

TODAY'S WITCH

AUGUST 2024

LUGHNASADH

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

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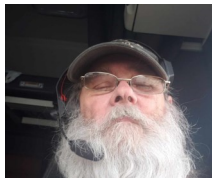


Meet the Staff

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.)

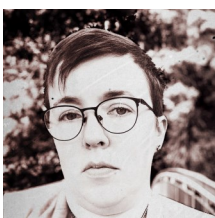
David Larsen is an over the Road Commodities Relocation Engineer, (AKA truck driver) He is also a history buff and a word smith. He currently resides in Florida and wherever the road and his dog Joey might take him. He is also world traveled from his military experience and driving. David is Co-Author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

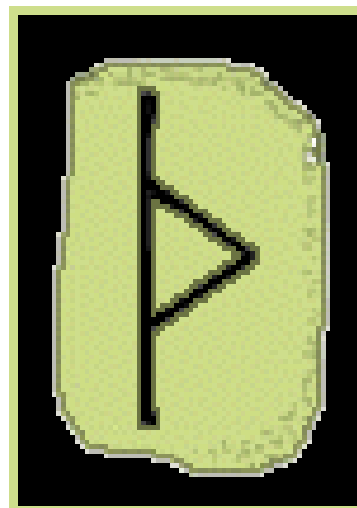
Being interested in many traditions and "finding the gold" in each one, Melina labels herself as an Eclectic and enjoys the concept of the "Spiritual Mosaic" as stated by Thomas Ashely-Farrand. Her strengths lie in personalizing her Spiritual path. As a Priestess of the Well of Avalon,

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 embrace the things that i don't
know and am open to the future
being better than expected.*

The Runes

Thurisaz (Thur-ee-saws)



Sound:	"Th"	
Depiction:	Thor's Hammer or a sharp thorn or brambles.	
Runic Position:	1st Aett, 3rd Rune	
Original Meaning:	Protection, the enemy of unfriendly forces, a thorny vine which provides defense against invaders.	
Key Words:	Protection, destruction, defense, polarity, action, regeneration.	
Tree:	Oak	
Herb:	House Leek	
Gemstone:	Bloodstone, garnet, red jasper, obsidian, onyx, black tourmaline	Magickal Qualities:
Color:	Red	<ul style="list-style-type: none"> • Actively protects from enemies and harm • Overcome unfriendly situations • Love Magick • Awoken will to take action • Awareness of separation and commonality of all things • Projected energy and applied Power
Runic Half-Month:	July 29—August 13	
Hours of the Day:	2:30pm—3:30pm	
Other Names:	Germanic: <i>Thyth (Thurisaz)</i> Norse: <i>Thurs</i> Anglo-Saxon: <i>Thorn</i> Icelandic: <i>Thurs</i> Norwegian: <i>Thurs</i>	Galdr Song:
God/dess:	Thor	Thurisaz, Thurisaz, thurisaz
Power Animals:	Goat, ram, dragon, hound, cat, tiger, lion, leopard, porcupine, mosquito, Tasmanian devil, wasp, bear, elephant, mongoose, rhinoceros.	Th, th, th, th, th, th, th, th, th, th Thur thar thir ther thor Thu that thi the tho Th th th th th th th th th
Element:	Fire	
Numerological Value:	"3"	
Astrology:	Mars	
Tarot:	Justice	



Norse Deities

Freyr, Frey, Fro

Also Called:	The Lord; The Lover; Sun God; God of Yule
Colors:	Red—Physical Aspect Green or Gold—All other aspects
Incense/Oil:	Mint, Sandalwood, Rose
Symbols:	Boar, The Sun
Stones/Metals:	Goldstone, Rose Quartz, Gold, Brass, Bronze
Plants:	Avens, Mountain Ash, Ivy, Holly, Nuts and Cones, St John's Wort, Yew
Day:	Friday
Runes:	Sowilo, Ingwaz, Jera, Ansuz R Raiðho.
ORIGIN:	Nordic [Germanic] or Swedish but extending throughout the Nordic region with lowest popularity in Iceland
TYPE:	Fertility God

KNOWN PERIOD OF WORSHIP: Viking period (circa CE 700) and earlier, until after Christianization (circa CE 1100).

SYNONYMS: None confirmed, but possibly including Frodi (Denmark); Yng or Ing; Lytir (Sweden)

CENTER(S) OF CULT: Uppsala (Sweden), Thrandheim (Norway) and various temples and shrines throughout the Nordic countries (None surviving)

ART REFERENCES: Stone carvings

LITERARY SOURCES: Icelandic codices: Prose; Edda (Snorri); Historia Danica (Saxo); Adam of Bremen; inscriptions; place names.

INFORMATION: One of the Vanir gods inhabiting Asgard, and concerned with the fertility, prosperity and peace of the world. The twin of Freyja and one of the children of Njord. Married to the giantess Gerd, a liaison interpreted by some as representing the marriage of a sky god with the earth resulting in the harvest. He was, according to the writer Adam of Bremen, represented in the cult temple at Uppsala by a dramatically ithyphallic statue. The Freyr cult was possibly accompanied by a sacred marriage and he was regarded as the progenitor of the royal Swedish Ynglinge dynasty. According to the Flateyjarbok (Icelandic), the statue of Freyr was carried around the countryside in a covered wagon with an attendant priestess to bless the seasons. Other festivals may have included a ritual drama in which male attendants dressed in effeminate costumes.

Freyr enjoys very ancient links with the boar, considered to possess protective powers, and he had a sacred animal with golden bristles called Gullinborsti. A sacred stable is described at Thrandheim, one of the centers of a horse cult with which he was also strongly identified. Freyr is also associated with a ship cult based on the notion of a phantom vessel, Skidbladnir or Skioblaonir, large enough to hold all the gods but small enough to fold into man's pocket.

August—Corn Moon



Other Names:	Barley Moon, Dispute Moon, Harvest Moon, Moon When Cherries Turn Black, Weedmonath (Vegetation Month), Sturgeon Moon
Nature Spirits:	Dryads
Herbs:	Angelica, Bay, Chamomile, Fennel, Orange, Rue, St. John's Wort
Colors:	Gold, Yellow
Flowers:	Marigold, Sunflower
Scents:	Frankincense, Heliotrope
Stones:	Carnelian, Cat's Eye, Fire Agate, Jasper
Trees:	Alder, Cedar, Hazel
Animals:	Dragon, Lion, Phoenix, Sphinx
Birds:	Crane, Eagle, Falcon
Deities:	Diana, Ganesha, Hathor, Hecate, Nemesis, Thoth
Power Flow:	Energy into harvesting; gathering, appreciating. Vitality, health. Friendships

The Moon

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

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

Spiritual Significance

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

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

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

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

Sabbat Correspondences—Lughnasadh

Other Names:	Lammas, Lughnasa, Festival of Green Corn, First Harvest, Ceresalia, August Eve, Elembious, Feast of Cardenas
Symbols:	Corn, All Grains, Bread, Full Moon, Wheat
Colors:	Red, Gold, Yellow, Green, Orange, Citrine
Deities:	Sun Gods, Mother Goddesses
Activities:	Baking Breads, Gathering First Fruits, Astrology
Taboos:	Not Sharing Food
Animals:	Roosters, Calves.
Stones:	Yellow Diamond, Peridot, Citrine
Foods:	Breads, Corn, Berry Pies, Potatoes, All First Harvest Foods
Plants:	Corn, Rice, Ginseng, Wheat, Rye
Meanings:	Honoring the Parent Deities, Honoring the Sun Gods, Celebrating the First Harvest.
Attunement Teas:	Alfalfa, Cornsilk, Goldenseal
Ritual Oils:	Eucalyptus, Corn, Safflower
Mythological Creatures:	Phoenix, Griffins, Basilisks, Centaurs, Speaking Skull
Key Actions:	Receive, Harvest
Goddesses:	<i>All Grain Deities, All Livestock Goddesses, All Mother Goddesses, Aine, Alphito, Ashnan, Cabria, Carmen, Ceres, Chicomecoatl, Damia, Demeter, Freyja, Goddess of Mundus, Habondia, Hani-Yasu-Nokami, Ishtar, Kait, Kornjunfer, Libera, Marcia, Muma Alpa, Morgay, Nisaha, Persephone, Pirua, Po Ino Nogar, Quocho Mana, Robigo, Saning Sri, Selu, Taillte, Tailltui, Tea, Tuaret, Uti Hiati, Zaramama, Zytia Matka.</i>
Gods:	<i>All Father Gods, All Grain Deities, All Livestock Gods, Athtar, Bes, Bran, Dagon, Ebisu, Ghanan, Howtu, Liber, Lono, Llew, Lugh, Neper, Odhinn, Xochipilli</i>



Corn

This genus of four species of usually annual grasses is native to C America. *Zea mays* (corn) has been cultivated for over 5500 years - possibly as long as 7000 years - in the Americas, from Chile to Canada. Following the Spanish conquest of Mexico and Peru in the 16th century, corn was taken to Africa, and spread worldwide. It tolerates a range of climates and is now a major crop in many parts of the world.



Corn makes exotic feature plants; varieties with variegated leaves and multi-colored ears have been grown in containers and borders since at least the 19th century. The culinary uses of corn are well known. There are five principle kinds: dent corn (mostly white to yellow grains); flint corn (which shrinks on drying, and may have white, yellow, red, purple, or blue-black grains, often striped or mottled); popcorn (a primitive strain with hard grains, specifically grown for popcorn); sweet corn (with a higher sugar content and best as a vegetable); and waxy corn (containing starch with a waxy appearance). Dent and flint corn are widely grown for oil, cereals, flour, and animal fodder. Waxy corn yields a tapioca-like starch, used mainly in the Far East. Less familiar is the role of corn as a medicinal herb. The female flowers (cornsilk) were once used in spells and divination; they contain allantoin (as found in *Symphytum officinale*, See, Comfrey), alkaloids, and large amounts of potassium that compensate for the loss of urine due to the herb's diuretic effect. Aztec herbals mention the plant, which was apparently used to clear heat from the heart. It was also used in Mayan and Incan medicine. *Zea mays* reached China from N America after Li Shi Zhen's time (1518-93) and was first mentioned as an herb in the Sichuan Journal of Chinese Herbal Medicine in the 20th century. Its most recent use is in the form of a gel, extracted from corn bran, which is used as a medical dressing for leg ulcers, pressure sores, and other slow-healing skin conditions.

Common Name:	Corn	<i>Eupatorium purpureum</i> (Hemp Agrimony) for urinary stones. Used similarly in Chinese medicine for urinary problems, also for gallstones, jaundice, hepatitis, and cirrhosis. Externally in the form of a poultice made from cornmeal, for sores or boils. To treat disorders of the liver and urinary tract.
Other Names:	Corn Silk, Indian Corn, Maize, Maize Silk, Stigmata Maydis	
Botanical Name:	<i>Zea mays</i>	
Genus:	<i>Zea</i>	
Family:	Poaceae	
Native Location:	Mexico	Typical Dose: A typical daily dose of corn silk may range from 4 to 8 gm of dried stigma
Cultivation:	Rich, well-drained soil in sun. <i>Zea mays</i> is wind-pollinated and fruits better if grown in a block. Birds may damage the ears	Possible Side Effects: Corn silk's side effects include lower levels of potassium in the blood.
Propagation:	By seed sown in spring at 18°C (64°F)	Drug Interactions: Taking corn silk with these drugs may increase the risk of hypokalemia (low levels of potassium in the blood)
Harvest:	Cornsilk is collected in summer before the strands wither and is dried for use in decoctions, infusions, liquid extracts, and syrup. Ears are cut when immature for use as a vegetable, and when ripe for processing as cereals, flour, oil, and syrup.	Acetazolamide, Azosemide, Bumetanide, Chlorothiazide, Chlor-thalidone, Ethacrynic Acid, Etozolin, Furosemide, Hydrochlorothiazide, Hydroflumethiazide, Indapamide, Mannitol, Mefruside, Methazolamide, Methyclothiazide, Metolazone, Olmesartan and Hydrochlorthiazide, Polythiazide, Toremide, Trichlormethiazide, Urea, Xipamide.
Height:	2-3m (6-10ft)	Taking corn silk with this drug may be harmful: Warfarin
Width:	45-60cm (18-24in)	
Hardiness:	Half-hardy	Disease Effects: May interfere with the control of blood sugar in diabetes. May interfere with the control of blood pressure in hypo and hyper tension. May worsen cases of potassium loss.
Parts Used:	Stigmas and styles of female flowers (Cornsilk, <i>yu mi xu</i>), fruits (ears), seeds, oil.	
Properties:	A sweet, cooling, soothing herb that is diuretic, lowers blood sugar levels, stimulates bile flow, and prevents formation of urinary stones.	
Medicinal Uses:	Internally for cystitis, urinary stones, urethritis, prostatitis, and enuresis in children. Combines well with <i>Elymus repens</i> (Quack Grass) and <i>Arctosphy las uva-ursi</i> (Bearberry) or <i>Agathos ma</i> species (Oval Leaf Buchu) for cystitis; with <i>Agrimonia eupatoria</i> (Agrimony) and <i>Equisetum arvense</i> (Field Horsetail) for enuresis; and with <i>Aphanes arvensis</i> (Parsley Piert) and	Bibliography: The Encyclopedia of Herbs by Deni Bown, The Essential Herb-Drug-Vitamin Interaction Guide by Geo. T Grossber, MD, and Barry Fox PhD.

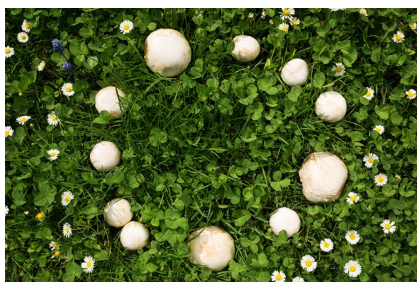
Always consult your physician before utilizing any herbal products.

