

TODAY'S WITCH

JUNE 2024

LITHA

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

Publishing Data

Publication Date(s); Monthly on first of every month.

Deadlines for Submission: Due on 10th of each month prior to print.

Publication Area: Continental United States, Hawaii, Puerto Rico, Guam.

Shelf Life: Perpetual, Collectable Magazine.

Supplements: Wheel of the Year Book (HC) 80pg; Puzzle book (SC) 150pg; Witches' Traveling Companion (SC) \$7.95 with a yearly subscription.

Today's Witch is Copyrighted as a collective work, monthly issue by Covered Bridge Press LLC. © 2023. This work is a collaborative collection. All works belong exclusively to the Author(s).

Today's



Witch



Editors Board and Staff

Edward Sott—CEO, President

Atalanta Moonfire—Vice President

David Larsen—Sales and Marketing

Earl Williams—Human Resources

Emily Thornton—Chief Managing Editor

Published by Covered Bridge Press, LLC. © 2024 Vol1 Issue 7. Reasonable care is taken to ensure that "Today's Witch" articles and information is current at the time of publication. No responsibility can be taken by the Editors, or staff for any errors or omissions contained herein. Further more, responsibility for any losses, damages, or distress resulting from the information available in this magazine, is not the responsibility of Covered Bridge Press, LLC or its affiliates, and is protected under the First Amendment of the Constitution of the United States. Submissions are accepted to be paid upon time of publication. Covered Bridge Press, LLC. Does not guarantee the publication of your works. If they are printed by us you are acknowledging and giving us the right to print and reproduce your articles. The opinions expressed are those of the Authors and do not necessarily reflect the opinions of Covered Bridge Press, LLC. We reserve the right to refuse any articles or advertisements. We assume that the authors have full copyright ownership or permission. Covered Bridge Press LLC and Today's Witch will make all attempts to insure that copyrights are not violated. If any violations are discovered we will immediately retract the article and will attempt to inform the Owner of the violation. We reserve the right to republish any articles without extra compensation.

Table of Contents

Page 2. Publishing Information	Page 20 Answers to last months puzzle
Page 3. Table of Contents	Page 21. Kitchen Witch's Cauldron
Page 4. Meet the Staff	Page 22. Gazpacho
Page 5. The Runes—Dagaz	Page 23. Tarot Spread—Gemini "I Think"
Page 6. Norse Deities—Forseti	Page 24, Tarot Spell—Action II Stimulate Individual Act
Page 7. June—Mead Moon Correspondences	Page 25. Fools Journey—The Lovers
Page 8. Herbalism—Oak	Page 26-27 . Litha by its many names and June's Full Moon
Page 9. Mycology—Alder Tongue	Page. 28. Litha Correspondences
Page 10 Astrology—Gemini Third House Communications	Page 29-31. Getting to Know Terri Ireland
Page 11. Understanding Astrology The Astrological Aspects	Page 32-33 Athena By Jill Ann Cooper
Page 12 . Miscellaneous Information—Inner Planets	Page 34. Dictionary of Pagan Terms—G Words
Page 13 . Miscellaneous Information—Outer Planet	Page 35. Calendar –June
Page 14. Planetary Correspondence—Mercury	Page 36. The Gods and Goddesses by Civilization—Aborigine, Africa
Page 15 Emerald	Page 37. Book Reviews By Druid Foxx
Page 16. Aspects of Life Correspondences , Creative Works	
Page 17 Tree of Life Geborah	
Page 18. The Dhammapada—Chapter 6, The Wise Man	
Page 19. Puzzle Nine—Earth Correspondences	

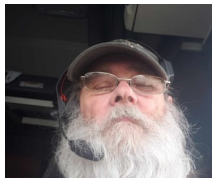


Meet the Staff

Edward Sott (CEO)



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



David Larsen (Sales and Marketing Dir.)

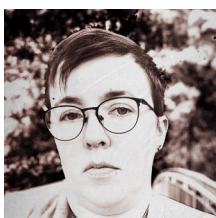
David Larsen is an over the Road Commodities Relocation Engineer, (AKA truck driver) He is also a history buff and a word smith. He currently resides in Florida and wherever the road and his dog Joey might take him. He is also world traveled from his military experience and driving. David is Co-Author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



Earl Williams (Hum. Res. Director)

My name is Rev. Earl Williams.

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



Emily Thornton (Managing Editor)

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

Atalanta Moonfire (Vice President)



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



Melina Valdejo (Staff Writer)

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

*I anticipate all the good as I remain
rooted in my intuition and discern
what is for me and what must go,*

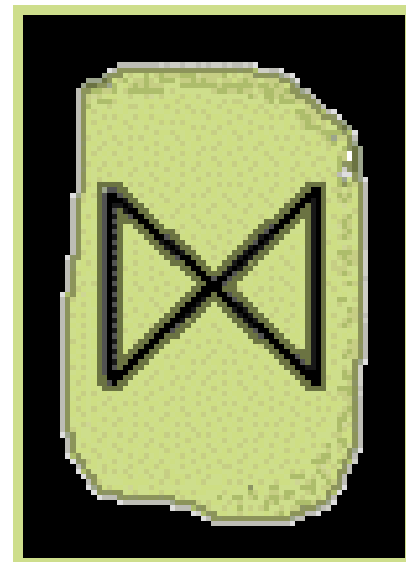
The Runes

Dagaz (da~gauze or thaw~gauze)

Sound:	“D or TH”
Depiction:	The Balance between night and day
Runic Position:	3rd Aett, 7th Rune
Original Meaning:	The light of day
Key Words:	Light, enlightenment, polarity, awakening, intuition, well-being
Tree:	Spruce
Herb:	Sage
Gemstone:	Lapis Lazuli, sodalite, amazonite, azurite, blue zircon, sapphire
Color:	Blue
Runic Half-Month:	May 29—June 14
Hours of the Day:	10:30am—11:30am
Other Names:	Germanic: <i>Daaz (Dagaz)</i> Norse: <i>Dagr</i> Anglo-Saxon: <i>Daeg</i> Icelandic: <i>Dagur</i> Norwegian: <i>Dagr</i>
God/dess:	Othin, Odin
Power Animals:	Wolf, raven, horse, eagle, bear
Element:	Fire
Numerological Value:	“23”
Astrology:	Waxing Moon and Waning Moon
Tarot:	Temperance

Magickal Qualities:

- Understands the power of darkness and light
- Uses the sun’s fire to fuel magickal patterns
- Knows how to move through the dark without fear
- Merges with the cycle of light
- Spiritual enlightenment

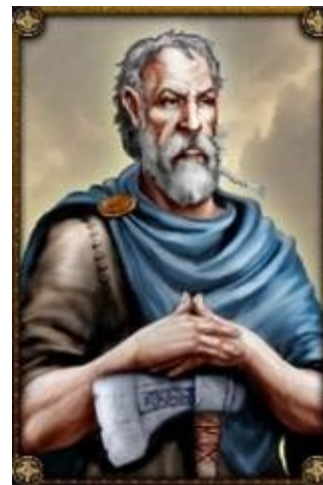


Galdr Song:	Dagaz, Dagaz, Dagaz, Dh dh dh dh dh dh dh dh dh dh D a a a a a a g a a a z z z z Du da di de do Dh dh dh dh dh Odh edh idh adh udh Od ed id ad ud D a a a a a a g a a a z z z z
Ogham-Bethlusian:	Duir (<i>pr. Doo’er</i>)
Quatrain:	Keeper of the knowledge, master of the wood Uphold the tribute for the tribe’s great good. Standing at memory’s door with darkened eyes, Bring forth fragrant peace that never dies.

Norse Deities

Forseti

Also Called:	God of Justice
Colors:	Yellow
Incense/Oil:	Rose, cedar
Symbols:	Scales
Stones/Metals:	Lapis Lazuli, Amethyst, Aquamarine, Tin
Plants:	Avens, Rose, Polypody, Oak, Verbana
Day:	Thursday
Runes:	Nauthiz, Ehwaz, Perdhro, Algiz



In Norse mythology, Forseti is the god of justice and reconciliation. He is the son of Baldur, a beloved but doomed god, and Nanna. Forseti is also known as Forseti Baldurson, or "Son of Baldur". He is a member of the Aesir Royal Family, and is the grandson of Odin and Freya, the nephew of Thor, and the cousin of Magni, Modi, and Thrúd.

Forseti's home in Asgard (heaven) is a great hall called Glitnir, which is held up by golden pillars and has a roof of silver. Glitnir is a court of justice where all legal disputes are settled.

Forseti is one of the twelve leading gods, but he is not featured significantly in any of the surviving myths. He is also an obscure pre-Christian Norse god, and is only mentioned twice in Old Norse.

Forseti is associated with the following symbols:

- A golden or double-headed axe
- White linen, edelweiss flower, and hawks
- The Thing, laws, judges, and courtrooms
- A boat without oars
- The colors red, purple, and gold
- The metals silver and gold
- Silent reverence
- Springs, spring water, and fountains
- The rune Reid

Forseti is different from other sons of Odin, or the older Gods, who embraced vengeance. Instead, Forseti turned to fair mediation, and embodies approaching wrongdoing as a complex, multilayered problem that requires humane solutions based on established laws rather than lashing out emotionally.

Forseti is also mentioned in God of War: Ragnarök, where he is said to live among his fellow Aesir gods in the Great Lodge, survive Ragnarök, and later settle in Vanaheim with the survivors.

June—Mead Moon Correspondences



Other Names:	Aerra Litha (Before Litha), Brachmanoth (Break Month), Honey Moon, Lovers' Moon, Moon of Horses, Moon of Making Fat, Rose Moon, Strawberry Moon, Strong Sun Moon
Nature Spirits:	Sylphs, Zephyrs
Herbs:	Dog Grass, Meadowsweet, Mosses, Parsley, Skullcap, Tansy, Vervain
Colors:	Golden-Green, Orange
Flowers:	Lavender, Orchid, Yarrow
Scents:	Lavender, Lily of the Valley
Stones:	Agate, Alexandrite, Fluorite, Topaz
Trees:	Oak
Animals:	Butterfly, Frog, Monkey, Toad
Birds:	Peacock, Wren
Deities:	Aine of Knockaine, Bendis, Cerridwen, Green Man, Ishtar, Isis, Neith
Power Flow:	Full but restful energy; protect, strengthen, and prevent. A time of Light; Earth tides are turning. Decision-making, taking responsibility for present happenings. work on personal inconsistencies. Strengthen and reward yourself for your positive traits.

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

Oak

A genus of about 600 species of evergreen, semi-evergreen, and deciduous trees and a few shrubs, distributed throughout the northern hemisphere and in some montane regions of the southern hemisphere. Various species of oak are of particular importance in the lumber and tanning industries, and have a long history of use in shipbuilding. They are long-lived, and many are planted in parks and open spaces. The rigidly narrow *Q. robur* f. *fastigiata* is particularly useful for confined areas. In ancient times the oak was dedicated to Thor, the god of thunder. This gave rise to the belief that an oak tree could never be struck by lightning; hence the acorn-shaped wooden pulls attached to blind cords are thought to protect a house. The bark, galls, and acorns of various oaks are a major source of tannic acid. They contain up to 20 percent tannin, reaching 36-58 percent in *Q. infectoria*, an eastern Mediterranean species widely exploited by the pharmaceutical industry. *Quercus alba* (white oak) was important in native N American medicine as a remedy for diarrhea, wounds, and hemorrhoids. The Menominee and Potawatomi made syringes, using an animal bladder and hollow bone of a bird, for the injection of oak-bark infusion into the rectum. *Quercus alba* was adopted by settlers as a substitute for the common oak, and was listed as an astringent, tonic, and antiseptic in the U.S. Pharmacopoeia (1820-1916). Boiled in milk and water with the root of *Verbena urticifolia* (White Vervain), it makes a useful antidote to *Rhus radicans* (Poison Ivy).



