

Pagan

# Moonbeams

Planting the Seeds of Growth and Enlightenment

NEW BEGINNINGS



© Pagan Moonbeams 2008-2009 Artist: Betty Southerland



# Staff Shorts

A little note to the readers' from our small staff. *Staff listed in Chronological Order.*

## TristÅ

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

The world is changing into a warmer suit of clothes as it prepares for the new year. What a great time to step back and take a good look at the place you are standing. Make time to begin again as the new year comes around; it will add a sense of relief and refreshment, accentuating a great energy that has been sleeping. Enjoy your energy!

## Laura Shadley

*Editor since: April 08*

Autumn has always been my favorite time of year. I am never more alive than when I feel a chill in the air, the leaves complete their journey, descending into darkness and I can retreat inside myself to explore the mysteries that await.

Something Awakens inside. Seeing beyond the veil reveals secrets of the Universe. A Truth Undiscovered. Offering a New beginning. Moving me forward.

## Mandi Aumann

*Writer & Admin. since: July 08*

New beginnings always terrify me: the fear of making the wrong choice, or even following the wrong path, for instance. Perhaps, the bigger fear is the fear of having to start over, again. Fears are ok, but letting them control our lives and our choices is not. We must remember to own our fears and always push forward.

## Raven Moonshadow

*Editor since: Aug. 08*

Samhain, a time for reflection and of new beginnings. In my personal life, recently, there have been many endings and recently some large new beginnings. While I have embraced these changes, I have taken some personal time for myself. My section, Special Pagans, as well as the flashcards, will return next issue. Blessings abound.

## Pandora

*Editor since: Dec. 08*

As the wheel of the year spins, I find that my "Spring" cleaning didn't stick. I got distracted with that favorite of feelings: Love. So, not to worry: Pandora hasn't lost Hope for yummy foods. I just need to remember where I put that box! Blessings to you and all of your Loved Ones!

## Lionfirestone

*Writer since: Jan. 09*

Happy Fall Everyone

It has been a great year with MoonBeams.

I look forward to many more.

Blessings

## Betty Southerland

*Graphic Designer since: Oct. 09*

This year, I will be blessing my new work with *Pagan Moonbeams* and setting an extra place at my table for ancestors and spirit friends. My son and I will also set out a bowl of milk and honey for the fairies, though I am sure my cats will get to it first!

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OCTOBER 2009  
“New Beginnings”

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# News

by TristÅ

## Pagan Census

The birth of Pagan history may be going on, as you read this. Headed by Helen A. Berger, the second Pagan census started making it's rounds the middle of last month. She ran a similar census over 20 years ago and even wrote a book about the findings. This time the survey will be for everyone, not just Pagans in the USA.

The census is often used when the writing of history is taking place and this recent census will be no exception. Everyone is very anxious to see what changes have taken place within the two census within the Pagan world, even though not all of the original questions are in the new one.

### The Questions

Take a look at some of the questions that were on the Pagan census. Discuss how the answers to them could aid in the writing of Pagan history.

What is your race?

What religion were you raised in?

Do you attend Pagan festivals?

What is your religion or path?

Are you a member of a Pagan group?

Are you a vegetarian?

Are you a vegan?

Are you an open Pagan?

Do you believe in violence?

Take time to answer these questions or make a list of questions that you feel like would be of importance for writing Pagan history.

## Cool Link

Dr. Donn operates a great secular history website offering both free and sale supplements and curriculum. The site has very precise information.

A great link to celebrate the upcoming holiday: Samhain covering the high day and the people that started those celebrations can both be found on the site.

Check out Dr. Donn's Samhain celebration section:

<http://holidays.mrdonn.org/samhain.html>

## Name the Section Contest

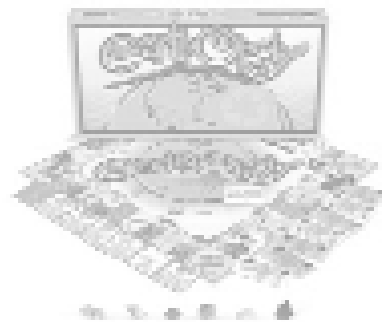
Pagan Moonbeams has added a new section and needs your help naming it. The winner will receive an Earthopoly game.

The section will concentrate on one serious eco-topic each month. It will discuss all angles of the issue, including it's problems, and offer solutions as well. The staff will even show how they are going to change things on their end to better the situation. Readers are encouraged to write in with their own opinion and be able to share it with Pagan Moonbeam readers.

Winners will be chosen by staff members through a voting system and contacted through e-mail. The game will be sent from the company, directly to the winner's home.

Be sure to check out next issue to see the name of this new section. We hope to see your entry there!

Mail entry to: [Paganmoonbeams@yahoo.com](mailto:Paganmoonbeams@yahoo.com) .



## Use seeds for game pieces and a penny as a die.

1. Players take turns flipping the penny to determine how many stepping stones they can move.
2. Each player will move their seeds according to the side of the penny (heads=2 stones, tails=1 stone)
3. As person lands on a space, they are to say, out loud, one thing that could be used or done to aid in beginning again.
4. Winner is the one that reaches the finish line by landing on or passing over it.

There is no certain time when one ventures into new beginnings. See if you can find the most frequent times listed below in the word search puzzle.

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

## Color Correspondences

Red: gives extra energy  
Pink: reduces stress  
Blue: reduces inner pain  
Green: rebuilds strength  
White: brings good behavior

## New Beginnings Rainbow Collage

What you'll need:  
Paper to glue things onto  
glue or paste  
old magazines  
crayons or markers  
safety scissors, or a grown-up to cut out the pictures

**Craft:**  
You'll be creating a rainbow, using pictures. These should be pictures of what you'd like to see the new cycle of the year bring. Cut them out of old magazines, that a grown-up says is ok to cut from. You can even draw in some pictures, too! Just make sure that your pictures are the right colors, and grouped together by color, too. Glue or paste them to your paper; draw in any pictures you want to add. After the glue has dried, you can even add a sky, with a sun, clouds or even birds, too!

## Rainbow Pennant

**Needed:**  
Scraps of material (white, pink, red, blue, green)  
Large safety pin not too large to fit in your pocket

**Procedure:**  
Demonstrate how to open the safety pin and affix it to a scrap of material

Continue doing the procedure as they get the different colors or now, if getting them all at once.

## Rainbow Bracelet

**Needed:**  
Beads (white, pink, red, blue, green—may need several of each color)  
String or elastic band

**Procedure:**  
Make a loop big enough to fit over your wrist using the string or band. If making it in steps, spread over time, be sure that it is secure but easy to take apart and put back together, so beads can be easily added.

