

# PAGAN Moonbeams

Vol. 1 Issue 8  
March, 2008

## THIS ISSUE

*Homeschooling Quick Take*

Issue Lesson: Ostara  
News Spin: Recent News + Lessons  
Monthly Unit: Eggs  
Correspondence Journal: Animal Totems  
Divination: Geomancy  
Element Class: Water  
Global Beliefs: Nigeria  
God Focus: Odin  
Goddess Focus: Freya  
Religious Ed: Asatru Kindred  
Teen Section: Discrimination  
Tree Wisdom: Cypress  
Celtic Corner: Celtic Mythology  
Pagan Calendar  
Parent Section

Want to see something else? Let us know! [paganmoonbeams@yahoo.com](mailto:paganmoonbeams@yahoo.com)

## Ostara the Spring Equinox

“o-star-uh” March 20 th

After months of the Winter stillness a miracle occurs and the Earth begins to dance again. Deep down inside each of us stirs an uncontrollable desire to take part in this whimsical dance. We long to be outside and feel the warmth and light through the depths of our being.

Spring has delivered the message of hope generation after generation, after seeming death comes rebirth. Each year spring brings into our lives the sheer delight of rebirth and rediscovery. Both young and old look at the world through childlike eyes hoping not to miss the blessings in this turn of the wheel.

*(See Ostara pg. 6)*

## Where is Paganism?

It is a common belief that Paganism is scarce, especially in the U.S. but this is far from the truth. It seems that almost all religions are mixed with one another, which in a sense makes most incapable of being pure. Paganism can be found in almost all religions if you look close enough.

The largest Pagan influence in other religions seems to come from the Romans, Celts, and American Indians. Each, in their own way, have merged their beliefs into the mainstream religions of Christianity and Muslim faiths in a way that only they could have.

Not only do religions show Pagan signs, societies and traditions show them just as strong. You can see how the Pagan ways shine through on many occasions and in many different situations. Traditions connect with holidays and the holiday's themselves seem to show them even more clearly.

Take the time to think of things that you have come across this week or just today. If you dig into this deep enough you will find it's Pagan connection. Remember that as many things as you find that show a Pagan connection, other religions can also find a connection to support theirs as well.

So the next time you are sitting in church with your grandparents, celebrating a holiday that isn't part of the Wheel, or simply having a debate of any kind with friends, see if you can find a connection to your Pagan roots. You will be amazed at how you will never be alone in any situation or place as Pagan energy will be all around you. Take a hold of it and use it when needed.

---

# News Spin



## Quick Clips

By: P. Nichols



### Smallest Salamanders

Researchers have found one of the worlds smallest salamanders in the La Amistad forest in Costa Rica. It is a dwarf salamander that grows to only one inch in length, about the size of your thumb nail.

### Sinking California

You have probably heard people joke that someday California will fall off into the ocean because of the San Andreas fault. It may actually be in danger of sinking below the waves before it falls off. So much ground water is being removed for irrigation, industry and general public use that many areas in California are sinking up to four inches every year.

### Star Dust

You may have also heard that we are all made of star dust. There is some truth to that because the U.S. Geological Survey (USGS) says that at least 1,000 short tons (two million pounds) of space dust falls onto the earth each year. It gets into our water, our food and its in the air we breath!

## Facts:

- Mt. Lykaion is where the ancient Greeks worshipped Zeus
- Last summer ashes, bones, and bland pottery were found there
- The evidence appears to be from religious ceremonies done before the ancient Greeks were there
- Research will continue for the next 2 summers
- Scientists continue to discuss the findings, their purpose, and dates until an overall opinion can be determined.

A writer can take these facts and mix it with their own ideas, beliefs, or views and come up with completely different articles. Read the articles on this page that use just the information above. As you complete each one of them stop and think about your own opinion of that article. After reading all of them decide which one you agree with, if there aren't any that reflect your view of the facts write your own article.

## New Religion Discovered

In the summer of 2007 scientists found evidence of a new religion in the birthplace of Zeus. It appears that this religion would have originated way before those that we know of today. It appears to have believed in animal sacrifice. There is a lot of speculation as to the meaning of the ashes, bones and form of pottery; but the fact still remains that religious history as we know it will not be the same once scientists come to conclusions on the findings at this site.

## Greek Religion Roots

It could be possible that the Greek religion we all know so well has roots dating back further than any other religion. Last summer a group of archaeologists found lots of evidence that sacrifices and religious ceremonies went on at the top of Mt. Lykaion 900 years before the Greek speaking people arrived there. This could mean a lot to the religious world because the evidence dates back further than any other religious roots. Studies will take place for the next two summers, however, we may be seeing evidence that the Greek religion is the truest of all.

## Mixing Up, Religion Style

The New York Times recently spoke of one finding that may show evidence of a religion that worshipped on the same site and possibly the same god, Zeus, later worshipped by the Greeks. This discovery is just another example of how religions of today have intertwined with the different religions of the past. Even today religions are mixing together and there are people labeling themselves 'eclectic' who are doing the same thing on an individual level. To be honest there is probably no religion left in its pure state and it would be impossible to straighten out the intertwined values and customs that today's religions have.

## Disturbing Religious Sites

New evidence found shows that a religion pre-dates the Greek religion. This evidence was found on Mt. Lykaion, a spot where ancient Greeks worshipped the king of the gods, Zeus. Although this information may be interesting, was it really worth tearing up such a sacred place? Religion is religion and most people have one. Within each religion certain places are sacred and it is a dent in that religion each time an archeologist digs up something new in the name of understanding the religions of the past. It is said that religion is sacred, however, not everyone is hearing it.

## Pagan Prisoners

There are many topics spread all over the news about Pagan's who have been arrested and now serving time in a U.S. prison. It is not anything new to society or to religions as a whole, however, it is raising much controversy within the prison ranks and facilities themselves.

Religion has been practiced freely in all U.S. prisons for years, however, now that the Pagan world is growing and becoming more common, issues not faced before are causing havoc. The timeline for these newly faced issues began years ago and will continue until each one is answered. You are living in a time where you can have a say and follow the issues as they unfold and/or come to light.

In 2006 Pagan prisoners celebrated their first Samhain free of work. A law was passed in congress to make it happen. In Dec 2007 the issue of religious articles came into question because few were accepted or alternative offered and some denied for security reasons. The most recent issue being addressed is allowing Pagan prisoners to eat organic and/or fresh food so they can continue their healthy diet to go along with their Pagan path.

“Being in prison is not something that is socially acceptable, however, to truly have ‘religious freedom’ even those that have made mistakes need to have freedom to continue their beliefs.”

*What is your opinion of this statement? Why do you agree and/or disagree with it?*

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

## Simple Symbols

### Mask

A form of a mask has been used in many cultures and era's throughout time. The mask, for the most part, is used as a tool to bring out a mental or emotional state and not to hide behind. Masks can be used in ritual, rites, or ceremonies to remind members of ancestors, gods, or goddesses and aid in the preparation of the festivities. A mask can also be used for inspiration or to show respect to the one being portrayed.

To dream of a mask could either mean that you are in need of looking at or making a change to your own identity or that someone is going to cause you trouble.

## Animal Steps

**How does a cat purr?** There is a small muscle that keeps the vocal chords together and without it a cat can not purr, so it is assumed that the cat purrs by using it's vocal chords to rub one another. All cats, domestic and wild, make a purring sound, however only some of them can actually be labeled a purr. Purring starts with the kitten; they are born without hearing or seeing so the mother calms them or lets them know where she is by purring so they feel vibrations and they return the purr to let her know everything is alright. Scientists are still debating this issue; presented above was the generally agreed upon findings.

**New Research:** Think of everything that we do and how it affects the environment around us. Recent studies of small mouth bass in the Potomac river have shown the affect up close and personal. It appears that run-off from farming containing insecticides and other water pollutants caused by people have totally transformed the fish that swim in the waters. The male fish can now produce babies just like the female counterparts. This is true of other areas and fish species in the world.

## Moonbeam Shorts

Last month there were many typographical errors due to the loss of the proofreader who was working with us. I am sorry there were so many and we will strive to assure no other issues have them.

The poem Quiet Journey which was written by Shayla Myst, a dedicated reader, had a misspelling in her name for a few issues that went out—sorry for that Shayla. We really do appreciate you allowing us to put your poem in the newsletter and apologize for the mishap.

**Pick an** area to look at it's mask and determine the materials used to make it using links from the Incredible Art Department:

<http://www.princetonol.com/groups/iad/lessons/middle/masks.htm>

**Take a** look at masks of the past and present from all over the world at the Anthropology Museum in Missouri:

<http://anthromuseum.missouri.edu/minigalleries/worldmasks/intro.shtml>

**Make your** own mask using one of the different craft idea's for all ages at Artists Helping Children.

<http://www.artistshelpingchildren.org/maskscostumesartscraftsideaskids.html>

---

# Monthly Unit: Eggs

## Egg Sayings

Read the egg related sayings below. Pick out one or more and figure out it's meaning.

Eggs in the pan give pancakes but never more chicks

The egg pretend to be cleverer than the hen

Never a chicken comes from broken eggs

Tread carefully among eggs

He who wants eggs must endure the clucking of the hen

One rotten egg spoils the pudding

Half an egg is worth more than all the shells

He who has many eggs scatters many shells

He thinks his eggs are of more account than other people's hens.

## The Protection Egg Charm

Take an egg and by poking small holes at each end of it, empty it and rinse it out.

Fill the egg with Clinquefoil leaf, and Dogwood, then tape the holes shut. You can decorate the egg with Runes or symbols of protection, or you can leave it natural.

Your home and property will be protected.



## Egg Divination

There are many different history stories as well as people who say egg divination has been handed down to them. It isn't surprising that eggs have been used for divination for so many years because eggs have symbolized everything from the sun that energizes the earth to birth. The exact directions on egg divination are never completely given, however, the main idea for each way is.

There are two main idea's for egg divination that most agree are the most well known and used. Take a look at them and maybe even try one. Remember that for divination to work and be personal you can add meditation, focus, giving thanks to where the items used came from, and concentration to make the divination more powerful.

### Raw Egg Divination

Break an egg or blow a few drops of white into a glass of water. Let the egg sit for awhile and then read the divination by the shapes it makes.

