



The Controversial Cauldron

Mabon - The Autumn Equinox 2010

Edition 3:6 ~ Sponsored by Controversial.com

Welcome to the Email Witches Newsletter

Email Witches is a pagan friendly email group attracting people from all walks of life, from all spectrums of society and from all around the world. Most are individuals seeking a personal practical religion that can be adapted to their own needs and criteria, and Wicca is a wonderfully diverse religion that meets these needs. Email Witches, a Yahoo! Group, is set up as a place where those of same interest can meet, discuss, share and gain more information about their chosen paths. All visitors to my website Controversial.com are welcome, so feel free to join us and make new friends.



Best Wishes

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

http://groups.yahoo.com/group/Email_Witches/



Inside this issue:

Welcome Mabon ~	Pg ~ 02
Mabon Ritual ~	Pg ~ 05
Legacy ~	Pg ~ 07
Memorial ~	Pg ~ 11
On the Rocks ~	Pg ~ 15
The Herb Garden ~	Pg ~ 17
Flamboyant Tree ~	Pg ~ 18
Pagan Kitchen ~	Pg ~ 20
Angels Part 2 ~	Pg ~ 24
Dragonfly Totem ~	Pg ~ 27
The Runes ~	Pg ~ 30
Metaphysics ~	Pg ~ 31
Bards Corner ~	Pg ~ 33
Nature's Glory ~	Pg ~ 34



Photo © Patricia J. Martin



Group Information:

Members: 756

Founded: July 17, 2002

Language: English

Representing:



Argentina, Australia, British Columbia, Bulgaria, Canada, Canary Islands, Costa Rica, England, France, Greenland, Hawaii, Hong Kong, Hungary, India, Ireland, Isle of Wight, Italy, Jamaica, Kuwait, Mexico, Netherlands, New Zealand, Nigeria, Nova Scotia, Panama, Peru, Philippines, Saudi Arabia, Scotland, Slovenia, South Africa, South Korea, Spain, St. Maarten in the Caribbean, Tenerife, USA and Wales.

Welcome Mabon

Welcome to the "Mabon - Autumn Equinox" issue of the Controversial Cauldron as we celebrate the second of three autumnal harvests. As seen in our last issue at Lammas, the first harvest was mainly concerned with gathering in the annual field crops of wheat, barley, oats and rye. Now with most of the fields cleared, and as days and nights become equal, at Mabon, the second harvest, we turn our attention to gathering in fruits, nuts, berries and other essential foods needed to sustain us through the rest of the year.

Even though most people no longer take an active part in gathering in the annual harvest, many still place symbols of the harvest around their homes and tables when celebrating Harvest Suppers, Thanksgiving and other autumnal holidays. Corn Dollies, Cornucopias, Wheat Sheaves, Acorns, etc., all have a mystic significance that goes back many centuries. By using such symbols today, they can help us to connect with our ancient roots and reflect on a bygone age.

Symbols of the Harvest

Written and compiled by George Knowles

Corn Dollies:

The making of "Corn Dollies" at Lammas has been a first harvest custom since ancient times, and continues to be practiced by Traditionalists and Neo-pagans all over the world. Corn Dollies were commonly made from the last cut sheaves of corn and fashioned into stick-like figures representative of the "Spirit of the Corn". These were often used as attractive table decorations at the Harvest Supper, and then saved until the following spring. Many believed that with the cutting of the last sheaves of corn the "Spirit of the Corn" retreated into the soil, there to sleep throughout the winter. At the start of the new planting season, the Corn Dollies would be returned to the fields and mixed with the new seed being ploughed into the ground. This was a form of sympathetic magic to ensure new growth for the following harvest.



Made by Tamra L. Consbruck

The Cornucopia:

The word "Cornucopia" is derived from two Latin words, "*cornu*" meaning "horn" and "*copia*" meaning "plenty", hence the popular term "Horn of Plenty". The origin of the Cornucopia comes down to us from Greek mythology, and while stories may differ, it was said to have been the broken-off horn of the she-goat Amaltheia.

According to an ancient myth about the birth of Zeus, his father Cronus, fearing he would be overthrown by one of his children, swallowed his first five children at birth. When the sixth child Zeus was born, his wife Rhea tricked Cronus by wrapping a stone in swaddling clothes for him to swallow, and then hid Zeus away in a cave on Mt. Ida in Crete. While there, Zeus was cared for by the daughters of Melisseus, the King of Crete, and fed on the milk of the she-goat Amaltheia.



Original Art © Patricia J. Martin

One day while playing with Amaltheia, Zeus broke off one of her horns. In remorse and to recompense her, Zeus filled the broken horn with harvest produce, fruits and drinks, and promised that the "Horn of Plenty" would never go empty. As a further sign of his gratitude, Zeus later set the goat's image in the sky, which is known today as the constellation Capricorn.

In iconography the Cornucopia or Horn of Plenty has been associated with several deities, especially the Greek goddess Tyche and her Roman counterpart Fortuna, the goddess of riches and abundance. Other deities include: the Greek god Dionysus and the Roman god Bacchus as gods of fertility, wine and growth, the Greek goddess Demeter and the Roman goddess Ceres, as goddesses of agriculture, and the Greek god Hades and the Roman god Pluto as Lords of the Underworld, wealth and abundance.

Today the "Cornucopia" is typically a hollowed-out, horn-shaped wicker basket filled with various kinds of fruits,

nuts and vegetables, which, together with the Corn Dollie from the first harvest is used as a feature centrepiece at celebration Suppers, Feasts and Banquets. As symbols of abundance and plenty, Cornucopias are also engraved onto small objects such as coins, rings and amulets, and given away as gifts and charms to encourage a bountiful future.

The Wheat Sheaf:

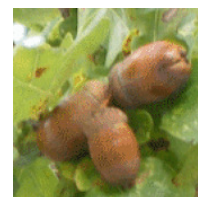
The Wheat Sheaf is commonly a universal symbol for agriculture and the harvest, and because wheat is annually sown, grown and harvested, it can also symbolise the cycle of birth, life, death and rebirth in nature.

To our early ancestors, a good wheat harvest assured that plenty of the bread would be available to keep the local community alive throughout the winter, and so the Wheat Sheaf became a symbol of fertility and abundance. It is often used as an emblem of Bakers. In heraldic art, the Wheat Sheaf is known as a garb, and represents the hospitality of the bearer. The New Zealand coat of arms includes a Wheat Sheaf as a symbol of that country's rich agricultural history.



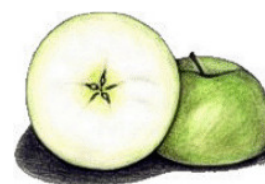
Acorns:

The Oak tree has long been regarded as a symbol of masculine strength and immortality. To the ancient Druids who revered the tree, its fruit, the Acorn with its undeniable phallic-head shape, was a symbol of fertility, vitality and prophecy. Acorns were often made into pendants and given away as gifts or charms for increased fertility, prosperity and added protection.



Apples:

The common Apple is perhaps one of the most celebrated fruits in the histories and myths of many cultures, and represents the cycle of life, death and rebirth in nature. In the myths of some cultures, the Apple Tree is the World Tree, and is often associated with the realms of the Faery.



The Druids believed that Apples conferred psychic power and could be used to open the doors between the realms. There they could meet with departed souls or gain healing and oracular powers.

When cut in half, the apple shows a pentagram at its core, so to pagan peoples it is symbolic of protection and the Goddess. The Celtic goddess of healing and inspiration, Brigid, possessed an Apple orchard to which bees travelled to gather their magical nectar.

Apples have long been associated with health for its uses. They were commonly used for cleaning teeth, relieving indigestion and fevers, and much more. Also apple trees produce an abundance of fruit and thus are associated with the principles of generosity and abundance.

Grapes:

Grapes are symbolic of fertility, intoxication, inspiration, healing and death. When made into wine, they represent the alchemical process of infusing the creative spirit into matter, and were used in the sacred rites and rituals of many civilizations. Grapes were seen as representing the presence of the Divine Spirit on earth, and symbolized the Blood of Life; as such, wine was often offered as a libation to the Gods during ritual.



In Greek and Roman mythology, grapes were especially sacred to Dionysus/Bacchus, who were known as the Gods of Wine and Vegetation. Dionysus became one of the most important gods in everyday Greek life, and was associated with several key concepts. His association with death and rebirth can be seen symbolically in tending vines. Each year the vines are pruned back sharply and left to become dormant through the winter, ready to bear fruit in the following spring. Another concept is that under the influence of wine we can connect with nature. In the mystery traditions intoxication comes not from the plant but from the spirit of the plant, the divine essence, under which we become free and liberated from constraints placed upon us by formal society. At these times a man might become greater than himself and do works he otherwise would not.

Pomegranate:

The Pomegranate is a symbol representing the natural cycle of life, death and rebirth in nature, as well as fertility, marriage, abundance and prosperity. Much of this symbology can be found in Greek mythology, in the story of the

goddess Persephone who was kidnapped by Hades and taken off to live in the Underworld as his wife. When this happened her mother Demeter, the goddess of Nature, went into mourning for her lost daughter and caused all the world's plants to cease growing. Zeus, the ruler of all the Greek gods, could not leave the Earth to die, so he commanded Hades to return Persephone. However, it was a rule of the Fates that anyone who consumed food or drink in the Underworld was doomed to spend eternity there. Persephone, who had grown hungry, was tricked by Hades into eating six pomegranate seeds; because of this, she was condemned to spend one-third of the year with Hades in the Underworld (The Greeks thought of the year in terms of only three seasons: spring, summer and winter). As a result, during the winter months when Persephone is with her husband Hades, Demeter continues to mourn and few things grow, but when she returns in the Spring the earth is again awash with fertility.



Figs:

Native to Mediterranean regions, the Fig tree has long been a symbol of fertility and nature's bounty. In Greek and Roman mythology, because of the phallic nature of the fruit, figs are associated with Dionysus/Bacchus the Gods of Wine and Vegetation, and with Priapus, a son of Dionysus and Aphrodite, a grotesque satyr with an exaggerated phallus who symbolized sexual desire. He later became the Roman God of Gardens, where his image was frequently used as a scarecrow.



Religiously, the Fig tree has many associations. To the Jews it is a symbol of peace and prosperity, and used as a symbol for Israel. The Hindus revere the tree believing it provided shelter during Vishnu's birth. In Islamic traditions, there were two forbidden trees in Eden - a fig tree and an olive tree. But its greatest significance lies in Buddhism. According to legend, the founder of their religion Siddhartha Gautama, or Buddha, achieved enlightenment while sitting under a Bo tree, a kind of fig tree.

Pinecones:

The Pinecone is the fruit of an Evergreen Tree and has long been a symbol of fertility and immortality. It was also thought to have formed the crown of the Tree of Life, where, because of its swirling shape, it became associated with regenerative powers. In iconography, many gods are associated with pinecones, including the Roman god Bacchus and his Greek counterpart Dionysus. Bacchus is often seen carrying a Thyrsus, a staff entwined with vine leaves and topped with a pinecone, to which many surprising virtues were attributed. The ancient Greeks and Assyrians viewed the pinecone as a symbol of masculinity because of its phallic shape, but as the emblem of Artemis, it represented feminine purity. It was also an emblem of the Roman goddess Venus (Aphrodite).



In Christianity, the pinecone is an important symbol of spiritual regeneration, fruitfulness and eternal life. Many of the buildings in Rome's Vatican City feature architectural reliefs and sculptures of pinecones; the largest of which is located in the Court of the Pine Cone. Indeed, even the Pope carries a pinecone mounted on his staff.

Cherries:

Cherries symbolize new awakenings, fertility, rebirth, merrymaking and festivities. In Japan, where cherry blossoms are a national flower, the cherry represents beauty, courtesy, and modesty. The ancient Chinese regard the cherry as a symbol of immortality. In one Chinese legend, the goddess Xi Wang Mu had a cherry garden in which "*the cherries of immortality ripen every one thousand years*". In Chinese folklore, a cherry orchard is sure to have a rich crop if a woman who has just given birth to her first child eats the first ripe cherry. Because the wood of the cherry tree was thought to keep evil spirits away, the Chinese placed cherry branches over their doors on New Year's Day and carved cherry wood statues to stand guard in front of their homes.



Sources:

http://paganismwicca.suite101.com/article.cfm/cornucopia_pagan_symbol_of_abundance
<http://www.mythencyclopedia.com/Fi-Go/Fruit-in-Mythology.html#ixzz0wpw1C0u4>
<http://ancienthistory.about.com/od/cterm/g/cornucopia.htm>

August 2010 © George Knowles

George Knowles lives in the UK and is a student of history pertaining to witchcraft.

<http://www.controversial.com>

Mabon Ritual

By Crone

Use an altar cloth of fall colors: orange, rust, gold, brown. You should wear these colors yourself. Add a crown of grape vines, decorated with colorful ribbons. Fall fruits and vegetables can be arranged on the altar. Have a chalice of wine and a large potted plant available.

