

# PAGAN Moonbeams

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May, 2008

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*Homeschooling Quick Take*

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Want to see something else? Let us know! [paganmoonbeams@yahoo.com](mailto:paganmoonbeams@yahoo.com)

## Circle of Life

**Mufasa:** Everything you see exists together in a delicate balance. As king, you need to understand that balance and respect all the creatures, from the crawling ant to the leaping antelope.

**Young Simba:** But, Dad, don't we eat the antelope?

**Mufasa:** Yes, Simba, but let me explain. When we die, our bodies become the grass, and the antelope eat the grass. And so we are all connected in the great Circle of Life.

The Lion King, Disney Pictures, 1994

As Mufasa says, we are all part of the Circle of Life. So what does that mean to us?

Well, we all need energy to live and breathe and do the things we do. That energy comes from the things we eat, from the cornflakes you ate this morning to the Sunday roast dinner. As humans, we tend to be separate from where our food comes from. We may buy our meat from the supermarket, but we are all part of the Circle.

A circle has no real beginning or ending, it goes round and round and never really stops. We get our energy from food, which we store and use. When we pass on, we go into the Earth and our energy passes back with us. The circle is continued.

## Honor All Mothers

May is a month that will bring forth a day labeled Mother's Day. That term was coined in 1907 as a lady convinced a whole town to hold the first mother's day in honor of her mother who had passed on. Although the name that is used today was introduced during this time, the purpose of the day had been celebrated through other cultures and religions way before then.

Throughout history this holiday has been used for all mothers, only recently has it been used for matriarch of family units. Mother's Day has been a time for honoring the great mothers within individual religions as well as to show respect and appreciation to the Earth Mother herself.

Your own mother is a living example of how your life began and how all life has been created throughout history. Be sure to put her on the top of your list on all occasions, especially a day that has been designed for her. Also plan something for the both of you to show respect for the all mothers in the Pagan world as well. Choose any mother figure you feel connected to from Gaia to a powerful mother deity.

*In both the physical and spiritual world there are mothers looking out for you. They are the root of the growing you will do in many ways. Try to always remember the paths they walk with you as well as the ones they show and/or support you through when you choose to walk them alone.*

## A Mother's Hand

In fear holding to me very tight  
Keeping me safe all through the night  
Maintaining my fun cheerful and bright  
Directing bad spirits out of sight  
Showing inner strength and might  
Causing creativity to ignite  
Teaching ritual and the ways of a knight

Filling my world with all I need  
Educating and planting positive seeds  
Showing me wonders to keep me intrigued  
Directing in faith and honoring the rede  
Living life with God and Goddess agreed  
Leading me and allowing my lead  
A mother and Goddess indeed

*Written by: TristA & Petra*

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# News Spin



## Quick Clips

By: P. Nichols



### Large Life

The Ross Sea in the Antarctic is home to sea spiders as big as dinner plates, jellyfish having 12-foot (3.7 meters) tentacles, huge sea snails and starfish two feet (0.6 meters) wide. All these and many more were found recently during a nearly two month long voyage. Scientists attribute the abnormally large size to cold temperatures, few predators and lots of oxygen in the sea water.

### Ice Shelf Collapsing

On the downside, the Antarctic is melting as you probably know. Glaciologists monitoring satellite images of the Wilkins Ice Shelf found a huge iceberg measuring 25 miles by 1.5 miles (41 kilometers by 2.5 kilometers). This led to further investigation by the British Antarctic Survey (BAS) and now it looks like the entire ice shelf—about 6.180 square miles (16,000 square kilometers—roughly as big as Northern Ireland) - is at risk of collapsing.

### World's Biggest Frog

Scientists working in Madagascar found the remains of possibly the biggest frog that ever lived. Paleontologist at Stony Brook University placed together 75 bones to form the 70-million-year-old frog to reveal a whopper of a frog. It was about 16 inches (41 centimeters) tall and weighed about 10 pounds (4.5 kilograms). It has been named *Beelzebufo Ampinga*. *Bellzabufo* means “devil toad”.

## Stonehenge

Stonehenge was built so far back in history the exact time frame can not be determined. It has been used by many different cultures in various ways. There is something very special about this monument that it still amazes and attracts people of today. Below are the two most recent topics on this ancient monument, read both and determine the intent, purpose, and how the energy from Stonehenge affects the people involved.

### Australian Stonehenge Replica

A man in Australia has decided to make his own replica of Stonehenge. If he succeeds he will have on his land the only complete monument known. The project will cost around 1.26 million dollars and will contain all the rocks and total arrangement that is believed to be correct. He plans to make it into a tourist spot complete with an interpretive center and children's playground as well as hosting weddings and other events including a large celebration of the Solstice to open his project in 2008.

### Stonehenge Excavation Efforts

In mid-April a group of people headed by several scientists were given permission to begin digging inside the circle of Stonehenge. The most important thing they found were holes where some bluestones used to be. Bluestones were believed to have the ability to heal and were brought there 150 miles (250 kilometers) away and placed at Stonehenge long before the huge carven stones were.

Stonehenge has been a mystery and an important icon for many generations and for many cultures throughout the ages. This dig using modern scientific information and tools may aid in answering the questions of when it was built, who built it, what its original purpose was as well as other mysteries that surround it. If you haven't been following this important story then please take the time to watch the video diary made by the crew working on it at BBC:

<http://www.bbc.co.uk/history/programmes/stonehenge/>. Keep a look out for the results of this dig in the news.

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## Anyone Can Bring Change

An e-coven gets on a discussion about how Witches are labeled incorrectly and the definition of the word in today's world is unacceptable. One lady found that the definition of the word Witch in the online dictionary website (Dictionary.com) is very inaccurate and it upsets her.

The definition of witch Dictionary.com has the following:

Noun

1. A person, now esp. a woman, who professes or is supposed to practice magic, esp. black magic or the black art; sorceress. Compare Warlock.
2. An ugly or mean old woman; hag: the old witch who used to own this building.
3. A person who uses a diving rod; dowser.

She brings it up to her sisters and they discuss it more. The lady decides to do something to change this definition, not only because it is incorrect but it would be spreading the ignorance (lack of knowledge) causing a larger problem.

There are proper and improper ways to change things. When you run across something you want changed or that you disagree with it is important that you think before acting and that you go about it in a proper manner. If you go off the handle you will be supporting the already perceived idea or create a worse one by your own actions.

When dealing with an individual it is easier to rectify incorrectness most of the time with a civil conversation, however when dealing with a larger group like a business or the government it is more wise to follow a certain procedure for best results.

In this case one member of the e-coven, going by the name of Pagan Green Witch x, thought to write a calm letter to the company pointing out the problem and requesting it be changed. Another member of the e-coven recommended her to start a petition instead. It was decided that the petition would be the best way to approach the problem.

You too, can make a difference in helping Dictionary.com change the definition of the word Witch in their online dictionary. The more signatures on the petition, the more support the request will have which means Dictionary.com will have to take notice of it. Join the plight and add your name to the petition using this link: <http://www.petitiononline.com/redefine/petition.html>. This petition will be sent to Dictionary.com around the end of May and Pagan Moonbeams will keep you informed of it's process following that.

*\*Thanks to Pagan Green Witch for allowing us to print this and for the readers to be a part of her petition!*

*Adding the symbol and it's meaning would be a great addition to your journal !*

### Simple Symbols Labyrinth

The labyrinth is seen all over the world in many cultures and for many different things. In Greek myth, a labyrinth was built to hold a Minotaur, for only with calm thinking can you get out of a labyrinth.

A labyrinth has only on entrance, unlike a maze which has several. Labyrinths are used for meditation. By following the single path, you reach the centre. You find a place of quiet contemplation and can be wholly by yourself.

Find a picture of a labyrinth and draw a path through it with your finger. How do you feel at the beginning and how do you feel at the centre?

### Labyrinth: More information

Find out how to draw a labyrinth here:  
<http://web.ukonline.co.uk/conker/artscentre/artroom-labyrinth.htm>

Find out more information here:  
<http://www.angelfire.com/tn/SacredLabyrinth/>

Use a simple labyrinth walking exercise here:  
<http://www.angelfire.com/tn/SacredLabyrinth/page2.html>

Find out more information about the history of labyrinths here:  
<http://en.wikipedia.org/wiki/Labyrinth>

Make an adventure of learning more about yourself and your spiritual (Paganism) path by attending a great Teen & Parent retreat in Tennessee.

Young Tree Camp  
<http://www.youngtreegrove.org/content/view/4/10/>

### Audubon Migratory Bird Count

It is time once again to find and count different species of birds as they migrate. The count aids scientists to keep up with the different species and keep balance in the bird world. Check with your local Parks & Recreation Department when and where this event will be held in your area so you can attend.

When participating be sure not only to do the count for the scientists but to observe the individual birds as well. It is amazing how connected with Gaia these birds are and the sacrificial journey they are forced to take due to the climate changes in area's they prefer to live.

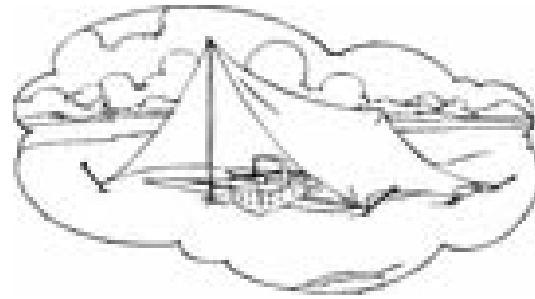
Study the adaptations of the birds for the flight itself. Take notice of the birds' breathing, weight, how long they rest, how high they are flying and all other intricate working of this flight.

If you are in an area that is a final destination for some birds learn more about them. See if you can do your own investigative work as to why the birds have chosen that area to come to. Expand this by picking a certain group of birds or a single unit of them and see what they do when they arrive, how long they rest after their journey, how their feeding adjusts, as well as if they nest.

Find a local path or trail and do your own migrating on it. Spend a complete day going out and back on it. Try not to rest unless you absolutely have to. Eat only things you find along the path. Keep a journal of places to find food, good resting spots, and how long it took you to do the complete journey. Try doing the same route again at the end of an active summer.

When done compare your two journals to see what changed and if you made better time. As a final entry to your journal discuss how you would change things if this was a journey that you were to do on a yearly basis and some key points that you didn't think of, but now do, concerning everything a bird must go through when migrating.

### Pagan Home Camp



Send your summer out with a bang by holding your own Pagan camp at home. In the July issue of Pagan Moonbeams get all you need to hold this camp in the privacy of your own home or local camping ground. We hope to include daily plan sheets, activities, games, recipes, and everything that your home, family, or small group will need for a week-long camping adventure.

Although we have many ideas of our own we would love to add in some additions from our readers. Please send in any Pagan centered craft, recipe, activity or other summer fun idea. Be sure to include your first name only and age, if you wish, with your contribution so we can let others know where the great idea came from.

[Paganmoonbeams@yahoo.com](mailto:Paganmoonbeams@yahoo.com)

Be sure to get your regular camping gear ready for Pagan home camp in July!!

If attending camp gather pieces of bark, fallen branches, and other offerings from nature, you will need them for crafts!

### Sacred Places

Each month a Sacred place will be listed for you to research on your own. If you would like to share an article, picture you have drawn, small report, or anything else about it with readers or staff feel free to send it in with your first name, age, and let us know if you want it placed in the next issue of Pagan Moonbeams.

Email: [PaganMoonbeams@yahoo.com](mailto:PaganMoonbeams@yahoo.com)

This Month's Sacred Place:

**Prehistoric Temples of Malta**

# Monthly Unit: Flowers

**Flowers** symbolize the soul free from all material possessions and other distortions and distractions. They hold an important part in both our spiritual and physical lives. Flowers are seen to bring peace to the soul, given to bring joy and happiness, planted in remembrance and respect. They are seen almost every day and in many different places, but are usually connected with happiness.

## The Language of Flowers

There is a what is called the language of flowers that is commonly used by many. It isn't actually a language; it is a flower and its representation. For example, Daffodil means respect and Yellow Tulip means there's sunshine in your step. The language appears to have started in the Victorian Age when flowers were used to send secret messages to people. Today this language is used everywhere and seems to change with the different countries and/or areas in which it is being used. Take some time to learn a few of the flowers and their meanings. You could even try to learn what the same flower means in different areas. See if you can figure out why that particular flower is used for that meaning.

### Flower Manual

It is important to know about the flowers that are found in your area. Knowing what the flowers are, their uses in spells, which ones can be eaten, and which ones contain harmful things can come in handy.

Take some time off this month and get to know your local flowers. Take pictures, do research on the computer and at your local library. Keep good notes on your findings, then comprise everything into a notebook to make your own flower manual. Your personal flower manual will come in handy throughout your life much more than you realize.

Whenever you move, you may have to compile another flower manual, but never discard the one you already made! You never know when it will come in handy again.

### Help The Flowers

Wild flowers and flowers that have taken up residence in the midst of wildflowers color the free land with beauty. For the most part, you should let these flowers and plants alone so they can grow and multiply as nature intends. In some places, it is even against the law to disturb them.

If you must, help them keep their beauty by relocating them to an area suitable for their survival. Be sure to gather them from an area that will soon be destroyed because new construction is on it's way—it is legal to uproot them at that time. Do not go on a construction site without permission first!

### Candid Blossoms

There are many different recipes that you can make using flowers. This is a great recipe for you to make with an adult's help.

3 Cups Blossoms (violets, borage, roses, geraniums, violas, or any other eye candy and sweet flower can be used)  
2 Cups Sugar  
2 Cups Water

Wash blossoms quickly and remove the stems. Pat dry with paper towels.

