

Peppermint And Sage

Happy



Yule!



YULE 2013

ISSUE TWO



MERRY MEET



December 2013

This issue we have part 2 of both **A World Apart, A World Together** and **The Door to the Beyond: Mental Health and Paganism** by Moss Bliss. And our two departments started last issue, **Around the Hearth** by Lady Pinkie Luna Fae and **Ask Tiger-Lily** by Tiger-Lily Dancing Dragons. And hopefully a new department **Pagan Postings**. This last one depends on you our reader. Pagan Postings will be our letter page. Please write - this is our only way getting feedback, pas@dragonpalm.com .

If you want to get in touch with any of our writers or artist we will forward emails for you and if you are one of our writers or artist and you want people to have your email address let me know when you make a submission and what email address you want to use (if you have more than one).

And the earlier you send in submissions the better. I am writing this on December 16th - after finishing a ten hour work day...and the Internet is going as slow as a turtle, so even if I finish tonight - uploading it may be impossible. But the earlier I get it the better I can start laying out the zine. And we always need two types of submissions ones that go along with the theme (Sabbat) and one that don't. If it one that doesn't go with a Sabbat send them anytime, as it doesn't matter what issue they are in.

I am hoping to keep increasing the page count till we get it up to around 40 pages (will go higher, but right now that's my goal). We really need artwork.

Blessed Be

Dreamweaver

Peppermint And Sage Vol. One issue two Yule 2013

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All submission should be sent to pas@dragonpalm.com

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1	Sun	
2	Mon	Full Moon
3	Tue	
4	Wed	
5	Thu	
6	Fri	
7	Sat	
8	Sun	
9	Mon	
10	Tue	
11	Wed	
12	Thu	
13	Fri	
14	Sat	
15	Sun	
16	Mon	
17	Tue	Full Moon - Dragon Palm WIP
18	Wed	
19	Thu	Dragon Palm Yule Rit
20	Fri	
21	Sat	YULE
22	Sun	
23	Mon	
24	Tue	
25	Wed	Christmas Day
26	Thu	Boxing Day
27	Fri	
28	Sat	
29	Sun	
30	Mon	
31	Tue	New Years Eve

January 2014

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



1. A slightly more adult craft we have done a few times is to make our own ornaments out of salt dough. You can use cookie cutters or hand shape them for more personalized images. Just bake like cookies. I used a pencil (eraser side or unsharpened) to make the hole in the top with chain mail rings through them to hang with. They can be painted with just cheap dollar store acrylics or "tester" paints. I also used craft glue to put googly-eyes, buttons, etc. on some of them. They can be as simple or complex as you like. They make great, inexpensive homemade gifts too.

Salt Dough Recipe

1/2 cup of salt
1/2 cup of water
1 cup of flour

2. Make snowmen out of Styrofoam craft balls. Smaller one can usually be bought in multi-size packages of about 10-12. Cut small slice off bottom of largest ball to have a flat base. Use toothpicks (small) or pencil-thick wooden dowel pieces (large) to hold the balls together while glue sets. I recommend hot-glue (be careful not to get the gun to close to the foam), but craft-glue can be used too (just apply liberally as it tends to soak through the more porous foams). Glue on small buttons, google or rock eyes, fabric scrap scarf, etc. insert small found twigs as arms.

3. If you buy a live tree... many places will let you have the trimmings free or close to it. You can use these pieces to make garlands, swags, mantle pieces, and/or wreaths. Tie with thin twine or glue together.

4. Make your own wrapping paper out of flattened brown paper bags. Decorate with stamps, stickers, magazine pictures, holiday confetti, and even mini-ornaments.

5. Make your own personalized gift baskets cheap. Save unwanted baskets, bowls, tray, etc. from gift sets. Fill with free samples, dollar store items, and homemade crafts. Cover with colored saran wrap and tape shut on bottom. Can be customized for each person on your list! I usually do this for most of the adults on my list & it's always a big hit!!



Around the Hearth.....

by Lady Pinkie Luna Fae

Seasons Greetings my friends!!!! As I write this installment of Around the Hearth I am preparing for turkey day with the Phamily. This year we are gathering at one of our coven members houses and splitting the buffet, so to speak. I adore a large get together to share this day of feasting, many hands makes light work, but the real fun starts after.

YULE!!! and CHRISTMAS!!! Yes our family celebrates both (and I'm not allowed to start dragging decorations out until after turkey day, which i do, with great joy and lots of Christmas carols) Yule, we do a coven get together with feast, ritual, and exchange gifts (we are getting so large we may have to draw names next year) We will get together early in December to string popcorn and find the perfect top for our Yule tree and will decorate it outside with edibles for all the critters still awake enough to enjoy them. This was something i felt very strongly about... we dont kill a tree just to have a live one, our world, unlike our ancestors, has a finite limit to it's resources, so we try to be conscientious of that while we maintain our pagan traditions. There are also many social gatherings within the pagan community around here that we try to attend. At one such event this year, I will be supporting my craft sister as she receives her first degree, and will have the honor and privilege of standing with another sister as she gets Handfasted. much wonderful hustle and bustle to be had!!!

Christmas eve and morning are for family traditions and Santa! And of course the kids are on winter break, so that's extra hands for cookies and candy making. (which they have zero compunction about helping clear out before they go back to school.) Christmas Eve we all get one present to open, and we usually have fresh cookies to put out. We pile into the living room and watch a movie and eat popcorn and junk until we feel like we are going to pop. Christmas morning it's a mad

rush to see what Santa has left, if he has eaten all the cookies, and if the reindeer ate their magic reindeer food. After all the excitement I cook a big breakfast with everyone's help, then we usually go to a movie as a family. (Last year it was the first installment of The Hobbit, this year, its the second part< I am so glad my family is a bit on the geeky side.)

Of course, amidst all of the fun, there is shopping, normal housework, wrapping presents and everyday things to keep up with that can frazzle you and suck all the joy out of the season. This year I am trying to do much of my shopping from self employed artisans and shop keepers. Not all of the gifts i purchase will come this way, but it not only cuts down time i spend in the store, but helps put a little green in some folks pockets that could use it.

so without further ado, we will start with a few crafts for the kids and some decorating ideas i use.

REINDEER FOOD

some raw oatmeal
glitter or cookie sugar
(you can put raisins, nuts, anything you think a reindeer will eat in it, but the sparkly stuff is what makes them fly)

mix it up and have the kids sprinkle it around the yard to give those magic beasties a boost!

(We have also been known to leave a carrot or two around, and wouldn't you know it? The reindeer eat it like corn on the cob leaving little teeth marks around it.)

*WINTER BREAK/DECORATING IDEA get a pack of copy paper and have the kids spend an afternoon

making snowflakes. Hang them all over the house to make your own winter wonderland.

*a ginger bread house kit is tons of fun for everyone (and lets those of us not brave enough to try it from scratch off the hook) we open a cereal box to use as a base.