Because of its high tannic acid content, oak bark was once an important ingredient used in the tanning of leather. Today it is used in powdered form to treat nosebleeds, in ointment form for hemorrhoids, and as a gargle for sore throats. Also, because of its anti-inflammatory and astringent properties, cold compresses made of oak bark tea are used for treating cuts and burns.

Large, deciduous tree with a broad crown, fissured bark, and very short-stalked, ovate-oblong leaves, to 14cm (5½in) long, which have lobed margins. Male flowers are borne in catkins; females in spikes of 1-5 in spring, followed by ovoid acorns, 4cm (1½in) long.

Common Name:	Oak	Medicinal Uses:	Internally for diarrhea, dysentery, hemorrhage, and prolapsed uterus or anus. Externally for hemorrhoids, vaginal discharge, sore throat, bleeding gums, minor injuries, dermatitis, weeping eczema, ringworm, ulcers, and varicose veins. To treat eczema, genital and anal inflammation, gastrointestinal inflammation, diarrhea, cough, varicose veins, and rashes. Germany's Commission E has approved the use of oak to treat diarrhea, inflammation of the mouth and throat, cough, bronchitis, and skin inflammation.
Other Names:	Common Oak, English Oak, Oak Bark, Pendunculate Oak, Tanner's Bark	Typical Dose:	A typical internal dose is approximately 1 gm of coarsely powdered bark mixed with 150ml cold water, boiled for 2 minutes, strained and taken as a tea, up to three times a day.
Botanical Name:	<i>Quercus robur</i>	Possible Side Effects:	Oak's side effects include nausea, vomiting, anorexia, and allergic reactions.
Genus:	<i>Quercus</i>	Bibliography:	Encyclopedia of Herbs by Deni Bown The Essential Herb-Drug-Vitamin Interaction Guide by George T. Grossberg MD and Barry Fox PhD www.prcupcc.org/herbs/herbso/oak.htm
Family:	Fagaceae		
Native Location:	Europe to West Russia		
Cultivation:	Deep, well-drained soil in sun or partial shade. Remove lateral branches in late winter to maintain a clean trunk. Foliage may be damaged by mildew, oak phylloxera, chafer beetles, and caterpillars, particularly those of gypsy moths. Gall wasps cause the formation of galls on various parts of the tree, most commonly occurring on the leaves. Trees may be infected by honey fungus and various species of bracket fungus. Oak wilt is a major, usually lethal disease in some areas.		
Propagation:	By seed sown when ripe; by grafting in mid-autumn or late winter.		
Harvest:	Bark is removed in spring from trees 10-25 years old and dried for use in decoctions and liquid extracts.		
Variations:	<i>Atropurpurea</i> , <i>Concordia</i> (Golden Oak), <i>F. fastigiata</i> (Cypress Oak)		
Height:	25-35m (80-120ft)		
Width:	25m (80ft)		
Hardiness:	Z 4-10		
Parts Used:	Bark, Leaf, Seed		
Properties:	A bitter, astringent, antiseptic herb that reduces inflammation and controls bleeding.	Consult with your physician before taking any or all herbs. The information provided is not meant as a replacement for medical treatment.	

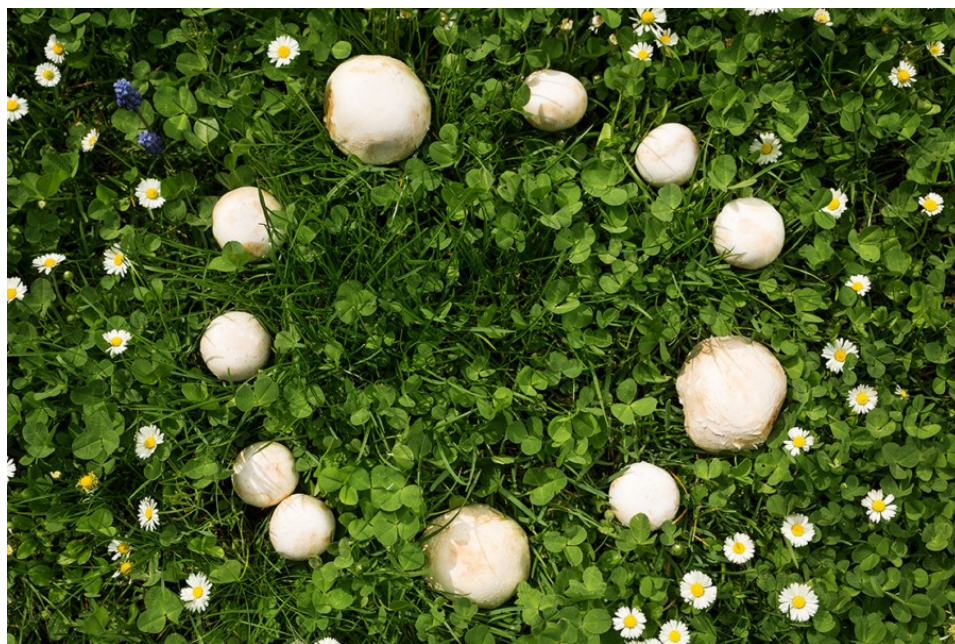
Mycology

Alder Tongue

Taphrinaalni-incanae



Common Name:	Alder Tongue
Botanical Name:	<i>Taphrinaalni-incanae</i>
Order:	Taphrinales
Family:	Taphrinaceae
Description:	This ascomyte attacks various species of alder causing a deformation on the floral cones with consequent enlargement of the squamae and flores, which leads to the formation of a sort of lamina that emerges from the cones.
Galls:	These galls reach a length of 1-3cm, initially rosy-brown, then curling over themselves and, after a while, drying out and becoming light green quite tinged with red, and finally grayish-brown, easily detachable by breaking. The excrescences correspond to the same number of blooms which, as a result of the fungus attack, have proliferated by producing new tissue, on the surface of which the fungus produces, in a palisade like formation, the bare asci. Because of the parasitic attack the entire inflorescence gradually assumes a squamosa appearance, does not develop regularly and rapidly dries out.
Spores:	Colorless, sub globose, smooth 3-5x4-5µns.
Edibility:	Undefined, not recommended for consumption
Season:	Summer
Habitat:	Parasitic on alder inflorescences
Range:	Widely distributed in the United States
Comments:	A similar species <i>T. deformans</i> , is more common and causes peach “blister
Bibliography:	Simon & Schuster’s Guide to Mushrooms by Gary Lincoff, Copyright 1981 Arnoldo Mondadori ref. 351



Astrology

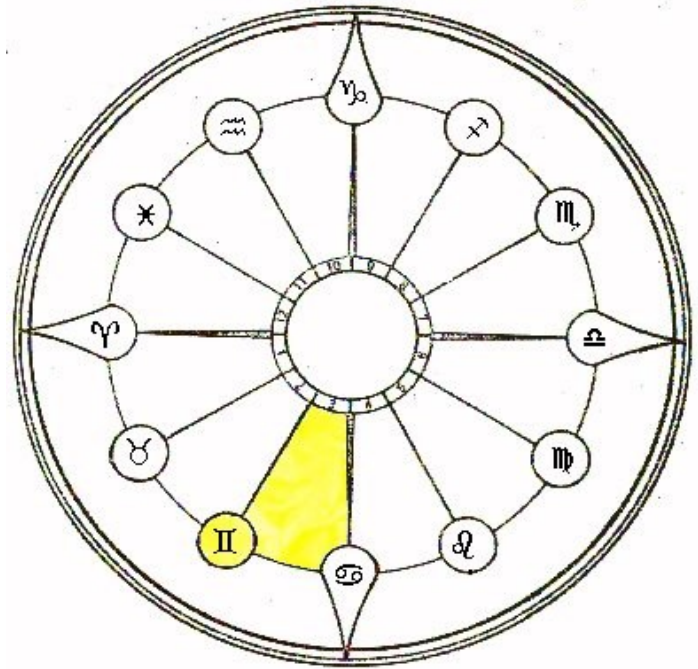
3rd House—Communications

Gemini

The Third House is the House of Communications, governing your style and success in communicating with others through speech and the written word. It also depicts your own desire and ability to learn. The Natural Ruler (or corresponding zodiac sign) of the Third House is Gemini.

Sign:	Gemini
Symbol:	♊
Dates:	May 21—June 21
Ruler:	Mercury
Element:	Air
Quality:	Mutable
Gender:	Masculine
Body Parts:	Shoulders, Arms, Hips, Hands
Key Words:	“I Think”
Colors:	Yellow, Violet
Tarot:	Wheel of Fortune
Archangel:	Raphael
Birthstones:	Agate, Aventurine

Gems: Agate, Antlerite, Apatite, Apophyllite, Aquamarine, Arizona Lizard Stone Jasper, Azeztulite, Azurite-Malachite-Chrysocolla, Babingtonite, Berzeliite, Blende, Blue Sapphire, Blue Spinel, Bruneau Jasper, Cafarsite, Calcite, Celestine, Celestite, Cherry Opal, Chevron Amethyst, Chromite, Chrysocolla, Chrysoprase, Citrine, Copal, Cryolite, Cymophane, Dendritic Agate, Dendritic Opal, Diaspor, Dumortierite, Emerald, Epidote, Erythrosiderite, Ettringite, Faujasite, Fluoroapatite, Franklinite, Fulgurite, Glass (Natural), Green Obsidian, Green Sapphire, Green Tourmaline, Harmotome, Homilite, Horneblende, Howlite, Hubnerite, Hydrozincite, Jade, Jeremejevite, Koksharovite, Kolbeckite, Lazulite, Leaverite, Lechatelierite, Legrandite, Lodestone, Meliphane, Meteorite, Moldavite, Mottramite, Multi-Colored Topaz, Multi-Colored Tourmaline, Nordenskioldine, Ocho, Oligoclase, Pachnolite, Parti Sapphire, Pearl, Peridot of Ceylon, Petzite, Phenacite, Phenomenite, Picrolite, Plume Agate, Polka Dot Agate, Quartz, Rose Eye Agate, Ruby in Kyanite, Rutile, Rutilated Quartz, Rutilated Topaz, Salesite, Sandstone, Sapphire, Serpentine, Sphalerite, Stillwellite, Tanzanite, Thomsonite, Thulite, Tiger's Eye, Topaz, Tourmalated



Quartz, Tourmaline, Tremolite, Tsilasite, Tsumebite, Ulexite, Valentinite, Variscite, Wakefieldite, Watermelon Tourmaline, Willemite, Williamsite, Wolframite, Yellow Tourmaline, Zebra Rock, Zeolite, Zoisite.

Babylonian Name:	Mastabbagalgal
Meaning:	Great Twins
Sumerian Month:	Simanu
Translation:	The Faithful Shepherd of Heaven
Gemini Traits:	Intelligent, Quick, Inquisitive, Communicative, Restless, Unstable, Not Dependable, Erratic, Over smart, Flighty, Spontaneous, Center of Attention, Humorous, Comedic, Sympathetic, Affectionate, Idealistic, Studious, Imaginative, Inspiring, Aspiring, Loves Changes.
Third House Traits:	Power of Mind, Dexterity, Cleverness, Education, Short Journeys, Near Relatives, Neighbors, Writing, Communications, Recording Lecturing

Understanding Astrology

Astrological Aspects



When two planets are conjunct, the angle between them in the sky is close to zero. The maximum Orb Size determines how close to zero two planets must be to be conjunct. Thus if two planets are 3.5 degrees apart and the maximum Orb Size is 7 degrees, the planets are indeed conjunct. If however the planets are 8 degrees apart (with a maximum Orb Size of 7 degrees), they would not be conjunct.

