



Peppermint And Sage

23

Lughnasadh

2016



# MERRY MEET



It seems to be a theme now being late. This issue I am blaming it on the heat. After a day outside at the gem mine I would come home and not really feel like doing anything. But here we are. Need to get this finished - wedding album for James and Alex - and a project for work - in that order - hope to get most of them done tonight. We are going to have a first next month - we already have a cover!! - Which we will uncover on the Facebook page once all the names get stripped in. Now we do still need everything else. We would love to hear from some more new people - this issue we have a few submissions from Lady Dragonfly (not the same Dragonfly as our maiden) We are looking for reviews, poems, stories, articles, photo, pictures, cartoons, letters of comment, jokes, puzzles, games, filk songs, and more.

Till next issue

Blessed Be

Dreamweaver

## Peppermint And Sage Issue 23 Lughnasadh 2016

All material copyright by their respective owners. Editorial content copyright©2016 Dragon Palm Circle.

Editor/Publisher: Dreamweaver

All submission should be sent to [pas@dragonpalm.com](mailto:pas@dragonpalm.com)

Peppermint And Sage is published eight times a year: Samhain, Yule, Imbolc, Ostara, Beltane, Litha, Lammass, and Mabon.

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

Peppermint And Sage is created using PagePlus X8 by Serif.

## August 2016

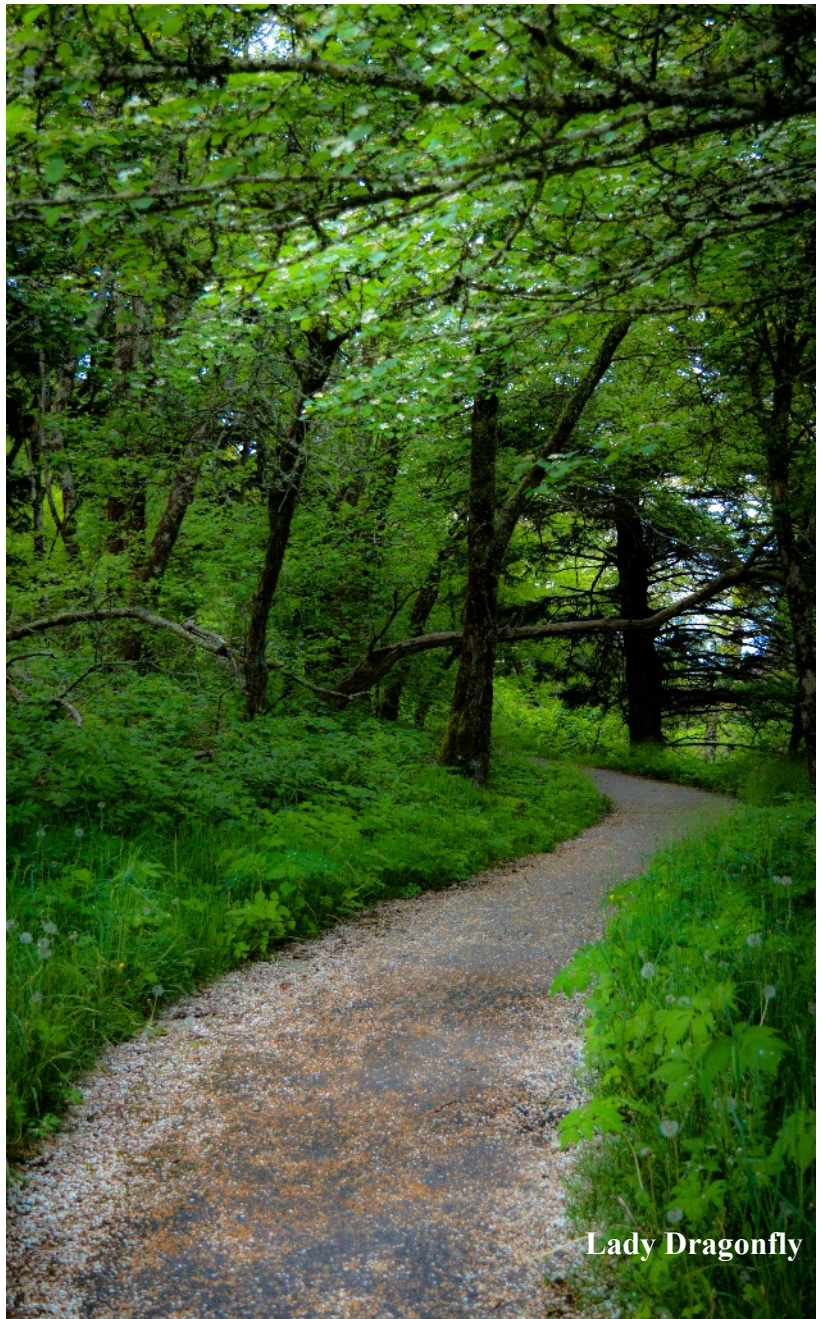
1	Mon	Lughnasadh
2	Tue	New Moon
3	Wed	
4	Thu	
5	Fri	
6	Sat	
7	Sun	
8	Mon	
9	Tue	
10	Wed	
11	Thu	
12	Fri	
13	Sat	Oak Ridge New Age Fair
14	Sun	Oak Ridge New Age Fair
15	Mon	
16	Tue	
17	Wed	
18	Thu	Full Moon
19	Fri	
20	Sat	
21	Sun	
22	Mon	
23	Tue	
24	Wed	
25	Thu	
26	Fri	
27	Sat	
28	Sun	
29	Mon	
30	Tue	
31	Wed	

