



"Hidden"
Original Art
by Sherry Lore

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Sherry Lore - Editor

"Indigo"

- Mabon2005-

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...from the Collective

I was walking down the street the other day, watching a piece of plastic flying through the currents of the air, gently turning and twisting upon the wind, falling to the earth and laying once more upon the uneven concrete sidewalk already littered with cigarette butts and gum wrappers... And I asked myself, "Why?"

When I was driving down the highway the other day, my view of the golden fields and beautiful prairie was suddenly obstructed by the thick, black smoke oozing out of an overly large truck that had pulled in front of me suddenly to get off at the next exit. And as it pulled off, my clouded view was replaced by a gigantic SUV driven by a single individual followed by an enormous truck that was much too shiny to have seen a day of work in it's life. And, again, I asked myself, "Why?"

I turned on the television the other day to check-out the weather forecast for the upcoming weekend and, despite the fact it was mid-September, the weather said it would be warm and sunny with a high in the mid-eighties, little to no rain in sight. And, once more, I asked myself, "Why?"

The news then proceeded to tell me of increased gas prices due to high demand and consumption, more casualties in the war in Iraq (a blood for oil campaign if I ever saw one), and the space problems in the local landfill. And, shaking my head once more, I gave up asking myself, "Why?"

The news then finished with hurricane Katrina, her victims, their stories, and the problems behind it. Apparently, according to many scientists, there hasn't been an increase in the number of hurricanes or tropical storms in the past thirty years, as many have thought. In fact, it is just their intensity that has increased, each year growing fiercer and giving the scientists a new level to measure by, a new glass ceiling to process and quantitate. The reason behind this, according to scientists, is still unknown. How-

ever, they do know that hurricanes and tropical storms are nature's way of cooling off the world's oceans. So, as I watch the victims of Katrina, hearing their pleas of, "How could this happen?" and "Why?" I had to wonder if Mother Earth hasn't been asking herself that same question, but it has fallen on deaf ears, so instead, she has sought to find an answer.

And now, above the roar of cars and trucks, the whirs, clicks and buzzing of factories, the chugs, horns and clacks of trains, and the laughter, shouts, screams and ignorance of people, she is finally, and most tragically, giving us her answer. Perhaps, this time, we will listen.

*Happy Equinox,
Sherry Lore*

If you would like to help the hurricane victims, please send donations to:

Circle Sanctuary's Katrina Relief Fund:
<http://www.circlesanctuary.org/katrinarelieff/>

Avalon Cares:
<http://www.avaloncares.org/>

NOLA Pagan Relief Auction:
<http://www.e-witch.info/shop.php?userid=100656>

The Blanket Project:
<http://www.theblanketproject.com/>

North Serves South:
<http://www.northservessouth.com/>

New Orleans Rebuild Green:
<http://www.rebuildgreen.org/>

Food Not Bombs:
<http://www.foodnotbombs.net/katrina.html>

American Red Cross:
<http://www.redcross.org/donate/donate.html>

IPAN Collective Meeting

Aug 13th, 2005

Officer Reports

Web – Nothing much, might need to change a couple of typos

Mail – Marsha was absent

Publications – Last issue went out; we have about 183 subscribers; Trish is going to write an article about Freecycle and decluttering your life;

Next issues are Indigo for Mabon and Violet for Samhain

Financial – No change

Agenda Items

ICON: “Pagan Ties in Modern Sci-Fi/Fantasy”; “What is Magic, Really?”; “Toast to the Ancestors, A Ritual”; Opening Blessing and Closing Blessing

Will be put on their website and in their program; they will be sending an ad for ICON to put in the issue; ICON is Oct. 28-30th; Bring literature for kiosks

Speaker: Trish will try to contact T. Thorn Coyle; Brainstorming for other possibilities

Craft Circle: August’s Craft Circle is coil basket making at Gina’s on Aug. 14th; September’s Craft Circle will be Mask Making at Ariendel’s in Cedar Rapids on Sept. 18th; October’s Craft Circle will be a discussion and tasting of traditional ales and brews at Gino’s on Oct. 9th; December’s Craft Circle will be a herbal pouch at Trish’s

Samhain: At Geoff’s the weekend after Samhain, Nov. 5th

Symposium: Possibly at Palisades in their rental facility; Dawn volunteers for food; People will think about places and positions for next month

Tax Exempt Status: Tabled

For Next Meeting

Tax-Exempt Status

Symposium Locations

Speakers

Rough Draft of ICON Workshops and Rituals

Upcoming IPAN Events

Sep 8 - IPAN Collective Meeting: 6:30 PM Social Time, 7:00 PM Meeting; Terrapin Coffee Co in Coralville, IA

Sep 18 - Craft Circle (DIFFERENT DAY) Mask Making; 2 PM at Jen’s in Cedar Rapids, contact us at ipan@ipan.org for location and details.

