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# PAGAN Moonbeams

Vol. 2 Issue 2  
September, 2008

## Staff Notes

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

### TristA

*Writer, Admin, Webmaster since: Aug. 07*

Pay close attention to the trees this month. As the leaves break away from them and their energy alone must get them through the long winter to come. Share a little energy with at least one tree to let it know you care!

### Laura Shadley

*Editor since: April 08*

An Old Celtic Blessing for you:

May the blessing of light be on you—Light without and light within. May the blessed sunlight shine on you and warm your heart till it glows like a great peat fire.

### Petra

*Writer since: April 08*

This time of year for me is about watching for Autumn. Waiting to see the first change of colour in the trees and the sound of the birds as they gather to fly South for Winter. It's about preparing for Samhain and Winter.

### 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

*Editor since: Aug. 08*

At this time of giving thanks, I like to reflect on all of the wonderful blessings in my life, especially my children. Through them I have learned so much about myself and learned that even the smallest things matter.

### Rhiannon Swanshadow

*Editor since: Sept. 08*

This month, I'm looking forward to the year starting to wind down into autumn. I'll be baking, and making homemade apple butter to remind me of growing up in Indiana. We'll also begin plans for our Samhain celebrations at the end of October.

### Lionfirestone

*Editor since: Sept. 08*

Greetings I am new to the staff but excited to be a part of such a great publication. I have over 15yrs. of childcare experience. I homeschool my 4 children and my time is spent with my coven and vending at Ren Faires.

## A Few Words

Sorry for the delay this month, although we were a little later than scheduled it is nice to offer you the second issue in the new year of print. It is in great hopes that the new changes are of help to everyone.

I would like to offer a great tip of the chalice to you readers out there. This month we have reached over 500 members on the email notification list. This was a great surprise since when the free service was started it seemed that number was way out of reach. If you tried to sign-up for the list and had no luck, feel free to try again as we have upgraded the service to reach more readers!

We would love to offer more of the things you want. Drop us an email to let us know how we are doing and/or what you would like to see. It is nice to have insight to the readers thoughts !

Wishing you a great and blessed low day!

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



## Issue Shorts

- Tools of the Trade book class did not make it in this issue, but will return full swing next month.
- Take the time to attend a local Pagan Pride Day to enhance this month's focus. It will be a great field trip experience and could even turn into friend networking experience.
- Take the time to let us know of someone in your area that you feel has made a large impact on the Pagan Community. Let others know about him or her by writing an article for Pagan Moonbeams.

## We Appreciate Your Readership

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

*paganmoonbeams@yahoo.com*

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# Wrapping up the Year

By: Mandi Aumann

As we roll around to September, we start upon the close of another year. We return to our busy schedules, and the fruitfulness of summer concludes. However, in the cycle of the year, there is still time to enjoy a harvest. Pagan or not, many people make lists of goals for a new year. With the next Pagan New Year around the corner, now is a good time to revisit those lists and enjoy a bountiful harvest.

A great way to start is by celebrating the goals you've accomplished so far. If you haven't finished anything on your list, or you don't have a list, take some time to make a list of all the things you have done so far. For me, that list includes joining a local homeschool group, unpacking the last box from our move last year, becoming a writer, being able to run, and starting my own spiritual journal. Be sure to set aside time to congratulate yourself for the things you've accomplished before moving on.

Next, it might be a good idea to read through your list of goals you wanted to complete and choose at least one thing you can finish through the next two months. You can choose something you've already started, or you can be adventurous and tackle something that's important to you, even if you haven't started it yet.

Make a plan of action for the goal you've chosen to accomplish. In planning a goal or project, it's important to decide why you want to do this. Is it something someone else has asked you to do? Is it something that will satisfy you in some way? Clearly state, in your journal, why you want to complete this goal and what you will get out of it. Next, make a list of all the tasks required to finish the project. Don't worry about which needs to be done first at this stage—that's the next stage.

Once you have your list of tasks, read through your list and start to put them in order. Some people might like to write each task on an index card, then lay them out like a timeline. Others might prefer an outline format on a clean sheet of paper. Either way, you need to decide which tasks need to be done first, which tasks can be done at the same time as other tasks, and so forth. Once you have your task list in order, get started!

Now, doing can sometimes be the hardest part. Basically, set aside time each weekend to decide which task, or tasks, you can tackle this week. Give yourself due dates. Then celebrate when you've made progress towards your goal.

**If you don't have one already, now would be a good time to start a Goal Journal.**

## Goals Ritual

You'll need: blue candle, sunflowers (can be replaced with dogwood, iris, lavender, tulips, or wisteria flowers), goal journal, blue pen.

1. When setting up for this, place the candle, flowers, your goal journal and pen on your altar.
2. In sacred space, hold the candle and meditate on clarity, wisdom, and success—light it.
3. Hold the flowers in your hands and concentrate on their scent. Visualize your goals being completed. Imagine the satisfaction you will feel when you've accomplished your goals.
4. Now, pick up your journal and say: "Blessed spirits all around, be with me, guide my plans." Continue to say this phrase until you are ready to start your planning.
5. When you're ready, follow the steps above to plan your goals. Stop and smell the flowers or meditate on the candle if you feel your focus wavering.
6. When you're done, thank Deity for their assistance and leave your sacred space.
7. Save the candle and flowers until your goal is accomplished. If you need a boost, light the candle or smell the flowers.

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# Autumn Equinox

By: TristÅ & Mandi Aumann

## The Harvest Focus

The Autumn is known by many as the second harvest. It is a time when the fruits and vegetables are ripe and ready for picking. During this time, the garden and food' bearing plants are at their peak.

Spend some time with your garden, from the fields to the patio pots of tomatoes. Share energy with the things found there. Observe all life forms that are present and pay attention to what their sacrifice and donations are to aid in the plant's success.

During this time, it is wise to not take from the earth, as it will need it's energy to move on in the coming season. It is wise, however, to give or share energy with it.

Be sure to eat as many bounties from the earth and the God/Goddesses that rule over it. Eat as many fresh items as possible, especially those connected with your pantheon.



## Creativity for the Low Day

Give the best gift you can by offering the best outcome of your creativity. Use your most creative skill to complete a work that can be added to your group or family ritual this year.

Dance - after spending time with the garden and growth, pick an item that you admire most from it (vines, leaves, roots, etc...) and allow the thought of it to move you. Put the moves that it's energy gives you into a routine. The routine can be as simple or complex as comes to you. Practice it several times until you are able to do it without flaw. Before or after ritual do a performance, or, if short, have others join in.

Sing - make up or learn a chant to use during the ritual procession or to use as part of the ritual itself. Use the harvest as your inspiration and meditate before performing and/or writing it. You could also write a song to be sung by yourself at an appropriate time during the ceremony. Use an inspirational vision as your focus that includes the harvest (high noon over the garden, the glow it gets during sundown, etc...).

Play - write or compose a song for the day itself or the scheduled ritual that will take place on the day. After spending time with the garden, use the energy and feelings that overcome you to show through the sounds of your chosen instrument. Do not write notes, just use sound to comprise your tune, whether it be a complete song or just a jingle.

If there is more than one creative person that is connected with you, work together to come up with a joint creation to share. You could each use the same vision or energy for inspiration. Remember, the differences in your views and visions are merely the spirits and energies talking to you in different ways and/or the creativity flowing in its own direction.

Stories are always a great way to help kids understand celebrations and traditions. The "Meaghan" series of stories, by Kathryn Dyer, are an excellent example. Here's a link to the story for the Autumn Equinox:

<http://home.comcast.net/~kdyer/meagan/mabon.html>.

### Homemade Sugar Cookies

For a simple sugar cookie recipe, try here:

<http://busycooks.about.com/od/cookierecipes/r/grandmasugar.htm>

For great instructions on making your own cookie cutters, try this site:

<http://blog.jugglingfrogs.com/2007/10/make-your-own-cookie-cutter-from-clip.html>

### Easy Crockpot Applesauce

From Cathy S.

8-10 medium apples, largely diced  
1/2 C. sugar (white or brown)  
1 t. lemon juice

Place ingredients in crockpot. It's up to you if you want to peel them, or not. Mix well. Cook on Low over night. Enjoy!

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# Pagan Pride Day

By: Lionfirestone



The concept of Pagan Pride Day is to not only facilitate a place for pagans to meet and connect with each other, but also to create an environment in which non pagans can be involved in a festival type atmosphere and experience the reality that pagans are just like everybody else. And the contributions of Pagan Pride Day create an overall understanding that pagans care about their communities and want to make a positive impact on society. With so much negativity that has been hyped up over the centuries, the Pagan Pride Project was finally able to make a positive impact that has not only lasted but is growing and gaining public favor, all at the same time. It is

exciting to see how the reactions toward pagans have changed over the past 10 years, be it a slow change, it is change. Pagans are “coming out” and finding their voices, in a united and affirmative manner. We are making a difference in the way paganism is viewed. Even small Pagan Pride Day events are creating this change, I encourage everyone to be a part of a Pagan Pride Day event. If you have never been to a public pagan event, this is a great place to start.

## The History of the Pagan Pride Project

The origin of the idiom "Pagan Pride" is unclear, but it undoubtedly is a term that reaches far beyond any single group or organization and therefore cannot be copyrighted. To do so would be a breach of honor and decency. From the beginning, the concepts of what Pagan Pride Day should be were greatly different from the celebrations common to the Pagan community. The proposal included what has become the central core of the Pagan Pride Project, three quality elements designed to increase community good will and public relations towards Paganism:

- A public ritual or celebration open to everyone, Pagans, non-Pagans, passersby, and onlookers
- Press releases and public relations activities designed to encourage positive media portrayal of Pagans and Paganism
- A food and goods drive for a local charity, food bank, shelter, or refuge, to symbolize both Pagan responsibilities to their town, city, or state and in honor of the various Thanksgiving holidays common to most Pagan traditions held around Fall Equinox.

The first Pagan Pride Day events, organized by the Pagan Pride Project, were held in 1998. All were small; a rough estimate of attendees would be about 800-1000. But all great ideas start with baby steps, so in 1999 Pagan Pride Day was set for September 25 and included 43 events, 4589 confirmed attendees, and 4715 pounds of food and goods collected. Each year continued to see some type of growth; 2000 brought the first national press coverage, New York Times, and even with the horrible tragedies of 2001, Pagan Pride Day events had spread to Europe and South America.

Pagan Pride Day events since show unrelenting growth and promotion of positive relations in their respective communities. 2007 was the year in which the Pagan Pride Day Project celebrated 10 years of planning, hard work and growth. And now moving into 2008 Pagan Pride Day celebrations continue to grow around the globe and are scheduled from late August to early October.

Pagan Pride Day events are held all over the US, as well as Canada and the UK, between the months of August—October. Some are larger than others, depending on the size of the city and the publicity of the venue. The majority of events are family friendly, any portion that is not is, usually, clearly indicated. Pagan Pride Day is an excellent way to meet fellow Pagans in your community, as well as support local Pagan or Pagan friendly merchants. And don't forget most venues are free, but, do ask for a donation of food or goods for local charities.

**Locating a Pagan Pride Day event**, may be a difficult task in itself. I recommend checking out [www.paganpride.org](http://www.paganpride.org) or [www.witchvox.com](http://www.witchvox.com). Some Pagan Pride Day venues also advertise in the news paper. If you happen to live in an area that has “new age” shops, ask them if they have any information about local Pagan Pride Day events.

# Pagan Pride Day

By: Lionfirestone

## How do I participate in Pagan Pride Day if I live no where near an Event

There are lots of ways to participate in Pagan Pride Day, if attending an event is not possible for your family. The focus this year at most Pagan Pride Day events is "Going Green." You can create your own Pagan Pride Day events that support this idea. The options are endless and range from difficult to easy. All you need is an open mind, some imagination and creativity and you can have your own home Pagan Pride Day. There are short one or two day activities as well as long term lifestyle changing activities.



### Pagan Pride Activities for home



- Turn off and unplug all your electronics for 24 hours



- Have a trash free picnic, after everyone can help wash dishes (You could also make sun tea )



- Watch the National Geographic video "6 degrees could change the world" (I checked out my video from the library)



- Make a "trash" sculpture
- Rent a movie or check one out from your local library (instead of purchasing a movie or going out to the movies)



- Give your car a rest, ride your bikes instead



- Play a family board game or card game



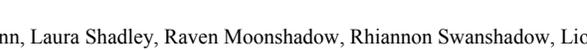
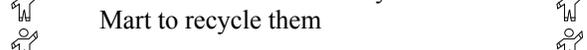
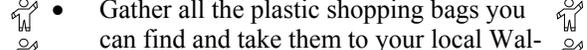
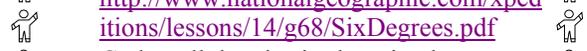
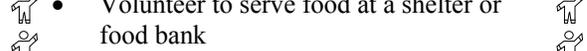
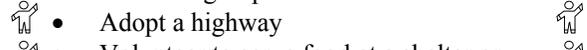
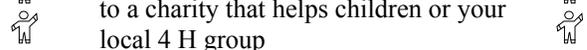
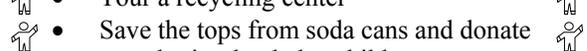
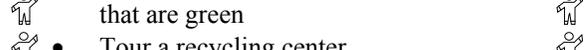
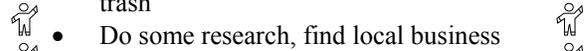
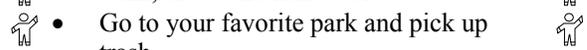
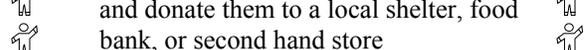
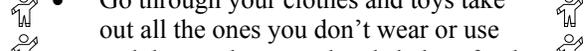
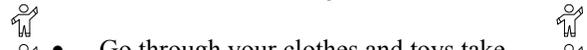
- Make your own "Thanksgiving" cards out of old magazines and recycled items; hand them out at your next family ritual



- Use your shredded paper to stuff flat bean bag chairs



### Pagan Pride Activities in your community



- Go through your clothes and toys take out all the ones you don't wear or use and donate them to a local shelter, food bank, or second hand store
- Go to your favorite park and pick up trash
- Do some research, find local business that are green
- Tour a recycling center
- Save the tops from soda cans and donate to a charity that helps children or your local 4 H group
- Adopt a highway
- Volunteer to serve food at a shelter or food bank
- Go to <http://www.nationalgeographic.com/xpeditions/lessons/14/g68/SixDegrees.pdf>
- Gather all the plastic shopping bags you can find and take them to your local Wal-Mart to recycle them



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# Pagan Pride Day

By: Lionfirestone

## Long Term Pagan Pride Activities

### For Home

Everyone knows the usual; reduce, reuse, recycle. So here are a few different ideas. Again, some are easier than others so pick the ones that work best for you.

- Start a compost, you can create a space outside or you can start a small food compost in your home with worms.
- Separate your trash. The less you send to landfills the better.
- Don't preheat your oven. Every one hour of heating time you save equals 2kwh of energy. And when ever possible use a microwave.
- Recycle or stop junk mail (it cost \$1 but its easy  
[www.dmaconsumers.org/cgi/offmailinglist](http://www.dmaconsumers.org/cgi/offmailinglist))
- When your light bulbs burn out change them to compact fluorescent
- Cover your pool, you could save up to 1000 gallons of water per month
- Subscribe to your favorite magazine instead of buying it off the shelf
- Use glass containers w/lids to store leftovers instead of plastic containers
- Plant a garden with vegetables and herbs you use often
- Consider a vegetarian or vegan diet
- Instead of throwing away Styrofoam, crumble it into pellets and mix it with your potting soil (it will naturally aerate the soil and reduce landfill trash)

### Your Community

- Donate unwanted books, CD, and cassettes to your local library or second hand store
- Purchase from a second hand store (it takes 11 gallons of gas to make a \$2 T-shirt)
- If you buy candy, get it loose and unwrapped from the bin
- Donate old video cameras, clothing, cell phones instead of throwing them out.
- Avoid paraffin wax crayons (paraffin is a petroleum by product)
- Eat out less - a fast food cheese burger has a larger global foot print than an SUV
- Buy in bulk when ever possible
- Purchase products made from recycled material
- Shop from local merchants or purchase Fair Trade products
- Take your old newspapers to your local humane society or animal shelter
- While shopping look for cruelty free items
- Become a volunteer, many community organizations are always in need of volunteers
- Check with your local school or daycare center and ask what everyday items they need donated and start saving your "trash" to donate
- When shopping use canvas bags or reuse your plastic bags. (When one ton of plastic bags is reused, the energy equivalent of eleven barrels of oil is saved.)