There are many different interpretations on how to read the shapes, however for the most part you will just go with your instincts. There are a few things that most agree on:

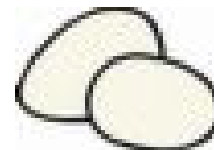
- Bubbles, especially large ones, are connected to money
- Blood usually indicates sickness or death



### Egg Rolling Divination

You will roll an undecorated unpeeled egg that has four choices of answers or idea's you want to do in the future on the egg using a white crayon. Add a design or your initials to connect the egg with you. You will then color the egg.

You will roll the egg down the hill and look at how it lands, your answer will be facing the sky.



---

## Pysanky : The egg decorating of the ancient times!

### Pysanky in the past...

The one making Pysanky eggs would spend a day free of any distractions (argument, difficulty, stress, etc...) to clear their inner soul and prepare them. This would assure the making of the Pysanky eggs to be pure and properly completed.

Washing in the water used for Pysanky eggs were washed in.

Pysanky eggs were given to the workers by their bosses; some contained the forty triangles showing the forty tasks of life.

The shells of blessed Pysanky eggs thrown on the roof for good luck and thrown in streams and rivers to let the spirits know of the holiday coming

Pysanky eggs were given to children with designs made especially to bring them luck as they grow

Pysanky eggs were made during wee hours of the morning or night in total silence. This was when the artist inside would shine to assure the eggs were as beautiful as the meanings they stood for.

At the beginning of the making of Pysanky eggs special prayers were said to bring good luck.

People carried around Pysanky eggs for the first two days of the Easter holiday.

#### Ancient Pagan Belief

**A bowl of decorated eggs was often kept in the home to assure the family would be healthy.**

### The making of the Pysanky eggs

*As close to ancient ways as possible*

1. The egg should be room temperature then cleaned (wiped down with diluted vinegar mixture) and dried by dabbing (never wipe) a cloth slightly damp that has been dipped in the vinegar mixture.
2. Plan the design and colors on paper first (this is to be burned and ashes buried when done)
3. Prepare cups of coloring dye (naturally made; directions on pg. 25). Be sure to make all the colors that your design will need.
4. Make pencil forms with bees wax (use the oven to lightly warm it for molding). You can also use a small piece of bamboo or other hollow stick and allow the warm melted bees wax to ooze into the hole making a more complex bees wax pencil (older kids would like this better).
5. Start with the lightest color in the design that you want to show on the egg and dye the whole egg that color (if white do not dye just skip this step)
6. Use your bees wax pencil to draw the actual design that will show that color onto your egg. Make sure to be careful not to break the tender shell but be sure you have put a thick layer of wax on the lines or part of the design you wish to be this color.
7. Choose the next lightest color that you wish to use in your design and dye the complete egg that color. When done the egg should all be that color with the exception of the part that you used the first color on, that design should show up. Do not remove the beeswax yet.
8. Next you will use your bees wax pencil to draw the part of the design on the egg that you want to stay that color. Be careful and make lines strong, as you did in step 7.
9. You will then move to the next lightest color and dye the egg that color. You will repeat coloring and drawing on your egg until you have the whole egg colored and beautiful designs showing.
10. When the complete egg has been colored and shows a wonderfully colored design let it sit for a few minutes for the colors to soak in then dab dry with a light cloth.
11. Have an adult help you hold the egg slightly above the flame of a candle. Wipe away the wax as it melts from the heat of the candle with a rag. Once all the wax is gone, your egg is done; in modern times the design has been sprayed with varnish or polyurethane spray.
12. You now decide whether you are going to hollow out the egg or leave the insides in tact. If you choose to hollow out the egg and rinse the inside then be sure to drain all water out (directions for blowing out an egg is found on pg. 25)
13. Be sure to put your egg somewhere to dry, if putting in egg cartons be sure to turn it often to assure equal drying and that it doesn't stick to the carton. The best drying board, if making a lot of Pysanky eggs, is a board with nails in it in rows and setting the egg on top of, and in between, the pointy tips of the nails.

## Philosopher's Egg

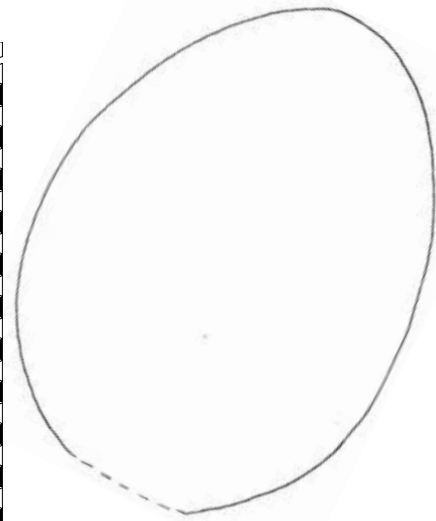
The philosopher's egg was the name given to the egg that was said to hold the philosopher's stone that would turn metals into gold and silver. This was a common belief to the ancient alchemists.

### Alchemists Mutations

Shell = Earth  
Membrane = Air  
White = Water  
Yolk = Fire

### Philosopher's Egg Riddle

Mine was the strangest birth under the sun;  
I left the womb, yet life had not begun;  
Entered the world, and yet was seen by none'

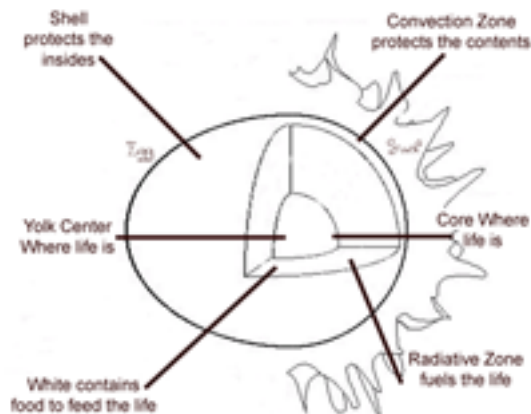


## The Egg and the Sun

**In ancient times** the egg was compared to the sun. It was believed that because the egg gave birth to new life it was sacred. On a daily and yearly basis the sun also gives life to nature and all that lives in it.

This idea of both the egg and sun being the same has a lot of truth to it. Today science has learned a lot more about the insides of both things, and they are so similar. It is amazing how something so simple can be so complicated at the same time.

The fact that the ancient people knew so much about things just by reading nature is amazing. Our technology is just now catching up with them.



*Take a look at this comparison of the insides of each.*

## The World Egg Collage

Take a large piece of construction or other heavy paper and make a collage of the egg. Show the histories and stories behind the world egg that covered many cultures and religions. Use the information below to inspire images in your collage and/or do some research of your own to find more things to add.

1. The Greek Orpheus believed that Mother Night, the great goddess of night, brought forth an egg which became the universe. One part of the shell became the heavens, one the earth and the first Deity too, beginning life as we know it.
2. The ancient Egyptians believed that the egg was the beginning of birth for both gods and humans. They would draw egg shapes on buildings to show the birth of the building as well as any births that happened during its construction.
3. The Greeks would draw diagrams showing their history using arrows and egg pattern that touched one another. There were breaks sometimes in their drawings which showed a break in population of a complete generation.
4. The Druids also showed respect to the egg, which resembled birth, in their ceremonies. Many times men would dress in green robes and dance around in a circle to show respect to the egg.

---

# Ostara

(Continued from pg. 1)

Ostara marks the first day of spring and is the Vernal Equinox. It is believed that the name Ostara comes from the Germanic goddess Oestara. She is the Goddess of Fertility. For the Spring Equinox we picture the Goddess in her maiden form. This is a time when we practice the balance of seasons and the passage of night into day. As the Goddess enters her maiden form she blankets the earth with the love and bounty of the spring. She brings forth rebirth and new beginnings. While she is working hard at her chores the Sun God is growing to maturity. He walks the green fields and delights in the abundance of nature the Goddess has sprang forth. On Ostara the light is over taking the darkness and the hours of night and day are equal. This is a time to celebrate new beginnings, planting spells for future gains, and tending to ritual gardens.

Spring reaches its midpoint, night and day stand in perfect balance, with the light on the increase and the young Sun God now ready to celebrate the hierogamy, (sacred marriage), with the young Maiden Goddess, who conceives. In nine months she will become the Great Mother once again. Ostara is not a fertility celebration among humans and animals but the fertility of the Earth. It is a time of wonder to celebrate fertility, new growth, and newborn animals.

## Ostara Activities and Traditions

- Color eggs and place them on your altar as magickal talismans.
- A visit from the Ostara Bunny.
- Decorate home with baskets of flowers
- Plant seeds or start an herb garden.
- Take a long walk in nature
- Spring clean– clear out old clothes, toys, etc.
- Have a sunrise observance.
- Bless some seeds with a wish. Plant them, and as they come up, the wish will be fulfilled.
- Write and perform a mystery play about the Gods' resurrection. Write one about Ishtar and Tammuz, or Isis and Osiris.
- Plant your live Yule tree if you bought one.
- Do something new. This is a great time to try something new, to renew your thoughts and dreams
- A good time for spells of love, healing, and protection

### A Planting Ritual

O precious seeds which spring forth  
from the earth,  
Giving us magick, healing, and power.  
I return you to the earth.  
Feel my love, feel my power  
As I sow you in the magick and mystery hour!!

Grow with light,  
Grow with love,  
Grow with the blessings of the God and Goddess above!!

Ostara Correspondences	
<b>Colors</b>	– light green, lemon yellow, pale pink
<b>Food</b>	– hard boiled eggs, honey cakes, first fruits of the season, leafy greens, dairy foods, nuts, sunflower seeds
<b>Deities</b>	– Diana, Artemis
<b>Symbols</b>	– eggs, rabbits, spring flowers, green and yellow jellybeans
<b>Incense</b>	– African Violet, Jasmine, Rose, Sage, and Strawberry
<b>Candles</b>	– gold, green, and yellow
<b>Gemstones</b>	– amethyst, aquamarine, bloodstone, and red jasper
<b>Herbs</b>	– Daffodil, violet, olive, peony, iris, acorns, dandelion, dogwood, jasmine, rose, honeysuckle, and all spring flowers

## Bird Watching

Since ancient times bird watching has been an often practiced tradition on and around Ostara. Take some time out and learn about the birds in your area as you watch them migrate back. You can even pick a specific bird each year around Ostara time and learn about it's migrating path.

