

TODAY'S

DECEMBER 2024



WITCH

VOLUME 2 ISSUE 2

YULE



Today's Witch—Interview With Alexian

A Survivor's Story—Surviving Trafficking Part II

Working Magic with Pet's

TODAY'S WITCH

NOVEMBER 2024

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

contactus@todayswitch.net

(570) 534-7628

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USA-Pennsylvania

Covered Bridge Press, LLC.

570-534-7628

contactus@todayswitch.net

Edward Sott

Editors Board and Staff

Edward Sott—CEO, President

David Larsen—Sales and Marketing

Earl Williams—Human Resources

Emily Thornton—Chief Managing Editor

Melina Valdejo—Staff Writer

Zannah Matejak—Social Media Director

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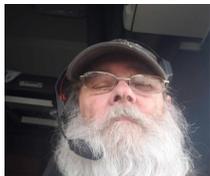


Meet the Staff

Edward Sott (CEO)



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



David Larsen (Sales and Marketing Dir.)

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



Earl Williams (Hum. Res. Director)

My name is Rev. Earl Williams.

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



Melina Valdejo (Staff Writer)

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



Emily Thornton (Managing Editor)

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



Zanna Matejak—Social Media Director

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



*When you get a gift pay it forward and
the rewards are far greater than the gift
you were given*

Letter From the Editor

Thank you dear readers for allowing us the privilege of bringing you this magazine for a whole year. We are going to continue to produce this fine periodical and we hope that you have gotten a lot of enjoyment, information, and learning from it. This year has been an interesting first year for us. We've had our ups and downs, and have watched the magazine grow from it's infancy to a full range publication. And it's you dear readers that we have to thank for that.

There are not too many pagan magazines out there in print, and most are digital and only quarterly or semi-annual's. We are proud to be able to provide you all with a printed monthly magazine, and other products that we have created over the course of our first year.

There are some new changes occurring in the upcoming year, that we hope to have you all continue to be with us. The first change is in our cover designs. Our previous covers have been clean and have had no information on them which shows what articles are featured in them. We are going to change that by putting our feature interview and feature article on the front cover so that you all can know what you can expect to see, amongst other articles.

We are also going to be expanding our viewpoints a bit. Our previous focal points in our articles have been primarily that of education, and instructional with a hint of some personal things like poetry. We also have included recipes, and crafts that can be done on the various sabbats.

In our upcoming issues we are going to be hitting on some very poignant and topical conversations. These articles are important because they focus on social issues that our community as a whole need to address. Everything from, as you will see beginning in this issue, human trafficking, addressing misinformation, to any other social issues, you all may suggest.

Also we will be discussing current topics occurring in our community as a whole. We have noticed in our social media platforms many questions arising in regards to Paganism, and new terminology, and all sorts of other things. We will address these questions in our magazine to the best of our ability.

I have removed the puzzles from our magazine temporarily if you would like to see us continue with the puzzles please let us know and we ill put them back in.

In addition to being an in print magazine, would you like to see us in this upcoming year take the magazine to a digital format?

It is our hope to continue to provide you all with this fine publication. And we hope that you dear reader are enjoying your magazines as much as we enjoy producing them for you.

We are committed to having all articles in our magazine to be genuinely authored by the person(s) submitting them. We do not accept or endorse any written AI contributions. All our material is the product of the individual authors.

On behalf of our staff, and Today's Witch Magazine we thank you for your patronage.

If you have any suggestions, comments, feedback, or anything you'd like to see or contribute to this magazine. Please email us at contactus@todayswitch.net. We look forward to serving you in the next coming years.

Edward Sott

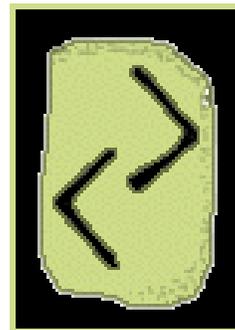
CEO Today's Witch Magazine.

The Runes

Jera (yar-awe)

Sound:	“Y”
Depiction:	The sacred union of heaven and earth, the dynamic rotation of the Summer-Winter cycle.
Runic Position:	2nd Aett, 4th Rune
Original Meaning:	Signifies the life cycle or the cycle of the sun.
Key Words:	Cycles, right action, completion, fertility, natural law, continuation
Tree:	Oak
Herb:	Rosemary
Gemstone:	Emerald, malachite, aventurine, green tourmaline
Color:	Green
Runic Half-Month:	December 13—December 28
Hours of the Day:	11:30pm—12:30am
Other Names:	Germanic: <i>Gaar (Jera)</i> Norse: <i>Ar</i> Anglo-Saxon: <i>Ger (Jara)</i> Icelandic: <i>Ar</i> Norwegian: <i>Jara, Ar</i>
God/dess:	Frey
Power Animals:	Eagle, boar, horse, hound, bear, squirrel, grasshopper, chipmunk, cow, deer, duck, hare, ladybug, peacock, swallow
Element:	Earth
Numerological Value:	“12”
Astrology:	The Sun
Tarot:	The Emperor

- Increases Harmony
- Learns how polarities work together to make the whole
- The Power of manifestation.



Galdr Song:	Jera, jera, jera
	J j j e e e r r r a a a
	J j j j j j j j j j j
	Ju ja ji je jo
	Jur jar jir, jer jor
	J j j e e e r r r a a a



Magickal Qualities:

- Understands circular flow of Oneness
- Works with natural patterns; sic. cycles of the season'
- Increases creativity and fertility

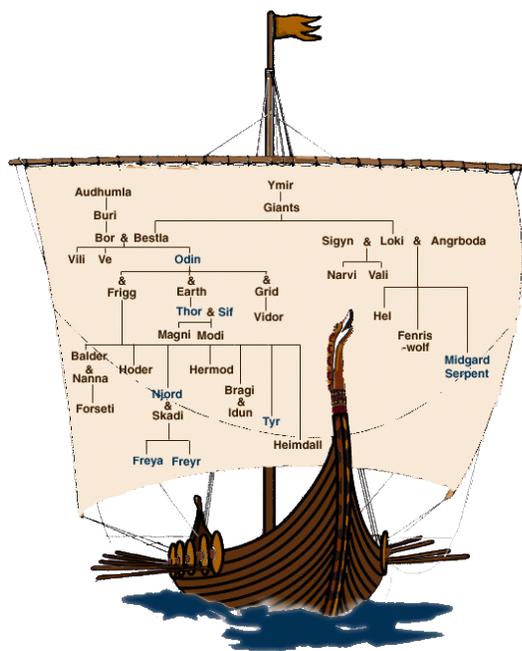
Norse Deities

Heimdall

Also Called:	The White God, Guardian of Bifrost
Type:	Of uncertain status but probably a guardian deity
Known Period of Worship:	Circa (700 CE—1,100 CE)
Synonyms:	Mardall; possibly Rig; "the white god"
Art References:	None known but probably the subject of anonymous carvings
Literary Sources:	Icelandic codices; <i>Prose Edda</i> (Snorri); Place names
Colors:	White, Multi-colored
Incense/Oil:	Birch
Symbols:	Horn, Rainbow
Stones/Metals:	Aquamarine, amethyst, gold, copper, bronze
Plants:	Avens, rose, polypody, oak, verbena
Day:	Thursday
Runes:	Mannaz, Elhwaz, Eihwas, Tiwaz, Ingwaz



Heimdall is an enigmatic deity to whom there is considerable reference in the codices. He is drawn as the sentry or guardian, a tireless watcher over Asgard, needing no sleep and able to see in the darkest of nights. According to mythology, he lives besides the rainbow bridge connecting Asgard with the other realms. His symbol is the Gjallarhorn which is used to alert the gods to the onset of Ragnarok (doom). He came also to be associated with guardianship of the world tree (Yggdrasil). Said to be born of nine giantesses, the waves of the sea (See Aegir) and in some legends he is the father of mankind. The *Voluspa* (Codex Regius) begins with the words: "Hear me, all ye hallowed beings, both high and low of Heimdall's children." Heimdall has close links with Freyja and his synonym Mardall parallels Mardoll (See Freyja). He may even have been a Vanir god. Said to have fought a sea battle with Loki.



Cold Moon Correspondences

Other Names:	Aerra Geola (month before Yule), Big Winter Moon, Heilagmanoth (Holy Month), Long Night's Moon, Moon of Popping Trees, Oak Moon, Wintermonat (Winter Month), Wolf Moon	
Nature Spirits:	Snow Faeries, Storm Faeries, Winter Tree Faeries	
Herbs:	English Ivy, Fir, Holly, Mistletoe	
Colors:	Black, Blood Red, White	
Flowers:	Christmas Cactus, Holly, Poinsettia	
Scents:	Frankincense, Lilac, Myrrh, Patchouli, Rose, Geranium, Violet	
Stones:	Jacinth, Peridot, Serpentine	
Trees:	Fir, Holly, Pine	
Animals:	Bear, Deer, Horse, Mouse	
Birds:	Robin, Rook, Snowy Owl	
Deities:	Athene, Fates, Hathor, Hecate, Ixchel, Minerva, Neith, Norns, Osiris	
Power Flow:	To endure, die, be reborn; Earth tides turning; Darkness; Personal alchemy; Spiritual paths' Reach out to friends and family; The lonely and needy	

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

December's Full Moon

-By Melina Valdejo, owner, Pathways New Age Books

As the calendar year comes to a close, December's full moon shines brightly in the night sky, signifying changing from one cycle to the next. Occurring on December 15th at 3:02 a.m., this moon holds various names and meanings to many cultures and traditions, including modern Paganism. Known by several names, this full moon represents the winter solstice (which occurs on Saturday, December 21st at 3:20 a.m. CST) and the turning of the seasons.

December's full moon is widely known as the "Cold Moon," a name rooted in Native American traditions, particularly among the Mohawk people. This name comes from the chilly temperatures and frosty air that make an appearance in December in the Northern Hemisphere as winter sets in. Some cultures also refer to it as the "Long Night Moon" because it coincides with the winter solstice, the time of year when the nights are longest and the sun reaches its lowest point in the sky. This name emphasizes the lengthy, dark hours during which the moon shines at its brightest, casting its light over the quiet, extended nights.

In other traditions, December's full moon is called the "Moon Before Yule," which connects it to ancient Norse and Germanic customs. Yule, or the winter solstice, is an important festival marking the rebirth of the sun, and this moon acts as a sign for that upcoming sacred celebration. Meanwhile, in Druidic and Celtic traditions, this moon is known as the "Oak Moon," symbolizing endurance and resilience. The oak tree, sacred to many Pagan paths, stands tall throughout the winter, a symbol of strength in the face of harsh conditions. Each of these names reflects different cultural understandings of the winter season, all emphasizing themes of endurance, reflection, and preparation for the colder months ahead.

For Pagans, December's full moon aligns closely with the winter solstice and signals the point of greatest darkness and, the promise of returning light. This moon is a time of introspection, marking a period when practitioners reflect on the past year, honor lessons learned, and prepare for renewal. The winter solstice, or Yule, is celebrated as the rebirth of the sun and the renewal of life. The Cold Moon aligns with that theme, as it illuminates both the end of one cycle and the beginning of another. Many Pagans see it as an ideal time to perform rituals focused on release and manifestation, letting go of what no longer serves them and setting intentions for the new year.

In Pagan beliefs, the Cold Moon also resonates with the Crone aspect of the Goddess. Often depicted as a wise elder, the Crone embodies the culmination of wisdom gathered through experience. Some things to consider are, "how have this year's experiences added to my growth?" This is a time to honor the Goddess as a source of knowledge, as she guides practitioners in reflecting on their personal growth.

December's full moon is ideal for various magickal workings, especially those focusing on endings, cleansing, and preparation for renewal. A simple yet powerful practice for this moon is a releasing ritual: write down habits, feelings, or situations you wish to release on a small piece of paper. In a safe space, burn the paper as you envision these aspects leaving your life. This ritual is a meaningful way to let go and make space for new growth in the coming year.

Another meaningful activity for this moon is a gratitude and reflection practice. Take time to write down all that you're grateful for from the past year. Acknowledging your accomplishments and lessons learned helps to set a solid foundation for future growth. Reflect on what you've learned and how you've changed, expressing gratitude for both the challenges and triumphs.

December is also a good time to perform a cleansing spell. As winter begins, cleanse your living space to remove stagnant energies. Using a combination of sage, cedar, or pine for smudging – herbs often associated with the winter season – can help to invite warmth, peace, and protection into your home during the colder months.

This full moon is also ideal for divination, as its introspective energy enhances the clarity of visions. Tarot, rune casting, or scrying can help illuminate insights for the year ahead. You might ask questions about your goals, relationships, or any areas where you seek guidance as you prepare for a new cycle. Additionally, you can create moon water by placing a clear glass container of water outside to absorb the Cold Moon's light. This water can be used in later rituals, for cleansing, or to charge crystals and magickal tools.

