



PAGAN Moonbeams

Vol. 2 Issue 2
October, 2008

Staff Notes

A little note to the readers' from our small staff.
Staff Members listed in croniglical order.

TristA

Writer, Admin, Webmaster since: Aug. 07

Making a move into the new year has once again come to our door. Be sure to take notice of Gaia and those that live and protect her during this busy season. Be assured that with your support they all will smile upon us!

Mandi Aumann

Writer & Admin. since: July 08

My favorite summer activity is swimming. Of course, you can do it anytime, but swimming always makes me think of summer. The water calms me. Floating frees me from my worries. Even a simple bath helps, for that extra boost

Raven Moonshadow

Writer & Editor since: Aug. 08

October is my favorite time of year. Fall is in full-swing and our year is coming to a close. Take this time to enjoy the many changing colors before Nature's long winter's nap.

Rhiannon Swanshadow

Editor since: Sept. 08

The leaves are finally changing on the lovely tree in front of my shop, and the wind is starting to get the chilly bite from the North Sea. You probably won't see me write often, but this month sees my first article for Pagan Moonbeams.

Lionfirestone

Writer since: Sept. 08

October is one of my favorite months. My family love decorating and planning for Samhain activities. And this October, we'll spend our weekends at the ren faire, selling our wares and trying to stay warm. Samhain blessings to all.

YarrowCrow

Writer since: Oct. 08

October is the kickoff to my favorite time of year. This is when the baking, and homemade gift-making, begins. I am excited to be here and share this time with you.

A Few Words

As the signs of summer and winter combine to make a wonderful season full of color, life, and action, amazing things will happen. Take time to visit with nature and become part of the cast in the great play she is unfolding.

Energy is present all the time but seems to be more active when things are naturally in an overlap. Connecting with it, working with it, and allowing it to simply flow through you can offer you a plethora of opportunities in the magickal world. If you haven't understood energy before, now is an opportune time!

paganmoonbeams@yahoo.com



Issue Shorts

- Due to staff cuts, some sections have been shortened or omitted. We are working on preventing this in the future.
- Be sure to join the contest for a new released children's Pagan book, signed by the author. This contest is sponsored by The Gryphon's Gate Books in the UK.
- If you didn't get to go to a Pagan Pride event locally, there is still time. Many places hold them in October!
- This month is a great time to hit the many reenactments here in the US. This could be a great time to look back in time and see first hand how Pagan traditions were mixed freely with those of the mainstream.

We Appreciate Your Readership

In This Issue

Volume 2 Issue 3

October 2008

Cover: Sowan Night		
Topic Focus: Paganism Today	pg. 4	
Samhain	pg. 8	
Ancient Greece Celebration Story		
High Day Tradition Exercise		
News & Info	pg. 9	
Simple Symbol: Gourd		
Quick Clips: Bees, Mistfrog, & Moss		
Thrifty Pagan	pg. 11	
Halloween Saving		
Wee Pagans	pg. 12	
Halloween Activities & Crafts		
Samhain Coloring Recipe		
Cat Observation Printable		
Wormy's Review	pg. 15	
St. George & the Dragon		
School Bell	pg. 16	
English		
History		
Geography		
Science		
Elective: Foreign Language		
Older Kids Story Review	pg. 21	
All I Can See is Part of Me		
Middle Magic	pg. 22	
Writing Magick pt. 1		
Young Pagans	pg. 23	
Hart & Crescent Religious Award		
Pagan Spotlight Section	pg. 24	
Margaret Alice Murray		
Cara Louise		
Local Pagan Contest		
Puzzled Up	pg. 28	
Oval Maze		
This Issue Word Search		
Dieties Section	pg. 29	
Underworld God/Goddess		
Pantheon Focus		
Norse Underworld God / Hel		
Celtic Underworld God/Goddess		
Egyptian Underworld God		
Native American Underworld God/Goddess		
Herb/Mineral	pg. 35	
Aconite		
Watermelon Tourmaline		
Correspondence Journal	pg. 36	
Apple Magick		
USA Holidays	pg. 37	
Stamp Collecting Month		
Make a Difference Day		
Scavenger Hunt		
Clergy Day		
International Holidays	pg. 38	
International Day for the Elderly		
Resources	pg. 39	
To the Parent	pg. 40	
Astrology for Parents pt. 2		
Special Pagans	pg. 41	
Samhain		
Patience: A Gift from the Gods		
Take 10	pg. 43	
Topic: Insomnia		
Young Foundations A Class	pg. 44	
Goat Faced Girl (Grey Fairy Book)		
Young Foundations B Class	pg. 46	
The Jogi's Punishment (Lilac Fairy Book)		
Tools of the Trade Class	pg. 48	
Bell		
Besom		
Cauldron		
Book of Shadows (BOS)		

**Want to see something
else? Let us know!**

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Paganism in Today's World

By: TristÅ

Pagan: Connecting with nature and believing in more than one God.

Time Walk of the Pagans

You can find Pagan history in almost all parts of the world. It goes back as far as we consider 'ancient history'. In its birth, Paganism was the only type of religion known. Each area had their own way of showing respect to the God/Goddess, and a set of holidays that were important. Each had a pantheon that they worshipped.

Although the basics are the same, the religions of the ancient ones were very different. The names and purposes of the Gods and Goddess were different (some just a little). Ways to show respect and hold rituals were not the same. Celebrations were separated by high (very important) and low (important). Things were the same for all Pagans, however, there was enough of a difference in each due to the culture and/or geological area.

Overall, the beginning shows the world being raised by nature and the people that were permitted to live there, showing respect and honoring it. This way was the only way for a long time. Then, there came monotheism (the belief in only one god). This turned the Pagan world upside down. It was during this time that the world seemed to have separated and some aspects of each religion merged together to weave a new religious world.

The Pagans had a lot of things happening in their own world and some of the changes weren't even noticed. Sacred Gods and Goddesses were demoted and carried into some Monotheistic religions. Land and very special items were destroyed and can never again be seen. In the end, the changes were devastating to Paganism as it had been known of.

From this time up until today, Paganism is having a hard time staying alive. It has gone from the only way to being the minority. Throughout time, Pagans have been hurt and ridiculed for their beliefs. Being Pagan is more than just a religion, it is a choice to do as you feel right and stand up for it.

Be proud of who you are, be just as proud of your religion. A good way to do this is to come up with a symbol that represents you. This has been done throughout history in many cultures and times. You are probably familiar with the coat of arms that represented your lineage or the great designs that come from the Native Americans showing who they are. Here is an example of how this can be done. You may want to take the time to make one of your own once you understand how they are made. Remember too, that your symbol may change as you change.

Mason took three weeks to make a list showing what made up him in his spiritual and personal lights.

He felt Proteus (sea God) watched over him all the time.

He played the drum for religious reasons always.

He felt as though he was tied down with the world around him, but his heart was free

He liked the night and felt it gave him power

Take a look at how he came up with his own symbol.

Proteus is sometimes referred to as the 'old man of the sea'..so a cane to represent him

To be free means to fly (wings) but tied to the ground to show tied down.

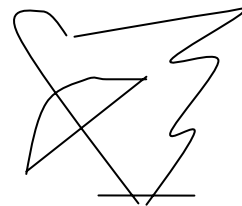
Drumsticks



Night = moon



After a lot of arranging and drawing, he came up with a symbol to represent him by using the items that represented the things that were about him.



The symbol is so easy he can doodle it whenever he wants. Each time he remembers all the parts him that make it up.

Paganism in Today's World

By: TristÅ

I'm a Pagan, Shhh

It is hard to understand some things that come along with being a Pagan. You are more than likely being taught by an adult that you really care about to believe strongly and faithfully in Paganism, and, maybe, even a path within the Pagan realm. That same person will sometimes keep their beliefs quiet and ask you not to talk about it when not at home.

There have been many times throughout history that almost everything you know of has been 'socially unacceptable'. 'In the U.S., almost everyone is familiar with the time that being Native American meant you were a lesser person, or, the time when because of your skin colour, you were persecuted, and could have been a slave. These times happen, most of the time because of ignorance and lack of compassion. 'This time has been in the Pagan community many times, like the three centuries of witch burnings that happened in Europe.

Although today you are not in danger for being a Pagan, in some areas you can still be looked down on and talked about.. For this reason, many Pagan's are silent and keep their religion silent, only releasing who they really are to those they trust or feel need to know. In the world that most adults were raised in was a little different than it is today. There are many things aiding Pagan's today like movies, TV shows, books, and even the news help show that Pagan's as regular people trying to fill the gap of ignorance.

When trusted adults are very secretive about their religion, it could be that they are remembering the past treatment of Pagans, the current situation could be shaky, or they don't trust the person or situation at hand. Taking cues from them to keep secret is a wise thing. It is best, as a child, to take the cue of mostly being secretive about your religion. As you get older, and especially when you become a teen, you will be able to make your own decision as to whether you wish to 'come out of the closet' and face all the things that come with that, if there is anything when you reach that age. For now, it is best to just roll with the majority on this matter. No matter what, you will still be a strong Pagan; the world just doesn't have to know!

No Matter What Faith You Should Hold Your Beliefs Sacred

Everyone's Equal

Although the major religions of the world today have a lot in common they each feel they are so different. Take a look at the chart below to see how they actually measure up.

<i>Topic</i>	<i>Christian</i>	<i>Muslim</i>	<i>Pagan</i>
Cares for the Earth	Yes	Yes	Yes
Cares for People	Yes	Yes	Yes
Devoted to Belief	Yes	Yes	Yes
Follows Sacred Writings	Yes	Yes	Yes
Believes in After Death	Yes	Yes	Yes
Strives to be Good	Yes	Yes	Yes
Worships Superior Beings	Yes	Yes	Yes
Rituals & Tools Used in Religious Practice	Yes	Yes	Yes

The Difference is merely the knowledge we have of one another!

Paganism in Today's World

By: TristÅ

Hiding vs. Respect

Keeping your religion secret from those that may not approve and/or don't practice it has some controversy. Hopefully this article will allow you to understand more what exactly the argument is and help you find your own view on the subject.

Hiding it view:

Hiding your religion is something you shouldn't do. By hiding your religion you are denying it or showing shame.

Respecting view:

Religion is a sacred thing that should be shared by most. Keeping your religion, for the most part, to yourself is showing respect for others you come across by not shoving or pushing it on others.

There are some that fall between the two views or have no comment either way.

No matter how you view it, just be sure that your decision reflects you and you alone. Do not allow others to influence you. Remember your religion is your choice!

View Origins

The majority view on things is usually taken from several places. There are the few that come to conclusions on their own, however, in today's world that seems to not be the norm.

Think about your view of certain things: other religions, types of people, other cultures, etc. Look at the list of usual places that influences of views are taken from, and decide which ones contribute to the view you have of the things listed earlier. If the opinion you came to was not actually totally from you, take the time to research and learn so you can come to your own decision. This would be a great practice for you to use throughout life.

Peers (friends or neighbors)
Adults (parents, teachers, or other trusted adults)
Media (television, radio, movies, newspaper, etc...)
Stories (from books to stories that are told by others)
The Past (From people, historians, books, etc...)

Try to look at what kind of influences these things have had on your religion and the religion of other's you know.

Make a special point not to make a judgment on any subject when using possible untrue facts or resources.

Carrying Paths

Tina rushed to finish up her nails before karate class. She used white to paint them because it matched her karate suit. Her friends notice that each time she wears something she paints only half of each nail a color that matches her clothes. They feel it is just her style. Tina knows that she does this because she feels she lives half a life when she is out and about and the half painted nail reminds her of her other half; her strong Pagan beliefs.

Sean has collected small figurines that actually make up a Celtic clan. He keeps them on his altar by his bedroom door. Each time he leaves his room he takes one with him, usually the one that has a face representing how he feels. He will place it back in it's exact spot when he comes home. Sean does this ritual because he is Pagan following a Celtic path. His parents does not believe in the Pagan faith and look down on it so Sean uses his room as a sanctuary and when he takes a figurine with him as he leaves he is carrying the comfort of his Paganism with him.

Roy's family is totally Pagan, however, they each follow their own path. Roy, at the moment, is walking with the Norse path and feels a connection with Thor. Roy has a necklace with a hammer on it that he wears everywhere. Only his family know that he is actually carrying a talisman dedicated to Thor with him, his friends think he just likes knives.

Lawna is a homeschooled Pagan. She is a member of many homeschooled groups; Spiral Scouts, CUUPS, and even a local Pagan homeschool co-op. She wears her pentacle most all places she goes because it makes her feel the God and Goddess is with her. Her grandmother does not believe in the Pagan way, so out of respect for her grandmother she tucks it in her shirt when she visits her. She keeps it in her shirt when she is hanging out at the arcade too, because a lot of kids in her area do not understand her belief.

Feel your area and each situation you come across. If you feel the need to have something always close to you connected to your faith be sure to do so. You should always pick something that is acceptable to the area but that doesn't hide or deny your own path.

Samhain

By: TristÅ

Ancient Thoughts From Greece

Akakios of Miletus prepared himself to join in on the festivals held during what is now the end of October and beginning of Nov. There were a total of three ceremonies, two on the first day and then another one on the last day. Akakios of Miletus and his family would participate and celebrate all of them. This was the first year he would be able to be a part of the celebrations, and he was very excited.

The first celebration was Puanepsia, in celebration of the God and Goddess connected to the sun, where he would join all the children that had both a mother and father still living. They would go through town carrying laurel wands with lyre shaped pastries on them, cups, and vines branches. They would go from door to door to collect gifts for those that would offer them in return for Eiresione. They will hang the Eiresione above their door because it will bring them good luck all year long.

His mother had been working with the town women as they took time to stir the cauldron which contained beans, vegetables and cereals. The thick soup was warm in the tummy and very filling. The contents of the cauldron would be almost gone by the time it fed all the people of the town as they celebrated Puanepsia.

Later that evening another celebration, Ôskophoria, to balance summer, would take place. It would be in honor of Dionysus, and his mother would have her chance to take the same walk he did through the town. She would follow behind two men dressed as women in long tunics carrying grape branches and the herald, who will have a garland-wrapped wand branch. His mother's position in the parade-type walk will be called the Dinner Carrier. She will walk it with several other chosen women to carry the sacred meal of meat, bread, and will tell many magical stories of the past. He thought of how he loved to hear the stories told by his mother and the other women. They seemed to keep everyone starry-eyed and waiting for the next words to come out of their mouths.

He knew it would be a late night now and an early morning tomorrow. Tomorrow held another great celebration in honor of Theseus, known as Theseia. The whole day was filled with processions, sacrifices, and athletic contests. Some his father would participate in, others his friends would. The day would also include the sacred meal that his mother will carry today. He liked the porridge made of husked wheat and milk, but loved the meat with special seasonings on it.

Akakios of Miletus was interrupted in his thoughts because it was time for him to prepare for the great walk through town. He jumped up to gather his wand and other items he had to carry. A smile came across his face and his heart raced.

The High Day Walk

The high day of Samhain has been celebrated in a lot of different cultures and during different times throughout history. Although done very differently, all Samhain celebrations hold certain things in common; spiritual meaning, sacred ceremonies or rituals, connections with the underworld etc... Many cultures, like the ancient Greeks, did not call this time of year Samhain, but the celebrations were similar to what is expected for the high day.

Today's Samhain celebration is not that much different than that of our ancestors. Many of the traditions that society carries actually derived from Pagans of the past. Each religion has its own views on what should happen for this holiday, as well as different reasons and stories of the past. The high day of today is actually a collaboration of all things from the past and the traditions of many different cultures.

Since you exist in the times of today, you will be the one to pass your views and procedure to celebrate Samhain to future earth residences. Do some research to learn in depth how the ancestors of your religious and family's past celebrated this high day. Add some of the things you find with your own ideas to find your own personal way to spend and celebrate this high day.

The future of this high day will contain all that has past as well as the things of today. They will add your ways, traditions, and views of the high day and intertwine them to make a unique and exciting celebration. Be sure to set trends that have your heart and your religion in mind and not to just copy what others are doing.

Modern Samhain Practices

When learning more about this high day, you may want to check into some of the modern day practices that have derived from those of the past. A list below is to help get you started.

Dressing up like others

Celebrating in the graveyard

Having silent dinner

Leaving open windows and doors for those from the other-world/underworld to easily come in

Setting plates or offerings for those coming from the underworld/otherworld

Divinations and fortune telling

Moon picnic

News & Info Spin



Quick Clips

By: P. Nichols



Wildflower Bees

Seen all those nice wildflowers planted along side the roads this summer? Heard about the recent decline in bee populations? It seems that the native wildflowers planted alongside the roads are helping the bees. Recent research has found that roadsides planted with native plants have more than twice as many bees as areas planted with non-native plants. You might keep that in mind when you plan your garden next year.