Sep 21 - Fall Equinox: Mabon

Oct 9 - Craft Circle: Wine, Beer, Mead Making & Tasting; 2 PM at Trish’s; Adults only, \$5 for supplies; contact us at ipan@ipan.org for location and details.

Oct 13 - IPAN Collective Meeting: 6:30 PM Social Time, 7:00 PM Meeting; Terrapin Coffee Co in Coralville, IA

Oct 28-30 - ICON; Cedar Rapids, IA

Oct 31 - Samhain: Halloween, All Hallow’s Eve

Nov 5 - Samhain Party at Geoff’s; email for directions and more information



*“ One told me of China Roses,
One a thousand nights and one night,
Earth’s last picture, the end of evening
Hue of indigo and blue. ”*

~ Enya, from China Roses

Issue Theme: "Indigo"

False Wild Indigo (Baptisia)

by Geoff Johnson



Here in Iowa we have three different types of false wild indigo which commonly grow in our prairies. One has indigo flowers, one cream-colored flowers, and one white flowers. They are called blue wild indigo (*Baptisia australis*), cream wild indigo (*Baptisia leucophaea*), and white wild indigo (*Baptisia leucantha*) respectively. The plants are all quite easy to grow and are becoming quite common in both prairie restorations and traditional home gardens.

The Meskwaki (Sac and Fox tribes) have historically used the seedpods of these plants as toys for

young children, as they make a rattling sound when dry. Many florists also use the dried seedpods as decorations. Additionally, many American Indians and early European settlers ate the young shoots, much like one would eat asparagus. In fact, in some regions along the east coast, people still eat this plant in the spring.

This plant has also been used in traditional medicine for a wide variety of problems. It has been used to treat chapped lips, laryngitis, sinusitis, diarrhea, dysentery, skin ulcers, and immune system problems, among many other conditions. At times, it has been used both to prevent and induce vomiting, which seems to suggest that some of the traditional usages might not be effective. When solely the root has been used, it is usually diluted in alcohol (65%) and water (35%), so that the root is 1/5th of the solution, when the whole plant is used, it makes up 1/2 of the solution. I have heard of a wide variety of dosages, but generally no more than 1 teaspoon 3 times a day. Excessive doses due cause intestinal problems, but the amount found in the baptisia teas and such is quite small.

Recent research by Dr. Lucia Vazquez of Cornell University has shown that cream wild indigo has antimicrobial effects similar to those of the drug tetracycline. This seems to indicate that traditional medicine was correct in at least a few of its uses of this plant. One day, we may see chemicals derived from this plant prescribed by physicians.

Colors of the Rainbow

Indigo: Correspondences and Inspirations

Third Eye Chakra (6th Chakra), astral protection, deep meditation, the planet Saturn, changeability, inertia, karma, restoration of balance, neutralizing other's magic, warding slander, death, past life experiences, manifestation, discoveries, revealing of deep secrets, occult wisdom, initiation, dignity, Thursday

Azurite

by Sherry Lore



Taking its name from its intense blue color, azurite comes from the Latin "azura" and the Persian "lazaward" meaning sky blue. Also called chessylite, azurite is a soft gemstone often found alongside malachite in nature. Having a similar prismatic crystalline structure of copper carbonate to the green malachite it's often found with, azurite forms large crystals appearing almost black when in this combination. Because of this association between azurite and malachite, their pattern of blue-green called azure-malachite is often used in healing to help with congestion, reduce stress and provide comfort.

Azurite, itself, is associated with the third eye or 6th Chakra, lending its abilities to the psychic realms. Aiding the user in connecting with spirit guides and psychic journeys, it helps to open the third eye (6th

chakra) and connect to the other chakras helping to verbalize the spirit. It is also used for its "absorption" properties, helping to breaking energy blocks and negativity, dissolving fear and transforming it into understanding. Because of this property, it also acts as an aid in creativity and is often associated with mental clarity and self-confidence.

Because of its color properties, azurite has been used as a dye for paints and fabrics for centuries, crumbling easily in liquids (note: do not cleanse in water). Because of this, the pigment created was a favorite of painters before modern coloring methods. The gemstone is commonly found in Mexico, Australia, the Southwestern United States, France, Greece and the Ural Mountains of Russia.