### Resources

<http://www.make-stuff.com/recycling/>

"The Green Book" by Elizabeth Rogers and Thomas M. Kostigen

[http://www.stopglobalwarming.org/sgw\\_actionitems.asp](http://www.stopglobalwarming.org/sgw_actionitems.asp)

<http://ww2.earthday.net/>

<http://www.peta2.com/>

<http://www.petakids.com/>

<http://ecologue.com/Default.aspx>

<http://www.thegreenguide.com/>

<http://www.greenpeace.org/usa/>

<http://www.greenpeace.org.uk>

Awesome Things to Make with Recycled Stuff

By: Joe Rhatigan, Heather Smith



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# News & Info Spin



## How important is plastic?

By: TristA

A woman in the UK named Chris began a new project; to live for a complete month without introducing any new plastic into her life. This may seem like an easy task, however, it has proved really hard. The more time she spends doing this, the harder it is for her. Did you ever think how hard it would be to live without plastic?

Here is a small list of common plastic items to give you an idea

Milk jugs  
Soda bottles  
Disposable dia-  
pers  
Food wrappers  
Shopping bags

Inside of cereal  
boxes  
Many toys  
Telephones  
Some dishes  
Pens

CD's & DVD's  
Game Systems  
Computers  
Food Containers  
Many balls

Take notice and keep a diary of things you use in a two-day period that have plastic. Imagine how hard it would be to give up plastic all together. Did you know that as hard as it is for you to give it up, it's just as hard for the environment to compost it without becoming contaminated?

This was an August project and the blog for Chris can be found on BBC :

<http://www.bbc.co.uk/blogs/monthwithoutplastic/>

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

## Simple Symbols

By TristA

### Thread

Thread comes in many forms, from the kind that goes into the machine to large strands of yarn. It is the symbol of life and human destiny. In Greek mythology, Ariadne gives Theseus a ball of yarn to escape from the labyrinth. Hindus feel a thread connects this world with the next. There is also a high-caste in Hinduism and they wear a sacred thread.

### Work Your Own Thread

Do a free-form string art of your choice. Put the same number of nails on all sides of a square board. Use any kind of thread that moves you and make a random string on the fly allowing the spirits to pull you to each step. When you are done see if you can figure out what your design is. If you don't see a design of some kind then maybe you should take a look at it as a picture representing your destiny.

Follow the design and see if you can feel what has been done and anticipate what is to come. Keep your string art nearby so you can refer to it often.

**The Thread Project**, started by Terry Helwig, was an amazing display of the of thread with both modern meaning and magickal properties. She collected thread from all over the world and had it woven into cloth by great weavers everywhere. It has now been turned into an exhibit called "The World Cloth". This is truly a wonderful research topic showing the magickal depth of a single strand of thread. Be sure to check it out.

**Pagan designs** can be woven, crocheted, knitted, sewn, and even macraméd to help enhance or reflect on the magickal properties of the thread that was used to create it. Make something and display it to help you remember the importance of it's basic ingredient—thread.

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# News & Info Spin

## Frog Worries

By: TristA



Frogs were alive when the dinosaurs walked the earth. They survived the ice age. Today they are all dying. Over a third of the frog population already have died. This may mean we are witnessing the end of the frogs existence now.

There are many reasons they are dying; habitat destruction, diseases, climate change, pollution, over collecting, and invasive species. The saddest part is of the six reasons listed, humans are mostly the cause of five of them. We are constantly destroying habitats of all animals and polluting the world we all live in.

The biggest problems can be traced back to us as well. In the 1930's, African toed frogs were taken from South Africa and brought to other countries because they were used for pregnancy testing. African toed frogs are still being used today in science projects for observing the egg to frog experiment. These same frogs have a virus they have now distributed all over the world; a fungus that will not allow them to keep moisture in their bodies and dries their skin out starting from the inside.

### What can we do?

- We can be sure to not disturb or destroy areas where we know there are frogs.
- We can be sure that if we take anything from a certain area and plan to release it that we should do so in that area.
- Be sure to stay clean and wash boots well, tires, or any other thing that has come in contact with an area that frogs are located. In case a disease is there, we don't spread it.
- If watering animals outside be sure to wash the container that holds the water often.
- If you are ever in an area where you see dead frogs be sure to go home immediately and bathe yourself and wash items you were wearing with heavy soap, bleach, or even throw them away. Never, ever touch a dead frog.
- If you are in an area where you see a sick or dead frog call the local department of wildlife and leave the contaminated area at once.
- If you have a pond be sure to never trade animals or items that go in the water with others just in case they are coming from an affected area.

## Sam's Stonehenge

By: Kay Bee

In the July 2008 issue, there was an article stating that in Australia, a replica of Stonehenge was to be built. It was also stated that this would be the only intact replica in the world; however, there happens to be another in Maryhill, Washington. The replica is full-sized and is a tribute to the soldiers who died in WWI. The project started in 1918 by Sam Hill, a road builder, but the monument was not finished until almost 1930. Sam Hill died a very short period after the monument was completed and he was buried at the base of the hill it stands on. Sam had heard the theory of Stonehenge being a sacrificial site. So he wanted to show that "humanity is still being sacrificed to the god of war." The monument to all Klickitat County soldiers who died in WWI, Vietnam, or Korea is now part of the Maryhill Museum of Art, as well as Sam Hill's mansion. The magnificent beauty can be clearly seen from Highway 97 in Klickitat county, Washington; and can be viewed by all who wish to see it for there is no admission fee.

**The USA has gone Stonehenge** crazy throughout the years. Below are some things that real Stonehenge replicas have been made from. Do some research and see if you can find out where they are and maybe see a picture of them.

**Cars**

**Plaster Covered Steel**

**Foam**

**Refrigerators**

**Limestone**

# News & Info Spin

## This Month's Puzzled Up Clues

By: TristÅ

This month's Crossword is rather hard, so here is a link for the younger group to use when doing the puzzle:  
[http://en.wikipedia.org/wiki/Wheel\\_of\\_the\\_Year](http://en.wikipedia.org/wiki/Wheel_of_the_Year)

### Sacred Places

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

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

This Month's Sacred Place:

**Zanzibar**

## Solution to last month's Word Search:

By: Mandi Aumann

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

## Solution to last month's Crossword:

By: Mandi Aumann

1.	B	A	D	G	E	R			
2.	R	A	V	E	N				
3.	B	L	A	C	K	B	I	R	D
4.	S	A	L	M	O	N			
5.	B	A	T						
6.	L	I	Z	A	R	D			
7.	M	O	O	S	E				
8.	B	E	E						
9.	S	W	A	N					
10.	S	P	I	D	E	R			
11.	T	U	R	T	L	E			
12.	H	E	R	O	N				
13.	D	O	G						
14.	B	E	A	R					
15.	C	R	O	W					
16.	G	O	O	S	E				

### Staff Changes

The staff has recently changed a little as life got too busy to dedicate to monthly column's. Due to the reduction in staff, some sections of the newsletter will either not be present or will have slight changes.

We are in high hopes that this situation will change before too long. As new volunteers come aboard the Pagan Moonbeams staff, these sections will return as normal.

**Thanks for your patience in this matter!**

# Wee Pagans

By: Lionfirestone

## Blessings and Dreams of Summer.....Fall beginnings



### Summer Collage

Make a collage with items that remind you of summer. You can use items from nature, pictures from magazines, old post cards or pictures from calendars. When your creation is finished you can place it on your family altar or use it in your family Autumn Equinox ritual as you say good bye to summer and hello to fall.

### Vegetable Memory

With some old magazines, some index cards, and glue sticks, you and your child can make your own memory game of your favorite vegetables and harvest foods. ( This activity could even be given to children who have a hard time sitting still during fall rituals.)

### Celebrating the coming of Fall

- Rituals can often be difficult and frustrating for both you and your parents. It is so hard to stand or be still for such a long time. One thing that really has worked for my family is a ritual bag and a special chair. My son had a comfortable, special ritual chair so he could sit down or sleep in whenever he wanted. The chair he used was a Spongebob beach chair and we covered it with a pillow case, so it would not distract the adults. The ritual bag held quiet activities he could do with out disrupting the ritual; a water bottle, a snack, and his favorite stuffed animal and blanket. Ask your parent or adult pagan leader to help you create a stash of activities that would be ok to do during ritual. That way you can change the activity according to the theme of the ritual and you won't get bored from the same thing. Some of my son's favorite activities are: two or three coloring pages and some crayons, our home made memory game or a simple puzzle. If the ritual was outside, he could include a small selection of play dough or clay.



### Story Starters

Included in the following pages is a story starter, "My favorite summer activity was..." . There is a place to write a sentence or two and make a picture. Enjoy!

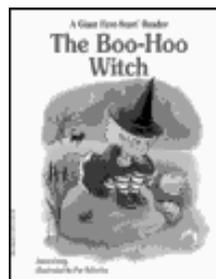


### Book Focus

#### The Boo Hoo Witch

By: Janet Craig

This is a great easy reader book. When you are finished you could think of ways you can share with your friends. Another activity you could do is make a list of all the things you are thankful for, talk with your parents and ask if they will let you read your list during your family Autumn Equinox ritual.



Enjoy the last few days of summer weather by spending them outside. The possibilities are endless. Some things to consider are having a picnic, read a book, have class outside, spend some time looking at the clouds or the trees, bird watching, watch an ant trail, make a leaf rubbing picture. Another fun outdoor activity is bubble painting, all you need is a pie pan or dish pan, water, dish soap, food coloring, some drinking straws, and paper. Put everything but the paper and straws in the pan and mix gently, then get your straws and blow, blow, blow. Put the paper over the bubbles and then let it dry. When your done you can always use bubble wands or kitchen tools to blow up the rest of the bubbles.

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## Coloring Page

By: Mandi Aumann



### Colors of Summer & Fall

Red; brave and full of energy

Orange; calm and comforting

Yellow; soak in and relax

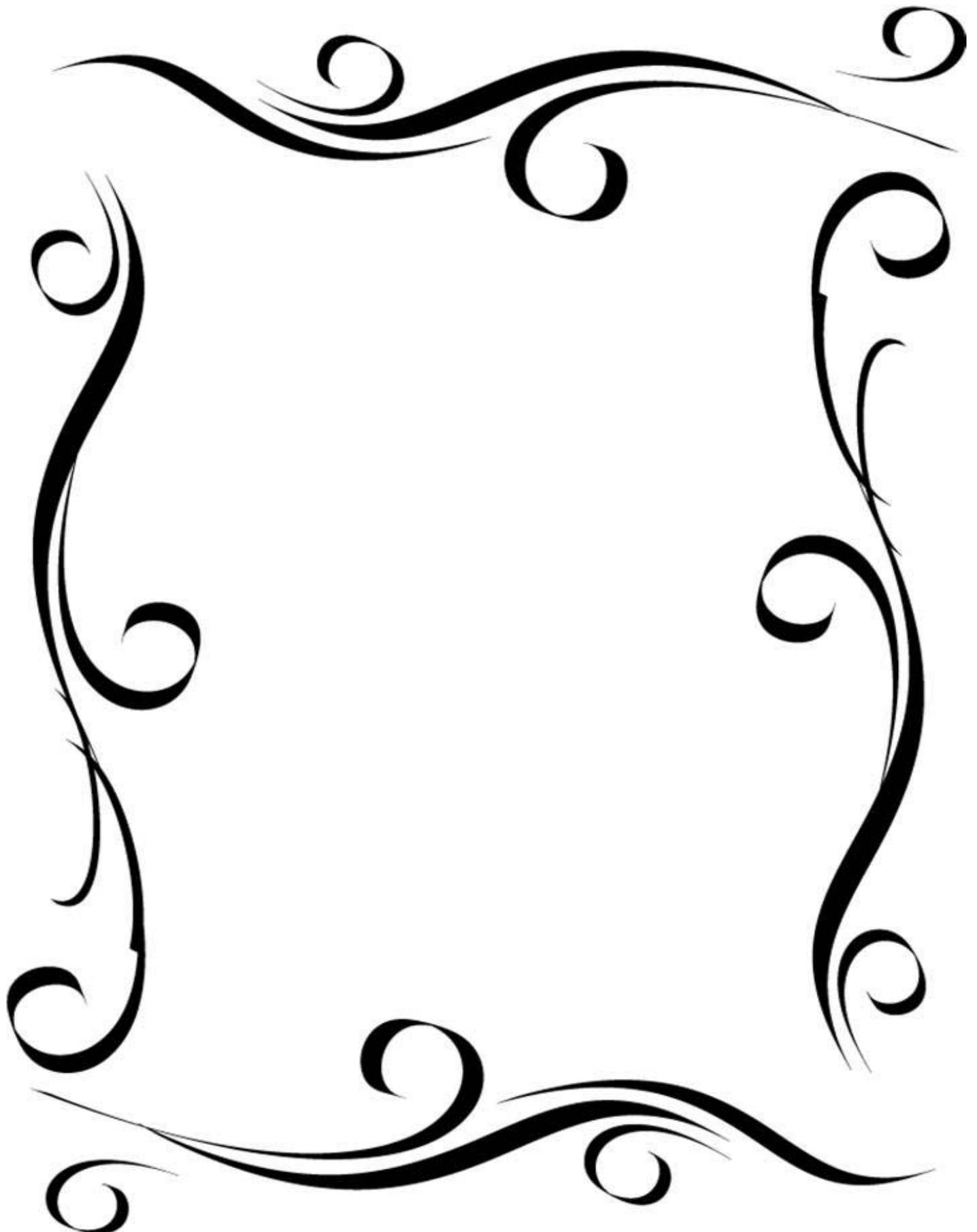
Green; growing, freedom

Blue; deep feelings, communication

Violet; fantasy, natural healing

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My favorite magickal summer activity was ! [By: Mandi Aumann](#)



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## 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 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 may be books you want to think about buying.



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

Title: **Gone Wild**

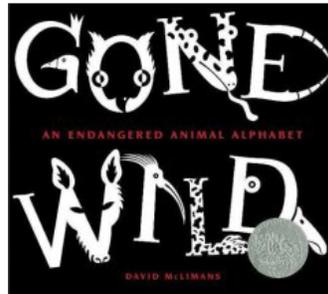
Author: David McLimans

Illustrator: n/a

ISBN: 0-8027-9563-3

Price: \$11.53 new, \$6.00+ used

Rating: ☺☺☺



**Summary:** This is a joyful alphabet book. For each letter, author singles out endangered species throughout the world. Each page includes an artful drawing of the letters of the alphabet, and information about the animals—classification, habitat, geographical range, threats to the species, and the status (endangered, vulnerable, critically endangered, etc.). The book concludes with a single paragraph elaborating on each animal covered in the book.

**Wormy's Thoughts:** Alphabet books are easy to come by. Well-drawn interesting alphabet books are a rare find. This book falls into the latter group. This books can lead to many wonderful learning opportunities for kids of all ages. A full preschool/kindergarten unit study curriculum could easily be created using this book as a base. While it doesn't cover every subject, here are some ideas to get you started:

- **Science:** animal classification, habitats
- **Geography:** locate the animals' geographical range on a globe, color in the regions on maps that can easily be found on the internet (try [www.enchantedlearning.com](http://www.enchantedlearning.com))
- **Social Studies:** kids can explore the different threats to these endangered animals and how we can help them or how our daily choices affect these animals

# School Bell—English

By: TristÅ

## Touch of Vocabulary/Spelling

Use the following list for spelling and vocabulary as needed.

1. **Alchemy** - the process of mixing energies to form a spiritual transformation &/or transforming lesser metals to form a more precious one.
2. **Chanting** - the repetition of sacred words, sounds, or phrases that form a musical pattern.
3. **Cosmic** - referring to the universe.
4. **Fate** - One's destiny or pre determined future.
5. **Grounding** - the ritual act of connecting the body's energy with the earth (Wiccan term).
6. **Lamen** - a magical pendant worn around the neck and positioned so that it hangs over the heart.
7. **Maze** - A mythic symbol for the turns, dead ends, and never ending life path.
8. **Medium** - a person that acts as the door between the spiritual world and the physical world.
9. **Robes** - ceremonial costumes worn by participants and/or key figures that have a symbolic importance.
10. **Skyclad** - totally natural; without clothes.

