GEORGIAN NEWSLETTER The Georgian Church August 1985
1908 Verde
Bakersfield, CA 93304

Bakersfield--The plums are finished for this year and the squash were cut back and have started to set on again. It's been great to get a temporary break from the canning kettle, although the tomatoes and okra will send me back to the stove before the end of the month... and it looks as though we'll have a batch or two of watermelon rind pickle as well. Dean and I conducted the first Full Moon in July and we also met for a "working" circle at New Moon to work on tools and projects. On the second Full Moon, we did "wishes" and danced around a cauldron fire. Elizabeth and Delana are staying busy reading cards and Don is learning to play "Woad" on the guitar. Furry friends are fine, although they don't think much of this hot weather, and Oedipus the kitten is now a galloping four months old.

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From USDA

If your sunburned nose is the only touch of color in your yard this summer, you might consider planting some summer flowering shrubs, trees, or vines. Here are some suggestions from the USDA for adding color to your yard. Colorful summer flowering shrubs include crape myrtle, flowering raspberry, heather, hydrangea, rose-of-sharon, roses, spirea, stewartia and swamp azalea. The summer flowering trees include the Franklin, golden rain, Japanese pagoda, mimosa and sorrel trees. Summer flowering vines are versatile. They serve as screens, ground cover and hiders of unsightly walls and fences. Some vines include bittersweet, clematis, honeysuckle, silver fleece vine and trumpet vine. A word of caution concerning vines. Wooden walls are not for vines. Especially if the wall happens to be attached to your house. The walls are easily damaged by the weight of the vine and the moisture held in the foliage. Also, keep vines off the roof. They will cause a great deal of damage to shingles. Many of the summer flowering trees, vines, and shrubs can be planted in fall.

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From Tarostar

I see other newsletters speak of the GNL as "chatty" but not informative. I would be insulted! Unless "chatty" is what you want, let's try to get a higher genre going.

I'm offering some of my private stuff that I generally do not give out. Use what you can, as you can. I, perhaps should not expect to take up space each month. Others may give up. On the other hand, it may make them want to do better. My ego is not so thin that I would not take a back seat to a better article.

Ed reply (LF): Bear with me, this is kinda long. First, I want to thank you for your many contributions to the newsletter. It has been a long-standing editorial policy (which means "what Pat used to do") not to run more than one or two (maybe three--it was a loose policy) articles from each person each month. This helped to insure that the newsletter remained a forum for a variety of ideas and opinions. Therefore, if you don't see it in print all at once, please know we do appreciate the material and are holding it for future issues. If anyone who submits material wishes an acknowledgment, all they need do is enclose a SASE.

As for the classification of the newsletter as chatty: we are not particularly insulted. One of the reasons the newsletter was started was as a networking mechanism, so folks would know someone else was out there and some of the things they were doing. Things they were doing began to include tested receipes, pagan lore, rituals, book reviews, and other information of use to our special interest audience. This branched out into essays and articles as the GNL grew.

Some of the confusion may come as a result of the layout of the newsletters. News from others, articles, book reviews, receipes, jokes, short stories, essays, letters to the editors and replies to others are all mixed together. It is easier to put all this in a cohesive layout when you have the material to work with, such as a backlog of submissions you have sent us; otherwise, it's typed as it comes in.

Yes, it would be nice to have more scholarly articles, but some of the response we have received for the contest indicates to us that not everyone knows just what that means. So, to help with that, we'll talk about it a bit, and for those of you who know how to write a research article, skip the next paragraph.

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Ed. reply (cont.)

The basics of a research article are these: 1. You select a subject which would be of interest to a particular audience (such as pagan studies); 2. you narrow the subject to something manageable, which for the purposes of submitted to the GNL is two to five pages (for instance, "Herbal Preparations for the Boudoir"); 3. you make a rough outline of your paper so you have some idea where you're going before you delve into a library--your library, perhaps; 4. you research your topic, which means you look for information on the topic outside of what you already know (and it is perfectly permissable to begin a research paper on a topic about which you know nothing but would like to learn more); 5. you write down the information to be included in the paper and the source (this is called taking notes); 6. write the paper; 7. compile the bibliography and finish writing your footnotes.

A few words on bibliographies and footnotes and we'll move on. Footnotes serve a number of purposes. The most commonly known purpose is to credit the source of the material you are using, as it is relevant to what you are saying, but it is the product of someone else's work. Another reason footnotes are valuable is that they give specific information on where to find a particular idea or fact somewhere else, thus giving the reader of the article information on how to access more information. A bibliography does much the same thing, except the bibliography gives the specific address of the source so the reader can easily locate the source from any public library or, if necessary, from the publisher. A bibliographical entry for a book contains the name of the book, the author, the city in which it was published, the publisher, and the year of publication. An entry for an article contains the name of the article, the author, the name of the publication in which it was published, the date it was published, and the page numbers. You include the page numbers because you usually cannot check out journals and magazines from the library and if you have to send for the article through interlibrary loan, you usually must pay for the photocopies. If you want to get more creative, the MLA Handbook has a format for just about all common entries and is easy to use, once you get the hang of it. It is helpful to write bibliographical information down when you do your notes so you don't have to look it up again later.