As beads are added to the bracelet take it apart and be sure to secure it back as it was before. If you are using more than one bead of each color, be sure to put all of each color at the same time

# Wee Pagan Rainbow Walks by TristÅ

*The following coloring page can be used during the reading of this story to help with inspiration and hold attention.*

In a small town, near the center of a state, lived a Pagan family who followed the Norse path. Both the father and mother worked at a local place. There were two children in the family. A tall boy, named Danr, spent most of his time practicing sword-fighting with a stick and bail of hay. A taller girl, by the name of Jora, could always be found molding clay into almost anything. Each evening the family would spend lots of time together before they had a family meal.

When autumn came, things in the house changed. The mother and father worked longer hours and were not always home. The children went through a major change, too, because their grandmother, whom they called Grans, came to live with them. Grans was not as happy as Mom and Dad and she didn't have the same rules they were used to. It didn't take long for Danr and Jora to become unhappy. Danr did not play with his stick swords. Jora did not make anything out of clay. Both kids rarely smiled.

It was around this time that Danr and Jora's parents started rainbow walks with them. The first rainbow walk was into a meadow where you could see green for as far as you looked. There, Danr was given a safety pin with a small piece of green cloth on it. Jora was given a bracelet with a single bead of green on it.

The kids were told that green would help them rebuild their energy when they felt tired. It would also take the past energy from them and give them fresh energy to go on. Jora said she did not understand what that meant, so her mother explained it to her.

"See, when you are facing the same thing over and over and become tired of it, the color green can take all that tired energy from you. Jora, when you have to do your chores each day and some of Danr's, too, you get tired of them. Touching the green and looking at the color can take all that bad energy from you so you can start the next day with new energy to do it without being tired of it." After her mom had explained it this way, she understood what it meant and so did Danr.

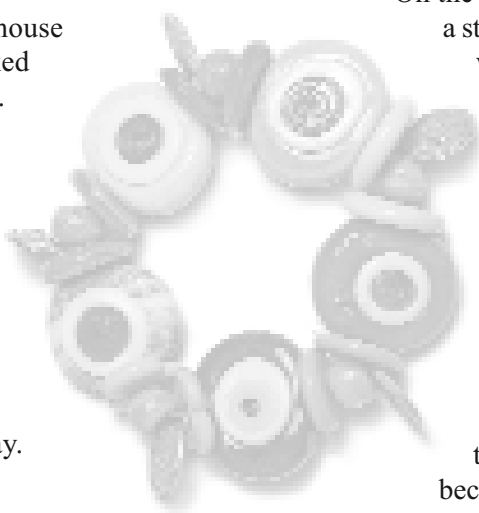
Jora kept her bracelet on, all the time. She would sometimes hold the green bead and close her eyes, as she let all of her tiredness go into the bead. When she would open her eyes and look at the color, she would be fresh and wide awake. Danr would always put his pin with the green material on it into his pocket. He would pull out the cloth when he needed to not be tired anymore.

On the next rainbow walk, the kids were taken to a stream of cool, clear water. They stood in the water while they received the next color; it was blue. As Jora put her blue bead on her bracelet, she was told that it would make pain lessen. Danr was extra happy when he was given his piece of cloth because he went to bed each night in pain, since it wasn't his father tucking him in.

When the first snow fell, the kids were, again, taken on a rainbow walk where they each received the color white to add. This was their favorite color of all because it would help turn bad behavior into good behavior. This was really handy when Danr would move around a lot when he was to be sitting still. Danr would just think of what he was doing as he held the white piece of cloth, then look deep into it until it seemed to look just like the snow. Then he would feel better about sitting still and be good again.

Jora and Danr became very excited and happy to take the rainbow walks and loved the new colors that they received. It wasn't long before they'd received all of the colors in the rainbow and they were much happier kids. Jora began working with clay again and even came up with much better pieces. Danr had become quite the swordsman, and was even allowed to play sword-fight with his father, every once in a while.

Both the kids began to handle the situation at home better and it didn't seem so hard to them anymore. Grans, Dad, and Mom joined the kids, often, on new rainbow walks. In fact, many people of the town had seen them walking around with colors following them.







# Young Pagan Herb Focus

by Lionfirestone



We have talked a lot about different herbs and how they can help you, but how much do you know about the plants that are all around you? Whether you live in the city or the country or in a house or an apartment, there are plants that are native to where you live. When I decided to start learning about herbs and plants, I felt very confused. I did not know where I should start or what I was going to need. I decided that before I went out to buy anything, I first wanted to know about the plants in my own yard and in my neighborhood. So, I went to the library and checked out a few field guide books. The best thing about library books is you can check them out over and over again and they are free (as long as you turn them back in, on time).

I thought for the next few issues we would discuss starting our own field guide, easy ways to collect local herbs, and growing your own herbs. We are also going to cover safe herb storage, which will be done with the help of your parent or adult pagan leader.

## Here is what you should do first:

1. Talk to your parent or adult pagan leader about taking a trip to the library to check out a few field guides for your area. Try to pick 2 or 3 field guides that have different plants in them. This gives you a better chance of identifying plants in your neighborhood. Field guides will be in the general sections, not the children's section.
2. Get your self a 3 ring binder with loose leaf paper or a spiral notebook to keep your herb and plant information, as well as something to write with.
3. If you have a magnifying glass and a camera, they can be used in the identifying process.
4. Ask your parents if they can help you save glass jars with tight fitting lids. Pickle jars, sauce jars, and jelly jars work very well. When you are finished using it, wash it out really well; then let it sit out, with the lid off until the lid of its previous contents. (There is nothing worse than pickle-smelling cinnamon).
5. Before you begin investigation of any plants where you live, talk to an adult that is responsible for you, first. Make sure they know where you will be and what you are doing. You might even want to ask for their help in taking pictures of the local plants you find, so you can match them to your field guide. (\*\*Also make sure to look out for poison Ivy, oak and sumak. Their oils can stick to your clothes and then spread everywhere your clothes touch. Poison Ivy has a tricky habit of blending in with its surroundings. I have looked at hundreds of pictures of poison Ivy and I can't tell the difference from the plant next to it. So I follow the rule: if it has a leaf cluster of 3 leaves, leave it alone until you know for sure what it is.)
6. If possible, try not to pick any flowers or plants until you know more about them and the best way to take a sample without destroying the whole plant!

Start with one or two plants that are in your own yard or very near to where you live. Write down as much as you can about the plant you see and use your field guides to identify the plants you have chosen. Then, you can use the



internet to look up more information about the plant. Look at several different sources to make sure that everything you record in your notebook is as accurate as possible. Every plant has a use, even if it is not for eating or healing. I found out that one of the plants in my yard was a natural flea repellent.