A conjunct aspect is the most powerful aspect in astrology. When two planets are conjunct their power is multiplied to have a dramatic effect on your horoscope. Although this power occasionally combines destructively, a conjunction is usually a beneficial influence on your chart. If these two planets have negative aspects with other planets in your chart, however, the conjunction may intensify this negative energy. Similarly, if the two planets have positive and harmonious aspects with the other planets, the conjunction will magnify the positive energy.

In accordance with most modern schools of astrology. The maximum Orb Size is within 10 degrees of each other for a conjunction to occur. Conjunct planets are highly interdependent on each other when it comes to determining whether or not the conjunction may prove to be a destructive or constructive force.



When two planets are sextile, the angle between them in the sky is close to 60 degrees. The maximum Orb Size determines how close to 60 degrees apart two planets must be to be sextile. Thus, if two planets are 56.5 degrees apart and the maximum Orb Size is 7 degrees, the planets are indeed sextile. If however the planets are 52 degrees apart (with a maximum Orb Size of 7 degrees), they would NOT be sextile.

A sextile aspect is harmonious and generally positive. The influences of two planets are combining in a positive way, perhaps presenting favorable opportunities. This beneficial influence will only work in your favor, however, if you invest the required effort.



When two planets are square, the angle between them in the sky is close to 90 degrees. The maximum Orb Size determines how close to 90 degrees apart two planets must be to be square. Thus, if two planets are 86.5 degrees apart and the maximum Orb Size is 7 degrees, the planets are indeed square. If however they are 98 degrees apart (with a maximum Orb Size of 7 degrees), they would NOT be square.

A square aspect is inharmonious and discordant. The negative

influences of two planets are combining to produce discord, strain, and friction. Your strength of character is challenged.



When two planets are trine, the angle between them in the sky is close to 120 degrees. The maximum Orb Size determines how close to 120 degrees apart two planets must be to be trine. Thus, if two planets are 126.5 degrees apart and the maximum Orb Size is 7 degrees, the planets are indeed trine. If however the planets are 127.6 degrees apart (with a maximum Orb Size of 7 degrees), they would NOT be trine.

A trine aspect is the most favorable aspect. Like the perfect symmetry of an equilateral triangle (in which the three corners are each 120 degree angles), a trine aspect is perfectly harmonious. The beneficial influences of two planets are combined and multiplied to produce positive energy, harmony, and balance.



When two planets are opposite, the angle between them in the sky is close to 180 degrees. The maximum Orb Size determines how close to 180 degrees apart two planets must be to be opposite. Thus, if two planets are 183.5 degrees apart and the maximum Orb Size is 7 degrees, the planets are indeed opposite. If however the planets are 188 degrees apart (with a maximum Orb Size of 7 degrees), they would NOT be opposite.

An opposite aspect is inharmonious. The influences of the two planets are at cross-purposes, pulling you in different directions. The result is discord, difficulties, and strain in your life. An opposition could merely represent a challenge or minor obstacle, or it could signify a part of your life which is going awry.

Understanding these aspect and the influences they have in your chart helps one determine why and what courses of action have come into play and how to properly adjust to them. Whether harmonious or inharmonious, one can utilize this awareness in order to adapt to ones surroundings which can better influence ones choices.

Understanding these aspect and the influences they have in your chart helps one determine why and what courses of action have come into play and how to properly adjust to them. Whether harmonious or inharmonious, one can utilize this awareness in order to adapt to ones surroundings which can better influence ones choices.

Miscellaneous Information

About The Inner Planets

Time it takes to circle and astrological chart (360° in circumference), which also equals the planet's orbit around the sun

Planet:	Time:
Sun:	365 Earth days and spends approx. 30 days in each sign
Moon:	27 days and 7 hours and spends 2.3 to 2.5 days in each sign
Mercury:	88 Earth days—moves around the chart approx. 4 times each year and spends about 7.5 days in each sign (not including retrograde periods).
Venus:	225 Earth days and spends approx. 18.7 days in each sign (not including retrograde periods).
Mars:	687 Earth days or 1.9 years (almost two years) and spends approx. 57.3 days in each sign (not including retrograde periods).

Retrograde Periods

Sun:	None
Moon:	None
Mercury:	Three times per year for 3 weeks per retrograde period
Venus:	Retrogrades every 18 months for approx. 40 days
Mars:	Retrogrades every 26 months for 10 weeks (70 days)

Number of Satellites (Moons and Asteroids)

Sun:	None
Moon:	None, though she does go "void" as she moves from sign to sign. A void period can last from a few minutes to two days
Mercury:	None
Venus:	None
Mars:	Two moons, Phobos and Deimos (diameter of fourteen miles and seven miles, respectively).

Degrees This Planet Moves on Average Per Day

Sun:	Approx. 1°
Moon:	Approx. .5° per hour, or 12° per day.
Mercury:	Approx 4° per day
Venus:	Approx. 1.6° per day
Mars:	Approx. .5° per day, which would be a movement of 30 minutes

Consistency

Sun:	Star ball of incandescent gas of average size and brightness compared to other stars.
Moon:	No air and no liquid water. No weather. Landforms are a result of meteoric impact.
Mercury:	Less than half the diameter of Earth. No air or water.
Venus:	Covered in bright clouds of sulfuric acid. Atmospheric pressure is 90 times that of Earth. Most of the surface is covered by undulating plains.
Mars:	Has a 24-hour day, a pattern of seasons, and polar ice caps. Temperatures on Mars rarely rise above freezing. Called the red planet because it is covered by red deserts. Some think Mars is the precursor of Earth and was destroyed by war.

Astrological Sign Rulership

Sun:	Leo
Moon:	Cancer
Mercury:	Gemini and Virgo
Venus:	Taurus and Libra
Mars:	Aries and Scorpio (classical)

Miscellaneous Information

About the Outer Planets

Time it takes to circle and astrological chart (360° in circumference), which also equals the planet's orbit around the sun

Planet:	Time:
Jupiter:	Approx. 11.9 Earth years (usually rounded to 12 years), spending approx. one full year in each sign.
Saturn:	Approx. 29.5 Earth years to complete its cycle around the chart. Spends approx. 2.4 years in each sign.
Uranus:	Approx. 84 Earth years to complete a cycle. Spends approx. 7 years in each sign.
Neptune:	Approx. 165 Earth years to complete a cycle. Spends approx. 13.8 years in each sign.
Pluto:	Approx. 248 Earth years to complete a cycle. Spends 20.6 years in each sign.

Retrograde Periods

Jupiter:	Once per year for 120 days or approx. 4 months.
Saturn:	Once per year for 140 days or approx. 5 months.
Uranus:	Once per year for 148 days or approx. 5 months.
Neptune:	Once per year for 150 days or approx. 6 months.
Pluto:	Once per year for approx. 6 months.

Number of Satellites (Moons and Asteroids)

Jupiter:	16 known satellites that fall into three groups: inner eight including the four Galilean moons; the middle four, and the outer four. The Galilean moons are the largest: Io, Europa, Ganymede, and Callisto.
Saturn:	18 moons, of which the largest is Titan and is the second largest moon in the solar system (smaller only to Ganymede). Other moons are Rhea, Tethys, Dione, Iapetus, Enceladus, and Mimas.

Uranus:	21 known moons. Titania is the largest. Cordelia and Ophelia are Shepard moons straddling the Epsilon ring.
Neptune:	8 moons with Triton as the largest, which is actually bigger than Pluto and moves in retrograde motion.
Pluto:	1 moon, Charon.

Degrees This Planet Moves on Average Per Day

Jupiter:	30° per year, or .08° per day.
Saturn:	12.5° per year, or .03° per day.
Uranus:	4.3° per year or .01° per day.
Neptune:	2.1° per year or .005° per day.
Pluto:	1.4° per year or .003° per day.

Consistency

Jupiter: Largest planet in the solar system, weighing more than any other planet—it spins faster than any other planet and its constantly changing cloud formations form bands parallel to the equator. The planet is made primarily of liquid hydrogen and helium.

Saturn: Second largest planet in the solar system—broad, bright rings made of icy chunks that encircle equator; cloudy atmosphere that covers an interior of liquid hydrogen and helium.

Uranus: Gas giant and third largest planet in solar system. Axis of rotation makes it look like it is orbiting on its side. Covered in methane clouds that absorb red light. Also has eleven rings.

Neptune: Gas giant, faint ring system; atmosphere consists of hydrogen, helium, and methane. Stormy atmosphere. Crust is icy water, methane and ammonia.

Pluto: Actually a double heavenly body with the other half (sometimes referred to as a moon) known as Charon. Where Pluto is covered with frozen methane, Charon is covered with frozen water.

Astrological Sign Rulership

Jupiter:	Sagittarius and Pisces (classical)
Saturn:	Capricorn and Aquarius (Classical)
Uranus:	Aquarius
Neptune:	Pisces
Pluto:	Scorpio

Planetary Correspondences

Mercury



Spiritual Significance

The symbol of this fast moving planet which is the closest to the Sun is composed of three different sigils. They are a half circle, representing the human mind, surmounted on a circle, symbolizing spiritual consciousness, which in turn stands on a cross, representing the material plane.

This Mercurian symbol is a concise glyph of the mind, body and spirit. It is the fusion of these which is the ultimate goal of the higher types of magical training.

As Mercury moves quickly around the Sun it is not surprising that in classical mythology the planetary energy or god form associated with it was identified as the divine messenger. In Roman and Greek myths the gods Mercury and Hermes were messengers of the gods.

The earliest magicians, the prehistoric shamans, were regarded by the tribal peoples whom consulted them as special emissaries who had the ability to communicate with the spirit world. This communication was a two-way system for the shaman could bring back messages from the realm of the gods and pass their wisdom on to his human colleagues.

The planetary influence of Mercury teaches the aspiring magician that even though he may take his first tentative steps on the magical path for self-centered reasons, this emphasis will be short-lived. The magician soon learns that he has a wider responsibility. Service to the rest of humanity is a very important aspect of the true magical path.

Mercury is the great communicator passing on ideas, news and information. In the occult perspective the magician is the person who, like the ancient shaman, acts as a go-between bridging the artificial barrier humanity has created between the spiritual and material worlds. This planetary energy signifies spiritual understanding and, because the Mercurial keynote is communication, the responsibility of the magician is to pass on this understanding to others.

Rules:	Communications, Intelligence, Cleverness, Creativity, Science, Memory, Business Transactions, Thievery, Trickiness	Plants:	Caraway, Carrots, Cascara Sagrada, Dill, Elecampane, Fennel, Fenugreek, Horehound, Lavender, Licorice, Mandrake, Marjoram, Myrtle, Parsley, Pomegranate, Valerian, Vervain, Cinquefoil
Day:	Wednesday	Tree:	Hazel, Ash, or Almond
Element:	Air, Water	Animal:	Hermaphrodite, Jackal, or Twin Serpents
Color:	Violet, Mixtures of Color, Orange, Slate Grey	Goddesses:	Athena, Maat, Metis, Pombagira
Zodiac:	Gemini, Virgo	Gods:	Anubis, Coeus, Coyote, Elegba, Hermes, Lug, Nabu, Mercury, Thoth, Woden
Tone:	Mi, B	Body Parts:	Lungs, Nervous System
Letter:	C	Herbs:	All Bitter Herbs
Number:	1, 4, or 8	Food:	Wheat
Metal:	Quicksilver Alloys, Mercury	In Chart:	All Young People
Jewel:	Opal, Agate, Amber, Aventurine, Mottled Jasper, Mica, Pumice	Occupation:	Writer, Merchant
Qabalah:	8 Chod– Glory		
Angel:	Michael		
Incense:	Storax, Mace, Narcissus		

Emerald

This very precious stone opens the heart chakra, bringing harmony, sensitivity and loyalty and creating a feeling of bliss. Its fragility reminds us that the hearts of other can be fragile as well, and helps us to be gentle with those around us. It brings stability and is powerful in wealth magick. It is also used to strengthen the memory.