# September 2016

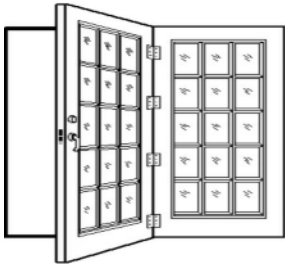
1	Thu	New Moon
2	Fri	
3	Sat	
4	Sun	
5	Mon	Labor Day
6	Tue	
7	Wed	
8	Thu	
9	Fri	
10	Sat	
11	Sun	
12	Mon	
13	Tue	
14	Wed	
15	Thu	PNO
16	Fri	Full Moon
17	Sat	
18	Sun	
19	Mon	
20	Tue	
21	Wed	
22	Thu	Mabon
23	Fri	
24	Sat	
25	Sun	
26	Mon	
27	Tue	
28	Wed	
29	Thu	
30	Fri	

## Calendar Events:

For more information on Dragon Palm Circle Events join the Dragon Palm Events group on Facebook or contact:  
dreamweaver@dragonpalmcircle.org  
For Earth's Web events information go to their web site: EarthsWeb.org  
If you have a calendar event mail the information to: pas@dragonpalm.com. The calendar can be used for festivals, retreats, open rituals, PNO's, concerts and other events of interest to pagans.



Lady Dragonfly



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

## Door to the Beyond

---

Part XXIII

### Breaking the Blame and Shame Game

This month, I take you through the Door into my past – and, gods willing, your present and future.

I happen to be one of those people who tells anyone who seems interested about who I am and how I got here. You probably know that already from reading this article.

At some point in my childhood, my mother revealed herself to my father as being crazy. He took her to the doctor (after patching the walls where the pots and pans struck them after missing him), and the doctor's reasoned suggestion was, "throw her in the State Hospital and lose the key." (My mother told me about this just a few years ago, the first time she had ever admitted this imperfection.) My father refused to do so, and so I grew up with my mother – diagnosed, but untreated. She refuses psychiatric medications to this day – and perhaps that is where I got my stubbornness on this issue.

But while I was growing up, my mother's "condition" caused her to pass a wide variety of mixed messages to me and my brother. To be blunt, I never knew what was "good" and what was "bad", and from about the age of 5 I was spanked for being "bad" when my father got home.

There are few things more disempowering to a young child than being beaten without knowing what you did wrong. I tried and tried and tried to be "good", only to get spanked again. After a while, perversity set in. It was much easier to determine what was "bad" than what was "good" (or "not bad"). I was going to get a spanking anyhow, so I might as well do something so that I "deserved it".

I got just as many spankings. But I *thought* I didn't feel so bad about it, because I *deserved it now*.