Finally, December's full moon is a wonderful time to prepare for Yule. You might enjoy crafting decorations from natural elements like pine, holly, and acorns, or making protective charms. Beginning an intention list or vision board to keep on your altar during the solstice celebration can also serve as a powerful reminder of your dreams and goals for the coming year.

December's full moon, the Cold Moon, marks the beginning of winter's deep stillness and the turning of the year's cycle. For Pagans, this moon embodies themes of reflection, resilience, and renewal, offering an opportunity to release old energies and prepare for the light of the new year. Whether through rituals, introspective work, or simple gratitude, honoring the Cold Moon connects practitioners with nature's cycles and the powerful energies present in this sacred time.



Yule Correspondences

Other Names:	Midwinter, Sun Return, Alban Arthan, Pagan New Year, Saturnalia, Winter Solstice, Finn's Day, Yuletide, Festival of Sol, Great Day of the Cauldron, Festival of Growth	Gods:	Aker, Apollo, Attis, Balder, Braggi, Cronos, Father Sun, Helios, Hyperion, Janus, Jesus, Lugh, Maui, Mitra, Mithras, Ngau, Nurelli, Oak/Holly King, Odin, Ra, Saturn, Sol, Ukko, Yachimata-Hiko
Symbols:	Evergreen Trees, Yule Log, Holly, Eight Spoked Wheel, Wreath, Spinning Wheels		
Colors:	Red, Green, White, Gold		
Deities:	Newborn God, Triple Goddess		
Activities:	Decorating the Yule Tree, Gifts in memory of the deceased. Story telling		
Taboos:	Extinguishing fires, Traveling		
Animals:	Stags, Squirrels, Wren, Robin		
Stones:	Bloodstone, Ruby, Garnet		
Foods:	Poultry, Dried Fruit, Egg Nog, Pork, Beans		
Plants:	Holly, Mistletoe, Evergreens, Poinsettia, Bougainvillea, Tropical Flowers, Bay, Pine, Ginger, Valerian, Myrrh		
Meanings:	Rebirth of God, Honor of the Triple Goddess, Return of the Sun, Waxing Year, New Year (Celtic)		
Attunement Teas:	Cinnamon, Mullein, Willow Bark, Yarrow		
Ritual Oils:	Rosemary, Myrrh, Nutmeg, Saffron, Cedar/Pine, Wintergreen, Ginger		
Mythological Creatures:	Phoenix, Trolls, Mermecolion		
Key Actions:	Meditate, Introspection		
Goddesses:	Angerona, Albina, Anna Perenna, Befana, Brigitte, Changing Woman, Eve, Fortuna, Freyja, Gaia, Hannah, Heket, Kefa, Lilith, Lucina, Ma'at, Metzli, Nyx, Nu Kua, Pandora, Pax, Shekinah, Spinning Woman, Thea, Tiamat, Virgin Mary, Yachimato, Zvezda		



Yule: Embracing the Longest Night and Celebrating the Return of the Sun

-By Melina Valdejo, owner, Pathways New Age Books

Yule, the Pagan celebration of the winter solstice, is a cherished time that marks both the longest night of the year and the rebirth of the sun. This ancient holiday falls on December 15th at 3:02 a.m in the Northern Hemisphere, beginning the shift from the darkest period toward gradually lengthening days. For Pagans, Yule is a sacred time to honor the natural cycles of darkness and light, to reflect on inner growth, and to welcome renewal and hope.

Historically, Yule finds its roots in pre-Christian customs, with celebrations that date back thousands of years. Norse, Germanic, and Celtic traditions all held midwinter festivals, which included the burning of a Yule log, decorating with evergreens, and gathering around fires to welcome the sun's return. These rituals, centered around warmth and light, not only helped brighten the long, cold nights but also expressed a deep gratitude for life's endurance through the winter.

Yule's Pagan Significance: Darkness and Light

For Pagans, Yule's magick lies in its celebration of both the light and the dark, honoring the duality present in nature and within ourselves. The solstice represents the rebirth of the sun, often depicted as the Sun God or the Divine Child in various Pagan traditions. This newly born sun gains strength each day after Yule, as the daylight hours grow longer, symbolizing hope, growth, and the promise of spring.

Many Pagans also view Yule as a time to honor the Goddess in her Crone aspect. As the wise elder, the Crone embodies knowledge gained from experience, guiding us in introspection and acceptance of life's cycles. With the Crone's wisdom, Yule becomes not only a time of light's rebirth but also a time to accept, and even cherish, the darkness as a place of quiet and wisdom.

The longest night, then, holds a deep spiritual significance. Darkness is not just an absence of light but a nurturing space where we can rest, renew, and look inward. It invites us to slow down and listen to our inner voices, to release old energies, and to embrace the strength we gain from our own personal journeys. As such, many Yule rituals focus on letting go of the past, clearing space for new beginnings, and setting intentions for the year ahead.

Yule Traditions: Celebrating the Rebirth of the Sun

Yule has inspired various traditions that celebrate the return of light. The lighting of candles and fires is a central practice, symbolizing the growing strength of the sun and the warmth it brings. This tradition continues today as Pagans light Yule candles or build fires, keeping the warmth alive through the longest night and calling upon the sun's energy to renew the earth. Some will stay up all night, feeding the fire to welcome the rising of the sun.

Evergreens are another powerful symbol of Yule, representing resilience, protection, and life's continuity. The ancient Celts and Norse decorated their homes with boughs of holly, ivy, and pine, believing that these plants carried life and strength through the coldest months because they stayed green throughout winter. Modern Pagans often bring in wreaths, garlands, or even a decorated Yule tree, honoring the vitality of the evergreen and inviting blessings into their homes.

One of the most familiar Yule customs is the burning of the Yule log, an ancient Norse tradition. Traditionally, a large log would be placed in the hearth, burned slowly, and kept smoldering for the duration of Yule. Ashes from the Yule log were often saved to protect the home and bring luck in the coming year. Today, many Pagans follow this tradition, either with a small log on an altar or by lighting candles in place of a traditional log.

Yule celebrations also honor community, family, and connection. Whether through shared feasts, storytelling, or music, Yule gatherings offer warmth and companionship, encouraging people to come together during the darkest time of year. For solitary practitioners, Yule can be a quiet time of self-reflection, gratitude, and intention-setting, connecting spiritually with the cycle of nature.

Rituals for Embracing the Darkness and Finding Peace

Yule's emphasis on the longest night provides a perfect opportunity to honor and embrace the darkness, finding peace and wisdom within it. This simple but meaningful ritual helps practitioners connect with the energy of the dark season, using it as a tool for reflection and inner calm.

Ritual for Embracing the Longest Night

This ritual focuses on finding peace within the darkness and connecting with the quiet strength that it offers. It can be performed alone or with a small group and is ideal for the night of the solstice, though it can be done any time in winter.

1. Prepare Your Space – Begin by dimming or turning off all lights in the room where you'll perform the ritual. Light a single black or dark blue candle, representing the longest night, and place it at the center of your space.
2. Center Yourself – Close your eyes and take several deep, slow breaths. Focus on grounding yourself, envisioning roots growing down from your feet, connecting you to the earth below. As you breathe, let yourself settle into a state of calm.
3. Invite the Darkness – With each breath, allow yourself to sink deeper into the quiet and stillness. Reflect on the year that has passed and any challenges or lessons that remain. Ask the darkness to hold space for your reflections, honoring it as a source of wisdom and strength.
4. Embrace and Release – Open your eyes and gaze at the candle flame, letting it symbolize your own inner light. As you focus on the flame, take a moment to whisper or think of anything you wish to release into the darkness—fears, regrets, or worries. Imagine these feelings being absorbed by the darkness, leaving you with a sense of peace and calm.
5. Close with Gratitude – Thank the darkness for its guidance, strength, and stillness. Acknowledge the peace that comes from this quiet time of rest and reflection. When ready, snuff out the candle, symbolizing your acceptance of the night's embrace.

This ritual is a beautiful way to make peace with the darkness, letting it be a comforting presence rather than something to be feared.

Ritual for Honoring and Embracing the Darkness

The winter solstice is an ideal time for reflection and shadow work—facing and accepting all parts of ourselves. This ritual focuses on honoring the darkness within and around us as a source of healing, comfort, and transformation.

1. Gather Your Items – You'll need a dark-colored candle (black, blue, or purple) and a small mirror. If desired, add comforting scents like lavender or frankincense to create a peaceful atmosphere.
2. Light the Candle and Reflect – Light the candle and hold up the mirror so you can see your reflection illuminated by its soft glow. Look into your eyes, honoring all parts of yourself—your strengths, vulnerabilities, and shadows. Use this time to recognize your whole self, both light and dark.
3. Speak to the Darkness – Say aloud or in your mind: "Darkness, keeper of rest and transformation, I honor you tonight. Just as the earth sleeps, so too do I turn inward, finding peace and wisdom in stillness."

Pause and close your eyes, letting yourself feel the calm and comfort of the darkness, a nurturing space that holds you safely.

4. Release Judgments – Holding the mirror, take a few moments to consider any self-judgments, fears, or regrets you may have. Speak gently to yourself, releasing any harsh criticisms or negative thoughts. Embrace these aspects of yourself with compassion, allowing the darkness to help you accept and heal.

5. Conclude with a Promise – Set an intention for how you'll honor your whole self in the coming year. Extinguish the candle, letting the darkness settle around you as a peaceful presence.

Finding Balance Between Light and Dark

Yule invites us to find balance between the light and the dark, both within nature and within ourselves. The rituals above encourage self-acceptance, helping us honor our own cycles of growth and rest. By embracing the night, we learn to celebrate the quiet, hidden parts of ourselves and the potential for transformation that they hold.

As Pagans honor Yule, they celebrate both the sun's rebirth and the beauty of the longest night. The celebration of Yule, with its ancient traditions and timeless significance, offers a powerful reminder of nature's cycles. Through rituals of reflection, connection, and intention, we tap into the gifts of darkness and welcome the light, finding harmony and renewal at the turning of the year.



3 Recipes for Yule

-By Melina Valdejo

Yule is a time for warm, hearty meals that celebrate the richness of the season and honor nature's bounty. These recipes—one savory, one sweet—combine ingredients traditionally associated with Yule.

Magickal Glogg Recipe

Glogg, a spiced mulled wine, has been enjoyed for centuries in Nordic countries as a festive and warming winter drink. Traditionally consumed during the holiday season, Glogg is deeply associated with the Yule festivities and gatherings around the fire, where its warm spices and rich flavors create a sense of comfort, community, and cheer.

The roots of Glogg trace back to medieval Europe, where mulled wine was initially created as a way to repurpose wine that had gone stale. It was infused with spices and honey to enhance its flavor. In the 16th century, the popularity of mulled wine spread through Scandinavia, where the drink was embraced by the Vikings, who called it "glögg" (meaning "glowing ember" in Swedish) for its warming effect. Over time, Glogg became a holiday staple, traditionally served on winter solstice nights and through the Yule season to celebrate warmth and resilience during the cold, dark months.

In Pagan tradition, Glogg's rich spices, red wine, and added fruits bring magickal energy into the drink, symbolizing love, prosperity, protection, and vitality. Making and sharing Glogg at Yule can be a ritual in itself, as you stir intentions into the drink and share it with loved ones to foster warmth and joy.

Glogg Recipe

Ingredients:

- 1 bottle of red wine (use a fruity wine like Merlot or Shiraz)
- 1/2 cup brandy or vodka (optional for a stronger brew)
- 1/2 cup sugar or honey (for sweetness and abundance)
- 1/2 cup water
- 1 orange, sliced (for happiness and love)
- 4–6 whole cloves (for protection)
- 3–4 cardamom pods (for prosperity)
- 2 cinnamon sticks (for warmth and strength)
- 2 star anise (for good luck)
- 1/4 cup raisins (for fertility and growth)
- 1/4 cup blanched almonds (for grounding and strength)

Instructions:

1. Prepare the Base: In a large pot, combine the sugar (or honey) with water and bring to a simmer. Stir until the sugar dissolves.
2. Add Wine and Spices: Pour in the wine and add the brandy (if using). Add the orange slices, cloves, cardamom pods, cinnamon sticks, star anise, raisins, and almonds.
3. Simmer and Infuse: Bring the mixture to a gentle simmer over low heat. Let it simmer for about 30 minutes, stirring occasionally. Avoid boiling, as this will burn off the alcohol and alter the flavors.
4. Set Your Intentions: As you stir, infuse the glogg with your intentions for warmth, love, protection, and joy. Visualize these energies blending into the drink, and take a moment to feel gratitude for the warmth and blessings that Yule brings.

