

# TODAY'S WITCH

MAY 2024

ISSUE 7



BELTANE

VOLUME 1



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MAY 2024

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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 of 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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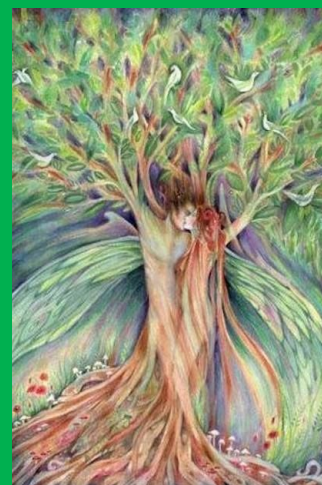
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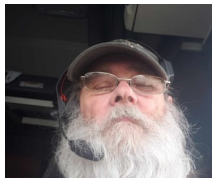


## Meet the Staff

### 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.)

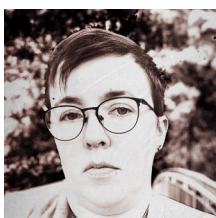
David Larsen is an over the Road Commodities Relocation Engineer, (AKA truck driver) He is also a history buff and a word smith. He currently resides in Florida and wherever the road and his dog Joey might take him. He is also world traveled from his military experience and driving. David is Co-Author 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.



### 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.

### Atalanta Moonfire (Vice President)

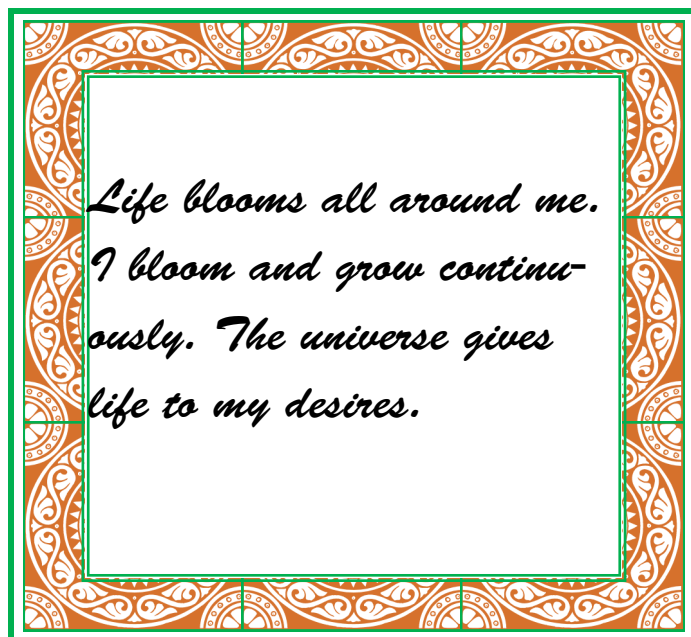


Atalanta Moonfire is an eclectic witch who is also an author, diviner, teacher, and lover of all types of spirituality. Born in Manassas, Virginia, she grew up moving frequently which gave her the ability to be flexible and adaptable to change as well as diverse life experiences. She studied and worked as a paralegal for 15 years, eventually becoming a presiding judge's assistant in Floyd County, AL. At 54 years young, she has been pagan since the age of 14, practicing since she was 18, and specializing in divination at age 25. Atalanta is a Reiki master, Ordained Minister, graduate of Harvard ED Online Oracles & Prophecies, and High Priestess of Sacred Moon coven. Always looking to expand her knowledge, she continues to study and practice Hecatean Witchcraft and Hoodoo. She is currently touring with the Oddities & Curiosities Expo promoting her new book, "Throwing the Bones Divination for the Modern Practitioner". She is also Vice President of Covered Bridge Press, LLC and Co-Founder of "Today's Witch" magazine. Her goal in life is to expand her spiritual education and help others who share her desire of understanding this magnificent universe in which we live.



### 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.



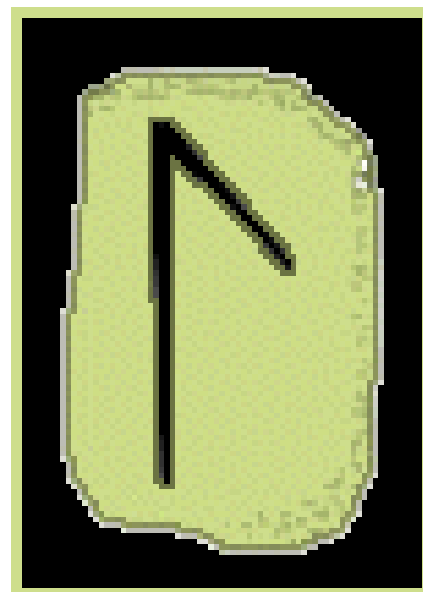
## The Runes

### Laguz (la-gooz)

Sound:	“L”
Depiction:	The quick-growing green portion of a leek, or a wave of water
Runic Position:	3rd Aett, 5th Rune
Original Meaning:	Signifies life energy and organic growth
Key Words:	Fluidity, life force, birth
Tree:	Willow
Herb:	Leek
Gemstone:	Aquamarine, Azurite, Calcite, Chryso calla, Fluorite
Color:	Deep Blue-Green
Runic Half-Month:	April 29-May 14
Hours of the Day:	8:30am—9:30am
Other Names:	Germanic: <i>Laaz (Laguz)</i> Norse: <i>Logr</i> Anglo-Saxon: <i>Lagu</i> Icelandic: <i>Logur</i> Norwegian: <i>Laukr</i>
God/dess:	Njord, Ran
Power Animals:	Swan, Seal, Sea Gull, Duck, Whale, Dolphin, Otter, Beaver
Element:	Water
Numerological Value:	“21”
Astrology:	Waxing Moon
Tarot:	The Star

#### Magickal Qualities:

- 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 way negative energies and unwanted patterns



Galdr Song: Laguz, Laguz, Laguz

L I 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 g u u u u u

L I 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.

## Norse Deities

### Bragi

Also Called:	Patron of the Skalds and minstrels, Master of Dialogue
Known Period of Worship:	Circa (700 CE—1,100 CE)
Colors:	Orange, multi-colored
Incense/Oil:	Sandalwood, Storax
Symbols:	Harp, book
Stones/Metals:	Agate, Carnelian, Alloys
Plants:	Fern, lily of the valley, maidenhair, mandrake, marjoram, valerian, beech
Day:	Wednesday
Runes:	Mannaz, Dagaz, Gebo, Othlaz



Bragi is said to be the son of Odhinn and his consort Idunn. Often found in company with Aegir, he was seen as the poet and orator in the hall of the slain, Valhalla. The cup over which oaths were sworn was known as the “cup of Bragi.”

Bragi is the Norse god of poetry, music, ceremony, and eloquence. He is also the patron of skalds, or poets. Bragi is the son of Odin and the giantess Gunnlod, and the husband of Idunn, the goddess of youth. Bragi is often depicted as a middle-aged man with a long beard.

Bragi is revered for his wisdom, eloquence, ability to compose and recite, and knowledge of poetry. He is also known for his ability to inspire poetry in humans by letting them drink from the mead of poetry. Runes were carved on his tongue.

Some scholars believe that Bragi was originally a human being, the 9th century bard Bragi Boddason. Legend has it that after his death, due to his exceptional skills, he was elevated to the status of a “court skald” in Valhalla, the hall of the slain warriors. Odin transformed

Bragi's essence lies in the art of storytelling and song, a craft that held immense importance in Viking culture. He is a bridge between the divine and the jötnar, the known and the mysterious.

Bragi into a deity with the task of composing verses and singing for the beings of Valhalla.

Bragi is still worshiped by people who practice Norse paganism. The myth of Bragi has also inspired contemporary Norwegian musicians and artists.

## May—Bright Moon Correspondences

Other Names:	Hare Moon, Flower Moon, Frogs Return Moon, Merry or Dyad Moon, Moon when the Ponies Shed, Planting Moon, Sproutkale, Thrimilcmonath (Thrice-Milk Month), Winne manoth (Joy Month)
Nature Spirits:	Elves, Faeries
Herbs:	Dittany of Crete, Elder, Mint, Mugwort, Rose, Thyme, Yarrow
Colors:	Brown, Green, Pink
Flowers:	Broom, Foxglove, Lily of the Valley, Rose
Scents:	Rose, Sandalwood
Stones:	Amber, Carnelian, Emerald, Malachite
Trees:	Hawthorn
Animals:	Cats, Leopard, Lynx
Birds:	Dove, Swallow, Swan
Deities:	Aphrodite, Artemis, Bast, Diana, Horned God, Maia, Pan, Venus
Power Flow:	Full creating energy, propagation. Intuition, contact with faeries and other supernatural beings. Strengthen connection with supernatural protectors and beings around you. Power flowing from the Greenwood Gods and trees.



### The Moon

The ancients believed that the dark regions on the Moon's surface were oceans, giving rise to the Latin name "mare" (or sea) which is still used in the present day. They believed that the brighter areas were continents. With the advent of telescopes in the 17th century, astronomers discovered many features on the surface (craters, mountains, faults, rays, and domes). In 1969, the American Apollo 11 spacecraft carried the first humans to the Moon.

In Greek mythology, Selene was the goddess of the moon and sister of Helios, the sun god. She fell in love with a shepherd named Endymion and then lulled him into an eternal sleep so that he could never leave her.

### Spiritual Significance

Symbolized by the crescent Moon is a half circle which represent the subconscious mind. Magick works through the medium of the subconscious: the realms of dreams, psychic visions, hidden desires and imagination.

As we know the moon has no light of its own but merely reflects the ray's of the Sun. However these rays are changed by contact with the Moon and moonlight has a very different effect on the human mind than that of sunshine. In both astrology and magic the moon represents the hidden side of the human personality which under normal circumstances is not revealed to the outside world. In general most magickal work is hidden (Occult) and is performed out of sight and in privacy. It is an old adage the magick which is practiced in the public gaze will not be as successful as private workings. This belief may date back to the old days of persecution when it was impossible to work openly.

In esoteric tradition the Moon is likened with the widely held doctrine of reincarnation or the rebirth of the soul in a succession of different physical bodies. according to some arcane beliefs, when the spirit leaves the body after death it travels to the Lunar world to be reborn. In old pagan religions we have seen that the Full Moon was one of the mystic symbols of the Great Mother Goddess who according to the oldest creation myths, gave birth to the universe.

When the Magician uses Lunar Energy he is dealing with the ebb and flow of potent psychic forces. Lunar tides have both a physical and psychic affect on humans, animals, and flora. It is therefore natural that occultly the Moon should symbolize the Subconscious mind of the Awakened person who can use it to bring hidden desires into manifestation

## Sabbat Correspondences

### Beltaine



Other Names:	Beltane, Mayday, Walpurgisnacht, Walpurgis Eve, May Eve, Rudemas, Celtic Summer, Floralia, The Great Rite, Giamonios, Bhealltainn
Symbols:	Eggs, Flowers, Chalice, Maypole, Butter Churn, Flower Chaplet, May Baskets, Crossroads
Colors:	Red, Green, White, Dark Yellow
Deities:	Marriage/Sexual Union of Deities, All Mother Goddesses
Activities:	Wrapping Maypole, The Great Rite, Gathering Flowers
Taboos:	Giving away fire, Giving away food
Animals:	Goats, Rabbits, Honey Bees
Stones:	Sapphire, Bloodstone
Foods:	Dairy Foods, Sweets, Honey, Oats
Plants:	Primrose, Cowslip, Hawthorn, Rose, Birch, Rosemary, Lilac
Meanings:	Union of the God and Goddess, Sacred Marriage, All New Life, Fertility for all living things, End of Winter (Celtic)
Attunement Teas:	Burdock, Damiana, Hibiscus, Rose Hip, Saffron
Ritual Oils:	Passion Flower, Rose, Tuberose, Vanilla
Mythological Creatures:	Faeries, Pegasus, Satyrs, Giants
Key Actions:	Take action
Goddesses:	Aima, Aphrodite, Ariel, Artemis, Baubo, Blodewedd, Chuang-Hu, Cupra, Cybele, Damara, Devana, Diana, Erzuli, Fand, Flidais, Flora, Freyja, Hilaria, Ilamatecutli, Kaikibani, Lofn, Mielikki, Perchta, Prithvi, Rain bow Snake, Rhea, Rhiannon, Sarbandal, Sheila na Gig, Skadi, Tuulikki, Var, Venus, Xochiquetzal
Gods:	Arthur, King; Baal, Bel/Belanos, Beltene, Cernunnos, Chors, Cupid/Eros, Faunus, Freyr, The Great Horned God, Herne, Lono, Mannawyddan, Odhinn, Orion, Pan, Puck, Robin Goodfellow, Telipina

## Hawthorn

A genus of about 280 deciduous, often thorny, shrubs and trees, which occur throughout northern temperate regions. *Crataegus laevigata* and *C. monogyna* are very similar, the latter differing mainly in having more deeply lobed leaves, and fruits with one stony seed, rather than two. The former tends to grow farther north in Europe, while *C. monogyna* occurs throughout Europe as far as Afghanistan. Hybrids between *C. laevigata* and *C. monogyna*, known as *C. x media* are common in the wild. Many species of *Crataegus* are very variable, which in the past has led to the naming of over 1,000 different species, some of which are probably of hybrid origin. Taxonomic research has reduced this number consid-



erably, but the numerous forms and hybrids continue to pose problems of identification. The common names of *C. laevigata* refer to different aspects of the plant; "may" from its time of flowering; "quickset" from its use as a "quick" or "living" hedge; and "bread-and-cheese" from the tasty young leaves, which were traditionally added to sandwiches in country areas. Many practices are associated with the hawthorn, notably the custom of going "a-Maying", and choosing a May queen, which predates Christian times. In Pagan times the King and Queen of the May were killed at the end of the growing season — hence the ambiguity today of hawthorn being both a symbol of hope and an omen of death. As a medicinal herb, hawthorn was traditionally used to treat kidney and bladder problems. Its use as a heart remedy began during the end of the 19th century. *Crataegus laevigata*, *C. monogyna*, and their hybrids are now used interchangeably for medicinal purposes. Unlike most medicinal plants that act on the heart, hawthorn is relatively non-toxic, although its use for such serious conditions should be confined to qualified practitioners. *Crataegus pinnatifida* was first mentioned as an herb in the Supplement to the Extension of the Materia Medica by Zhu Zhen Heng (c.1347). Fruits of another Chinese species, *C. cuneata*, have a sour but pleasant taste and are used mainly to control diarrhea.

