



MERRY MEET



We have come to our 6th issue! Two more and we will have gone around the wheel! We are getting wonderful submissions, but we always need more. But what we need most of all is comments from you the reader. We have several departments that can only work with feedback. Our letter's page for one and Ask Tiger-Lily for another. I am sure most of you who are reading this has a device that connects to the Internet. Pas@dragonpalm.com is our email address. Drop us a line.

As I write this I have not finished this issue - waiting for a few last things and maybe a comment or two. I have enough art and photos to fill it - unlike other issue, I would like to see a little more written word. Let the poet within you out for next issue.

Blessed Be

Dreamweaver

**Peppermint And Sage issue 6
Litha 2014**

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(dreamweaver@dragonpalmcircle.org)

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Copies of Peppermint And Sage can be downloaded at www.dragonpalm.com/PAS, at the PAS group on Facebook and the PAS YahooGroup.

July 2014

1	Tue	
2	Wed	
3	Thu	
4	Fri	Independence Day
5	Sat	
6	Sun	
7	Mon	
8	Tue	
9	Wed	
10	Thu	
11	Fri	
12	Sat	FULL MOON/ Earth's Web FM rit
13	Sun	
14	Mon	
15	Tue	
16	Wed	
17	Thu	Dragon Palm PNO
18	Fri	
19	Sat	
20	Sun	PAS DEADLINE
21	Mon	
22	Tue	
23	Wed	
24	Thu	
25	Fri	
26	Sat	NEW MOON
27	Sun	
28	Mon	
29	Tue	
30	Wed	
31	Thu	

August 2014

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

Calendar Events

For more information on Dragon Palm Event join the Dragon Palm Events group on Facebook or contact: dreamweaver@dragonpalmtree.org

For Earth's Web information go to their web site: EarthWeb.org for contact information.

Elements

Air, fire, water, earth
Encircle as we call
Earth, water, fire, air
Release us all

Air for breath
Fire for light
Water for life
Earth for might

Wisdom, understanding
Patience, love
Gathering strength
From above

Forces of nature
Forces of time
Gaining momentum
Strengthen our rhyme

Energy flowing
Strong as our will
Leaping from us
Healing us still

Building our energy up
Faster as we evoke
Building our circle
Out of the smoke

Hiding in plain sight
Visible to those that are aware
Dancing in the hills at night
If you look you won't see us there

Only the ones that know us
Can gaze upon us working
Yet we are everywhere always
Just not when you are looking



Around the Hearth.....

by Lady Pinkie Luna Fae

O.K. so i am late writing this column this time. I got sidetracked, I got busy, I have been worried about my husband and I have been fighting with allergies. Busy busy, hit the ground running since the kids all got out of school for the summer. The man child has graduated and is in the process of purchasing himself a car. The wee one has 50 friends and birthdays to go to. We are gearing the middle child up for MSC, the on campus college bound program she takes part in. My husband is waiting on an appointment to have an MRI done on his shoulder, which means until we get that done and see what the next step is, we are a one income family.

I know, you're saying its perfectly acceptable to be writing this late, that thats alot of goings on... but you're wrong. I was so caught up in the mundane goings on, and the worry, that i couldnt find what to write about this time... . My student helped me remember why i do this, I do this as much for me as i do any of you. It makes me take a few minutes, center, ground, and open the channels for inspiration... focusing on this, helps me reset a little, redirect my energies. It helps me reconnect with my place in the wheel. I remember that we have all done all this before. That everything happens in its time and everything has a reason. We just have to stop and listen to figure out what our lessons are. so whats my lesson in all of this???

Pay attention, Slow down, pace yourself, don't cast your energies in directions that that don't involve you. Stop worrying, you have been through worse. Worry is fear of something that hasn't happened yet. worry is a gross misuse of personal power. We have been a one income family before, so why worry? Maybe i had become too complacent in life. Too comfortable. We don't grow in peace, we grow and rise only when we are challenged. Just seems i have more growing to do. And you know what? This is the perfect time to do it.

Litha... Mid-summer..... all the hard work of planting is done. This is the time when everything is growing... racing towards harvest. roots are sinking deep into the soil, all the green is reaching towards the heavens, straining and struggling to reach their potential. But growth is not won without pain. You have to be able to keep going even when you get uncomfortable, because, well... all you or anything or anyone can do is keep going, and if you fight the movement, the growth, and try to stay unchanged, even that becomes painful. It is only less painful to keep going, and at least if you keep moving forward, there is the hope of it being worth it in the end.

Litha is also mid-summer, the time of fairies, of enchantment and play. The tales of fairie teach us about magic, illusion, and the dangers of becoming enamored by them. Those who made it through the encounters with the fae, were usually gifted with wisdom, or something very useful to them. They attain this by retaining a sense of self connected to the "real" world while submerging themselves at the same time in the land of fae pushing through without without losing sight of whatever task they were assigned..(don't get lost in all the illusory crap around you that society says makes you successful contributing member of society, while at the same time taking what you need to fulfill your responsibilities to yourself and others). The fae remind us also too have some fun, laugh, enjoy the little things around you, . See the magic in the mundane,

So, its always a choice, to see change as a possibility for growth and new things to come, or see it as something to be afraid of. I will choose to see the possibility in the changes i choose....

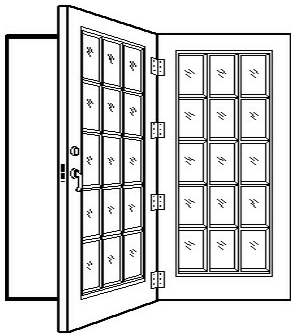
FAIRY MEDITATION BOTTLE.

20 oz. bottle, washed and dried. Fill 1/3 of the way up with vegetable oil. fill the rest of the way up with water leaving a bit of room at the top to dump the glitter in. Add glitter and food coloring. Screw the top on tightly.

Now take your bottle outside and sit on the ground with your back against a tree. Shake your bottle up really well. Now focus on the glitter and let the thoughts in your mind settle as the glitter settles and separates.



Midsummer
By Ray Barnes



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

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

You've been through it all. The soaring highs. The mind-numbing lows. The bursts of anger, of sorrow, of self-hatred. Bipolar? No, I'm talking about being in Love. Let's take another walk through the Door.

There is nothing more fulfilling and life-affirming than a new relationship. And there are few things more capable of sending you to the hospital. When it's great, it's better than your favorite manic episode. You're with someone you believe completes you, maybe you even used the word "soulmate". You have given away your power, given yourself wholly to her or him. You are at your most vulnerable.

Even if it's the right person, they can hurt you and send you into a tailspin, often without meaning to, sometimes with just the one wrong word. When it's the right person, they can also bring you out of it, with the right word, with a hug or kiss... and, of course, with good, magickal sex, one of the best grounding and healing tools we possess. (Be aware that the biochemical changes that happen during sex can also send a few of us into one of our tailspins of depression – and so can less-than-good sex. Self-blame is a mother, as they say.)

When it's the wrong person...some of us need a standing reservation at the local hospital, others just let it roll off. Some of us get so good at moving from one relationship to another that the idea of a relationship makes us yawn, while others are depressed, even suicidal, when they are not in a relationship. One thing is for sure, unless you find a near-perfect partner, you are not likely to find a stable, life-affirming relationship if you are suffering from a real mental disorder.

Let's say you do find that perfect partner, and that she also has a mental health issue. If you're lucky (or unlucky) she has the same diagnosis you have, and you understand each other's needs. Or you have known a lot of people with that disorder and have a pretty good understanding of the needs and challenges. This can be wonderful and lead to many happy hours together and lots of mutual support. We all know the other side, however – when you both experience your symptoms at the same time, and are not available to support each other. When your partner does not, or cannot, support you, or when you are unavailable to them, it feels worse than a betrayal. But at least you can understand, after the crisis has passed, and forgive each other.

Or you may **not** understand your partner's mental health challenges. Either you don't know about the issues, or they look like your issues but turn out not to be. Or perhaps your partner does not have these issues at all, or rejects that they might have these issues. Or s/he has issues and you don't.

It all comes down to emotions, the good ones and the bad ones. The most damaging emotions include confusion, feeling judged or judging, and feeling out of control. These emotions can destroy you, and can destroy a relationship.

I do not expect to have covered all the possible situations above. We are infinite, and are infinitely capable of creating new situations and nuances. The question is, what do we, as Pagans, do about it? How can we use our spirituality to help nurture a successful relationship, or remove ourselves from a bad one?

Use your tools. It is not betrayal of your loved one to put up magickal shields (it will probably be considered so any how, an intent to push them away or lock yourself in your room). If your partner is also pagan, invite them into Circle and seal the Circle as well as you can. This can tell you whether the problem you are having is due to outside influences; a properly constructed Circle will shut everything out but you and the Guardians and gods. It can also forge a stronger bond between you and your loved one.

