

# TODAY'S WITCH

DECEMBER 2023



ISSUE 2 VOL 1



## YULE

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

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**Edward Sott**

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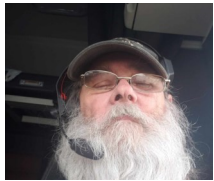


## Meet the Staff



### **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.

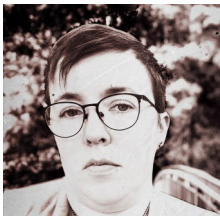
He is also world traveled from his military experience and driving. David is Co-Author with Edward Sott of Two Novels A Time for Redemption and A time for Retribution he is also A Vice President of Covered Bridge Press, LLC and a member of the Board of Directors of "Today's Witch" magazine. He is an 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.



### **Genine Tunbull (Webmstr, Graph. Des.)**

Genine Turnbull is a fascinating person who is an Herbalist, Empowerment Coach and a Webmaster. She is also the Web Editor of Today's Witch Magazine and Covered Bridge Press LLC. She is a spiritualist who follows her own path, which she is happy to share with others. She believes in personal growth and encourages people to learn and grow every day. She is a motivator and a force of encouragement for every person she meets. Her work is important and has inspired many.

*The Goddess is with me always; she provides me with wisdom, strength, and guidance when needed most.*

## **Interview With David Larsen Vice President of Sales and Marketing for Covered Bridge Press.**

Pops: Dave, I know you're a busy person being a truck driver and all and I know you have involved yourself in this other project can you tell us how you came about joining the publishing company and magazine?

Dave: Well Pops Ed and I have been friends for many years, round about 20 as a matter of fact. We collaborated on several projects together in the past including writing two novels. When Ed approached me on the chance of starting our own publishing company I said why not?

Pops: What makes you qualified to hold the position of Vice President of Sales and Marketing?

Dave: I've studied under the top salesmen of the world, and have done door to door sales. Also I was always told to think outside the box. And I never found the dad-burned box to begin with. So, when Ed brought the opportunity to me, I was more than up to the challenge.

Pops: Well, I know you all have this large project with the Traveler's Companion, how did that come about?

Dave: As a truck driver I have a guidebook similar to it, that I use to find truck-stops. So, I approached Ed asking if there was something similar for the pagan community and he said no, but why not do it?

Pops: So, it was basically your idea?

Dave: It was my idea but neither of us take full credit for anything, we instead let the Traveler's Companion have its own identity. We're merely the tools that put them together.

Pops: I've heard that you call yourself a mythical creature! Would care to elaborate on that?

Dave: Well Pops it's kind of a true statement. You see I am a Pagan Tolerant Christian. I don't believe that one spirituality or religion should define the individual but rather, their actions and tolerance speak volumes. I personally do not believe that there is a lot of difference between any religion, if you break it down into its base tenets.

Pops: How did you come up with the idea of being a mythical creature?

Dave: Because when Earl Williams I were first introduced to each other, and he was informed that I wasn't Pagan, but a Christian, he was at first hesitant but as he learned to recognize my tolerance he said, "THEY DO EXIST!" Thus, the mythical creature.

Pops: Can you tell me some of your background, how you came to the place where you're at?

Dave: I grew up on the farms in Southwest Indiana and went into the Army when I was straight out of high school. It was in the army that I learned my tolerance for others. In 1985 I moved to Florida where I reside when I'm not in my truck. Ed and I met on Facebook while teasing a mutual friend and we hit it off, and we became basically Brothers. To this day we still have that friendship and brotherhood. Although like any set of siblings, we have our disagreements, we either reach a compromise or go in a different direction.

Pops: Thank you for your Service

Dave: It was my honor.

Pops: Well, obviously you've traveled extensively and your contribution to the magazine and the company is very valuable.

Dave: I've traveled extensively in Europe, and traveled in the Far East and only haven't visited one state in the country, and that's Hawaii. I haven't figured out how to hold my breath long enough to drive there.

Pops: Who do you count as your mentors in tolerance and your attitude towards others?

Dave: I am a big proponent of a positive mental attitude I get that through the readings of people who think the same way, such as Ken Blanchard, Zig Zigler, Tony Robbins, and W Clement Stone. These men helped form my ideas through tolerance and positivity as Stone said, You can make yourself sick or well it's entirely up to you. Zig Zigler taught me that the word IMPOSSIBLE is an antonym of itself if broken down it says I'M POSSIBLE. And Ken Blanchard taught me the principle of the one minute praise, which I apply to those who work for me. Find someone doing something right and give them a one minute praising for what they're doing correctly. And finally, Tony Robbins taught me how to change my attitude with just a few short exercises, one of which I showed to Ed, Look at the ceiling, close your eyes put on a big smile and without moving a muscle try to feel bad. Since we all know that it can't be done, you just have to change your attitude to be happy and calm down for a second or two.

Pops: Thanks for that Dave, I'll put some of that to use. It's been a real pleasure meeting you, and I wish you and the rest of the magazine staff the best of success.

YULE CORRESPONDENCES

<b>Other Names:</b>	Midwinter, Sun Return, Alban Arthan, Pagan New Year, Saturnalia, Winter Solstice, Finn's Day, Yuletide, Festival of Sol, Great Day of the Cauldron, Festival of Growth
<b>Symbols:</b>	Evergreen Trees, Yule Log, Holly, Eight Spoked Wheel, Wreath, Spinning Wheels
<b>Colors:</b>	Red, Green, White, Gold
<b>Deities:</b>	Newborn God, Triple Goddess
<b>Activities:</b>	Decorating the Yule Tree, Gifts in memory of the deceased, Story Telling
<b>Taboos:</b>	Extinguishing fires, Traveling
<b>Animals:</b>	Stags, Squirrels, Wren, Robin
<b>Stones:</b>	Bloodstone, Ruby, Garnet
<b>Foods:</b>	Poultry, Dried Fruit, Eggnog, Pork, Beans
<b>Plants :</b>	Holly, Mistletoe, Evergreens, Poinsettia, Bougainvillea, Tropical Flowers, Bay, Pine, Ginger, Valerian, Myrrh
<b>Meanings:</b>	Rebirth of the God, Honor of the Triple Goddess, Returning of the Sun, Waxing Year, New Year (Celtic)
<b>Attunement Teas:</b>	Cinnamon, Mullein, Willow Bark, Yarrow
<b>Ritual Oils:</b>	Rosemary, Myrrh, Nutmeg, Saffron, Cedar/Pine, Wintergreen, Ginger
<b>Mythological Creatures:</b>	Phoenix, Trolls, Meme Colion
<b>Key Action(s):</b>	Meditate, Introspection

GODDESSES

Angerona (*Roman*), Albina (*Tuscan*), Anna Perenna (*Roman*), Befana (*Italian*), Brigitte (*Voudoun*), Changing Woman (*Apache*), Eve (*Hebraic*), Fortuna (*Roman*), Freyja (*Norse*), Gaia (*Greek*), Hannah (*Sumerian*), Heket (*Egyptian*), Kefa (*Egyptian*), Lilith (*Hebraic*), Lucina (*Italian*), Ma'at (*Egyptian*), Metzli (*Aztec*), Nox (*Roman*), Nu Kua (*Chinese*), Pandora (*Greek*), Pax (*Roman*), Shekinah (*Hebraic—Gnostic*), Spinning Woman (*Native American*), Thea (*Greek*), Tiamat (*Babylonian*), Virgin Mary (*Christian-Gnostic*), Yahimato-Hinne (*Japanese*), Zvezda (*Slavic*)

GODS

Aker (*Egyptian*), Apollo (*Greco-Roman*), Attis (*Egyptian-Phoenician*), Balder (*Norse*), Braggi (*Norse*), Cronos (*Greek*), Father Sun (*Native American*), Helios (*Greek*), Hyperion (*Greek*), Janus (*Roman*), Jesus (*Christian-Gnostic*), Lugh (*Irish*), Maui (*Polynesian*), Mitra (*Aryan*), Mithras (*Persian*), Ngau (*Māori*), Nurelli (*Aboriginal*), Oak/Holly King (*Anglo-Celtic*), Odin (*Norse*), Ra (*Egyptian*), Saturn (*Roman*), Sol (*Roman*), Ukko (*Finnish-Yugortic*), Yahimata-Hiko (*Japanese*).

## Yuletide Ritual December 21, 2023

### Ritual

#### Processional:

#### Opening Chant:

**All:** We Are a Circle. (\*Repeated until all have entered the circle and taken up their individual places.)

#### Casting the Circle:

*The HP will proceed from the North quarter in a clockwise direction while stating this aloud until he returns to each quarter. He will hold the point of the Athame toward the ground visualizing a beam of energy being sent out of the blade.*

**HP:** I cast this circle to be a place that's not a place, in a time that's not a time, and in a space that's not a space. A place, where our magick workings are to be given life and birth. And where the heavens and earth shall meet in a sacred marriage. As above so shall it be now below. So Mote it Be!

**All:** So Mote it Be!

*The HP then takes his place next to the HPS at the center of the altar facing outward toward the edge of the circle.*

**HPS:** All hail and welcome those who enter this sacred space. May the light of the Goddess shine upon us all as we gather in celebration of her honor. So Mote it Be!

**All:** So Mote it Be!

**HP:** A call, A call to the quarters all

**All:** A call, A call to the quarters all.

*All members of the circle are now to face the North Quarter raising arms to shoulder height, palms down, as the North Quarter is summoned.*

*Summoner lights his/her candle raises it in the air and states the following.*

**North Quarter:** I call upon the guardians of the watchtowers of the North, Spirits of the Earth, lend to us your guidance, your nurturing, your loving grace. By the Earth that is Her body, I call thee forth now. Enter into this our sacred circle and join in our rite. So Mote it Be!

**All:** So Mote it Be!

*All members of the circle are now to face the East Quarter raising arms in air above the head fingers together, palms forward, as the East Quarter is summoned.*

*Summoner lights his/her candle, raises it in the air and states the following:*

**East Quarter:** I call upon the guardians of the watchtowers of the East, Spirits of the Air, lend us your learning, your understanding, your knowledge. By the Air that is Her breath, I call thee forth now. Enter into this our sacred circle and join us in our rite. So Mote it Be!

**All:** So Mote it Be!

*All members of the circle are now to face the South Quarter raising arms above the head, fingers outstretched, palms forward, as the South Quarter is summoned.*

*Summoner lights his/her candle, raises it in the air and states the following:*

**South Quarter:** I call upon the guardians of the watchtowers of the South, Spirits of the Fire, lend us your passion, your will, your desire, your drive. By the Fire that is Her Spirit, I call thee forth now. Enter into this our sacred circle and join us in our rite. So Mote it Be!

**All:** So Mote it Be!

*All members of the circle are now to face the West Quarter, raising arms at shoulder height, palms cupped like a bowl, as the West Quarter is summoned.*

**West Quarter:** I call upon the guardians of the watchtowers of the West, Spirits of the Water, Lend us your dreams, your intuition, your love, and your healing. By the Water that is Her womb, I call thee forth now. Enter into this our sacred circle and join us in our rite. So Mote it Be!

**All:** So Mote it Be!

*At this point all now face center males with arms crossed against their chest and females with legs spread shoulder length apart and arms out stretched in pentacle position.*

**HP:** Let us now all raise our arms and welcome in the elements in unison.

**All:** The Earth, the Air, the Fire, the Water, Return, Return, Return, Return. (chant x 3)

*After the chant is complete all lower hands and the HP then faces the HPS places the fivefold salute upon her and Draws the moon down upon her.*

**HP:** Our Lady, Great Mother, who was of old known by many and various names: Aphrodite, Brigid, Cerridwen, Diana, Gaia, Isis, and many others. Mother of us all, bringer of life and love, bearer of all fruitfulness. I invoke you and call upon you to descend into the body of this your High Priestess. Touch with her hands, kiss with her lips, speak with her voice to these, your loving and faithful followers.

*HP then kisses his Athame, bows before the HPS in honor of her.*

**All:** Isis, Astarte, Diana, Hecate, Demeter, Kali, Inana (chant x3)

**HPS:** Listen to the words of the Great Mother who was, of old, also called among men Artemis, Astarte, Dione, Melusine, Aphrodite, Cerridwen, Diana, Ariarhod, Bride, and by many other names. At mine altar, the youths of Lacedemon in Sparta made due sacrifice. Whenever ye have a need of anything, once in the month and better it be when the Moon is full, then shall ye assemble in some secret place and adore the spirit of Me, who am Queen of all the Witcheries. There ye shall assemble, ye who are feign to learn all sorcery, who have not as yet won its deepest secrets. To these will I teach that which is yet unknown. And ye shall be free from slavery and as a sign that ye shall be really free, shall ye bear your spirits unto me. And ye shall dance, sing, feast, and make music and merriment, all in my presence. For mine is the ecstasy of the spirit and mine is also joy on the earth. For my law is Love unto all beings. Keep pure your highest ideals, strive ever towards it. Let none stop you or turn your aside. For mine is the secret that opens up the door of youth and mine is the cup of the Wine of Life and the Cauldron of Cerridwen, which is the Holy Grail of Immortality. I am the Gracious Goddess who gives the gifts of joy unto the heart of men. Upon earth I give knowledge of the Spirit Eternal, and beyond death I give peace and freedom and reunion with those who have gone before. Nor do I demand ought in sacrifice, for behold I am the Mother of All Things, and my love is poured out upon the earth.

Here ye the words of the Star Goddess. She is the dust of whose feet are the Hosts of Heaven. Whose body encircleth the universe.

I am the beauty of the Green Earth, and the White Moon amongst the stars and the mystery of the Waters, and the desire of the heart of man. I call unto thy soul, "Arise and come unto me," for I am the Soul of Nature who giveth life to the universe. From me all things proceed and unto me all things must return. Beloved of the gods and man, thine inmost divine self shall be enfolded in the raptures of the Infinite. Let my worship be in the heart that rejoiceth; for behold, all acts of love and pleasure are mine rituals, and therefore, let there be beauty and strength; power and compassion; honor and humility, mirth and reverence within you.

And thou who thinkest to seek me, know that thy seeking and yearning avail ye not unless you know the mystery, that if what thou seekest thou findest not within thee, thou wilt never find it without thee. For behold – I have been with thee from the beginning and I am that which is attained at the end of desire.

## Yuletide Ritual December 21, 2023 (continued).

**HP:** All hail the words of the Great Mother, All hail the glory or her presence, All hail the wisdom of her words.

**ALL:** We all hail and welcome thee!

*At this point all members one at a time bring forth their gifts to be presented in the honoring of the dead, and the renewal of the sun.*

**HPS:** Carry forth your offerings that we may honor each other and those whom have past with a blessing of renewal and new beginnings.

*The gifts are then placed in the circle and a consecration is placed upon them.*

*The High Priest then lights the Yule log.*

**HP:** I light now the fires of this yule log in honor of the coming Sun, may it's light and warmth remove from us the bitter cold of Winter and Death and offer us renewal and strength in the coming year. May this time of mourning pass short before us and may we be strengthened by the glorious light of the new coming God of the Sun,

*All are now to join hands and chant the following.*

**All:** When the wheel hath turned to Yule light the Log the Horned One Rule. (chant x3)

**HP:** Blessed be the Holly King may he rule upon us with his life giving light. Blessed be the Holly King whose birth doth shine so bright.

*After the cone of power is raised and the magick is worked toward our desires the Cake and Ale will be consecrated and served.*

*The HP then takes up the libation plate and consecrates the cake with the following:*

**HP:** I consecrate this sacred cake by the power of the Lord and Lady to sustain us all. Let their love and grace sustain us as we share in their feast.

*The plate is then sent around the circle starting in the North Quarter and proceeding deocil (clockwise) until all have taken a bite of the cake each greeting the next as they pass it forward stating the following:*

**All:** May you never hunger. (not to be said in unison rather to each other as passing it around)

*The libation plate is then passed to the HP and HPS where they in turn do likewise.*

*The HPS then takes up the chalice and consecrates the wine with the following:*

**HPS:** I consecrate this sacred wine by the power of the Lord and Lady to provide us all with the life giving waters of their love and grace as we share in their feast.

*The Chalice is then sent around the circle starting in the North Quarter and proceeding deocil (clockwise) until all have partaken of a sip of wine each greeting the next as they pass it forward stating the following:*

**All:** May you never thirst (not to be said in unison, rather to each other as passing it around).

*The chalice is then passed to the HP and HPS where they in turn do likewise.*

**HPS:** May the gods bless this food as they bless our daily lives. Let us remember that without the gods we would have nought. Enjoy these symbols of all that we delight in. I urge you all, however, to remember to share what you have with those who have naught.

*The HP and HPS then raise their Athames and Chalice in salute to the Lord and lady*

*Once the cake and ale are served the HP and HPS then begin to read off the names on the gifts as everyone comes forward to gather them.*

*After all the gifts are distributed the Yule log is then allowed to burn out as everyone closes the circle*

**HP:** Thank you Lady, for this time we have spent in your presence. We came together in love and friendship; so let us now go our separate ways. We now

depart our rite, performed in love and joy, in your honor and will remember your wise counsel as you depart that we may worship you, in all things we do, think, say and see. Depart now Great Mother with our thanks and love eternal. Hail and Farewell.