Mycology

Almond Waxycap

Hygrophorus Agathosmus

Common Name:	Almond Waxycap
Botanical Name:	<i>Hygrophorus agathosmus</i>
Order:	Agaricales
Family:	Hygrophoraceae
Description:	Medium to large, smooth, gray cap; sticky; white to grayish gills and stalk. Odor strong, fragrant, almond-like.
Cap:	1½-4"(4-10cm)wide Convex to obtuse, with and incurved, thin, faintly hairy margin; expanding to flat or becoming broadly depressed over inner limb and disc. Surface glutinous to sticky when moist. dark to light grayish yellow-brown, sometimes indistinctly zoned; color changes with drying. Flesh soft; grayish above, white below.
Gills:	Sub distant, adnate, broadly attached or short-decurrent, thin and narrow, white to grayish
Stalk:	1½-3¼"(4-8cm)long ½-¾"(.5-1.5cm)wide Cylindric sometimes narrowed slightly at base; solid. Surface smooth or nearly so; white at first, but soon flushed with cap color; may be dry or moist but not gelatinous or sticky.
Spores:	7.5-10.5 x 4.5-5.5µ Clamps on divergent gill trama. No cystidia. Spore print white.
Edibility:	Edible
Season:	Midsummer-Winter
Habitat:	Scattered or in groups, in coniferous and mixed woods
Range:	Northern United States and Canada
Look-Alikes:	No other gray waxycap has the combination of almond-like odor; dingy white to gray colors; sticky to slimy non-scaly cap and dry nearly smooth stalk. <i>H. bakerensis</i> has brown to pale orange-yellow colors. <i>H. fuliginus</i> has a thicker, slimy stalk and lacks the almond-like odor.
Comments:	This species has more commonly been reported from the Midwest to eastern N. America, but has been found in Idaho and Wyoming.
Bibliography:	Peterson's Field Guides Mushrooms, by McKnight & McKnight copyright©1987 K. McKnight and V. McKnight pp202-20



Always consult a mycologist before eating a wild mushroom.

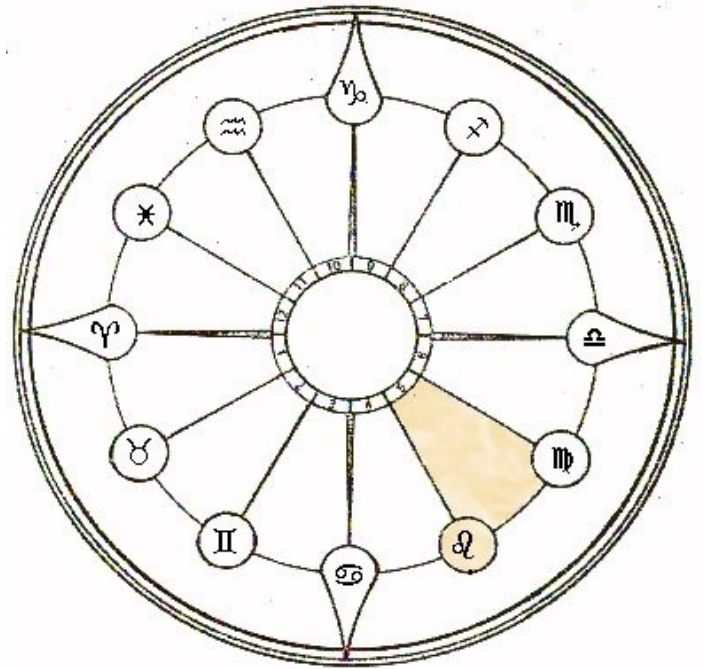
Astrology

5th House—"Lovers"

Leo

The Fifth House is the House of Romance and Creativity. This House rules over your love life and sexual nature, new ventures, gambling, and your artistic nature. In a sense, this House is the House of the Heart for it relates to all things for which you have affection. The Natural Ruler (or corresponding zodiac sign) of the Fifth House is Leo.

Sign:	Leo
Symbol:	♌
Dates:	July 23—August 22
Ruler:	Sun
Element:	Fire
Quality:	Fixed
Gender:	Masculine
Body Parts:	Back, Heart
Key Words:	"I Will"
Colors:	Orange and Gold
Tarot:	Lovers, The Sun
Archangel:	Michael
Birthstones:	Amber, Carnelian, Diamond Topaz
Gems:	Alurgite, Amber, Andesine, Apache Gold, Arthurite, Azeztulite, Boji Stone, Bolivarite, Braunite, Bravoite, Bronzite, Calaverite, Cappelinite, Carnelian, Cat's Eye, Chert, Chevron Amethyst, Childrenite, Chrysoberyl, Chrysocolla, Chrysolite, Cinnabar, Citrine, Clear Quartz, Cobaltite, Danburite, Diamond, Douglasite, Ellensberg Blue Agate, Emerald, Eosphorite, Fillowite, Fire Agate, Fire Opal, Forsterite, Franckeite, Garnet, Gold, Golden Beryl, Golden Opal, Golden Quartz, Golden Topaz, Grandidierite, Green Sapphire, Green Tourmaline, Greenockite, Heliodor, Hornstone, Hummerite, Iridosmine, Iron, Jasper, Kernalite, Kidwellite, Kunzite, Labradorite, Lake Superior Agate, Lanthanite, Larimar, Leaverite, Limb Cast, Linnaeite, Lithiophilite, Marcasite, Mesolite, Meteorite, Moldavite, Mosandrite, Multicolored Topaz, Muscovite, Ocho, Olivine, Onyx, Opalized Nature, Orange Calcite, Orange Tourmaline, Osmiridium, Pectolite, Peridot, Petalite, Petrified Wood, Picture Jasper, Pietersite, Pink Tourmaline, Plancheite, Platinum, Plume Agate, Proustite, Puppellyite, Pyrite, Pyrolusite, Pyromorphite, Pyrope, Red Obsidian, Red and Black Obsidian, Red Opal, Rhodochrosite, Rhodolite,



Rhodonite, Rickardite, Royal Plume Jasper, Ruby, Ruby Silver, Sheet Topaz, Skan, Spangolite, Spectrolite, Spodumene, Sunstone, Sulfur, , Tiger Eye, Tiger Iron, Topaz, Tugtupite, Tungstenite, Turquoise, Volcanic Ash, Whitlockite, Witherite, Xonotlite, Yellow Sapphire, Yellow Spinel, Zeolite, Zircon.

Babylonian Name:	Urgula
Meaning:	Lion
Sumerian Month:	Abu
Translation:	Great Dog (Lion)
Leo Traits:	Proud, Dignified, Commanding, Generous, Reliable, Strong-Willed, Confident, Leadership, Creative, Sincere, Whole-hearted, Reckless, Power Conscious, Conceited, Domineering, Outspoken, Candid, Ardent, Inventive, Fond of Children,
Fifth House Traits:	Offspring, Creative and Procreative Urges, Recreation, Games, Pleasures, Artistic Efforts, Romantic Affairs, Gaming, Speculation, Risks, Acting, Theatre

Understanding Astrology

Leo

Leo, the fifth sign of the zodiac, is a fixed earth sign. It is a positive, masculine sign, and is ruled by the Sun. Its symbol is the Lion, and its glyph is said to be a modified version of the initial letter of its Greek name (although this is not universally accepted). It takes its name from the Latin word for lion. Leo is associated with the back and, especially, the heart, and individuals with a Leo sun sign are prone to heart and back problems. The association of Leo with the heart is the astrological background for the common expression lionhearted. The key phrase for Leo is "I will."



Like many of the other signs of the zodiac, Leo lacks a developed mythology. It is said to be the Nemean lion slain by Hercules and placed as a constellation in the heavens by Zeus to commemorate the event. Turning to lion symbolism more broadly, we find the lion often regarded for its kindness and mercy than its ferocity. Aesop's fables include a number of lion tales, such as The Lion and the Mouse, in which the merciful King of Beasts releases the mouse, who later nibbles through the lion's bonds to rescue him; The Lion in Love, in which the lion allows himself to be declawed and de-toothed in order to marry a woodsman's daughter, only to be driven away after he has rendered himself powerless; and The Lions Share, in which the King of Beasts invites other beasts to hunt with him, but then keeps all of the spoils (moral: Many may share in the labors but not the spoils).

Like the lions and kings of mythology (the sign is associated with royalty), Leos can embody some of the best as well as some of the worst of human traits. On the positive side, they can be brave and noble to a fault. Associated with the heart, they can give everything for love. On the other hand, they can be ferocious and brutal. Leos have big egos, but these egos are particularly sensitive: Whereas ego signs like Scorpio neither need nor seek compliments, Leos require constant acknowledgement. In a group, they often seek to be the center of attention. The need for acknowledgement by others is so great that, like the lion of The Lion's Share, they can take credit for the labors of others. Like all fire signs, they are fond of physical and social activity.

Emotional Keywords

Faithful, rich in emotional life, affectionate, idealistic, proud, sympathetic, merciful, chivalrous, domestic, excitable, foreseeing, vain, subject to illusions.

Mental Keywords

Commanding, generous, ambitious, self-sacrificing, optimistic, fixed in opinion yet magnanimous, opposed to secrecy, oblivious to enmity, challenging, bold, domineering, autocratic.



The Fool's Journey: Strength

By Emily Thornton

In the realm of tarot, the Strength card represents inner strength, courage, and the ability to overcome challenges. It depicts a figure, often a woman, gently taming a lion, symbolizing the mastery of one's emotions and instincts.

The Fool's Journey, a narrative arc often used in tarot readings, begins with the Fool, an innocent and naive figure embarking on a quest for self-discovery. As the Fool progresses through the journey, they encounter various challenges and obstacles, each of which offers opportunities for growth and transformation.

The Fool recently met the Chariot, the epitome of masculine force and hard willpower. The Strength card takes it one step more and looks at the feminine strength. It is that protective kind of energy a mother gets with her cubs or there is danger. The Chariot was pushing hard, now the Strength is telling you it is ok to rest and settle in the peace...being strong and ready to move forward when it is time. The Strength card tells the Fool to know his worth and set boundaries. By facing the challenges head on and cultivating inner strength, the Fool pushes past the limitation and emerges powerful and resilient. Raise your standards and the world will take note. Very empowering card.

The Strength card reminds us that true strength lies not in physical prowess or dominance but in the ability to harness our emotions and instincts, to channel them into positive and productive outlets. It encourages us to embrace our vulnerabilities and to recognize that our weaknesses can become our greatest strengths when we learn to work with them rather than against them.

In the context of everyday life, the Strength card can offer guidance when we feel overwhelmed by challenges or self-doubt. It reminds us to tap into our inner reserves of strength and courage, to trust our instincts, and to believe in our ability to overcome any obstacle that comes our way.

Like the Fool in the tarot journey, we all have the potential to cultivate strength and resilience. By facing our fears, embracing our emotions, and trusting in our inner resources, we can unlock the power that lies within us, ultimately leading us to a place of greater self-mastery and fulfillment.

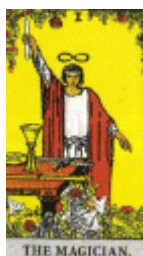
The symbolism in the Strength card is quite vivid. The regular Rider Waite details a woman who is standing next to a lion. There is a yellow sunrise which symbolizes hopeful energy. There are blue hills in the background, showing that our goals are in sight. The blue color indicates they are something that we can achieve. The woman is the divine energy. Her pose is one of strength and regalness. There is an infinity symbol above her head and represents the cycles of life, infinite wisdom, the seasons, and knowing how to keep the momentum going with the cycles of life. The woman is wearing a wreath which is symbolic of a victory. The green grasses represent Mother Earth and give us permission to take a rest. The lion is docile and standing reposed next to her. She has tamed the beast and has dealt with difficult situations. She is showing her inner courage and knowing that she has the power.

The overall message is don't push yourself too hard. It is ok to make boundaries and raise your standards. Feel that powerful energy and pursue your passions and desires. Let everyone else know where your boundaries lie and what is ok and not ok in your energy. You may not need to speak it, the people around you will begin to feel it.



Tarot spread

Leo—"I Will"



Card Number	Card Representation	Divinatory Significance
Card 1	My ego. How domineering am I?	The Hanged Man in this position indicates that the querent tends to see the world differently than others and is not driven by his/her ego
Card 2	On what stage am I acting?	The Ace of Wands in this position indicates that the querent is open to suggestions and is not known to desire to be center stage in all things.
Card 3	My inner child.	The Ace of Pentacles in this position indicates that the querent is in touch with their inner child and is nurturing and caring.
Card 4	Where do I stand in regard to love and romance?	The Two of Pentacles in this position indicates that the person places value in relationships and tries to maintain a healthy balance in their romantic life.
Card 5	My love for children	The Nine of Cups in this position indicates that the querent enjoys the company of children and is nurturing and caring for them.
Card 6	Do I love risk and speculation?	The Queen of Cups in this position indicates that the querent tends to avoid speculation and risk and is grounded in realism.
Card 7	My crown. How Generous am I?	The Magician in this position indicates that the querent knows the value in generosity, and maintains healthy boundaries giving only what is necessary.

Tarot Spell Overcoming Obstacles



Often times life puts obstacles in our path, these are learning experiences and though sometimes they seem daunting they are overcome relatively easy through the knowing of what we need to hold onto and what we need to let go of.

This spell will help you to focus on the obstacle and then work toward realizing the lesson it's there to teach and provide acceptance.

Place the cards on a yellow cloth, use yellow candles, and focus your attention on the Air element while doing this spell.

When laying out the cards focus on the individual card meditate on what each means and set your thinking to the learning experience and the solution which the obstacle is bringing to your attention.

First lay out the Five of Pentacles. This card represents the obstacle that is in the way. Focus on that obstacle and ask yourself, why do I feel that this is obstructing my path?

Then lay out the Two of Swords. Focus on the fact that for every action there is an equal and opposite reaction. Ask yourself, What is this obstacle trying to teach me, and am I being blinded by my own thinking that I cannot see the lesson in front of me?

Then lay out the Seven of Wands. Meditate on the idea that you can have higher ground against this obstacle that the odds and the trial that is presented is not stacked against you. Ask yourself, Am I taking the higher ground in this instance, or am I letting myself feel overwhelmed?

Then lay out The Sun, Meditate and focus on the joy of being alive and the experience that life is giving you. Ask yourself, Am I being proactive with life and enjoying the lessons which it is providing me?

Then lay out The Hanged Man focus on this card with the idea that our reality is dictated strictly by our perceptions. Ask yourself, Am I being realistic in my thinking about this obstacle and is there a clear and different way I need to approach it?

Finally lay out The Hermit. focus on this card and ask yourself, Did this obstacle teach me something that could provide wisdom for the future? Am I ready to face further challenges with confidence and wisdom? Am I willing to do what is necessary to change?

Meditate on these cards for awhile, until you feel you've reached clarity on what the perceived obstacle is and then recite the Affirmation.