A caution is in order here – while in Circle, you will be open to your emotions more so than in the Outer World, if only because it is a safe place. You may say more than you should – giving oaths from your heart that give away too much of your power. You should go into Circle with the understanding (with your partner) that things said are what you feel, what you believe, but may need to be modified in dealing with the Outer World. If you tell your partner in Circle, for instance, that you are bound to hir forever and you will go mad if s/he leaves you... it may be considered a bond between you, although the gods and Guardians will **likely** be forgiving should you break it. I like to think I keep my oaths, but an oath made to another is also bound by the other's willingness to keep up their end, so making such an oath leaves you quite vulnerable.

Rest assured that I have made all these "mistakes" with the "wrong" person. If you over-commit to a new relationship, it can be a strain on that relationship, and only the strongest partnerships live through this kind of strain. If the relationship breaks and you do not have enough support outside of it to help hold you together, you may find yourself in a padded room soon enough – if you hold together enough to make it there.

So the answer is simple: don't forget your disclaimer clauses. Some good ones (some courtesy of Marion Weinstein) are...

For the good of all

According to the free will and receptivity of all

This is my desire (use "desire", not "Will", in your oaths)

As our relationship grows, I choose to ...

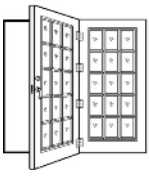
As we grow in this relationship, I will pledge to...

Always consult your Guardians or Helpers, and certainly the Lord and Lady, before totally falling into a relationship. You may or may not choose to consult these sources when searching for a relationship... if you use spellwork to find a new love, please include the disclaimers. Binding yourself to someone before they love you is always bad news. I highly recommend reading **Positive Magic** by Marion Weinstein for ethical and safe love spells... they are not what most young lovers want to hear, but you will not go wrong with them.

I may as well reveal some information here. I have recently fell in love myself, and it has been a blessing and a struggle as most are. We will be handfasted soon... and my Beloved is also pregnant, something I did not believe possible. (Some of this can be attributed to some of my newer findings in healing methods, which may be reported on later or added to the website, <http://ALT-therapies4bipolar.info>). As stated above, I may not have done everything "right" in my in-Circle commitments, but we both feel "pushed" into this "from above" so it will likely work out... or she will release me from my oaths. Wisdom is often the result of your own mistakes, unless you choose to listen to the mistakes of others and learn from them.

Until next month, when we take another walk through the door, Blessed Be!

(Moss Bliss is an initiated Wiccan living in Eastern TN. He has written on the Craft and on many other topics since the mid-1980s, under several names, much of which is preserved on various sites on the Internet. Moss' personal website is Peaceful Hippo, <http://peacefulhippo.info> and his mental health website is <http://recoveryempower.org>. He is known as being a fallible human, and is receiving Disability for his "mental illness". He has parlayed these experiences into a life of mental health activism, counseling, and leading self-help groups, and has hosted and written many websites, groups, forums, blogs, etc. He is Founder of Asheville



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

Homeless Network, the nation's only membership organization for the homeless, is one of the founders of the Asheville Radical Mental Health Collective, and has served on other non-profit boards. He is a known Pagan musician and filker. He tends to have panic attacks when he looks at the list of things he is doing...)

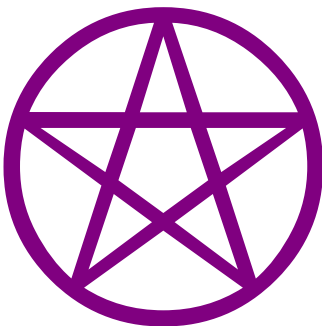
This article originally published in the October 2007 issue of PaganPages.org, an online magazine and was modified and updated for Peppermint and Sage.

Musings on Life, the Universe, and Everything By Cardea Hinges

Some things are simple, but not easy, like that toy that is just a cup with a ball connected by a string. It's simple in construction and concept, but catching the ball in the cup isn't so easy you can just do it right off. It takes practice to build your hand-eye coordination and then you will probably still miss occasionally.

I think it's the same with having faith in yourself. It is as simple as knowing you can do what you already can do, and knowing you have the ability to learn new things and makes some mistakes without it being the end of the world. It sounds simple, but if you haven't had much practice in your life, you're probably not going to be able to do it all the time. That's okay, though. You just have to do it once to start, and build from there. Simple, though not always easy.

I am the mother of a furbaby,
I never had kids of my own,
I love his cuddles and "kisses",
He makes my house a home.
He doesn't speak in human,
But tells me every day,
"Mama, I love you"
In his own special way.
~ Eve Graham. 11th May 2014.



Dreamweaver

Oregano

Also Known As: Wild Marjoram and Joy of the Mountain

Gender: Masculine Element: Air

Planet: Mercury Powers: Love, Happiness, Protection, Health, Money

Deity Connection: Venus, Aphrodite, Thor, Jupiter, Hymen

Parts Used: leaves, flowers, and essential oil

Description: A Hardy Perennial that grows up to 2 feet and sends out creeping roots. The flowers are approximately 1/4 inch long, tubular, and range from rose-purple to white with four protruding stamens. The leaves are sometimes toothy, oval and pointed approximately one inch long. The stems are woody and purplish.

Growing: Sow uncovered. Seeds germinate in 4 days. It prefers a sunny spot and spreads rapidly. To keep the plant growing, it is beneficial to harvest often.

To Preserve: To get the best flavor, harvest as the flowers start to bud. Oregano can be dried for storage.

Medicinal Uses: snake and spider bites, respiratory troubles, menstruation problems, intestinal parasites, bloating cramping, constipation, diarrhea, fatigue, coughs, asthma, croup, bronchitis, urinary tract infections, indigestion, heartburn, acne, athlete's foot, dandruff, warts, gum disease, swelling, sore muscles, and toothaches. In large doses, oregano oil may be toxic.

To make an infusion, steep 2-3 teaspoons in 1 cup of boiling water.

Makes a beautiful purplish dye.

Grow in your garden for protection. It brings happiness to the dead, it can be used in money mixtures and sachets, it brings happiness to the sad, it can ward against colts, when worn over the head during sleep it can promote psychic dreams, and it can help you let go of a loved one.



MidSummer: How High is the Sun?

By P. B. Owl

As people. as Pagans. as children of the Earth Mother. what does Summer Solstice mean to us? I would like to offer a few thoughts. Some are simple. others more complex. but like any plant. it is my hope that they all reach and point towards the Light.

Look for a moment at the phrase "sunny disposition". With the sun at it's height and weather warm if not yet at it's hottest. many people are the happiest they will be all year long. They can spend time outside in long. bright days. Mother Earth is a vibrant green in a majority of Her spaces. Workdays seem shorter, with long hours of sunlight still to come after the work shift is over.

2 of my closest friends. a couple I have circled with for 15 years, both suffer from Seasonally Activated Depression (SAD). Winter cuts into my friends like a knife would. Special light bulbs. designed to mimic the rays of the sun. can reduce the sorrow they feel. but not extinguish it. To see a beam of sunlight hit the face of a friend and watch all their troubles disappear (as if by magic) is to know that the sun is a powerful and holy thing. the face of God made manifest. Because. after all. We can't look full at the sun without being blinded. our tears standing as a veil between the God and all His glory.

For me. the Sun remains a force and power. power that must be treated with utmost respect and care. I didn't pick my craft name out of a box. and rooms that are dimly lit for others are sometimes too bright for me to be comfortable in. Like many people who have been near sighted for most of their lives. as I age I become more and more light sensitive. My mother spent the 8 months she carried me working on the night shift. and I have been nocturnal by choice since infancy. Also. due to the side effects of medication. high heat hits me like a hammer to the head. Does this make high summer bad? Does this make the Solstice my enemy? Of course not. If anything. the contrast between Night and Day at this time of year is more poignant and more obviously blessed than it is at other times of the year. Several years ago I was walking with a friend. and at the exact moment the sun went below the horizon he had happened to look at me. He later said it was if the weight of the world had been removed from my back the moment the sun went down. I am not sure I would love and appreciate the beauty and peace of my beloved Night so much if I did not know the power and glory of the Day.

When you are close to the Land, what does MidSummer mean? It means the first of the fresh foods. green from the woods and garden. It means fried green tomatoes. sliced thick and coated in corn meal. It means "greens" as well as green. collard. mustard. kale. and spinach. boiled down and splashed in vinegar. the taste of fresh vibrant life served real and sour. "Pot likker" and cornbread can close out a day of thinning a row in the back patch.

MidSummer is also False Harvest. It is very easy to forget that there is still hard work to be done to insure a good Harvest. Deceptive temporary plenty occurs as the things that required seasoning over. like mead. wine. and hard cheese. come ripe from the previous Fall. Canned goods that have wintered over are opened so that they will not go stale in the jar. In my youth it was green beans, blackberry jam. muskedine jelly and the last jars of sauerkraut that were opened in June. for by August new jars of kraut would be "working" in the darkest corner of the basement. Enjoy the warmth. but continue to strive and work. for Winter will come back again, and your Harvest is what stands between you and want.