Combine sugar and water in medium pot and bring to a rolling boil, then to a soft boil stage or 275° on a candy thermometer. Pour half of the syrup into a shallow pan, leaving the rest in the pot; allow both to cool.

Set a rack inside the shallow pan and position the flowers nicely into the mixture; they will float on the rack. Cover the pan with a damp cloth, sit it in a cool place, and let it stand for several hours.

Next, pour the remaining syrup over the flowers, cover with a damp cloth, and sit it in a cool place for at least 12 hours.

When done, remove rack with the flowers on it and sit it on a wax paper-lined pan where they can drain and dry. When completely dry, place in air-tight container in between sheets of wax paper (so they don't stick together).

Whether you use this recipe or one of your own, you should definitely make a recipe using live flowers.

*When gathering flowers be sure to only take what you need and be careful not to harm the remainder of the plant in an effort to show respect for and harmony with nature.*

# Monthly Unit: Flowers

## The Flower/Faerie Connection

It is believed that there is a connection between flowers and faeries. There are flowers that are said to be worn for protection, used to give warnings of bad things coming and many other things.

Do some research of your own to find out more about the link between faeries and the flowers they are connected with. Below is a list of flowers to get you started on this quest.

Foxglove  
Harebell  
Cowslips  
Pansy  
Bluebell

As an extra project color a picture of the flower and draw faeries around them. You can also go on a walk and see if you can find any faeries among flowers nearby you.

## The Pansy

Out in the garden, Elsie  
Was gathering flowers for me;  
“Oh Mamma, “she cried, “hurry, hurry,  
Here’s something I want you to see!”  
I went to the window. Before her  
A velvet-winged butterfly flew,  
And the pansies themselves were no brighter  
Then this beautiful creature, in hue.  
“Oh, isn’t it pretty?” cried Elsie,  
With eager and wandering eyes,  
As she watched it soar lightly upward  
Against the soft blue of the skies.  
“I know what it is, don’t you, mamma?”-  
Oh, the wisdom of these little things  
When the soul of a poet is in them-  
“It’s a pansy-a pansy with wings!”

- Eben E. Rexford

## Homemade Perfume

Chop up some flower petals of your favorite flower. Place them in a piece of cheesecloth and tie securely. Set in a bowl with water (barely cover your cheesecloth ball). Allow the flowers to sit in the water overnight.

With an adults help, pour the water into a soup pan. Ring out the cheesecloth into the water. Lay aside the cheesecloth ball and bring the water to a boil. Turn heat down to a simmer. Simmer until a tablespoon is left.

Put the small amount of flower perfume into a bottle or container of your choice. Enjoy your own homemade perfume.

Try it with various kinds of flowers or you can even combine several different flowers to make your own scent.

## Flower Essences

Floral essences are made from flowers, seeds, stems, bushes, being distilled into a liquid form. In Ancient Egypt and China flower essences were used for both medicine and cosmetic purposes. During their height they were held closer and more important than gold.

## Connect With Flowers

Make time to connect with flowers in various ways. Close your eyes and take in the fragrance by standing near it and inhaling it’s sweet aroma. Be sure to take in its whole scent until you achieve a vision of some kind. Next sit with colored pencils, paints, or crayons and draw it in great detail. Use a magnifying glass to see all parts of the flower as you sketch it. The more detail, both shape and color, the more connected you will become.



Can you name the flowers shown here?

Learn about other kinds of flowers and see which ones you like best.

## Circle of Life Continued

(Continued from pg. 1)

- ⇒ Mother Earth uses the energy from within her to grow the grass. The grass takes the energy and uses it to grow tall and strong. Then the bugs come along and eat the grass. We've all seen caterpillars munching away on grass and leaves.
- ⇒ The caterpillar munches his way through the grass, taking in the energy stored there and using it to grow and change.
- ⇒ The boar or wild pig comes along and eats the bugs, taking in the energy. It uses the energy to grow and move around and do all the things that pigs do.
- ⇒ Then a larger animal, a predator, comes and eats the pig. That could be an animal like a lion or a human. Lions and humans both eat meat and we hunt our meat from other animals.
- ⇒ The lion or human eats the pig and then uses the energy for living and playing, growing and changing.
- ⇒ The lion dies and goes back into Mother Earth. Giving her the energy to make the grass and flowers grow.
- ⇒ And so the circle begins again.



Listen to the Song and watch the video of 'The Circle of Life' by Elton John on utube at <http://www.youtube.com/watch?v=vX07j9SDFcc>

This is what we call the Circle of Life. The circle of energy that flows between us as we take in food and water. Other people call it the Web of Life as the Circle is present in everything. Look around you in nature. Where can **you** see the energy flowing?

Look at the lyrics and see what they say about the circle of life. See what else you can find out. [http://en.wikipedia.org/wiki/Circle\\_of\\_Life](http://en.wikipedia.org/wiki/Circle_of_Life)



Original picture from <http://www.imagesdisney.com/lion-king.html>

### Imaginings

Imagine you are Mother Earth. Lie down on the floor. Feel the Earth beneath you. Pretend you are the Earth and your fingers are the grass. Feel them grow up from the Earth. Wiggle your fingers and imagine the cool breeze in the grass.

Imagine you are a bug. You scuttle backwards and forwards. Nibbling at the grass. What does a bug do during the day?

Imagine you are a pig. Bustle through the forest, sniffing out the best bugs and grasses.

Imagine you are a lion. Stalk through the grass looking for food. Pounce on your food and eat it. What else does a lion do?

Imagine you are a hunter. With your spear in hand, you walk through the cool forests and look for your dinner.

Imagine you are Mother Earth. Lie down and feel the grass grow again.

**Herb Focus:**  
**Chamomile**



**Color:** White flowers with a yellow centre. Green fern-like leaves.

**Location:** Europe, North Africa, and temperate Asia.

**Magickal attributes:** Sleep, Love, Purification.

**Planet:** Sun

**Element:** Water

**Healing Properties:** Use the tea for calming nerves, anxiety, and relieving insomnia. The tea can be used cool to bathe inflamed or sore eyes. Chamomile calms, relaxes, and centers you. Use it whenever you feel you need nourishment and nurturing.

This herb is safe to use with children, the elderly, and babies (it's good for colic).

**Magickal Properties:** It can be used in sleep and meditation incenses. Added to a bath, it can be used to attract love.

To purify and protect your home, sprinkle the flower around your property to dispel any negativity.

### **Chamomile Bath Bag**

After a long day, relax and relieve aches and pains with a chamomile bath. When wet, chamomile becomes sticky so use this simple bag:

You will need a circular piece of muslin approx. 20cm in diameter, a piece of string approx. 30cm long, and a handful of flowers and leaves.

Place the leaves in the centre of the muslin and tie up with the string. Knot the ends of the string together so it can hang from the bath taps.

When you are done, put the bag somewhere warm to dry. It can be reused 2 or 3 times.

*\*\* As with all natural medicinal items and purposes, be sure to check with a parent before using.*

**Mineral Focus:**  
**Moonstone**



**Color:** White with a milky sheen. A Moonstone shimmers when you move it.

**Location:** Australia, Sri Lanka, India, Brazil, USA, and Madagascar.

**Chakra:** Heart, although it can balance any of the Chakras.

**Element:** Water

**Healing Properties:** Moonstone sustains and supports while helping growth and lending energy. It soothes and balances and helps in the renewal of areas such as the skin, hair, and eyes.

**Magickal Properties:** Moonstone encourages you to trust your intuition and feelings. It can help you find the resources in yourself to solve a problem you are worrying over.

It is a crystal of rejuvenation and renewal. It brings a calmness and an awareness of things greater than the human mind and body. It is also known as a wishing stone.

Good for meditation.

The energies of Moonstone can be accessed by wearing the crystal or by applying it to the affected areas.

### **Moonstone Meditation**

Hold a piece of Moonstone over your heart.

Take three deep breaths.

Visualise a calm night landscape with the Full Moon above you.

Imagine the Moon beginning to wane. Feel the rest that comes from the Moon. Watch in your mind as the Moon wanes, then waxes, becoming Full again.

Feel yourself become balanced and renewed.

*\*\* Crystal Healing is an acquired art and shouldn't be practiced without parental permission and/or guidance.*



## - Correspondence Journal -

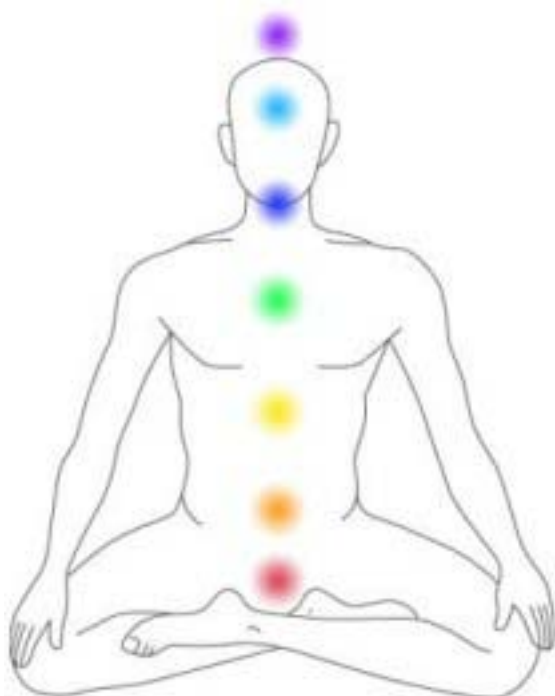
### The Chakras

The idea of Chakras comes from Hinduism and from modern day yoga. The word ‘Chakra’ means ‘Wheel’ in Sanskrit. The Chakras look like a spinning wheel of energy in the body. Pathways flow between the Chakras taking energy around the body. Each Chakra relates to a specific part of the body and has specific functions. When we are ill, it is because a block has happened in one, or more than one, of the Chakras.

Find out more about Chakras at: <http://www.chakraenergy.com/>

Chakra	Root	Spleen	Solar Plexus	Heart	Throat	Brow	Crown
<b>Location</b>	Coccyx (Tail bone)	Lower abdomen	Solar Plexus / Stomach	Centre of chest	Throat	Forehead	Top of Head
<b>Colour</b>	Red	Orange	Yellow	Green	Blue	Indigo	Violet
<b>Mental functions</b>	Grounding Vitality Courage	Feelings Social ability Procreation	Personal Power Knowledge Humour	Relationships Acceptance Compassion	Communication Wisdom Creativity	Intuition Invention Understanding	Inspiration Awareness Meditation
<b>Emotions</b>	Passions	Desires	Purpose	Balance, Love	Healing	Imagination	Spirituality
<b>Body functions</b>	Bones Circulation	Reproductive organs	Digestion Nervous system	Respiratory system Heart	Vocal System Shoulders	Eyes, Nose and Ears	Upper brain Hair growth

### The Chakras: A Meditation



- Sit comfortably or lie down on the floor.
- Take three deep breaths and focus on your Root Chakra
- Visualise it opening up and sending pure red energy and light in a clockwise direction around you and into your aura.
- Move your thoughts up to your Spleen Chakra. Visualise it opening up and sending pure orange energy clockwise around you and into your aura.
- Continue moving up through your Chakras. Visualising them opening up and sending energy out into your aura.
- You are now surrounded by colour and energy. Visualise them running into each other until they become a bright, white energy surrounding you.
- Now bring your thoughts back to your Crown Chakra. Visualise the violet light returning to your Chakra still spinning in a clockwise direction. Take the energy back into yourself.
- Move down to your Brow Chakra. Visualise the Indigo light coming back into your Brow Chakra. Take the energy back into yourself. Move down through your Chakras until you reach your Root Chakra again and take that energy back.
- Feel your connection to the stable part of yourself. Open your eyes and stand up carefully. Make yourself a drink and do something physical.

# The Bard's Story Tyme

1

## Record Natural Sounds

You will need to spend some time recording the sounds of nature. Have an adult help you make a CD or Cassette Tape of the following sounds in order. If you are in an area where it isn't possible to get them in nature feel free to download them from the internet.

Gentle Rain  
Storm with Thunder  
Strong Wind

The last sound on this tape needs to be the sound of many crickets in a plastic bag. Follow the steps below for best results!

- Use a plastic bag that is fairly rounded when filled with air, not a ziplock bag.
- Put in the bag at least 10 crickets
- Blow air into the bag
- Secure the top with a rubber band
- Hold bag on one side, the crickets will attempt to crawl on the slick bag.

\* Be sure to turn the crickets back to their nature home in an area close to where you got them once done.

2

## Read the Interactive Story

Preparation:

- Print out the Musciow's Find Book and staple the pages together.  
<http://paganmoonbeams.com/offerings/MussiowsFind.pdf>
- Print out the Musciow's Adult Instruction Sheet and have the Adult review it (it will be more fun if you haven't read it first)  
<http://paganmoonbeams.com/offerings/MussiowsFindInstructions.pdf>

You will need :

- Printed Book
- Your Recorded 'Nature Music', reword
- A player to listen to your recording
- Piece of paper
- Pencil

Procedure:

You will read the story together and at each (\*\*) you will have a small discussion and complete the activity on the Adult Instruction Sheet. You can then read the story again and have them draw the illustrations to the book using the feelings from the first reading and the words as inspiration.

3

## Find Your Nature Sound

Spend some time outside, with an adult's permission of course, in or near different kinds of nature's music that is in your own area. This may take you to local parks, forests, water, or even your own backyard. You may even want to have a few weather experiences as well. Be sure to dress appropriately and have proper supplies with you.

Close your eyes and allow your other senses to take over. Feel the world around you and allow the sounds it creates absorb you. Taste the air around you as you breathe it in. Listen quietly to the sounds that nature is offering to you.