*what to do with all those paper, popsicle stick, and kids crafty ornaments that fall apart if you store them? get a big piece of felt material and glue all those keepsakes down so you can show them for years to come as wall art that will fold up and tuck neatly away with all the other decorations. (the bulkier ones i string up on fishing line or garland to minimize handling and wear and tear)

This time of year is especially rough ,with the longest night and the coldest temperatures still ahead, on our furred and feathered friends. You can make any number of neat little things with birdseed and p-nut butter to hang in trees outside to help them out a little. Pine cones tend to be a favorite to roll in the p-nut butter then into the seed.

NOW FOR THE NOMS!!!! I generally stick with three tried and true favorites and add anything extra i have time and ingredients for along the way.

BUCKEYES; (this is my families all time top notch favorite, but there's lots of prep time and I always double the recipe so we will have some for more than a couple of days)

1 1/2 c p-nut butter
1/2 c butter softened
1 tsp vanilla (i just pour some in)
4 c powdered sugar

mix these ingredients , what you will have resembles a firm cookie dough, place in fridge to make working with it easier. After about 10-15 minutes in fridge, take it out and start rolling into 1-2 inch balls, place on tray lined with parchment or wax paper and place back in fridge.

melt 6 oz of chocolate with 2 tbs shortening in double boiler on stove (be careful not to burn your chocolate, add small amounts of shortening or margarine if your chocolate starts to get too stiff or dries out)

remove balls from fridge and dip in chocolate using a toothpick, leaving the top of the ball showing.

let set and they are ready to eat or give away!!!
(store in airtight container)

CHOCOLATE CHOCOLATE CHIP COOKIES (my personal favorite)

4c chocolate chips
2 2/3 c all purpose flour
1tsp baking soda
1tsp salt
1c butter (I use real butter in my cookies, better flavor, better for you)
1c brown sugar
1/2 c white sugar
1tsp vanilla
3 eggs

preheat oven to 375

in one bowl mix flour, baking soda, salt

in another bowl cream sugar, butter, vanilla and add eggs one at a time.

melt 2 c chocolate chips and beat into sugar and egg mix

combine dry ingredients with sugar/chocolate mix, add remaining chips.

spoon onto ungreased cookie sheet and bake for approx 8-9 minutes.

cool for a few minutes then remove to wire rack to finish cooling, store in airtight container

SNICKERDOODLES (a classic cinnamon cookie)

1c unsalted butter
1 1/2c sugar
2 eggs
2tsp vanilla
2 3/4 c all purpose flour
2tsp cream of tartar
1tsp salt

preheat oven to 400



Around the Hearth.....

by Lady Pinkie Luna Fae

cream butter, sugar, eggs and vanilla in one bowl

mix dry ingredients in another bowl (i also add cinnamon to this mix because we love cinnamon in our house)

combine wet and dry ingredients together

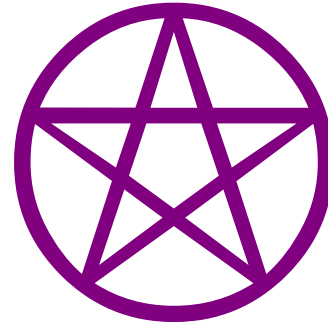
roll into 2 inch balls

roll balls in a sugar and cinnamon mix to coat

place on ungreased cookie sheet and bake for approximate 7-8 minutes

I could just go on and on about all things Yule and Christmas, but i think we will leave it at this so i have something to write about next year!!! May you all have the happiest of holidays, whatever way you choose to celebrate, and may every blessing of bounty and good fortune find you!!!!

love and light,
Lady Pinkie Luna Fae



« Path of the Witch »

The path you choose
Is up to you
But this one's picked
By the chosen few

Honor the earth
And Lady Moon
Our new incarnation
Is coming soon

In Burning Times
We were forced to hide
But now all the witches
Should show their pride

With respect to all
And harm to none
Then our spells
May be wrought and done

A pentacle
The chosen sign
But those who wear it
May still find

Those who say "cry guilt"
For ancient crimes
When they should see
The change in times

In a land of freedom
They shall see
That they will have
To let us be.

By Aquilis FireHaven



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: Do you use spells? If so do you find it works better if you make them up yourself or that you follow someone else's formula?

A: Yes, I use spells. I have found that spells work better when I write them myself. More of my energy goes in to it and since I wrote it, I am very aware of the intent of every aspect of the spell. Writing the spells myself also allows me to carefully think through the consequences of each word and action. In a pinch, I will use a spell from a trusted source and modify it for my needs, but I really do prefer writing my own. Spells don't have to be all fancy and flowery, though it can be nice on occasion, and are fairly simple once you understand what goes in to creating one. The most important aspect of writing a spell, in my opinion, is a clearly stated purpose. Let's use a money spell as an example. A poorly stated purpose would be something along the lines of "I want money". It would be much more accurate to state your purpose as "I need \$43 dollars by next Friday so I can pay the light bill". There are numerous correspondce charts available on the web and in books that can help you pick dieties, colors, stones, herbs, moon phase, and time of day for optimal results. I would also suggest you write your spell in your Book of Shadows and include all

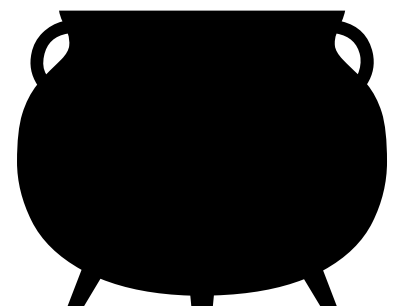
pertinent details and the results.

Q: Lysol is so harsh and causes asthmatic reactions in so many people. Is there a natural alternative I could use in my home during the cold & flu season?

A: There are many pricey and fancy natural cleaning products on the market. I have found two I love that are cheap and easy. Tea tree oil and hydrogen peroxide. Ok, so the tea tree oil can get pretty expensive, but you don't need very much. A little will go a long way. Mix the following in a 16oz spray bottle and shake well before each use: 3 cups water, 1/4 cup peroxide, 2 TBS fresh squeezed lemon juice, 10 drops tea tree oil. This can be used on just about any hard surface. Just spray and wipe. If using on fabrics, be sure to test an unseen area first to ensure the colors won't run. If you want to pretty up the smell of this mixture just add 10 - 20 drops of lavender oil as well. Don't have any essential oils handy or worried about allergies? You can spray hard surfaces with straight hydrogen peroxide, follow with a spray of vinegar and wipe the surface clean.

Q: what is a good herb for sweaty feet?

A: I recommend plain old everyday cornstarch to help with the wetness and peppermint oil for the smell. Mix one cup of cornstarch with a few drops of peppermint essential oils and keep in an air tight container. Dust your feet, your socks, and your shoes. You will be drier and smelling pretty in no time.