MidSummer gives us many things. It gives us time to play and revel in the warmth of long days. It gives time and light to travel by. allowing us to range far from hearths and homes that Winter will press us into. Instead of hearing the wolf at the door, we see the far horizons. We can explore and learn. We are given the grandeur of the God, His glory resplendent, and the firm and certain knowl-

edge as Pagans that He is the Consort. the Mate of the Goddess. and Worthy in His strength and power. We are given the smiles on the faces of friends, the laughter of children, and most importantly, we are reminded that we are the Children of Light.

Suggested Playlist:

HERE COMES THE SUN by the Beatles

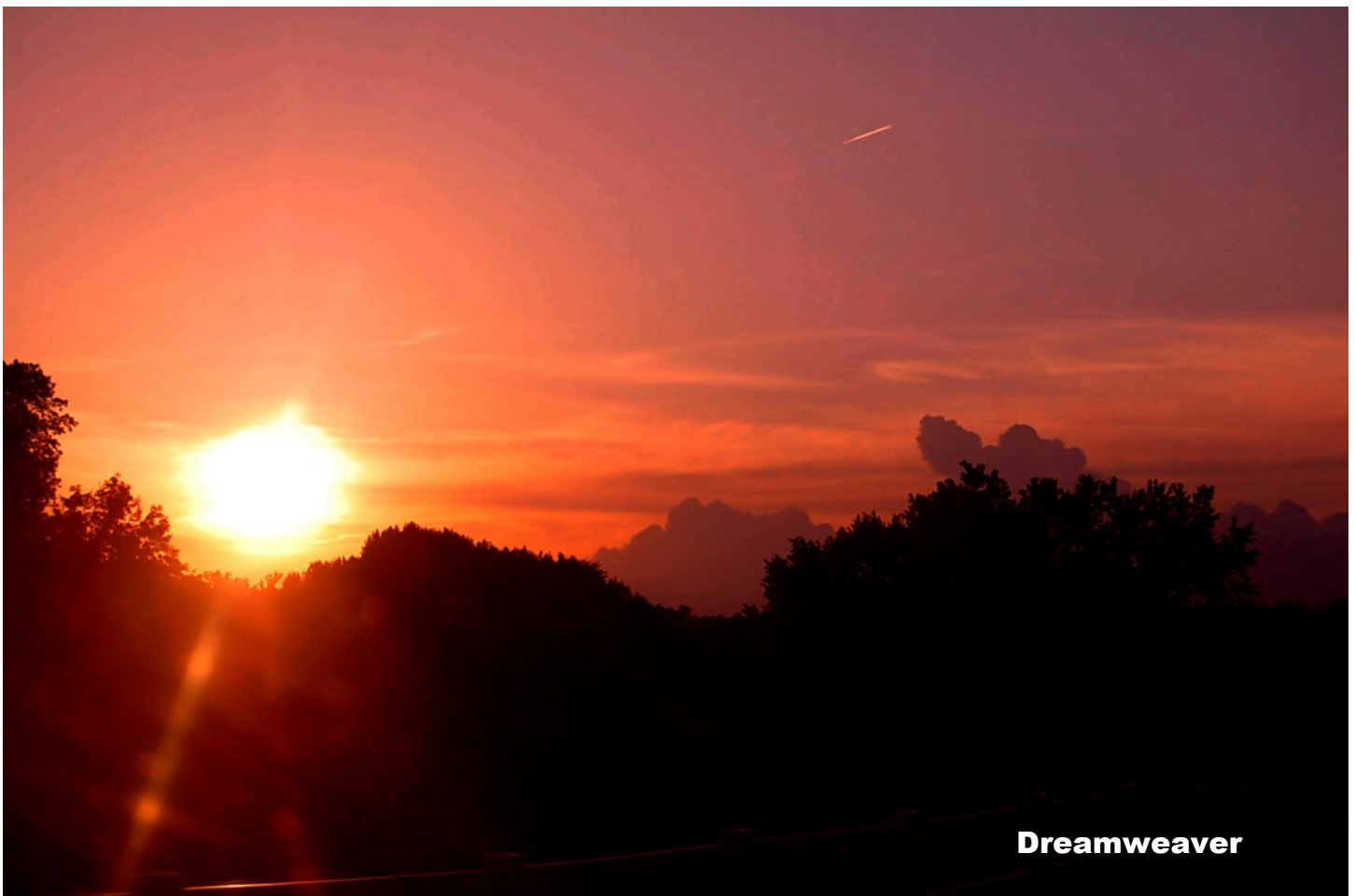
SUNNY DAYS (THE SESAME STREET THEME SONG)

SUNSHINE SUPERMAN by Donovan

WALKING ON SUNSHINE by Katrina and the Waves

SUNSHINE OF YOUR LOVE by Cream

P. B. Owl is a 3rd Degree Initiate of the WynDragon Family, an eclectic Wiccan group based in East TN. where he serves as Man in Black. He is an Elder of the WynDragon, Moon's Inkwell, CeltiaDragonis. and Ring of Bright Water Traditions of Wicca. He holds a Shamanic Initiation through the Bear Drumming Circle. and was Giandfathered into a mixed Native American Clan. Since 1995 his articles have appeared in Pagan and Wiccan publications such as **THE STARLIGHT GATHERING**, **13MOONS**, **PAGANET NEWS**, **FAGAN. WAXING AND WANING**, and **WYNTERGREEN** and **GREENEGGZINE**. As Burrowing Owl, his poetry has appeared in many of these publications as well as in the book **THE PAGAN'S MUSE** (ed Jean Rayburn. Citadel Press). An active member of the SerpentStone Family (an umbrella group hosting Pagan Gatherings in the South Eastern US) since 1998. he has also served as a guest lecturer on aspects of Wicca at Lincoln Memorial University and as a workshop leader at Pagan and Wiccan events throughout GA, NC. and TN. He lives in East TN in a house mostly built of books. with a very understanding Priestess and 2 cats, 1 neurotic and 1 psychotic. He is the author of the book **WORDS OF LIGHT AND MIDNIGHT** from BlackWyrms Publishing. He can be contacted by email at **OWLHOUSE @COMCAST.NET**.



Positive Thinking

I was talking to a friend one day and she had some very interesting questions. How can some people seem to have such a sense of well being all the time? How can you stay positive if you work and/or live in a negative environment? How can two people observe the same difficult situation, but one is upset, and other isn't? How do they keep from having a spontaneous reaction of ill being? How do they do it?

These are all good questions. It is called programming...you have to program yourself to see the positive. It is a lot easier to find and call the negative upon ourselves than it is to find the positive because we are used to it. What does worrying do for you? It upsets you, makes you physically ill, seeing into things which don't need to be there and so on. The worrying doesn't do any good but feed into the negative.

How many times, while growing up, have we heard: 'now would you look at that...nothing good can come from that;' I say, why not? Why can't something good come from anything? How about: 'poor little thing...does it hurt?' If you have something wrong with you of course it hurts. Have you ever known anyone who will see a bruise or cut and while poking at it, will ask if it hurts? Duh!!!

You have two people looking at one situation. One sees the bad side and one sees the good. What if the person, which sees the good, shows it to you and you start seeing the good side? What if you show it to another person and they another...What could this lead to?

Feed the positive. There is more than enough negative in this world. Let others see the light inside of you and come forth. Let them see the unique you. Don't let others drag you down and put you where they are. Rise above that. Feed the positive. You are a special person! You are unique! You are wonderful! Shine through!

Negativity is very heavy and infectious. It brings down a room faster than you can blink an eye. Have you ever been somewhere and everyone is having a great time, and then a fight breaks out. Emotions fly. People get scared, some want to join in on the fight while others want to run and hide. Or have you ever walked into a room where everyone was depressed and feel the weight of the room? Feel it crawl all over you. Like going into a hospital where people are hurt, sick and dying; so much negative energy. No wonder so many of us don't like going to hospitals. It weighs you down and wears you out. It can be so bad that you start feeling physically sick.

When you walk into a hospital, think of the good things there. The help people are receiving, the happiness which comes from the positive diagnoses, and healthy babies being born. See the entire place glowing in a pink (for love) and green (for health) light. See it exude from the walls for all who wants help. You do this with your intent and envisioning it. See it in your minds eye.

Bring up your shield when you walk into a negative area or when you realize you are among negativity. I will explain this:

Envision a small white light inside of you. See this little white light grow bigger and bigger. See it flow throughout your entire body. Let it flow out of your feet, your arms, your fingers, your back, your chest and your head. See it exude from you, till it is a bubble surrounding you. See the outside of it as a reflective mirror which sends all negativity into the ethereal.

Practice this. The more you do it, the stronger it will become and the easier it will come to you. Soon you will do it without thinking, like when you go to tie your shoes. You can also do this for you house, car, office, etc...anywhere you feel the need.