**HPS:** Great Mother goddess, creatrix of us all we thank your for this time we have spent in your presence. As we entered into this circle in honor of you we now also leave your divine presence in the same honor. Mother guide and bless us as we continue on our earthly journey, ever reminded of your grace and mystery. Hail and Farewell.

**All:** All hail and farewell Great Mother, your words we shall never forget and we shall honor you forever.

*At this point the HP and HPS raise the proper stance salute to them and all males stand as before as do all females.*

*After this is complete each member will now face the West Quarter as the summoner again raises his candle each taking the same stance as before.*

**Summoner:** Guardians of the Watchtowers of the West, spirits of the Water, as we have once called thee forth to lend us your energy we in gratitude for your gifts now ask you to depart from us. We will carry your lesson in our heart. Go now in Peace and Go in Power. So Mote it Be!

**All:** So Mote it Be!

*Repeat this and stances according to each direction replacing the element and direction in a widdershins (counterclockwise direction) until the final quarter is dismissed.*

*HP now takes position at the North Quarter and proceeds widdershin around the circle stating the following with Athame pointed at ground.*

**HP:** The circle that I once cast to act as a sacred place that was not a place, in a time that was not a time, and a space that was not a space. As a place to work our magicks, and worship in honor of our Lady, I now call back upon me to return us to our lives with remembrance of these workings. I now bring the heavens back upon the heavens and the earth back under our feet. As now Below shall it be Above.

So Mote it Be!

**All:** So mote it be!

*At this point the circle is now open and we can return to our celebratory feast after the rite.*

**All:** "The Circle is Open" chant (Chant x3)

*All can prepare to feast and have fun and socialize.*

**Merry Meet, Merry Part until we Merry Meet again.**



## Mistletoe

Occurring throughout temperate regions, this genus includes about 70 species of parasitic evergreen shrubs. *Viscum album* is a rewarding plant to grow if a suitable host is available, such as an apple tree. Orchards are often used for commercial crops, thereby yielding a return in winter when the trees are dominant.

The tradition of kissing under a mistletoe was popularized in Victorian England. It may have originated in Scandinavian legend, according to which Balder, the god of peace, was killed by an arrow made from mistletoe and was resurrected by the other deities. Mistletoe was then entrusted to the goddess of love, who established it as a symbol of love, with the custom that anyone passing beneath it should receive a kiss.

Mistletoe was also an important Druidic herb, associated with the welcoming of the New Year. It was cut only from oak trees at a particular phase of the moon, using a golden sickle.

The constituents of *V. album* appear to vary according to the host plant which may explain why the Druids regarded the oak bound mistletoe as superior.

These include compounds that affect protein synthesis, the immune and circulatory system and heart.

*V. album* is sometimes used in Chinese medicine but more commonly used are *V. coloratum*, which grows further east and has yellow to orange-red fruits, and *Loranthus europeus* (mulberry mistletoe), a parasite on the plants of the beech family (Fagaceae). *V. capense* (Cape Mistletoe) is a traditional S. African remedy for asthma, bronchitis, diarrhea, and menstrual problems. The Moroccan *V. cruciatum* is used internally for asthma, epilepsy, and hysteria, and externally for bruises, sprains, and fractures. *Viscum* is the original Latin name, meaning both "mistletoe" and "birdlime". In certain countries, sale and use of *V. album* for therapeutic purposes are restricted.

European mistletoe is available as a prescription medication in Europe, where it is sometimes used in conjunction with other medications to stay the progression of solid tumors in the breast, colon, and stomach. It has also been used to improve immune function and to lower blood pressure by slowing the heart rate and dilating the arteries.

Evergreen, parasitic shrub with symmetrically branched stems and leathery obovate, yellow-green leave to 5cm (2in) long. Clusters of inconspicuous yellow flowers appear in spring, with males and females on separate plants; females are followed by spherical, sticky, white fruits about 1cm (1/2 in) across.

**Common Name:** Mistletoe

**Other Names:** All-Heal, Birdlime, Devil's Fuge, European Mistletoe, Visci

**Botanical Name:** *Viscum album*

**Genus:** *Viscum*

**Family:** Viscaceae

**Native Location:** Europe, east to the Caucasus

**Cultivation:** On young upper branches of a host tree such as oak, apple, willow, linden, hawthorn, poplar, or mountain ash, at least 15 years old.

**Propagation:** By crushing fruit into crevices of bark, protected from birds, in spring. Best results are obtained by sowing into the same host tree as the fruit was harvested from. Seedlings are very slow growing.

**Height:** 1m (3ft)

**Width:** 1m (3ft)

**Hardiness:** Z7-10



**Parts Used:** Leafy stems, fruits, whole plant.

**Properties:** A pungent, bitter-sweet, warming herb that lowers blood pressure, stimulates the immune system, slow heart beat, relaxes spasms, and has sedative, diuretic, and anti-cancer effects.

**Tarot:** 5 of Swords

**Medicinal Uses:** *Internally* for mild hypertension, arteriosclerosis, nervous tachycardia, nervous tension, insomnia, panic attacks, tinnitus, epilepsy, St Vitus's Dance and cancer (especially of lungs and ovaries). *Externally* for arthritis, rheumatism, chilblains, leg ulcers, and varicose veins. Combines well with *Crataegus laevigata* (Hawthorn), and *Melissa officinalis* (Balm) for mild hypertension; and with *Ginkgo biloba* (Ginkgo) or *Vinca major* (Periwinkle) for arteriosclerosis. European mistletoe fruit is used to treat epilepsy, gout, cramps, tumors, rheumatism, and hardening of the arteries. The stem of European mistletoe is used to treat epilepsy, gout, cramps tumors, rheumatism, and hardening of the arteries. The stem of European mistletoe is used to treat physical and mental exhaustion and as a tranquilizer. Germany's Commission E has approved the use of the European mistletoe herb as a treatment for rheumatism and a supportive therapy in the treatment of tumors.

**Typical Dose:** A typical dose of European mistletoe may range from 2 to 6 gm of dried leaves taken three times a day.

**Possible Side Effects:** European mistletoe's side effects include fever, chills, headache, and chest pain.

**For Drug Interactions:** See: "[Http://www.prcupcc.org/herbs/herbsm/mistletoe.htm](http://www.prcupcc.org/herbs/herbsm/mistletoe.htm)"

**Lab Test Alterations:**

- May increase values on liver function tests including (AST), (ALT), total bilirubin, and urine bilirubin
- May increase lymphocyte counts
- When injected, may contribute to eosinophilia (abnormally high amounts of a certain kind of white blood cell).
- May cause decreased red blood cells

**Disease Effects:**

- May worsen cardiovascular ailments
- May worsen cases of potential transplant rejection by stimulating the immune system

**Supplement Interactions:**

- May be cardiotoxic and have negative effects on the strength of heart contractions.
- May decrease the effectiveness of agents such as English Hawthorn that have positive effects on the strength of heart contractions.

**WARNING**

**All parts, especially the berries, are toxic if eaten. For use by qualified practitioners only.**

**Please consult with your doctor or pharmacist before using any herbal supplements. We are not responsible for use or misuse of these herbs.**

## Mycology

### Abruptly-bulbous Agaricus

#### *Agaricus abruptibulbus*



- Common Name:** Abruptly-bulbous Agaricus
- Botanical Name:** *Agaricus abruptibulbus*
- Order:** Agaricales
- Family:** Agaricaceae
- Description:** Large, white mushroom, bruising yellowish, with bulbous stalk base; odor fragrant, of almonds or anise; in woods.
- Cap:** 3-6" (7.5-15cm) wide Convex to flat; smooth or with small, flattened fibers; dry, silky, shiny, white, bruising yellowish; yellow with KOH. Flesh thick, bruising yellow. Odor almond anise.
- Gills:** Free, crowded, narrow, white, becoming pink, then brown.
- Stalk:** 3-6" (7.5-15cm) long 3/8-5/8" (1-1.5cm) thick Tapering down to small, abrupt bulb; smooth, white, bruising yellow.
- Veil:** Partial veil membranous, white with patches on lower surface; leaving persistent, pendant ring on upper stalk.
- Spores:** 6-8 x 4-5 $\mu$  Elliptical, smooth, purple-brown. Spore print purple-brown.
- Edibility:** Choice with caution
- Season:** July-October
- Habitat:** On the ground with deciduous and mixed woods.
- Range:** Ontario and Quebec to North Carolina, west to Michigan.
- Look-Alike:** *A. silvicola*, as recognized in North America, is not typically abruptly bulbous and has smaller spores. *A. arvensis* grows in pastures and fields. *A. absolutescens*, A northwest species of uncertain edibility, bruises amber. The deadly *Amanita virosa* and related species have saclike cup about stalk base, lack patches on undersurface of partial veil, lack spicy fragrance, and have white gills producing white spore print.

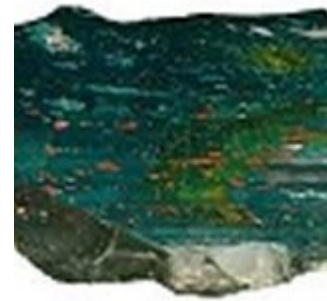
### Warning

Due to the fact that some mushrooms closely resemble each other in the field, it's advisable to consult a mycologist before consuming any mushrooms that are wildly collected because even though the images above portray accurate pictures of the mushrooms without testing for distinguishing features such as spore print, or odor, or KOH bruising and discoloration. You may get a mushroom which is poisonous or toxic.

**Bloodstone**

By

Edward Sott



**Bloodstone** is a variety of quartz which occurs in massive formations. The color is green with flecks of red; in smaller pieces of the mineral the red does not appear.

**Physical Properties**

<b>Other Name(s):</b>	Heliotrope
<b>Category:</b>	Mineral
<b>Color(s):</b>	Green with flecks of red
<b>Crystal Structure/System:</b>	Trigonal
<b>Chemical Composition:</b>	SiO <sub>2</sub>
<b>Geological Category:</b>	Metamorphic
<b>Strunz Classification:</b>	4.DA.05
<b>Specific Gravity:</b>	2.61
<b>Crystal Habit:</b>	Massive Formations
<b>Hardness/MOHs Scale:</b>	6.5-7
<b>Cleavage:</b>	None
<b>Fracture:</b>	Conchoidal
<b>Luster:</b>	Vitreous
<b>Streak:</b>	Colorless
<b>Diaphaneity:</b>	Opaque to semitranslucent
<b>Occurrence:</b>	Australia, Brazil, Bulgaria, Czech Republic, Italy, Nova Scotia, USA, Scotland

**Physiological/Holistic Properties**

<b>Preparation:</b>	Elixir
<b>Treatments:</b>	Spleen, blood purifier, kidneys, bladder, intestines, liver, detoxifier, leukemia, eyesight, lung congestion, and rashes

*I am at home and alive in my physical body, which vibrates at its optimal strength level, vitality and purity, and I can act for the highest good of all*

**Metaphysical Properties:**

<b>Astrology:</b>	Aries, Libra, Pisces
<b>Numerology:</b>	4, 6
<b>Elemental Correspondence:</b>	Earth
<b>Chakras:</b>	Root
<b>Tarot:</b>	The Emperor, Death, The Fool, The Lovers, The Devil, 4 of Pentacles, 6 of Pentacles, Queen of Pentacles
<b>Tone:</b>	C, A

**God:** Agni, Aker, Apollo, Ares, Attis, Baal, Balder, Bel/Belanos, Betene, Braggi, Cernunnos, Chors, Crius, Cronos, Cupid/Eros, Father Sun, Faunus, Freyr, Hades, Helios, Hephaestus, Heracles, Hermod, Herne, Hoenir, Horned God, Horus, Hyperion Janus, Jesus, King Arthur, Lono, Lugh, Mannawyddan, Mars, Maui, Mithras, Mitra, Nergal, Ngau, Nurelli, Oak/Holly King, Odin, Orion, Pan, Pluto, Prometheus, Puck, Ra, Robin Goodfellow, Saturn, Sol, Ukko, Telepina, Vulcan, Yahicmata-Hiko.

**Goddesses:** Aima, Aki Bimi, Albina, Anapurna, Angerona, Anna Perenna, Aphrodite, Ariel, Artemis, Astarte, Athene, Baubo, Befana, Black Isis, Blodewedd, Brigitte, Ceres, Cessair, Changing Woman, Chuang-Hu, Cupra, Cybele, Damara, Devana, Diana, Epona, Erzulie, Eve, Fand, Flidais, Flora, Fortuna, Freyja, Gaia, Hannah, Harmonica, Hebe, Hecate, Heket, Hestia, Hilaria, Ilamatecuhli, Juventus, Kaikibani, Kefa, Lilith, Lilitu, Lofn, Lucina, Luna, Ma'at, Mama Allpa, Metzli, Mielikkom, Minerva, Morgan, Morrigan, Muses, Nikkal, Ningal, Nox, Nu Kua, Pandora, Pax, Pele, Perchta, Prithvi, Rainbow Snake, Rennatet, Rhea, Rhianon, Sarbandal, Sheila Na Gig, Shekinah, Sinn, Skadi, Snake Woman, Sophia, Spinning Woman, Sura, Thea, Tiamat, Tuulikki, Var, Venus, Vesta, Virgin Mary, Xochiquetzal, Yahimato-Hinne, Zvezda.

**Emotional Healing Properties:** Bloodstone can keep one from becoming discouraged when one meets obstacles on one's path. It can assist one in feeling capable and self-sufficient.

**Spiritual Healing Properties:** Bloodstone instills courage and assists one in taking the right actions. It helps one find faith and inner strength.

## Tarot: Stories in Art and The Fool

### By Emily Thornton

When one is beginning a journey into the world of tarot, one needs to get a grasp of its history and how it relates to story structure. Tarot reading is a world outside of religion. Many religions feel that one can define oneself through study and having a relationship with God or a higher power. Tarot goes hand in hand with his idea. People have found a guiding influence in their life by little lessons learned from having their cards read. Some readers are intuitive and use different decks, though the stories seem to resonate with those who have their cards read.

There are some religions who place tarot in the same realm as Ouija boards, fortune telling, and occultism. The main problem with this idea is a lack of understanding of its history and what the cards are used for. "The Count De Gebelin, who was an 18th century clergyman wrote about tarot having mystical possibilities." Paul Rather, a writer on the Big Think website, states, "yet this mystical link to the tarot has persisted, even though there is no real evidence for it." This unholy connection still persists with religions across the country.

Historically, tarot was considered a playful game of divination and had nothing to do with the occult. In the 1500s, "Tarocchi Appropriati" was part of the Italian aristocracy's world. Random cards were dealt and the associations of the cards were put into poetic verse. Imagine the kid's game 'MASH' with cards. It made a connection in the cards with destiny and future. Wealthy families had their own cards commissioned. The suits that were designed were very similar to what people believe today to be tarot.

The most widely used design today, harkens back to Rider Waite in 1909. William Rider, a publisher, worked with popular mystic of the time, A.E. Waite and created tarot cards strictly for divination and mystical readers. Even though its beginnings aren't specifically known. It doesn't really matter because it is claimed across creeds, cultures, and continents. Bakara Wintner, author of "WTF is TAROT" said, "The tarot is becoming more popular because of its resonance with existence. Everyone has collective history and with the guiding aspect of the Tarot, people can be led."

### On to the Fool (0)

The fool is the archetypal blank slate who is looking to begin a new journey and get out. If one looks at the basic design of the card, one sees a single man on the edge of a cliff. He is carrying a bindle and looking out on the world, unaware that his first step is off the cliff.

When reading tarot cards color becomes an indicator of different aspects of the person being read. The original Rider Waite tarot has a significant amount of yellow on the card. Yellow is the color of hope, happiness, and positivity.

Behind the Fool is white capped mountains. Mountains are considered goals to be met, but when capped with white, there will be lessons and challenges along his journey to goals.

The clothing the fool wears looks as if he has wings, which indicates a sense of optimism and freedom he is feeling.

A white colored dog, sun, and rose are all on this card. White represents purity and guides can be found through external forces. The dog looks like he is trying to get his attention and move him in a safer direction.

If one looks closely, the bindle he is carrying is very light. He is not burdened by issues and is almost carefree.

However, he is not looking at his feet and is about to walk off a cliff, he is naive and not aware of what is going on around him.

### The Journey Begins

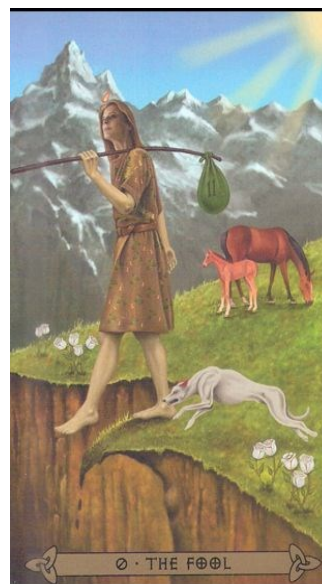
The querent (or one you are reading for) is considered the Fool. They are the ones going on this journey of self discovery. As the Fool goes on his Journey he meets numerous people who will teach and encourage him to future things. Sometimes he stumbles and falls, but the journey from 0 (The Fool) to 21 (The World) follows the story arc and continues to be cyclical. Once he gets to the end of one adventure...he moves on to another thing and the journey begins anew.