## Ostara Invocation

Rising waxing  
morning's redness  
An egg in the palm  
A seed in the soil

Waxing, rising  
Thrusting, lusting  
Hare of dusk and  
Dawning's robin

A bloom springing forth  
The down of willow  
Blooming, singing  
Rutting, springing

Sap flows sweet  
The birds are waking  
Waking, knowing  
Stretching, growing

Ostara, I can hear your footsteps  
In sparrow song  
In robin trill

Ostara, I can see your tresses  
In scarlet maples  
The daffodil

Girl of gold and  
Morning's redness  
Blooming, singing  
Rutting, springing

Sap flows sweet  
The songbirds waking  
Waking, knowing  
Stretching, growing

The egg in the palm  
The see in the soil

-Jenne Micale

## The Wind Flower

In Europe, Asia, and the Middle east there is a flower that blooms around the spring Equinox called the wood anemone (*Anemone nemrosa*). In Greek legend, anemos (the wind) sends the anemones in the Spring to herald his arrival. They open only when the March winds begin to blow. Thus giving the anemone its folklore name "wind flower".

## Bet you didn't know

In certain area's where Pagans and Christians live in peace together:

Easter is celebrated on Easter Sunday in honor of Christ

Moon-day or Easter Monday is dedicated to the Pagan deities.

One country that celebrates this way is Iceland. Find it on a map and/or do some research to see how each religion celebrates this great holiday around the same time.

# OSTARA

## The Sea Mirth

In the land of the Orkney Islands, far north of Scotland, there is a lore which combines elements from both Celtic and Nordic myth; a myth about a benign Summer spirit called the Sea Mirth. The Sea Mirth is said to return in the Spring and warm the oceans and calm the Spring storms that spell danger for the local fishermen. Her enemy is Teran, spirit of Winter, whose grating voice causes gales and crashing waves. The Sea Mirth's return is heralded by the *Voye Tullye* ("Spring Struggle") against Teran, which manifest itself as vicious storms. Each year the Mirth is said to bind Teran to the bottom of the sea, where he remains helpless until the Autumn Equinox.

*Adapted from Ceremonies of the Seasons  
By Jennifer Cole*

## Lord of Death

In a village in Bohemia the girls carry on a ritual started by the ancient priestesses. They will sacrifice a dummy symbolizing the Lord of Death by throwing him into a river while singing a song. Do some research and see if you can fill in the blanks of the song they sing:

\_\_\_\_\_ swims in the water

Spring comes to visit us with \_\_\_\_\_ that are red ,

With yellow \_\_\_\_\_ ,

We carried \_\_\_\_\_ out of the village,

We are carrying summer into the village.

What do you think this saying means? What do each of the things you wrote in the blanks mean?

*Answers on parents page*



## The Lunar Hare

Although the common story of the Easter Bunny bringing baskets of candy is how he is thought of today, the original idea the bunny is based on is much older than most religions. In ancient days and other countries today the bunny, or hare, was thought of in a different light than it is today in the western cultures.

The Lunar Hare holds a sacred meaning in many parts of the past and present world:

- In China people looking at the full moon see in it's shadows the image of a special Goddess holding her pet hare in her arms.
- In Japan the lunar hare constantly cuts the grass on the moon's surface so that the moon shines white instead of green.
- In Europe of old both the hare and cat were a common witch's familiar and the witches were said to have the power to turn themselves into hares.
- Irish peasants of the past and even sometimes today think that to eat a hare would be to eat one's own grandmother.
- In early Germany children were told if they were good on Easter Eve the hare, Österhase would lay eggs for them.

### Food Blessing

Lady and Lord,  
Thank you for this food which we're going to eat  
Thank you for the earth in which it grew,  
The rain that watered it,  
The wind which gave it breath  
And the sun which gave it life  
Thank you for the life which was given so we can eat.  
We are grateful for all the blessings we have in our lives  
And for all the unknown blessings already on the way

May we continue to live in health  
Happiness,  
Love,  
Family,  
And prosperity

Blessed Be!

©Keitha  
From [www.glasstemple.com](http://www.glasstemple.com)

### Quick Math

Multiply anything by 9 quickly.

Ex:  $25 \times 9 =$

1. (1st number)  $\times 10 =$  add a 0 ...  $25 \times 10 = 250$
2. Take total and subtract first number ...  $250 - 25 = 225$

$$25 \times 9 = 225$$

### Eostre

When the snow melts  
And Winter breathes its last  
Then do we dream of you  
Eostre, Lady of Springtime  
Bringer of the new growth and freshness.  
The frozen Earth beneath your feet  
Becomes soft and yielding  
Now ready to burst forth with new life.  
Return to us, Eostre.  
Return to us, Sacred Hare.  
Melt the snow from the ground  
The ice from the streams  
The frost from our hearts.

### Read Across America Day

March 3, 2008 is Read Across America Day, celebrate with a Dr. Suess favorite Elephant Horton. You can do a variety of activities or read an online first edition of Horton Who. Go online to get more information and sign the Pledge to Participate. When done make a call to Horton and leave a message telling about how you celebrated the day to possibly win a trip to Universal Studio and a return recorded message from Horton himself.

## - Correspondence Journal -

### Animal Totems

Do you have a special animal totem? For many of us we find that we are drawn to certain kind animal. Maybe it is because we share similar traits with this animal or maybe its because we would like to draw on their attributes and characteristics.

Below is a list of animal totems and their meanings. Copy them into your journal. Keep your eye out for the animals listed and see if you can remember their meanings.

- Ant**– group minded, patient, active, and industrious.
- Armadillo**– safety oriented, grounded and has boundaries.
- Bat**- rebirth, secrecy, good listener, and long life.
- Bear**– guardian of the world, watcher, will power, courage.
- Butterfly**– transformation, balance, grace, ability to accept change.
- Cat**– guardianship, mystery magic, and independence
- Cow**– swift, insightful, and focused
- Cobra**– swift and decisive
- Deer**– compassion, peace, gentle, caring, kind, intellectual
- Eagle**– divine spirit, sacrifice, freedom, risk taker.
- Elephant** - strength, power, loyalty
- Moose**- headstrong, wisdom.

*Do some research on your own to add to your list of animals. Don't forget to add them in your journal.*

#### Herb Focus: **Lavender**



**Color:** the flower is purple.  
**Location:** All over the world.  
**Magickal attributes:** Love, sleep, purification, happiness, peace.  
**Planet:** Mercury  
**Element:** Air

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

#### Mineral Focus: **Sugilite**



**Color:** Lilac, or often dark lilac.  
**Element:** air  
**Healing Properties:** It has a calming affect on the nervous system.  
**Magickal Properties:** It symbolizes self-control.

**Care:** Once a month this stone must be discharged among tumbled hematite stones. It does not need charging because it is so full of

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

## Tree Wisdom: Cypress

There are around 140 different species of the Cypress. It is believed to have originated in Persia and Syria and introduced into Italy by the Etruscans. The tree and its wood have been shipped abroad and it is now grown in almost all of the world. The tree is considered to be very respected in many parts of the world and its wood second only to cedar. The scent of the tree itself is considered noble.



### Historical Shorts

- Roman upper class liked to plant Cypress trees around villas and trimmed them into shapes.
- Ashes of those killed in battle were kept in cypress chests to honor them as heroes.
- During the Middle Ages Renaissance period the wood was used for musical instruments.
- 19th century cypress wood for cabinetry and furniture was important to the economy of southeastern America.
- A complete grove of Cypress trees was dedicated to an ancient Greek god of healing, Aesclepius, and snakes were kept there and roamed freely because they were associated with the god.
- Indigenous peoples of eastern Canada used a member of the Cypress family to make their sacred totem poles.
- Cypress trees were used in ancient Greece to construct an asylum from the law and government.
- The Book of Kings, an epic of Persia written in 1000 CE tells of how a great prophet planted a Cypress at his own Sanctuary from a seed which he brought from Paradise and it grew into two trees, the moon tree and the sun tree.
- In ancient Japan there was a tale, "Orosu", that tells of a Cypress that whispers in the wind and asks the birds to deliver its messages. In the tale the tree is the king of the forest and when it is harmed all other trees assemble under the moon to heal it.

Dreaming of a Cypress tree means that a friend is trying to secretly help you

### Quick Facts

**Powers/Attributes:** comfort in grief, healing, longevity, persistence protection, solace

**Elements:** earth, water

**Goddesses:** Artemis, Ashtoreth, Diana, Hebe

**Gods:** Apollo, Cupid, Hercules, Jupiter, Mithra, Osiris, Zues

**Other:** Cyparissus, Zoroaster

**Zodiac:** Aquarius, Pieces, Taurus

**Gemstones:** turquoise

**Spell work & Ritual:** past-life workings; rituals for healing sorrows and loss; quiet ritual and meditation when moving inward



A well-known Roman Poet, Ovid, told of the legend of Cyparissus, the attendant to Apollo. Cyparissus accidentally killed a pet deer as a child. He was so grief-struck that he laid down on the ground and cried uncontrollably. His crying was so loud and wild that Cyparissus turned into a Cypress tree.

The Cyprus tree has been labeled as the tree of death. Because of this or the reason for this label might be because:

- When the tree is cut down it will not grow back
- Southern Europe used its branches to drape over coffins.
- In Turkey the tree was planted in and around graveyards to neutralize the unpleasant odors.



---

## Churning the Elements

As Pagans we acknowledge the Elements as the very building blocks of our existence. They are the substances of which everything is created. It is important to understand and harmonize with the working elements in order to live in balance with the higher power.



### Water Correspondences

**Direction** : West

**Time** : Twilight

**Season** : Autumn

**Tools** : Cup, Cauldron, gobblet, mirrors

**Sense** : Taste

**Gemstone** : Aquamarine

**Plants** : Ferns, lotus, mosses, rushes, seaweed, water lilies.

**Trees** : Willow

**Animals** : dragons, dolphins, fish, seals, sea mammals, water dwelling snakes, sea birds.

**Spirits** : Undines, nymphs, mermaids,

**Ruled by** : King Niksa, or Necksa

**Goddess** : Aphrodite, Isis, Mairanme, Tiamat

**God** : Dylan, Ea, Llyr, Manannan, Osiris



**Water** is an element you cannot live without. Did you know that our bodies are made up of 70% water? Though you can go many days without eating, but you can only go a couple of days without water. All life has water in common for it is a necessity. Water washes us and quenches our thirst. It is what our blood that travels through our veins is made of. Water is the home to more animals and plants than dry land is. Water connects us to all living things. Try to connect with water (see it, feel it, taste it, touch it, even hear it in your mind)



**Fire** is not something to fear but it can be a very dangerous element when you do not give it the respect it deserves as can all the elements. You must be careful when you are around fire and never underestimate its powers, for you will get burned. Try to visualize fire in your mind's eye, feel it, smell, it.