English Hawthorn, a spring-flowering shrub often ground as an impenetrable hedge, is traditionally used to decorate maypoles for May Day celebrations. Numerous human studies have shown that English hawthorn is helpful in treating the symptoms of mild chronic heart failure and may be helpful in treating hypertension when combined with standard medicines such as ACE inhibitors and calcium channel blockers.

Deciduous, densely branched, spiny shrub or small tree, with shallowly lobed, obovate leaves, to 5cm (2in) long. Scented white flowers, 1cm (3/8in) across, are produced in clusters in late spring, followed by dark red, egg-shaped fruits, to 1.5cm (1/2in) long.

Common Name: Hawthorn

Other Names: Bread and Cheese, English Hawthorn, Hag thorn, Haw, Ladies' Meat, May, May Bush, May Tree, Mayblossom, Mayflower, Quickset, Whitehorn

History: Hawthorn's synonymous botanical name, *Crataegus oxyacantha* is derived from the Greek words *kratos* ("hard"), *oxcus* ("sharp"), and *akantha* ("thorn")—which pay homage to the plant's hardwood, thorny branches. Those branches were once believed to be the source of Christ's crown of thorns, a darkly "sacred" association that has been with hawthorn since the time of the ancient Pagans, Greeks, and Romans. The shrub's common name "May Tree" refers both to the season in which the shrub blooms and to the fact that hawthorn's flowering branches (called "mays") were an integral part of pagan "Maying" rituals—which began in spring with celebrations and ended in autumn with human sacrifices!

The ancient Greeks and Romans believed hawthorn symbolized joy and hope and used the flowers in wedding bouquets. At the same time, they also believed hawthorn could chase away de-

mons and strewed the herb in their children's beds. During the Middle Ages, hawthorn garnered an evil reputation. Many Britishers believed its flowers retained the stench of the dead during London's great plague, and bringing a flowering hawthorn branch into a home was synonymous with inviting Death in as well. But these same people gave the hawthorn some of its most whimsical names: "Bread and Cheese Tree" and "Ladies' Meat" honor hawthorn's deliciously edible leaves, which were often added to luncheon sandwiches. And the small, applelike fruits of the hawthorn shrub were variously dubbed "pixie pears", "cuckoo's beads" and "chucky cheese".

Surprisingly none of hawthorn's common names eludes to its greatest power—healing the heart. Since medieval times, herbalists have prescribed hawthorn to treat heart disease. Modern-day researchers have confirmed hawthorn's significant heart-healing properties and rate it as a superb cardi tonic, second only to garlic.

**Mycology**  
**Alder Scaly Cap**  
***Pholiota alnicola***



Common Name:	Alder Scaly Cap
Botanical Name:	<i>Pholiota alnicola</i>
Order:	Agaricales
Family:	Strophariaceae
Description:	Bright Yellow and almost transparent when wet mucilaginous, ochreous when dry tending toward red dish or green-tinged.
Cap:	1½-4¾"(3-11cm)wide. Bright yellow and almost transparent when wet, also mucilaginous, ochreous when dry tending to become reddish or tinged with green, fleshy, convex then flat, margin initially fibrillose.
Gills:	Ochreous brown, pale then rust colored, slightly adnate.
Stalk:	(4-9cm) long; (0.4-1.2cm) thick; Lemon yellow then invariably darkening from base, fibrillose or slightly floccose, top pale yellow eventually darkening, tapering toward bottom if tufted, otherwise slightly enlarged, usually curved or supple
Veil:	Abundant, pale, fibrillose, remaining mostly adherent to cap edge.
Flesh:	Cap-colored, soft, rather fibrous in stipe, Odor pleasant, with a hint of spun sugar, flavor bitter.
Spores:	8-10 x 4-5.5µ Rust-red; Elliptical
Edibility:	Undefined, not recommended for consumption
Season:	Summer and Autumn
Habitat:	Isolated but more often clustered on dead alder stumps and trunks, also on other broadleaf species in damp places.
Range:	Widely distributed in North America
Comments:	<i>P. flavida</i> is very similar, possibly identical, and grows on conifers
Bibliography:	Simon & Schuster's Guide to Mushrooms by Gary Lincoff, Copyright 1981 Arnoldo Mondadori ref. 192 MushroomExpert.com

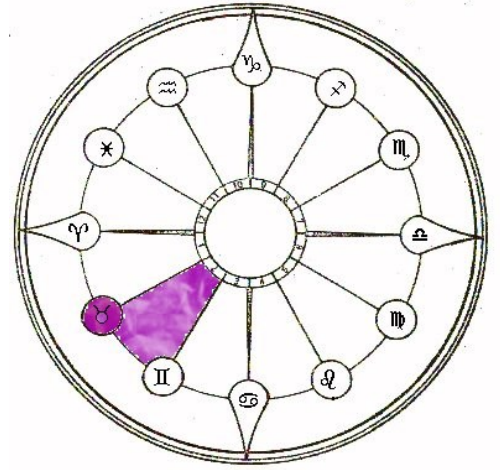
## Astrology

### 2nd House– Possession

#### Taurus

The Second House is the House of Finances and Possessions. It tells you what material items you might acquire and what importance you will place on them. It also depicts your ability to manage your finances and earn money. The Natural Ruler (or corresponding Zodiac sign) of the Second House is Taurus.

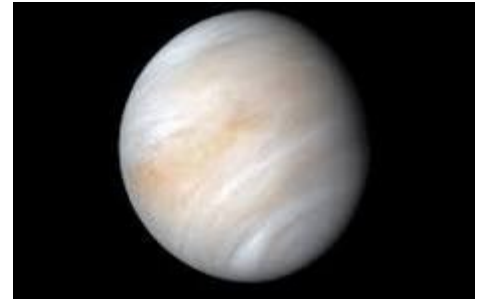
Sign:	Taurus
Symbol:	♉
Dates:	April 20-May 20
Ruler:	Venus
Element:	Earth
Quality:	Fixed
Gender:	Feminine
Body Parts:	Neck, Throat
Key Words:	“I Have”
Colors:	Pink, Pale Blue, Pastels, Deep Blue
Tarot:	High Priestess, Star
Archangel:	Anael
Flowers:	Pink Rose, Blue Cornflower
Birthstones:	Emerald, Jade, Lapis Lazuli
Gems:	Angel Wing Agate, Amblygonite, Aquamarine, Azeztulite, Azurite, Azurite-Malachite-Chrysocolla, Basalt, Beudantite, Bixbite, Black Spinel, Blue Agate, Blue Opal, Blue Sapphire, Blue Tourmaline, Boji Stone, Boleite, Botryogen, Carnelian, Cat’s Eye, Ceruleite, Chevron Amethyst, Chrysanthemum Stone, Chrysocolla, Chrysotile, Chrysotite, Chudobaite, Clinocllore, Concretion, Copper, Cuprite, Descloizite, Diamond, Emerald, Erionite, Erythrite, Fiedlerite, Florencite, Girasol, Hambergite, Hanksite, Indicolite, Iolite, Jade, Jahnsite, Kasolite, Kunzite, Kyanite, Laguna Agate, Lapis Lazuli, Larsenite, Leaverite, Malachite, Meteorite, Mitridatite, Moldavite, Multi-colored Topaz, Ocho, Orange Carnelian, Pascoite, Plasma Agate, Plume Agate, Quartz, Red Jasper, Red Opal, Rhodonite, Rose Quartz, Rutile, Sapphire, Scapolite, Scawtite, Selenite, Spodumene, Strombolite, Taaffeite, Thulite, Tiger’s Eye, Tin, Topaz, Transvaal Jade, Tourmaline, Tufa, Turgite, Varascite, Vezelyite Volcanic Ash, Willemseite, Woodhouseite, Xenotime, Zaratite, Zebra Rock, Zeolite, Zincite.



Babylonian Name:	Gudanna
Meaning:	Bull of Heaven
Lucky Numbers:	2, 18, 20
Sumerian Month:	Airu
Translation:	The Star and the Bull of Heaven
Best:	Taurus, Cancer, Virgo, Scorpio, Capricorn, Pisces
Difficult:	Aries, Gemini, Leo, Libra, Sagittarius, Aquarius
Taurus Traits:	Reliable, Careful, Trustworthy, Hospitable, Possessive, Conservative, Affectionate, Greedy, Grasping, Obstinate, Bull-Headed, Stubborn, Sensual, Sensitive, Self-Reliant, Persistent, Patient, Secretive, Practical, Constructive
Second House Traits:	Hereditary and social background, Financial Standings, Money, Movable Possessions and Properties, Gain and Loss of Income, Earning and Spending Capacity, Personal Debts, Manner in Which Money is Acquired and in Which Obligations Are Met

## Planetary Correspondences

### Venus



#### Spiritual Significance

the symbol of Venus, the evening and morning star which is esoterically the sister planet of Earth, is the circle representing the spirit, balanced on the equal-armed cross of the elements representing the material plane.

In ancient Egypt this Venus Symbol was the ankh, which represents the union of male and female. The ankh was universally adopted by the 'flower children' of the '60's who, echoing its Venusian connection, called it the love or peace cross. Today the planetary glyph of Venus is used in biology to signify the female.

Venus is regarded as the twin soul of the Earth. The concept of twin souls is a very ancient one based on the esoteric belief that originally the human race was androgynous. At some point in the distant past early humanity divided into the two sexes, so human souls continue on the cycle of birth, death, and rebirth until such time as they are incarnated in the same time period as their twin souls and become reunited.

Obviously such belief is open to abuse. This especially happens when people who fall in love project their anima (the female aspect of the male psyche) or their animus (the male aspect of the female psyche) on to their lovers and think they have found their long lost twin soul or soul mate. It is the negative influence of Venus that creates this type of sexual infatuation which can be very destructive for everyone whom becomes entangled in it.

On a more positive level, the Venusian planetary influence represents the natural human desire of uniting the opposites. This can be understood in magical terms as the balancing of the male and female principles within the psyche of the magician. This union of opposites in what is called the sacred marriage and is symbolized by the sigil of the sword in the chalice.

The magician can use the planetary force of Venus in all matters which are connected with love. This can refer to romantic love between two people or the broader form of love which embraces the brotherhood of humanity.

