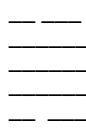
*Family*

*Fire engenders warmth, Wind speaks it. Thus many people share in it.*

The family molds a man's character. It teaches him how to deal with people. Perseverance and orderly conditions lead to success, disintegration of the family leads to decadence in society. Women, as the center of families, bear a special responsibility.

#### **FIRE/LAKE**

*Middle Daughter/Youngest Daughter*



*ter*

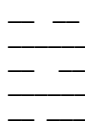
*Revolution*

*Fire and Lake are in conflict, their interests oppose each other*

Choose the right moment for acting and the base for great innovations by careful observation of events. Perseverance brings success.

#### **FIRE/WATER**

*Middle Daughter/Middle Son*



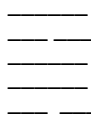
*After Completion*

*The Sun sets, Darkness and Rain arise, the day ends.*

A deed has been achieved, the circle closed. Be satisfied but remain alert, otherwise all may be wrecked at the very last moment. Only small ventures have a chance of success.

#### **FIRE/FIRE**

*Middle Daughter/Middle Daughter*

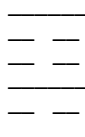


*Attachment*

*Twice Fire. The light is taken up by man and distributed further*

No man is independent, each clings to something just as light does. Recognize and accept this dependence. It is important to serve in order not to become presumptuous.

#### **FIRE/MOUNTAIN** *Middle Daughter/Youngest Son*



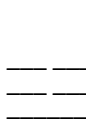
*Beauty*

*Fire illuminates the Mountain. Within clarity and strength, without stillness and serene beauty*

Grace decorates and adorns but is often too beautiful to be true. Do not make any important decisions, for they require a more realistic basis. Success is possible in small things.

#### **FIRE/THUNDER**

*Middle Daughter/Elders Son*



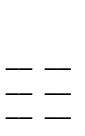
*The Marrying Girl*

*The Lake draws near to Thunder. The young woman follows the older man into his house.*

The situation is uncertain, and end is possible at any time. Adapt to the situation with tact and modesty. Do not venture on any new enterprise.

#### **FIRE/EARTH**

*Middle Daughter/Mother*



*Eclipse*

*The Light is weakened or even obliterated by the Earth.*

Time of darkness and of need. Preserve inner clarity and strength, but show yourself externally flexible. Thus your real nature remains steadfast in difficult times.

## COLORS & CANDLES

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<b>WHITE</b>	Protection, peace, purity, truth, perfection, holiness, influence of higher self, destroys negative energies.
<b>PURPLE</b>	High magick, wisdom, psychic awareness & power, dignity, spiritual shield, tranquility, spiritual pursuits.
<b>LAVENDER</b>	Higher intuition, peace, paranormal healing abilities.
<b>DEEP BLUE</b>	Peace, tranquility, clear communication with others, opening lines of communication with peaceful spirits, inspiration, understanding, fidelity, happiness in home, deep wisdom, the Moon.
<b>TURQUOISE</b>	Awareness, meditation, creativity, nurturing love, good health, happiness.
<b>GREEN</b>	Money, prosperity, luck, fertility, success, abundance, victory, healing (DO NOT use with diagnosis of Cancer).
<b>APPLE GREEN</b>	Emotional healing, protection.
<b>ROSE</b>	Positive self love, enhancing relationships
<b>PINK</b>	Emotional love, friendship, affection, harmony, happiness, joy, supportive & nurturing energy.
<b>YELLOW</b>	Good for bringing plans into action, knowledge, energy for realization & manifestation, clairvoyance, creativity, mental clarity, confidence, concentration.
<b>PEACH</b>	Gentle strength, joy, energy with grace
<b>ORANGE</b>	Strength, authority, attraction, joy, success, energy, quickness of mental pursuits, education & studies.
<b>BRIGHT RED</b>	Enthusiasm, energy, strength, vitality, force, conquer fears, active protection, passion
<b>DEEP RED</b>	Love, passion, courage.
<b>BROWN</b>	Grounding, connected w/worldly earthly things, practical, contact & influence, nature spirits & elementals.
<b>BLACK</b>	Absorb & destroy negative energy, protection, releases, uncrossing, reversing, repels negative work of others.
<b>SILVER</b>	Protective, Lunar/feminine forces, psychic development, connection with Goddess energy, removes negativity.
<b>GOLD</b>	Spiritual attainment & rewards, great fortune, money, enhancement of higher qualities, solar or male energy.