Affirmation

I am confident that the obstacle that has been placed before is provided to me for a learning experience.

I am able to accept this experience openly and willingly and will not be blinded by my ego and my beliefs that I'm not capable of overcoming challenges that I face

I am willing to take a higher position, in regards to challenges and know that they are there to teach me the value of confidence in myself.

I can face my obstacles with joy and happiness and positivity. I recognize they are placed in front of me to provide enlightenment.

I can change my focus and perceptions, and look at the things put in front of me as learning experiences, I can feel secure and confident as they are there as a teacher.

I am accepting and capable, and know that everything I've learned in the past, present and will learn in the future can be accomplished and achieved, and I will look upon them with acceptance and wisdom.

You can then close the ritual in any fashion you feel comfortable with.



A Dictionary Of Pagan Terms—H Words.

Halo: In art, a disc or circular area of brightness about the head of a divine or sacred person, representing the light from the highest center of activity.

Handfasting: The ritual commitment of two people to live together as lovers and domestic partners. This may or may not be a legal marriage. Sometimes the commitment is made as a sort of trial marriage, for "a year and a day", after which the arrangement can be reevaluated. ² A Wiccan, Pagan or Gypsy wedding. ³ Within Wicca, a ritual joining of two human beings in a bond of love, and before the Goddess and God.

Healing: The goal of a great deal of Magick, especially among healing-oriented spiritual traditions such as Wicca. Some alternative forms of healing in use among Witches include Chakra / Energy work, visualization, herbcraft, spirit journeys, and crystal healing. Many Witches are professionals in the fields of health and medicine.

Healing Crisis: A positive sign that symptoms will soon disappear, marked by a brief intensifying of those same symptoms.

Healing Magick: In early days, before the origins of disease were known, many turned to magickal cures to ease the mind, and hopefully the body. In all instances of healing, both Christian and magickal, touching or laying on the hands has been an important factor in imparting that blessing. Techniques included methods of attempting to transfer disease to an animal or other object. In some instances, these techniques seemed to work, which may be attributable to their psychological benefits. Today's methods include auric balancing, bio feedback, crystals, touch therapy, herbalism combined with magick, and many more.

Heathen: A non-Christian, from "one who dwells on the heath."

Herb: Virtually any plant used in Magick. Herbs are usually strongly scented and are prized for their specific energies. Includes trees, ferns, grasses, seaweeds, vegetables, fruits, and flowering plants. ² Wiccan priest/esses often use herbs in simples, extracts, oils, etc. for healing; and in amulets, talismans, and incenses.

Herbalism: The use of various plants to promote health or to make substances, such as creams, powder, deodorizers and other useful products. Modern science has shown that many of the old herbal techniques handed down to us from the middle ages and earlier do have value. Magickal herbalism combines the symbolism of the plant with the known attributes and uses them as components for spells and rituals. Older beliefs centered on the ideas of like curing like. For example a round, smooth onion was thought to be a magickal cure for baldness, and anything that had a bad smells could keep away evil spirits. Magical herbalism also uses planetary correspondences, special harvesting times, and astrology to aid the overall effectiveness of the outcome. ² The practice of cultivating, gathering and using plants for medicinal, cosmetic, ritual and culinary purposes.

Herb Magick: The practice of directing energies found within plants to create needed change. A branch of magick. Practitioners utilize personal power as well as other forms of energy, such as colors, candles, stones, sounds, gestures and movements.

Heredities: Witches who claim a continuous family tradition and practice of the Craft, from long before the current revival.

Hermetic: Hermetic texts date back to the early days of Christianity, and contain information on astrology, magick, and other intellectual pursuits. These writings had a considerable effect on European thought, to the point where the study of mysticism could be perceived as scholarly. Hermetic Orders tend to remain secluded in order to study. This symbolism is carried over into magick in many ways, not the least of which is the Hermit of the Tarot, who signals the need for retreat and introspection. (2) Ancient teachings based on the concepts and principles taught by Pythagoras, Plato, and Hermes Trismegistus. Texts originating from the Mystery cults of the Aegean/Mediterranean as well as from Persia and Chaldea.

Herne: A British God-name, the best-known manifestation of whom is Herne the Hunter, leader of the legendary Wild Hunt in Windsor Great Park. The name may derive from the same original as Cernunnos. (q.v.)

Hesychastes: Members of a mystic cult of the Eastern Church.

A Dictionary of Pagan Terms—H Words (Continued)

Hexagram: (1) A six-pointed star, formed by two interlaced equilateral triangles. It is generally called the Star of David in non-occult circles, but its use as an occult symbol is far older than its use as a badge of Judaism. It signifies the Hermetic principle of 'as above so below'. (2) Any one of the six-line figures of the I Ching (q.v.).

High Magick: As opposed to other forms of magick, this is a detailed, very ceremonial form, often based on Egyptian Traditions.

High Priest, High Priestess: A priest or priestess who is a leader of a Wiccan Circle. The High Priestess is usually the primary leader and the High Priest is her "working partner". The High Priestess or High Priest has usually reached a high status within the religion, passing several tests and receiving (usually) three initiations.

High Priest: In group Wicca, either one of two visible leaders of a Coven; a man who co-leads the rituals, or a man who has reached a certain level of proficiency, achievement or wisdom. The term usually denotes a man who has received not one but several initiations. ²(1) The male leader of a coven, partner of the High Priestess who is the overall leader. (2) Any second-degree or third-degree male witch. (The distinction is between a coven function and a personal rank.) ³The primary male leader within a coven. Very often he is a third-degree initiate, who either helped found the coven, was chosen by the High Priestess, or was elected by the membership.

High Priestess: A highly experienced leader of a Coven; the woman who leads or co-leads the rituals, or a woman who has reached a certain level of Wiccan proficiency, achievement and wisdom. The term usually denotes a woman who has received not one but several initiations. ²(1) The female leader (and overall leader) of a coven. (2) Any second-degree or third-degree female witch. (The distinction is between a coven function and a personal rank.) ³The primary female leader within a coven. Very often she is a third-degree initiate who either founded the coven or was elected by the membership.

Higher Self: The belief that within each person there is a Divine spark, a highly spiritual being whom we can listen to for guidance, not unlike a conscience.

Hiving Off: The process whereby two or more members leave their parent coven to form their own coven.

Holly King: In the folk lore or many parts of Europe, including the British Isles, the God of the Waning Year. At the Summer Solstice he 'slays' his twin the Oak King, God of the Waxing Year; and at the Winter Solstice the Oak King, God of the Waxing Year is revived to 'slay' the Holly King in turn. Oak King and Holly King are each other's 'other self', in an external cycle of death and rebirth.

Homeopathy: A system of healing, first practiced by the Greek physician Hippocrates c. 460-377 B.C.E., that stimulates the body's healing power by introducing minute, diluted amounts of a substance that can cause the symptoms of a particular illness or disease. German doctor Samuel Hahnemann (1755-1843) was the modern founder of homeopathy.

Hourly Correspondence: In certain forms of magick, each hour has a significant effect on rituals and spell casting. This correspondence is often combined with those of the moon, sun and planets to augment the effect.

Hypnotic Commands: Unconscious programs instilled by an external source can "run" a person, causing them to act in automatic mode.

Heavenly Body Table of Correspondence

The Sun

From our earth-bound perspective, the Sun appears to revolve around the earth once every 12 months, moving through the 12 signs of the zodiac in its annual journey across the sky. The sign that the Sun was transiting at the instant of your birth is called your Sun sign.

The Sun is the most important planet in your horoscope. (In astrology, the Sun and Moon are referred to as planets). It has a profound influence on you, shaping your character, personality, and goals in life. It is not, however, the only influence on you--the other planets influence you too! Thus, knowing your Sun sign provides you with a rough sketch of your character and personality; knowing the positions of the other planets provides you with a detailed portrait.

Providing the energy which sustains life on earth, the Sun's radiative energy is remarkably constant, varying by less than a few tenths of a percent over several days. The Sun is primarily composed of hydrogen (71%) and helium (27%). At the extremely hot center of the Sun (16 million degrees Kelvin), hydrogen atoms fuse to form helium, emitting gamma radiation in the process. The energy produced is equivalent to 100 billion 1 megaton hydrogen bombs exploding every second.

The Sun is approximately 93 million miles from earth and has a surface temperature of 5800 degrees Kelvin. Its radius is 432,500 miles. Light (energy) from the Sun takes a little over 8 minutes to reach the earth.

Sun worship is nearly ubiquitous in the religions of the ancient world. This is understandable since its daily appearance brought warmth and light into the world, driving away the cold, dark night sky. The Sun made the crops grow in the fields; in essence, it brought life.

In Greek mythology, Helios was the god of the Sun, riding his golden chariot across the heavens each day, bringing light to the world. At sunset, he sank into the western ocean, from which he was carried in a golden cup to his palace in the east. A giant statue of Helios at Rhodes (the Colossus of Rhodes) is known as one of the Seven Wonders of the Ancient World. Helios is often associated with Apollo, the later Roman god of the sun.

Spiritual Significance

Symbolized by dot within a circle is the potential of the human spirit or consciousness within the universe. It is also the magician or self-aware individual following any spiritual path who is symbolically the center of his/her own magical universe, just as the Sun is the spiritual and material center of our Solar System.

The Sun represents both the pure essence of the life force and

the higher self which is exalted in true magic. Once you take your first steps on the magickal path you take on a great responsibility because your actions could have an effect on others. It can also be a lonely path for it is the way of the individual who must start apart from his fellows. Those around you will not understand the new path you are walking and if you are wise you will keep silent about your activities while in their company. Increasingly, you will be thrown back on your own resources and it will take a great deal of perseverance to pursue your chosen goal under these circumstances. The invocation of the Solar planetary influence can help because it provides will power, energy and self-confidence.

Glyph:	Circle with a dot
Rules:	Joy, Success, Advancement, Leadership, Natural Power, Friendship, Growth, Healing, Light, Pride,
Sun's Days:	Sunday
Body Parts:	Heart, Back
Spice:	Cinnamon
Food:	Corn
In Chart:	The Father
Occupation:	Famous Person or Leader
Element:	Fire
Color:	Gold, Yellow
Zodiac Sign:	Leo
Tone:	Re "D"
Letter:	B
Number:	1, 6, or 21
Metal:	Gold
Jewel:	Topaz, Yellow Diamond, Amber, Calcite, Orange Carnelian, Quartz, Pipestone, Sulfur, Sunstone, Tiger's Eye, Zircon
Cabala:	6 Tiphereth—Beauty
Angel:	Raphael
Incense:	Cloves, Cinnamon, Frankincense, Laurel, Olibanum, Wood Aloes
Plants:	Acacia, Angelica, Bay Laurel, Chamomile, Citrus fruits, Heliotrope, Honey, Juniper, Lovage, Marigold, Mistletoe, Rosemary, Rue, Saffron, St. John's Wort, Sunflower, Vine.
Tree:	Acacia, Bay Laurel, Ash, Birch, Broom
Animal:	Child, Eagle, Lion, Phoenix, Sparrowhawk
Goddesses:	Amaterasu, Brigit, Bast, Ilat, Sekhmet, Theia
Gods:	Apollo, Helios, Hyperion, Lugh, Ra, Semesh, Vishnu-Krishna-Rama

Sunstone

Sunstone is a form of oligoclase, and crystallizes in the form of masses, and tabular crystals.

Physical Properties:

Category:	Plagioclase variety
Colors:	Brown-Orange, Green, Gray, Peach, Pink, Red, Yellow
Crystal Structure:	Triclinic
Chemical Composition:	$(Ca,Na)((Al,Si)_2Si_2O_8)$
Geologic Category:	Metamorphic
Strunz Classification:	9.FA.35
Specific Gravity:	2.63-2.66
Crystal Habit:	Euhedral crystals, Granular
Hardness/Mohs Scale:	6-6.5
Cleavage:	Perfect
Fracture:	Irregular/Uneven, Subconchoidal, Step-like
Luster:	Vitreous, Sub-Vitreous
Streak:	White
Diaphaneity:	Transparent, Translucent
Occurrence:	Worldwide



Physiological/Holistic Properties

Preparation:	Elixir
Treatment:	Sore Throat, Stomach Tension, Ulcers, Cartilage, Rheumatism, Aching Feet, Spinal Problems, Hormone Imbalance, Reproductive disorders, Over-active Body Systems, Glands, Eyes, Blood Disorders, Excessive Bleeding, Veins, Elasticity.

Metaphysical Properties:

Astrology:	Leo, Libra
Numerology:	1
Element:	Fire
Chakra:	Root, Sacral, Solar Plexus
Planet:	Sun
Energy:	Projective
Tarot:	The Magician, Wheel of Fortune, The Sun, Ace of Wands, 10 of wands.
Tone:	C
God:	Agni, Apollo, Helios, Hephaestus, Horus, Hyperion, Krishna, Lugh, Prometheus, Ra, Rama, Semesh, Vishnu, Vulcan
Goddesses:	Amaterasu, Bast, Brigit, Eostre, Gaia, Hestia, Ilat, Ostara, Pele, Sekhmet, Tanit, Theia, Vesta
Emotional Healing:	Sunstone warms and stimulates the emotional body. I can help one transform anger into energy, judgment into joy. It raises the vibration of one's emotional patterns.
Spiritual Healing:	Sunstone teaches one to utilize ones skills and abilities in service of others. It is a stone of abundance, helping one to take action to manifest one's desires in physicality.
Affirmation:	I claim my true place of leadership, giving and receiving abundant blessings.

Aspects of Life—Correspondences

Love

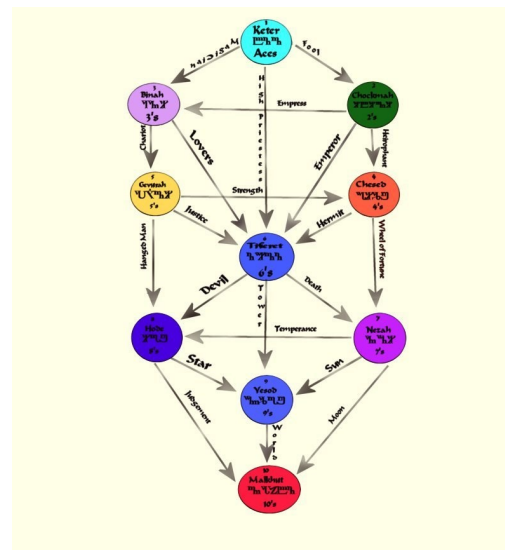
When dealing with everyday situations in life sometimes it's great to be able to utilize things that will help maintain your focus. The Correspondence Chart below will assist you in finding and using things that will help with creative work or endeavors. If you are looking for love this correspondence chart will assist you in the timing and best use of materials to help manifest it. Remember that the truest LOVE comes from one's love of self, and that you should offer it to yourself unconditionally.