This is perhaps the most popular and most highly prized form of beryl. Brilliant green emerald is an Earth Mother stone, a stone of Nature, and therefore heightens our ability to be ecology-conscious.



Creative imagination, prosperity, protection, love and fertility are increased by the emerald. Wear an emerald ring on the index finger of the receptive hand to relieve or prevent disease, or against the throat to gently calm and balance all seven chakras at once.

Gaze at the emerald to soothe tired eyes, or keep emeralds in the northernmost corner of the home to keep out evil spirits.

The best emerald crystals come from India. Choose specimens that are colored medium to dark transparent green or blue-green. Inclusions are common and do not negatively effect the quality of the stone.

Emerald is a vivid green gemstone that can be very valuable if it is free from any inclusions or other faults; few examples, however, make this grade. It is a member of the beryl family, and gains its beautiful color from chromium, along with trace amounts of iron, or vanadium. The best quality gems come from Columbia, where there are nearly 150 mining locations. By far the biggest of these is at Cosquez, a site which supplies around three-quarters of Columbia's emeralds. They were also mined in historical times in Egypt and Germany.

Chemical Property:	Beryllium Aluminum Silicate ($\text{Be}_3\text{Al}_2(\text{SiO}_3)_6$)
Color:	Vivid Green
Hardness:	7.5-8
Specific Gravity:	2.67-2.78
Cleavage:	Poor
Fracture:	Conchoidal
Crystal Structure:	Hexagonal
Luster:	Transparent to Translucent, Vitreous
Streak:	White
Occurrence:	Columbia, Brazil, Zambia, Zimbabwe, Pakistan, India, Russia, Afghanistan, Australia, Madagascar, USA
Energy:	Receptive
Chakra:	Heart
Planet:	Venus
Element:	Earth
Deities:	Isis, Venus, Cere, Vishnu
Associated Metals:	Copper, Silver
Powers:	Love, Money, Psychism, Mental Powers, Protection, Exorcism, Eyesight
Occult Nature:	Considered to be a transmitting agent for the emotion of love. The emerald exerts a positive influence on the heart physically and spiritually. Ancient Magicians are said to have used this stone to see visions.

Magical Uses:

- ◆ Used to attract love.
- ◆ Used in business spells to promote sales, and attract public awareness to the firm
- ◆ Wear to strengthen the memory and to promote eloquence in speaking
- ◆ Increases the wearer's awareness of psychic faculties, as well as consciousness
- ◆ Used for protection and exorcism
- ◆ As a gazing stone it relieves tired, bleary or weak eyes, relaxes the optic nerve and restores normal sight
- ◆ Worn at night to stop nocturnal emissions while sleeping.

Divinatory Meaning: Fertility or a secret admirer. If color pales, love is fading.

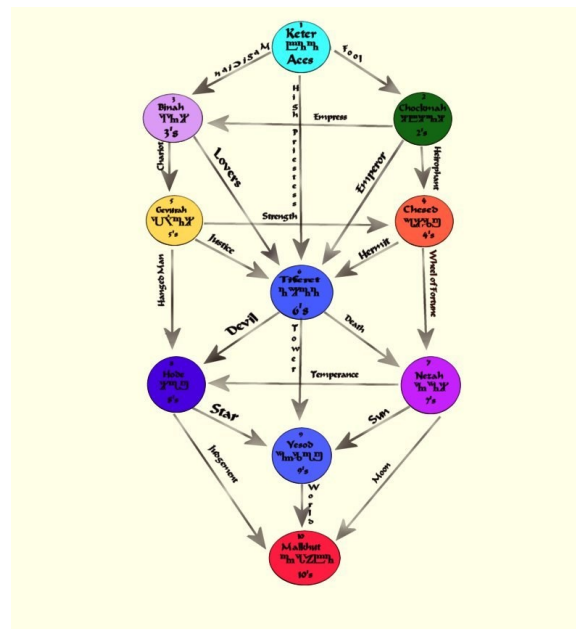
Aspects of Life—Correspondences Creative Work

When dealing with everyday situations in life sometimes it's great to be able to utilize things that will help maintain your focus. The Correspondence Chart below will assist you in finding and using things that will help with creative work or endeavors. If you suffer from writers block, or just a lack of creativity, combining and utilizing these items as focal points will start the creative juices flowing.

Elements:	All
Planets:	Earth, The Moon (for Inspiration), Mercury (for communication), The Sun
Best Times;	Monday, Wednesday, or Sunday <i>Moon Waxing</i> —for beginning <i>Near the Full Moon</i> —for inspiration <i>Waning</i> —For self-criticism, reworking <i>In Air Sign</i> —for mental work, especially involving words <i>In Earth Sign</i> —for crafts and work with the hands <i>In Fire Sign</i> —for creative energy <i>In Water Sign</i> —for emotional expression
Colors:	Gold, silver, violet, yellow, mixtures of color
Numbers:	1, 3, 4, 6, or 9
Incense:	Bay laurel, cinnamon, ginseng, mace, storax
Plants:	Laurel, lavender, myrtle, skullcap, vervain, valerian
Goddesses:	Brigit (triple goddess of poetry, healing and smithcraft), Cerridwen (Keeper of the Cauldron of Inspiration), Athena or Minerva (for knowledge, wisdom), Mnemosyne (Mother of The Triple Muse), Any form of the Triple Goddess.
The Triple Muse:	<i>Calliope</i> —"Beautiful Face" <i>Erata</i> —"Beloved One" <i>Urania</i> —"Heavenly One"
The Ninefold Muse:	<i>Calliope</i> —Epic Poetry <i>Clio</i> —History <i>Euterpe</i> —Lyric Poetry <i>Melpomene</i> —Tragedy <i>Terpsichore</i> —Choral Dancing <i>Erata</i> —Erotic Poetry and Mime <i>Polyhymnia</i> —Sacred Poetry <i>Urania</i> —Astronomy <i>Thaleia</i> —Comedy
Gods:	Apollo (Music and Poetry), Orpheus (Music), Oghma (Poetry) Hermes, Mercury, and Thoth (Knowledge and Communications), Credne, Gobniu, and Hephaestus (All Crafts, smithcraft)

Tree of Life
Geburah גבורה
Fifth Sephirah

Titles:	Might, Strength, Justice, Severity, Fear
Intelligence:	Radical
Pronunciation:	Ge-BOOR-uh
Place:	3rd Plane, Left Pillar Ethical Triangle
Number:	5
Sephira Name:	Geburah (Strength)
Color (Q.S.)	Scarlet
Scents:	Tobacco
Chakras:	Heart
Mundane Chakra:	Mars
Archangel:	Khamael חמאאל (Severity of God)
God-Name:	Elohim Gibor, El-oh-heem Gi-boor אלוהים גיבור
Body:	Right arm
Metals:	Iron
Planet:	Mars
Stone:	Bloodstone, Garnet, Red Topaz, Ruby
Angelic Order:	Seraphim שרפים (The Flaming or, Fiery Serpents, Powers)
Qlippoth (Demons):	Golachab; גול'אב (The Burners)
Arch Demon:	Asmodeus אסמודאוס
Virtue:	Energy, Courage
Vice:	Cruelty, Destruction
God Forms:	War Deities, The Smith Gods, Avenger Deities— Odhinn , Thor , Hel , Loki , Ran , Vulcan, Hephaestus, Mars, Ares, Minerva, Athene, Bran, Kali, Morrighu, Lugh, Perun, Indra, Horus, Nephthys, Hades, Vishnu, Varuna
Magical Image:	A stern king in his chariot
Color:	Red
Symbols:	The Scourge, The Sword, The Pentagon
Creature:	Basilisk
Animals:	Wolf, Horse, Bear
Tools:	Sword
Plants:	Basil, Cactus, Holly, Nettle, Oak, Tarragon



The Dhammapada of Buddha
Chapter VI
The Wise Man (Pandita)

Verse LXXVI

If you see a man who shows you what is to be avoided, who administers reproofs, and is intelligent, follow that man as you would one who tells of hidden treasures; it will be better,, not worse, for him who follows him.

Verse LXXVII

Let him admonish, let him teach, let him forbid what is improper! - he will be beloved of the good, by the bad he will be hated

Verse LXXVIII

Do not have evil doers for friends, do not have low people for friends: have virtuous people for friends, have for friends the best of men.

Verse LXXIX

He who drinks in the law lives happily with a serene mind: the sage rejoices always in the law, as preached by the elect (Ariyas)

Verse LXXX

Well-makers lead the water (wherever they like); fletchers bend the arrow; carpenters bend a log of wood; wise people fashion themselves.

Verse LXXXI

As a solid rock is not shaken by the wind, wise people falter no amidst blame and praise.

Verse LXXXII

Wise people, after they have listened to the laws, become serene, like a deep, smooth, and still lake

Verse LXXXIII

Good men indeed walk (warily) under all circumstances; good men speak not out of a desire for sensual gratification; whether touched by happiness or sorrow wise people never appear elated or depressed

Verse LXXXIV

If, whether for his own sake, or for the sake of others, a man wishes neither a son, nor for wealth, nor for lordship, an if he does not wish for his own success by unfair means, then he is good, wise, and virtuous

Verse LXXXV

Few are there among men who arrive at the other shore (become Arhats); the other people here run up and down the shore.

Verse LXXXVI

But those who, when the law has been well preached to them, follow the law, will pass over the dominion of death, however difficult to cross

**Verse LXXXVII,LXXXVIII**

A wise man should leave the dark state (of ordinary life), and follow the bright state (of the Bhikshu). After going from this home to a homeless state, he should in his retirement look for enjoyment where enjoyment seemed difficult. Leaving all pleasures behind, and calling nothing his own, the wise man should purge himself from all the troubles of the mind

Verse LXXXIX

Those whose mind is well grounded in the (seven) elements of knowledge, who without clinging to anything, rejoice in freedom from attachment, whose appetites have been conquered, and who are full of light, they are free (even) in this world,



Puzzle 9 Correspondence Quiz-Its - Earth

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

Earth

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



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

Puzzle 8 Correspondence Quiz-Its - Air

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

AIR

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



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

THE KITCHEN WITCHES CAULDRON

Two Recipes for Litha

Melina Valdejo, owner Pathways New Age Books & Gifts

As we move into summer months, some folks will be outside in their gardens harvesting what they need for their next meal. If you're one of those people, here's a few things to make that next meal, magickal.

When going to your garden with harvesting in mind consider these ideas:

1. Cleansing your garden tools or basket
2. Take an offering to the garden for the fae and devas
3. Say a prayer of gratitude before entering your garden space
4. Say some kind words to the plant that you're harvesting from
5. Take a minute when you're finished to channel some energy into your garden or plants.
6. Thank the Earth for Her bounty
7. Thank the Sun for his light and warmth

Recipe 1: Grilled Asparagus

Did you know that asparagus is actually a member of the lily family? It was viewed as a "status symbol" or sign of prosperity in Roman Times. It's high in antioxidants, vitamins, folate, and minerals; it even has protein.