A World Apart, A World Together

Explorations in IndoPaganism

by Moss Bliss

Single is the race, single of men and of Gods

In the Western world, philosophers argue on and on about whether there is one God or many, and whether that God or those gods are within creation or without it. The Greeks tossed around words like monotheism, polytheism, pantheism, and panentheism. (Briefly, One God, many gods, God is a spark within creation, or creation is a spark within God.) Many Pagans argue whether they are pantheists or polytheists (and some add panentheists, although this is a lesser-known philosophy). But there are deeper choices found in Eastern philosophies.

In the East, there are only three choices, and only one Deity. All the “little” gods are merely faces of this Deity, like facets of a jewel. The choices are:

1. Dualism - Deity and Creation are separate,
2. Qualified monism – Creation is within Deity, like cells of an organism,
3. Unqualified monism -- there is only one Entity, and its separateness, seen as Creation, is mostly an illusion.

In this view, there is no war among gods or religions. Whatever one chooses to believe is acceptable; some may see them as higher or lower philosophies, but nobody is berated for believing one or the other. Because, in this view, every living being (animate or inanimate) is either: 1. A child of Deity, 2. a co-equal part of Deity to themselves, or 3. wholly Deity observed through the lens of Maya.

At a time before recorded history, two different peoples who reasoned on these lines came together, and instead of having a My God Is Bigger Than Your God battle, decided their gods were merely faces of the same Deity and joined together, as mostly one people. This is the origin of the Bharati, or Hindu, religion. So all peoples in this region hold each other

in equal regard. Indeed, in Sanskrit, the *lingua franca* of these peoples, there is no such word as “heresy”.

I said “peoples”, not “religion”. It is not just one religion. There have been many independent sects, and many groups considered “religions” today began as “reformed Hinduism” – and there are today at least four distinct religions lumped under the Hindu “banner”. These groups are called Vaisnavism, Saivism, Shaktism, and Smarta or Smartism.

The statement which defines this group of religions is, “What is written in your heart is more important that what may be written in a thousand books.” Whether you primary deity is called Vishnu, Siva, Shakti, or Brahma, you are human and you dwell within Maya, the illusion of division from God.

(For more information on the sects of modern Hinduism, see my article, “Hinduism In Brief”, available at the Occult Underground website, my websites, or by emailing me at zaivalananda@gmail.com.)

So what has this to do with Paganism?

The arguments which surrounded us, coming from Greek philosophy and not from our Celtic and Saxon forebears, never fully integrated into Paganism, which explains why we are arguing about how they apply to us to the present day. The comment used as the heading of this article shows that we, alone among Western religions, knew of our connection to Deity. This was either an independent thought or carried over from earlier times in other places.

Gerhard Herm, in his book *The Celts*, shows how the Celtic race was founded – as a coming-together of three peoples, meeting in a part of what is now called Austria. One of these three peoples was clearly out of

India (supported by many sources including Herm's book), carrying many goddesses and gods with them from there. If this theory is correct, that rules out "independent thought" discussed in the previous paragraph.

We carry the echoes of monism. Only we, among all Western peoples. We understand that the priceless Jewel is made up of ourselves. This could explain why so many Pagans today are exploring Hinduism – it is in our roots. Perhaps buried deep, but there. The deepest roots are the firmest, it is said.

For those of us calling ourselves IndoPagans (or IndoWiccans), those echoes are heard loudly and are given our full attention. Many of us find ourselves calling Shakti instead of Goddess, or Siva, Vishnu or Krishna instead of God. Some anthropologists feel the Horned God on the Gundestrop Cauldron may have been a form of Siva – most Western Pagan deities are muscle-bound, while Siva (and that one depiction of Cernunnos) is always in meditation, sitting cross-legged (lotus position).

May the barriers in our understanding be removed (Om gam Ganapatayei namaha). I hope you will join me for the next article in this series.

Moss Bliss
Knoxville, TN



Check out our website at <http://www.earth-elementals.com/> or our facebook page

« The Gift »

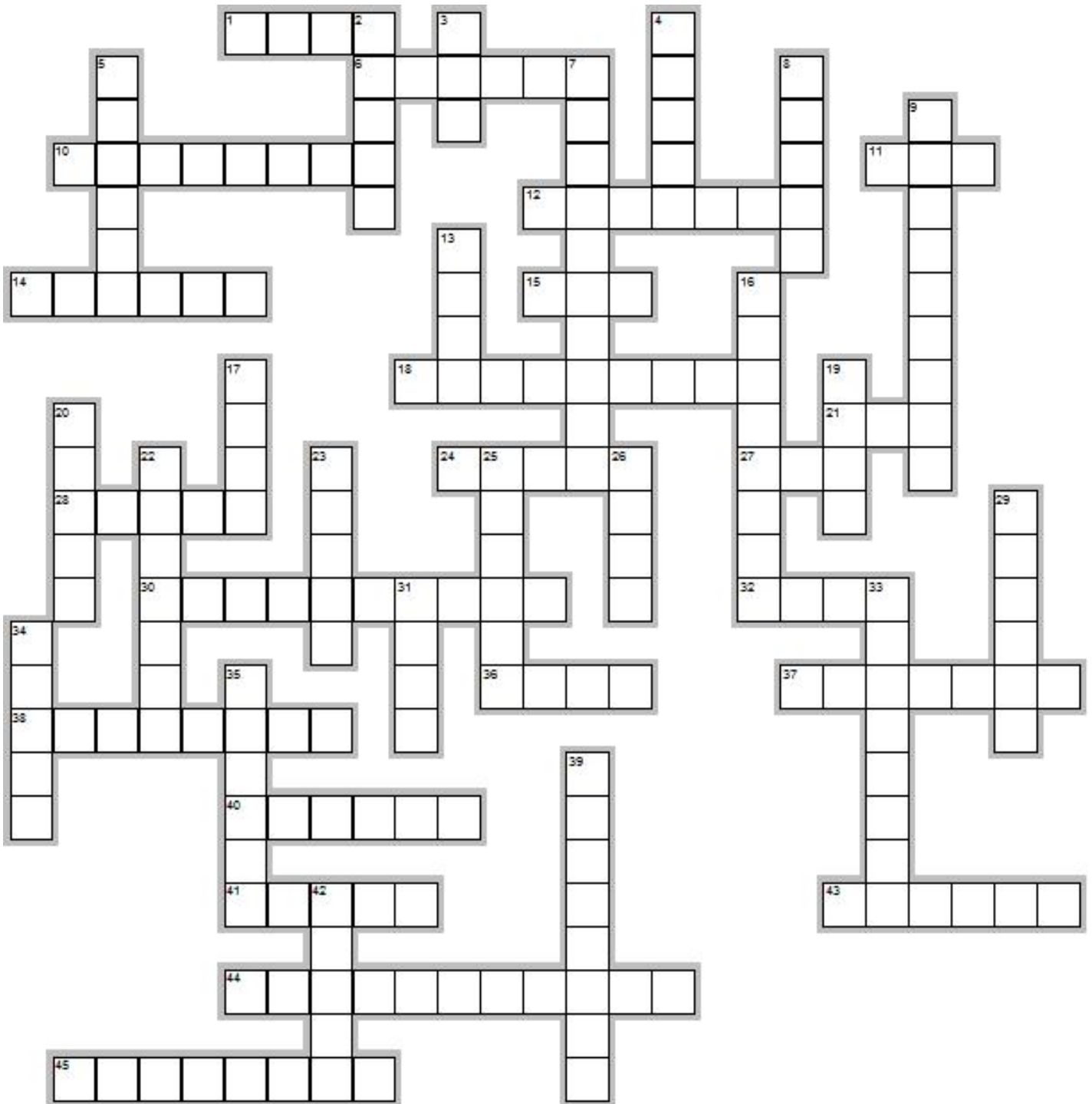
The path that wound,
Round and round,
Is the one I walked ,
The day I found,