Grounding and centering:

*My thanks for the harvest, the second this year.
And thanks for the quietude I'm finding here.*

Cast the Circle with athame, wand, or sturdy twig:

*I consecrate this sacred space
Inviting spirits to this place.*

Invoking spirits of the directions:

*I invoke the elementals and thank them
for what they have brought into my life.*

*East, spirit of air, thank you for the
knowledge I have acquired in schools
and in life. Be with me now.*

*South, spirit of fire, thank you for my
accomplishments and my creative
endeavors. Be with me now.*

*West, spirit of water, thank you for
emotional balance and fruitful
relationships. Be with me now.*

*North, spirit of earth, thank you for the
stability of my home and for my
prosperity. Be with me now.*

Invoking the deities:

*The Goddess speaks to us ~ and she
says...*

*I am the Earth, the divine goddess,
Mother Nature.*

*I generate all things and bring forth
ever anew the sun which I have given to
the nations;*

*I am Guardian of sky and sea and of all
Gods and powers; through my
influence all nature is hushed and sinks
to sleep...*

*Again, when it pleases me, I send forth
the glad daylight, and nurture life with
my eternal surety; And when the spirit
of man passes, to me it returns.*

*Indeed I am rightly named Great
Mother of the Gods;
Victory is in my divine name.*

*I am the source of the strength of peoples and of gods;
without me nothing can either be born or made perfect;
I am mighty, Queen of the Gods.
You shall adore me as divine, and invoke my name;
And I shall vouchsafe to grant that which you ask of me.
I am Earth, the universal parent.
I have borne and given life to all peoples.*

*My presence now is of the most benefit to humankind. I
am present here with my virtues, for the peace and good
will of all.*



*(Goddess Prayer from The White
Goddess, Robert Graves. Prayer found
in Latin in a twelfth century English
herbal. Adapted for this ritual.)*

*The god speaks to us and he says...
I am the face in the leaves,
I am the laughter in the forest,
I am the king in the wood.
And I am the blade of grass
that thrusts through the stone-cold clay
at the death of winter.
I am before and I am after,
I am always until the end.
I am the face in the forest,
I am the laughter in the leaves.*

*(Mike Harding, A Little Book of The
Green Man)*

Pronouncement:

*Between the worlds and between the
seasons
I stand in silence and in gentle balance.*

Magickal Working - speak these words
aloud, or only in your heart:

*In the silence I seek to rebalance
myself.
In the silence I shed all cares and
stresses.
In the silence I know that all is well
with me and with my world.
In the silence I am at peace.
I know I am guided by powerful spirits.
I know my deities are with me every
day.
I know that in my darkest hour my
guides are merely behind the clouds.
I know that if I only open up to them,
they are there.*

Stand and open your arms to the
heavens. Stand in silence, taking in all
the love and power that the Universe
has to give you. Take it in and know
that all is well. Remain in silence for as
long as you wish.

Celebration:

If you are working outside, pour some wine from your chalice on a tree as a libation. If inside, pour it on the plant.

*I have taken joy in the harvest.
I have taken joy in my life.
I return to the Earth a token of all that She has given me.
Blessed be.*

Dismissing the directions and the deities:

*My Lady, my thanks to you tonight
for sharing this time at the edge of light.
My thanks for your guidance now I give
and my thanks for teaching me how to live.
May I always live peaceably and always love.*

*My Lord, my thanks to you tonight
for sharing this time at the edge of night.
My thanks for your guidance now I give
and my thanks for teaching me how to live.
May I always live peaceably and always love.*

*Spirit of the North,
Powers of Earth, I thank you
For joining my circle,
I bid you well as you depart.*

May there be peace between us.

*Spirit of the West,
Powers of Water, I thank you
For joining my circle,
I bid you well as you depart.
May there be peace between us.*

*Spirit of the South,
Powers of Fire, I thank you
For joining my circle,
I bid you well as you depart.
May there be peace between us.*

*Spirit of the East,
Powers of Air, I thank you
For joining my circle,
I bid you well as you depart.
May there be peace between us.*

*Hearken Circle; I am free.
I shall lie down my burden; and let it be
Ground this energy; return it for me
I release now the power.*

Blessed Be



August 2010 © Darkhairedcrone

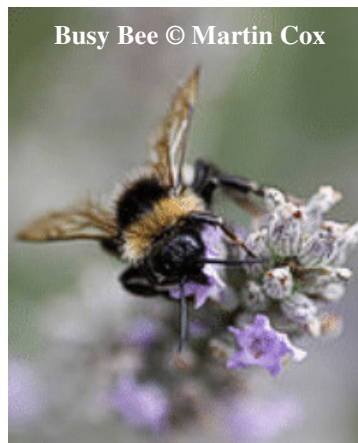
Crone is an active member of the UU (CUUP's) and has been a member of Email Witches since 2004

Pics From Our Members

Hoverfly © Martin Cox



Busy Bee © Martin Cox



Green Fly © Martin Cox



Toad © Pari :-O



Legacy

The Elemental Horse

By Ardriana Cahill

I've been able to talk to animals all my life and as such, related to each on a personal, rather than universal level. I never learned totem wisdom from my family tradition because as much as Mother loved indigenous wisdom, she was not a shaman. Thus, shamanism was not woven into our tradition.



Me on Gypsy

I took a totem test (like the one at the end of this article) and the one animal that answered every question and thus was my Primary/Power Animal Totem was Horse. It should have been obvious. I have had relationships with numerous horses. My earliest memory as a very young child was a dream of a magickal horse that was black with a flaxen mane and tail. I was later told that there was no horse of that color. As I began my totem research on Horse, I discovered that my magickal colored horse now somewhat exists but it is rare and only nearly black. He is called a "Chocolate Palomino." He is a brown that is so dark it looks black with a flaxen mane and tail. (see pic above) I rode my first horse when I was five, a big gray Shire named Doc. I had to climb a fence to get on him. After Doc was, Bourbon, Whiskey, Brandy, Ginger, Gypsy, and another Bourbon.



Chocolate Palomino

It is a tenet of my tradition to study the relationships of any one thing to every other thing. Studying the correspondences is a daily discipline and the daunting task of connecting the dots of the universe. I researched what horse was related to other than just me. I started with Horse's mythology and discovered the powerful connections he had to the Four Elements. Since the Elements have always played a large part of my magickal practice, this correspondence made perfect sense for Horse to be my totem.

Mother trained me in both the material and ethereal philosophy of the Elements (Earth, Air, Fire and Water) and their corresponding directions (North, East, South and West). I have seen the Four Elements as powerful beings, monarchs of the four directions. I have seen their personifications as two female, Water and Earth, and two male, Air and Fire. (Not dragons, not watchtowers, not archangels – but the personifications of the Elements themselves). Very impressive. I have also had a very strong connection to the Four Winds of the Four Directions.



Jan Taylor horse



Andalusian Horse

Air

So how cool is it that the first connection to Horse that I discovered as Elemental was discovering that they were children of the Four Winds. As Zeus (the Greek Sky Father, god of the Air) ascended into the heavens, he drove a chariot drawn by the Hippoi Athanatoi, the immortal horses of the gods. The Four Winds, Euros (the East), Boreas (the North), Zephyros (the West), and Notos (the South) were said to either take on the guise of or fathered these magnificent horses.

Bedouin legend says that the horse was created from a handful of South wind. Horses that run like the wind are then showing their mythic airy parentage. The Four Winds were considered gods and thus their progeny, the horse, was an immortal, too. Long before I ever tried to understand animal totems, I used to say that the Wind was my totem since it so often carried messages to me. Apparently, Horse tells me that I was right.

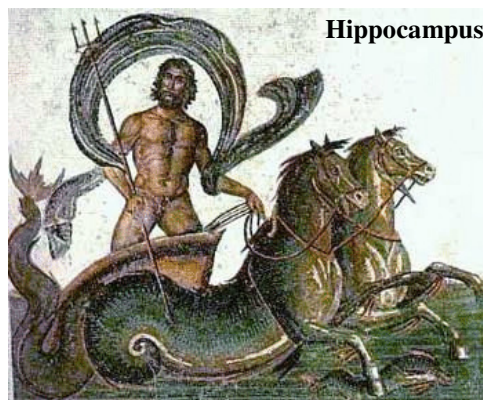
Water

In the Greek myth, Poseidon sired eight immortal horses made of sea foam. The Hippocampus was half horse and half dolphin and drew Poseidon's chariot. Then there was, of course, the winged horse, Pegasus, who was sacred to the Muses. From his hoof sprang the Hippocrene fountain whose waters bestowed the gift for poetry on anyone who drank from it. As I am a poet, this aspect of Horse's nature also made sense as to why it was connected to me more than just experientially. Pegasus was sired by the sea-king Poseidon but was the lightning bearer for the sky-king Zeus.

The Greek moon-goddess Selene drives her chariot through the sky also drawn by a pair of Pegasoi, the great winged steeds. Selene, who is not a representative of the moon, but the moon incarnate, is my Full Moon patroness.

Earth

When coming to land, the Hippocampus shed their dolphin tails for legs and it was their descendants who served in the world of men as a gift from Poseidon. It was the horse that progressed culture from village to town to city to empire with the ability to move people and heavy goods over long distances. Because of the horse, conquest, travel and trade extended culture over hundreds, even thousands of miles and spread the knowledge and philosophies that created civilizations in the ancient world. I am a student of ancient cultures and again, that horse would be its messenger is very precious to me.



Hippocampus



Pegasus



Centaur

Centaur, a hybrid race of horse and human, have several origin stories including the misinterpretation of those simply seeing horse riders for the first time. Robert Graves thought that the centaurs might have come from a pre-Hellenic fraternal earth cult who had the horse as a totem.¹ Centaurs symbolize the earthy nature of man in conflict with the civilized man since most centaurs were benevolent but they were also known for having hearty appetites for drink and debauchery. Anyone who has a relationship with a horse understands that they are not model servants. They retain their personalities and their free will to become partners with the rider.

The unicorn is another grounded horse symbol not based in mythology but found in nature stories, often combinations of different animals, sometimes one horned bulls, other times goats or mules or horses. Their modern representation is relatively recent. Like all horses they were considered mystical and magical. Their nature is fierce, good and selfless. Selfless is often a word used to describe the heart of the horse. In the Indus Valley, a one horned animal symbolized nobility and high rank. These too, have come to represent Horse.



Unicorn

Fire

The Greek sun-god Helios, or his son Phaethon, harnessed four fire-breathing horses to his chariot. Ares, Greek god of war and battle frenzy, also drove a chariot drawn by four fire-breathing steeds. The Celts also assigned the horse to the sun god, Bel. Agni, the Hindu god of fire and lightening, drove a chariot drawn by dazzling flaming horses. Pluto's chariot was lead by four black horses born from a volcano. Surya, the Hindu Sun god, drove a chariot of nine bay mares across the sky. In Vedic symbolism, the horse is the symbol of fire. The red horse symbolizes solar fire and the white horse symbolizes spiritual fire.

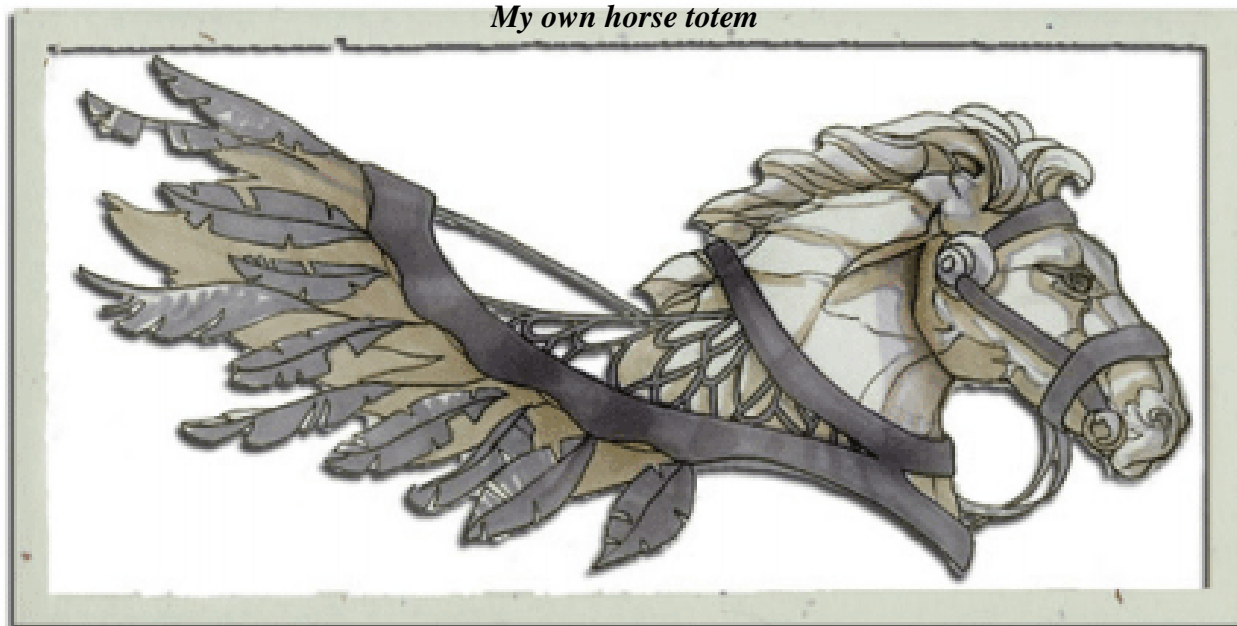


Helios horses

When looking for totem animal reference, you find all the obvious physical attributes of the horse in the horse totem symbolism; beauty, grace, strength, power and speed. Some may surmise the historical attribute of freedom that the horse gave as a gift to mankind but reduce it to mean that you may be taking a trip. Taking a few days to dig deeper, I found deeper meanings just in their relationship to the Elements. And through those, I discover that the horses of the gods were not symbols or totems to them but

gods themselves. They were neither pets nor servants. They were kindred, children. As immortals, they symbolize nothing if not immortality; both life and death, both war and peace. Besides their physical attributes, they represent chivalry (derived from the French, "cheval", meaning horse) those shining moments of success or achievement, nobility, loyalty, sacrifice, courage, victory, messenger, poetry, kinship, mysticism and magick. All characteristics of the four Elements.

My own horse totem



© 2008 Danny Roberts and DamnedInkStudios.com

Sources:

General research from Wikipedia
1. Roberts Graves, *The Greek Myths*

Totem Animal Tests

By Ardriana Cahill

Take your time to answer each question. Write down as many animals as you can think of. "Animal" should be defined in the broadest terms-mammals, amphibians, fish, reptiles, insects and/or birds. Make sure you include every animal. If an animal answer in a later question reminds you of an animal answer you may have forgotten to add in an earlier question, go back and add that animal.