I must admit I am somewhat of a skeptic. I hear an awful lot of folks railing about the preservation of the "old ways" at almost an evangelical decibel level, yet these same folks

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Ed. reply (cont.)

do not want to take the time to look up what information there is on the old ways and their histories, much less write it down and cite the source in order to share the information with others or to have a handy reference for themselves. There will be those who criticize me saying, "But the old ways weren't written down." Many weren't. Times weren't always this easy for pagans. Many didn't know how to read and write, and for those who did, there was the risk of capital punishment for the "crime" of heresy. Had they the advantages of free press, networking, education, and public libraries, they undoubtedly would put us to shame in the research department.

Times may not be so beneficial for a while to come, although we continue to hope the tolerance lasts, and as it generally has over the past thirty years, get somewhat better. One thing that helps is good, common sense articles which are researched carefully and documented fully. I cannot underemphasize the importance of this educationally. Perhaps the best way is to pose a question: How many of the old ways are lost simply because no one has yet looked them up and shared them with others, and how many would be lost forever if networking and public libraries were shut down tomorrow morning?

Be that as it may, even if we had thirty-five pages of research papers every month, we would still reserve a chunk of room for letters to the editors, news from others, receipes, rituals, fiction, poetry, book reviews, and networking attempts, because that's important, too--equally so. It's your newsletter. If it were my newsletter, I'd sit down with 35 pages of stuff no pagan should be without (perhaps at the risk of boring some) each month and type away.

We try to set aside egos a bit when we're doing this--ours, not anyone else's. There is nothing to be gained by defending an ego in public and perhaps it is better not to stick it out in places where it is likely to be agressed upon. If this results in being thick-skinned, then so be it. After all, this is a mystery religion.

Blessed Be.

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If you have to justify an action, you probably shouldn't act.

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From Shadowhawk

I am back from the Half Astral and writing again. Enclosed is a rather sketchy article about time, space and the magical use of the elements.

Several years ago, I wrote a monograph about the various types of spellcrafting, and invented a method of classifying all magical operations. This new monograph rough is kind of a follow-up to the Seven Systems of Magic, and the earlier work is recapped on the last two pages. I have found this method very helpful in ritual construction and spellcraft in general, and I hope it will be useful to others.

I have a couple of stories on hand which I can send if you would like them. They are different from the "Seven's Fairie Dust" story that was nominated for a Georgie a couple of years ago, but no less magical. Average length is about six pages and subject varies from creation mythos to talking animal stories. Another part of the Seven Saga is currently under construction, outline complete and rough draft about halfway done.

Could you please search your archives and find a poem called "Kilgareths' Keep Revisited"? It is one I wrote that the puppy chewed up the original of and I have no other copy. I know it appeared in the Georgian, but have no idea when. Naturally, there is no rush on that. Sometime within the next year will be quite sufficient.

I also send special greetings to Katherine and Kent, and Ruthie and Rus, and Rik, and everyone else I have come to know from the newsletter. It is an odd feeling, though I've never met most of you, and have had little correspondence, I feel like you are all close friends, almost family.

NEWS FLASH... There will be a wonderful event the weekend before Halloween this year. It is called WICCON, and is a convention of pagans being held on Vancouver Island in BC. It is sponsored by a group called ELFA (Enviornmental Land Fund Association) which is headed by a dear friend and fellow seeker of knowledge in Vancouver BC known as Tempest. They are having Golden Bough as their Arts Guest of Honor. Convention fees are $120 american for the three days (this includes food and room) and $90 american for children 5 through 12. I will be sending more information as soon as it gets here from BC.

Ed Note (LF): Good to hear from you folks again. We will look forward to your articles and try to find your poem.

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Eight Elements from Shadowhawk

Introduction. Much of this monograph was written for the beginner, so please pardon its "grade school tone." These concepts are neither new nor original--simply a rewording of previously hard to understand advanced metaphysics.

In the Middle Ages, when Magic was a part of everyday existence and everyone knew it, men of knowledge believed that the universe was composed of basic elements. These were named air, earth, fire, water, and spirit. This knowledge has survived today and is still the basis for most magical traditions.

The ideals and purposes of the modern magician remain the same as his ancient counterpart--to learn the secrets of the cosmos and by manipulation of his will, to shape his own reality.

In doing this, the ancients discovered a very basic part of the structure of magic, that, to name something gives one power over it. In modern language this would mean "a greater understanding produces a more efficient use of energies." One acquires, through naming or labeling, a clearer definition of any concept, and a relationship of that concept to others. Hence, the development of these three new elements. In these modern times, our life has become much more complex than it was for our ancestors in the Middle Ages. The need for the naming of these new elements becomes quickly apparent when working magic in today's world. To work magic effectively, one must be able to fit it into the pulse of their life. We have reality concepts today that the ancients could not have even imagined. Today's world provides opportunities and challenges unbounded for the magical child of the 21st century.

The three new elements are named for the modern world in which we live. They reflect our newfound technology and awareness of the cosmos, as well as our thought patterns which are also shaped by the world in which we live.

Alternity, Kronos, and Void are their names, and by their names you may know their boundaries and master them.

For those of you who are new to the realms of magic or, for those of you who have not yet set the boundaries on your perceptions of the elements, perhaps I should provide a brief definition of each of the elements in realtionship to one another.

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Eight Elements (cont.) by Shadowhawk

Alternity. This is the state of all beings and not beings. It is the realm where all potential exists. It is the place of all awarenesses and unawarenesses. The term primal chaos would also apply, but the author rejected this due to the negative shade of meaning popularly attached to the term chaos. Alternity is all things that are, will be, may be, could be, were, could have been, or could not have been.

