

Peppermint And Sage

7



Lughnasadh 2014



MERRY MEET



This is the latest we have been, as I write this it is Lughnasadh and I'm not finished yet.

Now there is something I would like to ask of our readers. A few things - first you notice that there is no charge for PAS, there is no asking for donations in the book or on the website. The people making submission get no pay, we let people advertise for free. The only thing we would like from you dear reader is some feedback. We are on our seventh issue and we have only gotten one letter. Now sending us a letter only takes a few minutes of your time - you don't even need a stamp as we are looking for email: pas@dragonpalm.com . The people who make submissions have been asking about feedback, and I have nothing to give them except how much I like what they have been doing.

You can let us know what you think of the zine, what you would like to see in future issues. Comments about one of the articles. Let us know that it's real people not bots downloading our zine. Now once again that email address is pas@dragonpalm.com .

Blessed Be

Dreamweaver

Peppermint And Sage Issue 7 Lughnasadh 2014

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August 2014

1	Fri	Lughnasadh / Earth's Web Lughnasadh
2	Sat	Earth's Web Lughnasadh
3	Sun	Earth's Web Lughnasadh
4	Mon	
5	Tue	Dragon Palm Lughnasadh Rit
6	Wed	
7	Thu	
8	Fri	
9	Sat	Earth's Web Full Moon Rit / Pagan Pride Detroit 2014
10	Sun	Full Moon
11	Mon	
12	Tue	WIP: Post book binding
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 / Earth Warriors Van- guard
26	Tue	Earth Warriors Vanguard
27	Wed	Earth Warriors Vanguard
28	Thu	Earth Warriors Vanguard
29	Fri	Earth's Web's Women's Retreat
30	Sat	Earth's Web's Women's Retreat
31	Sun	Earth's Web's Women's Retreat

September 2014

Calendar Events

1	Mon	Labor Day
2	Tue	
3	Wed	
4	Thu	
5	Fri	
6	Sat	Earth's Web Full Moon
7	Sun	
8	Mon	FULL MOON
9	Tue	WIP: Samhain Decorations
10	Wed	Deadline for PAS #8
11	Thu	
12	Fri	
13	Sat	
14	Sun	
15	Mon	
16	Tue	
17	Wed	
18	Thu	Dragon Palm PNO
19	Fri	Earth's Web Mabon
20	Sat	Earth's Web Mabon
21	Sun	Earth's Web Mabon
22	Mon	MABON
23	Tue	Dragon Palm Mabon Rit
24	Wed	NEW MOON
25	Thu	
26	Fri	
27	Sat	
28	Sun	
29	Mon	
30	Tue	

For more information on Dragon Palm Event's 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.

For Earth Warriors Vanguard go to www.earthwarriorsfestival.com

Pagan Pride Detroit 2014 go to www.paganpridedetroit.org

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Around the Hearth.....

by Lady Pinkie Luna Fae

Hello friends! It's that time once again, Lammas, or Lughnasadh, the first of the harvest celebrations. Depending on your individual spiritual path, there are many different ways you can celebrate Lammas, but typically the focus is on either the early harvest aspect, or the celebration of the [Celtic](#) god Lugh. It's the season when the first grains are ready to be harvested and threshed, when the apples and grapes are ripe for the plucking, and we're grateful for the food we have on our tables.

Typically, this time of year in my busy busy house, where we start looking to prepare for the coming school year, even though it still feels like the height of summer, and the days are melting one into another in a dream like way. We have one child starting college, one entering her junior year in high school, and our youngest is going to be in 4th grade. So, if i don't start early, There is no hope for me to get everyone ready. We also have a string of birthday parties and camping trips and lazy days out exploring town and days of cooking out on the grill just because its too hot to cook inside (I usually sneak a banana split for dinner day in about this time too!)

There is also at this time of year, around here, a problem with bugs. Mosquitos, fleas, ticks, ants, gnats.... And the never ending battle against them without using harsh chemicals or pesticides. Currently, I am trying a new mix of all natural products against the invasion of buggville. Diatomaceous earth, yarrow powder, and neem powder, all perfectly safe, all ingestible, mixed together and sprinkled liberally around the house and over the animals and even around my planter beds in the garden.. I have only been using it for 24 hours and don't want to jinx it, but looks like it is working pretty well. I will be giving a more thorough report of how well it works after a couple of weeks along with the ratio of each item mixed.

Speaking of the beginning of harvest time, as I sit here writing this (a few weeks before Lammas) my garden is prepping itself to spew forth all manner of yumminess (maybe all manner is a bit exaggerated, I have: beans, peppers, tomatoes, cukes, zuchinni, squash, and herbs of several kinds) I have been blessed with some beans and a couple of cukes so far, and the first few bunches of herbs. BUT, by Lammas, if the amount of blooms I am seeing are any indication, I am going to be swimming in cucumbers and tomatoes. If I am not, swimming in my harvest, I will be talking to some folks to try to figure out what happened. This is only the second year of being able to grow some of our own food, so it's still a learning experience and i don't expect massive amounts but it is nice to have an occasional change up of fresh goodness to compliment our meals - not to mention the kids love eating the veggies from the garden. They get excited about eating vegetables they helped with and watched grow. Yes, you heard me.... EXCITED ABOUT VEGGIES !

In all reality, this is the last of the lazy days for my family, before we again become busy with preparing for the changing seasons. Before we clean out the clutter that gathers through the summer. Before we begin closing the house back up as the nights get cooler. This is the time where we soak as much of the sun and heat we can, preparing for the dreary days to come as the wheel turns again, and again.

The Story of Lugh

Of all the Celtic Gods, Lugh was the most loved. He was the Bright One, skilled in all the arts. He was a beautiful child with golden hair like the sun.

Tailtiu was the Goddess of Sovereignty, the queen of the Fir Bolg and his foster mother. She lived on the Hill of Tara, where she taught Lugh, helping him to learn about history, poetry, music and everything he would need to learn to be a well-rounded and powerful leader. When Lugh became an adult, he tried to enter the court of King Nuada (NOOa-ha). Just as everyone was sitting down to feast. The gatekeeper challenged Lugh to tell his name and of his skill. For no one without a special art or skill may enter Tara.

I am a smith, said Lugh.

We already have a smith, Goibniu, said the gatekeeper Why would we need another?

I am a professional warrior, said Lugh.

We have no need of one, laughed the gatekeeper Ogma is our champion

I am a harpist, said Lugh.

We have a harpist, said the gatekeeper, and quiet a good one at that.

I am a hero said Lugh renowned for skillfulness rather than mere strength

All of the gods are heroes, the porter shook his head at Lugh's persistence.

I am a poet and a tale-teller from the land of apples, rich in swans & yew trees said Lugh.

Taliesin is the greatest poet in Ireland, said the gatekeeper, Why would we need you?

I am a cup-bearer, said Lugh. We already have nine of them, said the porter.

I am a worker in bronze, said Lugh. We have no need of you. We already have a worker in bronze.

His name is Credne, said the gatekeeper.

I am an historian, a doctor, and a magician, Lugh told him.

The gatekeeper responded, We already have men skilled in all these things. I don't see why we would need your services.