The Primary Totem test should be an analysis of the totems that have surrounded you throughout your life, even the ones you don't like or didn't pay much attention to.

Primary or Power Animal Totem (throughout your life)

1. List all the animal toys that you had, or wanted to have, as a child.
2. List the pets you had or wanted to have.
3. List the animals you wished you could have magically become or felt kinship to.
4. List animals in stories, art or movies that left a lasting impression.
5. List animals that have appeared in your dreams.
6. List animals that you had an experience/affinity with in your or a relative's home.
7. List farm animals that you had an affinity for or experience with.
8. List any animal that has frightened you.
9. List animal experiences/affinities you may have seen in the woods or at the shore.
10. List animals encountered while traveling through a national park/preserve on a vacation.
11. List animals that you had a personal experience/affinity with anywhere else.
12. List your favorite animals.

Circle the first animal that appears after question 1. (example: cat). Then circle every time that animal (cat) appears after the succeeding questions 2-12. Count how many times that animal (cat) appears in your answers. Circle the

second animal (dog) that appears after question 1 and circle and count every time that animal appears. Do this with each animal after all 12 questions in the Primary Totem list until every animal that you named is circled and counted. The animal that appears most often is your Primary Totem animal. Research this Totem Animal from more than one list of attributes. If two tie for first place then you have twin totems. Research to see if one is more representative than the other.

You can stop here or continue on to find those messengers that are more immediate. Name and circle the animals after your Message 13-19, Journey 20-24 and Shadow Totem 25-30 categories. Count the animals that appear most often in each category. Message Animal Guide resolves growth and spiritual issues. Journey Animal Guide helps resolve decisions when you are at a crossroads. Shadow Animal Guide helps resolve your fears. Research your answers.

Message Animal Guide (in the past three weeks)

13. List any animal that has surprised you.
14. List any animal that has frightened you.
15. List any animal that has angered you.
16. List any animal that has disgusted you.
17. List any animal that has made you sad.
18. List any animal that has made you smile.
19. List any animal that has made you in awe of it.

Journey Animal Guide (in the past three months)

20. List any animal that you have seen.
21. List any animal that you have heard.
22. List any animal that you are attracted to.
23. List any animal that you dream or think of.
24. List animals in stories, art or movies that left an impression.

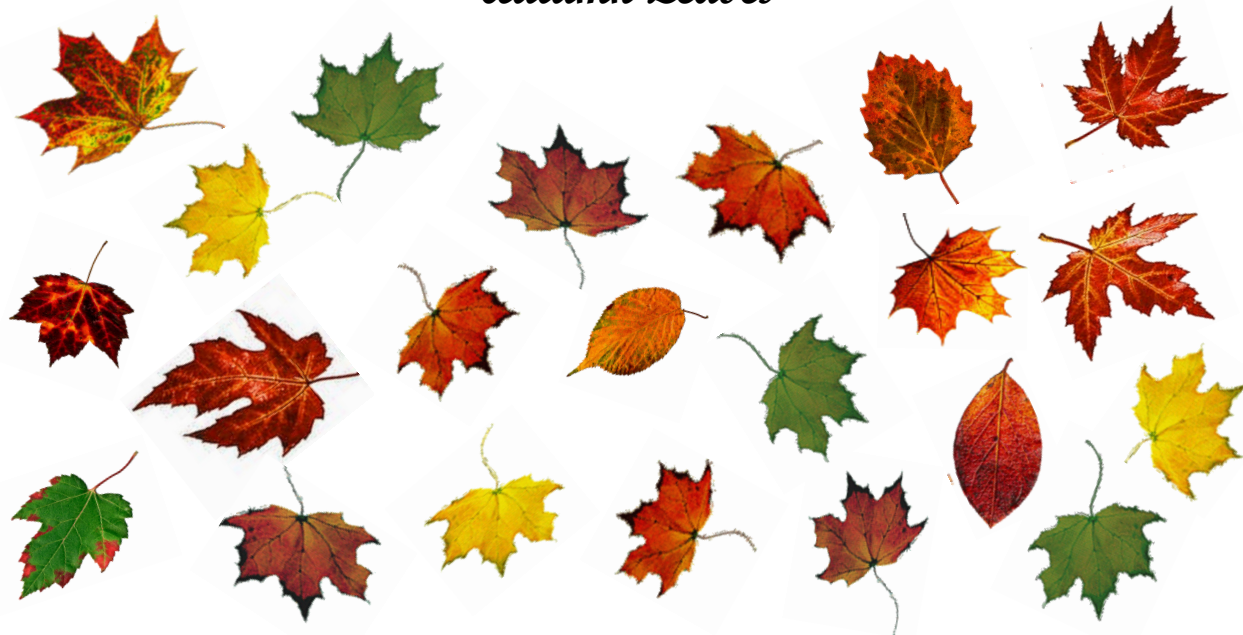
Shadow Animal Guide (in the past three years)

25. List any animal that has physically attacked, bitten or scratched you.
26. List any animal that has taken a dislike to you.
27. List any animal that you fear for no experiential reason.
28. List any animal that you fear for no rational reason.
29. List any animal that you have recurring nightmares about.
30. List any animal that you have a new, instinctive respect for.

Articles © Ardriana Cahill - August 2010

Ardriana Cahill lives in Western USA and is a Hereditary Witch, den of Clan McCormick and a Kell of Brigid since 1998. She has been a member of EW since 2004.

Autumn Leaves



Departed today at Mabon on the 21st Sept 2001
Eleanor Ray Bone



Written and compiled by George Knowles

One of the unsung heroes of contemporary witchcraft is Eleanor Ray Bone, dubbed by the popular press of her time, as the “Matriarch of British Witchcraft”. Eleanor was one of Gerald Gardner’s High Priestesses, and played an important part in the revival of contemporary Wicca/ Witchcraft. She claimed to have been initiated into a hereditary coven in Cumbria, and later formed her own coven in South London. During the early 1960’s and 70’s she was responsible for initiating some of the early prominent leaders of the craft in Britain.

Eleanor was the daughter of a Girls School Headmistress (name unknown, but died in 1942), and was born in London during 1911. From her mother she naturally received a good and varied education, but an experience in early childhood caused her to question her faith. Eleanor explained why in a later interview:

“I’ve held unorthodox views on religion since 8 when my cat died. I was very upset and cried when I asked the Vicar whether the creature had gone to heaven; he replied that animals did not go there. This comment did not sit well with me and I began to read the Golden Bough and became interested in folklore”.

Nothing more about her life is known until at the start of World War II in 1939. At this time she went to work in Cumbria in the North of England and came under the care of an elderly couple. One evening after work, conversation fell to reincarnation and Eleanor mentioned her belief in it, at which the couple revealed themselves to be hereditary witches. Later in August 1941 the couple initiated Eleanor into their coven of Traditional Witchcraft. Over the next four years Eleanor practised and learned from them before returning to London at the end of the war in 1945.

After the war Eleanor married her husband Bill and settled into a block of flats called “The Towers” in Streatham, South London. During the day Eleanor worked as a matron running a home for the elderly, while

at night she ran a witches coven, as she explained in a later interview:

“My flat is a four-penny bus ride from the old folk’s home in Streatham, in a house called The Towers. The cauldron inside my front door is no door-stop, it’s part of my other life. I’m not only a witch, but one of Britain’s three High Priestesses. By day I dress for my job as matron in a tweed suit, thick lisle stockings and brogues. By night I dance naked with only a garter on my left thigh. I’ve often wondered what my neighbours at the Towers think of the bumps in the night. I tell them it’s me moving the furniture about.

My coven meets in the living room. I take everything out of the room, clear off the magic circle on the carpet, and setting up an altar is no easy task. I use a huge old chest on which I lay my ritual knives. Sacrifice? Never. People confuse witches like me with Black Magic. They say the red wine and small cakes I administer to my kneeling coven are a travesty of the Holy Communion. Piffle! They are symbolic of the harvest and we are simply giving thanks to the gods for the grapes and the grain.

It is true that we are always naked at our rituals, but the reason is our search for purity. We don’t wear clothes because they bring foreign particles into our magic circle. Our magic circle is purified with salt water. It is a big ring drawn at the beginning of each ceremony. It is drawn symbolically with the witches’ sword – but I’ve painted mine on the carpet to save time. Once the circle is made, the High Priestess – that’s me – sprinkles salt water all over it. You might call it our equivalent of Holy Water. When the circle has been

purified in this way no member of the coven can enter it unless they are naked, for a speck of dust from our everyday clothes might spoil our magic.

Please don't run away with the idea that we have a sexual orgy. My coven is made up of middle-aged men and women – the kind of people you see in any bus queue. There is nothing sexy about us with our clothes off. We take it all very seriously and a prospective member to the "craft" is watched closely for three months before his or her nomination is put to the vote. That's how choosy we are.

As high-priestess of the coven I've had my share of crank letters, but I've a stock answer for those kind of crackpots – I write and tell them it's a psychiatrist they need, not a witch".

Through the early to mid 1950's when Gerald Gardner was becoming prominent in the press, and Gardnerian covens were expanding around the country, Eleanor was introduced to him and the two became good friends. Later she was initiated into one of his London covens, and in 1960 was raised and appointed High Priestess of her own Gardnerian coven in Tooting Bec, London. Eleanor's craft name was Artemis, and among her early initiates were: Vivianne and Chris Crowley, John and Kathy (Caitlen) Matthews, Prudence Jones and Madge and Arthur Worthington. Madge and Arthur in decent from Eleanor founded the Whitecroft coven in South London, which ultimately was responsible for large numbers of initiations and ensuring the survival of the Gardnerian Tradition in the UK.

Eleanor's connections among other witches through the 1950's included "Dafo" the mysterious witch of the New Forest coven in Hampshire, whom she talked about in an interview:

"Dafo most certainly did exist and I had the pleasure of visiting her with Gerald Gardner and my husband on many occasions. We were good

friends. Dafo talked about the New Forest traditions and seemed to think that the coven had originated from around the time of Rufus— the Norman King who died in the forest. She was a schoolteacher and was also known to my mother who knew her through the Hampshire education circuit. I never met any other members of the New Forest coven and did not practise Wicca with Dafo. She and I were good friends. She confided in me that both she and the New Forest coven gave a sigh of relief when Gerald Gardner moved away to the Isle of Man. They felt he was a publicity seeker and I know for a fact he had never been trusted with any teachings in writing. Dafo and I called Gerald 'The Old Boy'— he was a lovely old man and generous to a fault, people often took advantage of him. I know he had never been initiated beyond the first degree in Wicca".

Other prominent witches of that time were: Jack Bracelin, Patricia Crowther, Doreen Valiente and Sufi teacher Idris Shah.



By day a matron of an old folks home



By night a High Priestess of a witches coven

In the early sixties a number of publicity scandals threatened the progress of the newly evolving Gardnerian Tradition in Britain, as other people began forming their own covens and traditions. The most famous of these was of course Alex Sanders who, having taken the title "King of the Witches", like Gerald Gardner actively courted media sensationalism. After the death of Gerald Gardner on the 12th February 1964, it was then left to his three main High Priestesses: Monique Wilson, Patricia Crowther and Eleanor Bone, to carry on his legacy and represent the public face of the Gardnerian Tradition in Britain.

Monique Wilson who had founded two covens in Scotland, had already become one of his main spokespersons, and was dubbed by the press "the Queen of the Witches", a title that brought on her the disdain of other craft leaders, and in particular Eleanor, who had no time for hypocrisy. Just before Gardner's death, Monique initiated Raymond Buckland into the craft and, through direct descent, he went on to found the first Gardnerian coven in the United States.

Patricia Crowther in the North of England had founded covens in Yorkshire and Lancashire. As a minor show-biz celebrity

connected with the entertainment world, with her husband Arnold, she was a frequent guest on radio talk shows, appeared regularly on television, and travelled up and down the country giving lectures at universities and other institutions in her efforts to dispel the many myths and misconceptions surrounding the Craft and the Old Religion.

In London, Eleanor was accomplishing much the same in her own way; she was always willing to pose for photographers or give interviews to authors, journalists and researchers. She was motivated not out of personal gain or recognition, but simply trying to represent Wicca and Witchcraft in a positive light. Her sincere hope was that modern society would eventually accept Wicca as a legitimate religion, equal alongside other religions like Christianity and Buddhism etc.

In June 1964 Eleanor invited a newspaper photographer to photograph parts of a secret initiation ceremony held in a remote cottage deep in Locket Wood, Hertfordshire, where initiations at the cottage were always conducted skyclad (naked), and later in May 1965, another photographer was witness to a fire ritual held at the famous Rollright Stones circle in Wiltshire.

however, except to emphasize the Gardnerians mistrust of others outside of their own tradition, for he succeeded in forming an equally strong and influential tradition, the Alexandrian Tradition. Eleanor however did gain some ground that year when she was chosen to replace Harold Wilson, the Prime Minister, as an honorary member of the Oxford University Liberal Club.

In 1968 Eleanor went on a pilgrimage to Tunis, there to visit the grave of Gerald Gardner. While there she learned from the Chaplain that the Tunisian Government would shortly be turning the cemetery into a public park. He explained that if she wished to disinter his remains and move them to another location, that this could be arranged. Through donations made by members of the Craft, Gardner's remains were later laid to rest in a more fitting place close to the ancient city of Carthage; once a prominent religious centre where they worshiped the Moon goddess Tanit (the equivalent of the Phoenician goddess Astarte) and the Sun god Baal. Cults associated with the Greek goddesses Demeter and Persephone as well as the Roman goddess Juno were also worshiped there. While Eleanor arranged all this in his honour, she never made mention of it again publicly.