My gift from nature
Strong and lean
My staff that is now
Easily seen

As a staff of power,
Décor and glory
Mother nature ,
Left this for me.
To decorate
And protect
I will not
Ever neglect

My gift from she
Who knows us all
She is the one from which
All gifts fall.

By Aquilis FireHaven



EdgeCrossword.com

Across

1. Norse God of thunder
6. Greek Goddess of wisdom, war, the arts, industry, justice and skill.
10. a book of magick
11. Santa's helpers
12. apple orchard fertility ritual
14. the Witches alphabet
15. Black _____
18. Celtic goddess of wisdom, intelligence, magic, divination and enchantment
21. holly and _____
24. west

27. east
28. Banded chalcedony
30. first of the harvest festivals
32. on top of a tree or within a circle
36. Egyptian symbol of life
37. dance of the sugar plum
38. Raymond, Wiccan author
40. clockwise movement
41. North
43. famous snowman
44. Wiccan ritual of marriage
45. purple quartz powerful and protective stone

A Rune

By Lady Sky

Down

2. black bird often a messenger of the gods
3. time traveling doctor
4. deck the _____
5. Dragon Palm _____
7. a blue green stone of courage
8. jingle
9. publisher of the "magical Almanac"
13. midwinter celebration
16. half human half horse
17. Celtic group from GA, Emerald _____
19. South
20. Goddess of the moon and hunt
22. an oath breaker
23. Dark Goddess
25. daughter of Diana
26. red variety of corundum
29. a consecrated object used for protection, good fortune, luck, health ...
31. peppermint and _____
33. animals the pull Santa sleigh
34. Fossilized natural botanic resins
35. Bell, Book and _____
39. attendant spirit that usually take the form of an animal
42. lord of the _____

We hold the night fast to us now.
The blue star placed upon our brow.
The tools are laid upon the ground.
The circle has been cast around.

Dark of the moon, your time is near.
Destroy the danger of which we fear.
Behold the pain of which we hide,
Knowing you are by our side.

Our sword is strong that draws us here.
Our inner peace is no where near.
Rage envelops us and holds us fast.
To this spot where we breath at last.

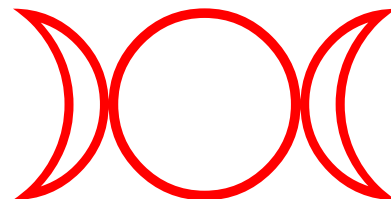
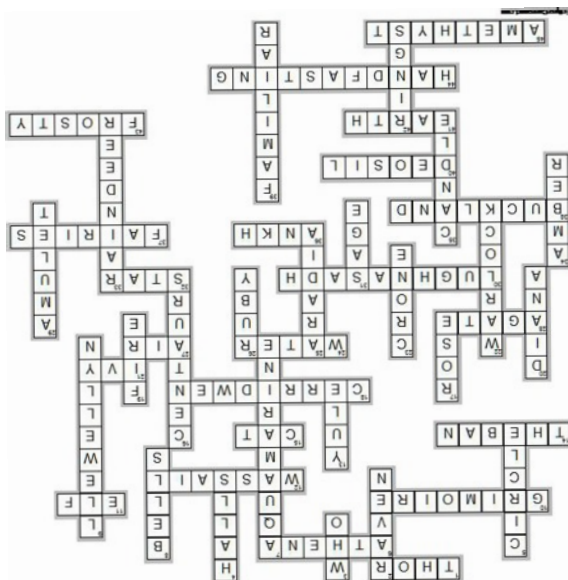
Goddess and God join us please.
we are here on bended knees.
Bless us that we may know your will.
And help us to overtake this hill.

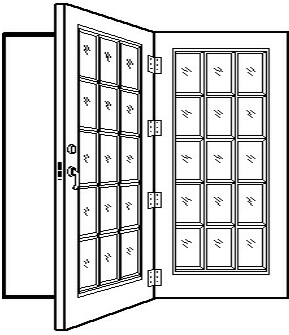
Goddess help us to build not destroy.
So we may have the time to enjoy.
All the good you have placed before us.
Please don't let our hate destroy us.

Our future is an unfinished story.
We will praise you in all true glory.
Mother, behold your children are falling.
Protect them for the danger is calling.

Goddess surround us, God protect us,
Goddess protect us, God surround us,
Mother surround us, Father protect us,
Mother protect us, Father surround us.

Peace is love, love is hope,
Hope is faith, faith is strength.
Peace is love, love is hope,
Hope is faith, faith is strength.





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

Part II

...As we left off in our last effort, James and Carey were trapped in an old mineshaft... no, wait, wrong story. Last month, we hinted at the magick words, "fish oil". What has this to do with either mental health or paganism? Hmmm...

I apologize in advance that this month's article will be almost solely dedicated to this topic; I will discuss other helps in coming articles. It will be hard to bring it back to paganism much, but I will try, and will refocus in future articles.

Anthropologists tell us that, not that long ago, there were 3 or 4 competing hominid ("man-like") species. One of these groups lived along the lake, and ate a varied diet including spearing fish from the lake; the others did not get the benefit of eating fish. According to these anthropologists, those who ate fish regularly had their brains grow to 3-4 times the size of their competitors, and were thus able to use their new-found brainpower to out-compete the others and become the only surviving species of man. (Source: paraphrased wildly from "The Omega-3 Connection" by Andrew L. Stoll, M.D.)

Is this not a gift from Goddess? It would seem so to me. I would venture to say that these distant ancestors were likely moved to use these brains to think about the world and universe around them, discovering the Grace that the Lady had given them.