Elements:	Water, Earth
Planets:	Venus
Best Times;	Friday or Monday New to Full Moon in Taurus—earthly and sensual love Cancer—home and family Libra— idealistic Scorpio—Sexual
Colors:	Deep Rose, Green, Orange for attraction
Metals:	Copper or Silver
Numbers:	5 or 7
Incense:	Benzoin, Jasmine, Rose; for sensual passion, Civet, Musk, Patchouli, Rose Ava
Plants:	All herbs of Venus, especially Acacia Flowers, Aloes, Balm of Gilead, (Buds carried on a person will mend a broken heart); Cyclamine (if a potted plant is kept in a bedroom, union will be long and happy); Elecampane, Gardenia, Jasmine, Lavender, Meadosweet, Mistletoe, Myrrh, Myrtle, Rose, Tansy, Tuberose, Valerian, Vervain, Violet.
Aphrodisiac(s):	Beth root, Corriander, Clover, Damiana, Dulse, Fo-ti-tieng, Ginseng, Nasturtium, Periwinkle, Yohimbe
Goddesses:	Aphrodite, Asherah, Astarte, Beltis, Branwen (can grant either union with true love, or cure for the passion), Diana, Freyja, Hathor, Ishtar, Isis, Maia, Mari, Mariamne, Oshun, Venus.
Gods:	Cernunnos, Eros, Adonis, Robin Hood, Pan.



Tree of Life
Netzach נצח
Seventh Sephirah

Titles:	Victory, Conquest, Permanence, Firmness
Intelligence:	Occult
Pronunciation:	NET-zack
Place:	5th Plane, Right Pillar Astral Triangle
Number:	7
Sephira Name:	Netzach (Victory)
Color (Q.S.)	Emerald
Scents:	Ambergris, Benzoin, Rose, Red Sandal
Chakras:	Solar Plexus
Mundane Chakra:	Venus
Archangel:	Haniel חניאל (Grace of God)
God-Name:	JHVH Tzavoos, YHVH Tz'vah-oht יהוה צבוס
Body:	Loins, Hips
Metals:	Copper
Planet:	Venus
Stones:	Emerald, Turquoise
Tarot:	7 of Wands, 7 of Cups, 7 of Swords, 7 of Pentacles, The Chariot
Angelic Order:	Elohim אלוהים (Gods and Goddesses, Principalities)
Qlippoth (Demons):	A'arab Zaraq, עראב זראק (the Dispersers)
Arch Demon:	Baal בעל
Virtue:	Unselfishness
Vice:	Sexual immorality, lust
God Forms:	Love Deities—Freyja, Frigg, Venus, Aphrodite, Hathor, Rhiannon, Ishtar, Niamh, Cerridwen, Nike
Magical Image:	A beautiful naked female
Color:	Emerald
Color Atziluth:	Amber
Color Briah:	Emerald
Color Yetzirah:	Bright Yellowish-Green
Color Assiah:	Olive flecked with Gold
Symbols:	The girdle, the seven-pointed star
Creature:	Lynx
Animals:	Lynx, Leopard, Cat, Dove
Tools:	Lamp
Plants:	Apple, Birch, Catnip, Coltsfoot, Daffodil, Damiana, Dittany of Crete, Feverfew, Foxglove, Mugwort, Rose, Strawberry, Thyme, Verbena, Violet, Yarrow



The Dhammapada of Buddha

Chapter VIII

The Thousands

Verse C

Even though a speech be a thousand (of words),
But made up of senseless words, one word of
sense is better, which if a man hears, he becomes
quiet

Verse CI

Even thou a Gâthâ (poem) be a thousand (of
words), but made up of senseless words, one
word of the Gâthâ is better, which if a man hears,
he becomes quiet.

Verse CII

Though a man recite a hundred Gâthâs made up
of senseless words, one word of the law is
better, which a man hears, he becomes quiet.

Verse CIII

If one man conquer in battle a thousand times
thousand men, and if another conquer himself,
he is the greatest of conquerors.

Verse CIV, CV

One's own self conquered is better than all
other people; not even a god, a Gandharva, not
Mara with Brahman could change into defeat
the victory of a man who has vanquished
himself, and always lives under restraint.

Verse CVI

If a man for a hundred years sacrifice month by
month with a thousand, and if he but for one
moment pay homage to a man whose soul is
grounded (in true knowledge), better is that
homage than a sacrifice for a hundred years.

Verse CVII

If a man for a hundred years worship Agni (fire)
in the forest, and if he but for one moment pay
homage to a man whose soul is grounded (in
True knowledge), better is that homage than
sacrifice for a hundred years.

Verse CVIII

Whatever a man sacrifice in this world as an
offering or as an oblation for a whole year in
order to gain merit, the whole of it is not worth
a quarter (a farthing); reverence shown to the
righteous is better.

Verse CIX

He who always greets and constantly reveres
the aged, four things will increase to him, viz.
life, beauty, happiness, power.

Verse CX

But he who lives a hundred years, vicious and
unrestrained, a life of one day is better if a man
is virtuous and reflecting

Verse CXI

And he who lives a hundred years, ignorant and
unrestrained, a life of one day is better if a man
is wise and reflecting



Verse CXII

And he who lives a hundred years, idle and
weak, a life of one day is better if a man
has attained firm strength.

Verse CXIII

And he who lives a hundred years, not seeing
beginning and end, a life of one day is better if
a man sees beginning and end.

Verse CXIV

And he who lives a hundred years, not seeing
the immortal place, a life of one day is better if
a man sees the immortal place.

Verse CXV

And he who lives a hundred years, not seeing
the highest law, a life of one day is better if
a man sees the highest law.



Kitchen Witchery for Lughnasadh- the Tomato and Onion Tart

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

At Lughnasadh we are coming to the end of summer's harvest, and you might have a lot of leftover tomatoes hanging around. This recipe brings together the best of both worlds- grain and fruits! The first recipe is a pastry crust (bringing in the element of the grain harvest) and the second recipe is what you can use with the crust- a tomato and onion tart! This is a recipe my mother has made several times, and I can't get enough of it- truly.

It's a great way to use up what's left of your harvest. You can literally fill this crust with anything you have an extra bounty of- apples, peaches, squash.

While you're at it, ask yourself if you've ever had to just "make do" with what you have. What can you create from "nothing"? When we dig deep, we have more than we need. Sometimes we just need be reminded of it.

Recipe: Pastry for a One-Crust Tart (it originally accompanied Madame Quiche's Quiche Au Fromage)

****Note**** combining in a food processor is the best way (the heat from warm hands will reduce the amount of flakiness in the dough). You can also use a pastry cutter. Be sure to let the pastry rest at least one hour at room temperature so it will be easy to roll out and then chill before baking.

Ingredients:

- 1-1/2 cups of all-purpose flour <<The body of Lugh / John Barleycorn>>
 - A large pinch of salt <<To add flavor to our lives>>
 - 8 TBSP of unsalted butter, chilled and cut into small pieces <<What holds your vision together?>>
- 5-6 TBSP of chilled water <<Water your desires>>

Directions:

Place the flour and the salt in the bowl of a food processor and process to mix. <<Add a short prayer of thanks to the grain or chant/sing "Hoof and Horn" to balance out the energy.>>

"Hoof and Horn, Hoof and Horn...all that dies shall be reborn. Corn and Grain. Corn and Grain...all that fall shall rise again. We all come from the Goddess and to Her we shall return like a drop of rain...flowing to the ocean."

Cut the butter into chunks and add it to the flour. <<Thanking Brighid>>

Process it, using pulses, or a pastry cutter until the butter is incorporated into the flour and the mixture looks like coarse cornmeal. <<Visualize things "coming together" for you at this time of year.>>

With the food processor running, add the water and process briefly, using pulses, just until the pastry begins to hold together in large clumps. <<Visualize the water nourishing your goals and desires>>

Turn the pastry out onto a floured work surface and gather it into a ball. Proceed with any recipe calling for an unbaked "tart-style" pastry. <<What will you create next? You have all the tools you need.>>

Makes enough dough for a 10-1/2 inch tart pan/ pie pan.

Partially cook at 350 degrees until lightly brown. 5-10 minutes

To make this a Tomato and Onion Tart:

I asked my parents, “What do I need to make this?” I remember (pre-covid) going to my folks’ house to have long extended lunches, pleasant conversation- and usually wine. Tomato and onion tart is one of my absolute favorites- and while it may sound strange, I assure you, it’s delicious.

Consider some of the ingredients...the crust that lays the flaky, rich, buttery base (again, perfect for this time of year) along with the last tomatoes of the dregs of summer and savory onions-each have their meanings- even to my non-pagan parents. <<Do you have any pleasant summer memories?>>

If we look at tomatoes-that luscious fruit of mid to late summer- they’re often referred to as the “love apple”. While it isn’t technically an apple, it’s reminiscent of Aphrodite. Lush, juicy and a bit decadent. As the song goes,

“There’s only two things that money can’t buy- that’s love and home-grown tomatoes.”

~ “Homegrown Tomatoes” by Guy Clark, 1981.

It’s also reminiscent of the goddess Pomona, while apples may still be ripening at this time, we’re reminded of this goddess’ bounty. She is the goddess of fruit- which is readily harvested not long after Lughnasadh. In fact, her festival or feast day is August 13- which happens to be ONLY ONE DAY after the old calendar date of Lughnasadh which is August 12.

There’s also one of my favorite things to show people who are new to earth-based religions...if you cut the apple across the equator, it makes a 5-pointed star (symbolizing the masculine). If you cut it vertically down from the stem, it makes a yoni (symbolizing the feminine). I never grow tired of seeing it. Nature is a wonder on every level! You can swap out the onions and tomatoes in the recipe and use apples.

Now to get to the ingredients

Note: All ingredients are “eyeballed” as my father says- keep in mind, you can repeatedly layer your ingredients to match the depth of your pie pan. If you want to skip the crust and make it faster, you can use a sheet of puff pastry. (Although I highly recommend the Madame Quiche crust!)

Ingredients:

A Madame Quiche pie crust or sheet of puff pastry

Tomatoes -quantity depends on the depth of your pie pan or cookie sheet if using puff pastry- “eyeball it!”. Slice and lay them on a paper towel for about an hour to get the water out.

Caramelized Onions -quantity depends on the depth of your pie pan or cookie sheet if using puff pastry- “eyeball it!”(- if you’re lucky, your mom will give you a pint jar of caramelized onions that she’s already made and canned! Thanks, Mom!) *See extra tips at the bottom of the recipe.

Optional: a soft cheese such as goat or feta, and/or basil

Steps:

1. Prepare the pie shell and bake for about 5-10 minutes until lightly golden brown. (If using puff pastry, follow the directions on the box)
 2. Alternatively layer the caramelized onions and tomatoes until you reach the depth of your pie pan – or layer like a pizza if using puff pastry.
 3. Sprinkle your cheese on top during the last 5 minutes of baking until soft/lightly brown.
 4. After removing from the oven, sprinkle with fresh basil (if desired)
- Let it rest 5-10 minutes, then cut and serve.

****NOTE**** All ovens are different. Estimated cook time is ~15 minutes. When the tomatoes get soft and the cheese gets a bit soft or lightly brown, it’s ready.

****EXTRA NOTE**** Have your mom caramelize the onions and can them in a jar as a shortcut (because she loves you).

****HELPFUL HINTS**** It helps to lay out the onion and tomatoes (or squash) on a paper towel to get the water out of them first. Also, if caramelizing your own onions, you can do a “quick caramelize” using balsamic vinegar and a bit of butter, cooking the water out and then adding a little sugar to speed up the process. (If you’re feeling shy, you can also google caramelized onions.)

Pair with a crisp white wine (or a non-alcoholic beverage of your choice).

Blessed Lughnasadh!



Metatron

By Jill Ann Cooper

Metatron Lord of the Angels and Demons is the highest ranking among all beings. he appears mainly in Jewish medieval text. He is said to be the spokesman for god. Metatron mostly appears in Jewish mystical texts. He is so powerful and holy that he is even chosen to be seated next to God. Some say that God even assigned his own name to Metatron. Metatron is the Angel in charge of the presence who is in charge of all good and all bad in the cosmos.

Metatron is also in charge of the tree of life. He is the guardian of the tree of life. Because of this he is known as the angel of life and death.

Metatron was called the lesser God he was called the storyteller and the scribe.

Some say that the angel Metatron was the angel sent to protect the Jews enslaved by the Egyptians to the promised land.

He is depicted as being more powerful than all of the Angels and he has even been called little Yahweh.

Metatron was once a man on Earth named Enoch. Metatron is the only angel who has ever started out as a human being in Jewish text. There is no mention of Metatron in the Hebrew Bible or the Christian Bible.

This has made him a very curious figure and a remarkably interesting character.

In the Christian Bible in book

Genesis 5:18-24 their Bible details Enoch's lineage, his life, and his age.

In this passage it says Enoch walked faithfully with God and then he was no more because God took him away. So, this is one of the examples that shows that Enoch did not die human he was taken away by God.

Then there is Hebrews 11:5 in the Christian Bible which says, "by faith Enoch was taken from this life so that he did not experience death he could not be found God had taken him away for before he was taken, he was commended as one who pleased God."

In an ancient Jewish work, there is a book of Enoch which offers more detail about him. It describes his Revelations, his dreams, and his visits to heaven. The Ethiopian orthodox Church reveres this text.

The Zohar and the Babylonian Talmud describe his transformation and the reason for it in great detail. because of his righteousness and devotion to God while he was on Earth, he became the most exalted angel in heaven. His transformation was physical. He was human and he became the highest angel of god.

This Enoch whose flesh was turned to flame his veins to fire his eyes- lashes two flashes of lightning, his eye-balls to flaming torches, and whom God placed on a throne next to the throne of Glory received after this heavenly transformation the name Metatron.

-Gershom Scholem (1946)

Metatron is sometimes depicted to have three sets of wings however it is also said that he has thirty-six wings to signify his rank among the angels. Metatron is shown to hold a quill or a squirrel which symbolizes his duty as the scribe of God's decrees, and his face is described as intensely radiating light to signify his role as the bearer of divine knowledge.