5. Strain and Serve: Remove from heat and strain out the spices and fruits (or leave them for decoration if you like). Serve warm in mugs or heat-proof glasses, garnishing with a slice of orange or a cinnamon stick if desired.

6. Offer and Enjoy: Offer a small portion to nature as a libation if you wish, symbolizing gratitude to the Earth. Share the rest with loved ones, toasting to a season of light, warmth, and new beginnings.

Magickal Properties of Ingredients:

- Red Wine: Associated with love, courage, and the element of fire; it brings warmth and passion.
- Cloves: For protection and purification, warding off negative energies.
- Cinnamon: Adds warmth, strength, and abundance to the drink.
- Cardamom: Brings prosperity, love, and aids in inner clarity.
- Star Anise: Used for luck and psychic awareness, aiding in introspection during Yule.
- Raisins and Almonds: Represent fertility, abundance, and grounding.

This Glogg recipe is not only delicious but also a magickal drink perfect for Yule, reminding us of the warmth, joy, and strength that carry us through the winter. Each ingredient plays a role in fostering community and spiritual connection, making it a wonderful addition to any Yule celebration. Blessed be, and skål!

Here's a short blessing for your Yule Glogg:

"Spirits of warmth and light,
Bless this drink on the longest night.
With spices rich and fruits so fine,
Infuse this Glogg with magick divine.

May love and joy in each sip flow,
As we gather near, let blessings grow.
Protection, peace, and cheer abound,
In sacred warmth, we're safe and sound.

By fire and spice, by fruit and wine,
We toast the earth, the stars, the pine.
Blessed Yule, to kin and friend,
In the Sun's rebirth, our spirits mend."

Rosemary & Garlic Yule Roast with Root Vegetables

This savory roast, infused with rosemary and garlic, pays homage to Yule's earthy flavors. Root vegetables represent grounding energy, while rosemary is used for its protective, healing properties. This dish brings warmth and comfort, making it a perfect main course for a Yule gathering.

Ingredients:

- 1 medium-sized boneless pork or beef roast (about 2–3 pounds)
- 4 large carrots, cut into chunks
- 4–5 small potatoes, quartered
- 2 medium parsnips, peeled and sliced
- 1 large yellow onion, quartered
- 4 garlic cloves, minced
- 2 tablespoons fresh rosemary, chopped (or 1 tablespoon dried)
- 1 tablespoon fresh thyme leaves (or 1/2 tablespoon dried)

- 1/4 cup olive oil
- Salt and pepper to taste
- 1 cup vegetable or beef broth

Instructions:

1. Preheat the Oven: Preheat your oven to 375°F (190°C).
2. Season the Roast: Rub the roast with olive oil, minced garlic, rosemary, thyme, salt, and pepper. Make sure it's evenly coated with the seasonings.
3. Prepare the Vegetables: Arrange the carrots, potatoes, parsnips, and onion in a large roasting pan around the roast. Drizzle a little more olive oil over the vegetables and season with salt and pepper.
4. Add Broth: Pour the vegetable or beef broth into the bottom of the pan. This will add moisture and create a flavorful base for the roast.
5. Roast in the Oven: Cover the pan loosely with foil and roast for 1 hour. After an hour, remove the foil and continue to roast for another 30–45 minutes, or until the roast reaches an internal temperature of 145°F (63°C) for pork or 160°F (71°C) for beef. The vegetables should be tender and golden.
6. *Rest and Serve: Allow the roast to rest for 10–15 minutes before slicing. Serve the roast and root vegetables on a large platter, garnished with a few sprigs of fresh rosemary for added visual appeal.

Magickal Intentions:

- Rosemary: Protection and purification
- Garlic: Healing and warding off negativity
- Root Vegetables: Grounding, stability, and connecting with Earth's energies

Spiced Yule Log Cake (Bûche de Noël)

The Yule Log Cake, a traditional dessert served during Yule, represents the warmth and light of the hearth. This version has a spiced chocolate sponge rolled with a creamy filling and frosted with a rich chocolate ganache. Cinnamon, nutmeg, and cloves are added for seasonal warmth and are ideal for Yule's festive energy.

Ingredients:

For the Cake:

- 3/4 cup all-purpose flour
- 1/4 cup cocoa powder
- 1 teaspoon baking powder
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon ground cloves
- 4 large eggs
- 1/2 cup granulated sugar
- 1 teaspoon vanilla extract
- Powdered sugar for dusting

For the Filling:

- 1 cup heavy whipping cream

- 1/4 cup powdered sugar
- 1/2 teaspoon vanilla extract

For the Chocolate Ganache:

- 1 cup heavy cream
- 8 ounces dark chocolate, chopped

Instructions:

1. Preheat your oven to 350°F (175°C). Grease and line a 15x10-inch jelly roll pan with parchment paper.

2. Make the Cake Batter: In a bowl, sift together flour, cocoa powder, baking powder, cinnamon, nutmeg, and cloves. In a separate large bowl, beat the eggs and sugar on high speed for 5–7 minutes, until light and fluffy. Add vanilla extract and gently fold in the dry ingredients.

3. Bake the Cake: Pour the batter into the prepared pan, spreading it evenly. Bake for 10–12 minutes, or until the cake springs back when touched. Dust a clean kitchen towel with powdered sugar, then turn the cake out onto the towel. Carefully peel off the parchment paper, roll the cake up with the towel inside, and let it cool completely.

4. Prepare the Filling: Whip the heavy cream, powdered sugar, and vanilla extract until stiff peaks form. Unroll the cooled cake, spread the filling evenly over it, and gently roll it back up without the towel.

5. Make the Ganache: Heat the heavy cream in a small saucepan until it's just about to boil. Pour it over the chopped chocolate and let it sit for a few minutes, then stir until smooth. Let the ganache cool slightly, then spread it over the cake log.

6. Decorate the Log: Use a fork to create bark-like lines in the ganache, and dust with a little powdered sugar to resemble snow. Garnish with rosemary sprigs or small edible decorations for a festive look.

Magickal Intentions:

- Cinnamon: Prosperity and warmth
- Nutmeg: Good fortune and luck
- Cloves: Protection and healing

These dishes bring the spirit of Yule to your table, inviting warmth, protection, and seasonal magick into your celebration. As you prepare and enjoy these recipes, focus on the energies of Yule and the intentions you're setting for the coming year. Blessed Yule!



Ginger

A genus of about 100 species of perennials, native to tropical Asia. All have reed-like stems and aromatic rhizomes. Gingers of various kinds are grown commercially in all warm regions, notably in Jamaica, which produces some of the finest. Fresh rhizomes, brought for flavoring, may be grown in containers as exotic foliage plants, yielding a further supply of rhizomes when the canes die down in winter. *Zingiber officinale* has been cultivated for medicinal and culinary purposes since earliest times. It was listed as a taxable commodity by the Romans in CE200, and first mentioned in Chinese medical literature during the later Han dynasty (CE25-220). In Ayurvedic medicine *Z. officinale* is known as *vishwabhesaj*, "universal medicine", and both in Ayurvedic and Chinese medicine occurs in about half of all prescriptions. Ginger is rich in volatile oil, gingerols, and shogaols. Shogaols, which are a breakdown product of gingerols, produced only on drying, are twice as pungent as gingerols; thus dried ginger is hotter than fresh and is used for different purposes in Chinese medicine. *Zingiber officinale* is of worldwide importance as a flavoring. Other species, such as the SE Asian *Z. cassumar* (cassumar ginger), are used in the countries of origin. The

shoots and aromatic flowers of *Z. mioga* (Japanese ginger, mioga ginger) are important in Japanese cuisine, either fresh or pickled as a flavoring. The leaves of *Z. zerumbet* (wild ginger, bitter ginger) are used for flavoring and wrapping foods; the rhizomes contain zerumbone, a cytotoxic compound used to treat cancer in China. *Zingiber* comes from the Greek *zingiberis*, "ginger".



Deciduous perennial with thick, branching rhizomes, stout, upright stems, and pointed, lanceolate leaves, to 15cm (6in) long, arranged in two ranks on either side of the stem. Yellow-green flowers, with a deep purple, yellow-marked lip, are produced in dense, ovoid spikes, 5cm (2in) long, consisting of overlapping pale green to ochre bracts, and followed by 3-valved, fleshy capsules.

Common Name: Ginger

Other Names: African Ginger, Black Ginger, Gan-Jian Ginger root, Imber, Race Ginger, Zingiber

Botanical Name: *Zingiber officinale*

Native Location: United States, Asia, China, Guatemala, India, Jamaica, Japan, Nigeria, Tropical Asia

Cultivation: Well-drained, rich, neutral to alkaline soil, in sun or partial shade, with high humidity. Ginger is treated as an annual or biennial crop; plants need a 10-month growing season for optimum rhizome production. Oldest growths may be removed when new shoots appear.

Height: 1.5m (5ft)

Width: Indefinite

Hardiness: z 7-11

Parts Used: Roots, rhizomes, oil

Properties: Warming aperitif, carminative, stimulant, stomachic, tonic

Medicinal Uses: Internally for motion sickness, nausea, morning sickness, indigestion, colic, abdominal chills, colds, coughs, influenza, and peripheral circulatory problems. Externally for spasmodic pain, rheumatism, lumbago, menstrual cramps, and sprains. Often combined with *Gentiana lutea* (See, [Yellow Gentian](#)) and *Rheum palmatum* (See, [Chinese Rhubarb](#)) for digestive complaints. In Chinese medicine, internally for coughs, cold, diarrhea, vomiting, and abdominal pain associated with cold (fresh rhizome); uterine bleeding and blood in the urine (fresh, carbonized rhizome); abdominal fullness and edema (rhizome peel);

coldness associated with shock, digestive disturbances arising from deficient spleen energy, and chronic bronchitis (dried rhizome).

To treat flatulence, motion sickness, morning sickness, rheumatoid arthritis, loss of appetite, upper respiratory infections, bronchitis, cholera, and burns; to relieve pain. Germany's Commission E has approved the use of ginger to treat loss of appetite, motion sickness, and dyspeptic complaints such as heartburn and bloating.

Ginger has antibiotic, antifatulence, antinausea, antispasmodic, antioxidant, appetite-stimulating, blood-thinning, cholesterol-lowering, pain-relieving, and sweat-promoting properties. In traditional herbal medicine, ginger is also considered a classic adjuvant. Adjuvant herbs are added to herbal formulas (combinations of several herbs) to enhance the therapeutic effects of the formula's main ingredients. Ginger is a strong stimulant and increases blood circulation, body metabolism, and energy levels. It is taken internally for a variety of ailments, including arthritis, blood-clotting disorders, bronchitis, colds, diarrhea, exhaustion, flatulence, flu, high-cholesterol, high blood pressure, indigestion, menstrual cramps, motion sickness, nausea, pain, sore throats, and vertigo. Ginger is applied externally—most notably in traditional Chinese medicine—in compresses or in oils to treat minor burns and wounds and rheumatic pain.

WARNINGS AND PRECAUTIONS

This oil should not be used when there is excessive heat or inflammation, and is best used in lower concentrations as it may cause irritation in sensitive people.

Mycology

American Parasol

Leucocoprinus americana



Common Name:	American Parasol
Botanical Name:	<i>Leucocoprinus americana</i>
Order:	Agaricales
Family:	Agaricaceae
Description:	Clumps of medium-sized but fragile-looking, thin, white or pink-scaled, bell-shaped caps, stain pink on wounding or aging or drying
Cap:	2-6" (5-15cm) wide Oval to bell-shaped at first, with an incurved margin, expanding to convex or nearly flat with a narrow hump. Surface covered with thin, grayish reddish-brown cuticle which breaks into irregular rings, then large scales, exposing white ground tissue. Flesh thick on disc to very thin on margin; white, staining yellow, then quickly grayish red when cut. Odor and taste not distinctive.
Gills:	Close, free from stalk; white, but reddening when bruised.
Stalk:	2¾-6" (7-15cm) long ½-¾" (0.5-1.5cm) thick Solid at first later hollow; enlarged near base and often tapering both up and down from there. Surface white but readily staining when handled. Ring large, membranous; sometimes disappearing early. Entire mushroom turns grayish-red on drying.
Spores:	8-10 x 5-7µ Elliptic-ovate; Cheilocystidia clavate (club shaped) with short to long sometimes contorted necks. Spore print; white
Edibility:	Edible, with caution
Season:	Summer
Habitat:	Sometimes solitary, but more commonly in small to large clumps; on soil in grassy places or deciduous woods. Frequent on mulch piles.
Range:	Central to Eastern US
Look Alikes:	Young specimens of <i>L. americana</i> look enough like <i>Chorophyllum molybdites</i> (Green Gill) that there is great danger of fatal error. They fruit at the same time and grow in the same kinds of places. Great care must be taken not to confuse them.
Comments:	Due to the nature of the look-alike species care must be taken to avoid eating this mushroom though it is edible. It has been known to even confuse the most experienced collectors.
Bibliography:	Peterson's Field Guides Mushrooms by McKnight and McKnight Copyright©1986 McKnight and McKnight pp 244-245

Always consult with a Mycologist before consuming any wild mushrooms.