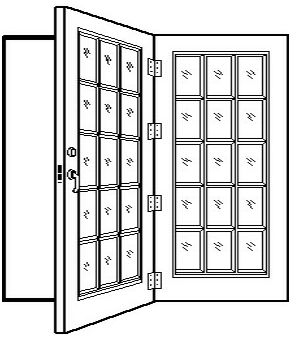
But do you have anyone who is master of all of these crafts at once? Lugh asked.

The gatekeeper had to admit that they didn't and invited him in. Lugh entered and sat down upon a chair called the sages seat, kept for the wisest man. The champion, Ogma was showing off his strength by pushing around a large flagstone. The stone, as huge as it was, was only a portion broken from a still greater rock. Lugh picked it up in his hands and put it back in its place. The king asked him to play the harp. Lugh played the sleep-tune and the king and all his court fell asleep until the same time the next day. Next Lugh played a lamenting tune and they all wept, and then he played a song which sent them into transports of joy. When the king saw all these talents he lent the throne to Lugh for thirteen days. Lugh became the leader of the Tuatha De Danann. He had Tailtiu to thank for being such a wonderful teacher.

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

Door to the Beyond: Paganism and Mental Health Part VII

In our last walk through the Door, we covered the effect of “new love” on our stability and health. How about the other end of the roller coaster? How do you hold onto your sanity, and what as a Pagan can you do to help, when the relationship’s over?

As Neil Sedaka said, “Breaking up is hard to do.” When you’re in a mental health challenge it can be a lot harder. Are you someone who can shut the door on a relationship and walk away from it, remaining angry at yourself for “falling for” that person, or angry at him/her for “wasting” your time? Do you look at the situation as a lesson, or even a blessing, and try to see what you can do to move on?

Or do you agonize about what you did wrong, and the breaking up itself is a tearful event? Do you spend months agonizing over what you did wrong, or could have done better, or whether you are even capable of making a choice in a partner?

The best advice I can give in any circumstance is to go into Circle (or however you deal with ritual) and ask for help. The world does not need any more angry, depressed, or lonely people. Healing is important, and asking the gods to work with you as soon as possible is a good part of that healing.

What good does it do to tell everyone what a horrible person s/he was, how s/he messed you over or took advantage of you? The important thing is, s/he threw you off balance, and you need all the friends and allies you can get. Those of us with mental health issues are always wondering if we are “right” even when we know we are. Friends and allies, guardians and gods can validate your feelings without tearing the other person down. Remember, they, too, are children of the gods.

Now, what do you do with your time? You probably filled your life with him/her, and now you have all that time-space as empty as your heart feels.

Take some down time and talk to your friends. Don’t take too much – the longer that time-space is empty, the more you will feel the emptiness. Find some other projects to do, or get back into doing more of the things you’re already doing.

Remember that you give a lot of yourself away in a relationship. When you’re doing ritual, reclaim that power, and try to find a safer place to put it. Remember to cleanse your living space (sage and other incenses are good, but please include your intent, without which no magick works).

If you can talk yourself into it, JOURNAL. Write down your feelings, either as flow of consciousness or as poetry or just simple writing. How you feel is important, both in terms of your individual growth and recovery and of your competence as a priest/ess of the gods. Make sure you write down your dreams, especially the clear ones.

I wrote last time of a new, wonderful relationship. It turned out to be frightening, upsetting, unbalancing. I have had to fight to remain “sane”, and have been helped by people telling me I’m the sanest guy they know (I’m trying not to laugh, they are being sincere) and that anyone can go through that. My support groups, online and off, have been wonderful, and have said and done mostly the “right” things – supporting me rather than attacking her. Start a new class, or begin a new study.

You may be blessed with many friends, as I am. Some of them may want to call names – don’t let them, for that ties their own power into the other person. Some of them may want to take care of you, whether what they feel prompted to do is appropriate or not – remember your boundaries, and remember that they are fragile right now. Thank them for their offers, but remind them that you need time to grieve and don’t need to be sidetracked. If they wish to be included in your ritual, make the best decision you can. And don’t beat yourself up for not making the “best” decision – you are human, and are making a decision that any of us could have made regardless of what it may be.

In the area of dream journalling, here’s one of mine:

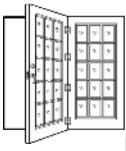
October 21, 2006

I was going back to college. My mind said it was *****, where I went two years, but it wasn't. There was a traffic jam, and I was on foot, we got redirected by officer to a passenger traffic ramp (!) that took us to a part of the campus we hadn't seen. It was not only beautiful but a shortcut like we didn't know existed - except one of my "friends" who said he knew about it all along and even knew a better one. When we walked into campus, the President was giving a lecture on a high podium in the open, center of campus?, and down below him (between the podium and the students) was a huge mass of small monkeys. They started getting very noisy, and the President asked for someone to quiet them so he could continue speaking. All the monkeys started having various kinds of sex, which quieted them at least verbally, and he continued his speech as if he was unaware of why they were quiet.

I walked around campus. I found an auditorium, which somehow was open to the place the President was speaking, and there were three cheaply-made grand pianos on an upper balcony (which I could not try without being heard outside)... the next room had a large concert harp, again I didn't play it. Then I went down a stairway and found a group of children as if it was a day care center, one of them tried showing me some toys based on a current kids' TV show, which I had never heard of and commented on.

I kept walking and found an area with lots of cages. There were many kinds of animals in the cages. Then I saw that one stack of cages, each of which was about 10'x10'x2.5' HEIGHT, contained some black women (they looked native African), and I was shocked. I walked up to one of the cages and nonchalantly talked to one of the two women in it, and she spoke English (said her name was Mbeke Ndele, if I remember correctly). I mentioned that thing about the monkeys to her... she said that she would like to do that with me if we were in adjacent cages... and we both said together, "No, then your rent would go up," and laughed. I don't know why I didn't try to open the cages, probably felt I did not have enough information or authority. I went to a meeting that included the President, and was told they were for research, and got almost violent about them being caged. I moved around campus (didn't run, but didn't dawdle either) and found a group of black American students and told them about it. Nobody even moved. I yelled at them, I was hoping someone would be angry about it and go with me to free them. Then one young man said, "I'm angry!" and after that a few more did, and we went off to find the cages. While we were going there, I had an image in my head of an important paper to be written by Mbeke.

When we got there, the other woman in Mbeke's cage was very sick, almost dead. Everyone was gotten out except her; we weren't sure we knew what to do with a sick person. For some reason I did not claim Mbeke or anyone else; the other students got them away from there except for the sick one. I hung around laying on top of the cages (why?) and someone who was



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

partly responsible for them being there came and yelled/asked me where the people were. I said I didn't know, nonchalantly, and then yelled, "Why the hell did you have people caged up?" He didn't have an answer, and then saw the sick woman, and told me, "What if she has something we don't know about?" and tried to make me feel guilty for possibly releasing such a disease. I did not accept the guilt trip. I don't remember much after that.

I posted this to a few of my groups of allies. However you choose to interpret it, it was a powerful dream, and showed me many things about my health and stability (note that there was an important woman in the dream, that I did not take responsibility for her rescue myself but found others to do so, and then did not re-attach to her.)

I wrote a few poems, and a new song, and posted it to my website as soon as possible..