References:

Cunningham's Encyclopedia of Crystal, Gem & Metal Magic by Scott Cunningham; Llewellyn Publications, 1994. ISBN: 0875421261

Semi-Precious Stones <http://www.semi-precious-stone.com/azurite-stone.html>

Ask a Witch Community <http://groups.msn.com/askawitchcommunity/monthlyfeaturepage.msnw>

The Gazebo <http://www.zodiacbistro.com/gazebo.html>

Incense Recipes for the Third Eye Chakra

Stimulating Blend

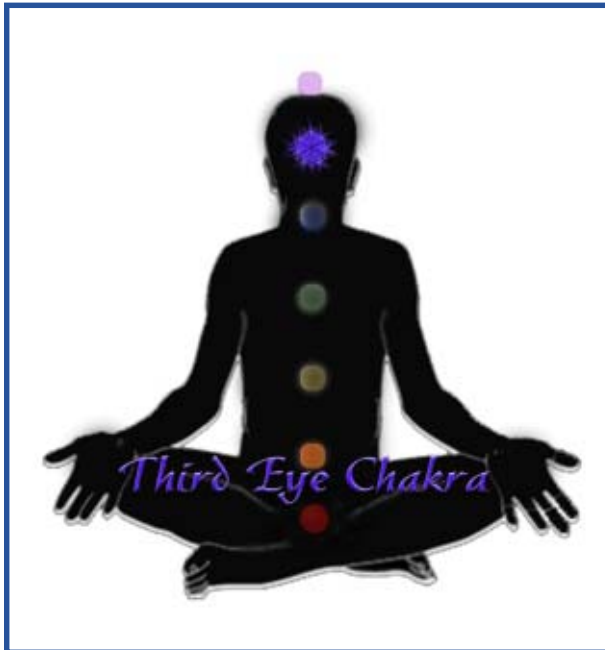
10g benzoin resin
1g rosemary herb (dried)
2 drops eucalyptus oil
4 drops geranium oil

Antidoting Blend

10g gum arabic
2g pine resin
3 drops peppermint oil
5 drops ylang ylang

The Third Eye Chakra

by Marsha



The third eye chakra is located in the center of the forehead between the eyebrows and is associated with the element of light and the color indigo. It is represented by the 96 petaled lotus. The third eye chakra is traditionally said to govern logic and intellect. Within the physical body, its energy is linked to the face, eyes, ears, nose, central nervous system, and pituitary gland.

When your third eye chakra is open and in balance, you are perceptive and intuitive, to the point of extra-sensory perception. Your mind is active and your visualization skills are very strong. You have a vivid imagination and a good memory - even your dreams are easily accessed. You are open to new ideas and spiritual truths.

When the third eye chakra is out of balance, your life may be dominated by logic and reason, to the exclusion of emotional balance and holistic perspective. You can accept only that which your rational

mind can perceive. Alternately, if you are ungrounded and have an over-active third eye chakra, you may live in your dreams, not grasping the difference between reality and delusion.

When your third eye chakra is blocked or closed, you are likely to find that it is hard to concentrate and that your memory is poor. You suffer from a lack of vision and imagination, and your dreams are closed to you. Spiritual thoughts and idealism seem a waste, and only the physical matters to you. Health problems associated with this state are frequent headaches and poor eyesight.

Energetically, the third eye chakra is control center of the thoughtful, logical mind. It is a place of discrimination and evaluation of our thoughts, beliefs, and attitudes. Its goal is consciousness, which is achieved through detachment.

Detachment doesn't mean ceasing to care, but rather, ceasing to fear. Return to the idea that all thoughts and all actions originate from one of two places: faith or fear. Acts of faith are easy to identify, but fear is a little trickier. Common knowledge says people fear change. This is a well accepted "truism" (to borrow a term from my psych professor), especially in the western world. However, if you closely examine human nature, you would find that we love and thrive on change. Who doesn't love to get a raise, or a new car, or find a new love? What we don't like is change that threatens our comfort level – being confronted with a new idea that we *fear* we cannot learn, a new process that we *fear* might make our jobs obsolete, a new thought pattern that we *fear* could teach us more about ourselves than we really wish to know, or perhaps the revelation of our belief systems that we *fear* could lead to personal or institutional rejection (how many of us still live in the broom closet?). It is important to note that many of our fears do stem from reality – new technology does lead to jobs becoming obsolete and revealing our pagan beliefs can lead to rejection. Fear is a survival mechanism. The

lesson is realizing how hidden fears influence our choices in life, and thus make us more susceptible to illusions that may not serve us. Detachment helps us to separate truth from illusion by removing fear from the equation. It is the major skill necessary to achieve consciousness.

Before one seeks consciousness however, it is important to understand what consciousness is. Consciousness is mastery of the spirit – being able to handle any change in our lives without fear. It is the ability to “go with the flow”. It is living in the present, and being aware that things both begin *and* end at the appropriate times. It is the realization that change is constant – no person, no situation is the same tomorrow as it was today. It is the ability to listen to inner guidance and allow that guidance to be the guiding force in your life.