Colors play an important role in our lives. Specific colors lend very definite and distinctive vibrations to our meditative and creative work. A great amount of power can be added to your personal work by burning the correct colors of candles, wearing specific colors of clothing and writing your affirmations, prayers or sigils in the appropriate colored inks. The colors help to link your individual energy in with the various forces at work in the universe and make a pathway for your power to be directed towards a desired conclusion.



### PLANETARY COLORS & DAYS OF THE WEEK

PLANET	COLORS	DAY OF THE WEEK
Sun	Yellow, Gold	Sunday
Moon	Silver, pale blue, light gray, purple	Monday
Mars	All shades of red	Tuesday
Mercury	Orange, yellow	Wednesday
Jupiter	Royal blue, purple	Thursday
Venus	Green, pink, pastel colors	Friday
Saturn	Black	Saturday

### ELEMENTAL/QUARTER COLORS & USES

ELEMENT	QUARTER	ARCHANGEL	SEASON	COLOR	USE
Air	East	Raphael	Spring	Yellow	Mental pursuits, inspiration, plans
Fire	South	Michael	Summer	Red	Energy, will, action, love
Water	West	Gabriel	Autumn	Blue	Emotions, happiness, healing
Earth	North	Auriel	Winter	Green	Manifested wealth, success

SIGN	COLORS	SIGN	COLORS
Aries	Red, pink, white	Libra	Green, blue
Taurus	Orange, green, pink, yellow	Scorpio	Blue, black, red, brown
Gemini	Orange, yellow, green, blue	Sagittarius	Blue, purple, gold, red
Cancer	Amber, green, white, brown	Capricorn	Black, red, dark brown
Leo	Yellow, gold, orange, red	Aquarius	Violet, light blue, dark blue
Virgo	Green, yellow, gold, gray	Pisces	Red, blue, white, green

### CHAKRA COLORS & MEANINGS

CHAKRA	COLOR	MEANING
7th	White, purple	Connection w/ higher self
6th	Purple, royal blue, lavender	Spirituality, psychic abilities
5th	Light blue, turquoise	Communication, meditation
4th	Green, pink, rose	Love, healing, harmony
3rd	Yellow, gold	Will, power, energy
2nd	Peach, orange	Attraction, creativity, success
1st	Red, brown, black	Grounding, stabilizing

### SEVEN RAYS

RAY	QUALITY	COLOR
1	Creativity, will	Red
2	Love, wisdom, truth	Light blue
3	Intelligence, harmony	Yellow
4	Beauty, passion	Green
5	Knowledge	Orange
6	Devotion, idealism	Dark blue (indigo)
7	Magick, ceremony	Violet

### CANDLE TYPE

Double Action Green/Black	Draw good luck & money. Get rid of bad situations
Double Action Red/Black	Attract love & affection. Repel dark influences
Double Action White/Black	Entice uplifting spiritual energies. Drive away dark forces
Reversible Black outside/Red inside	Burn off & repel dark forces and then attract good spirits
<b>7 KNOB CANDLES</b>	A wishing candle (burn 1 knob each day for 7 days)
7 Knob Black	Stop bothersome people
7 Knob Green	To get a job, brings success, good luck
7 Knob Red	To bring love or to improve relationships
7 Knob White	To bring peace into a home or business
<b>FIGURE CANDLES</b>	Used to represent a man or a woman
Black Figure	To separate energy
Green Figure	To draw money or good luck
Pink Figure	To draw loving affection
Red Figure	To draw love
White Figure	To bring peace and tranquility
Red Adam & Eve Candle	To bring passionate, devoted love to a relationship
Red Witch Candle	To add power to make things happen, write wish on paper and place under candle

## Mantras and Mudras

In Vedic and Eastern Mystic traditions, as well as in Buddhism, and Hinduism Mantras and Mudras are often used in correlation with each other in order for to enhance meditative workings.

