

# Peppermint And Sage

5

Beltane 2014







# MERRY MEET



For this issue we got a lot of wonderful spring pictures, many of which we have printed - also got some real nice artwork - a lot of nice submissions - Thank You.

Remember without the submissions we wouldn't be here. We really need letters - please write - pas@dragonpalm.com - let us know what you think of PAS. All of us would like the feedback...is there anything you would like to see in future issues?



We still think The Broom Closet would be an interesting addition to PAS, but it needs people sending in

things for sale and trade. (See article about the idea in PAS#3.)

We have our heading for letters, but we need letters to be able to use it.



Ads are still FREE, if you want to rerun one just let us know and we will.

Till next issue  
Dreamweaver

## Peppermint and Sage issue 5 Beltane 2014

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(dreamweaver@dragonpalmtree.org)

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pas@dragonpalm.com  
Peppermint And Sage is Published eight times a year: Samhain, Yule, Imbolc, Ostara, Beltane, Litha, Lammas, and Mabon.

All issues are free in PDF and Martview formats. Permission to print it as long as all content is included and nothing is added.

## May 2014

- 1 Thu BELTANE
- 2 Fri
- 3 Sat
- 4 Sun
- 5 Mon
- 6 Tue
- 7 Wed
- 8 Thu
- 9 Fri
- 10 Sat
- 11 Sun
- 12 Mon
- 13 Tue
- 14 Wed FULL MOON
- 15 Thu Dragon Palm PNO
- 16 Fri
- 17 Sat Earth's Web Full Moon Rit
- 18 Sun
- 19 Mon
- 20 Tue
- 21 Wed
- 22 Thu
- 23 Fri Earths Web Men's Retreat
- 24 Sat Earths Web Men's Retreat
- 25 Sun Earths Web Men's Retreat
- 26 Mon Memorial Day
- 27 Tue
- 28 Wed NEW MOON
- 29 Thu
- 30 Fri
- 31 Sat

## June 2014

1	Sun	
2	Mon	
3	Tue	
4	Wed	
5	Thu	
6	Fri	PAS Deadline
7	Sat	
8	Sun	
9	Mon	
10	Tue	
11	Wed	
12	Thu	
13	Fri	FULL MOON
14	Sat	Earths Web Full Moon Rit
15	Sun	
16	Mon	
17	Tue	
18	Wed	
19	Thu	Dragon Palm PNO
20	Fri	Earths Web Litha
21	Sat	Earths Web Litha LITHA
22	Sun	Earths Web Litha
23	Mon	
24	Tue	
25	Wed	
26	Thu	
27	Fri	NEW MOON Many Paths MidSummer
28	Sat	Many Paths MidSummer
29	Sun	Many Paths MidSummer
30	Mon	

## Calendar events:

For more information on Dragon Palm Events join the Dragon Palm Events group on Facebook or contact: [dreamweaver@dragonpalmtree.org](mailto:dreamweaver@dragonpalmtree.org)

For Earth's Web information go to their web site [EarthsWeb.org](http://EarthsWeb.org) for contact information.

Many Paths MidSummer will be at Caver's Paradise, Suwannee, TN.





# Lavender


Latin: *Lavandula angustifolia / officinalis*

Also Known As: Nardus and Elf Leaf

Gender: Masculine      Element: Air

Planet: Mercury      Powers: sleep, long life, peace, wishes, protection, love, purification, visions, attracting men, clarity of thought

Deity: Hecate, Saturn, and Snake Goddesses

Parts Used: essential oil extracted from flowers, fresh and dried flower tops 

Description: Grows to around 24 inches. It has a broad rootstock with woody branches and an upright, red-like leafy green shoots. Silvery down covers the gray-green narrow leaves which are oblong and tapered, attached directly at the base, and curl spirally. Lavender plants produce small, blue-violet flowers in spirals of 6-10 blossoms. It is aromatic with a sweet scent. Prefers a light, warm, dry soil. Attracts bees and is a good companion plant especially with cabbages.

Be careful using if you are pregnant

Can be used for tea; the leaves, petals, and flowering tips eaten raw; in salads, soups, and stews, crystallized and added to jams, vinegars, etc. as a flavoring.

The essential oil may help with insomnia, hair loss, anxiety, stress, and post-op pain, meteorism, loss of appetite, vomiting, nausea, gas, upset stomach, migraines, toothaches, sprains, nerve pain, sores, acne, cancer, and promotes menstruation.

Produces a slight calming, soothing, and sedative effect when the scent is inhaled.

Lavender is native to mountainous zones of the Mediterranean where it grows in sunny, stony habitats.

Lavender helps skin problems such as abscesses, acne, oily skin, boils, burns, sunburn, wounds, psoriasis, lice, insect bites, and stings.

Used internally for indigestion, irritability, anxiety, exhaustion, tension, headaches, migraines, and bronchial complaints.





Used externally to treat burns, sunburn, rheumatism, muscular pains, neuralgia, cold sores, insect bites, head lice, halitosis, vaginal discharge, and anal fissure.

You can treat minor cuts, bruises, bug bites, and sprains by soaking a cloth in a pan of warm water with a few drops of lavender essential oil added. Wrap the cuts with the cloth loosely until it cools. Repeat if necessary.

Add lavender flowers to sugar cookies or in vanilla ice cream.

Stuff pillows with lavender to help fall asleep.

Mild infusions of 3tbsp to 6 cups of water make a good sedative, headache treatment, and digestive aid.

Used in oil or tincture form to heal cuts, burns, scalds, and bites.

Also acts as a tonic and can be used for colds, chills, and flu.

Aromatherapy with lavender may slow the activity of the nervous system, improve sleep quality, promote relaxation, and lift mood in people suffering from sleep deprivation.

Inhale vapors for headache, depression, or insomnia. Be careful because it can irritate lungs and eyes in some people. Use 2-4 drops in 2-3 cups of boiling water.

It can be used topically in massage by mixing 1-4 drops per tablespoon of base oil.

Lavender essential oil can be toxic if taken orally.

It has antiseptic and anti-inflammatory properties and can be used to heal minor burns and bug bites.

Lavender can be applied to skin for hair loss, pain, and to repel mosquitoes and other insects.

Add to bathwater to treat circulation disorders and improve mental well being.

### Magickal Properties:

Lavender is thrown into a midsummer fire by witches as an offering to the gods.

It is often associated with love spells, calmness, peace, clairvoyance, cleansing, consecration,

happiness, healing, love, midsummer, money, passion, peace of mind, protection, psychic

protection, purification, tranquility, blessings, chastity, divination, dreams, energy,

gentleness, good luck, grieving, harmony, keeping secrets, magic, increased duration of

spells, meditation, memory, psychic development, retention, ritual, sleep stability, virility,

and weddings.

For sleep divination, place lavender springs under the pillow.







# Around the Hearth.....

*by Lady Pinkie Luna Fae*

May Day is HERE!!!! In my world , this is truly the start of summer activities. I begin to gear up for the kids to be out of school... we switch our heavy clothes for shorts and swim suits. My house comes alive in the summer. Things become much more fluid around the house. We eat when we are hungry, sleep when we are tired, we don't make a fuss except on the days when something is planned. This is also Beltane. This is the marriage and consummation between the God and Goddess - The act that fertilizes everything and prepares it to bring forth new life.

This is a wonderful time for couples to reconnect and for new loves to form. My husband and I are going to Beltane festivities this year without the children, so that we can focus on us as a couple and celebrate as adults. Having a healthy relationship is an important part of being parents. If mom and dad aren't happy and healthy, how are they supposed to provide that for their kids? To me maintaining a relationship is very much like spiritual development, it happens on its own, but when tended to , grows better and stronger. We set aside time and space for our workings which are sacred, shouldn't we do the same with our relationships as they are just as sacred? We go into ritual to divide ourselves from the mundane world, so that our focus is on what tasks or prayers are set before us. If we are having a difficult time connecting with our spouse or loved one, maybe its because of the interference from the mundane world - Stress, responsibilities, work, money, and all those little pesky negative thoughts that we are exposed to everyday. If we, as witches, find ourselves disconnected in a relationship, it is wonderful to know that we already have the skills and tools to correct the problem. It is just a different application of the same principles we use when going into ritual. You set aside the time and space to focus on your loved one , and set the mundane issues outside of this space.

Like any other spiritual practice, at some point, you integrate your beliefs into your everyday life. They become your mannerisms and principles. Using the specific energies of particular times of year is a way to naturally flow with the seasons, to connect with the bigger picture and what is going on in the world around us. Becoming more in tune with the natural world creates its own balance within ourselves. We begin to gravitate more towards what is good for us than that which does not serve us. The past several years, I have been much more active in practice than I had been for years prior. Working on research for the different moons in a year, doing Coven and Gather festivities and research for those, watching the patterns that form around these so as to preconceive what may be needed at a future time for future rituals or classes- doing this over and over for several years now has really changed the way I feel the energies shift as the wheel turns. The patterns I see between the moons and Holy days and peoples interactions are simple and intricate, and I encourage all people to take a more serious closer look and see what patterns emerge for you. I have been doing this actively and constantly for 4 years, for each moon and each turning of the wheel, every year reaching to learn a new meaning or connection for every event I attend and participate in. I still have AHA! Moments. All the time. Everything that I have learned on my path, which stretches out behind me for 18 years as a serious student , is nothing compared to what there will always be still left to learn. In each AHA! Moment I also find new applications in my everyday life for all the things I learn.