Sounds great, what a way to live! How, then, does one become conscious? As Americans, we have a tendency to want the quick easy answer. And as Carolyn Myss likes to say, “it’s simple, but it’s not easy”. *Just let go*. Let go of all your fears, your desires, your expectations, and embrace whatever the universe throws your way. Another way of expressing this is “let go and let God” (or the gods, as the case may be). Simple, yes, but not easy.

Generally, though, consciousness is achieved by making the choice to constantly reexamine our own realities – our thoughts, our beliefs, and our perceptions of our actions and interactions in the world. A good example of the road to consciousness is major illness. When first diagnosed, we react with fear and denial. After the fear settles a bit though, most people realize that they knew something was wrong, but didn’t want to acknowledge it (again, because of fear). Then we start to examine our lives – what could have caused this? Of course we think first of the physical world: chemicals, radiation, trauma, etc. Eventually we turn inward, and begin to bring our thoughts and attitudes into the picture, and slowly they align with our emotional perceptions about our world. When thoughts and emotions are in line, we become conscious of our own life force and realize that an empowered spirit is greater than a diseased body and

we are able to heal ourselves. Of course, medicine does help to set the stage for this to occur – but how many of us know someone who truly believed s/he was going to die that suddenly was cured compared to those who know of someone who believed they could heal and did? This brings about the question of death – is death then a failure to heal? Of course not, death is simply a part of life. We will all die, whether we are conscious or not.

Holistic thought is a sign of a well developed third eye chakra, and I’m overjoyed to see the presence of such thought growing in the world of health and healing. Our collective third eye is opening, and seeing that our minds are such a powerful tool in creating (and unfortunately destroying) physical health. Science documents this as “the placebo effect” – think about how pervasive and powerful and *well accepted* this particular idea is in western society. Think about the power to heal that we will have as more of us learn to cultivate this skill.

Do you think you have an open mind? Do others agree? What issues are you unable to be open about? Do you find yourself interpreting the actions of others in a negative light? What beliefs or attitudes cause you to think that way? Can you identify belief patterns that disempower you? What ideas have you encountered that have stretched your level of comfort in your world? Can you look at situations in your life with a detached perspective? How can you increase that ability? What do you fear might happen if you embrace a conscious life style? Let these questions guide your reflection on the energies of the third eye chakra and how they are at work in your life.

-Marsha, Certified Reiki Master
(Deeply influenced by “**The Chakra Handbook**” by Shalila Sharamon and Bodo J. Baginski and “**Anatomy of the Spirit**” by Carolyn Myss – both of which I’ve read so many times that I cannot separate my knowledge from their pages.)

Community Voices

A Question of Choice

by Ursa

I choose...

to be myself rather than who I think others want me to be.

to live my life now rather than wait for something to happen so my life can begin.

to honor my commitments.

to be honest.

to assume others will be honest.

to be independent, but not alone.

to love.

to support.

to communicate.

to do my best to understand.

to eat healthy food and to not eat foods that aren't healthy for me.

to find physical activities I enjoy and incorporate them into my life.

to do the work necessary to deepen my spirituality.

to live simply in a way that brings peace and happiness.

to make a home with those who share my idea of home and the chemistry to make it work.

to be open to relationships that bring joy and positive energy into my life.

to take responsibility for my needs and not expect others to do so.

to ask for help when I need it.

What do you choose?



I Am Grateful...

I am grateful for a home to shelter me from the storms.

I am grateful for food to eat and nourish me.

I am grateful for water to drink and cleanse me.

I am grateful for air to breathe in deeply.

I am grateful for light by which to see.

I am grateful for the love of my friends that lifts my spirits.

I am grateful for the love of my partner that impassions me.

I am grateful for my eyes to see the beauty of the world.

I am grateful for my mouth to speak my mind and heart.

I am grateful for my lips to kiss and bless those who love me.

I am grateful for my mind to allow me to think things through.

I am grateful for my shoulders to hold my head up high.

I am grateful for my arms to hold those I love.

I am grateful for my right hand to gently write these words.

I am grateful for my left hand to lend me strength when needed.

I am grateful for my spine that holds me tall and proud.

I am grateful for my belly that shakes when I laugh.

I am grateful for my hips that sway to music's movements.

I am grateful for my legs that they may hold me up.

I am grateful for my feet so that they may carry me upon the paths of my journeys.

I am grateful for my heart that beats my life's blood.

I am grateful for my lungs that breathe in the winds around me.

I am grateful for my skin that shields and protects me.

I am grateful for my sweat that cleanses and cools me.