### Tips to Read:

Each reader has their own method of reading and finds their groove. One thing that helps every reader is looking at the artistry of the cards. What do you notice? What do you feel when seeing this card? What colors/figures do you see? Why are they important?

The more time a reader spends contemplating the cards and really working with them, they can pick up things intuitively by just looking at the pictures.

One can find numerous ways to read by researching, and it can seem daunting. Start slow and give yourself time to learn and grow as a reader. It is not a quick process, but it is worth it to delve into the symbolism and artistry in the cards.



## Tarot Reading Basics: Three Card Spread

### By Emily Thornton

When traveling around the world I have met quite a few tarot readers with their own flair for reading. I have seen people use more than one deck, different types, different sizes/shapes/colors. No matter who I am getting a reading from, I always enjoy seeing what patterns emerge from their readings.

When starting on the path of learning to read tarot, one will be quickly introduced to tarot spreads. A tarot spread is a basic framework for a question that the querent (the person asking the questions) can see in front of them in the cards.

Besides a single card draw, the most basic of tarot spreads is the Three Card Spread. Many readers define it as a Past, Present, Future spread with very basic explanations given on them. Some readers prefer to do the smaller readings for events because there is a constant flow of people the smaller the reading the better. It gives people a chance to get a feel for tarot readings.

Here is a basic explanation of the three card spread:

#### Card 1: The Past

This card represents the past and the events that have led up to the present situation. It can also represent the querent's current state of mind or emotional state.

#### Card 2: The Present

This card represents the present situation and the querent's current challenges or opportunities. It can also represent the querent's current choices or decisions.

#### Card 3: The Future

This card represents the future and the possible outcomes of the querent's current situation. It can also represent the querent's hopes and dreams for the future.

The three card spread is a simple but powerful way to get a tarot reading.

Some other iterations of the three card spread can be:

You, Your Path, Your Potential  
 You, Relationship, Partner  
 Situation, Action, Outcome  
 Idea Process, Aspiration  
 Mind, Body, Spirit  
 Physical State, Emotional State, Spiritual State  
 Subconscious, Conscious, Super Conscious  
 Option 1, Option 2, Option 3  
 What I think, What I feel, What I do  
 Strengths, weaknesses, advice,  
 What worked well, did not work, key lesson  
 And on and on!

There is really no wrong way to read the cards in a spread. This is why tarot is so versatile. It gives guidance when needed and helps people see options that may not have been evident in the first place.



2



1



3

## Yule Log Cake

By Emily Thornton

Historically, the Yule Log was an entire tree that was fed into the fire throughout the 12 days of Christmas. As years advanced, heating technology did too. People were able to heat their houses more effectively. The Yule Log would be decorated and on display throughout the beginning of the season and by Christmas the log would be burned.

There were a lot of traditions surrounding the Yule Log. The Log was meant to burn all night, and if it happened to be extinguished before the night was through, it was thought to bring bad luck throughout the next year. Usually a piece of the burnt log was kept in the house until next year's log. They would also use the ashes at the roots of trees and in vines to help bring in a good harvest.

It is believed that France was the first to bring about an edible Yule log cake. Usually this fare is seen in bakeries across the world and is symbolic of the Log of yore. This recipe can be used with a Gluten Free cup for cup flour mix (personally, I have made it with it, and it turned out delightful).

### YULE LOG CAKE

#### FOR THE CAKE:

- 4 tbsp. salted butter, melted, plus more for the pan
- 6 large eggs, separated
- 1/4 tsp. cream of tartar
- 1/4 tsp. kosher salt
- 3/4 c. granulated sugar
- 3/4 c. all-purpose flour
- 1/4 c. unsweetened cocoa powder
- 1/2 tsp. baking powder
- 1 tsp. pure vanilla extract
- 1/4 c. strong brewed coffee, at room temperature (One can leave out if one doesn't like the taste)
- 1/4 c. powdered sugar

#### FOR THE FILLING:

- 4 oz. cream cheese, at room temperature
- 1/2 c. powdered sugar, sifted
- 1 c. heavy cream
- 1 tsp. vanilla extract
- \*I used peppermint extract (one drop brings a beautiful hint of the holiday
- **Or**-Some even use ice cream to make a frozen treat. Both are great options.)

#### FOR THE FROSTING:

- 12 oz. semisweet chocolate, chips or chopped
- 3/4 c. heavy cream
- 1 tbsp. light corn syrup
- Rosemary sprigs and pomegranate seeds, for garnish

#### Directions

- 1 To make the cake: Preheat the oven to 350°. Butter a 12-by-17-inch rimmed baking sheet. Line with parchment paper, leaving an overhang on all sides. Butter the parchment.
- 2 Beat the egg whites, cream of tartar and salt in a large bowl with a mixer on medium-high speed until frothy. Add 1/4 cup granulated sugar and beat on high speed until stiff, glossy peaks form, about 2 minutes.
- 3 Sift together the flour, cocoa powder and baking powder in a medium bowl. In a separate large bowl, combine the egg yolks, the remaining 1/2 cup sugar and the vanilla. Beat on high speed until thick and creamy, 3 to 4 minutes. Beat in the melted butter and coffee until combined.
- 4 Add the flour mixture to the yolk mixture and beat on low speed until well combined. Fold a spoonful of the beaten egg whites into the batter until no streaks remain. Gently fold in the remaining egg whites until combined.
- 5 Transfer the batter to the prepared pan, gently nudging the batter so it fills the corners. Give the pan a little shimmy to even it out. Bake until the top just starts to spring back when gently pressed, 10 to 12 minutes (the top might still feel a little tacky). Do not over-bake or the cake will crack.
- 6 Place a clean dish towel on a large wire rack. Dust with 2 tablespoons of powdered sugar. While the cake is still hot, loosen the edges from the pan, then turn out the cake onto the towel; carefully remove the parchment. Dust the top with the remaining 2 tablespoons of powdered sugar.
- 7 Starting at one of the long sides, use the towel to tightly roll up the cake with the towel inside. Position the cake seam-side down and let cool for about 1 hour.
- 8 Filling: Beat the cream cheese in a large bowl with a mixer on low speed until just smooth. Add the powdered sugar and beat until smooth, about 1 minute. Gradually beat in the heavy cream 1/4 cup at a time, making sure the mixture is smooth before adding more cream. Increase the speed to medium high and beat until stiff peaks form, 2 to 4 minutes. Add the vanilla and beat for a few more seconds, just to combine. (Add the mint extract here)
- 9 Carefully unroll the cooled cake and spread evenly with the filling, leaving a 1/4- to 1/2-inch border on all sides. Re-roll the cake, using the towel to help you. Cover the cake roll with parchment paper (Dust again if the cake is a little sticky) and then tightly wrap in plastic wrap. Chill for at least 2 hours. (If using ice cream, use a square container and cut up the ice cream into 1/2 inch slices. Place the pieces covering the cool cake. Re-roll carefully, the cake tries to tear, if the ice cream is too soft it will turn into a goopy mess. Do it slowly and your ice cream cake roll will be perfect. Place back in the freezer until ready to frost.)
- 10 For the frosting: Put the chocolate in a medium bowl. Bring the heavy cream and corn syrup to a simmer in a saucepan, then pour over the chocolate. Let sit for 5 minutes, then whisk until smooth. Let thicken at room temperature until spreadable, about 2 hours. (One can use store bought icing for this part. Some people prefer a less sweet option to reduce the overall sweetness of the desert.)
- 11 Unwrap the cake on a cutting board. Cut off one-fourth of the cake on a sharp diagonal for the branch. Position the branch against the remaining cake roll on a platter. Cover the cake with the frosting using a spatula, then drag a fork through the frosting to create a bark-like texture. Garnish with rosemary sprigs and pomegranate seeds. Enjoy!

This recipe is sure to please everyone in your holiday gatherings.



## Crafting an “ice tube” candle holder

A family friendly project...

by

Rev. Melina Valdejo , Owner Pathways New Age Books & Gifts.



### Gather these items & read through the instructions before beginning

2 – cup-shaped (or bowl-shaped) containers. One should fit inside the other with ¼ to 1 inch space between them- the height will depend on your preference (This is also a good time to make sure you have enough room in your freezer for these containers)

A candle that is shorter than your chosen container. Tea lights are perfect!

A shallow bowl to hold the water when your ice tube melts

Snow (if you can get it)- amount will vary- If you're able to use snow, you'll need to melt it down first to make sure there's enough water to fill the space between your containers. If there's not snow available, feel free to use water. (If there's only a little snow, you can still add it to your water)

Water – enough to fill the space between your two containers (add some of your moon water if you have any available)

Any of the following:

Cranberries, thin slices of oranges, holly leaves or berries, cinnamon sticks, and/or small gemstones of your choice (clear stones tend to show up best in your holder – quartz, amethyst, citrine, carnelian, etc)

### Instructions:

Set the tone or energy for you and or your family (play music, have wassail, cocoa , cookies, etc.). You want to be in a positive and/or happy mindset before beginning then gather and smudge (or cleanse) all of your items before starting.

Charge your water or snow by putting your hands over it and visualizing a happy and healthy space for you and your loved ones (if you have kiddos, this is a great part where they can help).

Start off pouring the water into the largest container. When half-way full, set the smaller container inside of it.

Add something heavy to the smaller container so it doesn't move or shift around.

Carefully begin to slide bits of the cranberries, small gemstones, holly leaves, etc. into the water. They will shift and slide around, so you might have to get a bit creative. Use the cinnamon sticks, orange slices or holly leaves to hold some of the berries a bit further down in the water. (This makes sure they don't all float to the top and hang out there- although it's perfectly fine if they do)

Carefully put your creation in the freezer and freeze until solid. If you're a perfectionist, you can check it occasionally to “adjust” your leaves, berries, etc but it's not necessary.

After it's frozen, let your creation sit out to thaw just a little bit (it will be easier

to slide it out of the containers – and you don't want it to crack.

In the meantime, have your shallow bowl and candle ready.

When your ice tube easily separates from the containers, place your candle in the shallow bowl, light it and place your ice tube over the candle.

Then, sit back and enjoy that wassail

### Correspondences for your Ice Tube Candle Holder:

**Cranberry:** A Symbol of Purification and Renewal

In various spiritual traditions, cranberries hold symbolic significance as a purifying agent. Native American cultures, for instance, have long revered the cranberry for its cleansing properties. The vibrant red hue of the berries is often associated with the life force and vitality. In spiritual ceremonies, cranberries are used to purify the mind, body, and spirit, fostering a sense of renewal and purification. The small, tart fruit is seen as a representation of the cyclical nature of life, with its bitter taste symbolizing challenges and the potential for sweetness signifying growth and transformation. Cranberries may also be used in spells of love and lust.

**Holly:** A Sacred Symbol of Protection and Immortality

Holly has deep-rooted spiritual symbolism across various cultures, often representing protection and immortality. In Celtic traditions, holly was associated with the Winter Solstice and was believed to have protective qualities. The evergreen nature of holly, retaining its leaves throughout the winter, is seen as a symbol of eternal life. The sharp leaves and vibrant red berries are thought to ward off negative energies and evil spirits. In the Pagan belief system, the Holly King represents the dying of the old year and beginning of the new after his fight with the incoming Oak King. In the song the “Oak and Holly King”, the stanza reads: “Blood red holly berry, blood upon the ground.”

**Pine:** A Sacred Evergreen Symbolizing Resilience and Healing

Pine trees, evergreen and resilient in the face of harsh conditions, hold spiritual significance in many cultures. The use of pine branches in various spiritual practices often represents healing, longevity, and steadfastness. In ancient cultures, pine was associated with gods and goddesses of healing, emphasizing its connection to health and well-being. The aroma of pine is believed to have cleansing properties, clearing negative energies and promoting a sense of balance. The triangular shape of the pine cone is also seen as a symbol of the trinity in certain spiritual traditions, embodying unity and divine presence.

**Harmony and Balance:** The Spiritual Triad of Cranberry, Holly, and Pine

When considered together, cranberry, holly, and pine create a harmonious triad of spiritual significance. The tartness of cranberries symbolizes the challenges in life, the protective nature of holly guards against negativity, and the resilience of pine reflects the enduring spirit. In seasonal celebrations and rituals, these elements are often intertwined to evoke a sense of balance and harmony, emphasizing the cyclical nature of life, the importance of protection, and the enduring spirit of renewal and healing.

## Alcyone and Ceyx By Jill Ann Cooper

Alcyone is one of the seven sisters of Pleiades. She is the daughter of Aeolus who is a Greek God of the wind and also the wife of Ceyx the king of Thrace in Central Greece. Ceyx is also the son of Eosphorus (Morning Star). Ceyx took great care of his subjects and was a loved and respected ruler.

Alcyone and Ceyx had a love so strong that not even death could divide their spirits. The phrase "Halcyon Days" comes from their story. The love that Alcyone and Ceyx had for each other gained the admiration of the Gods and they were married in Thrace.

The pair used to playfully call each other by the names of the gods Zeus and Hera in an admiring and loving fashion. However, this caused the god Zeus to become offended and angry. Bad things began happening in the life of Ceyx. His brother Daedalion died and was transformed into a hawk by the god Apollo.

Ceyx chose to seek out the oracle of Apollo who was in Iona. To do this he had to cross the Aegean sea. Alcyone his wife wasn't happy with this decision and tried to discourage him from this choice. She knew that the winds could get dangerous. Ceyx was saddened by his brother's death and was determined to speak with the oracle. He refused to back down. Alcyone tried to convince Ceyx to take her with him, but he refused because it was too dangerous.

Zeus decided that this was the perfect time to punish the lovers for what he felt was a sacrilege by their using of the gods' names. Zeus created a hurricane while Ceyx was at sea. The ship was thrown around and taken over by the waves of the sea and began to sink.

Ceyx prayed to the Gods to wash his body to shore when he knew that he was dying. He wanted his wife to be able to find him and give him a proper funeral ritual. Eosphorus watched from the skies as his son took his final breath and his father was unable to help him.

At the same time while Ceyx was away Alcyone prayed night and day for the safe return of her husband. Hera the Goddess who Alcyone had been playfully pretending to be previously had been watching everything that was happening this whole time and was greatly moved by Alcyone's love and devotion to her husband.

Hera sent a messenger to inform Alcyone of her husband's death. Morpheus, son of Hypnos, appeared in Alcyone's dream and informed her of the tragedy of her husband's death and where his body was on the shore. Alcyone rushed to the sea to find her husband.

Alcyone found her husband's body on the shore and performed the rights for his death. She was very depressed and tore at her clothes in despair. She could no longer live her life if she had to live without her husband. She threw herself into the sea to drown, determined to meet with her love in the kingdom of the dead.

The Gods, even Zeus were profoundly moved by the love that Alcyone had for her husband Ceyx. Zeus decided to transform the couple into a pair of Halcyon birds. Their love defeated death itself.

This is why the phrase "Halcyon Days" comes from the love story of Alcyone and Ceyx. According to tradition, for 2 weeks every January Aeolus, father of Alcyone calms the winds so that Alcyone in the form of a Halcyon bird can create her nests on the beach and lay her eggs. Halcyon Days is a term that represents times of great peace and love..