Beltain and the moons around this time all seem, to me, to be centering the focus outward. Turning from introspection and self work, to application, and outward focus and manifestation of what we have picked up or re-molded during the long nights of winter and the uncertain days of early spring. I look at my kids, I see their growth and development over the past year. I mark time and the seasons



by the marks on the wall measuring out their height. I measure much of myself on what I have been able to teach them. Am I enabling them to find and keep the magic in everyday life? Am I successfully guiding them to be their best without imposing on their personal perspectives? Without making their choices for them? I do little everyday things like buying a strange vegetable we would never normally try. Or a recipe or restaurant from a culture we haven't experienced to try on for size. We talk about things we see in movies, not just the special effects, but the choices the characters make. I do this to challenge them to think and try new things. To "grow" their awareness of how much is 'out there". I am finding that in many respects teaching the craft is much the same as parenting. We learn how to impart what we know as we go along, as each thing becomes relevant, teaching to the strengths and interests of whoever is being taught.

Now is the time I take my daughter out walking or just to sit, listening to the birds, watching them go from tree to tree chasing each other and building nests. I take her into the garden while the seeds are planted and we talk about how they grow, and why. We change our focus from indoor things like painting to outdoor things like going to the park and camping. She naturally switches to active things, outside things, "doing" things. In the colder months she paints and draws and colors, which are all expressions of her inner world, her reflections of stories she has picked up, things she reads and hears and sees. As it gets warmer she is drawn more and more out into the sun. I think we all are, and this time of year really just signals freedom to our inner selves. That part of our self that never really ages. So in the end, this year, again, the lessons in our house are all about learning.... And what to do with it all when you learn it.

Until the next piece of the pattern is placed and the wheel turns again

Love and Light,

## Lady Pinkie Luna Fae

*Tips on trying new foods: if it's fried or has cheese in it, they are more likely to give it at least an attempt at liking it.*

### **All purpose breading**

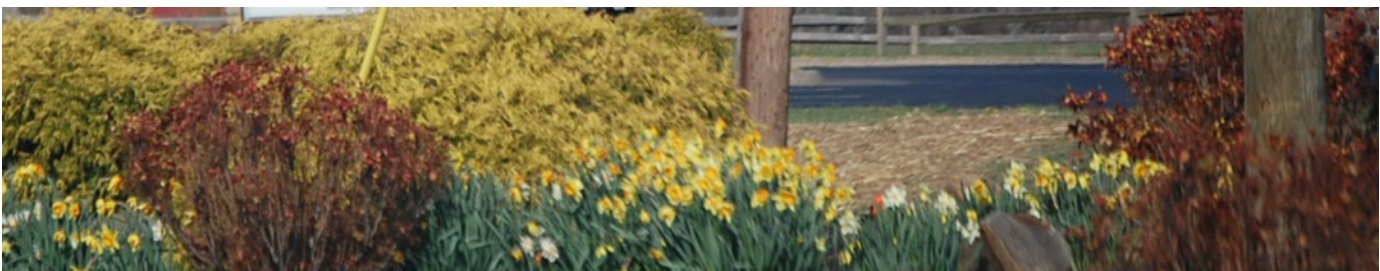
Flour, corn meal, garlic powder, salt, pepper, additional seasonings to taste.

I usually use slightly more corn meal than flour and a lot of seasonings. Its less messy and easier if you use a large Ziploc bag for your breading mix, but you will also go through more mix this way. For a thicker breading dip whatever your cooking in a bath of uncooked scrambled eggs after you wash whatever it is in water.

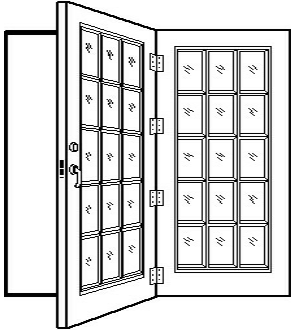
This breading is good for vegetables or meats, and is very versatile when you change up or adjust the seasonings and the flour to corn meal ratios.

### **All purpose cheese stuffing**

Very easy!!! A box of pre made stuffing mix, shredded cheese, 1 egg. Follow instructions on stuffing mix, scramble uncooked egg and cheese into stuffing mixing thoroughly. Use to stuff mushroom caps, make zucchini boats, fill pork chops, etc.







# **The Door to the Beyond: Mental Health and Paganism by Moss Bliss**

**Door to the Beyond:  
Paganism and Mental Health  
September 2006**

This month we take a darker walk through the Door. Please come with me. If you are in a fragile place, I would recommend you wait until you are stronger to read the rest of this article.

A friend of mine, one of the three co-founders of Asheville Radical Mental Health Collective, died. We know that he was self-medicating, and had many toxins in his body at the time of his death. We do not know that it was an intentional death.

Mosca was a warm but private person. As with most of us, we are private when we need help "wrong" times and warm and giving when others need help.

The statistics say that 1 in 5 people with "Bipolar Disorder" die by their own hand, usually before the age of 33. For those of you (us, for I'm one too) who have passed that age, now is the time to give yourself all the endorsement you can. You can never endorse yourself too much, and living is one of the hardest things to do at times. ("When Mozart was my age, he had been dead for 15 years!" - Tom Lehrer)

One of the next hardest things to do is to not feel guilty when a good friend is one of those who did not succeed at this difficult task. Mourning is especially hard for us, for we want to be with all our friends... and sometimes choose to join the ones who left us, rather than stay with the larger number of those who are still here.

A dear friend of mine tells me that she contacted her brother, a suicide, at a recent Samhain. The message he had for her was that he was not allowed to cross the gate into Summerland until it was his appointed time. This is found to be both encouraging, in that it makes us want to keep going with our struggle, and scary, because we don't know all the "rules of entry" into our resting place.

It is a time to enumerate our blessings and forget about our challenges, at least for a while. A time to remember all the things our friend did for us and with us, not that he is gone and left us.

Rob Breszny writes in his book *Pronoia: How the Whole World Is Conspiring To Shower You With Blessings*:

"Let's say it's 9:30 a.m. You've been awake for two hours, and a hundred things have already gone right for you. If three of those hundred things had not gone right—your toaster was broken, the hot water wasn't hot enough, there was a stain on the pants you wanted to wear—you might feel that today the universe is against you, that your luck is bad, that nothing's going right. And yet the fact is



that the vast majority of everything is working with breathtaking efficiency and consistency. You would clearly be deluded to imagine that life is primarily an ordeal."

More than most people, we who have been labeled as "mentally ill" accept that delusion, often revel in it. Often one death or bad thing happens on the same day of the year as another did years before.

Let me be clear: the road to mental health is no simpler (and no easier or harder) than accepting and recognizing the blessings, not the challenges.

I know in my own recovery, I learned (after years and years and years of people telling me, and me not listening) that I worked many times harder to emphasize the bad things in me than I would have had to work to accept the joys and blessings.

I now am working at remembering to start every day with a prayer of thanks. The one I use goes, "Beloved Ganesha, thank you for smoothing my path today, with harmony and peacefulness reigning supreme. I appreciate your walking before me, clearing all obstructions that could impede my progress. Help me see the blessings within everything today. Thank you." (This prayer is courtesy of the IndoPaganPaths Yahoo group, and I believe was written by my late friend, Len Rosenberg.)

You are encouraged to insert the name of your favorite goddess or personal deity; neither Ganesha nor your deity will be offended by the fact that your prayer was originally written to Ganesha.

The fact that you are breathing today (even if that is a struggle itself) is a blessing. The fact that every day you awaken to air that is breathable is a blessing. The fact that you have your needs met, no matter how hard you have to struggle to meet those needs, is a blessing (indeed, the fact that you are able to continue the struggle itself is a blessing).

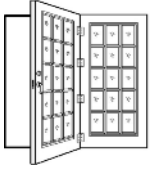
I have been blessed very much over the years. However, I often still find myself practicing the habit of helping others before remembering to take care of myself. Your life, your nourishment, taking care of yourself, practicing good mental health, that is the primary function that will bring you mental health. Practicing good health is a business, not a game.

A good resource I have used is Recovery, Inc. Dr. Abraham A. Low founded this technique, and was met with so much resistance from his peers that, more than once, he despaired and ended the Recovery Association. His patients, each time, would not hear of it and continued without him, then recruited him to join (and lead) them yet again. By his death in 1954, there were over a thousand Recovery Groups in the US and elsewhere, and today over 12,000 people meet each month to practice the method. You can learn more about this method from <https://www.lowselfhelpsystems.org/>, and you can find a copy of his book, "Mental Health Through Will Training", new and used all over the Internet (the current edition is in print, and available for \$20.00 postage paid from the website just mentioned).

Join me in celebrating life. After all, isn't that what being a Pagan is all about?

This article is dedicated to Mosca Avocado. May he find his rest, and prepare to rejoin the celebration.





## **The Door to the Beyond: Mental Health and Paganism by Moss Bliss**

(Moss Bliss is an initiated Wiccan living in Blaine, TN. He has written on the Craft and on many other topics since the mid-1980s, often under another names, much of which is preserved on various sites on the Internet.