I'd love to hear from you... how you deal with pain and separation, how you deal with anger (directed at you or from you), how you shut off your feelings of self-blame, what you do to regain your balance. Also whether you feel you need to change anything about yourself for the "next time" or just within yourself.

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

(Moss Bliss is an initiated Wiccan living in Blaine, TN. He has written on the Craft and on many other topics since the mid-1980s, often under other 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 also known as a fallible human being, and is diagnosed and on Disability for his "mental illness". He has parlayed these experiences into a life of mental health activism, counseling, and leading self-help groups, and hosts and writes many websites, groups, forums, blogs, etc. He has been active in every conceivable Board position in Asheville Homeless Network, the nation's only membership organization for the homeless, is one of the original founders of the Asheville Radical Mental Health Collective, and serves on other local non-profit boards. He is a known Pagan musician and filker (SF/Fantasy-based folk music). He tends to have panic attacks when he looks at the list of things he is doing or has accomplished...)





Moonchylde



Moonchylde



Moonchylde



Moonchylde



Amber

The Gathering of the Tribes

Merry Meet Friends! You are invited to join us and attend the 47th annual Gathering of the Tribes and National Leadership Conference sponsored by the Universal Federation of Pagans, The Tradition of Dynion Mwyn, and the Association of Cymry Wicca.

The Gathering of the Tribes is the Oldest continuously held Pagan Gathering in America, since 1967, and has provided National Pagans of various traditions a common ground to appreciate the similarities between all Spiritual paths.

We will have a fantastic meeting with Authors: Rhuddlwm Gawr, Oberon Zell, Prudence Priest and several others Moderating. We will discuss many issues confronting Pagans in America and establish a few solutions which the participants to the meeting can take back to their communities. Our participation will provide us an opportunity to express our religious freedom of choice allowing us to celebrate and honor the Old Ways of Spirit and Nature.

The Gathering provides an opportunity for all Earth religions: Witches, Wiccans, Stregha, Druids, Pagans, OTO, Native American Shamans and others, to express our religious freedom of choice and celebrate the Cycles of Nature.

We are hosting the Annual Membership Meeting of the Universal Federation of Pagans (UFP) which will be chaired by Melissa Anderson of the Magazine: "Witches Brew" and priestess of the Kemetic Tradition of The temple of Isis (derived from the Temple of Isis - Ireland) .

There will be classes on Basic Witchcraft, Shamanism, Theology (Gods and Goddesses) Meditation, Magick, TAROT, Herbs, Crystals, The Faerie, Trance, Sexual Spirituality, Kabbalah, Reiki, Healing, etc.

Our Bardic and nightly Drum Circles are national in scope and provide a way for YOU to join with others and share the passion of your beliefs with others.

We will sing, dance, drum, and feel the vibrations rising from the Earth with each beat of our hearts. We will perform Rituals to celebrate and honor the Old Ways of Spirit and Nature.

The Gathering of the Tribes will be held at Cherokee Farms, near LaFayette Georgia, a fantastic location with Fields, Rolling Hills, Paths, and a Pond. It will be held October 16 - 19, 2014 and will focus on Ritual, Leadership and Building Pagan Community.

We will create Rituals, Workshops, Classes for beginners as well as the priesthood, Pagan vendors (Buy a BOS, a Robe or an Athame) , we will have Panel Discussions, Drumming, Music, Belly Dancing, Workshops, and Presentations by Nationally Known Authors and Pagan Leaders. If you have books by the various authors, please bring copies...they will be glad to autograph them (<http://www.dynionmwyn.net/gathering.html>)

The National Leadership Conference will be asking the questions: "What Do We Need from Our Leaders? And "What do our leader need from us?" To address these issues, we will have a comprehensive Panel Discussion. This will include questions from the Pagan Community and a discussion of what the average pagan needs from our leadership.

The Gathering of the Tribes provides Pagans of the various traditions a common ground to appreciate the similarities between ALL our paths; The Gathering provides us an opportunity to express our

religious freedom of choice and celebrate the Cycles of Nature; The gathering allows us to share the passion of our beliefs and what is sacred in our life, with others.

Our Bardic and nightly Drum Circles will provide a way for us to celebrate our coming together. We will sing, dance, drum, and feel the vibrations rising from the Earth with each beat of our hearts. We will celebrate and honor the Old Ways of Spirit and Nature. Come Join the International Pagan Community as you learn and teach.

In Light and love,

Lady Gwen Boudicca

GENERAL INFORMATION: <http://www.dynionmwyn.net/gathering.html>

FEES: <http://www.dynionmwyn.net/GATH2014/gafees.html>

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Janie



Janie



Janie

Reality

by Lady Sky



I decided it was time for a reality check! On a regular basis I will be writing this column, and letting off steam. People are not going to like what I write about as often as I want and that's okay, because I want the people in our community to remember to start thinking again!

The Pagan community on the whole is great but as individuals we need to start looking closer at our reflection in the mirror of the real world!

We are too concerned with what's in it for ourselves; we are losing focus on the world community.

How often do you find yourself fussing about a member of your coven or group? What is really behind the animosity you feel for each other?

We need to remember No One is better than anyone else! Sure some people will have more property, money, friends, etc... So what? Why do we lose sight of their successes and become petty and vindictive?

Yes, it's human nature to want to better ourselves but we can't be better people and Pagans if we only seek what already has been achieved by someone else! There is a greater good we can do for the local and world communities if we start working together.

I know we want to help others but we are falling short of the goal. We need to really start putting in the effort to follow through on our promises, stand up for who we are, and keep our personal problems and disagreements out of our ritual areas.

Using our strength and energy to help the sick, injured, dying and depressed has to be our focus.

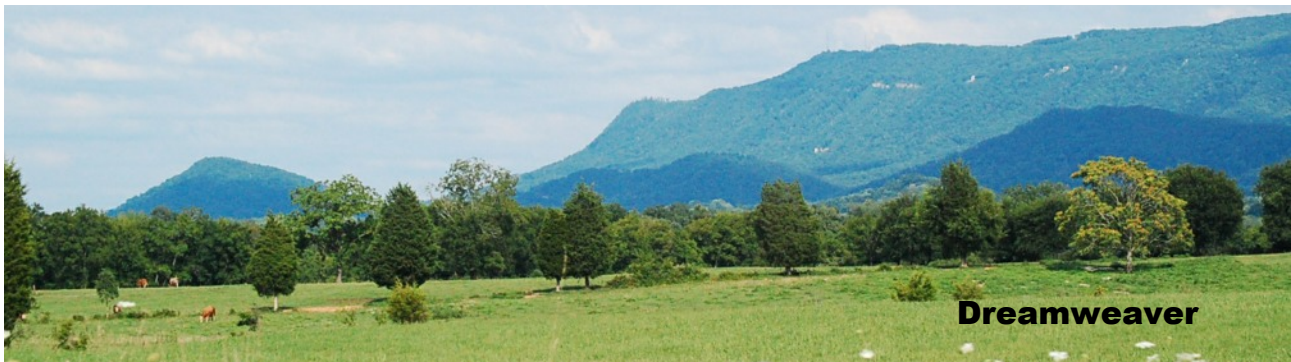
I, as a High Priestess, need to get more involved again with the teaching of the young Wiccans. We have a great High Priest who has been keeping in touch with students all over the country, teaching, mentoring, and networking. We have a wonderful Priestess and Priest who are taking care of the Gatherings, community networking, regularly scheduled circles and various projects.