Rules:	Love, Harmony, Attraction, Friendship, Pleasure, Sexuality	Plants:	Acacia Flowers, Almond Oil, Aloes, Apple, Birch, Daffodil, Damask Rose, Elderberry, Fenel, Feverfew, Fig, Geranium, Mint, Mugwort, Myrtle, Olive Oil, Pennyroyal, Plantain, Raspberry, Rose, Strawberry, Tansy, Thyme, Verbena, Vervain, Violet.
Day:	Friday	Tree:	Apple, Quince
Element:	Earth, Water	Animal:	Dove, Lynx
Color:	Green, Indigo, Rose	Goddesses:	Aphrodite, Beltis, Asherah, Astarte, Freja, Hathor, Inanna, Isis, Ishtar, Mari, Mariamne, Oshun, Tethys, Venus
Zodiac:	Taurus, Libra	Gods:	Eros, Oceanus, Robin Hood, Pan
Tone:	La, E		
Letter:	Q		
Number:	5, 6, or 7		
Metal:	Copper		
Jewel:	Amber, Emerald, Jade, Azurite, Calcite, Cat's Eye, Chrysocolla, Chrysoprase, Coral, Jasper, Lapis Lazuli, Malachite, Olivine, Peridot, Soda lite, Tourmaline, Turquoise		
Qabalah:	7 Netzach— Splendor		
Angel:	Haniel		
Incense:	Ambergris, Benzoin, Jasmine, Rose		

## Sapphire

Stimulating the throat and third eye chakras, sapphire enhances the intellect and expands psychic ability. It brings peace and calm. A guardian of love, it promotes fidelity between lovers, and can strengthen friendship relationships as well. It can be used in wealth magicks and helps the magus to tap and send power. A protective stone, legend has it that sapphire can protect its wearer from capture, as such it is useful in legal matters



Folk Names:	Holy Stone, Star Sapphire, <i>Astrae</i>
Energy:	Receptive
Planet:	Moon
Zodiac:	Taurus, Libra
Element:	Water
Deity:	Apollo
Powers:	Psychism, Love, Peace, Meditation, Defensive Magick, Healing, Money, Power

### Magical Uses:

- Where this stone to stimulate the third eye and to increase psychic awareness
- Promotes fidelity and feeling between lovers.
- Worn to banish envy, promote positive social interaction, and to reconcile differences.
- Was once used to promote chastity
- Use this stone during meditation to increase spiritual and psychic awareness as well as wisdom.
- Wear to return negative energy back to sender.
- Guards its wearer from captivity, fraud, and treachery
- Worn this stone provides proper justice during litigation
- Used to heal the eyes, reduce fevers, and halt nosebleeds.
- Used to strengthen the magicians ability to transmit or receive energy.
- Used in money and wealth attracting spells and rituals.

Divinatory Meaning: Truth and chastity and the past will catch up with you.

### Black Sapphire

Magical Property: This form of sapphire is protective and centering. It imparts confidence in ones own intuition. This stone heightens employment prospects and helps in retaining a job.

### Blue Sapphire

Magical Property: This form of sapphire is a seeker of spiritual truth, traditionally associated with love and purity it is extremely effective for earth and chakra healing. This tranquil stone helps you to stay on the spiritual path and is used in shamanic ceremonies to transmute negative energies. It opens and heals the throat chakra and the thyroid, and facilitates self expression and speaking your truth.

### Green Sapphire

Magical Property: This form of Sapphire improves vision, both inner and outer, and improves dream recall. It stimulates the heart chakra, bringing loyalty, fidelity, and integrity. This stone enhances compassion and an understanding of the frailties and unique qualities of others. It honors trust and respect for other peoples belief systems.

### Pink Sapphire

Magical Property: This form of Sapphire acts as a magnet to draw into your life all that you need in order to evolve. It is a fast acting stone that teaches you how to master emotions, clearing emotional blockages and integrating the transmuted energies.

### Purple Sapphire

Magical Property: This form of Sapphire awakens. It is helpful for meditation, stimulating the kundalini rise and the crown chakra and opening spirituality. This stone activates the pineal gland with its like to psychic abilities, and stimulates visionary qualities. It is extremely calming for the emotionally unstable.

### Royal Sapphire

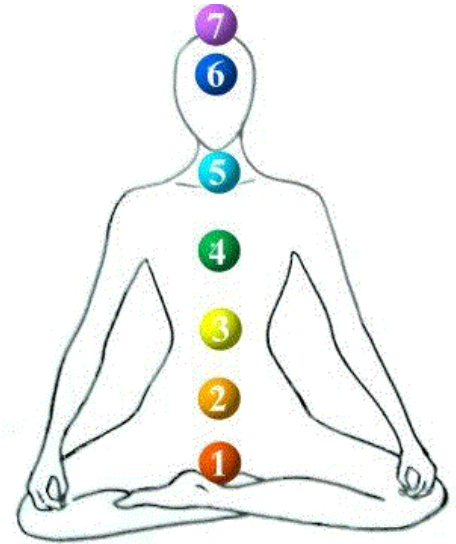
Magical Property: This form of Sapphire eliminates negative energies from the chakras, and stimulates the third eye to access information for growth. This stone teaches responsibility for your own thoughts and feelings. It treats brain disorders, including dyslexia.

## Understanding the Chakras

### The Crown Chakra (The Seventh Chakra)

#### Sahasrara

Color:	Violet
Sanskrit:	Sahasrara "thousand-petaled lotus"
Association:	Universal consciousness, wisdom, transformation in a spiritual way
Body Area:	Brain and Pineal Gland
Emotional:	Peace, purity, cuts through mental confusion, encourages the growth of new ideas. Helps shy people open up.
Planet:	Mercury
Metal:	Mercury



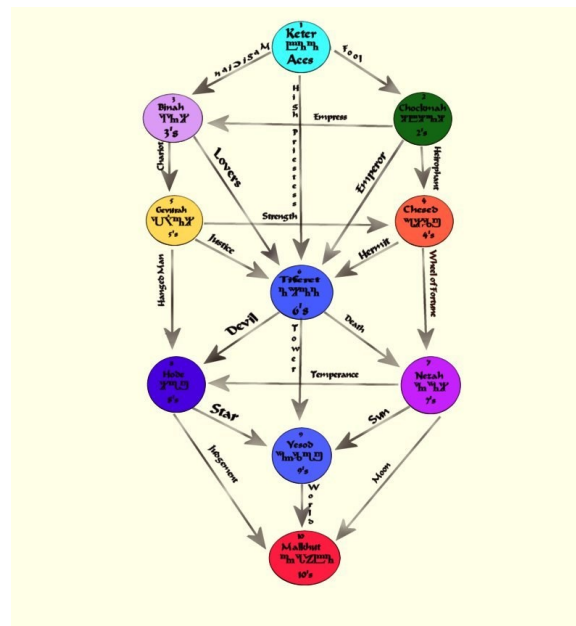
Crystals and Stone: Aegrine, Agni Gold Danburite, Ajoite, Albite, Alexandrite, Amegreen, Amethyst, Ametrine, Angel Aura Quartz, Angel Phantom Quartz, Angel Wing Blue Anhydrite, Angelite, Citrine, Clear Apophyllite, Aragonite, Astrophyllite, Azeztulite, Azurite, Barite, Black Jade, Blue Halite, Cathedral Quartz, Cavanite, Celestial Quartz, Celestite, Cerrusite, Charoite, Clear Tourmaline, Dendritic Agate, Golden Beryl, Beryllonite, Black Phantom Quartz, Black Precious Opal, Blizzard Stone, Blue Jade, Brookite, Cacoenite, Chyranthemum Stone, Clear Calcite, Clear Quartz, Chondrite Meteorite, Copper, Covellite, Crocoite, Cryolite, Danburite, Datolite, Diamond, Dolomite, Dream Quartz, Elestial Quartz, Epidote, Faden Quartz, Fairy Wand Quartz, Fancy Jasper, Flint, Fluorite, Fulgurite, Gel Lithium Silica, Gold, Golden Chrysoberyl, Goshenite, Green Apophyllite, Halite, Hanksite, Healer's Gold, Hemimorphite, Herderite, Herkimer Diamond, Heulandite, Hollandite Quartz, Holly Blue Agate, Jet, Kyanite, Labradorite, Lavender Jade, Lemurian Seed Crystals Lepidolite, Libyan Gold Tektite, Lilac Lepidolite, Lithium Quartz, Magnesite Magnetite, Merkabite Calcite, Moldavite, Moonstone, Muscovite, Natrolite, Nebula Stone, Nickel-Iron Meteorite, Niobium, Nirvana Quartz, Oregon Opal, Papagoite, Petalite, Phenacite, Platinum, Prasiolite, Prophecy Stone, Purple Chalcedony, Purple Jade, Purple Jasper, Purple Sage Agate, Purple Sapphire, Purpurite, Quartz, Rainforest Jasper, Red Calcite, Red Serpentine, Rhodolite Garnet, Rutilated Quartz, Rutile, Satyaloka Quartz, Scapolite, Scolecite, Selenite, Seraphinite, Serpentine, Shaman Stone, Shiva Lingam, Sichuan Quartz, Silver, Smithsonite, Spinel, Spirit Quartz, Staurolite, Stellar Beam Calcite, Stibnite, Stichtite, Stilbite, Strombolite, Sugilite, Tanzan Aura Quartz, Tanzanite, Tektite, Tibetan Black Quartz, Titanium, Titanium Quartz, Tourmalined Quartz, Tremolite, Tugtupite, Unakite Jasper, Vesuvianite, White Opal, White Phantom Quartz, White Precious Opal, White Sapphire, White Topaz, Zircon

Essential Oils: Rosewood, Lavender, and Sandalwood



**Tree of Life**  
**הסך Chesed**  
**Fourth Sephirah**

Titles:	Mercy, Greatness, Love, Piety, Majesty, Glory
Intelligence:	Cohesive or Measuring
Pronunciation:	HAY-sed
Place:	3rd Plane, Right Pillar, Ethical Triangle
Number:	4
Sephira Name:	Chesed (Mercy)
Color (Q.S.)	Blue
Scents:	Cedar
Mundane Chakra:	Jupiter
Archangel:	Tzadkiel <b>צדיקאל</b> (Justice of God, Prince of Mercy)
God-Name:	El <b>אל</b>
Body:	Left arm
Metals:	Tin
Planet:	Jupiter
Tarot:	4 of Cups, 4 of Wands, 4 of Swords, 4 of Pentacles, The Emperor
Stone:	Amethyst, Sapphire
Angelic Order:	Chasmalim; <b>חסמלים</b> (The Brilliant Ones; Dominions or Dominations)
Qlippoth (Demons):	Gha'ahsheblah/Gashekiah; <b>גאאהשבלה / גאשקיה</b> (The Breakers in Pieces, Disturbers of All Things, The Smitters)
Arch Demon:	Ashtaroth <b>אשטרות</b>
Virtue:	Obedience
Vice:	Bigotry, hypocrisy, Gluttony, Tyranny
God Forms:	Benevolent Ruler Deities, Justice—Odhinn (as Lawgiver), Forseti, Heimdall, Mimir, The Norns, Njord, Sin, Tyr, Zeus, Jupiter, Indra, Amen, Osiris, Poseidon, Brahma
Magical Image:	A Benevolent king enthroned
Color:	Blue
Symbols:	The square; the cornucopia, laughter
Creature:	Unicorn
Tools:	Wand
Plants:	Balm, Mint, Olive, Poppy, Rush, Sage



## The Dhammapada of Buddha

### Chapter V

### The Fool

Verse LX

Long is the night to him who is awake; long is a mile to him who is tired; long is life to the foolish who do not know the true law.

Verse LXI

If a traveler does not meet with one who is his better, or his equal, let him firmly keep to his solitary journey; there is no companionship with a fool

Verse LXII

"These sons belong to me, and this wealth belongs to me", with such thoughts a fool is tormented. He himself does not belong to himself; how much less sons and wealth?

Verse LXIII

The fool who knows his foolishness, is wise at least so far. But a fool who thinks himself wise, he is called a fool indeed

Verse LXIV

If a fool be associated with a wise man even all his life, he will perceive the truth as little as a spoon perceives the taste of soup.

Verse LXV

If an intelligent man be associated for one minute only with a wise man, he will soon perceive the truth, as the tongue perceives the taste of soup

Verse LXVI

Fools of poor understanding have themselves for their greatest enemies, for they do evil deeds which bear bitter fruits.

Verse LXVII

That deed is not well done of which a man must repent, and the reward of which he receives crying and with a tearful face

Verse LXVIII

No, that deed is well done of which a man does not repent, and the reward of which he receives gladly and cheerfully

Verse LXIX

As long as the evil deed done does not bear fruit, the fool thinks it is like honey; but when it ripens, then the fool suffers grief.

Verse LXX

Let a fool month after month eat his food (like an ascetic) with the tip of a blade of Kusa grass, yet he is not worth the sixteenth particle of those who have well weighed the law.

Verse LXXI

An evil deed, like newly-drawn milk, does not turn (suddenly); smoldering, like fire covered by ashes, it follows the fool

Verse LXXII

And when the evil deed, after it has become known, turns to sorrow for the fool, then it

destroys his bright lot, nay, it cleaves his head.



Verse LXXIII

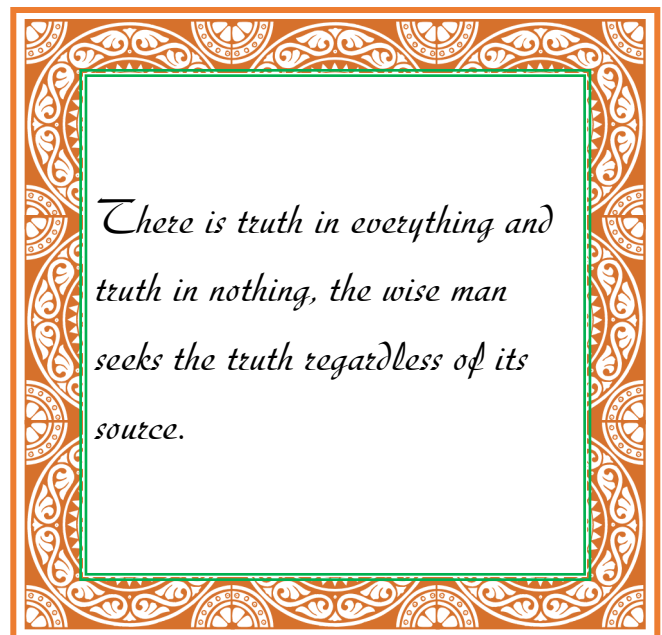
Let the fool wish for a false reputation, for precedence among the Bhishus, for lordship in the convents, for worship among other people!