If you are able to accomplish these things, or a large portion of them, you will be connected with nature. Once connected it will be able to aid you just as you are helping it by listening to it. Pay attention to how you feel and what situation you can get in where this sound would help you.

When done with your outing be sure and take note of your experience by writing it down in a special place. This would make a great reference that you are surely to use later.

A few times and situations you may want to try out (other than was listed in the book) are:

- Peaceful night
- Different forms of water (running, heavy waves, etc...)
- Early morning
- Late Evening (right before sunset it best)
- Near waterfall

The times and places to visit are endless. Use your imagination and try all you can think of. I am sure you will be very surprised at what all you can find, hear, and enjoy.

4

## Find That Sound

See if you can find things that make the sounds you found comfort or aid you. Use anything you can find and comprise them in any way you can think of, be creative.

If you find the sound you need be sure and jot it down on the paper telling what that sound does for you. Whenever you find yourself in need of that sound for help, you can recreate it by recording it.

Be sure to pay attention to some of the sounds carefully as you decide which ones would be better recorded and which ones would be better to physically make.

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## Nature's Music

Music is everywhere around us. When we go out we hear birds singing and calling to each. We hear people laughing and talking.

We talk about being in harmony with Nature by looking at Nature and seeing what Nature does. We try not to harm Nature as well to stay in harmony.

But harmony can also talk about music. Music is in the rain on our windows, the wind in the trees, the waterfalls in the parks. People make Rain Sticks (see previous issue for how to make one) to mimic the sound of the rain in music.

### Where can we find our Music?

Listen to the rain on an old tin drum. What sound does it make? Can you make the same sound on the drum?

Listen to the wind in the wires by your house. What kind of sound does that make? Can you find a way to make the same sound? Maybe with your voice?

Where else can you listen to sounds like Music? Talk to your parent and see what you can find together.



### Make your own Music

Fill a bottle about half way with water. Tap it with a stick or spoon. What sound does it make?

Fill another bottle about a quarter full with water. Tap it with your spoon. Listen to the difference in the sound. Fill another bottle about three quarters full and tap it with your spoon.

Fill different bottles with different amounts of water. See what sounds they make. See if you can play a tune like 'Three Blind Mice'

### Make your own Maracas

Take a plastic cup with a lid. Pour some rice or beans into it and seal the lid back on.

Shake the cup and see what sound it makes. Open the cup and take some rice out. Close it again and see what difference it makes. Experiment and see the difference you make.

#### **Parents:**

Here are some links to instructions to make more musical instruments. Have fun!

<http://www.atozkidsstuff.com/musicpre.html>

<http://www.nancymusic.com/PRINThomemade.htm>

## Tree Wisdom: Hawthorne



### Wishing

It is believed by many people, cultures, and religions that the hawthorne tree holds the power to grant wishes. Here are some ways this is done:

1. The hawthorne tree can be found planted near certain wells to signal or make it a wishing well.
2. Strips of cloth can be found hanging from its branches. It is believed that as you are tying the strips of cloth on, you are to make a wish and it will come true.
3. Gifts and offerings can be found left under the tree in hopes that the givers most deepest wish will come true.

### Historical Shorts

- As a symbol of hope and happiness, brides and bridesmaids wore blossoms in ancient Greece.
- Ancient Romans used a sprig of hawthorne to protect children while they were asleep.
- It was the tree most often used to enclose and guard woodland sanctuaries. People who were permitted to enter into these areas would have good luck after passing by the trees that guarded it.
- Through the Middle Ages and beyond spells and talisman customs were used by this tree.
- Many births and weddings have been due to contact to this tree, these are dotted all over Roman mythology. Because of this, the tree was dedicated to Cardea who was the goddess of childbirth.
- In Welsh legend a sacred marriage of a mortal king with an immortal queen was symbolized by the growth of a hawthorne tree.
- The hawthorne tree is considered the tree for which the crown of thorns that was used on the Christian Jesus was used as well as the burning bush that Moses saw.



### Hawthorne Fruit

The Hawthorne fruit is called haws, in reference to the trees usage of a hedgerow for Magical groves. They are said to have poisonous powers and will act as such in magical potions as well. The name changed from haw to thornapple. Not long ago another plant was introduced to the UK that had similar physical attributes as the hawthorns. It, too, produced red berries that were called a Thorneapple. This new plant took on common knowledge of the old view of the hawthorne tree. Today the berries are used to make wine, jellies, and other things and considered to be a lightning protector and healing tree.

### Quick Facts

**Powers/Attributes:** ancestry, cleansing, defensive protection, family, growth, happiness, lift depression, love, luck. Marriage, patience, protection, reconciliation, wisdom

**Elements:** air, fire

**Goddesses:** Audhumla, Brigid, Danu, Frigg

**Gods:** Belenus, Dagda, Prometheus, Thor, Zues

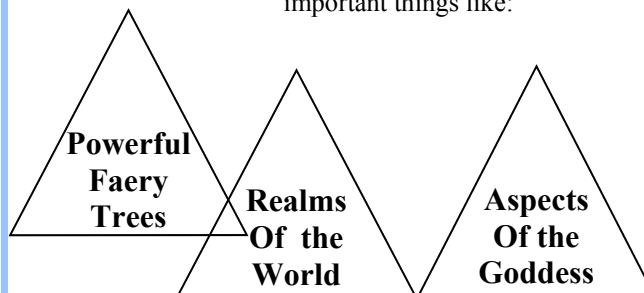
**Zodiac:** Aquarius, Aries

**Gemstones:** amethyst, tanzanite, topaz  
**Spell work & Ritual:** cleansing an area before ritual, protection spells, attracting love, communication with those who have passed on, entering the faery realm, passage to the Otherworld



**Medical uses** for the hawthorne and parts of it are endless. It is used for both small and large things in today's world. Some of conditions it is used for are heart disorders, blood pressure, circulation, nervous conditions, insomnia, and even as an ideal tonic for the elders to use daily.

The hawthorne is part of the triad of several important things like:



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## Magic Mask of Animals

### Bee Weather Forecasting

Bees were observed by different cultures throughout time because their actions could predict the weather to come:

- Bees staying close to a hive means rain will come soon.
- Bees staying in a hive means bad weather is on it's way
- Only a few bees in high bee area is a sign of an overcast day



In ancient Egypt bees were very important. They were born from the tears of the sun god Ra. Bees also were teachers where Egyptians learned organization, diligence, courage, and spiritual and political virtues.



Many early cultures studied and drew lesson from the organization of bees. Prehistoric communities like Crete have hive-like structures that have been built

### Bees Connection to the Gods

Bees are messengers and teachers of the Gods. They produce honey which is a special sweetness that only the Gods can create. It is considered a gift to the human race. When nature is suffering, it effects the bee population first. This is to warn us that the Gods are unhappy with our choices and we need to better care for Gaia.

### Lesson of the Bee

There are many lessons that can be learned by bees as individuals and as a whole. Below you can find a list of the main lessons to be learned. See if you can figure how they are shown by bees and come up with more as you observe bees. It is believed that every lesson to be learned in life can come from a bee, do you feel that is true?

1. If you take from nature, be sure to give back
2. Have patience and keep your spirit calm.
3. Organization is the key to great accomplishments.
4. Co-operation must always be practiced in some form or fashion.
5. Stay devoted to family.
6. Work hard and stay focused.
7. Always be obedient.



The Ancient Celts believed bees to be single-minded and fearless in protection. These traits were repeated and carried over by Celts in everyday life.

If a bee stings you it is said to be a needed jolt to awaken a creative desire within you; one for which costs the bee his life to wake within you.

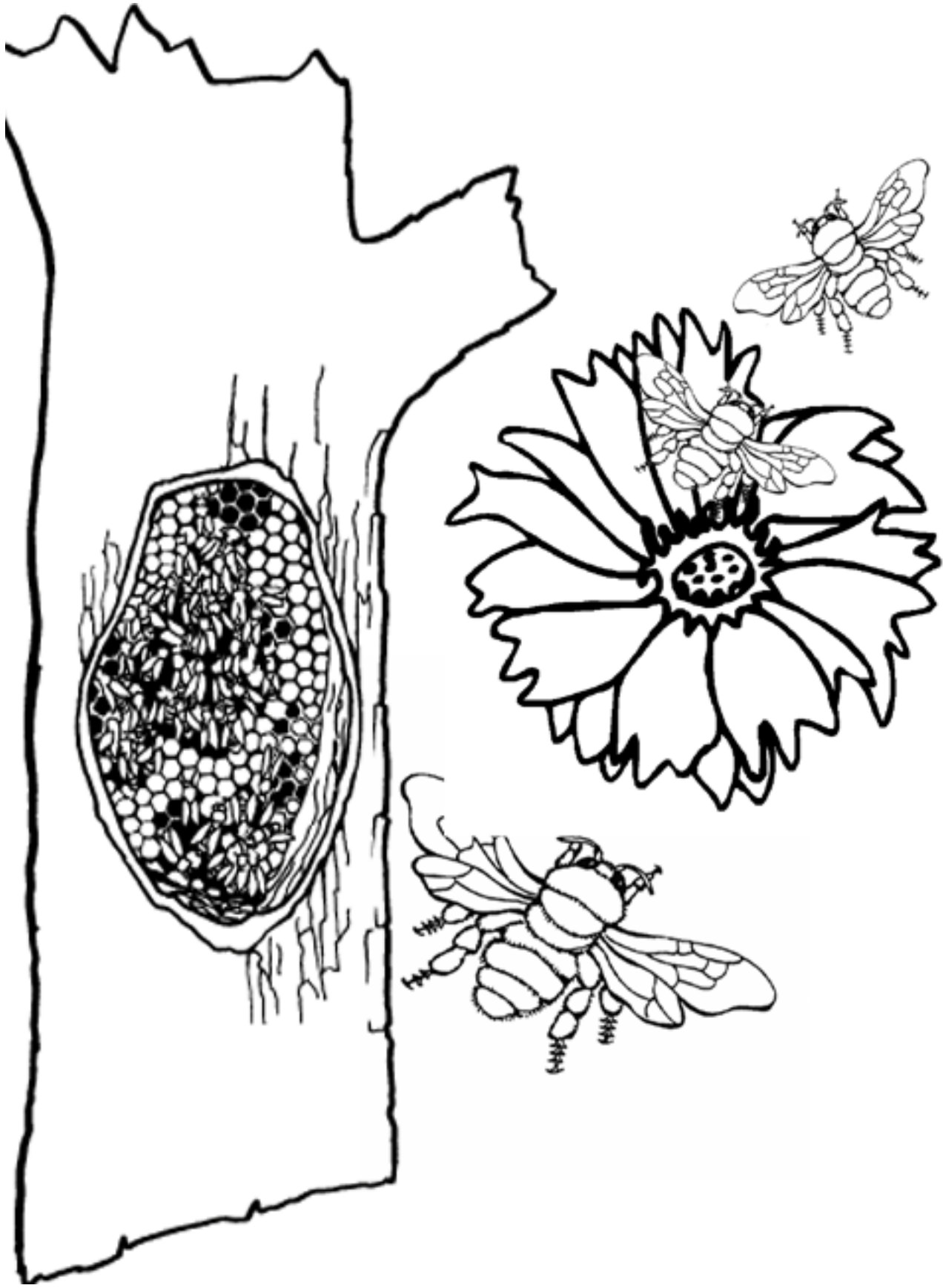


### Bee Dream Guide

- Bees connected with honey means a reward or a change in life or relationship
- A bee stinging could be a warning of a pain or disappointment coming
- A bee dying could mean that you are to make a sacrifice out of love
- Talking or listening to a bee could be direct messages from the God/Goddess

### Add some flair to this month's animal:

- Go out and observe bees, watching them from a safe distance without disturbing them would be a great way to really connect with them.
- Check out the importance of bees to the human way of life and for nature itself by watching The Bee Movie.
- In the U.S. join with scientists to find out how the bees are surviving strange weather and diseases at <http://www.greatsunflower.org/>. You will receive sunflower seeds and will need to watch them to see how long it takes for three bees to visit once it blooms. You will see one of the great wonders as well as help them through scientists.
- In the UK add some Thyme to your garden or visit places where the flower is growing on it's own. Thyme has pretty purple flowers and will surely attract bees.



The bee shows the cycle of the God/Goddess' by receiving life, giving life, creating the sweetness of life by a form of light, then the hive experiences rebirth when it gets warm again.

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## Churning the Elements

As Pagans we acknowledge the Elements as the very building blocks of our existence. They are the substances of which everything is created. It is important to understand and harmonize with the working elements in order to live in balance with the higher power.



### Spirit Correspondences

**Direction** : Centre and circumference, throughout and about

**Time** : Beyond time, all time is one

**Season** : The turning wheel

**Tools** : The Cauldron

**Sense** : Hearing

**Gemstone** : Strawberry Quartz

**Plants** : Mistletoe

**Trees** : The flowering Almond

**Animals** : Sphinx

**Goddess** : Isis, Shekinah

**God** : Akasha, Iao



**The Element of Spirit connects all things.** It is that little spark of life that makes us who we are. The element of Spirit combines and balances all the other Elements. When we perform a ritual we are touching the Element of Spirit in our connection to the Gods. It is the thread that binds us all together from the smallest child to the oldest adult.

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## Churning the Elements....Continued

### Experiments To Connect With The Element Of Spirit . . . .

**Follow the Elements** - Trace your finger through the pentagram. Think about the Elements and how they work together. Trace the circle and bring them altogether.