I have been lax in my involvement in the community! I need to change this somehow.

The rituals we are doing should be a good time to make an impact!

When we do a money ritual, either with others or alone, we need to remember to keep your thoughts focused on 'the goal of enough', not necessarily riches beyond measure, just overflowing!

Part of the reason I need to air some of these issues is because none of us will be around forever, and we need to set the right example for the children in the future! Remember they will be our next Priestesses and Priests. If we want them to be compassionate, caring, and understanding young people, we need to change our attitudes about the petty stuff! We need to take the time to do a Reality Check!!



Dreamweaver

Frozen Fruit Smoothies in the Magic Bullet Blender by Cardea Hinges

Basic procedure: Put frozen fruit into the blender cup. Add yogurt (optional). Add milk or juice. You could add water, but I don't know why you would want to. Screw on the lid and blend until all the chunks are gone. You want to proportion your solid to liquid so that you get a drink rather than a really soft-serve ice cream.

You can buy pre-frozen fruit at the grocer's or you can freeze your own. We usually buy frozen for everything except bananas. We get the reduced bags or packs of over-ripe bananas, peel them (this is important), and freeze them. They work very well and we can get a ton of bananas for really cheap.

Below are some ingredient combinations we enjoy. Proportions are up to you.

1. "NanaBerry"

- banana
- strawberry
- blueberry
- black berry
- raspberry
- yogurt
- milk

2. "Creamcicle"

- peach
- pineapple
- Vanilla yogurt
- orange juice

3. "Pink Lady"

- Banana
- Strawberry
- Whoppers (chocolate-covered malted milk balls)
- milk

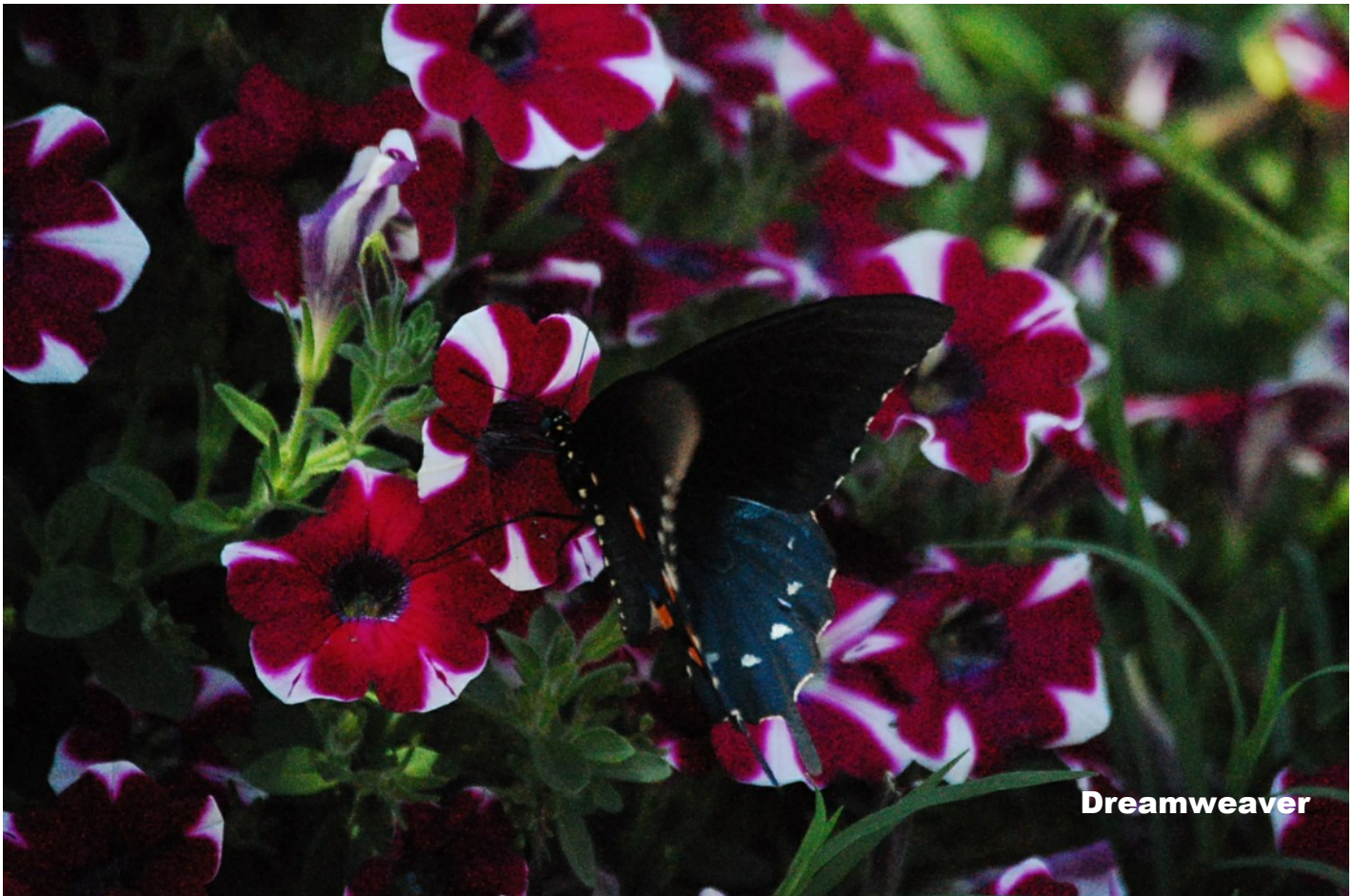


Enjoy!