---

## Churning the Elements....Continued

### Experiments To Connect With The Element Of Water . . . .

- Walking in the rain
- Diving into a pool
- Getting a cool drink when you are thirsty
- Playing in the sprinklers
- A hot shower when you have been out in the cold
- Listening to a waterfall
- Playing in the tidal pool at the ocean

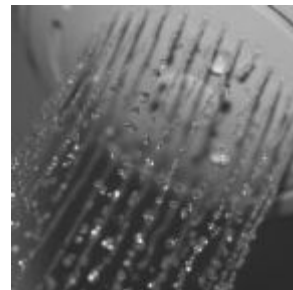
### Experiments With Water . . . .

**Make a wish** - Find a fountain and toss a penny into it. Make a wish when you can see your reflection. The tale goes that since you have made an offering to the water faeries your wish will come true.



**What do you see?** Take a bowl and fill it half full of water. Add some food coloring one drop at a time. Watch the drops as they flow into the water.

**How does it feel?** While you are taking a shower turn and let the water spray on your back for a moment. Pay close attention to the little streams of water as they run down your neck, and back, down your arms, and legs, and pool at your feet. Do you feel a tingling sensation? What do you think this is? Right!



## Celtic Corner

### The Confusion of Celtic Mythology

There are many well-known stories that are labeled Celtic Mythology. Well-known and not so well known heroes and gods and goddesses all come with their own stories. On the surface Celtic Mythology looks like any other, it is when you dig deeper that it seems very confusing.

The reason there is confusion in Celtic mythology is that the stories seem to change from era to era. Also the names in the stories seem to change and the stories merge with other religions and stories. This confusion isn't noticed only by people that follow the Celtic religions or live in the area, it has also been studied by historians and different religious scholars.

Many different people have made an attempt to sort through the endless stories to determine an easy base explanation to ancient Celtic mythology.

One large attempt was made by Lady Gregory in the early 1900's. She showed how Celtic mythology came in three cycles that were determined by time. Cycle one was the beginning of Celtic mythology known as the Mythological Cycle or the Book of Invasions which contain myths that tell of early settlement in Ireland by the Milesians and the Tuatha Dé Danann. The second cycle was known as the Ulaid Cycle and contained myths that tell of the reigns of Conchobor of Ulaid or the Medb of Connacht. During this cycle the warriors of The Red Branch and Cú Chulainn can be found. The last cycle is known as the Fenian Cycle which holds myths containing stories of Fianna and the great hero of Finn Mac Cumhaill.

Another attempt at explaining this mythology divides it into the three geographic area's where they were widely used. The first would be the Goidelic which includes Ireland, the Isle of Man, western highlands of Scotland. The second known as the Insular Brythonic contain myths from Wales and Cornwall. The last of these groups, the Continental Brythonic containing myths from Brittany.

In reality it really doesn't matter how the myths are divided or what group they are placed in. It is important that the myths give insight to a world where Paganism was accepted and the Gods and Goddesses of the Celtic world was worshipped freely. A time that, although long gone, has left its great knowledge and introductions to the Gods and Goddesses of their time in the myths that have been told to many generations.

Although you won't be able to figure out how to break-down and categorize ancient Celtic mythology, it is important that you become familiar with it. The myths can be more than a story with wonderful characters; they tell of history, world lessons, and carry on the traditions of the Celtic world that forms the basis of the Celtic Pagan religion held so tightly to today.



### Rice Custard

Rice custard was and is a favorite dish this time of year in the ancient and current Celtic world. Try making and tasting some during this month, you will be doing what your Celtic ancestors and neighbors are or have done in the past.

Step 1: Soak 1 cup uncooked rice in water overnight.

Step 2: Drain and place in a pie dish and preheat oven to 350°.

Step 3: Mix together 2 cups whole milk and 1/2 cup sugar in saucepan and heat to near boiling as you stir until sugar is dissolved. Remove from heat and add 3/4 teaspoon of vanilla and 1/8 teaspoon salt.

Step 4: Pour over rice and sprinkle with a dash of cinnamon or nutmeg. Bake for an hour and a half or until a light crust forms on the surface.

*Serve warm with brown sugar and cream.*

Write in the box below your review of Rice Custard.

*This has been a favorite to the Celtic kids and they are so excited when this treat is being made!*

---

## THE TEEN SECTION

By: Kay Bee

### Vegetarian Recipe

#### Broccoli Sauté

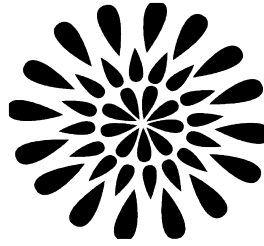
##### Ingredients:

- 1 Bunch of Broccoli (about 2 lbs.)
- 3 Tablespoons Peanut or Vegetable Oil
- 2 Cups Chopped Celery
- 2 Tablespoons Soy Sauce
- ½ Teaspoon Ground Ginger

1. Cut Broccoli into ½ inch slices, wash, drain.
2. Heat oil in a frying pan, then stir in the broccoli and celery. Stir constantly for 4 minutes or until wilted.
3. Stir in soy sauce and ginger.
4. cook for 10 to 12 minutes more or until vegetables are tender.

#### Omens

If your ear,  
Happens to hear,  
A dog howl four times and seize,  
It is said,  
That a death is near,  
For someone within your reach.



#### Simple Happy Tip

Try not to criticize anybody for a whole day.

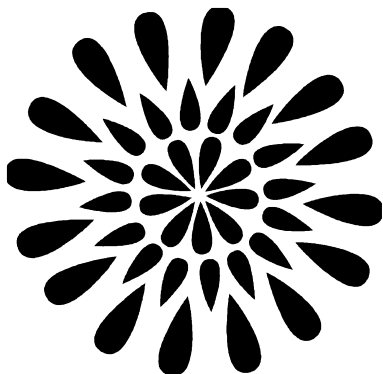


Picture credit: University of Tasmania

#### QUOTE

“I love all religions, but I am in love with my own.”

-Mother Teresa



---

## THE TEEN SECTION

*By: Kay Bee*

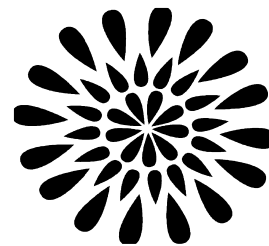
### FENG SHUI TIP

Never put mirrors directly across from a window or where you see yourself while you sleep.

### CONTACT ME

@

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



### Discrimination

#### What is it?

Discrimination is treatment, consideration, or a distinction in favor of or against a person or thing based on the group, class, or category to which that person or thing came from instead of from who they are.

#### Why Does it Occur?

It happens because people sometimes don't like to accept ideas, or people who aren't like them, or what they're used to.

#### When Does it Happen?

Discrimination happens all the time. You can encounter forms of it at anytime.

#### Where does it happen?

Occurrences happen in all places. From places of education and religion, to common everyday places such as stores and recreational places.

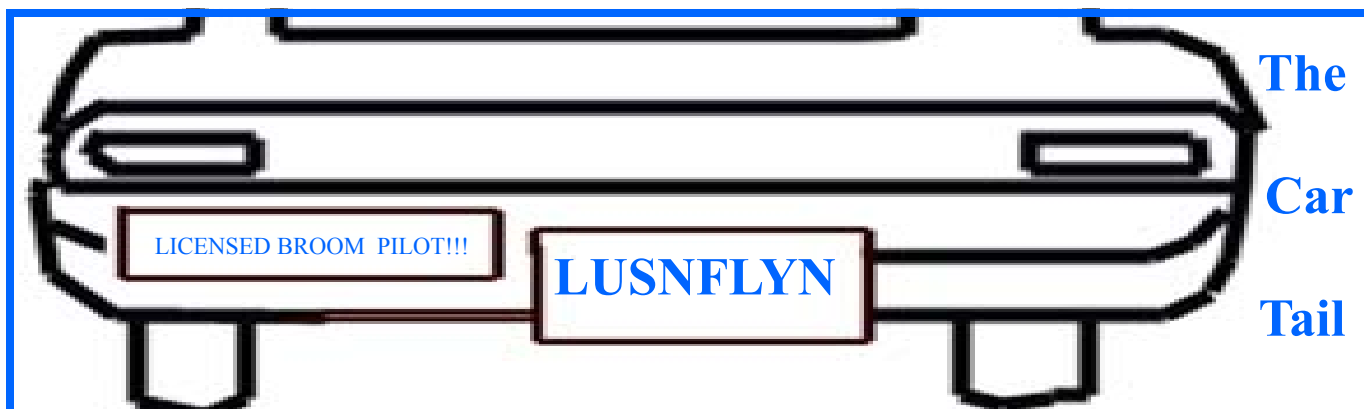
#### A Little More Info:

Riots, fights, arguments, murders, and wars are several ways that discrimination affects the public. In public places such as schools, people have clichés (groups of people who are alike in style, ethnicity, etc...) and it can make people feel left out. Discrimination is a huge issue here in America as well as other countries and it's something that can't be changed until people want to change. There are many very touchy issues when it

Comes to judgment such as sexual orientation, race, religion, and social status. There are many home-school groups that are strictly Christian. There are also small things such as the Martin Luther King award which is awarded to only African American children once a year. Another problem with today is the always heard about but always ignored gay bashings. There is all this debate about Democrat parties and Republicans and honestly the only difference between the two parties is middle and high class representatives.

#### SHARE...

Your opinions and what you have to say about it. Send in some experiences or ideas!!!





## THE TEEN SECTION

By: Kay Bee

### MUSIC LIST

Bootlegg Shaman  
Elaine Silver  
Seven 13

### Book of the Month:

#### Adaline Falling Star:

By: Mary Pope Osborne

This book is about a young half Indian girl who is stuck at a relatives house while her father is away. It is a very touching novel that shows how one girl struggles through discrimination and how she overcomes it.

#### AGES

It is great for all ages who can read.

### One-liners

#### That might make you laugh

I took an IQ Test and the results were negative.

Laugh alone and the world thinks you're an idiot.

Why is "abbreviation" such a long word?

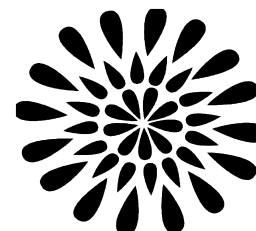
Campers: Natures way of feeding Mosquitoes.

I just let my mind wander and it never came back.

Why did Kamikaze pilots wear helmets?

I wonder how much deeper the ocean would be without sponges.

I used to think I was indecisive, but now I'm not too sure.