## Moon Correspondences

### Oak Moon

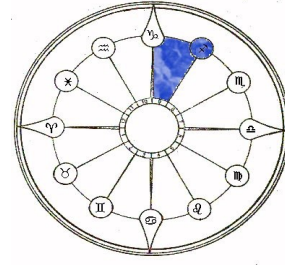


<b>Other Names:</b>	Aerra Geola (Month before Yule), Big Winter Moon, Cold Moon, Heilagmanoth (Holy Month), Long Night's Moon, Moon of Long Nights, Moon of Popping Trees, Wintermonat (Winter Month), Wolf Moon	<b>Basic Energy:</b>	Emotions
<b>Nature Spirits:</b>	Snow Faeries, Storm Faeries, Winter Tree Faeries	<b>Rules:</b>	Woman, cycles, birth, generation, inspiration, poetry, emotions, travel (especially by water), the sea and tides, fertility, rain, intuition, psychic ability, secrets, dreams, the Mother, growth, fulfillment, sexuality, maturation, nurturing, love.
<b>Herbs:</b>	English Ivy, Fir, Holly, Mistletoe	<b>Day:</b>	Monday
<b>Colors:</b>	Black, Blood Red, White, Green, Violet	<b>Element:</b>	Water
<b>Plants:</b>	Adder's Tongue, Almond, Aloe, Banana, Bladderwrack, Cabbage, Calamus, Camellia, Chamomile, Chickweed, Club Moss, Cucumber, Gardenia, Grape, Hazel, Honesty, Irish Moss, Jasmine, Job's Tears, Lemon Balm, Lettuce, Lily, Loosestrife, Lotus, Mallow, Meadowrue, Melons, Moonwort, Mushrooms, Myrtle, Opium Poppy, Poppy, Potato, Pumpkin, Purslane, Sea Holly, Seaweed, Turnip, Watercress, Wild Rose, Willow, Wintergreen	<b>Metal:</b>	Silver
<b>Flowers:</b>	Christmas Cactus, Holly, Poinsettia	<b>Zodiac Sign:</b>	Cancer
<b>Scents:</b>	Camphor, Coconut, Eucalyptus, Frankincense, Ginseng, Jasmine, Lemon Balm, Lilac, Myrrh, Myrtle, Patchouli, Poppy, Rose, Rose Geranium, Sandalwood, Violet	<b>Tone:</b>	Ti
<b>Stones:</b>	Aquamarine, Beryl, Chalcedony, Jacinth, Moonstone, Mother of Pearl, Pearl, Peridot, Quartz, Rock Crystals, Sapphire, Selenite, Serpentine,	<b>Letter:</b>	S
<b>Trees:</b>	Almond, Fir, Hazel, Holly, Pine, Willow	<b>Number:</b>	3 or 9
<b>Animals:</b>	Bear, Deer, Horse, Mouse	<b>Cabbalistic Sphere:</b>	9 Yesod—Foundation
<b>Birds:</b>	Robin, Rook, Snowy Owl	<b>Angel:</b>	Gabriel
<b>Deities:</b>	Athene, Atlas, Diana, Fates, Hathor, Hecate, Ixchel, Khonsu, Mari, Minerva, Neith, Norns, Osiris, Sin	<b><u>Planetary Hours (Sunrise)</u></b>	
<b>Power Flow:</b>	To endure, die, be reborn; Earth tides turning. Darkness, Personal alchemy. Spiritual paths. Reach out to friends and family, the lonely and needy. Childbearing, dreams, healing, memory, theft, virginity.	Planetary Hour(s)	Day:
		6	Sunday
		1 and 8	Monday
		3 and 10	Tuesday
		2 and 9	Wednesday
		6	Thursday
		5 and 12	Friday
		2 and 9	Saturday
		<b><u>Planetary Hours (Sunset)</u></b>	
		Planetary Hour(s):	Day:
		6	Sunday
		3 and 10	Monday
		7	Tuesday
		4 and 11	Wednesday
		1 and 8	Thursday
		5 and 12	Friday
		2 and 9	Saturday

## Astrology

By

Edward Sott



### 9Th House ~ Religion ~

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

**Sign:** Sagittarius  
**Dates:** November 22—December 21  
**Ruler:** Jupiter  
**Element:** Fire  
**Quality:** Mutable  
**Gender:** Masculine  
**Body Parts:** Hips, Thighs, Liver  
**Key Word:** "I See"  
**Colors:** Dark Blue, Purple  
**Tarot:** Hermit, Hierophant, World  
**Archangel:** Sachiel

**Birth Stones:** Amethyst, Sugilite  
**Babylonian Name:** Ninurta  
**Meaning:** The God of War  
**Sumerian Month:** Kislimu  
**Meaning:** The God Enurta

**Gems:** Alabaster, Amethyst, Argentite, Avogadrite, Azeztulite, Azulicite, Azurite, Azurite-Malachite, Azurite-Malachite-Chrysocolla, Basinite, Bat Cave Jasper, Black Opal, Black Sapphire, Blue Coral, Blue Lace Agate, Blue Quartz, Blue Topaz, Botryoidal Black Agate, Brandtite, Bunsenite, Carnigorm, Cassiterite, Catlinite, Cacoenite, Chalcedony, Charoite, Chevron Amethyst, Chlorite, Chrysolite, Colorless Spinel, Cookeite, Copper, Corundum, Covellite, Danalite, Dark Blue Spinel, Dioptase, Dudasite, Eilat stone, Electric-Blue Obsidian, Epistilbite, Erionite, Euclase, Eulite, Fire Opal, Freibergite, Ganophyllite, Garnet, Gauderite, Gehlenite, Genthelvitite, Gold Sheen Obsidian, Golden Topaz, Green Opal, Herkimer Diamond, Heulandite, Holdenite, Honduran Opal, Hypersthene, Idocrase, Ilmenite, Indigo Sapphire, Iolite, Iris Agate, Ivory, Labradorite, Lapis Lazuli, Lazulite, Lazurite, Leaverite, Leidocrocite, Malachite, Maganosite, Meteorite, Mohawkite, Moldavite, Mult-colored Topaz, Nuummit, Obsidian, Ocho, Okenite, Olivine, Owyheeite, Palladium, Papagoyite, Peridot, Petoskey stone, Picasso Stone, Pink Opal, Pink tourmaline, Pipestone, Plume Agate, Powellite, Psilomelane, Pyromorphite, Quartz, Purple-Sheen Obsidian, Red and Black Obsidian, Red, Black and Snowflake Obsidian, Rhodochrosite, Rhyolite, Richterite, Rubellite Tourmaline, Ruby, Rutilated Topaz, Sainfeldite, Sapphire, Senarmonite, Serefinia, Shattuckite, Silver

Sheen Obsidian, Smokey Quartz, Snowflake obsidian, Soapstone, sodalite, sonolite, Spectrolite, Sphene, Spinel, Star Sapphire, Steatite, Stinking Water Plume Agate, Strengite, Sugilite, Tanzanite, Thaumassite, Thoreaulite, Tin, Tinstone, Topaz, Tripliodite, Tsavorite, Turquoise, Williamsite, Woodward Ranch Plume Agate, Wulfenite, Zeolite, Zircon, Zuniyite.



#### Meanings :

Philosophy, Religion, Law, Travel, Exploration, Research, Foreign Lands or People, Higher Education, Publishing

**Attributes:** Intellectual, Explorative, Researching, Wide Ranging, Far Reaching, Freedom, Fun Loving, Sporty, Travelers, Religious, Moral, Deceitful, Exaggerative, Boastful, Braggart, Self-Centered Great Sense of Humor, Jovial, Vindictive, Hold Grudges, Happy-go-lucky, Spontaneous.

## Jupiter Correspondences

Compiled by Edward Sott

<b>Rules:</b>	Leadership, politics, power, honor, royalty, public acclaim, responsibility, wealth, business, success
<b>Day</b>	Thursday
<b>Magickal Purposes</b>	Clothing, desires, legal matters, oaths and treaties, prosperity and riches
<b>Element</b>	Air Fire
<b>Color</b>	Deep Blue, Royal Purple
<b>Signs of the Zodiac</b>	Sagittarius
<b>Tone</b>	So, A
<b>Letter</b>	D
<b>Number</b>	5 or 4
<b>Metal</b>	Tin
<b>Jewel</b>	Amethyst, chrysolite, sapphire, turquoise, lapis lazuli
<b>Cabalistic</b>	4 Chesed~Mercy
<b>Angel</b>	Tzadkiel
<b>Incense</b>	Aloes, Balm, Cedar, Nutmeg, Oakmoss
<b>Plants</b>	Agrimony, anise, ash, balm, betony, black cohosh, blood root, borage, chestnut, cinquefoil, clover, dandelion, dock, endive, fig, honeysuckle, horse chestnut, houseleek, hyssop, juniper berries, linden, liverwort, maple, meadowsweet, mint, mistletoe, nutmeg, oak, olive, sage, sarsaparilla, sassafras, star anise, sweetgrass, witchgrass, wood betony
<b>Tree</b>	Oak, Olive, Terebinth
<b>Animal</b>	Unicorn, Centaur
<b>Goddess</b>	Isis, Hera, Juno, Themis
<b>Gods</b>	Bel, Eurymedon, Jupiter, Marduk, Thor, Zeus.

**Naming System for the Lunar Months****Celtic Tree—Lunar Calender****Beith** — Birch**Luis** — Rowan**Nion** — Ash**Fearn**— Alder**Saille**— Willow**Huath**— Hawthorn**Duir**— Oak**Tinne**— Holly**Coll**— Hazel**Muin**— Vine**Gort**— Ivy**Ngetal**— Reed**Ruis**— Elder**Appalachian Folklore Moon Names**

Snow Moon

Seed Moon

Budding Moon

Leaf Moon

Blossom Moon

Strawberry Moon

Oak Moon

Blackberry Moon

Corn Moon

Vine/Thistle Moon

Apple/Pear Moon

Blood Moon

Holly or Blue Moon

**New England Folklore Moon Names**

Wolf Moon

Snow Moon

Worm Moon

Pink Moon

Flower Moon

Strawberry Moon

Buck/Hot Moon

Green Corn/Barley Moon

Water Moon

Harvest Moon

Hunter's Moon

Beaver Moon

Cold Moon

**Native American (N. East) Moon Names**

Snow Moon

Hunger Moon

Crow Moon

Egg Moon

Planting Moon

Flower Moon

Storm Moon

Ripe Moon

Cherry Moon

Dying Grass Moon

Hunting Moon

Frost Moon

Sleep Moon

**Old Norse Runic Half Months****Eoh**— Yew**Elhaz**— Elk**Tyr**—Pillar**Ehwaz**—Horse**Lagu**—Sweet Waters**Odal**— Home**Feoh**— Prosperity**Thorn**— Defense**Rad**—Motion**Gyfu**— Gift**Hagal**—Confinement**Is**— Static**Peorth**—Womb**Sigel**—Sun**Beorc**—Birch**Man**—Humanity**Ing**— Waxing Energy**Dag**— Daylight**Ur**—Strength**As**— Divinity**Ken**— Illumination**Wyn**— Joyfulness**Nyd**— Necessity**Jara**— Eternal**American Wiccan or Eclectic Wiccan Calendar****Beginning with the cycle nearest Yule**

Wolf Moon

Storm Moon

Chaste/Virgin Moon

Seed Moon

Hare Moon

Dyad Moon

Meade/Ale Moon

Wort Moon

Barley/Wine Moon

Blood Moon

Snow Moon

Oak Moon

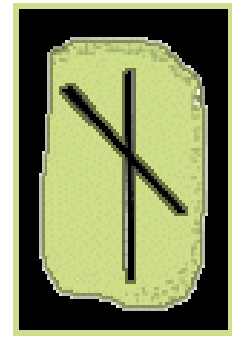
Blue Moon (a Variable)

**NAUTHIZ****(now-these)**

<b>Sound:</b>	“N”
<b>Depiction:</b>	The two sticks (bow and bore) coming together to kindle the need-fire.
<b>Original Meaning:</b>	The Need-Fire, which burns even through the darkest of times, and the darkness, representing the future, which normally remains hidden.
<b>Key Words:</b>	Need, help, resistance, deliverance from distress, love, passion, shadow self
<b>Tree:</b>	Beech
<b>Herb:</b>	Bistort
<b>Gemstone:</b>	Hematite, Obsidian, Onyx, Smoky-Quartz
<b>Color:</b>	Black
<b>Runic Half-Month:</b>	November 13—November 28
<b>Hours of the Day:</b>	9:30 pm— 10:30 pm
<b>Other Names:</b>	Germanic: <i>Noicz (Nauthiz)</i> Norse: <i>Naud, Naudr</i> Anglo-Saxon: <i>Nied (Nyd)</i> Icelandic: <i>Naud</i> Norwegian: <i>Naudr, Naud</i>
<b>God/Goddess:</b>	Skuld
<b>Power Animals:</b>	Wolf, Dragon, Hound, Fox, Squirrel, Spider, Cuckoo, Serpent, Crow, Donkey, Firefly, Flea, Meerkat, Moth.
<b>Element:</b>	Fire
<b>Numerological Value:</b>	“10”
<b>Astrology:</b>	Capricorn
<b>Tarot:</b>	The Fool

**Magickal Qualities:**

- ◇ Protects
- ◇ Helps you make better choices
- ◇ Assists with Divination
- ◇ Increases powers of clairvoyance
- ◇ Meets and works with your spirit guides and power animals
- ◇ Understands your needs and desires
- ◇ Fuels your magickal patterns
- ◇ Overcomes psychological obstacles (i.e. bad habits)

**Galdr Song:**

Naudhiz, Naudhiz, Naudhiz  
 N n n n n n n n n  
 Nu na ni ne no  
 Nudh nadh nidh nedh nodh  
 Nut nat nit net not  
 Un an in en on  
 N n n n n n n n n

**Ogham – Bethlusian:**

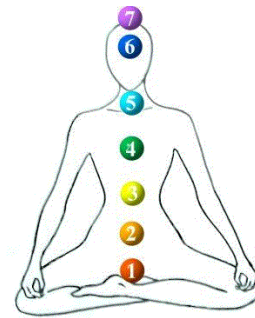
Nin (pr. *Nyin*)

**Quatrain:**

No prize in beauty high than the sky  
 Wider than the spear can shoot or the seer can scry  
 The fork that wefts the web can straighter grow,  
 Than any weaving woven here below.

## Understanding the Chakras

By  
Edward Sott



**Chakras** (UK: /ˈtʃʌkrəz/, US: /ˈtʃɑːkrəz/ *CHUK-rəz*, *CHAH-kraz*; Sanskrit: चक्र, romanized: *caKra*, lit. 'wheel, circle'; Pali: cakka) are various focal points used in a variety of ancient meditation practices, collectively denominated as Tantra, or the esoteric or inner traditions of Hinduism.

The concept of the chakra has its roots in the earlier traditions of Hinduism. They are both meditative and also considered to be physical manifestations of the human body. Several Vedic and Ayurvedic healing practices utilize various techniques to control the flow of energy through these centers to enhance the balance of ones Auric Energy. Some techniques include Kundalini Yoga, breathing exercises, visualization, mudras, bandhas, kriyas, and mantras.

The Modern Western Chakra System arose from multiple sources, with their origin beginning in the 1880's with H.P. Blavatsky and other theosophists. They incorporated a wide range of correspondences with other systems such as: alchemy, astrology, gemstones, homeopathy, qabalah, and Tarot.

In the correspondence table below we're going to look at each individual chakra and combine both eastern and western philosophies, and beliefs. In this article were going to begin with the Root or Base Chakra. Also known as the Muladhara Chakra.

### The Svadhithana

Or

### The Sacral Chakra

<b>Color:</b>	Orange	<b>Metal:</b>	Iron
<b>Sanskrit:</b>	Svadhithana (One's Own Place)	<b>Stones:</b>	Apache Tears, Aragonite, Astrophyllite, Black Jade, Black Phantom Quartz, Blizzard Stone, Bloodstone, Blue Jasper, Brazilianite, Brown and Black Opal, Carnelian, Cassiterite, Celestial Quartz, Chrysanthemum Stone, Cinnabar, Citrine, Clear Calcite, Clear Quartz, Copper, Covellite, Cryolite, Cuprite, Dendritic Agate, Dolomite, Epidote, Fancy Jasper, Fire Agate, Fire Opal, Flint, Fluorite, Fulgurite, Garnet, Gel Lithium Silica, Goethite, Gold, Halite, Healer's Gold, Hollandite Quartz, Infinite Stone, Iolite-Sunstone, Jasper, Jet, Kyanite, Labradorite, Lepidolite, Libyan Gold Tektite, Lilac Lepidolite, Lithium Quartz, Magnetite, Mahogany Obsidian, Marcasite, Moldavite, Nebula Stone, Niobium, Nirvana Quartz, Orange Calcite, Orange Carnelian, Purple Sage Agate, Rainforest Jasper, Red Aventurine, Red Jasper, Rhodonite, Russian Red Quartz, Rutilated Quartz, Rutile, Scapolite, Serpentine, Shaman Stone, Shiva Lingam, Sichuan Quartz, Silver, Smithsonite, Spessartine Garnet, Spinel, Stibnite, Sunstone, Tangerine Quartz, Tektite, Thulite, Tibetan Black Quartz, Tiger's Eye, Tiger Iron, Titanium, Topaz, Unakite Jasper, Vanadinite, Vesuvianite, White Precious Opal, Wulfenite, Zincite, Zircon.
<b>Association:</b>	Purification, joy, receptivity to nature, feminine energy, immunity from disease. Located around pelvis.	<b>Essential Oils:</b>	Amyris, Angelica Root, Aniseed, Balsam, Black Pepper, Black Pepper, Black Pine, Black Spruce, Caraway, Cardamom, Carrot, Cistus (Rock Rose), Citronella, Clary Sage, Clove Bud, Coriander, Dill, Eucalyptus, Fennel, Geranium, German Chamomile, Ginger, Grapefruit, Hemlock, Honey Myrtle, Jasmine, Laurel Leaf, Lavender, Lemon, Lime, Linden Blossom, Myrrh, Myrtle, Neroli, Niaouli, Orange, Oregano, Palo Santo, Patchouli, Roman Chamomile, Rosalina, Rose, Rosemary, Sage, Sandalwood, Scotch Pine, Spike Lavender, Spikenard, Star Anise, Tagetes, Tangerine, Tea Tree, Thyme, Tuberosa, Turmeric, Vanilla, Vetiver, White Sage, White Spruce, Ylang Ylang
<b>Body Areas:</b>	Pelvis, kidneys, production of adrenaline, womb, bladder, and the liquids of the body—blood, lymph, gastric juices and sperm. Ovaries, Testes—Reproductive System		
<b>Location:</b>	Over the pelvis, a couple of inches below the navel.		
<b>Emotional:</b>	Breaks down barriers, helps in cases of mental breakdown, depression, rape, divorce and accidents. Best color for dealing with grief, loss, or shock. Helps to eliminate fear.		
<b>Affirmation:</b>	I Feel		
<b>Number:</b>	2		
<b>Energy/Emotion:</b>	Sexuality, Creativity		
<b>Petals:</b>	Six		
<b>Chanting Sound:</b>	Yam		
<b>Note:</b>	D		
<b>Tone:</b>	OOO		
<b>Element:</b>	Water		
<b>Planet:</b>	Mars		

## Just the Elements— Air

By Patricia Telesco

The Wiccan tradition recognizes five Elements that work together in the world and within you, namely Earth, Air, Fire, Water, and Spirit (or Aether). Each element has specific vibrational patterns that you can use in your magical efforts.