Pentacle taken from  
<http://www.derekneibarger.com/Chrissy.htm>

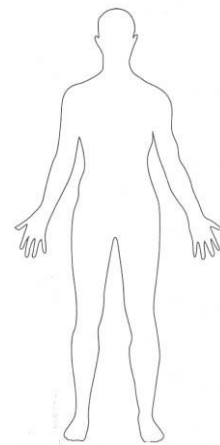


**What do you see?** Go outside and look at the Elements all interacting. Listen to the birds and animals. Feel your connection to them all. Spend time with your family and see how you connect to them.

**How does it feel?** Think about your body. Where are the Elements in you? How do they combine in you?

Earth - Your body; Air - Your breath; Fire - Your imagination; Water - Your blood.

Your spirit combines them all to make a living breathing human being





# The English Path

## Touch of Vocabulary/Spelling

Use the following list for spelling and vocabulary as needed.

1. **Charm** - An incantation or object believed to have magical powers.
2. **Effigy** - Image or representation of a person; used in ceremonies or spells.
3. **Imp** - A small demon kept in a bottle by a magician; a name referring to a Witch's familiar.
4. **Karma** - The reaction that came about because of the intentional action; widely believed by Buddhists and Hindus.
5. **Lunar** - Anything of or pertaining to the moon.
6. **Mambo** - A priestess in Voodooism.
7. **Myth** - A story or fable that relates to a deity or supernatural being.
8. **Ogham** - A Celtic form of divination; an ancient Celtic form of writing or numbers (historians are still not sure which).
9. **Relic** - An object held with great respect because of its connection with an important religious figure.
10. **Sacred** - Anything holding great respect and connection with one's religion or deity.

## Writing Assignment

*Spend the month working on one writing assignment. Adjust this assignment accordingly: practice writing the answer until it is neat and has no errors, give a verbal presentation with your answer, write an essay, whatever works for you..*

**What Pagan do you admire the most?**

## Creative Corner

Feel and write this month. Take time out each day (whenever appropriate) and connect with something in nature by observing, caring for, and meditating by it. Write, draw, insert a poem, or express the feeling of your connection in your own way.

Be sure to use all of the things below in your journal for this month, picking the one that feels right for the day or fits your mood of the day. Try not to disturb nature; instead, examine how things act naturally or pay attention to the detail of the item.

An Indoor Pet  
A Growing Herb  
A Clump of Dirt  
Pine Needles on Ground  
A Star  
Anything Green  
A Weed  
The Wind  
A Ditch  
A Hill  
A Field  
A Seed  
A Leaf

The Moon  
The Sun  
A Tree  
A Dying Flower  
A Tall Patch of Grass  
A Cloud  
An Indoor Plant  
A Bug  
Flowing Water  
A Rock  
Sand  
A Bank or Shore  
A Stump

A Branch or Limb on the Ground  
Something Growing in a Garden  
Freshly Mown Grass  
Ant Hill (don't get too close)

At the end of this month you will feel more connected with Nature than ever and you will have strengthened your ability to share energy with it.

## Word Play

**Pagan** and **Neo-Pagan** are words which may cause confusion to people. This is why:

"Pagan" refers to those who believe in more than one deity and believe strongly in nature. Technically, Pagans were people from the ancient past that believed this way.

"Neo-Pagan" refers to those who believe in more than one deity and believe strongly in nature. Technically, these are people like you; people who have a religion that reveres the ancient Pagan religions and bases modern beliefs on the old ways.

Today, using either word is common practice and which you use depends on personal or path preference. Overall, most people use "Pagan", especially when talking to those who do not believe the Pagan ways. However within Pagan circles, many will use the name "Neo-Pagan" when referring to themselves.

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## Pagan People

### Oberon Zell-Ravenheart

Oberon Zell-Ravenheart goes by many titles, which he has worked for and earned:

Founder	Sculptor
Psychologist	Lecturer
Metaphysician	Teacher
Naturalist	Ordained Priest
Theologian	Artist
Shaman	Author

If you are unfamiliar with any of the titles use a dictionary or internet to find out what they are.



Use the interview inside this newsletter or do some research online to answer the following questions about Oberon Zell-Ravenheart.

1. What name or title did he key to label people that believe as you and/or your family do today?
2. What year did Oberon start the Church of All Worlds?
3. What is the Green Egg and what does Mr. Zell-Ravenheart have to do with it?
4. What is the name of the 5,600 acre ritual retreat that Oberon and his wife moved to in California?
5. How are Oberon and his wife connected to the Ecosophical Research association?
6. What are the Ecosophical Research Association goals and accomplishments?
7. Name at least three topics of the published articles that were written by Oberon?
8. What sculpture series does Oberon make that he enjoys the most?
9. What is the name of school for kids that Oberon is the founder and current head-master of?
10. Of all his accomplishments, what would you consider his best?

### The Interview

Learn a little about Oberon and get some advice from him as well.

#### **How long have you been a Pagan and what path do you follow?**

*It's hard to pinpoint exactly how long I've been a Pagan. I really think it's been all my life, though for much of my youth (not knowing any better) I considered myself a Christian. I had a perfect attendance record at Sunday school all through high school, and was involved in all the church activities and stuff. But my interests (and the questions and explorations they generated) went so far beyond the boundaries of Christianity that by the time I was off to college, I had completely outgrown the church, and was looking for a religious/spiritual path that made sense in the larger world-view I had come to embrace. This path led me into Paganism—the Old Religion—as it was the only one big enough for me!*

*But my very first reading as a small child was children's versions of the Greek myths, adapted from some of the classic stories in Ovid's "Metamorphoses," wherein all the Greek gods were given Roman names. I loved those stories, and since they were my first exposure to mythology, when I later learned the Judeo-Christian myths, I just thought of them in the same way. That is, I never thought of the gods, angels, demons, etc. of the Bible as being the only ones—but just another pantheon (family of gods) of a different culture. And later I also read the stories of the Egyptian gods, the Sumerian/Babylonian gods, the gods of India, and eventually all the other pantheons.*

## The Interview (continued)

*Perhaps the most significant connection with Paganism that I had as a child was Disney's movie, "Fantasia." Especially the "Pastoral Symphony" sequence based on Greek mythology, which culminates with Nox/Nyx drawing the veil of night across the Arcadian sky. The crescent moon appears among the stars, and as the camera zooms in, we can see that the moon is a bow being drawn by Diana/Artemis. She looses an arrow that is seen as a shooting star, and that arrow went straight into my heart—in that moment, I was hooked forever! (Very much later, in my current life, I even created a figurine based on that image!)*

*In middle school, I discovered the world of fantasy and science fiction literature, and these stories took me much further in to the realms of infinite possibilities: myth, magick, and mysteries; other worlds and possible futures. Once my imagination was let loose into the universe (and the multiverse), there was no going back!*

*In my first year of college, I discovered for the first time other people like me. At the same time, a sci-fi novel called "Stranger in a Strange Land," by Robert A. Heinlein, came out. This was the most influential book of my life, and after reading it, I "shared water" with my closest friend, Lance. This was on April 7, 1962, and it was the beginning of the Church of All Worlds, the Pagan Path I have been on ever since.*

*But it wasn't until 1967, when I was 25, that I adopted the word "Pagan" to describe myself and my religion. I seem to have been the first person in modern times to have done so, and I am thus credited with founding the modern Pagan movement—at least insofar as giving it the name.*

### **Were you raised in a Pagan home?**

*No. But my family wasn't particularly religious; I was the only one who regularly attended church and was actually involved. My parents encouraged my imagination and explorations into mythology, history, science, nature, etc. Even today, though, they still cannot understand why I consider myself a Pagan rather than a Christian. They are just incapable of following the thinking that led me here. But they love me anyway, even if they cannot understand me.*

### **Do you teach your children about Paganism?**

*Absolutely! Our kids were raised in the Church of All Worlds—attending circles and festivals, learning the stories around the campfires and bonfires, taking part in rituals, celebrating the turnings of the Wheel of the Year. As other families with kids came into the Church, our kids became quite a "kid pack," looking out for each other, undergoing rites of passage, and running wild all over the festival grounds. Now many of them are grown, with kids of their own. Some have become Pagan Priestesses, Priests, and leaders of our community in their own right, and we are very proud of all of them.*

### **What inspired you to contribute to the Pagan world in the way you have?**

*The sense that I wanted to provide for others like me that which I wished I could have had...and what I do have now. My whole early life was spent searching for others of my kind. My people, my country, my spiritual Home. What I was seeking, I eventually had to create, as it wasn't out there when I was looking for it. But always, I have tried to create what I was seeking with the intention that others would be able to find it, and not have to go through all those lonely years of seeking.*

*I created the kind of Church (and entire religious movement) that I wanted to belong to. I created the kind of magazine I wanted to read cover-to-cover. I created the kind of figurines that I wanted to have on my altar, the kind of jewelry I wanted to wear, the kind of pictures I wanted to have up on my wall. And I have made these available to anyone who is looking for these things. And in the past few years, I've been writing the kinds of books I always wanted to read, starting with "Grimoire for the Apprentice Wizard"—the book I wish I'd been able to get hold of when I was just starting out on this path. In my next incarnation, it is my hope that I will be given this book on my 11th birthday as part of my rite of passage!*

*And of course, the Grey School of Wizardry—my latest and most ambitious creation: the school of magick and Wizardry I wish I could have attended over 50 years ago!*

## The Interview (continued)

### What is your favorite Pagan holiday and how do you celebrate it?

*Well, that's a tough choice between Samhain (#1) and Beltaine (a close second)! But as a kid growing up—and continuing through all my life—long before Beltaine became a major festival for me, Hallowe'en was always my favorite holiday! We often say that we're the kind of people who like to leave our Hallowe'en decorations up all year 'round! And I think most Pagans—especially Witches—would agree.*

*Our family's Samhain celebrations begin in mid-October (ideally on Friday the 13th) with our annual "Addams Family Reunion" party, where we decorate our home—inside and out—like a haunted mansion. Outside, I have created a mock graveyard, and inscribed Styrofoam headstones with the names, dates, and epitaphs of friends who have died over the years. Each year there seem to be more... All our friends show up in Gotho costume, and we have continual music and dancing under black lights; incredible pot-luck food and drinks (including Morning Glory's famous glowing "Pan-Galactic Gargle Blaster" with dry ice). For most of our friends, this party is the highlight of the year!*

*Then at Hallowe'en, we may dress up in our normal Wizardly regalia and take our granddaughter Trick-or-Treat'ing down in The City. Or we may participate as actors in a Haunted House some of our older kids have put together. Or we may go to some of the many Hallowe'en costume parties and dances that are held around town—where we have won prizes for our own costumes.*

*And finally, a few days after Hallowe'en, we gather with our dearest friends and spiritual community on our Church land and sanctuary up in the mountains, where we hold a more solemn all-night Samhain Sabbat in honor of our beloved dead. We do a "dumb supper," where an assortment of special "underworld foods" are served in reverent silence and our dead are invited to share in the feast. We conclude the 6-month reign of our May King, as he lays down his crown and descends into the Underworld to learn the Mystery of Death and Rebirth. We enact the sacred rites of the season, and around the fire, we tell stories of those who are no longer with us in flesh, but only in spirit. For we know: What is remembered, lives.*

*Beltaine, at the opposite hinge of the year, is a whole different kind of energy—and we celebrate it with wild abandon! We conduct bawdy and silly May Games, and the winners become our Queen and King of the May for the coming year. We hold an all-night Walpurgisnacht ritual and Bardic—generally involving a magickal journey into Faerie, or through the Underworld. Many different themes have infused these journeys: the Hero's Quest; the Quest of the Holy Grail; visits to the realms of the gods of various pantheons; encounters with the Queen of Faerie, or the seven Endless Ones... No two have ever been quite the same.*

*And on the final day, we decorate and raise the Maypole, tie our new May King to it, and dance the ribbon-winding Dance of the May.*

### What advice or message would you tell today's Pagan kids?

*Explore! Imagine! Read stories of wonder, magick, fantasy, Faerie, Wizardry, dragons, unicorns, mermaids—and see movies of similar themes, to fuel your dreams and imagination. Get into science-fiction and fantasy. Learn art, dancing, music, martial arts, gymnastics. And most especially, get outdoors—explore the wilderness: go hiking, camping, fishing, swimming, SCUBA diving, canoeing, kayaking, sailing, tubing, white-water rafting, rock-climbing, spelunking, hang-gliding, parasailing, hot-air ballooning... Learn woodcraft and wilderness survival. Get a tent, sleeping bag, camp kit, and learn how to use them.*

*Study the ways of magick. Practice and develop your own magickal talents. Enroll in the Grey School. Seek out and meet with others who share your interests. Attend magickal gatherings, sci-fi cons, festivals, Renaissance Faires. Become part of the crew, rather than just the audience. Travel to different places, and explore what they each have to offer—especially places like national parks and wonders, ancient ruins, sacred sites. For the road leads ever onward...*

Do some thinking about yourself. Write a paragraph or even a paper about what you think you will be doing in the next 20 years. Read it over a couple of times and make sure it is exactly what you want to do. When you are done think about the things you will need to accomplish or do in order to get to your goal. You can even make a list to remind yourself.

If this is truly your goal and you are meant to do it you will find yourself walking down that path and crossing off things before you know it. If this is not the path you will take, time will show you that and point you in the direction you need to be. You may change it many times throughout your life. The main purpose is to continue striving and learning how to achieve.

## Symbol Sudoku Alchemy Processes

### Symbol Key

Rot 

 Rumes

Filter 

 Boil

Pulverize 

 Mix


















































Purify 

 Powder

Distill 

The symbols of the month are listed to the side of the Sudoku puzzle. Make your own flash cards or artistic designs using them within the month to aid you in remembering them.