I am grateful for my womb that allows me to contain life.

I am grateful for the words of encouragement given by others.

I am grateful for the creativity that is sparked within me.

I am grateful for the knowledge I've learned from the understandings of others.

I am grateful for the laughter I've shared with the world around me.

I am grateful for the tears I've shed for myself and the world.

I am grateful for the scars I carry so that they may serve to remind me.

I am grateful for the pain I've felt in that it may strengthen me.

I am grateful for the time I have had to live this life.

I am grateful for the wisdom acquired by the living.

~Sherry Lore

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Abundance Ritual Invocations

by Luna 13 Circle Members

Instead of writing formal invocations our leader for the month came up with this innovative way of combining all of the people's efforts in a wonderful abundance ritual that was set to go with the full moon.

Each person wrote what they were thankful for from each element and the Lord and Lady and then, after grouping and divying up the responses, they were put together incorporating the responses into the form you see below. In the end, this mixing turned these invocations into something more powerful than the individual, a sum greater than the parts.

Invocations:

Air

We thank you for Winds that tease the hair across our shoulders and dance through our minds, mixing thought of action, creating the dawn of hope, inspiration and insight into inner workings.

Fire

Fire— the dancing of the flames and the dappled sunlight that warms my cheeks, I thank you for your presence in my world.

Fire — the spark of creativity and fierce determination, I thank you for your presence in my life.

Fire — the kindling of new passion and that passion that drives my fingers towards my lover, I thank you for your presence in my life.

Water

Water, thank you for the murmur and wash of the waves and tides

that unpredictably carrying us wherever they will

Their pulls that sway the waters of my womb

Thank you for your adaptability

and the joy in time spent with loved ones

And thank you for the cool rains to wash away sorrows.

Earth

Powers of the North, thank you for the scent of fresh earth, the power to focus,

our bodies which are formed of your mud and stone tall standing stones which still hold power.

Thank you for the beauty of life flourishing all around us, your abundance unending.

God

Father, Brother, Consort, Wild One, we give you thanks;

Thank you for being the sun that lights our way.

Thank you for the strength you lend us.

Thank you for your lessons about the wild ways of the animals.

Thank you for showing us how to laugh at ourselves.

Thank you for the power to say 'enough', 'stop' and 'no more'.

Than you for the lust that drives our desires and warms our beds.

Goddess

Goddess,

Lady of light and the dark of the moon

You are our image of power, yet an image of femininity to which we can aspire

You grant us wisdom and knowledge of sacred and secret things. Your pale face shining in the sky guides our deeds and lights our steps. You provide for us

and our families the encouragement and living chidings we need to grow. And within us you pour sacred blood which binds us to our divinity. Thank you lady, moon, mother and friend for with you we

may be whole.

“All Water, All the Time” Quarter Calls

by Trish

A few months back, I became intrigued by the idea of writing quarter invocations that all spoke to different aspects of water. When I mentioned it to my husband, he implied it was impossible. Stubbornness yielded what you see below:

Blessed be the Spirits of the East
I call out to you from this circle this night,
begging your indulgence.
Blessed be the spirits of the early morning mists,
obscuring, revealing
Blessed be the spirits of spring showers,
cleansing & refreshing
Blessed be the spirits of the breathing ocean,
ebbing and flowing in rhythm . . .
Come and walk among us, lending us your grace.

Blessed be the Spirits of the South
I call out to you from this circle this night,
begging your indulgence.
Blessed be the spirits of the red blood
flowing through our veins
Blessed be the moving waters of creation
canyons & coastline formed through your power
Blessed be the spirits of spouting geysers
erupting, unbounded, liberating
Come and walk among us, lending us your delight.

Blessed be the Spirits of the West
I call out to you from this circle this night,
begging your indulgence.
Blessed be the spirits of the chattering streams
flowing communication
Blessed be the spirits of ancient wells
assurance, depths of emotion
Blessed be the spirits of the watery womb
source of life and scene of contemplation
Come and walk among us, lending us your elegance.

Blessed be the Spirits of the North
I call out to you from this circle this night,
begging your indulgence.
Blessed be the oasis
lush in the desert,
abundance in times of want
Blessed be the spirits of the depths
hidden and mysterious
Blessed be the spirits of ponderous glaciers
persistent, constant, monolithic
Come and walk among us, lending us your potency.

Blessed be the Spirits of the Center
I call out to you from this circle this night,
begging your indulgence.
Blessed be the spirits of our sweat
product of our desire made manifest
Blessed be the spirits of our tears of joy and sorrow
paradox & conundrum
Blessed be the spirits of pools of impossible stillness
glassy mirror
reflecting the skies
reflecting ourselves
Come and walk among us, lending us your laughter.