## Grammar Focus

### Word Roots

When dealing with Pagan focused words a large problem is pronunciation. The Pagan world is a mixture of many ancient roots and languages that may be pronounced totally different than what you are familiar with.

This makes it hard to talk to others sometimes because the interpretation of words are different. A common problem is one automatically assumes that they are the one pronouncing it incorrectly, which is not always the case.

Ex: I say "Diety (dee-ity)" she says "Diety (day-ity)"

To help in this problem familiarize yourself with the common word roots; Roman, Greek, Celtic, and Norse. Add some roots into your English program each day or at least on a weekly basis being sure your resource is a reputable one. Although it is the most important, try not to learn only those that are connected with your chosen pantheon.

## Creative Corner

Putting thoughts on paper can be more than forming letters in either manuscript or cursive. You are putting a portion of yourself into a permanent record. You are more than a writer. You are a Pagan, full of emotions and views that the world needs to see.

When you have some extra time, practice different ways to form letters. This is a project that all kids go through, however, it is never actually more than just playing around with letters. It is true that all of your creations will end up as something you have just toyed with, but some will put you in a certain state of mind, mood or connect with you. When these type of letters are formed you will need to take note on the exact feeling they have honed in on because that is when you should use them.

Once you have keyed into how each form (like block type letters) or specific style (making an extra curl on letters that go below the bottom line) demonstrates something of your inner-self, you can then label it. Whenever needed, pull out that labeled form and style and use it to add feeling to your writing. You can use a specific letter form when writing different things from very precise writing in a book report to a free flowing font in your B.O.S. The feeling while doing the writing can be shown in different styles where you make very loopy letters when you are happy and perfectly formed ones when you are pushing yourself to write something. You will find you may even write several forms in one thing.

Being homeschooled here is a plus for you because once you actually learn the basics of how you are 'supposed to correctly' form letters you will be free to be creative. Let your emotion show in the form of letters.

Take pride in what you are writing and add emotion to each thing you write; especially to the things that are coming from the heart.

## Writing Assignment

Try connecting to a certain feeling by picking a time in the day that you feel the most connected with; sunset, as the dark is fading, sunrise, midday, etc... Spend several days with that time and all it has to offer both indoors and out. When you have totally experienced it, put it on paper in whatever form moves you; a report, essay, poem, picture, etc. Show the feeling of the moment.

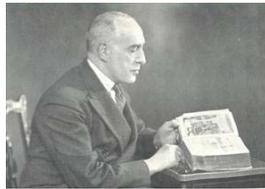
# School Bell—History

By: TristÅ

## Pagan Person Highlight

### Harry Price

Harry Price is well known for many accomplishments in the spiritual world. In his time, he was both revered and questioned. No matter what the situation, Harry held tight on his beliefs and never let anything stop him.



He spent a lot of time proving that people claiming to have magical powers were fake. He, himself, laid out the guidelines and procedures for 'ghosthunting' which are still used today. He might possibly be the first person to combine magic and magick.

He paved the road for people to walk a smoother path when it came to matters of the spirit and opened the eyes to a blind and scared world. Harry Price is one worth looking into with an open mind. I am sure you will find that there is much more to this man.

## Cool Fact

The timeline doesn't have a documented birth. There are many different kinds of timelines that are in use today, however, they all seem to fall under three main kinds:

**Living Graph** - a timeline that keeps track of events by listing them both in order they happened and other way (like matter of importance)

**Logarithmic Timeline** - a timeline that starts at 0, which is believed to be the 'Big Bang' and goes up in order of year.

**Synchnoptic** - a series of several timelines together showing how they each effect the other.

## Time Line It

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

Hitler's army invaded Poland starting WWII

The British stopped using the Julian Calendar

The Treaty of Paris was signed

Geronimo was captured

The U.S. Northern Pacific Railroad was completed

Steve Biko died in police detention

Chile declared independence from Spain

New Zealand allowed women to vote; the first ever to do so

The First American Newspaper was published

Shaka, founder of the Zulu Empire was stabbed

## Highlight Happening:

### Harry Price Library of Magical Literature

In 1937 Harry Price died and left behind his massive library of texts, books, reports, pamphlets, fliers and many other resources that he had used. He gave this collection to the Senate House Library housed in the University of London with a sum of money and request for the library to continue to grow.

Since his donation, the library has grown and continues to offer many popular and hard to find resources on magick and many other aspects of the spiritual world. At last check, the library held over 13,000 items, which can be found at the library as well as online.

Take the time to visit the library or search for some of the online publications that can be found there. Use this opportunity to both visit something important to the magical world and to get your first taste of writings from original documents either at the library or using the online offerings it has.

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

## Creative Corner

Pick a certain event or period of time and write a book in the view point of the most common pet of the area. Be sure to do research into the time of your story and relay as many true facts as possible. To add more excitement to your animal stories add friends for the pet from different social classes or castes. You don't have to write a long story to get your point across, a short one packed with information can be as effective as a chapter book as long as it flows well.

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# School Bell—Geography

By: TristÅ & Lionfirestone

## GENERAL GEOGRAPHY

### Water Forms

Water is very important to everything, from the land to the smallest cell. It is amazing because it mixes all subjects together, from science to geography, and has it's own value of importance to each. Water also has a great history in religion, and connects with many different Gods and Goddesses in many different pantheons.

It is believed that water can also be a storybook that tells about the area around it, different time periods, the status of nature at any given point, and what is to come. Take a trip to the closest natural permanent water source and see what stories it tells you. Below are some things to notice about it that might help you.

- What color is it? - this can tell you a little about it's depth (how long it has been there) as well as the pollution that is in it (how much man needs and uses it—how bad it has been treated)
- How much animal life do you see around it, and of what kind is it? - This can tell you how free it feels; larger wildlife around can mean that the water feels free and is an area where it can express itself without interruption.
- What does the shoreline look like? - A weathered shoreline is more likely a sign of the hard life it has had, and that the area around it is deteriorating and not able to repair itself. This could mean the death of the whole water source.

As you spend more time with water sources, you will be able to add to this list and to hear it's story too.

## GLOBAL GEOGRAPHY

### Country Facts

# M E X I C O

**Cultures 2 Explore:** Mexican Indian // Learn about the origin of these people and how they are determined today. Be sure to take notice of how the actual lineage is of less importance than continuing the way of life. /or/ Take a look at how many of their ways resemble the true Pagan ways.

**Geo Terms:** Peninsula, Gulf// Both of these are part of Mexico and the United States, and make up a large portion of the borders of Mexico. The Maya felt this land was very fertile and called it home. Do some research to see how this type of land worked well for them, and the monuments that are scattered all over the area as a result of the rich religion that they possessed.

**Nature Spotlight:** Rivers // Mexico has over 45 rivers. Some even run through the U.S. There have been many dams built in a number of rivers now. Take a look at how this has affected the people of the land and/or the land itself.

**Lands Owned:** Valley of Mexico//some of the oldest intact campfires were found in the Valley of Mexico region.

**Fauna Focus:** Reptiles//Mexico is first in the world of reptile biodiversity, with over 740 described species. You can look them up at <http://www.vivanatura.org/Animals.html>. Many reptiles had a major role in the Pagan religions of the land. See if you can determine which reptiles these were and think of that as you look at the pictures of them at the link above.

**Flora Focus:** Cacti// With a largely desert climate, Mexico has a large variety of cacti which bloom in late spring and most produce edible fruit. The fruit from these plants were some of the first that the people of the area tasted. See if you can find something made from The fruit from these plants were some of the first that the people of the area tasted. See if you can find something made from them and make it something that you try.

**World Focus:** Mexico holds many ancient ruins from the early Pagans that called the area home. The ruins have been put up and used by different cultures and time periods. Learn a little about them and scroll down to see what they look like using the list half way down here: <http://www.delange.org/Default/Mexico/Mexico.htm>. As you look at the pictures, try to connect with them and feel the energy they release. Can you image how much energy that would be present if you were actually standing in front of them? This is nothing compared to the energy that was present when they were erected and used by the people that originally put them up.

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# School Bell—Recess

By: TristÅ

## Wheel of the Year Runopoly

### Game Specifics:

1-4 players

Age: All ages

### Equipment:

4 or 5 sets of 8 plastic bottles. Each set should be a different color (you can paint, color, or use marker to stripe them).

Gravel or sand to fill bottles half to three quarters full.

Several pieces of yarn or construction paper to fit in the bottles and hang out the top for easy grabbing by players.

Large playing area

### Game Prep:

1. Game leader (not a player) will place items in the largest circle possible, order is unimportant, being sure there is room for the players to run the complete circle on the outside of the items.
2. Game leader will assign each color used with a High or Low day from the Wheel of the Year (Samhain, Summer Solstice, etc).
3. Game leader will also make a list of questions or facts about each Wheel of the Year holiday, grouped so they are easily found according to the color code chosen earlier.

### Game Play:

1. Players all choose a colored bottle to stand by and direction of running the Wheel is determined.
2. When the Game leader tells the players to travel the Wheel, they will begin to run nicely in a line around the circle.
3. When the Game leader tells the players to celebrate, they are to stop. The game leader will ask them a question pertaining to the color/spoke they are standing by.
4. If question is answered correctly, the player will be permitted to take a color piece to carry along with them. If they already have that color strip, they will not be asked a question. If question is answered incorrectly, no string will be collected.

### Game Object:

To be the first player to get all the colors, which will complete your own Wheel of the Year.

---

## Games Skill of the Past

**Running may be** one of the oldest forms of sports we know of. Today, most all sports involve this skill as well. There are many ways to start, perfect, and increase your running skills in today's world. As we are in the middle of one of the oldest sports competitions known, the Olympics, it is fitting to work on the skill of running.

In ancient times, the Olympics were held in honor of Zeus and his wife Hera. Events were held for boys, men, and unmarried women alike. Although the games that were actually played were all different, there was one that is believed to have been held for all those who participated, in the honor of the Gods, called stadion. In the men and boys games, it was a 200 yard (180 meter) run on a dirt track, and athletes began with their feet together and arms spread out to the front of them while standing straight up. The game was very important to the Olympic games and the winner would be considered as important as the whole Olympic game competition.

Although running is something that everyone knows how to do, take time out this month to perfect your running skill. Run your own marked out race the same distance as the Roman ancestors did on a dirt track with the same starting position. Keep track of your times each time you run the race and see how you improve it with practice. If you have siblings or friends, feel free to involve them to add more of a competition to your practice. Keep in mind that those ancient games did determine a winner, however, there were no actual champions. All participants were athletes and honored in their own skills.

Be sure to remember to show respect to your chosen God/Goddess as you practice and compete by meditating before or after, dedicating the running performance to them, or any other way you choose.

# School Bell—Recess

By: TristÅ

## Wheel of the Year Memory

On 3x5 index cards, glue pictures that correspond to the wheel of the year holidays. This game can be played in several ways:

- If you wish to play like traditional memory then you need two of the same picture. I suggest at least 5 sets for each holiday, that way you can change the sets out to make the game different.
- You can also choose to match the picture to the name of the holiday. For this version again I would suggest at least 5 pictures for each holiday and then you will need the holiday name to go with each picture. You can make it harder by color coordinating each picture to a different color, so the holiday name is in 5 different colors.
- Another version is to make descriptions of the picture to match. You can also make it more difficult by adding the holiday name. In a more difficult version you would turn over three cards, trying to match the picture, its description, and the holiday name.

## Correspondence Game

For this game you will need:

- \* a large sheet of poster board
- \* 1 large zipper sealing storage bag or lunch sack
- \* information about each holiday in the wheel of the year
- \* index cards (at least 120)
- \* some colored markers and pens

On the large poster board draw a circle and divide it into eight sections. In each section write the name of one sabbat.

Separate the index cards into 8 piles of 15. For each holiday find 15 pictures or words or poems that correspond to each. Glue or write the item to the front of the card. On the back of the card write to which holiday it corresponds to.

When you are finished, mix up the cards and see how many you can match up without looking at the back of the card. If you and a friend each make a game, you can switch and see who gets the most correct.

\* You can change this game up by assigning an elemental correspondence to each one of the items you have chosen. And then matching them by elements.

## Wheel of the year ...Land

### For this game you will need:

- a large sheet of poster board (or an old Candy Land board game, ask first before you use the Candy Land board)
- Poster board markers or permanent markers (if using an old game board)
- Index cards
- Information about each holiday you will need this in a question/ answer form on the index cards (at least 20 for each holiday)

### Preparation:

- On the poster board draw a game trail with square. You can copy a Candy Land game pattern. Then write the name of each holiday in the squares. ( I recommend a repeating pattern) Decorate how ever you choose
- If you are using an old game board write the names of the holidays in the squares, using a repeating pattern.
- Separate your question cards in to 8 separate piles (one for each holiday)
- Cut index cards in half and write the names of the holiday on them to draw from (at least 3 of each)
- You will need to pick a token for each person

### Setup:

- Lay out your board and place tokens on start. Decide on the order of play
- Separate and shuffle the 8 holiday piles
- Shuffle the draw pile

### Rules

Pick a card from the draw pile, the player on your left will read the top card from the question pile for that holiday. If you answer the question correctly you will move your token ahead to the nearest corresponding holiday square.

### Object

Answer the holiday questions correctly to be the first to reach the end of the game

# School Bell—Science

By: TristÅ

## Pagan Person Highlight Harry Price

Harry Price is well known for many accomplishments in the spiritual world. In his time he was both revered and questioned. No matter what the situation Harry held tight on his beliefs and never let anything stop him.



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Steve Biko died in police detention  
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[paganmoonbeams@yahoo.com](mailto:paganmoonbeams@yahoo.com)

## Creative Corner

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# School Bell—Elective

By: TristÅ

## Music

### Homemade Instruments

Making your own instruments is an age-old skill that was once passed down in families. It will allow you time to meditate and connect with the individual pieces that make the instrument.

In the past instruments have been made from almost all kinds of materials and were usually chosen because of their availability in certain area or situations. Being kids you are limited to things around the house, for the most part. Try making your own instruments by watching the video's at Expert Villiage:

<http://www.soulrebels.com/beth/chants.html> .

After the initial making them do your own experimentation to change the look, feel, or sound of the instrument itself. Use different materials and/or add in some Pagan decora-

Here are a few online sites that have free printable Pagan music and other items to add to your normal instrument or singing curriculum.

Folk Music:

<http://www.geocities.com/Athens/Aegean/2883/music.html>

Irish Music: <http://www.freesheetmusic.net/oneills.html>

Chant Library:

<http://www.earthspirit.com/mtongue/chtlib/chtlifr.html>

Chant Sheet Music:

<http://www.soulrebels.com/beth/chants.html>

Singers: <http://homepage.mac.com/gillylal/primrose/>



### Pagan Music Uses

Pagans use music for many different reasons and for each there is a form that fits it. Do your own research with the different forms and reasons to use music for the Pagan. A simple list can be found below, however, there are so many other uses.

Meditation - relaxing music using a variety of soft instruments and/or sounds resembling nature's sounds.

Background Music - music used to get people in the mood and focused during ritual. This music is especially chosen by matching it's energy with what is meant and/or needed for the ritual itself.

Chants - can also be considered a little hum or jingle that go with the words used in the chant. Chants can be used for ritual and spell work the same.

Scheduled Ritual Music - Music that is synchronized with a prepared ritual script. This music is chosen by a certain member of the ritual and takes a long time to prepare.

Pre-Ritual Music - Music that is played before a ritual specially chosen to set the mood for the ritual connecting the rituals purpose and focus the participating members.

### Noise Pollution

Pollution is an important factor in today's world and most people are aware of it. The shocking thing is that noise pollution is not stressed and a lot of people don't even know what it is.

As Pagans we are to work with and protect the Earth. When there is a lot of noise from music, traffic, sirens, talking, etc.. The natural hum of the earth's organic life is effected. The more this happens the less we are able to connect with the earth as we need to.