*Answers in next issue*

### Expand The Puzzle

These symbols started way back in history when people were writing their first spells and concoctions. Symbols were used so others couldn't read or copy individual spells. See how this works for you by writing a common recipe that makes something from scratch using the alchemy symbols when they fit. See how long it takes you to understand and/or read it.

## Celtic Corner

### Celtic Languages

The Celtic languages are actually a branch of the Indo-European languages which currently claim 150 languages and 3 billion speakers spread throughout Europe and Asia. These language groups are split into two main categories: eastern (Asian) and western (European). The Celtic languages are pulled from the Eastern languages.

These Eastern languages are also divided into two categories: Continental and Insular. The Continental languages were spoken by the ancient Celts and are no longer spoken, with the exception of Breton (still under debate by some). The Insular group contains languages spoken or known of today.

The Insular group of Celtic languages is spoken in the Celtic homelands and is the one many Pagans learn to speak to keep the Celtic roots alive. These languages are further divided into two categories. These categories were determined by the way the consonant \*kw was pronounced. The label of the Q-Celtic language pronounces that consonant as a K (once spelled with a Q) and the P-Celtic languages pronounce it using a P sound.

The languages which fall under the Q-Celtic language heading would be Irish, Manx, and Scotch Gaelic. The P-Celtic group contain the languages of ancient Gaul, Welsh, Cornish, and Breton (still under debate by some). To learn about where these individual languages originate see below:

**Welsh** - The official language of Wales. There are over 500,000 people in Wales that speak the language and it is the major language of the media and is taught in schools.

**Breton** - Four main dialects of this language are spoken in Brittany. It is estimated that 250,000 people speak the language and over one million have knowledge of it.

**Irish Gaelic** - It is taught as a subject in Irish schools, but not as the core language. Most Irish people can read Gaelic and have knowledge of some words. It is suggested that the language is growing.

**Cornish** - The primary language died out in 1777, but a new interest has revived it. Today, there are classes, summer camps, and other modern programs that are helping it regain popularity. All Celtic people can speak English, with Cornish

**Scots Gaelic** - A vast majority of people living in Scotland can speak Scots Gaelic as well as English and are mostly found in the highlands and surrounding islands. Only a small percentage speak only Scots Gaelic and can only be found in that

**Manx** - The language in its purity has vanished, along with the last known person who spoke it (the language is named after him). There has been an effort to revive it (technically Neo-Manx, though commonly called Manx) and it is taught in primary and secondary

### The Celtic Tongue



#### Flower

**Irish:** bláth  
**Manx:** blaatarys  
**Welsh:** blodeuo  
**Cornish:** blejan  
**Breton:** bleunienn

### Keeping Language Alive

A new question concerning the Gaelic language should be given to the Celtic-based Pagan religions of today.

For many years, those following certain Pagan paths and Celtic-based religions have been pressed to take interest in keeping the base languages of the Celtic world alive. This has been introduced as a requirement and/or enhancement to the path that was being walked. Regardless, not many Pagans have actually learned even one. Pagans don't seem to feel guilty for not learning, even though they understand that the people living in those geographical areas were all speaking it.

A language does not die as long as there are a large number of people speaking it on a regular basis. The 2006 census said 41% of the population in Ireland claim to speak Gaelic. In February of 2008, a man by the name of Manchán Magan, feeling this untrue, decided to walk around the major parts of Ireland and see for himself how many people spoke it. He allowed video footage of this sociological experiment to be shown on TV and segments can be found on YouTube.

Manchán, speaking only Gaelic, approached stores, coffee shops, people on the street, and many other day-to-day people and places to test his theory. He was thrown out of places, given incorrect information, and totally misunderstood. As he became more upset that people in the homeland did not speak the 'official' language of the country, he would do crazier things like standing outside a bank promising people huge amounts of money to help him rob it, asking college students if they know the difference between Gaelic and Klingon, as well as many other tactics.

In short, he has proven that the language so important to the Celtic religion is in danger of dying. If the native tongue connected to a religion dies, a portion of that religion is lost. It is very important to keep the true prose alive and that should be a duty of those who follow it. Take the time to learn as much of a language as you can from online, books, CDs, or any other resource you can find.

## Middle Magic

Hi there!!

This page is for those of you who would like to know a little more about practicing ritual and magic. Over the coming months (and years, hopefully) we will look at various aspects of working in a spiritual way.

There are a couple of things to go over before we get started. Firstly, talk to your Mum or Dad about what it is you want to do with the things we talk about here. Secondly, get yourself a book to write it all down in. This will help you remember what you have done. Lastly, enjoy yourself!

The first and most important thing to do when you decide you want to practice magic is learn to ground. This applies to whatever path you follow. How can you go off to extraordinary places in your mind if you don't know who you are and how to connect to the Earth beneath your feet.

Grounding is useful to do before and after you do any sort of deep magic like visualisations. Anything that takes you off somewhere in your mind will need to be grounded afterward. Grounding can be used in everyday life. Whenever we feel nervous, scared or a bit out of control we can use simple exercises to ground ourselves to the calm energy of the Earth. Later on we will do an exercise that will help you to know yourself from the inside out but for now we will concentrate on grounding.

Now, enough talk. Let's get started!

### You tell us!

What would *you* like to see on this page?

Drop me a line to:

paganmoonbeams@yahoo.com

Put Middle Magic in the subject and it will get to the right person.

Looking forward to hearing from you

### Some simple grounding exercises

Always begin by connecting to your breath. Breathe in deeply, right into your belly, and empty all the Air from your lungs as you breathe out. Breathe slowly and calmly. As you breathe in, feel the Air revitalising and energising you. As you breathe out, see anything you need to let go of dissolving into the Earth.

Stand with your legs a little apart and your feet firmly on the ground. Place your open hands on your thighs, with your fingers spread, and picture your energy travelling down your legs into the Earth.

### Your turn!

Look up some other exercises in books or on the internet.

Talk to your Mum or Dad about what you have found. See if you can get them to have a go at these exercises and the ones you have found.

Visualise yourself as a tree, with your body as the trunk, your arms as the branches and your feet extending into roots growing down into the Earth. Visualise your roots branching out into the dark fertile soil, growing around rocks and anchoring you to the Earth, as you draw in her goodness, stability and strength.



Exercises taken from 'Earth Wisdom. A heartwarming mixture of the spiritual, the practical and the proactive' by Glennie Kindred

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## THE TEEN SECTION

By: Kay Bee

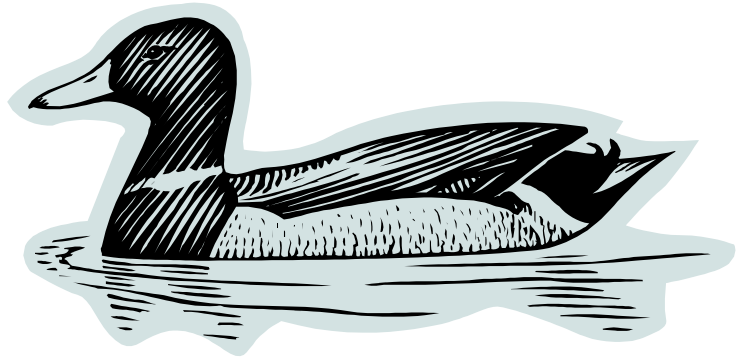
### Vegetarian Recipe

#### Country Skillet Tomatoes

##### Ingredients:

- 4 medium sized firm ripe tomatoes
- 1 teaspoon of sugar
- 1/2 cup unsalted all purpose flour
- 1 1/2 teaspoon salt
- 1 1/2 teaspoon dry mustard
- 6 tablespoons butter
- 1 1/4 cup milk

1. cut tomatoes in 1/2 inch thick slices; sprinkle with sugar.
2. Mix flour, salt, and mustard in a pie plate, (put two tablespoons of the mixture into a separate cup) then dip the tomatoes in the remaining flour mixture and coat all sides.
3. Sauté, half at a time, in the butter until golden in a large frying pan. Keep them warm after you remove them.
4. Blend the 2 tablespoons of flour mixture into drippings in the pan, stir in milk, then cook and stir constantly until gravy thickens and boils 1 minute, pour over tomatoes, garnish with parsley if desired.



#### Simple Happy Tip

Look at things you get mad over, and think to yourself “Will this matter ten years from now?”



Image taken from [Maggie's Health Quest](#)

#### Omens

If you itch on the ear,  
Someone's speaking of you.  
If you itch on the nose,  
Someone's thinking of you.

#### QUOTE

“Sometimes you must try other people's clean silverware, as part of the fun of eating out”

-Carol, *As Good as it Gets* 1997



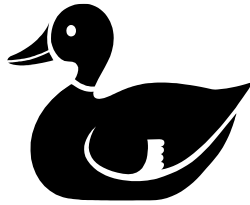
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## THE TEEN SECTION

By: Kay Bee

### FENG SHUI TIP

Never use dark colors or plaid as your wall paper or paint.



As Kay Bee is no longer available,  
drop me a line at:

[Petra@paganmoonbeams.com](mailto:Petra@paganmoonbeams.com)

## ~EATING DISORDERS—ANOREXIA NERVOSA~

### ANOREXIA

Anorexia is a disease where a person will hurt themselves by taking laxatives, participating in excessive exercise, or not letting themselves eat.

#### Stats

- 1% of teenage girls develop Anorexia Nervosa and up to 10% of those may die
- 10% of people with Anorexia are male
- With treatment, only 60% make a full recovery and about 20% make a partial recovery (meaning that they will be able to hold a job but still be in danger of repeating), and the final 20% will remain dangerously underweight and in health clinics
- 15% of people with anorexia will die within 12 years from suicide, infections, stomach problems, or malnutrition.

Some symptoms include:

- Loss of at least 3 menstrual cycles
- Anxiety
- Weakness
- Refusing to eat in public
- Obsessing over calorie intake
- Brittle skin
- Shortness of breath

What will result:

- Shrunken bones
- Mineral loss
- Irregular heartbeat
- Low body temperature
- Possible development of osteoporosis
- Hair thinning
- Irritability
- Kidney failure
- Heart failure

### What Causes Anorexia?

- (1) The culture we live in has depicted people who are thin, to be beautiful. Men and women sometimes can feel pressured to have perfect bodies and see themselves as ugly.
- (2) The disease can sometimes run through families. Some adults can feel that looks are important and pass those thoughts onto their children, causing their children to possibly develop the disease later in life.
- (3) Stressful situations such as a new commitments, or traumatic experiences such as rape.
- (4) Low self esteem.
- (5) Sometimes there are simply chemicals in the brain or genes that were passed that could cause the disease.

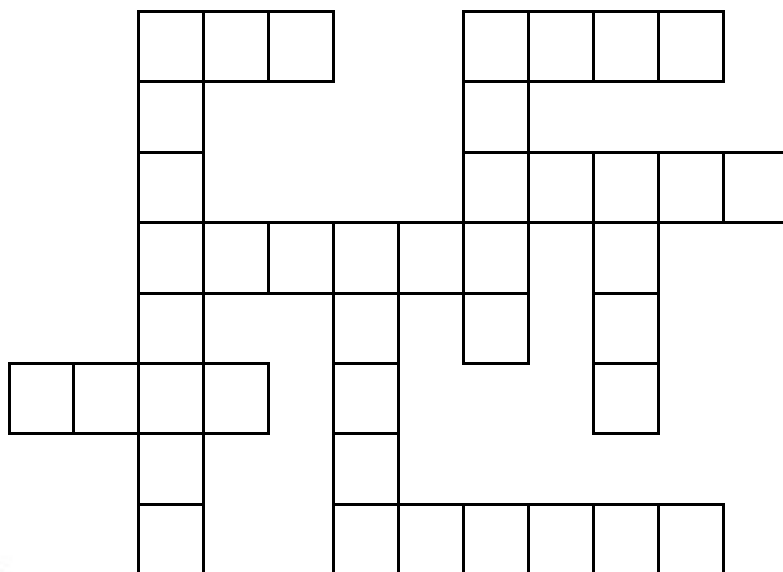
# THE TEEN SECTION

Inspired by: KayBee

## MUSIC LIST

Peter Conover  
Fontain's M.U.S.E  
Gaia Consort

SUMMER  
SOLSTICE  
SUN  
FAERY  
FOOD  
MAGIC  
CHANGE  
VEIL  
RIPE



## Book of the Month *Girls under Pressure*

By Jacqueline Wilson

Ellie is always comparing herself to her friends. In a bid to lose weight, she comes close to having an eating disorder. Only when she sees what affect it has on one of her friends does she see what is happening.

With humour, Jacqueline Wilson deals with some serious issues in this book.

**AGES**  
Young Adult  
(12 years and over)



## RIDDLE

1. What asks no question but demands an answer?
2. On what kind of ships do students study?

The answers are on the following page.

## ~ONLY ONE EARTH~

### Paper

We all use paper everyday, at school and at home. Paper is made from wood pulp. Each piece of paper was once a tree. We need trees for the oxygen we breath.

### What you can do:

Collect your old paper and newspapers and recycle them. Look out for pads and products that are made from recycled paper. See if you can organize a tree planting or a newspaper collection drive. Get your family and friends involved and see how much paper you can recycle this month.

## MESSAGE

Hi there!

Kay Bee has decided to take a break from writing for a while. I'll be taking over until she decides to come back. I'd like to thank her for all the hard work she put in on the Teen Section. She has given me a great start to my work here.

I'd love to hear from our Pagan youth readers. Tell me what you would like here, ask me questions and even grumble at me if you like.

Look forward to hearing from you.