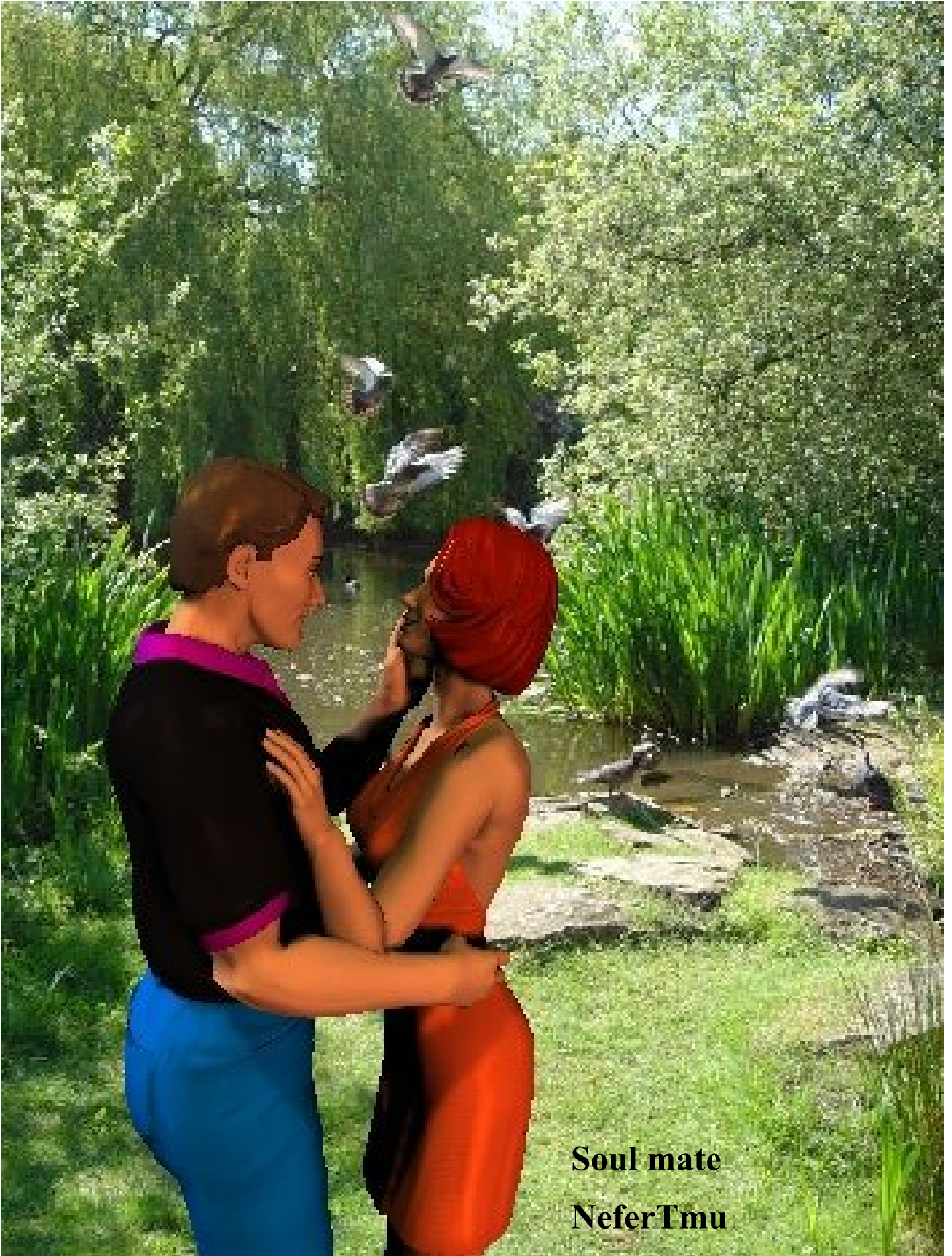
Moss' personal website is PeacefulHippo <http://peacefulhippo.info> and his mental health website is <http://RecoveryEmpower.org>. He is also known as a fallible human being. He has parlayed his experiences into a life of mental health activism, counseling, and leading self-help groups, and also hosts and writes many websites, groups, forums, blogs, etc. He has left Asheville Homeless Network, the nation's only membership organization for the homeless, in the hands of capable people after 5 years of formation and maintenance, is one of the original founders of the Asheville Radical Mental Health Collective, and has served on other non-profit boards. He is a known Pagan musician and filker.)

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# Mystic Rings of Time

Welcome to **Mystic Rings of Time** <http://mysticringsoftime.com/> Providing products for ALL Spiritual paths.

Enter our Mystic Realm and Be Welcome. We strive to provide a unique and diverse selection of products including, New Age, Spiritual, Metaphysical, Healing, Meditation, Self-Help and Cultural Gifts. Our inventory will continue to grow and change. We welcome feedback and if you have any question please feel free to contact us, [beth@mysticringsoftime.com](mailto:beth@mysticringsoftime.com) or [lisa@mysticringsoftime.com](mailto:lisa@mysticringsoftime.com) Will be having special promotions and events, we hope you enjoy the site and will come back often. Thank you!



**Soul mate**  
**NeferTmu**





## Cancer

The word itself strikes fear in most intelligent adults, it is something we all dread as well as something that can take a happy go lucky person and in 5 words destroy their lives and shorten them as well, what amazes Me is some people won't let cancer win, they will be in good spirits and fight it, I have seen one such lady no, actually 2 such ladies beat the odds and are still around today.

Many of you know people who have or has had cancer, if cancer itself was not bad enough chemo is even harder, one person I know told me she could not eat for several days to maybe weeks it has been along time and I do not remember, but she saw it to the end of the treatment, she is one of the 2 I was talking about.

My grandmother had cancer but did not die of it, she use to say she was sick every day of her life, and I don't know if I would disagree with her, Cancer is something I hope I never have to battle personally, however some of those people that do are awe inspiring and one of those people is a boy I have learned about in Texas, he is the son of a close friend of mine, he was diagnosed with 3 types of cancer all active, in an attempt to beat it He has had his testicles removed, has been opened neck to groin and had some of his insides set on the table while they worked on Him, He not only has a never surrender attitude, he wanted the doctors to take a picture of him like that so he could send it into AMC and try to win the walking dead fan of the week.

He found out the other day the one thing his family has tried to keep from him and that is that he is terminal, right or wrong they were just trying to protect him and I don't know if I can disagree with that. The hospital is contacting the make a wish foundation and when asked what he wants to do his only reply was "My wish is to be able to keep food down and stop hurting"

I am working on contacting Norman Reedus who is known as Daryl from the walking dead, I only hope he responds. Any ways one thing this fantastic inspiration of a person is doing is, because his hair is falling out he wants his head shaved then his friends to paint the back of his head like Wilson from the castaway with Tom Hanks. He is goofing around and trying to keep other peoples spirits up, he told the doctor not to tell him how long he has to live because he (the doctor) does not have a direct line to god to know such things.

And to top it all off he has decided he is going to not only beat these cancers but mentor kids with cancer as well. This is one special young man and now that My letter is over I will tell you, he is only 15 years old.

Blessed Be one and all and please keep him in your thoughts and prayers

Thank You  
NeferTmu

The logo features a blue dragon breathing fire, set against a circular background with green palm fronds. The text "Dragon Palm Circle Pagan Night Out" is written in a large, bold, black font with a white outline on a purple rectangular background.

# Dragon Palm Circle Pagan Night Out

**We meet every third Thursday of the Month at 8PM at the Sevierville Books-A-Million in the coffee shop. If the weather is nice we meet in the outside patio. They are located at 190 Collier Drive, Sevierville, TN. (Collier Drive is the light at the Sevierville Walmart) This is not an official BAM event, so do not contact them for information on the PNO, but for directions their number is 865-908-8994. Contact [dreamweaver@dragonpalmcircle.org](mailto:dreamweaver@dragonpalmcircle.org) for more information or join our facebook group "Dragon Palm Events"**

**[.https://www.facebook.com/groups/221898301197684/](https://www.facebook.com/groups/221898301197684/)**



Dreamweaver 2014





# A World Apart, A World Together

## Explorations in IndoPaganism

*by Moss Bliss*

## **A World Apart, A World Together**

Explorations in IndoPaganism  
by Moss Bliss

*for we are as nothing, but the Gods stay forever*

How many of you feel like you are nothing? It happens. But this is a classic example of Western interpretation of a cosmic truth.

In Universal Saivism, it is a clear belief that we are EVERYTHING. Whatever Deity created, S/he did such creation with the only available materials: Deity. Nothing exists outside of Deity. (This is a major deviation made by Western philosophy, that G-D created everything and went away, as if he created the everything itself from nothing.)

Science has shown that matter is made up of molecules, which in turn are made of atoms, which in turn are made of smaller elements (mainly electrons, protons and neutrons, with some other weird shyt thrown in just to confust things further). They also say that these particles are so tiny and so far from each other that it is as true to state they exist as matter as that they don't exist at all, so what you see as solid is more a projection of your through than it is reality.