Void. Because we cannot conceive of a concept without also envisioning its opposite, void is necessary to human patterns of thought. It is the state of non-existence which forms the sequence of events through the shadows it casts. It separates one event from another. If there is an ultimate everything, then there must also be an ultimate nothing.

Kronos. This is the limitation of any state of existence in its relationship to past, present, and future. Kronos provides the structure (order of being) of any state of existence, (its having a beginning, middle and end). Kronos is a malable element. We manipulate Kronos every time we perform any operation using our will, which is to say whenever we work magic. We give the operation its boundaries by this manipulation which defines its start, middle and end. Where void separates events from one another, Kronos is the continuity of each individual event. Through manipulation of Kronos we can attune ourselves to any point within the cosmos and channel its energy, or separate ourselves from the universe entirely for the duration and purpose of a magical working.

To be better understood, I will present these new elements in relationship to the old elements.

Alternity. This is the source point. The sum of all the elements.

Air. Air represents the intangibles. Symbol of thoughts, words, concepts and abstractions. Unseen, uncontainable, difficult to direct but extremely powerful. Any single concept taken from alternity.

Fire. Fire has been called the great transmutator. All things that change and all agents of change can be represented by Fire. All actions are Fire and can be described as the action of any single concept taken from alterntiy and the action of manifesting that concept.

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Eight Elements (cont.) from Shadowhawk

Water. Feelings, relationships, forces that are fluid, containable, directable, forceful and reflective. The interaction of that concept upon the universe, and the effects of interaction on beings within the universe through the process of manifestation.

Earth. All tangibles. All results and manifestations on the material plane. The manifestation or result of acting upon any concept drawn from Alternity.

Spirit. The intangible ingredient of the formula of life. The sum of air and water and fire and earth. The Totality of being of any manifestation. Its vibrations foreward and backward as well as its potentials.

Kronos. The limitation and structure of any manifestation. Its life span and order of existence.

Void. The non-existence of any concept or manifestation. The point where concepts pass out of manifestation and awareness, the sequence of manifestations on the material plane.

Magic. The Art by which one manifests any concept through direction and control of its Air, Earth, Fire, Water, Spirit, Kronos, access from Alternity and placement of Void through the directed will of the operator.

All magical operations can be classed under several heads. These reflect points of view or methods of approach to working. These are listed with their corresponding elements below. In any successful ritual, all seven vectors or views will be present, but one will be more evident than the rest.

Shaping. All magic in general, the controlled conscious use of will in particular. Creation by intent, which corresponds to the element of Alternity.

Banishing. The Arts of repulsion, reclamation and decay (the breaking down of complex mixtures into their original components). This corresponds to the element of Void (not being).

Invocation. The Art of tapping into a particular point in the cosmos and channelling that energy through the operator into here and now. This includes calling upon the powers of the Archtypes to manifest or channelling their attributes of an archtype to obtain a desired effect. This corresponds to the element of Kronos.

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Eight Elements (cont.) from Shadowhawk

Evocation. The art of calling forth power from within and manifesting it outside the body of the operator. This corresponds to the element of Water.

Holding. The arts of binding, stabilization, and creation of relationship between objects or manifestations. This corresponds to the element of Earth.

Illusion. The Art of creating illusions, intentional re-direction of consciousness, dreams, and aspirations. This corresponds to the element of Air.

Maya Illusion. The Art of creating a transmutation of reality through the use of Illusion. This corresponds to the element of Spirit.

Summoning. The Art of Attraction for the purpose of change. This corresponds to the element of Fire.

Any magical operation is a ritual, performed with intent to create change and manifest that change. Awareness of that intent is not required. We all do magic, every day we live. For example: if a man wishes to obtain a raise in pay, he must consciously direct his energies toward that goal and place energy into the vehicle that will bring the asked--for a raise by performing his job well. When he has done this to sufficient amounts, the energies will return manifested in the added income. This will happen whether he is aware of the magic or not.

It should also be noted that the elements often happen simultaneously, and need not be separated. Water and Earth are usually simultaneous as well as Air and Water or Fire and Air. Spirit, however, cannot occur until Air, Water, Fire, and Earth are present.

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It all started around the turn of the century, when some scientists were experimenting with the crossbreeding of plants. One day they crossed a hyacinth with spreading taxus and they got a creeping, virulent, evil growth that now infests the whole land: hyataxus.

A creative person is one who has the ability to forget all the reasons an idea won't work.

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The Gods Must be Crazy from Mariah

After reading ideas of what I have written on money and our religion, I have let months pass and now I ponder on this and I will clarify it.

When I picked the Old Religion, everyone was saying with pride in their voice that they do not put money in their religion like other religions. I liked that way of thinking--holding high ideals on religion. When I met my High Priestess, she felt the same way. I went through my training all the way to the priesthood without money being involved. She taught me how to worship the Old Ones with the gifts of the gods, using flowers, rocks, feathers, sea shells, listening to the voice of the wind, learning from the moving waters, the sun, moon, and stars, listening to human emotions, using our intuition, proper way of controlling our minds, helping others that need help with their life. I give free lectures at the colleges every semester; also I have given interviews on TV and told the producer to give the money for appearing on their show to the "home for underprivileged children" because I do not charge to inform others about my religion. I have lectured in local occult shops free, helped police on missing children free of charge, helped child abuse victims free of charge, etc. The gods have given me time to help others.