### MESSAGE:

Hey,  
I hope you like the new Teen Section. I am looking forward to creating a section for the teens to read because so much of the space has been donated to younger children and parents. If you have any ideas (anything you'd like to see, poems, stories, or anything) just write me and it is guaranteed a spot in the next months issue.

Peace,  
Kay Bee

### What results in Misunderstanding?

Fawza Falih is a woman from Saudi Arabia who is now being convicted of "witchery". She is to be beheaded and her confession came because she is illiterate and the statement was not even read out to her. She is being convicted because many people have claimed that she has "cursed" them. If you want more information on this issue, feel free to visit:

<http://www.familysecuritymatters.org/index.php?id=1386633>

### ~ONLY ONE EARTH~

#### Styrofoam:

Makes Turtles float after they consume it so they can't dive anymore.

It is not bio-degradable which means that it can't be recycled and it won't become part of the earth ever again.

#### What you can do:

Avoid it because it hurts the Ozone.

At a restaurant, request paper rather than foam carry out containers.

### WHAT I'VE LEARNED

I've learned that it's not what you have in your life, but whom you have in your life that counts.

---

## THE TEEN SECTION

*By: Kay Bee*

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

### Scents of Incense

<b>Gardenia</b>
<b>Jasmine</b>
<b>Lavender</b>
<b>Tea Rose</b>
<b>Dragon's Blood</b>
<b>Frankincense</b>
<b>Tropical Rain</b>
<b>Sweet Grass</b>
<b>Myrrh</b>
<b>Sage</b>
<b>Cinnamon</b>
<b>Sandal Wood</b>
<b>Cedar</b>

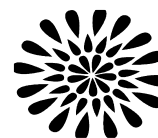
---

### Write

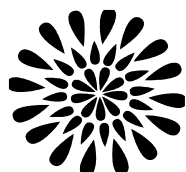
Whether it be poem, story, or anything of the sort, many teens have the capability to write great works. I'm a strong believer that people who have talents, should share. There is a special section that will be dedicated for writings from one of the teen readers every month. I will read every entry and pick from what's sent in. Since there wasn't a chance to notify teens this time, I will supply something, but I hope to see what you have to offer next month!

### The Crystal Gazer

*By: Sara Teasdale*



I shall gather myself into my self again,  
I shall take my scattered selves and make them one.  
I shall fuse them into a polished crystal ball  
Where I can see the moon and the flashing sun.  
I shall sit like a sibyl, hour after hour intent.  
Watching the future come and the present go -  
And the little shifting pictures of people rushing  
In tiny self-importance to and fro.



---

# Faith Focus: Asatru Kindred

In Ancient times the Astru people survive as an extended family of the ancient Norse. Like so many Pagan religions the bond between church and state forced the religion to go into hiding and separation occurred. Today the Asatru asserts itself and must learn from the past. To regain their freedom they are working hard to reestablish their ancestral tribes. The Kindred is a vital part

## Asatru Rituals

**The Blot:** (pronounced bloats) This is their most common religious ritual; it is a sacrifice to the Gods. In olden days, as with almost all ancient religions, an animal was consecrated to the deities and then slaughtered. This was not seen as a bribe or as a method of capturing the power of the dying animal. It is simply the way in which the ancient Norse shared their bounty with a gift to the Gods. Currently, the animal sacrifice has been replaced by the offer of beer, juice, or mead. Afterwards, those present are either sprinkled with the liquid or drink it in sequence.

**The Sumbel:** This is a ritual drinking celebration, in which a horn filled with a drink is passed around the group. Each person delivers a greeting; a toast to the Gods, ancient heroes, or one's ancestors; or a story, song, or poem. He or she then drinks from the horn.

**Profession or Adoption:** This is the of making a commitment to Asatru to the exclusion of other faiths, by solemnly giving an oath of allegiance and kinship to the Gods of Asgard, the Aesir and Vanir. It is a simple ceremony usually done in the presence of a Gothi or Gythis and the rest of the Kindred, Hearth, or Garth. It is taken on an oath ring or some other sacred object.

### Orgins

Humanity is literally descended from the Gods. Three brothers, Odin, Vili, and Ve created people from two trees and gave them the names Ask and Embla. One deity, Rig visited the earth and established the social classes

**The local** religious communities are called Kindreds, Hearths, and Garths.

**Male priest** and called Gothi, priestesses are called Gythia.

## Nine Noble Virtues of Asatru

**Truth**  
**Honor**  
**Courage**  
**Self-reliance**  
**Discipline**  
**Industriousness**  
**Fidelity**  
**Hospitality**  
**Perseverance**

The family is greatly values and honored. They reject any form of discrimination based on ethnicity, gender, language, nationality, race, sexual orientation, or other divisive criteria.

Asatru is a polytheistic religion. There are three races of deities in the Norse pantheon. They are all regarded as living entities who are involved in human life.

Match the race with the type of deities they represent

### The Aesir

These represent the fertility of the earth and forces of nature, They are associated with the clan but not part of it.

### The Vanir

These are the giants who are in constant state of was with the Aesir. They represent chaos and destruction. At the battle of Ragnarok, many of the Gods will die, the world will come to an end and be reborn.

### The Jotnar

These are the Gods of the tribe or clan, representing Kingship, order, craft, etc.

*Answers in Parent's Section*

---

## God of the Month : Odin

Odin is considered to be the father, Alfadir, of all gods. He is the son of Bor and Bestla. Odin, himself, did have many female interests and fathered the god's Balder, Hod, Hermod, Thor, and a few others. He has a hall in Folkvangr where he keeps the most fiercest warriors after they have died. He has his own throne in Asgard and the ability to see all happenings in the nine worlds with his helpful ravens Huginn and Muninn. He has a terrible love for knowledge and will do just about anything to gain it.

*Odin is the God of death, war, poetry, and wisdom*

### Odin's Knowledge

- Odin had a love for knowledge and wanted as much as he could get no matter what the cost.
- He went to great lengths to obtain knowledge and because of this was respected by the other god and goddess'. Take a look at some of the things Odin did to get the knowledge he had.
- He traded one of his eyes for a drink from the Well of Wisdom. He now has only one eye open and the other stays shut to hide the missing eye on that side.
- He hung himself for nine days from the Cosmic Tree. He was able to resurrect himself later keeping the knowledge he gained from the tree and all he knew before.

### Odin's Attributes

Odin has many attributes, and each with it's own meaning and reasoning. Here is a small list, feel free to use some of them to help dress-up your doll like Odin.

**Spear** (Gungnir) which never misses it's target

**Ring of Draupnir** every ninth night eight new rings appear

**Slipnir** his eight-footed steed

**Freki and Geri** whom he gives his food to; he only drinks wine himself

### Odin's Names

Odin goes by other names. Fill in the blanks to complete the names that Odin is also known as.

\_\_ T H I N \_\_

W O \_\_ A N

W O T \_\_ N

\_\_ A K

V A L \_\_ A M

*Answers can be found on pg. 26*

### Dress up Odin

Odin is portrayed as an old man with a white beard. He wore a wide brim fighting helmet that covered up much of his face and hair.

*\*\* Directions for making a homemade doll that can be used when studying or worshiping any of the God/Goddess can be found in December 2007's issue. Idea's on dress and props will be put in all issues as new God/Goddess' are introduced.*

---

## *Goddess of the Month : Freya*

Freya is the beautiful ruler of death and earth fertility. Her and her twin brother, Frey, gave their name to the sixth day of the week. She married Od and they had a daughter named Hnossa (“Jewel”). She lives in the other gods in Folkvangr where she has a very large area to hold all the souls she collected from the battlefield that she chose to keep, the rest was given to Odin. She is the Goddess of magic and brought the power of magic to the people of the north and the earth.

*Freya is the Goddess of death, love, and magic*

### **Freya & Od**

Freya married Od and soon after their marriage Od disappeared. Freya was so upset she cried and her tears turned into gold. Od disappearing was a mystery and some said he was killed by other gods for not listening.

Freya would not accept that he had died and obtained a feathered cloak that she used to search everywhere for Od. Eventually she found Od who had been banished to the sea and had turned into a sea monster.

Freya stayed by his side until someone eventually killed the sea monster. Freya became very upset and threatened revenge. Even though Od had not died in battle he was admitted to Valhalla, the otherworld, where Freya could visit him so the two of them were not separated by his death.

### **Thor’s Gift**

Freya received a gift from Thor one day. He was on the way to a fishing trip for a sea dragon and was distracted by some odd sounds. As he investigated he found a male cat singing to kittens. Thor suggested that the cat stop singing so he could have peaceful fishing but the male cat complained how hard it was to care for so many kittens and him being only one cat. The male cat asked Thor to help him find a female that could help take care of these kittens. When Thor mentioned that they could go live with Freya the cat acted badly and gave off the impression that the kittens were too good to live in such a place; they were blue in color. Thor took offense and the cat showed him his claws. The cat was turned into a bird and flew off.

Freya was very happy with the gift from Thor and immediately took good care of the kittens. They accompany her now as she does her daily rides across the sky.

**Freya is said** to be responsible for the Aurora Borealis. When she goes onto the battlefields to take those who have died in battle and escort them to Valhalla her and her helpers, the Valkyries, cause beautiful lights to appear in the sky. Today we call these lights the Northern Lights.

### **Freya and the Earth**

Freya is known as the spirit of the earth. When she is absent from the earth every autumn and winter it misses her. The leaves will fall from the trees and it will mourn her by wearing a cloak of white snow.

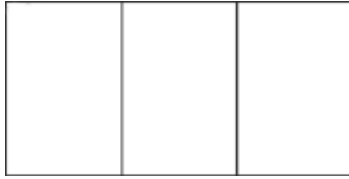
### **Dress up Freya**

Freya is very pretty and wears a feather cloak and a very beautiful amber necklace. She is usually pictured in her chariot as she skims the world gathering warriors from the battlefields.

*\*\* Directions for making a homemade doll that can be used when studying or worshiping any of the God/Goddess can be found in December 2007’s issue. Idea’s on dress and props will be put in all issues as new God/Goddess’ are introduced.*

## Global Beliefs

N



Color the Nigerian flag.

I

### The Religious Crisis

Nigeria is in the middle of what is known as a Religious Crisis. Nigeria is mainly divided into two religions; Muslims and Christians. For many years now the two have been fighting to rid the country of the other religion or convert all of Nigeria to one religion. Many places of worship, individual property, and even a few lives have been lost in this crazy uncontrollable violent ordeal.