Astrology

9th House—"Religion"

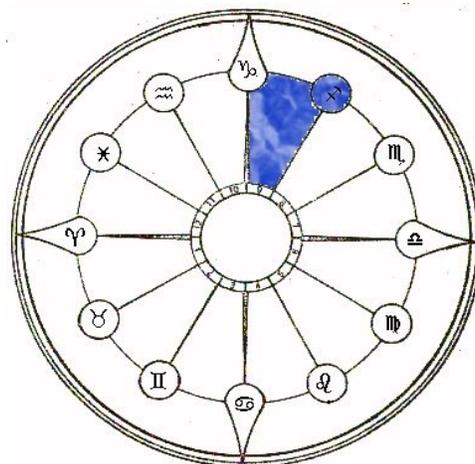
Sagittarius

The Ninth House is the House of Travel and Mental Journeys. This House governs higher education and the pursuit of knowledge, as well as long distance travel (perhaps overseas). The Natural Ruler (or corresponding zodiac sign) of the Ninth House is Sagittarius.

Sign:	Sagittarius
Symbol:	♐
Dates:	November 22-December 21
Ruler:	Jupiter
Element:	Fire
Quality:	Mutable
Gender:	Masculine
Body Parts:	Hips, Thighs, Liver
Key Words:	"I See"
Colors:	Dark Blue, Purple
Tarot:	Hermit, Hierophant, World
Archangel:	Sachiel
Birthstones:	Amethyst, Sugilite

Gems: Alabaster, Amethyst, Argentite, Avogadrite, Azeztulite, Azulicite, Azurite, Basinite, Bat Cave Jasper, Black Opal, Black Sapphire, Blue Coral, Blue Lace Agate, Blue Quartz, Blue Topaz, Botryoidal Black Agate, Brandtite, Bunsenite, Carnigorm, Cassiterite, Catlinite, Cacozenite, Chalcedony, Charoite, Chevron Amethyst, Chlorite, Chyrsolite, Colorless Spinel, Cookeite, Copper, Corundum, Covellite, Danalite, Dark Blue Spinel, Dioptase, Dudasite, Eilat Stone, Electric-Blue Obsidian, Epistilbite, Erionite, Euclase, Eulite, Fire Opal, Freibergite, Ganophyllite, Garnet, Gaudefroyite, Gehlenite, Genthelvite, Gold Sheen Obsidian, Golden Topaz, Green Opal, Herkimer Diamond, Heulandite, Holdenite, Honduran Opal, Hypersthene, Idocrase, Ilmenite, Indigo Sapphire, Iolite, Iris Agate, Ivory, Labradorite, Lapis Lazuli, Lazulite, Lazurite, Leaverite, Leidocrocite, Malachite, Manganosite, Meteorite, Mohawkite, Moldavite, Multi-Colored Topaz, Nuummit, Obsidian, Ocho, Okenite, Olivine, Owyheeite, Palladium, Papagoite, Peridot, Petoskey Stone, Picasso Stone, Pink Opal, Pink Tourmaline, Pipestone, Plume Agate, Powellite, Psilomelane, Pyromorphite, Quartz, Purple Sheen Obsidian, Rhodochrosite, Rhyolite, Richterite, Rubellite, Ruby, Sainfeldite,

Sapphire, Senamonite, Serefina, Shattuckite, Smoky Quartz, Sodalite



Babylonian Name:	Ninurta
Meaning:	The God of War
Sumerian Month:	Kislumu
Translation:	The God Enurta
Sagittarius Traits:	Intellectual, Explorative, Researching, Wide Ranging, Far Reaching, Freedom, Fun Loving, Sporty, Travelers, Religious, Moral, Deceitful, Exaggerative, Boastful, Braggart, Self-Centered, Great Sense of Humor, Jovial, Vindictive, Hold Grudges, Happy Go Lucky, Spontaneous
Eighth House Traits:	Philosophy, Religion, Law, Travel, Exploration, Research, Foreign Lands or People, Higher Education, Publishing

Planetary Correspondences

Jupiter



Bringing happiness to life, Jupiter is the planet of enthusiasm, good fortune, big-heartedness, and success. Expressed in its positive form, Jupiter brings a zest for life and new experiences, good health, prominence, wealth, generosity, honesty, and plain old good luck. If Jupiter is afflicted (at odds with another planet in your horoscope), Jupiter's influence results in laziness, boastfulness, extravagance, and blind and misdirected optimism.

Jupiter, the largest planet in the solar system, is the fifth planet from the Sun. Essentially a giant ball of hydrogen and helium gas, Jupiter has 1400 times the volume of Earth and 318 times the mass. Jupiter is roughly 5 times further from the Sun than earth and takes 11.9 years to make a complete orbit. Jupiter's most famous feature is the Great Red Spot, which is an anticyclonic storm which has raged in the atmosphere for centuries. The planet has at least 16 moons: the four largest were discovered in 1610 by Galileo. They are named after the mythological paramours of Jupiter: Europa, Io, Ganymede, and Callisto. Callisto is almost as large as Mercury, and Ganymede is even larger than Mercury. Europa's extremely smooth surface is covered by a layer of water, ice, and liquid water may lie beneath the ice. Io is hellish in comparison with intense volcanic activity and sulfur dioxide spewing from vents on the surface.

Jupiter is named after the Roman mythological ruler of the gods (also known as Jove). The son of Saturn, Jupiter overthrew his father. Eventually identifying Jupiter with the Greek god Zeus, Roman literature assigned Zeus's attributes to Jupiter. But most Romans worshipped Jupiter in the old tradition, as Jupiter, Minerva, and Juno formed the primary religious triad of the Roman state.

Rules:	Leadership, Politics, Power, Honor, Royalty, Public Acclaim, Responsibility, Wealth, Business, Success
Day:	Thursday
Element:	Air, Fire
Color:	Deep Blue, Royal Purple
Zodiac:	Sagittarius ♐
Tone:	So, A
Letter:	D
Number:	5 or 4
Metal:	Tin
Jewel:	Amethyst, Chrysolite, Sapphire, Turquoise, Lapis Lazuli, Lepidolite, Sugilite
Cabala:	4 Chesed—Mercy
Angel:	Tzadkiel
Incense:	Aloes, Balm, Cedar, Nutmeg, Oak Moss
Plants:	Agrimony, Anise, Ash, Balm, Betony, Blood Root, Borage, Cinquefoil, Clover, Dandelion, Hyssop, Juniper Berries, Linden, Mint, Mistletoe, Nutmeg, Oak, Olive, Sage
Tree:	Oak, Olive, Terebinth
Animal:	Unicorn, Centaur
Goddesses:	Isis, Hera, Juno, Themis
Gods:	Bel, Eurymedon, Jupiter, Marduk, Thor, Zeus

Lapis Lazuli

Lapis Lazuli crystallizes in masses, cubes and dodecahedral crystals. The color is a deep blue. Lapis is a combination of minerals, primarily lazurite and calcite; pyrite is also contained in the prized massive Afghanistan lapis, while the Chilean lapis usually contains more visible calcite and minimal if any pyrite. The dodecahedral crystals generally come from Afghanistan and are quite rare.



Metaphysical Properties

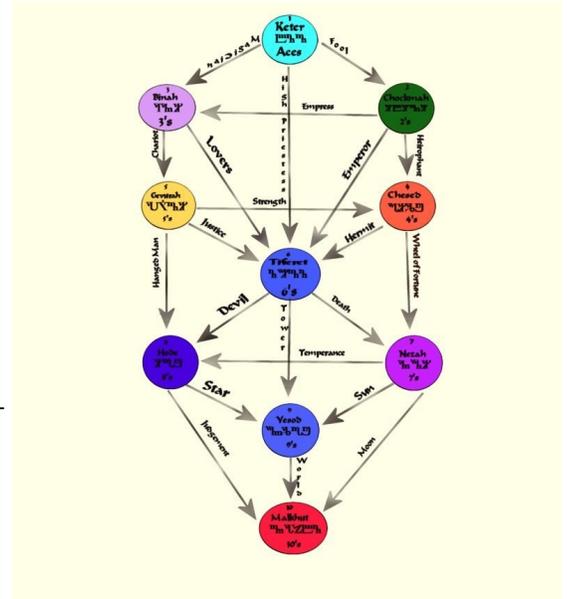
Astrology:	Sagittarius ♐
Numerology:	3
Element:	Air
Chakra:	Throat, Third Eye
Planet:	Venus
Tarot:	The Empress, The Hanged Man, The World, 3 of Swords, Knight of Swords
Tone:	B
God:	Aegir, Apollo, Baal, Balder, Bel, Bochica, Chacol, Dagda, Dharme, Donnus, Dylan, Ea, El, Eros, Eurymedon, Forseti, Ganges, Gwydion, Hadad, Helios, Hyperion, Jupiter, Legba, Llew, Llyr, Lugh, Manannan, Marduk, Maui, Neptune, Oak/Holly King, Oceanus, Orunjan, Osiris, Pan, Poseidon, Prometheus, Ra, Robin Hood, Sol/Helios, Thor, Upulero, Xuihtecutli, Zeus
Goddesses:	Aestas, Aine, Aphrodite, Ariadne, Artemis, Asherah, Astarte, Athena, Banba, Bast, Beltis, Black Isis, Bona Dea, Brigid, Cerd, Chup-Kamui, Dag, Damona, Dana, Dia Griene, Djanggawaul Sisters, Elat, Eos, Erce, Ereskigal, Eriu, Freyja, Gaia, Gerd, Gokarmo, Grian, Hathor, Hecate, Hera, Innana, Indra, Ishtar, Isis, Jord, Juno, Kali, Keca Aba, Kou-Njami, Kupulo, Lakshmi, Mabd, Maeve, Mariamne, Mari, Marici, Mawu, Mitra, Nichevin, Nuit, Olwen, Oshun, Robigus, Sarasvati, Sekhmet, Shekinah, Skadi, Tethys, Themis, Tiamat, Venus, Vesta, Wurusema, Xatel-Ekwa, Yemaya, Yhi, Zoe
Emotional Healing:	Lapis Lazuli helps one move ones consciousness beyond the mundane and allows one to identify habits, patterns and lessons one may have difficulty perceiving consciously, and which may be blocking one from making spiritual progress.
Spiritual Healing:	Lapis Lazuli awakens the third eye and enhances ones ability to visualize and receive visual guidance or information. It enhances meditative journeys and facilitates past- and alternate-life viewing. It is a stone for clairvoyance and precognition.
Affirmation:	I claim the sovereignty and power of my highest self, and I align myself with my highest truth.
Bibliography:	<p>https://www.gemdat.org/gem-2330.html https://www.mindat.org/min-2330.html <i>Love is in the Earth</i> by <i>Melody</i> Copyright©2004 Earth-Love Publishing House, pp. 369-371 <i>The Book of Stones</i> by <i>Robert Simmons and Naisha Ahsian</i> Copyright©2007 Robert Simmons, pp. 227-228 <i>The Encyclopedia of Crystals</i> by <i>Judy Hall</i> Copyright©2013 Octopus Publishing Group, Ltd., pg. 159 <i>The Crystal Bible Vol. 1.</i> by <i>Judy Hall</i> Copyright©2009 Octopus Publishing Group, Ltd., pp. 172-173</p>

Tree of Life

Sacred Paths of the Qabala

Path 11

Titles:	The Holy Ghost
Intelligence:	Scintillating Intelligence
Place:	Path Joins Kether to Chockmah
Hebrew Name:	Aleth; א (Ox)
Number:	1
Qlippoth (Demons):	Oriens: אורייןס (Air Demon)
Demons of Hidden Path:	Amprodias אמפרודיאס
God Forms:	Odhinn, Maat, The Maruts, Dionysus, Jupiter, Bacchus
Color Atziluth:	Bright Pale Yellow
Color Briah:	Sky Blue
Color Assiah:	Emerald flecked with Gold
Incense:	Galbanum
Animals:	Eagles, Human, Ox
Legendary Beings:	Sylphs
Stones:	Chalcedony, Topaz
Plants:	Aspen, Chamomile, Grasses, Peppermint
Tree:	Spruce
Zodiac/Element:	Air
Tarot Card:	The Fool, Spirit of Aether
Human Body:	Respiratory Organs
Diseases:	Fluxes
Magickal Powers:	Divination



The Dhammapada of Buddha

Chapter XII

Self

Verse CLVII

If a man hold himself dear, let him watch himself carefully: during one at least out of the three watches a wise man should be watchful.