## Herb Focus: Where to go when you have questions

**The Farmers Almanac** Yes, I am serious. For those of you that are older, you may want to ask your parent or adult pagan leader to buy you a Farmers Almanac (they are around \$7.00), or maybe you could help out around the house to earn some money to buy your own. For our younger readers (and our older ones, too) you can ask your parents to go to [www.almanac.com](http://www.almanac.com) and, for free, you can sign up for the weekly newsletters; there are lots of things to look at, on the site. I love my almanac. In fact, I use it more than my witch's date book. They also have great articles. Some **libraries** keep older copies that you can view there.

**Field Guides** come in a wide variety. I happen to like Peterson Field Guides the best, but you need to find the one that you like. Every library should have some kind of a field guide, or at least give you the ability to borrow one from another library. Some bookstores also have book rental programs; an adult will need to look into this for you.

**The local Nursery** is a great place to get information about native plants and easy-to-grow herbs. If your parent or adult pagan leader is willing to take you to the local nursery, call before you go to find out the best time to ask questions. Some nurseries also offer classes on gardening, that either charge a small fee or are free, and most are open to all ages.

**The Internet** is full of information, but not all of it is correct. When using the Internet to look for facts, I suggest looking at a few different sources, and checking where those sources got their information from. I notice, quite often, that 5 or 6 pages I look at, for something, all copied their information from the same, single source.

**Your Pharmacist** will have a knowledge of plants and herbs that are useful to use and grow. You might want to consider making a list of specific questions for the pharmacist, and you should call to schedule an appointment to ask questions.

You may also know someone that has knowledge about herbs and plants, who would be happy to share their knowledge with you.

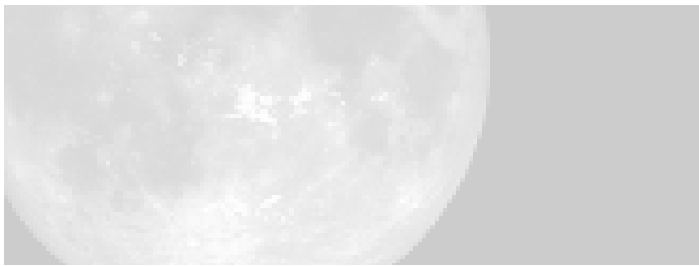
Some New Age or Occult stores offer classes throughout the year that are open to the public, for a small fee. You may have to have an adult with you to sign up and attend one of these classes.

Book stores often carry herbal books, but they can get expensive. Before you decide to purchase a book, do some research on the author: see what their level of knowledge is and check out their resource list to see where they got their information from.

# Correspondence Journal by Mandi Aumann

## New Beginnings

When we talk about New Beginnings, we are also talking about the ending of something else. Sometimes, we feel we just need to start over. Other times, a cycle of life has come to an end. Fall marks the end of the growing season for Mother Earth. Summer marks the end of a school year. Yule marks the end of the dying season, and the start of hibernation, ready for the growth of Spring. Times of new beginnings are not always the same, but the beginning of a new year, whether it's a religious year or a calendar year, is the most popular time for people to think about things that are going on and making a new start. Here are some things that can help you focus on your new beginnings.



**Moon phase:** When planning a working for a new beginning, it is best to start with the time of the moon. If you want to honor the thing that is ending, you'll want to do your working on the last day or two before the New Moon. If you want to celebrate the start of something, your working should take place as the moon starts to show in the sky again, or anytime while the moon is growing to Full. You could also plan something that repeats each day, until the Full Moon to give it more power.

**Keywords:** Words to focus on, while you plan for your beginnings are: rebirth, beginnings, and growth. Use these words for visualization, meditation, or include them in a short chant. Look them up in a dictionary, or draw a picture for yourself that helps you visualize what they are all about.

**Tarot cards:** Tarot cards are full of symbols and representations. While the Death card can be scary, it is important to remember that without death (the end of something), there can be no birth (the start of something). Any Ace cards represent the beginning of the cycle of life, and Twos represent the balance necessary for growth. Plants need a balance of sun and water in order to grow, as well as healthy soil. People need, amongst other things, a balance of physical food and spiritual food, to grow. If you are focusing on the ending of something, you might also want to look at the Nines and Tens, as they represent the end of the life cycle. Other Major Arcana cards you might want to learn about include: The Magician, The High Priestess, Strength, The Moon, The Sun, Judgement, and The World.

## Other correspondences

<b>Numbers:</b> ones (individuality, independence), twos (balance), nines (mastery, completion)	<b>Colors:</b> green and light green (Earth, for growth), yellow (air, for swiftness), oranges and reds (fire, for motivation and inspiration)	<b>Foods:</b> mushrooms, potatoes, sweet potatoes/yams, any foods that grow underground or hibernate over the winter	<b>Flowers:</b> tulips, lilies, iris, any flowering tree, any bulb plants that hibernate over winter	<b>Days:</b> Saturday, Sunday, Monday; or any day that, for you, means the beginning of a new week or the end of an old week
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# Young Pagan Starting Over

by Mandi Aumann and TristÅ

Sometimes, we feel like things just aren't going our way. Something that we're working on gets harder and harder to do, or we get confused about what it is we're trying to do. So, how do we clear our minds, so we can get back to the beginning?

A great way to do this is to stop, and take a breath. Take your project to your altar or sacred space.

Now, get a clean bowl and fill it with fresh water. You might also want to include some herbs or spices from your kitchen to help refocus your project—see the sidebar for some ideas—but be sure to bless it, in the next step.

In your sacred space, make holy water by blessing your water and some salt, then combining the two. Now, with your hands on your project, meditate on it. Think about



what you want the final project to look like, or to feel like, or to be. Visualize the cleansing nature of the water. You are essentially giving your project an energy bath. Imagine how clean and fresh it will feel when you're done!

Next, think about what needs to be different in your project. Picture it in your mind. If you're using an herb or spice, sprinkle some of the herb or spice into your holy water. Stir the water with your finger or wand. As you stir it, picture the energy of the herb or spice mixing into the water.

Place your hands over the bowl and picture the new energy of the water. Imagine that energy growing out of the water and absorbing it into your hands. When your hands are full, place your hands over your project. Picture the energy now moving out of your hands and into your project.

When you've transferred all of the energy into your project, thank the gods and goddesses for being a part of your work. Be sure to ground and center, by eating and drinking something in your sacred space. You can keep your bowl of energized water with you when you work on your project. You might prefer to put it into a bottle of some kind, so it doesn't spill—just be sure to bless the bottle with the energy you need, as well (try old prescription medicine bottles, herb & spice bottles, food coloring or food flavoring bottles, etc.).