In the ritual circle, the Air Element resides in the East. It is the vital breath within you and the Universe. Unlike the Earth Element, which is fixed in nature, Air moves. It dances through the world, manifesting as everything from a gentle breeze to an all-out tempest. It is good to remember that when you work with an Element, it can sometimes be unpredictable. So, learn about each way in which you may encounter Air's mystical powers.

Some of the keynote vibrational signatures for Air include creativity, keen-mindedness, communication, divination, happiness, and clear perceptions.

### The Four Winds

It is impossible to understand the Air Element without also understanding the four winds that reside in the four corners of creation. Beginning in the East, where the Air Element is most powerful, these winds bring inspiration and offer a fresh start. Work with the Eastern Wind when you're in a rut and need to get moving again.

The South Wind contains the energy of Fire. When you turn toward the South Wind, focus on transformation and action. Then, moving westward, we reach the Element of Water. The West wind builds community and brings you into closer touch with your emotions. Work with this wind when you need greater self-understanding.

Finally, we come to the North Wind and the Earth Element. Earth is grounding, practical, and growth-oriented. Work with the North Wind for wisdom, balance, and recovery.

### Greek Insights

Great minds around the world meditated about and studied the Air Element. Studying some of these beliefs, you can come to a greater appreciation of the way in which the Elements have touched the people the world over.

For the Greeks, Air had two specific realms, one being the earth's atmosphere and the other residing high above the clouds. It's interesting to note the higher realm was called Aether, and they believed it was here that celestial spheres came into being. For Wiccans, this translates into Spirit.

Sacred Geometry uses the octahedron as the Air Symbol. The idea was to represent Air as hovering somewhere between fire and water in Alchemical philosophy. Don't be fooled. Greeks loved making things sound complex. Really, it boils down to understanding that the Air Element can work with both Fire and Water, and it can also create a bridge between them. You can use this awareness when creating Elemental spells.

*Tip: In your daily practice, Air characterizes your faith. You know it's there, resonating deep within, but it cannot be seen. It is also a powerful tool for transitions. You can try to fight the wind, or you can put it at your back and sail boldly forward.*

### Air Correspondences

Nearly everything in the world and the sky above has been catalogued and evaluated. Over time, those evaluations and observations turned into correspondence lists. What's fun about these correlations, is that they give you a lot of flexibility in the way you set up your altar, work your spells, and enact rituals.

Say for example, you didn't have a feather to represent Air. You could substitute anything associated with the element, such as a citrine crystal.

## Colors

Because Air is invisible to us, Generally, very pale colors on see-through fabric are a good choice. The other most common colors used for symbolizing Air are white and yellow.

Metaphysically, white is the color of purity, honesty, accord, virtue, and new beginnings. When Witches visualize healing or energizing light, the color is white

On a personal level, when you find yourself attracted to white, it usually happens when changes occur. Something ends or begins. During your white "season" you will find you want your life orderly and clean. You treat finances prudently and measure your choices carefully.

Yellow is upbeat, embodying the energies of Spring. When you draw yellow into your auric atmosphere, it creates peace and centering. When you find yourself attracted to yellow, you are entering a time of joy in which you think and act rationally.

Yellow stresses independence, stellar communication, confidence, charm, and curiosity. You may also find yourself engaged in a field of study and becoming quite the bookworm. Also, you avoid chaos like the plague.

When you have to make a fast choice, highlight the area in which you spend most of your time with yellow.

### Crystals, Plants & Animals

Crystals come in handy for your altar. Stones that correlate with Air improve lucidity and inspire visions. Stones include Diamond, Labradorite, Blue Aventurine, Topaz, Moonstone, and Zircon.

As you might expect, the Air Element embraces most winged creatures. Some of the strongest connections with Air include bees, butterflies, hawks, hummingbirds, eagles, and owls.

In terms of plants, think of those that are moved by the Wind. Examples include Birch, Pansy, Primrose, and Lemongrass.

### Metaphysical Insights

When you talk to wise people, they will tell you Air is a masculine Element. Wiccans often use a wand to represent the Air because it comes from a tree, which is constantly in communication with the Air. Some traditions use a sword instead because its swift movement lets us hear the Air, even though we cannot see it.

If you wish to work with Devas, the Air Element is your go-to. Devas fly on the winds. They are creatures of intuition. You will find them at the boundaries of your normal senses. Besides helping you contact these entities, the Air Element can help with finding and understanding ghosts and spirits.

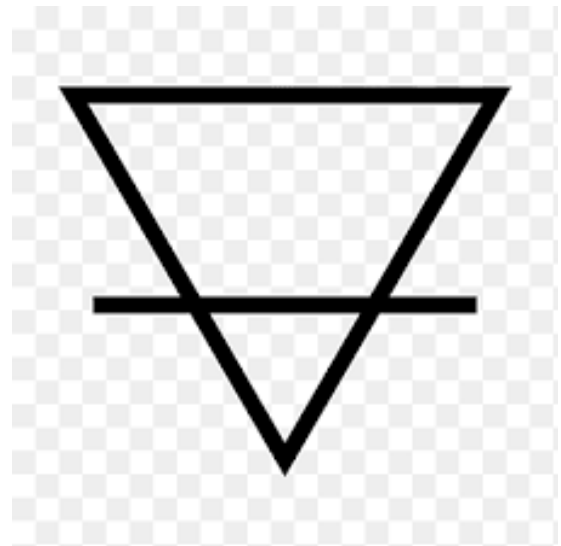
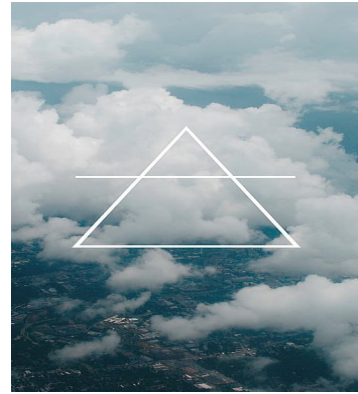
### The Air Element In Tarot.

In the Tarot, Air (or wind) correlates to the Suit of Swords. This suit talks about epiphanies, inspiration, and organization. When these cards come up, its time to tidy up so positive Chi flows through your home. Swords also gently remind us that all words and deeds have two edges.

## Elemental Table of Correspondences

### AIR

<b>Direction:</b>	East		
<b>Rules:</b>	The mind, all mental, intuitive and psychic work, knowledge, abstract learning, theory, windswept hills, plains, windy beaches, high mountain peaks high towers, wind and breath.		
<b>Time:</b>	Dawn		
<b>Season:</b>	Spring		
<b>Colors:</b>	White, Bright yellow, crimson, blue-white, pastels.	<b>Incense:</b>	Galbanum, Frankincense
<b>Zodiac Signs:</b>	Gemini, Libra, Aquarius	<b>Plants:</b>	Frankincense, Myrrh, Pansy, Primrose, Vervain, Violet, Yarrow
<b>Magickal Tools:</b>	<i>Athame</i> , Sword, censer, wand, dagger, incense, creative visualization.	<b>Tree:</b>	Aspen
<b>Rulers:</b>	Sylphs, Zephyrs and Faeries who inhabit the world of the winds, breezes and mountains.	<b>Animals:</b>	Birds, especially the eagle, and the hawk, in sects.
<b>King:</b>	Paralda	<b>Goddesses:</b>	Aradia, Arianrhod, Cardea, Nuit, Urania
<b>Supreme Elemental King:</b>	Tahoelroj	<b>Gods:</b>	Enlil, Khephera, Mercury, Shu, Thoth
<b>Demon King:</b>	Orions	<b>Ritual Work:</b>	Dawn, sunrise, spring, knowledge, inspiration, hearing, harmony, herbal knowledge, plant growth, intellect, thought, ideas, travel, freedom, revealing the truth, finding lost things, movement, psychic abilities.
<b>Archangel:</b>	Raphael		
<b>Angel:</b>	Michael		
<b>Name of the East Wind:</b>	Eurus		
<b>Sense:</b>	Smell		
<b>Property:</b>	Hot and moist		
<b>Plane:</b>	Mental		
<b>Tattvas:</b>	Vayu, blue circle		
<b>Qabalistic World:</b>	Yetzirah; Formative world		
<b>Attracted by:</b>	Oils and incenses		
<b>Symbols:</b>	Sky, winds, breezes, clouds, the breath, vibrations.		
<b>Stones:</b>	Amber, Amethyst, Aquamarine, Aventurine, Azurite, Beryl, Blue Lace Carnelian, Chalcopyrite, Chrysocolla, Chrysoprased, Citrine, Dimond, Fluorite, Hematite, Jasper (mottled), Kyanite, Lazurite, Mica, Moldavite, Opal, Pearl, Pumice, Sapphire, Silver, Snow Quartz, Sodalite, Sphene, Topaz (Blue), Tourmaline (Blue), Turquoise (blue). Vivianite.		



## Seshat's 'Sink or Swim' Review

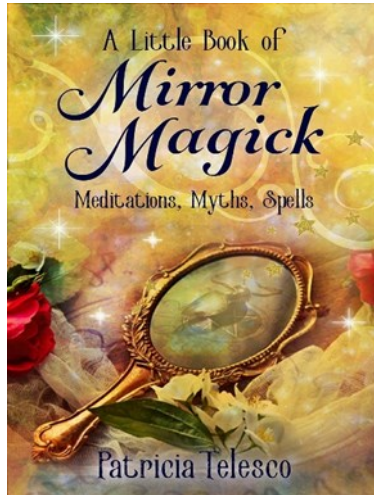
### A Little Book of Mirror Magick: Meditations, Myths,

#### Spells

Author: Patricia Telesco

Publisher: The Crossing Press,  
ISBN: 1-58091-144-7  
Publication Date: February 25, 2003

Price: \$4.95 206 Pages



*I was so excited to learn that Patricia Telesco was invited to write an article for Today's Witch! I mentioned to our Editor just a couple of months ago that I wanted to review this book for this edition, because it is a perfect fit for the season.*

*As it turns out it was a wonderful coincidence!*

*The winter season invites us to reflect, meditate on self-care, have warm and cozy get togethers with friends and family, lighting candles, incense, reading with a flavorful brew, and it also begs for ritual.*

*I enjoy working with my Magic Mirror, during the Season of the Witch.*

*It's dark in the temple, just the glow of two candles, and the thickness of the air is pregnant with visions and incense. My Hindu Magic Mirror rests on the table, and as I look deeply into the pitch blackness, I begin to feel like I am falling into the void, then I see some milky white wisps of smoke that lifts me up, it's amazing!*

*Soon I see an Angel in the mirror. I will begin with my usual questions. And it prophesizes my future and mission. Holy Moly!*

*I also craft **De Laurence's Hindu Magic Mirror**, and other Mirrors. Each develops their own personalities and with every brush stroke of lacquer I apply a prayer is sealed. The black mirror is a powerful divination and visioning tool, revered for centuries. It can penetrate the veil between worlds, communicate with Angels, Spirits, Scrying to other lands, and remotely viewing pastor current friends and family. Mirror gazing, or scrying is unprecedented in its power and versatility. The Magic mirror is a necessary tool for Occult Ritualists.*

*Honestly, I did not have high expectations for this book, but it was a fair price and it looked interesting.*

*There I go reading a book by its cover, my bad! I was blown away with how knowledgeable and through Ms. Telesco is in her research, and her passion for magic draws the reader in, allowing you to resolve old fears and give the mirror a chance to see the multidimensional reality you live in. I am now a big fan!*

*A Little Book of Magick has all of this and more. Telesco is brilliant, her stories and quick bites of information about history, use, suggestions, all in a positive energetic vibe, and her genuine wisdom covers scrying, divining, meditations, Feng Shui, crafting your own mirror, spells, and rituals!*

*I really enjoyed reading this book and I highly recommend adding it to your collection and trying some of her methods. Beginners and Adepts will both love Telesco's style. Her suggested techniques are simple and easy, to follow, and they are sure to work. This book is a definite **swim**, a value, and a treasure of information and a great resource about a fantastic magickal tool.*

*Reverend Seshat Aubi, Is a Ceremonial Magician and Priestess of the Order of Melchizedek, Magi and Adeptus of the Fraternitas Rosea Cruces, Hermetic Order of the Golden Dawn, Lady Knight Apprentice of the Rose Cross, and former member of Builders of the Adytum and other esoteric fraternal orders for over 30years. Soror Seshat has published work in the Pendle Craft Magazine, Circle of the Sisterhood, and content for other websites. Soror Seshat Aubi is also the Inventor and Founder of R.O.T.A. Magic Wand LLC, an electromagnetic induction wand for Theurgy, Healing, Meditation, and Magick.*



## Fairies

By Jill Ann Cooper

There are many types of fairies.

You may notice that you'll hear the word fairies and you'll also hear the word fae.

So what is the difference between these two words and their meaning?

Fairy is a word which originates from the word "faerie" in the French language. The Fae or Fae Folk are fairies as a whole. There are many types of fairies and they come from the other world. They like to blend in with the forest and often wear colorful clothes, usually browns and greens.

Many times when you're walking in a forest you will see trees that are in a circle or mushrooms in a circle or flowers in a circle. Whenever you notice a formation like this in nature usually you have come upon a fairy circle. A fairy circle is a magical place. Once you step inside a fairy circle you have stepped inside the world of the fairies and there you can make contact with these adorable and beautiful creatures.

There are many different types and sizes of fairies and we pagans and witches have always had a special connection to them even though the theories have been demonized in other belief systems. In fact they can be quite loving and helpful when you're somebody who connects to them.

While there are many different classifications of fairies I am only going to pick out a few of my favorites. If you are enjoying learning about fairies you can always Google more information to enrich your knowledge with the many varieties and types of fairies that do exist.

The first classification of fairies that I would like to talk about are the Pixies because they are my favorite. Pixies are generally small around 4 inches in size or smaller and they have small butterfly-like wings not quite as big as their body. Pixies do not look like humans and they generally have different types of colored hair and skin. Pixies have pointed ears and even though they're said not to wear clothes they often wear pointed hats.

Often it is said that Pixies are pranksters they like to play tricks on people and then laugh after they watch their tricks succeed. Personally I find them to be quite adorable indeed. Even though they are mischievous I don't believe their intention is to hurt anyone ever. I believe they just find it funny to pull small, harmless pranks on others.

Brownies tend to reside in the homes of people they find deserving. They are usually thought to be human sized however others believe them to be between 1 and 2 ft tall in more recent theories. They are male creatures some say that they are brown skinned and covered in hair. There are people who say that Scottish immigrants brought the brownies with them to America because brownies are thought to have come from Scotland. Brownies are very helpful with household chores and are

thought to be most helpful with women and their household chores.

Finally, we are going to discuss the Elves. Elves are often described to be beautiful and Youthful. Normally elves live in forests and other natural places like natural springs or underground. Elf plural are commonly called Elven. It is said that elves live on fruits and grains and that they are normally around 5 ft tall and 100 pounds Jolly little round people. Well some say that elves have thousands of years, there are many that say that they live to around 700 to 750 years and they claim adulthood around 100 years old.

There are some who claim elves to be evil and dark just like many theories are looked at by those who are afraid of anything different. However, there are also many of us who understand elves to be happy, amused, round, little people who love nature and are just curious amused creatures existing among us.

If you would like to know any more about pixies, brownies or elves or any of the very many categories of fairies that there are, take some time and do your research. Once you begin interest in the Fairy Realm or the Fae world and you begin to look for these beautiful little creatures (at least in my experience) I can say you will open yourself up to a world of wonder and magic.

Remember to always do your research on your own because you will discover everything you're meant to know when you search for your knowledge with an open heart and an open mind. Blessed Be.



**Enchanted Diaspora**  
By  
**Roderick Edwards**

Before the Bocanachs and the Bananachs and the Great War of Álfheimr we gathered; peri, nymphs, and faeries and all. We knew that it was coming. The humans were coming. They not only would fight and kill each other, but would eventually destroy our world too. We saw this coming and had a plan to save our race.

Elida was the one that spoke up first. She would not be silent no matter how much the Dokkalfar objected. The Dokkalfar, as you know joined with the humans later, so it is no wonder they didn't want us to leave.

Me? I am no one special. It is my job to chronicle our history. Sure, I add a little bit of excitement here and there but don't doubt my sincerity.

"In three nights time we depart. I will not beg any of you to come along. We all know what I've seen of the future is true," implored Elida from atop the Speaking Rock.