Armoured Mistfrog

Breaking News! The tiny 1.5 in (3.5 cm) Armoured Mistfrog which had not been seen in Australia's tropical forests since 1991, and was believed to be extinct has been found alive and well living in a remote area in the northern part of the forest.

Nature Leaf Moss Surprise

Who needs leaves? Last month, while traveling in southern Indiana in the U.S.A., I found a small tree that was sprouting moss instead of leaves in the spots where the leaves should have been. Both seemed to be doing fine, and it just goes to show that nature is full of surprises.

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

Simple Symbols

By TristÅ

Gourd

The gourd has become a very sacred symbol in many different geographic area's and cultures. Most always it represents the female and motherhood.

- In China, it is associated with long life.
- In Africa, it represents the precious stomach where babies wait to be born.
- In Feng Shui, it is believed to bring good luck.
- Christians believe the gourd looks after you once you pass on, and that it offers protection.
- It has been associated with the Big Dipper, especially when referring to it with North American slavery.

Gourd Decorating

To most Pagans, the gourd has doubled as a symbol, as well as a medium for artwork and expressions.

Take a look at a recent artist's recreation of gourds from the past:

<http://www.temeculavalleyonline.net/agelessart/page0.htm>

Watch some videos that go over some decorating techniques and mediums:

http://www.expertvillage.com/video/31887_gourd-crafts-history.htm

See some different uses and decoration ideas that have been pulled from the past:

<http://www.gourdcrazyarts.com/gallery1.htm>

News & Info Spin



The Local Interest The Pagan Federation

The Pagan Federation International has branches that can be found in many countries throughout the world. The organization has been serving the Pagan world since 1971. Services have grown throughout the years, and now they offer provide legal support for Pagan controversy and topics, publish a regular journal to aid those on the path, act as a focal point for uniting pagans together, building knowledgeable information sources for the public and media. They also give access to local services owned and run by other Pagans, and support moots, conferences, and other events for Pagans to socialize and get together with others.

Research: Family Moots, The Pagan Federation, Legal topics that would need their support.

** Check each month to learn more about local and international Pagan groups or organizations.*

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

This Month's Sacred Place:

Arnhem Land

Pagan Spotlight & Contest By: Rhiannon Swanshadow & TristÅ

Pagan Spotlight will be a new section geared to you, the readers, getting out into the local Pagan community to meet special and influential People and tell the world about them.

Hold an interview, or just write about them, take a picture of them or of something special to them, then send it in and have it published in Pagan Moonbeams.

To start off this wonderful section, a local writer will be spotlighted and a contest for a signed copy of her Pagan children's book will be awarded. All you have to do is be the first one to send in the next Pagan Spotlight from your area.

Contest information pg. 36

God/Goddess Special By: TristÅ

The God/Goddess section will focus on the high day by going out of its regular format. Most pantheons will be highlighted in this month's issue with the God or Goddess of the underworld. Next month, the continuation of the sun God and Goddess can be found.

We hope you enjoy this special section this month!

Mars Technology & You By: TristÅ

The same technology used to determine what kinds of rocks were collected at Mars can now be used for your rocks. The Arizona State University is allowing kids from everywhere to send in special rocks they find in their area for examination.

This is a great opportunity to mix science with Pagan beliefs. Go on your own search of a rock that connects with you and use that rock to send in to the researchers. Find out its composition, and then find other items or rocks that have similar qualities and see if you connect with them.

It might take some research and a lot of patience, but, you may find the single element or item that you totally connect with. Who would think a simple rock could do so much?

Learn about the program and how to get your rock to the

The Thrifty Pagan

By: YarrowCrow

Welcome to The Thrifty Pagan! I'm YarrowCrow, your super frugal hostess. For this month's section, I will focus on money saving tips for Samhain. If you have tips to share, please let us know so we can highlight them in upcoming issues. YarrowCrow@paganmoonbeams.com

Money Saving Costume Tips

On the very first day of October, I ask my children what ideas they have for their Halloween costumes. Throughout the day we discuss the materials we will need, and what resources we can use from our home before going to the thrift shop.

There are many things in your home that can be used to create your costume. Cereal boxes make great masks, and you can decorate them with dried beans to give them an interesting texture. Old clothes with holes or stains can easily be turned into the torn up clothes you might see on a zombie. Sheets make great ghost costumes, and towels turn into capes very easily.

After Halloween is over, we put our costumes into a large storage container so we can use them again during playtime. The container is also great to store items that can be used next Halloween. In November, many thrift stores (and larger mega-stores) put the costumes on clearance. Find items that are just a bit larger so they will fit throughout the year.

If you really want a specific costume, but cannot find the items you need around your home, consider bartering with a local seamstress or tailor. Many times I will start the sewing project, then ask someone with advanced skills to help me finish it. In return, I offer to provide a meal, watch their children, or help clean up their home.

Remember, imagination is the first thing you will need to create a costume. Once you have the idea, a quick search online will help you finish it to completion.

Frugal Samhain/Halloween Ideas

Every year I see folks fill their shopping carts with bags of candy. It seems that each year people try to be the house with the "most and best" goodies. While making your own treats is cheaper, many parents aren't willing to let their children eat the neighbors' homemade brownies. Here are some great ways to fill kids' baskets with goodies, without draining your pocketbook. I've also included some links to money saving tips for the Samhain season.

- ~ <http://www.stretcher.com/Halloween/Halloweenindex.cfm>
- ~ <http://theflemingfamily.blogspot.com/2007/10/frugal-halloween-tips.html>
- ~ <http://www.mommysavers.com/frugal-holidays/halloween.shtml>
- ~ <http://www.thriftyfun.com/tf309298.tip.html>
- ~ <http://www.frugal-living-tips.com/frugal-halloween.html>

The most important tip of all is to have lots of fun!!!

Wee Pagans

By: Lionfirestone

Happy Samhain! This is one of my favorite times of the year. I love Samhain/Halloween decorations. I thought I would share with you some of the crafts I made with my children when they were younger. Even now as teenagers they often get in the spirit. I have included crafts that you can do mostly by yourself, or can be turned into a family event.

Hand Spiders

Materials needed:

- Black or brown construction paper
 - A white crayon
 - Scissors
 - Scrap pieces of construction paper or material (a different color than your spider)
 - Glue or glue sticks
1. Put you open hand on the black/brown construction paper
 2. With the white crayon trace around you whole hand and fingers, except your thumb. (Make two for each spider)
 3. Cut the hand shapes out and glue together (the pieces should overlap) so you have fingers on each side
 4. On one end (not on a finger end) glue round pieces of scrap material or paper for eyes (You can also use wiggly eyes if you wish.)
 5. After all the glue is dry, and with the eyes facing up, fold all the legs down, to finish your spider.

Ghostly Milk Jugs

Materials needed:

- Clean plastic milk/orange juice jugs, gallon size
 - Black permanent marker
 - Craft knife (this will need a grownup)
 - String of low wattage holiday lights (50 lights or more)
1. Make sure your jugs have been cleaned out very well
 2. Leave the caps on the jugs while you draw ghost eyes and mouths on the jugs
 3. Ask a grownup to cut a 2 or 3 in round hole in the back of each jug.
 4. Set the jugs next to each other and stuff part of the light string in each jug
 5. Plug in and enjoy
- Hint: You can make the lights blink for added effect

Ghost suckers

Materials needed:

- suckers on a stick (Dum Dums, Tootsie Pops, etc.)
 - Plain napkins or paper towels
 - A black marker
 - String or thin ribbon
1. Leave the wrapper on the suckers and cover with the napkin or sheet of paper towel
 2. Use the string or ribbon to tie the napkin/towel to the sucker, tie around the stick
 3. Use a marker to make the face
- Hint: You can use another piece of ribbon to hang your ghost up.

Dirt Cups

Materials needed:

- Chocolate pudding
 - A package of regular Oreo cookies
 - Package of gummy worms or gummy bugs
- * Clear plastic cups

Preparation:

1. Take apart the cookies, all you need is the outer cookie parts, put them in a gallon size zipper bag and mash them up.
2. Mix the chocolate pudding according to the directions
3. In the bottom of the cup, put a thin layer of cookies crumbs
4. Scoop in some pudding, add a few worms or bugs and some more pudding
5. Sprinkle the top with more crumbs and put another worm or bug
6. Put in the refrigerator for at least one hour, enjoy.

Ghosts...this is the time of year when lots of people think about ghosts. But for some, ghosts are a year long event. When I was little I could see ghosts, all of the time. But I was not lucky enough to grow up in a pagan family, and my parents got mad when I tried to talk to them about the ghost. It was hard for me because I did not know what to do then, and most of the time the ghost made me feel scared.

If you see a ghost on a regular basis, talk to your parents or pagan adult you trust, they will listen to you. And here are a few things to remember...

- If you can see ghosts, or even hear them, you are not crazy, nothing is wrong with you
- Not all ghosts are bad. Sometimes when someone who loves us a lot dies, their spirit comes by to check on us
- You can tell any ghost that you do not want them to be around you right now. It's ok for you to tell them to please go away and come back later.
- If there is a ghost that make you feel scared or unhappy tell your parents or pagan adult right away, Don't let ghosts that scare you hang around.
- You can put salt on your window sill and small pieces of tin foil taped to the window (shiny side out) for extra protection
- If your parents will let you, burning sage or cedar chips in your room will cleanse your space
- Black Tourmaline, Jasper, and Jet are all stone that can be useful in protection against ghosts that bother you.

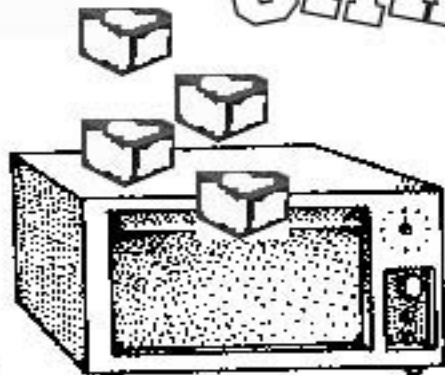
Coloring Page

By: TristÅ

HALLOWMASS CAKES



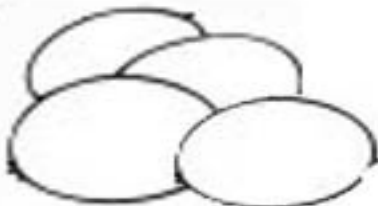
1/2 Cup veg. oil



4 oz. Melted Bakers Chocolate



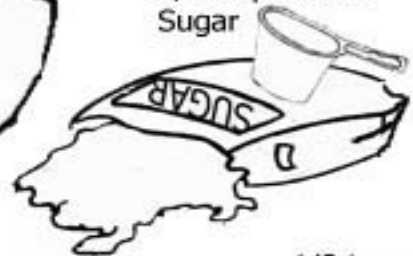
2 Cups Sugar



4 Eggs



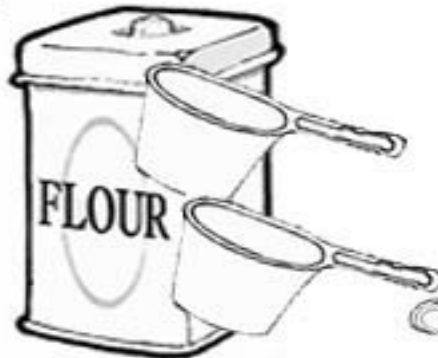
1/2 Cup Powder
Sugar



1/2 teaspoon
Salt

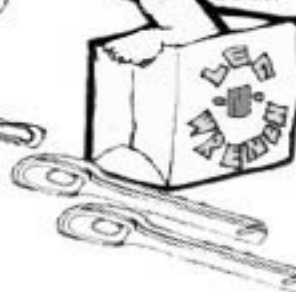


2 teaspoon Vanilla



2 Cups Flour

2 teaspoon Baking
Soda

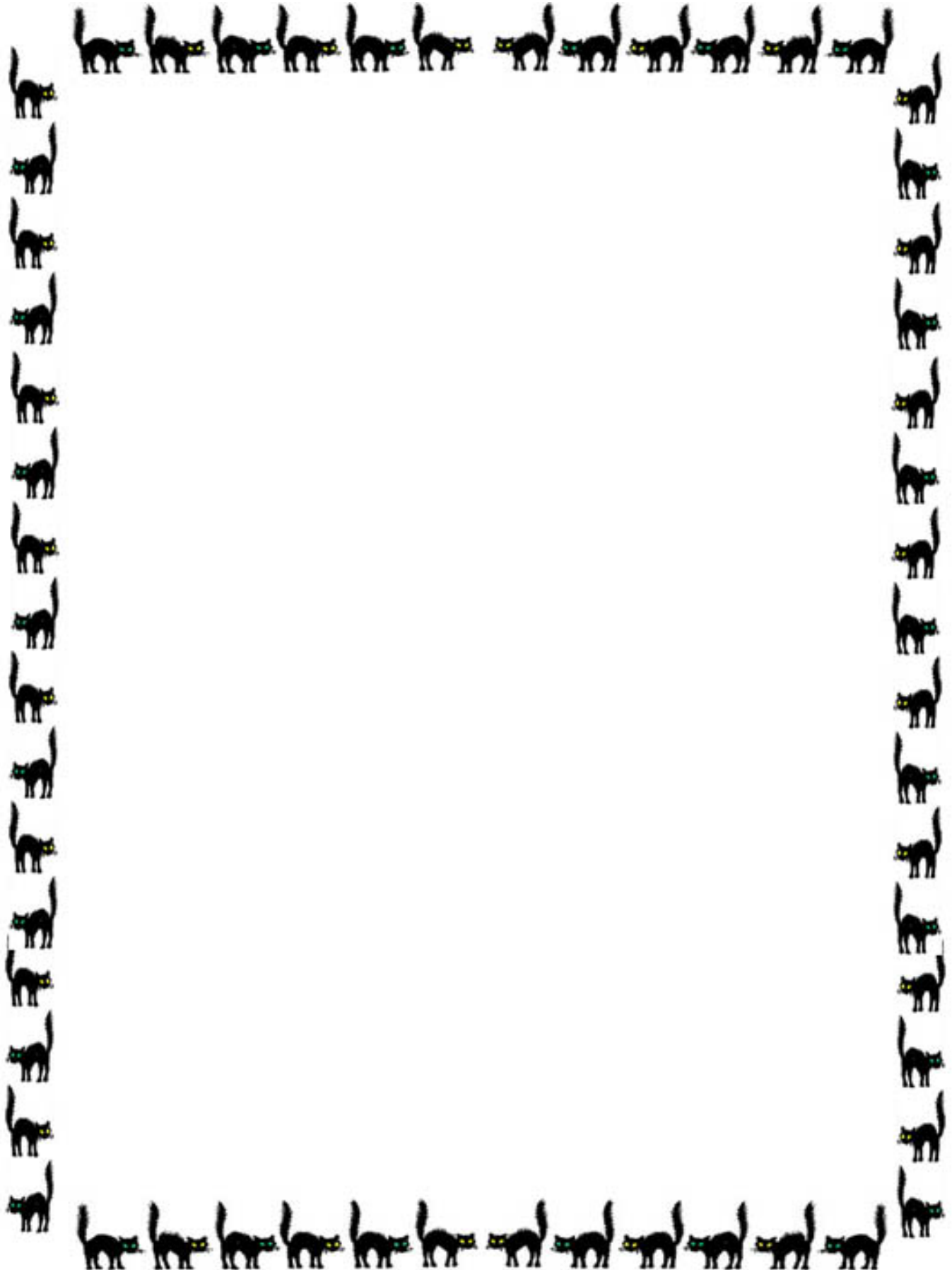


In a mixing bowl, combine vegetable oil, chocolate, and granulated sugar. Blend in eggs, one at a time, stirring well after each addition. Add vanilla. Stir in flour, baking powder, and salt into oil mixture. Chill overnight.

Next Day: Preheat oven to 350° F. Roll about a Tbsp. of dough into a ball. Drop balls into confectioner's sugar, and roll until coated. Place balls about 2" apart on a greased baking sheet. Bake for 10-12 minutes. The cakes should be soft and the edges firm. Do not over bake; they burn easily.