Most Pagan's have strived to convert to the quiet and less hassle version of life. We go from the loud bass music to the subtle tunes from the harp and bells. This is because our bodies can actually feel the need to join in on a more relaxing and connecting ways.

# School Bell—Elective

By: TristÅ

## Instrument Focus

Pagan music is one of the truly versital when it comes to instruments. You will find both modern and ancient music instruments being played together. The instruments themselves are a reflection of the cultures and people that make up the Pagan population.

Take a trip to a local music store, Pagan social gathering, or concert to become familiar with the plethora of instruments used to make magical tunes. If you have a chance to touch and/or hold the instruments compare the energy it contains to other non-Pagan used instruments.

Listen to the different kinds of Pagan music and see if you can identify the different instruments by their sound. You can also try to identify those sounds that you aren't that familiar with.

Below is a list of instruments that are used in Pagan music. See how many you are familiar with. Do some research on those that aren't that common.

Bodhrans	Tibetan Dragon
Didgeradoo	Harp
Pan Pipe	Bells
Djembe	Castagnets
Cowrie Shell Rattle	Wood Flute
Karimbu	Bongo
Dumplin Drum	Conga
Gong	Zenergy Chime
Maracas	Wooden Egg Shaker
Rain Stick	Sitars
Singing Bowl	Cymbals
Triangle	Bagpipes

**With your research see if you can come up with 15 more!!**

**The beginning of music** and enjoyment of it started so far back no one knows for sure the specifics, however, because of time it started you can be sure the first music to be heard from a Pagan.

**Music notes** can comprise a Cipher talisman. Take a look at one made using the words LUNA .



**L U N A**

Learn more about cipher's and how they connect with Paganism here:

<http://members.aol.com/oldenwilde/teaching/musciph.html> then make a talisman of your own on the staff below.



## Pitch Connection

Have you ever noticed how you are fond of a certain genre of music? There are also times that you are in a certain mood and prefer a certain type of music or artist to listen to at that time.

It is believed that people connect to certain energies in music. These energies are usually first noticed by their pitch.

Take a little experiment to see what pitches you connect with the next time you are listening to music for a certain reason pay attention to the pitch it contains. See if you can find a different type of music with that same pitch and see if it connects with you the same way.

If you are older you may want to try another experiment with music energy. Listen to different kinds of music and see if different pitches can control your mood.

As you experiment with pitches be sure to keep a record of your findings. You may want to revisit things to see if age has anything to do with them.

Flashcards Courtesy of: [Sophia's Tiny Hands](http://www.sophiastinyhands.com)

[www.sophiastinyhands.com](http://www.sophiastinyhands.com)

 <p>1</p>	<p>To sign Autumn, or Fall, bring your ND-arm across your body as shown in the picture. Using your D-hand, motion across the elbow of your ND-arm as if you were brushing crumbs off of it.</p>
	<p>AUTUMN</p>

*Pagan doesn't have it's own sign in ASL, so it will have to be spelled out.*

 <p>2</p>	<p>1</p> <p>Using your D-hand, make a V with your first two fingers, placing your thumb in-between the two. Turn your "V" upside down to make the letter P.</p>
	<p>P</p>

Flashcards Courtesy of: **Sophia's Tiny Hands**

[www.sophiastinyhands.com](http://www.sophiastinyhands.com)

 <p>2</p>	<p>1</p> <p>Using your D-hand, make a fist with your thumb along the outside of your closed hand. This is the letter A.</p>
	<p>A</p>

*D = the dominant hand/arm. This is the most used arm and the hand you usually write with.*

 <p>2</p>	<p>1</p> <p>Using your D-hand make a closed fist with your thumb and pointer out (as above) like you are grabbing something between the two. This is the ASL letter G.</p>
	<p>G</p>

Flashcards Courtesy of: [Sophia's Tiny Hands](http://www.sophiastinyhands.com)

[www.sophiastinyhands.com](http://www.sophiastinyhands.com)

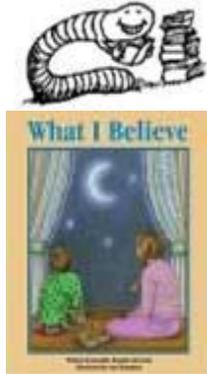
<p>and bring your hand upward as if you were zipping up a jacket.</p>  <p>2</p>	<p>To sign PRIDE, as is Pagan Pride, start with a closed fist with your thumb alongside of your closed fingers (like the letter A). Pointing your fist downward, begin at your belly button area</p>  <p>1</p>
<h1>PRIDE</h1>	

*ND = the non-dominant hand. This is the hand/arm that isn't used as much.*

 <p>2</p>	<p>Using your D-hand, make a closed fist with your first two fingers closed over your thumb. This is the letter N.</p> <p>1</p>
<h1>N</h1>	

# Wormy's Book Builder: Ages 7-11

By: TristÅ



Title: What I Believe  
By: Jennifer Murphy-Morrical  
Illustrated by: Suye Shanahan

ISBN: 1-58270-122-9

Pages: 30

Used at Amazon: \$ 15.82

Libraries: Most have this book

**What I Believe** the unnamed main character in the story reveals her views and beliefs on many subjects. She shows to be strong and sure of her views. Although all of her answers are pulled from different aspects of Paganism and a few from other beliefs the book is a great addition to personal libraries.

## Your Personal Book

Take the time to write your own book. Use her topics and/or completely write your own. Make use of the computer and make your book into a slideshow. You can even add pictures that you draw or take with a digital camera.

- Be sure to keep your book in a sacred place because it will tell more about you than anything you have ever written.
- When you have doubts about things or feel uncomfortable about your own views pull out your book and reread it.
- If your views on things change, update your book as needed, or only change the part that has been changed and save it as a different book. It might be nice to compare how you have changed and what in your life effected that change later in life.
- Only read your book when you are not in bad spirits. It is best to always be happy and proud of yourself.

## Write A Letter

Use the template in the back and write a letter to your God/Goddess, Ancestor, friend, or anyone else telling them the way you believe.

Take your letter and meditate with it, put it on your altar or special place until you feel comfortable telling that person. Ask an adult to help you burn it before you tell or relay it to the person or deity that you have chosen to tell.

Be wise in your choices of who you tell; it is a special part of you that is being given to them. You may never tell anyone about your beliefs and it is okay. The important thing is that you have released it from being heavy on your mind.

## Show It

Show how you feel from the artistic you. Draw a picture, make a collage, arrange your room, or any other way you feel led to do. Use your artistic creation to remind you often of your beliefs and views. Those are the most important thing about you!

## Proud Assignment

Be sure that you are proud of yourself totally. Being proud of yourself requires a lot of thinking. Below are some pointers on positive thinking which leads to being proud of yourself.

1. Think before making any decision.
2. Think in all directions; both actions and consequences, considering all parties and things involved.
3. Always consider your feelings when thinking.
4. Never allow anyone to curve you to think in a manner that goes against even one small thing you don't believe in.
5. Make as sure as possible you have thought out things before acting.
6. If you make decisions you feel were mistakes, examine them to find a lesson or the reason they were mistakes and correct this the next time around.

Using these and other pointers, which you will come to learn on your own, be proud of the decisions you make. Take a week or day and make at least one out of three decisions that you can be proud of.

As time goes by, you will enjoy the feeling of being proud and it can carry over into other aspects of your life. This is the true process of becoming proud of yourself and the decisions you make!

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# Middle Magic

By: Petra Lucas

## Simple Rituals: The Power of Words

Many of us have heard that the pen is mightier than the sword. The question is, why? It's because words have power. They can wound and hurt or inspire people to greater things. However, once written or said it can be hard to take back those words and they can last a lifetime, unlike a physical wound which will heal.

In Magic, words have power as well because they express what we are trying to do to others. These others can be people we are working with, the Elements or Deities. At the beginning of a ritual we give a statement of intent. This is just a couple of sentences that say exactly what it is we are trying to achieve and why. This can often make or break a ritual. If your statement isn't clear, then how can it be followed through? It may seem like a fairly minor part of a ritual, but an unclear intent can cause all sorts of problems. You need to take time to think through what it is you are doing.

Knowing what you intend precisely also helps you to focus more on how you proceed. Instead of worrying about remembering this, that and the other, you know exactly what you are doing and why, so the how of it is more definite too. When we write an essay, we spend a lot of time on what we are doing and why, but we tend to forget that how we write an essay can make the difference between an ok essay and a great essay. This is true in any creative project, including rituals.

So, how do you make sure you have a good statement of intent?

### Checklist: Statement of Intent

**What kind of ritual am I doing?** - Is it a healing ritual? A Celebration? Write down exactly what it is you are doing the ritual for.

**Why am I doing this ritual?** - Is it to make you feel good or someone feel better? Is it for fun or serious? Are you showing other people what you can do? There are many reasons why you are doing a ritual. All you really need to know is are you doing it for the right reasons. Generally, you will know if you are as you will feel it as you write your ritual.

**Who am I writing this ritual for?** - Is it for you or someone else? If it's for someone else, you need to ask permission to do the ritual.

Once you are clear on all these questions, write it down as simply as possible. See if you can get it down to two or three sentences. Your intent will be very clear in your head by now so writing and performing your ritual will be much easier.

When looking at any part of your working, it's a good idea to ask the five Ws: **What, Why, Who, When** and **how**. In this case, what am I doing? Why am I doing it? Who am I doing it for? When is best to do it? How am I doing it? This will give a very clear idea of where to start with the next step of writing your ritual.

### Pagan Ethics

While you are writing your statement of intent, you will be brushing up against several ideas that are to do with ethics. Ethics is a tough area to journey through, but some basic rules can guide you. Ethics are about looking at what you are doing and seeing if they are being done for right reasons.

Good reasons are to help someone or yourself. However, you need to think about how you are helping. Is what you are doing helping you, but at the expense of someone or something else? If so, is it still worth it?

Also, you need to ask permission if you are doing a ritual for someone else. Ethics are about free will. If you are doing something for someone else, will your ritual take away a choice for that person? If you want to help but can't get permission, do you still need to do the ritual? If you do, then say in your statement of intent why. Many people ask the Deities to only allow the ritual to work if it is in the person's best interests. This is acknowledging that we can all get it wrong sometimes and that the Gods can help us with it.

In the end, the golden rule really is, "If it harms none, do what you will." If you think for any reason that it might cause a problem, don't do the ritual. If you have a burning need to do it, talk to you parents and see what they say.

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# Young Pagans

By: Petra Lucas

## The Power of Positive Thinking

We have all heard the message about Positive Mental Attitude at some point usually during interviews with athletes. We nod and agree and then go back to our normal way of doing things. However, positive thinking does actually work, especially when you combine it with a little bit of imagination.

How many of us have felt nervous or down right panicky at the thought of a test or book report? We imagine all the things that could go wrong and convince ourselves that is what will happen. Suddenly the test seems impossible to pass and the book report becomes a recipe for disaster and humiliation. Now why is that? It's because we have thought ourselves into believing it will all go wrong. So why can't we do the same thing, but the other way round?

Instead of thinking about all the things that could do wrong, think about all the things that will go right. You'll ace the test because you studied hard all year. You'll know the answers and pass with flying colours. Think about the feeling you will get when you get that A grade. Now here comes the imagination bit.

Imagine yourself passing your test and getting an A. Imagine yourself holding the test with a great big A written on it in bright red ink. Think about how great that feels. The happiness filling you up and the pride you have. Imagine the scene in your head, make it full of colour. Give it bright sunshine and feel the happiness. Now, imagine yourself stepping into that scene and living it.

How do you feel about that test now? Try this with other things that make you nervous. Imagine yourself succeeding and then step into the scene. See what a difference it can make.



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 newsletter alongside your suggestions and then we can all vote on the best one.

Send me your suggestions by the 20th August to:

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

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

Do: Think about all the things that can go right!

Do: Imagine a colourful scene where you are succeeding and then step into it.

Do: Remember to follow through on your scene. If you start to get nervous again, bring that scene back into your mind.

Don't: Worry if it doesn't come to you straight away. It's possibly the first time you have done this. Just trying is a positive step.

Do: Think about how you will feel when you succeed. Feelings help us remember things more.

Do: Talk to your parents about their positive experiences of similar things. Maybe you can learn new ways of doing things as well.

## QUOTE

Attitudes are contagious. Are yours worth catching?  
~Dennis and Wendy Mannering

## Simple Happy Tip

Write yourself an affirmation.

An affirmation is a sentence which says something positive about you. Say your positive sentence every day. When you feel down, say your sentence and it will help you feel better.

# Young Pagans

By: Petra Lucas

## Some useful sites

Positive attitude and thinking

[http://www.successconsciousness.com/positive\\_attitude\\_thinking.htm](http://www.successconsciousness.com/positive_attitude_thinking.htm)

The Power of Positive Thinking

<http://www.marin.cc.ca.us/~don/study/2positive.html>

How to write your own positive affirmations

<http://www.holisticjunction.com/articles/311.html>

## MUSIC LIST

Loreena McKennitt  
Blackmore's Night  
Spiral Rhythm



Image from: <http://www.lillyarts.com>



## ~ONLY ONE EARTH~

### Books and Magazines

In our schoolwork and home life we tend have books that we want to read. Magazines can be found in most houses tucked away somewhere. The paper it takes to make these can use up hundreds of trees and can contribute to deforestation.

### What you can do:

Remember to reuse or recycle your old magazines. Join your local library. Using their books means that you aren't contributing to more books being made which reduces paper and ink consumption. Treat the books you do own with respect so they last longer.

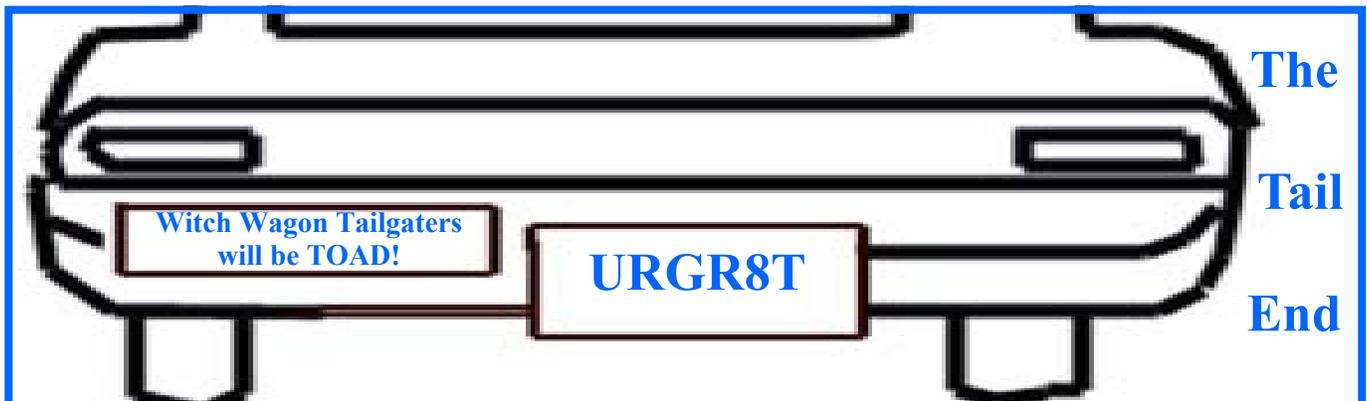
## Book of the Month

### *Chicken Soup for the Teenage Soul: 101 Stories of Life, Love and Learning*

By Jack Canfield, Mark Victor Hansen, Kimberly Kirberger, Mitch Claspy

Touching on a variety of subjects from friendships and family to a teenage bill of rights, these stories offer insight into everyday teenage life. While dealing with sometimes tough topics, it does so with humour and awareness.