September Full Moon Ritual

by Jennifer Dixon



Strength of a group is dependent upon the strength of its individual members. We all have a personal strength, be it physical, emotional, creative, lyrical, managerial or any number of other strengths. When together, our strengths blend to form a oneness or wholeness, a singular power that can make manifest out magical workings. In this ritual I ask that we each take a few moments to recognize our personal strength or powers and tune them by mixing them with the energies of our group members and draw them into our heart chakras.

Required items:

- One piece of paper (parchment is great but plain white is just fine)
- A writing utensil
- A pinch of salt
- A pinch of sage
- A pinch of soil from your favorite plant or your yard.

- One candle – white or green. (Any color will work fine, I like white or green for this because green represents growth and white is good for everything. J)
- A cauldron or something you can burn a piece of paper in and later collect the ashes from

Preparation

Mix salt, sage and soil. Bless it however you choose.

Ritual

- Find a nice quiet place outside where you can see the moon. Find a comfortable place to sit on the ground or if you choose to stand bring something to set your items on. Place your cauldron in front of you and the rest of your items near by.
- Cast a circle and call the quarters. This may be done in any way you like.
- Begin by centering yourself. I want you to turn inward as you ground seeking the truth within yourself. Use this grounding to look deep and find your personal strength or power that you feel adds to the group as a whole. We each have one – I know we do as I have seen each of you glow with the light of the goddess and god many times before. After you have finished grounding and have come upon a strength or personal power, I want you to draw, write or doodle in the middle of you paper something that represents you and your strength.
- Now that you know yourself I want you to know and see the others you work magic with. I would like you to see the other group members however if you wish to include others from outside the group that you work magic with feel free to do so. Imagine their faces.

Magic & Ritual

Their voices. See them in your minds eye, each individually as the person they are. Why do you enjoy working magic with them, what energy do you draw from them, what are their strengths or personal powers. As you find their strengths write doodle or draw a representation on your piece of paper around your identifier.

- This piece of paper is a representation of the circle of energy you work with. It holds many powers yet often a singular goal. Sprinkle your sage/salt/soil mixture into the center of you paper and roll, fold or crumple it to fit it into your cauldron.

- If your candle is not already lit, light it now and don't forget to thank the fire for its flame. Light your paper on fire with the candle and place it into your cauldron.

- While your paper burns to ashes, place your hands over your cauldron cupped to catch some of the heat as the energy of your magical family is released (let's remember to keep a safe distance and don't burn yourself). As your hands fill with the energy of your strength mingling with the energy of the others in your circle I want you to feel the energy coursing through your veins. From the souls of your feet to the top of your head work to feel the power of the world around you flow through you to your fingertips and mix with the energy of you and your circle. Feel the power course over your palms, tickle the back of your hands and lick you fingers. Be within the ball of growing energy, feel its weight and make it manifest. Don't rush this – take the time to make it real. Holding your ball of energy turn your cupped hands upward as if holding water within them. Imagine the moons light reflecting off of this pool of energy in your hands. Focus on the moon in the sky and draw light from the moon into your cupped hands. The moon will fill your hands and as it begins to overflow the light will travel from your hands to your heart chakra. A connection of flowing energy spills from the moon into your hands and to your core. When you feel this energy flow speak out loud the following words:

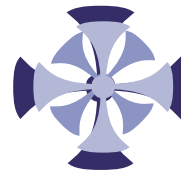
“Let my energy be bolstered with the strength of my magical family. May we strengthen each other and grow in your light. Mother moon, Goddess, remind us of our power and be our magical aid. Make me strong for my strength reinforces my group.”


As the beam of moonlight begins to fade, pull your cupped hands in towards your chest drawing the strength, power and energy of your personal circle into your core.

Speak out loud:

“May I always remember and carry with me the energy of my magical family and the knowledge of my strength and power.”
“Blessed Be”

- Ground or meditate on your ritual. When you feel perfectly grounded dismiss the quarters and close your circle. Collect the ashes of your ritual and save them for Samhain. There we will mingle our ashes from this ritual and make amulets of shared energy for us to take home.





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What is a Warrior? A Pagan Perspective

by Eric Cooper



To me, as a Pagan leader, an Army Non-Commissioned Officer (Sergeant), and a three, soon to be four-time combat veteran, I feel a warrior is a unique individual. The Army has a Warrior Ethos, which is relatively new and is as follows:

I WILL ALWAYS PLACE THE MISSION FIRST
I WILL NEVER ACCEPT DEFEAT
I WILL NEVER QUIT
I WILL NEVER LEAVE A FALLEN COMRADE

These words to me are the heart of being a warrior but it is more than just words. Being a warrior is a bond between people, men and women, in these days and is also a spiritual event. It is a bond with souls. Being a Combat Shaman I not only take care of those Soldiers directly within my charge, but also do my best to check on the emotional welfare of my direct leaders as well, since they are always expected to be, "ok" whether that means just a "How you feeling today," or giving them an Amethyst and

making a peace satchel.