Unlike every other major religion on the planet, Hinduism is in complete agreement with science. Astronomy, calculus, even quantum physics, these are all described in the Vedas. It is interesting to note that the Vedas state that the distance from the Earth to the Moon is 108 lunar diameters, and the distance from the Earth to the Sun is 108 solar diameters – and that these numbers are not far off. (Mean lunar distance is 384,400 km, diameter is 3474.8, so the ratio is 110.6; Solar distance is 149,600,000 km, solar diameter 1,391,000, ratio is 107.5 – my numbers come from Google, and we all know that the orbits are not circular). Many scholars consider some parts of the Yajur Veda to be over 15,000 years old, and the Moon may have moved around a bit since then... but it should be amazing that a 15,000 year old document could come this close to describing the distance relationship between the Earth and its two major influences. But I digress. Often.

Matter is Maya, the imaginings of the One Soul. Deity is inactive and had to imagine activity. Hindu texts state that the first imagining was of female (action, prana – Sakti); it would be equally accurate to state that the first imagining was of a differentiation between male and female, not the creation of female from male. Indeed many Saivams worship the intermediary form, Ardhanarisvara (ardha=female, nara=half, isvara=god, so God Who Is Half Woman).

But the point is that you are as nothing – yet you are solid. The solidity is Maya (imagining of Deity), the separateness is Maya, and the feelings are Maya. What is eternal is Spirit or Soul (Moksa or Pra-



na). This makes for a lot of discussions on the reality of reincarnation – transmigration? literal reincarnation? recombination of matter and spirit randomly?

God only knows. And S/he's only talking to Hirsself. The good news is: Thou are THAT.

So. When the Dalai Lama asks for Nothing, he is not asking for “nothing” – it is a desire for NOTHING, which is Deity. While Buddhism calls it Nirvana (dissolution), Saivism calls it Moksa (reunification), and they are identical if seen from a great enough distance.

But where is this concept in Wicca? In the Initiation ceremony, as shown in the excerpt which makes up the subtitles of this series. (I would love to see a Pagan scholar dissect this quotation and explain it, but that is not within the scope of this series and I am probably not that scholar.)

Have you ever wondered why you need to go within to get results? Why your Inner Child holds the strings to your power? Why spellwork even works? Why the macrocosm is within the microcosm? Because “there is but a difference in power” between us and the gods. Unlike Christianity and similar faiths, Pagans do not believe “I am nothing, G-d is everything,”, we believe “I am a Child of the Goddess, and hold Her power.” Belief is everything, for Thou art THAT.

All those Nothings add up to Everything.

And wait, it gets better... but that's for next issue.

Om Tat Sat,  
Moss

(copyright 2014 by Gerald L. “Moss” Bliss, D.D.; originally written for Peppermint and Sage ezine.)





**Cardea Hinges**



*Handwritten signature*  
4.14



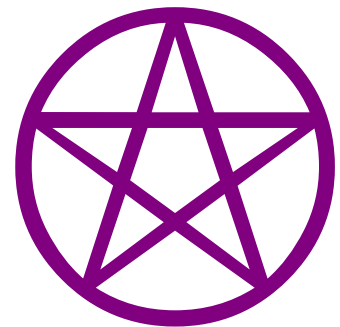




**Art work by Lady Pinkie Luna Fae**



**Blooms of Beltaine  
photography by Cardea  
Hinges**







# Backyard Farm Projects

## SPRING PLANTING AND A HOMEMADE, SELF-CONTAINED, GARDENING SYSTEM

By Moonchylde



It is finally time for planting! Spring has graced us with her warm and lovely presence, our last frost date has passed, and it is time to get those plants into the ground! I can't wait for the deliciousness of the first tomato of the season. Yum! For those of you who may not be planning to grow your own veggies because of lack of space or poor soil quality, I offer you an alternative... a homemade earth box. Why use one of these? 1. They have a water reservoir so you don't have to water as often. 2. The reservoir allows them to absorb

water from the bottom which doesn't compact the soil, wash away seeds, or waste water (when you water a "normal" garden, much of the water goes to spots with no plants, and the extra drains through the ground never to be seen again). 3. They are raised which makes it easier to use for those with problems getting down on the ground. 4. Less pests. I don't know if it is the slick sides of the containers or that the bugs have to cross an expanse of non organic material, but we had very few pests in our veggies when these were used. Of course, if you use dirt out of your backyard or have plants growing from the ground all over them, you might have different results. 5. These are harder for animals to get into. 6. You can have great soil quality even if your house is surrounded by red clay. 7. No tilling. 8. No tilling. (It was worth mentioning twice.) 9. You can grow more in a smaller area without all of the wasted space between rows. Materials: Plastic Storage Container (You can get them at Walmart for around \$5.) 2 Small Holey Plastic Containers (The dollar store usually carries them for \$1 each.) 2 inch PVC Pipe at least as tall as the container you are using. (You can get 3-4 out of one 8 foot length from Lowes \$3.) Drill Drill Bit for 1 Inch Holes Gravel (About 2 cups full will do it. You can buy a bag at Lowes for \$3 that can be used for 8 of these.) Compost / Dirt (Free or around \$25 for a bobcat scoop that will fill 8.) Total Cost for 1 \$8.50-\$11.50 (Depending on whether you use free dirt/compost or purchase it.) First, use the drill bit and drill to cut out a hole in the large container shorter than the height of one of the overturned small holey plastic containers. This will create a drain hole and (when being used) an air pocket so that your plants won't get waterlogged. Then, place the two small holey containers upside down and side by side in the bottom of the large container. Put the PVC pipe in one of the corners and cover the bottom of the pvc pipe with gravel to keep it from becoming clogged with dirt or compost. Fill the container with your compost / dirt / etc. We used free compost from the city's composting facility to fill it up to about eight inches from the top. Then, we filled the rest with mushroom compost purchased from a local garden center. (Usually, the city's compost facility goes through so much that it hasn't had a chance to completely decompose before we get it so we use beautifully rich mushroom compost for the area where the plants will be to start as the free stuff below continues to break down. Once you get it filled, plant away! If you live in my area, you can find great deals on plants (2 ft tall already flowering tomato plants for \$2.99 each) at Kirby Plants Greenhouse and Nursery on Chapman Highway. When you get your plants in (or before if you like), use a water hose in the PVC pipe to fill the container until it starts running out of your drain hole.

This will fill the reservoir and keep you plants watered for a good chunk of time--less time between waterings as the plants mature and start producing, of course. We used these homemade planters year before last, and the plants produced like they were being fed plant crack. Find out more gardening tips and tricks at [www.backyardfarmproject.com](http://www.backyardfarmproject.com).



**Worried**  
**By Lady Sky**

Worry is like a giant diseased monster!  
Pain and suffering from the start,  
It will be the most important thing!  
What is the best way to go back?  
Look for answers to these problems.  
But there are no answers!  
Only darkness and despair,  
Anger and resentment,  
Sadness upon sadness weighing you down!  
No kind words or helping hand!  
If only someone would try to reach out,  
See the darkness and offer you a light,  
Kindness can pierce the shield,  
But you even worry about their motives!







**Hearthside**



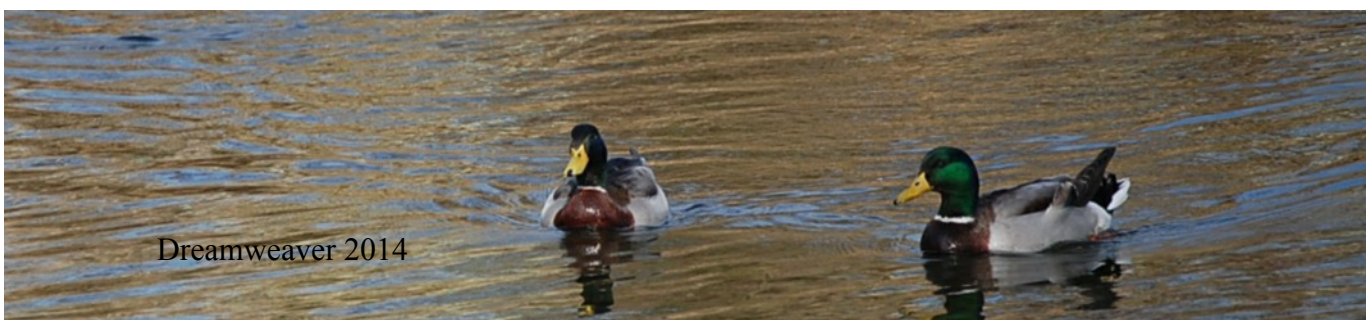
**Handmade**

[www.HearthsideHandmade.webs.com](http://www.HearthsideHandmade.webs.com)