Recipe from: http://www.angelfire.com/wa3/angeline/samhain_recipes.htm

Write or draw about what makes your or your friend's cat special! By: [TristÅ](#)



Wormy's Review

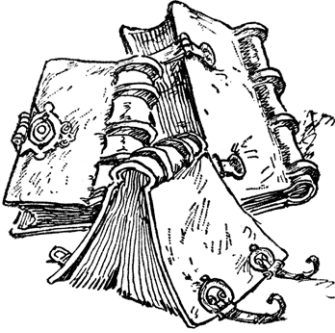
By: Mandi Aumann



Hi kids! I'm Wormy! I love to read books. But, even more than that, I love to share about books I've read! Each month, I'll be telling you about a book I've read. Each book will get a certain number of smiles:



Since I've read so many books, it's not easy to impress me this much! I save this rating for books I'd read again and again.



Most of the books I share will probably get this rating. These books are great stories and/or great pictures. These are books you may want to think about buying.



These are books you will want to read at least once.

Title: **Saint George and the Dragon**

Author: Margaret Hodges

Illustrator: Trina Schart Hyman

ISBN: 0-316-36789-3

Price: \$7.99 new, \$1.09+ used

Rating: 😊



Summary: What a wonderful retelling of Edward Spenser's *The Fairie Queene*. The text is simple and engaging—a good read-aloud for any age child. What makes it a wonderful book, however, is the dynamic art work by Hyman. Each page has hundreds of elements that, even if the child bores of looking at the text related image, will engage the child further. Each page features different borders ranging from simple floral arrangements, to checkerboard patterns, to hidden images of angels and elves.

Wormy's Thoughts: While the text is enjoyable for anyone and the illustrations are flamboyant and whimsical, the images do get a little graphic and dark at times. Please remember that this is a serious story, even in a simplified version. One particular image did turn me off from giving this book two smiles—when Saint George kills the dragon, the image shows blood pouring out of the dragon. While this is an imaginary situation because of the mythical elements, the image is still rather life-like and can be scary to some children. Consider this when reading it, and remember to preview the book yourself, so that you are prepared to discuss any questions your child may have. If you want your children to know this story, you may want to consider a gentler version, such as *Saint George and the Dragon* by Geraldine McCaughrean (ISBN 192723766). Happy reading!

School Bell—English

By: TristÅ

Touch of Vocabulary/Spelling

Use the following list for spelling and vocabulary, as needed.

1. **Altar** - An area or item that is used to hold worshiping tools.
2. **Bewitchment** - The act of gaining power over another person by magical means.
3. **Enchanted** - A person who is bewitched or caught in a magickal spell.
4. **Evocation** - The act of summoning a spirit or spiritual being in physical form using sacred words and/or on sacred land.
5. **Familiar** - An animal which has a spiritual bond with a magickal person.
6. **Fortune Teller** - One who can tell the future through forms of divination.
7. **Grimoire** - A workbook that contains samples of work and/or information on something specific.
8. **Invocation** - The act of summoning a spirit or spiritual being for a positive purpose using sacred words and/or on sacred land.
9. **New Age** - The mixing of metaphysical (abstract) practices with structured religion.
10. **Shrine** - A sacred place that holds objects which represent or remember a deity or important person.

Grammar Focus

Tenses

There is a lot of confusion with the different tenses of words when it comes to the Pagan world. In many areas, it seems that the past and present tense stays the same also where there is no future tense. The same words that cause or contain this problem do have proper tenses; however, they are not used in many Pagan works.

The thing to remember is that society labels many things in the Pagan world (Gods, Goddess, myths, and many other things connected with beliefs) as it was connected with ancient Pagans. Although these things were connected to the ancient Pagan ancestors, they are still alive in the Pagan world of today.

Ask yourself: Is this believed today—if it is always use present tense.

Creative Corner

There are many ways to express feelings and describe experiences. Did you know that what is actually being discussed or described is actually the energy form that they possess or show? It is true. "The exchange of energy in your writing subject and yourself is the difference in a standard writing piece and a great piece of work."

For many, connecting with your subject through energy is a hard thing to understand. The best way to truly comprehend something is to experience it. The Creative Corner assignment is to learn how to share energy with the subject of writings.

Being Pagan, the easiest subject to connect to will be nature. This is a month that shares the many faces of weather. Follow the steps below to create many different writing works for this month.

1. Keep track of your local weather and try to spend some time out in the different kinds. Be sure to meditate, play in, and watch closely each weather phase you can.
2. After spending time with the different kinds of weather, pick your favorite or the one that you feel works better with the creative side of you.
3. Spend some time out in this type of weather and after you totally connect with it write your choice of creative work (poem, letter to it, journal entry, etc.)
4. You may want to complete the third step of this assignment several times. Be sure to connect with the weather before writing.

When done, pull your best piece of work and be sure to put it in a sacred place, magickal journal or display it to remind you of the great writer inside you.

Although you can't put your heart and feelings into everything you write, you should make it a special point to do so in at least one out of four writing assignments or chosen work.

Writing Assignment

Find a place outside that seems to be the quietest and least interrupted area. Set a piece of paper inside the area, but not too far from the edge (be sure to secure it if needed). Take random digital pictures of your paper throughout the day. Write a story where the characters are the things that touched the paper during the day. Use the chosen area as a part of the setting of your story.

School Bell—History

By: YarrowCrow

Pagan Person Highlight Hypatia of Alexandria



Hypatia of Alexandria is considered one of the earliest female mathematicians. While the date of her birth is not conclusive, historians believe Hypatia was born c. 350 AD in Alexandria, Egypt.

Her father, Theon, began teaching her philosophy, astronomy and mathematics at a very early age. As well as academic studies, her father encouraged her to take care of her body, by giving her daily exercises to perform.

Although she was Pagan, Hypatia was respected and liked by her Christian peers. She was a great teacher, and is credited with creating the first hydrometer.

Hypatia's love of learning may be one reason historians believed she was the keeper of the Library of Alexandria. What they do know is that she was a great teacher, and loved to share what she knew with others.

Cool Fact

- ~ The US has more public libraries than McDonalds.
- ~ US libraries circulate more items every day than FedEx ships packages (5.4 versus 5.3million)
- ~ US public library cardholders outnumber Amazon customers 5:1
- ~ Libraries record more than 1.1 billion visits each year, compared to 204 million sports tickets sold in a year.
- ~ Students visit school library media centers almost 1.5 billion times during the school year.
- ~ College and university librarians answer 97 million reference questions each year.

Time Line It

Comprise your own timeline using this month's events below, derived from both U.S. and World history.

- First World Series Baseball Game was played
- Model T was introduced by Henry Ford
- Mexico becomes a Republic
- Orient Express - first run linking Turkey to Europe by rail
- Sputnik I (the first satellite) is launched by the USSR
- US Government shuts down due to budget problems
- Navy Day: U. S. Navy established
- Chuck Yeager breaks the sound barrier
- Mother Teresa was awarded the Nobel Peace Prize
- Benito Mussolini becomes Prime Minister of Italy

Highlight Happening: National Book Month

October is National Book Month. A great way to celebrate this month is to visit your local library. While you are there, you can pick up a library card if you don't already have one.

Here are some ideas to help you celebrate this event.

- Make your own book. There are several ways you can do this, and a quick search online will help you find a way that works best for you.
- Read a book to someone who is unable to read for themselves.
- Look online for free videos about the history of books.
- Some deities that are associated with books are:
 - * Baalat-associated with books, libraries, and writers.
 - * Saraswati- patron of artists, writers, students, poets, and musicians.
 - * Thoth-Egyptian god of scribes and writing.
 - * Hermes-patron god of high arcane literature.

Creative Corner

Follow in the footsteps of Hypatia and make your own hydrometer. Most of the things you need will be lying around your house. Make sure to have an adult nearby in case you have questions.

Some websites to get you started:

<http://www.ecawa.asn.au/home/jfuller/liquids/hydrometers.htm>

School Bell—Geography

By: YarrowCrow

GENERAL GEOGRAPHY

Geyser

Last month, we discussed water and how important it is to geography. In this month's issue we are going to learn about the powerful force of geysers.

From Wikipedia:

A geyser is a hot spring characterized by intermittent discharge of water ejected turbulently and accomplished by a vapour phase. The name geyser comes from Geysir, the name of an erupting spring at Haukadalur, Iceland; that name, in turn, comes from the Icelandic verb gjósa, "to gush".

- The National Park Service has a great link for you to make your own geyser. Make sure you have adult supervision as you do this experiment. <http://www.windowsintowonderland.org/GeyserQuest/lesson-geyse.shtml>
- Are earthquakes and geysers connected? In 1959 a large earthquake changed the land forms of Yellowstone. Read about the event and create a drawing that depicts the changes to the geysers. <http://tinyurl.com/4o3mkx>
- What makes volcanoes and geysers part of the same family? Where do these powerful forces of nature receive their heat? Investigate the Earth's layers to find the answer to your questions.
- Geothermal power has become very popular due to the oil shortage. However, this type of power can be harmful to the environment. What are some ways the geothermal energies could be used without hurting the land?

To learn more about geysers, check your local library, or read about them online

GLOBAL GEOGRAPHY

Country Facts

I C E L A N D

Cultures 2 Explore: Norse. Icelanders identify with the Norse traditions, like their oceanic neighbors Norway and Sweden. They also value independence and self-sufficiency. In modern times, many people identify with the Nordic sagas and eddas, considering them a foundation for the culture. Many Icelanders believe in elves, and will pay homage to them by building elaborate rock formations at crossroads. There are many great folk tales about Iceland at your local library. Find some that you like and draw out the story. Read about the Norse pantheon and include the deities in your drawings. Here are some links to get you started.

<http://phwibbles.com/sagas/>

<http://www.simnet.is/gardarj/folk/folk.htm>

Nature Spotlight: Iceland is the world's 18th largest island. Find the 17 that are below Iceland. Do any of them have things in common with Iceland? There is a saying, "Greenland is full of ice, and Iceland is full of green." Make graphs of both Iceland and Greenland. Can you find any common climate changes? Are there common seasonal changes?

<http://www.enchantedlearning.com/geography/landforms/glossary.shtml>

<http://geography.about.com/library/faq/blqzlargeisland.htm>

Fauna Focus: The arctic fox is the only native mammal to Iceland. Many animals were brought to the island when early settlers arrived. What are some of the animals that are "new" to the island? Are there any animals that have adapted well to the climate?

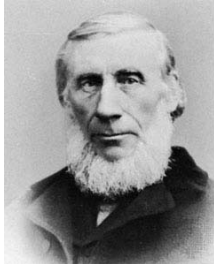
http://en.wikipedia.org/wiki/Arctic_fox

School Bell—Science

By: TristÅ

Scientist Spotlight

John Tyndall
1820—1893



John Tyndall is known for his many accomplishments, mostly for proving that greenhouse gasses existed, and was the first to make a hypothesis on their effect to the world. He was very dedicated to science and donated much of his earnings back into it. He spent a lot of his time experimenting and delivering speeches in many places throughout the world. He was a pioneer who laid down the path for us to take notice of Gaia and other things around us. Outside of being a scientist he spent his life standing up for the earth and for his disbelief in the organized religions of his time.

Pagan Focus

- John spent a lot of time with nature. He thought it to be a wonder in itself. He climbed mountains and overcame extreme weather just to spend some time with Gaia.
- He stood up for his own beliefs without ever actually telling what they were. He did, however, voice his opinion on the things happening around him and was the first to go above and beyond to see things right.

Science Lab Book

Topic

Inspiration: Greenhouse gases are destroying Gaia.

Question: How does this actually happen?

Hypothesis: Try to guess the answer to the question as well as the reasons why you think that way.

Lab: Learn more about what greenhouse gases are and see how they affect the atmosphere. Follow the steps below to achieve this:

- Put a thermometer in a glass and place it mouth down on a book. Set it outside or near a sunlamp.
- Place another thermometer beside the glass but on the book and not in a shadow.
- After both have been setting there a fair amount of time move the book in the shade or house and observe the time it takes for them to cool down.

The thermometer in the glass represents how the earth is because of greenhouse gases.

* try to put different things into the glass before trying this experiment again to see how different things affect greenhouse gases.

Conclusion: Write the conclusion you reached after holding the experiment.

Opinion/Grade: Write your own grade or opinion on this month's lab and your involvement in it.

Greenhouse Gasses

The whole world has begun to take notice of greenhouse gases. Being Pagan and having a special connection with Gaia, means that we should take a closer look.

Although this topic can be found sprinkled all over the news and in environmental news, it is not totally understood by everyone. Don't let this get you down; even those that do the preaching about it and how to prevent it are not that familiar with it.

In its simplest terms, greenhouse gases are gases that are man made or made as an effect of man's doings that are released into the air. These gases are not naturally in there or as much as is there now. The gases mess up with the way Gaia and nature cools itself, causing heat to stay near the surface longer. This is causing a lot of problems. The waters are affected, the glaciers are melting, the weather is crazy, and many other things.

As a good Pagan you should do all you can to assure you are helping Gaia in her time of need. Do some research to find the things that contribute to greenhouse gases and see if you can do a little to eliminate a few of them from your own world.

Do some serious thinking on the concept of greenhouse gases, their effects on the world, how to cut it back, and the other aspects of the subject. See if you can come to a hypothesis as to what lesson Gaia is trying to teach here and why this lesson is being so drastic.

School Bell—Elective

By: TristÅ

Foreign Language

Vocabulary

Vocabulary can be a great lesson in any foreign language. Just working with the words can bring forth many other aspects of study and insight to the culture that uses the language now and in the future. Below are some idea's how to incorporate a more Pagan focused vocabulary lesson in your foreign language study.

- Use the vocabulary list in the English section of Pagan Moonbeams throughout the month. You may find that many words are not actually in the regular vocabulary of certain languages. You may have to do extra studying or research to find a way to communicate the vocabulary word and/or its meaning in your chosen language.
- Use the vocabulary words in your regular lessons to tell a Pagan focused story. You may have to tell the story in your common language and merely use the known foreign words when they come up. You can also use the internet translation wizards (like Dictionary.com) or your textbook/program to learn the story in it's entirety in the language you have chosen to study.
- Think of a Pagan centered lesson or idea that involves one of your vocabulary words and draw a picture to illustrate it. When done, think of a one word-sentence that will sum up the definition of the illustration, idea, or intent. Be sure to properly use and spell your vocabulary word in it, even if you don't know the other words in the foreign language you are using.
- Write each vocabulary word in a Pagan focused sentence. Be sure that your vocabulary word is not only spelled right, but that it is used properly in the sentence.

Hopefully, with these idea starters, you will be able to make a more rounded vocabulary lesson as well as improve your foreign language Pagan connection.

Non-Foreign Language Learners

Even if you aren't in the process of learning a foreign language, you might consider learning some of your root Pagan language.

Research or ask an adult what the root language is that is connected with your Pagan religion. Some will have several languages connected to them and you will have to choose which one you wish to pursue.

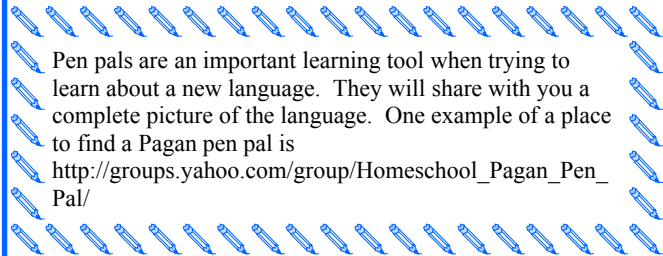
Each time you work with a list of vocabulary or spelling words, pick a certain number of them to learn in both your native tongue and the native tongue of your Pagan ancestors. Not only will you connect to your Pagan roots through language, you will also find the energy from your magical past.

Finding a Language

Searching for a foreign language can be a hard thing to do. Usually, the common languages are given to you in a list form and you just randomly pick one. Many people who can speak a foreign language have not actually taken the time to 'feel' and 'connect' with it.

As you go on your own search finding a foreign language to learn, go outside of the box and find one that fits you. Take the time to make a list of languages that connect with something else you like about those that do or have spoken it. Look at the customs and beliefs of those who call the language their native tongue. When language is felt, its heart is reflected in all things connected with it. Take some time to hear the language spoken in a creative form (poems, songs, stories, etc...). Observe the traditional dress and dances that surround the language. Look closely at people who speak it and get familiar with their everyday life to see if you can connect in anyway with it.

Finding the foreign language that connects with you will make learning it a great adventure. You will also be anxious to learn it and your heart will be shown as it is spoken. You will find much more than a way to communicate. You will find a new avenue to express and/or display yourself.



Pen pals are an important learning tool when trying to learn about a new language. They will share with you a complete picture of the language. One example of a place to find a Pagan pen pal is http://groups.yahoo.com/group/Homeschool_Pagan_Pen_Pal/

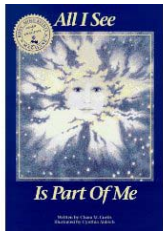
Bringing Ancient Languages to Life

There are many ancient foreign languages that connect with your Pagan roots. These languages are very important to Paganism because they contribute to keeping the religion in today's world. Many people have chosen these to learn, however, at first glance they do not offer as many great avenues as commonly spoken languages do. Below is a small list of things you can add to make these languages come more alive.