My deity being Morrighan, the Celtic Goddess of War, to me it is not an irony that my rank is a triple chevron and that also being symbolic of the triple Goddess aspect of Morrighan, nothing is irony but all is as it should be and is destiny driven. She is also symbolized by the raven and the crow as is seen constantly when She flies over our convoys in protection. Another time as I called for energy and spells of protection from fellow stateside Pagans the following day the skies of Kuwait were filled with dragonflies all flying towards Iraq. In symbolism, our thoughts were heard and the Fey were responding by sending their warriors in our protection. We had no attacks and no incidents on our three-day convoy into Iraq. Always remember, its not that the warrior loves war or killing, its what we're trained to do in our survival, and its what we do to protect our nation and give honor to our way of life which leaves the end result...religious freedom. Remember that next time you see our soldiers on the front of CNN, there is a warrior in every soldier you see there, Pagan or not, the end result is always the same. Blessed Be.

Elemental Blessing for the Warrior

*May the winds of peace be your guide
May the fires of courage temper your soul
May the waters of life heal your heart
May the earth rise up to lend you strength
May your spirit lead you safely home*

~Sherry Lore

Desert Moon Grove: Pagans Behind the Front Lines



Birtherd Feb. 2004 in Balad, Iraq when I saw the need to pull our Pagan Soldiers together for religious Rites and Rituals. All paths were involved in Desert Moon Grove to include Wiccans, Druids, Asatruar, Celtic Shamans and a Shinto Priestess. We had 40 members come and go throughout the year and there are two groves, currently one still in Balad and another formed in Camp Speicher. I will form a new one in Mosul when we redeploy in November of 2005. The year I formed Desert Moon was abound with protective rites, healing rites for fallen comrades, and Sabbat celebrations. We publicly celebrated Beltane, Litha, and had an installation Pagan Awareness Day for Samhain. It was a gratifying year for religious freedom. About mid-tour I started planning the makings

for Forest Moon Grove to be a joint stateside group for civilians and military members alike since I had such an overwhelming response from civilians wanting to donate items and send support to our Pagan Soldiers. To date, Forest Moon has 88 members and some of us are redeploying so will go to our combat name of Desert Moon. Currently we are planning on a Fall Festival in Redmond, Washington on Sept 10 and Pagan Pride we are attending Sept 16-18 in Skagit Valley, Washington. Anyone wanting more information can email me at medicyne_eagle@yahoo.com and may shoot articles of from the front lines and prepping for the front lines to this magazine if there is an interest.

Home and Hearth: Mabon

by Guinevere Moonspirit

It is a time when the earth is again in balance. Night and day are equal. We are enjoying the Earth's bountiful fruits and vegetables. Maybe you are preserving or canning for the winter months.

I like to do fall cleaning as well as spring

cleaning. As the days begin to cool off a bit, I can turn off the air conditioner and open the windows again.

The apple is one of my favorite fruits of fall. You can do so many things with it or eat it just as Mother Earth created it. For me fall is all about apple pie, apple cobbler, apple crisp and apple turnovers.

The following story is one to share with the little ones, about one of Earth's special gifts, the apple.

The Little Red House with No Windows or Doors and a Star Inside.

Adapted by C.J. Brown

One crisp Autumn day a boy named Peter was looking for something to do. His mother was busy making applesauce and couldn't stop to play with him, so she

suggested that he go on a quest.

"What is a quest?" asked Peter.

"A quest is a search for something important that is very hard to find," said his mother.

"What shall I look for?" asked Peter.

His mother thought for a moment. "You could look for the Little Red House with No Doors and No Windows and a Star Inside," his mother said.

Peter had never heard of such a strange house, but he supposed that it would be more fun to go on a quest than to sit and wait for the applesauce to cook, so he put on his jacket and hat and set out on his way.

Peter didn't know where he should start looking, but he knew his mother would never set him a task that would be too hard for him to accomplish, so he walked along the street looking at all the houses. All of the houses he passed had doors and windows and none of them seemed like the sort of house that would have a star inside.

Peter saw a little girl playing in the park. He decided to ask her if she knew about the Little Red House with No Doors and No Windows and a Star Inside.

The little girl said, "I have never heard of such an unusual house. Let's go ask my father. He is a farmer. He knows how to make the crops grow and when it will rain. Maybe he



knows about the Little Red House with No Doors and No Windows and a Star Inside.”