Cottage in Locket Wood, Hertfordshire



Rollright Stones circle in Wiltshire

In 1966 Eleanor and Patricia Crowther came together to denounce Alex Sanders as the "King of the Witches", a title they thought he had no right to claim. They also refuted his claim to a hereditary witch lineage and the manner in which he claimed to have been initiated as a witch. Their battle to discredit Sanders had little effect

After years of living with the hustle and bustle of London, Eleanor retired in 1972 and moved back to the peace and quiet of Cumbria. There she took up residence in the tiny village of Alston, located high up in the North Pennines. Alston at 1000 feet above sea level, is one of the highest market village settlements in England, and is 20 miles away from its nearest town of Hexham. It is also very

remote, but situated in a landscape designated as an “Area of Outstanding Natural Beauty”. Not surprisingly in such a setting Eleanor returned to practicing the old country ways of magic she had learnt during the war.



Alston village market square

While Eleanor may have given up her position as a High Priestess, she was far from inactive and took on the role of Elder spokeswoman. After another interview she gave about Witchcraft published in a Newcastle newspaper, she was inundated with correspondence from people wishing to know more, and in this way she continued to teach and defend the craft. Eleanor was also considered an authority on curses, and during a trip to the United States she was asked to participate in a US television chat show with another curse authority, the eccentric Sybil Leek. Both being strong willed and outspoken women, after an exchange of dry witty insults, Eleanor was asked by Sybil to turn her into a toad, at which Eleanor replied: “Why should I improve on nature”.

In the summer of 2001 Eleanor gave a final interview for the annual Occulture festival held in Brighton. In a live telephone link-up from her home in Alston, Cumbria, she spoke about the origins of modern Witchcraft and discussed some little known facts about the New Forest coven (see Dafo quoted above). In her closing comments she reminded people that when she had first practised the Craft, it had still been illegal, and since then we had come along way in gaining acceptance. She was proud that Wicca was finally taking its place beside other world religions. The interview finished with a standing ovation.

Throughout her many years as a spokesperson for the Gardnerian Tradition and Wicca in general, Eleanor was always unhesitating when answering bigots and outside critics of the craft, and was particularly disdainful of those in the craft who she felt degraded their positions by taking unjustified titles to boost their own self egos. Whether she approved or not is uncertain, but toward the end of her life she was given her own title as the “Matriarch of British Witchcraft”. The origin of the title is unknown, but there can be little doubt that she enjoyed a special regard within the community and her name commanded the respect of most all other witches.

In 2001 Eleanor was approached by the UK’s Pagan Federation and asked to be listed as an honorary member, but she politely declined the offer stating as her reason that she did not recognise several of the traditions supported by the Federation. Later that year in August 2001, Eleanor stated that she would soon be “called back to the Old Gods”, and made arrangements to wrap up her affairs. Just a month later on the 21st September 2001, she passed on into the next world. Eleanor was buried alongside her husband Bill in unconsecrated ground at Garigill cemetery, located in a village just a few miles away from her home in Alston, Cumbria.



Garigill Church in Cumbria

Sources:

The Triumph of the Moon - Ronald Hutton

The Encyclopedia of Modern Witchcraft and Neopaganism - By Shelley Rabinovitch

The Witch Book - The Encyclopedia of Witchcraft, Wicca, and Neopaganism - By Raymond Buckland

“As a Matron and as a Witch”, an interview with Eleanor in a UK magazine called Tit-Bit’s, week ending 6th June 1964.

“Witches In Britain”, an article in the Weekend Telegraph – Number 35, 21st May 1965

<http://www.occulture-festival.com/2001/BoneInterview.htm>

<http://www.dynionmwyn.net/obituary.html>

Microsoft ® Encarta ® 2006 © 1993-2005 Microsoft Corporation. All rights reserved.



July 2010 © George Knowles

George Knowles lives in the UK and is a student of history pertaining to witchcraft.

<http://www.controversial.com>

On the Rocks

Communing with Crystals (Part 1)

Finding the Stone That Is Right For You

by Pari



Over the years, many people have asked me questions like: "How do I know which stone is right for me?" or "Which crystal can help me with (add ailment here)?" or "Should I choose the stone or let the stone choose me?" So I'd like at this time to give some brief but hopefully helpful insights into these matters and more. For the next few issues of this newsletter I will write on several topics that will deal with the answers to this next often-asked question, "Once I find a stone, what do I do with it?" But first, let's find one!

Walk into any rock and mineral store, visit any crystal website, or wander through any rock and gemstone show or exhibit and it can be quite overwhelming. There is so much beauty there and so many to choose from that it can literally make your head spin. The main reason for the dizzying sensation is not simply due to the immense volume and variety of stones and crystals that your eyes hasten to take in, but is actually due to the stones and crystals themselves. Each one transmits its own vibrational energy and force field that interacts with your own in a very compelling way – either attracting or repulsing. So it is good to remember that you are not the sole decision-maker as to which rock or mineral is resonating with and calling to you. Here is where I say, "You are not the only one seeking the crystal; the crystal is also seeking you." So the next time you take that walk in Nature or go rock hounding, or the next time you purposely visit a rock shop or show, take a moment to empty your mind of any preconceived notions of what you think you may be looking for and instead, let the stone attract you.

One of my strongest personal experiences with the above happened when I walked into one of my favorite rock shops on a whim one day, having nothing particular in mind but feeling a strong urge to visit nonetheless. I meandered through the store but found nothing calling me except for perhaps two mild Smoky Quartz crystals. Frustrated, I was ready to simply say "Thank you" and leave, when suddenly a flash of light caught my eye from a darkened doorway at the back of the store. It was their storeroom, and from that dim doorway *my* Smoky Quartz finally called! There it stood on a shelf amidst some others... but seemingly looking a bit taller, a bit lighter, a bit stronger than the rest ...and I asked the owner about it... "Those in the back room there," I said. Well I'd no sooner said that when the owner's jaw dropped open in astonishment and he then said, "Oh boy, my wife's gonna kill me. She'd told me earlier today to put that specimen out because she had a "feeling" someone would be coming in for it today!" She'd said the crystal spoke to her that morning and she in turn spoke to her husband (who didn't listen very well!), and then once again the crystal had to speak... this time to me... in order to make itself known. I went home with that very useful Smoky Quartz that day!

Yes, the stone's engaging vibration will guide you to it. Your Spirit and the stone's Spirit form a natural connection as they attempt to obtain balance – meaning, whatever you are lacking will attract whichever stone has an abundance of that quality – and you will feel it! Feeling the stirrings of becoming more balanced include feelings of happiness, peacefulness and a general euphoria. Whichever invoked emotion though, one thing is for sure...it will always bring a smile to your face.

Letting the stone choose you does not mean that you are relinquishing your own power to choose, for your subconscious and intuition always play a part. It also doesn't mean that you will not still be thoroughly attracted to what I call your "Signature Stones" (those stones that have long resonated with your personality and Spirit); you will. But the stones you actually *need* at certain times during your life journey will be the ones that practically jump into your hands or that come to you unexpectedly.

What should you do if several jump out at you and seem to scream "Take me with you!" and you must choose between them for whatever reason? In that case, I hold each stone in my hand (some say it's best to hold it in your receptive hand, but for some odd reason I feel a stone's energy better through my projective hand, but go with

whichever works best for you) and listen for which stone "speaks" loudest. Sometimes you'll feel a stronger tingle, a stronger vibration, or even a more noticeable warmth or coolness in comparison. Pay attention to the sensations. Also don't forget to pay attention to your feelings on each - are you feeling suddenly happier?... calmer?... excited?... awestruck?... euphoric? These often indicate the strike of balance as noted before, but also can indicate in what capacity the stone will work best and of what types of healing, energy or emotion it will invoke. Pick whichever stone or crystal gives you the highest feeling.

If you are a more visual type person, you can also try what I call the "Peekaboo" method for selecting a stone. This involves gathering in front of you all the stones of interest, then placing your hands over your eyes. Clear your mind, making it a blank slate (pun intended), and then quickly pull your hands away and immediately take note of which stone stands out to you above all the rest and why. This is often the right stone for you. In regard to the "why(s)" of how that particular stone succeeded in being the first your eyes were naturally drawn to – be it because of its color, size, shape, etc. – I will, in the Samhain issue, be discussing this plus how to find, recognize and commune with your stone's Spirit, so stay tuned! (Or as we say in the spiritual world – stay attuned!)

Whichever method you use or however you manage to acquire your stones or crystals, just know that they have surely come to live with you at this time for a very good reason. They have come to help and assist you in some benevolent and fortunate way.

Happy hunting! Or should I say, Happy hunted!



Favourite stones this week

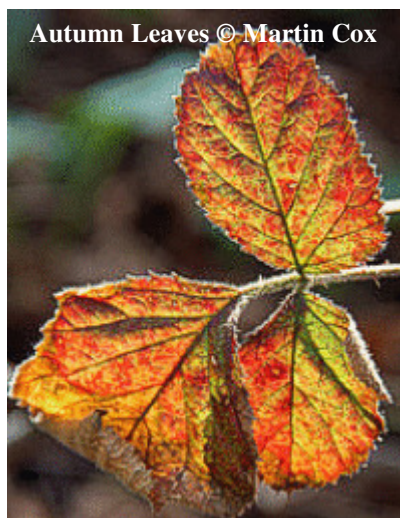


Some more recent finds

© Patricia J. Martin (a.k.a. Pari), August 2010.

Pari lives in the northeast, USA, and is a Shamanic Witch. She has been a member of EW since 2002.

Pics from Our Members



The Herb Garden

By Wes (Graybeard) Sanders

The Herb Garden is doing well. I have actually harvested some Sage and am drying it to make Smudge Sticks. The Parsley and Basil are doing well also.

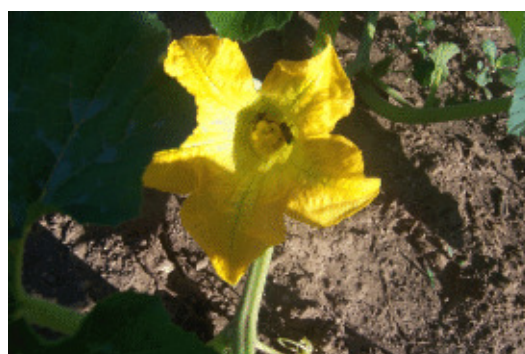
This isn't Herb Garden stuff, but I have planted some Pumpkins also. They are doing very well too. I am finding that Pumpkins like a lot of water, so I flood them at least every other day.

As this place where I work is a Community Garden, in the last month I have been able to give plots away to be used by a family of Chinese immigrants from Taiwan. These folks are all seniors who have come here from Taipei and are farmers. Wow, are they ever. They are out there every morning when I get there at 7 A.M., just wavin' and smilin' and calling "Good morning, Mr. Wass". They can't seem to say Wes. They speak very limited English, but they are trying to learn. One old guy points at something and I tell him what it is in English, and he tries to spell it out in the dirt, then they try to tell me what it means in Chinese. One of the guys is a Tai Chi Master. He is just a little ol' guy, kinda thin, about my age, but I will tell ya something, this guy has moves that I won't even attempt, even though I think I am in pretty good shape yet.

They want to know about the herbs I have going that they seem to be unfamiliar with and are watching everything that I am doing. And then, I want to know what they are growing and I am watching everything they are doing. They have Peppers, Beans, Asian Eggplant, Garlic, Onions and Squash. Wow, a lot of stuff.

As I was sitting here re-reading this I thought, "Aw man, what does this have to do with Magick and Witchcraft?" Then I realized that it has everything to do with it. I am not only helping Mother Earth grow stuff, getting me little hands all dirty and gross and stuff, but I am also having the privilege of meeting and interacting with a culture I know nothing about and having a blast doing it. More next time.

Many Blessings, Wes



Falling in Love with the Flamboyant

By Lyric Moonshadow

*"Poinciana, your branches speak to me of love
Poinciana, your branches speak to me of love
Poinciana from now until the dawning day
Our love, will live forever and a day
Blow tropic wind, sing a song through the tree
Tree sigh to me, soon my love I will see"*

(Song to the Poinciana. Words and music by Buddy Bernier & Nat Simon).

I live on the tiny Island of Sint. Maarten, part of the Netherlands Antilles in the Caribbean. Although we don't have the seasons that most of the U.S. experience, and just as Mabon heralds the coming of the final harvest in October, in the Caribbean we are coming to the end of the Flamboyant season. From May to September we are treated to the glory of the Flamboyant Tree, often called the most colorful flowering tree in the world. The botanical name is *Delonix Regia*. Other names include: Flame of the Forest, Flame Tree, Gold Mohur, Gul Mohr, July Tree, Peacock Flower, and the Royal Poinciana. The tree originated in Madagascar, where it is now endangered. However, it is one of the most extensively planted ornamental trees in tropical and subtropical regions of the world including India, Burma, Africa, Egypt, Florida including the Keys, Southern California, parts of Arizona, Puerto Rico and Texas, Mexico, Central America, parts of Australia and, of course, the Caribbean.

Here in the Caribbean, during the summer months the tree is covered with incredible clusters of flame-red flowers which are 4-5 inches in diameter. Up close the individual blooms are startling. Each bloom has 4 spoon-shaped red-orange petals and one upright slightly larger petal, called the standard. The standard is marked with yellow and white. Even the leaves are elegant; they are lacy and fernlike. The tree is considered to be a semi-evergreen. In some climates that have designated dry seasons the tree will drop most if not all its leaves, while here in the Caribbean the leaves remain all year long. The tree itself will grow 30-40 feet tall with a wide umbrella-like canopy that is always wider than its height. Although the Flamboyant will grow up to 5 feet per year, full maturity won't take place for 10 years.