I feel books of knowledge are needed, herb and bookshops are needed, helping others when they need help is needed, witches' newsletters are needed, giving lectures to the colleges are needed, going on TV to inform outsiders is needed, artworks are needed--making items for others if they do not know how to make it. Fair exchange.

What I feel is not needed is charging for Witchcraft lessons, charging when someone comes to a witch for help, charging for coven fees, charging for entering a coven, using the name 'witch' to advise others without a psychology degree, charging for magical spells, charging for going on TV to inform outsiders what a witch is like, charging for lectures at the colleges is not needed.

When I wrote the first time, I thought that everyone in the Old Religion felt the same way because everyone is always talking about money and the Old Religion and how we never charge for our religion. Every semester, I give a three-hour lecture on the Old Religion of witchcraft at the local college. It started in a classroom--now it is in an auditorium because the class got so big. The last time I gave my lecture at the college, I tried not to talk about money and the Old

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The Gods Must be Crazy (cont.) by Mariah

Religion. I can no longer say with pride in my voice that witches do not charge for their religion. But some girl said, "I heard that real witches never charge for their religion, it's nice to hear that in this day and age of religions always asking for money"... I said nothing for the first time... the pride I had before was gone. To me, that is a great loss to the Old Religion.

As to the way I have raised my child. I never wanted anyone's approval, it's not their place to approve or disapprove, only my child can do that. I was asked by another witch mother to write about this subject because they needed some ideas on raising children. For the record, my son holds '90-99 percent' intelligence level of the children in America, the average student holds 50-75 percent. Also, he was one of six other students in the LA school system--and that covers a large area--to be placed into a special class for teens with a higher IQ. The school system said that I taught him things about the world and ways of thinking that was a benefit to him and added to the thinking pattern that added to his intelligence. When anyone has a child of high intelligence they should not take away from them their way of thinking and that includes their religion. I do not believe in mind control of children, I do believe in giving them respect, morals, and manners towards others that share the same planet.

It was said twice that I had morals like a christian and when they became a witch they abandoned that way of thinking. I say, good morals are good morals, they do not belong to any certain religion, anyone with good morals is always needed in the world of humanity. My religion did not give me my morals, my own conscience gave me my morals, and to instill good morals in my child has nothing to do with my religion, it has to do with helping him in his life. Every good parent wants their child to grow up with high morals and a good education.

Some people feel to be a witch we all should have low morals. Who taught them that? If you think I have good morals, that is an honor, not a putdown. If you think I have good morals, you should meet my English High Priestess; she is not called "Lady" for nothing.

As to the way Tarostar talked about my personality, he had no right. I did introduce myself and I left my address. I came into the shop with my husband while we were in Las Vegas on a pleasure trip, to buy a natural crystal necklace

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The Gods Must be Crazy (cont.) from Mariah

and earrings. We were told they did not put them in the shop because they thought they would not sell any. I have never slinked anywhere. I have always helped support the local occult shops in my area, I have the right to look around and if the shop has what I am looking for, I will buy it, but if they do not have what I am looking for, I have the right to walk out without the shop owner throwing salt at me, as you said you do to people that do not buy when they come in your shop. You said a person cannot control the spiritual world until they control the material world. Wrong-wrong. The spiritual world has nothing to do with the material worlds. To think otherwise you will be greatly disappointed when you have spent your life making money in the name of religion to control the spiritual world. The gods are not crazy. How much money or how little money does not prove how much a person controls the spiritual worlds.

After reading what everyone wrote about charging, I see I was wrong. Maybe I will charge for going back on TV to tell outsiders about my religion. Now I see money should go in my pocket for a reward for talking about my religion. Now I see I should charge the college classes $5.00 to $50.00 every semester for talking about my religion. Now I see I should charge the people that come to me at all times of the day and night for help using my religion. Now I see I should charge others that worship the Old Ones. I see I should charge the parents of child abuse victims. I was wrong because I have high ideals and high morals, I should lower them. I see we witches should never do anything for others unless we get money or goodies from them, first. We use the term 'wisdom religion' after all this? The gods must be crazy because us witches are not!

Now my mind turns to how much money I can make on my religion, boy-oh-boy, I can make a killing on others in the LA area, wonder how much money I can make? Wow! Let's say there are 150 people in my class at the college, and I charge $25.00 a person, I have just made $3,750 telling others about my religion, in one night. I must be crazy cause the gods can't be crazy.

Some people think if they do not have a candle, oil, candlesticks, incense, etc. and there are no occult shops in their area they cannot do a rite to the gods. Look around you. The gods have given you the wind and the moving water, plants and flowers, everything you will need is a gift of the gods and money never entered in your religion.

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The Gods Must be Crazy (cont.) by Mariah

Does anyone have any other ideas on how to make money with the Old Religion of witches? Please let us all know because we all need to know, because that is where we all are headed. Now we can all get rich with our business, ooops--I mean religion!!!

Ed. note (LF): Well, here we go again. Let's see if we can create a meeting round--a scenario. What if we woke up tomorrow morning and money was worthless? This is not so far-fetched. Many of us have lived through an economic misfortune or two. We do three things without money--trade, make do, or do without. Money is a convenience--a substitute for the trinity of trade, make, and do without.