## Some New Beginnings

- making a gift for someone
- reading a book
- writing a story
- cleaning your room
- drawing a picture

## If your project is . . .

Slow or stopped . . . use cinnamon to jump start it  
Confused or muddled . . . use salt and pepper to clarify  
Weak or wimpy . . . use rosemary for strength  
Stuck . . . use thyme for inspiration  
Boring . . . use chili powder to spice things up  
Sour or full of mistakes . . . use sugar to sweeten  
Too exciting . . . use parsley to mellow it out  
Moving too fast . . . use oregano to slow it down

## Making A Cabinet

Begin creating your own magickal cabinet by taking some old cereal boxes. Simply tape the top and bottoms well, and then cut off the front of the box. Cut out a strip as wide as the side of the box and secure it in the middle of the box. Add some paint, contact paper, or shelf liner to the outside and adorn it however you want.

Catch those old spice containers that are to be thrown out and clean them well. Cleanse them, preferably under your favorite moon phase. You can then fill them with the herb, spice, or item of your choice. Label and place the whole thing, as a permanent fixture, on your altar or special place of your choosing.

To keep up with things, be sure to change the contents of your containers, as necessary, to ensure that they are not out-of-date, spoiled or welcoming negative energy into your magickal cabinet.

# Mineral Focus

by Lionfirestone

The Greeks identified the sapphire with Apollo, and the stone was worn when consulting oracles, such as the famous Oracle of Delphi.

It was also worn to banish envy, to promote positive social interaction and to reconcile with foes.

The sapphire can be worn during meditation or contemplated upon to expand wisdom and promotes peace.

The sapphire is also believed to guard its owner from captivity.

Once thought to “scare devils and evil” away, today it is worn in protective jewelry and during rituals designed to return negativity to its sender.

An ancient work by Bartholmaeus says: “also wytyches love well this stone, for they wene (ween, “believe”) that they may werke certen wondres by ver tue of this stone.” It is worn and utilized in rituals to strengthen the magician’s ability to tap into and send forth power.

In early ceremonial magic, the image of an astrolabe was engraved on the gem to increase wealth. Star sapphires are considered to be more potent, magickally speaking, for all uses.

Sapphires also have uses in everyday life. The Ruby—or red sapphire—was used in the first laser beam ever created.

Slivers of sapphire are used to strengthen tempered glass and storm glass.

NASA uses rubies, along with other gemstones, to measure the ingredients of Solar waves in outer space.

Currently, it finds favor with those involved in litigation and legal matters, possibly because it banishes fraud. The stone will work only if its wearer is in the right.

Nowadays, the sapphire is classified by its color in the gem trade (i.e. green color sapphire is “Green Sapphire”). Colorless sapphires are usually called “White Sapphire”.

The “oriental” prefixes are not used anymore, but they are still occasionally seen. Below is a list of all the “oriental” sapphires:

Oriental Topaz - Straw yellow, gem quality sapphire  
Oriental Emerald - Light to dark green, gem quality sapphire  
Oriental Amethyst - Violet to pink, gem quality sapphire  
Oriental Peridot - Yellow-green, gem quality sapphire  
Oriental White Sapphire - Colorless, gem quality sapphire  
Some other (rarely used) variety names:  
Australian Sapphire - Dark blue to nearly black sapphire  
Bengal Amethyst - Purple sapphire  
Blue Alexandrite - Synonym of color changing sapphire  
Burma Sapphire - Synthetic, laboratory-grown blue sapphire  
Burmese Sapphire - Synonym of Burma sapphire (above)  
Ceylon Sapphire - Light blue sapphire  
Indian Topaz - Yellow to yellow-brown sapphire  
King Topaz - Yellow to yellow-brown sapphire  
Rose Kunzite - Synthetic pink sapphire  
Star Topaz - Yellow star sapphire  
Ultralite - Blue sapphire

## Mineral Focus Sapphire



**Color:** The most common sapphire color is blue, but it also comes in yellow, pink, and orange. A rare orange-pink variety, known as padparadschah, is even more valued than blue sapphire. And a red sapphire has been known as a ruby.

**Chakra:** Throat and Third Eye

**Healing Properties:** The sapphire is utilized in healing the body, especially the eyes, which are strengthened by its presence. It is believed that it may help reduce fevers and, when pressed to the forehead, halt a nosebleed.

**Magickal Properties:** This stone is worn to stimulate the third eye for the purpose of expanding psychic awareness. The ancient Greek practice, mentioned left, seems to indicate that even they were aware of the sapphire’s ability to tap into the subconscious mind.

**Element:** Water

- Sapphire was first synthesized in 1902. The process of creating synthetic sapphire is known as the Verneuil process. Only experts can distinguish between natural and synthetic sapphire.
- Sapphire is the birthstone of September.

# Teen Pagan Middle Magick by Pandora

## Incorporating Moon Phases into your Magickal Workings

It is important to note that regardless of what you are doing in your mundane and Magickal life, you will always encounter New Beginnings. These can be as simple as waking up to each new day, to the complexity of moving to a new town, and everywhere in between! Some of these you have some control over, and others are beyond your' control, perhaps.

As we've all long since learned, by now, everything has to continue the cycle of ending one thing only to begin anew with something else. The cycles of the seasons, the cycle of the year, each of your birthdays....

That's right! Your birthdays each symbolize leaving something behind you (your last age) and beginning something else, entirely new (your new' age)! Even the Sun and the Moon go through these phases.

It's the Moon's phases that we are going to discuss, here, and how they can be incorporated into your own Magickal workings. You'll see that they'll likely have a stronger impact if you incorporate the Moon's phases into what you're currently working with, magickally.

In their simplest forms, most people look at the Moon as having 4 phases:

Full  
New  
First Quarter  
Last Quarter

Full and New, or Dark, Moons are pretty much self-evident. But which one you personally consider the beginning will define which Quarter YOU define as First or Last. You could talk to ten different people and get any number of responses. As long as it makes sense to you, and you're consistent with which is which, then the name of the Quarter will always be the same.

As for New Beginnings, the Phasing of the Moon itself is what we're going to concentrate on. As the Moon grows from Dark to Full, it is considered to be waxing. As the

Moon shrinks in size, from Full Moon back towards the Dark Moon, it is considered to be waning. (The easiest way for me to remember which each one is is by using the middle letter of each word. The "X" means that the Moon's light is eXpanding, and the "N" tells me that the light is becoming None. It's kind of silly, but it totally works!)

The waxing Moon is when you'd want to do Magickal workings that are geared towards increasing something—as the light of the Moon increases—or drawing something towards you, perhaps increasing your comfort toward this New Beginning, if you're feeling a little wary of the coming changes. It isn't for increasing your allowance from your parents, though, unless you plan on doing some extra work to help. And remember, the results are usually not immediate.

The waning Moon, on the other hand, is when you'd want to work towards a goal that requires the removal of something; these could be obstacles that are between you and a goal, maybe even writer's block! Back to feeling wary about that change; you could work your magick for lessening those feelings of unease.