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Dreamweaver 2014





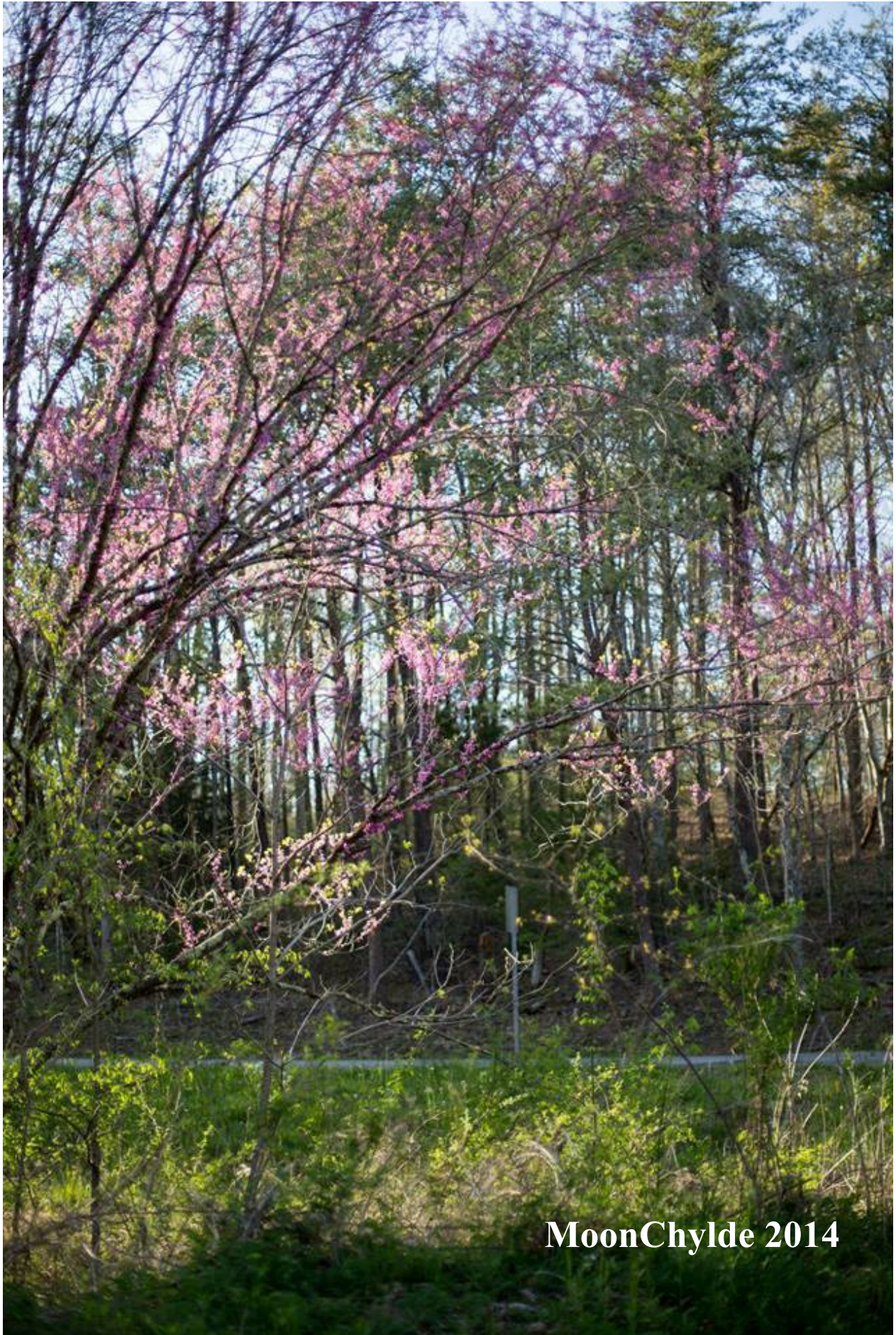
**MoonChylde 2014**





**MoonChylde 2014**

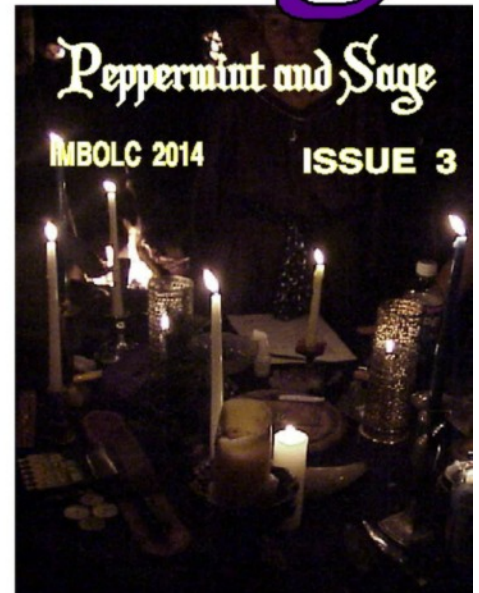




**MoonChylde 2014**



# Peppermint And Sage



Become part of Peppermint And Sage #6 - Deadline June 6th 2014. If you are not a writer, artist, or photographer - you can still write letters. Comment on this issues and others - write to [pas@dragonpalm.com](mailto:pas@dragonpalm.com) and you can send questions to Ask Tiger-Lily at [asktigerlily@pas.dragonpalm.com](mailto:asktigerlily@pas.dragonpalm.com) . We need to hear from you. Back issues can be downloaded at [www.dragonpalm.com/PAS](http://www.dragonpalm.com/PAS)





This issues cover was made from a photo by Moonchylde, who in the mundane world is a professional photographer. This issue we got quite a few photos and artwork that could have been used for a cover and we want to thank everyone who sent them in. Moonchylde sent us a lot of nice springs photos - several of which are in this issue. When we were going through them - one just yelled Beltane! A field before a rit.



This is the original picture before it was sized to fix the cover. Look at it long enough and you can see the people coming to celebrate the Spring with dancing, signing and drumming. The celebration of the last of the spring sabbats. .

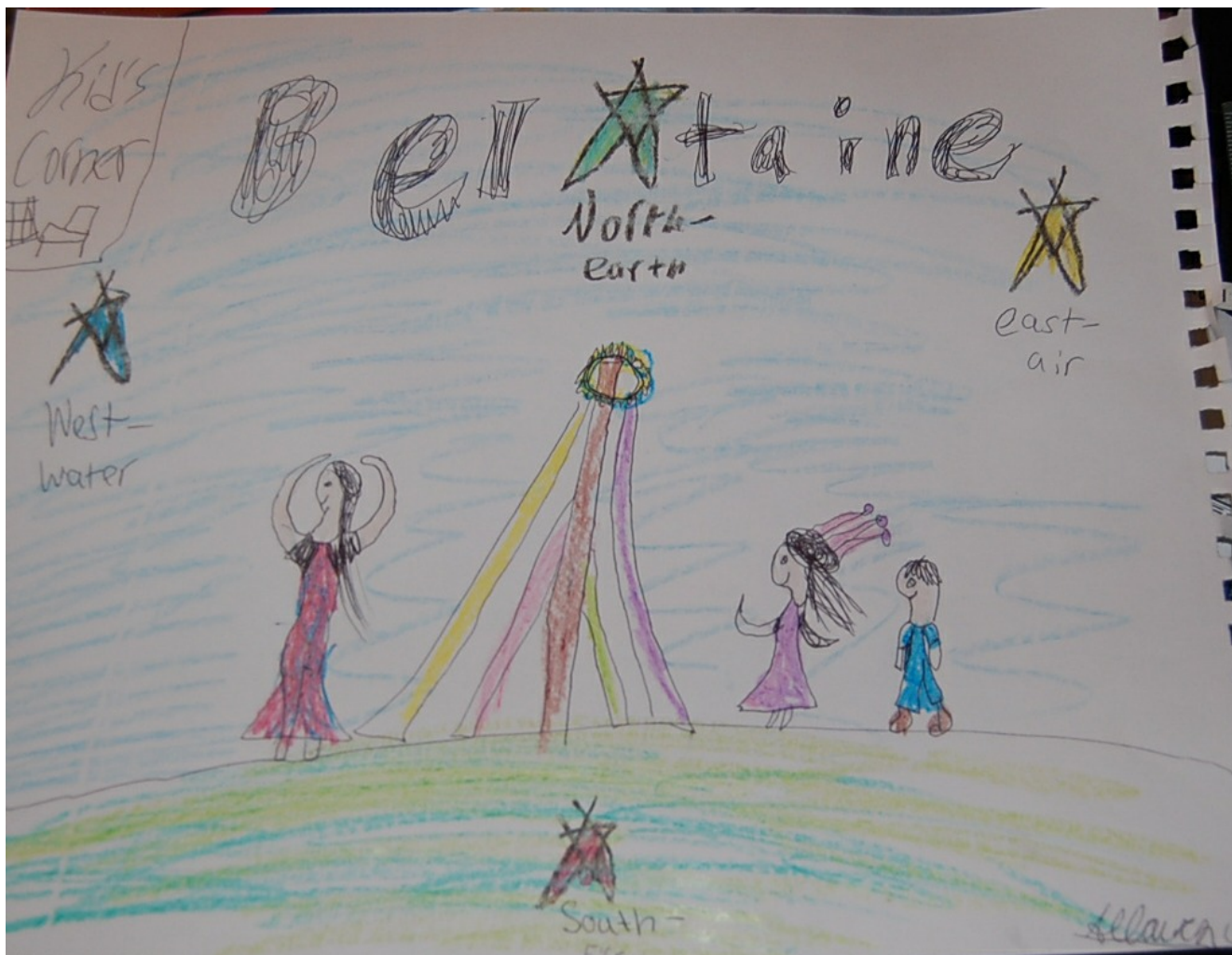






# On The Pagan Fridge

## The Art of Our Children



Today more and more Pagans are raising their children within their path. And this is their section of PAS. Their artwork reflects what they have learned and many know more than adults that have been following a Pagan Path for years. I know that a lot of you have Pagan raised children - many taken on their first "Circle" names at a very young age. The children are our future - and we already have teens that can cast circle and lead a rit as well as many adults.