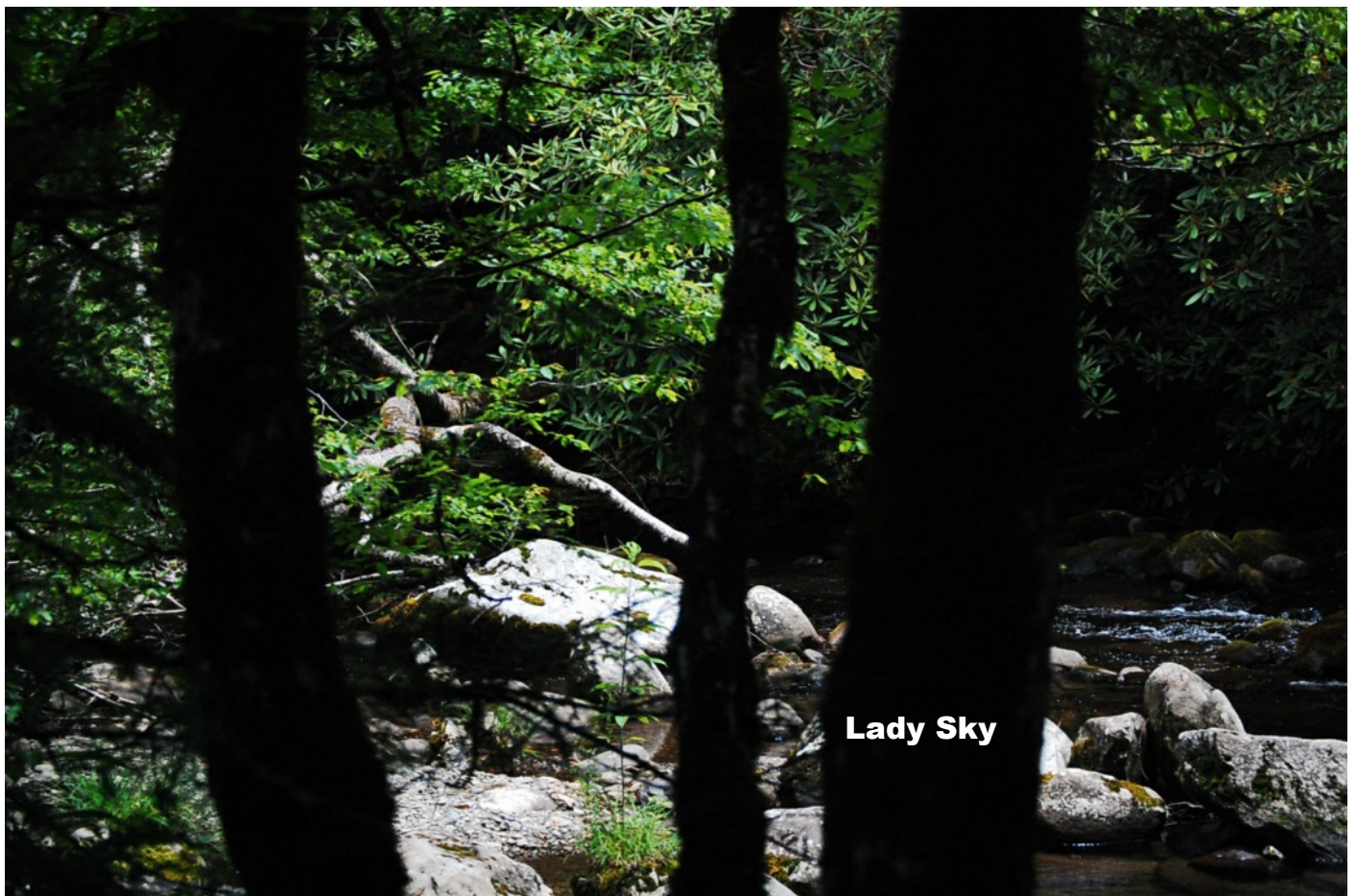
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Dreamweaver



Lady Sky



Lady Sky

Hyssop and the hopeful witch

by Mistress Belladonna

(aka Kenya Davis the Detroit Paganism Examiner)

Bright Blessings!

As Summer continues onward, this is the time to enjoy the beautiful blueish blooms in your [Witch's Gardens](#) that are associated with Hyssop. A classic must for most magical herbalists, it is one of the majestic residents. Its uses are many and this is the time that those who are harvesting should be very busy.

For those unfamiliar with the term magical herbalism, it would be time well spent to check out a copy of Scott Cunningham's book of the same title. A classic, this Michigan native basically made the standard, along with his famous book ["Cunningham's Encyclopedia of Magical Herbs"](#). It is almost unheard of for those who are on the paths of herbal magic not at least heard of this book in the Great Lakes region.

Hyssop, or [Hyssopus officinalis](#) in its Latin name, corresponds to Jupiter and fire in many traditions. It is a short green semi evergreen that scents the air and spreads out from its base in thick spires. The leaves are narrow, and the flowers are small and fragrant. For magical use, as well as for tea, it is the flowers and leaves that are used.

However, this columnist, having been raised by Parents of the Heart (my term for parents who may not be your biological, but are your parents just the same) who had seen the Great Depression, it has always been my way to not throw out anything that may be useful. So this writer uses the stems in my fuming bundles, in elixirs, my fire pit bundles, and many other ways. Waste not, want not.

The plant is also used for attracting bees. The bee population is under ever growing threat, and by having this plant in the garden it is a way to help them survive. It also attracts other critters, so a good opportunity to see local small wildlife comes with it.

The medicinal uses for this herb are amazing.

But there are also a myriad of uses in the magical realm as well. Purification, healing, and protection are the most common. As a matter of course, it is also used as in my personal cleaning blends for many rituals. It is also a great tea. However, it is always wise to check your correspondences when designing your own.

Usually, you can get two harvests from each year. Be mindful to cut the flowers as soon as they are in full bloom. Do not let them go to seed if you want to get more blooms.

To dry them, wrap small bunches at the base of the cut stems with either yarn or string. Tie firmly, taking care not to overtighten which can result in broken stems. Hang upside down in a dry cool place, until ready. Keep in mind, that if you leave them outside and it rains, you will get really brown results, so keep them inside.

This plant is a perennial, so once it is established, expect vigorous growth. It winters well and even survived the Michigan Polar Vortex last winter. The same could not be said for the Rosemary next to it.

You can either braid the stems into wands, make wreaths, or leave them straight while drying. It is a personal choice. Then afterwards it can be placed in containers for future use. Separating the bounty

into different containers and charging them to purpose is a great way to save time and effort later. Also, it never hurts to put a tiny Citrine in the bottom of the containers as well.

One usage that may not come immediately to mind, but one that is satisfying, is making hyssop infused oil for the [magical lamp](#). Using a clean base like olive oil and making an oil with the irregular stems and leaves of the hyssop is a way to make a Blessed Lamp. This can be used at home, or given as a gift.

Reading this and wanting to get some hyssop but it is not growing outside? A great herbs supplier locally is Lotions Potions and Notions right here in Michigan. For a review of some of her products you can visit the review "[The nitty gritty on Lotions Potions and Notions products](#)" in the Detroit Paganism Examiner.

Looking to learn more about herbs? You may also wish to visit www.learningherbs.com



Happy Gardening.

(first published at <http://www.examiner.com/article/hyssop-and-the-hopeful-witch>)

Dragon Palm Circle PNO

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 in the outside patio. The are located at 190 Collier Drive, Sevierville, TN. For more information email: dreamweaver@dragonpalmtree.org or join our Facebook group "Dragon Palm Events"



A World Apart, A World Together

Explorations in IndoPaganism

by Moss Bliss

Yet we can, in greatness of minds, be like the Gods.

So, I have been expounding on the fact that Celtic and Norse Paganism come from the same roots as Vedic Hinduism (or, in my personal belief, pre-Vedic South Indian Hinduism), making them reasonably compatible. The European Guild System in the pre-Masonic era and the Caste system prior to 600 BCE are nearly identical. Weavers, Potters, Blacksmiths, Priests ... even today there are remnants in both European and Indian cultures that these are paths, not inheritances.

The concept is simple: To become like the gods. The perfect Smith. The perfect Weaver.

This is a concept central to Paganism today, that we can, by emulating certain theurgic powers, improve ourselves.

Let's look at some of these powers from a Hindu perspective, and tie them to our own Western concepts.