Verse CLVIII

Let each man direct himself first to what is proper, then let him teach others; thus a wise man will not suffer

Verse CXLVIII

This body is wasted, full of sickness, and frail; this heap of corruption breaks to pieces, life indeed ends in death

CLIX

If a man make himself as he teaches others to be, then, being himself well subdued, he may subdue (others); for one's own self is difficult to subdue.

Verse CLX

Self is the lord of self, who else could be the lord? With self well subdued, a man finds a lord such as few can find

Verse CLXI

The evil done by oneself, self-begotten, self bred, crushes the foolish, as a diamond breaks even a precious stone

Verse CLXII

He whose wickedness is very great brings himself down to that state where his enemy wishes him to be, as a creeper does with the tree which it surrounds

Verse CLXIII

Bad deeds, and deeds hurtful to ourselves, are easy to do; what is beneficial and good, that is very difficult to do.

Verse CLXIV

The foolish man who scorns the rule of the venerable (Arahat), of the elect (Ariya), of the Virtuous, and follows false doctrine, he bears fruit to his own destruction, like the fruits of the Katthaka reed.

Verse CLXV

By oneself the evil is done, by oneself one suffers; by oneself evil is left undone, by oneself one is purified. The pure and the impure (stand and fall) by themselves, no one can purify Another.

Verse CLXVI

Let no one forget his own duty for the sake of another's however great; let a man, after he has discerned his own duty, be always attentive to his duty.



Meeting the Hanged Man By Emily Thornton

The Fool is almost halfway through his cyclical journey with the major arcana. He recently met Justice and learned about cause and effect and gained clarity about his path. Now the Fool has stumbled upon the Hanged Man which is the 12th card of the tarot. It is a card of surrender, sacrifice, and transformation. The Hanged Man is often depicted as a man hanging upside down from a tree, with his hands tied behind his back.

Surprisingly, the Hanged Man is the most misjudged tarot card in the media. Many times in movies and television shows, the Hanged Man is told to be an omen of death or hanging (even though the noose is on his foot, not his neck). Many times the Hanged Man is described as a reflection of religion as some saints were crucified upside down. Below is the interpretation with regards to the Rider Waite tarot decks.

The Hanged Man represents a time of waiting and reflection. It is a time to let go of old ways of thinking and being, and to embrace new possibilities. The Hanged Man is also a reminder that even in the darkest of times, there is always hope for redemption and renewal.

The Hanged Man is the 12th card of the major arcana, which suggests that it is a card of great significance. The number 12 is considered the number of completion and perfection. It is a card that represents the culmination of the Fool's journey so far, and it points to the beginning of a new phase of his journey.

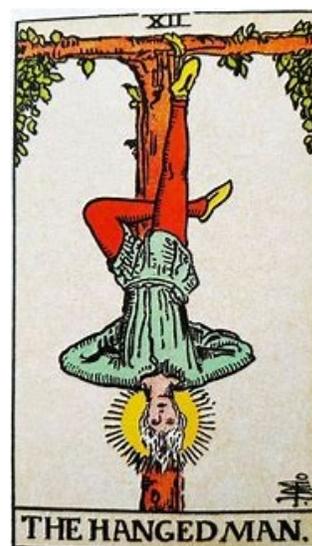
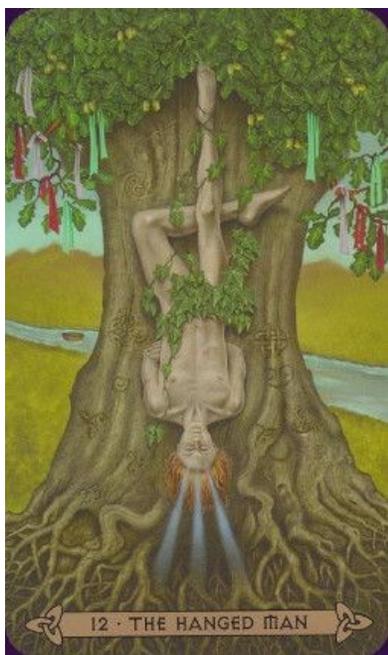
The symbolism of the Hanged Man is rich. In the original Waite design, the Hanged Man is seen on a T shaped tree, with green foliage around it. A single foot is fastened at the center of the T-bar. The other leg of the man is crossed behind the fastened leg, in the shape of an upside down 4. The man has a halo or aura surrounding his head which symbolizes higher wisdom. Even though the scene seems barbaric, the Hanged Man seems rather serene in the picture. The coloring of the card relates to the symbols. The red symbolizes Mother Earth. Blue represents calm assurance with a knowledge of how to communicate. The green tree represents a feeling of being provided for. And the gray colors represent wanting to get/give permission, but not knowing how to.

In the Celtic Tarot, by Kristopher Hughes (the deck I use in my

business-first card below) there are some differences that speak more to the inner depth of the card. The Hanged Man is attached to a larger tree, not a stick. The tree has ribbons hanging from the branches, making it seem like a celebration. Instead of the halo surrounding his head, he has the Awen* branching out from his head. Essentially the Awen represents the connection between all aspects of existence and the unity between them. It is a creative force.

Overall the Hanged Man, though looks barbaric, simply asks us to let go of old tools and limitations and re-evaluate what we are needing. Instead of following what others want us to, we are tasked to do what is right for us...not for them.

* In Celtic Symbolism, the Awen represents divine illumination or creative force. Translating the term, Awen can mean inspiration or essence.



Tarot Spread

Sagittarius

"I See"



Card Number	Card Representation	Divinatory Meaning
Card 1	This is my current social environment	The Tower indicates that the persons social environment is chaotic and many changes are taking place.
Card 2	This is my education up to now	The Two of Pentacles indicates that the person is undecided as to their educational goals and is seeking satisfaction.
Card 3	This is my religion, my belief, my self-righteousness	The Ten of Pentacles indicates that the person is secure in their spiritual beliefs and is leaving a legacy behind based upon them.
Card 4	My Journeys in the outer world	The Magician indicates that the person has control of his environment and knows how to handle all things within it.
Card 5	My Journeys in the inner world	The Queen of Cups indicates that the person is undergoing a reconnection with themselves and is learning to nurture themselves.
Card 6	My Search for Meaning	The Nine of Wands indicates that the person has found a strong meaning to their life and is pursuing it.

Tarot Spell

Goal Setting



Items You'll Need: A green candle, a green cloth, your tarot cards and a piece of aventurine.

Lay out the cards on the cloth as they appear in the spread above. The first card you will lay is The Magician. While laying the Magician visualize him being yourself and you having all the tools available to achieve the goals you are setting.

Next lay out the 8 of Pentacles visualize your goals and the steps you need to take in order to achieve them.

Then Lay out the 9 of Pentacles. Visualize the goals coming into fruition, recognizing that they will ripen and grow as you apply yourself to the work needed.

Then Lay out The World. Visualize that this is the gift of the Universe bring forth these goals and making them come to you completed.

Then Lay out the Wheel of fortune. This is the turning of the Wheel of the Year as you shed away old ideas and bring the new into perspective, shed away old ways and develop new manners of achievement.

And finally, the 9 of Cups. Visualize the satisfaction of achieving these goals and setting them forth, knowing that their completion is what you strived to accomplish and that you have accomplished these goals.

Affirmation:

I have all the tools at my disposal that I need to accomplish my desires.

I know that I have to work to attain them and am willing to put in the effort necessary.

I am realizing my goals and my potential as I grow. Recognizing that my growth is as important as the goal I am trying to achieve.

I am a child of the Universe and can accept her gifts openly, as well as her learning experiences. She will teach me what I need to know in order to achieve.

I can let go of the past ways and develop new ways of thinking as I go forward through the year.

I have achieved my desires through the hard work and perseverance, and willingly accept the gifts of my labors.

Light the Green Candle and meditate on these cards and the spell is complete.

A Survivor's Story—Surviving Trafficking Part II

Anonymous

And so we got them when they were 3 weeks old, no sooner had my adoption went through and I was no longer taken care of in a loving kind way at all, like I said, the physical mental and emotional abuse began on a level that I don't even understand what would make people be this mean to a kid A kid that was broken and a kid whose life up into that point had been one tragedy after another whose complete identity was shattered.

I had some episodes where I acted out of self-defense in a way because their biological daughter was two years older than me and she antagonized me and bullied me relentlessly. She physically beat me, she would antagonize me first and then of course, if I were trying to get back at her, by doing exactly what she was doing, they would magically just walk in the room to see me do it and then I would be punished.

They literally kicked me out of the house at 9 years old and I didn't even realize the severity of what I was doing because she was doing it to me too. However, I was the only one that got caught and they made it seem like I was homicidal and trying to kill her. I had to sit out on the curb, because they told me to leave and not come back . I didn't know where I was. I was 9 years old, so I went and sat at the corner until it was 11 o'clock at night and the neighbor came out and said, "Hey, don't you think your parents want you to go home". "No, they kicked me out and told me not to come back and I don't know what to do." They took me back to my house and they stated to my parents, "Hey, we don't know what's going on, but she said she wasn't allowed to come home." My parents played dumb and said, "Oh my God, where have you been?" "We've been looking all over for you. You've scared the hell out of us, don't you ever do that again". They hugged me and made it seem all right, only to get me in the house. She slapped me silly and then made me go to my room where I was grounded for six months. Her only weapon was to just take anything that gave me joy away from me to punish me. This went on until I was about fifteen years old. The verbal, mental, emotional, and physical abuse.

It was so bad that the school was concerned. She lied to them and said that I hurt myself and that she didn't touch me when there were literal witnesses that went to that school, that could attest to it. I didn't even say anything. What was her rebuttal to that? She came down to the school, smoothed it all over.

The second we got off school grounds, she proceeded to beat the living shit out of me and then drove me to the police station, which was 13 miles across town from the school and about 15 miles total from there to where I lived. And she said, you can either go in there and make a police report and have me arrested or you can sit here and just walk home. Obviously, I didn't go in and make a report and I walked home. I got home super late, and my dad was waiting for me like he was gonna hit me. And he wasn't physically abusive, most of his stuff was verbal. He stated, "Why do you think it's okay to walk in this house hours after and so forth? I said, did you not ask her where I was? She knew where I was.

She dropped me off at the Police station and he said, "Who did that to your face? I just looked at him dumbstruck. He said, You're not going to answer me?" and I said, "I literally don't even know what I'm supposed to say". I said, "I fell. He said, "You didn't fall. That is not consistent with a fall." I said, "Well then you need to ask your wife cause she's the one that told the school that I fell because you had a rope around my waist while I was weed eating the hill and then when that wasn't bad enough, she beat me some more. Dropped me off at the Police station, so you need to take that up with her." And so, we did and so she just got more careful about the abuse and where she did it, she did it where you couldn't see it, or she would just do it so psychologically which made me terrified of her.

Throughout this, I was the babysitter, the maid, the go to person yet through all of it, all I wished for was her approval, their approval. It never came. The only time it came is when it made headlines, or it was like a big to-do, and then all of a sudden, they were proud parents.

After a tragic incident, while I was house sitting for one of our neighbors, I found him hanging in the garage. I had thought he was with his wife on the cruise, she pulled in the driveway, when I discovered him it was mayhem, and that is an image that has never gotten out of my mind. The reason that I mention this is because.

That imprinted on me so much, because I realized that the man was so depressed. She went on that vacation without him. It was later talked about, that they were going to be getting a divorce, but he struggled with depression and really didn't want to get a divorce. And he didn't want to put her through that. So, he just took the easy way out so he could let her have everything.

In my adolescent, young undeveloped, mind I figured, "Hey, that could be a way out for me too", and while my mom was upstate visiting her biological daughter at college, I was at home with my dad and the twins, taking care of them as per usual and he walked in right before he was going to bed and I had taken all of the controller cords and the TV cords off of my Nintendo a couple extension cords and anything that I could find to make sure I made a durable noose with that, because I knew that wasn't going to break.

And I had removed my bird cage out of the hook in the ceiling that was done in a stud. So, I knew it would hold my body weight. He literally walked in as I was about to jump and take a swing. I don't know whether it was love. I don't know if it was fear because he didn't want the publicity, or it was tension or the family knowing that a child committed suicide under his roof either way, he was calm in the moment and all I know is when my mom got back from that vacation, she never laid a hand on me again. She just doubled down with the verbal and emotional abuse, so she didn't have to put her fingers on me. The damage was already done and through all of it, all I wanted was her love.

I still went over and beyond trying to gain her acceptance, love, and whatever the case may be, and I was probably, in my opinion, the kid that was like her the most. I'm the one that endured all of her crappiness. With extraordinarily little love, I still craved it.