Later, as I got older, kids started picking on me. My parents discouraged physical violence (unless Dad did it to me under controlled conditions), so I was told not to fight back. Most of the abuse was verbal. So I did what I was trained to do – I started picking on myself. I told myself, "It won't hurt so much if I know what they're going to say and say it first."

You know what? It took me a lot of years but, as you've read in my articles, I finally figured out that all I was doing was training myself to *curse* myself. The hardest thing to do that started my recovery was the easiest – stop putting myself down. No matter where the abuse comes from, it hurts. In fact, coming from myself, the abuse had a direct channel to my Younger Self, or subconscious mind, so it likely hurt me **more** than if it came from someone else.

All of this came back to me the other night as I was reading one of the Great Books of Our Time, Rob Breznsny's *Pronoia (How the Whole World Is Conspiring to Shower You with Blessings)*. On page 253 (first edition), he gave me the codification of my Next Step in Recovery.

Say these words with me, or by yourself.

*I will never again cast a curse on myself.*

Being Pagan, most of us know that true Words of Power must be said three times, with intent.

*I will never again cast a curse on myself.*

*I will never again cast a curse on myself.*

There. Feeling better now? I sure am.

Rob included a poem shortly after this magickal statement. I suggest you read it aloud, dedicating it to yourself:

***I love my strange beauty and amazing pain***

*I love my hungry soul and entertaining games*

*I love my flaws, my gaps, my fears*

*I love my mysterious, dazzling frontiers*

*I will never forsake, betray, or deceive myself*

*I will always adore, forgive, and believe in myself*

*I will never refuse, abandon, or scorn myself*

*I will always amuse, delight, and redeem myself*

*Beauty and truth and love will always find me*

*Chaos and wilderness will always sustain me*

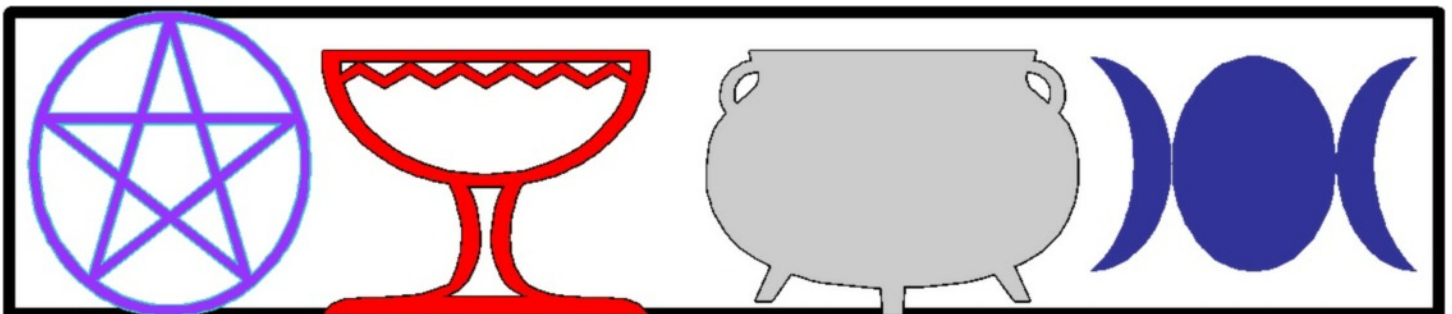
*I'm the fire and water and earth and air that are forever fresh from eternity*

***I'm a perfect creation and everything alive is naturally in love with me***

So mote it be.

Until we come to this Door again next month,

Hugs,  
Moss





The two national conventions are over – the two major candidates are picked. Members of both parties are very upset by who is their candidate – but the party that will do the most harm to Pagans – seem to be backing their candidate better than the party that will be best for Pagans to be in power. This is the time to look at the big pictures. Since this nor Dragon Palm Circle are tax exempt religious organizations we can speak out for our candidates of choice. (I've been staying away from that in earlier articles) (Note that tax exempt religious organizations such as church are not allowed to endorse or back political candidates – part of the separation of church and state – but like most pagan coven DPC is not tax exempt, nor is PAS – so we can support political candidates like any other group).