Now, a little on religion. Religion is not a tangible good or service. You can't buy it at the checkout counter, you can't pull up to the pump and ask for regular, you can't call Religion on Wheels and expect delivery. It is preying on this fallacy to sell religion, regardless of what your religion is. You are a victim of this fallacy if your religion costs you money. However, keep in mind that the candles, wine, incense, altar supplies, feasts, etc. are coming from somewhere. If you don't have money, you can trade. You can make these items. And you can always do without or make do with what you have. As for those who charge for their time, read Timescale (Niguel Calder, New York: Viking Press, 1983). It's enough to cure you of thinking your time is worth anything at all. Perhaps if we look at money as a convenience instead of a necessity, we can once again consider it in its proper perspective.

p.s. Most of the moral philosophy espoused today (what little is) predates christianity. Its interpretations abound. In a group context, interpretations change like the wind. Fortunately, witches have only one law to remember, and it is fairly comprehensive.

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(UPI) In Vero Beach, FL, a black german shepherd police dog named Bear has a new set of steel fangs. Bear broke his original teeth on a trainer's protective padding. Corporal Greer was told about Vero Beach dentist and veterinarian Keith Grove, and the rest is history. During the 90 minute surgery, the doctor performed root canals on the dog, placed steel posts into the dog's jaw and then put crowns on the posts. He modeled the crowns from molds taken from Bear's original teeth.

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Herbalism is a Philosophy from Tarostar

(Lecture before The Friends of Jung Society at University of Nevada, Las Vegas, Feb. 2, 1984)

There is a plant remedy for every weakness, every mental, emotional and spiritual affliction. There is more and more talk these days of the "iatrogenic" diseases. Those are medical problems caused by physicians themselves, or by the side effects of the chemical medicines they prescribe.

Doctors and "scientific" thinking decry the Herbalist claiming that all spiritual, mental, emotional and physical deficiencies and excesses can be cured through herbs, natural living habits and a Humanistic Social Order.

However, doctors must exist as long as human institutions remain artificial, violent and cruel.

The Herbalist acts as a guide, rather than the "Captain" of another's Soul. Herbalists believe that Herbs, in their natural state, contain much more than the so-called curative agents for specific diseases. Herbs have their natural chemical balance of Sun, Water, Soil and Substance; a "Soul," if you will.

That is why the idea of wanting to chemically break down Herbs in the laboratory and extract the primary chemical may prove of no avail. Doctors say they cannot find the "healing" agent. Medicine banishes the Soul of Nature from the laboratory and wonders why it cannot be found.

An Herb is a combination of all its composite elements, and the primary chemical most likely needs the contributions of the secondary substances therein to affect the specific process to heal a particular affliction.

As far as Western Civilization is concerned, Medicine likes to look back to Hippocrates as the Father of organized Allopathic Medicine. Not so! He was the first recorded organized herbalist. He prescribed Sunshine, diet, exercise, and herbal teas.

Herbalism combines the power of Mind and Soul along with natural substances to affect healings. Such "heresy" brings opposition from the Holy Church, who feels Mankind is evil, sinful, ignorant and therefore born to suffer, for the greater glory of Christ, and from orthodox Medicine which wishes to foster its delusions of omniscience and corner on the lucrative medical market.

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Herbalism is a Philosophy (cont.) from Tarostar

Herbalists held that plants were in truth the only "church" and Laws of Nature the only authority. Many received public flogging and even death in the past for such views. Medicine does not like people to know that most disease boils down to simply inflammation, infection, and congestion.

Because thinking has been perverted by the complicated and extremely varied therapeutical techniques of modern medicine, most people wrongly think each diseased condition requires a different type of drug or therapy. Nature, however, demands simplicity as a requisite to health and happiness. The truth is that once the blood circulation has been equalized and the internal congestions removed away by the blood stream, the body has won the first round in its efforts to heal itself of all manner of afflictions.

An "itis" by many names is still the same. Bronchitis, phlebitis, arthritis, etc., is the same thing whether it be in the lungs, the limbs, or the joints, or any other organ or system.

Itis--Inflammation. It is a local response to cellular injury marked by capillary dilation, leucocytic infiltration, redness and heat. Treat it with Herbal Stimulants. They increase the body action and energy. They will equalize or restore the balance of the circulation, by accelerating the pulse, increasing the temperature, quickening the digestion, the circulation, secretions and respiration. They do not depress the nerves. All that stimulated activity soon washes clean the area inflamed and the body does the rest.

Best Stimulants--Capsicum (Cayenne Pepper) The burning sensation never harms. It is one of the best fever cures. It warms the entire body and tonics the system. It will send red "live" blood to every cell and tissue in the body, awakening them and their basic functions, making them sensitive and receptive to the basic medicine. It is usually combined with other Herbs to act as a "speed-well" in allowing the Herb to act quick. Rx: 3 #4 caps of Capsicum each hour until the pain and inflammation diminish, or, for the hearty, 1/2 teaspoon powder in 1 cup boiling water each hour). For the "sissies", tincture of capsicum--macerate capsicum powder in vodka for seven days. Strain and filter. Rx: one to two teaspoons, doses as needed.

Golden Seal. Equalizes the circulation to remove interior and exterior inflammations and skin problems. Rx: 1/4

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Herbalism is a Philosophy (cont.) from Tarostar

teaspoon powder or 1 teaspoon Herb three times daily to 1 cup boiling water.

Peppermint is a great stimulant and restores natural temperature. Others recommended are: sage, Blessed Thistle, and Bayberry.