How does this affect us today? When we are born, over 60% of our brains are made up of fats, with nearly all of those fats being the Omega-3 fatty acids EPA and DHA. These fats get used up, and are replaced through our diet. If there is EPA and DHA to replace them with, our body uses those. If there isn't, it uses whatever fatty acids are available (the American diet is heavy in AA, Arachidonic Acid – an Omega-6). Our bodies can manufacture EPA and DHA directly from

dietary fish, or from grains or vegetables high in a third Omega-3, ALA (Alpha Linoleic Acid); it cannot manufacture an Omega-3 from an Omega-6. The typical American diet is VERY high in Omega-6s, high in Omega-9s, but unless you eat a lot of fish or flax (or hemp), virtually no Omega-3s. (I can discuss what these terms mean privately if you like... suffice it to say that our brains NEED Omega-3 and not the other types of fats, and do not work properly without sufficient quantities of them.) With the proper fats, our neurons fire off in proper sequence; without them, we're out of sync. (Same source as above) This appears to be a MAJOR (physical) cause in depression, mania, schizophrenia, and other types of mental illness or distress.

Yes, there are environmental factors, behavioral factors, etc., but the Goddess gave us these brains and we need to feed them properly.

It has further been studied (and so far mostly proven) that, as fetuses and babies, we suck our mothers dry of their supplies of these fatty acids – it's how we get them in the first place, either through the placenta or through mother's milk. In fact, a mother with a diet insufficient in Omega-3s is sucked so empty of them that it appears to be the almost sole cause of "post-partum depression".

How can we get sufficient quantities of these substances in our diets?

1. Eat cold-water dark-muscle-meat fish (cod, salmon, etc., but not whiting) 3-4 times per week, at least 4 oz per serving.
2. Take fish oil supplements (these can be cheap or quite expensive, but the expensive ones have not been shown to have much value over the cheapest ones).
3. Take a DHA supplement (more expensive, and mostly only available at GNC Stores, but derived wholly from algae and plankton, not fish).

4. Take Flax Seed Oil or Hemp Seed Oil Supplements (high in ALA, which your body CAN convert to EPA and DHA... but different bodies are more or less efficient at the conversion process). (You can also add whole flax seed or hemp seed to your diet in various ways, and other vegetables have lower levels of ALA but might be sufficient.)

That's it. There is no other way. And most bodies are very poor at converting ALA to EPA and DHA, so fish or the GNC DHA supplement are the better ways to go.

There are questions about fish being polluted with mercury; this has been analyzed for most brands of fish oil, and not even trace elements have been found by any study I've yet seen.

How much does it cost? Well, you know what it costs to buy fish, or can check at any grocery store. Fish oil can be obtained as cheaply as 300 1-gram softgels for under \$10 (Sam's Club, similar price at Costco), 250 for \$12.50 (Walmart), up to 100 for \$19.95 at various health food stores. It has been shown that nearly all (regular-strength) fish oil is processed and produced at only 3 factories in the world, so the expensive stuff at the health food store is exactly the same as the cheap stuff at Sam's Club. (I recommend that you do not buy "Icelandic Health" from infomercials or "OmegaBrite"; these are untested formulations at VERY high prices.) "Standard" fish oil contains 180 mg of EPA and 120 mg of DHA per gram (1000 mg, adjust for 1200 mg softgels) of oil. I find good mail-order prices from Puritan's Pride or VitaCost.

How much should you take? If you suffer from clinical depression, bipolar disorder, or another diagnosed disorder, I would start at 4 grams (softgels) and think about trying 6 if you can afford it; less than that is shown to not be effective (from the more than a thousand of people who have been in my ALT-therapies4bipolar group), more than that just costs too much and there is no shown benefit to date.

What problems can I expect? A very few people are allergic to fish. These should investigate flax seed or hemp seed oil or, again, GNC's DHA supplement. A few people have gastric upset from fish oil; these should either buy the "enteric coated" fish oil softgels (a little more expensive, but not much) or consider taking some Taurine (an amino acid which helps with lipid digestion) along with their fish oil, and might consider taking their fish oil only with food. Otherwise, there are

no known problems – and a LOT of benefits I haven't even begun to talk about (read "The Omega 3 Connection" by Andrew L. Stoll, M.D., for the full amount we currently know about the benefits of fish oil – be prepared to be astounded, it is good for so many things it starts sounding more like "snake oil" before you're halfway through the book.)

Will fish oil "cure" you? If you don't notice the benefits CLEARLY within 2-4 weeks, stop taking it (or decrease your dosage). In my own case and many like it, I could almost literally feel a weight lifting off my shoulders within a week. It (and a few other supplements we'll talk about in later articles) literally gave me my brain back, rather than "control" (i.e., dampen) it like the various psych drugs did. I still have the psychological issues I had before (but I'm working on them, and have many fewer than I started with), but I have the *capacity to work on them* and expect the change to "take". (While on psych drugs, I always felt I was fighting the drug to accomplish anything, and often the change would not "hold".)

I would like to emphasize several things here. I am a Priest of Wicca, not a Doctor of Medicine. These statements are based on a LOT of anecdotal evidence and a few studies done at Harvard Medical School and affiliated university hospitals. If you are diagnosed as "bipolar" (or "manic-depressive", same thing), feel free to join the ALT-therapies4bipolar Yahooogroup, where currently over 475 other people are talking about what they are doing for themselves, usually without any drug therapy whatever. We also have a group called Bi-polar_pagans, which includes people -- on any therapy -- who happen to be pagan. If you need help contacting these groups, please write me.

Moss Bliss
zaivalananda@gmail.com
Knoxville, TN



Meat Preservation

by Mark Dragon

Meat Preservation may not be "necessary in this modern day of refrigerators and freezers, but it can be a great way to extend the life of meats on sale or add to special recipes.

Dried Beef

1/2 cup salt

1/3 cup sugar

1/2 teaspoon saltpeter

1 single eye of round; 4 or 5 lbs

Mix together the salt, sugar, and saltpeter.

Divide the mixture in half. Rub half of the mixture well into

the eye of round. Put the meat into a glass dish or plastic bag and refrigerate for two days.

Remove the

meat and rub in the rest of the cure mixture.

Refrigerate for another two days. The meat should cure

for about one day per pound of meat in all.

Remove the meat from the cure, wash it and pat it dry with

paper towels. You are now ready to dry it. You can add a bit of smoked flavor by brushing it with a little

liquid smoke. Hang the meat in a cool, well-ventilated spot and leave it alone. Don't handle it while it's drying

because handling can cause surface mold. You can use the meat any time after the surface is dry. Give

it at least one week, but it will keep for months hanging in a cool dry spot (40 to 45 degrees F).

If mold does develop, wipe the meat off with a clean towel dipped in a vinegar/water solution.

Corned Beef

4 qt water; hot

2 c pickling salt

1/4 c. sugar

2 tb pickling spice

1 1/2 ts saltpeter or sodium nitrate

1 beef brisket or tongue (5lb)

3 cloves garlic

'Corned Beef' actually has nothing to do with corn, but gets its name from Anglo-Saxon times when granular salt the size of a kernel of wheat - "corn" to a Briton - was used to preserve it. Combine water,

salt, sugar, spices, and saltpeter in a saucepan over low heat and stir to dissolve salts and sugar.