Petra

## WHAT I'VE LEARNED

**In life, what counts is not the destination but the journey.**

---

## THE TEEN SECTION

*Inspired by: Kay Bee*

### Paganism on the Web

Hands up all those who are web addicts? Well, you are not alone. There are a lot of Pagans out there on the internet. There are sites that cater to Teenage Pagans, Elderly Pagans and Pagans of every variety you can think of. The question is: how do you know what to trust?



Type in Pagan Teenagers and pages of links appear. The trick is to find sites you are comfortable with. If anything happens that makes you feel uncertain about what you are reading, then stop. Yes, I know this is all obvious but it can get pretty close to the margin sometimes.

My one piece of advice to you is to talk to your parents. If you wouldn't show your parents what you are reading then perhaps you shouldn't read it yourself. Also your parents can help you decide what is good stuff to read and what isn't.

Do what you need to stay safe and don't forget to have fun!

#### Some useful sites

Young Pagan Essays from Witchvox - written by young Pagans.  
[http://www.witchvox.com/\\_x.html?c=teen](http://www.witchvox.com/_x.html?c=teen)

Resources for Pagan Youth at The Cauldron - the young Pagans section of this very good Forum.  
<http://www.ecauldron.com/kidindex.php>

Adult forums may have teen sections. If you are thinking of joining a forum, talk to your parents.

#### Some do's and don'ts to think about.

Do: Be careful what you say and who you say it to.

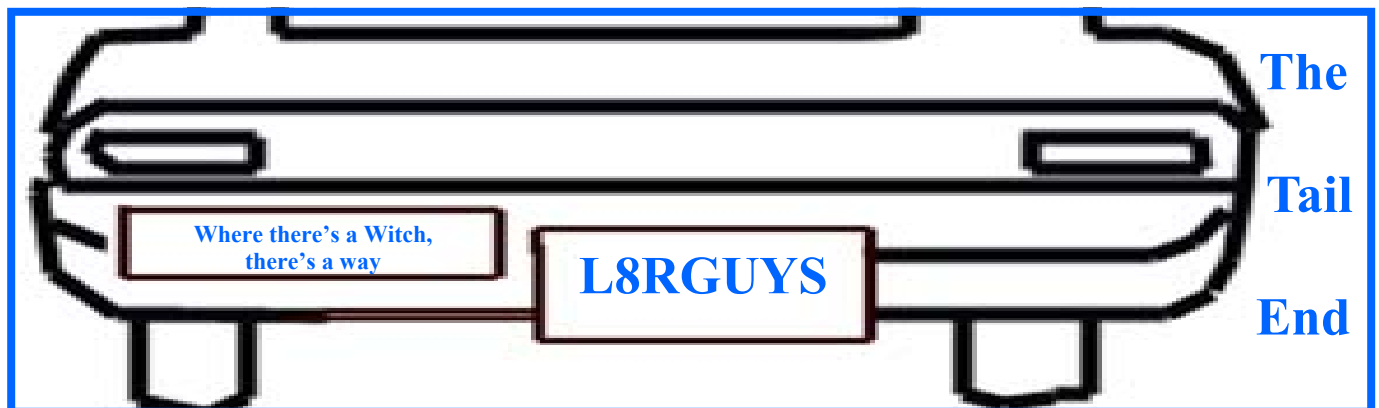
Do: Talk to people and share knowledge.

Don't: Give out personal details like your address to anyone.

Do: Talk to your parents if you are worried.

Do: Spend your time online wisely. This will avoid upsetting your parents.

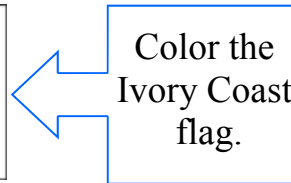
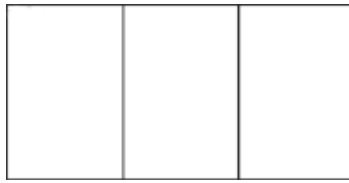
Do: Have fun!



Answer to Riddles. 1. A doorbell. 2. Scholarships

## Global Beliefs

**I  
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*Christianity*  
*Local Religions*  
*Islam*  
*Syncretic Religions*

The Ivory Coast is unique in its own way. There really is no ‘country religion’ nor does any religion stand for a majority of the populace. The government and state do not actually support or separate from any religion and all are practiced by officials as well as the general individual.

There are several religions that are practiced within the country but mostly local religions that have been around for many years, such as Christianity, and Islam. Most parts of the country actually label their religion with it’s own title but is actually comprised of different portions of the religions found there, these can be labeled as syncretic religions.

### Local Religions of the North

The religions of the north accent the beliefs in the south. Ancestor spirits are revered the highest and are believed to determine the future of the living.

They believe that the world started with god creating four sets of twins from seeds to populate the world. They made music to summon rain which made the Niger River.

Each area along the Niger River is associated with a wild animal. The type of animal for each area determines whether seeds will grow or the land is fertile.

Most areas in the north have high respect for those who practice divination. These special individuals act as counselors as well as predict the future.

Secret societies are also found in the north. The senior members of these societies are expected to train the younger generation with the beliefs of their ancestors.

### Local Religions of the South

This religion has a supreme being and many lesser gods that take on the form of entities in nature. There are also several kinds of spirits. There are spirits that live in each individual. Spiritual practitioners called sorcerers bring evil and must be warded off with amulets. The most respected is the ancestor spirits which are talked to often and given offerings. It is believed that these spirits must be respected and worshipped or you and your family will have tragedy and bad luck.

The priest or village chief will oversee all religious matters, head rituals, provide healing, etc...

Although there are many ceremonies and rituals that are practiced in this religion, it is the Yam Festival that is the largest. During the festival they show respect for the chief, ask for protection for the dead, and give thanks for good harvests. The Yam Festival is a must for the people of the Southern Ivory coast and is a symbol for unity and a reminder of their responsibility to others.

### Syncretic Religions

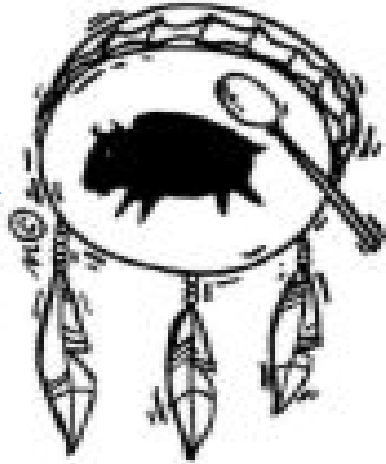
Local beliefs are combined with Christianity and/or Islam to create a very complex way of believing. There are many ways this and the geographical areas have their own version.

Syncretic religions are more popular among minority groups. The most common among these types of religions in the Ivory Coast is called Harrism and combines present and past religion with politics to answer and aid in all matters.



# Divination: *Drum Divination*

**Throughout time** the drum has been used for divination purposes. Today it is still being used by many different cultures and religions. Drum divination requires a certain kind of drum and stick, according to the actual type of drum divination you are doing. For the reading to be correct an item to place on the drum is needed; dirt, seeds, grass, smudge, etc... A Divinist's drums are very sacred and usually hand decorated. No one should touch another person's divination tools especially a divination drum.



## Drum Divining

Using a drum for divination is not that complicated, yet it is known as very accurate. Below is some information as well as the procedure of Drum Divining.

- Where you do the divination is very important. It is recommended to do it outdoors and in the same place each time.
- You begin by meditating on your question. Be sure to do enough meditating that your mind is clear and the exact words of the question have been carefully planned.
- When the question is clear in your mind, take the seeds in your right hand and drop them from about 6" away onto the drum which is to be held in your left hand. It is said that in the past the exact number of seeds to use was 21. Do not worry if not all of them make it onto the drum.
- Take 3 deep breaths and ask your question out loud.
- Tap in the middle of the drum using your stick or hand if you don't have or want a stick. The seeds will jump around and that is fine, the drum itself is to be held firm and free of movement.
- You read where the seeds end up to determine the answer to your question. This will be different according to the actual type of divining you are doing.
- It is important to only ask the drum serious questions.
- Do not re-ask a question when drum divining. If a question is asked for the second time the answer is sure to be incorrect and you will sit a mistrust or not serious mood to the drum causing it to not work anymore.

## Make a Drum

A lot of drum divination is done on what is commonly known as a bodhran drum. It is said that the ancient Celts and Hungarian Witches used this type of drum for their divination, just to name a few. A real bodhran drum is made from cut wood on Whitsunday and covered with an animal skin. The drum itself is thin and may resemble a tambourine.

Here is an easy way to make your own bodhran drum:

Materials:

- Wooden hoop 8-12" in diameter (ex. Deep (1" or more) crochet hoop)
- Canvas large enough to drape over all sides of the hoop
- Small tacks

Instructions:

Wet the canvas good but where it isn't dripping. Take the hoops apart and stretch the piece of canvas over the smaller one. Put the larger hoop on top and lock the canvas in place. Use your hands to pull the canvas tighter to where the shape is firm but the hoop itself is not bent. Use the tacks to go through the wood and canvas to assure it stays in place. Allow drum to dry then draw the indicators (according to the style of drum you are making).

\*\* When using the drum for divination you will need a large supply of seed (preferably thorn apple) and a ritual hammer, piece of fallen branch, or just use your hands.

Watch an actual Shaman doing drum divination:

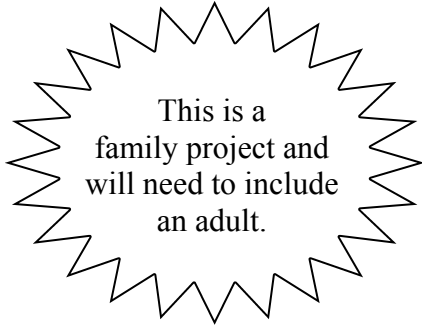
<http://www.youtube.com/watch?v=jywFbPZ3I4M>

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## Craft – EE

### The Pan Pipe

The pan pipe may have been one of the first woodwind instruments of the past. It is believed that it started with one pipe and grew from that. There is evidence of pan pipes in some form or fashion throughout history in almost every culture. The most amazing thing is that the pan pipe that is still used today is almost identical to its primitive form, just listen to any folklore music.



#### Supplies Needed:

A length of bamboo (if not found locally try a nursery or even a bamboo fishing pole)  
A small hand saw  
Wooden stick or dowel rod  
A sharp pen knife  
Glue  
Twine or Jute



#### Directions:

1. You will use the bamboo for the pipes you will use. Begin by cutting them exactly after the joint, when this is done it should be closed. The other end can be cut on the opposite side of that joint but before the next one. Make each pipe different lengths, it is recommend to at least cut 4 and no more than 6.
2. Cut a notch using the knife one inch from the open end of the bamboo. Be sure that these cuts start straight down into the hollow part (approx. 1/3 way through) . Move down a little and cut just as deep but at an angle and meet the straight line already cut. Repeat this process on each bamboo piece that will be used in the pipe.
3. Whittle the dowel rod or stick to a piece about 1—1/2 inches long. Be sure that it is rounded with only one side flat. It should fit securely into the end of the bamboo without splitting it. Whittle one for each piece of bamboo you will be using for your pipe.
4. Put glue on the wooden plug then shove the piece of wood in the end of each bamboo piece so it covers the point where your two cuts meet. For the best sound you may want to blow into the bamboo stick as you gently pull it in and out until you get the sound you desire. Remember each tube will have its own sound because of it's length.
5. When done line up the individual pipes in a line starting from the longest to the smallest. If doing this craft for the first time or for younger children, it might be best to leave a finger width space between the pipes for easy working later.
6. Take a pieces of bamboo with no notches, a little longer than the width of the pipes you have lined up.
7. Cut or split the bamboo in to four pieces.
8. Lay one strip on top and one on the bottom of the lined up pipes directly underneath the notches that were cut out earlier.
9. Use the twine or jute to affix the stick to each pipe individually. You will need to cross the twine or jute on top and bottom of each pipe pulling fairly tight and tying it off. Be sure to do this for each pipe you use. If your pipes are close together you may be able to pull the twine or sting tightly and move from one pipe to the other without tying off until the end.
10. When done you will need to repeat tying the strips on the bottom. This strip will be tied at an angle and just a little after the joint of each pipe.

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# Taghairm's Apothecary

Summer is just around the corner (we hope). The days are getting longer and the clocks have been changed a while. We are getting into the bountiful time of the year.

## Travel Size Germ Killer

Are you worried about germs in strange places when you take the kids out on trips? Carry this simple sanitizer with you.

In a small spray bottle add:

- 4 oz of purified water (either filtered or boiled and allowed to cool)
- 50 drops of Lavender oil
- 30 drops of Clove bud oil
- 20 drops of Peppermint oil

Spray on the area you wish to have cleaned.

## Hand Softener Recipe

We've spent a lot of time cleaning the house this Spring. Our hands need a little T.L.C. This recipe will help you get smooth hands for the summer.

Ingredients

- 2 beaten eggs
- 1 tbsp honey
- 1/4 cup of Almond meal (Just grind almonds in the blender)

Method

In a bowl, whip together the eggs and honey. Add the Almond meal and stir to combine.

To use:

Scoop some of the mixture into your hand and scrub. Rinse

To store:

Put the left over mixture into a clean, sterilised jar and seal. Keep in the fridge for up to 2 weeks.

\*\*\*\*\*  
\* **Send me your family recipes!** \*  
\* Do you have a recipe or tip that you use to help around the \*  
\* house? If so, let me know. I'll print it here with your \*  
\* name. \*  
\* So, go on! Get in touch! \*  
\*\*\*\*\*

## Easy Insect Repellent Lotion

Summer means bugs for most of us. This easy repellent will keep them away. If a determined bug does get through, wash the area in Lavender essential oil.