Many within the circle of words shouted, "Hear! Hear!" but a few turned their backs and fluttered their wings in disagreement. But just as she said, after three days and on the third night, the flock of faeries gathered by the inlet. From the inlet comes the river and from the river comes the sea and from the sea? Well, no one knows what's beyond the sea.

Elida stood at the stern then flew to the bow to insure all were safely aboard. This is the ship made by the master crafter, Naiad. The hull is stained with the sacrifices of fireflies so that it may light the way in the darkness to come.

Elida, made one more appeal to those standing on the shore. "Come, Come aboard. We go to our lives to live free from care and harm!" But once again they turned their backs and fluttered their wings so that the sound of it might have been enough to alert others of this night escape.

"Push off! Push off quick!" shouted Elida to the punter as he stuck the quant pole into the mud and shoved the little ship away from the bank.

This was the night of the gibbous moon so that navigation was easy. Out they went from the inlet. Out they went into the river. Its current much rougher than Elida had anticipated. It tossed them to and fro yet they fretted not and instead sang songs of serenity, calming all aboard.

Up and up then down and down they went. Bobbing with each swelling and retreating wave as the wind increased behind them. They would either speedily make it to the sea or be torn asunder before their journey begins. But just then, when it could

not get any worse, it did. A log loosed from the shore and wedged over the waterway. The current crashed against them and into the obstacle over and over. They cried out with one voice, "Save us Elida! Save us!" She tried and tried but was not strong enough to move the log, nor any that would help her. Her wings now too wet to move, it seemed hopeless. Then I, the chronicler had an idea. "When we cannot move the unmoveable then we should move". Okay, that is one of those parts I said I add to make the story more exciting. Yet, someone did come up with the plan, though I do not know who. All the winged ones joined in. Some at the port and some starboard with hands holding all they lifted the little ship up and over the log and dropped it on the other side.

"Already we have proven our course. We have made our lives worthwhile. Not before our enemies nor our friends but to ourselves and that is enough", was the speech Elida gave afterwards, and that much is true.

The evening returned to the routine. Some still singing. Some snoring but sometimes it was difficult to tell which was which. The little ship sailed smoothly towards the open sea. The moon waning and waking a new day.

END

**BIO:**

*Roderick Edwards is an established multi-genre author with over twenty books available in paperback, ebook, hardcover, and audiobook formats. His perspective on life and all of the topics upon which he writes are influenced by his adoptee status and being reunited with his biological family at age fifty. This perspective has caused an outsiders view of the wider world.*

Further interaction at <https://rodericke.com>



## Terry Riley Founding High Priest of Southern Delta Church of Wicca.

Welcome to Iowa Pagan News, your informative internet radio station catering to all pagans worldwide. We are dedicated to bringing you the very best in music, news, events, and lots of fun stuff. Come tune in to our new podcast at [www.plrln.podbean.com](http://www.plrln.podbean.com). Now here's your host, Earl Silverwolf Williams.

Earl: Good afternoon, everyone. Welcome back to another edition of Pagan Artist Spotlight on the National Pagan Network. And this afternoon we are joined, as always, by a special guest, Edward Sott, who is the publisher of the newest magazine, *Today's Witch*. And then also our special guest, Reverend Terry Riley from the Southern Delta ATC.

Welcome there, Terry. Thanks for coming on. We appreciate it.

Terry-I'm glad to be here.

Earl-All right, Ed. Seeing as you're the one that came up with this, you start us off here. Go ahead.

Ed-Terry, I'm going to ask you a few questions about the Southern Delta, when it was formed and so forth. If you want to start with a little bit of history on the church.

Terry-Okay. The Southern Delta Church of Wicca was established in January of 1994. That's when we got incorporated with the state of Little Rock. We've been a part of the Aquarian Tabernacle Church since 1993. I think I hooked up with Pete Davis and the ATC, right after I had the March. And he ordained me and something like September of 93 and initiated me.

We've been working in and started out in Jonesboro, Arkansas. Right now, we're in Lake City, Arkansas. In a little subdivision of that town. We've been operating here for 30 years. That's our basic history. We've got about 350 members on the books.

Thank the goddess they don't all show up at a circle because I don't have enough room for them all. But that's the way churches go! You know how pagans are like herding cats. You know, you'll have 20 show up for a circle and then next time you'll have 100. You just never know how it's going to work out.

We've been promoting the religion of Wicca and we offer classes. All open sabbats, all open new moons and full moons in person. We do a weekly devotional ritual for those that can't come out for the moons and stuff. We were one of the old witches that do the new moons and the full moons on the actual day of, you know, we will sometimes push our sabbats closer to the closest weekend, except for Samhain. That's always got to be done on the 31st.

Ed-Do you guys practice a specific Wiccan tradition?

Terry-No, we're an eclectic church. Yeah, we do some rituals and sometimes we just do it according to generalized Wicca. I hate to use that terminology, but there's only three deities in Wicca, God, goddess, and spirit.

And you can call them all-father, all-mother, Or great-mother, great-father and spirit, or you can add pantheons. You know, from different cultures and stuff. A lot of times we'll do the eclectic thing and just call on God and the goddess and the spirit. Other times we'll do Greek pantheons, we'll do Egyptian pantheons, Celtic, you know, whatever the flavor we fill in at that night stuff.

We honor all traditions. They're all equally valid. You know we've got a multitude of people coming to our church. We have some Celts follow the Celtic tradition. We got a couple of Buddhists that come to our church. And we even got a few Christians that show up every now and again, just because they like us, which is unusual.



Earl-Oh, yeah, that's a little bit unusual. Cause you know,

Ed-I think it's awesome that you're, you're basically unified all within all the pagan community within your tradition to bring it together where there's no one tradition overriding another one. I think that's an awesome, an awesome concept.

Terry-Yeah, yeah. Our, our basic philosophy that I teach our clergy and I tell them, so when people come through our door, we need to get to the point to where we can minister to them and our job as clergy is to help them get into a closer communion with their concept of their deity, not the churches, not mine, because Wicca is basically an individualized religion.

Everybody has a different way of worshiping their gods within themselves and in their own private thing. And our job as clergy, we're going to be eclectic is to facilitate a closer communion with their idea of their deity, no matter what deity that is. Yeah, that's a lot. We work from that point of view.

Ed-So basically your concept and your idea is similar to mine in a lot of ways. I have a belief in the aspect of, we use the god, goddess consciousness as an archetypal principle. That there is a defined creative force, but there is no defining that. Because it's infinite and you can't put finite limits on the same. Yeah. So, I guess we share similar views on that.

Terry-Yeah, similar views. I mean, I tell everybody I'm an initiated Wiccan. I'm an ordained Wiccan priest. I'm an initiated Druid. The Druid philosophy is all gods and goddesses of all pantheons are aspects of the one true spirit. So, you know, they're all equal and valid.

Ed-Next question I have for you Terry; I know over the course of the many of the 30 years you've seen your ups and downs within the church and the community you lived in. I remember even going back a little bit before when you had your store and everything and you actually were attacked by the community in Jonesboro for having a pagan store in the middle of the Bible Belt, basically. I do remember the march on Fort God.

Terry-Yeah. Got the video on our website, uh, our church YouTube channel, if you want to look at it.

Ed-But one of the things that I've noticed is you're doing something that most people are not in the pagan community. And I'm really pleased to announce that you've done this.

You've actually united your own community, with a food bank that you're offering this to the general public entirely. Letting them know that us pagans are not, are not the enemy, we're not the, you know, the burn them at the stake thing, that we're humanists, we're spiritualists.

Stuff like that and I really appreciate it. I want you to expand a little bit on what gave you the idea of doing that and how you came about that because I think it's awesome.

Terry-Well started about 3 years ago. My grandkids go to grade school here in Lake City and I was over there talking to the grade school principal and I just happened to ask uh how many children in the school are on free lunches. She said about two thirds. Now, Lake City is a small community. There's only about, you know, a little over 2200 people in town.

I got to thinking about that and I thought, well, two thirds of the children in the school are on free lunches. That means that they're coming from families that are probably low income and came up with the idea of starting a community garden.

We took part of our parking lot and plowed it under and started growing vegetables, and then we gave them away and put up a vegetable stand. The people can just come by if you were in need to go ahead and come by and get the food. Well, it took a while, but the people gradually started coming to the vegetable stand.

I said, well they don't want to come in, you know, at this particular time. I know, I know how people are, you know, they're unsure about who we are and what we're about. So I erected a sign, saying free produce. Just come by and get it that way. They didn't have to talk to anybody. They just come by and get their bags and fill it up.

Well, that started working. So, well, we wanted to expand that because we got about 40 to 50 people a month coming to our vegetable stand and then last year more and more people were really appreciative in our community of that vegetable stand. We applied for a government grant from the Department of Agriculture.

We were accepted! The grant was for 300,000 to expand an existing community garden and a food pantry. And we had just started the food pantry hooked up with the Northeast Arkansas Food Bank because we're 501 C3 and got registered with them. We started getting groceries. And I think we pay something like 14 cents a pound for the food, and then they give us a lot of free food.

We opened up the pantry and from that time on with the money... It's a three year grant, we're still into the grant right now. We purchased property next door that was for sale to expand our community garden, and another property that has a building on it, a house.

That's a one bedroom house with a kitchen and everything, and we're going to move and expand the food pantry into that building because right now we're working out of a 12 by 12 building that I built. As of this date, I just checked with my coordinator, my food coordinator, we're feeding over 700 people a month through our food pantry right now.

When we expand that. Over the next two years, we hope to be reaching around 4,000, not only in Lake City, but we have people coming from different counties and different cities now, so we can expand. That's what I told them in the grant, that we can expand it to where we're feeding 4,000 people, because we're in the area where we're in rural Arkansas.

There's no grocery stores unless you drive 15 or 10, 20 miles. So we're kind of like a food island. You know, we're the only pantry here and the people in Lake City and the surrounding areas are really appreciative of that. I mean, they've been supporting us. They'll even bring food that they have extra to put in the pantry and donate it to us.

Now they're coming over and helping clean up the parking lot and stuff like that. So it's been a real community venture, you know, brings the community together. When, when people find out.

Ed-By you doing this, you've unified the community and got more community involvement in this project and everything, which I think it's absolutely fabulous.

You know, I can't say anything more except I'm proud to know that we finally have pagans out there who are showing another side of us that needs to be presented because too many people have been in the shadows for so many years.

Are you getting any donations and everything coming in from grocery stores and stuff like that within the neighboring communities and stuff. How did you go about and how (has been) your reception there?

Terry-Oh, it's been really well. I mean, we had two grocery stores last summer that were donating the excess that they had.

And I was fortunate, one of our church members worked in the local grocery store and she handled the produce. It was automatic, you know, anything extra they had, she called us and we went and picked it up. We've had a good response for that. But going back to what you were saying earlier.

People have, once you get out into your communities, if you're a church or a coven, and you start working, building within that community, people's perceptions of you change. I had a guy and his wife come up the other day and said, he's carrying his groceries out of the pantry, and he looked at me and said, you know, "a lot of people in this town have got y'all stereotyped."

I said, "yeah, I know!" And he goes, "No, seriously. A lot of people have got you stereotyped in this town." I said, "you know what? I found out though?" He said, "what's that?" "When people are hungry, they don't care about stereotypes." and he goes, "oh boy. You got that right." And he went out and got in his car. I said, when they're hungry, they don't care about stereotypes.

Ed- I think it's a very honorable thing you're doing an excellent thing you're doing. I wish more of us would do this in the community itself because in our pagan community, if we could get more involvement and actually be involved in the community you're in, it sheds a better light on us and who we are.

Terry-And it changes people's opinion because right after we started doing this, you know, we got the Home Depot deal years ago. And we started building people's, you know, Home Depot would give us stuff for every month. And we started putting up storm doors and storm windows for the elderly and low income people in Lake City.

People saw us doing that, and then we started the pantry. And five years ago, the City of Lake City asked us if we wanted to put a float in the annual Christmas parade. And I said, yeah. And we won first place that first year. And we won second place and another first place last year. We've done it five years in a row.

And at first people didn't know how to take that. But now when we get our float out there and we're going through the parade, we'll go around the corner and the people gather by the old school and they go, here come the Wiccans. Here come the Wiccans! They get excited and then we all meet down at the firehouse. They give out hot dogs and trophies and everybody treats us just like everybody else out there now.

Ed-Well, I'm going to sit there and say, to make it kind of a PSA here, a public service announcement here. On behalf of the magazine that (one) tries to encourage more pagans to go out there if you have a church. If you, and I think you'll agree with me on this, Terry, if you have a church, if you have a coven, volunteer your time and services to the local food banks, to the local soup kitchens. Do not make it a matter of religion or anything else. That's the one key thing. Don't make it a matter of religion. That's what I think Terry, you and I probably totally agree with.

Terry-Oh yeah. Because a lot of the churches that are in the bigger towns, you go to their food pantry, they want you to come to one of their sermons or come to church, but we've had people say that.

We try to not be derogatory and be open about what we're doing. People, We get some people on our Facebook group for our pantry, they get on there and defend to say, look, these people are the nicest when you go in there, all they do is you gotta sign your name saying you're getting that food. They don't bring up religion. They said they just give you the food because you're needing it. Said leave the witches alone. They're doing good work.

Ed-Right.

Earl-And I'll add to this, I'll actually add to this. When I was in Minnesota, there was a small group up in Northwest Minnesota and the local pagan group up there, they would work with the local nuns to do the community meals together. And it made news. It was very well done. I was very proud of that. I was surprised by it, but I was very happy to see that.

Terry-Yeah, we've had, in the past 2 years, we've had the local TV stations here and in Little Rock come out and do stories on our food pantry and stuff because we're Pagans, you know, and it's been positive stories and that helped us get the word out and stuff. The times they are changing, still have a lot of work to do. You know, there's still a lot of people out there that, you know, have misconceptions and stuff, but Hey, we're working on it, we're making change happen.

Ed-Do you see in the future, other than the offering, uh, offering the food bank, do you see in the future for, for yourself, maybe offering a soup kitchen as well, possibly?

Terry-I don't know about a soup kitchen because then you get into health regulations and stuff with a, you know, the health, but, but I have looked into getting other grants, you know, because if you're a 501 C3, there's a lot of grants out there. You can apply to the government for, but all the money has to go into community projects.

I have looked into applying for a grant after we get done with this one for community housing, low income housing. You can get a grant if you're a church and purchase apartments and stuff with that grant money and then rent them out to low income families. Now, there's a lot of people around here that are homeless. You know, even in our small town.

Ed-Yeah. And that's what I was thinking about to help the homeless community a little more than that to try to help

Terry-and they got a bunch of grants out there that are available for tax exempt churches that you can do just that. You know, what we did, we just applied for the grant. Didn't know if we'd get it or not and 3 months later said you've been approved. I said, okay, great. Yeah.

Ed-You know, I'm very proud to, to see that, you know your work and what you're doing. Terry is very, very much there. It shows what we are. You know? Yeah. All of us just have one tenant in common. Right. And that is, and harming none and do what you will as our tenant is. Right. Or do unto others as you would have done unto you. Or treat others as you would wish to be treated. You know, it's all the same. The golden rule is the one tenet that sticks with all religions.

Terry-And they all promote the same thing. I love consciousness. If we just started caring about one another and helping one another, you know then the world would be a much nicer place to live in.

Ed-And I think that's one thing we have to keep in mind. Right. It's when we're presenting ourselves, remember, as Wiccans and that we have to remember that one part of the Rede. Right. And harden unto what you will. Proceed, do unto others as you would have done to you. You know, treat everybody equally and fairly. Fairly take, fairly give. That's another part of the Rede that people need to remember.

Terry-I mean, you know, and it's simple things. We went to the world parliament of religions in August this year, because me and Ivy Moon, my high priestess at the time, offered us to do a workshop at the World Parliament of Religions. We went up there and done it, and it was on how to create a community garden and start a food pantry, you know, and it was well received, and every religion that was represented at the World Parliament of Religions was focused on the same thing, helping your fellow human beings that are in need.

And we were real well received at world parliament, even though, and there was a lot of pagans represented there and we had a circle out there and there was probably, I'd say about 300 of us out there that circled one night on the, on the steps of the, of the world parliament of religion. So, you know, paganism and Wicca is the fastest growing religions in the United States.

And the more we get out there and the more we put ourselves available to who we are and what we are, the more people who's going to be attracted to the faith.

Ed-Since there's more people going to be accepting of us. Exactly. Instead of stereotyping and the negative aspects that we've had over the course of the many years.

Terry-Oh, yeah. Oh, yeah.

Ed-You know, I want to see, like I said, what you're, what you're doing is, I'm proud to say thank you.

Terry-Thank you for, you know, giving me a chance to even talk about it here on your show and everything. I mean, what you're doing is amazing. Yeah.

Ed-And like I said, with the whole aspect of like what we're trying to do and what we're trying to present ourselves, this is what you're, setting an example, Terry, and you're setting a really good one. You know, and I hope other people in our community start following your lead and your example on this and start doing some of the things that you're doing.