Available from Amazon.com and Amazon.co.uk



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**Pagan People**  
**M. Macha Nightmare**  
By: Laura & TristÅ

### The Interview

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

*Since about 1971. I am a Priestess & Witch. I am a Pagan/Neo-Pagan. I'm one of the founders of a tradition of Witchcraft called Reclaiming.*

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

*No. My family was Christian. My mother was Methodist and my father was Roman Catholic. In those days there were no Pagans. The Neo-Pagan religions didn't exist yet.*

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

*Yes. My children are adults now, but they celebrated most Sabbats with their father and me.*

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

*I guess I learned a sense of community from my family. I love people. I love magic. I love singing and dancing, Are and poetry. I love circling with other Pagans celebrating Nature and our gods.*

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

*Learn everything you can about our Earth and how it works. Listen to the wind. Learn about the trees and wildflowers and birds where you live. Play with animals. Look closely at the life in the dirt on the path, and look afar at the sky above. Feel how connected all life is. Sing and dance and work together.*

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

*Samhain. I've always loved the late Autumn time of year. I like fog and falling leaves and brisk air. I like all the stories of the Beloved Dead that are told at Samhain time. I like carving jack O'lantern, bobbing for apples, and dressing up as someone else. I like celebrating our ancestors. I like it when the veil is thin between the Worlds.*



**Macha Nightmare** is a Priestess, Witch, Ritualist, and Author, just to name a few of her titles among the Pagan community. She has made many positive changes contributing to the emergence and acceptance of Pagans in our society. She has combined feminism and concern for our planet with the Craft and uses it to share her knowledge through colleges lectures, Pagan gatherings, the media and various other ways. Macha NightMare is a true pioneer, having helped pave the way for future generations of Pagans.

### Research Questions

1. What is the name of the book co-created with Starhawk in 1997?
2. In 1981 she joined the oldest and largest non-denominational organization of Witches in the United States. What is the name of this organization?
3. Name one video or film that Macha organized and presented.
4. Macha was one of the key figures in Reclaiming. What is Reclaiming?
5. Name one book that Macha wrote.
6. What are the name of at least two colleges that Macha has spoken at, on behalf of Paganism?



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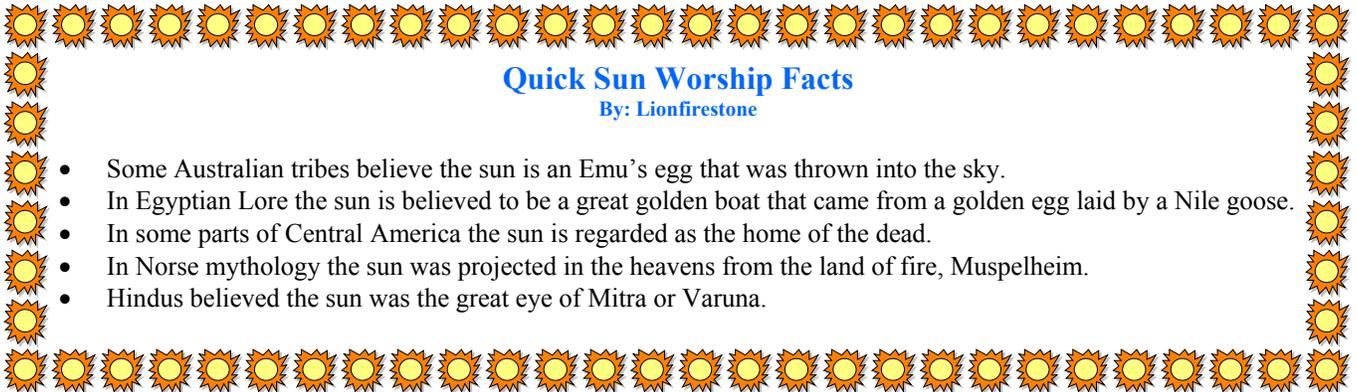
# Sun God/Goddess

By: TristÅ

The Sun is a powerful thing that controls much of our life. The God or Goddess that controls it in any manner can be just as powerful. Because the sun is a major part of our lives, it has been something that has proved an amazement for almost all cultures. It is practically impossible to cover the vast amount of information for each and every Pagan sun God/Goddess because there are so many. The major pantheons will be addressed; Greek, Roman, Egyptian, Norse, Celtic, and Native American. Please take the time to learn in depth about your own pantheon, as well as becoming a little familiar with the other Pagan pantheons.

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

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



## Quick Sun Worship Facts

By: Lionfirestone

- Some Australian tribes believe the sun is an Emu's egg that was thrown into the sky.
- In Egyptian Lore the sun is believed to be a great golden boat that came from a golden egg laid by a Nile goose.
- In some parts of Central America the sun is regarded as the home of the dead.
- In Norse mythology the sun was projected in the heavens from the land of fire, Muspelheim.
- Hindus believed the sun was the great eye of Mitra or Varuna.

## Control

In ancient times people learned from nature about some of the power that was held by the sun and those that controlled it. People later began the study of science and many of the sun's control was found and proven. Since this time, science has made many new discoveries that seem to find that the sun controls more. Things the sun or God/Goddess give us are:

- Seasons
- Day & Night
- Color
- Light
- Warmth
- Our bodies' energy (from it's effects on the food we eat)
- Weather

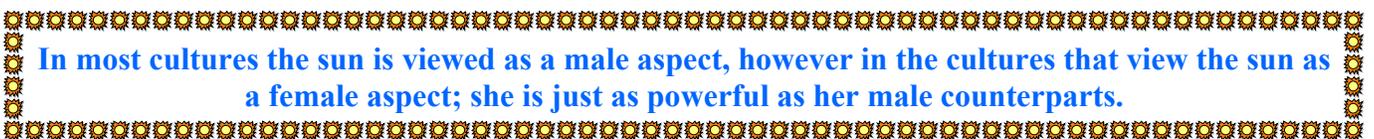
\* I am sure you noticed that some of the things listed here are not controlled by the Sun's God/Goddess in your chosen Pantheon. In this case, the sun God/Goddess has an impact on those that control things related to him or her.

## Honoring the Sun God/Goddess

Each generation, culture, and time have had their own unique way of showing respect and honor to the God/Goddess of the sun. In primitive times it was found that people would give sacrifices, built monuments, and provide offerings for the god of the sun. Today each area and culture have their own way of continuing this age old tradition which include offerings, rituals, fasts, and many involve fire and/or candles.

You and your family also have your own way to connect and show respect to the sun God/Goddess in which you believe. Make a special point to hold these honors sacred and take them with the most seriousness.

No matter the path you walk in life, remember to keep the sun an important part of your life because without it you wouldn't be able to survive. Be sure to light a candle or show respect in your own way during the Solstices and Equinoxes giving the sun the honor it deserves while it keeps a look over the world as it changes.



**In most cultures the sun is viewed as a male aspect, however in the cultures that view the sun as a female aspect; she is just as powerful as her male counterparts.**

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# Pantheon Focus

By: TristÅ & Lionfirestone

**Every two months** a topic will be covered in whole of the pantheons; Greek, Egyptian, Norse, Roman, Celtic, Roman, and Native American. The pantheons were introduced and/or studied through time views and information within them has 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 the deep studies of any specific one.

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 Gods and Goddesses that are connected with the same thing, so you do not have to follow a complete set. The ancient truest Pagan's didn't, which is why there are differences in the pantheon to begin with. There are also people that connect with Gods and Goddesses 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 contains a tremendous number of Gods and Goddesses 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 Gods and Goddesses known in this pantheon will be covered.

## Norse Pantheon

Norse pantheon is a collection of gods and goddesses 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 goddesses were based on real people. Unlike other cultures, Norse gods were mortal and had to eat.

## Celtic Pantheon

The Celtic Pantheon and the Gods and Goddesses 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 Gods and Goddesses 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 Gods and Goddesses. It would be extremely hard to cover each and every one. Great effort will be taken to cover in depth the most well-known Gods & Goddesses and small notes recognizing the lesser known ones 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 Gods and Goddesses for the major tribes.

**Throughout your studies** of the Gods and Goddesses 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.

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# Greek Sun God

By: TristÅ, Lionfirestone, & Mandi Aumann

To the ancient people of Greece, the Greek gods represented the origins of the world, of human woes, and the practice of sacrificing and ritual. The deity stories also include what was happening in the lives of the gods. The Greeks have intertwined the gods into their daily lifestyles, which is why the myths are still intact today. Life lessons are to be learned by hearing of the trials of the gods and godly creatures. In it's original form, the Greeks put much importance towards the consistent reciting of the stories.

## Helios

God of the sun and beauty

### Helios World:

Helios lives in a golden palace in the east. Each morning he rides his golden chariot across the sky. The chariot pulls the sun and is drawn by four horses who represent the four seasons. At the end of each day when Helios arrives in the west he returns to his home in the west traveling in a golden cup or bowl. He had many children, but only four with his wife Perse. Because he can see from the sky he is often called upon to shed light on things.

### Helios' Family Ties

Although Helios did not have a steady relationship with women, he had many children and was very committed to them. Although many stories of Helios are around, it isn't hard to find those that talk of him and his relationship with his children.

Some of his daughters were turned into trees. He turned their tears into amber which continues to be a precious find to man today.

It is believed that he favors one son above all, Aeetes, who he gives rare and special gifts to on a regular basis. Aeetes is said to live in the land in the west where he rules with a golden palace, fine horses pulling a golden chariot, and wearing the best armor in the world. All his great possessions are gifts from his father, Helios.

His golden chariot was very special and it is said that only a few actually rode in it. His daughters would talk of riding in it. He even took one of them to the western lands in the chariot to settle, where she continues to live to this day. One of the greatest myths tells of his son that he allowed to drive the special vessel across the sky but was not a good driver and he collided with the earth setting it on fire.

He did not stop favors with his children. He favors many of his grandchildren as well. He gave his granddaughter, Medea, winged serpents, for which she is well-known.

### The Names of Helios

Hèllios  
Helios  
Sol

Remember when you are doing research on Helios and learn of his wild ways, that he is responsible. Remember that he had a dedicated and soft heart for the large family he had created.

### Quick Helios Facts

- Son of Hyperion and Theia
- The gas, helium, is named after him.
- Animals sacred to Helios are the cock and the eagle.
- Many respected poets wrote of Helios, including Homer.
- In the past, many offerings of large white animals and honey were given to Helios. Today many people only use honey as a sacrifice to him.
- The island of modern day Sicily is very sacred to Helios. He keeps his cattle and animals there, that magically never change in number. Two of his daughters tend the animals.
- All life was created when Gaia and the sky were separated by the Titanes. Life sprung up from the ground as Helios dried the earth up for the first time.

*If you choose to use the terra cotta doll found in Dec '07 issue page 9 some idea's are below.*

### Dressing Helios

Helios usually is pictured with no hair on his face. It is believed that he has golden locked hair that shows even with his hat or crown on.

He most always wears robes of color, usually purple. He usually has either a hat that has rays shining from it, or a crown of the sun with it's rays going in all directions.

In places you can find where it is said that there are stars upon his robe and that he has a belt that resembles a rain cloud in color or form.

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# Egyptian Sun God

By: TristÅ & 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.

## RA

### Sun God, Creator God, and God of the Underworld

#### Ra's World:

Ra commands the sky, earth, and underworld. He is associated with the falcon. Pharaohs were considered to be the children of Ra and people were created from his tears or sweat. The sun is considered either the body or the eye of Ra. Every evening he travels in a boat, to protect it's fires from the primordial waters of the underworld, Nun. Ra travels in the sun boat with various deities, including Ma'at who guides the boat's course and Set and Mehem who defended against monsters in the underworld. Ra brings a rebirth to the earth each time the sun rises and puts it to sleep each time it sets.

#### History:

There are a few different stories concerning the origin of Ra. In one story Ra was self-created from Nun, another story claims he came forth from the primordial lotus flower, and another story claims he was the son of Nut. There is yet another story that says Ra emerged from an egg laid by Geb in the form of a goose.

### Ra Goes Above

In the beginning came Ra, when there was nothing on the earth to speak of. He came with great powers. He could turn into anything and whatever he spoke came to be.

With his great power he created each and everything we have on earth, including humans and things found in nature. He was very proud of his creations and decided to live with them. Ra became the king of all people and gods alike in the form of a human king.

As time passed, he aged as all humans do. He realized that he was no longer respected, feared, or believed in. To this tragedy he became unhappy.

Ra decided to go above the earth and live where he could run the course of life without any interruption and he would be free of the disgrace people had bestowed upon him. He appointed gods to individual duties he had on earth and the underworld.

Ra went into the skies and lived his life peacefully. He and the sun, together, continue to take care of mankind, but will never walk the earth again.

#### The Names of Ra

Re  
Amum  
Ptah  
Khnum  
Aten

To this day, the people are not happy about causing the all powerful Ra to have left the earth.

It is important that we always show Ra respect so he won't leave the skies. The world would not be without him.

### Quick Ra Facts

- Although Ra is usually pronounced Rah, it is believed that it was actually Rei.
- The ancient Egyptians considered themselves, created by Ra and often called themselves "The cattle of Ra."
- Ra did not appear in writings until the late 2nd dynasty in Ancient Egyptian history.

*If you choose to use the terra cotta doll found in Dec '07 issue page 9 some idea's are below.*

### Dressing Ra

Ra has many accessories in his appearance. It is said that he actually gave, or was tricked out of, these things to the other Egyptian Gods and Goddesses.

He is dressed as a pharaoh and usually has the head of a falcon or the double crown, showing ruling both upper and lower Egypt. At times there is a large disk above his head that is outlined by a cobra snake. He carried an ankh down in one hand and held a scepter in the other.

In reality, Ra shows up all over the place dressed differently. It is believed that he would be in the form of a boy at sunrise and an elderly man as it set. He would change looks and symbols as he took the journey from youth to old age.

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# Norse Sun Goddess

By: TristÅ & 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.

## SOL Sun Goddess & Healer

### Sol's World:

Sol rides her great chariot across the sky daily. It is pulled by the horses which are named Allsvin (meaning very fast) and Arvak (meaning early rising). She carries the shield of Svalin that protects the earth from very intense contact with her rays. A wolf Skoll is said to run after Alfróðull (the sun), he even sometimes catches the sun and takes a bite out of it, which causes an eclipse. Other than being the mistress of the sun she is married to Glen and has healing powers.

### History:

The world was created from the body of a dead giant called Ymir. Around that same time sparks flew from the Land of Fire. Those sparks combined to create the Sun, Moon, and Stars. Upon her birth she was such a beautiful child that her father named her after the most brilliant star in the sky. This name annoyed the gods of Asgard so they took her from her earth home. She was to forever after ride the chariot of day.

### Ragnarok

Ragnarok is the name the ancients gave to the end of the universe. This is a time that contains a lot of information on Sol (see box below).

During Ragnarok she will be finally caught and eaten by Skoll, the she-wolf and daughter to a female giant. Right before she is swallowed she will give birth to a beaming daughter.

The new daughter will take her mother's place in the new sky. This will mark the beginning of a new world and the end of the one we live in now. The reign of Sol will be no more.

### Quick Sol Facts

- Sols horses are said to wear bags of wind under their harnesses to keep them cool while carrying the hot Sol across the sky.
- Starting the hour before her chariot riding duties Sol is said to sit on a bare stone and spin on her golden distaff.
- The deep carved stone circles found across the Scandinavian landscape is said to have been created by her worshippers as part of her sacred rites.

### Mystery of Sol

Some believe that Sauna & Sol are the same Goddess, just that the names were used at different times. The name Sól is from ancient times.

There are just as many people that believe that Sol and Sauna are two different people. In this belief Sauna is actually the daughter of Sol. This is the belief that is used in a rewrite of a story found in the Eddas.



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# Magical Touch

By: Mandi Aumann

## What is Magickal Touch?

This section is dedicated to finding ways in our daily lives of incorporating our beliefs. A pagan life is a life of symbolism and mysticism. We recognize and celebrate the emotions and memories that daily life holds for us. A bed is not just a bed—it is a mystical place of dreams, peace, togetherness. Everything in our lives holds new meaning when we open our eyes to the emotions and energies around us. How can we bring that to our magickal lives? Join me as we explore the magickal energies we awaken every day.