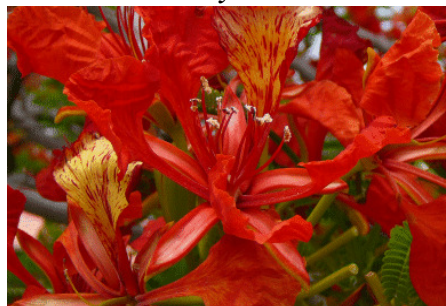
The fruit of the flamboyant consists of a long dark brown pod that is up to 24 inches long and contains up to twenty ¼ inch hard seeds. These pods are called "women's tongue" because of the rattling sound they make as the wind blows. The pods are burned for fuel; the seeds are used to make percussion instruments called 'shak-shak', as well as jewelry. Propagation of the seeds is a little tricky because the seeds are so hard. Although, in nature they have no problem reseeding - you can see baby plants popping up all over. However, horticulturists claim the seeds are difficult to germinate. Some say they must be boiled for 4 minutes, and then placed in warm water overnight before germination will take place. Others recommend removing a small part of the end of the seed opposite the embryo end (where the seed scar is located) so the seed can absorb moisture and germinate.

Medicinal Uses:

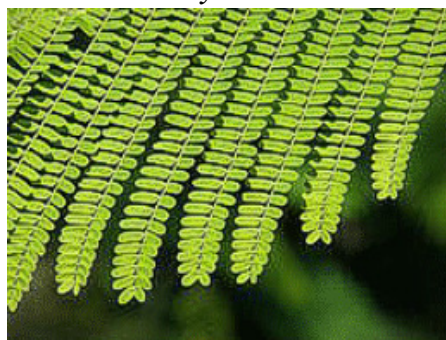
Traditionally the leaves of the tree are used as a cleansing antibacterial wash for skin and for the treatment of skin ailments. Traditional healers, in India, use a decoction of the leaves to treat



Flamboyant Tree



Flamboyant Flowers



Flamboyant Leaves



Flamboyant Fruit Pods

ringworm and stomatitis (inflammation of the mucus membrane of the mouth), while others use this herb as a major ingredient in popular herbal combinations used internally in treatment of constipation. They also use its flower in treatment of insomnia. The fresh flowers are steeped in water and then massaged on soles of the feet before going to sleep. According to the healers, it induces good sleep. Over the past decade there has been much more research done on the antibacterial and antifungal properties of the *Delonix Regia*, and early research is being conducted on the use of the seeds in the treatment of rheumatism. Interestingly, the leaves and flowers were traditionally boiled and the water was used to wash floors and windowsills – a tropical version of Lysol!

Not only is the versatile Flamboyant Tree used for fuel, decoration, crafts and healing, but it is also used as entertainment. Dinah Veeris, a popular Caribbean folk author, mentions in her book *Green Remedies and Gold Customs of our Ancestors* that there are children's games associated with the Flamboyant: 'A game that would get children all excited was the "kabes". Before the Flamboyant flower opens, it gets a top. Children used to avoid smaller flowers and would (use) the bigger ones that were about to open. They would take off the petals of the flower that was not yet open. In that flower you find some strands like stalks, each one with a small head. That head looks like a hook. With that the children used to try to take the heads of each other's flowers off. The child who first lost all her/his head had lost. The child who knew the game well would play with the weak stems first and would save the stronger heads for last, to be stronger than the opponent.' (Veeris)

Flamboyant Spell Work:

I was unable to find any spells which include the use of the Flamboyant, so I had to put on my thinking cap And this is what I've come up with. The Flamboyant is most definitely associated with elemental Fire. I also see the connection with love and passion. I believe there is an Air association as well, with the feathery look of the leaves and the pods which 'speak' to the wind. Therefore, I would instinctively use the Flamboyant in love spells dealing with passion, lust, thought and communication. My husband is in Ohio and we communicate far, far more than we did when we were living together, and we also think about love and passion a lot more than we used to as well (at least I do!). So, next full moon I will be adding the Flamboyant to my Altar to reinforce these feelings!! If you have no Flamboyant Trees nearby, try adding some Rose Petals to your Altar and feel the passion of the Flamboyant.

Brightest Blessing, Lyric Moonshadow.

Bibliography:

Natural Health and Herbal Health: <http://www.naturalhealthherbal.com/tag/delonix-regia-medicinal-uses.html>
 Veeris, Dinah. *Green Remedies and Golden Customs of Our Ancestors*. The Hague, Triangle. 1999
 Thomas, Toni. *Traditional Medicinal Plants of St. Croix, St. Thomas and St. John*. St. Croix, USVI. University of the Virgin Islands. 1997.
 Floridata – Delonix Regia http://www.floridata.com/ref/d/delo_reg.cfm
 Delonix Regia – Flamboyant Tree. <http://www.barbados.org/trflamb.htm>
Flame of the Forest – Delonix Regia. <http://healthyhomegardening.com/Plant.php?pid=2269>
Indian Medicinal Plants: An Illustrated Dictionary. <http://tinyurl.com/2whj42e>
 Wikipedia, Delonix Regia. http://en.wikipedia.org/wiki/Delonix_regia



Flamboyant Seeds



Earrings made with Flamboyant seeds



Flamboyant decoration



Flamboyant Tree

August 2010 © Lyric MoonShadow

Lyric lives on the island of Sint. Maarten in the Netherlands Antilles, and is a Shamanic Eclectic Wiccan. She has been a member of EW since 2007

Pagan Kitchen

By: OwlOak

Greetings folks. The wheel keeps turning and Mabon, the second harvest, is again upon us. As the Lord's strength wanes the days grow shorter and cooler leaving us with memories of the summer bounty and the knowledge that winter will be here all too soon.

So, while we still can, let's enjoy some tasty dishes made from this bounty.

This time of the year is recognized as the time of the grape, but what about the leaves? Fortunately, these can be put to very good use in making a delicious appetizer or main course:

Stuffed Grape Leaves and Yogurt Dipping Sauce

By: OwlOak

This recipe is labor intensive so I suggest you take a day and make up a couple of batches while you are at it (they store well). This recipe is for 1 batch of about 60-70 stuffed grape leaves – this sounds like a lot, but isn't, especially when used as appetizers at a gathering.



Ingredients:

1 large jar grape leaves in brine (about 60-75 leaves)
8 cups water
2 lbs./1 kilo ground lamb, or lean ground beef (90/10-ground sirloin)
1-1/2 cups uncooked rice
2 medium onions, minced
5 tbsp. olive oil
1 bunch fresh dill, chopped
1 tbsp. fresh mint, chopped
1 tbsp. ground cinnamon
1 tsp. ground allspice
1 tsp. ground cumin
1/4 cup dried raisins, minced
2 tbsp. pine nuts, chopped (optional)
3 lemons, juiced
1/4 tsp. pepper
1 tsp. salt
2 cups water

Directions:

Leaves:

Bring 8 cups of water to a boil in a large pot, add the juice of 1/2 lemon. Carefully unroll the leaves (do not separate them) and place in the boiling water for 3 minutes. This helps get rid of the salt from the brine solution they were packed in.

Gently remove the leaves from the water and place them in a bowl and cover with cold water. When cooled, drain and gently rinse them in a colander. It is not unusual for many of the outer leaves in the jar or can to be damaged, or to tear while using. Set these aside to use later in the

recipe.

Filling:

Soak the rice for 10 minutes in hot water and drain.

Sauté the onions in 1 tsp. of olive oil until translucent, not browned. In a bowl, combine the onions, ground meat, rice, remaining olive oil, dill, mint, raisins, pine nuts, spices, juice of 1 lemon, salt and pepper.

Mix well by hand - I know it's messy, but it's really the only way to do it right.

Gently separate one leaf from the stack and place it shiny side down on a work surface. Cut off the stem and discard. Place one tablespoon of the filling on the leaf at the point where the stem joined the leaf.

Fold up the bottom of the leaf over the filling, then fold each side inward and roll up the leaf. Place it seam side down on a plate (2-3 layers is best, but no more than 4 layers) so they don't unroll during cooking. The rolls should be firm but not tight, as the filling will expand during cooking. Repeat until all the filling, or leaves, has been used.

Cooking:

Put a plate, upside down, in the bottom of a heavy-bottomed pot or Dutch Oven. The plate should fit as closely as possible to the sides.

Place the plate of rolls on top of the bottom plate making sure the rolls are packed closely together but not squashed and place several of the unused leaves over the top.

Take another plate and place it upside down on top of the rolls, with something to weight it down. A second plate works fine. I know it's starting to sound like 'stack the plates', but it works.

Add the remaining 2 cups of water to the pot and cover. Bring the water to a gentle boil, add the remaining lemon juice, cover, and reduce the heat to low. Simmer for approximately an hour. The pot should not be boiling, as the secret is to steam the rolls; so be sure to keep the temperature just below boiling.

After 1-hour check to see if the rice has cooked, if so, they are done. If not, continue cooking and check every 10 minutes until it is.

To serve as appetizers, cool to room temperature and serve with lemon wedges and a yogurt dipping sauce (see recipe below) on the side.

To serve as a main course, place 4-5 pieces on a plate with some couscous, and flat bread on the side.

Note: These will keep well in the refrigerator for about 5 days if drizzled with olive oil and stored in a covered container. They can also be frozen. If you do freeze them, reheat them covered in the microwave, or by steaming.

Yogurt Dipping Sauce
By: OwlOak

Ingredients:

1 container yogurt
2 cloves of garlic, crushed and finely minced
1 tsp. salt
1/2 tsp. pepper
2 tbsp. vinegar
3-4 leaves fresh mint, finely minced
1 tsp. dill, finely minced

Directions:

Combine the ingredients and refrigerate for 1-2 hours before using to allow the flavors to come together.

For those who are looking for something quick off the grill we have:

Feta Stuffed Lamb Burgers
By: OwlOak



Ingredients:

1-1/2 lbs./ 3/4-kilo ground lamb
1 (8 oz./227 gm.) package feta cheese, crumbled
4 tbsp. fresh mint, chopped (optional)
1 tsp. ground ginger
1 tsp. minced garlic
1-1/2 tsp. salt
1 tsp. ground black pepper

Sauce:

8 oz./227 gm. plain yogurt, sour cream, or mayonnaise
1 tbsp. lemon zest
1 clove garlic, finely minced

Served with a side of:

Fried Corn
by: OwlOak



1 tbsp. ground horseradish (optional and to taste)
Salt and pepper, to taste

Toppings:

4 slices red onion
4 slices ripe tomato
Lettuce, as needed

4 burger rolls, sliced

Directions:

Preheat an outdoor grill for medium-high heat, and lightly oil the grate.

Mix all the ingredients in a large bowl until just combined. Divide evenly into eight portions and shape into large patties.

Place 2 tbsp. of the feta cheese on 4 of the patties. Cover with the remaining patties and seal the edges by pressing them tightly together.

Cook the lamb patties on the preheated grill until the burgers are cooked to your desired degree of doneness.

While they are cooking: Mix the yogurt, lemon zest, minced garlic, horseradish, salt and pepper in a bowl.

Assemble each burger by placing a lamb patty, a slice of tomato, onion and lettuce on the bottom half of a roll. Spread the top halves with the yogurt mixture and place on the assembled burger.

Ingredients:

6 ears corn, husked and cleaned - drained canned whole kernel, or frozen, corn may be used - roughly 4 cups, depending on the size of the ears, but measurement is not critical.
6 slices bacon, or 1/2 link smoked sausage - diced
1 large red bell pepper, seeded and diced
1 medium onion, diced
1/2 jalapeno pepper, seeded, deveined and finely minced (optional and to taste)
Salt and fresh ground pepper, to taste

Directions:

Slice the kernels off the cob, scrape the cob to release the milk, and set aside.

Place the bacon, or sausage, in a large, deep cast iron skillet. Cook over medium high heat until evenly brown. Remove from the skillet, cool, crumble the bacon and set aside. If using sausage, put 2 tbsp. of cooking oil in the skillet before adding the sausage.

Retain the skillet grease and fry the peppers and onion in it until just softened, not browned.

Add the corn, salt and pepper and cook until tender. Stir in the crumbled bacon, or cooked sausage.

Taste and adjust seasonings then remove from the pan and serve immediately.

Note: If you wish to turn this into a chowder just drain the cooking oil and add 4 cups of milk, or half-n-half, to the pan along with 4 tbsp. of flour and a pinch of nutmeg. Simmer until the desired thickness is reached, stirring constantly to prevent sticking and burning. If it is too thick...add more milk. If it is too thin...add a bit more flour, 1 tsp. at a time. Remember, when using flour as a thickener you need to cook it to eliminate the floury taste and to get the full thickening benefit, so let it simmer for a bit before adding more.

To serve, ladle into a bowl, add a pat of butter and top with a sprinkle of fresh minced parsley or chives.

For dinner we have:

SOS Chicken **By: OwlOak**



Ingredients:

1 - 2 oz./57 gm. package dried beef, diced
6 skinless, boneless chicken breast halves

1 lb./1/2-kilo bacon
1 can condensed cream of mushroom soup
1 8 oz./227 gm. container sour cream
1/4 cup all-purpose flour

Directions:

Coarsely chop the dried beef and spread the pieces over the bottom of a slow cooker.

Wrap each chicken breast in 1 to 2 pieces of bacon and lay them into the cooker on top of the dried beef.

Mix the soup, sour cream and flour together in a bowl until the mixture is smooth and pour it over the bacon-wrapped chicken.

Cover the slow cooker and cook on High for 2 to 3 hours, then turn it to Low for another 2 to 3 hours.

Remove the chicken and serve with noodles, rice, boiled potatoes or toast; topping each with the sauce.

And, for a side we have:

Spice Glazed Carrots **By: OwlOak**



Ingredients:

1 1/2 cups water
2 lbs./1 kilo carrots, peeled and sliced into rounds
2 tbsp. mild olive oil
4 tbsp. butter
1 tsp. salt
1/4 cup sugar
1/2 tsp. ground black pepper
1/2 tsp. ground cinnamon
1/2 tsp. ground cumin
1 shallot, finely minced

3 cloves garlic, crushed
1/2 tsp. dried thyme leaves
1 bay leaf
1 tsp. lemon juice (optional)

Directions:

Place a steamer insert into a saucepan and add 1 1/2 cups of water, or fill to just below the bottom of the steamer. Cover, and bring the water to a boil over high heat. Add the sliced carrots, reduce the heat to medium, and cover the pan again. Steam until tender but not mushy, 4 to 6 minutes depending on the thickness of the slices. Reserve 1/2 cup of the cooking liquid.