Terry-Well, it's not that it's not, I'm not saying that it's easy. You know, but it is possible and, you know, if you care about people, I was listening at the food bank that had a conference up here. They invited us to instruct the world, church leaders on how to feed the hungry and how to help people. And there was a little black minister up there from Ohio, and he was talking about things that I firmly believe in.

He said, what you need to understand is you're a minister of any faith. He goes, and if you don't care about people, and your church is not working in the community then you need to get out of the business. Yeah, you got to care about people and you got to get out there and help those people if you do those 2 things. Then you're, you're definitely a clergy, you know, you're working out.

Earl-That's very true. All right, gentlemen, we're going to take a quick time out for station break. And, uh, we'll be back more with, uh, Terry Riley from the Southern Delta working church.

Earl-All right, we are back with Terry Riley. And we've been enjoying this conversation because Terry, I have to also give you credit because what you're doing down there is just fantastic for the community. And like what Ed said. I'm really hoping that others will see this. And also, try to do the same thing, what you're doing.

Terry-Well, you don't have to be on that big of a scale either. I mean, you know, I'm, I'm teaching all my people in the church and everybody around here. I said, look, if you're living in an apartment and you got a little bitty, small back porch, you can grow a bunch of tomato plants in five gallon buckets, and then you can take that and take it down to your local food pantry and donate it there. I mean, everything contributes to the better good on the spot. You know, if you only have a little bit of area to do some planning and you want to do it, go ahead and do it because it's going to be appreciated.

Yeah, you know, and anything you can do help your local food pantries. I've even, you know, worked with the Salvation Army, because to me, it doesn't matter who gets the credit. What matters is the people get what they need and they get the help that they need. You know, right now.

Ed-Oh yeah, exactly. It's not an ego thing. When you're doing it, you're doing it for the benefit of helping society. Doing and living the ways of the craft. Which to begin with is supposed to be living (in harmony) within nature and our human race itself. And you know, if you're going to practice, if you're going to legitimately practice the craft, then legitimately practice the craft, help other people too. Fairly taken, fairly good and treat everybody with the same kindness and respect that you would expect from them. That sets the example.

Terry-I agree. Now, you know, that's not to say that you're going to be a doormat and let everybody walk all over you. We're not saying I'm not saying that and I don't think you are either. However, if you generally care about people, automatically you're sending out an energy field of that emotion, and people are going to receive that deep within their subconscious mind.

They may not even know why they like you because you are a witch, or whatever. But they feel that. If you're sending out that true vibration and going out in the goodness of your heart with the right intent, then you're going to have nothing but success. You know, what goes around comes around. Now, if you happen to be attacked like I was in '93, and since then, you have to stand your ground.

I mean, you know, I do agree with the Wiccan rede, and it harm, none do what I wilt, unless it be in self defense of thy life. That's another part of the rede. Well, my life is my physical life, my mental life, my emotional life. And my spiritual life. I will defend that if I'm attacked. We're not saying that you have to be, you know, a doormat.

I mean, you stand up for what's right. But if you're generally trying to help people, there's less tendency they're going to attack you if they can see it. You're not what they thought you were and all those misconceptions and those stereotypes just start being stripped away and they see you as a person in your own community that lives, breathes, works and dies and helps that community.

Then they, what they say is, you know, I may not agree with their religion, but they have a place here. Because they're helping the community. They don't have to agree with your religion. They just got to look at you as a human being like everybody else.

Ed-And like I said, this is an excellent way to present a good face for our community as a whole as well. Also in your own community outside of here. People have too many stigmatizations, too many stereotypes about witches.

Terry-Yeah, they do. And to this day, they still do.

Ed-However, it's also the most growing religion out there right now. Right. It's paganism. People are turning more towards it because of the fact they're turning more towards spirituality as opposed to religion.

Terry-I read an article about two years ago where it says that the pagans and the study that they did was paganism and Wicca, outnumber the Presbyterians in numbers. I think we outnumber them over a little over a hundred thousand now in the United States. We're growing! We remember back in the nineties, the original first growth progress between 92 and. everything else that we went through. We go through spurts, grow spurts, if you will.

In the community. I know that, I mean, and we, you and I have seen it, you know, being. We've been around...

Terry-Don't tell him how old we are now. We're all just we've been around. We've been around the block for a few years.

Terry: Yeah. Let's go with that. That's good. We'll leave it at that.

Ed-Yeah. And uh you know, paganism is growing and expanding because people are tired of the stigma of not just the dogmatism. and the total domination of religion anymore and I recognize that the pagans are free thinkers and free religion type people. We are, you know, as long as you follow a certain path, you don't have to follow my path.

You don't have to follow your path, right? But as long as you follow a spiritual path towards enlightenment, you're good to go.

Terry-You know, Henry David Thoreau once said that "most men live quiet lives of desperation." Yeah. And the reason for that is they have no purpose. Their life has no meaning.

Most people go to work, they don't live their lives and they live up to this working, trying to get the things, trying to get the American dream, trying to get this, and then they die. And then, uh, after a few generations, they're forgotten. Well, I decided years and years ago that I wasn't going to live like that.

I felt that, you know, why, why am I here? There's got to be more to life than just going to work, paying your bills and living a, well, that kind of life, you know, and when I found Wicca and I found the gods. Now, my life has a purpose. It had meaning and I wake up every morning now excited because we got a pantry.

We just had to go get the load for the food pantry from the food bank today. I was excited about that. I'm excited about the pantry being open tomorrow and the people coming in and getting the food. I'm excited. My life has a purpose out beyond it. The mundane, you know, I feel like I'm being, my life is, is meaning something more than just ordinary.

Ed-In my experience too, it's been similar. You know, I did the same thing. I got taught, you know, the mundane run around, do the same thing over and over again, and then go, what is my purpose? I mean, I had a test of faith. I remember I shared this story with you years ago. But I had a test of faith where I took my rat tail necklace and ripped it off my neck and threw it and turned around and said to the goddess, what is my purpose?

And I heard one answer, teach. So now look at what I'm doing with my magazine and everything. It's a tool for learning and a tool for, you know, growth and understanding and teaching, you know, so each of us do have a divine purpose underneath the god and goddess and all it takes is for us to ask for that purpose and we will get an answer.

Terry-Yeah. You know what? Is it a coincidence, Ed, that your name is Ed and what's that? Is it a coincidence that your name is Ed? And you're a teacher of spirituality. You're a teacher. And the Latin word for knowledge is ed-educate.

Ed-But, you know, so this is what I'm saying. If you asked for it, believe me, the God and goddess will answer.

Terry-Now, a lot of times, you may not like that answer because your ego won't understand it at the time. When I said, hey, back in 93, I'm going to stand up for paganism. I'm going to stand up for Wicca against this oppression and this, discrimination. And, when I topped that hill during the march, I saw 5,000 people blocking the road with a wooden cross, and the police had to get out of their cars and line up on both sides of us and lock arms so we could pierce that crowd.

I turned to my fellow marchers and went, you know, we might have taken this a bit far, but we kept marching. Sometimes you have to! The meaning of courage is not never being afraid. The meaning of courage is when you're scared to death, you do it anyway, you just keep going.

Ed-Well, you know the funny thing is know, to will, to dare, to be silent. Yeah. And you know the witches pyramid. And you know, it makes sense in life. You know, you need all four of those elements and all four of those aspects of the pyramid to evolve.

Terry-Oh yeah, it's the only, you know, it's the spell of making.

Ed-You have to know when to be silent, and that's when you open yourself to the other senses. And learn. You have to know when to know. And that's when you use the actual senses you have, the five physical senses you have in order to think. I remember our little, uh, lesson on that. With the, with the sound lesson, that was awesome. Oh yeah. Remember when we had everybody open their eyes first and close their eyes afterwards and do that?

That was a great lesson. And then you have, of course, to will, which is one of the things that a lot of us, a lot of us are, is we use our wills. This is to get things done. You have to will your way into getting things done, you know, all the paperwork you need to fill out, make sure that you can get all the things.

That's where the action takes place and to dare and challenge is the challenge part of it, right? It's what obstacles are going to come into your thing and whether you react and fear, which is an acronym, by the way, it means either fuck everything and run, future events appearing real, or face everything and recover.

Terry-False evidence appearing real. Yeah, that's what I found out to be. So many times, you know, you're faced with challenges in life. You know, my teacher told me years ago, I was complaining to him. I said, man, I said, I have so many problems in my life right now. I said, this is happening, that's happening.

And he looked at me. He said, well, Terry, he said, your challenges are there to help you grow. I said, yeah, but I've got so many. He goes, then be thankful. I said, for what? He goes, that means you're growing rapidly. Screw you. But he was right. He was right. But you have a lot of challenges. I mean, I don't know if most of your viewers know or not.

I mean, I went through a big challenge in May of this year. You know, I had a quadruple bypass surgery and two spots of cancer found on my lungs and stuff, but I went through that challenge. And it was tough. I'm fine now, you know, I don't have any signs of cancer that was all cut out and the heart's doing great and everything.

But when I woke up in the ICU and they got me back in my room. Now, my chest is all, you know, I got the scars and stuff like that. I was laying there in my bed all by myself. Nobody's in there and I'm sitting there thinking, why am I supposed to learn from this? You know, yeah. And then this little phrase came into my head that I read years ago in a book called Illusions by Richard Bach.

And it was, here's a little test to find out if your last mission on Earth is finished or not. If you're alive. It's not. I went, well, I guess I got more to do. The gods have plans for me. I am thankful for that. So, I just get on moving, y'all. Yeah.

Ed-Well, like I said, uh it's good. Really good. It's been really good. I think we need to cut this off. Like I said, this interview was for the magazine too so we can have a discussion with you and put it in the magazine. Um I thank you for your time, Terry. All right. Thank you for the interview. It's always a pleasure, as you know.

Terry-I've had a ball, guys. I love it. I love both of you, too.

So, blessed be.

Ed-And I look forward, I look forward to coming back to Arkansas and paying you a visit again.

Terry-Come on now. feed you some beans and taters and cornbread. Yeah, I look forward to that in the future.

Earl-All right. All right, Terry. Thank you for coming on. Do appreciate you! You still have a lot more to do yet. Because Terry and I were talking, before we came on live, he's not quite in the shape to do it, what was it?

Terry-Yeah, I'm almost ready to do my cartwheels again. Yep...

Earl- Yeah, anyway, here we go. Alright, Terry, thanks for coming. You've been listening to another edition, taking an Artist Spotlight on the National Pagan Network. And as always, if you've got, uh, if you'd like to reach out to us.

Reach out to me directly at [PaganArtistSpotlight@gmail.com](mailto:PaganArtistSpotlight@gmail.com). You can also get through to Terry, through Southern Delta Church. You can find him on Facebook. You can also get through to Terry on his Facebook page as well. If you'd like more information on the food pantry and what he's doing for the community down there.

With that being said, I'm going to say pleasant journeys to everyone. Thank you for coming in and tuning in and being a part of Pagan Artist Spotlight on a regular basis. Have a great day all and we're going to be out of here for the day.

**Yule Poem**  
**By Jill Cooper**

Glistening soft snow falling everywhere  
 Glittering snowflakes caught in your hair  
 Cuddling under covers inside  
 warmth without care  
 while the chill of old Frosty  
 is waiting out there

Cailleach Odin and Frigga  
 Invite us to have hope  
 to enjoy this short season  
 without reason to grope

tasty squash meat and berries increase our desire  
 to feast with each other and  
 dance by the fire

A sparkle of magic in each child's eyes  
 Forgetting the summer and the fireflies  
 Young ones listening to family telling stories of old  
 Cozy in their homes keeping out of the cold

Alcyone and Ceyx remind us that soon  
 Nature will return By the Light of the Moon  
 until then we'll enjoy Classic festive Tunes  
 and decorated trees in the coziest rooms

These memories we make with our loved ones around  
 As the carolers walk by with the most pleasant sounds  
 And each little town with its sparkling lights  
 Fill our hearts with joy and our Spirits Delight

Remembering the ones who were with us before  
 As we know they're around us  
 And are forevermore  
 we make our new memories  
 this season again  
 Tis the time to be merry  
 and fill faces with grins

**THE COLD WITHIN**

Six men trapped by happenstance  
 In dark and bitter cold.  
 Each one possessed a stick of wood,  
 Or so the story's told.

Their dying fire in need of logs  
 The first man held his back,  
 For on the faces around the fire  
 He noticed one was black.

The next man looking 'cross the way  
 Saw one not of his church,  
 And couldn't bring himself to give  
 The fire his stick of birch.

The third one sat in tattered clothes.  
 He gave his coat a hitch.  
 Why should his fire be put to use  
 To warm the idle rich?

The rich man just sat back and thought  
 Of the wealth he had in store.  
 And how to keep what he had earned  
 From the lazy, shiftless poor.

The black man's face bespoke revenge  
 As the fire passed from site.  
 For all he saw in his stick of wood  
 Was a chance to spite the white.

The last man of this forlorn group  
 Did naught except for gain.  
 Giving only to those who gave  
 Was how he played the game.

The logs held tight in death's still hands  
 Was proof of human sin.  
 They didn't die from the cold without,  
 They died from cold within.

Author Unknown



## Puzzle 2. ZODIAC SCRAMBLE AND MATCH

SIGN	HOUSE	RULES
RCPRICNOA	1 <sup>ST</sup> HOUSE	LOVERS
QUIAIRSU	2 <sup>ND</sup> HOUSE	EMPLOYMENT
ELO	3 <sup>RD</sup> HOUSE	LEGACIES
RVIIOG	4 <sup>TH</sup> HOUSE	RELIGION
BLIAR	5 <sup>TH</sup> HOUSE	CAREER
TSGITARUS	6 <sup>TH</sup> HOUSE	PERSONALITY
CNERCA	7 <sup>TH</sup> HOUSE	FRIENDS
SPCISE	8 <sup>TH</sup> HOUSE	COMMUNICATIONS
PCOIRSI	9 <sup>TH</sup> HOUSE	PARTNERSHIPS
RSIAE	10 <sup>TH</sup> HOUSE	HOMES
MGNEINI	11 <sup>TH</sup> HOUSE	KARMA
RSATUAU	12 <sup>TH</sup> HOUSE	POSSESSIONS



## A Dictionary of Pagan Terms - A WORDS

**Absolute:** A perfumery products produced by solvent extraction. This is a complicated process entailing, several stages, which eventuate in the production of the absolute. Jasmine absolute is one form. Compare with **Otto**.

**Adept:** Person working within a mystical tradition who has gained power and insight through various levels of initiation and self development. This person is believed to be wise and knowledgeable beyond the human norm, and is often regarded as a teacher figure.

**Air:** One of the four elements taught in Medieval Alchemy, Sylphs are considered air spirits and the astrological signs of Libra, Gemini, and Aquarius are considered governed by this element. Air is traditionally represented in the Eastern portion of Magickal rituals – sometimes by feathers, incense, or fans. The element itself may be employed as a component for Magick dealing with change, movement, the mind, intuition, and learning. <sup>2</sup>In many Wiccan traditions, the element corresponding to the East, the color light blue, mind, intellect and imagination.

**Akasha:** The fifth element, the omnipresent spiritual power that permeates the universe. It is related to outer space, inner space, the unmanifest, and the life force. *See also Elements.* <sup>2</sup>It is the energy out of which the Elements formed.

**Akashic Principle:** The all pervading spiritual ‘ether’, usually envisaged as violet in color.

**Akashic Record:** In *Esoteric thought*, a storehouse that exists beyond time and space that contain information on all things that have occurred, and all that will occur, in the universe. <sup>2</sup>The ‘recordings’ left in the Akasha by every event. Advanced occultists develop the gift of retrieving past events by ‘reading the Akashic Records’.

**Alexandrians:** Witches initiated by (or stemming from those initiated by) Alex and Maxine Sanders. An offshoot of Gardnerian witchcraft, though founded independently.

**Alchemy:** A medieval forerunners of chemistry concerned with the transmutation of base metals into gold, but also a symbolic process of spiritual transformation of the self. <sup>(2)</sup> A branch of High Magick developed in the Middle Ages that sought to magickally and/or chemically turn base metals into gold. Part of its focus was the elevation of the human soul to a more God-like existence through the role of creation. Alchemists have always referred to the practice of their tradition as "The Great Work." Alchemy is also a branch of High or Ceremonial Magick in which the elements and spirits are manipulated to do the will of the magician.

**Alignment/Attunement:** The art and practice of placing our spiritual and mental selves in sync with the energies of an astronomical event (i.e.; a full moon) or another being (i.e.; a God or Goddess.) This can be achieved through mental exercises, evocation, invocation, or ritual.

**Altar:** Central area of a ritual space, for most religions. The tools of that faith, which are used for ritual are placed upon it. Often symbols of the God/Deess and other important icons of the religion are on the altar. <sup>2</sup> A flat surface holding ritual tools and symbols. In many Magickal traditions, it is placed in the East; others prefer it in the North or Center.