Ingredients:

- 8 oz of light unscented skin lotion
- 15 drops of Citronella essential oil
- 15 drops of Eucalyptus essential oil
- 10 drops of Patchouli essential oil

Method

Add the essential oils to the skin lotion and mix well. Apply to exposed skin.

Be sure to shake the bottle before applying it each time. Keep in the fridge for a longer lasting lotion.

## Sprained Ankle Massage Oil

It's Summer...the time of playing in the garden and running around. Sprained ankles are a common result. Here is a massage oil to use.

In 30ml of carrier oil add:

- 5 drops of Chamomile oil
- 5 drops of Peppermint oil
- 5 drops of Cypress oil

Rub on the sprained ankle and allow to soak in. The Chamomile will reduce the swelling and the Peppermint will cool the area.

## Elderflower Water for Acne

Elderflowers are coming out soon. Here is a good recipe for all those fresh flowers, but don't forget to leave some behind so we get berries later!

- 1 large handful of Elderflowers
- 2 cups of boiling water

Gently rinse the Elderflowers, then put them into a clean jar. Cover them with the boiling water. Seal the jar and let stand overnight.

Use as a skin wipe once or twice a day.

# Taghairm's Hearth

Nature is giving us her bounty, so here are a few recipes to use.

## B.L.T. Salad with Basil Mayonnaise Dressing

*Prep time 15mins. Cook time 10mins. Ready in 25mins*

### Ingredients:

- 225g bacon
- 120ml mayonnaise
- 30ml red wine vinegar
- 10g finely chopped fresh basil
- 4 slices French Bread, cut into 1/2 inch pieces
- Pinch of salt
- Small pinch of black pepper
- 1 tbsp canola oil
- 445g romaine lettuce - rinsed, dried and torn into bite-size pieces
- 300g cherry tomatoes, quartered.



### Method

1. Place bacon in a large, deep skillet. Cook over a medium-high heat until evenly brown. Drain, crumble and set aside, reserving 2 tablespoons of the drippings.
2. In a small bowl, whisk together the reserved bacon drippings, mayonnaise, vinegar and basil and the dressing stand, covered, at room temperature.
3. In a large skillet over a medium heat, toss the bread pieces with the salt and pepper. Drizzle with the oil and continue tossing. Cook over a medium-low heat until golden brown.
4. In a large bowl, mix together the romaine lettuce, the tomatoes, bacon and croutons.
5. Pour the dressing over the salad and toss well.
6. Serve immediately.

## Banana Bonkers

### Ingredients:

- 3 bananas
- 710ml fresh grapefruit juice
- 474ml lemon sherbet
- 235ml crushed ice

### Method

1. Puree the bananas in a blender or food processor.
2. In a gallon pitcher, combine the pureed bananas, grapefruit juice, lemon sherbet and crushed ice.
3. Stir and serve.

**Banana Bonkers and B.L.T. Salad**  
taken from the [All Recipes](#) website.

## Fresh Strawberry Fool

### Ingredients:

- 1/2 cup whipping cream
- 1/3 cup powdered sugar
- 1/2 tsp vanilla
- 8 oz. lemon yoghurt
- 3 cups of sliced fresh strawberries
- 5 coarsely crumbled shortbread cookies

### Method

1. Beat the cream, sugar and vanilla together until soft peak form. Fold in the yoghurt and half of the berries with a large spoon.
2. Spoon 1/2 into the bottom of 4 small sundae glasses.
3. Top with the remaining berries and the other half of the cream mixture.
4. Cover and chill for 2 hours.



## Taghairm's Classroom

Hi there! In this section, we will be looking at a recipe and figuring out how it all works together. Seeing as it is nearly Mother's Day in the US, this would make a very good Mother's Day present. See if you can get another family member to help you.

### Foaming Bath Oil

#### Ingredients:

- One cup of liquid soap
- Essential oils—For this recipe use 15 drops each of Lavender and Chamomile
- 1/4 cup of Almond Oil
- Several bowls and spoons
- Decorative bottles or jars
- Handmade labels or tags

#### Method:

1. Carefully mix the essential oils with the liquid soap.
2. Slowly add the almond oil, a little at a time until it is all used.
3. Put the mixture in a pot and heat on the stove top (with help from an adult) until the trapped bubbles rise to the top. Do not allow to boil! Boiling will cause more bubbles!
4. When there are no more bubbles, remove the pot from the stove and allow to cool
5. Skim off the top foam with a spoon.
6. Pour into your decorative bottles
7. Decorate with your homemade tags.

The Lavender and Chamomile oils are very calming and help you to relax. You need to be sure to get essential oils not fragrance oils as fragrance oils can be bad for the skin. Essential oils are designed to be used on the body. The trick to finding out whether you have an Essential Oil or not is to look at the packet. If it has the latin name for it then it is the right stuff.

Another great tip is that if you wouldn't put it in your mouth to eat it, don't put it on your skin! You can take stuff into your body through your skin which can make you very ill. So remember, if you wouldn't eat it, don't 'wear' it!

Colour in this tag and put it onto a piece of card. Punch a hole in the card. Tie it to your bottle with string.



Heating up the mixture gives the water and air more energy. This is why the bubbles rise. The air molecules take energy faster than the water molecules. Heat makes things rise, so they race up to the top of the pan.

### God & Goddess Changes

Starting August the God & Goddess sections will be larger, contain more information and include mythology that will tie it all together. Until then you will not see this section in the newsletter. Thank you for your patience.

When you are stirring the mixture together, remember to stir in a clockwise direction. Think about the good things you want for the person who will use the oil. Wish them a relaxing bath time. If you are making it for Mother's Day, wish her a Happy Mother's Day!

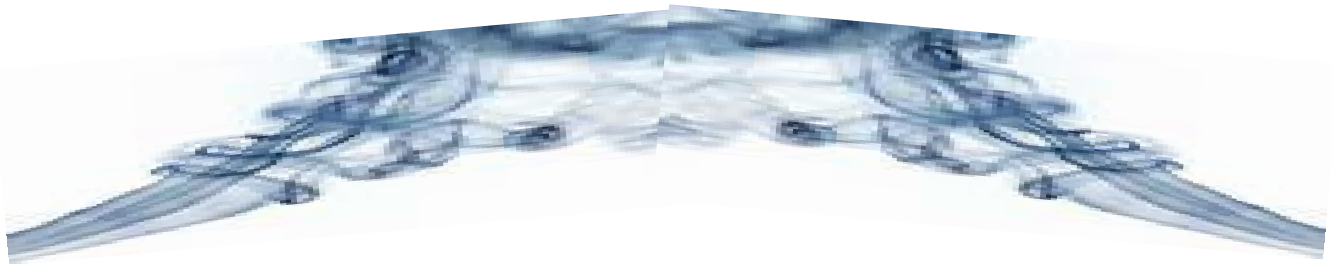
## Knowing Your Scents

Incense and scented oils are very common in many homes, especially Pagan homes. Although not a requirement, it is nice if you know the scents that are used. As you progress in your religion you may one day make your own incense or mix oils together for your own scents.

Familiarizing yourself with scents now can be an accomplishment in itself. You can find out which you like and don't like and take notes for future reference. Try learning a scent per month or week, whichever you choose. Smell the incense and/or oil. Use them for meditations, daily rituals, or any other time you see fit. See if you can differentiate between the scents by first smell.

It may be hard at first to learn scents but it will be a great exercise in working with and learning how to use your body by exploring one or more of your senses. You may also notice other senses kicking in as you see that the smoke from a certain incense releases a certain color; a scented oil that if used a lot can cause you to have dry mouth or crave a certain food; or even that a certain scent no matter how it is represented causes you to want to be around water. This is the process of you learning your natural instincts and how your body is connecting with other things, in this case a scent.

Use this small experiment to find out more about yourself, your likes, your dislikes, and a little more about how to connect with things around you. Have fun and happy smelling!



### Quick Math

Check any multiplication problem easily by using the procedure below:

1. Add all numbers being multiplied together. If the sum is not a single digit add those numbers together until a single digit number is found.

$$\begin{array}{r} 45 \\ \times 26 \\ \hline 1170 \end{array}$$

$$4+5=9$$

$$2+6=8$$

Single Digit so move to next

2. Multiply the single digit numbers together. If sum is not a single digit add those numbers together until a single digit number is found.

$$\begin{array}{r} 45 \\ \times 26 \\ \hline 1170 \end{array}$$

$$4+5=9$$

$$2+6=8$$

$$8 \times 9 = 72$$

$$7 + 2 = 9$$

3. Add numbers of the answer. If the sum is not single digit add the numbers in the sum until a single digit can be found. If the two single digits are the same, then the problem is correct.

$$\begin{array}{r} 45 \\ \times 26 \\ \hline 1170 \end{array}$$

$$8 \times 9 = 72$$

$$7 + 2 = 9$$

$$1 + 1 + 7 + 0 = 9$$

Single digit numbers match so answer is correct.

---

## May 2008 Pagan Calendar

1  
Last Quarter Moon  
Cross-quarters day: Beltane  
May Day  
Sixth Station of the Year  
Calends of May  
2  
Floralia  
Elena  
St. Halen  
Ridvan—12th day  
Guru Arjan Dev Birth  
3  
Floralia  
Bona Dea Eve  
Egyptian Day  
4  
Bona Dea  
Veneration of the Thron  
6  
Eyvind Kelve  
Enlightenment of the Buddha  
Egyptian Day  
7  
Nones of May  
Helston Furry Dance  
Egyptian Day  
8  
New Moon  
9  
Lemuria  
11  
Lemuria  
St. Mamertius  
12  
St. Pancras  
Celtic Tree Month of Saille ends  
13  
Lemuria  
Servatius  
Celtic Tree Month of Huath commences

14  
St. Bonifatius  
Runic Half-month of Ing commences  
15  
Maia and Mercury  
Vesta  
Cold Sophie  
Ides of May  
Goddess month of Maia ends  
Egyptian Day  
16  
First Quarter Moon  
St. Brendan the Navigator  
Goddess Month of Hera commences  
17  
Dea Dia  
18  
Appollon Day  
20  
Mjollnir  
Ascension  
Egyptian Day  
Wesak / Buddha day  
Theravada New Year  
21  
Plato Born  
22  
Ragmar Lodbrok  
23  
Full Moon  
Rosalia  
Declaration of the Bab  
Guru Amar Das birth  
24  
The Mothers  
Hermes Trismegistus  
25  
Edmund I death  
29  
Ambarvalia  
Oak Apple Day  
Runic Half-month of Odal commences  
Ascension of Baha'u 'llah  
30  
Last Quarter Moon  
Frigg  
Whitsunday

**This month** was named after Maia Majestas a Greek Goddess. Can you name things below that are connected to this month?



FLOWER



STONE

UK friends, the best Pagan calendar for your area can be found @: <http://www.pagancalendar.co.uk/>

# U.S. Holidays 4 Month

## Astronomy Day

The 10th of May will be astronomy day here in the U.S which will begin the national astronomy week.. Make this a day and week one of exploration by doing your own astronomy research. Find out more about the Pagan views attached to this wonderful subject full of rich Pagan roots.

### Get The Story

Do some looking in the sky to find different constellations and/or well-known stars. Ask an adult, visit the library, or do some online research to find out more about the story that surrounds it.

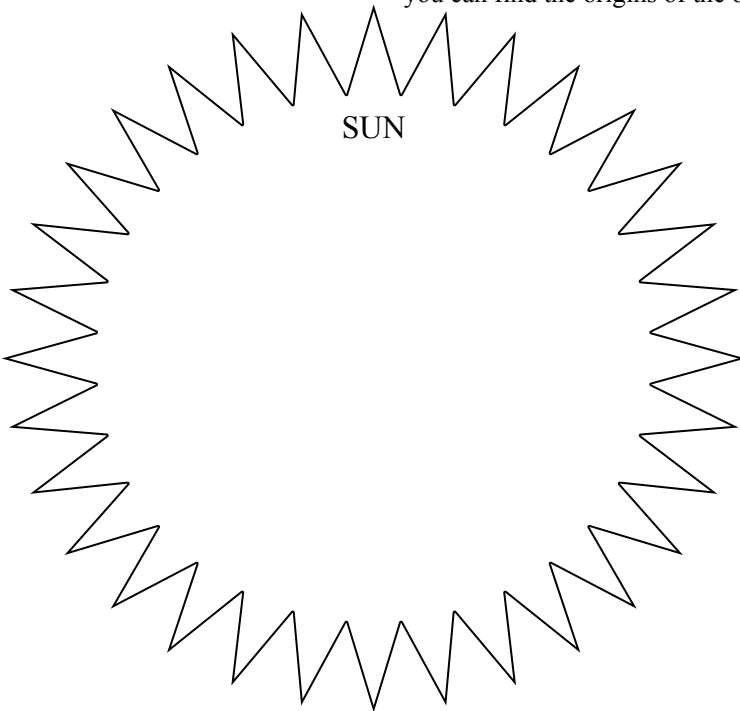
Focus on the dipper by doing research on it's origins in different cultures and times of history. Remember that in the past Astronomy was not only the study of the sky but it could have been the origin of life, home of the Gods & Goddess', a door to another world, and many other things. A list of names you might want to check on when learning about the dipper can be found below to begin your search.