Send in your children's pictures either scan them or photograph them. If you are local to Dragon Palm, Dreamweaver will scan or photograph them for you if you like.

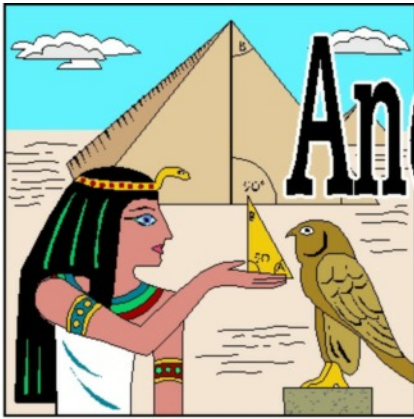
# Pagan Fun Time



## You Might Be A Pagan If...

1. When you're sworn in in court, you bring your own grimoire.
2. You've been seen talking to cats. They talk back. You understand what they're saying.
3. When asked if you believe in God, you ask, "Which one?"
4. You know what "widdershins" means. You apply it.
5. You have an entire spice cabinet & you don't cook.
6. You know that laurel & bay leaves are the same thing.
7. You have a frequent buyer card at the local antique bookstore. The proprietor of said bookstore picks out anything to do with the Celts and saves it for you.
8. You think Mercedes Lackey should be a cultural icon.
9. You know that there are exceptions to the laws of physics. You've caused them.
10. The first thing your guests say is, "My, that's a nice...altar...you have there."
11. On Halloween, you yell "Happy New Year!" at passers-by.
12. You know that Christmas trees were originally pagan symbols. That's why you bought one.
13. You have friends who say they are elves. You believe them.
14. You commit blasphemy in the plural.
15. Upon dying, your first thought is, "Damn it, not AGAIN."
16. When you say "Mother Nature," you don't mean it in an anthropomorphic way.
17. Gaia is NOT the lady on Captain Planet.
18. You think The Mists of Avalon should be a religious text. You use it as such.
19. In Religion 101, you were disappointed because they didn't cover YOUR gods.
20. You know that there is a right way and a wrong way to draw a pentacle.
21. You can explain the difference.
22. You've spent the last year and a half looking for a familiar.
23. You talk to trees. They talk back.
24. You know dragons and fae exist. You've seen them.
25. Painting yourself blue, spiking your hair, and dancing naked around a bonfire sounds like large amounts of fun.
26. You've seen "The Craft." You know where they were making stuff up in "The Craft." You have explained this to other people. You can do it better than they did it in "The Craft." You know the rest was a load of crap.
27. You understand the symbolism behind a maypole.
28. You've ever ended a phone call with "so mote it be."
29. You think that "Scott Cunningham" is a household name.
30. You feel that there is no such thing as having too many cats.
31. The emergency calls you get at work are your teenagers wanting to know the whereabouts of the extra candles, incense, or other miscellaneous ritual items.
32. Someone asks you what you are doing wandering in the woods wearing a robe, and you answer cheerfully, "Going to church!"
33. Your children go around telling people that "the Goddess loves you."
34. You're reading this page.
35. You understand what it's talking about.
36. You have more to add.





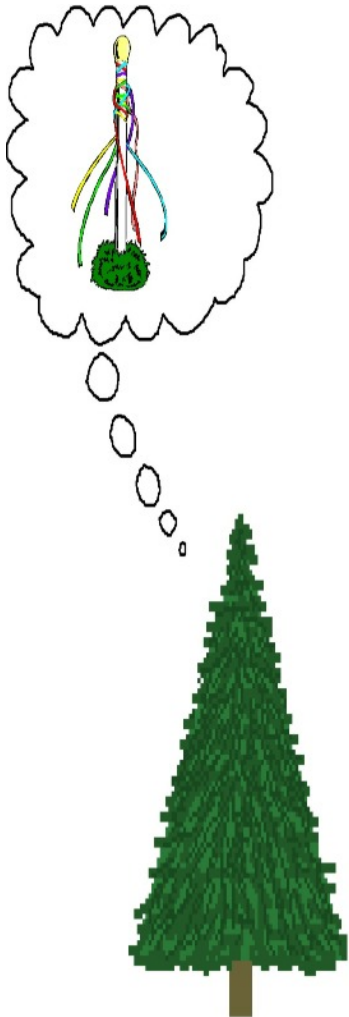
# Ancient Egypt Word Search

by Lady Aurora Leilani

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

## Ancient Egypt word search

Pyramid\*  
Ankh\*  
Embalm\*  
Mummy\*  
Anubis\*  
Thoth\*  
Jackal\*  
Ra\*  
Horus\*  
Desert\*  
Ceremony\*  
Sphinx\*  
Riddle\*  
Nile\*  
Imhotep\*  
Ramses\*  
Nefertiti\*  
Crocodile\*  
Isis\*  
Pharaoh\*  
Bast\*



## A skeptic goes in to see a fortune teller

" You are the father of 2 children," the fortune teller says

HA! " That's what you think! I'm the father of 3 children!," says the man

" That's what YOU think," says the fortune teller. :)

Q: What do you say to an angry witch?

A: Ribbit

## Bill Gates Book On Wicca

1. The book would be called Windows to the Goddess.
2. Iconology would be a major chapter.
3. A revised edition would be released approximately every 6 months without which your magic would no longer work.
4. Your broom would crash at least once a week.
5. Cauldrons would be called recycle bins.
6. A book of shadows would be called the folder of magic.
7. A free high speed connection spell would come with every book.
8. Ever now and then, your circle would collapse and you would have to perform the reboot ritual to get it working.
9. If you used the more powerful MagicNT rituals, the above would happen to all circles within a 5 mile radius.
10. At least once a month, you would have to reinstall your spells into your folder of magic.
11. You would have to use a start ritual to exit your circle. (And cake and wine would only be available after a sign from the Goddess saying it was safe to do so.)





# Music Word Search

by Cardea Hinges

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

album  
audience  
ballad  
band  
beat  
cadence  
chord  
drummer  
entertain  
fans  
finale  
genre  
guitarist  
harmony  
instrument  
jam  
listen  
lyrics  
melody  
microphone  
musician

## A Letter From A 3rd Grade Teacher Sent Home To Pagan Parents:

Dear Mr. and Mrs. Thomas,

I write this letter in concern of your daughter, Aradia Moon. Please don't take this the wrong way, however, although she is a straight A student and a very bright child, she has some strange habits that I feel we should address. Every morning before class, she insists on walking around the classroom with her pencil held in the air. She says she is "drawing down the moon." I told her Art Class is in an hour and to please refrain from drawing until then.

And speaking of Art Class, whenever she draws a night sky, she insists on drawing little circles around all the stars and people dancing on the ground.

And that brings up dancing, I had to stop her twice for taking off her clothes during a game of Ring Around the Rosey! By the way, what does the term "skyclad" mean?

Aradia has no problem with making friends. I always find her sitting outside during recess with her friends sitting around her in a circle. She likes to share her juice and cookies. It is nice how she wants no one to ever thirst or hunger. However, when I walked over to see what they were doing, she jumped up and told me to stop, pulled out a little plastic knife and started waving it in front of me. I thought this was a bit dangerous, so I took her to the Principal's Office. She explained to the Principal that she was "opening the Circle" to let me in. She also said that her Mommy and Daddy always told her not to play or run with an "athame" in her hand, that she could put someone's eye out. I don't know what an "athame" is, but I am glad that she keeps it at home.

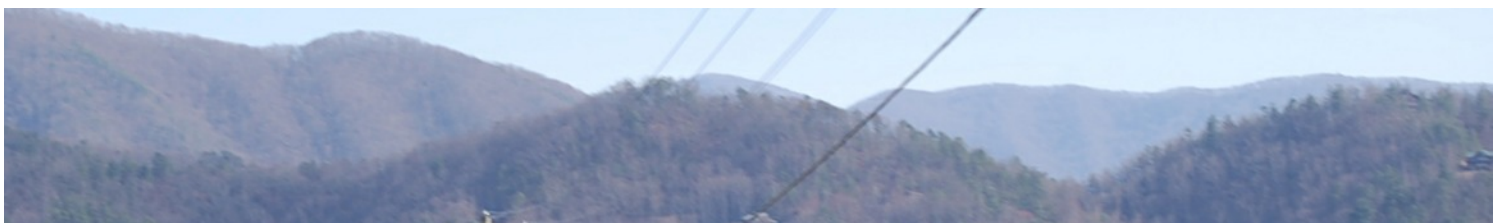
As for stories, your daughter tends to make up some whoppers. Just yesterday while I was talking sternly to Tommy Johnson and shaking my finger at him, he started screaming and ran from the room. When I finally caught him, he told me that Aradia told him and the rest of the class that the last time I shook my finger at someone, they caught the chicken pox. I explained to him that the Sally Jones incident was just a coincidence, and that things like that don't really happen.

One of the strangest things that happened was when I asked the children to bring in Halloween decorations for the classroom. Aradia brought in salt, incense and her family album. I see she has quite a sense of humor.