Metatron is to be the intermediary between God and men. He was the supervisor and coordinator of activities among the rest of the angels and archangels that were left over after the rebellion of Lucifer when many angels that fought on Lucifer side were thrown to earth.

He is the only one without unrestricted access to Gods throne.

Metatron was struck sixty times because a rabbi got permission to enter Heaven and he found the Metatron's glow he thought that there were two authorities in heaven God and Metatron. Because of God's embarrassment at this

assumption Metatron was forced to receive sixty strikes on his back. this was to show that even though Metatron has a noble position in heaven he is below the creator.

There is a story of how Metatron became the favorite angel of God. It is sad that once when the Christian God had parted the red Sea knowing that the Egyptians would follow the Jewish people so that they can recapture them and make them into slaves again. God had planned on drowning all of the Egyptians once the Jews were safely across the Red Sea that he had parted for them so they could walk on land.

In this story of Archangel Metatron ,once the Red Sea is parted and the Jews escape safely two very powerful Egyptian sorcerers were able to escape safely along with the Jews. They were so angry about what had happened that they used their powers to burst into heaven and begin a fight.

Archangel Michael , and several other archangels tried to win against the sorcerers however every one of the archangels lost the fight to the two sorcerers. Metatron, however, was able to defeat them in battle. God was so delighted at Metatron and from that point on favored him and allowed Metatron to sit near God's holy presence.

There is something called Metatron's cube which is said to have been created by the Archangel Metatron. This is supposed to be like the blueprints of the universe created by God the glyph. This Metatron's Cube also represents the connection between God and humanity as well as Heaven and Earth in this blueprint.

This cube has thirteen circles in it that are connected by straight lines. The shapes of this cube are believed to form all of the shapes in existence.

While symbolizing harmony and balance and how everything is connected the five platonic solids are also found in this cube. These are geometry shapes that are sacred. The 5 Platonic solids are basically the building blocks of the universe.

The highest ray of light of all of the rays of light is Archangel Metatron's white ray of enlightenment. Enlightenment and spiritual evolution come from this highest ray of light. Through our soul star chakra are light bodies are activated to reach the cosmic consciousness through Archangel Metatron's white ray of enlightenment also.

This Ray also brings inner peace. Spiritual growth balances our emotions, and it clears away all negativities.

So, if you are feeling in any type of negative way try to check out websites and find videos that say things like meditation with Archangel Metatron's white ray of enlightenment or meditation with Metatron's Cube energy and or even just concentrate yourself on these things to bring about this type of positive energy anytime day or night.

I hope you have enjoyed this article on Archangel Metatron and there is so much you can research online or in certain ancient medieval Jewish texts if you happen to be able to get your hands on any. More stories to come and I hope you stay tuned and have a lovely week!



August's Full Moon & Lughnasadh

~Melina Valdejo, owner of Pathways Books & Gifts

August's full Moon will appear on the afternoon of **Monday, August 19**, at 1:26 P.M. CST and is the first Supermoon in a series of four consecutive supermoons.

A supermoon is a full moon that appears larger than a typical full moon because it is closer to Earth (the moon's orbit is oval, not circular). When this happens, the moon can appear to be up to 14% larger than normal.

While the Sun is in Leo currently, the Full Moon is in Aquarius. It encourages us to ask ourselves the "big" or important questions. Being an air sign, Aquarius is all about thoughts. You may find yourself thinking about your "place in life." At this time, it would be beneficial to lean into the energy of Uranus, (the ruler of Aquarius), to embrace lightness, outside-the-box thinking and creative problem-solving. Moon in Aquarius brings feelings of inner freedom and openness, emotions become more alive and expressed more freely.

This full moon has many names:

"The name **Sturgeon Moon** comes from the giant lake sturgeon of the Great Lakes and Lake Champlain; this native freshwater fish was readily caught during this part of summer and an important food staple for Native Americans who lived in the region. At one time the lake sturgeon was quite abundant in late summer, though they are rarer today."~ Catherine Boeckmann, Farmer's Almanac Many of the names that are referenced today come from various US Indigenous tribes and are tied to harvesting, animals and nature in general. They have names such as the: Corn Moon, Ricing Moon, Black Cherries Moon, the Grain Moon (Anglo-Saxon), Flying Up Moon, and the Red Moon.

Other names are: Chinese- Harvest Moon, Celtic-Dispute Moon or Lynx Moon, Wiccan-Herbal Moon and in the summer hemisphere where they are celebrating Winter Solstice- the Snow Moon, Storm Moon, Hunger Moon or Wolf Moon.

Myths and Folklore

"Throughout history, the Harvest Moon has inspired folklore and myths, adding an element of enchantment to its celestial presence. In Norse mythology, the Harvest Moon is associated with the goddess Freyja, who presides over fertility, love, and abundance. Her connection to the moon and the harvest season highlights the divine aspects of nature's bounty.

In European folklore, the Harvest Moon is often linked to werewolves and supernatural occurrences. Legends tell of shapeshifters and magical beings taking advantage of the moon's energy during this time. These captivating stories contribute to the mystery and fascination surrounding the Harvest Moon's annual arrival." ~Patti Wigginton

Grain & John Barleycorn

While the summer was a time of growth, autumn was a time of harvest. This first grain harvest of the season is the moon before the Autumn Equinox, and often the first grain was cut on the first of August. It's important because it symbolizes the hope of a bountiful crop to last throughout the upcoming winter-and therefore create food security- for the community.

In the area of grains such as wheat, oats, rice and corn, the full moon would allow farmers extra light-therefore extra time- to get their crops in, as the moon rises soon after the sun sets for several days in a row. The crops gathered at this time of the year are crucial to getting through the cold of winter.

One tradition that you'll see mentioned again and again is how the grain is harvested. Often, we will find reference to the first sheaf of grain. When gathered, the first of the harvest was immediately taken away to be threshed, milled and baked into a loaf of bread.

Sometimes this loaf was taken to a church to be given as the Eucharist, giving rise to the Anglo-Saxon/Christian name of Lammass-meaning "Loaf-Mass".

There are also references found that after this first loaf was baked, it was shared with those who were doing the harvesting to give them strength to finish. Some references also include leaving a little of this bread at the four corners of the field as an offering to the spirits of the land.

There are also stories and traditions centered around the last harvesting of the crops. The last sheaf of wheat is known as the "neck"- as in the neck of John Barleycorn. John Barleycorn was also sometimes called "Lugh", and this was the symbolic killing or sacrificing of the god king as he gave up his life for his people to ensure the crops will come up again next year.

In some places, the cutting of the last sheaf of wheat was a competition. Workers would throw their sickles at the sheaf repeatedly to see who could claim the "killing" blow. ~Story Crow

The last sheaf was turned into corn dollies and kept inside throughout the winter, so they could be plowed into the fields in the spring. It was said that the last sheaf held the spirit of John Barleycorn.

Another option was to leave the corn dollies at the entrances of fields for the faeries. (If you find one, don't take them!)

Lughnasadh, the sabbat

Lughnasadh is one of the cross-quarter sabbats on the pagan wheel of the year. Focusing heavily on crops and the life cycle of growth, harvest and death, it is the first of the three harvests (Lughnasadh, Mabon and Samhain) and comes with its own traditions and folklore.

At the root of Lughnasadh is the name of the god, Lugh and “nasa” meaning death. Sometimes referred to as “Lugh of the Long-Arm” he was one of the Tuatha De Danaan – an ancient (some say faery) race.

Around August 1st (August 12th in the old calendar), Lugh arranged for the Tailteann games which were funerary games in honor of his foster mother, Tailtiu an earth goddess of law and balance. It is said that she died from exhaustion while helping to bring in the harvest. There were games of strength such as horseracing, along with crafts, embroidery and works of art. These games pre-dated the Olympics.

It was at this time that the Celtic tribes gathered to conduct business, arrange handfastings or marriages, and to resolve old issues and debts. It was also a time of the “feast of the first fruits” and was the summer roundup of berries, flocks and herds of animals.

As we look deeper into the commonalities of this sabbat, we notice the story of death and resurrection as it ties into many cultures and traditions. At Lughnasadh we see the conflict or struggle of the dying of the summer, the dying of Tailtiu, the dying of the grain. We also follow the theme of resurrection- the sun is always reborn, the grain reseeds, and the earth goddess Tailtiu resurrects in different forms.

We see these same themes within the story of Persephone and Demeter when Persephone descends to the Underworld and Demeter lets the world, essentially die off. Persephone is resurrected- so to speak- when she rises from the Underworld, as are the plants and vegetation of the world.

It begs the question of “what are you allowing to die off?” What will you harvest?

Water and Holy Wells

Hilltop gatherings were common at this time (and continue today). People would make pilgrimages to the tops of hills or mountains seeking blessings from the gods and goddesses. Later, these pilgrimages were attributed to seeking the blessings of St Patrick.

It was not uncommon to find wells on these hilltops. Stories abound of people leaving offerings by throwing coins in a well or pricking their finger with a pin to offer a few drops of blood into the well’s waters (reminiscent of blood offerings). Pins are found in the bottom of wells today- along with tools going back as far as the Bronze Age. Wells were also dressed or decorated with flowers in thanks to the water spirits. ~Lammas, Anna Franklin & Paul Mason.

Ways to Celebrate Lughnasadh

- Some of the most common ways to celebrate this sabbat are carried forward from traditional ways. It is a time of festivals, fairs, farmer’s markets, the beginnings of apple harvests, picnics and more.
- Along with these, it’s also a great time to clean and recharge your altar space. Include things that represent the season- grapes, apples, and autumn-colored stones like citrine, amber or rutilated quartz.
- Consider making corn or wheat dollies. (There are several patterns and styles online).
- Bake bread! (My parents love it when they get fresh bread!) Consider using your bread as a “sacrifice” or offering, leaving it in a place that’s sacred to you. Try your hand at making oat cakes.
- Take some time to journal or meditate on your own harvest. How will your harvest return in the future? How do the similarities of these gods and goddesses share themes in your own life? The seeds that you planted at Imbolc and Ostara are reaching their time of harvest. Did you tend them well? What worked for you? What didn’t? What will you harvest? What will you plow under back into the fields to nourish your future goals and desires?
- We’re coming to the end of the berry season. Perhaps you decide to make homemade wine or mead using the berries of Summer’s end? (If you start now, you’ll have some for Mabon!)

If you're having a Lughnasadh ritual, consider making your own incense. The following is from Scott Cunningham's book, "*The Complete Book of Incense, Oils and Brews*".

2 pt frank, 1 pt heather

1 pt apple blossom 1 pinch blackberry

A few drops Ambergris

Try your hand at harvesting your own grain. You can thresh your own grain by putting it in a pillowcase and slapping it against a table to separate it from the chaff. If you're choosing oats, you can use the stems (or "straws") to make oatstraw tea. (Do your research and look for contraindicators to be safe!)

However, you choose to celebrate, remember this is just the first of three harvests which happen at this time of year. What do you think your next harvest will bring?

Blessed be, Blessed we. Blessed Lughnasadh



Image by Nichol Skaggs

The Elephant in the room - The Wicker Man

-By Melina Valdejo, owner Pathways New Age Books

As far as paganism goes, nothing strikes more fear into non-pagans than the idea of sacrifice; and nothing says sacrifice like the dreaded Wicker Man.

The Wicker Man was traditionally burned on (but not limited to) sabbats. This effigy of a man was created from rushes, trees, sticks, etc. and then filled with offerings- fruits, vegetables, grains- and sometimes living things.

So why would people create and burn something like that?

The answer is sacrifice.

The idea around making a sacrifice is giving up something of value (the key here is value), to receive something else of value. For example, could you give up those cigarettes for better health? Are you willing to give up “the value” of a sense of calm you get from lighting up after a stressful day in order to decrease your chances of lung issues? The goal is not to shame smokers here, but even if you’re not a smoker, you can see how that’s a sacrifice...otherwise the smoker (that always talks about quitting) would have quit already.

You can apply this example to anything. Are you willing to give up going out late with friends in order to study more, go to school, get a better job and therefore provide a higher standing of living for your family? Are you willing to skip the daily latte or eating out at lunch to save the money for a vacation, or a house, or getting out of debt?

The key here is that there is an exchange of energy. If your sacrifice is something that you grab at the last minute to toss into the fire without much attachment, how valuable is it, really? And does it measure up to what you’re asking for? Is the exchange of energy equal? For the Celts and others that have created wicker men, this was an investment of time, energy, and occasionally living things.

This is a point that people have debated over time-were people actually sacrificed?

One of the more famous retellings of the Wicker Man was by Julius Caesar during the Gallic War (58-49 BCE). However, we find out later that Julius had never actually witnessed these events, but reportedly heard about them from writers such as Posidonius (135-51 BCE). It’s important to remember that this may not be a credible source. The Romans wanted the Celts to look like savages. What better way to advertise this than reporting that they burned people as sacrifices?

Is this to say that human sacrifice never occurred? No. Human sacrifice has occurred over countless thousands of years and continues today. That person you see on the news holding hostages, threatening to kill them? They’re willing to sacrifice a life for what they want. It’s just viewed through a different lens.

Were these people alive as they burned? Who’s to say? Some sources point to the possibility of a “triple death”-drowned, hung, and burned. Some records tell us they were criminals, volunteers, chieftains and more. Some records report animals were inside these “wicker men” as well. (France was especially known for burning cats.)

Sometimes the deaths were symbolic- after all the wicker man is shaped just like that – a man (or human). The burnings of these effigies are found in several cultures and countries.

Until 1743, a wicker man in the shape of a soldier was burned every July 3rd on the Rue aux Ours in Paris. (~James Frazer, the Golden Bough) At Luchon, snakes were burnt alive in a tall wicker column on Midsummer Eve.

Today, there’s the Wicker Man festival in Scotland, the Caretos festival in Portugal, the Burning Man Festival in the U.S. along with the burning of Zorzoba in Santa Fe, New Mexico where the body is stuffed with the papers of participants who’ve written down what they want to release from their life. (Sounds pretty Pagan to me!)

When you combine a representation (a human-wicker or otherwise), the transformative effects of fire, and a deep desire or need, you have the ingredients for a powerful ritual. With powerful rituals, come powerful transformations.

In short- it must be a pretty big “ask” (or need) if you’re willing to sacrifice a life in order to get it.