At first it will take some time. You have had your whole life programmed to see the negative. So of course reprogramming will take a little while, but it will happen and you will see it slowly. Every time you find yourself thinking of something negative, turn it around to find something positive. Here is a chant that is easy to remember:

Positive energies for me to see,
Mothers love entwine within me.

Say this to yourself when you have negative thoughts that persist. Don't let them get the best of you because you are stronger than that. You have the strength and the will power. Turn it around.

Namaste'
Nightress

The image is a promotional graphic for 'Mystic Rings of Time'. It features a dark background with several glowing, blue, circular patterns that resemble intricate clock faces or astrological charts. The text is overlaid on this background. At the top, the title 'Mystic Rings of Time' is written in a large, white, serif font. Below the title, there is a paragraph of text in a smaller, white, serif font. The text includes a website URL, a list of product categories, and contact information. The overall aesthetic is mystical and ethereal.

Mystic Rings of Time

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

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

Summer Solstice: Perspectives on the God

by P. B. Owl

As the summer Sun beats down at it's peak on the longest day of the year, as a Wiccan priest I try to take the time to explore the faces of my God as He appears to me at this time. His faces are wondrous and many. and these are just a few ways in which He appears to me.

As the Sim God, He is at the height of his powers. Call it MidSummer, Litha, or Summer Solstice, this the longest day of the year is His time to shine. All other days are leading up to. or down from, this day which is His greatest day of the year. Any ritual requiring the strongest blessings of the God are appropriate on this, his day of days. Coming of age ceremonies for young men or initiations for Male Priests are typical. This is the most probable day to initiate a Priest or Priestess of any Sun God.

As the Harvest or Grain God. he has reached adulthood. and is reaching the decision that will culminate with his self sacrifice at Lammas. He is coming to the understanding that for his people to live, he must die. He is learning that life feeds on life. and that his sacrifice gives his children the gifts of plenty, of perceived time, the fruitfulness of the wheel of the year. and the blessings of death and rebirth. He is at his most complex at this time as he is confident in his strength. strong in his love of Wife and Child. and yet sorrowful that he must leave life to walk into death.

As the Consort, the God has wed the Maiden. now Mother, pregnant with His Child, His future Self. He is moving from the roles of Youth and Warrior to that of Father, Protector, and Guide. Like the Grain God. with whose imagery and symbolism he is almost inextricably linked at this time of year, he is learning that part of his role is to interpose himself (his Self) between his loved ones and either need or harm. As it says in the Charge. "All acts of willing sacrifice are (his) rituals".

As the Lord of Beasts or Lord of the Hunt. this is both a joyous and a watchful time. Joyous, because few domestic animals are slaughtered in high summer and most wild creatures don't come into season for hunting until autumn or winter. Now the young begin to grow up. and fodder is easy to come by. Watchful. because now is the time the prudent farmer, hunter. and herdsman is pre choosing individual animals for the Blood Moon culling and following tracks in the woods for future need. Now is the time to habituate prey with salt licks. prepare game stands and repair hunting "hides". Hunters practice with weapons. and make running. throwing, and stalking games part of festivals at this time of year to prepare for the great hunts to come.

As the Lord of Day and Night. Summer and Winter. or the Oak King and Holly King. this is the time of the Lord of Day or Oak King's ultimate strength, but on each and every day from now until Winter Solstice his strength will wain each day to the next.

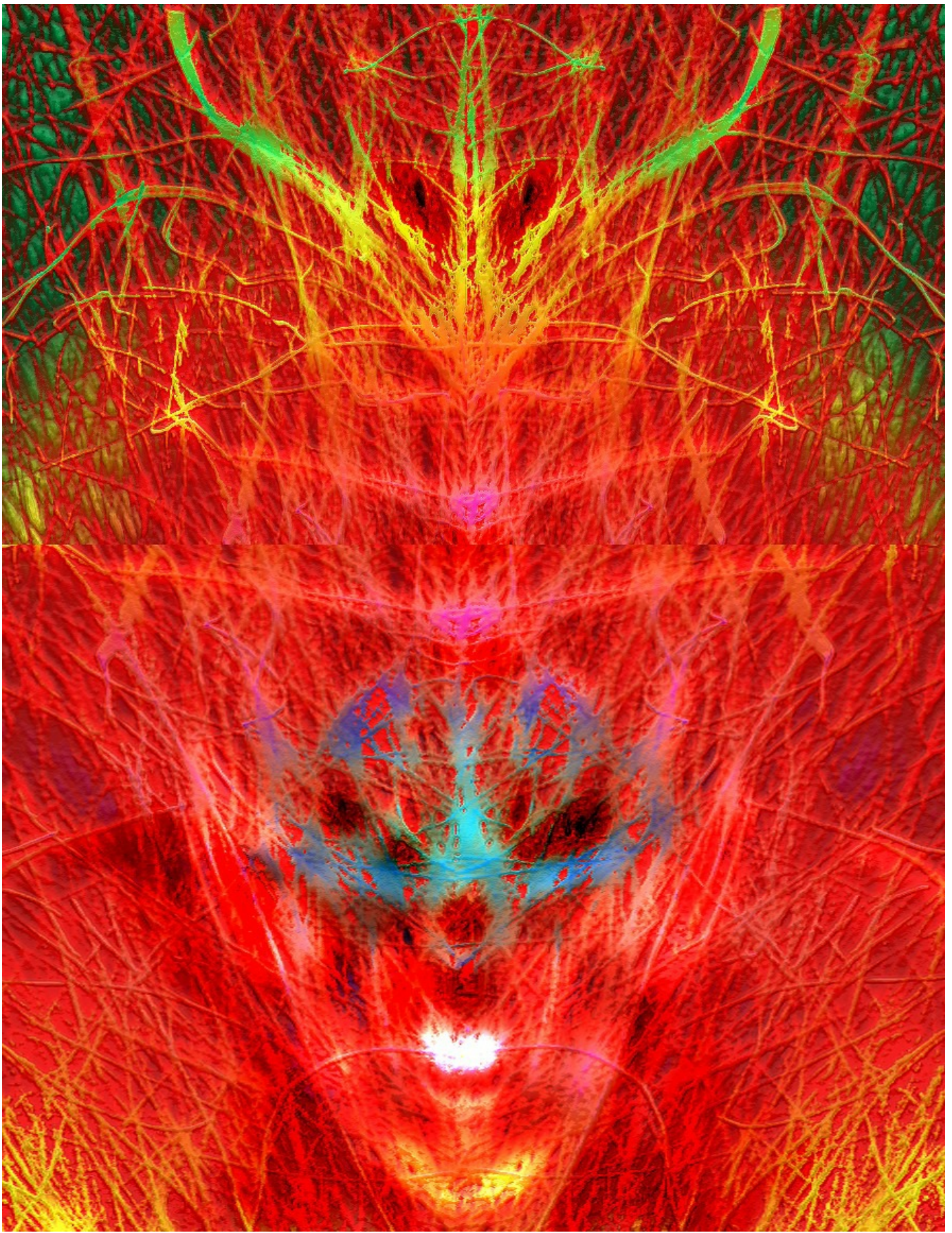
The continuing theme here is that the greatest strength contains the promise of weakness. the greatest joy the certainty of sorrow, and in Summer we know we must prepare for Harvest and ultimately for Winter.

Suggested Reading“

The Charge of The God" Traditional

LORD OF LIGHT AND SHADOW by D. J. Conway

THE WITCHES' GOD by Stewart and Janet Farrar



Shaman by Ray Barnes



Backyard Farm Project

Fertilizing Your Garden By Moonchylde

Fertilizing your fruit and veggie plants is a must for them to be able to produce at their best. Since I am planting in 100% compost this year, that step has been taken care of for me. However, you might not have done that, so here are some tips for you... As I grew up helping my grandfather with his garden, I soaked in a bit of what he so carefully tried to teach me. When he planted, he would dig the hole, throw a little bit of fertilizer (or as he called it, fertilize) directly below where the plant would be. Then, he would use the trowel (or hoe depending on what he was planting) to mix it in with the dirt there. He would then put a little bit of dirt on it--he always told me if the roots of the plants touched the "fertilize" directly that it would burn them. Then, he would put the plant in the hole, give it a good soaking with some water, and cover it up. I'm not sure if he ever went back to fertilize a second time or not, but his plants always produced beautifully. It is recommended to use a complete fertilizer when doing an entire garden such as 10-10-10. Keep in mind that non-organic fertilizer can be damaging to the environment. You can also use compost instead of fertilizer. To find out the advantages of using compost instead of fertilizer, check out ecoscrap.com. Just mix the compost in with the soil you plan to plant in. Soon, it will be time to give your plants another bit of food and nutrients to help them continue producing at their peak. One way you can do this is by side-dressing the plants. Along the side of the plants, dig a hole 3-4 inches deep and put your fertilizer or compost in it working it into the soil there but being careful not to disturb the roots of the plant. Rain will bring the nutrients to the plants. Find out more about side dressing your plants at homeguides.com. You can also use these techniques in flower beds. To find out more, check out www.backyardfarmproject.com