Cart of Orisis  
Ma-God-Da  
Ursa Major  
Septentroides  
Karl's Wagon  
Arthur's Wain

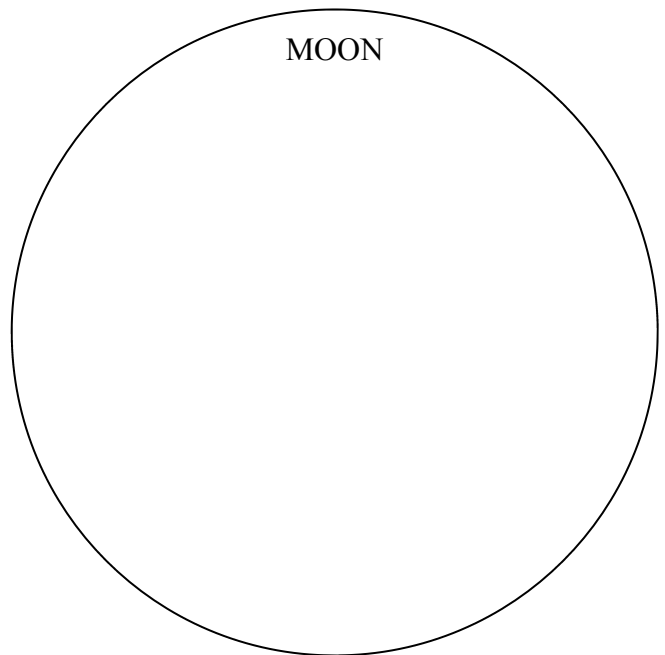
### Sky & Earth Connection

Find out more about a well-known man made structure which connects the earth and the celestial world that surrounds it. Some examples of things to look for would be the Aztec capital, the Taj Mahal, the Pyramids, and the lines of Nazca

As you color the Sun and Moon below make a chant of the God/Goddess' they represent in the different cultures and/or religions. Many names are listed, see if you can add more. You could also do some research and see if you can find the origins of the one's we have here.



Sol, Balder, Horus, Sulis Minerva, Hel, Ammon, Ra, Helice, Sol Invictus, Baal, Sil, Elagabal, and Helios,



Luna, Apollo, Selene, Cynthia, Nanna, Chandra, Sin, and Thoth

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## To The Parent

### A Child's Room

A child's room is more than a place to play, it is their personal space, for most their only personal space. A sanctuary of sorts where they can spend leisure time and the place that they share with friends.

As an adult you are in total control of your living space. You fill it with things from accomplishments to memories combined to make your room a place to relax and feel connected. When it comes to a child it should be no different.

It is not apparent, however, the child's room has become all but sacred to them. Their own room is filled with things to keep them busy and a place for them to sleep. For a lot of children this could be labeled the cell; and yes that is relating it to a prison or jail.

Take a second look at your child's room and make some major changes in it. Let your child help you in turning this space from a bedroom to a sanctuary and creating the best 'comfort zone' for them. Below are some ideas that might aid in this task.

- Take out the 'busy' play things like electronics and move them to a more suitable place like a family or living room.
- Physically move things around within their room so when they walk in the focal point is not their bed but rather other objects that set a more relaxing tone like colors or an altar.
- Take out bulky furniture and toys that aren't used on a regular basis and replace them with comfortable and more creative things like large sitting pillows and throw rugs.
- Place toys somewhere out of sight like a closet. This will allow them to decide when to play with them as the mood comes instead of them being side tracked by objects that take up their time and inhibit creativity.
- Add natural or comforting items to nurture all the senses. Some nice items would be small table fountains, fresh comforting incense, soft or firm items according to the child's preference.
- Be sure to put a touch of religion and family into the room to be a constant reminder of roots both physical and spiritual.

- Remove mirrors and other items that will be a constant reminder of the expectations that society holds.
- Be sure to use the window as a focal point and/or allow it to always show the sunlight that nature shares each day. Allow them to set their moods with nature instead of what is going on around them.
- As they rack up accomplishments or victories of any kind be sure to add something from it to their space, it is also a memory of importance to them. This doesn't mean crowding trophies, banners, and what-not in their room. A simple item will do just the same as long as it reminds them their accomplishment. Small things like a rock, branches, a square of clothing, or other item can make a nice collage or things hidden in spots they can pull out easily when they want to reminisce.

Creating their sanctuary will be an adventure that will last a lifetime. You will both add and subtract from the room as money or time allows. There will be certain times in their life that could use an overhaul, these times will mark a special time in their life and make things a lot more special to them like age stages or education goals.

However you travel the road of parenthood, please do a lot of thinking on your child's personal space. How they approach this concept as a child will be something they carry with them into adulthood.

### Home School Tip

Curriculum can be very pricey, especially for the home school family with limited funds. When we think of saving money it usually means hours of searching for a 'cheaper' version of great curriculum or looking for used curriculum that doesn't have much writing in it.

Networking could be the answer to the expensive curriculum problems. This doesn't just mean buying something that will last through the kids as years go by, it could also mean working within your local home school co-op and groups.

Making group buys might be the ticket, discounts are issued through them. Computer and online curriculum group usage will cost less than families buying things separately and chipping in would be better on the pocket book.

Make group decisions on what will be used so curriculum can be utilized by several families instead of one. Use the scanner and printer to make copies instead of writing in books; this will also make them easier to pass down and/or sell.

### Worldly Wisdom: **Make Use of Your Enemies**

*Your enemies will make known your failures and flaws which in turn will allow you to change them into something positive, therefore aiding you in strengthening yourself.*

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## To The Parent

### Small Extensions

In response to the continued request to add content for small children these ideas have been compiled to accommodate the younger crowd. Various activities are listed below and can be a guide to get you started. These activities can create a base of learning then can be reinforced when the child is older and able to read or do the activities in the newsletter.

#### Herb Focus

- In the early issues the herb and mineral squares can be made into flashcards, newer issues into book-marks. These can be used now to memorize what each looks like and as they grow the more information they can learn from the same manipulative.

#### Tree Wisdom

- Make a scrapbook of the different trees and expand on it as they grow. Things to add might be pictures of the tree, leaves, or seeds; bark rubbings and abstract pictures of the energy felt when spending time with that tree.
- Have them tell a verbal story about the tree that you keep on cassette tape which they can listen to as often as they like. If it is a hand held tape player they may even spend time in the woods sharing the story with the tree itself. This would be a great way to connect with the tree energy as well as reinforcing tree recognition.

#### Magic Mask of Animals

- Make several copies of the coloring/activity page and have them use it for busy work on different occasions. Each time you could relay more information to them. Be sure that the main idea of the activity or picture is told to you each time, so they will retain it better.
- Go to where you can find this animal locally. Mention information to them as they observe the animal. See if they think it relates to the animal. This would also be a great opportunity to talk to them about animal safety for both them and the animal.

#### Pagan People

- Cut out the picture and put it on a popsicle stick to make a stick puppet. Throughout the month go over a few questions of the interview and have the child repeat the answer pretending to be the person using the puppet. These puppets can be used as flash cards also.
- Bring the person to life by using the internet, your bookshelf, or other medium to show your child as you talk about his/her accomplishments and how they have aided in the Pagan community.

#### Symbol Sudoku

- cut out the images or draw them onto flashcards and review them often throughout the month.
- Cut the pictures out and begin using them to create a collage which you can review often.
- Start a symbol journal where they can put the picture on a page and memorize what it means. Older children can write it's meaning below the picture. As they get older more information can be added to the pictures for future reference .

#### Faith Focus

- Spend a day in this religion with your child. You can do it as a regular day if you are able to incorporate enough of it to teach them a little about it, if not then you could choose to do a holiday or celebration in that religion.
- If you know someone that practices that religion set up a time for your child to have a walk, tea, or other special activity where they can ask questions and/or learn a little about it.
- Pick a certain time or calendar date to have a 'mystery faith day'. On that day you will make things a mystery where you sneak away or go to a special place and you can teach them about the religion of the month. They will enjoy the adventure as much as the information they receive.

#### God/Goddess of the Month

- Dress or compile the God/Goddess figures that they made (directions is Dec. 2007 issue), place them in a busy area or on an altar. Allow time for play or review of the God/Goddess so they may memorize them.
- Print up a template or draw one of a figure and allow your child to use the descriptions in the Dress up section to be a guide for them to color and/or make the image into a God/Goddess. You could relay information while they color.
- Do some research and find a story or a mythology story about the God/Goddess of the month. Read or tell them the story you found at bedtime.

#### Global Beliefs

- Print up a map of the world that has countries outlined. Each month have them color the country that is being covered. You could even come up with a color key showing the different religions that are practiced in the countries that are being covered.
- Have a snack or activity that is prominent in the country being covered. While there have a friendly chat about the country and religion that is practiced there.

***Making a scrapbook, slideshow, photo album, or keeping a picture journal can be used for all areas individually and last a lifetime as well.***

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## Take 10

### Hi there.

I thought it would be nice to have a few minutes to talk about Essential Oils each issue. Essential oils can be used with children but with a lower amount used.

Essential oils can be applied in several ways. Over time we will introduce different methods but for now we will stick to the two most basic.

Firstly, there is 'vapourising'. This is simply putting a few drops in some water and warming them up. Either using a burner or hot water.

Then there is massage. Massage helps to stimulate blood flow and metabolism so the body absorbs the oil much better. It can also be relaxing in itself. Use a carrier oil when doing massage. There are lots out there including nut oils and seed oils. You know your families allergies best so look around and see what suits. Always test a new oil on a small patch of skin. However, don't use olive oil as it isn't absorbed very easily and can lead to a mess and I'm sure I don't need to tell you what can happen when something or someone gets too sticky.

### Lavender Essential Oil

Lavender has been used for centuries. The Romans used it to clean and heal wounds.

**Properties:** Lavender is used for relieving tension, tiredness and low moods. It can also be used directly on burns and stings, however this only works with Lavender Officinalis.

**Usage:**

Used in massage, it creates a relaxing effect which eases tensions.

Used in a burner, it creates a calm atmosphere.



### A quick meditation

Close your eyes and take three deep breaths.

Imagine yourself in a very calm place. Feel a cool breeze on your face, a warming sun. Look around you see what is there. Find somewhere to sit and enjoy the peace and tranquility offered to you.

Take that peace and hold it to you. When you are ready, open your eyes and take that calmness with out into the world.

### Recommended dosages for Massage

In 10ml of carrier oil use:

ADULT - 5 drops of your chosen essential oil or oil mix

PREGNANCY - 1/2 dose e.g. 2-3 drops of essential oil

INFANTS - 1/4 dose e.g. 1-2 drops of essential oil

CHILDREN and ELDERLY - 1/2 dose.

**WARNING:** Some essential oils are not suitable for use when pregnant.

**Take rest; a field that has  
rested gives bountiful crop.  
Ovid, (43 BC - 17AD)**

### Friends

“What makes a friend?” We often ask of who hold us dear,  
The answers come, both short and long, but never seem quite clear.  
A happy gath'ring with our chums brings out a fond refrain,  
The laughter, jokes and sun-drenched folks, we think of in the main.  
But friends come in the quiet time, when peace is most required.  
When pain and doubt, pull us about, and hold us in the mire,  
A good friend stands beside us, through the happy and the sad,  
And helps us see the good time and then help us to feel glad,  
For all the friends beside us as we walk our path through life,  
Through all that comes before us, be it sun or cloud or strife.  
And when the days grow shorter and we march towards the end,  
Our lives will be much richer for the help of our dear friends.

Written by Petra

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## Book Classes Coming August

### Book Classes Coming

Beginning with the August issue of Pagan Moonbeams there will be a new class introduced:

Book Classes - you will need a book (or link to a book if available) at home to use along with your child . A months worth of enhancements as well as the suggested portion of the book will be in or made available through the newsletter.

Each book class will present material in two age groups but fairly easy adaptable to other ages groups as well. This will allow you to use the same book(s) for siblings and/or use the entire class again later for enforcement. Many of the books will be used for at least 5 months to get the most of them and not make it heavy on your pocketbook. By participating in the classes and acquiring the books it is in great hopes that your child will gain knowledge as well as a great library to be of use to them throughout the years.

All book classes and their information will be placed within the parents section of the newsletter which will allow you, the adult, to decide what portions of the lesson to use and not cause conflict if it is your choice to not participate. When deciding to participate with your child in the individual classes please read descriptions' in detail and consider the age or stage of your child. It is also recommended that you review the book and its contents yourself.

Two classes will start in the August issue. Information for them are below:



#### Young Foundations

**Ages:** pre-k-early elementary & later elementary

**Book(s)** - This class will be using Andrew Lang's fairy series of books. There are 12 Fairy books in the set, starting with the Blue Fairy Book. The class will jump around so the complete set will be needed before class begins. If hard copies of 12 books are way too much all at once; the complete set is online and free to access. Even if you don't get them for this class the set is a great addition to any child's library - even as an adult I find myself flipping through them now and then.

**Information:** Not so well-known fairy tales will be used to show your child how to connect with the magical world in many different ways. Through hands-on experiences children will learn about the Pagan and Spiritual world.

#### Tools Of The Trade

**Age:** upper elementary & teen

**Book(s)** : The Magick Toolbox by Carl Neal. This book can be found on ebay or Amazon used starting at \$1.50 + s&h.. The book itself is on a middle school level and does contain some sections (pipe & smoking, chalice & drinking, and candles); these sections will be of use later in your child's life and will be the last ones within the class so if you choose to skip them it won't mess up the class. \* If you have younger kids you may want to actually get the book for you to follow along and translate (into easier understanding) for your child, however, it would be a great addition to their library later on. This is a great reference book for both the beginner and seasoned Pagan.



**Information:** The class will show your child all it needs to know about the magical tools of the trade; how to make them, bless them, uses, and care. The book is very in depth and easy reading, and for the most part the class will go into more detail and out of the box.