- Be sure to accompany the history and culture of those that spoke the language of the past.
- Connect with groups that are trying to keep the language alive. They can be found online and/or through your local Pagan connections.
- Try to find copies of the actual ancient Pagan texts that are written in this language. Work on translating and learning from your true ancestors this way.

Wormy's Book Builder: Ages 7-11

By: YarrowCrow



Title: All I See Is Part Of Me
By: Chara M. Curtis
Illustrated by: Cynthia Aldrich

ISBN: 0-935699-07-4

Pages: 32

Used at Amazon: \$2.81

Libraries: Most have this book

All I See Is Part Of Me

This book is a long time favorite of mine. While it may seem like a book for very young children, the message is great for all ages. The young child in the story learns how everything is connected, and how we can find answers by looking within.

Finding Answers Within—Meditation

Many times we can find the answers to our questions by looking within. A great way to do this is by meditation. There is a common misconception that one must sit cross-legged, sitting very still, while chanting a mantra to achieve a clear mind (that is the goal of meditation). This is not the case, as many daily tasks create a sacred space for contemplation.

Often times, my best thoughts come to me as I am doing the dishes, folding the laundry, or even surfing the 'net! My mind is focused on the thing I am doing, so this frees up other avenues of my brain.

If you are interested in practicing meditation, here are some great links to get you started.

- <http://www.how-to-meditate.org/>
- <http://www.wikihow.com/Meditate>
- <http://tinyurl.com/45vnax>
- <http://tinyurl.com/ce3gd>
- <http://www.paganpath.com/meta/medhow.htm>

Remember, no one gets something right the first time. Make a few moments each day so you can practice some of the meditation techniques from the links above.

We Are All Connected

Most Pagans understand that everything is connected. In the day to day bustle we can sometimes forget this. When I feel like I'm getting a bit off kilter, I like to practice this exercise.

1. Chant the phrase, "Connected, Connected. We are all connected."
2. After you say each phrase, clap your hands.
3. Continue doing this until you feel energy rising in your hands.
4. Once you get to a point of feeling comfortable with the energy, reach out and touch something — someone's hand, a tree, or even your school materials.
5. Ground the energy by visualizing it moving into the Earth.

Question Star

Do you have a question that isn't easy to answer? If so, you might want to make a question star. Decorate it with you personal symbols, and then write the question down. Place the star on your altar and meditate daily on the question. Pretty soon the answer will come to you!

Here's a great link for making your own paper star.

http://www.metacafe.com/watch/297946/how_to_make_a_5_point_paper_star/

Middle Magic

By: TristÅ

Writing Magick Pt. 1 of 3

Writing magical works is something that most people do because they feel that if they write it themselves, it will have better results. It also personalizes the experience itself. You have probably been writing your own magical works for a while now, and have pretty much mastered it. It is important that you never take anything you do in Paganism as 'learned' or 'finished'. Taking steps back and rethinking or learning about the new things that have been discovered, as well as stumbled on, can bring the best results and offer the best teaching, as well. A seasoned Pagan should know that lessons come to them when they need to learn it, but they must always search for knowledge, because without it, the lessons will be overlooked. Although there are many different ways to approach writing your own magick, the basics will more or less be the same.

In this section, there will be no actual direction for you to write your own magick, because that is an individualized art that could never be directed. Instead, the section will contain things to consider and reflect on when writing your own magickal works.

Physical Writing

- Numerology has been used when choosing certain words or phrases within magickal works to assure they are strong.
- Coded works dot throughout history. There is also a belief that once someone writes a work, it is only powerful for the writer, and can be tainted if other's freely read it.
- Names of certain parts of writing could be considered sacred, so not only are they chosen well, they are also researched to the roots.
- Interpretation of words can be taken differently, so many take into consideration who or what the work will be directed to. You may find time or subject-specific grammar in works to accompany the focus of the work.
- The letter formation may be altered to only be used during the writing of magickal works. This is so regular handwriting does not give insight to the writer, his/her mood, or situation surrounding the need for the writing itself.

Automatic Writing

There will be times you will just pick up a pen and everything seems to roll. Words come out and they form the best and most powerful magick. Although strange, you should never fear this form of writing. The unconscious mind or that from another plane or person has a desire to share with you.

Although this type of writing is sporadic, it is totally amazing to experience. During this, do not think of specifics at all. Instead, clear your mind and allow the powerful forces to take over.

When all is said and done, the same power that aided you in writing it will let you know what to do next.

The Magickal Diary

Consider using a magickal diary. The purpose for this diary is to be where only the dynamics of your magickal works go into. It can operate as an outlet, as well as a resource, for many years to come. Tracking your magickal growth can lead to a more balanced spiritual world for you.

Magickal Etiquette

- Never harm others with the use of magick. There is a possibility of mishap.
- Be positive that you have exhausted all other avenues before resorting to magick.
- Double check the true purpose, and be sure it is actually needed and not just wanted. Also, be sure that the focus is actually going to fix things and not add to them in the end.
- Never do any magickal work of any kind on someone without their permission and knowledge first.
- Be prepared for the outcome you are working for. If doing it for someone else, be sure they are prepared for it.
- Before writing and/or using magickal works, be sure that all angles have been taken into consideration. This means the physical, spiritual, and religious angles for what you write as well as your purpose.
- Keep focused and be sure that you really want to carry out things. Without whole heart and soul, the whole process could be useless.

Young Pagans

By: Lionfirestone

The Hart and Crescent Religious Award

This is a special award designed for young people who are between the ages of 12 and 18 years, and active in Wicca or any other nature-oriented religion. It was originally created for people in Scouting, but you don't have to be a Scout to earn it.

By completing the requirements, you will learn a lot about your family's religion, and help the Earth, as well as your coven, grove or church.

As you work on the award, an adult should work with you as your counselor. This can be any priestess or priest who is approved by your parents. If your family is not working with a coven or group right now, a parent or guardian can work with you.

When you are all done, the counselor or your parent will send the completion form to The Covenant of the Goddess. They will send the award to your counselor or parent, which can be presented to you at a Sabbat or Moon ritual with your family or coven, or some other awards ceremony like a Court of Honor or Scouts' Own.

This is not an easy award to earn. If it were easy, you wouldn't learn as much. But when you are done, you can be proud.

Sure, you get a fancy medal to wear — but the real reward is in helping the Earth and Her creatures, and growing and learning.

To get information on this award and the other awards offered by The Covenant of the Goddess, visit <http://www.cog.org/projects/hartcres.html>



The award consists of a pewter medallion suspended by a green, blue and white ribbon from a scroll bar which says "Hart & Crescent" in Theban Script. A certificate is also presented.



KayBee's Duck!

In honour of the person who started this section, I have decided to make KayBee's duck the page Mascot! Now all we need is a name and a motto.

You will get your name posted in the Mag alongside your suggestions and then we can all vote on the best one.

Send your suggestions by the 20th October to: paganmoonbeams@yahoo.com

QUOTE

What is faith worth if it is not translated into action?

~ By Gandhi

Simple Happy Tip

Happiness is not a popularity contest

When unhappiness comes from comparing yourself to people who you think have more than you, remember to judge by what is and not by comparison. You never know the whole story about someone else. They may not be truly happy.

Pagan Spotlight Section

By: TristÅ

Due to the wonderful comments received on the Pagan People page, it has been decided to expand this section in hopes to opening up more of the Pagan world, one person at a time. It is important for you to not only learn about those special in the vast world of Paganism today and in the past, it is also important for you to become aware of the great people that are in your area. This section will be dedicated to showing those special Pagans of the past, present, and future.

Take time out to read this important section. Get out and meet people in your area that make a Pagan difference on a regular basis, and keep thoughts rolling as to how you can make your Pagan footprint on the world.

Pagan Biography

There are many famous and not so famous Pagans of the past. It is in hopes that reader's and regular staff writers will focus on these important people.

- Do some research on those of the past and learn about how they helped to pave the way for the Pagan world as it is today.
- Keep up with those that have spent their life and/or made a major impact on the Pagan world. Make a point to learn at least one thing that is not posted on the page about him/her that interests you.

Pagan People

Explore the Pagans who are making their mark in today's world. Get to know those that you can have the privilege of seeing their work change the world.

- Do more than answer the research questions, go beyond knowing their major accomplishments.
- Watch your local area and all the media forms to keep up with these special Pagan's as they continue in their efforts.

Local Pagans

There are many people who have made an impact on the Pagan world right in your area. Take the time to get to know these people, and share their accomplishments and plans. This section can focus children or adults, and everyone is encouraged to send in work to contribute!

- See how people are changing the world for Pagans one accomplishment at a time.
- Learn about different area's and what is offered in them from special people.
- Take note of the great things going on around you. Allow them to fuel your own creativity to aid in the community around you now, and as you get older.

[Help Sheets](#)
(If needed)

[Biography Checklist](#)

[Interview Questionnaire](#)

[Interview Checklist](#)

[Picture Information](#)

The Pagan Spotlight section will operate on a trial basis and its existence will depend on reader submissions!

Pagan People Biography

Margaret Alice Murray

By: TristÅ



1863-1963

Born: Calcutta, India

Education: University College of London

Career: Egyptologist, British Anthropologist, Writer, Activist

Known For: archeology digs, fight for women rights, author, study of witchcraft and witch trials

Margaret Alice Murray was a remarkable woman who followed what she believed at all costs. She played a major role in the shaping of Wicca, even though there is much controversy over her findings and publishing. She lived through one hundred years of change, and was able to adapt to the world around her well as she continued to work. She died peacefully after she accomplished the things in life that she wanted to.

Quick & Cool Facts

Read the quick facts to learn more about her. For more fun check out these facts and number them in the order that they happened.

- She wrote her last book, her biography, at age one hundred. The book was titled appropriately *My First Hundred Years*.
- She once claimed to solve a murder that police could not. She dressed in disguise and returned to the crime scene for several days with a drawing pad. She claimed it had been a witch slaying that had not been confirmed.
- She wrote the book *Witch Cult in Western Europe* that traced Pagan practices back to the Neolithic times.
- She accompanied Sir William Flinders Petrie on several archaeology excavations, one of which was in 1912 and caused her to be sick. This incident was believed to ignite her interest in Witchcraft.
- For three years, she held the position of President of the Folklore Society.
- She wrote the book *The God of Witches*, and it was totally ignored until it's second print, right after WWII.
- She was a pioneer in the unwrapping of mummies, with her unwrapping of what is labeled 'the two brothers'.
- Her book, *The Divine King in England*, followed Henry I and claimed he had ritually killed many prominent royalty for his own gain.

Psychic Investigating

When Margaret went to the crime scene with pen and paper to investigate the happenings there, she was actually doing Psychic Investigating.

Psychic Investigation is where a person who is in touch with the past and present forms of life works between the two to come to a conclusion.

Although everyone is not in touch with both the living and the dead, it is fun to explore the concept. Try to do your own psychic investigating by following the steps below.

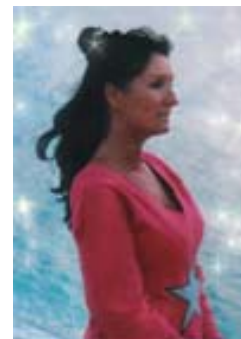
1. Walk around in your area until you find a spot that feels a little uneasy to you.
2. Take regular visits to the area with an adult. Make sure that each time you go you take a notebook and/or drawing pad and have a clear, open mind.
3. When you get to the area, document the things you see that are signs of what happened there recently. Be sure to look at both the natural and man-made signs. Document your findings.
4. Pick the place where you see the most activity and sit or stand in the middle of it. Clear your mind; you may even want to go into a meditative state if it helps you to unclutter your mind. Document the things that come to you when you are totally open.
5. When done, go home and evaluate your findings. You may want to keep each visit's conclusion as a piece of a puzzle for a bigger message.

Local Pagan Spotlight

Cara Louise

By: Rhiannon Swanshadow

Cara Louise is a local Pagan author that lives in the county of Devon, in England. As the current featured author in my book shop, I thought it would be a nice idea to interview her, so we could get to know her a little bit better, and her inspiration that goes into her writing. She is always very cheerful and very professional. She loves to write and has come up with her own series of books which focus on Paganism. I think she is a great writer and an excellent source of knowledge for children. I have found that it is very difficult to find good children's books written by Pagan authors, and I am really glad that she managed to find my details and contact me. The interview I gave her is below; I hope you like learning about her as much as I liked sharing her info with you.



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

I follow a path of my own making really. It twists and turns and takes me where I never expect to go. When I was very young, I talked to wizards in my back garden and had strange dreams about lilly men. At secondary school, I organized my friends to carry out rituals at a stone during break time. The teachers never found out.

Where are you from?

I was born in Cleethorpes. The men in my mother's family were Grimsby trawler men, and the women were ballet dancers. When I was 3, we moved to Farnham in Surrey, my father's home town. I grew up surrounded by nature and loved flowers and trees. I was always climbing up trees and making dens in bracken.

Were you raised in a pagan home? If not, what inspired you to become a Pagan?

My father was raised as a Catholic. He hated religion. So did my mother. So they raised me and my brothers with no religion. We had the usual Christian religious education at school which I rejected. My Dad had various supernatural magazines which fascinated me. I was always into ghosts and magic. But it was not until my twenties, when a friend told me about ley lines, that I started to put everything together and discovered Paganism and Earth Mysteries.

What was your inspiration to start writing Pagan Children's books?

I was working in the Central Library at Southend-on-Sea, putting back books in the Children's Section. I had been writing since I was 6 but was never sure what kind of thing I wanted to write. I felt my style was quite simple. I felt Earth Mysteries was my path and I clearly remember deciding in the library that I wanted to combine children's fiction and Earth Mysteries.

Do you have any more books that you are currently writing?

Currently I am working on publishing the ones I have already written. I have 12 novels only available as e-books on my website which I want to record as Talking Books.

Do you teach your children about Paganism?

I don't have children of my own. I feel that writing children's books is a great responsibility and a privilege. I feel all children everywhere are mine. To me, the most important thing on the planet is teaching children to look after the Earth and the more people I reach the better.

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

Probably Summer Solstice, as I love the sun, long days and hot weather. Last year, though, I was in Brazil for the Winter Solstice, and in the evening, I sat looking up at the stars of the Southern Hemisphere. It was so warm and beautiful, the air full of fireflies and the chirping of crickets. At Solstices and Equinoxes, I just sit quietly, and am aware of the cycles of the year.

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

Look after the planet! It's the only one we've got!

To find out more about Cara Louise, check out her websites and Myspace: www.caralouisebooks.com/index.htm, wwwcaralouisebooks.blogspot.com/profile.myspace.com/index.cfm?fuseaction=user.viewprofile&friendid=135235770

Local Pagan Contest

Sponsored by: Gryphon's Gate Books

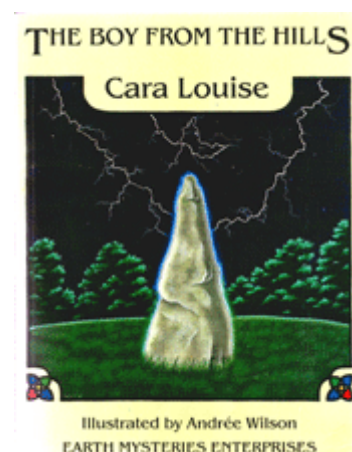
Share a special Pagan in your area with other readers. Have your article published in the November issue of Pagan Moonbeams and receive a signed copy of "*The Boy From the Hills*" by Cara Louise.

Deadline: 25 Oct 2008

Ages: 7-13

Specifics: 5-8 Paragraphs, a photo (of person, scenery, or special item of theirs). Be sure to use proper grammar and double check your punctuation, the judge will be one of our tough editors.

Judge Info: Age and writing level will be taken into consideration by Mel (Rhiannon Swanshadow), one of Pagan Moonbeams editors.



Entries: Send your completed works to Paganmoonbeams@yahoo.com as a text or Microsoft Word file. All text should be written in 12 point Times New Roman font using block paragraphs. Pictures can be attached as a .jpg or .gif.

Winner will be announced by email from the Gryphon's Gate Books no later than 27 Oct. The winning entry will appear in the November's issue of Pagan Moonbeams and receive a signed copy of "*The Boy From the Hills*" by Cara Louise.

* Feel free to make use of the help sheets on page 34.