Moonchylde



Moonchylde 2014



Moonchylde 2014



Dragon

By Ray Barnes



By Cardea Hinges



Glass Orb in bed of Yarrow by Cardea Hinges

Dragon Palm Circle Beltane photos

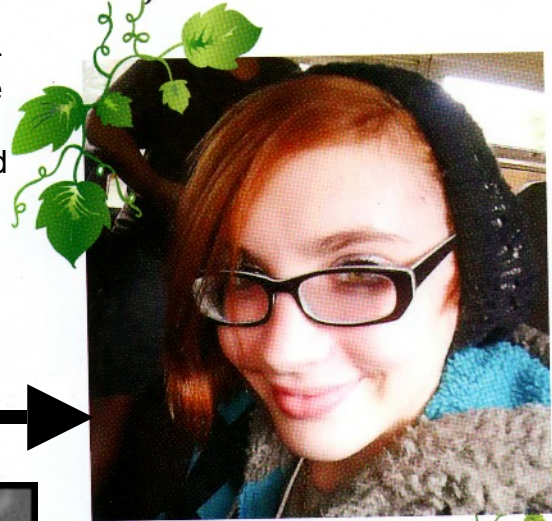


Dragon Palm Maiden

Dragonfly, our maiden was written in the Pigeon Forge High School year book. Dragonfly has been in the craft since she was born. Was doing her own ritual with her older brother when she was 8 and finished her studies to be a first degree at age 15! She then began learning how to be our Maiden. She works with both our Priestesses as their maiden and has lead ritual when asked.

She refused to be in the broom closet all through school. She has always been proud of being a Witch. And we all think it's great that the year book would give her such a nice write up.

Pagan Practices



Sophomore Emily Field, unlike most of her peers, practices a pagan religion. She practices Wicca, a nature-based religion, whose practitioners worship a Goddess and God, while at the same time honoring nature. Instead of gathering at a church or temple, as most people, Wiccans gather outside and form a circle, in which they call on the elements of earth, air, fire, and water to rid their lives of negative influence and energy. Wiccans also believe in a fifth element, spirit, which inhabits all beings and natural things. Emily takes pride in her interesting religion, being uncommon but very spiritual.



Hearthside Handmade

If you are looking for unique, hand-crafted gifts of jewelry, decor, altar tools, and more, come visit our website or find us at a gathering or festival. We have a wide variety of items to choose from and we are happy to create a custom piece if you need something extra special. Stop by today!

<http://hearthsidehandmade.webs.com/>



Janie



LADY PINKIE



On The Pagan Fridge

The Art of Our Children



The Summer Serpent by Star Struck

Why are these animals misunderstood?
They are beautiful.
We are afraid of them, and so they are afraid of us too.
poisonous venomous, we give the same thing
Bit Bite all the same
We the peoples souls should be ashamed.



Become part of Peppermint And Sage
 Deadline for our next issue is July 20th.
 We can use article, poems, cartoons,
 artwork, photos, jokes, reviews, events for
 the calendar, cover, words for crossword,
 wordsheach 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 and letter to Ask
 Tiger-Lily send to
asktigerlily@pas.dragonpalm.com
 Each issue has gotten bigger and the
 price has stayed the same FREE





Lady Sky

Story behind the picture

One night Lady Sky couldn't sleep - and she got this feeling she had to draw something and she got up and drew the picture . The next morning she went on the net and found the following picture.



Chinese Herb call Gui Zhi (Cinnamon Twig)

By Lady Jade

Cinnamon twigs are savored as a seasonal treat seeping in warm apple cider or a cappuccino with some attitude. Some lucky kids are given buttered toast with cinnamon and sugar sprinkled on top. How does cinnamon twig effect our bodies? In Traditional Oriental Medicine, cinnamon is used to help with common colds by helping the body push pathogens out of the superficial layers of the body. The chinese believe "wei qi" protects the skin and the lungs. When a person gets sick, the wei qi becomes weak. By offering a person a small amount of cinnamon, the wei qi can become stronger. In addition, cinnamon can help with shortness of breath and chest pain caused by phlegm.

However, we have to use some caution. A person with a very high fever, yellow phlegm, heavy sweat or very thirsty should pass on the cinnamon. The cinnamon can warm up the body and fight the "cold". If a person is full of "heat" then an herb that "cools" the body would be a better option.

Medical Doctors of Oriental Medicine will also use cinnamon to help woman who have entered into early stages of menopause or woman that have stopped their regular cycle. Another common use is chronic joint pain, chronic pain that "comes and goes", muscular stiffness and even certain types of swelling.

Green Spring Clean

By Dream Otter

Have you ever looked at the ingredient list for your favorite cleaner? In SC Johnson's Scrubbing Bubbles, the top two ingredients are n-Alkyl Dimethyl Benzyl Ammonium Chlorides and n-Alkyl Dimethyl Ethylbenzyl Ammonium Chlorides. What are those? On SC Johnson's website, SC Johnson describes these two chemicals' function as "Controls a specific pest in a registered product, such as in an insecticide, antimicrobial or repellent product." In layman's terms, they kill something in the environment. In this case, they kill bacteria in an unnatural way that the government regulates.

But I have allergies.....There are many cleansers that I can't use. To make matters worse, I don't know which of the dozens of ingredients in a cleaner that is going to cause an allergic reaction. On top of all of the worries about "am I allergic to this product", there is always the issue of if I accidentally mix one with another will it kill me. Natural cleaners help solve these problems. I KNOW what is in each cleanser because I made it myself. In fact, most of the ingredients in one natural cleanser is mixed with another natural cleanser to make the cleanser work better for a different purpose. Now I have more different cleansers with few ingredients and without warnings.

Wouldn't it be easier, cheaper, and safer to kill bacteria and fight dirt and grime in a more natural way? You better believe it is. I use natural homemade products every day and I pay between ¼ - ½ the cost of the prepared on the shelf products. The ingredients for most of these natural cleansers come from your pantry, not your cleaning closet. Let's look at a few "new" ingredients that we are going to start using:

White Vinegar: kills most molds, bacteria, and germs due to its level of acidity. Cuts grease. Removes static from laundry.

Alcohol: kills bacteria. Great for removing Sharpie marker for items. You can use natural alcohol (Vodka) or rubbing alcohol.

Soap: general cleanser that removes dirt and grime. If you use a bar soap, you will need to grate the bar and add to water to allow it to soften up before using in many cleansers. (I use Dr. Bronner's castile soap, but you can use homemade soap or other soap of your choice)

Tea Tree Oil: kills bacteria, mold, fungus, viruses and most germs.

Other essential oils: Most kill bacteria, viruses, and most germs.

All Purpose Household Cleaner

Add each ingredient to empty re-usable spray bottle:

- 1 tablespoon white vinegar
- 1 tablespoon alcohol (rubbing or other natural alcohol)
- 1 tablespoon liquid castile soap
- 1 teaspoon tea tree oil
- A few drops of lavender, sage, or your favorite essential oil

Fill the spray bottle the rest of the way up with water. Note: this solution will be cloudy.
(From a CWEET skill share)

Glass Cleaner

White vinegar in a re-usable spray bottle

Spray glass with vinegar and wipe with a clean towel.

Fabric Softener

Add ½ cup of liquid white vinegar to your rinse water (We use a Downy ball for this. They can be purchased in the laundry aisle of your local store). The vinegar smell will disappear as the clothes dry. Give it a try and happy spring cleaning.



Dragon Palm Circle PNO

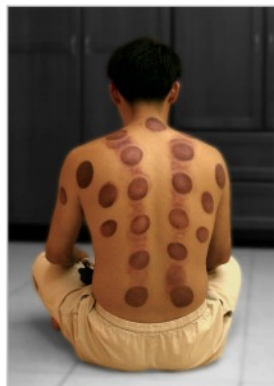
We meet every third Thursday of the Month at 8PM at the Sevierville Books-A-Million in the coffee shop. If the weather is nice we meet in the outside patio. They are located at 190 Collier Drive, Sevierville, TN. For more information Email: dreamweaver@dragonpalmcircle.org or join our Facebook group "Dragon Palm Events"



The Skills and Technique of Cupping and Moving Cupping

By Lady Jade

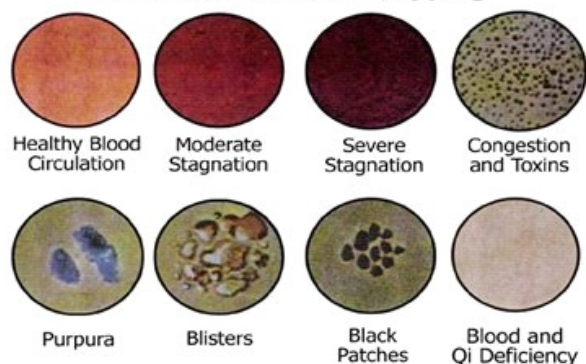
Before we can really discuss the cupping expectations, we should first talk about a few important terms that may come up. Every person is different and every person's body is metabolizing at a different rate. Our genders, our culture, our diet, and ethnicity all contribute to how our bodies function on a day-to-day level. In addition, our physical actions also play a vital role when our body experiences stress.