So, you see, you can work for the same basic effect during any time of the Moon's cycles. It's all in the perspective you use.

Now, here's where the work comes in, for you. You didn't think you'd get away with just a few pages to read, did you? I promise, it won't be too hard; you'll learn more, doing a little research on your own. You can

use the Internet, books and even talk to Pagans that you know and are comfortable talking with.

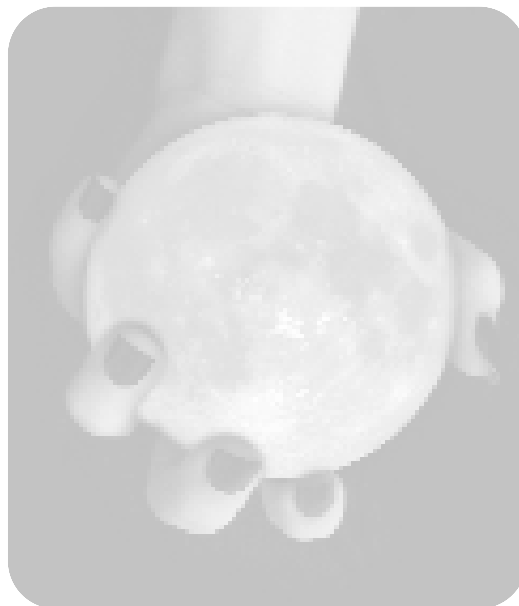
Answer these questions:

What information can you find about working with the New/Dark Moon and with the Full Moons?

Is there a benefit to working with the Waxing or the Waning phasing over its opposite? If so, what is it?

When would you want to do any Magickal work over the course of multiple days?

Be sure to put any information you find to be important into your journal. You'll want it for reference, later.



# Green Pages

by TristÅ and Laura Shadely

Welcome to our new Green section. In this section, each month you will find ways to reduce your carbon imprint with Green tips; Reduce, Reuse, Recycle; interesting news on what's happening out there in our world today; and Green Terminology. Finally, my favorite: Be The Change, where TristÅ and I will get in and get our hands dirty by making changes in our own homes and communities, one step at a time. We will update you on our progress and choose what changes we want to make next. We hope this will encourage you to learn more about our impact on the environment and begin making your own changes.

## October Topic of the Month: Toilet Paper

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A virgin forest is where the  
hand of man has  
never set foot.  
Author Unknown

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We thought it would be cool to include the changes we're planning to make in our own homes or communities. Each month we will let you know what steps we are taking and update

you on our progress. Please encourage the adults in your life to make small changes in your house or even in your town! No step is too small to make a difference. Be the change!

### TristÅ

At my house, I plan to buy single-ply toilet paper and use the least amount possible, each trip to the bathroom, by counting the squares. Also, being careful to hang it where it dispenses forward rather than behind. Apparently, this helps us to use less.

### Laura

Now, I have replaced my regular tissue with 100% recycled tissue. Now I plan to see how we can use less. I will also recycle the package and reuse the cardboard tubes.

### Green Tips (by Laura)

- Switch to toilet paper that is 80-100% recycled.
- Buy toilet paper in bulk. Not only will it save paper, it may be cheaper.
- Recycle the packaging.
- Reuse the cardboard tubes. You can use them to make cool projects or for many practical uses.
- Simply use less!

## REDUCE

Obviously using less toilet paper each visit to the bathroom makes sense, but have you ever counted the amount of squares you actually use? Try counting how many you are currently using and then reduce by one sheet at a time until you reach an amount that is comfortable for you. You may find that you are going through a lot less rolls, which not only helps the environment but also saves \$\$.

## REUSE

### T.P. Bird Feeder

#### Supplies needed:

Empty toilet paper roll,  
creamy peanut butter  
butter knife, yarn or fishing line,  
birdseed, a plate, a pencil.

Use the pencil to poke two holes in one end of the toilet paper roll. Cut a 6-inch length of yarn or fishing line, thread it through the holes and tie a knot. This makes the hanger. Spread the peanut butter all over the outside of the T.P. roll. Pour 1/2 to 1 full cup of birdseed onto the plate. Roll the peanut butter covered tube in the birdseed until the entire surface is covered in seed. Hang your feeder in a tree and watch the birds come for their treat!

## RECYCLE

Although toilet paper is not recyclable itself, you can recycle the packaging, and the cardboard rolls it has been put on. Using Recyclable Toilet Paper is always a good choice.



## Steps to Toilet Paper

1. Trees are debarked and chipped into very small pieces.
2. The pieces of wood are then mixed with water and chemicals to make pulp slurry and then cooked.
3. Pulp slurry then goes through a multistage washer system removing unwanted things (cooking chemicals, black fluid, etc)
4. The next step is to a bleaching plant where it will go through many chemical washes to become white.
5. The pulp is once again mixed with water and run through mesh screens to drain water out. The pulp ends up in 18 ft. sheets.
6. The sheets are then transferred into a large dryer, until the mixture is less than 5% water. The sheets of waterless fiber are then quickly scraped off screens with metal blades, to soften it.
7. The sheets are then rolled onto a cardboard roll by a machine. The paper log is then cut into household-sized rolls, packaged, and then shipped to local stores.

## Steps to Recycled Toilet Paper

1. All paper is prepared for recycling (staples removed, paper clips, etc) and placed in vat (all colors & thickness)
2. Paper mixed with hot water and detergents. It melts down into pulp slurry and is continued until it is at its most liquid form.
3. Loose Pulp slurry is taken through a series of screens to remove paper additives (coatings, ink, etc). Peroxide is added to make the slurry white.
4. The mixture continues through another set of screens to remove water from the mixture. The sheets of matted fiber are then put into a dryer to finish removing all water.
5. The sheets of waterless fiber are then quickly scraped off screens using metal blades to soften it.
6. It is now rolled onto cardboard tubes by a machine. The rolls are very long, so they are cut into proper roll sizes.
7. Rolls are wrapped and transported to your local store.

## TP Alternatives (by TristÅ)

Toilet Bidet—a small hose that hooks under the toilet seat which can be triggered to shoot out a small amount of water. It is the idea of using water to clean with instead of paper. These can be electric or made to operate without electricity.

Flushable wipes—there are many brands of these wipes available today. Most of them have a grave impact on the environment, many more so than toilet paper does. There are some eco-friendly kinds that are biodegradable, light to nil on fragrance and dyes, break down germs, and safe for the hands, which is a very smart buy.

## Dissecting TP (by TristÅ)

Have you ever really had a look at the differences in the TP that you use? Well, let's look at some issues:

Ply—all TP comes in layers, which are labeled ply. 1-ply of course, uses the least amount of paper and the higher you go up in ply, the more resources are used to make it. It also a fact that the more ply TP has, the softer it is.