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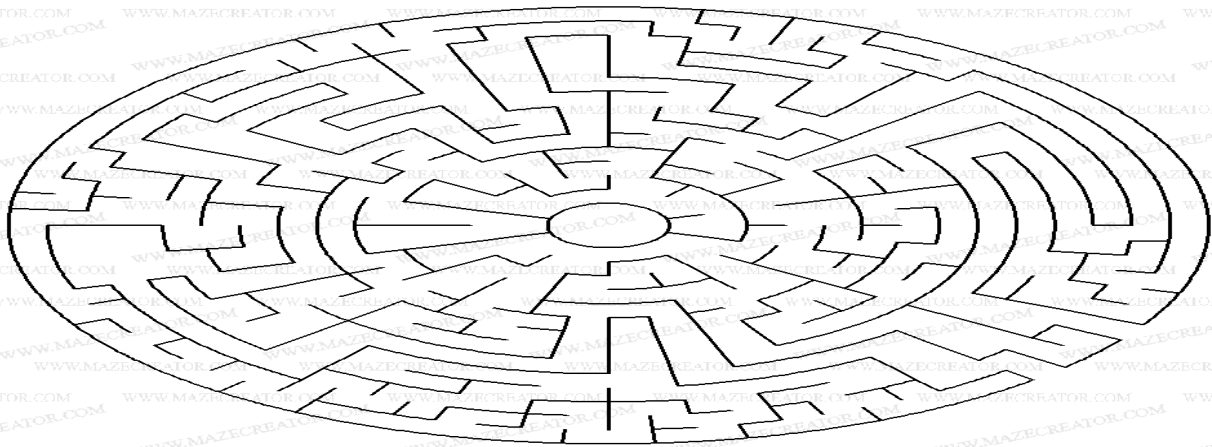
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Melissa Lewis, Sole Proprietor

Puzzled Up

By: TristÅ



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Underworld God / Goddess

By: Lionfirestone

This issue is a special focus on the Underworld. We have covered information on several of our highlight Pantheons. The Underworld is the place in which the souls of the dead are believed to go. Each culture has its own version of what happens to the souls of humans when they die. Most propose a place where the souls are judged by their conduct on earth and then receive either punishment or rewards based on that behavior.

* If you follow a path that we don't address and you would like to see one on it just drop a line and we will do our best to add it!

Paganmoonbeams@yahoo.com

Here are some highlights from cultures around the globe:

Africa—

The Bantu believe the souls of the dead go to the underground world of Ku-zimu. When the souls get upset they cause earthquakes.

For some Swahili, Ku-zimu is underwater and the souls of the dead live like fish on the bottom.

Ethiopians call the underworld Ekeru.

Aztec-

Their nine level underworld, called Mictlan, was a gloomy place at the center of the earth. To get there, the dead had to cross eight forests, eight deserts, and eight mountains, each full of danger. The first level of Mictlan is a river. Souls who survived the journey found rest in the last level of the underworld, called Chicauhmiclan.

East India-

For the Papuan, the underworld, Hiyoyoa, lies under the sea and is ruled by Tumudurere.

Inuit-

The good souls travel to Qudlivum. Adlivum is the undersea world for sinners. Those who are not so bad will find less torment in a lower section called Adliparmiut.

Jain-

Their underworld has seven layers and each is ruled by a different god, who deals out his/her own fiendish torture.

Persian-

The souls of the dead are judged by Mithra, Rashnu, and Sraosha. Those found worthy were allowed to cross a bridge to the heavens, those found unworthy fell to Druj a place of torment.

South American—

In Bolivia, it is believed the souls travel to the land of Grandfather (Tamoi). Getting there is not easy; first, the souls must cross two rivers, one by ferry, and one by a floating log. If they fall off, they are eaten by fish. Next, they are judged by Izoi-tamoi, who splits evil souls in half. Those who are still whole after that test go through the Land of the Darkness, using as a torch a small straw which had been placed in their grave. The soul must gather humming-bird feathers to give to Tamoi. Next, the soul must pass between the clashing rocks known as Hacaru. Then, the soul will be tested by a gallinazo bird, tickled by a monkey and pass the Speaking Tree. Now they can finally reach the land of Tamoi, where they live happily ever after.

Incas believed their ancestors came from the underworld, which many tribes believed was the source of life on earth.

Thai-

The underworld (Patal) is ruled by Maiyarab. Souls enter through the hollow stalk of the Lotus and then cross a lake guarded by Machanu before being judged.

Welsh-

The underworld is know as Annwfn and is ruled by Arawn

Pacific Islands-

For the married Fijian, the underworld is Bulu. To enter, the married man must throw the tooth of a whale (which is given to them) at a certain tree. If he hits the tree he is allowed to proceed, if he misses he will have to return to his grave. Those that pass meet their former wives and they travel together. Next, he must defeat a demon that attacks them to go further. If not, he is eaten by the demon. They must then pass through two caves, Cibaciba and Drakulu. The couple is then taken by boat to Nabangatai, and then before Dengei to be judged. Single men are smashed to death on rocks by Nangananga.

In Hawaii, the souls of the dead travel to Hawaiki or Poluta, either in the sky or under the earth.

For the people of Mindanao, the underworld is Gimokodan. One section is for the spirits of warriors and the other is for every one else. A giantess with many nipples suckles the spirits of dead infants.

Pantheon Focus

By: TristÅ and Lionfirestone

Every two months a topic will be covered in whole by the pantheon's; Greek, Egyptian, Norse, Roman, Celtic, Roman, and Native American. Because the pantheon's were introduced and/or studied through time views and information within them have changed. While you are reading the pages in this section there are a few things we would like for you to keep in mind. Each pantheon's information can be found below and it should be read before you begin into the deep studies of any specific pantheon.

Remember these main facts:

- Even though a certain pantheon believes specific things about a God or Goddess this doesn't mean that you have to use those avenues to believe and/or connect with them. The God and Goddess will reach you in a way that will work best for the two of you as one individual.
- Even though a set of Gods and Goddess are usually presented together does not mean that you have to follow each and every one of them. Within most pantheon's there are many different God and Goddess' that are connected with the same thing so you do not have to follow a complete set, the ancient truest Pagan's didn't; this is why there are differences in the pantheon to begin with. There are also people that connect with God and Goddess' from different pantheons. When it comes down to it you will go with those that connect or call out to you, those are the one's that need you and/or are to direct you in your journey through life.

Greek Pantheon

The Greek pantheon has stayed very constant over the centuries. This is largely due to the tradition of oral or verbal passage of the god and goddess stories, ancient Greek literature, and art. Understanding this we will cover the original pantheons worshipped by ancient Greeks and throughout the ages.

Roman Pantheon

The Roman pantheon contain a tremendous number of God and Goddess as well as some that have changed in name. This is because the ancient Romans seemed to have allowed culture, rulers, and surrounding areas to influence the names of their Gods. In this section the most well-known God and Goddess' known in this pantheon will be covered.

Norse Pantheon

Norse pantheon is a collection of gods and goddess from the northern Germanic tribes. Norse mythology remained mostly unchanged during the Christian movement. This could have been due largely to the fact that the Norse gods and goddess were based on real people. Unlike other cultures, Norse gods were mortal and had to eat.

Celtic Pantheon

The Celtic Pantheon and the God and Goddess that comprise it are quite vast. The major factors that separate the individual Gods are time period and physical location. For the most part during this series the main God and Goddess followed during time periods will be covered. It will follow the three time periods that Lady Gregory presented.

Egyptian Pantheon

In the Egyptian pantheon there are over 70 God and Goddess'. It would be extremely hard to cover each and everyone. Great effort will be taken to cover in depth the most well-known God & Goddess' and small notes recognizing the lessor known one's as well. The information will also be from the most common stories and information available.

Native American Pantheon

There are many tribes and beliefs that fall into this category. Although it will be impossible to cover all of these variables the major beliefs will be combined into common practices. A list will also be presented with the names of the most common God and Goddess for the major tribes.

Throughout your studies of the God and Goddess' within any pantheon it might be in your best interest to regularly consult and/or discuss the material presented with your parents and/or another Pagan adult. You may want to do your own research as well. Opinions and information will not always agree so you will need to do some personal inner research to find the correct way from within and guidance from the Gods themselves.

Norse Underworld God

By: Lionfirestone

Norse mythology was passed down verbally in the form of poetry. When it was later written, the writers kept with the prose format, in order to keep the stories as intact as possible. This, along with the fact that the deities themselves were based on actual people, puts it more into a folklore category than mythology. Another interesting difference in Norse mythology is the lack of good vs. evil. The representation of tales seem to be more like order vs. chaos, with short interludes of camaraderie.

Hel Topics

God's World:

Helheim (Hel Hall) is in the last and deepest realm of the Underworld, Niflheim, which consists of nine realms. Niflheim was designated as the final dwelling place for souls that did not die gloriously in battle, and is located under the third root of the Yggdrasil tree. Helheim is viewed as being dark, cold and damp, filled with misery and hunger. Helheim is surrounded by an impassable lake and is guarded by Modug.

History:

Hel is the daughter of the god Loki and the giantess Angrboda. Hel is a hideously looking half dead hag. Her legs are gangrene and she is half blue. Hel was banished to the underworld by Odin after he learned of her existence. But she was given complete control of the whole of Helheim.

Myth Topic

It had been prophesied that at the end of the world, Ragnarok, the good gods would be defeated by the children of Loki. So, when Odin discovered that Loki had children by the giantess Angrboda, he banished them to the ends of the earth. The Midgard Serpent was banished to the sea. Fenris, the giant wolf, was bound. And Hel was banished to Niflheim.

Niflheim ("Mistland") is the realm of ice and cold, said to be beneath the earth and surrounded by the river Giall. It lies beneath the Yggdrasil's third root, near Hvergelmir and Nastrond. Located north of Ginnungagap, and there dwells the Rimtursir, and here, also, Helgardh is located.

Niflheim was broken into several layers: Spirits of the slain warriors went Valhalla in Asgard, home of the gods, or were taken by Freya to her palace.

Another layer was reserved for the elderly, the sick, and those who were unable to die gloriously in battle and enter Valhalla. Niflheim could also be entered by crossing the bridge over the Giall, guarded by Modgud, to whom the passer had to pay a tribute of blood.

Next came the area of Ironwood, where the trees had metal leaves and the entrance gates were guarded by the dog, Garm. Inside, the cold and darkness, was Elvidnir, or Helgardh,

Quick Hel Facts

- Hel was the daughter of Loki and Angrboda
- She was the sister of Fenris and the Midgard Serpent
- She helped Loki defeat the Gods during Ragnarok

The Names of Goddess

Hel
Hela
Hell

also known as ("house of mists") the hall of Hel, ruler of Niflheim, where spirits were judged. Criminals were consigned to Nastrond, and were eaten by the serpent Nidhogg.

Celtic Underworld God/Goddess

By: TristÅ

The Celtic pantheon consists of many Gods and Goddesses that contradict and/or compliment one another. In ancient times the Celtic world was separated by time periods and/or physical location and each had their own set of God/Goddess' which they followed. Today not all of the ancient God/Goddess are worshipped individually, some are combined and referred to by an adapted name of the most commonly known one or that of the last surviving God/Goddess groups. Much effort will be taken to introduce you to the many God & Goddesses that are now labeled Celtic.

Underworld God/Goddess

The Underworld:

The underworld was viewed by the ancient people as a bright place. The stories of what it actually looked like changes according to the person, time, and place that it comes from. What is known is that, before the introduction of Christianity, the underworld was a great place to live and was sought after by most. It is believed that the underworld was an actual physical place that resembled the lands of those that believe in it. You can find many writings that tell of how to find the physical location of it. Although all do not agree, it is believed that the land was a part of the known world, and not on a different plane or magical place.

Living in the Underworld:

When one was to pass over to the underworld, they were usually escorted. Depending on the individual belief and time period, the escort would go by different names. Some of the most common would be Sucellus/Greenman or Barintius, using a chariot. Once there, they would live in peace and happiness with the other residents and there would be a God that would rule over the whole underworld, as well as a god that would protect it. It was believed that there were great fields, crops, animals and all other things needed to make the perfect world. Today, not everyone believes in the underworld that walk the Celtic path. For those that do believe, it is basically the same as it started out and we still desire to be there.

The Otherworld

The otherworld is a special place that many go. In ancient times, the sidhe and special places in the water were portals to it. There are those that believe the underworld and otherworld are the same, and others believe that they are different places. You will also find people that only believe in one and that the other one does not exist.

In writings, the otherworld seems to be talked about more than the underworld; however, it might be because the name changed. The otherworld is a belief of the later ancients and most people today. In stories, both ancient and modern, the otherworld is visited by many common people. It is usually a magical story where they are swept away by residence of the otherworld or they stumble upon it accidentally.

The otherworld doesn't actually have a common description of what it looks like and seems to take on the image of a great, happy place to the person that goes there. Most always it contains parties, dancing, and lots of happy people.

When leaving the otherworld as a person, you will return to the world no older than the time you left, even though many years may have passed. There are souls that live there, most of them are considered dead, and they share the otherworld with the ever living Gods & Goddesses.

The Names of Goddesses

(Celtic) Adsagsona
(Celtic) Aericura
(Irish) Bebhionn

The Names of Gods

(Irish) Blathnat
(Celtic) Arawn
(Celtic) Cernunnos
(Welsh) Gwynn Ap Nudd
(Celtic) Fallach

If you choose to use the terra cotta doll found in Dec '07 issue page 9, some ideas are below

Dressing the Underworld God/dess

When dressing your Celtic underworld God or Goddess, you will need to do research. Find out what other things the God or Goddess of your choice ruled over. You can dress him/her with items that represent both the things they rule over and the underworld.

Since it seems that the underworld was bright and cheerful, it might be a good idea to dress him/her with bright colorful clothing. Take into consideration that most Goddesses, when dressed, are seen to be in a dress with pants under it. The God's are usually highly decorated with armor, bags, and other things that show their strength.

Egyptian Underworld God

By: Lionfirestone

The Egyptian pantheon is quite vast, but does contain the original gods and goddesses. The variations in gods or goddesses was often a result of the pharaohs. In the times of the pharaohs it was not uncommon for the pantheon to change based on the deities of the pharaohs' choosing. However, upon the death of the pharaoh of the current time, the culture would quickly revert to worship of the original deities until the next pharaoh decided to change them, if he desired to do so. This practice was common up until the influence, and later conquer, of the Romans.

Osiris

God of the Underworld and Vegetation

The Underworld:

There are two descriptions of the underworld. When referred to as Duat, the underworld is a peaceful place of rest, where each evening Ra travels through to bring light to the souls who dwell there. Duat is believed to be located on the dark side of the moon. The other version describes the underworld as a place of horror and evil monsters that must be carefully maneuvered by the use of spells and incantations. Both versions agree that the journey to the underworld is a difficult venture. This is the reason behind the writing of spells and magickal instruction on the walls of the tombs. They were direction and guidance for the souls of loved ones.

History:

The story of Osiris is one of the most important stories in Egyptian Lore and is still told today. Osiris was given this title after being murdered three times by his brother Seth (Set) and then brought back to life by his wife/sister Isis. There are several versions of the story of Osiris' death. Osiris is also known as the God of Vegetation and later became the God of the Dead, replacing Anubis. It is believed that he dies and is reborn again each year, which secures his position as God of the Underworld.

Myth Topic

Ancient Egyptians were passionate about the afterlife. This is evident in the intricate rituals surrounding burial and body preparation, as well as the detailed stories of the path to the underworld. After death, it is believed the spirit is led by Osiris to the Halls of Truth where Anubis, God of the Dead, waits to weigh the heart against the Feather of Truth, and Thoth records the events. If the heart is found to be heavy with sin the soul is devoured by Ammut, a goddess of the Underworld. This event is also viewed by the forty-two judges of souls.

The Egyptians believed the body must be properly prepared thru mummification, a process that can take up to seventy days, during which the organs of the body were carefully removed and preserved in canopic jars. The body itself was lined with resin inside and out and wrapped in linen. The heart was left in the body because it was believed to contain the soul.

The tombs of the dead were lined with text from any of the books created as instructions and directions: the Pyramid Text, the Coffin text, the Book of the Dead, the Book of Gates, or the Book of Secret Chambers. The text written in the tombs were magickal spells meant to aid the soul in its journey to the Underworld.

The Names of Osiris

Asar
Unneffer
Winefred

Not one tomb contains a complete book, but sections from several. Originally mummification was only available for the pharaohs and wealthy families. Later, it was made available to a wider group of people, as well as family pets.