Magically, asparagus has the vital, energetic qualities of strength, endurance, prosperity, and passion making it an ideal food to eat at Litha—and to share with friends. Corresponding to the planet Mars, it's also very cleansing (all those vitamins!)

Ingredients:

- 1 pound of asparagus (thin stalks are more tender)
- 1-2 tbsp Olive or Canola Oil
- Salt and pepper to taste
- Shaved Parmesan (to your liking)
- Lemon Wedges
- Optional: It's also delicious served with roasted baby Tomatoes

1. Wash and snap each stalk of asparagus (hold each end of the stem and gently bend the asparagus, allowing it to break at a natural point).
2. Toss asparagus lightly in olive oil and grill (or sauté) until tender.
3. Plate the asparagus and add salt, pepper, and a few squeezes of lemon, and shaved parmesan.



Lauren's Quick Gazpacho

Let me be the first to say that when I first heard of this “Cold Soup”, I would not even entertain the idea of trying it—then my friend Lauren made it and I fell in love.

The main star of this recipe is tomatoes. Also known as the “love apple” this fruit is sacred to Venus, Aphrodite, and Hera. It corresponds to the element of fire and can be used for anything from love to healing or protection and prosperity.

This soup can be made at the beginning or end of the summer season as you can customize it however you like. Bonus: since it's the “quick” version, all you need to do is chop veggies and mix it together (which also makes it a great festival dish!).

Ingredients:

V-8 or tomato juice
1 tomato, chopped
1/2 red onion, chopped
1 cucumber chopped
1/2 diced red or yellow pepper (or both!)
1/2 tsp chopped garlic

Optional: croutons, chopped green onions, parsley, cilantro, other veggies of choice.

1. Add chopped veggies to V-8
2. Garnish with any of the following: green onions, parsley, cilantro, basil chiffonade (ribbons) or croutons
3. Share and devour.

Optional Instructions: If you'd like your gazpacho a little thicker, blend the V-8 with a half slice of bread or some of the tomatoes, then add chopped veggies.



Tarot Spread

Gemini—I Think



Card Number	Question	Divinatory Significance
1	How is my mind working currently?	The Ace of Wands in this position indicates a sharp mind with the ability to think on ones feet.
2	How is my ability to lie?	The 3 of Wands in this position indicates that the querent is honest and truthful and tends to speak their truths.
3	How and what am I studying?	The 8 of Swords in this position indicates that the querent is currently unable to focus on studying.
4	How do I get along with my neighbors and siblings?	The 3 of Swords in this position indicates that the querent doesn't play well with others, and tends to be conflictive.
5	How do I communicate with others? Do I get involved in dissension and intrigues?	The 5 of Pentacles in this position indicates that the querent tends to indulge in gossip and creates dissension and intrigues.
6	What do I doubt?	The Hermit in this position indicates that the querent has doubts about their aging and legacy.
7	What flights of fancy do I experience?	The Moon in this position indicates that the querent tends toward many flights of fancy and doesn't approach reality realistically.
8	What does my inner twin look like?	The 3 of Cups in this position indicates that the querent has a happy-go lucky side and needs to embrace that quality and to celebrate themselves

Tarot Spell

ACTION II

Stimulate Individual Action

To stimulate a particular person to "Get Going"



This is a spell that you would most likely use when a particular person has been putting off doing something or has not been able to find the motivation to get started on something that is of importance to you.

This layout can be seen as an arrow directed at the person who is the subject of this spell. The Ace of Wands, The Chariot, and the Eight of Wands used together denote forces being activated. The top card represents the person who needs to take action. The Magician is an appropriate significator card for this spell, because it depicts an individual taking action, as well as acting upon his/her surroundings.

Accessories such as Red Candles, Flowers, Crystals and Gemstones, and Red Cloths on which to lay the cards, will all suggest the energy and vitality which you desire to raise. If you have a picture or some belonging of the subject, include this on or near the altar arrangement to help you focus on this individual

The ritual for this spell can be performed at any time, although first thing in the morning is most appropriate— especially on a day which you feel is a good one for new actions or new beginnings.

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

Meditation and Visualization

Lay out the cards when you come to the appropriate point in the spell. For this spell, you will need to visualize the person in question taking the necessary action, or doing whatever it is that he or she should be doing.

As you lay down the Significator card, visualize this person cloaked in a bright red aura and full of energy and enthusiasm to tackle whatever tasks lie ahead. If you have a picture or something belonging to the subject, you may stroke it which continuing to do this visualization. As you lay down the rest of the cards, use the visualization, to get action and/or setting forces into motion. At the appropriate point in the ritual, after your visualization recite the following affirmation.

Affirmation

"This person, _____,
Is pushed forward to accomplish
that which needs to be done!
Powers from within and without
Allow him/her to find no peace
until he/she has taken this action!

The power and strength grows with him/her
such that action leads to more action
and success leads to more success!
He/she learns the satisfaction
of moving rapidly toward a goal,
Gathering more and more magical momentum,
more energy and he/she moves forward!
Leading ultimately to the goals.

The Fool's Journey: The Lovers

By Emily Thornton



The Fool has been on his journey for a while and has learned much. He recently met the Hierophant who taught him about the rules of the world and the energies within. The Fool is now learning about connection through The Lovers Card.

The Lovers is the sixth card in the Major Arcana of the tarot deck. It is a card of love, relationships, and choices. The card depicts a naked man and woman standing in a garden, facing each other. The man is holding a staff in his right hand and the woman is holding a cup in her left hand. Above their heads is a winged figure, often interpreted as an angel or Cupid.

Many first time readers automatically think that this card is ultimate love, twin flame, couplings, angelic love, and other types of lovey-dovey energy. However, this card represents two things, choices and consequences. When the Fool comes to the Lovers card, he is given a choice. Will he continue on the path he has chosen, and follow the plans he has carefully put in place? Or, will he sacrifice it all for a new path that is tempting and potentially alluring to him.



If this card comes up in a reading, the main question is, are we taking ourselves off the path we are already on...or are we starting to swerve into a new path that is more tempting. It is all about choice. This is the ultimate lesson of the card. When we raise our consciousness (which is the ultimate goal on the path) we are

given choices and are tasked with making the step to choice. It is the ultimate part of being human. The Lovers card tells us to take some time and assess where we are on our path, what choices are there, and tells us to have a conversation with ourselves/guides/close loves to get through it.

There is beautiful symbology in this card. The angel that is above the lovers is the Archangel Rafael. He is bringing healing energy and speaking of harmony and healing. The rays that shine down bring warmth and good news...choosing is empowering. There is the tree of life which is behind Adam (other decks tend to move away from the biblical imagery), and Eve with



the snake. We have the origin story of temptation, and ultimate choice. Eve is looking towards the heavens, looking for guidance from the spirits of what direction she should take. Adam can see that she could guide him on a path of temptation, away from his ultimate goals. There are mountains in this card, which represent goals. We must look at whether they are close, or far, or will the querent choose a different path when the goals are close.

The Lovers card can also represent the choice between two different paths. The man and woman on the card are standing at a crossroads, and they must choose which way to go. This choice can represent a major life decision, such as choosing between two different careers or two different relationships.

In the Celtic Tarot deck by Kristoffer Hughes (which I use for my tarot readings), the Lovers card is quite different. The card on the left (Below) shows two individuals who are holding hands near the Tree of Life, or the Green Man. The lovers are not nude, so automatically we are not given the idea of romantic love or of the biblical Adam and Eve. The individuals are holding hands with each other, as well as touching the tree. There is a sense of connection and energy being worked through. At their feet are purple flowers. The color purple can usually represent royalty, but in this case it more represents passion and achievement. Behind the tree we see warm yellows which are indicative of hope. We also see the mountain ranges are close by, which indicates goals are close by...the choice is ultimately up to the querent.

Numerical Symbolism of the Lovers Card

The Lovers card is card number six in the Major Arcana. The number six is a number of balance and harmony, as it is the sum of the first three even numbers (2, 4, and 6) and the first three odd numbers (1, 3, and 5). The number six is also associated with the planet Venus, which is the Roman goddess of love and beauty.

As we delve into the cards of the tarot, it is important to use our intuition to guide us to what the card represents to the querent. Look at the card that have also come up in the reading, are they in line with romantic love, or is the querent being asked to look at their choices more in depth.

Litha by its many names and June's Full Moon

by Melina Valdejo, owner Pathways New Age Books

When we first look at the sabbat known as Litha, we recognize the fact that it is known by many names. Some of these names reference a religious holiday, some an astronomical event, and others an agrarian cycle in nature.

The word Solstice means "sun stands still" coming from the Latin word "sol" meaning sun and "sistere or stitium" meaning standing still. While at Winter Solstice we have the "longest night," at Summer Solstice we have the "longest day"- hence the sun standing still.

For our ancestors, the summer solstice was celebrated-however, it was also key to their survival. As mentioned, it was linked to agriculture and a reminder that a significant point in the growing season had been reached. Sometimes referred to as Midsummer, it marked the midpoint of the growing season and the shifting of light, energy, and power.

In the age-old story of the Oak King and the Holly King, during Midsummer we find the Oak King at his highest power-but not for long. James Frazer wrote about the killing of the King of the Wood in the book, *The Golden Bough* in 1890:

"His life must therefore have been held very precious by his worshippers and was probably hedged in by a system of elaborate precautions or taboos like those by which, in so many places, the life of the man-god has been guarded against the malignant influence of demons and sorcerers. But we have seen that the very value attached to the life of the man-god necessitates his violent death as the only means of preserving it from the inevitable decay of age. The same reasoning would apply to the King of the Wood; he, too, had to be killed in order that the divine spirit, incarnate in him, might be transferred in its integrity to his successor."

This idea of "preserving life from decay" and "transferring its integrity" is all about the shift and transfer of energy from one God to another. Instinctively, we feel this when those long, languid days of summer begin to grow shorter over the next days and weeks.

While basking in the light of this solar energy, we are reminded that Litha is all about abundance, balance and ultimately the shifting of energy. Life is flourishing and we find ourselves welcoming the first day of summer- and there are many ways we celebrate this.

We find a variety of cultural traditions happening at Midsummer. Many festivals and rituals happen at this time. Some of these celebrations may focus on "the longest day" while others may focus on the themes of "mid-summer." Regardless, this marks the height of the Sun's energy at that time.

The themes of abundance and fertility are commonly celebrated. As an example, it is a time to celebrate the marriage of the God and Goddess, which was promised at Beltane. This is one of the reasons that June brides are so popular. (Who wouldn't want to get married at the same time as a God and Goddess?) It is also considered a lucky season for handfasting's (the marriage of a "year and a day") in many Pagan traditions.

The month of June was even named after a Roman goddess (Juno) of marriage and fertility. Juno was the wife of Jupiter and goddess of women and childbirth. Another name for her is Juno Luna referencing her gift of menstruation (Luna=the moon and its cycles) which, in turn produced children. This time of year, was also attributed to Vesta, goddess of the hearth and home. The matrons of Rome went to her temple on Midsummer and made offerings for as many as eight days, hoping that she would bless and favor their homes. (~Wiki) The holiday that was attributed to her was fittingly named, Vestalia. Vesta was also known for her "eternal flame" kept by her priestesses, the "Vestal Virgins."

The Greek equivalent of Vesta is Hestia. Hestia seems to be more focused on the running of a household and keeping the space safe and sacred for all those who entered. If you decide to honor Hestia at this time, starting with a clean house is a great way to honor her, followed by making meals using the summer's bounty.