Softness—toilet paper made from trees is the softest. The more recycled paper that is used, the tougher the toilet paper is. There is nothing saying that you have to have a soft tissue to wipe your backside and, in the past, many people have used many rough things to wipe with.

TP Lint—all kinds of toilet paper contain lint. The softer the paper, the greater the lint. This lint is very fine, and once used, always leaves some on the area that is wiped. Many people have sensitive skin and these fine fibers, or lint, cause allergies to act up.

Coloring—although most tp comes in white there are other colors made in certain parts of the world. The actual coloring of the toilet paper does not affect the earth that much, however, the bleaching of the wood chips used to make it damages the environment tremendously. Bleaching is done for all white and several other colors of tp.

Scents— toilet paper that is scented can cause respiratory problems with the people that are allergic to it, as well as asthma problems. The environmental problems are added to by indoor air pollution caused by quickly-evaporating organic compounds.



## In The News

Toilet paper may be a small item, however, it seems to be making many waves in the news lately. Tearing down trees to wipe your bum seems a huge price to pay for a little comfort. The problem can be found in many countries; however, the United States seems to be the one with the biggest fight on both sides of the fence.

Take some time this month to research the subject through the news. Below are some of the major news stories for you to find, [as you begin your journey into “toilet paper news”.

- The fight of Greenpeace and Kimberly-Clark
- Canadian Boreal Forests
- Student Soybean & Corn Innovation Contest
- Cuba Toilet Paper Shortage

Check out some of these stories, and get more informed about other ways we waste our resources.

- Scary Toilet Paper in Japan
- The toil
- TP'ing and other useless activities using Toilet Paper
- Toilet Paper Wedding Gowns
- Roadway Repairs using TP
- RSSStroom Reader

## Green Terminology

**Pre-Consumer Recycled** - made from scrap materials laying around the paper mill, not from recycled materials

**Post-Consumer Recycled** - made from recycled materials

**Biodegradable** - Item will break down and return to its natural components, but there is no time limit on this title.

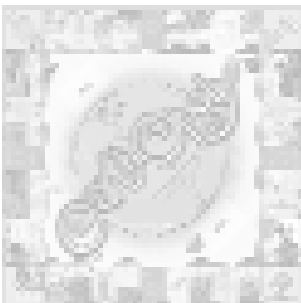
**Chlorine-Free - TCF** (totally chlorine free) or **PCF** (processed chlorine free) are the two types available.

**Recyclable** - means the product is recyclable, check with your area to see if it is recyclable for you.

**Recycled Materials** - check labels well because the word can be used if any part is recycled (wrapper, box, etc)

**Virgin Wood** - Comes straight from trees that were cut up specifically for the product.

Read Your Labels!



*For now this section is called the Green Pages, for lack of a better name. So we would like you, our readers, to write in with some name suggestions. We will pick one that suits this section best and reward the person who sent it in. What kind of reward, you ask? An eco-friendly board game called Earthopoly. You can check it out at <http://www.lateforthesky.com/Content/Product-30-1-239.htm?CategoryName=SPECIALTY-OPOLY&CategoryID=6>.*

*So get your thinking caps on and create a cool new name. Taking your own steps toward a cleaner, greener planet? Why not share your ideas by dropping me an email. [Laura@pagan-moonbeams.com](mailto:Laura@pagan-moonbeams.com)*

# 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!

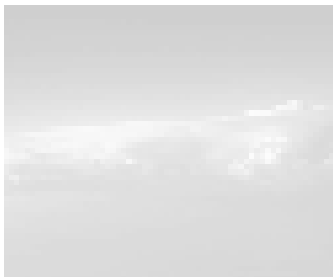
PaganMoonbeams@yahoo.com



## Weather Predictions

Although there are many ways to predict the weather, cloud reading may be one of the oldest. Many ancient Pagan scholars looked into the sky and read what they saw; for the most part, it is a lost art. Today, we are still struggling to do this even half as good as those that walked before us.

There are many different views on cloud reading, today. You and your family may even have your own way of reading them and determining what will come. Whether you do or not, you should never stop learning more techniques and information, in this area. Take a quick introductory class in cloud reading from Randy Sarafan, who parks many classes on instructables ([www.instructables.com](http://www.instructables.com)). Once complete, you will be able to add to your own cloud reading techniques or be on your way to mastering this great art.



## Reading Clouds

Being able to predict the weather by observing cloud formations is a skill that is somewhat lost on us modern humans. Most of us can easily look at a cloud and see the unicorn or ice cream cones, but very few of us can look at clouds and see the approaching cold front.

Fortunately, being able to predict the weather is easier than one may think. The following is some helpful information to get you started. It will, no-doubt, wow and impress you; it will also keep you dry on your next family outing into the great outdoors.

Clouds can easily be broken into four categories. These categories are high clouds, middle clouds, low clouds and clouds with vertical growth.

Clouds are also identified by shape. Cumulus refers to a "heap" of clouds. Stratus refers to clouds that are long and streaky. And nimbus refers to the shape of "rain" because we all know what rain looks like.

## HIGH CLOUDS



High Clouds

High clouds form at 16,000 - 43,000 feet. Basically, these are the clouds that you only encounter on the top of really high mountains or at the cruising altitude of a jet airplane. Due to the extreme conditions at which they form, they tend to be comprised primarily of ice crystals.

High clouds do not block sunlight.

High clouds include:

- Cirrus
- Cirrostratus
- Cirrocumulus



Cirrus

Cirrus clouds are white wispy clouds that stretch across the sky. By all accounts, cirrus clouds indicate fair weather in the immediate future. However, they can also be an indication of a change in weather patterns within the next 24 hours (most likely a change of pressure fronts).

By watching their movement and the direction in which the streaks are pointed, you can get a sense of which direction the weather front is moving.



Cirrostratus

Cirrostratus tend to be sheet-like and cover the whole sky. You can usually tend to see the sun or moon through them. Their presence usually indicates moist weather within the next 12 - 24 hours.



Cirrocumulus

Cirrocumulus clouds tend to be large groupings of white streaks that are sometimes seemingly neatly aligned. In most climates these mean fair weather for the near future.

However, in the tropics, these clouds may indicate an approaching tropical storm or hurricane (depending on the season).

# MIDDLE CLOUDS



Middle Clouds

Middle clouds form at 6,500 to 23,000 feet. They are comprised of water, and, if cold enough, ice.

Middle clouds often block sunlight, but not always.

Middle clouds consist of:

- Altostratus
- Altostratus



Altostratus

Altostratus are grey and/or blue clouds that cover the whole sky. They tend to indicate a storm some time in the very near future since they usually precede inclement weather.