Sudorifics--sweat producing. Acute sickness affirms an active effort by the vital energy to reestablish the body's normality which was altered through unnatural living and eating. If the acute reactions are encouraged and not suffocated, they constitute a "healing crisis" leading to a cure. Allopathic Medicine treats symptoms, not the causes. Case in point--Acne. Never allow a dermatologist to give drugs for preventing acne from making an appearance on the exterior surface. If the inner cause is not corrected, the suppressed poisons will find permanent refuge somewhere else in the body causing cancer and/or heart disease later on. Control, but do not suppress the outward manifestation of disease. Chronic illness is where the organism co-exists with a functional irregularity because it lacks the necessary vital energy to create a curative crisis or an acute process of purification. In other words, poisons become jailed within the body on a permanent basis. Chronic illness stems from bad nutrition, intemperate living, negative nervous stimuli, poison, and orthodox medications.

In order to help a person cure chronic ailments, use Herbs that will encourage acute reactions. Do not let the acute healing crisis process panic you. It is the body gearing up to fight off the condition. The reappearance of the ailment occurs because the body's natural powers of nutrition and elimination have been reactivated, causing it to react energetically in order to throw off and out the poisons from the interior of the body. It is the process of activating acute symptoms to defend the life of the body. The manifestations of symptoms are not the diseases themselves, as Medicine would have us believe, but show the body to be in the process of liberation. Any affliction causing fever to appear on the surface of the body promises to go away, because the fever gives testimony to the defensive capabilities of the organism. Endeavor only to keep the exterior fever under control. Sweating plays a tremendous role in controlling fever; internal and external. Yarrow. Cure any cold or chest affliction by breaking it up within 24 hours. Helps in eruptive diseases such as Chicken pox, Measles, etc. Infuse a teaspoon in a cup of boiling water for 1/2 hour.

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Herbalism is a Philosophy (cont.) from Tarostar

Rx: three to four cups per day. Children, one to two cups. Vervain. Produces perspiration, expels colds and flu and quiets the nerves. One teaspoon Herb to one cup boiling water. Rx: Bed rest and one cup each hour until fever breaks. Thyme. Very good for fevers. Same as above.

Nervines--Cruel words, unkind thoughtless acts upset the delicate balance in an organism making it a prime candidate for pills and ulcer operations. Attacks on the Psyche, every tear, every disappointment, every failure, every negative upset of modern life shortens the span of years and kills little by little. (Smoking and heart disease is from stress in the emotions rather than cigarettes per se) Emotional tension is the killer. Nerve cells do not repair themselves as other tissue can. Once the nervous system becomes damaged or weakened, the body starts losing resistance to sickness, old age, and death. Keep as strong and as calm as possible. Some of the better Nervines--Balm. Tonic nervine, calming and relaxing. Borage. Sadness, depression and pessimistic attitudes. Anise. Brain Food. Makes intellectual work easier, raises spirits and promotes optimism. Hops. For natural sleep. Rosemary. An all-purpose Nervine. Catnip. A good pain killer for nervous tensions.

Nerves are the vital forces to life. They should be kept healthy at all times. Herbs can help one restore Dame Nature's balance.

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Mercury from Songs of Ariane by Tiffany St. Moonstar

Skies parting over silver butterflies, glistening rivers of light, thinking and singing, transportation and writing and language and dancing and poets and--why all of these arts were my gifts to the universe! Yes, Earth gave her womb, and Venus her love, and Mars his power and Sun all encompassing sustenance--but what kind of existence would there have been for The People if they did not have me, Mercury? I gave purpose and meaning and art, and yes, even glamour to their bestial lives! They'd just be lumps--intelligent lumps, but lumps all the same. Potential is Naught without performance. It was I that gave them the gifts of idea, and creativity, and how to form their own thoughts instead of only what they were originally programmed with. Darwin and Patrick Henry, P. T. Barnum and Frank

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Mercury (cont.) by Tiffany St. Moonstar

Lloyd Wright, Jacques Cousteau, and Franklin Delano Roosevelt... and Salk, and Lennon and Tolstoy--these were but a few of my children I taught from my knee.

I whirl among the stardust and I never sleep. Fastest of my family I am always at the forefront of time, always one step ahead of the walkers of the world between worlds. There is no Future until I think it. I think and it is immediately Past. Therefore you will find me only in the Present, the Now.

Mathematics are my language and my clan of speed includes the Master Nine, the Sentientents of Sirius B, Kryon and the ABACADAB. I am in everything and everywhere. I am in the nucleus of a cell, I am the builder of the DNA. I am the guardian of the grid and my symbols include the triangle and stars; 5-pointed, 6-pointed, 8-pointed and 11-pointed. These are my sigils for those that would speak with me.

I am the third dimension, the fourth dimension--the mirror upon mirror upon mirror of all dimensions--and to look into me would anihilate your very soul.

I am the master intelligence that programs the computer that runs your universe. Look to see me in every leaf, every flower, every finger and toe of a newborn child.

For without Mercury, would any of it be more than the shamblings of a darkened race struggling for mere survival? But there is no nightmare. I am here and it is all within you.

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From Hypatia

I would like to express an opinion on a certain subject that has been discussed a lot in the newsletter and in other pagan journals. I live in north Alabama, in the heart of fundamentalist country and yet, it really angers me to hear you talk about laying low, wearing pentacles under my sweater and not "making waves." We have just as much right to our beliefs as they do to theirs. This country has freedom of religion, although unlike other religions we are usually forced to fight to defend our right, it is still a right.