Besides the Romans and Greeks, history shows evidence of acknowledgement of the solstices and equinoxes goes back as far as the Neolithic era. Monuments across the globe and across cultures celebrate these events. From Stonehenge to the Great Pyramid and more, these creations have helped humans mark time-since the beginning of time.

Some of the ways that people have celebrated in the past have found their way into current Pagan and cultural celebrations- especially when celebrating the full moon of June.

Some names for this moon are:

Honey moon- when honey is ready for harvesting

Rose moon- roses bloom in June & the reddish color of the moon

Strawberry moon- time to harvest wild strawberries and other berries (Algonquin, Ojibwe, Dakota, Lakota Chippewa, Oneida, and Sioux)

When the buffalo hunt the cows – Omaha tribe of Nebraska

Moon of making fat- time when people would be refining the fats from dairy and animals that was used in cooking or burned in lanterns. (mothermountain.co)

Oak moon- Oak King rules over summer months. Celts called it Duir (to mean door also the root word of Druid). It was a time to perform spells of strength.

If you are looking for ways to incorporate correspondences for Litha and June's full moon into rituals, ceremonies, or workings, consider trying some of the ones below.

Incorporate the colors of green, gold, and purple in altar and ritual decorations along with flowers like honeysuckle, roses, chamomile, or lavender.

Some stones that align with the energy of Litha are amber, garnet, obsidian, moonstone, jade and emerald.

Some animal and plant energetics to connect with at this time are: butterflies, robins, horses, fireflies and plants such as fennel, oak trees, Mugwort, St John's wort, fennel, and skullcap.

For spell work, consider trying workings for protection, love magic, fertility, and abundance. Keep in mind, this energy is full, but restful.

It is also an opportune time for decision making, taking responsibility, being accountable and to work on personal inconsistencies. While taking stock of all of this, remember to reward yourself for your positive traits and the work that you do.

By whatever name you call this holiday, and however you celebrate it, have a blessed Summer Solstice.



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.

Sabbat Correspondences

Litha

Other Names:	Summer Solstice, Midsummer, Alban Hefin, Sun Blessings, Gathering
Symbols:	Fire, The Sun, Blades, Mistletoe, Oak Trees, Bale Fire, Sun Wheels, Faeries
Colors:	Gold, Green, Blue, Tan
Deities:	Father Gods, Mother Goddesses, Pregnant Deities, Sun Gods
Activities:	Jumping Balefire, Gathering Herbs, Clan Gatherings, Well Dressing
Taboos:	Giving away fire, Sleeping away from home, Neglecting animals
Animals:	Robin/Wren, Summer Birds, Horses, Cattle
Stones:	Emerald, Jade, Tiger's Eye, Lapis Lazuli, Diamond
Foods:	Summer Squash, Lemons, Oranges
Plants:	Oak, Mistletoe, Frankincense, Lemon, Sandalwood, Heliotrope, Copal, Saffron, Galangal, Laurel, Ylang-Ylang
Meanings:	Honoring the Sun/God at His power. Saying farewell to the waxing year, Preparations for harvest. Honoring the Pregnant Goddess, Beginning of the Waning Year.
Attunement Teas:	Anise, Carrot drinks, Lemon, Nettle, Orange
Ritual Oils:	Heliotrope, Cinnamon, Sandalwood, Lavender, Orange, All Mint Oils, Lemon, Saffron
Mythological Creatures:	Satyrs, Faeries, Firebird, Dragon, Thunderbird, Manticore
Key Actions:	Nature and Love
Goddesses:	Aestas, Aine, Artemis, Athena, Banba, Bona Dea, Cerd, Chup-Kamui, Dag, Damona, Dana, Dia Griene, Djanggawaul Sisters, Elat, Eos, Erce, Eriu, Freyja, Gerd, Gokarmo, Grian, Hathor-Tiamet, Indra, Isis, Jord, Juno, Kali Keca Aba, Kou-Njami, Kupulo, Mabd/Maeve, Marici, Mitra, Nut, Olwen, Robigus, Sekhmet, Shekinah, Vesta, Wurusema, Xatel-Ekwa, Zoe
Gods:	Apollo, Baal, Balder, Bochica, Chacol, Dagda, Dharme, Donnus, El, Ganges, Gwydion, Hadad, Helios, Hiperion, Legba, Llew, Lugh, Maui, Oak/Holly King, Orunjan, Prometheus, Ra, Sol/Helios, Thor, Upulero, Xuihtecutli, Zeus



Getting to know Terri Ireland, Owner of Healing Hands in Idaho Falls, Idaho

Hello, my name is Terri Ireland, and I am the owner of a fantastic metaphysical store in Idaho Falls, Idaho, named Healing Hands Metaphysical Store.

For many years, I was a regular shopper and attendee of classes and events at Healing Hands, back then, known as Healing Hands Reiki and Massage. I loved the sense of community that it provided me and made many lifelong friends there. In 2016, when the original owners wanted to sell it and move on to other things, I was delighted to be able to purchase it. I changed the name from Healing Hands Reiki and Massage to Healing Hands Metaphysical Store. Many long-time regulars were deeply disturbed by the change of ownership, but time has healed those imagined wounds.



We sell books, crystals, candles, pendulums, tapestries, singing bowls, incense and burners, PRIDE merchandise, and so much more. We rent our studio space to magical practitioners of herbal medicine, reiki energy healing, tarot and oracle card readings, palm readings, mediumship and massage therapy. We offer classes, psychic fairs and many other different kinds of events. I am proud to announce that we are going to take community building to the next level and start holding public rituals. We are located in conservative and religious Southeastern Idaho, so it has taken me several years to get the courage up to do so.

The hardest part of being a small business owner is having employees. I would find myself getting invested in people and try to place them in situations that align with their strengths, provide them with training and opportunities for them to safely grow. It was not understood or appreciated generally. The hardest lesson I learned was that I could not be friends, or even friendly, with employees. Like all endeavors, our shop travels through different stages of shrinking and swelling. The pandemic introduced wild swings in those cycles, and hiring or reducing staff appropriately was painful and difficult for me. However, the best part of this business is mentoring and watching others grow in their abilities, watching their reading businesses flourish, building community, and helping people to find their tribe.

If money were no object, I would construct a new location for Healing Hands that was like a wonderful indoor and outdoor metaphysical mall right out of the pages of Tolkien, complete with a tea bar/restaurant in a medieval tavern. I would offer so many more wonderful and exotic products for all belief systems of the world, from all over the world, and we would have our own witch school too. Sadly, Southeastern Idaho does not have enough pagan and witch community members to support it on that grand scale, but perhaps someday! Our five-year outlook is all about continuing to provide safe space for our marginalized pagan, witch and LGBTQ communities, to stand strong in the face of the local muggle disapproval, and to grow the knowledge and skills of our customers and regulars.

Getting to know Terri:

I have been intuitive and mystical my whole life, as my parents were, and my children are. My aunt was a mystic, a psychic and astrologer. These family characteristics were conveniently hidden away from most folks, especially when my parents became active in Mormonism, which is quite mystical in its own way, ironically. My favorite movie, of course, is Practical Magic! As a child I grew up watching Bewitched, and I Dream of Jeannie, and Escape from Witch Mountain, so I believed all magick was real, and I still do. The hundreds of healing sessions/psychic readings that I have done have taught me how real the unseen truly is.

I honor and respect the deities of all belief systems, but I work with the Goddess exclusively. I have learned to allow myself to be led, to be taught, and to be mentored by her. I follow the synchronicities sent my way and that has made life so much sweeter and easier. I was appointed by her to be her representative in this part of the world and to operate this shop so that seekers may find the support they require.

My focus is healing (I am a Usui Reiki Master/Teacher, and ThetaHealing® practitioner), as well as being psychic. I speak with the dead, help spirits cross over, have premonitions and prophetic dreams. An energy-healing session with me includes both a healing and a reading, I don't like to do them separately. In my working career I have been a geologist, and an archaeologist, so I have a deep connection to all things outdoors; animals, trees, landforms, rivers, stones, soils, et cetera, and am able to communicate with them all. I feel that nature's creations are much more sacred and divine than any man-made structure. I guess that makes me a Druid, but I think it is not necessary to label what we feel, think, believe, and practice. I have a solitary moon phase practice, and I adore crystals! I also help lead ritual for the Sabbats.

Nearly every day in the shop someone says to me that witchcraft or the metaphysical world is demonic or wrong. I try to tailor my response to each situation, depending on where that person seems to be on their individual spiritual path. Sometimes I explain that the items we carry assist you in contacting your higher self. Sometimes I explain that all of these items were created and given to us by (their) God and we are able to use them to help ourselves without fear of judgment or punishment. I always try to educate in a thoughtful way and consider the querent's background. I like to explain how Satan is simply a main character in the Christian mythology, and nowhere to be found in nature-based religions or practices and watch their brain gears turning! And if they're up for some mental jousting, I explain how their holy books are just a collection of tales told to suppress and repress, and that the elites certainly do not want us to be in touch with our spiritual gifts and our true power. That said, there are many negative stereotypes we contend with. We get labeled as unintelligent, gullible, evil, weird, and the list goes on and on. It is important for us to stand in our truth. By doing so, our bravery is contagious, and others are empowered to live authentically as well.

There have been a few family members and friends that have turned away from me because of my beliefs, but I don't mind. The joy of living an authentic life, and the new friends that have arisen in that space have more than made it worthwhile. It stung like hell, but I knew was I was getting into. It feels good to be "out".

Many seekers and healing clients ask me how to begin, or what is the most important thing to do. For them, I advise that daily spiritual practice is a must, be it meditation, prayer, ritual, mindfulness or any other practice. One must sit quietly, let loose all thoughts to ramble like horse-colts in a field until they have spent their energy and you feel yourself disassociate, like the mini-dreams one has in-between being awake and falling asleep. This has the physical effect of dumping the cache or recycle bin of the brain (which improves mental health over time), and the experience of oneness spiritually. The Universe, Creator, Goddess, or whatever it is that you believe is out there, cares not whether you do this well, it cares only that you do it consistently and daily. You will find that the feeling of oneness arrives sooner with practice, as your brain dumps thoughts much faster, and looks forward to the relief of the emptying. In this space of oneness, you will be able to hear your guides, as you have turned down the volume of the world. This is where the beginnings of your personal workings lie. It is where you will meet your guides, your totems, find your answers and heal yourself. It is the most important habit you will ever have.

I think the Three-Fold Law is to be considered in all workings. We cannot overcome stereotypes if we are not kind, decent humans with an understanding that our actions affect the web and all those in it. Call it Karma, call it natural consequences, or call it The Golden Rule; it's a darn good idea in any belief system.

I struggle with the idea of closed practices and gatekeeping. Where does one end and another begin? In my workings, my intention and my energy are the most important components, and what tool I choose to use is secondary. This is also what I teach. I have cleared space by burning herbs, or even tea. I have gathered my energy to start a car with a dead battery. I have conjured snow-storms in the summer. I feel that if my intentions are pure of heart, and I thank the goddess for the tools, and handle them respectfully as the sacred objects they are, then it is not a violation of closed practices. Since there are no written records, I have no way of knowing what my Celtic Shaman ancestors may have carried in their magickal toolkit. It is a touchy subject and everyone is going to feel differently about it.

Healing Hands Metaphysical Store

208-542-5446

- ♁ Tarot and Oracle Cards
- ♁ Crystals
- ♁ Incense
- ♁ Tapestries
- ♁ Candles



- Sage ♁
- Jewelry ♁
- Altar Supplies ♁
- Runes ♁
- ... and more! ♁

healinghandsidafo.com

429 B Street, Idaho Falls, ID

Athena By Jill Ann Cooper

Athena was born fully grown and in full armor ready for battle!
She is a virgin goddess. Her birth has many different versions.