Altostratus

Altostratus are grayish-white clouds blanketing the entire sky. They tend to look like large fluffy sheets in which there is a lot of contrast between light and dark. Sun does not pass through them. If you see them in the morning, prepare for a thunderstorm in the afternoon.

# LOW CLOUDS



Low clouds

Low clouds form below 6,500 feet.

These clouds are the ones that like to hang-around just above tall buildings. These clouds tend to contain water, but can also be comprised of snow if the weather gets cold enough.

Low clouds block sunlight and can bring precipitation and wind.

Low clouds include:

- Stratus
- Stratocumulus
- Nimbostratus



Stratus

Stratus are low-lying solid clouds that are often formed when fog lifts off the ground. They obviously look like an elevated fog. Often they bring drizzle or light snow.



Stratocumulus

Stratocumulus are low-lying bumpy and grey clouds. They do not bring precipitation. They also do not cover the entire sky and tend to come in rows and patches.



Nimbostratus

Nimbostratus is your standard rain cloud. It is a large flat sheet of grey cloud with a little bit of differentiation. If you see these, chances are it's raining outside.

# CLOUDS with VERTICAL MOBILITY



Clouds with vertical mobility

And last, but not least, are clouds with vertical growth which tend to have a base that hangs really low (5,000 feet) and a top that climbs really high (over 50,000 feet).

Clouds in this category include:  
Cumulus

Cumulonimbus



Cumulus

Cumulus clouds are your stereotypical white "cotton ball" clouds. So long as the clouds remain low clumps floating across the sky, there will be fair weather. However, you need to keep an eye on these clouds because any vertical growth can indicate the start of a large storm.



Cumulonimbus

Cumulonimbus are cumulus clouds that have grown vertically into an anvil-like shape. The anvil tends to point in the direction the storm is moving. These clouds bring most dangerous weather such as rain, lightning, hail and tornadoes.

## That's a lot of information. Now what?

Alright, now that we know what the basic types of clouds are, we need to look up at the sky.

Go outside and look at the sky. If there are no clouds in the the sky, then the weather is fine.

Assuming there are clouds in the sky, we now need to identify them.

First, determine if you can see the sun or moon through them. If you can, you are looking at high altitude clouds. If the clouds are thick, then there is a chance of poor weather, a day or two in the future. To determine when the storm will arrive, observe whether or not the clouds appear to be moving. If they appear stationary, it is a slow moving front and probably won't arrive for over a day. If they appear to be moving, the change in weather will be there faster. You can tell which way the storm is traveling by the direction the clouds are pointing.

If you can not see through the clouds, chances are that you are looking at middle or low altitude clouds. First, determine which of the two you are dealing with by observing shape, color and other more obvious signs. Are they covering the entire sky? They may be middle altitude clouds. Do they appear to be grey with a blue tint or fluffy white/grey clouds with a lot of contrast between light and dark? If yes, these are middle altitude clouds and you should prepare for rain within half a day.

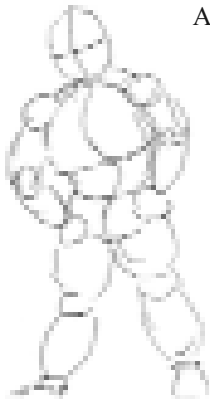
If you answered no to any of those questions, check for low-altitude clouds. These tend to appear low and often engulf mountains and buildings. If it looks like an elevated fog, expect drizzle (if it isn't already). If it is rows of low, dark, lumpy clouds, the weather is otherwise okay, but watch for further developments. If there is a low, dark, grey sheet, it's probably raining. If it's not, quickly go get your umbrella.

If your clouds are low, fluffy, and white—think of cotton balls—in the sky, the weather is okay. However, keep an eye on these for any vertical growth of the cloud upwards into the sky (turning into anvil shapes). These clouds can unexpectedly change from fair weather indicators into violent thunderstorms.

# School Bell Elective by TristÅ

## Cartooning, Pagan-Style

Cartooning, in its raw form, is where a picture is drawn with lines and shapes, images are slightly distorted, and they display a message to the reader. This has basically been around since the cave drawings of the very ancient peoples. Many Pagan ancestors have drawn images that could now be classified under the cartooning title.

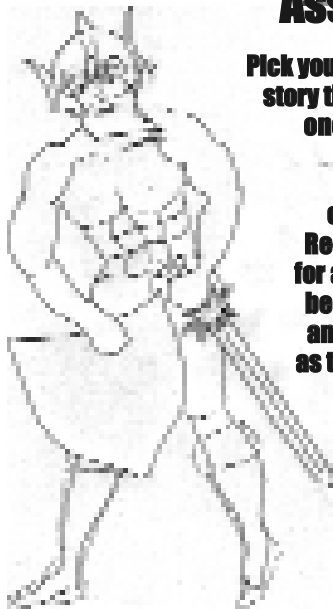


Although the years have changed the view of cartooning, it has stood fast and become something most people come into contact with today. Cartoonish images are drawn in most of our myth and legend-type books to show pictures of characters whom we are actually unsure of what they looked like.



### Assignment:

**Pick your favorite mythology story that centers around one of the Gods or Goddesses that you feel connected to. Re-write the story for a child one level below you to read and use cartoons as the illustrations.**



## Mythology Cartooning Tips

When drawing images that are similar to everyday images, it is best to draw the image you are familiar with, first, and add distortions to that image, afterwards.

Use black and shading of the black areas when you are not going to use light to add more life to the picture. Lines, as well as colored-in areas, can be used to show light effects. Be sure that your light source shows completely and use only one light source, per picture.

Shadow effects can be colored in, drawn as vertical or horizontal lines, or any combination of patterns. For a better cartoon, try not to make the shadow a solid black.

Texture can be shown as patterns but do not have to be exact or perfect; remember, this is a cartoon. Adding a few boulders, weeds, grass, etc. will give the effect of the ground. Be sure the ground, in all cartoon images, is defined.

Action (running, handing, boating, etc..) can be shown with the use of lines. When using these lines, try to use a focal point, for better overall effect.

First, draw the figure before adding garments to it. When making figures start with shapes, first, then add in details. If several figures are to be placed on the same page, do not finish one before going to the other; it is best to allow them time to blend together, as you add the details.

If you are drawing something that has no solid information on how it is drawn, feel free to draw it as you envision it. Take notice of how others see it, however, make sure you draw it in your own vision.

Here is my cartoon of Odin, that you can practice with to get you started.



# Pagan Parents Starting Over by TristÅ

Each year, many of us find ourselves starting over—on many different things—as the Pagan new year, Samhain, turns a calendar page. It isn't long before all the stuff we vowed to change or worked to change has worn off. Maybe a new approach is in order for this yearly ritual. Make the stakes a little higher by involving the whole family.