Then, there’s the second part of the equation that most people don’t talk about- responsibility and accountability afterwards. If you’ve made a big sacrifice/ritual/working/etc., you still have a responsibility on your end to follow through with what you’ve asked for. You’re accountable not only to yourself, but also to the deities that you made the request from. So, the onus is now on you to not pick up and light that cigarette-and keep up your end of the deal.

In essence, when you do magic, you’re affecting change.

It's hypothesized that paganism itself had a bit of a resurgence due to the production of a film by British Lion- The Wicker Man. Written by Anthony Shaffer and made by Roger Corman, it brought to light some of the "old ways" which were practiced ensuring a bountiful harvest. This movie has since been remade into the 2006 version with Nicolas Cage and directed by Neil LaBute- again spurring an interest in paganism.

After the film's popularity, there was even a Wicker Man Festival featuring alternative music that was held near Kircudbright in Southwest Scotland- one of the original shooting locations for the film.

In 2003, an academic conference: "The Wicker Man: Rituals, Readings and Reactions" was held at the University of Glasgow's Crichton Campus in Dumfries (a location that is close to Kircudbright, Creetown and Burrowhead, again where the movie was filmed). The conference included researchers, teachers and academics of all kinds such as anthropology, archaeology, classic studies, and European languages who were studying the idea of sacrifice and ancient cultural rites and rituals. ~The Quest for the Wicker Man, 2006.

Regardless of mass popularity of the film at the time, the idea of the Wicker Man is linked to several to several pagan holidays or sabbats. Names for these sabbats are found in Old Irish, Manx Gaelic, Scots Gaelic, Irish, Old English, Old Frisian, Middle Dutch, Old High German, Old Norse, English, Low Saxon, Dutch, German, Swedish (indicating it reached past the immediate Celtic landscape). ~The Quest for the Wicker Man, 2006.

Tales of the Wicker Men stretch from Beltane to Lughnasadh to Samhain and every holiday – or need- in between. Its lasting theme is similar to that of transubstantiation (changing one thing into another). Much like the grain being the spirit of the land which is turned into bread at Lughnasadh (also called Lammass, or loaf mass) or like the eucharist and wine of communion. In this case, it's changing the offering (or sacrifice) into one's desire or need.

All of this brings us to ask, "what are you willing to sacrifice when you ask something of the gods?"



An Interview with Sirona Rose

How did you get started on your path?

Hmm, that's a long story. Just like most people I have always known, or felt connected to Mother Earth. Even as a child I always referred to her as Momma Earth. I consciously began walking my path back in 2001, that's when I discovered Wicca and the Craft. Thus began my hero's journey.

Do you have a specific focus, and if so, what is it?

I have a few. Herbs, astrology, and tarot.

Why did you choose this focus (Or why have you chosen this path)?

As far as choosing, I think it chooses us. I began studying astrology when I was about eight years old. That was when you could buy the little \$.99 horoscope books at the grocery store. At that time, they had these little horoscope books right beside the register that you could buy. It was right next to the Woman's Day magazines and all those other magazines that they have up there. But that is when I begin to read about horoscopes, study astrology, and begin to see how it relates to us.

Have you noticed any changes in your life once you started on your path?

Oh yes, very much so. I have more focus, I am more secure within myself, and I have learned to draw healthy boundaries. Know thyself!

Has your family or significant other been supportive?

At first, my mother had a problem with it as I was raised a southern Baptist, but as time went on, and she saw the positive changes that began to happen in my life she began to be very supportive. My significant other, my husband, is supportive as I met him through his dad who is on the path as well. So, he knew exactly who I was.

What has been rewarding about being on the path?

Being able to help others bloom into who they are. Helping them become stronger, self-assured, and learning how to listen to their intuition.

Have you had any challenges?

Yes, several. People like to stereotype us Pagans. Many think that we are godless, lazy, deceitful, and some still think that we should face corporal punishment for our path. I have met several of those people. The biggest challenge has been getting out of my own way. We are our own worst enemy.

What types of books or avenues do you tend to lean towards when studying? (ex. Herbalism, moon phase work, crystals, tarot, palmistry, tea...and any others you can think of)

Oh, this is a big list - all the above! I have a great book collection that keeps growing. I have everything from Gnosticism, Judaism, philosophy, herbalism, and of course the Craft.

Do you follow any pantheons of gods/goddesses?

Yes, Celtic. As far as a patron Goddess and God, in our Tradition it is customary not to discuss that with others.

Why did you choose to follow (or to not follow) said pantheons?

I have Celtic and Native American heritage and my path really works really harmoniously with me. And honestly, it chose me. As far as particular gods, feel that we do not choose to work with the gods, they choose to work with us. Your path will always call you home, you just have to listen.

Is there a difference between who you are today...and who you were before you started on the path? Do others see this difference in you?

Oh yes, a big difference. I was once a people pleaser, trying to make sure everyone was happy and taken care of while neglecting myself. I was very confused as there are many books out there that are just not accurate. But now, I am very different. (Do others see a difference?) yes, they do, at least they have told me they have.

What do you recommend for people starting on their own journeys?

To do their research on who their ancestors are (where their blood comes from/DNA), start with your foundation, and do not rush into things you have no idea about- such as magic. Also, stay out of your own way.

What is your everyday life like as a practitioner?

Well, it's like just about everyone else but with a few differences. I go to work, take care of my family and house just like your everyday person, but I make time for the Goddess and God as well as my ancestors. Every morning, I take time to show respect and gratitude for those who have come before me, those of blood and bone, as well as those that I am spiritually connected to and the gods.

When someone says witchcraft or metaphysical world is demonic or wrong...what would be your response?

I just say, "Well that is one perspective" and then I let them know that thinking "their way is the only way" is cultish. I have had some wonderful discussions with Jehovah Witnesses and preachers alike. Especially when you introduce them to what an egregore is.

Do you feel there are some unwritten "rules" in practicing that people should follow?

Well for me, yes. But for many, they see it as no holds barred. I feel that for us to be in this position, we have to understand the power that comes with it. With great power comes great responsibility. The way that I see a lot of people on social media go at each other, threatening with ancestors etc., really shows me a lot of immaturity within the craft, as well as the metaphysical world. There are 13 principles of witchcraft that I think are very beneficial. The very first one states "know thy self" and that's a problem many who are practicing do not know themselves. And how can you build a firm foundation with your spirituality when you don't even know who you are.

Do you feel there are some stereotypes about practice that should be avoided?

One of the stereotypes is the way that we dress. There is no one way to dress if you are a witch, if you are a pagan, or whatever. People dress the way they choose to dress, that is a personal choice. Aesthetics are just aesthetics.

What movie/book has been inspirational for you on your path?

There are several, but the one that really opened my eyes and made me see that there were other people out there in the world like me, was the Celestine Prophecy by James Redfield. I read that book many years ago, before computers, and realized that there were other people in the world like myself. Another book was by Laurie Cabot, Power of the Witch. That book really helped explain some things to me and see things in a clearer perspective. Witchcraft Today by Gardner, really opened my eyes to the past, and of course Manly P. Hall's book The Secret Teachings of All Ages.

What is your response to someone who believes in the 3-fold rule? (I keep hearing people get frustrated by this and there are a lot of people who don't believe it...what is your feelings on it?)

What my grandmother High Priestess and my High Priest used to say, "If you're going to eat, you're going to poop!" I believe, and have experienced that whatever energy you put out will come back to you. And as a practitioner you should be very picky about what you place your energy in.

Do you feel that practices from other metaphysical realms should be kept closed...or should they be shared? (Some people believe smudging is a closed practice...etc.)

I think that we must respect spiritual practices, but I also feel that they are not limited. But in saying that, ALL spiritual practices have their own way of cleansing an area. To smudge is burning an herb to cleanse an area, and it doesn't have to be white sage. In our world the younger generations aren't necessarily wanting to take over practices of some traditions. Many are too hooked on video and virtual games; they don't have time nor interest in carrying down sacred rites. So, to me, if the practice was respected and honored, I would want whoever to work this sacred rite, to keep the tradition alive.

Tell us a story of your journey that has impacted you significantly.

Well, I'd have to say every one of my initiations. Even when I dedicated myself to this path, I dreamt of it. The actual rite was not disclosed to me beforehand, but I would dream of them, ALL of them, at least a week before they happened. It was funny afterwards when I mentioned it to my High Priestess Rain Dove. This was great proof that I was on the correct path for me, very impactful for me.

Many Blessings,

Priestess Sirona Rose

Sirona Rose has been consciously walking the Pagan path for over 20 years. She is the High Priestess of the Dragon and The Rose Coven of Georgia, an European Celtic Tradition of Witchcraft. She is ordained through the Light and Energy workers association, a Reiki Master (energy healing), herbalist, intuitive astrologer (Hellenic/Western astrology modality), a writer for the Witch's Brew Magazine, AstroTarot Report show on The Cauldron Radio (no longer airing), AstroTarot Show on FringeTV.Online (no longer airing), and is a part of the International Pagan Music Association. Sirona Rose is the co-creator for the Savannah Mystic Fair, and helped facilitate and build the Savannah Mystic's Mall.

Working in the hospitality industry in Savannah, she has experience in the paranormal by personally investigating and hosting paranormal investigation events. Today she brings clarity to others through tarot, oracle, and cartomancy readings, helps others navigate life through astrology, shares natural remedies through writing, and offers healing through Reiki Energy healing.

Many Blessings,

Priestess Sirona Rose

Common Dream Symbols and Their Interpretations

Interpreting dreams has been going on for centuries. It is a well known fact that dreams are the subconscious's way of sending messages to the conscious mind so that a person can think about, handle, or correct a situation that is playing on their thoughts. Though the interpretation which will be listed below are limited to a few of them, and some of them may not necessarily be exactly on point. This should serve as a guide for you to have at least a general idea of what your dream may be trying to tell you. There also is no way that I could list all the dream symbols, as everything within a dream is symbolic, This small list will at least give you some place to work off of when trying to figure out your dream's message.

Accidents:	A change in life status	Duck:	A trip over water
Airplane:	Reach for your goals	Eagle:	Freedom associated with sudden wealth
Alcohol:	Pleasure and wealth	Eggs:	Success and joy; if broken, slander and jealousy
Ancestors:	Good news from a far away place	Elephant:	Power, success and dignity
Angel:	A long, happy, peaceful life	Envelope:	Message by mail; if empty, sad news
Ants:	The ability to make a great sum of money	Eyes:	A great understanding of people
Antiques:	A well-kept secret will be revealed	Faerie:	Joy and freedom
Apple:	Riches and contentment	Fence:	Peace and protection
Apron:	Good health and prosperity	Firefly:	True love
Artists:	Pleasure; good fortune in current projects	Fish:	A pregnancy
Baby:	Good health and financial success	Flame:	A very exciting future
Bacon:	A happy marriage in the near future	Flying:	A successful career
Balcony:	Happy love affairs	Fog:	Protection; the ability to outwit enemies
Balloon:	A rise in financial status	Frog:	An educated, prosperous, prominent family
Barn:	Wealth	Garden:	A pleasant surprise; happiness and wealth
Bath:	Pleasure	Gate:	Newfound prosperity
Beach:	Peace and satisfaction	Gift:	A kind-hearted, gentle, nurturing person
Beads:	Good decisions will bring popularity and wealth	Gold:	Goals achieved, but only through personal effort
Bees:	Fertility and abundance	Grain:	Prosperous endeavors
Bird's Nest:	Good luck and happiness	Hat:	Wishes granted
Bottle:	Good health through moderation	Holiday:	Watch your spending and don't live above your means
Bracelet:	A new romantic interest	Horseshoe:	Good luck, especially in games of chance
Bridge:	The end of problems	Hummingbird:	A personal endeavor with greatly benefit others
Cake:	An extreme financial gain	Injury:	Trouble at work
Camp Fire:	Good health	Island:	Loneliness
Candle:	Knowledge; a successful future	Jumping:	A beneficial move
Cards:	Dreams realized and met with fruition	Kitchen:	Peaceful satisfying life
Cat:	Stealth	Lake:	General success
Cemetery:	Shrewd business transaction	Lamp:	Power through education
Chapel:	A prosperous, happy marriage	Lion:	Strength and courage
Clock:	Steady, successful employment		
Crocodile:	An uncovered secret		
Cup:	Sudden wealth; good luck in the matters of the heart		
Daisies:	Good luck		
Dances:	Joyous contentment		
Diamond:	A raise in salary		
Dog:	A kind and faithful friend		

Loan:	Lost or endangered friendship	Sun:	Success and Happiness
Lock:	Personal security	Swing:	Good fortune; a possible change of address
Lottery:	Gambling luck on the following day	Teacher:	A successful career
Magick:	Increase in power; associated with powerful people	Telescope:	A spy; the discovery of a shocking secret
Magnet:	True love, prosperity	Thunder:	Sad news
Matches:	A friend will have a slight accident	Treasure:	An inheritance
Mice:	Quick and easy defeat of enemies	Umbrella:	Protection
Money:	Good fortune, power, and dignity	Verdict:	Shocking news
Moon:	Success in love	Victory:	Long life and much happiness
Moving:	A raise in finances	Voyage:	Hopes will come to fruition shortly
Necklace:	Love, joy, success	Walking:	Minor difficulties in achieving goals
Newspaper:	A letter or message containing good news	War:	Great disappointment
Notebook:	Great knowledge and study skills	Warning:	Guard your personal affairs
Oak:	A fruitful long-lasting career	Weeds:	Jealousy from neighbors and friends
Ocean:	Friends need your help	Whistling:	Popularity and successful endeavors
Oranges:	Success and good health	Witch:	Pay attention to what she says; heed her advice
Oven:	A happy surprise	Wolf:	Dangerous enemies
Package:	Success despite difficulty	Yellow:	Success in endeavors
Paint:	Fresh insight; possible change of address	Zoo:	A gain in experience from a current situation
Parade:	Good leadership qualities		
Peacock:	Faulty business decisions		
Pills:	Loss of confidence in a trusted friend		
Post Card:	Success and popularity in business		
Prison:	Loss and sorrow		
Quilt:	Good health, wealth and wisdom		
Rabbit:	Good luck, joy, and profit		
Rain:	Financial success; garden abundance		
Rainbow:	Successful life; messages from the spirit world		
Rice:	Wealth and happiness, especially for gamblers		
River:	A brilliant future and honorable career		
Road:	Success in business and love		
Rug:	A social event will bring a romantic partner		
Sailing:	Business security and good health		
Scissors:	A loving family		
Searching:	Aggravation and disappointment		
Seashore:	A reunion with friends or relatives		
Shopping:	Joy and prosperity		
Silk:	Happiness and success; you may receive an expensive gift		
Song:	Happy news; success		
Spirits:	Pay attention to what's going on around you		



Herbs commonly found in most homes, and their magickal uses.