Durga and Cerridwen - Supreme Mother. You always have to begin with Mom, or we just aren't here. Durga and Cerridwen are both "dark" deities, yet the darkest aspects appear to only be for the protection of their children. I dare you to tell me that Lady Pinky would not use any available weapon (or call any available warrior) to protect her children, she would not hesitate. Mama Bear is essential to childraising. With Lady Parvati (a form of Durga/Kali) as the consort to Lord Siva, this is a clear analog to our own Lord and Lady. She is the embodiment of Shakti, pure Action. From Shakti she develops the tantra, all the magick which is in the world, which is clearly bound to sexual energy.

One of Lord Siva's forms is Pashupati, the ancient Horned God of Hinduism thought to have existed prior to His being worshipped as Siva. He is also the Lord of the Underworld, a meditating ascetic. In later times, His horned aspect was separated from Himself and was personified as Nandi, the sacred Bull.



Warrior aspect: Lord Kartikkeya (also known as Muruga, Skanda, and other names), is a child who can defeat entire armies single-handedly. His brother (in the north, little brother; in the south, elder brother), Ganesha, moves mountains, removes obstacles. We have here the peaceful warrior, one who removes barriers rather than people. Both aspects are necessary, as I'm certain Kerr Cuhulain would attest from his own life. (If you are not familiar with Kerr, he is the first openly-pagan police officer known to me, author of "Law Enforcement Guide to Wicca" and several other essential works and founder of Officers of Avalon.)

In Hinduism, Music and Science are united. If that doesn't sound like an enlightened view, I don't know what does. As further proof of this, the ultimate aspect or god is a woman: Saraswati. I'm not certain what the Pagan analogs to this are, and would love to hear from my readers. I may not have mentioned it recently, but I do not know everything and am always looking for new knowledge.

You can go as deeply as you like, there are analogs of every tradesperson in the Hindu pantheon. This is hardly a coincidence, as much of Hinduism was spread via Buddhist monks. There was a Hindu guru attending several of the Pharaohs' courts, and Buddhist monks were known in ancient Greece.

Become like the gods. Only Maya separates us.

Sivayanamaha.

You Matter

by Lady Sky

You look in the mirror and all you see are your flaws.
You are not your flaws!
You feel your body is nothing special, you have some aches and pain.
You are not your pain!
Do not let your thoughts define you.
You matter!

People tease you and talk about you behind your back.
You are not their words!
Do not let cruel people define you.
You matter!

The Goddess and the God see you as their perfect child,
as their reflection, their body here on Earth!
You matter to them!
You matter!

Dandelion

Latin: *Taraxacum officinale*

Also Known As: Dens Leonis, Dent de Leon, Lion's Tooth, Blowball, Telftime

Gender: Masculine

Element: Air

Parts Used: Leaves, Flowers, and Roots

Planet: Jupiter

Powers: Divination, Wishes, Messenger


Deity: Hecate, Brigid, Belenos

Description: Dandelion is a hardy perennial that grows easily and can be difficult to get rid of when they take root. They grow to around 12 inches tall and have grooved, deeply notched, toothy, hairless, shiny leaves that funnel water to the roots. The flowers are ruled by the sun--they close when it is deeply overcast and in the evening. The roots are dark brown and filled with a white-ish fluid that is bitter and stinky.



General Information: Dandelion is full of vitamins A, B, C, and D, as well as minerals iron, potassium, and zinc.

Uses: Dandelions have long been used as a source of food in such dishes as salads, cooked greens, teas, wines, etc.



Dandelions have been used for their various purported medical properties throughout mankind's history (although no conclusive scientific evidence has been found about them). Boiled dandelion was used to treat kidney disease, swelling, skin problems, heartburn, diuretic, high blood pressure, and upset stomach. Fresh dandelion has been used as an appetite stimulant, to treat an upset stomach, help normalize blood sugar levels, and lower cholesterol. The root may be used as a mild laxative and to improve digestion. The milky substance from the roots can be applied to warts to dissolve them.

Dandelion can be used as a natural cancer treatment and preventative.

Some traditional doses for Dandelion

- 1 Dried leaf infusion: 1 - 2 teaspoonfuls, 3 times daily. Pour hot water onto dried leaf and steep for 5 - 10 minutes.
- 2 Dried root decoction: 1/2 - 2 teaspoonfuls, 3 times daily. Place root into boiling water for 5 - 10 minutes. Strain.
- 3 Leaf tincture (1:5) in 30% alcohol: 30 - 60 drops, 3 times daily
- 4 Standardized powdered extract (4:1) leaf: 500 mg, 1 - 3 times daily
- 5 Standardized powdered extract (4:1) root: 500 mg, 1 - 3 times daily
- 6 Root tincture (1:2) fresh root in 45% alcohol: 30 - 60 drops, 3 times daily

Dandelions absorb pesticides so make sure the ones you harvest are in an area that has not been treated.

Harvesting: The leaves are less bitter when picked while the plant is not in flower. The best time to take the roots is late in the fall. After harvesting the roots, clean them and let them dry for a few days. Then, roast them for approximately 203 hours at 200-250 degrees until they are dry and brown.

Magickal Properties: To increase psychic abilities, take dandelion as a tea. To call spirits, make a tea of the roots and leave it steaming beside the bed. To bring favorable winds, bury dandelion at the northwest corner of the house. Blow the seeds to carry your thoughts or energies to someone. To determine how many children you will have, blow the seeds off of a ripened flower, and the number remaining after one blow shows how many children you will have. Great for use in spring and summer celebrations. Watch the patterns made when the seeds are blown into the air for divination.





ASK TIGER-LILY

by Tiger-Lily Dancing Dragons

Dear readers,

Each issue will feature questions sent in by you. All questions will remain anonymous unless you specifically ask otherwise. If I can't find your answer, I can find someone who can. Questions may be sent to asktigerlily@pas.dragonpalm.com

I look forward to hearing from you!

Brightest Blessings,

Tiger-lily

Q: I have come to a crossroads and not sure what path to take so I asked for a sign. Now I have conflicting signs and still not sure which way to go. Thank you for your advise and I hope this helps others as well.

A: Don't commit yourself to either path yet but learn as much as you can about each (and about any other path that you stumble across). The conflicting signs quite possibly mean that what you thought was a choice between only two paths actually has more answers and you have not yet discovered the right one for you.

Q: What kind of information should I include in my book of shadows? Should I do it by hand or on the computer?

A: A BOS is very personal. No two people will include the same information. Before the internet age when I could google anything I needed, I would put everything I stumbled across in my BOS. It quickly became a disorganized mess (and took up an entire filing cabinet). Anything you reference often would be a good candidate, as would anything you hold particularly dear. Spells and rituals you have written and performed, along with notes from after, are also nice. If you are unlike me and can read your handwriting, by all means, hand write your BOS. Personally, I have mine on my computer now because my handwriting is horrible. I also have a scrapbook version that I may finish someday. Bottom line, put whatever you want in your BOS and use whatever medium suits you best.

Q: What kind of animal makes the best familiar? How will I know when I have my familiar?

A: Any kind of animal can make a good familiar, it just depends what animal you are drawn to and work with well. I wouldn't recommend someone terrified of snakes attempt using a snake as a familiar. If you have pets already, watch them, they will tell you. Do any of them seem particularly interested when you cast a circle? In your magical tools? In "helping" you with rituals?