Verse LXXIV

'May both the layman and he who has left the world think that his is done by me; may they be subject to me in everything which is to be done or is not to be done', thus is the mind of the fool, and his desire and pride increase

Verse LXXV

'One is the road that leads to wealth, another the road that leads to Nirvana' if the Bhikshu, the disciples of Buddha, has learnt this, he will No yearn for honor, he will strive after separation from the world



## Puzzle 8 Correspondence Quiz-Its - Air

Choose the correct Correspondence to each of the categories. All the correct answers can be found in the word search puzzle below.

cor-

### AIR

- Direction:      a) west                  b) south                  c) east
- Rules:            a) intellect                b) emotions              c) physical body
- Time:             a) dusk                    b) dawn                    c) noon
- Color:            a) yellow                 b) green                    c) blue
- Season:          a) Fall                     b) Spring                  c) Winter
- Zodiac Sign:    a) Leo                      b) Capricorn              c) Gemini
- Magickal Tool: a) wand                    b) cauldron                c) scourge
- Rulers:           a) Salamander          b) Sylph                    c) Dryads
- Sense:            a) touch                    b) smell                    c) all senses
- Tarot Suit:      a) Cups                    b) Swords                  c) Pentacles



Q	W	E	R	I	N	I	M	E	G	T	Y	U	I	A	O
X	Z	L	K	J	H	G	F	D	S	A	P	O	I	L	P
C	Y	N	H	U	M	J	I	L	K	O	L	P	I	L	A
V	S	A	Q	A	S	D	F	G	I	H	J	P	N	S	S
B	P	W	P	Z	X	C	V	B	N	B	K	L	T	E	D
N	R	Z	O	H	J	K	L	Q	Y	W	R	O	E	N	F
M	I	S	I	G	E	A	S	T	K	U	M	A	L	S	A
S	N	E	U	F	J	D	C	Q	F	E	Q	M	L	E	Q
H	G	X	Y	D	S	M	W	R	L	I	W	K	E	S	U
P	G	D	T	S	H	X	N	N	Z	R	E	K	C	U	A
L	B	R	R	A	A	W	P	Y	T	O	R	L	T	Y	R
Y	T	C	E	P	A	O	I	U	E	Y	T	Z	I	T	I
S	F	F	W	D	Q	M	N	B	V	L	C	X	J	R	U
M	W	A	N	D	T	V	G	Y	B	H	L	U	N	E	S
N	V	R	D	C	E	X	S	W	A	Z	Q	O	Q	W	G
B	V	C	S	W	O	R	D	S	X	Z	L	K	W	J	H

## Puzzle 7 Match Ups – The Seven Chakras

Using the letters at the top and the numbers beneath them match the Chakra with its color and it's attributes.

A	B	C
1. <b>Muladhara</b>	1. <b>Blue</b>	1. Universal consciousness, wisdom, transformation in a spiritual way.
2. <b>Svadisthana</b>	2. <b>Purple</b>	2. Intuition, insight, paranormal abilities, connecting with group mind and universal consciousness.
3. <b>Manipura</b>	3. <b>Green</b>	3. Creativity, self-expression, and communication, changing vibrations around you using sounds.
4. <b>Anahata</b> physical.	4. <b>Red</b>	4. Unconditional love, compassion, healing, learning to live in balance, bridging spiritual and
5. <b>Vasuda</b>	5. <b>Yellow</b>	5. Storehouse of physical energy keeps the other chakras healthy.
6. <b>Ajna</b>	6. <b>Orange</b>	6. Purification, joy, receptivity to nature, feminine energy, immunity from disease.
7. <b>Sahasara</b>	7. <b>Indigo</b>	7. Root of collective unconscious, vitality, stability survival.



## Beltane Focaccia (pairs well with Borage sauce!)

### Ingredients

- 2 ¼ tsp (1 packet) instant dry yeast
- 2 tsp sugar
- 1 ½ cups warm water about 110°F
- 4 cups all-purpose flour
- 1 ½ tsp salt
- 1 tbsp good quality olive oil plus more to drizzle

### Topping ideas

- cherry tomatoes
- green onion
- caramelized onion
- olives green or black or mixed
- rosemary sprigs or other dried herbs of choice
- 2 tsp flaked sea salt
- pinch of smoked paprika powder
- pepper

### Directions:

1. Whisk together the flour, sugar, dry yeast, and salt in a large mixing bowl.
2. Add water and olive oil and mix together with a wooden spoon until the mixture comes together. Transfer to a working surface.
3. Knead with your hands (or a stand mixer with dough hooks) for about 5-10 minutes until a smooth dough forms. *If dough is too sticky, add a little flour- but not much. We want the finished bread soft and fluffy.*
4. Shape the dough into a ball and place it in a lightly oiled bowl. Cover the bowl with a kitchen towel and place in a warm location to let it rise for 45-60 minutes, or until the dough has nearly doubled in size.
5. Turn the dough onto a lightly floured surface and roll it out into a large rectangle until the dough is about 1/2-inch thick. Place in an oiled baking pan (about 13 x 9) or large baking sheet. Be sure to stretch it into the corners with your hands.
6. Cover the pan, and let the dough continue to rise for another 10 minutes.
7. Preheat oven to 400°F & let dough rise for another 10 minutes.
8. "Dimple" the dough by using your fingers to press deep holes all the way down until you touch the bottom of the pan
9. Decorate your dough if desired by pressing the cherry tomatoes, olives and rosemary or ingredients of your choice into the focaccia.
10. Drizzle 1-2 tbsp of olive oil evenly all over the top of the dough, and sprinkle with salt, paprika and desired herbs.
11. Bake for 20 minutes, or until the dough is slightly golden and cooked through. Remove from the oven, and drizzle with a little more olive oil if desired.



**Borage sauce**

(Use as a marinade, dip, sauce or whatever you like it on)

Borage is the ideal plant to work with at Beltane. Also known as the starflower, this lightly-cucumber flavored flower draws in faeries. Known for relaxing frazzled nerves, it's perfect for sabbats by allowing us to set aside our worries and enjoy the holiday.

The flowers are lovely in ice cubes, in white wine or other drinks and the recipe below pairs beautifully with any type of bread, white fish, and in salads.

When gathering the borage for your recipe, take a small offering to leave behind in gratitude (such as a bit of bread or fruit or libation). Offer a prayer of thanks to the earth, the borage, and the plant spirits (devas and faeries) for their contribution to your sabbat recipe.

***Ingredients:***

About a handful (1-ish cup) Borage stems & leaves

Borage flowers for garnish

1 TBSP Oil (light flavored, light olive oil, grapeseed, sunflower seed, etc)

1-2 cloves Garlic

Lemon juice (about 1 lemon- but start with less and season to taste and consistency)

Salt and pepper as desired (but you can make it without)

You will also need either a blender or whisk.

***Directions:***

Gather all your ingredients and wash the borage before you begin.

1. Add borage to a blender (or finely chop)
2. Add in the oil
3. Add in the garlic
4. Add in the lemon juice
5. Pulse blend to a slightly chunky consistency (to your liking)
6. Taste- and then see if you need- or want- salt and or pepper



## Interview with Linda Rauch

**ED:** Good evening, everybody, or afternoon, everybody. I am Edward Sott from Covered Bridge Press LLC, and we would like to welcome you to Today's Witch Magazine and our interview with Linda Rauch.

**Linda:** Hello.

**ED:** Having her here. She is coming all the way from the UK.

**Linda:** I am indeed. Raining clouds of the UK, of course, grey, and rainy, but beautifully sacred and ancient land.

**ED:** We welcome you, welcome you here, Linda. I am glad you are having you.

**Linda:** Thank you.

**ED:** Now, I have, I have looked at, looked over your We were talking before talking about some of the things that we were going to discuss. So, I looked over your biography and you would do. You basically educate online, right?

**Linda:** Yes, that is my, my domain. Yes.

**ED:** And your education stems from everything from Wicca to spirituality, spirit, and healing, and homeopathy and a few things like that, correct?

**Linda:** Yes, pretty much all these books are a course that I have done or a training over the years. I've kind of gathered my, my toolbox and the things I have put in my cauldron, you know, one after the other, whether it was I Ching, Astrology, Reiki, you name it, it has all gone into the Linda Rauch cauldron, and I have mixed it all up and now I teach it.

**ED:** Now,

**Linda:** yes,

**ED:** Regarding the Reiki, is it UCRL Reiki?

**Linda:** No, I did it years ago and I did, I did the initial phases or, or training of Reiki. And then I got really drawn into the angelic Reiki, which there was an amazing teacher that was teaching. And she kind of went off track and did her own thing. So, I worked with her for a while.

Then I went to do firsthand healing in a truly kind of traditional way and did a year's training in that. So, I've kind of, you know, gone from different, different forms of healing. And again, just put it all in my own cauldron. And we are self-led in our spiritual path, and we bring ourselves to the party as it were.

And so, who we are is very essential in what we do in you know, in our life as practitioners or as witches or, or whatever, it is like our unique fingerprint. And so, mine was a little bit of Reiki. And a lot of homeopathies, decades of homeopathy and various others, you name it. I was, you know, mentioned on the bio EFT, which is an emotional freedom technique.

I cannot even remember half the things, half the training I have done. I have done so many things. Like a little Pac man wanting increased information about stuff. And then, then kind of digging deep and making, getting my connection with the divine so that what is coming out of me is not just from books. It is not just from, it is, it is helped by that, and it is contained by that, but it is a, it is a channel now.

And I work with spirit.

**ED:** One of the things that I have known from my own studies and, and, and traditional medicines and stuff like that, because as you know, I am an herbalist as well. I showed you a very extensive thing on herbalism.

**Linda:** Yep, incredible.

**ED:** Homeopathic medicine is a little bit different from herbal medicine though in a lot of ways.

It does, it does use herbal medicine, but would you explain a little bit of what homeopathy actually is for our readers?

**Linda:** Sure. Homeopathy is an energy medicine. Can I start this?

**ED:** Hold on a minute.

**Linda:** That is okay. Do not worry. So what you're, what you're doing is you are releasing the energy signature of whatever object or, or whatever, product you're going to be making a remedy out of so you can make a homeopathic remedy out of crystals out of the south pole Out of plants out of animals out of disease products out of anything Because what you're doing is you're diluting it to such an extreme state That what's left is the spirit of that and then that you put into di further and further dilutions of water, and so that the spirit is kind of, you know, even further and further condensed.

And they know that atoms, when they meet each other, because of course there's mostly space around us, and the atoms and molecules that we are, and this is a considerably basic science lesson, you know, that most of it is actually empty space. But when those molecules meet each other, they get overly excited.

And so that is what happens is so highly diluted that when they actually come together and we know from splitting an atom causes a nuclear, you know, explosion. So, we know the power of a single atom. And when those atoms meet something incredibly special happens. And so, the more diluted they are, the more powerful they are.

And so, it is, we are getting the energy signature from any, anything. You can make a homeopathic remedy out of absolutely anything. And the herbal product is the original product, undiluted, unless you kind of, you mix it up and you add things to kind of prolong its life. But that is the, that is the, the mother tincture.

And then everything else from homeopathically is just increasingly diluted. And the more dilute it becomes, the more powerful. So, it is giving your body, it does not do anything to the body, like herbalism will go into the body and make changes. This homeopathy tells the body, this is what the problem is, now fix it.

And then the body does it itself.

**ED:** Okay that makes sense. It is more alchemical then; it is like alchemy.

**Linda:** Yes. Yes, yes. And in the Bible, the first homeopath was Moses because he went up to Mount Sinai and he got the first book of the law and came down, his people had got together and got sick of waiting for him.

And they built a golden calf and idols and, and every, you know, there was a whole big fight and everything was put in and burnt and then the ashes of those Idols were used in the Bible, it's, it's there were used for the people to take and it was kind of like they were getting a homeopathic because it's another way of making homeopathy is through burnings that's kind of spagyric process. So yes, the first homeopath was Moses. So, it is pretty cool. So, they all learned a lesson in faith.

**ED:** Yeah, I was just, I am right now researching the Apocrypha and everything else, and the Vulgate and all the books, the unwritten books of the Bible, including like I said, the Apocrypha and a few other books.

So, I am kind of familiar with that story particularly, and the use of the ash and everything else and homeopathy, so. That is an interesting fact that they showed there, and actually Egypt was known more for it than even Moses who studied in Egypt.