There have not been any questions on the census asking what religion you are since 1953 so there has been no way to determine how many people belong to each religion. There was a survey given to people recently, however, that put the religious tally at; 50% Muslim, 48% Christian and only 1.4% in a Pagan based religion.

The Religious Crisis has become worse, especially in south Nigeria lately and the local governments are pulling together to aid one another in the matter. They are trying to reach each of the religions on a personal note to remind them of how their actions go against the religion they are representing.

Throughout time in many countries and with many different religions this kind of war has happened. There is never any good that comes from it. It is only through knowledge and understanding that the world will come to the conclusion that there is no 'one' way to believe for all the people that live there.

G

E

R

I

A

### Indigenous Beliefs

Indigenous beliefs are basically the beliefs of an isolated area. In Nigeria there was a belief that was named differently in each area, but was practiced and believed the same. This religion was very important to all people's of Nigeria and was freely practiced by everyone until the 1970's when it took a new turn as small groups added to the religion and combined it with the government. In the 1980's Christian and Muslim missionaries came to Nigeria in an effort to convert people to their religion. The beliefs then slowly became intertwined with the large religions practiced today. Some of the indigenous religion is still a large part of each person's life, however, the complete religion is not practiced by most people.

- Make a list of the basics of this religion on paper or on the computer as you read this next paragraph.
- After you are done check off the things that are considered Pagan. Determine whether Nigeria's Indigenous Belief was Pagan or not.

The basics of the indigenous beliefs practiced in Nigeria were very simple, yet complex at the same time. The ancestors that first occupied the land or area were worshiped as deities and were considered to be the most sacred. Below the ancestors were the spirits of the land which sometimes took the shape of local things like snakes, certain shaped rocks, a river, or other object and given the name of "owners of the place". The Owners of the Place were worshipped in prayers and regular rites because they would have the ability to help (good crops, etc..) the local people or harm (storms, drought, etc..) them. Special practitioners would be appointed to assure the relationship between the spirits and people sharing space with them was good. These people would be looked upon for healing, judging disputes, and giving advise to everyone from the local farmer to the king in charge of the tribe.

4



Talisman's and Amulets have been used as part of religion for a long time. This amulet was made of iron sometime in the 1900's and has a lion's tooth and when worn no harm will come upon you.

Can you think of some reasons why the things that make up the amulet could aid in protecting the person wearing it? Can you think of things you can find somewhere in your area that you could use to construct an amulet to protect a person? Is there an amulet associated with your family or religion that protects a person?

---

## Divination: *Geomancy*

**Geomancy can** be called dot reading or sand readings and it's roots can trace back further than most forms of divination. The way it is done has been changed throughout history as well, so it's true form and roots will probably never be known. It is true that of all forms of divination, this form requires the least equipment. The way to read either the sand's fall as it drops to the earth, the dots in the sand, or the dots on your paper has great controversy, the best way to do it will be explained below.

Geomancy is slightly complicated, however with minimum help even the youngest members would be able to do this kind of Divination. Instead of going into facts and unique points of this divination, an in depth procedure will be given. Follow the procedure on the next page then come back here to interpret the answer to your question. Here are the meanings;

- 
- **Puer** negative except in love and war where it shines as aggression.
- 
- 

- 
- **Amissio** loss, failure, defeat, sadness, ruin in love or finance but escape or freedom if imprisoned
- 
- 

- 
- **Populus** community, gathering, without order, news, rumor and gossip.
- 

- 
- **Fortuna Minor** lesser fortune, good but not great luck, protection, wild success, benefit
- 
- 

- 
- **Rubeus** attention, stop, temper, rage and power, violence and warfare, excitement, anger, fire, high negative figure.
- 
- 

- 
- **Tristitia** sadness, sorrow, misery, condemnation, poverty, obscurity, good sign for birth
- 
- 

- 
- **Caput Draconis** entrance, entry, crossing a threshold, intro by marriage, beginnings of spiritual development.
- 
- 

- 
- **Cauda Draconis** exit, termination, fraud, danger, bad karma or magic, specific loss, a way out like a change in direction.
- 
- 

- 
- **Puella** in love deceptive, in other things, pure and false appearance
- 
- 

- 
- **Albus** calm, peaceful, serenity, profit
- 
- 

- 
- **Fortuna Major** great fortune, good luck, chance, security, good health and happiness, glory success.
- 
- 

- 
- **Conjunctio** union, marriage, recover loss, renewal, public recognition, participation, hope, friendship and love.
- 
- 

- 
- **Acquisitio** profit, possession and money, investment, financial success, benefit, power, grasp, light spirit
- 
- 

- 
- **Laetitia** joy, happiness, delight, grace, freedom, health, laughter, beauty, generosity, goodwill, peace
- 
- 

- 
- **Cancer** confinement, restriction, lies, sadness, public humiliation, despair, but conservation, preserve secrets, protection and insulation.
- 
- 

- 
- **Via** wanderer, journey, direction, solitude, news guide, successful trip, depends on circumstance.
- 
-

Start with your yes/no question in complete sentence form including punctuation written on a piece of paper or in sand

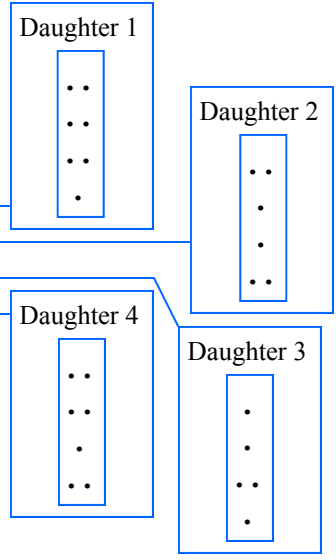
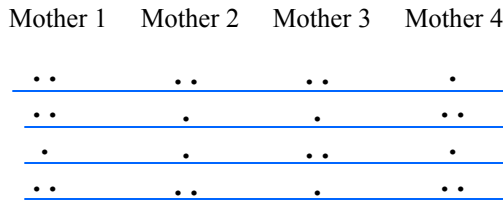
1. Next you will draw 16 vertical dotted lines starting and stopping when it feels right.

.....  
 .....  
 .....  
 .....  
 .....  
 .....  
 .....  
 .....  
 .....  
 .....  
 .....  
 .....  
 .....  
 .....  
 .....  
 .....

2. Count the dots in each line. The total of each will determine whether each line will receive one dot (odd) or two (even) dots to represent the line. Tally all lines up.

..... = 8 ..  
 ..... = 4 ..  
 ..... = 1 ..  
 ..... = 6 ..  
 ..... = 6 ..  
 ..... = 3 ..  
 ..... = 9 ..  
 ..... = 10 ..  
 ..... = 4 ..  
 ..... = 3 ..  
 ..... = 3 ..  
 ..... = 12 ..  
 ..... = 5 ..  
 ..... = 3 ..  
 ..... = 6 ..  
 ..... = 1 ..  
 ..... = 6 ..

4. The 4 daughters are then comprised of the lines which make up the 4 mothers, being read across.



3. Group each set of four dots together to make the 4 mothers of the group.

Rows 1-4    Rows 5-8    Rows 9-12    Rows 13-16

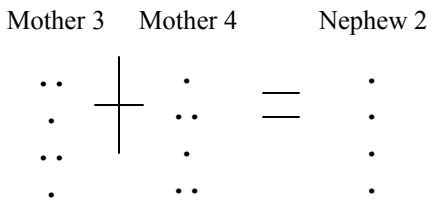
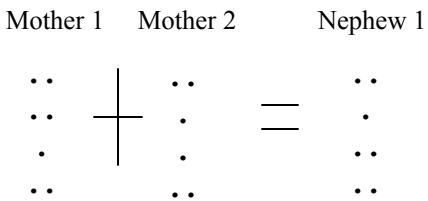
```

    ..      ..      ..      .
    ..      .      .      ..
    .       .      ..      .
    ..      ..      .      ..
  
```

5. next you will comprise 4 nephews. 2 will be made (1 adding mothers 1& 2 / 1 adding mothers 3&4). 2 will be made from adding the daughters in the same manner. All will be made using the odd and even procedure used

# G geomANCY

6. there are 2 witnesses comprised using the same procedure as the one to make the nephews. The witnesses are made from the 4 nephews.

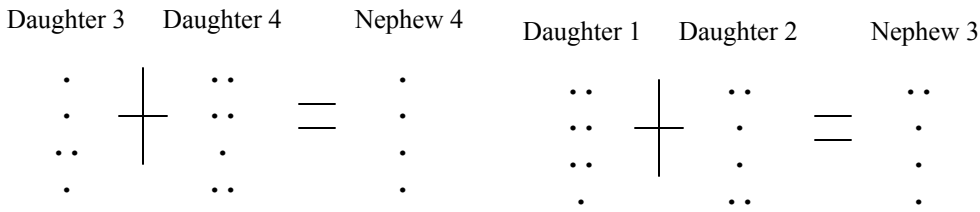
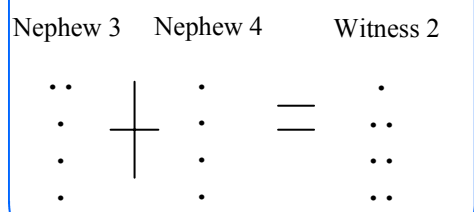
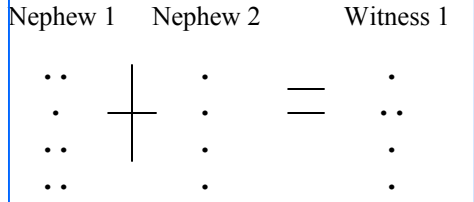


7. The last step is to comprise the 2 witnesses into 1 judge in the same procedure used. The judge symbol will be used to determine the answer to your question.

Witness 1    Witness 2    The Judge

```

    .       .      =      .
    ..      ..     =      ..
    .       .      =      .
    .       ..     =      .
  
```



Variations & easier to read forms of geomancy can be found on the next page!



# GEOMANCY FORMS

Since geomancy has been around for a long time there are many variations used in various parts of the world. Many of these have been simplified and can be done with easy to make and use items. Some of these ways are listed below, all of them will use the chart on page 23 to interpret the divination results.

Each divination artist has their own version of how to purify and/or prepare things before using them in divination. Some purify the objects before each reading and others choose to purify them as they are made or right afterwards and using the same objects each time they do divination. This leaves room for the individual to work on purifying, connecting with, and blessing things using their own methods.