Allow to

cool. Place beef in a deep enameled pot or stoneware jar, and pour the cooled brine over it.

Add the garlic.

Weigh down the meat to keep it submerged and cover the pot. Cure in the refrigerator for three weeks, turning the meat every five days.

To store, wash in lukewarm water, dry thoroughly, then wrap in layers of heavy paper and hang in a cool, dry place.

Jerky

1 1/2 to 2 pounds lean, boneless meat 1/4 tsp. garlic powder

1/4 Cup soy sauce 1/2 tsp. onion powder

1 Tblsp. Worcestershire 1 tsp. hickory smoke flavor salt

1/4 tsp. pepper Hot sauce or Tabasco (optional)

Trim and discard all fat from meat. Cut meat into 1/8 to 1/4 inch thick slices. In a bowl, combine soy sauce, Worcestershire, pepper, garlic powder, onion powder and smoke flavored salt. Stir until seasonings

are dissolved. Add all the meat strips and work them thoroughly into the mix until all surfaces are well

coated. The meat will absorb most, if not all, of the liquid. Cover tightly and let stand overnight in the refrigerator. Shake off any excess liquid, sprinkle coarse ground black pepper on both sides.

Arrange strips

of meat close together, but not overlapping, directly on oven racks or cake racks set in shallow,

rimmed
 pans. Dry meat in oven at the lowest possible
 oven setting, 150-200 degrees, until it turns
 brown, feels hard
 and is dry to the touch. This will take 5 hours for
 chicken and turkey, 4 to 7 hours for beef or
 venison.
 Pat off any beads of oil. Cool and store in airtight
 plastic bags or in jars with tight fitting lids. Keeps
 in
 refrigerator or at room temperature indefinitely.

And though it's not a preserved meat i'll add this
 for those who don't eat meat.

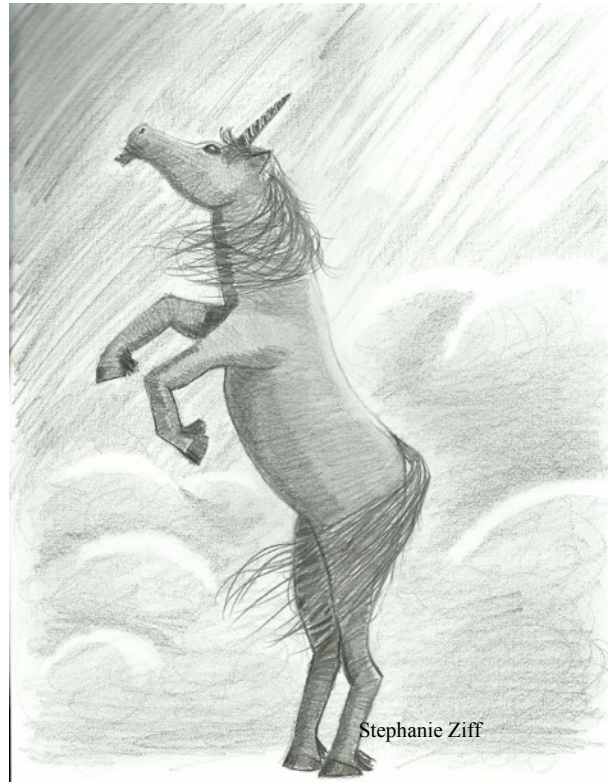
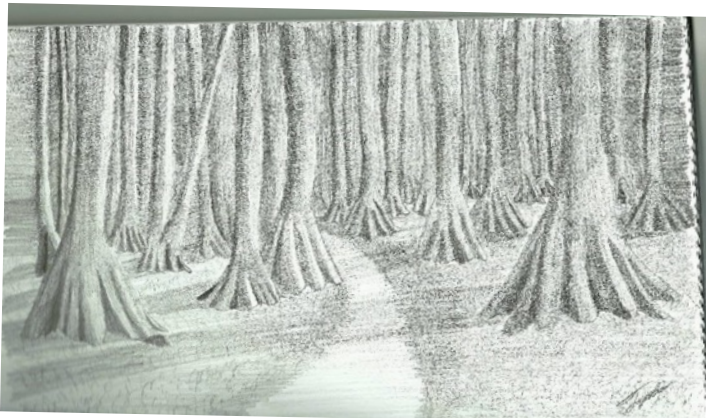
Vegetarian "Sausage"

2 c. cooked soybeans
 1 c. cooked dry lima beans
 1 c. cooked dry navy beans
 2 tsp. salt
 1/8 tsp. paprika
 1 T. melted butter
 1/4 tsp. sage
 1/4 tsp. thyme
 1/4 tsp. marjoram
 1/8 tsp. summer savory
 1 egg, beaten
 2/3 c. milk
 1 c. cornmeal

Preheat oven to 500 deg F. Press the beans
 through a colander. Add spices. Shape mixture
 into patties.

Combine egg and milk. Dip patties into egg, then
 into cornmeal. Place in well oiled roasting pan.
 Bake until
 sausages are browned on all sides, turning
 during cooking.

Mark
 Dragon



**In the dark of the moon
 We gather to learn
 The ways of the old
 And the ways of the new
 Dragon lore and ancient arts
 Mysteries still to be revealed**

**In the light of the full moon
 We gather to work
 To do what is needed
 To dance to the Goddess
 This is her night
 To this we avail**

**Children will chant
 As they remember the past
 When dragons soared high
 And Magick abounded
 The land still green
 The skies still clear**

**Eight times a year
 We stop to remember
 To dance and to feast
 The earth is our mother
 Never should we forget
 Why we are here**

By Dreamweaver



By Stephanie Ziff

NEXT ISSUE

Imbolc 2014.

The deadline for issue 3 will be January 20th 2014. We hope to have it published by the 25th so it will be ready for Imbolc. We will need articles, poems, artwork, pictures, games, letters, and cover (both front and back).

A little about the front cover. It can be just a piece of artwork on which we will add the name issue number to or it can be a complete cover. Also it should be done so that it will fit on the cover. Even thou this is an ezine think 8 1/2 X 11 for it size.

Send submission to pas@dragonpalm.com

Back issues can be found at <http://www.dragonpalm.com/PAS> and http://www.martview.com/book_detail.php?book=82a623ae-4099-11e3-985d-0024e8403c55 The version on dragonpalm is in PDF format - if you are planning on printing it, this is the location you want to download it from. Martview you will have to download a free reader if you don't already have one.



Pagan Postings

This will be our letter section, but for it to work we need people to write in. You can tell us what you think of one of our past issues. Subject future articles. Remarks about stories and articles. Letters need to be sent to : pas@dragonpalm.com In the subject put Pagan Postings. Let's here from you next issue.



Hearthsides Handmade
If you are looking for unique, handcrafted 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/>



Received this in a Yule card today from Steven Wodtke, who was part of our group for a while.

I was going to write a letter, I decided not to. I was going to write a poem, again I decided not to. So instead I am just going to include this.