### Trait of Month: Water

Herbs: aloe, birch, boneset, cardamom, chamomile, feverfew

Appliances: sinks (kitchen, bathroom), bathtub/shower, clothes washer, dishwasher, coffee pot

Colors: blues, blue-greens

Rooms: kitchen, bathroom, laundry room, any west-facing windows

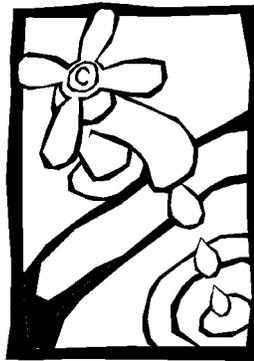
Direction: west

Activities: washing (dishes, floor, windows, etc.), drinking, boiling, steeping

Food: cauliflower, artichoke, apple, banana, berries, root vegetables, tomatoes, watermelon

Drinks: all, but mostly clear beverages

### Item of the Month: Sinks



Traits: female energy, cleansing, purification, healing

Element: water

Deities: Crinaeae, Pegaeae, Nerthus, Nymphs, Chiccan, Hydra, Kwatee, Vodnik

Direction: west

### Water in Daily Life

Water is probably one of the most-used elements in our daily lives. We use it from the moment we wake up, to brush our teeth, until the moment we go to bed. We use it for washing everything we use. Some use water for exercise. Water is the base of every beverage we drink. So, how can we turn the mundane to the magickal? Give these ideas a try, then make a list of your own:

- ⌘ While washing dishes (or putting them in the dishwasher), visualize the water as a blessing from deity and imagine blue or white sparkles in it to cleanse and bless your dishes.
- ⌘ When using water in a rite or spell, add some sea salt to return the natural powers of the sea.
- ⌘ When you need a cool down period, or if you've had an overly emotional day, take some time for a bath—try adding some calming herbs, like chamomile, to it, or simply toss in a handful of sea salt or baking soda.
- ⌘ When showering, visualize the shower as rain. While modern rain is not always the cleanest water, it is still a gift from Mother Earth and can certainly be a boost to our morning routine.

### Herb Focus: **Alfalfa**



**Color:** A perennial herb having compound leaves with three leaflets and clusters of usually blue-violet flowers.

**Location:** Alfalfa is widely adapted to temperate and subtropical climates and soils. It is grown from 40°S in Argentina and New Zealand to 60°N in Canada, Sweden, and Russia. It is not well adapted to humid tropical conditions

**Healing Properties:** Rich in minerals, taken regularly aids in preventing elevated cholesterol. May have cancer-protective properties. It is also commonly used for bladder infections.

**Magickal attributes:** Used on the skin or in the bath, Alfalfa is good for fatigue or muscle tenderness. It is also used to reduce the pain and inflammation of rheumatism and arthritis. Alfalfa is used as an appetite stimulant, a vitality augments (tonic), a digestive stimulant, for insomnia, and to relax the nervous system.

**Latin Name:** *Medicago sativa* L.

Alfalfa has been used as an herbal medicine for over 1,500 years. Alfalfa is high in protein, calcium, plus other minerals, vitamin A, vitamins in the B group, vitamin C, vitamin D, vitamin E, and vitamin K.. Alkalizes the body and detoxifies the body, especially the liver. Good for all colon disorders, anemia, hemorrhaging, diabetes, ulcers, and arthritis. Promotes pituitary gland function. Contains an antifungal agent.

#### Using Alfalfa

It is majorly used in homeopathic medicines worldwide. Today, alfalfa is suggested for treating anemia, diabetes, to extend appetite and contribute towards weight gain, as a diuretic for increased urination, for indigestion and bladder disorders. Alfalfa can also be used as an estrogen replacement in order to increase breast milk and to mitigate premenstrual syndrome, a dietary supplement, and to lower blood cholesterol levels.

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

### Mineral Focus: **Calcite**



**Color:** Clear to cloudy white - double reflects objects when looked through, may occasionally show phosphorescence or fluorescence

**Chakra:** Third Eye

**Healing Properties:** Amplifies the energies of the Third eye, used by pharmaceuticals

**Magickal Properties:** Optical calcite is useful in working gemstone magick, as it doubles the strength and power of your spell. It is also useful in cleansing the aura, clearing all attachments and entities. Allows you to see the spiritual more readily

**Element:** Spirit

Calcite/limestone is used for many things including making glass, paper, photography, statues, building, and animal food. (The Egyptian Sphinx is made of limestone) Calcite also has numerous uses as a neutralizer of acids. Not only in agriculture, calcium carbonate derived from high purity limestone is also used in medicine. It can be made into chewable tablets to use in the neutralization of stomach acids. It is also an ingredient in numerous medications used to treat digestive issues and other ailments.

#### Scientific Properties:

Calcite is extremely common and found throughout the world in sedimentary, metamorphic and igneous rocks. In the form of limestone and marble, it makes up a significant portion of Earth's crust and serves as one of the largest carbon repositories on our planet. The properties of calcite make it extremely useful as: construction materials, abrasives, agricultural soil treatments, construction aggregates, pigments, pharmaceuticals and more.

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

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# Correspondence Journal

By: Lionfirestone

## DREAMING

### Dream Facts

Did you know that you can average seven dreams a night and each one can last about 45 minutes? That's a lot of dreaming. Why do we dream, is there a purpose? Dreams arise from your subconscious mind, it is how your subconscious communicates with your conscious mind. Did you also know that an interruption of your dreaming over extended periods of time can cause emotional stress?

### Pagan Views

Dreams are a window into many things; your life, your future, other worlds and much more. Many people believe that messages from the Gods and Goddesses are sent to us through dreams. Dreams are very special due to their magickal properties and offerings. Almost all Pagans study, or have studied, dreams in depth. The lessons, messages, and foresight given inside one's dreams can not be found in other mediums.

**Dream diaries** are a great way to keep a record of your dreams. A dream diary does not need to be anything fancy. A spiral notebook will do just fine. You should keep it beside your bed for easy access. Record as much as you can about your dreams when you first wake up. It does not have to be perfect or in order, just try to include as much information as you can remember. Make sure to include the date and any emotions you felt during the dream. Also, write down anything significant going on in your life at the time. Each piece of information you write down will make the puzzle more complete. Over time you will be able to see the pattern in your dreams. Sometimes our dreams tell us things we already know, but don't want to deal with. Listen to your dreams. No one knows you better than you.

If you have a hard time remembering your dreams, there are a few tricks you can try.

- Keep a glass of water by your bed, take a drink before you go to bed and affirm to yourself that in the morning when you take another drink you will remember your dreams.
- If you wake up in the middle of the night after dreaming, write your dream down right then. Don't wait until morning.
- Put a piece of paper next to your bed with the word REMEMBER on it, so when you get up in the morning it is the first thing you see.

These are only a few ideas and may not work for everyone. Do some research about dream remembering to find different techniques until you find one that works for you.

## Dream Meanings

On the following page is a short list of some dream correspondences. This is meant to be a starting point for you. The list is a general universal list and may not have the same meaning for everyone. If there is something that appears in your dreams that has a special meaning for you, you should use what you know to help understand the dream. Do some research for yourself. You will find that many things have more than one meaning.

Using your dream diary, you will be able to make your own list of correspondences to help you interpret your dreams.

**More information** about dreams can be found in the April 2008 issue on page 25, in the teen section. You can also get info from the internet, as well as your local library. There are many books on dream interpretation available at your local book store in the pagan or new age section, as well as the self help section.

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# Correspondence Journal

By: Lionfirestone

## Dream Correspondences

*\*\* Please note that not everything in a dream means the same thing for each person. This is just a general correspondence.*

**Abyss:** signifies obstacles that you need to overcome  
**Accident:** trusting others too much; something unplanned  
**Airplane:** a journey; starting something new  
**Altar:** self –sacrifice  
**Anchor:** stability; disillusionment; something holding you back  
**Apples:** desire; longevity and many descendants  
**Arrow:** pleasure; festivity; writing a letter you will regret  
**Baboon:** need to be more expressive in your feelings  
**Balloon:** frustration  
**Basement or Cellar:** suppressed memories  
**Battle:** internal conflict  
**Bath:** vitality; long life  
**Bells:** fulfillment of plans; joy  
**Birds:** transcendence from one state of being to another  
**Birth:** transition to a new phase  
**Bridge:** overcoming difficulties; a change  
**Broom:** the ability to clean up  
**Bull:** stubbornness  
**Castle:** ambition  
**Cat:** independence  
**Cave:** a place of retreat or refuge  
**Circle:** totality; perfection; infinity  
**Clock:** missed opportunity; now is the time to act  
**Cornfield:** wealth, certainty  
**Crystal:** union of matter and spirit  
**Curtains:** concealment; adornment  
**Dahlias:** good fortune in financial matters  
**Dog:** loyalty; laziness; anger  
**Doves:** success in love  
**Dragon:** change in residence  
**Drums:** family quarrels ahead  
**Eating:** need for a new interest; stimulation  
**Fairy:** flights of fancy  
**Falling:** failure to meet expectations  
**Fan:** rivals in passion; an argument  
**Fire:** anger; purification; abundance of energy  
**Flowers:** productivity; contentment; pleasure  
**Flying:** freedom  
**Hammer:** victory  
**Horse:** power  
**House:** represents your body  
**Ice skating:** a need to trust in your self and your actions  
**Idle:** lack of initiative to do what you want  
**Ivy:** faithful friendships  
**Jail:** confinement; frustration; inability to act  
**Jumping:** success  
**Key:** a secret; the answer to a problem

**Kiss:** satisfaction; completion  
**Ladder:** ability to climb  
**Lamb:** peacefulness  
**Leaf:** impending change  
**Light:** hope  
**Lion:** powerful friends and affiliations  
**Lizard:** transcendence  
**Lock:** frustration; security  
**Mask:** falsehood; deception; concealment  
**Mirror:** scandal or disappointment; reconsider  
**Moon:** your feelings  
**Mother:** haven; comfort  
**Mouse:** a busybody interfering with your affairs  
**Needle:** a family squabble  
**Nest:** a new home  
**Oak:** steady increase  
**Owl:** wisdom; messenger  
**Pirate:** suspicion  
**Police:** trouble with authority  
**Pyramid:** thirst for knowledge; seeking  
**Rabbit:** magick; good luck  
**Rainbow:** great happiness, opportunity  
**Rat:** powerful enemies, usually known  
**Ring:** completion; loyalty  
**River:** spirituality; a boundary  
**Ruins:** failure of plans  
**Running:** a helpful journey  
**Scissors:** distrust  
**Snake:** spiritual wisdom; transcendence  
**Snake bite:** infusion of wisdom  
**Snow:** hidden circumstances  
**Soldiers:** force; regimentation  
**Sunrise:** awakening; clearing of consciousness  
**Sunset:** need to protect assets  
**Stars:** your hopes  
**Swan:** beauty  
**Sword:** penetrating and cutting; conflict  
**Thief:** fear of loss; insecurity  
**Thread:** tangled situations  
**Tree:** life principle; psychic development; success  
**Tunnel:** hiding; being afraid  
**Veil:** insecurity  
**Wall:** obstacles; frustration; inability  
**Water:** spirituality; emotion  
**Window:** a new view of something  
**Witch/Wizard:** useful discoveries; supernatural abilities  
**Wolf:** safety and wisdom  
**Zoo:** confusion

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# UK Holidays

By: Petra Lucas

## Heritage Open Days 2008 11th - 14th September

Heritage Open Days celebrate England's fantastic architecture and culture by offering free access to properties that are usually closed to the public or normally charge for admission. Every year for four days in September, buildings of every age, style and function throw open their doors, ranging from castles to factories, town halls to tithe barns, parish churches to Buddhist temples. It is a once-a-year chance to discover hidden architectural treasures and enjoy a wide range of tours, events and activities which bring to life local history and culture.

Go to the website and search to find something near you. There are activities for people of all ages and abilities. Find out about buildings you walk past every day and get involved.

<http://www.heritageopendays.org.uk/>

(First paragraph taken from the website)



### Anniversaries

2nd September 1795	Britain adopts the Gregorian calendar
2nd - 6th September 1666	Great Fire of London rages
6th September 1852	First public lending library opens
9th September 1835	Local government (County Councils) first constituted in UK
19th September 1960	First Parking Ticket issued in London
22nd September 1955	ITV started
22nd September 1955	Sir Robert Walpole becomes the first Prime Minister to take up residence in Number 10 Downing Street. Number 10 has since become the official home of the Prime Minister.
28th September 1745	The National Anthem is sung for the first time
30th September 1928	Penicillin is discovered by Alexander Fleming

## British Food Fortnight 20th Sept - 5th Oct

Now in its seventh year, British Food Fortnight is the biggest national celebration of the diverse and delicious range of food that Britain produces.

British Food Fortnight continues to be the largest volunteer movement educating children about food.

All the information on how you can take part is on the website including resource packs and food related activities.

<http://www.britishfoodfortnight.co.uk/>

For an in-depth Pagan Calendar from the UK go to:

<http://pagancalendar.co.uk/>

## The Missing 11 Days!

In the UK today, we use the Gregorian Calendar. Named after Pope Gregory XIII, it was introduced by the Roman Catholic Church in 1582. This is the calendar which gives a leap year every four years (or more precisely, 97 leap years every 400 years) and is based on the astronomical year.

Some non-Catholic countries refused to adopt the calendar at first and Britain was one of them. Britain carried on using the Julian Calendar which it had been using since 597. The Julian Calendar is based on the Solar Year, the time it takes for the Earth to rotate around the Sun, but this calendar is a tiny bit too long, so the calendar fell out of step with the seasons.

In 1792, it was decided in Britain that we should abandon the Julian calendar for the Gregorian calendar to correct the problem. However, there was a difference in the dates between the two calendars which meant that the 3rd of September became the 14th. People really thought they had lost the 11 days in between. They thought that their lives had been shortened by 11 days and they protested in the streets to get those days back.

Imagine if your birthday was between the 3rd and 14th of September that year!

# USA Holidays

By: Mandi Aumann

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

## The Magic of Grandparents' Day

Imagine, if you will, a different life. The alphabet has not been invented. No one knows what reading is. Television? Radio? iPod? Never heard of it, or even thought of it. So, what did people do back then? Not just for entertainment, but to learn about something they didn't know? They asked their elders—parents, aunts, uncles, and even grandparents.

Close family relationships were essential to survival in ancient times. Not only did many hands make lighter work, but our grandparents offered all the knowledge we needed to survive. Grandparents passed on the lessons of life. They passed on stories about the Gods and Goddesses. Knowledge of herbs and medicine were invaluable to families. As parents, they taught us how to grow food, how to hunt, how to build our homes, how to prepare food, how to make clothes, and many other skills. When their children grew up, they continued to pass their knowledge on to their children and grandchildren.

### Holidays & Observances in September

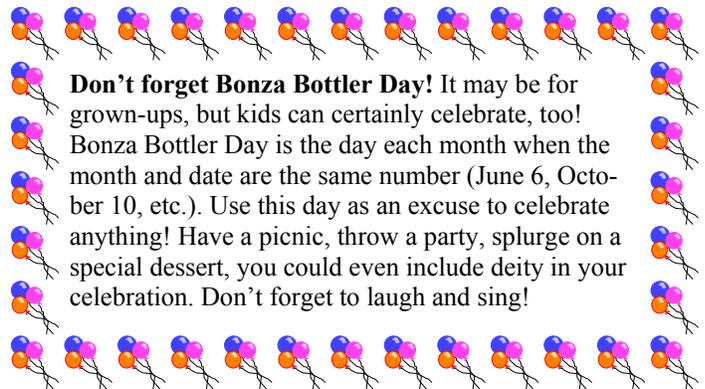
Children's Good Manners Month  
Honey Month  
Rice Month  
Tiger Month  
**21st-27th**—Tolkien Week  
**7th**—Grandparents' Day  
**13th**—Chocolate Day  
**16th**—"Bewitched" premiered 1964  
**19th**—Talk Like a Pirate Day  
**21st**—Anniversary of publication of "The Hobbit" by Tolkien 1937  
International Day of Peace  
**22nd**—Elephant Appreciation Day  
Autumn Equinox  
**29th**—Rosh Hashanah – Jewish new year

Today, grandparents aren't always close by. However, it's still important to remember our grandparents and to include them in our family traditions. Create a new family tradition of honoring your grandparents with these simple steps. If you your grandparents live nearby, this will be a little easier, but it's still possible if they live far away.

- Make a list of things you do everyday (get dressed, brush your teeth, eat breakfast, school, etc.)
- Choose one thing and ask your grandparents how they did it when they were your age. If it was the same way you already do it, then choose another item from your list.
- Try doing things the way your grandparents did. Ask them to help or show you how.
- At the end of the day, or project if it was something bigger, make time to thank deity for your grandparents and the things they know and have lived through.