Now, through all of that, I have learned a lot in the home. I learned how to sew, I learned how to cook. I learned how to bake. So, on the surface, and from the outside she looked like a very loving inclusive mom, but for me it was different.

She always had patience for everybody else, and really went the extra mile. Me, I was the one that received all of her attitude. Any bad mood. If my stuff didn't come out the way she wanted it to; I was stupid and "I can't believe you got it wrong. Do it again", extremely hard to please. A person that is broken, in hindsight which is twenty-twenty, by the way.

Fast forward to me being in high school, where I struggled because I was being bullied and sexually harassed and assaulted all through middle school and in high school.

Do you think I can tell her about it? Absolutely, not. It would have been my fault. I would have been a whore, and then she probably would have dragged me back through the church just to embarrass me and have them do their crap that they did to me. Even though they didn't even want me there.

It was very sadistic, very confusing for a child and a young adolescent who has had nothing but heartache to be told that it was your fault, because your mom had you out of wedlock, and she's a whore, so your life's gonna suck because you're the result of a child out of wedlock. Like my mother had a choice when she got pregnant with me.

It was literally a few months after she turned 18. That means that my dad was a predator on her who was still legally married to his wife, and this is verifiable by his own obituary, because even that man lied to me after the fact.

Anyway. I ended up doing my junior and senior year in 6 months. I left one high school as a D/F student, because like I had given up. I didn't want to live, everything was being taken from me. No matter how hard I worked at something, it was taken away for any minor infraction, so I just snapped, and was a shell of a human. I begged my dad, I said, "Let me switch high schools and I promise you, I will be out of this house earlier than expected, but you need to let me switch". So, he let me switch at the end of November just before December. So from December to May I did my junior year and my senior year in just that little bit of time.

I graduated as a senior class speaker, and I had been taking classes at the Adult Education Center at night to get my massage therapy license. So when I graduated, I had all these accolades, I was senior class speaker, I was actually in the newspaper as a success story.

So of course, all of a sudden, my parents wanted to be involved. They were active willing participants. That is literally the one and only time I've ever seen my dad cry over me, and it was because of my speech that I gave at graduation. Shortly after that, I followed in his footsteps and in my own biological grandfather's footsteps and I joined the navy. My biological father was in the navy too. I hadn't met him yet. I knew of him, but I didn't know who he was or where to find him.

So, I did that and then I ended up pregnant with my first child, and because that child was not white and I had that child out of wedlock, I was disowned and absolutely trash and a stain to my family. So right then and there they basically signed my death warrant for my future, to have any type of soft landing, safety, family, anything.

Please remember this moment because it's pivotal to the situation. Fast forward to me, getting out of the navy and because they wouldn't allow me to come home, which California was my home, I had to go with somebody else that was getting out of the navy who at the time had stepped up to the plate and was there for my pregnancy and everything. He said, "Come to Florida with me. My parents will help us get established. It's gonna be fine."

It was fine for a couple months until my mom literally decided on her own volition to call this man's mother and proceed to tell her the most horrendous, horrible things about me. How I was an expert manipulator I was a bad influence. I was going to drag her son down, and that's when his mom took the opportunity to say, oh, she's already doing that. "My son is hooked on cocaine now. And it's all her fault".

Mind you I didn't do any drugs at this point. Nothing! I didn't even smoke weed. He was literally getting the cocaine from his stepfather, his mom's frigging, husband, and it was in the safe. Do you think that she wanted to hear it? No. Do you think my mom wanted to hear it? No. So the damage was already done. Between the two of them, they banded together, next thing I knew I was kicked out of our place to live because they made him move back in with them. I had nowhere to go with a newborn baby like under a year living in my car.

(This story is not over yet there will be more installments in the upcoming issues. However, the reason for this story being put in here today is it comes from a member of our community. It is a true story and she is telling this to not only help herself heal but to also shed light on a very important topic that is affecting our world today. It is with gratitude that I am offered the privilege to publish her story.)



Saning Sari (The Rice Mother)

The Javan Goddess of the Rice Harvest

The goddess Saning Sari has her origin in the West Indies particularly of the Javanese tribes. She is represented by parts of the rice plant known as *indoea padi* (Mother of the Rice).

At planting, the finest grain is picked out and sown in the nursery bed in the form of the goddess, after which the rest of the grain is sown round about.

At transplanting the shoots making up the rice mother are given a similar special place in the paddy field.

At harvest, the rice mother plants are "found" and brought home for the following year's planting.

The whole of the ritual which the Malay's and Dyaks observe in connection with the rice is founded on the simple conception of the rise as an animated soul, similar to that which these people attribute to mankind.

Utilizing the rice plant they explain the phenomena of reproduction, growth, decay, and death. Whereto the correspondence is associated with that of human beings.

They imagine that in the fibers of the plant, as in the body of man, there is a certain vital element, which is so far independent of that plant that it may be, for a time, completely separated from it without causing fatal effects.

This vital yet separable element is considered to be the soul of the plant, alike as the similar and vital element of the human being, that of the soul.

Upon this theory or myth of the plant-soul is built the whole worship of the cereals, just as on the theory or myth of the human soul being worshiped of the dead.

Believing the rice to be animated by a soul, the Indonesians naturally treat it with the same deference and considerations which they show to their fellows.

They behave towards the rice in bloom as they behave towards a pregnant woman; they abstain from firing guns or making loud noises in the field, that it will not cause a miscarriage, and bear no grain.

They also do not talk of corpses or demons in the rice fields, they feed the blooming rice with foods of various kinds which are believed to be wholesome for the woman with child.

When the ears are beginning to form, they are considered as if they were infants, and the women go through the fields feeding them with rice-pap as if they were human babies.

Attributes associated with the rice mother include a staff and the color blue-black.



Interview with Alexian

ED: Good afternoon, everybody. Welcome to Today's Witch Magazine interview with Alexian. Alexian. I'm not actually familiar with the name of your coven. If you wish to expound on that and introduce yourself a little bit.

Alexian: Sure! As Edward said, my craft name is Alexian, and my coven's name is Twisted Oak.

I formed Twisted Oak in, Ooh, let me think. I always get a little confused when I think back. Let's see. It first started in the end of 92 and we officially did the ceremony to give birth to the coven in 93. 1993 is the actual year we claim as the birth of the coven even though the preliminary proto group started in 92.

We are Alexandrian from the Dia Garcia line and have been practicing nonstop since 1993 here in the Orlando, Florida area.

ED: Just about that tradition. Your Coven, particularly follow and yes, it's my home tradition. We definitely have the same traditional values. Cause I'm now an Alexandrian Wiccan myself, so it's my coven.

Okay, obviously you've been around, your coven's been around the block for, for a few years now because I'm, like mine, you know, started, started in 1990, mine started in 92 as well, so.

Alexian: Oh, there you go. That's cool.

ED: The PRC started in 1994. So, we've been around the block for a few years. Um, you and I noticed that there are many trends in the, in growth in neo paganism and the court thing.

Like every 15 years we go through a cycle of expounding on the Pagan community and, you know, people wanted to get into paganism and get into Wicca and stuff like that. And one of the things we've also discovered that I've seen, at least in my viewpoint, you probably discovered the same thing, is that this influx of neo paganism is lacking in a lot of fundamentals.

Alexian: How do you mean?

ED: In other words, neo paganism is lacking in traditional value for one. They don't understand, like too many covens are being formed that are based off of books and whatever else that they read without having structural knowledge on what a coven is or anything else. Like all of a sudden you have on set high priest and high priestesses all over the place.

Alexian: Right. So, I had an interesting conversation with a young lady who was a sweetheart. I have to say she was an extremely sweet young woman, and she was asking me, how do I become a high priestess? I need to be a high priestess. And I thought for a while on how to answer that question. And what I told her was, well, it's very honorable of you wanting to progress in the craft.

But my first question is, why do you want to be a high priestess? And secondly, a high priestess of what? You cannot be a high priestess standing alone. Okay. So, you might as well just be you and be a witch and be eclectic. If you want a title, please understand. It's not about power over people. It's about power over yourself and your own destiny and your life.

And she wrote back and she's like, I need to find a local coven and get trained. I said, there you go. There you go. If that's your path, then that's where you need to go. I am not against people being solitary or eclectic or calling themselves witches or whatever with zero training and only having book knowledge.

That's cool. If you want to identify as a witch, identify as a witch. However, please understand if you are going to identify as an Alexandrian witch, or a Gardnerian in which the only way to attain that is to be initiated and be trained within the actual tradition itself.

ED: Exactly. See, this is a thing that, you know, I get all the time.

I get the same questions. Ask me, you know, I want to be a high priestess or I'm a high priest of mucky muck tradition or I said, well, I'd like to meet your elders. Well, I guess my elders are from the books. I read Buckland's book and became a high priest. I'm like, no wrong answer. You read Buckland's book and become not, and you become an initiate, not even an initiate.

You're a pre initiate, you're a seeker. That's Buckland's book.

Alexian: You're a seeker. Yes, that's what we call people that petition to join our coven. We call them seekers seeking and it's a very cool place to be when you're a seeker. Don't look down on being a seeker.

ED: Being a seeker is the best thing in the world.

We're always seeking because the seeker is the one who seeks knowledge.

Alexian: Yeah, and I don't when I say don't look down. I don't mean you Edward. I mean.

ED: I'm talking about Our people. I'm talking about the same thing. I'm saying the thing seeker means a person who is looking for wisdom or knowledge. Always a seeker.

Alexian: Yes, always. Exactly. The best advice I always give people is never stop learning. And in order to never stop learning, you always have to have curiosity, right? Within our coven, they come in as a seeker, they have to attend a couple of sabbats. We let them attend Sabbat seasonal celebrations with us and a couple of Sabbat socials.

I'm sorry, Sabbat socials, but just coven socials. And we have coven socials every other month pretty much. That gives an opportunity for the coven to get to know them on a personal level and for them to get to know us on a personal level to see if the energy of their personality will vibe with our group.

And only after attending a minimum of two sabbats and two socials, are they allowed to ask to be a member of the outer court. And then once they're a member of the outer court, they can immediately, if the coven is open and seeking new students, petition for a hot seat and then join the coven.

And then the hot seat just kind of sounds like what it sounds like. We put them in the center of the room in a chair and everybody gathers around in a circle. It's very laid back and very cool. And everybody gets an opportunity to ask the hard questions. And we usually go around the circle at least three times and let everybody ask all the questions.

And the only thing that the seeker needs to keep in mind is to answer truthfully from the heart, you know, no matter what the answers are. To answer truthfully from the heart and that trips some people up because they think I need to tell them what they want to know. Just because you may be down on yourself about something in your life doesn't mean that the coven's going to be down on you about that. We are here to help you not scold you, right?

So, once it's unanimous and everybody has to be unanimous, then that new person is assigned a mentor or teacher and is brought into the coven and begins their journey. That's how we kind of roll in Twisted Oak.

ED: That's similar to the way I do with my own, in my own covens. One of the things that we have, we have both seen this year in a day thing.

Everybody thinks a year in a day, you can become a high, you know, you're a day for each degree. Wrong answer. You know, I mean, I know from personal experience, like the year and a day is the minimum amount of time required from becoming a seeker to an initiate into a coven. That's right. The day is a minimum amount of time required because it takes that long.

The year in a day is our minimum requirement for just affiliating yourself within the outer core of a coven to learn what the color is like whether or not you're a suitable fit. Within the circle and that it's not every year in a day.

You get to go off a degree. Working I know it doesn't work in the odds and or in working traditions. I know I know that for a fact. In fact, it took me 19 years to get to my start degree.

Alexian: I was going to say it's a year and a day minimum. And very rarely does that ever happen. It's usually multiple years between degrees.

And because there's a lot to learn and there's a lot to absorb, and there's a lot of studying. Our coven is set up, it's almost like going to college. We have classes and meditations and videos and assignments and book reports. And it's a big workload and life happens and gets in the way.

You know, and that's normal. So, it takes time. It does take time and that whole, you know, first beginning, the seeker and then the outer court and then eventually, a postulant or dedicant. That is not only us checking the seeker out, but it's also the opportunity for the seeker to check the coven out. Energy works both ways.

ED: Another thing that you and I have faced over the course of the years, I'm sure, has been the, especially with the rise of neo-paganism and computer age. This is the age of instant gratification.

Oh yes. Everybody wants everything right away and including spells. I need a spell to correct my life.

Alexian: Wouldn't that be lovely to twitch your nose and everything's perfect? Yes. I've been working on that spell for over 35 years. I haven't found it yet.

ED: Exactly.