Heat the olive oil and butter in a skillet over medium heat. Reduce the heat to low and stir in the salt, pepper, cinnamon, cumin, garlic, shallot and thyme. Cook, stirring frequently, until fragrant - about 10 minutes. Add the 1/2-cup reserved cooking liquid, sugar and the bay leaf. Cover, and simmer for 20 minutes.

Stir in the carrots, tossing well to coat with the mixture, and cook until heated through - about 2 to 3 minutes.

To serve, remove the bay leaf and sprinkle with the lemon juice if desired.

For dessert we have:

Apple Grunt
By: OwlOak



Ingredients:

Cake:

1/2 cup sugar
2 tbsp. butter
1 egg
1 cup flour
1/2 tsp. salt
1 tsp. baking powder
2 cups sliced apples, cored and peeled
1/2 cup buttermilk
1/2 tsp. vanilla

After dinner we can retire to the porch and sip a nice warm:

Venetian Coffee
By: OwlOak



Topping:

1/3 cup brown sugar
2 tbsp. flour
1/2 tsp. cinnamon
2 tbsp. butter - cold

Directions:

Preheat the oven to 350° F/177° C.

Cream the sugar and butter together then add the egg and mix well. Blend the flour, salt and baking powder together and slowly add to the mixture. Combine the milk and vanilla and stir into the mixture until a batter is formed. Add the apple slices and pour the batter into a buttered (8x8x2 in. / 20x20x5 cm.) baking dish.

In a separate bowl, combine the brown sugar, flour, cinnamon and butter and mix to a crumbly texture. Sprinkle the crumble mix over the apple batter and bake for 40 minutes, or until the cake has set and the apples are cooked through.

Serve warm with ice cream, or whipped cream, on top.

Ingredients:

1 shot glass amaretto
1 shot glass sambuca
1/4 tsp. vanilla extract
Coffee, fresh brewed
Whipped cream

Directions:

Pour the amaretto, sambuca, and vanilla into a coffee mug.

Fill the mug with coffee and top with whipped cream.

There you have it folks, another festive day of fine eats to enjoy and share with your family and dear friends. Until the next Sabbat, from my Circle to yours....Happy Mabon!!!

Huggs & B*B ~ OwlOak

This article contains recipes of my own, and/or other credited individuals. Mine are either original or adapted from those I've acquired over the years, along with family recipes that have been handed down to me by dearly departed family members. Any duplication of recipes created by others is accidental and unintentional.

Responsibility for the source and content of any published recipe is strictly the responsibility of the originator.

If any one wishes to comment or make suggestions on the Pagan Kitchen please feel free to write me <jrr147@yahoo.com>. Also, please mention "Pagan Kitchen" in the subject line so it doesn't go into my "Spam" file.



July 2010 © James Rancourt, aka OwlOak
OwlOak lives in New England, USA and is a Wiccan High Priest.
He has been an EW member since 2003.

Angels

(Part 2)

by Graham D. Furnell

*"Millions of spiritual creatures walk the earth Unseen, both when we wake and when we sleep."
John Milton – Paradise Lost*

In Part 1 of this article, we considered some of the earliest expressions of the winged angelic archetype, as found in the religious cultures of ancient Mesopotamia, Egypt and Persia. We found that a change had occurred in the context associated with these expressions – from the early polytheistic cultures of ancient Mesopotamia and Egypt, to a later monotheistic perspective adopted in ancient Persia, through its primary religion of Zoroastrianism. This led to a transformation, where some of the gods and goddesses of old took up a new identity – becoming members of a class of spiritual beings who served a single supreme deity, and took on roles of guardian, messenger, or divine agent in a manner not dissimilar to those we tend to associate with angels to this day. However, the process of change was not immediate, and examples of the “old form” of the angelic archetype continued to survive in polytheistic cultures. To further consider this, let us now continue our investigation by examining the prevalence of the angelic archetype in Greco-Roman religious culture.

Greco-Roman religious culture was characterized by its polytheism, and so it is no surprise to see the angelic archetype being associated with some of the gods and goddesses of that culture. A primary example is the great messenger god of the ancient Greeks, Hermes, who was known as Mercury to the Romans. Depictions of Hermes traditionally had him wearing a winged cap and winged sandals, which enabled him to fly as he carried messages between the worlds of mortals and immortals. Hermes also carried a winged staff - the Kerykeion (or Caduceus in Latin), which was given to him by the god Apollo in exchange for the lyre, and could be used to cast magical spells. Famous for his cunning, shrewdness and intelligence; apart from his role as a godly messenger, Hermes was also a patron of shepherds, merchants, travelers, athletes, writers, orators and wrongdoers. Interestingly, the term Hermes was used by the pre-classical Greeks as a generic reference to any deity, and originated from the word “herma” (alternatively herm/herme), the name for a pile of stones or a pillar used to designate a boundary or promote good luck. The pillar form was commonly surmounted by the carved head of a bearded Hermes, with a set of male genitals adorning the base at the appropriate height. To invoke good luck, the genitals would be rubbed with olive oil. Thus, Hermes’ origins were associated with phallic worship, even though later classical representations of him do not appear to be as sexually explicit in nature. Hermes was also a god of medicine, magic, occult wisdom and a psychopomp, who ensured the safe passage souls to the afterlife. In the pantheon of ancient Egypt, Hermes’ counterpart was Thoth, and both were merged into the Greco-Egyptian persona “Hermes Trismegistus” (Thrice-Great Hermes), the legendary founder of Hermeticism - an ancient body of esoteric religious and philosophical knowledge that has significantly influenced the development of western magical practice. Famous texts of Hermeticism include “The Corpus Hermeticum” and “The Emerald Tablet of Hermes Trismegistus” - the latter featuring the famous occult maxim “As above, so below.”, or more explicitly “That which is Below corresponds to that which is Above, and that which is Above corresponds to that which is Below, to accomplish the miracle of the One Thing.” It is thought that this famous maxim suggests that actions taken on any one metaphysical level (physical, mental or spiritual) will affect all levels. It may also be interpreted with regards to the context of oneself (the microcosm) and the universe (the macrocosm) – suggesting that gaining an understanding of one will lead to an understanding of the other.

The female counterpart to Hermes in the ancient Greek pantheon was Iris, who was also depicted with wings, and carrying the Kerykeion. Iris was associated with rainbows, which the ancient Greeks saw as bridges between heaven and earth - symbolic of Iris’ role as a divine messenger. Nike, goddess of victory was another ancient Greek winged deity. Known to the Romans as Victoria, it was believed that she flew around battlefields, determining who would



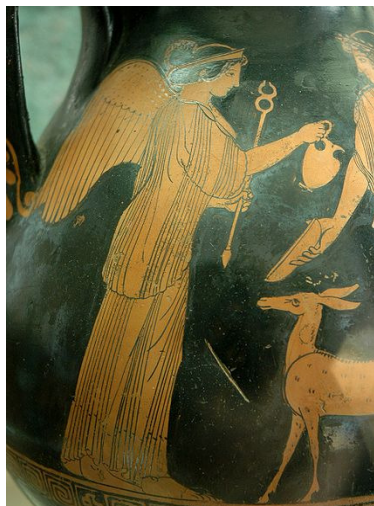
Hermes - great messenger god of ancient Greece, holding the Kerykeion (Caduceus)



Relief from an ancient Greek carved Lekythos, which shows Hermes conducting the deceased to Hades, ca. 430-420 BCE - National Archaeological Museum of Athens.

prevail in mortal combat. Victoria was greatly worshipped by members of the army, and an altar was dedicated to her in the Roman senate.

In the Greco-Roman pantheon, winged divinities were also associated with Aphrodite, the Greek goddess of love, beauty and sexuality; who was known as Venus to the Romans. These were the Erotes, who were typically depicted as nude, winged youths accompanying Aphrodite, and who each represented a particular aspect of love – Eros (sexual desire), Anteros (mutual love), Himeros (unrequited love) and Pothos (yearning). Consequently, the ancient Greeks often cast magical spells to harness the powers of the Erotes for the purposes of attracting, securing, or repelling love. Eros was sometimes shown holding a bow and arrow, with which he could smite irresistible love upon any defenseless target - mortal or immortal.



Ancient Greek winged female figure, which may be either Iris (messenger of the gods and female counterpart to Hermes) or Nike (goddess of Victory)



A depiction of the Erotes - Eros, Himeros and Pothos appearing on an Athenian red-figure stamnos from the 5th century BCE, now in the British Museum (source: www.theoi.com)

The Erotes were sometimes considered to be but aspects of the singular deity Eros who, in pre-classical Greece, was originally worshipped in his own right as a primordial god of fertility, sexuality and beauty – whose energies were considered to have played a fundamental role in the creation of the cosmos, and who was symbolically represented by unwrought stone. Over time, this interpretation of the old god was refined, leading to the emergence of his somewhat lesser role as an agent of the higher goddess Aphrodite. However, at times he was still worshipped in his own right, particularly in the city of Thespieae. Situated at the foot of Mount Helicon in Boeotia, Thespieae was famous in ancient Greece for its festivals and the nearby sanctuary dedicated to the Muses. A cult of Eros existed that had a strong following in Thespieae, where relevant celebrations peaked every four years with the conduct of athletic games called the Erotidaea. Events included footraces, chariot races, the pentathlon, wrestling, boxing and pankration – a form of gladiatorial combat. Artistic events involving music and dance were also held during the games, all aimed at honoring Eros and the powers of love that he represented. To further honor him, an enormous, classically beautiful statue of Eros was located at Thespieae. Carved by Praxiteles in the 4th century BCE, this statue was revered in the ancient world, attracting newlyweds and pilgrims seeking a divine blessing of their love affairs.

Cupid was the equivalent of Eros in the Roman pantheon, and by that stage he had adopted his more familiar cherub-like characteristics, propagating an imagery that was further built upon by renaissance artists, leading all the way through to current times with the popular depictions on St. Valentine's Day cards that many of us would be familiar with. So we see in Eros, a significant transformation, which I think parallels the development of imagery associated with angels in general - from a powerful primordial god of old who was primitively represented by unwrought stone and worshipped as a god of



The Eros Farnese - a Pompeiian marble thought to be a copy of the famous statue of Eros in Thespieae

fertility and raw sexuality; to classical artistic representations as a beautiful winged youth who accompanied Aphrodite, goddess of love; to finally, our modern day representations as a cute, cuddly, winged babe who playfully holds a bow and arrow.

Before leaving the Greco-Roman pantheon, it is worth briefly noting that there were also many other expressions of winged gods and goddesses in that culture - including Boreas, god of the North wind; Eos, beautiful goddess of the dawn; and those treacherous songstresses, the Sirens. The imagery associated with these numerous deities has inspired some of the most formative and familiar representations of the angelic archetype that we will encounter. However, having said that, in the next part of this article we will move on to consider the religion of Judaism, which has provided a fundamental basis for much of the angelic lore that we are familiar with today. So until then - may the gods, goddesses and angels of old bestow their blessings upon you and yours, as we join to celebrate this Equinox.



*"Venus et Cupido" by Lorenzo Lotto
ca. 1525 - Metropolitan Museum of
Art, New York*

*"Love looks not with eyes, but with the mind, And therefore is winged
Cupid painted blind."*

William Shakespeare – A Midsummer Night's Dream

Sources

<http://en.wikipedia.org/>

Maggy Whitehouse, Living Kabbalah, Hamlyn - Octopus Publishing
Group Ltd., London, UK, 2004.

Hazel Raven, The Angel Bible, Godsfield Press, London, UK, 2006.



*Greek terracotta
funerary Siren, 1st
century BCE*

© Graham D. Furnell – 18 July 2010

Graham lives in South Australia and is a student of Wicca. He has been a member of EW since 2006.

Pics from Our Members





Dragonfly Totem

by Pari

For the harvests of this coming Mabon and a bit beyond, I've been called to work with the ancient and illuminating totem, Dragonfly.



I have always loved dragonflies - cute little flying stick-like creatures that have been inhabiting the planet for as much as 300 million years, adorned with gossamer wings and bodies colored in either the most brilliant blue, green, yellow, orange or even black iridescence - but as a totem they've only ever shown up intermittently in my life and, thus, are simply Journey Totems for me. This August, though, they've come back with a vengeance!...and I've been kept busy collecting their unmistakable messages that are both pertinent and helpful to my life path at this moment. For general purposes, though, and for valuable information on what Dragonfly Spirit normally offers aid in, I present to you here a look into their lives and some of their more obvious traits. Come meet Dragonfly!

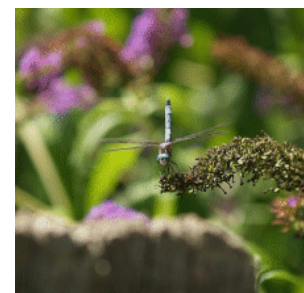
The first and foremost of Dragonfly's strengths and powers lie in their association with Light. At Mabon, and as the Sun's strength increasingly diminishes here in the Northern Hemisphere as we start heading a bit deeper into the dark half of the year, we can use Dragonfly's en*light*ened wisdom to keep our paths lit. Even though the dragonfly's traditional power time is Summer, they carry their messages and bestow their strengths well beyond their season. Just as light can bend and shift and transform throughout the day creating many variables from dawn to dusk and back to dawn again, the Spirit of Dragonfly can sustain us throughout the year which, when you think about it, mimics the cycle of each day - noon being Summer, midnight relating to Winter, and dawn and dusk relating to Spring and Autumn respectively. It is all a Circle...a Wheel...and one we must journey around to the very best of our ability. Fortunately, we are never alone in our journeys. Our Totems are always there to help.