Quick Osiris Facts

- Osiris is the only god in Egyptian lore to have died; he died 3 times
- The rising of the Nile each year is believed to be symbolic of his death and resurrection
- Death is so important to Egyptians that Osiris at one point was honored more than the creator god
- Osiris was the god of vegetation before he was the god of the underworld
- Osiris is the oldest son of Geb or Ra and Nut
- Brother to Isis, Nephthys, and Set
- Father to Horus and later Anubis (by Nephthys)

If you choose to use the terra cotta doll found in Dec '01 issue page 9 some idea's are below

Dressing Osiris

Osiris was depicted in human form wrapped up as a mummy, holding the crook and flail. He was often depicted with green skin, alluding to his role as a God of Vegetation. He wore a crown known as the 'atef', composed of the tall conical white crown of Upper Egypt with red plumes on each side.

Native American Underworld God/Goddess

By: TristÅ

The Native American pantheon consists of more God/Goddesses, or Kachinas, coming from so many regions, cultures and tribes, making it impossible to make a steady list. There are a few that will have the same position in different tribes and go by a different name, however, the changes in the two will not allow them to be combined. The Native Americans are actually very private about some parts of their religion, and both new and ancient titles and sexes of those worshiped are vast and sacred. All effort has been taken to provide information without toying with the sacredness of those who follow this path

Underworld Spirits

Guide to the afterworld, both for physical person and spirit

The World:

The Underworld takes on different looks and forms in the Native American world. Although there are some Underworld gods, for the most part this job is taken on by a goddess. There is usually no judging or provoking done by those that rule the underworld. The major job they have is seeing that things go as they are to go.

History:

The histories of the Underworld spirits are varied in the Native American pantheon. Because death and things that happen before and after are very sacred to those in this pantheon, a solid history of the underworld itself is not present in most beliefs. Usually, there is a myth that explains how a god or goddess came to live there. The most well-known spirits associated with the underworld are not actually residents or in charge of it, but more often those that are visited on your way to, or as you leave, the path towards the underworld. Most underworld spirits are attached to those that bring life; closing the circle of life.

Mother Spider

You should always show respect to the Mother Spider because she rules the inner earth where you go when you leave the world we are in now. There will be times when she makes her appearance to you, and you will want to talk to her. This is not a wise choice, you, instead, are to set her out an offering and carry on with your work.

If those who do not know about her cross her path, they will be in a spell, just like the one that you will be in once you pass on. She will lead you to her home under a rock and you will then come to a magickal land full of paths and tunnels.

It is important that you use your own intuition and watch signs carefully. The children will be your guides through this place, and it is important that you follow the correct path: the one they show you. The wrong path could be of grave danger to you. The most important thing to remember is that if Children are permitted to be someplace it is surely safe.

Remember, the journey through the tunnels and caves will be your last.

The Names of Goddess

Adlivun
Eithinoha
Kaneski-Anayehi
Onatah
Sedna
Tolmolok

The Names of Gods

Anguta
Hahagwehdiyu

The Hill

When people die, they go to a dividing line that lies between the world they live in and the one there is after they leave the present one. In the past, the line was marked with rocks and other natural items. However, in today's world it is separated with a barbed wire fence.

As people get very sick and/or know that it is their time to pass over, they will go on a journey up this hill to find the line. People that are close to death, or die and are unable to take this journey physically, still take it in spirit.

The trip up the hill is very hard and full of obstacles and challenges. The trip back down the hill on the other side is full of grass and good terrain, which is easy to climb down.

Once the top is reached, all family members and ancestors alike can be seen. They begin to call for you to continue down the other side. Voices of those you will be leaving can be heard, as well, from the other side. A point will come where you will need to go on one side or the other.

Some people take this trip several times before going down the other side of the hill. These people are very special and offer a great story with insight to life that others know nothing of.

Herb Focus: Aconite



****Caution Highly Poisonous****

This information is given for reference and knowledge not usage

Color: This hardy plant has fleshy, spindle-shaped roots, pale colored when young, older plant is dark brown with dark green glossy leaves, bright colored flowers. There are over 100 varieties of Aconite; flowers can be large and eye-catching blue, purple, white, yellow or pink, with numerous stamens.

Location: Lower mountain slopes of the North portion of Eastern Hemisphere, from Himalayas through Europe, to Great Britain. Found in parts of England, mainly the western counties and South Wales, the Swiss Alps, Salzburg, North Tyrol and Vorarlberg, Germany, Spain, and Japan

Healing Properties: Aconite is extremely poisonous, but in minute doses has a wide range of medical uses. Considered one of the most useful drugs, uses include homeopathy, anodyne, diuretic, diaphoretic, neuralgia, lumbago, rheumatism, pleurisy, aneurism, acute tonsillitis. Used in both tincture and liniment form. It has been used in many cultures for centuries.

Magickal attributes: Other than poisoning, used to identify and cure werewolves, and an important ingredient in flying ointments.

Latin Name: Aconitum Napellus (LINN.) Syn. Monkshood. Blue Rocket. Friar's Cap. Auld Wife's Huid. Wolfsbane

****All parts of this plant are poisonous, just touching the plant can cause poisoning; It has been know to grow wild. Do not grow near edible plants. ****

Lore

- The invention of Hecate from the foam of Cerberus
- Old men of the island of Ceos were condemned to drink when infirm and no longer of use to the State
- Jealous Medea used in the form of a cup to poison Theseus when he conquered the Amazons
- Only way to tell a werewolf: if flower cast a yellow shadow on the suspected shape-shifter's chin, the werewolf test was positive.

**** As with all natural medicinal items and purposes, be**

Mineral Focus: Watermelon Tourmaline



Color: Translucent green and pink

Chakra: Heart

Healing Properties: Helps with emotional dysfunction, stress in animals and people, can be used during large family gatherings to reduce friction, aids the immune system, helps self esteem, cancer prevention

Magickal Properties: Helps connect to the higher self, cleanse and recharge the aura and chakra, channel physic energies, to balance physical and emotional energies, and to aid in the giving and receiving of love.

Element: Fire

Tourmaline is made from a group of minerals related in physical and chemical properties, which makes it a crystal silicate mineral. It exhibits the interesting electrical properties of pyroelectricity and piezoelectricity. When heated or rubbed, it attracts dust and dirt particles. This is caused by its atomic structure, which causes it to generate an electrical charge when heated or rubbed.

Sources of the gem include Elba, Madagascar, Myanmar, Sri Lanka, the Urals, Siberia, Brazil, and Maine, Connecticut, and California in the United States.

Watermelon Tourmaline can be carried in a mojo bag or

worn as jewelry. **Healing with Crystals**

Should be approached with an open mind. Take time to choose and position crystals with your needs and wishes as the focus.

- Make sure you will not be disturbed
- Go to the bathroom before you start
- Choose a comfortable place, including the temperature
- Play music that will not distract you
- Burning incense or scented candles can help focus your mind
- Wear comfortable clothing, loose fitting is often better
- Make sure you drink lots of water after to ground and rehydrate yourself
- Cleanse and tune the crystals used

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

Correspondence Journal

By: Lionfirestone

Apple Magick

Perhaps one of the most celebrated plants in all of history and legend, the apple is symbolic of immortality and reincarnation. The apple represents the cycle of life, death and rebirth. In many tales, the Apple is the World Tree, the axis of the worlds, and it is often a doorway to the realms of Faery. Known as the Oghamic tree, "Quert" to the Druids, it was the "silver bough," which could be used to open the doors between the realms so that shamans might journey to meet with the departed and gain healing and oracular powers. Apples were often given as gifts to humans by the gods, and apples are sometimes believed to confer psychic power.

As a symbol of beauty, the Apple of Discord was to determine the most beautiful of the goddesses, and thus started the Trojan War. The fruit of apple trees are associated with health, for their abundance of medicinal uses, from cleansing the teeth to relieving indigestion, to relieving fevers, etc.

Apple trees grow abundant fruit, and thus it is also associated with the principles of generosity and abundance. It is symbolic of love and fertility, and is considered an aphrodisiac. It was often shared by lovers, and in Gypsy weddings, was shared by the bride and groom.

If bisected, the apple shows a pentagram at its core, thus it symbolized protection and the Goddess. Apples are also sacred to the Celtic horse and Underworld goddess Rhiannon. Abbelio was the Gallic apple deity of the Garrone valley. It also represented the Celtic triple goddess of healing, inspiration and smith craft. Brigid possessed an Otherworldly apple orchard to which bees traveled to obtain its magickal nectar.

Use apples to open the doorways into Faerie, spells for love, harmony, beauty, inspiration, illumination, healing, horses or travel, enhancing any skill, abundance, generosity, harvest, and magick of divine, shamanic madness or visionary experience.

Apple Peeling Magick

The Apple and the Mirror

Before the stroke of midnight, sit in front of a mirror in a room lit only by one candle or the moon. Go into the silence, and ask a question. Cut the apple into nine pieces.

With your back to the mirror, eat eight of the pieces, and then throw the ninth over your left shoulder. Turn your head to look over the same shoulder, and you will see and in image or symbol in the mirror that will tell you your answer.

(When you look in the mirror, let your focus go "soft," and allow the patterns made by the moon or candlelight and shadows to suggest forms, symbols and other dream-like images that speak to your intuition.)

· One method was used if someone had a very important question. The apple is peeled very carefully so that the questioner ends up with a long unbroken peel. The question is asked and the peel is thrown over the shoulder. The answer is "No" if it falls in the shape of an "U" or an "O" and it is "Yes" if it is anything else.

· Around the time of All Hallows Eve, you can find out the name of your true love. To do so, peel an apple peel strip while reciting:

A, B, C,
X, Y, Z

Let my true love be revealed to me.

Then blow on the apple peel strip and drop it into a bowl of water. The peel will unfold into the first letter of your true love's name.

· Another very popular form of a peeling prediction was one that allowed a girl to find out who her future husband would be. The apple was peeled, again in one long continuous piece, and thrown over her left shoulder. If the peel remained unbroken, it would fall in the shape of the initial of her future spouse. If the peel broke, she would remain unmarried.

Apple games

Traditionally speaking, the girls were to polish, mark and then float an apple in the tub of water. The boy that retrieved her apple with his bite would be her spouse.

There is another apple game for boys called Snap Apple. Apples are hung from the ceiling on strings; the boys leap and try to sink their teeth into them. The first boy to bite into an apple would be the first to marry.

USA Holidays

By: TristÅ

For a great keepsake calendar, color the cover image, and attach above the printable calendar linked below!

Stamp Collecting Month

Ok, so it is not the 'in' thing anymore to collect stamps, even if the month of October is dedicated to it since 1981. Below are some ideas on how to use this hobby as Pagan fun or lesson whether you use real stamps or create your own.

- Use God/Goddess stamps and put or draw a different one on each envelope. Write a letter to the God/Goddess along with your name and age then seal it up. It will be a lot of fun later on to see what you wrote to the God or Goddess. The letters could also be a personal thing.
- Skim local post offices and stamp machines for the lower end stamps and try to make specific topic stamp collections; herbs, Gods, Goddess' or any other Pagan topic you choose. Try to write and learn about each of the stamps as you are adding them to your collection.
- Start a journal or flashcards using stamps you buy or draw on any Pagan topic. Use them for correspondences or a personal diary of you sharing energy with the item on the stamp.
- Make a collage of stamps you find or draw. Be sure that each stamp has a meaning of some kind. Use the large collage of stamps to tell stories and/or explore on days when you are bored.

Clergy Day

The second Sunday in October brings forth a day dedicated to the Clergy. Originally this day was founded on the idea of a polytheistic religion; its title can be used for any religion.

Take the time to get to know your local Pagan Clergy. On this day, be sure to let them know you appreciate them by sending a card or making them a nice small magickal gift.

Expand this activity by listing the major religions and choosing a member of Clergy in each of them. Get familiar with their tasks and compare them with the tasks of the clergy in your own path.

Remember: The clergy of any religion will be a special person. The clergy in your religion just relates to you better.

For a printable calendar of this month's Pagan dates, download from here:

<http://paganmoonbeams.com/pdfs/PaganCalOct08.pdf>

Make a Difference Day

25 October - Join in this celebration of making a difference by joining an ongoing project or coming up with your own.

<http://www.usaweekend.com/diffday/index.html>

October Scavenger Hunt

Each month has many days dedicated to events, items, and things that were considered important. Usually, these days are just read and thought of as a passing bit of knowledge. It has been decided to turn these days into a Pagan scavenger hunt for fun. Try to do your own research to find the answer to the clues below.

Try to get as many correct as possible or even send in your answers to participate in the 'small award' that will go to the first one with all answers correct. To send them in you will need to put the correct day and date the clue refers to. Look for the answers and winner in November's issue of Pagan Moonbeams.

Good Luck!

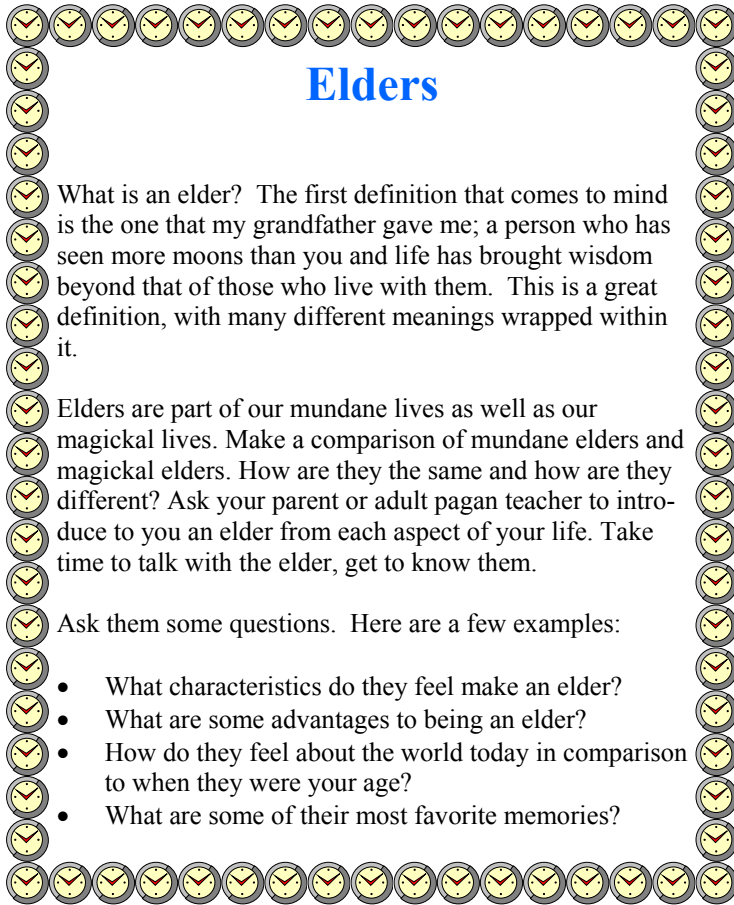
1. Oberon and a dedicated group of writers put out a newsletter. The title of the newsletter has the name of a day dedicated to this type of food in it. What is one of the days towards the first of the month dedicated to?
2. A day is dedicated to a man who aided in settling parts of North America. He was one of the major figures in the Asatru religion and is mentioned in the Sagas, which are very sacred stories.
3. In a past issue of Pagan Moonbeams, a Full Moon Ritual was written. The characters in this story come from a famous book that was first published on this date (be sure to include the year in this answer).
4. Dedicated to religious tolerance and handing her life over to helping others, it is believed that her famous saying "I love all religions, but I am in love with my own." is a lesson to every person on earth and any religion. What is her name, what great thing did she receive this day, and what is the date?

International Holidays

By: TristÅ & Lionfirestone

October 1; International Day for the Elderly began in 1990 when the United Nation Assembly designated the day to those that had seen many full moons. The day is to be recognized by all countries and the people that occupy them. It is believed that within the next 40 years the number of elderly people will grow from one in ten to one in three persons. Take this month to dedicate to those elderly people in your own corner of the world.

Branch this holiday into a month event instead of just one day!!



Elders

What is an elder? The first definition that comes to mind is the one that my grandfather gave me; a person who has seen more moons than you and life has brought wisdom beyond that of those who live with them. This is a great definition, with many different meanings wrapped within it.

Elders are part of our mundane lives as well as our magickal lives. Make a comparison of mundane elders and magickal elders. How are they the same and how are they different? Ask your parent or adult pagan teacher to introduce to you an elder from each aspect of your life. Take time to talk with the elder, get to know them.

Ask them some questions. Here are a few examples:

- What characteristics do they feel make an elder?
- What are some advantages to being an elder?
- How do they feel about the world today in comparison to when they were your age?
- What are some of their most favorite memories?

Today's Elder Problems

There are many problems that face each generation of people. Below is a list of the things that the elders of today face. Make a list of elders in your area, family, or Pagan circle and pick at least one of the things from the list below that you feel they face.