**Altered State of Consciousness:** *see Meditation.*

**Amulet:** <sup>1</sup>A magically empowered object that deflects energies; a protective object, often worn or carried. *See also Talisman.* <sup>2</sup>A small object, worn or carried on a person, believed to act in a protective manner for its carrier. Stones, a rabbit’s foot, astrological symbols, St. Christopher medals, and the Abracadabra's of the Gnostics are examples of amulets. They symbolic nature of an item may lend itself to the final application of the amulet. For example, the paw of a sure-footed animal might be kept as an amulet against falling, or the feather of an owl displayed as an amulet of wisdom. Amulets tend to give the wearer a mental sense of well-being, and when given as a gift is a means of showing concern for safety and welfare. <sup>3</sup> A charm worn or carried to ward off evil. <sup>(4)</sup> A magickly **Charged** object which deflects specific, usually negative energies. Generally a protective object. (Compare with **Talisman**). <sup>(5)</sup> An object worn as a protective charm against evil. <sup>(6)</sup> A natural object worn or carried for its protective powers; e.g., a seashell, stone, seed or animal claw. <sup>(6)</sup> A natural object that is reputed to give protection to the carrier. Amulets are such things as stones or fossils and are not to be confused with human-made talismans.

**Anaphrodisiac:** A substance, such as camphor, which lessens sexual arousal.

**Ancestral Line:** The means by which family patterns and beliefs are inherited from previous generations.

**Angelic Realm:** The energetic level where angels are said to live.

**Anima:** The buried feminine elements in a man’s psyche.

**Animism:** The belief that natural objects, and Nature itself, is alive and conscious; or the belief that an immaterial force animates the universe. Many witches are comfortable with this theory.

**Animus:** The buried masculine elements in a woman’s psyche.

**Ankh:** The *crux ansata* or looped cross, Egyptian hieroglyph for ‘life’. Widely used as an occult symbol for the Life Principle.

**Aphrodisiac:** A substance (such as an essential oil) which produces sexual arousal within its user.

**Aradia:** Widely used Wiccan name for the Goddess, derived from the Tuscan witches’ usage as recorded in C. G. Leland’s *Aradia: the Gospel of the Witches*.

**Arcana, Major and Minor:** The seventy-eight cards of the Tarot (q.v.) deck. The Major Arcana are the twenty-two ‘trumps’; the Minor Arcana are the fourteen cards of each of the four suits. The word Arcana means ‘mysteries’ (literally ‘closed things’).

## A Dictionary of Pagan Terms (continued). A. WORDS

**Archetype:** A common image or original models of experience found in the subconscious or collective unconscious which relates to humanity's basic emotions and states throughout the various phases of living. Tarot card images portray archetypes. The major arcana of the Tarot are believed to be paradigms of existence, personality types, and encounter. <sup>2</sup>In Jungian theory, universally meaningful symbolic images and ideas that emerge from the collective unconscious. Archetypes transcend time, culture and heredity, although they may vary in detail from one individual to another. <sup>3</sup>Fundamental elements of the Collective Unconscious which determine our patterns of thinking and behavior, but which can never be directly defined – only approximately, through symbols. (4) Universal symbols, defined by Funk and Wagnalls as a "standard pattern" or a "prototype." Archetypal symbols speak to all of us in the ecumenical language of the subconscious. They are the images that cloud our dreams, the inherent powers of our deities, and the machinery that makes all forms of divination possible. Archetypal images are used heavily throughout path-working, for this is the only language our subconscious (sometimes called our superconscious or deep mind) can understand and utilize, and with which it communicates back to our conscious minds.

**Ardaynes:** See "*Laws of Witchcraft*."

**Arianrhod:** A Welsh Goddess-name much used by witches. The name means 'Silver Wheel', referring to the circumpolar stars – also known as Caer Arianrhod (the Castle of Arianrhod), symbolic of the resting place of souls between incarnations.

**Aromatherapy:** The use of the healing properties of true **essential oils**. Conventional Aromatherapy utilizes massage with diluted essential oils to correct imbalances in bodily energy and to directly treat existent conditions stemming from disordered physical, mental and emotional states. It is a non-magickal practice.

**Ascended Masters:** Highly evolved spiritual beings who may or may not previously have been incarnated, who guide the spiritual evolution of the earth. People on earth whom seek to raise their spiritual and physical vibrations are embarking on the *Ascension Process*.

**Aspect:** A form, facet, or persona of Deity. A manifestation of the Goddess or God having its own name, appearance, qualities, attributes, and mythology. For example, Persephone, Kore and Artemis are maiden aspects of the Goddess, Helios, Ra and Apollo are solar aspects of the God. (2) The particular principle or part of the Creative Life Force being worked with or acknowledged at any one time. For example, Brigid is a Mother aspect of the one Goddess, Thor is one aspect of the God, and both are merely single aspects of the Creative Life Force. (3) The relationship between any two planets as calculated on a conceptualized, earth-centered, horoscope drawing on the heavens at any given moment. The number of degrees separating the planets determines how they aid or contradict each other's influences.

**Asperge:** Sprinkling water or wine around the circumference of a circle to bless or purify the area. May also be done on objects and people for the same purpose.

**Asperger:** A bundle of fresh herbs or a perforated object used to sprinkle water during or preceding *Ritual*, for purificatory purposes. <sup>2</sup>A ritual tool used to sprinkle water for purification purposes. It can be a crafted artifact or something as simple as a pinecone or a twig with leaves and needles.

**Astral Body:** The psychic 'double' of the physical body, consisting of substance more tenuous than matter, but grosser than mind or spirit. (See also *Etheric*).

**Astral Plane:** The level of reality intermediate between the physical and the mental. It is the level of the emotions and instincts. (2) A place which is generally conceptualized as an invisible parallel world that remains unseen from our solid world form. The vast majority of Pagans believe this plane can be entered, with practice, through conscious effort.

**Astral Projection:** The act of separating the consciousness from the physical body and moving it about at will. <sup>2</sup>The transferring of consciousness from the physical to the astral body, so that one perceives and moves about on the astral plane while the physical body remains inert. It may be involuntary or deliberate. (3) The art of "leaving one's body", or "lucid dreaming", whereby someone in a trance state visits other locations, realms or times. This is often referred to as traveling on the astral plane, a place generally conceptualized as an invisible world parallel to our world of form.

**Astral Travel:** The soul is able to leave the physical body behind and travel to distant locations. Also known as *Out of Body Experience*, or *Soul Journeying*.

**Astrology:** One of the most popular forms of divination, astrology centers around the belief that certain celestial bodies influence human life, and that the cosmic situations at the time of a person's birth can act as a prediction of their future personality. Originally a means of mapping out the earth for travelers, it dates clearly back to the Babylonians. <sup>2</sup>A system of divination based on the interpretation of celestial configurations. (3) The study of and belief in the effects the movements and placements of planets and other heavenly bodies have on the lives and behavior of human beings.

**Athame:** (*a-THA-may*) The ritual dagger used in Wiccan ritual. It is the most personal tool of the priest/ess, usually used only by the owner. Traditionally, it has a double-edged blade and a black handle. Symbolizes the masculine aspect. <sup>2</sup>The ritual dagger of Witches used in ceremony, an Athame is usually black handled and double edged. The two edges represent the balance in all things. The blade itself is sometimes etched with Magickal symbols which have personal meanings for the user. <sup>3</sup>A Wiccan ritual knife. It usually has a double-edged blade and a black handle. The Athame is used to direct *personal power* during *ritual* workings. It is seldom (if ever) used for actual, physical cutting. The term is of obscure origin, has many variant spellings among Wiccans, and an even greater variety of pronunciations. American East-Coast Wiccans may pronounce it as "Ah-THAM-ee" (to rhyme with "whammy"); others may pronounce it as "ATH-ah-may" or "ah-THAW-may." Any pronunciation is acceptable. (4) The witch's black handled knife. Its use is purely ritual (for which purposes it is interchangeable with the sword) and it is never used for actual cutting (cf. *White-handled Knife*). It is always a personal tool, belonging to one witch. (5) A black-handled, double edged, a knifelike tool used by Witches to channel energy, but never to cut anything material. It may be marked with the owner's name and other symbols, and may symbolize Fire or Air depending on the owner's tradition. (6) The ritual knife often associated with the element of air and the direction of the east, though some traditions attribute it to fire and the south. The knife was traditionally black-handled, but many modern Pagans seek handles made of natural wood.

**Attached Entities:** Spirit forms can become attached to the aura of a living person.

**Attunement:** An activity which brings the minds, emotions, and psyches of a group into harmony prior to ritual: chanting, singing, guided meditation, and breathing exercises are common ways to attune.

**Audible Oracle:** An oracle that conveys its prophecies through sounds, such as cracking.

**Aura:** <sup>1</sup>The subtle bio magnetic sheath that surrounds the physical body, providing a protective zone that extends for about eighteen inches to three feet from the body and contains information about the person's physical, mental, emotional, and spiritual state of being. This traditional name for the human energy field comes from the Greek *avra*, meaning "breeze." The intuitive eye can see dis-ease in the aura. See also *Etheric body*. <sup>2</sup>This natural field of energy that surrounds all living things is most easily experienced through body heat, but it is visible to some sensitives. The color and texture of this field is believed to indicate health, state of mind, and even spiritual ability. <sup>3</sup>The force-field which surrounds the human body, the inner bands at least of which are Etheric (q.v.) In substance. The aura is visible to sensitives, who can learn from its color, size and structure much about the person's health, emotional states, and spiritual development. (4) The energy field of the human body, and especially that radiant portion visible to the "third eye" or psychic vision. The aura can reveal information about an individual's health and emotional state. (5) The life-energy field surrounding all living things. The aura can be seen by those who train themselves to see it or by using special photographic techniques.

**Automatic Writing:** A type of writing that occurs when a loosely-held pen moves across the page of its own accord, or when the person holding the pen is impelled to write by thoughts passing through the mind into the pen.

### Trees and Their Meanings

- Alder** One of the Celtic sacred trees. Its wood is strong and slow to decompose. Alder can teach you about strength and how to know when to fight or when to let something roll off you. The alder helps you to overcome resistance to those things you cannot change. Celtic smiths used alder to stoke their fires.
- Apple** Apple trees are said to line the boundary of the Otherworld in Celtic Mythology. This is a tree that knows many secrets about nature and about connecting with the divine. It can advise you on spell preparation, and will offer both its flowers and fruit if you need them. Though it is beautiful and helpful, never forget that the seeds inside its fruit are a deadly poison.
- Apricot** Ask this tree about romance, love and humanity. Its expansive energy can teach us to love ourselves and others.
- Ash** The World Tree of Norse mythology is said to be an ash. The Celts also held it in reverence as one of their sacred trees. Ash helps you separate what something appears to be from what it actually is. It can also offer its branches for potent wands, but let it make the offer. Do not ask.
- Aspen** The aspen is one of the most fearless trees and it can teach you about overcoming fears. If you're not sure what your own strengths are, ask an aspen to help.
- Beech** The beech is a tree of patience and can help you to learn to wait. It may even help you to discover what it is you really seek. The beech can also help you unmask your creative instincts.
- Birch** A birch can help clear your mind so you can better think through a problem. It also calms and centers you so you can stay emotionally balanced through any ritual. Ask the birch how to overcome and correct past mistakes.
- Cherry** The cherry tree bubbles with the energy of new life it can help you change what you do not like about yourself. It can also impart lessons of the life cycles we must all endure.
- Crab Apple** Though named for ugliness and age, this tree is always on a quest for beauty, inside and out. Ask it how you can learn to attain a non-judgmental attitude with people and things.
- Cypress** Cypress understands the sacrifice and the many ways it has been handled and mishandled in human societies. Allow it to counsel you on when, where, and how any sacrifice should be made in order for you to attain your desire. It will never condone harming any living thing. The sacrifice asked will be something of yourself.
- Dogwood** Though it blooms in spring with a gentle pink blossom, this is a tree associated with Mars, the Roman god of war. The dogwood can teach about deception and disguise. It can also help you with your astral projection if this is not one of your areas of strength.
- Elm** There are several species of elm; all can help you learn the healing arts. Be cautious, for some elms have poisonous parts. In Norse mythology the elm is the symbol of the first woman, and the ash the first man. Allow the elm to teach you about the importance of polarities.
- Elder** In western Europe babies were put to sleep in elder cradles to protect them from the faeries. Its blossoms and berries it will readily offer but be cautious in taking them. The elder will expect you to be committed to the magic for which you asked its help. In Germanic mythology, the elder is a tree of the underworld and it can help you better understand this realm.
- Hazel** Haze it the traditional wood used for crafting divining rods. Ask the hazel to help you find what is lost, even if what you have lost is yourself. It also uncovers hidden wisdom.
- Horse Chestnut** This tree assists us in clear thinking. The pods on it, known as buckeyes, are toxic if eaten, but feel free to gather them from the ground to use as protective talismans.
- Linden** Once sacred to the rulers of Germany, this is a wishing tree, one which can teach us where to find our true happiness. It also helps us find ways to ease chronic ailments and where to seek our prosperity.
- Magnolia** This tree shows us where beauty lies. Its fragrant blossoms are said to promote fidelity. Let this tree teach you about faithfulness and loyalty, or to help you uncover those who deceive you behind your back.
- Maple** The maple is a tree of balance and harmony. Let it help you canter and balance yourself.
- Mimosa** This is a tree that helps you bring out your psychic self.
- Mulberry** Teaches us how to communicate.
- Oak** Oak one of the sacred trees of the Celts. It is knowledgeable about discord, strength, and courage. Ask it to help you when tests of endurance arise.
- Orange** Teaches us about the sweetness and sorrow of life, and how they intertwine.
- Palm, Date** Gives advice on fertility, planting, reaping, and the weather.
- Palm, Coconut** Teaches you lessons about inner beauty and gives advice on warding and psychic self-defense.
- Pecan** Gives lessons on abundance.
- Pine** Be aware there are a wide variety of pine trees. They can counsel you on the meaning of true abundance. They do not tolerate self-pity and will help you find your inner strength.
- Peach** Teaches us about protection and how to turn knowledge to wisdom.
- Poplar** There are several varieties of poplar, They can teach us about beauty and effective use of the land.
- Rowan** Another of the sacred trees of the Celts, the rowan helps us get over self-doubt and raises our self-esteem They also teach us about self-protection.
- Sycamore** Teaches us about the value of work.
- Tamarisk** This tree is often used in banishment spells. Let it teach you how to decide what or who needs to be banished from your life so you can be set free to continue your spiritual growth.
- Walnut** The walnut teaches us lessons about things that are hidden and when they should be revealed.
- Willow** Sacred to the moon, the willow opens our psychic channels.
- Yew** Sacred to Ullr, the Norse god of archery, this tree is poisonous. Its lessons are those of sorrow and missed opportunities.

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## Clues:

**BELTAINE** is one of the major sabbats which occurs on May 1<sup>st</sup>. It's also known as May Day.

**LAMMAS** is a wiccan festival celebrated on August 1<sup>st</sup>. It's the other name for Lughnasa.

**ARCHTYPE** common image or original models of experience found in the subconscious or collective unconscious which relate to humanity's basic emotions and states throughout the various phases of living.

**NUMEROLOGY** the use of numbers for divinatory purposes.

**ASTROLOGY** the use of stars and planets for divinatory purposes.

**MAGIC** the physical manifestation and manipulation of energy in accordance to ones will.

**AQUARIUS** the 11<sup>th</sup> sign of the Zodiac.

**CANCER** the 4<sup>th</sup> sign of the Zodiac.

**PISCES** the 12<sup>th</sup> sign of the Zodiac.

**LEO** the 5<sup>th</sup> sign of the Zodiac.

**HANDBASTING** a pagan wedding ceremony.

**AIR** the element corresponding to the East, the color light Blue, mind, intellect and imagination.

**MABON** the sabbat which occurs on or around September 21<sup>st</sup>, the Autumn Equinox.

**EQUINOX** the time when night and day are exactly the same length.

**SAGITTARIUS** the 9<sup>th</sup> sign of the Zodiac.

**SCORPIO** the 8<sup>th</sup> sign of the Zodiac.

**OSTEOMANCY** the use of Bones as a tool for divination.

**DEOCIL** in a clockwise direction.

**WIDDERSHIN** in a counterclockwise direction.

**YULE** the sabbat which occurs on or around December 21<sup>st</sup>.

**SAMHAIN** the sabbat which is celebrated on Midnight on November 1<sup>st</sup>.

**CAPRICORN** the 10<sup>th</sup> sign of the Zodiac.

**COMMUNION** the sharing of the offering plate during a ritual.

**TAROT** the type or tool used when practicing cartomancy.

**SPELL** a combination of words, tools, and energy used to net desired results.

**GEMINI** the 3<sup>rd</sup> sign of the Zodiac

**WATER** the element corresponding in some traditions to the West, light green, represents emotions and intuition.

**SPIRIT** the fifth element which represents all the aspects of the other four elements.

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

**TAURUS** the 2<sup>nd</sup> sign of the Zodiac.

**DEGREE** the rank or particular right of passage one has reached in traditional wicca.

**VIRGO** the 6<sup>th</sup> sign of the Zodiac.

**LITHA** A Wiccan festival celebrated on August 1<sup>st</sup> it's other name is Lammas

**IIMBOLC** literally meaning In Milk, this is a Wiccan Celebration witch falls on February 1<sup>st</sup>.

**LIBRA** the 7<sup>th</sup> sign of the Zodiac.



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