Plan an outing that will be separate from your family and/or personal Samhain festivities. Make a complete production of things and include room for each family member to be open and honest. Stress the importance of respect while others are talking, as well as being private with all the goings-on. Be sure everyone is heard and takes part in what you have planned, no matter how large or small a part. It will mean more when everyone has a role.

Prepare the family in advance for what you have in mind. Do not give them exacts; things are more meaningful when they have some surprises. Do, however, tell them what their part will be. If they are little or unsure of things, it might be a good idea to run through what is expected of them a few times to settle their worries. Make sure that at the least everyone is prepared to talk about the things they want to let go and the new things they want to start.

For the inner workings of the outing use your imagination and intuition to make it fit the family, as a whole. Some pointers are listed below to get your motors running. Take what you want, leave what does not apply and roll with the things

jump start you.

- Make it mysterious by picking an unusual time or place to go.
- Begin planning things by using the framework similar to a ritual or rite of passage, but make it so different that it is not noticed or recognized as either one of these.
- Include food and fun in your plans and be sure this will include something in each topic for everyone.
- Think about including a God/Goddess or land spirit by either pledging to them, allowing them to witness, or giving an offering to them. If there is confusion in pantheons then a generic title when referring to them might be a better choice, ex: We vow to you, the power of the skies. Then give time for each person to say, under their breath, the name of the god or goddess they follow who rules over the skies.
- Make a weather connection for remembering. An example of this would be to give each person a strip of blue cloth to represent the water. If there was rain during your activity then each time it rains they are to have it on their person to remind them of the things they chose to partake in as a sign of starting over.
- Give time for each member of the family to let go of built up anger and other things they have been holding in so they get a fresh start. This will require a no anger, no yelling, and no back-talking policy to assure it goes over smoothly.
- Be sure to make the first thing that happens or is done right after the outing is something fresh, light, and fun. The total memory of the outing will set the beginning tone for the new year.

Whatever you and your family decide to do as the New Year rolls

## A Refreshing Drive

that

Whether or not you celebrate a new year during this cycle of the Wheel of the Year, it is important that you cleanse yourself on a regular basis.

Take advantage of nature and cleanse yourself in a way that soothes your soul. One way to do this would be to release all your built up stumbling blocks as you drive down the road. Try a scenic route and as you release all your negativity, embrace the beauty of nature that can be seen. Once completed you will feel refreshed as you drive toward your home and back into the bustle of today.

A list of top scenic routes for this time of year are below, however, you can take any scenic route that is in your local area.

Loop Road - Acadia, ME

Mohawk Trail - Berkshire Mountains, MA

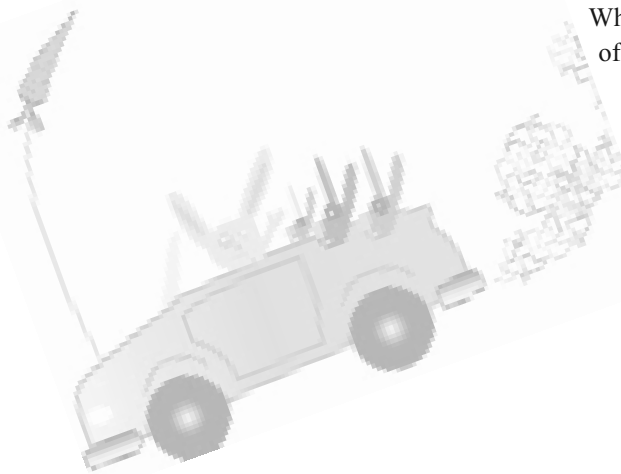
Brockway Mountain Drive - Upper Peninsula, MI

Kancamagus Highway - White Mountains, NH

Delaware Water Gap Scenic Drive - Poconos, PA

Cape Breton Trail - Nova Scotia, Canada

Park



# Pagan Parents **Magickal 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 one 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, and 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 to every day.*

## **Making a Fresh Start**

Many times in our lives, we find ourselves making a fresh start—giving our lives an overhaul. Whether that means moving to a new town, recovering from an injury, adding a new family member (human or otherwise), or just simply taking a break to regroup and decompress, there are steps you can take to make the transition easier.

Always start with a ritual cleansing of your home. Just like it's difficult to write on a dirty chalkboard, it's difficult to make a clean start with negative energy floating around. Many cleansing rituals can be found on the Internet and in books, but in it's simplest form, you can follow these steps:

1. Prepare your home by cleaning it as well as you can. You can simply just pick everything up and put it away, or you can do a full-blown scrubbing. At the very least, empty all trash to the outside and make sure each doorway and window is accessible.
2. Gather your tools: salt, holy water, white candle, and incense (any cleansing herb or scent, but sage is most common).
3. Mentally and physically prepare yourself by taking a ritual bath and meditating for few minutes to ground and center yourself.
4. Create sacred space and form a circle as your "home base."
5. Starting at the front door, and the most adjacent room, move clockwise around the room, sprinkling salt, holy water, and any cleansing herb around the border of the room. You may also want to bless each entry point (doorway and window) by making a pentagram, or other protection symbol, on the door or window with

holy water. If you don't want to dirty the windows, you may also make the symbol on the door frame or window sill. As you circle each room, visualize the spiritual "dirt"

leaving your home, and a blue or purple energy

barrier protecting your home from further negativity.

As you move around the rooms, chant your favorite protection or home blessing

chant.

6. Once you've been through every room this way, go back to your sacred space and close your circle. Be sure to dispose of any remaining salt, holy water, incense and herbs.

While you may be tempted to do this yourself, it is really best if you include the whole family. Children can easily sprinkle the salt and holy water; I've used inexpensive salt shakers, for both, in these cases before. Children can also easily remember prayers and chants, especially if it's something they are already familiar with. Incidentally, the power of a child's imagination can exponentially increase the effectiveness of your visualizations, as well. Simply explain that you are building a magickal barrier from the bad thoughts in the world. If your children have seen any movies or television shows with magick in them, they will easily be able to visualize the energy you are trying to build.

## **Trait of Month: Cleansing**

**Herbs:** caraway, dill, garlic, ginger, horse radish, lemon, parsley, black pepper, salt

**Appliances:** sinks, dishwasher, vacuum, broom, fans

**Color:** white

**Rooms:** bathroom, laundry room, kitchen (sink area)

**Direction:** all directions

**Activities:** blessing, praying, sweeping, vacuuming, taking out trash, de-cluttering, washing laundry, washing dishes

**Food:** prunes, apples, celery, garlic, lemon, lime, pineapple, any kind of food-related cleansing

**Drink:** water, prune juice, apple juice, lemonade, limeade, pineapple juice, fruit punch with any of the above juices