Peter followed the little girl. They walked down the lane, over the hill and to a small white farmhouse. The girl's father was sitting on the porch. Beside him were bushel baskets of golden corn and squash, which he had harvested that morning.

“Daddy,” said the little girl, “This is Peter. He is looking for a Little Red House with No Doors and No Windows and a Star Inside. Do you know where he can find it?”

The farmer took off his hat and scratched his head. “I heard of such a house once, but I never tried to find it. Maybe you should ask my Granny. She is very old and very wise. She knows how to make apple pies and red mittens. Maybe she can tell you where it is.”

Peter set off down the road looking for Granny's cottage. He walked all morning and was beginning to get very hungry when he finally arrived at the Granny's gate. The old lady was sitting in rocking chair on the front porch knitting some red mittens.

“Excuse me, Granny” said Peter, “The farmer told me that you might be able to help me with my quest. I am looking for the Little Red House with No Doors and No Windows and with a Star Inside. Could you help me?”

The old woman's face was as wrinkled as an apple doll's. It wrinkled even more when she squinted at Peter and smiled. “I have heard of that house, but I never tried to find it. Perhaps you should ask the Wind. He sees and hears everything.”

Peter walked to the top of a high hill and called to the wind. “Excuse me, Wind, do you know where I can find Little Red House with No Doors and No Windows and a Star Inside?”

“Yes-s-s-s,” answered the Wind in its gusty voice. “I know where that hous-s-s-se is-s-s-s. Follow me.”

Peter followed the wind. Sometimes the wind would push him gently in the direction it wished him to go and other times it would snatch off his hat and throw it into the air in a silly game of catch.

They went down the hill and through the vale. They finally arrived at an apple orchard. The Wind climbed into a tree and threw an apple down to Peter.

Peter picked up the apple and looked at it. The apple was red as rubies and shiny in the sun. With its stiff brown stem sticking up like a chimney it did look like a little house with no doors and no windows.

“But what about the star?” asked Peter. “Where is the star?”

“Ins-s-side,” whispered the Wind. “Cut it open from s-s-side to s-s-side.”

Peter took his pocket knife and did as the wind instructed. He cut the apple from side to side and when he opened it, there was a *star* inside holding the apple's seeds.

“Thank you, Wind” called Peter as he ran towards his home.

“You're welcome, Peter,” whistled the Wind.

“Granny, I found it! Thank you for helping me,” he shouted as he ran past her cottage. Granny just nodded and smiled.

“Farmer, I found it! Thank you for helping me,” he shouted as he ran past the farmer's corn field. The farmer waved and smiled.

Home and Hearth Cont...

Peter didn't stop running till he got home. "I found it, Mom!" he said.

"I knew you would" smiled his mother as she gave him a big hug and a spoonful of applesauce.

The End

After sharing this story you may want to make



apple prints. The natural pentacle inside an apple is a fun for all kinds of pagan applications from stationary to tee-shirts.

Materials

- Apples cut cross-wise to reveal the star
- Acrylic craft paint in desired colors. Available in tubes and small bottles. The tubes work better for this project.

(Note: while it is wet, most acrylic paints can be washed away with water or rubbing alcohol—once it is dry, it is virtually impossible to remove from fabrics.)

- Items to be printed (white polyester tee-shirts, printer paper folded into quarters to use as sta-

tionary or greeting cards, plain brown paper or white butcher paper to use as wrapping paper, brown or white bags with handles, etc.)

- A piece of tile, or a styrofoam meat tray to use as a paint surface
- Brayer (Optional, but nice to have—a small rolling pin can be used, but a real brayer can be purchased reasonably at most art supply stores.)

1. Squeeze a small amount of paint on your paint surface and spread with the brayer.
2. Dip the cut side of your apple in the paint and apply to the item you are stamping.
3. Repeat steps 1 and 2 as many times as desired. If using more than one color, let dry between colors.
4. If stamping tee-shirts, let dry at least 24 hours before wearing or washing.

Courtesy of Gingerbread Grandma's Cauldron



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Mabon Coloring Page



Apple Basket of Thanks

Mabon is a harvest festival, a time where we celebrate all that Mother Earth has given us.
After you have colored the apples, write what you are thankful for on the apples.

Submissions and Calendar

Weavings is a community run, community filled online publication. It is free for all to enjoy as well as share. If you have any spiritual thoughts, ideas, poetry, articles, art, writings, or musings, feel free to share them with everyone! To send submissions, please send them to:

submissions@ipan.org

or send calendar submissions to:

ipan@ipan.org!

And don't forget to check out IPAN's Calendar of Events to see what's going on in your area!

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