Cupping can enhance the body's ability to heal, reduce pain, alleviate different medical conditions, and increase blood circulation. However, a person that is **Blood Deficient** verse someone that is has **Blood Stagnation** will have a different visual outcome to the use of cups.

Blood deficient – image a cup that holds 8 oz. of fluid that, currently only has 2oz. If the cup is our body and the fluid is blood, then it is easy to understand how a body functions with a deficiency – Not very well. In addition, we have people that have **Blood Excess** and their cup is over flowing. A person that is deficient will experience less color change during a “cupping” procedure. A deficient person may also have to use more “pumps” and have a “longer” session before they can achieve the desire effect. A person that is severely deficient may not show any signs of color change.

Skin Reaction after Cupping



An old injury, new trauma, or change in physical activity can alter the chemistry of our blood. Lactic Acid builds up during the anaerobic phase of exercise and white blood cells accumulate at sites of physical damage. Our blood may become “trapped” inside of tissue or it may become sticky. Our body may also have an increase of pressure (swelling) that creates a challenge for the blood to circulate. If a person has “stagnation”, the blood is not freely flowing. When the cups are applied to the body, “Negative Pressure” is created and the “suction” allows the blood to break free. The more stagnation a person has, the darker the color will be.

Cupping can be done in several different ways. The traditional nique involves a glass jar with fire applied to the center (creating uum) and applying the cup directly to the skin. Today, therapists the option of using a plastic cup with a pumping device to re-air from the cup when it is directly on the skin. Both techniques effective, however, the pumping method allows the therapist to the amount of suction that is applied to the skin.



tech-
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When cupping is used, the therapist will watch the skin for specific color change. The more stagnation a patient has, the faster the color will change. If a person has deficiencies then the cup will require more time and more pressure to achieve the same effect. Some therapist will allow the skin to bleed, blister, or sweat. Sweat is referred to as “**dampness**” that has accumulated in a person's body. The term “dampness” indicates a patient with physical pain, edema, fluid retention, and other medical conditions. Most athletes prefer the bleeding method because they feel the greatest relief when the blood is removed from the tissue.

There is also a different application for different conflicts. The “**Moving cups**” are applied to the skin and moved from location to location. This is used to draw the blood out of the tendons or other tissue. It is very common for a therapist to follow a specific muscular system or meridian channel. If a patient has a “knot” in the erector spinae (the muscle that supports that back in a standing position) then moving cups are placed at the base of the spin and moves along the muscle to permit the muscle to relax. This technique is opposite of a deep tissue massage.



A deep tissue massage applies pressure and glides the blood through the muscular fibers and into the tendon until the blood is removed from the muscle. This forces the blood out and leads to relaxation. Most people can not endure the amount of pressure that is required to move the blood into the tendons. The anatomy behind a “knot” can vary. Some “Knots” are a neurological situation where the muscle fibers were not given the signal to release a contraction. Other “Knots” are build up of biological waist. Some times, a patient only needs to apply pressure to the “Knot” and the muscle will release. Some people with a build up may require the blood moved into the tendon.

The cup works in a different situation because it removes pressure from the muscle and opens space for blood to move and filter. It is literally the opposite of a deep tissue massage without the pain and discomfort. By opening up the space, the biological waist is able to move and the body is able to read the signal that permits the muscle fibers to stop contracting.

“**Stationary cupping**” is used as medical therapy for the body. A simple example would be a headache. There is an increase of pressure in the head and along the neck. The stationary cup could be placed on the lower back to draw fluid out of the neck region. Another common application is the use of Acid Reflux. A single cup is placed directly over the spin and the patient is able to have relief. When a patient is sick with a phlegmy cough, cupping is placed on the back over the lung area. It is common to see “dampness” in the cups during this situation. Before antibiotics, toddlers were given cupping session when they had pneumonia to increase the chance of survival.

How much pressure is required to get the skin to change? This is easy to tackle because every child in the United States of America has done this at some point. Think back to elementary school, you did it to your self. Think back to one of your first relationships because your partner might have given you of the world famous Hickie. That is correct..... This is just a Hickie in a cup. If you look at a Hickie and the skin reaction of a cupping session, you will see it is almost the same exact thing.



This is a very old medical treatment that is perfected in Asia. However, a medical record called the Ebers Papyrus from 1550B.C refers to the cupping therapy. Even the world famous Greek, Hippocrates, used cupping in the 400 B.C. There is archeological evidence that the Chinese were using the cups around 1000B.C. Before glass cups were used, the local people used bamboo cups and boiled them in water to create the suction.

Who is using the cupping method today? Most world class athletes use cupping at events and during training. Olympic athletes are seen using the therapy during competition. Currently, the local Fort

Lauderdale, 'Swimmers' Hall of Fame' has a therapist that volunteers to use cupping during the children's competition. We are also seeing an increase in the United States, *Rich and Fabulous*. According to E!, Jennifer Aniston, Gwyneth Paltrow, Victoria Beckham, Jessica Simpson, and Courteney Cox are known to receive regular cupping sessions. Jennifer Aniston has even shown off the cupping marks during red carpet events.

Does cupping hurt? Not at all. Cupping is very relaxing and enjoyable. The only time a person would feel discomfort is during a moving cupping session that does not have enough oil on the skin. However, a therapist only needs to add a small amount of lotion or oil to the moving cups to prevent friction. Most patients get muscular relief right away and they often seek additional therapy.



Dreamweaver

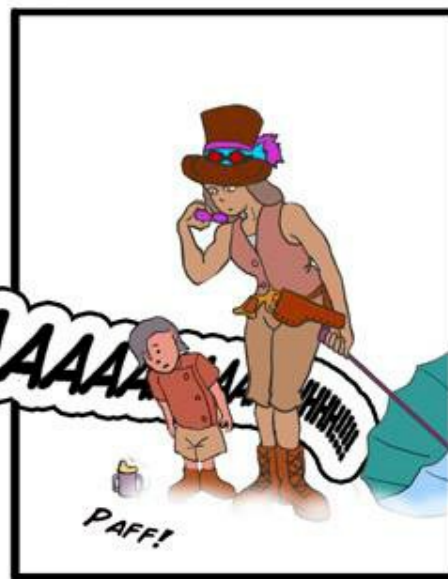
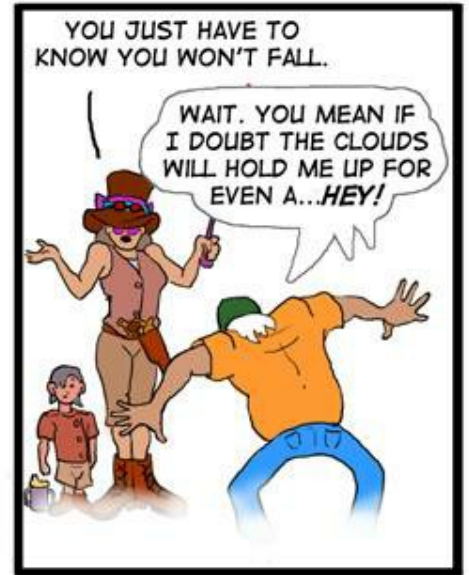
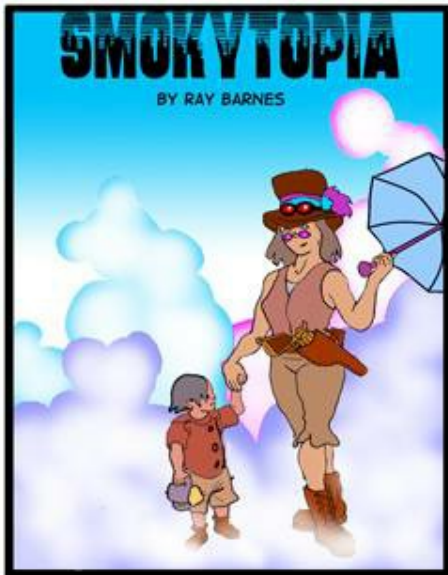