Be good to each other and cherish every moment you can. Enjoy the holidays together, there are those that could not be with you during this holiday season, set aside any differences, pick up the phone and just say hi. If you have elderly family members living close by, make sure this year you make more time for them. Because once they are gone , it is too late. Take the time to learn form each other because we all have stories to tell.

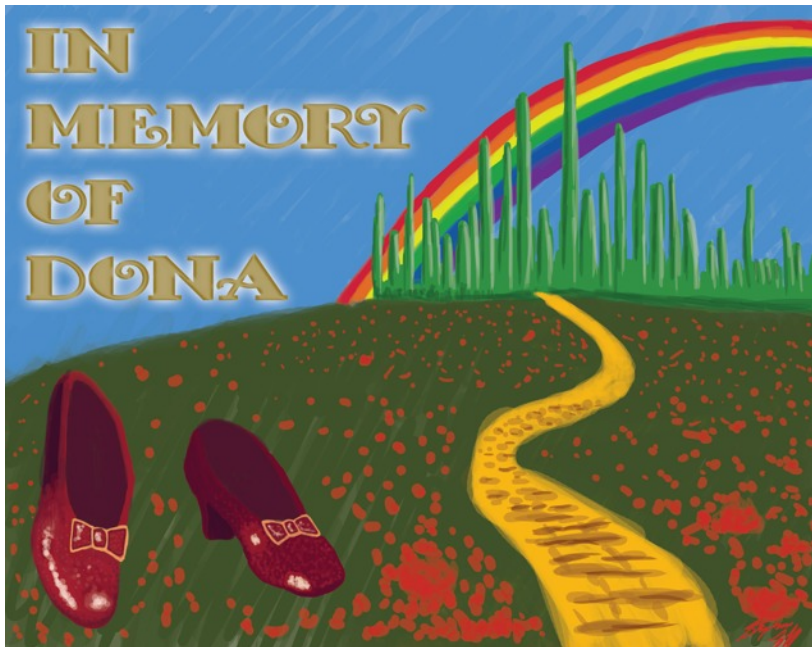
And you story is special, because it is about the personal journey of you.

Thank you all for being a part. Large or small, in my ongoing story. I hope all your ending are happy ones.

Fondest wishes for the Happiest of Holiday Seasons.

Steven





Our artist this issue, Stephanie Ziff lost her Mother, Dona this pass year. This picture is a design that will be on a float in the Christmas parade in Lake Worth, Fl this year.



Stephanie, Lady Sky and Dona many years ago on top of a large gray animal.



Stephanie is the artist of this month cover. This is the artwork that was used to create the cover. She's a graphic artist living in Florida.

Dreamweaver's Pagan Stew

- 2 tablespoons of oil or butter
- 1 1/2 cups diced onions
- 1 cup diced celery
- 2 lb. stew beef
- 3/4 teaspoon granulated garlic
- 1/4 teaspoon black pepper
- 1/2 teaspoon Spanish paprika
- 1 1/2 quarts water
- 6 beef bouillon cubes
- salt to taste
- 2 - 3 cups cut potatoes or a couple dozen baby red potatoes
- 1 cup white onion or one pack pearl onions
- 2 cups sliced carrots
- 1 cup sliced celery
- 1 can green beans (fresh if you can get them)
- 5 tablespoons instant potato mix

Heat oil or butter in large pot and sauté diced onions and diced celery for 3 to 5 minutes. Add meat and brown. Add garlic, pepper, paprika, water and bouillon cubes. cover and simmer for one hour. Then add potatoes, pearl onions, carrots, sliced celery, and green beans. Cook for another hour. add potato mix and let simmer five minutes longer (or until thickens) NOTE: You can add more or less of the final veggies to taste or add others of your liking.) NOTE 2: If you use fresh green beans cook them some first to make them tender.

We can always use recipes, they make terrific fillers - both for the magazine and for the body.



Yule's Gone By



Origins of Modern Witchcraft - Maybe



by Dreamweaver

Today we have a lot of different traditions of Witchcraft – many claiming to be more “real” or more of a “direct descendant “of Real Witchcraft or Original Witchcraft or whatever. None of these have any REAL proof of what they say. (Please – if you are part of one of these groups – don’t start yelling – just read on). Now there is nothing wrong with these beliefs within a tradition as it is part of the mythology of the tradition – they only get bad when a member of the trad starts preaching it to others. (Hey guys – things like that are some of the secrets of your trad – you don’t want others to know)

Let’s look at what we know historically – 1. In the 1950 – Gardner brought about his form of the Craft and started using the name Wicca as another name for Witchcraft. 2. Charles Leland wrote Aradia, Gospel of the Witches in 1899 telling about the Strega or Italian Witches.

OK that’s about it. Just about everything else is speculation. Witchcraft goes back at least to 1899. When Gardner came out of the closet in the 50’s he felt that there were no other Covens left, but to his surprise others did start popping up. Now did they already exist or did they come into existence because of Gardner?

Now we are going to MY origins of Witchcraft. This may have no truth at all to it, since it is speculation. Pre – Christian Church Witches are talked about in Mythology and other sources, but usually they were nothing like our Modern Witch. Today’s Witch is more like the Witch that came from the Middle Ages.

Let’s look at a few things we know. The early Church took over Rome and most likely was a major cause of the downfall of the Empire. A few of the things that were done by the Church was outlaw all the Old Religions within the Empire. Outlawed education for the common person. By the time of the inquisition, being educated was a crime that could be punished by death.

When the old religion were torn down the Priest and Priestess had to go into hiding. They were educated and with their religions gone – they were common people. Yet they were still needed by the people. The church had done nothing to replace these people who in many cases were the doctors, midwives, herbiest, and other scientist. (Barbers took over much of the medical work – scary).

They had to go underground. In cases like this small cells are used. 13 was a good number. They became the

Witches. As time went on, only one member of the group would be taught to read and write. This can be reflected to the modern Coven of six working pairs – with HP and HPS and a Maiden who is leaning to become a HPS. The 13th person would be the one learning to start a new cell or Coven.

This would give us the different types of Witchcraft and why so many different ways of doing something works. Now for another step – a lot of the secret societies and other groups that modern Pagans get a lot of their materials form – may have been formed by some of these Covens or from people who had studied with them.

Remember we have a long period of time where the Craft was completely hidden in most parts of the world. Some wanted to come more out in the open – being part of one of these organizations was more “honorable” than being a Witch.

OLD RELIGIONS ----UNDERGROUND CELLS
OR COVENS---SECRET SOCIETIES ----
MODERN WITCHCRAFT.

As I said there is nothing to back up my theory and it just speculation. Today we have many groups that claim one thing or another – and as a Witch or a Pagan our response should always be ok. But these same people should not try to preach to others of their way – but they do. And Goddess help the person who says, look you believe it your way and I’ll believe it my way – and since all paths lead the same way – Blessed Be. They yell and say “Your wrong” MY WAY IS THE ONLY WAY. Please you are starting to sound like members of other religions that we will not name now!