### Some local events to look into to:

9/13-14: Moonfaire Autumn Equinox Celebration, FL  
9/13: San Antonion Pagan Pride Day, TX  
9/18-21: 25th Annual Wild Magic Gathering, IN  
9/20-21: Gathering of the Spirits Harvest Festival, CA  
9/21: Moonlady Fest, TX  
9/21: Pagan Pride Day, MA  
9/27: Houston Pagan Pride Day, TX



**Don't forget Bonza Bottler Day!** It may be for grown-ups, but kids can certainly celebrate, too! Bonza Bottler Day is the day each month when the month and date are the same number (June 6, October 10, etc.). Use this day as an excuse to celebrate anything! Have a picnic, throw a party, splurge on a special dessert, you could even include deity in your celebration. Don't forget to laugh and sing!

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

<http://paganmoonbeams.com/pdfs/PaganCalSep08.pdf>

**For Chocolate Day (13th),** try the Chocolate Ritual we mentioned last year. Here's a quick link:

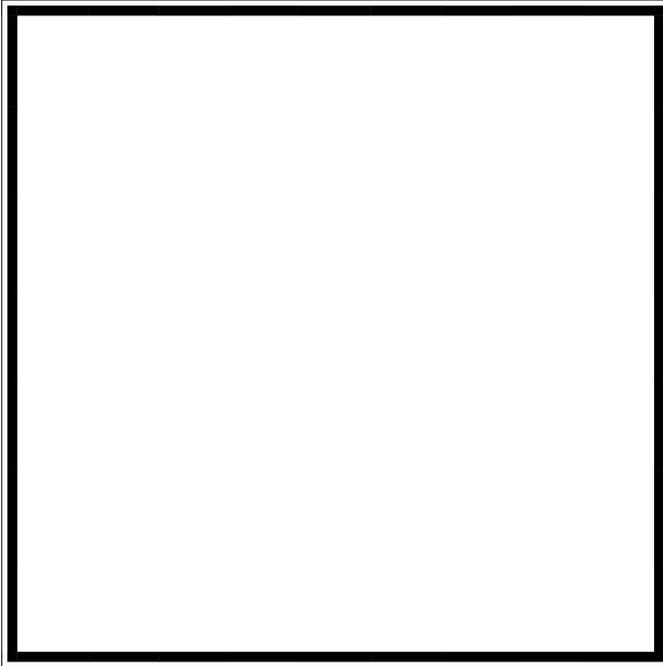
<http://www.thedance.com/test/chocrit.htm>

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# International Holidays

By: TristÅ

**The International Day of Peace (September 21)** began as a resolution in 1981 that was finally passed in 2001 by the United Nations. Although this will only be the 3rd year the event is to take place, it will be quite big and celebrated in almost every country. Have fun below as you learn about some things connected with this holiday and determine if you are able to see some of them on television or in your local area. No matter where you are, be sure at 12:00 noon to have a moment of silence.



A gift to the UN from the Japanese was the peace bell. It is made out of coins from 60 different countries, donated by many adults and children. This bell is rung twice a year, once being the International Day of Peace. Draw what that bell looks like; find it at your library or online.

## Personal Day of Peace Ideas

The International Day of Peace calls for big and great steps to be taken in all aspects of peace. Don't feel that you being a child should be any different. Attempt to do all of the following on this year's day of peace.

- Make one step to understand and/or make peace with someone of a different religion.
- Do a personal ritual or meditation session to aid in those involved in war.
- Search yourself to see if you have a prejudice of another's religion or race and make a vow to overcome this.
- Do something nice for someone from a different generation than you are.

The main idea is to think of all the ways that disagreements or any other non-peace actions come about and deter them in one way or another. Don't feel these are small steps because they are very significant.

Changing yourself and your views is one of the most challenging steps toward obtaining total world peace. If everyone could follow your example, peace could become a way of life!

## War Front

On this day, there is to be a total cease fire for all countries. Check your local news to see if this has taken place this year. Be sure to do some special meditating on the present war in which we are now involved. Send some energy to those who are in need of it on the war front. Remember on days of rest, energy is easier to receive and give!

## Links of Interest

- Watch this very important video about International Peace Day and make your own commitment to aid in peace: <http://www.peaceday.org/home.aspx>
- Join the International Day of Peace Vigil: <http://www.idpvigil.com/commitments/commitmentCenter.html>
- Find kid directed ideas and information about the International Peace Day: <http://www.internationaldayofpeace.org/kids.htm>
- Take a look at the many country flags and see how a simple peace message is written in the home language: <http://www1.ocn.ne.jp/~infinite/>

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## 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](mailto:PaganMoonbeams@yahoo.com)



Grey School  
of  
Wizardry



Meagan Stories



# ANCIENT LIGHT

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

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# To The Parent

By: Mandi Aumann

## Astrology for Parents—Part 1

I am a Cancer. My husband is a Leo. We have known for some time that our signs complement each other in many ways. It never occurred to us, however, to consider how our children's sun signs relate to each other, or to us. There are many ways to apply astrology to parenting. In this three part series, I hope to give you some ideas on how you can apply astrology to your parenting style.

Of course, simple observation can be used in determining these things about our children. But, sometimes they can't tell us how they're feeling. Sometimes our kids don't have the words to explain what they're thinking. Using the tools of astrology can help us be more intuitive in our parenting, and minimize problems.

First, we should consider the sun signs of each member of the family. This can help reveal where rough relationships may occur. This can also help us learn more about our personalities in relation to our children's. Traditionally, there are certain signs that just don't get along well, and there are other signs that balance each other out. Typically, signs that share the same element will get along well – these are usually the best relationships.

### Signs Sharing Elements

Fire – Aries, Leo, Sagittarius  
Earth – Taurus, Virgo, Capricorn  
Air – Gemini, Libra, Aquarius  
Water – Cancer, Scorpio, Pisces

Similarly, people who share the same sun sign will also tend to get along well. With kids, this can be a little difficult. Innately, they understand each other. On the surface, however, there may be problems because what gets one kid in trouble, will also get the other one in trouble. Another good relationship is the Sextile relationship. The list on the sidebar can help you understand this relationship a little bit.

Opposites will be the most combustible of relationships. While opposites do attract and these family members get along well most of the time, the polarities can be frustrating at times. All other combinations will clash as well, to varying degrees.

So, what do you do with this information? Well, first, determine your children's sun signs. You can look up the meanings and dates on the internet – astrology.about.com is a great place to start. Next, look at the charts here and see what kind of dynamics you have going on in your family. Unfortunately, I can't tell you what to do next except to observe your family with this new information in hand.

Here's what I could do. My oldest, Peanut, is a Cancer. From these charts, I see that she is a Water sign, and she gets along well with other Cancers (me), Scorpions, Pisces, Virgos, and Taurus'. My son, Bud, is a Sagittarius. Obviously, not a sign that's on Peanut's list. My second daughter, Sweet-Pea, is a Leo, and my youngest, Punkin, is a Gemini. I know, right off the bat it looks like I'm in big trouble.

Peanut (Cancer – Water) gets along with Cancers, Scorpions, Pisces, Virgos, and Taurus'

Bud (Sagittarius – Fire) gets along with Sagittarius, Leos, Aries, Aquarius, and Libra

Sweet-Pea (Leo – Fire) gets along with Leos, Aries, Sagittarius, Gemini, and Libra

Punkin (Gemini – Air) gets along with Geminis, Libras, Aquarius, Leos, Aries

### Sextile Relationships

Aries – Gemini, Leo, Sagittarius, Aquarius  
Taurus – Cancer, Virgo, Capricorn, Pisces  
Gemini – Leo, Libra, Aquarius, Aries  
Cancer – Virgo, Scorpio, Pisces, Taurus  
Leo – Libra, Sagittarius, Aries, Gemini  
Virgo – Scorpio, Capricorn, Taurus, Cancer  
Libra – Sagittarius, Aquarius, Gemini, Leo  
Scorpio – Capricorn, Pisces, Cancer, Virgo  
Sagittarius – Aquarius, Aries, Leo, Libra  
Capricorn – Pisces, Taurus, Virgo, Scorpio  
Aquarius – Aries, Gemini, Libra, Sagittarius  
Pisces – Taurus, Cancer, Scorpio, Capricorn

In the coming articles, I will go into further depth and share some more ideas for tackling those problem moments.

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).

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# 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.

### Autumn Equinox: Celebrating the Season with Your Special Needs Pagan

Autumn Equinox, as we know, is a time to give thanks for the bountiful harvest we have received from Mother Earth, as well as a time to reflect and prepare for the coming months ahead and the end of our year. Typically, at least in the United States, this is when our kids are going back to school, or our home schooling year is just beginning. It seems we are at our busiest. This is no exception for those of us with Special Pagans at home either. Try instead to slow down and see things from your children's point of view.

As you prepare for this harvest celebration, make sure to take the time to explain to your Special Pagan the meaning behind it. Take a walk to watch the leaves change color on the trees. Point out how, at this time, the days of playing and romping settle into a more serious nature not only in the human world, but in the animal world as well. Spend time outdoors. See if you can catch squirrels gathering nuts in preparation for the coming winter. Point out that they are gathering from the harvest as well to get through the colder months. If you have a pet of the furry variety, point out to your child how the animal's coat changes as the days will start to get cooler.

For some great hands-on activities, go to your local orchard and pick the fruits that are in season. Let your Special Pagans help you make pies from those fruits in celebration of the harvest. Stop by your local produce stand and gather vegetables for the harvest. Explain to your child that before greenhouses and the ability to ship world-wide, our ancestors relied on the land and what was available at any given point in the year. Many orchards have listed on their websites the availability of their in-season stock. Be sure to check what in-season fruit is still currently available. You wouldn't want to tell your special pagan that you are going peach picking only to find out that peaches are no longer in season. Other activities include getting out crayons, paints and construction paper. Create scenes of the harvest time. Draw or cut out a cornucopia and allow your special pagan to make and cut out fruits and vegetables that would be offered at this time of year to glue onto the cornucopia

While setting up your altar or sacred spot for honoring deity, be sure to allow your child the opportunity to place any offering or decoration they deem appropriate for this time of year. Do you create your own incense or blend of herbs to be burned? Is there a special smudge mixture that you make this time of year? As their abilities permit, have your Special Pagan make these blends with you. Their personal creative and special energy will go into each of these. Make sure to explain why these oils, herbs and/or minerals were chosen for this time of year. You can even use this as your time to discuss the magickal properties of each. Engage them in conversation to ask them why they feel this is an important symbol/item/offering. Read stories for the time of year that represent the ever changing season. Help guide your child into a special Autumn Equinox meditation. After the meditation is over have them draw a picture of images that they visualized. Talk about the special meaning of these visualizations. You can even have your child create and say the prayer or blessing that will either be used in your sacred space or over your feast. Remember that sometimes it is the most simplest of words that are heard the loudest.

However you choose to share this wonderful celebration with your Special Pagan, it is important to remember to always make him or her feel included and an important part of what is happening. Sometimes these beautiful children need the reassurance that they are needed and loved. What better time to remind them of that than when we are giving thanks for our year's bounty. Whatever you decide is right for your child to experience is your choice; remembering to keep in mind the abilities and skill levels.

It is this time of year that I always thank Deity for the Special Pagan that was brought to my life. When she was first born and diagnosed with her different need my husband and I were at a loss. But, we embraced it and moved ahead. Through her I have learned to see the world through a different set of eyes and I wouldn't have it any other way. It is this time that I think of Emily Perl Kingsley's poem "Welcome to Holland." I thank Deity wholeheartedly for this precious gift of a child who has taken me to Holland instead of Italy. It may be a little slower and less flashy, but I like my life that way. So it is to my Oracle that I say, "Thank you, dear little one, for the wonderful experiences in life and to the beautiful things that you have shown me which I may have never known without you."

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## Special Pagans

By: Raven Moonshadow

### A Special Reason to Give Thanks

At this time of year there are many reasons to give thanks. The Autumn Equinox is our Thanksgiving, making it a perfect time to remember all of the little things we are thankful for. This is a good time to thank Deity for bringing your special needs child into your life. While to those on the “outside,” meaning those who do not know what it is like to have a child with special needs, may think that is a crazy thing to be thankful for, we parents of special needs children know better.

Circa 1987, Emily Perl Kingsley wrote the poem “Welcome to Holland” that I briefly mentioned in the article on sharing the Autumn Equinox. For those parents who have not read it, it talks about what it’s like to raise a child with special needs. This poem is a wonderful testament, as well as, a very true statement as to how you feel as a parent when you first get “the news.” A follow-up to that poem, “Celebrating Holland – I’m Home,” was then written by another mom, Cathy Anthony. Her poem begins ten years after making that trip to Holland. She talks about what an unexpected gift the trip to Holland has become and at the end is ever so thankful that she landed there.

Raising a child with special needs has it’s very own challenges and rewards. There are days you wake up and wondering if you’re doing the right thing. You wonder if you can keep going. You may even find reason to blame yourself. This is the time in which you must realize that you were chosen by Deity to raise this child, not as a punishment, but, rather, because Deity knew that you were strong enough to do it. They say it takes a very special parent to raise a special needs child. While you may feel inept, unqualified and under-educated on what to do at first, you begin to find that you have just what it takes to raise that child to their best potential. You start to see the world through your child’s eyes and gain new perspective on life.

So this year, while you are thanking Deity for the wondrous bounty of your harvest, as well as all that you are thankful for, don’t forget to include your special needs child. Be sure to thank Deity for bringing this wonderful being into your life to show you new things and teach you a new way of living and seeing life. By that same measure, if you are still having difficulty with accepting this role of a special needs parent, take time to reflect and meditate with Deity. Ask for guidance, strength, or whatever else you feel you need at this point. No one ever said that raising children, especially special needs children, was an easy task, but if you take the time to slow down and see life through their eyes, you will realize how very rewarding it is.

I have taken the time to include below some links. These links are directly to a copy of each of the two poems listed above. If you have never read them, they are wonderful to have on hand for those oh so tough moments. I have also included a link to a song written by artist Will Livingston. This song was inspired by the original poem and is also entitled “Welcome to Holland.” In addition, I have included one more site to sue as a resource. I will try to do this each month.

Emily Perl Kingsley’s “Welcome to Holland” can be found at:

<http://www.our-kids.org/Archives/Holland.html>

The follow-up poem, “Celebrating Holland – I’m Home,” can be found at:

<http://www.the-callahans.com/susete/poem38.htm>

The song “Welcome to Holland” by Will Livingston can be found at:

[http://www.broadjam.com/artists/artist\\_playlist\\_view\\_song.asp?artistID=23130&song\\_id=257084&page=0](http://www.broadjam.com/artists/artist_playlist_view_song.asp?artistID=23130&song_id=257084&page=0)

Be sure to click the link on that page to listen to the song. Lyrics listed on page as well.

Here is a list for a site regarding Autism and ADHD:

[www.ourspecialkids.org](http://www.ourspecialkids.org)

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](mailto:Raven@paganmoonbeams.com)

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## Take 10

By: Lionfirestone

### Dare to be happy

We spend a large amount of time every day engaged in activities that we would consider frustrating or taxing. Take time out to do something that makes you happy. Whether it is reading a book, taking a bath, making crafts, or having a cup of tea, being happy relieves stress and lowers blood pressure. What makes you happy?

### Bath Salt

We all enjoy a nice bath now and then. but finding the right bath salt can be a chore. Here is a simple base recipe for you to make your own.

- 3 parts Epsom salts
- 2 parts baking soda
- 1 part table salt (or borax)

You can add any herbs or oils to this base that you wish, you can even add your favorite herbal tea blend.

### Root Chakra Exercise

From *The Book of Chakra Healing* by Liz Simpson

This exercise is a variation on one known in yoga as the “bridge” pose, or setu bandhasara. Its simplicity allows you to focus mentally on becoming more grounded, as well as stimulating the energy flow in the Root Chakra.

1. Lie on the floor with your arms relaxed by your sides, knees bent, and the soles of your feet a shoulder-width apart. Take a deep breath and press your lower back into the floor as you breathe out.
2. With the out breath, push your buttocks upward, starting at the lower thigh, then moving upward toward the groin and pelvis. The way to get the correct position is to imagine a piece of string connected to your tailbone being pulled toward the ceiling. Only go as far as is comfortable, particularly if you have back problems. Make sure your lower legs are vertical.
3. Continue pushing upward as long as it feels comfortable, contracting your buttock muscles to protect your lower back.
4. Come back down slowly, bringing the upper back down to the floor first, followed eventually by the tailbone. Slide your arms outward to improve your balance. Allow yourself to rest for a few minutes, feeling your whole body connect with the Earth.