Barnes 2001

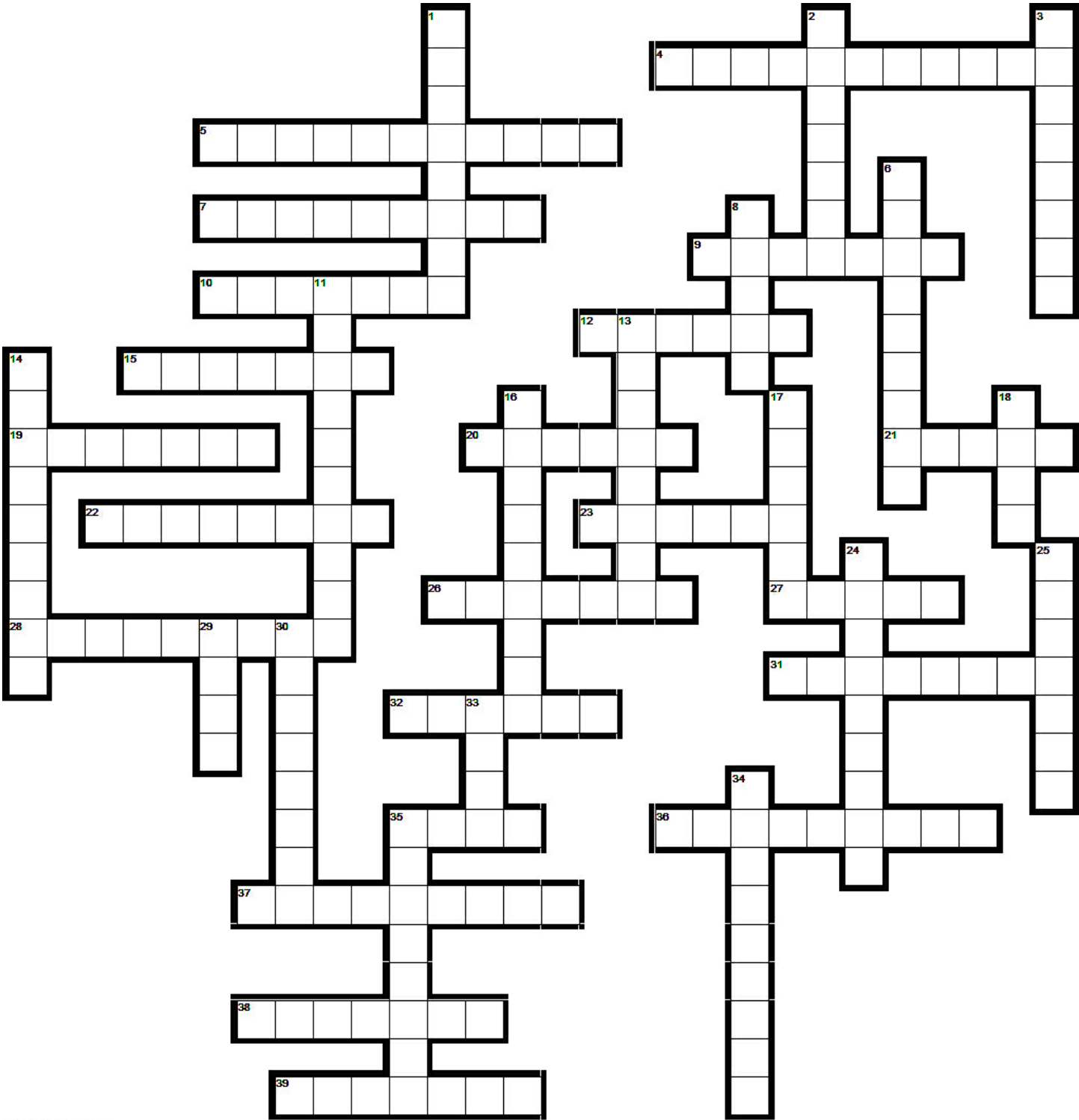
Jezibel

By Ray Barnes

Pagan Fun Time



Crystals



EclipseCrossword.com

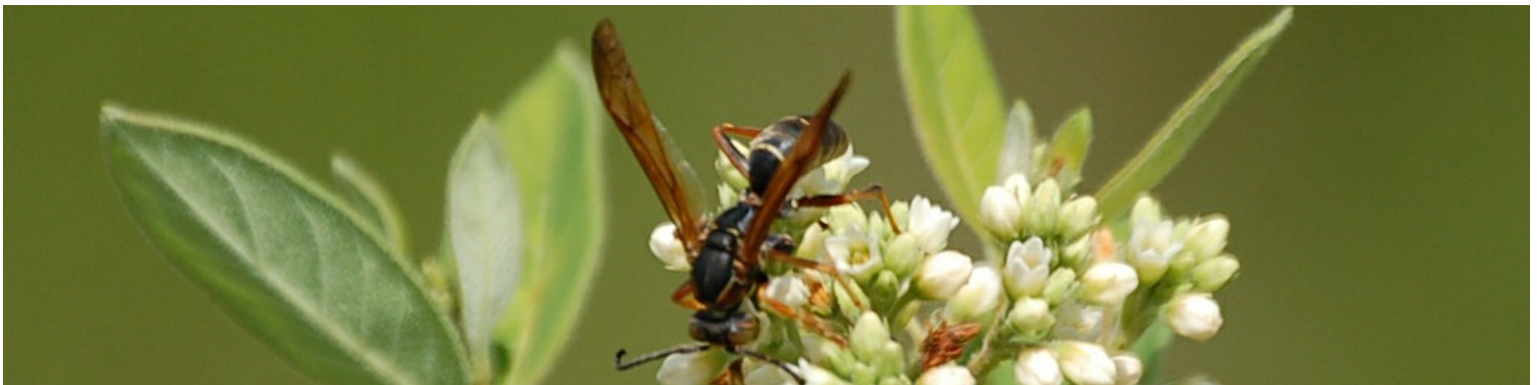


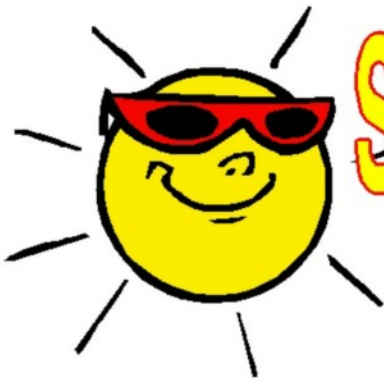
Across

- Gemstone discovered in Russia in 1830.
- Known for its remarkable play of color - its name is derived from the peninsula in Canada where it was first found.
- A blue green gem found in Brazil near the Amazon River.
- A green variety of Beryl. Its name comes from a Greek word meaning green stone.
- Sometimes called a red Emerald.
- a microcrystalline variety of Quartz. Its name is from a Greek word meaning spotted stone. Comes in a wide variety of colors and patterns.
- An olive green to lime green stone - August birthstone
- A gem of pure carbon and the hardness of all substances.
- The gemstone form of salt
- Most common colors are Blue, Gold and Clear.
- A form of gypsum also known as Satin Spar
- Fools Gold
- Next to Quartz one of the most common of minerals. It is calcium carbonate.
- Name given to numerous varieties of banded chalcedony.
- Used with silver in Native American jewelry
- It is a mercury sulfide and its color is vermilion red.
- most commonly known to be red, but can come in other colors, its name is Latin for pomegranate.
- A banded Chalcedony in which the lines of banding are parallel, most often thought of as a black stone.
- A feldspar mineral named after its blue white sheen.
- Most common is a blue grey variety and can be found in Geodes. It can jump start spiritual development.
- Known as TV stone because of its unique fiber optic property.
- An aluminum silicate with unusual hardness quality, across the axes its 6 to 7, along the axes it is 4.5. It is an elongated, flat, blade-like crystal.

Down

- It can be found in a wide range of colors and it will glow under black light.
- A form of blue Pectolite found only on the island of Hispaniola in the Caribbean Sea.
- An iron oxide mineral, used as a grounding stone. Its name is derived from the Greek word for blood.
- A copper carbonate mineral with fibrous banding of lighter and darker shades of vivid green.
- A gem made of organic material - a bug makes it worth more.
- Also known as Heliotrope, it's a green chalcedony with red spots or blotches.
- This purple Quartz was once the gem of royalty
- A yellow green or emerald green variety of Spodumene. It was discovered in 1879 in North Carolina.
- An orange-colored variety of Chalcedony. It has the ability to cleanse other stones.
- The most important lead ore.
- The name shared by two stones: Nephrite and Jadeite.
- A highly magnetic stone also known as lodestone.
- A yellow form of Quartz, its name comes from the French for lemon.
- hydrate silica material composed of submicroscopic silica spheres that are bonded together by water. Some have a play of colors known as fire.
- Corundum in any color except red. People most often think that it is a dark blue stone.
- Red variety of corundum, July's birthstone
- A dark green form of Tektite.
- A glassy, silica-rich volcanic rock.





SUMMER WORD SEARCH

by Cardea Hinges



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

Word search

ants
barefoot
beachball
bees
bikini
breezy
campfire
camping
cheer
cicadas
cookout
cricket
daisy
dandelions
daylight
family
fireflies
flowers
frisbee
garden
heat

Q: If a Witch practices on the beach, is she a Sandwich?