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From Hypatia (cont.)

The people who attack us are by their very nature, cowards and these type of people, if allowed to continue, think everyone else agrees with them. If we just sit back and say nothing, then the problem will grow. I do not deal with a bigot by being quiet. This is not the correct approach and it will lead us into deep trouble if we continue along this path.

Ed note (LF): 1. It wasn't me who said lay low. Lay any way you want. 2. One of the reasons our religion survived the times of severe persecution is witches had enough sense to keep their secrets hidden, their mouths clamped shut, and above all, they refused to prosthelize. The people who attack us are ignorant of our ways and most are not open to the type of study and research which leads to toleration. I just don't deal with bigots, period. I am grateful for the right to freedom of religion, and I hope it lasts. If it doesn't--well, that's not positive thinking, is it?

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Georgia from OK called to let us know that Rick is now a first degree Georgian and is good as acting High Priest. Congratulations, Rick, and thanks for calling, Georgia.

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Physics of Magick Part IV (The Aura) from Rik

The human body is a machine that produces a number of waste products in the everyday working life. One of these is heat. The actions of pumping blood and moving muscles manufactures more heat than the body can comfortably tolerate. This excess heat is removed by two methods: it radiates out from the body and is diffused into the atmosphere. The second method is by evaporation in a manner similar to that used in an air conditioner. A chemical with a low boiling point (ammonia) is manufactured by the body and excreted through the sweat glands where it evaporates and draws heat from the body. Unfortunately, these sweat chemicals stink so people use anti-perspirants which block this process and reduce heat removal and force the body to retain the chemicals which are introduced back into the system.

As the body gets rid of heat, the layer of air about the body has a temperature different than the environment and this air layer tends to be trapped in our vicinity. As we sweat,

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The Aura (cont.) from Rik

the chemicals we produce also become trapped in this air layer which then becomes an excellent conductor of energy. As the nervous system produces energy, excess energy radiates outward and becomes trapped in this 'air' layer about the body. This energy that has been trapped is the aura. Since the Aura is constantly being fed by the body, it reflects the abnormalities that the body produces as well as the normal flows.

Within this field there are also 'rivers' of energy that are generated by various organs and manifest on the surface of the body, just above or just below the skin. These are ca... the meridians and interfering with them can affect the organ which produces the meridian. This is the basis for acupuncture, acupressure, touch for health and shiatsu.

This field can be strengthened and directed outward to a target and for a goal by various methods. Essentially, whatever raises the blood flow or slows the brain or causes the nerves to fire. In Wicca, we call them the Eight paths to power and are designed to increase the energy available to the body. See your Book of Shadows for their use but the paths are: meditation or concentration, Trance, Rites or spells, Incense or wine, Dance, scourging or blood control, sex, and finally, music. Any of these, used properly, will increase the available energy.

To balance the energy of two or more people, simply relax, use whatever method you know to absorb energy (usually visualization but not the eight-fold paths) then hold hands (right hand up and left hand down) to form a circle and 'feel' for the energy to balance. With experience, it becomes easier. The goal can be decided upon and the paths can be utilized to raise the necessary power.

The average person will radiate the energy equal to a 100 watt bulb. This isn't much when you consider the static level and the distance/time formula. Thus, the more people you have IN HARMONY, the better your chances for success are.

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Braggart: One who blows his knows in public.

A vacation is that brief period of time between trying to get ahead so you can leave and trying to catch up when you get back.

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The Enigmatic John Dee by Linda Dice

Ed note (LF): This was another entry in the Pagan Studies Contest.

In the year 1546, a Fellow of the newly-founded Trinity College of Cambridge University (England) was accused of sorcery. The powers that be had found the mechanical "flying creature" he created for Aristophanes' play Pax just a little too realistic. Although the accusation would be eventually dropped, similar claims were to plague this man throughout his life. His name was John Dee.

He was born at Mortlake, at that time a mere village on the River Thames, in the year 1527. He was a prodigy from the outset, attending Cambridge University at the age of 15. Later, he studied in Belgium, at the University of Louvain. It was here that John met the Flemish cartographer Gerardus Mercator. Dee passed details and drawings of Mercator's navigational devices back to the English crown, thus the two interests that were to fascinate him for the rest of his life--espionage and magick--were formulated.

When Dee returned from Belgium, "Bloody Mary" was still on the throne of England and Dee achieved fame as Astrologer for the Queen and her would-be husband, Phillip of Spain. With insight stemming from his occult training, he realized that the most important person in Britain was the then Princess Elizabeth, at that time, held captive near Oxford. Despite the considerable risk, he corresponded with the Princess and drew up an astrological chart for her. However, news of this correspondence was passed to Queen Mary by her spies and Dee was charged with treason and plotting to take the Queen's life "either by poysonne or blacke magicke." Although acquitted of this charge, he was still held in prison until 1555.

Queen Mary died and Elizabeth succeeded to the throne. One of her first official duties was to charge Dee to ascertain which date would be "luckiest" for her coronation. From then on, John Dee became a power behind the throne.