Most Pagans lean to the left – we don't care the color of your skin, your sexual orientation, or your religious beliefs (as long as you don't try to get us to follow yours). Because of this many Pagans were backing Bernie Sanders – myself included. But Bernie did not make it as the Democratic candidate. Many of his followers have a attitude of – the Democrats deserve Trump for not voting for Bernie – we will not vote for the lessor to two evils...it's true that Hillary leans way too far to the right – but not as far as Trump – and the platform will be backing some liberal programs. Don't look at them as evils = but as who will be better for the US and for us. Will voting the Green Party help us or harm us. These are question you must ask yourself. Thank hard about what it would mean to have TRUMP for President. It could happen – and if it does who fault is it. The DNC for electing Hillary as their candidate or the person who stay home and not vote, or the person who votes for a third party candidate that has no chance of winning. (If the can not poll high enough to get into the national debates – it's a toss away vote)

Getting back to Clinton – when you are looking at here take the time to see what she has done while in the Senate and as Secretary of State. Please don't use the stories created by the Right and picked up by some Bernie supporters. Right now the Right has circulating meme about Bernie gong back to being an independent. He became a Democrat to run in the election – he was and still is the independent Senator from Vermont. He called for unity of the Democratic party – you are a true follower – you will help unify the Democratic Party and work on finding people who believe in what we believe in, what Bernie believes in and get them into office – either as Democrats or a strong third party.

I really think it's time for the liberals to take back the Democratic party (it has a bad history of drifting to the right) And this really has to start at the bottom and work it's way up. It would have been nice to have started at the top and worked our way down = but it doesn't look that way this year.

Living in a red state, I am tired of going to elections where there are only Republicans on the ballots. These are the states the Democratic party and liberals need to start working on. Get people on the ballots – even if they lose – we have had a voice – a voice that can grow. The chance of a strong third party appearing has as much chance as a snowball in the Christian Hell. So, it's much better to take over one of the existing parties – and Democratic party is the only one close to left to use. If there is a right wing democrat running – make sure there is a left wing democrat running against him.

The one thing I have been saying since we started Pagans and Politics is to get out and vote. Don't stay home an say “ my vote would count” (you are right if you don't vote – it will not count). “my man didn't make it” (So let the person he didn't want to get in power – get in power) “it doesn't matter” (Yes it does) If you get out and vote you may find that more people who lean your way are in your state – wouldn't it be nice to see a lot of red turn blue this year!

## **Lammas**

Harvest home. This is the first harvest of the year. Apples will be ripening. The animals will soon be starting their gathering of nuts and other nutrition for the colder months to come. We are starting to see people putting up canned goods for later. Schools are starting up again and sometime soon the leaves will be changing.

Enjoy the rest of summer while we can, go walking in the woods, go to the lake. Relax if you can! Before we know it the wheel will be turning again!

Lady Sky



**Dreamweaverrr**

# SINGING IN THE TREES: THE MAKING OF BARDS

by Moss Bliss, Bard of Blaine



## **Singing in the Trees**

*Beltane 2016*

by Moss Bliss  
The Bard of Blaine

Another step in life. My music, computers, cats, and I have all settled back in Blaine, TN. The past year has been eventful, joyful, fearful, and full of lots of other things, but now it's time to move on. I have traded my trees for rosebushes and a cactus.

So how has your summer gone? Has all this heat exhilarated you, or beaten you down? Have you written anything new? I have a couple more partly-finished songs...

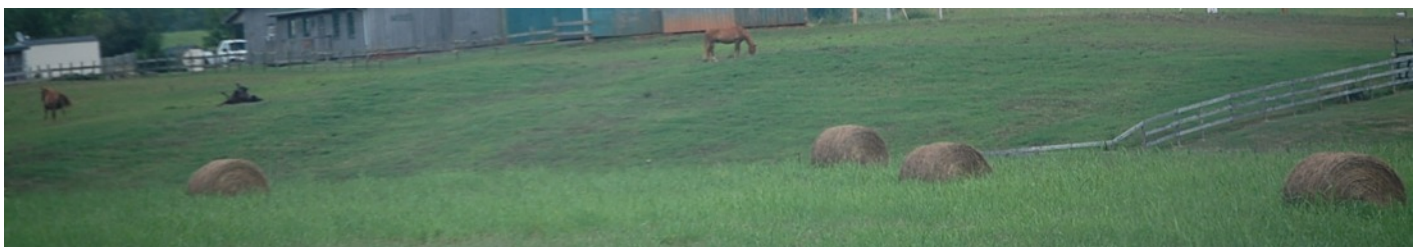
As we move toward Autumn, we throw our failings in the fire and watch as our dreams rise phoenix-like from the ashes. We can enjoy the breezes flowing through the trees, and wait for the leaves to begin turning and then falling. And we begin making plans for finishing this year off right, and starting the next one on a strong footing.