African Violet-Used as a protection amulet and to promote spirituality in the home. It is burned as a traditional herbal incense of the Spring Equinox Sabbat.

Allspice-Burned as an incense to attract money or luck. It is also used to promote healing.

Aloe-A popular houseplant. Used for protection against evil influences and prevents household accidents.

Angelica-One of the traditional ritual herbs of the Candlemas and Beltane Sabbats. Angelica is both a culinary and medicinal herb. Sprinkle around the house to ward off evil. Added to the bath, it removes curses or spells that may have been cast against you.

Anise-The leaves are used for protection. The seeds are burned as a meditation incense. Filling a small pillowcase with anise seeds and sleeping on it will ensure that you have no nightmares.

Basil-Brings wealth to those who carry it in their pockets. Basil given as a gift brings good luck to a new home. It is one of the traditional ritual herbs of the Candlemas Sabbat.

Bay-Wishes are written on bay leaves which are then burned to make them come true, and a bay leaf held in the mouth wards off bad luck. Bay is one of the traditional ritual herbs of the Candlemas and Winter Solstice Sabbats.

Buckwheat-Sprinkle the flour to form magic circles on the floor around you while performing magic.

Catnip-Grown near the home, it attracts good spirits and great luck. Catnip is used in spells designed to enhance beauty and happiness. Large Catnip leaves are pressed and used as bookmarks in magickal texts.

Cinnamon-Used in healing rituals and spells to attract money. It stimulates clairvoyant abilities and raises both protective and spiritual vibrations. The oil of the cinnamon plant is used to anoint candles for love goddess invocations, love magick, and spells of passion. It is also used in sachets and infusions.

Clove-Burned as an incense, cloves attract riches, drive away negative forces, and purify the area. Burn them to stop others from gossiping about you. Wear them or carry them to attract the opposite sex.

Corn-Place an ear of corn in a baby's crib to protect it against negative forces. A necklace made of dried red corn kernels prevents nosebleed.

Cumin-Used in love spells. When carried, it gives peace of mind.

Dill-This is an herb of protection. When hung over the front door, it will keep your home safe from enemies. Dill has a magickal ability to attract money and good fortune.

Garlic-Extremely protective in new homes. Worn, it guards against foul weather.

Grape-Eating grapes or raisins increases fertility, as well as strengthens mental powers. Place grapes on the altar during money spells.

Hazel-String the nuts and hang in the house for luck. The nuts are often eaten prior to divination and give wisdom and increase fertility. Twigs of hazel are placed in window frames to guard the house against lightning. Hazel wood can be used to make all-purpose magickal wands.

Lemon-Lemon juice is mixed with water and is used to wash amulets, jewelry and other magickal objects which have been obtained second-hand. This wash ensures that all negative vibrations are cleansed from the object.

Keep one of the seeds from a lemon that you have consumed. Plant it in early spring, and nurture it in a warm place. When it grows, give it to a loved one, to keep your love fresh and true. Also, Take a slice of fresh lemon and put it under the chair of a visiting friend, to ensure your friendship will last.

Lettuce-Rub lettuce juice onto the forehead or eat the leaves to have no trouble falling asleep.

Mint-The leaves of the mint plants have been used magically for healing, attracting money, increasing sexual desire, and protection. Mint oil is often used for anointing candles, ritual tools, and healing poppets.

Mustard-Carry mustard seeds in a red cloth to guard against colds and to increase mental powers. When eaten, mustard seed increases fertility in women.



Nuts-All nuts are potent fertility-inducers, and are carried for such uses. Nuts are also used in many prosperity and money mixtures.

Oats-Used in prosperity and money spells.

Olive-Olive oil has long been used as an anointing oil to aid in healing. Olive leaves, worn, bring luck.

Onion-An onion placed beneath the pillow can produce prophetic dreams. Magickal knives and swords are purified by rubbing their blades with fresh onions.

Orange-The dried peel and seeds are added to love sachets. The peel is also added to prosperity powders, incenses and mixtures. Orange juice is drunk in rituals in place of wine.

Pea-Shelling peas brings fortune and profits in business, and the dried peas are used in monetary mixtures.

Pear-The fruit is used in love spells, and the wood makes fine magickal wands.

Pepper-Pepper is added to amulets as a protectant against the evil eye, and when worn, it frees the mind of envious thoughts. Mixed with salt and scattered about the property it dispels evil.

Pineapple-Dried pineapple is placed in bags and added to baths to draw good luck to the bather. Pineapple juice is drunk to hinder lust, and the dried peel or flesh is added to money mixtures.

Poppy-The flowers and seeds of the poppy are highly magickal and have been used in spells, potions, and sachets to promote female fertility, attract money, and induce divinatory dreams. The poppy is regarded as good luck, and it is potent in all forms of love enchantment.

Potato-A potato carried in the pocket cures toothaches and guards against rheumatism, warts and gout. To protect against contracting a cold, a potato should be carried in the pocket or purse all winter-the same potato.

Rice-When placed on the roof, rice guards against all misfortunes. Throwing rice in the air can cause rain. Rice is also added in money spells.*

Rosemary-Is burned as an incense to purify, heal, prevent nightmares, dispel depression, attract fairy-folk, and induce sleep. Healing poppets are often stuffed with rosemary for its powerful

curative vibrations.

Saffron-Has many magickal powers. It is an herb of love enchantment, healing, weather working, and spells and rituals to strengthen the psychic abilities. Drinking a potion made from saffron is said to give a woman or man the gift of second sight.

Sage-An herb of immortality, protection, and wish magick. When eaten, worn in a horn amulet, or carried in a mojo bag, sage leaves guard against the evil eye. This herb of magick is also reputed to promote wisdom, heal the body, mind, and soul, and attract money. The sage is one of the traditional ritual herbs of the Samhain Sabbat.

Spearmint-Is used in all healing applications, especially in aiding lung diseases. Smelled, spearmint increases and sharpens mental powers.

Tea-Burn the leaves of the tea plant to ensure future riches, and add to all money mixtures and sachets. Tea is also included in talismans designed to give their bearer courage and strength.

Thyme-This magickal herb is used in love spells and divinations, dream magick, spells to increase strength and courage and charms against nightmares. Thyme is also used in healing spells, purifications, and rituals to develop extra-sensory perception.

Tomato-Placed on the windowsill or any other household entrance it repels evil from entering. The plants in the garden are protective, and the tomato when eaten, has the power of inspiring love.

Vanilla-The vanilla plant is used in love magick. Its beans are used as amulets to improve mental powers, and its purple flowers are used in aphrodisiacs and passion sachets.

Wintergreen-Is utilized in healing spells, and when fresh sprigs are placed on the altar they call good spirits to witness and aid you magic.

*NOTE: This isn't really recommended due to the fact that if eaten by birds, it can swell up and kill them.

Therapeutic Teas

Blackberry Leaf Tea



Since ancient times, the leaves of the blackberry plant have been used curatively, especially throughout Europe and Asia. For example, two thousand years ago, the Roman army doctor Galenos had his soldiers chew blackberry leaves to strengthen gums and build up physical resistance; today we know it was the Vitamin C and tannins in the leaves that he was counting on to boost immunity and heal wounds. Blackberry leaves have high levels of both Vitamin C and tannins, and they are made into a tea that has proved beneficial as a remedy for diarrhea, a gargle for throat inflammations, and a compress for wounds and rashes. The tea also helps regulate both heavy and light menstrual flow and is a gastrointestinal soother. It's a tea you can drink daily—it has no side effects. Sweeten its bitter taste with honey, or mix the leaves with other herbs for healing tea blends.

Preparation of the Tea:	For a mild tea, pour 1 cup of boiling water over 2 tsp. of dried leaves. Cover and let steep for 10 min.; strain. For a greater medicinal effect, make a decoction: Gently boil a handful of dried blackberry leaves in 1 qt of water until about half the water has boiled off. Drink 2-3 small cups of the tea daily.
Therapeutic Effect:	Because of its acidity and high tanning content, blackberry-leaf tea is useful for alleviating skin rashes, mouth or throat inflammations and diarrhea. In addition, the leaves' Vitamin C strengthens the immune system and promotes tissue repair.
Flavor from Fermentation:	Fermenting the blackberry leaves enhances their flavor and therapeutic effect. To ferment crush slightly wilted blackberry leaves with a rolling pin. Wrap the leaves in a damp cloth and hang them in a warm place. After two or three days the leaves will exude a roselike scent. At this point, remove the leaves from the cloth, let them dry before using.
Increasing Medicinal Value:	Boiling down the leaves to make a decoction releases many more tannins than when the tea is made by infusion. This means that boiling down the blackberry leaves produces a much more medicinally effective tea. Drink it to combat diarrhea, decrease heavy menstrual flow, and treat inflammation of the mouth and throat.
First Aid:	Chewing fresh blackberry leaves can help canker sores and inflamed gums. The action releases the astringent tannins, which heal and soothe, and Vitamin C, which is essential for gum health.

For Minor Sore Throat Pain

Blackberry-leaf tea is suitable as a gargle and mouthwash for inflammation of the mouth and throat when you have a cold. When you first notice a sore throat, you can help keep it from worsening by gargling with blackberry-leaf tea right away. To supplement the effect, drink 2-3 cups of the tea a day.

For Diarrhea:

For gastrointestinal flue with diarrhea and cramping, a decoction of blackberry leaf tea can prove to be very effective. Drink 2-3 small cups sweetened with a little honey over the course of the day. The astringent tannins in the leaves will reduce both the intestinal inflammation and the excess flow of secretions. For an even

For Skin Rashes:

To treat inflamed or oozing rashes, make a decoction by gently boiling the blackberry leaves. Soak a cotton cloth and place it on the affected area; cover with plastic wrap. Leave on for 30 min. Repeat several times a day.

Bibliography: The complete Guide to Natural Healing Copyright 1999, International Masters Publishers AB Group 2 Card 15.

August 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Lughnasadh/ Lammas/ Freysblot	2	3
4 New Sturgeon/ CornMoon	5 Celtic Tree Month of Hazel	6	7	8	9	10
11 Perseids Meteor Shower begins	12 Perseid Meteor Shower Ends	13	14	15	16	17
18	19 Full Sturgeon/ Corn Moon	20	21	22	23 Roman feast of Vulcanalia	24
25	26	27	28	29	30	31

August 1st Lughnasadh/Lammas

August 4th New Sturgeon/Corn Moon

August 5th Celtic Tree Month—Hazel

August 11th/12th - Perseid Meteor Shower

August 19th Full Sturgeon Moon

August 23rd Vulcanalia

Gods and Goddesses by Civilization

Australasian

Anjea, Thuremlin

Baltic Basque

Maju, Mari

Caribbean Haiti and Puerto Rico

Bugid Y Aiba, Faraguvol, Loa, Yocahu, Zemi

Caucasian

Georgian

Aralo, Armaz

Ossetian

Barastar, Kurdaligon

Svan

Mirsa

Celtic

Anglo Saxon

Gwynn Ap Nudd

British

Belatucadros, Camulos, Cocidius, Condatis, Gwynn Ap Nudd, Manannan (Mac Lir), Maponos

Continental Europe

Adsagona, Belenus, Brigit, Cathubodua, Esus, Iccovellauna, Lenus, Maponos.

Galic

Andarta, Arvernus, Cernunnos, Divona, Epona, Nantosuelta, Onuava, Smertrios

Irish

Abarta, Abcan, Adammair, Adsagsona, Aed, Aengus, Aine, Anu, Aufaniae, Badb, Banba, Belenus, Boann, Bres Macelatha, Brigit, Dagda, Danu, Diancecht, Donn, Eriu, Flaitheas, Gobniu, Lir, Lug, Macha, Maeve, Manannan (Mac Lir), Midir, Mor, Morrigan, Neit, Nuadu, Ogmios, Rhiannon, Sheela Na Gig, Tailtiu, Trograin, Tuatha de Danann

Scottish

Cailleach Bheur

Welsh

Amaethon, Arawn, Arianrhod, Ceridwen, Don, Govannon, Gwydion, Gwynn Ap Nudd, Llew Llaw Gyffes, Mabon, Manawyddan, Modron, Morvran, Pen Annwen, Pwyll, Tegid Voel, Yspaddaden Pencawr.

Christian

General

Jehovah

Gnostic

Adamas, Archons, Astaphios, EAO, Eloai, Oraios, Pistis, Sabaoth, Samael, Sophia, Yaldaboath, Zoe.

Eastern Mediterranean

Corinthian

Sisyphos

Cretan

Dictynna, Paiawon

Etruscan

Alpanu, Ani, Aplu, Atunis, Cautha, Laran, Nethuns, Nortia, Summanmus, Thalna, Thesan, Tin, Turan, Turms, Uni, Veive, Vultumna

Greco-Roman

Aeacos, Aether, Agathosdaimon, Agnostosheos, Chaos, Erebos, Eros, Euros, Hamadryades, Harmonia, Hephaistos, Himerus, Hymenaios, Hypsistos, Iunones, Leukothea, Maia, Minos, Mithras, Moccus, Naiades, Napaeae, Nemesis, Nereides, Nike, Okeanides, Ops, Oreades, Palaemon, Pan, Parcae, Priapos, Rhadamanthos, Satyr, Semele, Themis, Tyche.