In this article I will not only explain the uses of Mantras but also show some of the various Mantras and mudras used and their meanings and usage;

### Mantras:

**Definition:** A mantra is a short phrase or sound used to focus the mind and connect inwardly to the soul consciousness.

There are many mantra's, too many to actually list in their entirety but below are some common mantras and their meanings:

**OM Mani Padme Hum** ओम मणि पद्मे हूँ is a well known Buddhist mantra it translates to "Praise to the Jewel in the Lotus" **Om** represents the sound of universal creation, **Mani** means Jewel, **Padme** refers to the sacred flower of the Lotus, and **Hum** means the "spirit of Enlightenment".

This chant is used to develop deep compassion, to achieve the six Buddhist perfections, and to reach enlightenment.

Another mantra less well known is "**Lokah Samastah Sukhino Bhavantu**" लोकाः समस्ताः सुखिनो भवन्तु This mantra translates to "May all things be joyful and free."

Here are some seed mantras or part mantra's used in combination with others to achieve some states of transcendental meditation and their meanings:

**AUM (OM) ओम** This is the primordial sound of the universe. And the most well-known and revered of the mantras.

**Sohum सोहम** "I AM" Derived from the Sanskrit words "Sah" (He) and "Aham" (I) it means **I am That**, or **I am That I am**. It signifies the interconnected of the self with the universal consciousness.

**Aham Brahmasmi अहं ब्रह्मास्मि** This mantra, meaning literally "I am Brahman" or allegorically "I am the Ultimate Reality" underscores the primary belief that one's divine nature is interconnected with one's physical consciousness.

Other commonly known Mantra's or key words to mantras are used in several Buddhist or Vedic chants these seed words are:

**Sura सूरा** Which means in Hindu "The many parts of Brahma" which connects one with the deities created by Brahma.

**Namaste नमस्ते** meaning "I bow to you" It is used as a greeting or closing but has a deeper meaning as it also means "I acknowledge the Divinity within you and within me."

Next we're going to move on to Mudras. Mudras are hand gestures which are used with mantras to reach certain levels of consciousness. They are designed to channel energy to the Chakras as well as to direct ones intentions. They are combined with Mantras to achieve efficacy and to deepen the meditative experience.

Below are some common Mudra/Mantra combinations used to balance the primary chakras:



**Root Chakra (Muladhara) - Survival**

With your hands placed on your knees your arms straight and outstretched while in lotus position, touch your thumb to your index finger making a circle. Let your other three fingers naturally fall in position. Your palms should remain facing open and upright.

**Mantra: LAM** this should be held in a long single outward breath. So one need to take a deep breath in and then release the breath with the tone. L-A-A-A M sound will draw out of the Root Chakra feel it's energy emanating from the base of your spine moving up your body. Visualize a bright red light as you do this. See this light moving upward and outward. Repeat this Mantra/Mudra combination for 1 minutes.



**Sacral Chakra (Swadhisthana) - Creativity**

Place your hands in your lap with your palms facing upwards cup your left hand and then place your right hand also in a cupped position within it touch your thumbs together forming a circle.

**Mantra: VAM** Take a long breath in and then release the breath with the tone. V-A-A-A-M sound will resonate with the Sacral Chakra feel it's energy emanating from your groin area and moving upwards through your body. Visualize a bright orange light as you do this. See this light moving upward and outward. Repeat this Mantra/Mudra combination for 2 minutes.



**Solar Plexus Chakra (Manipura) - Will Power**

Place your palms together fingers outstretched wrap your left thumb over your right thumb and place your hands between your heart and stomach two inches below the navel.

**Mantra: RAM** Take a long breath in and then release the breath with the tone R-A-A-A-M. The sound will resonate with the solar plexus and move upward through your body. Visualize a bright yellow light emanating from your solar plexus and moving upward and outward. Repeat this Mantra/Mudra combination for 3 minutes.