**both:** Yes,

**Linda:** Yes, he did quite a journey

**ED:** as these

**Linda:** tarot cards, tarot cards, quite a journey

**ED:** under Hermes time. This is a matter of fact.

**Linda:** Well, you know, far more about this than me. So, you are the academic here with an amazing brain. So, I just kind of sense stuff and pick up bits of things here and there. But we need people like you to kind of ground the details of it. Thanks.

**ED:** But it is nice that you are doing. I noticed you have done, like I said, several trading training sessions in mediumship too, which is another thing that I have an interest in. Mediumship is more or less the ability, if I am not mistaken, to, to pick up and sense more energies from people or objects that are, that have passed or have left residue behind.

and be able to correlate that into bringing it into the physical realm for people to identify with or relate to. Is that an effective way of describing mediumship?

**Linda:** Yes, absolutely. It is, we are talking to the, talking to the, the dead, those that have passed to the other side of life. And if you, you can use different objects to help you link.

So, if you have a photograph, for example, I just happened to have this is this, this is a photograph. So, this is the mother. She was connected to a very amazing guru in India. But if you, if you have a photograph and I just, this just happened to be here, then you can use the photograph as a focus to put your mind aside.

While you can connect with the soul of this person who has passed. But generally speaking, if you, you can also use jewelry. So, I might use a ring or something and it will comment psychometry. Exactly. So, you focus your mind on the ring. because that our minds get remarkably busy, and they interrupt in that direct connection with spirit.

And so, these other things are just theirs. As techniques to get our mind out the way, but most mediums work directly. They do not need; they learn to focus their mind so that I am here. Linda is here and I kind of push Linda's awareness aside, and then I am tuning into spirit as they come through. And so, I opened the invitation, and it is just.

just like spell work. It is just like a ritual being in a ritual where you invite the ancestors in or you kind of create, you invoke. So, we invoke, we invoke spirit, we invoke the loved ones. And I usually say, who is here or who wants to come through, who loves this person enough to want to connect. And so, their loved ones will then come through.

And I will try and move Linda. as much away as possible so that the person who I am working with feels the actual presence of their loved one. And an incredibly good medium does not just sit there and say, Oh, I have got your father here and he supported this football team. And, you know, he liked purple trousers and, and, you know, his favorite pub was whatever. And every Tuesday he would do this. Those mediums are old school. We do not need those mediums anymore that are bringing in just pure evidence. What we need now is the actual loved ones, the energy, the presence, the feeling, like you feel the presence of a deity when you are working or an ancestor.

You need to bring that in so that that person can have that remarkably close transformative experience with their loved one.

**ED:** Now, do you do an actual invocation or evocation?

**Linda:** I well,

**ED:** there is a significant difference.

**Linda:** Yes. Well, you tell me the difference because I actually.

**ED:** invocation means you internalize the spirit and actually allow them to take possession of your body where evocation is.

You externally request the presence of that person. Yes. Allowing for or entity because you do not like it, you do not want to invoke the elements. I mean, that would not be advisable. Yeah. , to say the least, but that is an example. Yes. And you cannot invoke a god and goddess. Allow them to make presents, but do not ever invoke pan. Experience taught me that.

**Linda:** So, this is why we need people like you to teach an old witch new trick, see. So, I've only ever really, you know, and again it is like, you internalize concepts and then you stick with them and that is it. So, I have never paid much attention to anything other than invoking. And invoking is bringing in And with deities, it is different.

But with spirit, it is a blend. So, it is kind of invoking and evoking. It is a combination of the two. Because you need to feel it in your own body.

**ED:** Yes. Well, that is why I am saying you have to let the newer, our newer generation know there is a defined difference between the two. And there can be dangers and hazards involved with invocations.

**Linda:** Thank you. Yes. That is an exceptionally good thing to know. Absolutely. And it has

**ED:** a medium. As a medium and a person with the skills of a medium, being clairvoyant, clairaudient, Clair transient, which are the three primary skills of most mediums invoking can be an empathy. Of course, empathy is a key aspect of mediumship.

**both:** Yes.

**ED:** Invoking can be hazardous as well as helpful.

**Linda:** Well, the, the thing is.

**ED:** So, you have to, you have to be able to filter out, I am saying be able to filter, be a filter and filter out energies that are negative or outside of the realm of,

**Linda:** Yes, so I teach the way I teach and the way I live and the way I work at is that it is you are tuning in the rate.

It is like you are tuning in an old radio to the right radio station. So, you start off with tuning in and you have to tune into the higher frequencies. So, if you, if you are tuned in your LinkedIn properly, you do not have an issue with negative entities, in which case, you know, you are only working on this vibration of unconditional love.

which will attract the loved ones of people on the other side of life. Because once they go to the other side, no matter how awful they were here, they are pure spirit, and they are pure love. That is what brings them forward. That is what actually magnetically pulls them forth to the person that they want to connect with.

And so, you are always in a situation where you are bringing in positive benevolent energies. And so, you can bring them close.

Now the, if you can do a very, very deep trance, cause its mediumship is a trance state really. In a lighter trance, you are doing mental mediumship, and you are just talking, and you are just kind of bringing through the information and some of the evidence and the energy of the person.

That is really important. But the deeper and deeper trance that you get into, then you'll be coming much more in what you would call the invoking state if you applied those terms to mediumship, because you're bringing you actually let the person who's coming through, whether it's an angelic being, whether it's a guide, whether it is your loved one.

into your actual body and you, you can see it, you can see the person transfigure, you see their face change, sometimes the voices change you can, you just see a totally different energy being imprinted on that person, that's more physical mediumship, and that is, that is much more invoking, like, You.

**both:** know, yes,

**Linda:** but I avoid that because I can do trance, but I am, I am much more working with people in a lighter trance state.

**ED:** There's a, a cordial science of various different levels of, of trans. states of consciousness.

**both:** Yes.

**ED:** And once you are, if you were into a deepest trans state, you are into a Delta state and a Delta state is where you actually can lose possession of your body and allow something, anything to come in and actually take possession of saving that trans state. When you are in a sleep state, you are in, you are in gamma and beta and alpha.

**both:** Yes.

**ED:** various different intervals.

**both:** Yes, that's

**ED:** right. Most mediums will go within the alpha state and stay within the alpha state. within a conscious awareness of themselves as well as in order to avoid the potential of accidental possession if you will.

**Linda:** Yes, again it is like I am very I am incredibly careful about not scaring people off mediumship because or scaring people off witchcraft I mean my courses go out around the world and I get the most horrendous comments.

**ED:** On your page, unfortunately.

**Linda:** Yes. I mean, it is shocking. It is shocking. People are terrified and, and you know, we know there are still witch hunters out there in, in certain countries.

So, you know, it is pretty, you have to yes, there is. It is knowing about it. Yes. You need to know about it, but I am very much about teaching or everything. I teach the foundation of everything I teach, whether it is witchcraft or, or tarot or psychic work, the foundation is healing. If you always set the intention that you are healing, and that is the only place from which you are coming. That is the intention. That is what you are evoking and invoking in a way is the energy of healing, then you will not have to worry about these other things. And so the state that you get into, whether it's theta or alpha, whatever the state that you get into when you're working with mediumship, you have to, you have to release and surrender into it.

Otherwise, you know, it gets scary. And I remember when I was, I used to have precognition dreams when I was young and I could sense all sorts of stuff and I could see spirit and as a young, young, incredibly young child, probably since birth. And it got very, very scary for me. So as a teenager, not consciously, But suddenly it stopped.

And I think my spirit team, my guides, whatever, who knows, my deep unconscious said, enough of this. It is too scary for her. She does not need to be dealing with this and everything else in her life right now. And so, it stopped. And then I had done so many different things and a particularly good friend of mine said you know, the only thing you have not really you know, worked, like gone into deeply is your mediumship because you shut it off and you have not opened it back up again.

So, I went to a training class at the college of psychic studies and a wonderful medium called Henry Cummings was doing the training and he was going around the room and saying, Why, you know, why are you here and what is going on? And, and I got to me, and I said, I have had abilities in the past, but I shut them, I shut them down.

And to be quite frank, I am, I am not sure if I really want to open up again. And he said to me, why are you scared? And I said, well, I watched the omen as a kid. You know, I saw those horrible movies, those scary things. It is like, you know, why would I want to invite that in my life? And he said to me, "They are scary, I do not know.

You have never met you before, but there are scarier people in your own family than you will ever meet on the other side of life was like, Whoa. And he said, with love, it is about the vibration of love. You cannot connect with them unless you are tuned into that very vibration. You actually cannot connect with them.

And so, if you just learned to tune into that vibration, you are fine. And we then did a meditation, and it was a chakra meditation. We have got to the solar plexus and boom. It all opened up, back up again, and I opened my eyes, did a reading, and there I was seeing spirit again. So, I do not want people to be afraid of mediumship.

**ED:** Oh no. I am not saying to be afraid of it. I am saying to you with all things being conscious.

**Linda:** Yes.

**ED:** There is a thing called a healthy fear.

**Linda:** Yes, absolutely. I agree with you.

**ED:** Healthy fear is one that provides us with caution in doing things to make sure we do not cause injury to self or others in the process. When you do a mediumship too, one of the things that I would say or advise, okay, and I am sure you will agree with me on this, is that if there is an unhealthy relationship with the, with the person's family, they wish to resolve, they first have to resolve it within themselves.

before you can even resolve with the family member because of the fact that as long as they are unhealthy within and not forgiven within, they cannot forgive without.

**Linda:** Well, you know, my years as a counsellor, I was trained as a counsellor and worked in rape crisis and you know, a lot of kind of difficult trauma based situations in England.

And then I was a counselor for heroin addicts who were on methadone, who all had HIV or AIDS. And a lot of them were criminals of one sort or another. And so, I was really face to face for many years with some really unhappy, very, very wounded people. And I did psychotherapy and counseling myself because I was a counselor, so I did that for years and years and years and years.

You never get fixed. You know, you can never, you can always find, you can always be healthier, but you can never get completely and utterly resolved necessarily. So, I can have somebody come to see me who hates their father, who died, who had the most terrible relationship with their father, and they have not resolved it.

But if I bring through their father, if they are allowing it, and I bring through their father, and the father says, Do you remember when we went fishing? Do you remember that one time that you caught that really influential person? You do not know when we got home, I was angry with you, and we had a big fight.

What you do not realize is I had just gone bankrupt. And then I started drinking and I never recovered. And, you know, you give them a piece of information and you give them some understanding of their loved ones who are never bad people. They have just been wounded.

**ED:** It is somewhat like in psychiatric counseling that I have performed as a, as a, as a therapist myself and as also a reverend. I have to deal with trauma and even self-trauma. I mean, I have been through a lot myself as a child and everything and grew up in a military family, military household. So, you kind of adapt to certain environments and stuff like that, but are not necessarily healthy, but you have to remember that your parents did the best they could because that is what they were taught.

**Linda:** Exactly.

**ED:** Yes. You were, you were a good student. You had lousy teachers. They were diligent students with lousy teachers.

**both:** Yes,

**ED:** exactly. So, once you come to that point in realization in your life, then you can change the course. perspective. And I think that's part of the healing that involved with mediumship as well and doing things like that is helping people come into, come into perspective with their own lives.

**both:** and help

**ED:** they deal with the traumas of the past by dealing with those who have passed away, especially when they have not had closure.

**Linda:** Yes, exactly.

**ED:** To be able to make that connection, you know, to make that connection, and that forgiveness that I was talking about earlier, which is the most important part of it.

**Linda:** That is what it is all about. Mediumship, that is what it is all about. And I can, I can do a reading with someone and, you know, it could have been in counseling terms, two years in counseling, and 20 minutes in film.

in mediumship if it is done well in the right way can just transform in a way that years of therapy would take years because they have to develop a strong bond with the you know trust with the therapist before they can allow that level of you know healing to go on which

**ED:** leads us to the craft because the craft is a spiritual practice

**both:** yes

**ED:** Okay and it is a practice not of It is not something we do; it is something we live.

**both:** Yes.

**ED:** It is something we breathe, we eat it, we sleep it, we are it. One of the things that I have known with the Crown is we have a tenant in most of the Wiccan traditions. is that harm ye none do what you will. It is the golden rule.

**both:** Yes.

**ED:** And a harmony none includes a self.

**both:** Yes.

**ED:** Which is the most important aspect of it.

So that being the case, you know, I, I love the fact you are a healer, you know, and you use the craft for that practice of healing and everything else. Now we have a bunch of new people coming into the craft these days, you know, every 15 years we cycle into it. Waking spirituality and stuff like this and people coming into the craft that are new and beginners.

**both:** Yes,

**ED:** they want to understand what you know What's the nature of the craft is and so forth, but they also have the attitude of Quick fix everything Instantaneous gratification.

**both:** Yes,

**ED:** what would you send how we got five minutes left and I thank you for your time You're spending with us today, by the way What would you advise to the new upcoming generations of witches. Which is to understand what the craft is and what we are about.

What would you advise them?