Lughna Sadh



Lamas

La egh



Backyard Farm Project

Backyard Farm Project... Veggies Aplenty By now, the produce may be rolling in from your garden endeavors. At this point you may be wondering, "What am I going to do with all of this??" There are many options out there, but one way to enjoy your fresh veggies is in a jar salad. You can make them up in advance to take with you to work or keep for a quick meal, and they are very easy to put together. Plus, they look really neat--layered up in colorful levels. First, put in your dressing. In this instance, we used a combination of olive oil, lemon juice, and The Melting Pot's garlic and wine seasoning. Next, put in your toppings. For this salad, we used slivered almonds, raisins, and walnuts. Then, put in your harder veggies. The ones we used here are cauliflower, broccoli, carrots, cucumbers, peppers, and sugar snap peas. Finally, put in your greens. We used romaine lettuce for this salad. Once you have your layers put together, put on the lid and store in the refrigerator for up to a week depending upon how fresh your ingredients are. When you are ready to eat, open the jar, pour the contents into a bowl, and (if you like) add some protein. Your salad comes out dressed and delicious. Obviously, you can change the ingredients to your taste, but try and enjoy!



Moonchylde



Moonchylde

The Writer's Spell
by Amber Goodson

Ability
Desire.
Proof.
Pain.

But where are the fruits of labor;
The words on the page?
Without drive, commitment, or will
A writers thoughts disengage.

Thought I had what it took,
To make a great name,
The thoughts were all there,
But the practice lacking and lame.

In the end the mind withered,
Inspiration floated away,
Maybe to find a new host,
Leaving my mind full of gray.

Where do I look now,
To find my fair muse?
Will she come back to me
When I swear not to abuse

The ideas she provides,
By squandering them away?
If I am diligent and committed
She'll return to me I pray.

A cry for help from
The one I let down
Fair lady muse
Come back to me now

In the fair realm of dreams
Light the creative fire
Or leave me alone in the dark
With only light of heart's desire.

Allow the current of emotion
To guide my shaking hand,
To create a work of beauty
Worthy of Tolkien's mythic land.

Guide the winds of wisdom
To bring to me my need,
Allowing thoughts to prosper
Alive in a tiny seed.

In the fertile earth that is my remedy
I will plant these hopes
And allow them to grow
On the Mother's green slopes.

Fair lady muse
I call out to thee
I come to you now
On bended knee.





Hearthside



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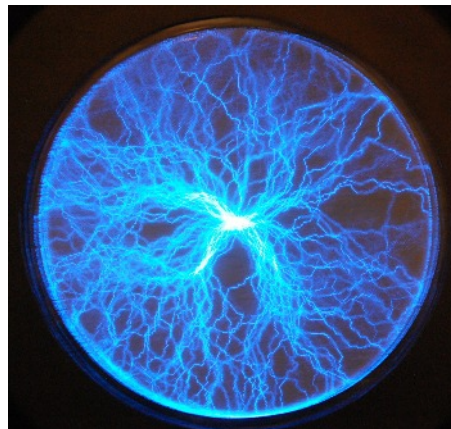
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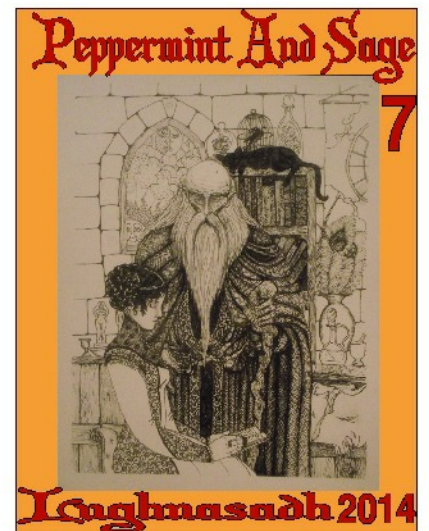
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Deadline for our next issue is September 10th,2014.
We can use article, poems, cartoons, artwork,
photos, jokes, reviews, events for the calendar,
cover, words for crossword, wordsheach words.
We also need to hear from you!! Let us know what
you think 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.
Don't forget our Samhain issue #9 will be the start
of our second year. You can start sending in items
for it at anytime. Deadline for issue 9 is October
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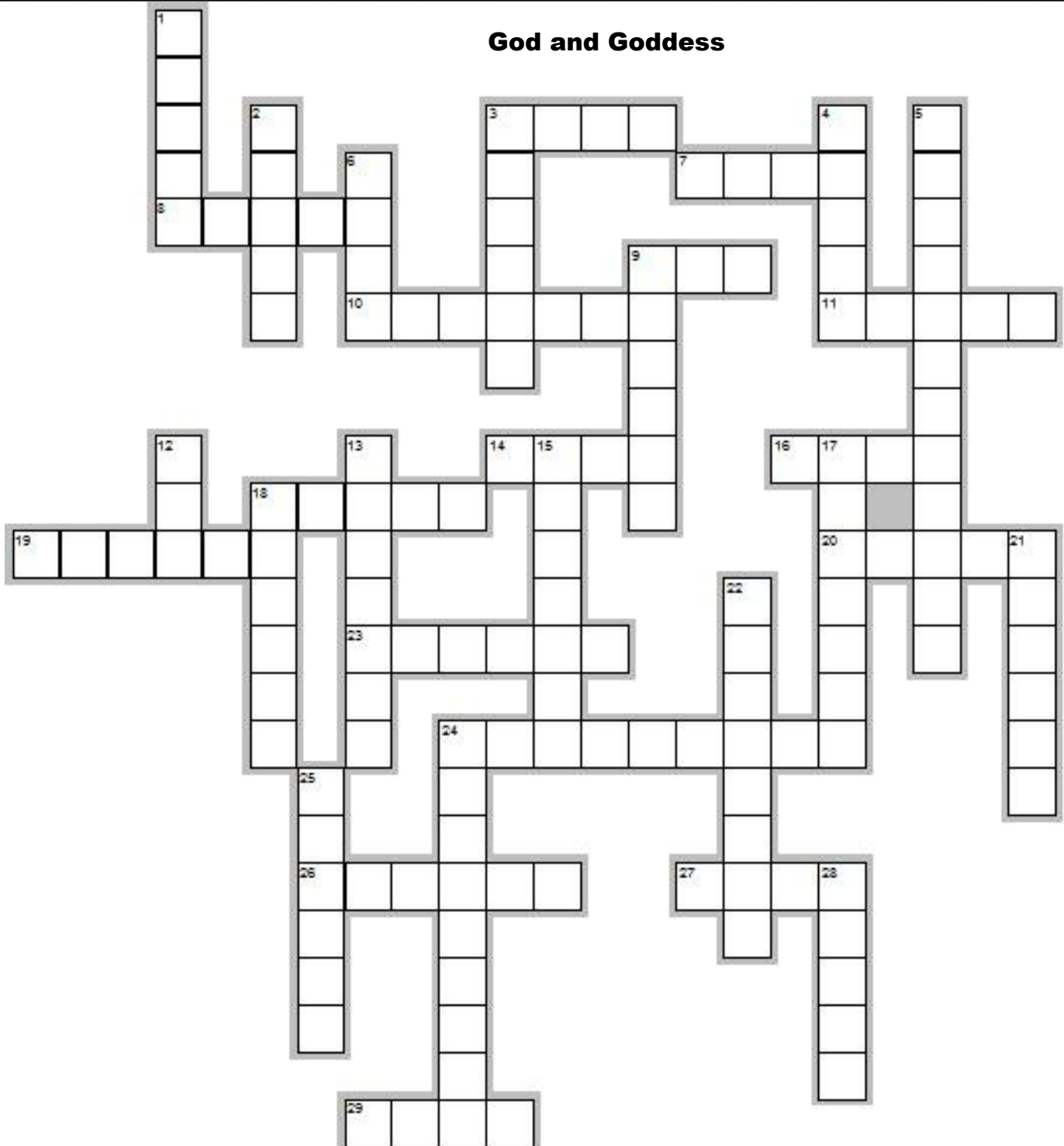