One of Aradia's worst habits is that she is very argumentative. We were discussing what the Golden Rule was (Do Unto others as you would have them Do Unto You), she firmly disagreed with me and stated it was "Do As you Will, but Harm None" and she will not stop saying "So Mote It Be" after she reads aloud in class. I try to correct her on these matters and she got very angry. She pointed her finger at me and mumbled something under her breath.

In closing, Mr. and Mrs. Thomas, I would like to set up a parent/teacher conference with you sometime next week to discuss these matters. I would like to see you sooner, but I have developed an irritating rash that I am quite worried about. With Deep Concerns, Mrs. Livingston

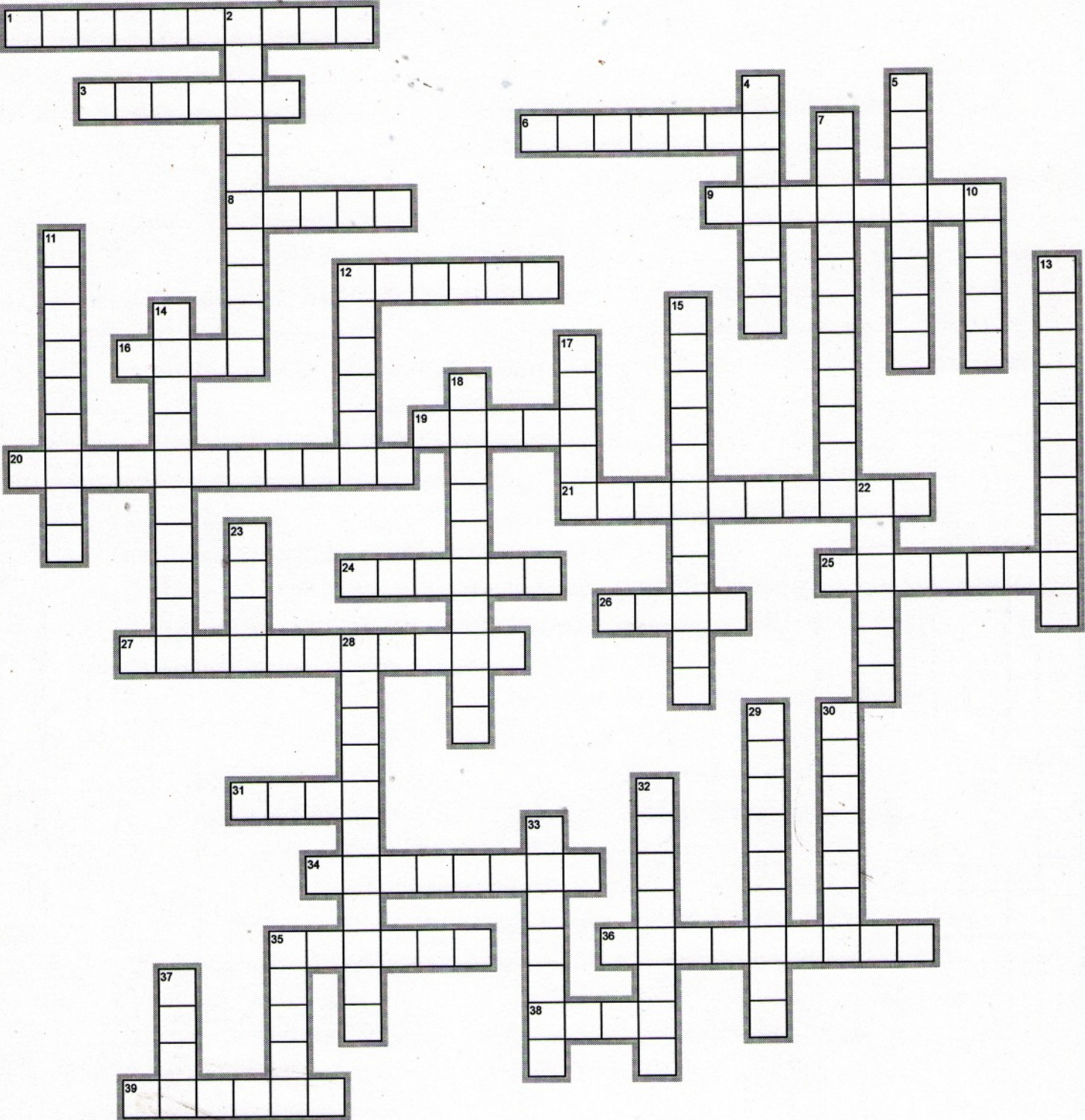
P.S. Blessed Be. I understand that this is a greeting or closing from your country that your daughter informs me is polite and correct.





# Beltane Crossword

Peppermint And Sage



EclipseCrossword.com

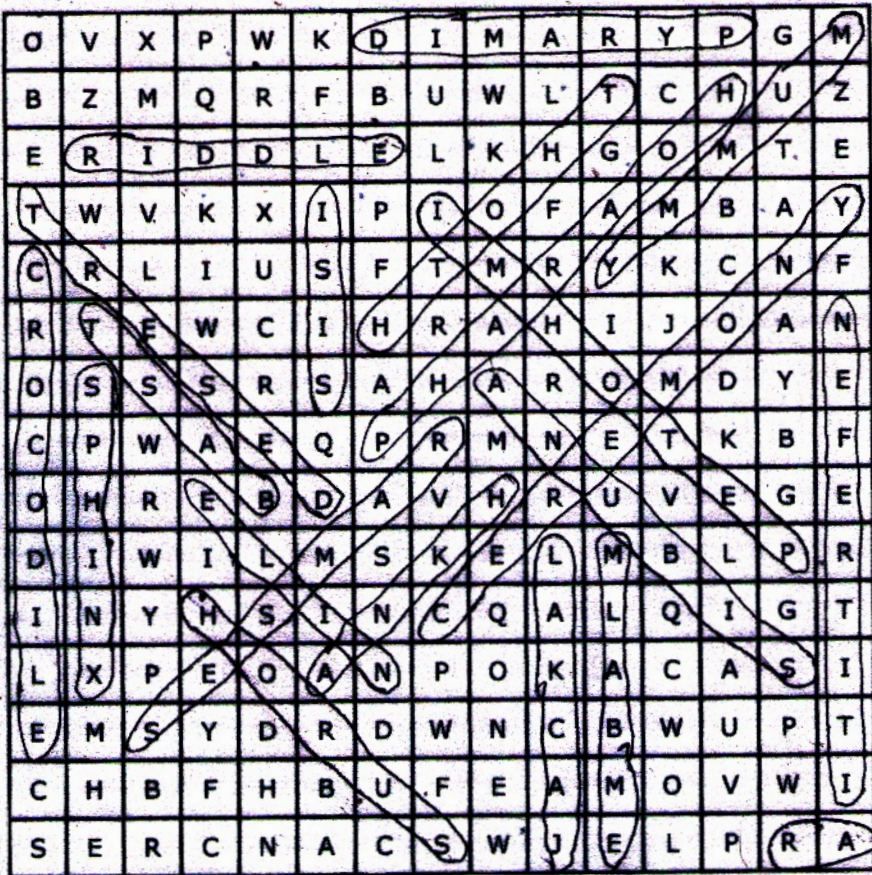
## Across

1. the practice of using playing cards for divination
3. someone who serves as a go-between channel or bridge between the human realm and the other realms.
6. last of the spring sabbats
8. a person who has achieved a high degree of mastery and skill in one or more forms of magick
9. strange, unusual, rare, unfamiliar, wondrous
12. daughter of Diana and Lucifer
16. shining one
19. beliefs or opinions held as truth simply because some authority said so.
20. PAS editor
21. celtic name for the spiritual realm
24. female Korean shaman
25. the art of enchantment, the magical art of optical illusion
26. Polynesian word for the sacred energy and magic power that fuels Earth
27. spells or verbal charms that are sung, spoken or chanted
31. one who sees
34. in Norse myth, a paradise where brave warriors and the Gods dwelled together in eternal feasting and merry-making
35. a propitious moment for decision or action
36. a female chanter or singer
38. Japanese female shaman
39. Sunwise and refers to moving clockwise

## Down

2. Roman spirit of abundance
4. sacred grove of sancturay
5. whipering, murmuring or rustling
7. art of divination via communication iwth the dead
10. Norse ruller of the dead
11. five pointed star
12. the poer with which women entrapped men
13. any one of numerous species of beetles of rht genus Necrophorus and allied genera called also burying beetle, carrion beetle or sexton beetle
14. act of injuring anothers reputation by any slanderous communication written oral, the wrong of maliciously injuring the good name of another
15. supreme authority
17. literally, dragon; in Sicily, a traditonal synonym ofr Wizard, sorcerer or male Witch
18. many loves
22. Earth first woman
23. the transcript image or picture of a visble object that is formed by the mind, also a similar image of any object whatever whether sensible or spiritual
28. a statement used to program your mind to manifest a positive change in your life
29. accomplished by machinary without the intervention of a human operator of processes
30. literally means Fairy Woman
32. literally means "all the gods"
33. forerunner of modern chemistry - literally means the art of alloying metals.
35. a japanese method of psychic healing.
37. alphabetic system powerfully identified with Nordic traditions.