So what is the power of Light? Well, it is manifold...from its physical nourishment to its spiritual nourishment to all nourishing aspects in between. It brings life, vitality, inspiration and enlightenment. It is a radiant energy that can quell and eventually dispel its antithesis - darkness. In the oft-spoken phrases, "Let there be Light!" or "I see the Light!" or when looking for "The Light at the end of the tunnel", Light is a beacon - the guiding beam from the proverbial lighthouse that may warn of rocky times but that also promises to safely guide us home.

Even in the dragonfly's quickly recognizable appearance they exude the quintessential aspects of Light. When air-bound, they are flighty, quick-moving, agile, and sometimes nearly invisible. Their often iridescent body is long and slender and contains two narrow pair of softly veined gossamer-like wings attached near to their rather large head which, in turn, sports large, bulbous eyes - eyes that take in an enormous amount of light as they contain 30,000 lenses and have the ability to see a full 360 degrees around them! Dragonflies can see movement up to 40 feet away and can fly up to 35 mph.

Light carries energy and momentum but has no discernable mass. For this, it is often associated with the aspects of Illusion which, in turn, is Dragonfly's second most strong and discernable quality. Dragonflies have the magickal ability to help us break through any of our own misty illusions in order to discover (or rediscover) true vision of our life's purpose and to help our own light shine forth. This makes the dragonfly, like its cousin the damselfly, not only a carrier of Light but a true Bringer of Light. Once the breakthroughs take place, your own true Light shines forth with a brilliance that has never been seen before; it is enlightened, and it becomes that lighthouse beacon for not only yourself, but for all others around you.

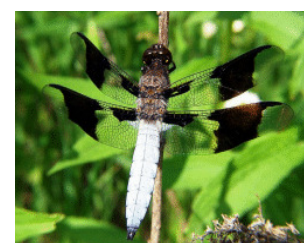
There are many different kinds of dragonflies, such as the Blue Dasher (shown above), the Meadowhawk, Common Whitetail, the Flame Skinner, the Green Darner, etc., and then even the two types - the dragonfly and the damselfly. A quick note on



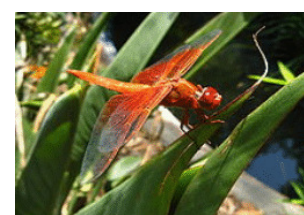
Blue Dasher



Meadowhawk



Common Whitetail

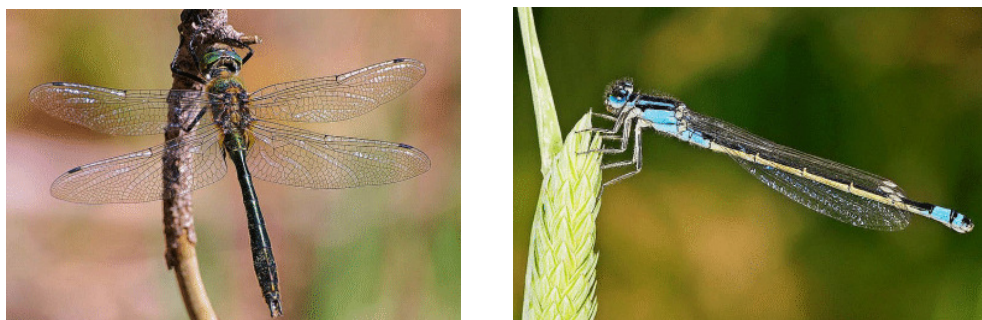


Flame Skinner



Green Darner

the difference between those two types: Dragonflies (sub-order Anisoptera) have broader bodies, can eat while they are flying, and while at rest will hold their wings out perpendicular to their body. Damselflies (sub-order Zygoptera) generally are much more slender and delicate, must land in order to eat, and while at rest will fold their wings back over their body.



Dragonfly & Damselfly

Both of these delightful flying creatures remind me of little dragons...swooping and swerving in a flash of fluttering light, or suddenly hovering in midair, as they command the skies. They are masters of agility, and can even fly backwards as if momentarily backing up for a better look at something interesting. Those with Dragonfly Totem should do the same. Do *not* let what genuinely interests you pass you by. In these quick aerial feats - rapid and precise due to their unique wing mechanisms - the dragonfly also reminds me of the Faerie World, to which they are certainly connected. Dragonfly magick can assist you in communing with the Fey and in working with all other Nature Spirits.

Speaking of the dragonfly's aerodynamics, an interesting fact is that aeronautical engineers have been studying how the dragonfly flies because it *is* so unique! Dragonflies do not beat their wings in unison as other insects do. Instead, as their front wings go up, their back wings go down, generating a whirling vortex of air. It is an uneven yet balanced movement; one that allows all those quick up and down, side to side, hovering and even backward movements. But I would be remiss if I were to merely speak of Dragonfly's aerial expertise, as they haven't always been airborne. Dragonflies actually dwell in two elemental realms - Air and Water - capturing the essence of both the lofty and the deep. The dragonfly begins its life in water, hatched from an egg, and then as a nymph (larvae) will spend anywhere from a few months to five years there depending on the species. When ready to metamorphose into an adult, it will climb out of the water onto a reed or other plant and it is there where it takes its first breath of air. Its skin then splits and the adult dragonfly emerges, pumps its wings and flies off into the land of Air where it will live anywhere from two to six months, again depending on the species. As we work with Dragonfly Spirit, we too will find ourselves immersed within those two Elements. With Air we find higher mental prowess and sparks of inspiration and the projective strengths of the Gods. Your creativity and imagination will take flight. With Water we find the essence of manifestation, change and adaptability, and the strengths of the Goddesses. Those working with Dragonfly Medicine often find they are transformed in some way (do not resist the change), and their eyes are opened to how best to manifest their dreams. Yes, if Dragonfly has spoken to you, you will be going through your own metamorphosis. Your visions will increase, and you will foresee your future and develop toward it with greater ease. As you journey with Dragonfly your clairvoyance and intuition will spike - another factor that will help you maneuver life's currents and inevitably soar.



All dragonflies have the ability to reflect and refract light; it is what makes their bodies iridescent and their wings sparkle. Due to these abilities, this Totem is strongly associated with magick and mysticism, for bending light waves is what magick is all about. We bend them from what they are in order to manifest something different. So, when working with this totem, you too will gain the ability to reflect and refract light. This will help you be able to change your appearance at will. Whereas earlier I told you that dragonfly can take away any illusions you have about yourself or things around you and can be used as a clarity factor, in an alternate way, Dragonfly can also show you how to *create* illusion. For instance, it can give you the illusion of being a formidable force, allowing you to obtain a

higher position in life, and where you may find people suddenly being afraid of you or cautious when around you because, to them, you appear elevated. And yet, beyond the appearances, you retain your true inner softness and integrity. In other words, illusion can be a magickal tool to be used at your discretion and to obtain whatever you desire. Some call this "glamour magick". Just as Dragonfly has earned its many ominous nicknames throughout time, often referred to as "devil's darning needles" or "finger cutters, horse stingers, ear sticks or eye pissers", this is merely Dragonfly's illusion, as in actuality they are virtually harmless... well, unless you are a mosquito, gnat, midge or fly - the dragonfly's favorite meals. The dragonfly does possess a very large extendible lower toothed jaw - in fact, they are members of the order of insects called Odonata which means "toothed one" in Latin - but they reserve their teeth for their prey. Dragonflies are excellent hunters and are known as either Darters or Hawkers. Darters cling to plants and then dart off quickly toward their prey. Hawkers (in reference to the bird, Hawk, which hunts from above) tend to fly over water to look for food. Dragonflies are very territorial and will chase other dragonflies away... well, unless it's a female invading a male's domain. ;) In mating rituals, the two dragonflies form what is called a "wheel" in midair, whereas damselflies mate in tandem one behind the other.



The many colors that dragonflies and damselflies are adorned with is a signal to us that colorful new visions (Air) and magickal manifestations (Water) are about to take place. Take note of what colors grace the next dragonfly that you see, for that too will give you a peek into what is about to occur. Is it deep blue?...meaning, most likely, it will involve something spiritual or deeply heady. Is it light blue or yellow?...signifying something light and airy, perhaps joyful and begging to be spoken aloud. Is it red or orange?...a fiery passion about to manifest? Perhaps black?...where you will be delving into deep, hidden mysteries. Whatever significance its color, though, you can expect that Dragonfly will bring with him or her all the light and magickal skill necessary for you to manifest the dreams of your mind and heart and the purpose of your soul. The kind that caught my attention this summer was the light powdery blue and teal Blue Dasher (*Pachydiplax longipennis*) of the Hawker variety who lives near ponds or slow moving waters. This variety sits atop a high perch from which they "hawk" their prey. While waiting, their wings are usually held downward and forward, oftentimes with their torso held up in the air as if doing an acrobatic balancing act. They are a joy to watch! And in their actions many a valuable message is delivered.

To the Japanese, dragonflies represent light, joy and courage. In Japanese legend, their mythical founder, Emperor Jinmu, was bitten by a mosquito which was then eaten by a dragonfly; hence, one of Japan's ancient names was Akitsushima which means "Dragonfly Island". To certain Native American tribes, dragonflies are seen as souls of the dead - a harbinger to Samhain. To many other cultures around the world, they are said to bring good luck and good fortune. It is no surprise that Dragonflies have been depicted in art, jewelry and ornamentation for centuries. Here are some of my own various pieces.



Use Dragonfly's magick and mystical powers whenever you wish to change or transform something. The life cycle and abilities of Dragonfly can lead the way. Visualize yourself (or whatever it is you would like to change) as slowly and softly rising from the depths of dark waters. Keep your focus on the light above as the waters become clearer and clearer. Then gently break the water's surface and take a deep cleansing breath. Imagine floating there for awhile, between the realms of Water and Air - water keeping you spiritually afloat while the air fills you with new hope and vision. And then, like a dragonfly, spread your newfound wings and fly!

Yes, these beautiful creators and destroyers of illusion...these swift carriers of Light...these elusive all-seeing bearers of transformation are one of our world's most magickal creatures. May their illuminating Spirit always light your way. Happy harvesting!

Sources:

Animal-Speak, Ted Andrews

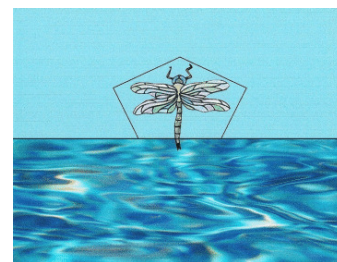
South Carolina's Magic Dragons, Austin Jenkins. Photography by Jack Jenkins

<http://www.dnr.sc.gov/magazine/pubs/julyaug2006/magicdragons.html>

<http://en.wikipedia.org/wiki/Dragonfly>

<http://www.dragonfly-site.com/dragonfly-pictures.html>

Dragonfly, himself.



© Patricia J. Martin (a.k.a. Pari), August 2010.

Pari lives in the northeast, USA, and is a Shamanic Witch. She has been a member of EW since 2002.

September Rune Reading: Uruz - Laguz - Berkana By Runeman



From right to left: (**Uruz**) present state, (**Laguz**) action to be taken, (**Berkana**) outcome.

Last month we struggled with our tumultuous states and hopefully resolved our conflicts and successfully sat in silence to contemplate our triumph of in our personal battles.

Our actions were projective and outreaching. Subsequently, we managed to catch a breather after our hard work by resting and observing the “field of battle”, and our victory.

Uruz:

Uruz shows us that we are presently engaged in further directive action and reflects our strength that we used last month in order to pass our difficult trials. However, this month we necessitate the need to move inward. This year, September is all about inner workings.

Laguz:

This month we are not caught in a storm, nor are we required to put forth projective action in order to better ourselves. Laguz, a prominent rune of mystery and intrigue, is shaped like the bow of a Viking longboat and hints to a journey over water. Imagination, dream sequences remembered and the underworld are some of the qualities that Laguz represents. This month, our action that is needed to be taken is one that is done inwardly. We must spend time in meditation, trance-work, and proper sleeping rhythms. As a sail through the rough northern seas, this journey will be met with success; however, it will be accompanied by a loss of some kind. Not to worry, we will be met with more accomplishments than failures.

Berkana:

The fruitful waters of mystery will award us mental and spiritual growth. Berkana is very much a rune of femininity, in that it is shaped as a pregnant woman, thus hinting of gestation and growth from within. At the moment of birth there is a sense of liberty, of escape. Our inner workings will be rewarded with newfound sovereignty and spiritual clarity, just like when a newborn takes its first breath. We are free.

Rune Reading by: Elthan Óndulfr Pálsson - aka Rune Man
Rune Man has been a member of Email Witches since 2009

Symbols of the Harvest

Mushrooms:

Mushrooms symbolize male fertility and virility because of their phallic shape. In China, the mushroom symbolizes long life, happiness and rebirth, and was anciently the food of Taoist immortals. The Chinese also believed that mushrooms grow only in peaceful times, so it became a symbol of successful government. In some African and Siberian tribes the mushroom is symbolic of the human soul, while in Mexico it signifies knowledge and enlightenment. In many Western countries, and particularly in Ireland, there is a belief that the fairy folk make their homes in mushrooms, so they became associated with immortality and eccentricity. Because the mushroom lacks leaves and flowers but still resembles a plant, and because some are poisonous or toxic, it is also a symbol of mystery, the unexpected, or of strange things to come.



Metaphysics

The Hippie King of Ojai

A Gift of Vicarious Passion

By Tamra L. Consbruck

"When we feel passion for something, it is because we are remembering what it was that we came here to do. The more passion we feel, the more in alignment with Source we are, allowing this energy to pour through us with no hesitation. This is the way it was meant to be." —Karen Bishop

"You fascinate me!" That is the line that popped into my head, right out of a romantic comedy starring George Clooney, as I stood there in his kitchen (no, not in George Clooney's kitchen) trying to soak it all in. I was in another world an hour away from home with a man I had known for mere hours, here by spontaneous choice, floating through it as if in a dream. And I was enjoying the hell out of myself. "You fascinate me!" There it was again.