**Heart Chakra (Anahata) - Love**

Place your right hand index finger and thumb touching together palm inward against your Heart Centre. Place you left hand on your knee in the same mudra position.

**Mantra: YAM.** Take a long breath in and then release the breath with the tone Y-A-A-A-M. This sound will resonate with the Heart Chakra. Visualize a brilliant green light emanating from your heart and traveling upward and outward from your heart up and down your body feel the divine love of self as it empowers the Heart Chakra. Repeat this Mudra/Manta combination for 4 minutes.



**Throat Chakra (Vishuddha) - Expression**

Place your right and left hands in a cupped position palms upward and interlace your fingers touching the tips of your thumbs together forming an oval. Place them by your stomach and focus your energy on the throat.

**Mantra: HAM.** Take a long breath in and release the breath with the tone H-A-A-A-M. This sound will resonate from your throat and feel it emanating from there. Visualize a sky blue light coming out of your throat and moving around your body. Repeat this Mantra/Mudra combination for 5 minutes



**Third Eye Chakra (Ajna) - Intuition/Wisdom**

Place your hands in front of the lower part of your breasts. Stand your middle fingers up and touch them at the tips. Bend the other fingers at the first joint and touch them together as shown in the image.

**MANTRA: AUM.** Take a long breath in and release it with the tone A-A-A-U-U-M. This sound will resonate with the Third Eye Chakra. Visualize a deep indigo color emanating from your Third Eye and projecting outward surrounding your body. Repeat this Mantra/Mudra Combination for 6 Minutes.



### **Crown Chakra (Sahasrara) - Spiritual Connection**

Place your hands in front of your stomach, place your palms together interlace all but your little fingers and place your little fingers together, pointed upwards.

**Mantra: ANG** Take a long breath in and release it with the tone A-A-A-A-N-G This sound will resonate with the Crown Chakra. Visualize a violet color emanating from your Crown and projecting outward surrounding your body. Repeat this Mantra/Mudra Combination for 7Minutes.

Here are 14 other power Mudras for focusing on Emotional wellbeing. .



### **Acceptance Mudra**

**Hand Position:** The index finger is folded into the space between thumb and this finger, so that the nail touches the fold. The outer lower corner of the thumb's nail touches the inner lower corner of the pinky nail.

**Emotional/Spiritual Use:** To overcome sadness or an unnecessary resistance to situations, this mudra can help to get into the mood of acceptance.



### **Ahamkara Mudra**

**Hand Position:** Bend index fingers slightly and put the upper phalanx of the thumb to the side of the middle phalanx of the index finger, at the upper part. Other fingers are straight.

**Emotional/Spiritual Use:** Self-confidence and self-assertion. For counteracting fear and timidity.



### **Apan Mudra**

**Hand Position:** Join the Middle finger and the ring finger with the tip of the thumb; the forefinger and the little finger should be held upright.

**Physical Use:** Moves energy to the periphery of the body. This may help with constipation and urinary problems.

**Emotional/Spiritual Use:** Gives energy and make one more self-confident



### **Back Pain Mudra**

**Hand Position:** Right hand; The thumb middle and pinky fingers touch ring and index finger are extended Left Hand; Put the thumbs' upper phalanx over the nail of the index finger.

**Physical Use:** Back pain and particularly of the lower back, can be a sore feeling. When muscles start cramping, it can become very painful. This mudra helps against this escalation.



### **Bhudy Mudra**

**Hand Position:** The tips of the pinky finger and the thumb touch.

**Emotional/Spiritual Use:** Improves feeling and Intuition.



### **Gyan Mudra**

**Hand Position:** The tips of the thumb and index finger touch, other fingers are straight but relaxed.

**Emotional/Spiritual Use:** Stimulates the Root chakra, and grounds, calms, and improves concentration



### Hakini Mudra

**Hand Position:** Let the tips of the corresponding fingers of each hand touch.

**Emotional/Spiritual Use:** People tend to naturally put their fingers in this position while talking. This helps to concentrate.