Answers to the Egypt word search

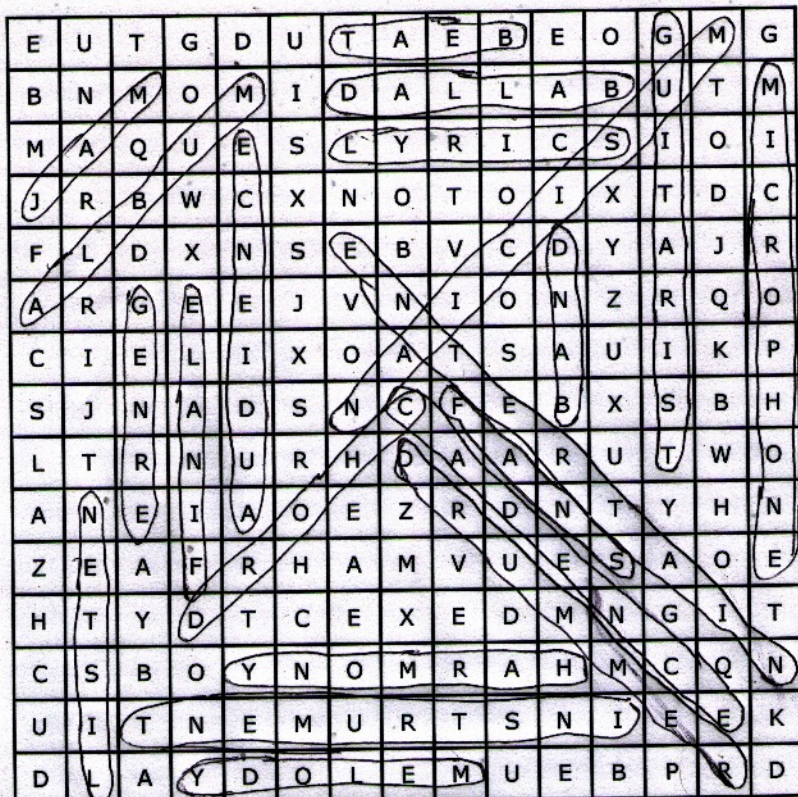
**Quotes compiled by Cardea Hinges**

“Let's tell the truth to people. When people ask, 'How are you?' have the nerve sometimes to answer truthfully. You must know, however, that people will start avoiding you because, they, too, have knees that pain them and heads that hurt and they don't want to know about yours. But think of it this way: If people avoid you, you will have more time to meditate and do fine research on a cure for whatever truly afflicts you.”

? Maya Angelou, Letter to My Daughter

“Some hats can only be worn if you're willing to be jaunty, to set them at an angle and to walk beneath them with a spring in your stride as if you're only a step away from dancing. They demand a lot of you.”

? Neil Gaiman, Anansi Boys



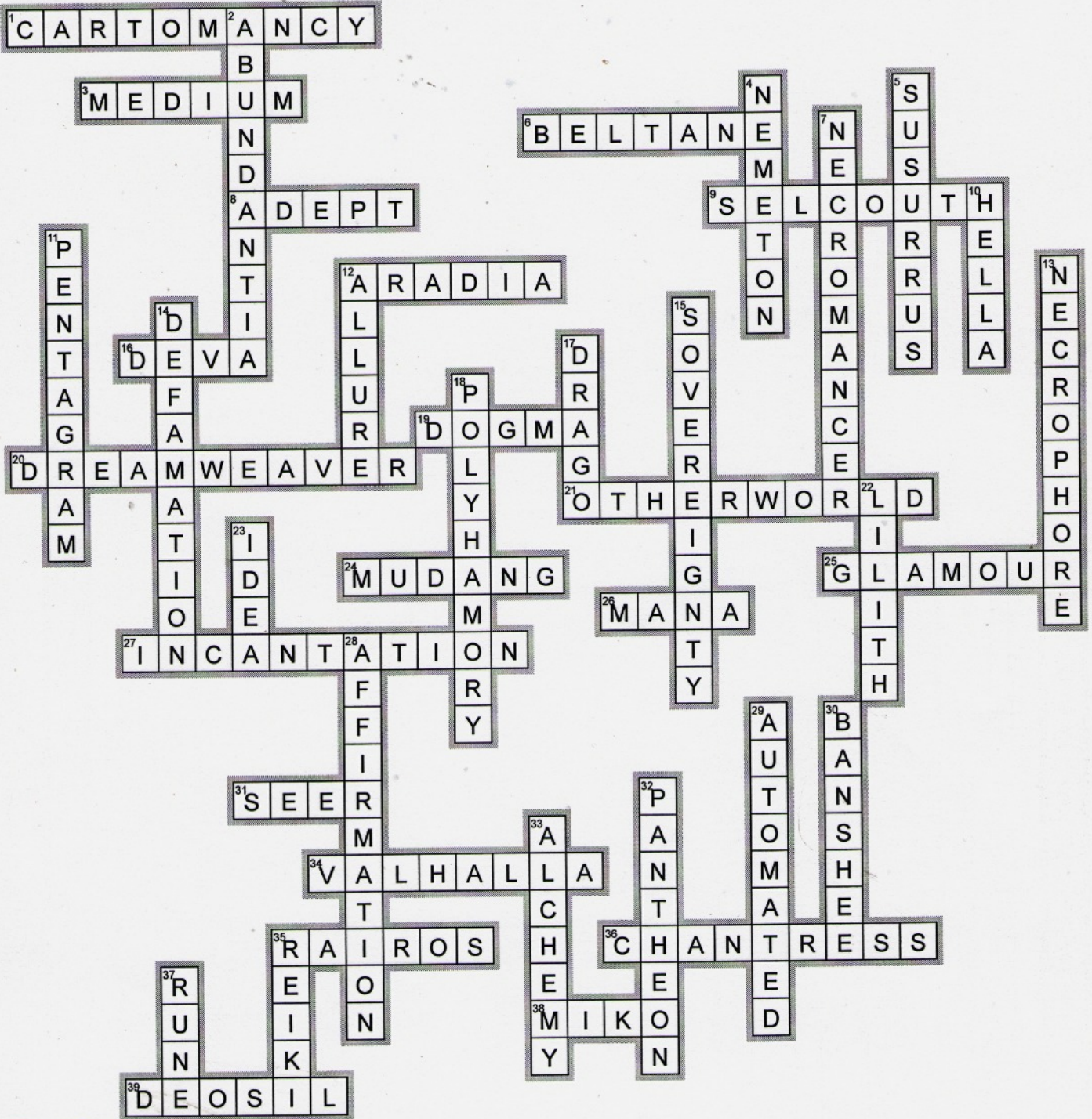
Answers to the Music word search





# Beltane Crossword

Peppermint And Sage



EclipseCrossword.com



## **Quotes compiled by Cardea Hinges**

"A different world can not be built by indifferent people"  
--seen on a fortune cookie

The Paradoxical Commandments

People are illogical, unreasonable, and self-centered.  
Love them anyway.

If you do good, people will accuse you of selfish ulterior motives.  
Do good anyway.

If you are successful, you will win false friends and true enemies.  
Succeed anyway.

The good you do today will be forgotten tomorrow.  
Do good anyway.

Honesty and frankness make you vulnerable.  
Be honest and frank anyway.

The biggest men and women with the biggest ideas can be shot down by the smallest men and women with the smallest minds.  
Think big anyway.

People favor underdogs but follow only top dogs.  
Fight for a few underdogs anyway.

What you spend years building may be destroyed overnight.  
Build anyway.

People really need help but may attack you if you do help them.  
Help people anyway.

Give the world the best you have and you'll get kicked in the teeth.  
Give the world the best you have anyway."

? Kent M. Keith, *The Silent Revolution: Dynamic Leadership in the Student Council*

"Change is inevitable. Toe-socks are awesome. Regularly changing your toe-socks is highly recommended."

~Cardea Hinges



# Recipes

## by Mark Dragon

### Sweet potato Breakfast casserole

- 2 lg Sweet potatoes
- 1 lb Sausage
- 6 eggs
- 2 cups Cheddar cheese

Wrap sweet potatoes in aluminum foil with 1 tbsp butter each and bake at 350' till soft, remove and place in fridge to cool (can be done the day before). once cooled peel and slice into chunks.

Cook sausage into "crumbles" and scramble eggs.

In a small casserole pan layer sweet potatoes, sausage and eggs and top with cheese.

Bake in a 300' oven till cheese melts completely

### 3 Cheese Quiche

- 1 Deep dish Pie crust
- 1 cup Grated Cheddar
- 1/2 Cup Grated Parmesean
- 1/4 cup Crumbled Feta
- 4-6 eggs (depending on size)
- 1/4 cup Heavy Cream

Preheat oven to 350' Add cheese to pie crust, Scramble eggs with Heavy cream and add to crust leaving 1/2 inch from top of crust. place on cookie sheet in oven and bake till you can stick a toothpick into the quiche and it comes out clean.

### Breakfast Ramen

- 1 package Ramen (any flavor)
- 2 Eggs
- 3 Sausage links
- Salt and pepper to taste

Break ramen package in half, open and remove flavor packet (set aside) add to pot or pan with half the recommended water cook till just soft.

In separate pan cook sausage links and cut into chunks, add Ramen and mix thoroughly.

Crack eggs directly into mixture and allow to cook (wait till the end to break the yolks for a creamier "sauce") add salt and pepper to taste.