This past year I have been working hard on myself, trying to pay closer attention to my own wants and needs after spending so many years paying so much attention to so many others. It's been a bit of a roller coaster ride, seeing as I have been pushing my personal envelope and testing waters I have not been swimming in for what seems like a lifetime. With my sons now gone off on their individual journeys I've decided it's time I sought out a little fun of my own; a new connection with me, you know, get to know myself better. It's time for me to be selfish and maybe just a wee bit reckless. Yeah, that's right. I'm ready to feel my life again. I'm ready to roll, baby.

After being out of the game for so many years I figured I would have better luck meeting new people through an internet dating service, rather than going to a bar or a night club full of "twenty-somethings" playing drinking games. Not that there is anything wrong with that, if you're twenty-something. And those who say the grocery store is a perfect place to meet men are, well, not me. Last week I finally made a lunch date with a man from an on-line social site, and although this was an older man of sixty-three whose photo was anything but GQ, his profile intrigued me and something about him drew me in. Something about him felt, "Alive." That is something I want; to feel alive. I could use a good dose of that. So we exchanged phone numbers and agreed on a time and place.

We met at the Bird Refuge. He looked just like his profile photo; long two-tone gray hair, strong Italian nose. In fact I am pretty sure he was wearing the same blue shirt. We recognized each other instantly and introduced ourselves with a friendly hug. His energy was electric. It made me feel awake. It was better than ginseng. I had brought two tubes of crackers to feed the ducks, hoping it would break the ice, and the ducks were extremely accommodating.

We had lunch and a glass of wine in a converted old Victorian place located right across the street. We ate

salad in the greenhouse, and talked easily for about an hour before returning to our cars. Then he kissed me. I'm not talking a "It was so nice to meet you" tentative peck on the cheek. I'm talking "full blown in your face, hands tangled in your hair" kind of kiss. I actually forgot where I was till the very annoyed voice of a woman cleared her throat and said, "Excuse me", and I found we were blocking her path to the door of her car. I felt the blood rush to my face as I quickly moved us out of her way.

Maybe it is because I haven't experienced that kind of passion and eternal youth in so long, or the electrifying energy pulse of life emanating from this man, but when he said, "Come home with me. I have so much to show you.", it didn't take long to convince me to say yes...even as my inner voice of reason shouted, "Don't you freakin' dare!"

Yeah I admit my libido played a small part in my choice to throw caution to the wind. I've been trying to get my passion back. That's a better word than sex. It really wasn't about sex. It was about feeling alive. I have developed a habit (whether it be good or bad) of searching for outside influences to motivate and inspire me. Though I don't like to admit it, I tend to put too much hope in the healing power of the outside world and when it "seems" to fail me, I fall into myself, and sometimes I get stuck there. When that happens I lose sight of who I am and can only see old, deceptive reflections of myself. Sometimes my only way out is to again focus on something outside of me and grab hold of it to tow me out. It's like being stuck in the mud. And my only salvation is to attach to something, or someone else and not let go till I feel the thick mud dripping from my toes.

After packing a quick overnight bag and enjoying a strangely peaceful drive up the winding roads of the Ojai mountains, we pulled up to a gate, and the driver I now knew as "Sandman" pushed a button on a remote which spread them wide, reminding me of strong arms opening for an embrace. The lengthy driveway was lined with every kind of fruit tree on either side and a dark living cloud awaited us at the other end. As we pulled to a stop I realized what this hovering mass of motion was, and hesitated opening the passenger door to climb out.

"Are those bees?" I asked knowing full well that they were. I have always been afraid of bees. Over the years I have absent-mindedly found myself smack dab in the

middle of exactly three hive clouds even bigger than this one. Bee is my “Shadow Totem.” I am also slightly allergic to their sting. I momentarily forgot this was an adventure I had so recently chosen to take, and instantly remembered the famous last words of my voice of reason. Perhaps I should address the bee thing in a later essay.

“Yes, these are my bees,” he answered. “I am in the process of moving them. I have three other hives just below the house.” This is when I noticed the crawling carpet covered white box just to the side of where the swarm was hovering. “Come on in,” he said, heading straight into the buzzing cloud, practically stepping over the bee-covered white box, towards the front door of his house. “Yeah, okay,” I said. “I don’t think so.” He laughed and asked me if I was afraid of bees. I simply nodded my head. So he pointed to a sliding glass door several feet to my left and walked through the house to open it for me.

I turned from one swarm to find myself instantly engulfed within another. Only this buzzing cloud of color filled me with not fear, but incredible wonder. Hummingbirds, *hundreds* of them swarmed, dove and circled my head as I invaded their feeding and living space without their seeming protest. The bees were forgotten in less than a second, and all I could see was an ever shifting blur of reds, greens, blues and purples. Funny I hadn’t noticed the light chirps and chatter of these angelic little creatures’ only feet away from me and that other dark cloud. The slightly heavier buzz of the hummingbirds’ wings simply blended into the vibration of the other swarm. *And what other swarm was that again?*

When Sandman pulled open the sliding glass door he looked up, bringing to my attention six humming bird feeders hanging in a straight line along the eaves of his back porch. “Excuse me while I refill these.” And he took them down, filled them with sugar water and hung them all back up one by one, as I continued my wide-eyed gaze at these fluttering little fairies with my mouth literally hanging open. “Do you like them?” he asked, but it



wasn’t really a question. I caught myself bursting to share with him the magick and mystery I felt in the company of Hummingbird; this very special bird. Many Native American tribes believe them to be messengers of Spirit and of the ancestors who have crossed over before us. This is also my belief as I always feel my father in their presence, and once was lucky enough to feel the fluttering of its wings in the palm of my very hand! Oh yes, I like them.

Now as I stood there in his kitchen, I watched and listened in awe as he poured me a glass of wine - his wine... his very own homemade organic wine - and gave me a little background on his process as I read the label.

“A passion for the grape, coming from a labor of love to the glass... This wine was prepared by hand at Chateau Henri and held in stainless steel until bottling to hold the distinctive flavor of the unfiltered grape... And that is all. (No sulfites added) Made with organically grown grapes for your physical and spiritual pleasure.”

Aside from the health benefits from higher levels of resveratrol, polyphenols and antioxidants, (whatever the hell these are), you can drink as much as you want and *not experience the hangover in the morning*. This information he delivered with a lively and proud smile, and I fell in love with this magic potion.

We carried our wine glasses with us as he led me around his self-sustaining world. We strolled through vine covered archways dripping with grapes, and top-heavy tree-lined driveways crowded with apples, oranges, peaches, plums, lemons, and avocados. Then he led me to a large

organic garden and we picked our dinner for the evening. His cooking was incredible. We had fresh kale, green onions and eggplant among other greens I can’t remember the names of, grilled in garlic and olive oil, served with more of his wine. He gathers his own honey from “His bees”... cans his own fruit... and offered me some with dinner. I don’t recall ever eating vegetables that tasted so incredibly delicious as they melted on my tongue... and yes, this organically sweeter Merlot; another glass please.

Who is this man? Nature and all of the earth gravitate to him, grow and produce for him, cohabit with him and each other in ways I've never seen. While he had cooked for us, I lay on my back on the ground just outside the open sliding glass doors and watched the hummingbirds above me - so, so many of them, dancing and diving, landing and drinking and chattering. And I could feel tiny droplets of sugar water landing on my nose and lips, as one of six huge bobtailed cats purred loudly and made bread on my belly, and a sweet-breathed little Wiener dog licked all the make-up from my face. We later soaked in his hot tub and swam in his saltwater filtered swimming pool, and walked naked through the vines and the trees, and felt the earth under our feet and the breeze across our skin. I am in the Land of Oz...the Garden of Eden...I am Alice led down a rabbit hole by the Hippy King of Ojai...and I was giddy from it all.

Then the Sandman said, "*I love you!*" with all the passion and devotion and electrical pulse of someone just plucked from the burning fires of the underworld and placed in a vat of cool vanilla cream. "Whoa, wait a minute!", I choked. "That's an awfully strong word." He didn't bat an eye, only went on to explain that it was "*all about love*". He loved me like he loved his land, his bees, hummingbirds, cats and his little puppy, Magpie. He loved me like he loved the wind and the water and his

cannabis. Yep, he grows his own (legally, of course) and although I don't smoke it myself, his plants were huge, healthy and absolutely beautiful, smelling pungent enough to contact a high just from the scent alone! It brought back memories, to say the least, and that's all I will say. How could I not admire, *love*, this strange man who doted, with the utmost care and gratitude, on all these earthly gifts he so willingly shares with me?

...and I felt it. I felt the love, the passion, that feeling of being alive, so strongly it made me dizzy with the excitement of it. (Okay, maybe some of this was the wine.) This pulse was all around us and in us. I'm not talking about conventional love between a man and a woman; just love; free-floating and permeating everything. It was literally in the air I was breathing. It dripped from my lips in the guise of wine and caressed my skin in the guise of a cool breeze, and nibbled on my neck in the guise of an old hippie with his intense passion and connection to the source of all that is. What a rush! In this one moment in time I was suddenly experiencing everything I have been searching for! And I *knew* at this moment I wanted to share this gift with others, because it is real; because it exists; because I am in it!

"Happiness is good health and a bad memory."

- Ingrid Bergman (1917-1982)

August 9th 2010 © by Tamra L. Consbruck

Tamra lives on the West Coast, USA and is an Eclectic/Metaphysical Witch. She has been an EW member since 2003.

The Bards Corner

Mabon

*The Crone is advancing nearer
Bringing with her longer nights
Hours of daylight diminish
The year's end is in our sights.*

*Gold and russet her colours,
Latent growth her way,
Brusque winds and a nip in the air,
Fallen leaves beginning to lay.*

*She brings with her a reminder
To harvest that which we have sown
The fruits of our hard labour
Before winter comes into its own.*

*Her message is that it's time to retreat
Just as the seed lies still in the earth
To take time to give thanks for what is bestowed
And await the time for rebirth.*

*As Mabon calls for all growth to slow
The old gal acknowledges summer's demise
The time of equal balance is ever so brief
And we must descend in order to rise.*

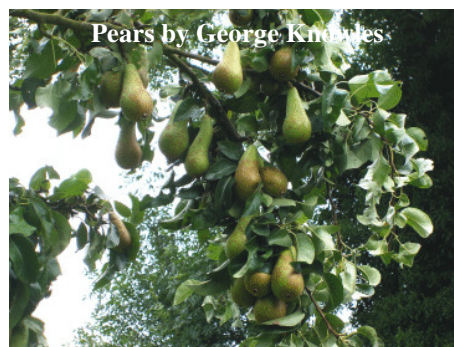
Poem by Julie Weltch (a.k.a. Joohue)

Julie is a Druid Priestess and lives in southern England. She has been a member of Email Witches since 2009

Nature's Glory



Apples by George Knowles



Pears by George Knowles



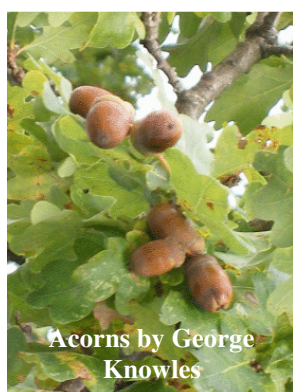
Red Berries by George Knowles



Raspberries by George Knowles



Tomatoes © Martin Cox



Acorns by George Knowles



Garden Produce © Laura



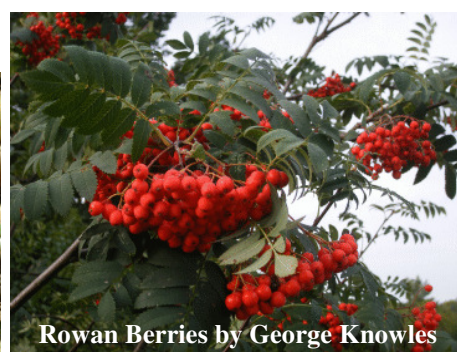
Blueberries by George Knowles



Blackcurrants © Martin Cox



Onions © Martin Cox



Rowan Berries by George Knowles



The Controversial Cauldron is published each Sabbat

October (Samhain)
December (Yule)
February (Imbolc)
March (Ostara)

May (Beltane)
June (Litha)
August (Lammas)
September (Mabon)

Next Issue:
Samhain
31st October

Email Witches is a pagan friendly email group attracting people from all walks of life, from all spectrums of society and from all around the world. Most are individuals seeking a personal practical religion that can be adapted to their own needs and criteria, and Wicca is a wonderfully diverse religion that meets these needs. Email Witches, a Yahoo! Group, is set up as a place where those of same interest can meet, discuss, share and gain more information about their chosen paths. All visitors to my website Controverscial.com are welcome, so feel free to join us and make new friends.

The Controversial Cauldron Staff

Publisher:

George Knowles

Contributing Editors:

Patricia J Martin
 James Rancourt
 Lillian Norman

Contributing Writers:

George Knowles
 Darkhairedcrone
 Ardriana Cahill
 Patricia J Martin
 Wes "Graybeard" Sanders
 Lyric Moonshadow
 James Rancourt
 Graham D. Furnell
 Elthan Óndulfr Pálsson
 Tamra L. Consbruck
 Julie Weltch

Contributing Artists:

Patricia J Martin
 Danny Roberts

Photo's from our contributors have been credited individually, while all other photo's have been sourced "copyright free".



Original art by Patricia J. Martin

Terms of Use:

Use of any part of this newsletter signifies your agreement with the following terms of use. Copyrights on materials contributed to this newsletter by the publisher, editors, readers and/or members are held by their individual creators. Permission to reproduce individual articles for non-commercial use is granted to anyone with the provision that the content remains unedited and appears with full author credits. Permission to reproduce this document en toto is granted to anyone with the provision that the content remains unedited and appears with full author credits: © 2010 George Knowles, <http://www.controverscial.com> No commercial use of this document, in part or all, is permitted without written permission from its author.