In terms of my own activities, I have a performance scheduled August 13 at A Touch of Magic New Age Festival at the Hampton Inn in Oak Ridge. I have been uninvited to Wolfstock II. I may or may not be going to a housefilk in South Carolina on August 20<sup>th</sup>, depending on whether I have funds.

Other than that, not that much going on in my life, and none of my readers have approached me regarding theirs, so this is another brief article.

May the breezes blow through your strings!

[Moss Bliss is a fallible human being who also appears to be a decent musician, singer, and songwriter, and is an Elder Bard in the Triad Bardic College ([triadbardic.org](http://triadbardic.org)) tradition.]









We are lucky in Sevier county Tennessee, because we have the Gatlinburg Craft Circle. Several miles of stores selling local made items. Wood workers, candle makers, leather crafters and more. Need a broom – there are several shops that make brooms. Spend a day in the craft circle you are sure that you can find some very Pagan items. A favorite of mine is Misty Mountains Soap Company. Besides all kinds of home made soaps – they have a healing balm – that's all natural and really works! - Several different items that Lady Sky and I like here. Many of the stores change from time to time – so each time you visit you will find something new.

Downtown Gatlinburg also has some interesting stores. At the Village Shops we have two stores we like a lot. Candle Cottage – they have the chime candles – which make great candles for spells and rituals – large choice of colors including gold and silver – also candle holders for them. They also have a lot of other types of candles . And the Celtic Heritage – a lot of great Irish and Scottish items. Have even found a real nice pentagram there. And you can always stop in for some coffee or tea at the Donut Friar.

Gatlinburg is a tourist city – like no other – you park and walk – attractions and stores – many are local craft stores worth looking around town.

Pigeon Forge also has a lot of interesting stores. Looking for crystals and stones – go to the Pigeon Forge Gem Mine. You can buy a bucket of dirt that's full of different stones – the stones in the buckets come from mines all over the world. And inside the gift shop there is one of the largest rock shops in the area, including a new age sections with spheres, wands, pendulums. And a very large selection of books on the healing properties of stones.

Old Time Pottery is another interesting store. Good prices and a lot of different types of items. Some nice incense and burners. A lot of sales and closeouts.

A lot of places that have cast iron – including cauldrons. Including Lodge Cast Iron have some outlet stores.

Now we have two major flea markets – on 66 we have Flea Traders Paradise – with both inside and outside vendors – many of the outside vendors are selling yard sale type stuff, so you can find all kinds of things. Inside there is a shop called the Bead Connection – they have a selection of charms – that include a lot of pagan charms. Again some of the stores will have that surprise – that you didn't expect.

The other Flea Market is the Great Smokys Flea Market on Dumplin Valley Road next to I40. This is a huge Flea market – with both outside and inside vendors. Many of the outside are changing from week to week, which means you get the yard sale type vendor.

Now that we have told you about some of the places in Sevier County – would love to hear from others – let us know about places in your area – other places in Sevier country – there are several that I've not been to, that we are going to check out when we have a chance. (and will add them in future issues) Send to [pas@dragonpalm.com](mailto:pas@dragonpalm.com) put where you can find it in the subject line of your email – you can send it as just an email