**Linda:** Okay, so the planet that we are all sitting or standing on is ancient beyond all ancient. And everything comes from, from Gaia, from the planet and the planets above and the planets below us. And It is not a TikTok five second thing, you know, this, the natural rhythms of, of, of life and the rhythms of nature, which we abide by, which we work with as witches are based on that, that experience of forever, foreverness.

So, if you pop into this world for a second, you are only going to get the tiniest dose of the most incredible medicine of it. You have to be patient and open to it and just really feel into it very deeply. You cannot pop in and out. It is not an accessory, like a nice new pair of headphones. It is not a TikTok reel that you are laughing at for five minutes and you are sharing with your friends.

This is, and it is not a, it is not a religion or an ideology. It is an existence. It is a practice of living. As you say, it is everything that we, we do, we live and breathe it. And it is just about understanding the nature of, of life, not just the physical nature as in how things grow and where the planets move, but the quantum nature, like the deep mysteries that we do not understand and understanding that we are guided by presences that, that we cannot possibly put names to and never will.

And yet we can form ideas about how they may come and help our lives. And to know that you are not alone, because that is a lot of these, the generation think that they're alone and that they have to go out there and somehow beat all the competition and be more beautiful or have, you know, better hair or, you know, Or, you know, be more famous.

It is like, no, none of those matters. What really matters is just developing your heart, your soul's journey. And using the tools that Wicca provides or whether it is Wicca or whether it is Tara, whatever it is, using those tools to make your journey. own connection with the divine, because if you make that connection, you are never, ever alone.

And they will give you the answers to everything that you need all the times that you are feeling that frustration and loneliness and a sense of confusion in this crazy world. So, you know, there are just a few words I could go on for days about, about what we do and how wonderful it is and how important it is, but it is not an accessory.

**ED:** Thank you very much for that because that is one of the things that I try to sit there and remind people that it is not a quick fix gratification accessory, that it is not a fad, this is not something you do, it is something you live.

**Linda:** It is within you.

**ED:** It is within and without.

**Linda:** And for a lot of, yes, and that is right, and for a lot of sensitives, we are born knowing.

I started playing around with herbs when I was five years old, I started mixing rose petals in the garden and quite often people who are drawn to witchcraft have also had, they have seen fairies or they have loved fairy stories or, or there have been aspects of the mysteries that they knew was a reality.

And now they are coming back to it as teenagers or young, young adults. And they are thinking, yes, what was that feeling that I had way back when I knew there was more than just what I am seeing. And I want to know more about that. So, you know, it is good.

**ED:** Well, thank you very much, Linda, for your time here today.

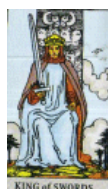
And I thank you for being here with us. I enjoyed our conversation and enjoyed this interview. And everybody got a lot out of it. I would like to say thank you to everybody for reading our magazine. Keep looking for us in future issues and look for Linda in a future issue. You will find this is going to be an amazing journey that you will start coming into.

So, everybody, have a blessed and wonderful day.

**Linda:** Thank you. Blessed be.

## Tarot Spreads

### Taurus ~ I Have ~

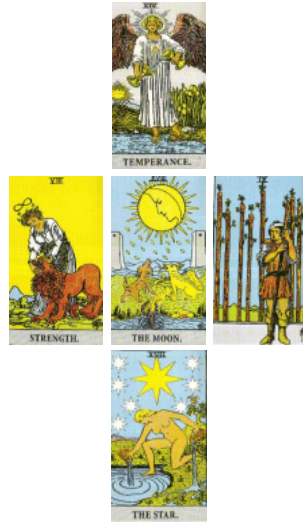


Card Number	Card Representation	Divinatory Meaning
Card 1	My attitude toward possessions and money	The 8 of Swords—This card indicates that the person feels that their money and possessions are an entrapment.
Card 2	The current state of my finances	The Wheel of Fortune—This card indicates that the person is at the moment financially stable and is able to meet his/her needs
Card 3	Abilities and talents that are currently at my disposal	The Sun—This card indicates that the person has the capability of maintaining and managing their earnings and as a good acumen when it comes to management
Card 4	The state of my sensual pleasure	The King of Swords—This card indicates that the person finds his/her greatest pleasure in communicating their needs.
Card 5	The state of my desire for excess and luxuries.	The Hierophant—This card indicates that the person is a giving person and tends toward finding their passion is in it
Card 6	How much patience I have my being rooted	The Page of Swords—This card indicates that the person is relatively impatient and requires immediate results.
Card 7	How possessive and jealous am I?	The Hanged Man—This card indicates that the person is not possessive or jealous and tends toward a generous world view

## Tarot Spell

### Animals

#### Protection of Threatened or Endangered Animals



This layout takes the form of a cross, and ancient symbol of protection. THE MOON, which is the focal card, can represent wildlife and wilderness, and all things that live in the primal state of nature. Ironically, THE MOON is also a warning of danger. THE STAR, at the base of the figure, promises help and protection. TEMPERANCE, crowning the cross, represents wise ecological management. The 9 OF WANDS is a card of protection and defense.

For this spell you will need to have at least one lit candle. If you wish to use accessories for this spell, you may use green leaves, crystals and gemstones, and cloth. It is good to use the color green for these accessories, as green symbolizes the freedom of nature. Colors typical of the particular elements which the animals live in could also be used; for example, watery blues and greens for sea mammals fish and aquatic life; deep green for forest animals; appropriate earth tones for desert animals; sky blue for birds, and so on. As another possibility, you could choose colors characteristic of the particular species you are concerned with. Pictures of the type of animals you are concerned about protecting will also be helpful.

To perform this spell, you may use any ritual of your choosing, or just proceed by laying out the cards and doing the following meditation, visualization, and affirmation.

#### Meditation and Visualization

Lay out the cards when you come to the appropriate point in the spell.

First, set down THE MOON, visualizing the realm of nature and all its denizens. Now, visualize the particular species you have chosen to help with this spell, making in your mind a picture of those particular animals within their customary habitat.

Next, lay down THE STAR. As you lay down this card, think of all of the unseen but powerful forces at play in the universe around us. Think of these forces acting together to help those creatures of nature which are so in need of special help.

Set down the STRENGTH card, imagining the protective strength that will be needed in the subject animal's fight for survival.

Lay down the TEMPERANCE card, envisioning the guardian angel as the protective spirit that watches over the Earth. Visualize that guardian spirit becoming a special tutelary spirit for the type of animal in question, even visualizing that spirit taking on some of the attributes of that animal. Think also about the spe-

cial environmental action that may be needed to assure the survival of the subject animals.

Finally, lay down the 9 OF WANDS. Visualize all forces — human agencies as well as powers natural and supernatural — alerted and ready to protect the endangered animals.

After you have laid down all the cards and done the visualization, hold your hands over the candle flame or flames, make a clockwise circular motion over them with your hands, and visualize the candle flames as growing to build a warm and protective cone of energy around the animals in question. As you continue, image in your mind — very vividly — that as you build this spell, the field of protection spreads over the face of the Earth, glowing and growing about all of the animals with which the spell is concerned.

At the appropriate point in the ritual, after your visualization, recite the following affirmation:

#### Affirmation

"I call upon the mighty forces of Nature!

I call upon all good protective spirits!

The forces of the Earth,

and of the waters,

and of the air.

Hear me now!

Help me now!

Lend the power to protect this life form

which is so endangered!

The vast forces,

the power and the energy

which I call forth

grow and redouble!

These animals, the \_\_\_\_\_

are aided and protected

and they grow ever more numerous

and ever stronger!

These animals, the \_\_\_\_\_

are ever more able to thrive

in the world that is now,

## The Fool's Journey: The Hierophant By Emily Thornton

The Fool recently met the Emperor and learned about discipline. Now he has made his way to the Hierophant. This character is someone who imparts wisdom about the spiritual world as well as the rules of living in the modern world.

The word Hierophant comes from ancient Greece. Someone who was a Hierophant was considered a priest who interprets sacred mysteries or esoteric (obscure) principles. This person would perform sacred rites in the city. As time went on the term is used in a broader sense for someone who is a spokesperson, commentator, interpreter, or advocate.

If the Hierophant comes up in a reading, this is likely for someone who is waiting for a call or looking for an opportunity. Usually the person who is embodied by this card is considered an educator or in school, university, church or government. They are someone who helps keep structure or rules to get along.

The Hierophant teaches the Fool about what is right, what is wrong, and what is fair. It asks the Fool to take a look at the judgements that are happening in their worldview and look at it from a fresh perspective.

Looking at the card we see three individuals. One is the priest who interprets the mysteries and then two monks or acolytes. One is wearing roses, which is connected to desire and emotion. The other is wearing lilies and focuses on reason and intellect. This gives an idea that one needs to have all three to connect more fully to the spiritual side of oneself. Both aspects of self are equally important when learning of the spiritual world.

There are quite a few symbols embedded in the card. The box at the bottom of the card represents secret knowledge, and the keys are to opening up that secret knowledge. The keys come from within...and within self development, opens up spiritual knowledge. This card reminds us that we all have an inherent wisdom within ourselves, we don't need to find that in people outside of ourselves.

The pillars represent wisdom and the connection between the earth, the heavens, and trust. Trusting in the energy, strength and power that comes down from the spirit world into Mother Earth. This journey that the Fool is on is one of self discovery. One cannot have knowledge of the real world without knowing about the spiritual world. The Hierophant teaches him this.

The Hierophant is the number 5 card in the Major Arcana. This number is the number of humanity and looks at the pros and cons of being human. When the number 5 comes up in other parts of the tarot, it is reminding the querent to take charge and be a master of change. It is the pivotal point of change. It is the place where risks are taken and transition occurs. This is the number where it is impossible to stand still. Humans are meant to change and adapt.

The pillars represent obedience and disobedience or freedom and law.

The red color in the Hierophant's robe represents the color of authority and strength. He also has his hand raised which is called the Bridge. This hand position represents the bridge between spirit and body.

In the Celtic Tarot, the deck I use personally (first card in the examples at the bottom), the Hierophant card is called "The Druid". The picture holds similar aspects to the Rider Waite deck but there are some added Celtic Symbolism. The three pillars of light at the top is called the "Awen". This symbol is one of inspiration or creative energies. It inspires the querent to question the world around them.

Overall, when the Hierophant comes up in a reading, it is asking the querent to reevaluate beliefs and morals. It may be time for the querent to be clear where they stand and what they stand for. Do they want to conform or rebel against societal norms or what they have grown up to believe. Reach out to those around you, to someone you hold in high regard and work with them to discover yourself. The Hierophant helps us delve into expanding our perceptions and opening our mind to new and foreign possibilities.



## Bringing the Past-Forward, a little bit of a different take on Beltane

By Melina Valdejo

Researching for each issue is one of my favorite things to do. I end up down rabbit holes with several tunnels and offshoots of topics, discussions, traditions, recipes and more. It's one of those things that are: "the good thing is I love research-the bad thing is I love research."

Whether it's checking out websites and getting lost in the footnotes and bibliographies (yes, I'm that person) or visiting older, now out of print books, it's interesting what themes Goddess, God, etc (insert your own deity here) brings to our attention.

Guides, teachers, and deities will subtly guide us-if we let them- to topics, teachings and seemingly inspired thoughts that become experiences. It can be pretty amazing how sometimes a theme, word, or phrase will jump off the page to get our attention. Before you know it, we're diving into what that discovery means to us personally- and to our own spiritual paths.

We may become inspired to write, to perform a ritual, or to create a new tradition within our own family or circle of friends. As time goes on and that ritual is repeated, it eventually becomes "the past" to those who come after us.

"Bringing the past forward" was one of those themes that particularly stood out for this sabbat season. When considering what we do to celebrate this holiday, often we begin at "what's always been done before." There are so many themes and traditions around Beltane (Bealtunn, Bealtinne, Walpurgisnacht). Let's look at how we can bring things forward and create some new traditions alongside the old.

For this sabbat, the maypole is the first thing that comes to mind for many people. As you know, the pole is a phallic/male symbol and the wreath at the top is the feminine aspect. Next, you have participants dancing around the pole weaving ribbons-that's a lot of energy. In a way, they're "sacrificing" their energy to weave these ribbons. (If you've ever done this, you know you can get tired after going 40-ish times around the pole...).

In the case of raising all this energy this Beltane, you might want to consider, "what are you sacrificing your energy for?" What are you making manifest in this moment? At this sabbat? In this lifetime? What are you blending your energy with to achieve something? Are you aligned with the right people? This energy has the ability to manifest some large goals, so be cautious with what you ask for-the Universe is big on semantics.

Scott Cunningham writes that Beltane is the "fully blossomed Spring". It's also a time of growth and fertility. What will you "make fertile"? What will you nourish, fertilize, water, and take care of - or be accountable for? In short, what will you spend your energy on (sacrifice) to create (or birth) what you want? (If it wasn't clear before, yes- our ancestors were very agrarian based, and all those metaphors still apply today.)