### Pran Mudra

**Hand Position:** The tips of the pinky and ring finger touch with the tip of the thumb.

**Emotional/Spiritual Use:** Gives energy.



### Prithvi Mudra

**Hand Position:** The tip of the ring finger and thumb touch.

**Emotional/Spiritual Use:** Increases energy and fosters a sense of inner stability and self-assurance.



### Shuni Mudra

**Hand Position:** The tips of the middle finger and the thumb touch.

**Emotional/Spiritual Use:** Helps being aware of the moment, and thereby makes one more patient.



### Energy Balancing Mudra Sequence

**Hand Position:** Alternately touch the tips of each finger with the tip of your thumb. Keep each connected for a few seconds or longer and do for a few minutes total. Do this with both hands.

**Emotional/Spiritual Use:** The overall effect is that you get calmer, more relaxed and concentrated. The separate mudras have the following individual effects:

Thumb/index finger: Opens the root chakra, and moves more energy to the legs and lower body. Makes one calmer and more concentrated.

Thumb/middle finger: fosters patience.

Thumb/ring finger: Energy Stability and self-confidence.

Thumb/Pinky finger: Intuition and feeling.

### Combined Mudras and their purposes:

**Acceptance Mudra:** Acceptance

**4 Mudra/Gyan:** Calmness

**4 Mudra/Gyan/Hakini:** Concentration

**4 Mudra/Apan/Pran/Prithvi:**

Energy

**Ahamkara:** Fear

**Gyan:** Grounding

**Bhudy:** Intuition

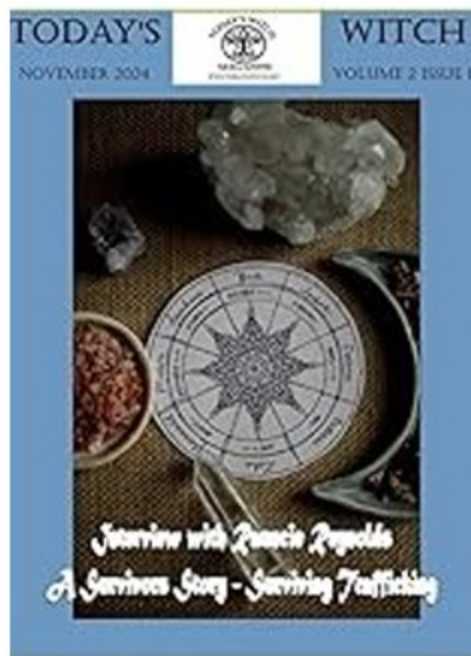
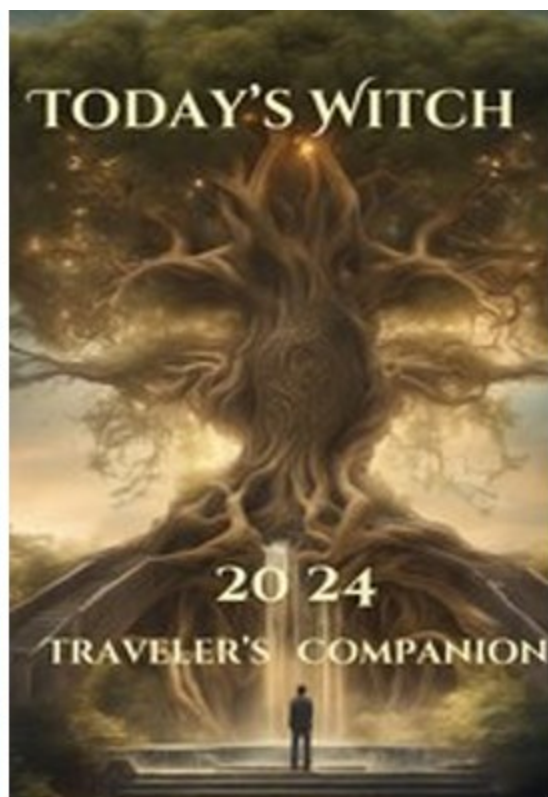
**Shuni:** Patience

**Ahamkara/Apan:** Self-

Confidence

**4 Mudra/Prithvi:** Stability

**Ahamkara:** Timidity.





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