- Being lonely
- Lack of money
- Unappreciated
- Misunderstood
- Unable to contribute

You will need to take a look at your list and do some searching within yourself to see what you can do to help them with their problems. Believe me a small thing will go a long way with those that have watched the world as it matured to what it is today.

Although it is best to do something that will aid them for a long time, even something as simple as visiting a nursing home or assisted retirement community to spend time with an elderly person will make a difference. You can read a story or play a game. Just showing them that there are people in the world who still care, makes a difference.

Elder Offerings

Throughout the past from Ancient times all the way up to today the elderly have offered the most to the religion, community, and individual person as well. In today's busy world it seems that the offerings they have are overlooked too much.

The best thing you can do for an elder is take their offerings. They can give you much more than anyone else can. Start a routine of taking offerings from the elders close to you and/or in your area. The best offerings from the elders are below:

- Stories and/or insight in the past. They can offer you much more than history books or studies; first hand experiences.
- Time. The elder can give you quality time, most of the time. They have time to show you, talk to you, listen to you and they are eager to do it as well.
- Family history and community history. They can tell you about not only your personal ancestors, but the ancestors who had an impact on the community you live in now.
- What influences did they have that are different than you have now.

Pagan Resources

There are many Pagan resources for kids, however, they seem to be hard to find. Below is a small list of the ones we found for you to check out. If you know of others or want your own listed here feel free to email us!

PaganMoonbeams@yahoo.com



Grey School
of
Wizardry



Meagan Stories



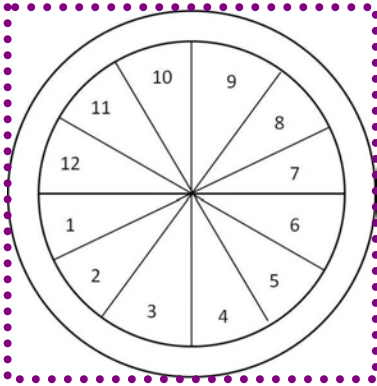
ANCIENT LIGHT

Challenge for the mind, fun for the hands, joy for the soul

To The Parent

By: Mandi Aumann

Astrology for Parents—Part 2



Last month, I introduced the concept of applying basic astrology concepts to parenting. I will explore further, but I need to backtrack a little. As I reviewed my article from last month, I realized that I skipped over some basic astrological concepts that are important enough to review here.

A chart consists, simply, of a circle divided into twelve parts. These parts are called houses, beginning with the first house just under the horizon on the left side. Just like a mile marker on a road trip, the planets' locations are determined by degrees, as if the heavens were a flat, two-dimensional circle around the earth, measuring 360°. Each house represents a piece of the pie where the angle of the point of the pie piece is 30 degrees.

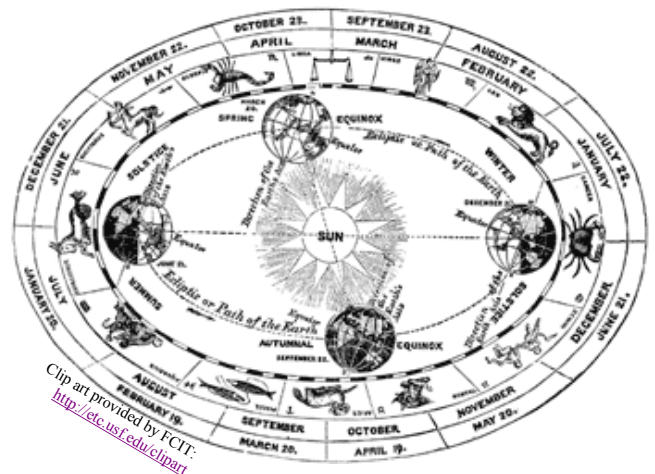
A basic Natal Chart is usually created for by calculating the location of the planets in the sky at the moment of birth. The first calculations made are the Ascendant (or Zodiac on the horizon at the time of birth) and the Midhaven (the Zodiac directly overhead at the time of birth) based on the sidereal time (or star time). These are then plotted on the chart and the houses can be assigned a Zodiac. The location of each planet is then calculated by referring to an ephemeris (or schedule of planetary locations) and plotted on the chart. For our purposes, these calculations do not need to be made for astrology to be useful. Most of us know our “sign” - the Sun Sign, or the sign the Sun was in at the time of their birth.

Now, the reason I went into so much detail is to explain the relationships of the signs a little more clearly. Once planets are plotted on the chart, geometric relationships are drawn between the various planets and interpretations are made based on these relationships. We can use those geometric relationships with Sun Sign astrology as well.

- Trine – planets or signs separated by 120° on the birth chart; when connected, the trines create a triangle
- Sextile – planets or signs separated by 60° on the birth chart; when connected, the sextiles create a hexagon
- Opposition – these planets or signs are opposites; 180° on the birth chart
- Squares – planets or signs separated by 90° on the birth chart; when connected, the squares create a square
- Semi-sextile – planets or signs separated by 30° on the birth chart; these signs are adjacent to each other in the chart; this relationship is, technically, the weakest relationship within a birth chart

There are other relationships, but as the distance between the planets or signs get more obscure, the harmonic vibrations get weaker. Therefore, the relationships tend to be more difficult to manage. This doesn't necessarily mean that all is lost. We just need to remember that these rockier relationships will need more nurturing than some of the other astrological relationships.

Ironically, my three favorite people in the whole world are Leos. Since I am a Cancer, this means that our natural relationship is a Semi-sextile relationship. While these relationships may take extra work, being a Cancer, I also don't mind having a very close-knit group of friends who understand and accept me for who I am.



Next month, I hope to finish this great series on using astrology in our families. We will discuss how the ruling planets and ruling elements of the Sun Sign affect the relationships. We'll finish the series with some suggestions on cooling fiery moments and techniques for applying your new knowledge to your family management.

For more information, look for *Parker's Astrology: The Definitive Guide to Using Astrology in Every Aspect of Your Life* by Julia and Derek Parker (ISBN 156458710X) or <http://astrology.about.com>.

Special Pagans

By: Raven Moonshadow

Bringing the Faith to Your Special Needs Child

Sharing your Pagan faith with your children can sometimes seem daunting, especially if one of those children has special needs. First and foremost, remember that you are the best parent and teacher for your child. As the mother of a special needs child I often have to re-think the way I am conveying a message. Each month a different segment of our faith will be presented with ways to convey to your child. While I will give suggestions for ways to convey meanings, in the end, it is you the parent, who knows which ways work best for your child.

Samhain: Celebrating the Season With Your Special Pagans

Samhain is a special time of year. It is a time to remember our dearly departed friends and family, as well as the final turn of the Wheel. As Pagans, this is one of our most sacred of holidays. Apart from the commercialism and media stereotypes of the season, it is our duty to instill in our children the true reason for this season. Of course, our Special Pagans may require more special attention and time.

At this time of year, neighborhoods are full of Halloween decorations, kids are all geared up for a night of candy, bars have bus loops, orchards are offering corn mazes to go through, and the list goes on. Take the time to sit down with your Special Pagans, or all of your children for that matter, and really explain what this holiday means to your family, as Pagans.

Tell them the story of origin of the jack o' lantern, and how originally turnips were carved versus pumpkins. After the story, take a trip to the store and pick up a turnip or two and help your child to make his or her own face carving. For the younger ones, or those that can't use tools for carving, have them make their own from construction paper. Either allow them to make and cut out their own shapes for face carvings, or, for those whose manual dexterity does not allow for that, cut out several different shapes for the faces. Have fun gluing them and then put them up for display. Remind your children of the story while making either craft. Another idea is to go to a pumpkin patch itself to let them experience picking and bringing it home.

Spend time going through old photo albums, baby books, scrapbooks, etc. with your Special Pagan. If you have albums with pictures from when you were little (or even your parents), show them the progression of birth to death. Explain how even their grandparents were little once. Show them pictures of family, friends or pets that have passed. Explain that while they are physically no longer with us, their memories and spirits are very much alive. Talk about this being a time of remembrance of those that have passed on. Of course, be cognizant of your children's emotions. Death is nothing to fear. It is, after all, just another part of the circle of life. Take this time to construct a family tree as far back as you can go with as many pictures, or copies of pictures, as you have available. Get a large piece of poster board and get as creative as you and your Special Pagan can. Have him or her help you glue the pictures and label everyone. Another alternative is to put together a picture book with your Special Pagan of special memories and times with those who have departed. From the very first pet that you owned, to pictures of grandparents, great aunts and the like, help your child fill this book as well as leave blank pages in the back. If the album is small enough, it can even be placed on the altar at this time each year as a special way of honoring those who have gone before us.

However you decide to celebrate and honor this season, be sure that your child understands that there is no need for fear. Our dearly departed are all around and always with us.

CALLING ALL CROCHETERS!!! The Special Olympics is in need of your help. They are trying to reach a goal of 5,000 blue and white scarves to be knitted and/or crocheted to give out to their athletes for the 2009 Special Olympics Winter Games. Now is the time to use your skill to help a great cause. For more information, log on to:

<http://www.coatsandclark.com/Crafts/Crochet/Features/Special+Olympics.htm>

Special Pagans

By: Raven Moonshadow

Patience: A Gift From the Gods

Dictionary.com defines patience as “the capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset.” Personally speaking, in the life of those with Special Pagans, I define patience as a gift from the Gods. As children, we were told by our parents that patience was a virtue. It was needed when we were taken somewhere when we would rather have been outside playing. It was a must when an Aunt would show up from out of town and pinch your cheeks. Patience was most certainly needed when we were kids having to deal with the wacky adult world, and that hasn't changed now that we ARE the adults in the wacky world.

As a parent of a Special Pagan, you can not make it through a day without patience. There are things we special needs parents go through that no one else in the world feels. Not only do we need to have patience in dealing with whatever is thrown at us, but we have our children's needs to work with and, for many of us, an IEP team to deal with. We always seem to have more on our plates than most, but by remaining calm and being patient, we not only keep our energies low, we also teach that same level of patience to our children.

Don't get me wrong, we all have our days. I have five children, one of which has special needs. My sister has told countless people she has no idea how I do it, other than to say I have the patience of a Goddess. I may have that level of patience and tolerance, but get me on a bad day, or come at me from the wrong angle, and the wrath is soon to follow. Not quite the example I want to show my children. And I wasn't born with a high level of patience either. I asked for it. I can remember for months saying each night as I went to bed, “Please grant me the patience to get through tomorrow.” It must have worked. I really am one of the most patient people I know.

To find the level of patience needed, you must find that happy medium; that fine line between your feelings and the needs of the person on the other end. I have found that in the best of situations, or the worst, by waiting things out they work out. It can be very nerve-racking, but it's a great lesson in patience for you. The hardest thing is to think before reacting. If you stop yourself and ask, “Is this worth getting upset over? Rushing? Screaming?” etc, you may find that it is truly better to respond as calmly as possible. A prime example, that has nothing to do with special needs, is what happened last night. My five year-old daughter decided she would cut her 21 month-old brother's hair while I was occupied in the bathroom. She was quite proud of her work, while I completely lost it and had a mini-freak out. Not the most appropriate response, but I quickly composed myself, took a few breaths and calmly told her that while her behavior didn't please me, hair grows back and I would just have to wait for it to come back in. Of course, I did save those beautiful curls. I figured, if anything, I never know when I might need them for a spell.

Communication breakdown can be the biggest wearing down of patience. Whether your Special Pagan is having an “off day” or you are frustrated by the teachers at school who aren't following your child's IEP, take a moment to step back and pull yourself away from the situation. Take several deep breaths. If dealing with your Special Pagan, invite them to breathe with you. It is amazing what several deep, meditative breaths can do for your state of mind as well as your child. I use this with all of my children and it works wonderfully. Once you have mentally re-grouped, mull things over. Unless it's of dire urgency to fix right then and there, waiting and mulling it over, or doing at a slower pace may be the right answer.

Whatever you do, just remember that being calm and patient will not only help you, but help the people around you. If you feel yourself slipping and losing that ability to be patient, just take those long, deep, meditative breaths. You will re-center and feel well grounded. In the end, patience will guide you a long way.

Until next month, may your harvest and what you are thankful for be bountiful.

Blessed Be

- Raven Moonshadow

For questions or comments regarding the Special Pagans section of Pagan Moonbeams feel free to e-mail me at:

Raven@paganmoonbeams.com

Take 10

By: Lionfirestone

Insomnia

Insomnia affects millions of people each year. It can cause problems like excessive sleepiness, fatigue, trouble staying focused or thinking clearly, feeling depressed or irritable, and memory problems. Women are twice as likely as men to have difficulties falling asleep, or staying asleep. Usually, younger women sleep soundly, but some women have sleeping issues throughout a large portion of their lives.

*** Adults still need 7 to 8 hours of sleep every day***

There are quite a few factors that can affect a woman's sleep. Some of them include: changes in hormonal levels, stress, lifestyle, illness, poor sleep environment, pregnancy and PMS.

Good sleep habits or sleep hygiene can improve your chances of restful sleep. Here are a few tips that you can implement on your own.

- Try to go to sleep at the same time each night, and get up at the same time each morning. Try not to take naps during the day, because naps may make you less sleepy at night.
- Avoid caffeine, nicotine, and alcohol late in the day. Caffeine and nicotine are stimulants and can keep you from falling asleep. Alcohol can cause waking in the night and interferes with sleep quality.
- Don't eat a heavy meal late in the day. A light snack before bedtime, however, may help you sleep.
- Make your bedroom comfortable. Be sure that it is dark, quiet, and not too warm or too cold. If light is a problem, try a sleeping mask. If noise is a problem, try earplugs, a fan, or a "white noise" machine to cover up the sounds.
- Follow a routine to help you relax before sleep. Read a book, listen to music, or take a bath
- Avoid using your bed for anything other than sleep. Don't eat, talk on the phone, watch TV or read in bed.
- If you can't fall asleep after 30 minutes and don't feel drowsy, get up, go into another room. Read or do something that is not overly stimulating until you feel sleepy. But, you should wait at least 20 minutes from the time you got up before going back to bed. Do this as many times as you need to until you fall asleep.
- If you find yourself lying awake worrying about things, try making a to-do list before you go to bed. This may help you to not focus on those worries overnight
- Wear comfortable, loose-fitting clothes to bed
- Get adequate exposure to bright light during the day
- Keeping a sleep diary can help you identify patterns and conditions that may be affecting your sleep

Sleep Pillow

Stuff a small pillow with the following herb mixture. Sleep with it tucked into your pillowcase, close to your head.

1 part dried hops
1 part dried roses
1 part dried chamomile
1 part dried lavender
1-2 drops lavender oil

* For vivid dreams add an equal amount of mugwort to the mixture

Quick Tips

Sometimes, taking a break by yourself is just not possible. Here are some quick tips to get you through the month.

- Playing a video game with your child is not only fun but will give you cool parent points.
- Audio books allow you to do house work while listening to your favorite author.
- Have your child plan a date for the two of you. Younger children can make sandwiches; older ones can prepare a full meal. Remind them to plan an activity for the two of you to do on your date.

Moms need to take care of their health too. October is breast cancer awareness month. Use this focus to schedule a breast exam, as well as being tested for ovarian cancer. Both cancer types have low symptoms, but can be treated if caught early.

Book Class
By TristÅ
Young Foundations
Class A
PreK—Early Elementary (approx. Ages 3 - 7)

Class 3
The Goat-Faced Girl
The Grey Fairy Book by: Andrew Lang
Lesson: Remember to show gratitude

Mirror, Mirror

The mirror can be a very powerful magickal tool that all small children should have on hand. Take the time to pick out a mirror that looks special to you or seems to make you think you should have it. Once you get a mirror that ‘fits’ or ‘calls’ to you, add your own decorations to it. Be sure the decorations show or represent you. Paint the handle, add ribbons, hearts, feathers, bows, dried herbs or flowers, rope, arrowheads or rocks and anything else that you feel fits you.

A mirror can be a wonderful thing to have on hand. It is important that you take out your mirror on a regular basis. Follow the steps below, using a mirror anytime you feel things are not right, or make a regular ritual of them.