## **Some Thoughts**

**By Lady Dragonfly**

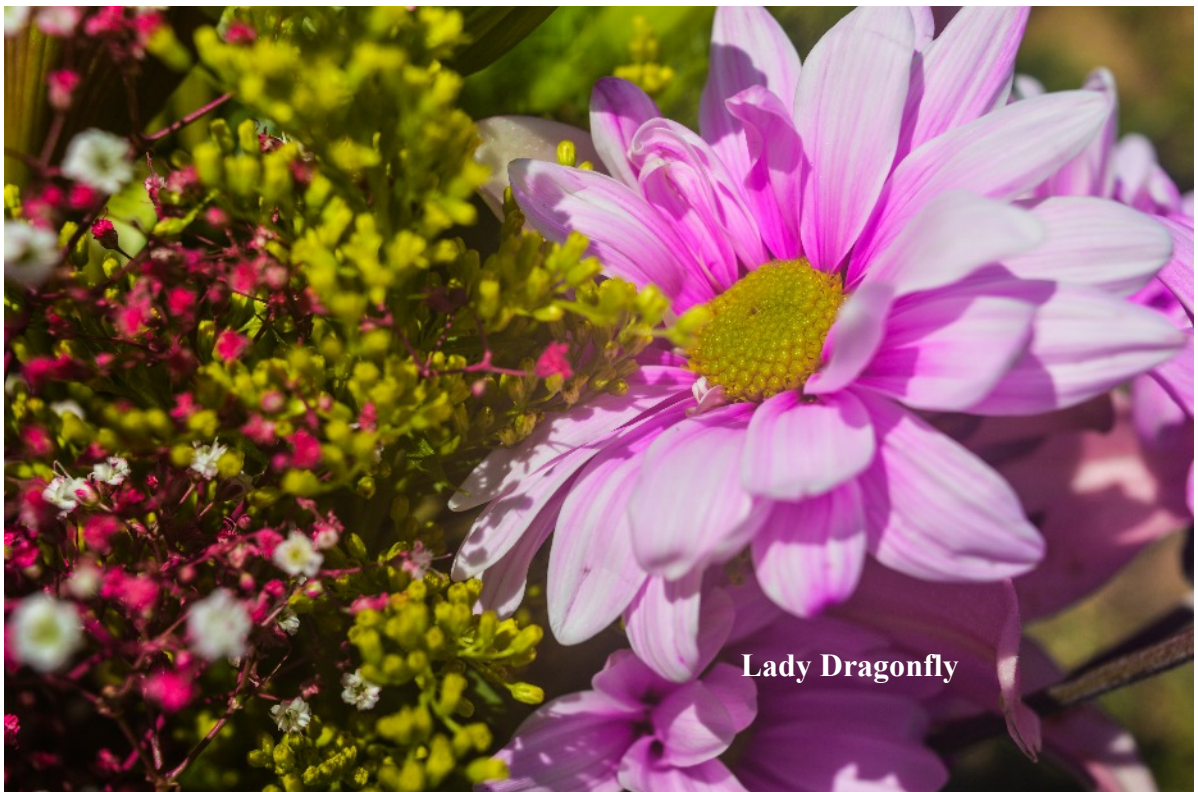
The sweet summer sun rises above the grove this morning, grazing my skin with warm kisses. A hummingbird hovers in front of my face chirping a happy salutation. The tiniest skink travels across the deck, stopping to inquire about my existence. Sounds of insects and birds readying for their day fills my ears. My heart is overflowing with the love that surrounds me.

Perhaps I am not in the place where I'd hoped I'd be, or even where I want to be, but my mother goddess speaks and she says everything is in it's place. We must love where we are and who we are to get where we want to be... We must see the beauty that sits before us. What a joy life can be. Even in times of adversity the world is a beautiful place.

I open myself to learning and to seeing the greatness that is laid before my feet. I stand tall and proud, yet humble as I hear her songs in the wind. It is my greatest suggestion to the world, no matter what belief system you choose, to open your hearts and minds to really see the life you are living, to see those around you and how we all connect with each other and mother nature.

I have walked a treacherous journey thus far. There have been times I have felt broken. I have traveled to the isle of despair, but as you see...I am not there. I climbed out of the murky waters as a strong warrior woman. The knowledge of life and love resonates deep within me. It fuels my hunger and my passions. The darkest times are not infinite. We hold the light within ourselves we just must choose to shine it. We choose to overcome. We are the maker of our dreams and the life we live is a direct result of what we have put into it.