Artist Christine Carlson of Charms and Creations
Title The Apprentice

Pagan Fun Time



God and Goddess



Across

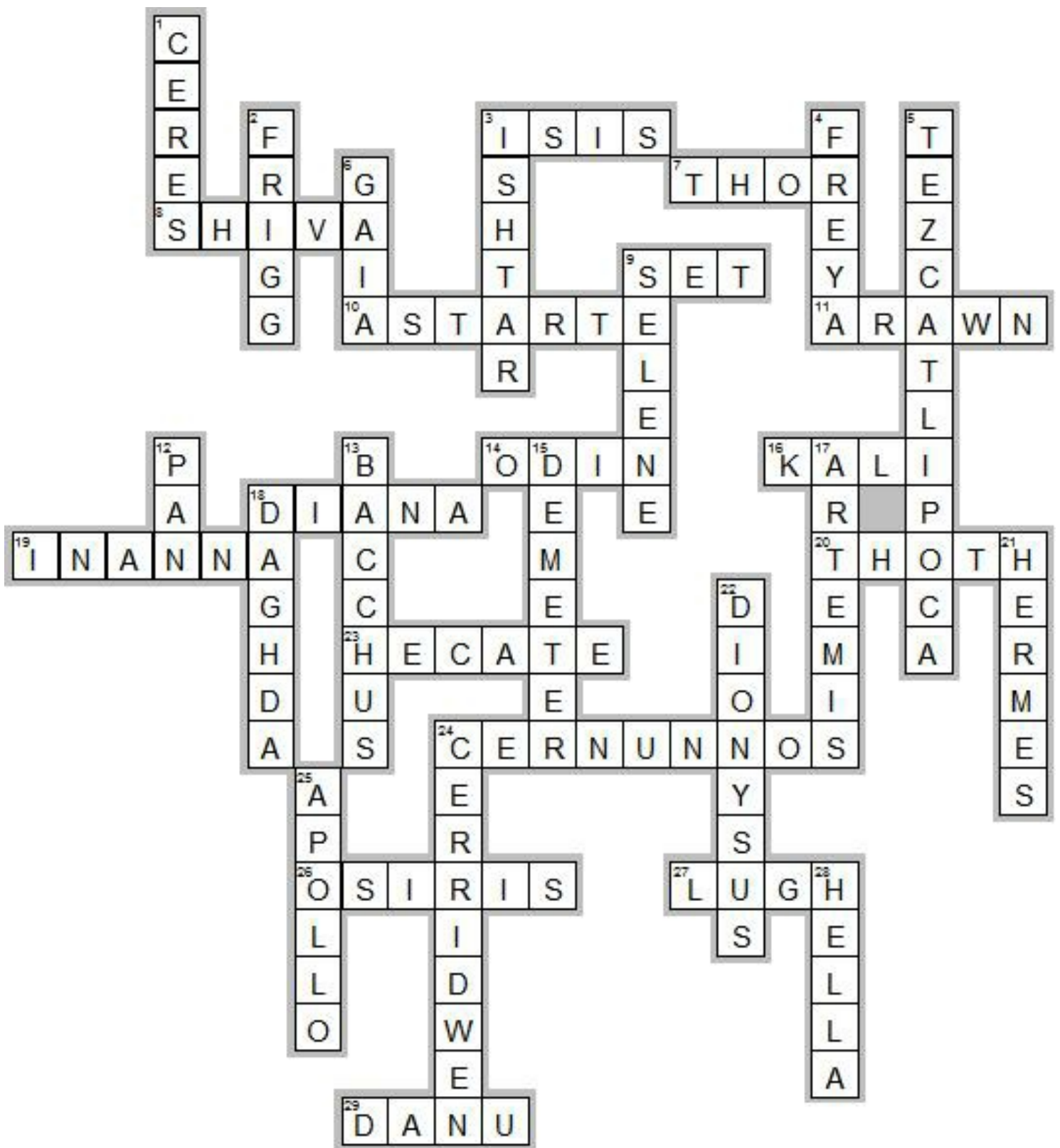
3. Egyptian Mother Goddess, the prototype of the faithful wife and fertile, protective mother. Her symbol is the Moon Also known as the Goddess of Magic and Healing
7. Norse God of Thunder
8. Hindu Lord of the Moon, Storms, and the Himalayas. Also the Lord of Death for the sake of Rebirth.
9. Egyptian Lord of the Desert and Lord of Chaos and Disorder
10. In ancient Phoenicia, the great goddess of fertility, motherhood and war.
11. The Welsh God of the Underworld
14. The Norse All-Father
16. Hindu Goddess of death, destruction, fear and terror, and the wife consort of Siva. She has been worshipped as a mother Goddess.
18. Roman Goddess Mother of the Forrest, Known as Queen of Witches
19. Sumerian mother Goddess, Queen of heaven and ruler of the cycles of the season and fertility.
20. Egyptian God who created the Universe and all mystical wisdom, Magic, learning, writing, arithmetic and astrology.
23. Goddess of the crossroads
24. Horned God of the Celts, associated with the hunt and with fertility.
26. Egyptian God of the dead. His symbol is the Sun,
27. Solar deity of the Irish Tuatha de Danaan.
29. In Irish mythology, the mother goddess of the Tuatha de Danaan

Down

1. Roman Goddess of grain and the patron of the Mysteries.
2. Norse Goddess of divination, fertility, matrimony & childbirth. Wife of Odin.
3. Great mother Goddess of the ancient Assyrian and Babylonians.
4. Norse Goddess of Love and Fertility, Daughter of Njord and Herta
5. Aztec Lord of the Night. His name means Smoking mirror
6. In Greek Mythology, the Mother Earth Goddess. The oldest of deities. Mother of the Titans.
9. Greek Goddess of the Moon
12. Greek pastoral deity of flocks and herds, who was half man half goat.
13. The Roman God of intoxication and liberation.
15. Greek goddess of the fertile soil and agriculture
17. Daughter of Leto and Zeus. She was the mistress of the hunt.
18. Ancient Irish God and leader of the Tuatha de Danaan
21. Son of Zeus and Maia, messenger of the Gods
22. Greek god of Wine
24. Keeper of the Cauldron of Knowledge
25. Greco-Roman sun God, also known as the God of prophecy, song, and light.
28. Norse Goddess of the underworld. Daughter of Loki and Angerboda.



Dreamweaver





Lady Sky

Dreamweaver as he's putting together an issue of Peppermint And Sage



Back cover by Lady Sky