One of the things about history is it’s a fiction based on facts and influenced by the Winners or who is in power. And in the Western World the Christian is who is in power and they have done their best to keep the information away from the common man. How many books and scrolls are there about the old religions that were either destroyed are locked away? What do we really know about the old religions? We have myths, but

Origins of Modern Witchcraft - Maybe

by Dreamweaver

they are just stories, much like bible stories are today – and we don't know how much they reflected the old religions and much was just a work of fiction.

We don't even know how much our beliefs are like the old religions. But for our religion to work we must accept some of our own myths as truth, even when we know that there is a good chance that they are not.

This helps us form the basis of our religion. But even though these stories have been passed down through your Coven or from your teacher – when someone makes a statement you may feel is wrong – don't say you are wrong – state the way you look at it, and you both may be right.

As pagans we state that all paths lead to the same place, yet we want our path to be a narrow one, not a superhighway that have the paths (lanes) right next to one another, just a little off being the same path. Let's be the superhighway – don't fight.

The Wicca/ Witchcraft debate is so dumb. We have on one side people who claim they are the same and on the other people claiming they are different. Why? If you feel they are different – fine – you have your reasons. If you feel they are the same – fine – again you have your reasons. Friendly debate is fine – but when one side starts calling the other names and saying they don't know what they are talking about it is not fine. You are following your path of the Craft – if within it you feel they are not the same, that is your path – but where do you feel you have the right to tell someone whose trad says they are the same that they are wrong? Their path of the craft says they are the same. (For the record – I follow that they are the same)

But can you all see why it's good for us to believe in our myths and stories that form our trad or coven or solitary path. And why we don't have the right to tell others their beliefs are wrong. We have very little true history of the craft before Garner except Leland. Most of it is written by Christians which contain the slant that we worshiped the Devil – even giving the Devil names of Pagan Gods. And giving him horns like the Horned Hunter.

Blessed Be
Dreamweaver



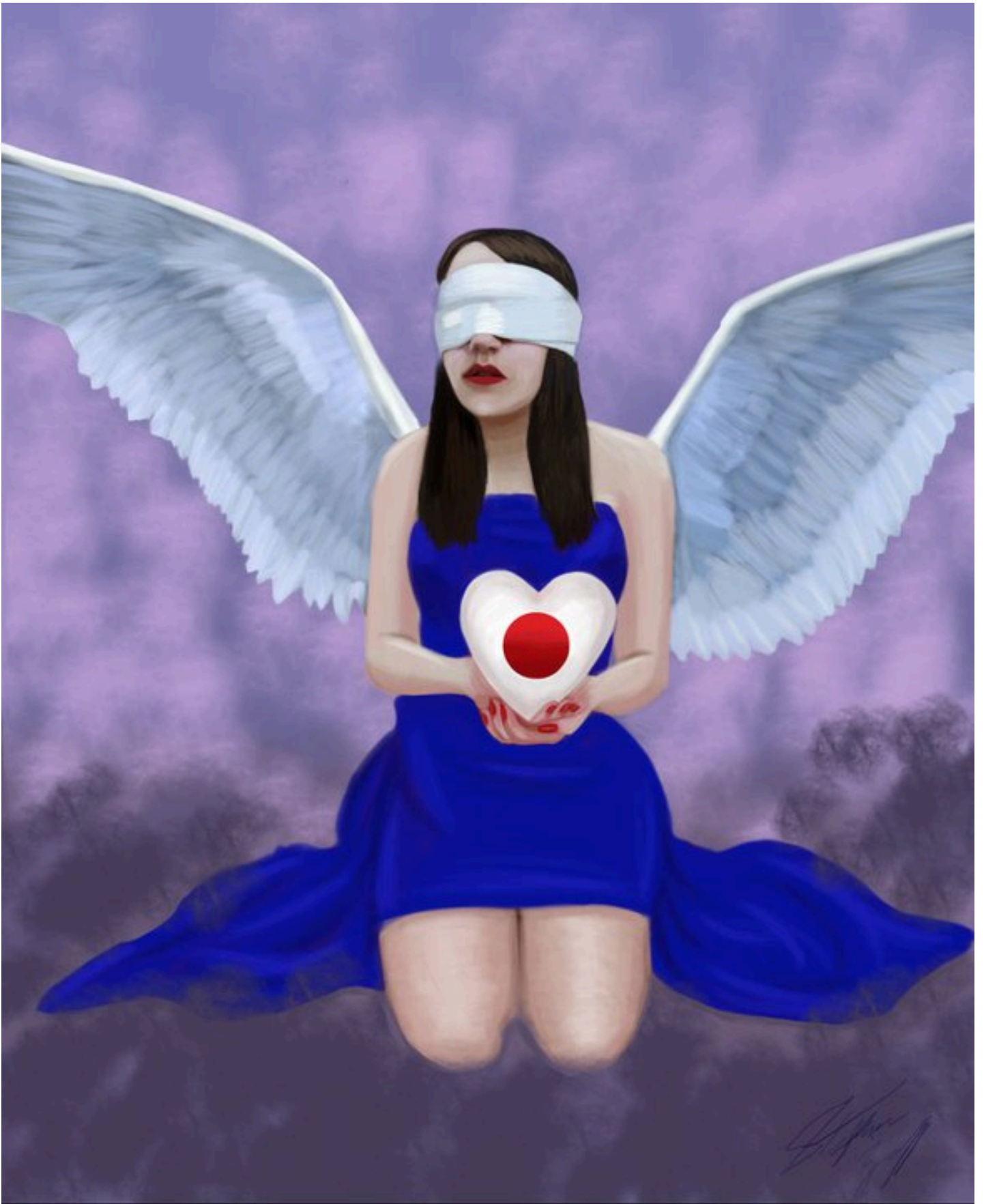
Dreamweaver's Chicken and Rice

- 1/4 stick of butter
- 1 cup diced Celery
- 1 Cup diced Onions
- the meat of two roasted chickens
- 6 cups of rice
- Water for the rice (depends on you rice cooker or if you are using instant rice mix)
- 4 chicken bouillon cubes
- 1 can carrots
- 1 can string beans
- 10 cups of water
- salt and pepper
- parley flacks
- Cook your rice.
- Put the butter in to large pot and milt, add celery and onion - cook for a few minutes.
- Add chicken, salt, pepper, and parley flacks stir for a few minutes
- Add the ten cups water and four bouillon cubes and bring to a boil
- let simmer for about ten minutes
- Add rice, carrots, and beans
- Let simmer for about 15 minutes more. Then serve.

You may want to add pearl onions if in season and small, peas, and/ or mushrooms.

When I first did this recipe I used instant rice mix - this was many years ago - today I don't use instant rice anymore - cook it in my rice cooker - taste better.





By Stephanie Ziff