Q: What's Wiccan, flies around, and makes honey?

A: The Blessed Bee!

Q: What do you say to an angry witch?

A: Ribbit

Q: What's the difference between a New Ager and a Pagan?

A: A decimal point. An item you'll pay \$300 to a New Ager for, you can get from a local Pagan for \$30.

Q: How do you tell a New Age witch from a NeoPagan Witch?

A: You throw them both in the water. The NeoPagan Witch will float, whereas the New Age Witch will sink under the weight of all their overpriced crystals....

Q: What happens when a Ceremonial Magician gets angry?

A: He goes Qua-ballistic.



How many witches does it take to change a lightbulb?

A. Into what?

Caution! I stop for gnomes, elves, pixies, unicorns, leprechauns, faeries, dragons, and other mystical creatures only I can see.

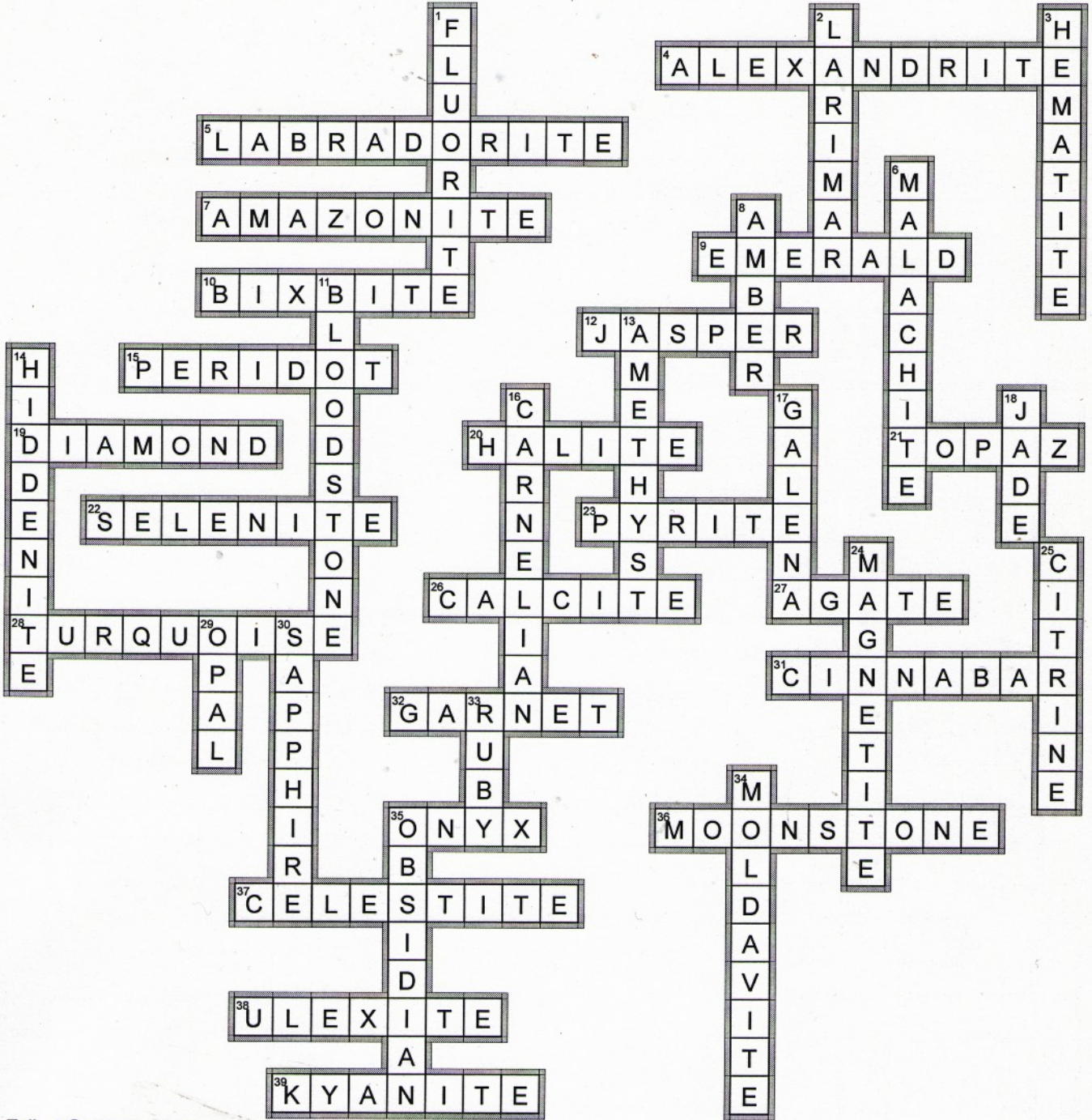
When the Church ruled the World it was called the Dark Ages.

Do Not Meddle in the Affairs of Dragons.... For Your are Crunchy and Taste Good With Ketchup.



Crystals

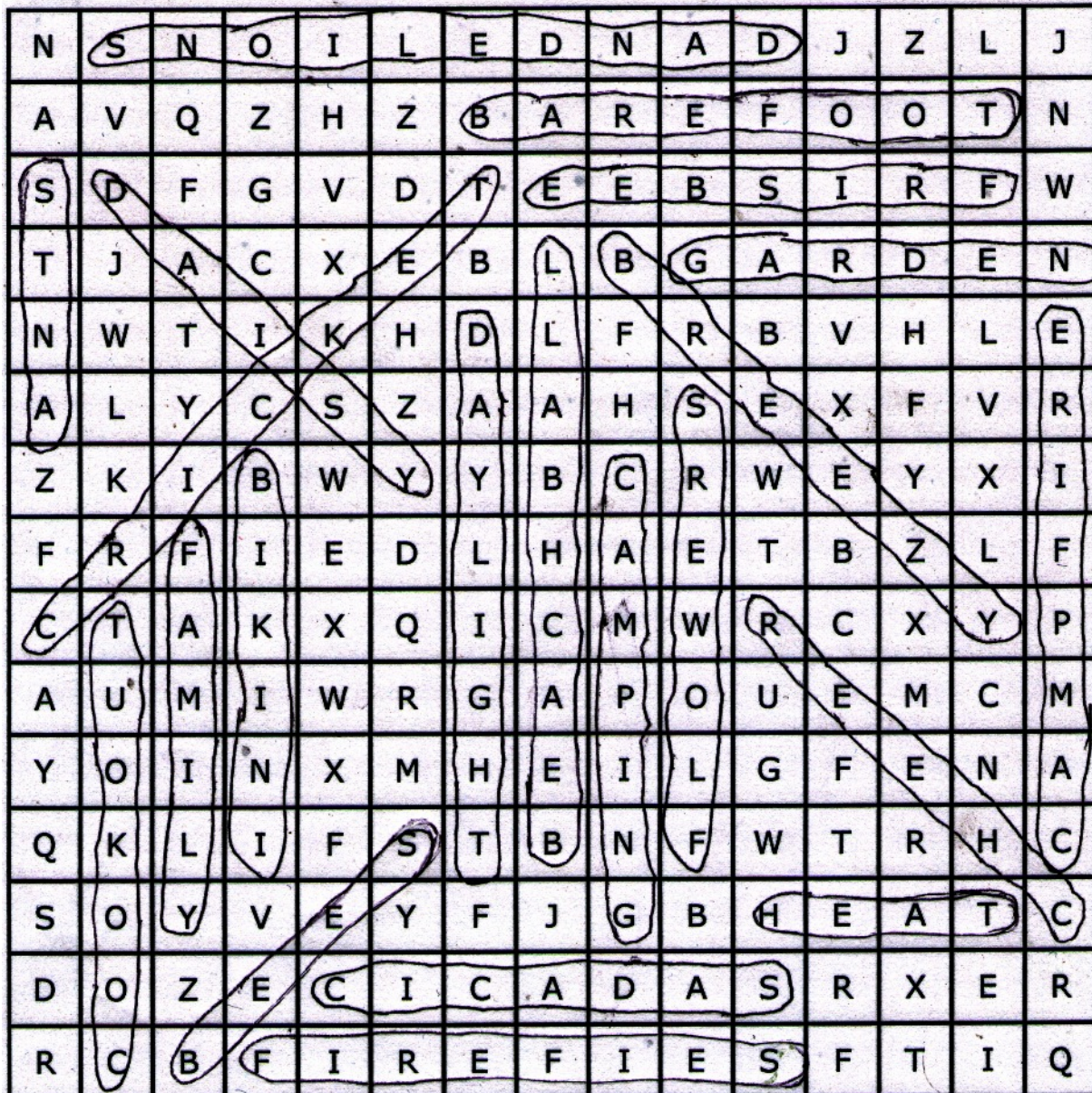
Dragon Palm Circle



EclipseCrossword.com



Fire Dancers by Ray Barnes



Sadiewitch
By
Ray Barnes
Back cover
campfire by
Ray Barnes