## Druid Sticks

Druid sticks are sticks (traditionally fruit wood) that are tossed back and forth between hands and then placed and smoothed out on a cloth and not viewed until the reading. The sticks show a pattern of dots or grooves that can be interpreted using geomancy definitions. Determining the bottom and top of the image to be read using the geomancy reading chart is the reader's personal decision, however once made all future readings will reflect this decision.

### Making Druid Sticks

There will only be a total of 4 sticks needed.

Use clippings or fallen branches or sticks. Younger kids just learning could use popsicle sticks (larger one's suggested); wooden matches and toothpicks have been used as well.

You will make one line, dot, or other distinguishing mark on one side of each stick (usually in the middle). You will need to make two lines, dots, or other distinguishing mark on the other side of each stick (usually close to the center).

## Coins

Coins can be used by making a personal decision on the meaning of heads and tails (either odd or even).

The coins can be rolled between your fingers and then dropped from a height above the scarf or determined divination area.

When or as the coins land the readers hands are placed over them and they are lined up one above the other. It is important that the reader does not see them while this is taken place (even if he/she has to turn her head while the coins are lined up). Coins odd and even design is read however the reader determines, but the same method must be used for all future readings.

**Be sure** to never allow others to touch your chosen supplies and to cleanse them as you feel needed. Some people also keep them in a special bag or place of importance. Some people feel that the divination items that will be used should be a part of the daily devotionals that morning.

## Bowl of Items

You can use a bowl of sacred or specifically picked items such as stones or crystals. These can be used by putting your hand in and grabbing a handful that feels right. They will then be spread out on the table or just counted to determine whether they are an even or odd number.

These can be used to comprise one image to be used in Geomancy or the complete complicated form can be comprised from it as well.

## Wouldn't it be great to have a Pagan pen pal?

You can choose from many Pagan Home school pen pals and meet a group of like minded people. Simply join the Yahoo group: Home school Pagan Pen Pals!

[http://groups.yahoo.com/group/Homeschool\\_Pagan\\_Pen\\_Pal/](http://groups.yahoo.com/group/Homeschool_Pagan_Pen_Pal/)

---

## Craft – EE

### Spring Equinox Eggs

Decorating eggs at the Spring Equinox is not a new idea. Egg decorating has been in use long before the connection with the Christian Easter. Red eggs in particular were given by many cultures as gifts during this season, in remembrance of the Maiden Goddess and her fertility act upon the Earth.

**Chose an herb** from the Ostara correspondences to purify the eggs before you begin the dying process. Fill a large pot about half way full of water and boil. Add a handful of the herb to the boiling water and let boil until you can see a slight change in the color of the water. Stir in 1/8 cup of sea salt and 1/2 cup of vinegar. Place the eggs in the pot and let sit until cool. Remove the eggs once the water has reached room temperature. ( You may want to blow out the insides of the eggs to use for future cooking. This is fine. Take the egg and place a small hole in the top and a little larger hole in the bottom. Be sure you puncture the membrane of the egg. Hold over a bowl and blow the contents out of the egg into the bowl and rinse the insides of the eggs out with water. You can continue with the process below now.)

Below you will find the different things you can use to achieve the desired color and their meanings. Place the herb, fruit, or vegetable in boiling water and boil until you receive the desired color. Pour the water into a heat proof cup or small bowl. Stir in 1 tablespoon of vinegar and a dash of salt. Dip the eggs into the dye and let sit until you have the color you want.

---

To get different colors use the following:

**Yellow**– Carrots, white grape juice, turmeric, fenugreek.

**Orange**-Onion skins, madder root, cayenne.

**Red**– Red onion skins, madder root, cayenne.

**Red Violet**– Purple grape juice, and red raspberries.

**Green**– Carrot tops, bracken.

**Blue**– Blueberries, red cabbage.

**Black**– raspberries.

**Blue Violet**– blackberries, beet juice, mulberries.

**Pink**– Heather.

The meanings for the colors:

**White**– Purity, birth, ignorance.

**Yellow**– Youth, light, purity, happiness, wisdom.

**Red**– Passion, love, enthusiasm.

**Orange**– Endurance, strength, power.

**Green**– Renewal, freshness, hope, victory of life over death.

**Brown**– Earth.

**Blue**– Sky, good health derived from air.

**Purple**– patience, trust, and power.

**Black**– remembrance of the Maiden Goddess and her life-renewing abilities

---

## Taghairm's Apothecary

### Wild Garden Shower Soap

**This shower soap is ideal for everyday use**

Ingredients:

1/2 cup distilled water  
1/2 cup orange flower water  
1 tablespoon dried peppermint leaves  
1 tablespoon dried chamomile  
1 tablespoon dried rose petals  
1 tablespoon orange blossoms  
1/2 tablespoon unscented glycerin soap

Directions:

Combine the distilled water and orange flower water in a saucepan and bring it to a boil. Remove the pan from the heat and add the dried peppermint, chamomile, rose petals, and orange blossoms. Let steep for one hour. Strain the herbs and flowers from the water and reheat gently. Add the glycerin soap and stir in the castor oil. Let cool to room temperature and bottle.

### Making a Family Candle

By Patricia Telesco

*"A Charmed Life: Celebrating Wicca Every Day"*

From this activity you will need a fair amount of candle drippings, preferably from candles you have used in magical ceremonies for peace, joy, unity, and other similar qualities that you'd like to see manifest in your family.

You'll also need a piece of wick two inches in length, something to weight it with, such as a button, a cleaned out quart sized milk carton, and a pencil that's long enough to go across the top of the milk carton.

Also, gather some finely powered herbs that symbolize your wishes for the family ( each person should help chose.) Examples include lavender for joy, nutmeg for health, rose for love, violet for peace, mint for protection, and sandalwood for spirituality.

Wait until the moon is full if possible. Secure one end of the wick to the pencil and the other end to the button, so that the button touches the bottom of the milk carton and the length in between is fairly taut.

Put the wax cuttings into a non-aluminum pan in a pan of water over a low flame and gather everyone around your stove, which represents the warmth and love of your household.

Each person should take a turn stirring the wax clockwise and sprinkle in his or her herb while verbalizing the wish it represents.

Let the mixture cool slightly before pouring it into the milk carton to set. Release the wax mixture from the mold by quickly dipping it into a sink of hot water. Light this candle anytime tensions or anger begin saturating your home, or for family spells or rituals.

## Cloud Reading

Many times throughout the past people have been able to read nature. These people were looked on as special and wise. Try your hand at reading the clouds below, match the number and letter together. Good luck!

*Answers page 29 in Parents Section*

1. Warm weather on the way, wind will increase and bring rain or snow
2. Unlikely to rain but a few spots
3. Thunder outbreaks within the next 12 hours
4. Fair weather with light to moderate winds
5. Rain or snow within the next 20 minutes

A.



B.



C.



D.



E.



<b>Odin Names</b>	
<i>Answers from pg. 20</i>	
O T H I N N	
W O D A N	
W O T A N	
V A K	
V A L T A M	

### Earth Hour

Earth hour is at the end of March. This is a time for everyone in the world to show their compassion and respect for the pressing climate change and other global issues. Join this worldwide effort by turning off your lights for an hour on the specified day for your area. Visit the website to sign-up and to find out the exact time you will need to participate.

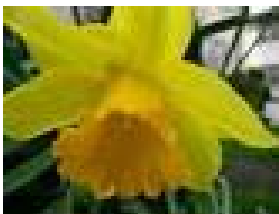
Join Earth Hour: <http://www.earthhour.org/>

## March 2008 Pagan Calendar

1  
Kalends of March  
Matronalia  
St. David's Day  
Roman New Year  
2  
Ceadda  
St. Chad  
Holy Wells Day  
19th Day Fast Starts  
3  
Aegir  
St. Winnal  
4  
Egyptian Day  
5  
Naviguim Isis  
6  
Mars  
St. Martian  
Mahashivratri  
7  
New Moon  
Junonalia  
The Nones of March  
Purim  
Women's World Day of Prayer  
11  
Herakles  
St. Hercules  
12  
Martyrdom of Hypatia  
14  
First Quarter Moon  
Veturius Mamurius  
Runic Half-month of Beorc Commences  
Egyptian Day  
15  
Rhea  
Anna Perenna  
Ides of March  
16  
Dionysus  
Bacchus  
Egyptian Day  
17  
Dionysus  
Bacchus  
St5. Patrick

Celtic Tree Month Nuin Ends  
Egyptian Day  
18  
St. Edward the Martyr  
Celtic Tree Month Fearn Commences  
19  
Athena\  
Minerva  
Eyvind Kinnrifi  
Goddess Month of Moura Ends  
20  
Vernal Equinox: Alban Eilir, Ostara, 5th Station of the Year  
Iduna  
Goddess Month of Columbina Commences  
Egyptian Day  
Milad Un Nabi  
21  
Full Moon  
Tea and Tephi  
Jamshedi Noruz (Fasli) (Qadimi)  
Holi  
Naw-Ruz  
Shubun-Sai  
22  
Hola Mohalla (Lunar Calendar)  
23  
Summer Finding  
24  
Britannia  
Heimdall  
Archangel  
Gabrial  
25  
Mars and Neria  
Lady Day  
Return of the Goddess  
26  
Khordad Sal  
28  
St. Mark's Eve  
Sacrifice at the Tombs  
Pallas  
29  
Last Quarter Moon  
St. Mark  
30  
Janus and Concordia  
Runic Half-month of Ehwaz commences  
31  
Luna

**This month** was named after the Roman god Mars, the chief Roman god and god of war. Can you name things below that are connected to this month?



FLOWER



STONE

### DAYLIGHT SAVING TIME

Since 1918 many of the U. S. states have observed daylight savings time and adjusted their clocks. It was a law which was signed by Nixon in 1974.

Benjamin Franklin is the person responsible for conceiving the idea of daylight savings time. There is controversy as to the reason this ritual of changing time exists, and it may never be settled. It is true, however, that by doing it energy is saved, people are more settled and more time is given to enjoy the nice summer sun.

**Remember to Spring Forward**

UK friends, the best Pagan calendar for your area can be found @: <http://www.pagancalendar.co.uk/>



# The English Path

## Touch of Vocabulary/Spelling

Use the following list for spelling and vocabulary as needed.