Greek

Adikia, Adonis, Aeolus, Aides, Akelos, Amphion, Amphitrite, Ananke, Aphrodite, Apollo, Areimanius, Ares, Ariadne, Aristaios, Artemis, Askelpios, Asopos, Ate, Athena, Atropos, Bia, Boreas, Charis, Cratos, Daphne, Demeter, Dike, Dionysos, Doris, Eileithyia, Eirene, Epimetheus, Erinys, Eris, Eunomia, Eurynome, Gaia, Glaukos, Hades, Harpina, Hebe, Hegemone, Hekate, Helen, Helios, Hera, Herakles, Hermaphorditos, Hermes, Hestia, Horkos, Hyakinthos, Hygieia, Hyperion, Hypnos, Iapetos, Iris, Kabeiroi, Kalligeneia, Kinyras, Klotho, Kore, Kouretes, Kourothrophos, Kratos, Kronos, Lachesis, Leto, Logos, Meter, Metis, Mnemosyne, Moirai, Morpheus, Mylitta, Narkissos, Nereus, Nyx, Okeanos, Ouranos, Paiawon, Pallas Athena, Peitho, Perse, Persephone, Phanes, Phorkys, Phosphoros, Plutos, Polydeukes, Pontos, Poseidon, Posis Sas, Prometheus, Proteus, Rhea, Roma, Selene, Styx, Tethys, Thanatos, Thea, Thetis, Titans, Zethos, Zeus.

Phrygian

Adraste, Attis, Kybele, Men, Menascaenus, Papas, Priapos, Sabazios, Sangarios.

Roman

Abeona, Abundantia, Acca Larentia, Adeona, Aeolus, Aequitas, Aesculapius, Alemona, Amora, Anna Perenna, Aquilo, Arachne, Arimanius, Aurora, Bacchus, Bellona, Boreas, Candelifera, Carmentes, Ceres, Cinxia, Clementia, Corus, Cunina, Decima, Deverra, Diana, Disciplina, Discordia, Dispater, Edusa, Egeria, Epimetheus, Fabulinus, Fauna, Faunus, Felicitas, Fides, Flora, Fortuna, Genius, Glaukus, Gratiae, Hermus, Honus, Imporcitor, Insitor,

Gods and Goddesses by Civilization

Eastern Mediterranean

Roman (Continued)

Intercidona, Iris, Iuturna, Janus, Juno, Jupiter, Juventas, Lactanus, Lares, Lars Familiaris, Liberalitus, Libitina, Lucina, Luna, Lupercus, Manes, Mars, Meditrina, Mellonia, Mercurius, Messor, Minerva, Moneta, Mors, Morta, Mutinus, Neptunus, Nona, Notus, Obarator, Occator, Orcus, Pales, Partula, Pax, Penates, Pietas, Pilumnus Pluto, Pomona, Portunus, Potina, Priapus, Providentia, Pudacita, Puta, Quirinus, Redarator, Roma, Rumina, Salus, Sarritor, Saturnus, Securita, Silvanus, Sol, Somnus, Sors, Spes, Spiniensis, Sterculius, Tellus, Terminus, Terramater, Tiberinus, Tritons, Ubertas, Unxia, Vagitanus, Venus, Vertumnus, Vervactor, Vesta, Victoria, Virtus, Volumna, Vulcanus, Zephyrus.

Roman-North Africa

Bacax, Ifra

Romano-Celtic

Abadinus, Abellio, Abnoba, Aericura, Alaisiagae, Alaunus, Alisanos, Ancamna, Andrasta, Anextiomarus, Arduinna, Arnetmetia, Artio of Muri, Aveta, Borvo, Brigantia, Britannia, Contrebis, Coventina, Grannus, Hamavehae, Ialonus, Icauna, Matres, Mogounos, Mullo, Nehallenia, Nemausius, Nemetona, Nodotus, Ocelus, Picullus, Poeninus, Proxumae, Rigisamus, Ritona, Rosmerta, Rudiobus, Sequana, Sirona, Souconna, Suclellus, Suleviae, Sulis, Taranis, Tarvos Trigranous, Teutates, Vosegus

Romano-Iberian

Ataecina, Candamius, Cariociecus, Dercetius, Duillae, Eacus, Endouellicus, Semnocosus.

Scythian

Tabiti

Spartan

Orthia

Thracian

Bendis, Heros, Zalmoxis, Zibethiurdos

Indo-European

Eos

Indu-Kush

ANDAMAN ISLANDS

Lau, Morva

DRAVIDIAN

Amma, Ammavaru, Ellaman, Kamaksi, Korrvavi, Mal, Manmatha, Mari, Mairyamman, Mayon, Murukan, Muttalamman, Nappinnai, Nediyan, Palaniyantavan, Pradyumna, Puranai, Sama, Samkarsana, Satyabhama, Seyon, Tirumal, Venda.

INDIA

Bhil

Baghavan

Bondo

Mahaprabhu

HINDU

Early

Jayestha

Epic

Adimurti, Arjuna, Aslesa(s), Asvayujau, Bala, Balarama, Bali, Bhadra, Bharati, Bhima, Bhumidevi, Bhuvanesvari, Brahmani, Brhaspati, Budha, Camunda, Candarupa, Canda, Cananayika, Candesvara, Candika, Candogra, Candra, Candrasekhara, Caturmurti, Chaya, Chinnamastaka, Citra, Devaki, Devi, Dhanvantari, Dharani, Dhruva, Dhumavati, DHumorna, Dhurjati, Diksa, Dirghadevi, Disa, Diti, Ekanetra, Ekarudra, Ganesa, Ghantakarna, Hanuman, Hari, Hariti, Hasta, Hayagriva, Indukari, Issaki, Jaya-Vijaya, Kadru, Kaliya, Kalki(n), Kamala, Kankar Mata, Kantatman, Kanti, Kapali, Karttikeya, Karttiki, Kaumari, Kesava, Kirti, Krsna, Krttika(s), Ksama, Kubera, Kurma(vatara), Laksmiana, Laksmi, Magha, Malhal Mata, Maharatri, Mahesvari, Mahisa, Mandhata, Matsya, Mohini, Mrgasiras, Mula, Nandi(n), Nara, Narada, Narasimhi, Narayana, Padma, Parasurama, Parvati, Phul Mata, Piusahana, Prabhasa, Pracanda, Pradhana, Prajapati, Pratyusa, Priti, Punarvasu, Purvabhadrapada, Purvaphalguni, Pruvasadha, Pusti, Pusya, Radha, Rama, Rati, Raudri, Revati, Riddhi, Rohini, Rsabha, Rukmini, Sandhya, Sankari, Sankha(pala), Sanmukha, Santa, Saptamatara, Sarama, Sarasvati, Satabhisa, Sati, Satrugna, Sesa (naga), Siddhi, Sikhandin, Sita, Sitala(mata), Sivottama, Skanda, Sodasi, Somaskanda, Sravana, Sravistha, Sri(devi), Srikantha, Subhadra, Subramanya, Sukra, Sukma, Suresvara, Surya, Svati, Taksaka, Tara, Trivikrama, Ugracandika, Uttarabhadrapada, Uttaraphalguni, Uttarasadha, Vaisnavi, Vamana, Varaha, Varahi, Vasudhara, Venkata, Vijaya, Virabhadra, Visnu, Visnu Trivikrama, Vitthali Vyasa, Yami.

General

Agni, Ayyappan, Brahma, Dharma, Digambara, Dulha Deo, Eka-dasarudra, Gayatri, Ghentu, Goraknath, Gusilia Mata, Hammu Mata, Hardaul, Harsa, Hatthi, Hayasya, Himavan, Hinglan(-mata), Hrsikesa, Indra, Istadevata, Jvaraharisvara, Kankala(murti), Karkota, Kaumudi, Krsodari, Kubjika, Kubuddhi, Kuladevata, Kuladevi, Kulika, Kumari, Kurukulla, Laukika-Devas, Lokapala, Mahakali, Mahamataras, Mahanaga, Mahapadma, Manasa, Mangala, Mari Mai, Mata, Matara, Maturaiviran, Meghanada, Mena, Minaksi, Munisvara, Nagaraja, Naigameya, Naksatra(s), Navadurga(s), Navasakti(s), Nilalohita, Ola Bibi, Padma, Pancabrahma, Pansahi Mata, Pasupati, Pavana, Pranasakti, Prasuti, Pratyangira, Punitavati, Rahu, Rajamatangi, Revana Rudracandra, Rudrani, Sakti, Sani, Sanjna, Santana, Santi, Siva, Srividya-devi, Sugriva, Sulini, Sura, Svadha, Svathsvesini, Thakur Deo, Trikantakidevi, Trimurti, Tripura, Valli, Vasudeva, Vayu, Vidyesvara, Vindhya, Vlratri, Virupaksa, Visvarupa, Yajna, Yaksas, Yamuna.

Modern/Late

Bhairava, Bharat Mata, Khandoba, Mhalsa, Pitari, Salagrama, Santoshi Mata, Shani

Northern India

Badi Mata, Bagala, Bhumiya, Bombay Kamayan, Didi Thakrun, Samba

Puranic

Abhijit, Adimurti, Anala, Ananta, Anantesa, Anila, Annamurti, Ansa, Anuradha, Aparajita, Ardhanaria(svara), Ardra, Arjuna, Arundhati, Aryaman, Aslesa(s), Astamatara, Asvayujau, Aticandika, Bala, Balarama, Bali, Bhadra, Bhaga, Bhairava, Bharati, Bhima, Bhumadevi, Bhumiya, Bhuvanesvari, Brahmani, Brhaspati, Buddha, Budha, Camunda, Candarupa Canda Candanayika, Candesvara, Candika, Candogra, Candra, Candrasekhara, Catamurti, Chaitanya, Chaya, Chinnamastaka, Citra, Daksa, Daya, Deva, Devaki, Devapurohita, Devasena, Devi, Dhanistha, Dhara, Dhara, Dharti Mata, Dhatar, Dhanvanatari, Dhruva, Dhumavati, Dhumorna, Dhurjati, Diksa, Disa, Diti, Durga, Ekanetra, Ekarudra, Ganapati, Ganesa, Ganga, Gauri, Ghantakarna, Hansa, Hanuman, Hara, Hari, Hariti, Hasta, Hayagriva, Indrani Indukari, Isa, Issaki, Jagannath, Jayanta, Jaya-Vijaya, Jyestha, Kacchapesvara, Kadru, Kala, Kala-Bhadra, Kalavikarnika, Kali, Kaligni-Rudra, Kalika, Kaliya, Kalki(n) Kama(Deva), Kamala, Kamalasila, Kamantakamurti, Kankar Mata, Kantatman, Kanti, Kapali, Karttikeya, Karttiki, Katyayani, Kaumari, Kasyapa, Kesava, Kirti, Kollipura-Mahalaksmi, Krsna, Krttikas, Ksama, Ksetrapala, Kubera, Kurma(vatara), Laghusymala, Laksmiana, Laksmi, Magha, Mahabja, Mahadeva, Maha-Ganapati, Mahakala, Maharatri, Maha-Sarasvati,

Gods and Goddesses by Civilization India (Continued)

HINDU

Puranic (continued)

Mahesvari, Mahisa, Mahisasuramardini, Malhal Mata, Mandhata, Matsya, Mitra, Mohini, Mrgasiras, Mula, Nandi(n), Nara, Narada, Narasimhi, Narayana, Nataraja, Niladevi, Nirrti, Padma, Pancanana, Parasurama, Parvati, Phul Mata, Pitari, Piyusaharana, Prabhasa, Pracanda, Pradhana, Prajapati, Pratyusa, Priti, Punarvasu, Purvabhadrapada, Purvaphalguni, Purvasadha, Pusan, Pusti, Pusya, Radha, Rama, Rati, Raudri, Revati, Riddhi, Rohini, Rsabha, Rudracarcika, Rukmini, Sandhya, Sankari, Sankhapala, Sanmukha, Santa, Saptamatara, Sarama, Sarasvati, Satabhisa, Satarupa, Sati, Satrughna, Savitar, Sesa(naga), Shandanana-Subrahmanya, Siddhi, Sikhandin, Sita, Sitala(mata), Sivottama, Skanda, Sodasi, Somaskanda, Sravana, Sravistha, Sri (devi), Srikantha, Subhadra, Subrahmanya, Sukra, Suksma, Sudara, Suresvara, Surya, Svati, Taksaka, Tara, Trivikrama, Ugracandika, Ugratara, Uma, Uttarabhadrapada, Uttaraphalguni, Uttarasadha, Vaisnavi, Vamana, Varaha, Varahi, Varuna, Vasudhara, Venkata, Vijaya, Vrabhadra, Visnu, Visnu Trivikrama, Visyamitra, Vitthali, Vivasvan, Vyasa, Yami

Singhalese

Pattinidevi

Southern India

Bhumidevi, Karaikkal-Ammaiyar

Tamil

Varuna

Vedic

Aditi, Adityas, Apam Napat, Apsaras, Aranyani, Arjuna, Aryaman, Asuras, Asvins, Bhaga, Bharati, Bhumiya, Brhaspati, Budha, Daksa, Danu, Deva, Dhanvantari, Dhisana, Diti, Dyaus Pitar, Garuda, Gauri, Hiranyagarbha, Hotr(a), Iksvaku, Ila, Indrani, Jayanta, Kala, Kalki(n), Kasyapa, Khasa, Kubera, Mahi, Manu, Marutgana, Matarisvan, Mitra, Narada, Nirrti, Parendi, Parjanya, Prsni, Prthivi, Prthu, Purandhi, Purusa, Pusan, Raka, Ratri, Rbhus, Rudra, Sarama, Saranyu, Sarasvati, Sesa(naga), Sindhu, Sinivali, Surya, Tara, Trayastrinsa, Trita, Tvastar, Usas, Vac, Varuna, Vasu (s), Vata, Viraj, Visnu, Visvakarman, Viyasvan Vrtra, Vyasa, Yama

JAIN

Acchupta, Agnikumara, Asurakumara, Bala, Bhavanavasi, Cakresvari, Devananda, Dhrti, Dikkumara, Dvipakumara, Gandhari, Gauri, Kali, Kulisankusa, Mahakali, Mahamanasika, Manasi, Manavi, Nagakumara, Nagini, Naradatta, Prajnapti, Rohini, Sakti, Sasanadevata, Sarvastramahajvala, Stanitakumara, Suparnakumara, Udadhikumara, Vaimanika, Vairotya, Vajrasrnkhala, Vayukumara, Vidyadevi, Vidyutkumara

KHOND

Bellapenu, Berrapenu, Boorapenu, Taripenu

ORAON

Anna Kuari

SIKH

Vahgura

TAMIL

Balasakti, Cankilikkaruppan, Cenkalaniyammal, Gajavahana, Galbapsi, Kataragama, Katavul, Murukan

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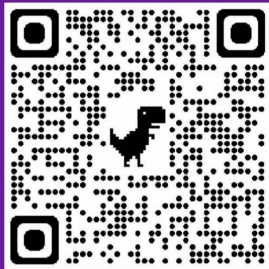
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