My positive aspiration today is that I power on like the warrior woman that I am. That I continue to see and learn from those around me. That I shine my light always through even the darkest of times. After all I am a mother of two darling little girls that look up to me. I thank the great goddess for everything that I have. I may not be where I want to be...but, I AM where I want to be..do you see?



**Lady Dragonfly**

## **TURNING TABLES**

**by Ayesha Khan**

Paint my lies  
draw my fears  
Pretty picture  
All colors  
Black and blue  
Hold my hand  
Walk me to the end  
Smile down at me  
Tell me It'll be fine and  
push me through  
I swear I'll walk  
even if the devil stalk  
No, I won't run  
I'll temp to talk  
Tell me if its true  
Hell and heaven  
oh, baby, they'd be even  
Believers and sinner  
A black raven  
Gave me clue  
Don't just stand  
It's a sinful land  
for you to be  
come, take my hand  
and I'll leave a shoe  
For angel to find  
the one who's kind  
and he'll help  
help our minds  
and we'll rule  
A golden crown  
I set down  
Above the halo  
On your hair brown  
and use the tool  
We lean in  
skin on skin  
slow but rough  
the sound of gentle sin  
No panting, no breathing cruel  
And you look at me  
Get on your knees  
And I just smile  
as you shudder and see  
the force beneath my wool  
And I get down too  
Figures dark against foreign skies,two  
And I touch your cold skin with my cold fingers

Baby, you're dead, too  
Get up sit on the stool  
I'll paint your lies  
Draw your fears and  
I'll sketch your plans  
All colors  
Black and blue  
And I'll hold your hand  
walk you to the end  
smile down at you  
tell you it'll be fine  
But I won't push you through  
I promise I'll follow  
you; so small and hollow  
And when you get over it  
Reality you swallow – I'll be here  
Standing with the crew  
I exhausted you to death  
so you pushed me to death  
Believers and sinners even  
so I dragged you down to death  
Baby, it was true  
But hey, don't be mad  
About death, there aint' nothing sad  
If you just stay here.  
I promise it won't be so bad  
we'll rule  
This hell, this land of fire  
End up here those chasing desire  
We'll have many, many followers  
Sin-people never get tire, never tire  
Our lusty dreams came true.





**The handfasting/Wedding of James and Alex on August 14<sup>th</sup>, 2016. James has been part of Dragon Palm Circle all his life. The handfasting was performed by Lady Sky, HPS of Dragon Palm Circle.**



we meet every third Thursday of the month at 8 PM at the Sevierville Books-A-Million in the coffee shop. If the weather is nice we meet on the outside patio. They are located at 190 Collier Drive, Sevierville, TN. (Collier Drive is the light at the Sevierville Walmart). This is not an official BAM event, so do not contact them for information on the PNO, but for directions their number is 865-908-8994. Contact [dreamweaver@dragonpalmcircle.org](mailto:dreamweaver@dragonpalmcircle.org) for more information or join our Facebook group "dragon Palm Events" <https://www.facebook.com/groups/221898301197684/>

#### 2016 PNO

Jan. 21	Feb. 18
March 17	April 21
May 19	June 16
July 21	Aug. 18
Sept. 16	Oct. 20
Nov. 17	Dec. 15

Our PNO's are informal gathering of Pagans - we talk about just about everything and check out the new books. We always welcome new people. Check out our website to see our pictures so you know who we are.

[www.dragonpalmcircle.org](http://www.dragonpalmcircle.org)



Become part of Peppermint And Sage  
 Deadline for our next issue is Sept.,2016. We can use article, poems, cartoons, artwork, photos, jokes, reviews, events for the calendar, cover, words for crossword, word search words.  
 We also need to hear from you!! Let us know what you think of this issue, let our writers, artist, poets, photographers know what you think of what they are doing.. Submissions and letters can be sent to [pas@dragonpalm.com](mailto:pas@dragonpalm.com)  
 Each issue has gotten bigger and the price has stayed the same FREE.  
 You can start sending in items for it at anytime. Lets make this issue the biggest yet! We can use COVERS (both front and rear) Start submitting today!!

Peppermint And Sage  
 24  
 COMING  
 Mabon 2016