Some say Zeus laid with Meatus the goddess of crafty thought and wisdom.

It was said that Meatus would have many children and that they would become more powerful than Zeus himself. Zeus was afraid that this prophecy would come true and his children would take the throne from him the same way he took it from his father Chronos.

Zeus decided to swallow Meatus whole to prevent this, however it was too late Meatus had already conceived babies.

One day Zeus began to experience a horrible headache and he got Hephaestus to split his head open in hopes that it would stop his headache. When his head was split open Athena sprouted from the inside of his head fully grown fully covered in armor.

Athena is normally shown to be wearing a shield, a sword, and a breastplate. Because of her wisdom the animal associated with Athena is the owl.

Even though Athena is a war goddess she wins most of her wars with her intelligence, intuition, and strategy. Athena is a fierce war goddess mostly due to intelligence and wisdom this is most likely why the owl is the animal who is associated with her.

Horses are animals that Athena is very fond of. She invented the bridle so that horses could be tamed and rode.

Poseidon God of the sea (who is Athena's Uncle) and Athena once competed to become the first patron of Athens. Poseidon struck the Earth with his trident causing a spring of water to appear giving a means of trade and water. However, it was disappointing because it was very salty and not drinkable.

Athena gave the Olive Tree as a gift. This provided food to eat and wood to keep warm with and oil. King Cecrops gratefully accepted the Olive Tree and gave Athena the patronage over Athens.

Zeus' favorite daughter is said to be Athena who is one of the few goddesses who strictly chooses chastity. She fights for her Chastity fiercely. She actually took an oath of Chastity promising to remain a virgin for life. She never allowed herself to entertain any feelings for anyone because she understood that she could run the risk of breaking her vow of chastity.

There are many different versions of the reason which the ancient Greeks refer to Athena as Pallas and variants of this name. Here is one of these stories.

Pallas was the daughter of sea God Triton and a close friend to Athena as a child. In one version Zeus watches as Athena and Pallas played having a friendly sparring match. Zeus wanted his daughter to win and so he flung his aegis which quickly distracted Pallas and accidentally Athena impaled her friend.

Athena took the name Pallas as one of the names for herself because she felt so guilty for what she had done, and she took the name to tribute her friend. Zeus felt so bad for how he had grieved his beloved daughter and what had happened when he was just trying to help that he gave Athena his aegis. There are many different versions of this story, however this is my favorite.

Athena can be regarded as both the hero and the villain in many different stories. Just as we all have our own attributes and have made our own mistakes.

Athena's Justice and strength even shown through her intentions during war strategies makes her a very valued goddess.

Weaving metal work and philosophy are practices of which Athena represents as a Goddess.

Colors that represent our beautiful goddess Athena are gold and yellow because they represent The gleam of the sun, this conveys Athena's radiance, holy wisdom, and intellect. Other colors are White representing Athena's protective, saving, healing and Chastity qualities.

Also emerald-green which represents a snake which is another animal attributed to Athena's attachments. Snakes shed their skin and are reborn and they also represent wisdom and knowledge.

Her father Zeus gave her the aegis and so Athena is also represented by the color of bronze. Bronze also represents Athena's spear and shield.

Ancient Greeks believed that Zeus created lightning and because of this any place that was struck by lightning was considered to be sacred. Just like Zeus created lightning Athena created Thunderbolts and this is the reason that she is associated with thunderstorms.

Ares Athena's brother is known to have a temper and fight using anger as a motivation. This is why he is not always well liked. There is a story in which Athena helps Hercules (who is also their half-brother) defeat Ares. Ares was the son of Zeus and Hera Hercules was the son of Zeus and Alcmene, a mortal princess and the granddaughter of Perseus and Andromeda.

Athena protected Hercules from harm when he was fighting against Ares. Ares Kyknos (also known as Cycnus) in a fight. Ares throws a spear aiming at Kyknos' throat which hits Kyknos in his chin which was unguarded and encouraged by Zeus' thunderclap of approval Hercules kills Kyknos.

There is a story in which Athena also helps Hercules by scaring off an enormous flock of birds at a lake by a town called Stymphalos. Athena also may have helped Hercules hold up the world when the Titan Atlas was going to fetch apples of the Hesperides to give him. In ancient Greek mythology Hesperides are nymph-goddesses of the evening. When did Titan Atlas needed to go get the apples Hercules offered to fulfill Atlas' task for him.

However once Atlas retrieved the apples and Hercules brought them back to his taskmaster Eurystheus, Eurystheus did not want them, so Athena took them back.

Athena also helped Hercules by stopping him from killing more people than he already had. Hercules had tragically killed some of his own children when madness took him over. He was about to kill Amphitryon who is said to be Hercules' mortal father. Athena knocked Hercules out stopping him from killing Amphitryon and ceasing any regret that Hercules would have had to further go through.

In the Attic calendar the 28 Hekatombaion month the ancient Greek had a multi-day festival for both Athenians and also non-Athenians to celebrate our wondrous Goddess Athena for being their most predominant Pantheon.

I hope you enjoyed this read and continue subscribing to our magazine for more stories and otherworldly information.



Dictionary of Pagan Terms

G-Words

Gardnerians: Witches initiated by (or stemming from those initiated by) Gerald Gardner or one of his High Priestesses. There are also many witches today who practice the Gardnerian system but whose initiation does not ultimately derive from Gardner's coven, and it would be sectarian not to call them Gardnerians.

Geopathic Stress: Stress that is created by subtle emanations and energy disturbances from underground water, power lines, and negative earth energy lines (ley lines). Geopathic stress runs through the earth and can affect or pollute people and buildings. It contributes to dis-ease of all kinds.

Glamoury: In folklore witches learned the art of glamoury, or magical illusion, from faeries. Basically, glamoury changes a person's aura in small ways to create a temporary energy shift, often to bolster personal energy or project a certain "air" such as confidence or trust.

Gleed: A burning coal or ember.

Glory: In art, a halo or nimbus, especially one surrounding the whole figure (as of Christ) and shaped as a conventionalized aura.

Glyph: A design depicting a principle or concept.

Gnome: The traditional name for an Elemental (q.v.) spirit of the nature of the Earth element.

God: The masculine aspect of the Life Force, the Divine, the One, the Whole, The Order of the Universe, or whatever you want to call it. Known by thousands of proper names, and also defined by such terms as Bright Lord, Dark Lord, Horned One, Great Stag, Green Man, Oak King, Holly King, etc. ² Generally, in Wicca, the God is the male principle; the perfect compliment to the Goddess. He's often identified with the sun; with deserts and forests, and with wild animals. Some see him as the Lord of Death and Resurrection. In the eight Sabbats the Wiccans celebrate His birth, maturity, union with the Goddess, and His death. The God is not to be confused with the common Christian conception of 'God'. ³The male personification of Deity. In Wicca, His most celebrated aspect is the Horned God of the Wild.

Goddess: The feminine aspect of the Life Force, the Divine, the Whole, The Order of the Universe, or whatever you want to call it. Known by thousands of proper names, and also defined by such terms as The Lady and Maiden, Mother or Crone. ²There are as many definitions of the Goddess as there are Wiccans. Generally, She's seen as the creatress of the universe; the unfaltering, ultimate source of fertility, wisdom, love, compassion, healing

and power. Often associated with the Moon, the seas and the Earth in Wiccan thought, the Goddess has been worshiped in many religions across the globe and throughout time. ³The female personification of Deity. In Wicca, Her most celebrated aspects are the Triple Goddess of the Moon, and the Earth Mother.

God/dess: A way of writing a term for the Divine being which represents both male and female attributes.

Golden Dawn: An occult Order founded in London in 1887 by three Rosicrucians, which became a major influence in Western ritual magick. Its rituals (partly written by the poet W.B. Yeats, who was a prominent member) are basically Cabalistic, with elements of the Chaldean Oracles, the Egyptian Book of the Dead and Blake's Prophetic Books. They were later published in full, under the title *The Golden Dawn*, by Israel Regardie.

Grail: From ancient traditions, especially the Celtic and European, this is a magickal cup, cauldron, or horn which contains healing elixir and the water of life. In the Christian tradition, it was the cup which was used at the last supper, and which caught the blood of Christ at the crucifixion.

Great Rite: A ritual act of sexual intercourse. This may be actual or symbolic, the latter involving the thrusting of the athame into the chalice. The purpose is to merge or balance the masculine and feminine polarities.² In Wicca, the major ritual of male-female polarity, which is also the third-degree initiation rite. It can be either symbolic, in the presence of the coven, or 'actual' - i.e., involving intercourse - in which case it is always conducted in private. In our tradition, only a married couple or established lovers may perform the 'actual' Great Rite together.

Gridding: The placing of crystals around a building, person, or room for protection or enhancement of energies.

Grounding: Creating a sound connection between oneself and the planet Earth that allows excess and out-of-balance energies to flow from the body. A means of calming energy and dispersing it into the earth. An especially good practice for jittery people is to sit up against a large tree, and allow their nervous energy to flow into the roots below them. Grounding is a way to compose one's mind and spirit. ²Psychically reinforcing one's connections with the Earth, by reopening an energy channel between your aura and the Earth.

Grounding Cord: A vibratory energetic cord that hooks into the earth and holds the etheric bodies and the soul in incarnation.

Grove: An organized group of Pagans. In Witchcraft, a congregation is sometimes called the Outer Grove to distinguish it from the Coven, which is composed of priestesses, priests, and those studying for the priesthood.

June 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6 New Moon	7	8
9	10 Celtic Tree Month of Oak	11	12	13	14	15
16 Father's Day	17	18	19	20	21 Litha (Summer Solstice) Full Moon	22
23	24	25	26	27	28 Last Quarter	29
30						

June 6: New moon in Gemini

June 10: Celtic Tree Month of Oak begins

June 16: Father's Day

June 20–21: Litha (Summer Solstice), also called Summer's Gate, which represents the surrender to darkness and the days grow shorter and the nights ever longer

June 21: Full Strawberry Moon in Capricorn at 6:19 AM EST

June 28: Last Quarter

Gods and Goddesses by Civilization

Aboriginal

Bimbinga —	Katajalina
General —	Kutji
Kamilaroi —	Daramulum, Darawigal
Kurnai Koori —	Mungan Ngour
Wiradyuri —	Daramulum, Darawigal
Yolngu —	Gunabibi

African

Akan —	Nyame, Opo
Alur —	Rubanga
Ashanti —	Asaseyaa
Axumite —	Astar Mahrem
Bakongo —	Lubangala, Makiela, Nzambi
Bambara —	Faro, Muso Koroni, Pemba, Teliko
Bambutu —	Arebati
Bangala —	Jakomba, Libanza, Nsongo
Bassari —	Unumbote
Baule —	Mbotumbo, Niamye
Baventa —	Raluvimbha
Bene Lulua —	Fidimukullu
Berber —	Bonchor
Boshongo —	Bumba
Buganda —	Kibuka, Mukasa
Bunyoro —	Kaikara, Lubanga, Mugizi, Muhingo, Mulindwa, Munume, Ndaula, Ruhanga, Wamala
Burundi —	Imana
Carthaginian —	Caelestis
Dinka —	Deng
Dogon —	Amma, Nommo
Duala —	Loba
Edo —	Esu, Ogiuwu, Ogun, Osanobua
Ethiopian —	Atete, Waka, Yaro
Ewe —	Mawu, Ngunuwo, So, Sodza, Sogblen, Wu, Xewiosa
Fon —	Avrikiti, Ayaba, Behanzin, Gleti, Legba, Lisa, Loko, Mawu, Nesu, Olokun, Sogbo, Vodun
Gai —	Fe
Gan —	Ashiakle, Ataa Naa Nyongmo, Buadza, Nai, Sakumo
Gishu —	Enundu, Gibini, Weri Kumbamba
Herero —	Ndjambi
Hottentot —	Gaunab, Sore-Gus
Hua —	So, Sogblen, Soului
Ibo —	Ala, Chiuke, Ikenga
Isoko —	Cghene
Janjero —	Hao
Kalahari —	Cagn