1. **Amulet** - A natural object fashioned into a comfortable form that is used as for protection to the beholder or to attract a specific type of energy.
2. **Blessing** - The use of magic to benefit someone or something
3. **Pentagram** - a five pointed star with one point upwards. For the western world each point symbolizes the elements; earth, air, fire, water, and spirit.
4. **Pentacle** - a pentagram surrounded by a circle. This symbol along with the pentagram alone can be used to represent the earth or being Pagan in general.
5. **Talisman** - An man-made or blessed object fashioned into a comfortable form that is used as for protection to the beholder or to attract a specific type of energy.
6. **Symbol** - a sign that has an associated idea or concept connected to it.
7. **Censer** - a tool that is used for burning incense in while doing any act working with energy.
8. **Handfasting** - A Pagan marriage usually by private or legal ceremony
9. **Circle** - Sacred space used to keep energies out and contain the one's pulled in. For many a circle is cast for all magickal rituals and workings are performed.
10. **Deity** - A blanket term used for those considered divine (God and Goddess) within religious doctrine.

## Writing Assignment

*Spend the month working on one writing assignment. Adjust this assignment to fit your level; practice writing the answer until it is neat and has no errors, give a verbal presentation with your answer, write an essay or what ever fits your level.*

### What does religion mean to you?

The "Buckland Collection" can be found in a metaphysical store called "Crossroads" in New Orleans - This is the remains of the Buckland Museum.

## Pagan Biography

### Raymond Buckland (1943 - present)

Raymond was born in England August 31, 1934 to Stanley Buckland (a full blood Gypsy) and Eileen Lizzie Wells. His father was a highly regarded officer in the British Ministry of Health that wrote in his spare time.

Raymond was brought up in the Church of England, which he never had any interest in. At age 12 his uncle introduced him to Spiritualism and the Occult. He also became an avid reader in alternative religions. He also got involved in the theatre.

Raymond graduated college after getting a degree in anthropology and worked as a draftsman. He got married to Rosemary Moss, had two sons, and joined the Royal Air Force for a short term. He then got a job working as a retail manager in a publishing firm and taught himself how to play the trombone to join a Dixieland-style band.

In 1962 Raymond and his family immigrated to the US and settled in New York. For 10 years he worked for the British Airways and did tons of traveling. He also did more studying in Spiritualism but never picked a religion for himself. He discovered a couple books that opened his eyes to Witchcraft and Wicca as religions. He wrote and became friends with Gerald Gardner who was on the Isle of Man and soon became a spokesman for Wicca in the U.S.. He even eventually flew back to the UK with his wife to be initiated and raised in the religion by Gardner's main High Priestess. During the initiation ceremony Gardner gave Raymond the craft name "Robot" and his wife "Lady Rowen".

When he came back to the U.S. he started building his own coven slowly, some members was impatient and branched off on their own. The media finally got his name and address, this caused a lot of persecution to him and his family. He began to collect Pagan and Wiccan artifacts and eventually opened up the First Museum of Witchcraft and Magic in the U.S. in 1968. That same year he began writing and to this day he manages at least one book per year. He and Rosemary broke up and he moved to New Hampshire. Then the highlight of his religious career came to an end.

After the end of his contribution to the Gardnerian Wicca he has taken jobs in education, working with theatre, and is in his third marriage. Today he is not active in the religion but still serves the religion by being an authority in Paganism, writes and promotes his books, and lectures many places around the world.

## To The Parent

### Keep the Pagan Focus

Homeschooling in general usually means something different to everyone, but for the most part it means busy families focusing on the kids and the education they need. At first you begin at home ordering curriculum working on molding everyone's schedules to the fresh idea of homeschooling. It is not long before you become a full-fledged homeschooler who spends a lot of time on the road running from co-op classes to arranged field trips and play groups.

This lifestyle starts to add a different outlook on the hum-drum of staying home. You may struggle to get the kids some 'socialization' time with others. Later you figure out it wasn't just for them, you needed some time to talk to an adult and get help with your bumps in homeschooling as well.

Now it is time to take a step back and look at things from a different point of view. First and foremost you are a Pagan and with that comes a laid back peaceful life connected with nature. While you are struggling to add the extra touch to your home school remember that an education does not have to contain fun and excitement all of the time.

Field trips should mean a day of fun without the stresses of work. Co-ops should either be used as a curriculum replacement for the day or as a total package for the electives required. Car rides, sits in the park or woods, and waiting rooms are places that add to embarrassment and stress when school work is included. For the times that these are necessary, it might be nice to add in some meditation afterwards to calm the soul and re-focus energy.

Use outside involvement as needed, just don't lose touch with the Paganism and the calm environment it brings with it.



Everyone can use simple money-saving tips and idea's. Here's a good resource that comes to your email box each week with tons of idea's for all area's of your life. Try it out and see if it works for you.

<http://www.stretcher.com/menu/subscribe.cfm>

### Cloud Reading Answers

- A. 1
- B. 4
- C. 2
- D. 5
- E. 3

### Answers to Lord of Death:

Death swims in the water  
Spring comes to visit us with eggs that are red,  
With yellow pancakes;  
We carried death out of the village,  
We are carrying summer into the village.

Death = winter  
Eggs = new birth  
Pancakes = food crops to grow

### Get What you Want

Throughout our 8 months of service to the Pagan community we have made available many different forms of material for download and/or printing. We have offered stories, workbooks, file folder games, and even a lap book.

It is your turn to let us know if these or any other item is needed by you. Drop us a line and tell us what you liked, didn't like, as well as what you would like to see in the future. We are anxious to provide you with what is needed and wanted in your own home school!

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

### Home School Tip

Using the local co-op at one point or another is something all homeschoolers take part in. This is a great opportunity to fill some of the electives that the kids don't get at home or just extra classes they use for fun or enhancing things they have learned or will learn at home.

The problem with the co-ops is that they cut into 'class' time at home for many families. School hours and days are adjusted leaving more of a struggle to get everything in and taking away from the parents' free time.

As a parent you can make the co-op break work for you. Pick the things that are time consuming and aren't done or cause havoc during regular school time and dedicate a certain time or point within the co-op to work on them. Record keeping, grading, lesson plans, updating calendars, planning days for field trips, and other important 'busy work' can be completed and still leave you time to mingle and socialize with other parents.



---

# To The Parent

## Healing with Dance

As children we have been taught to move freely and express ourselves through the movement of dance, but over time, and as we become adults, we tend to set aside the need for movement in our lives. Some of us may feel self-conscious about our bodies, while others of us may not have danced in so long that we do not even realize that it is not a part of our lives any more. Whatever the reason is, I encourage you to allow the healing aspects of self-expression through dance to become a part of your life once again. Dance has been a part of every culture since the beginning of life's celebration, and the movement of dance is sketched into our bones and memories from long ago. Awake that memory and partake in life's dance.



### Controlling Change Spell

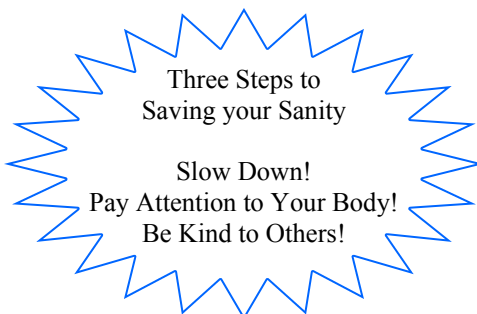
*By Paniteowl*

Changes in our lives can be unsettling, and we often wish we had more control over those situations. Here is a simple casting that helps do just that. Using a cotton swab dipped in lemon juice, write a brief description of the things that bother you the most on a piece of parchment paper. For example, it could be that you are not seeing all the possibilities in the changes you fear. Now heat an iron and press it to the parchment. You will see the writing come clear. As you do this say the following

There are changes I can see.  
Make their nature clear to me!

### Affirmation of Gratitude

I accept the new day—and the coming year— with gratitude.  
I am grateful for the blessing of positive experiences and lessons of seemingly negative experiences.  
I release my past with gratitude.  
I am thankful for all the people in my life.  
My life is in perfect order and I am grateful.



Answers from page 17

#### The Aesir

These represent the fertility of the earth and forces of nature, They are associated with the clan but not part of it.

#### The Vanir

These are the giants who are in constant state of war with the Aesir. They represent chaos and destruction. At the battle of Ragnarok, many of the Gods will die, the world will come to an end and be reborn.

#### The Jotnar

These are the Gods of the tribe or clan, representing Kingship, order, craft, etc.

---

## Take 10

### Stress Management Spell

Do you have to much to do , and too little time? This is the catch-cry of contemporary, time-poor lifestyle. With a waning moon, set aside time to reduce some of that stress. Of course we can't completely remove all the stress from our lives, but we can ease some of the pressure and minimize its impact.

On a sheet of black or dark paper, with a dark colored pen, write the things in your life that are currently causing you stress. Imagine the dark pigmentation of the paper absorbing the ink, drinking in your challenges, easing your anguish. Fold the paper three times and burn it in the flame of a black candle as you say:

I will forgive  
I will let go  
Of those things  
That trouble me so!

As you breath out, visualize your worries diminishing and floating away.

### Wonder Bath Cookies

By Melissa Breyer Producer, Care2 Green Living



Some people indulge in chocolate cookies to sure their woes– but that type of “healing” generally lasts only as long as the cookies do. (And then you get a stomach ache.) With these cookies that are made to dissolve in the bath, the healthy effects linger long after the tub is drained. They are easy to bake and make the bath as absolute oasis. Learn how to make these healing bath cookies using sea salts to detox., oils to moisturize the skin and essential oils for aromatherapy.

5 tablespoons of ground flax seeds  
6 tablespoons water  
2 cups sea salt (finely ground)  
1/2 cup baking soda  
1/2 cup cornstarch  
2 tablespoons oil (see below)

1 teaspoon vitamin E oil  
5 drops essential oil  
Optional ingredients: Flower petals,  
small dried flowers, citrus peel, herbs,  
ginger

Preheat oven to 350 degrees. In a large bowl mix the ground flax seeds with the water and stir until the mixture becomes gelatinous. Add the rest of the ingredients and mix to create dough. Shape dough into teaspoon sized balls and place them on a baking sheet. Bake for ten minutes or until lightly golden.

*Drop two cookies in the tub and let dissolve. Makes 24 cookies.*

**HELPFUL HINTS:** You can use any light oil, but the following oils are particularly well suited for skin: Avocado (very rich), almond, apricot kernel (great for sensitive skin), coconut, grape seed (the least greasy), and olive. You can mix and match them too!

Worldly Wisdom: **Avoid being the wild card.**

*A Jack-of-all trades is looked upon as someone who can fill the need for now. You will be needed by many, however, kept my none. Keeping to yourself your abilities and careful who knows them is the best policy.*