Alexian: You have to put effort into anything, and it's based on fundamental laws of science and energy, which is cause and effect, right? So, if you put the energy into something, it will grow and snowball. And your energy and your abilities will improve whatever they are. Every coven member has their own specific gifts.

Like some people are exceptionally good at kitchen witchery and some people are exceptionally good at magic and spell work and music. That would be me. Um, and uh, some people are good with uh, tarot reading, uh, some people are good with the runes, some people are good, you know, with mead making and putting that magical energy behind the mead for the Sabbats.

We make our own mead for all of our Sabbats. So, everybody has their own gifts, and we encourage them, and we rely upon each other as a coven. You know, you want this? See auntie so and so. Do you want that? See Uncle so and so, you know, and it works. It works. That's what a coven's about.

ED: Well, what I've always said, and this is probably something you remember from our teachings anyway, that a spell is nothing more than taking a subconscious idea. Bring it into conscious awareness so you can take physical action to net the results.

Alexian: Now, that being said, magic will set up the coincidences so that it presents you with opportunities, but you still have to act and take advantage of those opportunities. It doesn't just fall into your lap, people.

ED: Right, it's a simple case of If there was a spell to fix everything, believe me, me and Alexian will both be looking for that same spell to make our lives a hell of a lot easier.

But no, spells and magic are things that, magic is a manifest period. Magic is nothing more than a physical manifestation and manipulation of energy in accordance with one's will. By definition, that's the definition of magic. That's right. Key words, physical manipulation is there. Manifestations are there. You have to take that energy and actually manipulate the energy which that's your meaning not to move it towards whatever goal it is.

Alexian: Agreed.

ED: Now a lot of people will call, I've called myself a gatekeeper. I don't know if you've ever considered that.

Alexian: Oh yes,

ED: Yes. For you newcomers coming into this craft, and I think Alexian will probably agree with me on this, who call us gatekeepers because we keep the mysteries. Until such time as a person is ready to receive them.

Alexian: That's right. Usually the people that say, "You're a gatekeeper, are the ones that have no patience, and they just want it all right now. Which is what you alluded to earlier about being living in an age of instant and gratification.

I'm ready. I'm ready. I can do that, I'm ready. I've read three books. I'm ready. It doesn't work that way. And trust me something that was taught to me is you don't give children matches, right?

ED: I compare the craft to handing a child a chainsaw. A baby with a chainsaw.

Alexian: Yes. You need to learn the basics first.

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Alexian: Yes. You need to learn the basics first.

And it's not to protect me as much as it is to protect you. It's amazingly easy to get out of control and start, calling upon energies that you're not ready to wield. And another word of advice is never invoked anything you don't know how to banish.

ED: Invocation and evocation, there's a good one because I get into an argument all the time as well.

I want to invoke the element. And normally I tell them to feel free. If they want to die, feel free because they are elemental. Invocation is bringing into your body, allowing a complete other takeover of your physical being from that source. Evocation is asking the energies to be external and away from you, I think.

Alexian: Absolutely.

ED: So, whenever I hear someone say, I'm invoking, I'm going to invoke the elements. I'm like, good luck with that.

Alexian: Yes. We had...So I'm sure you would agree. Every student has a certain balance of elemental energies within their own being. And they usually have an issue with at least one getting, you know, in touch with being able to wield it and work with it.

And this is normal. This is absolutely normal. I've even started to take notice of astrological influences within their birth chart, you know, and how that aligns up with their issues with certain elements. Sometimes that coincides,

sometimes it doesn't. You know, it's, it's interesting to note that, you know, we've had people that had problems with the water element, for example.

And the past and...

ED: mostly out of control and not able to take on the challenges of daily life because the elements are out of position. Wow.

Alexian: And physical manifestations as in pipes bursting in their homes. More than once.

ED: Yes. Well, I recall when we channel, well, here's one of the things too, that I remember from experience.

So, this is something, a lesson that I learned with the FTCW too, when I was working with Terry and that we actually had someone channeling, uh, you know, doing the call to the elements, call it the quarters. And they use a book statement for dismissing it. There is, Stay if you will go if you must,

Wrong answer. That element will stay and will wreak havoc. Even though it was in a fire, it was in the fire elemental first.

Alexian: Oh,

ED: yes. Fire burned down.

Alexian: Yes.

ED: Then we come in the wind, or the air elemental, and guess what? We're in Tornado Alley. Oh, yes. The temple went down again. Go in peace, go in power. Never invite an element into your home and then tell it to stay, stand put.

Alexian: Yes. I only say go if you must stay, if you will, to a god or a goddess. I don't do that to elements. Yes,

ED: Exactly. And with the god and goddess, Unless you're prepared to actually invoke and be, you know, be connected with that God and Goddess fully, your body has to be prepared.

We have a particular ritual we call Drawing Down the Sun and Drawing Down the Moon, which physically prepares the bodies of both the High Priest and the High Priestess for an invocation. Unless you are an adept at knowing how to handle a God and Goddess, always evoke the God and Goddess even. Ask them to lend their blessings, their energy, and everything to your right.

But because if you invoke him, you're asking him to come inside you. And if you're not familiar with that god and goddess or and their archetypal principle, it can be chaotic. I invoked Pan. I'm talking from experience here.

Alexian: So, you know, that goes back to training and education, doesn't it?

ED: Yes, it does.

And the only reason for that is because they've had the training. They've had the education.

ED: And the proper training and conduct and working with their God and gods on a regular basis until the time as they become familiar and comfortable with their matron and patron deity.

Alexian: Absolutely.

ED: That's why you have a maiden squire. Another two things that you, you don't hear about in outer coven things in new age paganism, you don't hear about maiden squire. There's some of the most important roles in outer coven. In a traditional coven craft because the maiden square are filters. Not only do they handle setting up the altar and doing all the work of passing out the cake sale during the communion ceremony.

They also are energy filters during raising a code of power. They're, they're the focal point where once a code of power is raised, the energy goes to them first. They filter out all the negative and unwanted energies for that working that magic before passing it to the high priest or high priestess to actually raise the full code of power and release it.

Alexian: That's an interesting way to look at it. I've never thought of it that way.

ED: That's a fact.

Alexian: Yeah, I mean, I can totally see that. We call ours Maiden and Robin, but it's the same thing. They are definitely, um, active roles within the coven and keep things running, you know, running a coven is a big responsibility and it's a lot of work.

And I'm sure you understand this too. When you first start a coven, it's all on you, whoever's finding it. Then, you know, with your partner. So, my priestess, it's up to us to get it off the ground and get it running. But, you know, now, you know, 30, whatever, 32, whatever years plus it has been.

It's really interesting to me. I'd have these moments where I'm sitting back in ritual. And the coven is running itself.

Beautiful feeling comes over me like, holy crap, I could die today. And I know that this will continue because they all know what they're doing. They can run this without me. And that is the best feeling ever, right? It is the best feeling ever. I just feel so fulfilled and blessed to have reached this point.

with Twisted Oak. It's really, really cool. Yes. A word of warning, if you run into a group where it seems like more of a cult, where it's a dictatorship, it's my way or the highway,

ED: It's most likely a cult run as fast as you can,

Alexian: Run the other direction. Again, it's not about power over others.

ED: In fact, his elders and his high priests are servants.

Alexian: The biggest thing I say to all of my students and my coven, and they have been now repeating it to their students because we have third degrees and second degrees, the higher you go, the lower you bow in service. Say it with me, everyone. The higher you go, the lower you bow in service.

So, mote it be.

ED: And at that note, we're going to call this. Thank you for that last ending. That was excellent. And thank you for the interview.

Alexian: My pleasure. Thank you.

ED: This was an excellent interview, and we got a lot of information out that's necessary for instructing new people coming into the craft what we're about.

Especially us in the Alexandrian Wiccan tradition. Again, I thank you for the interview and I look forward to publishing it in a future upcoming article. By the way, you can catch Alexian's show on The Alexian Show. .

Alexian: Thank you so much, Edward. Blessed be.

Types of Divination

D

Dactyliomancy (dactylomancy): Divination using rings. (like a pendulum)

Daphnomancy: Divination by interpreting a burning laurel branch.

Demonomancy: Divination by evoking demons to reveal information.

Dendromancy: Divination interpreting trees, especially oak or mistletoe.

Dervishing: The practice of whirling into a state of ecstasy.

Direct Writing: Term for a spirit writing without human or mechanical assistance. Distinct from Autography, Automatic Writing or Psychography which are done through human beings.

Divination: The art of using magickal tools and symbols to gather information from the collective unconscious on the nature of people, places, things, and events of the past, present, and future.

Divining Rod: A forked rod or branch which is used for dowsing.

Dowsing: Divination to find a person, place, thing, or element buried in the earth.

Dowsing Rod: A forked rod or branch which is used for dowsing.

Dubjed: Tibetan term for catoptromancy.

Dukkerin (dukkering): Romany term for divination.



Magic to Enhance our Bond with Pets

Lilian Stardust

With some simple magical intentions you can strengthen your pet's well-being, with a protective spell and a healing ritual. Whether your pet is a dog, cat, bird, or reptile, the right magical intention can create a sense of balance in the lives of our pets. Incorporating magic intentions into your pet's care can add to your bond. With that said, there is something undeniably magical about the bond we share with our pets. They are our friends and protectors. As we are theirs.

Healing Rituals

If your pet is dealing with illness, or injury, magic intentions can help boost their healing. One popular spell for pet healing is a candle ritual. You'll need a white or green candle (representing healing) and a few sprigs of rosemary. As you light the candle, focus on your pet's well-being, imagining them happy and healthy. Sprinkle the rosemary around the base of the candle and whisper a healing incantation. Here is one for example.

"By flame and herb, I call for healing,
May (pets name) strength be quickly revealing.
With every breath, they are restored,
Healthy, happy, forever more."

Allow the candle to burn down completely, and safely. When it's done, bury the rosemary in your garden or in a pot as a symbol of your pet's growing health.

Protection Spells

Animals, just like humans, can be affected by negative energies. Using magic to protect them is a wonderful way to enhance their safety. One easy ritual involves creating a protective charm for your pet using crystals and herbs. Simply take a small cloth pouch and fill it with protective herbs like sage, rosemary, or lavender. You can also add a crystal like black tourmaline or obsidian to enhance its protection. As you tie the pouch, visualize a bright white bubble of light surrounding your pet, ensuring they are safe from harm.

Think of this as an invisibility cloak keeping them out of harm's way. Attach the charm to their collar, and let it work its magic. You can create a chant to say and even recharge as needed during the full moons or any occasion you feel necessary! Use the chant whenever you feel called and have fun with it. Turn it into a whisper or a little song to sing them as they head out into the yard or on the hiking trail with you.

I encourage you to experiment with magical practices such as the incantation. You can adjust the wording, personalizing these as you see fit and emphasizing that the intent behind the magic is just as important as the action. If there is a herb or crystal that feels called to be a part of your spell or ritual then I suggest you use those so it is personalized to you and your pets situation. My magic is always based on intuition and what calls to be in-

cluded on top of the structure of a spell or ritual. With some basic knowledge of herbs and crystals you can move through your workings in this way. Certain crystals can be used in place of not having the obsidian or tourmaline suggested above such as a Quartz. It can be used in place of any crystal. It is all encompassing.

*From Lilian:

When thinking about what topic to write about for this zine I was inspired by my recent year anniversary of the gotcha day that my cat Pip was brought into my life by the cat distribution system

It was 11/11/2023, it was dark as I walked home and was practically tripped by her.

She followed me home and never left. I took this as a symbol that she is here to help me on my journey being the important numerical date of 11/11, an important number to me.

She has been an awesome pet and I'm so grateful for her entrance into my life.

They bring us joy and keep us going by bringing us a smile to our face on our hardest days.

In the world of magic, we can harness the energies of the natural world for our pets to promote health, protection, and harmony in their lives.

So mote it be.



Lilian Stardust

Intuitive, Clairaudient, Oracle reader, Practitioner of Pagan and Celtic plant magic.

With a deep connection to the natural world and a reverence for ancient traditions.

In addition to their oracle practice, she is an instructor of the arts and crafts (wink) and works with the spirits of plants, herbs, and elements of the earth.

As a teacher, Lilian empowers others to harness their own unique magic, through workshops, supporting individuals in embracing their personal power in alignment with the cycles of nature.

P.A.T.



Pagans Against Trafficking

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

Dictionary of Pagan Terms

M-Words

Mabon: On or around September 21st, the autumn equinox, Wiccans celebrate the second harvest. Nature is preparing for winter. Mabon is a vestige of ancient harvest festivals, which, in some form or another, were once nearly universal among peoples of the Earth. ²Modern name for the celebration of the autumnal equinox. One of the eight sabbats of the Wiccan year, celebrated on or around September 22.