1. Take out the mirror and face it away from you. Clear your mind of all things that are around you.
2. Turn the mirror towards you and tell it to give you insight to how you are. You can write a small saying to use for this, or you can just word it however you feel is right each time you use it.
3. Look deep into the mirror at your face. During this procedure, there may come a time when you no longer see anything; thoughts will take over. If these times come, do not worry about them and never try to snap yourself out of what you are doing so that you can see your face again.
4. Play back the things that stand out in your mind that has happened since the last time you used the mirror. It will be like watching a movie, but will seem like a rerun.
5. As you watch your ‘movie’, pay attention to the things you did and said. If you did things that you are proud of do not hold them in your mind. If you have done things that you feel you shouldn’t have, hold them in your thoughts.
6. When your movie finishes, and no more images or thoughts come to your mind, focus into the mirror again and look at yourself.
7. In your head, go over the things that you held in your mind. Determine what you did that you didn’t like, or how you acted that was not proper for that moment, and make a silent promise to yourself to work on not doing that again. Make an outward plan if you feel that you need to apologize to someone or write a thank you note.
8. Look into your eyes and remember how you love yourself, and how you are great on the inside. Be sure to smile. Only wonderful people take time to reflect and look into their own mirrors.

* This exercise is a great one, and can be used throughout life’s journey; even in adulthood!

Keep your mirror in a private place and be sure not to tell many of your secret rituals with it!

Teaching Lessons

Materials:

Grapes (cherry tomatoes, candy pieces, or other small snack)

Container to put them in

Procedure:

Place the treats in a container located in a mutual spot. Each time appreciation isn’t shown for anything done for you, who ever you didn’t show appreciation to will be allowed to take an item out of the jar and eat it. If you aren’t shown appreciation when needed, you will be the one pulling a treat from the container.

At the end of the day, have a discussion with those involved in the game. Talk about how you feel when a simple ‘thank you’ did not come your way. Discuss the times when it is appropriate, and the feelings that come behind it.

Feel free to play this game often, or with different people. Eventually, you will be the one with all the treats and aware of great manners.

Book Classs
By TristÅ
Young Foundations
Class B

Early Elementary—Later Elementary (approx. Ages 7 - 10)

Parents - This book unit is designed to last for the complete month. It is recommended that the story be read by you and your child several times each throughout the duration of the class. There are many things offered the story to enhance their learning experience, feel free to do all, pick and choose, or add in your own. The main lesson of the story is listed, please be sure that your child absorbs it.

Andrew Lang's Fairy Collection Free Online: <http://www.mythfolklore.net/andrewlang/>

Class 3

The Jogi's Punishment

The Lilac Fairy Book by: Andrew Lang

Lesson: Falsely using your influences will cause a mirror effect

Being a Pagan Human

We are all human, which means we live with tons of emotions and feelings. These human traits are not a stable part of you and will come and go more than the hours of a day.

As a human, you train yourself to work through everything that comes across your path. A mistake that many make is using their religion and beliefs as an aid to overcome these emotions and feelings. Religion does have a place in handling things of 'human nature'. Religion and beliefs are not to be used just to benefit your emotions, but can be used as a positive tool to aid you in finding your own way to overcome or handle them.

You will need to work with the things that human life throws your way in a positive way, one that will not bring more problems your way or lessen your relationship with your path.

Since emotions are the focus in the story, why not use them to practice how to properly use religion and beliefs to aid human traits? Observe yourself for a week. Each day, write down an emotion that you had that day, why you felt it, and how you handled it.

When you have completed this task, take a look at your list and circle the times that you did not handle the situation as a good Pagan should. Take some time reading handy materials, past issues of Pagan Moonbeams, and talking to a Pagan that you admire to see if there were other ways you could have handled the situation using your chosen path.

Write the emotions that you felt and explain the proper way to handle them in your journal. Try to read that list at least once a week until you are so familiar with the words that you don't need to read them. As situations come up that address the things you have documented in your journal, see if you can handle them in a more positive Pagan way.

You can use the procedure here with any other problem that you feel you are mixing your religious path with your human traits. Once you learn how to properly handle things that come your way, you will receive the best gift ever, the gift of true peace.

If nothing else, remember to use beliefs as an aid, not a tool, to overcome things that come to you and prove hard to handle. Remember that you are to become strong within for both your chosen path and for yourself. The best trait of any Pagan is their strength!

Back At You

There are many ways to say and believe that things always come back to you. In the Pagan realm, they are sometimes called Karma or Fate. No matter the wording, there is most certainly a belief that we should all do our best to ensure that things are done so they don't come back to us in one form or another.

Sometimes, seeing is believing. Can you think of someone that causes ill-will on another? Did you see where later this seemed to come back to them in the same way or, sometimes in a stronger way? I am sure if you think hard enough you will see that this has happened not only to them but to you as well. It doesn't have to be something bad that comes back; good will do the same loop. Do some thinking using the same method described above but with positive things.

Talk to your parents and friends about this topic. You are sure to find many different views and beliefs that surround it. Keep a graph or diary of your findings and see how the answers you found compare.

After reading the story several times, do some meditating on the lesson that is given in the story. Talk to your parent or adult Pagan guide to understand more the belief that surround the topic of the lesson. After spending some time alone with the information you have gathered, come to an understanding on this topic with yourself. This small lesson could be a large step within your own path and life.

Book Class
By Lionfirestone
Young Foundations
Class B

Early Elementary—Later Elementary (approx. Ages 7 - 10)

Class 3

The Jogi's Punishment

The Lilac Fairy Book by: Andrew Lang

Lesson: Falsely using your influences will cause a mirror effect

The lesson for this story, the mirror effect, also applies to what the princess did. She used her title to get the Jogi to meet with her, even though she knew this was not ok with her father. (This does not create an excuse for the Jogi's actions) Even though the princess went against her father's wishes, she should have told him the truth about what she did. It may have prevented the events that happened after.

Using the trust of your parents to get away with naughty actions is just as wrong as using your influence to affect a situation. Both actions will invoke the Law of Karma. And just because you can get away with it does not mean you should try. In the world of pagans and witches, "Trust" is very important, and so is your word. And even if you think your parents may not notice, the Gods do. Trying to trick the Gods will make your magic less powerful. The last thing any pagan child wants is to lose the trust of their parents and pagan family.

At the end of the story, the prince and princess knew that the monkey would hurt the Jogi when he opened the chest. This brings up another point of view of Karma. Was it ok for the prince and princess to defend themselves, by harming the Jogi? This is a question that is the center of many discussions. What is the right thing to do? Do we have to allow people to harm us? Use this lesson to discuss these questions with your parent or adult pagan leader, or both. This lesson does not only apply to the magical world, but to everyday life. Talk about the ways magick and non-magick people defend themselves. What should you do in situations where you feel the need to defend yourself? And how that will cause a mirror effect? The Law of Harm None includes you. You do not have to let others harm you. And causing harm as a form of defense is not always the answer, but that does not mean that a wrong should go un-punished. All this seems kind of confusing, I know. Sometimes it is confusing for adults too. But knowing how to handle situations, and knowing what your best options are, is a great way of being prepared and making the best decisions.

On the previous page you were asked to write down your emotions and how they related to events in your life. Pick one of the situations that you really feel bad about and wish you would have handled differently. Create a "Mirror Effect" coupon for the situation. On it, write down the positive effect you are going to create to make up for the bad feeling you had from the situation. Be as creative as you like with your coupon and the effect. When you are finished, give the coupon to your parent or adult pagan leader and discuss the "Mirror Effect" coupon and the situation. Decide on the best way to cash in your coupon.

Another way to realize the effects of our actions is with water. Try to find a pond or lake. A large puddle will even work. The water needs to be still. Find a small rock or piece of wood and throw it in the water. What happened? Think about how the same action can affect your life and the people around you. Make notes in your journal or diary about what you saw and how it made you feel.

Ask your parent if they have a mirror you can use for a while, one that you can carry around with you. For a least a week, look at everything around you through the mirror. Document how everything looks in the mirror. Are there things you noticed in the mirror that you never noticed before? If you have a few mirrors, you can set them up at angles facing each other and see the effect of infinity. After your time with the mirror, think about how sometimes things look different in the mirror. This also applies to life and the return of Karma. It may not come back in the way we think it will. Also, the way we see our own actions is not always the ways others see them.



Book Class
By TristÅ
Tools of the Trade
Class #3

Parents Note: Classes are written to the children in case they are taking them as a self-directed course. All important parent notes are written in italics to be noticed easily; if child is taking class themselves, after reading, it would be best to use white-out or marker to cover them up. The material in each class, even if the child is learning on their own, should have some kind of addition or guidance from you; this will add to or begin the Pagan bond and religious relaxation opening between the two of you.

Each class will be broken down into weeks, usually 4 per month but can be done as you have time or see fit. Great effort will be taken to supply each lesson with vocabulary, assignments, enhancements, and with Pagan specific topics (obstacles, interaction, etiquette, values, etc.). Although not specified in each and every lesson, students are to use their notebooks to document, do assignments, and to use as a journal. The same notebook should be used to write down any questions that they have during each class, which are to be answered by you before going on to the next lesson. If research is needed to answer them, allow your child to accompany you in doing so; this will make it easier for them to do it on their own later.

Although classes are presented in a 'formal' way, present and hold them in a very informal way, keeping the relaxing environment that should be present in all things Pagan. Some added touches to the class would be; to hold it outside, indoors in your pajamas, reading by candlelight, holding class during special times of the day like sunrise and sunset, or any other way that works for you and your child. It is suggested that you read through each lesson before presenting it; as with all things you may wish to omit things due to personal belief or views.

Have a great class/experience with your child/ren !

Book to be used in this class

The Magick Toolbox

By: Carl Neal

Week 1 - Bell

All - Read Bell pgs 47-64

Study Terms: clapper, visualize, cleansing, practitioners, shapes, designs

The bell is a diverse instrument, as well as an ancient one. It can be used in many ways throughout your Pagan lifestyle. It is important to know these uses, as well as try them all at least once to see where they fit into your own life. Understand that the vibes it produces brings an energy all it's own that can be a contribution to all that you do.

Assignment Prep: (Class A) make a list of all bell instruments, or, (Class B) make a list and do research on uses of each thing on your list.

Assignment: Make or remake a bell or bell instrument of your own. Choose materials and tools carefully and try to connect with them, as well. Meditate and/or connect with each material and step that is used to make it. Add in personal and/or path specific

Assignment Follow-Up: Take a look at other bells at a new age store or those belonging to other people. Decide whether making a bell is more meaningful than those that can be found in other places. Make an entry in your notebook as to your findings.

** Parents: you may need to aid in the study of bell instruments with your child. There are many that are used for non-Pagan religions and a lot of digging will have to happen for them to get to the Pagan uses of the individual instruments.*

Class A & B - Spend some time with the bell or bell instrument that you made, as well as others that you are able to see or work with. Pay special attention to the actual sounds they make. Close your eyes and connect with them, allowing the sound to take over. Try this exercise with different bell instruments, and with those of different materials. See the effect and feeling that each of them bring to you. Keep really good notes in your notebook on these experiments. Be sure that these notes are taken into consideration when you begin to get a bell for your own uses. Remember that even though the bell may not be a tool in the things you do, it can also be used as an aid for you to get in the right state of mind or conscience easily.

Book Class
By TristÅ
Tools of the Trade
Class #3

Week 2 - Besom

All - Read Bell pgs 65-76 & Feb issue of first year Pagan Moonbeams pg. 19

Study Terms: Adornment, Cleansing, Mundane, Visualize, Unwanted, Symbolic, Virtually

A besom is a wonderful tool to use to prepare and cleanse your area you use for ritual. Imagine it brushing away all the 'clutter' that is in the way of your concentration, hindering the work you want to accomplish, and preparing the path for the spirits to enter. Although the besom is not a major tool in some paths, knowledge of it should be known by all Pagans. ([Intro written by Rhiannon Swanshadow](#))

Assignment Prep: Although there are many different purposes for the besom, the reason it is most used has to do with energy. Because of this reason, when making or choosing your own, it is important that your energy, mixed with the broom's energy, may have an effect on the effectiveness of the besom. Purchase a cheap broom at a craft store or at the dollar store, similar to the ones that can be found during Halloween in the US.

Assignment: You will take the purchased broom apart and make your own besom from it several times throughout the month. Compose the besom during different natural times of the day (night, day, sunset, sunrise, high noon, high midnight, etc...), use different adornments and explore different ways to assemble it. Class B, you may want to also assure to be in different moods or spiritual stages when making it. Be sure to use your besom to rid of energies before breaking it down and using again. You may want to write in your notebook your feelings, emotions, and spiritual state you had before, during and after each make and use session. Indicating the procedure and time of day used would also be of help.

Assignment Follow-Up: Determine the best time, procedure, state of mind and spiritual state for you to make your own besom, from the findings in the assignment.

** Parents you may need to be available to help determine the timing and personal states they are in when doing this project.*

Class A & B - choose one of the assignments below to explore on your own. Be sure to use the internet, local Pagans, new age store, and any other resource when doing your research. During, and especially after your research, write in your notebook.

1. What are some of the tools a besom can stand in for? How do you feel about specific tools being used as a stand in for others? When is this acceptable to you? When is this not acceptable for you?
2. What is your opinion of connecting things to your besom? How would you decide where to put it, and how to affix it?
3. Once you have made a tool and have totally connected it to you, how important is it that others do not touch it? How would you protect it? Clean it? Place it?

Week 3 - Cauldron

All - Read pages 115 - 132

Study Terms: Depiction, Symbology, Durable

The cauldron is one of the older tools that have been used for magickal and symbolic uses. It's appearance and uses bring a piece of the ancestors into the work or works that it is present in. Although there are many uses for the cauldron that are very powerful, using it for heating is the most natural. The material that the cauldron is made from will usually set the mood and control the uses of it. If using this tool, it is important that you choose it well.

Assignment: Do individual research on the materials listed in the book; both locally and online. Pay attention to the look, feel, and energy you get from each of them, as well as its magickal properties. Take your time and use as many resources as you can find. Be sure to keep track of your actions in your notebook.

Book Classes

By TristÅ

Tools of the Trade

Class #3

Week 3 - Cauldron...cont.

** Parents: a great addition to this class would be for you, or someone you know, to hold a small demonstration or workshop on using the cauldron*

Class A & B - Pick four paths you are fairly familiar with in the Pagan realm. Do a little research into them and decide what they could use the cauldron for. If they do not actively list this tool on the list of supplies used, find a use for the tool in a ritual or ceremony. Be sure to keep notes of your adventure in your notebook. When done, list at least two (Class A) or four (Class B) uses that you feel could be something you could relate to in your own Pagan practice.

Week 4 - Book of Shadows

All - Read pages 77 - 92 in the book

Study Terms: Abbreviated, Chronicle, Enlightenment, Grimoires, Impromptu, Incantations, Initiate, Solitaries,

Whether it is called a book of shadows, magickal journal, or diary, it will be the window to your personal magickal world. It will hold the lessons you learned, as well as your feelings, while it shows how you grow into a great Pagan. The BOS tool will become the stepping stone for you to make magick and Paganism a personal thing. As you mold into your own style of Pagan, this book will be the most used one you own. When you are a seasoned Pagan, you will find yourself continually looking into this book for many reasons.

Assignment Prep: Reread the section of the book that talks about the BOS blessing, its purpose, and understand how the one in the book was prepared by looking at all the angles that are connected with the words that make it up.

Assignment: Write your own blessing for you BOS or journal. Determine the procedure that will be used when you do your blessing. Ask a parent to oversee you operate your blessing from the sidelines, and offer suggestions once it is done. If you already have a BOS or journal and have blessed it, adjust the blessing you write now to renew the blessing or do a different kind of blessing for it.

Assignment Follow-Up: Although not required, feel free to rewrite the blessing or re-think the procedure used to better it. Take into consideration how you felt, the energy that was present, and the comments of your parent (if it was given) when reworking it.

** Parents: aid your child in deciding what actually will go into their BOS or journal. The assignment suggests that you watch a blessing from the sidelines; however, if you, or the student are uncomfortable with this, it is not necessary. If you do attend this blessing, your student will want some impartial input from you; be sure that it is onset, impartial, and contains some positive feedback. Remember that this will be the basis for them writing and performing blessings in the future, so be sure the Pagan basics are there. Make sure, somewhere along the way, to pose the question: Do you feel that spells, incantations, or blessings should be included in your BOS or journal? This question may be the start of you aiding them to find answers, be sure you are helping without influencing the outcome.*

Class A & B - If you do not have a type of BOS, follow the steps below. If you do have one, read the steps below, and then decide if you plan to change something about it, or, if you plan to change things from how you have them now, that you have more information.

1. Make a list of the things you would want to be included in your type of BOS.
2. Separate the list into like-topics to determine how many physical books will be needed.
3. Write an ideal plan of materials and types of adornments you would use for each to fit their purpose.
4. Follow your plan to make the first set-up plan for your documented Pagan journey. Remember that you may change the information and/or how things are done as years pass. The important thing is to get a good start.

** Be sure to take all areas discussed in the book and your experiences here, as well as your guides advice, into consideration!*