Beltane is a fire sabbat; we can't forget that. In the past, it was a time of extinguishing all the fires in a household only to relight them again. Try turning off all your lights and sitting in the quiet and in the dark. What comes up for you? Better yet, try being in the dark - outside. Maybe there's just a tiny bit of fear that goes back to a time when you were very dependent on those fires being relit? Our emotions have the ability to reach back through time and tap into those primal concerns. Are we safe? Will we survive? Is there enough food? What if we fall and there's no cell reception to call for help? Bringing that forward into today's times, our concerns aren't that different from ages ago. Sex. Food. Safety. That primal brain is still very much alive today, things just look a bit different now. Protection from the supernatural was just as important as protection in the physical or natural world.

This time of the year was also a time of purification. Great twin fires -also known as a "need fire"- were built and said to be ignited in "the old ways of friction between wood" (~Ronald Hutton). This fire drill (as it is termed) was made of a large oak set within a frame. A rope was then twisted around it and was pulled back and forth between two groups of people, creating essentially the large version of this fire drill. (If you were ever in boy scouts or girl scouts, this was done singularly with a small bow.) These fires were lit yearly for this purification or protection and sometimes to drive away sickness or plague.

Need fires were only lit after all fires within households were put out. I would imagine this would invoke a sense of anticipation- and a sense of faith. What if it started to rain? What if the fire couldn't be lit? What sort of message would that send to the people?

Eventually after the fire was lit, it was time to gather the cattle. Cattle were paraded between two need fires as a form of purification and to invoke the blessings of their gods and goddesses as the cattle were driven to their summer pastures. It may sound odd today but consider just how important these cattle were. They were an investment-and you should always take care of your investments. What are you invested in today-and how/are you taking care of it?

After this was completed, the villagers lit torches from the fires and took them back to their respective homes and relit their hearths. This brought the blessing of the fires into their homes. When the fires had burned down, the ashes could then be spread over the fields as a blessing for future crops- and to nurture the soil.

Beltane is what's called a "spirit night" much like Samhain. The veil between the worlds grows thin. It's an opportune time for divination work. It's also a time to honor our ancestors and those who've passed over. Most people aren't focused on these older aspects of this holiday. This may be a time to clean off those ancestor altars. It could also be a time to tend the graves of loved ones, light a candle, pray or talk to them. Cook their favorite foods. In short- honor them, remember them.

With all of this in mind and knowing what you know about this sabbat, where will you allow yourself to go "down the rabbit hole"? What will your mind focus on and discover?

Regardless of where we end up, take a moment to consider where we've come from, what our ancestors did -and sacrificed for us. How will we "bring the past forward" as we create our own traditions- right alongside the old?

Blessed Beltane.



**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.

## The Epic of Gilgamesh: How it pertains to Paganism and Archaeology today

By William Brigley

The epic is a series of twelve clay tablets discovered in the great library unearthed just outside Mosul in Nineveh, Northern Iraq (or what it was known in ancient times as being part of Mesopotamia). The very same place Abraham was from, for those biblical scholars.

The tablets were written in ancient cuneiform and were dated to around 650 B.C.E, yet there is evidence showing that the story was around much longer; as fragments have appeared on tablets dating back before 2,000 B.C.E from various parts of Turkey and Iraq. The Sumerian cuneiform writing itself has been estimated to go as far back as 3,300 B.C.E.

Cuneiform means wedge-shaped, which is precisely how the text appears on the tablets. It was used by the ancient Sumerians, the Akkadians, and speakers of other near-eastern languages also; however it is not a language, but rather an alphabet.

The Epic of Gilgamesh, was in fact unearthed from the Great library in Nineveh, Iraq as I mentioned earlier; however it was contained within a slush pile of shards shipped back to the British Museum from Ottoman, Iraq by Sir Austen Henry Layard. Its rediscovery was then made by a man named George Smith in 1872.

"Smith recounted to his audience how he'd read of a ship coming to rest on a hilltop "followed by the account of the sending forth of the dove, and its finding no resting place and returning". In other words, he had discovered a Babylonian account of the biblical deluge – moreover, one that predated the Bible. He then read his translation of the entire fragment."

Though the story was reported widely on both sides of the Atlantic; Smith was denied funding for further expeditions to find more fragments of the Epic. It wouldn't be until January 1873 that the Telegraph stepped in to offer the British Museum £1,000 for Smith to conduct further excavations. Despite this, many things went wrong for Smith. He suffered chronic seasickness, upon his arrival in Ottoman, Iraq; that his permissions were not valid, and the papers had not been signed by the right people, delaying him for months.

Since the Epic of Gilgamesh was first discovered there were issues that could have very well been related to the fact people were afraid; afraid that this seemingly older text had many parallels to what was written as biblical accounts and may be considered a threat because of it.

The Epic of Gilgamesh is a very interesting read, and tells a lot about not just the spirituality of the day, but also the public opinion of Gilgamesh, his thoughts regarding himself and so much more. What follows is a selection from the epic describing the flood.

On the fifth day I laid out her exterior.  
 It was a field in area,  
 its walls were each 10 times 12 cubits in height,  
 the sides of its top were of equal length, 10 times 12 cubits each.  
 I laid out its (interior) structure and drew a picture of it (?).  
 I provided it with six decks,  
 thus dividing it into seven (levels).  
 The inside of it I divided into nine (compartments).  
 I drove plugs (to keep out) water in its middle part.

I saw to the punting poles and laid in what was necessary.  
 Three times 3,600 (units) of raw bitumen I poured into the  
 bitumen kiln,  
 three times 3,600 (units of) pitch ...into it,  
 there were three times 3,600 porters of casks who carried (vege-  
 table) oil,  
 apart from the 3,600 (units of) oil which they consumed (!)  
 and two times 3,600 (units of) oil which the boatman stored  
 away.  
 I butchered oxen for the meat(!),  
 and day upon day I slaughtered sheep.  
 I gave the workmen(?) ale, beer, oil, and wine, as if it were  
 river water,  
 so they could make a party like the New Year's Festival.  
 ... and I set my hand to the oiling(!).  
 The boat was finished by sunset.  
 The launching was very difficult.  
 They had to keep carrying a runway of poles front to back,  
 until two-thirds of it had gone into the water(?).  
 Whatever I had I loaded on it:  
 whatever silver I had I loaded on it,  
 whatever gold I had I loaded on it.  
 All the living beings that I had I loaded on it,  
 I had all my kith and kin go up into the boat,  
 all the beasts and animals of the field and the craftsmen I  
 had go up.  
 Shamash had set a stated time:  
 'In the morning I will let loaves of bread shower down,  
 and in the evening a rain of wheat!  
 Go inside the boat, seal the entry!'  
 That stated time had arrived.  
 In the morning he let loaves of bread shower down,  
 and in the evening a rain of wheat.  
 I watched the appearance of the weather--  
 the weather was frightful to behold!  
 I went into the boat and sealed the entry.  
 For the caulking of the boat, to Puzuramurri, the boatman,  
 I gave the palace together with its contents.  
 Just as dawn began to glow  
 there arose from the horizon a black cloud.  
 Adad rumbled inside of it,  
 before him went Shullat and Hanish,  
 heralds going over mountain and land.  
 Erragal pulled out the mooring poles,  
 forth went Ninurta and made the dikes overflow.  
 The Anunnaki lifted up the torches,  
 setting the land ablaze with their flare.  
 Stunned shock over Adad's deeds overtook the heavens,  
 and turned to blackness all that had been light.  
 The... land shattered like a... pot.  
 All day long the South Wind blew ...,

blowing fast, submerging the mountain in water,  
 overwhelming the people like an attack.  
 No one could see his fellow,  
 they could not recognize each other in the torrent.  
 The gods were frightened by the Flood,  
 and retreated, ascending to the heaven of Anu.  
 The gods were cowering like dogs, crouching by the outer wall.  
 Ishtar shrieked like a woman in childbirth,  
 the sweet-voiced Mistress of the Gods wailed:  
 'The olden days have alas turned to clay,  
 because I said evil things in the Assembly of the Gods!  
 How could I say evil things in the Assembly of the Gods,  
 ordering a catastrophe to destroy my people!!  
 No sooner have I given birth to my dear people  
 than they fill the sea like so many fish!  
 The gods--those of the Anunnaki--were weeping with her,  
 the gods humbly sat weeping, sobbing with grief(?),  
 their lips burning, parched with thirst.  
 Six days and seven nights  
 came the wind and flood, the storm flattening the land.  
 When the seventh day arrived, the storm was pounding,  
 the flood was a war--struggling with itself like a woman  
 writhing (in labor).  
 The sea calmed, fell still, the whirlwind (and) flood stopped up.  
 I looked around all day long--quiet had set in  
 and all the human beings had turned to clay!  
 The terrain was as flat as a roof.  
 I opened a vent and fresh air (daylight!) fell upon the side of  
 my nose.  
 I fell to my knees and sat weeping,  
 tears streaming down the side of my nose.  
 I looked around for coastlines in the expanse of the sea,  
 and at twelve leagues there emerged a region (of land).  
 On Mt. Nimush the boat lodged firm,  
 Mt. Nimush held the boat, allowing no sway.  
 One day and a second Mt. Nimush held the boat, allowing  
 no sway.  
 A third day, a fourth, Mt. Nimush held the boat, allowing  
 no sway.  
 A fifth day, a sixth, Mt. Nimush held the boat, allowing  
 no sway.  
 When a seventh day arrived  
 I sent forth a dove and released it.  
 The dove went off, but came back to me;  
 no perch was visible so it circled back to me.  
 I sent forth a swallow and released it.  
 The swallow went off, but came back to me;  
 no perch was visible so it circled back to me.  
 I sent forth a raven and released it.  
 The raven went off, and saw the waters slither back.  
 It eats, it scratches, it bobs, but does not circle back to me.

Reference: <http://www.ancienttexts.org/library/mesopotamian/gilgamesh/tab11.htm>

These tablets regarding the Epic contain some of the earliest writings in the world, while further describing many Gods and Goddesses; in other words, a polytheistic belief system, an ideology practiced by many Pagans the world over even today. It was also their connection to the world around them and their understanding of events in nature.

Among their deities were Inana/Istar; who is goddess in the Mesopotamian pantheon. She is primarily known as the goddess of sexual love and equally prominent as the goddess of warfare. In her astral aspect, she is the planet Venus, the morning and the evening star.

Then we have Enlil who was one of the supreme deities of the Mesopotamian pantheon. He decreed the fates, his command could not be altered, and he was the god who granted kingship.

Then we have the Mesopotamian mother goddess who is known under many names, the most prominent of which is the Sumerian name Nintud/Nintur. Other frequent names are Ninmah and Belet-ili. She was in charge of pregnancy and birth and, especially in earlier periods, appears as the creator of humankind. So, these are just a few of the many deities worshipped. Again, I'll include a link so that you can take a look at the entire pantheon of their belief system.

In describing Gilgamesh, he was the heroic King of Uruk. His father was the Priest-King Lugalbanda (Loo-gal-banda) (who is featured in two poems concerning his magical abilities which pre-date Gilgamesh) and his mother is believed to have been the goddess Ninsun (the Holy Mother and Great Queen) and through this, Gilgamesh was considered a demi-god who was believed to have lived an exceptionally long life. In accordance with The Sumerian King List records, he reigned for 126 years and possessed super-human strength.

Gilgamesh is also widely accepted as the historical 5th king of Uruk whose influence was so profound that myths of his divine status grew up around his deeds and finally culminated in well... the Epic of Gilgamesh. He is also featured in the Sumerian tale of Inanna and the Huluppu Tree, in which the goddess Inanna plants a troublesome tree in her garden and appeals to her family for help with it, Gilgamesh appears as her loyal brother who comes to her aid. In this story, Inanna is the name given to goddess of love and war and one of the most powerful and popular deities of Mesopotamian. She plants a tree in her garden with the hope of one day making a chair and bed from it. Unfortunately, the tree becomes infested, by a snake at its roots, a female demon (lilitu) in its center, as well as an Anzu bird in its branches. No matter what, Inanna cannot rid herself of the pests and so appeals to her brother, Utu, god of the sun, for help. Utu refuses but her plea is heard by Gilgamesh who comes, heavily armed, and kills the snake. The demon lilitu and the Anzu bird flee and Gilgamesh, after taking the branches for himself, presents the trunk to Inanna to build her bed and chair from. This is thought to be the very first appearance of Gilgamesh in heroic poetry and the fact that he rescues a powerful and potent goddess from a difficult situation shows how much he is held in high regard even early on. The historical king was eventually given complete divine status as a god. He was seen as the brother of Inanna, probably the most popular Goddess in all of Mesopotamia. Prayers found inscribed on clay tablets which also address Gilgamesh in the afterlife as a judge in the Underworld comparable in wisdom to the famous Greek judges of the Underworld.

Historical evidence for Gilgamesh's existence is found in inscriptions crediting him with the building of the great walls of Uruk (modern day Warka, Iraq) which, in the story, are the tablets upon which he first records his great deeds and his quest for the meaning of life. There are other references to him by known historical figures of his time and, of course, the Sumerian King List I mentioned, as well other legends originating during his reign. In the present day, Gilgamesh is still spoken of and written about.