Khoi —	Tsunigoab
Kikuyu —	Ngai
Kinbundu —	Kianda
Kono —	Alatangana, Sa
Korekore —	Chikara, Dzivaguru, Nosenga
Lake Albert —	Jokinam
Lovedu —	Mujaji
Lugbara —	Adro
Mande —	Pemba
Masai —	Ngai
Meroe —	Apedemak
Mongo —	Itonde, Mbomba, Yemekonji
Ndonga —	Kalunga, Musisi
Ngbandi —	Banga, Ketua, Lomo, Mbongo, Nzapa, Nze, Sese, Toro, Yayu
Ngombe —	Akongo
Nkundo —	Itonde, Lianja, Mbomba, Mbombe
North African —	Khadir
Ntomba —	Wai
Nubian —	Dedwen, Doudoun, Mandulis
Nuer —	Buk, Col, Deng, Kwoth, Rang, Wiu
Nupe —	Soko
Nyamwezi —	Kasyoba
Ovimbundu —	Huvi, Osande, Suku
Pokot and Suk —	Arawa, Asis, Ilat, Kangalogba, Oi, Seta, Topoh, Tororut
Pygmy —	Kalisia, Mugasa
Ronga —	Mombo Wa Ndhlopfu
Rwanda —	Nyavirezi, Ryangombe
Senufo —	Ka Tyeleo
Shilluk —	Diang, Nyakaya
Songhai —	Dongo, Hara Ke, Isa, Sajara
Swahili —	Mungu
Swazi —	Mkulumncandi, Mlentengamunye
Teso —	Apap, Edeke
Tiv —	Aondo, Tar
Tswana —	Modimo
Tuareg —	Emeli Hin
West African —	Abonsam, Akonadi, Bagba
Yoruba —	Ajalamo, Aje, Eji Ogbe, Eshu, Ifa, Obatala, Oduduwa, Oko, Olodumare, Olokun, Ori, Orisanla, Orunmila, Osun, Oya, Sango, Shango, Shankpana, Yemoja
Zande —	Tule
Zaramo —	Kyumbe
Zulu —	Inkanyamba, Mamlambo, Unvelinkwangi, Unkukunkulu
General —	Jok, Lesa, Nagutu

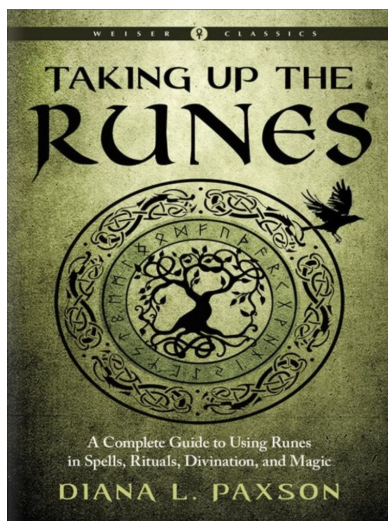
Taking up Runes by Diana Paxson

Book Review by Druid Foxx

Taking up the Runes by Diana Paxson is a guide for using Norse Runes in divination, magic, meditation, and more. Written in an easily accessible style and containing a brief history of runes and their uses, this is a book suitable for a beginner or a more experienced practitioner who seeks to develop a deeper understanding and relationship with the runes.

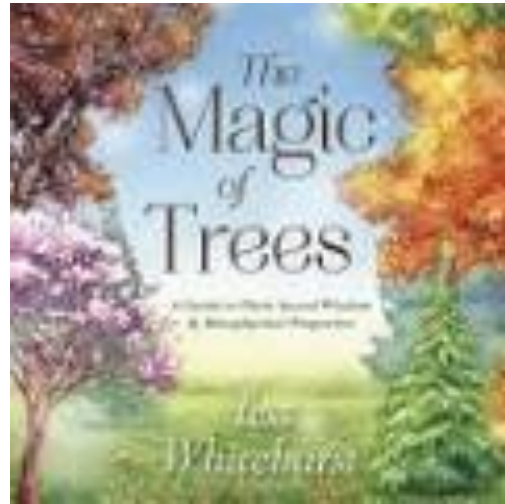
The book is written so that it can easily be used as the basis for a rune study course for a group or for an individual. The runes are dealt with in pairs so that as you go through it you are able to get a feel for each set of runes and how they relate to each other. Each section describes the runes and includes an illustration related to the meaning, a discussion of the meanings and uses of the rune, and meditation that you can perform to become more familiar with each rune. There is also an extensive list of suggested reading on the runes, Norse mythology and religion, and more included in each section. The end of the book also includes group ritual/meditation for each rune as well. Each section details how a group class on the runes should be conducted and includes discussion ideas and etiquette advice. The course is designed such that one pair of runes is covered each month and can be completed in a year.

This book is thoroughly researched and contains a lot of detail. If you follow the course of study as it is laid out you will be sure to come away with a much deeper understanding of the runes than flipping through a basic guidebook would give you. By following along and actually doing the exercises you will find you memorize the meanings much more quickly. Some of the author's personal opinions on wider culture are mentioned in the text but they do not take center stage. The focus is primarily kept on the runes and the author does a good job of not wandering off topic over much. Overall, I would recommend it. 5 out of 5.



The Magic of Trees by Tess Whitehurst

Book Review by Druid Foxx



The Magic of Trees by Tess Whitehurst is an encyclopedic book of magical correspondences and uses for trees. It begins with a very brief introduction about tree magic and the bulk of the book is an encyclopedia containing entries for various trees. Each entry contains a black and white illustration of the tree in question as well as a section describing the magical uses and associations of the tree and a list of correspondences that are associated with it. Some trees include examples of rituals, spells, or activities that you can do to make use of the magical properties of that particular tree.

This book is fairly well written and easy to follow. It draws from a variety of spiritual, religious, and folk traditions, both pagan and non-pagan, including mythology, biblical stories, and folk wisdom. The end of the book contains an index to help you find entries by use as well as an extensive bibliography that may be useful for further study. Much of the info contained in this book is fairly basic, making it suitable for a beginner or a handy reference for an intermediate practitioner who wants something with simple information that can be easily adapted and expanded upon.

Overall, I would give this book a 4 out of 5. It is pretty decent, but some may find the eclectic nature of the sources drawn from to be a bit too broad as some traditions that many consider incompatible are used together.

Advertising and Distribution Rates:

If you wish to have your shop advertised with us, we have several affordable options available.

A 1/10th to ¼ page advertisement is \$150.00 per year it will start the first month of release and proceed until the same month of the following year. It will be published in our monthly magazine as well as in a banner on our website.

A ½ page advertisement is \$250.00 per year like the previous it will start on the first month of release and proceed until the same month of the following year.

A Full page advertisement is \$450.00 per year. This is a limited quantity advertisement and will not be given on a select page. However, it will rotate throughout the magazine and be present in all issues for a full year's time.

If you wish to become a distributor please contact us at contactus@todayswitch.net for information.

Or fill out the form on our website in Product description distribute with us. todayswitch.net do not try to pay through our shopping cart on our website please contact me directly at ceo@todayswitch.net or call me 570 534-7628 for information on purchasing.

Please be aware all payments must be submitted with the ad no exceptions. Ad's submitted without payment will not be printed in the magazine.

FESTIVAL ADVERTISING

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

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

A Full page flyer advertisement is \$150.00 This ad will run for 2 issues prior to your festival.

All advertisement submissions must be submitted 3 months prior to the festival date. They will run in the 2 consecutive issues prior to the date of the event. All advertisements must be submitted with full payment in order to be accepted for a run. There will be no refunds on the cost of this advertisement. Please make sure that all information in your ad is accurate. We are not responsible for any mistakes that are present in your ad.

If there is a date change please submit your changes prior to the 10th of the month; 2 months prior to the first printing of the Ad in the magazine.



Woolston-Steen Theological Seminary

REAL SKILLS.
REAL MINISTRY.
REAL DIFFERENCE.

www.WiccanSeminary.EDU

Spirit Garden Publishing

Psycards: The Oracle of Archetypes

- ◆ Psycards Oracle deck: Free Your Psyche
- ◆ 40 cards based on Carl G. Jung's archetypes
 - ◆ Books by Catt Foy
 - ◆ Card Images by Maggie Kneen
 - ◆ Created by Nick Hobson

Box Set: Cards Book and Pouch: \$34.95

www.psycardsusa.com
www.cattfoy.com

2023. 3. 10 16:57

WITCHY B CLUB



Join our NEW Podcast as we stir the cauldron of the latest topic!

TODAY'S WITCH



2024 TRAVELER'S COMPANION

Pagan Artist Spotlight



facebook.com/paganartistspotlight

Eclectic International Music Mix
Interesting and Informative Shows
Facebook Group & Page



International Pagan Radio

www.internationalpaganradio.com

W.C.A.S.-db
The Cauldron Radio

www.thecauldron.net



YULE

TODAY'S WOLF



WITCH MOON



JANUARY 2024
VOLUME 1 ISSUE 3

Healing Hands Metaphysical Store

208-542-5446

- ✿ Tarot and Oracle Cards
- ✿ Crystals
- ✿ Incense
- ✿ Tapestries
- ✿ Candles



- Sage ✿
- Jewelry ✿
- Altar Supplies ✿
- Runes ✿
- ... and more! ✿


healinghandsidaho.com 429 B Street, Idaho Falls, ID



Aisle of Avalon

- Unique Metaphysical Goods
- Handmade Jewelry
- Remote tarot readings
- Custom Wire Wrapping

Contact Info:
 aisleofavalon.com
 ciana@aisleofavalon.com



NICOLE GRISHAM (NYX)
CEO/Owner

☎ 651-345-8388
 ✉ Nicole@NyxotheLightCo.com
 www.NyxotheLightCo.com
 38500 Tanger Drive, Suite 112 Unit 3, North Branch, Mn 55056

www.facebook.com/PsychicNyxotheLight www.instagram.com/NyxotheLightCo



Cheerful Dreams

Cheerful Dreams
 The Metaphysical Destination
 37 White Street
 Mount Holly, NJ 08060
 609-261-1252
 www.cheerfuldreams.com
 mike@cheerfuldreams.com

- Singing Bowls
- Herbs
- Essential Oils
- Oracle Cards
- Tarot Cards

- Candles
- Books
- Altar Tools
- Gemstones
- Figurines

- Space Clearing Kits
- Releasing Kits
- Archangel Sprays
- Handmade Items
- Jewelry

See our Webpage for hours!

Visit Mike and Elaine and Feel the Great Energy!





Solitary Coventry
Official Facebook Page
Featuring Samara Morrigan

<https://www.facebook.com/SolitaryCoventry>
 solitarycoventry@outlook.com
<https://solitarycoventry.wixsite.com/solitary-coventry>
<https://rumble.com/user/ProudPaganAmerican>



Silver Pyramid
 101 S. Coit Rd
 Suite 102
 Richardson, TX 75080
 972-690-6388



Enchanting Winds

Metaphysical Shoppe

1731 E. Ohio Street
 Clinton, MO 64735
 (660) 383-1073

EnchantingWinds@gmail.com

Be sure to like and follow us on Facebook!