Before you start physical exercise—

- Do not exercise straight after a heavy meal. Wait at least 4 hours, and 2 hours after a snack.
- Go to the bathroom before you start.
- Wear loose-fitting clothes and remove your shoes.
- Use a non-slip mat or heavy blanket.
- Don't strain your body to achieve any of the positions
- Spend a few minutes practicing your breathing beforehand. Inhale through the nose and out through the mouth.
- Breathe slowly and smoothly as you work through the movements.

“As the pace of life quickens, we more deeply need calm, uninterrupted moments for the renewal they impart to our spirit. Leisurely walks, afternoon naps, the opportunity to stop and inhale the fragrance of a flower - these small interludes, once commonplace, are increasingly rare. Taking time for ourselves can do wonders for this most modern of problems.”

- *The Art of Good Living*, Svevo Brooks

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## Take 10

By: Lionfirestone

### Learn How To Breathe

By Dr Roger Henderson

<http://www.stressbusting.co.uk/articles/learn-how-to-breathe/>

People who are stressed breathe too shallowly and too fast. This can cause palpitations and headaches, although sufferers often don't connect these conditions with their stress.

We all start from a position of strength, in that breathing is an automatic reflex, but nevertheless, we can still alter how we breathe. Controlling your breathing controls your heart rate and most symptoms of stress. Getting your breathing right can revolutionize how you feel and perform at any time.

*Technique Number 38: Learn How To Breathe. Written by Dr Roger Henderson, a family doctor and author of the book Stress Beaters: 100 Proven Ways To Manage Stress*

The important point is to breathe from your diaphragm and not from your chest. Chest breathing is shallow, with air moving only through your upper lungs. Oxygen levels fall, and your body becomes stressed and produces an adrenalin surge that triggers palpitations, headaches and muscle spasm. These make breathing even shallower, your body utilizes less oxygen and you may experience a classic panic attack.

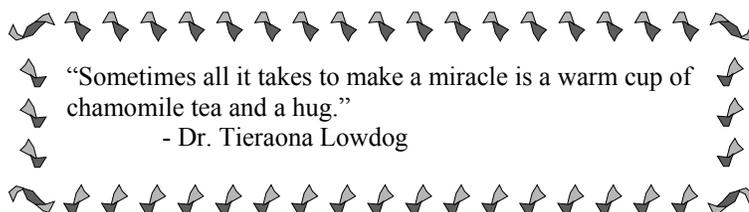
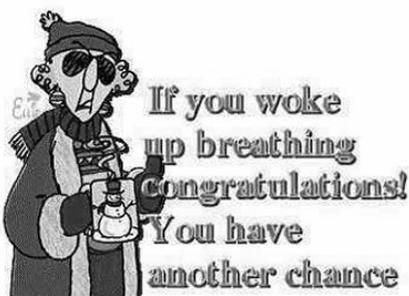
It is easy to learn the technique of deep breathing from your diaphragm, and you don't need to be fit in order to practice it. If overweight Italian opera singers can do it, so can you.

1. Lie down in a quiet room. Breathe in through your nose and, as you do, push your stomach and abdomen out. Focus on your breathing and imagine that the air is filling you and rising into your shoulders as you count to 5. Do not force it and keep your shoulders relaxed. If you feel you want to breathe out quickly, don't worry — this urge will lessen as your breathing improves.

2. Hold your breath briefly, then slowly breathe out through your mouth, once again counting to 5. Focus only on what you are doing and concentrate on your feelings. Repeat this for 2-3 minutes if you can. Breathe normally and feel how relaxed you are before restarting again. Repeat 5 times.

Once you have learned how to relax by breathing deeply, link this to a time of day or an activity, such as sitting down to work at the beginning of the day, or in a daily traffic jam. For a quick fix at times of acute stress, take three or four deep, regular diaphragm breaths, then return to normal breathing for a few moments. Repeat once more. This will be enough to slow your pulse and allow you to concentrate clearly, talk rationally or survive a stressful event such as speaking in public.

Watch famous actors or politicians, and observe how they behave before they speak. They lower their breathing rate in this way and relax their shoulders every time. It does not turn them into Oscar-winners or enliven their speeches, but they feel less stressed as a result. So will you.



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## Take 10

By: Petra Lucas

### No Rest for the Witches

By: Petra Lucas

Juggling books and lunch boxes, Anna rushed out of the door. Muttering to herself, she headed for the car, Jess trailing after, still yawning. How come no matter how hard she tried, she couldn't get Jess out on time? Every morning she tried to get Jess out early enough to walk to school, but it never seemed to happen. Driving off, Anna swore silently as she realised she'd not done her morning meditation and salutation again. Tomorrow she would be sure to do it before breakfast. Absolutely. New Moon, new starts.



The Moon hung low and full above her, lighting the way with ease as Anna rushed to meet Izzy. Izzy waved over from her patio area. Beside the patio was the circular garden Izzy had created to work in. Glancing over her shoulder, Anna could just make out the fresh batch of weeds in her own garden she hadn't had chance to nip out yet. At least she had got her meditation in today.

"Bright Blessings, Anna. How was your day?" asked Izzy.

Anna frowned, weren't they supposed to be getting to the ritual, she still had those herbs to learn and the tarot deck to work with.

"Er, Great, thanks. Busy as usual." She smiled, not aware how much it looked like a grimace. "You?"

"Not bad. I had a couple of mishaps, but nothing serious. I put too much mustard into my bread mix. Came out bad." Izzy pulled a face to show how bad. "Other than that, it was a good day." Izzy resisted the urge to probe deeper into Anna's mood. Urgency emanated from Anna in waves. "Let's get on, shall we? First, why don't we meditate on the Moon?"



Impatience simmered under Anna's skin, but she quelled it, knowing that Izzy would do things in her own time and not before. She drew a deep breath and released it slowly, the sound almost a sigh. Izzy lifted an eyebrow. Izzy had a feeling she knew what was wrong, but each person had to learn it in their own way. She shook her head mentally. She could remember going through it herself. Fingers crossed, Anna would learn soon before Izzy had to step in. Izzy cleared her mind and lifted her eyes to the Moon and asked for wisdom for her friend.

Anna sat at the kitchen table, fingering the deep green silk she kept her Tarot deck in. She leaned her head on her hand as she studied the card before her. She had been staring at the card for the past half an hour and couldn't remember a single thing about it, just as she had stared at it every night since Full Moon. Her eyes were dry and sore. She yawned widely, and jumped as her jaw cracked loudly in the quiet of the kitchen. Glancing up at the clock, she saw it was gone midnight... again. There had to be an easier way of learning than this. But what? How Izzy had time to do it all was beyond her. Shrugging tired shoulders, she tidied up and stumbled off to bed.

A woman stood before her, smiling broadly with her arms out in welcome. Anna blinked sleepily as the scent of flowers drifted to her on the breeze. The air was cool on her cheeks as if she was close to water somehow. She recognised the smiling woman, but couldn't place where from. It didn't seem that important.

"Greetings, Anna. How are you?"

"Not so great at the moment. Too much to do and too little time." The words popped out of Anna's mouth before she could stop them.

Bethan laughed, "You do seemed a little rushed."

Anna frowned slightly. Bethan, of course! How could she have forgotten? Something tugged at her mind, but she ignored it.

"Yes. All these new things to do and still fit everything else in as well. Jess can't raise herself after all."

Bethan looked at her quizzically, "It's been a while since you came to the lake. Maybe you could bring Jess with you and spend time together there."

That was a brilliant idea! Jess had been complaining she wasn't seeing enough of her mother, but Anna had no idea how to fit that in as well! "I just might do that," said Anna. "But I still need to study."

Bethan shrugged, "Why?"

"Because Izzy said to."

"What all at once? That seems a bit much, if you ask me," said Bethan.



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## Take 10

By: Petra Lucas

### No Rest for the Witches continued

By: Petra Lucas

Anna thought about it. Izzy had said to study all these different things but hadn't actually said when to. It was just that Izzy knew so much. Anna wanted to be like her but felt so behind. An understanding smile ghosted on Bethan's lips.

"Thanks so much. It just hadn't occurred to me before that I was doing it to myself," said Anna.

"No problem. Why don't you go and see what your lovely daughter is up to?" suggested Bethan.

Anna nodded, "Good idea. Better get back and make dinner. See you soon, I hope."

"Definitely," replied Bethan. "Oh, and say a blessing over the meal or when you are cooking. The Gods do, you know."

Anna nodded and walked off at a quick, but unhurried pace.



Anna opened her eyes feeling refreshed. She sat up and stretched, then stopped dead. She hadn't meant to fall asleep! Why hadn't Jess woken her up for dinner? Oh great, she was never going to get caught up. She scratched her head. Where did she know Bethan from? Looking up at the clock, Anna realised only 15 minutes had passed since she sat down but she felt as if she had slept for hours!

"Jess? How do you fancy heading for the lake tomorrow?" she called.

"What?" Startled confusion rang in Jess' voice. "That would be great." Jess came into the doorway. "We haven't been down to the lake in ages!"

On impulse, Anna walked over and slung an arm across her daughter's shoulders. "We haven't, have we? Time to change that."

Jess frowned, "What about your studying?"

Anna smiled, "How about we nip into town and get a book on flowers and herbs and see what we can find at the lake? Maybe we'll both learn something?"

Jess mock groaned. "Urgh. More learning. Isn't that what school is for?"

Anna laughed, "Yeah, but I am a cruel mother who makes you learn at home too."

Jess looked surprised. "Yeah. Shame that."

Anna hooked her arm round, dragging Jess close. "Now, let's make some dinner."

"What? Both of us?"

"Yup, the learning starts now."

Jess beamed. "I think I can take it."

As they walked into the kitchen, Anna could have sworn she heard Bethan's rich voice and the scent of flowers on the breeze.

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Moon Images from Joelle's Sacred Grove. Lake image from [www.fishdevon.co.uk](http://www.fishdevon.co.uk) Flowers images from [www.kriyayoga.com](http://www.kriyayoga.com).

Rivers know this: there is no hurry. We shall get there someday. ~A.A. Milne

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**Book Class**  
By TristÅ & Lionfirestone  
**Young Foundations**  
**Class A**

**PreK—Early Elementary (approx. Ages 3 - 7)**

*Parents - This book unit is designed to last for the entire month. For younger kids you may want to reword or simplify the story so your child can understand and stay interested enough to hear it. The story should be read to the child several times throughout the duration of the class. There are many things offered with the story to enhance their learning experience. Feel free to do all, pick and choose, or add 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 2**

**Fortune and the Wood-Cutter**

**The Brown Fairy Book by: Andrew Lang**

**Lesson:** Getting things without working for them brings problems

**During Reading Activities**

Several activity ideas are listed below to keep them busy while you are reading the story. The activities will enhance the lesson and/or story.

- Have your child be the man in the story and cue them when they are to repeat his saying "I will not leave my bed until fortune comes to me." This will not be exactly in the words, however, if you change the words a little when reading quotes from the man these words can fit in comfortably before, after, or even during what is written in the book.
- Draw a large circle on a piece of paper and tell them this is a coin that was in the donkey's bag. Allow them to design the coin however they want. For the more creative or quick drawing child you may want to provide glitter, markers, or other craft material to aid them.
- Give them a sheet of white felt (the one's cut the size of paper or larger) and some markers. Allow them to decorate the felt as they see fit. When done poke holes all around the edges (and in each corner) with a hole punch and allow them to take a piece of yarn and weave it in and out of the precut holes. Tie off the ends so they can't slide back through and show them how to pull the strings to make it into a bag. An extension of this would be for you to get the bag and fill it with the chocolate coin candy without them noticing and setting it in front of them for the next reading of the story. They will enjoy eating a treat while listening to the story.
- Give them a lump of clay or salt dough and allow them to make it into the shape of something they connected with in the story (the man, the mule, the neighbor, etc...). If your child is creative they can use this for several stories making a complete scene in the end.

**Role Playing**

Do some role playing activities to enforce the lesson of the story. Be sure to help them not only feel, but to understand this month's lesson. Try using the ideas below or come up with your own.

Pretend you wanted a toy that a friend had. You set a spell to get the toy instead of working for it. You end up with the toy, but now your friend is sad and does not want to play with you anymore. How would that make you feel? Was the toy worth losing a friend?

Pretend you are the wood cutter and the Sultan comes to your house looking for his treasure. What would you say to him?

Pretend you are the Sultan how would you feel when you find out your treasure is missing?

Pretend you find money on the ground, what should you do?

**Finish the story....**

What do you think happened next, each time you read the story you and your child can create an additional ending. This will give you the opportunity to discuss how the woodcutter did not work for the found treasure, that actually belonged to someone else. And what about the neighbor, was it ok for him to trick the woodcutter?

Open ended questions will help prompt different responses from your child. If possible, record the endings you create together so your child can hear their story.

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## Book Class

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 2

## The Prince & the Dragon

The Crimson Fairy Book by: Andrew Lang

Lesson: Be honorable in everything that you do

Is it possible to be honorable when you get angry? Here is a Ritual for changing anger

Cast your circle, and light your incense. Acknowledge your journey to a space between the worlds where you can be calm and direct your anger energies positively. Take as much time as you need. Breathe calm deep breaths, to help you ground and center. If you are very angry, do not move forward with your ritual until you are able to stop crying or shaking. Light your center candle to honor the God and Goddess. Ask the God and Goddess to change your anger into healing shield energy, to be sent to the persons that need it. Visualize this happening, see your anger change. Then ask the God/dess to take what is left of your anger energy and change it into loving understanding to be sent to those who need it. So they can understand that love is the law. When your incense is burned out, thank the God and Goddess (and anyone else you summoned) for their guidance and help. After you have taken down your circle, give yourself a few more minutes of quiet time. Write in your journal about everything that happened. \*\*Here is a substitution for the visualization, stand in the middle of your circle and state what is making you angry and how angry it makes you. Stomp up and down, if able, shout. When you have raised your energy level fall to the floor and put your hands flat on the ground, let your energy go through your hand and back to mother earth. Before you get up, state what you want to happen and how you want to feel.\*\*

### Choosing between what is right and what is easy...

Is harder than it sounds. As pagans we are faced with that reality everyday. Why do people throw trash on the ground instead of putting it in a trash can? For the same reason people lie, or bully others...because they think it is easier than doing the right thing. But is it really... as you read through the story think about how things might have been different if the prince had just done the easy thing instead of the right thing. Write some different endings for the story based on things you've changed, be creative and have fun with it. You could even make your own "choose your own adventure" for your parents to read.

### My Code of Honor

Research the words Honorable and Chivalrous. How do you feel about what you've discovered? What other words do you know, that have the same meaning or describe similar traits?

The prince was able to act honorably even when he was doing something he didn't really like, slaying the dragon. Think of ways you can act honorable or chivalrous.

To make your own Code of Honor, write down your ideas of what honorable or chivalrous actions are. Discuss your list with your parent or adult pagan instructor. Between the two of you, make the list into a Code of Honor. You can then write your code on a piece of poster board or a large sheet of paper. You can decorate your Code anyway you wish, you may even choose to cut it into the shape of a shield. Find a place to display your Code of Honor, where you will be able to see it daily. If you leave some room, at the bottom, you can always add to your Code when ever you feel the need.

### People I know

We all know someone who displays honorable traits. Make a list of people you know who act honorably. Discuss your list with your parent or adult pagan instructor. Pick one or two people from the list and talk to them about how they act honorably. What challenges do they face and how do they overcome them?

Parent - Make a list of people from history who acted honorable, even in the face of persecution. With your child, research some or all of the people on your list. Discuss how they were able to do the right thing, even though others treated them badly. Be creative in the formation of your list. If possible use individuals from your own family tree.

### What would you do?

Parent - You could use this lesson to create scenario cards for your child. Scenario cards create the opportunity for open dialog and discussions about making the right or honorable choices in difficult situations. Scenario cards will also allow you to bring situations from