Not only that, a group of German archaeologists say they have found the entire city of Uruk, using ground penetrating radar, including remains of a building below where the Euphrates river once flowed; which is precisely where the Epic of Gilgamesh describes the very location of the tomb of the King to be. Today, the Euphrates River is the longest river in South-east Asia; it is one of the two main constituents of the Tigris-Euphrates river system. The river rises in Turkey and flows southeast across Syria and through Iraq.

Jorg Fassbinder, of the Bavarian department of Historical Monuments in Munich has stated ""The most surprising thing was that we found structures already described by Gilgamesh,"

"We covered more than 100 hectares. We have found garden structures and field structures as described in the epic, and we found Babylonian houses." As one can see, Archaeology is backing up the myths and legends thought once to be confining to one belief; a relation to an ancient polytheistic belief system, including the possible discovery of the main characters tomb; and landscapes described on the tablets themselves.

<http://news.bbc.co.uk/2/hi/science/nature/2982891.stm>

<http://www.csun.edu/~hcfll004/sumking.html>

[http://www.britishmuseum.org/about\\_us/departments/staff/middle\\_east/irving\\_finkel.aspx](http://www.britishmuseum.org/about_us/departments/staff/middle_east/irving_finkel.aspx)

<http://www.biblicalarchaeology.org/daily/biblical-topics/hebrew-bible/the-animals-went-in-two-by-two-according-to-babylonian-ark-tablet/>

<http://www.ancient.eu.com/gilgamesh/>

<http://www.bbc.co.uk/ahistoryoftheworld/objects/GOe8Mt6vRdSNcg-yeivrEA>

[www.icr.org/article/noah-flood-gilgamesh/](http://www.icr.org/article/noah-flood-gilgamesh/)



## Dictionary of Pagan Terms

### F-Words

**Familiar:** Some form of animal which has a strong psychic link with a Witch. This animal is treated as a magickal partner, and believed to lend energy and insight to the magick user. Was at one time believed to be an incarnated portion of the soul of the person who had the creature. <sup>2</sup>An animal kept by a witch for the psychic help it can give; cats, dogs and horses in particular react very sensitively to negative influences, supplying early warning or corroborative evidence. Their human 'owners' (or rather, partners) are careful to give them psychic protection in return. Certain kinds of deliberately created and maintained thought-forms may also be called familiars. <sup>3</sup> An animal companion trained to assist in magickal workings. Little is known about the original functions of familiars, though the Inquisitors had their own warped ideas. Nowadays most Witches have animal friends or pets, but few are trained as familiars.(4) A spirit or elemental with whom one has a psychic and/or magickal rapport. Also a power animal form that is of a kindred nature.

**Fates:** Destiny. In Greece, the three faces of Fate were: the one who governed birth and the thread of life, the one who determined the length of a life (the length of the thread), and the last who cut the thread at death. Likewise in the Craft, the Goddess has three aspects, personified by the Maiden, Mother, and Crone.

**Feminine:** In magick, everything from plants to planets are divided by their traits, some being considered Yin, or feminine in nature, others being Yang, or masculine. Generally, feminine aspects have to do with intuition, instinct, love, healing, the Moon, and gentle arts. Each polarity is venerated for its qualities, neither male nor female being greater, simply different. The feminine nature is often represented by the moon.

**Festival:** One of the eight seasonal Sabbats. (q.v.).

**Fetch:** (1) 'The apparition, double, or wraith of a living person' (Oxford English Dictionary). (2) A projected astral body or thought-form deliberately sent out to make its presence known to a particular person. (3) A witch (usually male) sent out by a High Priestess as a confidential messenger or escort; sometimes called the Summoner or the Officer.

**Fetish:** A meaningful natural or created item that the bearer believes possesses a spirit or power that can be utilized for specific goals. Some fetishes are made for one-time use, during which their "spirit" is released to its task immediately by burning, burying, tossing in water, or carrying them to a designated location. Other fetishes are designed for long-term use, like those one might keep at home for peace and happiness.

**Fire:** The third element of the alchemical tradition, fire is a purifier, an element of change. It stands in the Southern point of the magick circle, presumably because areas in the South tend to be hotter. Animals aligned with fire include lizards, many desert creatures, and the fabled dragon. Magick employing fire as a symbol is often centered around energy and the will. <sup>2</sup>In many Wiccan traditions, the element corresponding to the South, the color red, energy, will, passion, determination, purpose, and ambition.

**Five fold Kiss, Five fold Salute:** The witches, ritual salute, man to woman or woman to man, with kisses (1) on each foot, (2) on each knee, (3) on the lower belly, (4) on each breast and (5) on the lips - really eight kisses in all. It is only used within the Circle.

**Folk Magick:** The practice of meshing bioelectrical energy with natural energies from plants, odors, stones, essential oils, and other earthly products. The combined energies are moved to create a specific change. <sup>2</sup> The practice of utilizing personal power, in conjunction with natural tools, in a non-religious framework, to cause positive change.

**Force Field:** The area in which a particular energy or influence operates. Alpha force field, the electrical aura; Beta force field, the psychic aura.

**Full Moon:** In magick, the nights of the Full Moon are used to bring fruitfulness to any endeavor. It is a time of fertility and creativity. An excellent period to work magicks dealing with drawing favorable energy into yourself, healing, love, etc. <sup>2</sup>That phase in the lunar cycle when the moon is at her brightest and appears perfectly round; a high point of lunar power when Witches traditionally gather to work magick for healing and abundance, and to celebrate the Goddess. In "The Charge of the Goddess", She says, "Once in every month, and better it be when the Moon is full, gather and adore Me . . ."

# May 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Last Quarter Moon Beltane	2	3	4
5	6	7	8 New Moon	9	10	11
12	13	14	15 First Quarter Moon	16	17	18
19	20	21	22	23 Full Moon	24	25
26	27	28	29	30 Last Quarter Moon	31	

**May 1 Beltane Last Quarter Moon**

**May 8 New Moon**

**May 15 First Quarter Moon**

**May 23 Full Moon**

**May 30 Last Quarter Moon**

## May

By Jill Ann Raven

The month of May (Maius in Latin) was named after the Greek goddess Maia. She has also been identified with the Roman Goddess of fertility Bona Dea, who embodies the perception of growth. In May there is a festival called the Bona Dea. This is the only known festival where women could gather and indulge in strong drinks and perform sacrifices.

Maia was considered the goddess of spring and growth. The name Maia translates to "Mother and "great." This name is derived from the story of the Greek Goddess Maia.

She is the loveliest and eldest of the seven Sisters of the Pleiades. Maia is known as the shy Goddess. She is the Daughter of Pleione (the Oceanid) and Atlas.

Maia dwelt alone in Arkadia in a cave near the peaks of Mount Kyllene. Zeus saw her and he found favor with her and pursued her. Together Maia and Zeus gave birth to Hermes. She birthed Hermes in a mountain cave. Once born Hermes grew quickly and within six days of his birth, he already stood as tall as a young man.

Maia also raised a boy named Arcas (Arkas) whose mother had been transformed into a bear by Zeus to hide him from Hera. One of Maia's powers is the ability to command all other Nymphs. As Goddess of Nymphs she can command the Nymphs to do as she wills because she holds sway over them.

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**The Mummer's Dance by Loreena McKennitt**

Pick Am bass and alt for a couple bars(Intro)

Am G

When in the springtime of the year

Em Am

When the trees are crowned with leaves

Am G

When the ash and oak, and the birch and yew

Em Am

Are dressed in ribbons fair

Am G

When owls call the breathless moon

Em Am

In the blue veil of the night

Am G

The shadows of the trees appear

Em Am

Amidst the lantern light

(CHORUS)

D C

We've been rambling all the night

G D

And some time of this day

D C

Now returning back again

G D

We bring a garland gay

Verse 2

Am G

Who will go down to those shady groves

Em Am

And summon the shadows there

Am G

And tie a ribbon on those sheltering arms

Em Am

In the springtime of the year

Am G

The songs of birds seem to fill the wood

Em Am

That when the fiddler plays

Am G

All their voices can be heard

Em Am

Long past their woodland days

(Repeat CHORUS)

Verse 3

Am G

And so they linked their hands and danced

Em Am

Round in circles and in rows

Am G

And so the journey of the night descends

Em Am

When all the shades are gone

Am G

"A garland gay we bring you here

Em Am

And at your door we stand

Am G

It is a sprout well budded out

Em Am

The work of Our Lord's hand"

Repeat CHORUS x2 Am, G, Em, Am to fade

## Plants and Trees

### (Trees)

**WILLOW** the tree sacred to the ancient pagan Moon Goddess, possibly because it grows near water. In country districts the willow has gained an unwarranted sinister image. Old folklore says that willows pull up their roots and can walk; they have even been accused of strangling passing travellers with their branches. These fairy tales may date back to pagan times and the ancient rites performed in honour of the Great Goddess.

**OAK** is traditionally the King of the Trees. It was widely regarded as sacred by the ancient Celts and Nordic peoples who worshipped their gods in oak groves. Mythologically the oak is the tree of the sky or thunder god and is associated with the symbol of the lightning flash representing invoked magickal energy.

**HAWTHORN** is a tree which is also sacred to the Goddess. It featured in the medieval rites of May Day or Beltaine, when people danced around the phallic maypole on the village green. It is considered unlucky to bring hawthorn into the house because, as a tree of the Goddess, it should be used outdoors in rites in her honour.

**HAZEL** is the tree of wisdom in Celtic mythology. Hazelnuts are reputed to be capable of passing divine wisdom from the gods. It was believed that anyone who ate from the sacred hazel tree knew instantly the secrets of all sciences and arts. It was also believed that you could make yourself invisible by making a special wand from hazel wood. The association of the hazel with wisdom is recollected in the old saying "This is it in a nutshell".

**ASH** was a tree sacred to the Norse people who regarded it as the cosmic World Tree. It was on this tree that Odin hung for nine days and nights to receive the wisdom of the magickal runes. The ash tree was used for healing in olden times and it is said the Druids possessed wands made from this wood.

**BIRCH** is a symbol of fertility and is another Goddess tree. In folklore birch rods are used to drive out the spirit of the old season at New Year. It is used to be common practice to beat the mentally ill with birch twigs to allegedly drive out evil spirits. The sacred mushroom with the red cap and white spots which features in many children's fairy tales grows in birch forests. The mushroom was used by ancient magicians to communicate with the spirit world.

**ELDER** is traditionally a tree associated with witches. It's an old superstition that if a child is placed in a cradle made of elder wood he or she will be stolen by faeries and a changeling left in its place. Elder twigs were also placed above barn doors by farmers in the old days to ward off witches whom were supposed to ride on Samhain. All these odd beliefs are connected with the fact that the elder is the tree sacred to the Great Goddess in her aspect of the Old Crone.

**YEW** is the last magical tree to be planted in this special garden of magick trees. It's the tree of death which is probably why it's been found planted around country churchyards in great profusion. It's also known as the Joshua tree and tends to grow wild only in areas where blood has been shed.

Yew is another tree sacred to the Great Goddess's dark aspect whom acts as a guide to her human children when they depart this world into the next.

## Symbolic Qualities of Flowers

Baby's Breath: — modesty, sweet beauty

Basil: — integration, discipline and dragon force

Begonia: — balance, psychism

Buttercup: — self-worth, the power of words

Cactus: — manifestation of riches and beauty

Carnation: — deep love, healing, love of self

Clover: — luck, love and fidelity, kindness

Daffodil: — power of inner beauty, clarity of thought

Dahlia: — higher development, self-worth, and dignity

Daisy: — increasing awareness, creativity, inner strength

Gardenia: — purity of action and purpose, emotional help

Geranium: — happiness, healing, and renewed joy

Gladiola: — receptivity to divine will

Hibiscus: — femininity, sexuality and warmth, new creation

Hyacinth: — Overcoming of grief, gentleness, inner beauty

Iris: — higher inspiration, psychic purity

Lavender: — magic, love, protection, healing and vision

Lily: — birth, godly mind, and humility

Marigold: — fidelity, longevity, loving sacrifice

Morning Glory: — Breaking down the old, spontaneity

Rose: — love, strength through silence, passion

Rosemary: — power, clarity of thought, sensitivity

Snapdragon: — will force, creative expression, clairaudience

Sunflower: — opportunities, self-actualization, happiness

Violet: — modesty, fulfillment, psychic sensitivity



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A 1/10<sup>th</sup> to 1/4 page advertisement is \$50.00. This ad will run for 2 issues prior to your festival.

A 1/2 Page advertisement is. \$85.00 This ad will run for 2 issues prior to your festival.

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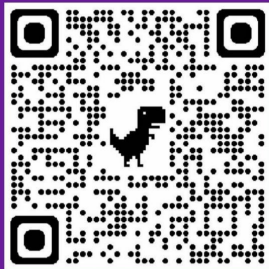
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