Macrocosm: The "great world", the wider universe. See also, Microcosm. ² The Cosmos as a whole, in relation to the Microcosm, its detailed manifestation (the human being in particular). In accordance with the Hermetic principle 'as above so below', The Microcosm is of the same essence as the Macrocosm and reflects its nature. ⁽³⁾ The greater representation of something lesser.

Magician: One who practices Magick.

Magick: An act which draws upon the unseen source of energy for a focused intent. The physical manifestation and manipulation of energy in accordance with ones will. Spelled with a "k" to differentiate it from the type of magic that suggests trickery, or slight of hand, or just "sparkly feeling" without focused intent. ²The act of rousing, directing, and releasing energy toward a goal. The art of using little-understood but natural powers to cause needed change. ³The projection (movement) of subtle but natural energies to bring about needed change. This is a natural art which works with the forces of nature. It is not supernatural, "evil" or dangerous. The moving of universal energy by the use of will towards a specific use and function. Although considered by the common public as supernatural, most people involved in magick see it as an ability anyone can develop with time, patience, and help. ⁽⁴⁾ The movement of natural energies (such as personal power) to create needed change. Energy exists within all things - ourselves, plants, stones, colors, sounds, movements. Magick is the process of rousing or building up this energy, giving it purpose, and releasing it. Magick is natural, not supernatural, practice, though it is little understood. ⁽⁵⁾ The movement of natural (yet subtle) Energies to manifest positive needed change. Magick is the process of rousing energy, giving a purpose (through visualization), and releasing it to create a change. This is a natural (not supernatural) practice. ⁽⁶⁾ 'The Science and Art of causing Change to occur in conformity with Will' (Aleister Crowley). Crowley added the 'k' to distinguish true magic from the debased, escape-from-reality concept of magic, and many occultists have adopted this usage. ⁽⁷⁾The "art of changing consciousness at will". Also the psychic direction of natural energies, using the symbolic language of correspondences, to achieve a goal. Magick is often spelled with a "k" to distinguish it from staged illusions or fantasy magic.

Magickal Aromatherapy: The utilization of aromatic plant materials, including essential oils, to produce specific changes. Natural fragrances are inhaled, the needed result is visualized and the energy is moved through the agency of the conscious mind.

Magickal Circle: A gathering of people (or even one person) where sacred space has been created for the working of magick. ²A sphere constructed of personal power in which Wiccan rituals are usually enacted. The term refers to the circle that marks the sphere's penetration of the ground, for it extends both above and below it. It is created through visualization and magick. See also, Circle.

Magick Circle: Any protected magickal space (not necessarily rounds, although it often is); any area that's been set aside for mystical work by cleansing and blessing that region and invoking the Sacred Powers or earth-air-fire-water-spirit to act as guardians in that space. A circle was chosen as the optimum design for magickal sacred space, because it represents continuance, cycles, and the earth and the fact that everyone within the circle is equally important to the success of the magick being created.

Magick Knife: See Athame.

Magick Mirror: A specially constructed dark 'mirror' into which the seeker gazes, looking for divinatory images. This art is called scrying, and the mirror is also sometimes called a speculum.

Magus: In general, a male occult adept. In Wiccan usage, a second-degree or third-degree male witch. ⁽²⁾ One who is a master of the occult arts.

Maiden: The aspect of the Threefold Goddess that represents such things as youth, freedom, independence, springtime. Also refers to a female member of a circle who is designated as the special assistant to the High Priestess. ² In a coven, the Assistant High Priestess for ritual purposes, who may or not be the High Priestess's deputy in leadership. In earlier times, the title of Maiden was sometimes applied to the leader whom we would now call the High Priestess.

Major Arcana: The twenty-two picture cards in the Tarot pack, which carry allegorical scenes. They are used as a guide on the spiritual journey and in divination.

Mana: Raw unconscious energy that automatically responds to external stimuli. It is the accumulation of power within an object or setting.

Mandala: A symbolic diagram based on geometric shapes and often including a human or divine figure, used as a basis of meditation in Eastern mysticism. It is enclosed in a circle and symbolizes the Macrocosm.

Mandorla: An almond-shaped area or panel enclosing a sacred figure, and representing the aura, in medieval Italian art.

Manifestation: The product on one level of being of a phenomenon or entity already existing on a higher level. Thus physical Nature is a manifestation of creative Divinity; the Earth itself may be regarded as a manifestation of the Mother Goddess principle; and on a much lower level, a seen ghost, or a poltergeist phenomenon, is a visual or physical manifestation of an entity or activity on the astral plane.

Mantra: In Buddhism and Hinduism, a sacred sound chanted or repeated inwardly during meditation.

Masculine: As opposed to feminine energy, this is the radiant sun, strength, intellect, and logic. The masculine form of the Goddess is the Horned God (a type of Pan) who reminds us of our link to nature, and who is sometimes represented by the Sun.

Measure: In Wicca, the thread by which a first-degree initiate's bodily dimensions are ritually recorded as a symbol of his or her loyalty to the coven.

Medicine Bag/Pouch: See Power Bag. Depending on the tradition, a medicine pouch may be one which is worn to hold special stones or other items which act together like an amulet or charm. In Native American traditions, a similar pouch is sometimes linked with the healer or the tribe and filled with useful herbs.

Meditation: Reflection, contemplation, turning inward toward the self or outward toward Deity or Nature. A quiet time in which the practitioner may dwell upon particular thoughts or symbols, or allow them to come unbidden. 2A means of calming the mind and spirit through breathing techniques and introspection. Deliberate thoughtfulness on one subject to gain insight and perspective. 3Thinking deeply about something. IN a magickal construct, meditation is used to quiet our minds and turn our thoughts away from the mundane long enough to focus on spiritual matters, specifically prevalent issues, questions or study topics. 4A state of thought or of inner contemplation in which, by using the imagination, by concentration or other means, attention is turned entirely away from the outer world.

Megalith: A huge stone monument or structure. Stonehenge is perhaps the best known example of megalith construction.

Menhir: A standing stone probably lifted by early people for religious, spiritual or magickal reasons.

Mental Influences: The sometimes powerful effect other people's thoughts and opinions can have on some minds.

Meridian: In Chinese medicine, a subtle energy channel that runs close to the surface of the skin and contains the acupuncture points.

Miasm: The subtle imprint of an infectious disease from the past, such as TB or syphilis, that has been passed down through a family or place. The term was coined by Samuel Hahnemann, the founder of homeopathy.

Microcosm: A miniature model of the Macrocosm. Philosophers saw the human body as a reflection of the universal whole. See Macrocosm.(2) A miniature representation of something greater.

Midsummer: The summer solstice, usually on or near June 21st , one of the Wiccan festivals and an excellent night for magick. Midsummer marks the point of the year when the Sun is symbolically at the height of its powers, and so too the God. The longest day of the year.

Mighty Ones, The: Beings, deities or presences often invoked during Wiccan ceremony to witness or guard the rituals. The Mighty Ones are thought to be either spiritually evolved beings, once human, or spiritual entities created by or charged by the Goddess and God to protect the Earth and to watch over the four directions. They are sometimes linked with the Elements.

Minor Arcana: The four suits, each of fourteen cards, in the Tarot pack: pentacles (or coins), cups, wands, and swords.

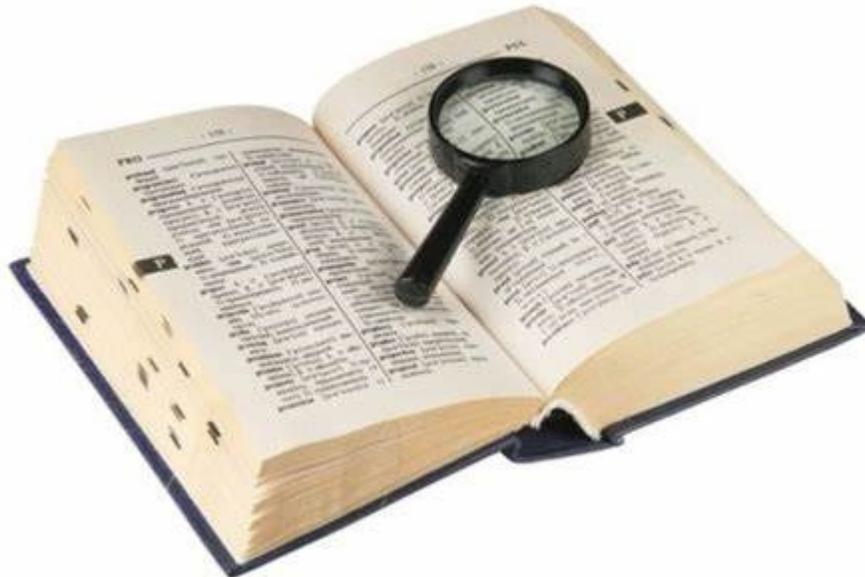
Moon: Symbol of the Triple Goddess (Maiden, Mother, and Crone) in the Wiccan faith, and of feminine powers of intuition and magick, and of female physiological cycles which are attuned to Her.

Moon Magick: Any magick using the moon phases as a component in its spells or rituals. Also magick dealing with the unconscious mind, instinct, psychic phenomena, healing and the feminine aspects.

Mortar and Pestle: A stone bowl and grinding implement used to prepare herbs or other materials for healing or magick.

Mother: The central aspect of the Threefold Goddess. Represents fulfillment--the full power of the feminine -- creative, nurturing, sensual.

Muse: A source of inspiration, derived from the nine Goddesses of Greek mythology who were said to be the inspiration for various specified fields. One of them, Urania, is the muse for astrology (or astronomy, if you prefer -- but remember, until the eighteenth century the two terms were virtually synonymous).



December 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 New Moon	2	3	4	5	6
7	8	9	10	11	12	13
14	15 Cold Moon	16	17	18	19	20
21 Yule (Winter Solstice)	22	23 Celtic Tree Month of Birch Begins	24 Holly Eve	25 Christmas Day/ Oak Day	26	27
28	29	30 New Moon	31 Hogmanay New Years Eve			

December 1—New Moon

December 15—Cold Moon

December 21—Yule (Winter Solstice)

December 23—Celtic Tree Month of Birch Begins

December 24—Holly Eve

December 25—Christmas Day, Oak Day

December 30—New Moon

December 31—Hogmanay, New Years Eve

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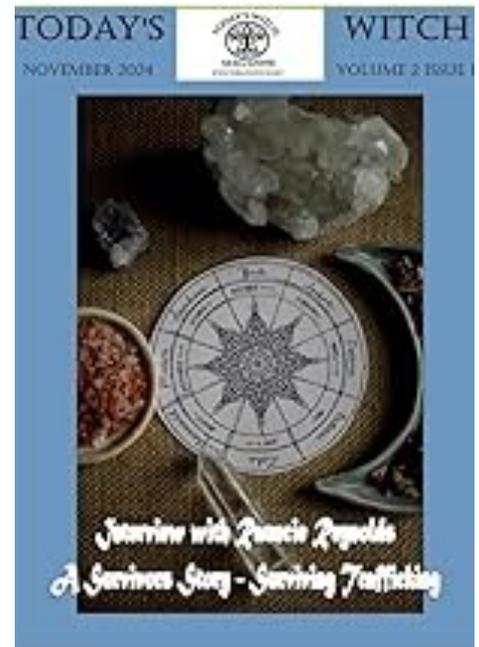
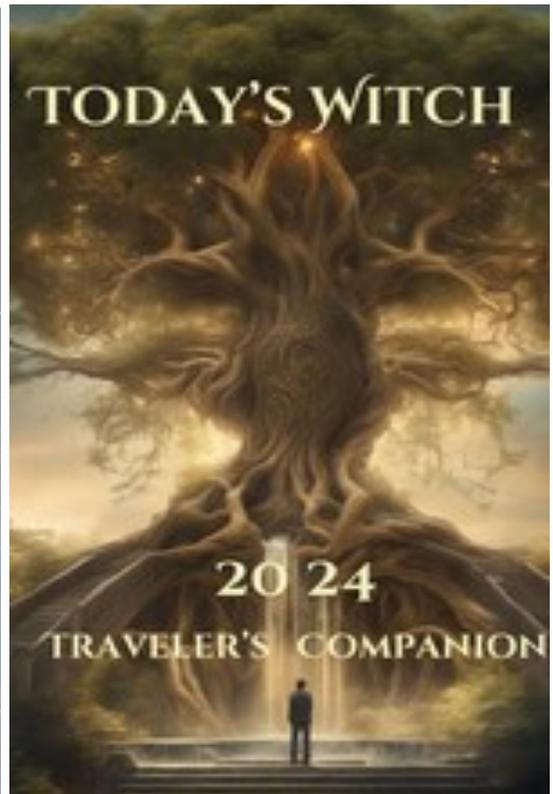
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