He was born under the Water sign of Cancer, typified by those who are prone to be secretive and deep. Although a talented magician, he also used the language of magick as a cipher for secret dispatches. A clue to this may be found in his published work, Monas Hieroglphica (a work dealing with the relation of numbers to natural magic). He used symbols and a

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John Dee (cont.) by Linda Dice

code which could only be understood by "the initiated." The Queen often visited John Dee at his home to see "the magicke glass" and fortunately, Dee's diaries, which have been preserved, show that he experimented widely with crystal gazing. Apart from crystal, he also used different stones (show stones) and a concave mirror.

Although he was deeply interested in crystal gazing, he felt he did not possess the necessary qualities to be able to apply his interest, so he employed others as scryers for him. In this, he was not fortunate. His first scryer was personally selected by Dee's enemies to try to trap him. The second was more interested in finding the formula for magically manufacturing gold than in assisting Dee. Fortunately, he seemed better able to interpret his scryers visions than did the scryers themselves, and while he used the visions for truly magical purposes, he also used them for "secret service" work on behalf of the Queen.

Dee believed that the "angels" who appeared in the glass were good, intelligent beings, having knowledge of the past and the future, while the "devils" were only interested in confusing and obscuring the truth. He believed that his only defense against these devils was a "Christian approach." In his diaries, he does list several "angelic conversations" and although their frequent vagueness does appear to irritate him, there was one contact, Madimi, who revealed much to Dee in the seven years he dealt with her. He said Madimi was "like a pretty girle of 7 or 9 yeares." She told him she was an "angelic intelligencer." Apparently, she was able to converse in several languages and had a remarkable memory.

Dee always insisted his scryers employ a system of "calls" (invocations) the basis for which is found in the Monas Hieroglyphica. He called this language of the Calls, "Enochian." He used this language extensively, even in his secret work for the State. For instance, it was revealed to him in a vision concerning a bloody axe, that "Q or S to be beheaded,' some four years before Mary, Queen of Scots, was executed.

Dee died at the age of 81, in 1608. Although often seriously duped by Edward Kelley, his main scryer, Dee himself was a fearless, inquiring researcher who was basically good and honest, a man who selflessly pointed the way for others.

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From Isis Moonshadow in OK

I'm a Positive Pagan from OK and I borrowed your newsletter from my HPs in the Silver Acorn Circle. I think the Goddess is really organizing. It seems half the people I meet are Pagans coming to the realization of what they are and shocked to find that they aren't the only ones! Something is certainly happening. Perhaps together we can counteract the fear, mistrust, and paranoia that the so-called Xians are trying to inflict on society.

Also enclosed is a songsheet that I put together for one of our meetings a while back. The ones marked "x" on "Ole Time Religion" are my originals while the others are "traditional." "One in the Lady" is one I wrote myself. The tune is "borrowed" from a well-known Xian round--Goddess knows they "borrowed" enough from us! If the tune doesn't suit--change it. The words are what is important.

Ed note (LF): Have included only those verses of "Ole Time Religion" that Isis Moonshadow marked with an "x."

"Ole Time Religion"

Let us all worship Pan
If we really give a damn,
He will help us with our plan,
He's good enough for me!

Let us all worship Bastis
She's the swiftest and the fastest,
She'll keep us off our asstis,
She's good enough for me!

Let us all worship Astarte,
And we'll throw a party,
And eat beans and fartee,
But she's good enough for me!

Let us all worship Thoth
He really is no sloth,
Let's be cut of that same cloth,
He's good enough for me!

Let us all worship Mayet
She really is a riot, and,
She'll help in truth's fight,
She's good enough for me!

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"Ole Time Religion" (cont.) from Isis Moonshadow

Let us worship merry Bacchus
Though he might attack us,
And set us in his lap-us.
But he's good enough for me!

Well, so we are the Wicca,
And some folks think we're sicka,
But we don't give a licka,
"Cause it's good enough for me!

"One in the Lady"

We are one in the Lady,
We are one in the Lord,
And we ask the ancient knowledge,
To someday be restored!

We adore our Bright Lady,
We adore our Horned Lord,
And we hope the Wiccan way of Life,
Will someday be restored!

We worship our dear Lady,
We worship our dear Lord,
And we hope the World will see the day,
They'll no longer be ignored!

We love our Blessed Lady,
We love our Horned Lord,
And we love our way of worship,
Where we are never bored!

We are one with the Lady,
We are one with the Lord,
And we say the Pagan way of life,
Is too good to ignore!

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Oh, Mummy! (UPI)

Scientists are concerned about losing their mummies. They're talking about the mummies found in ancient tombs in Egypt and Sudan. Anthropologist George Armelagos of the University of Massachusetts says only about 1,000 examples of the wrapped human remains are still around. At one time he says they numbered in the hundreds of thousands.

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From Mandel

Congratulations on the fine job you are doing on the GNL. I am sure Pat must be smiling.

The Temple of the Second Chance with its HP and BFD Lady Mandel and its Handmaiden Jovanna (mother and daughter) left the slums of New Yuk heading south to the land of sunshine--Florida. We took an extra large Covered Wagon (U-Haul pulled by a '75 Caddy) feeling adventuresome and on the lookout for bandits and road weirdos, gladly we did not come across any as we did in our travels from California to New Yuk. We left Thanksgiving Eve to avoid traffic for the holiday and ended up in Aberdeen, MD at 3 am for our first stop. It ain't easy pulling that there covered wagon in and out of motels and fill-up stations along the road, you turn one way and it turns the other, thank the Mother for instructors along the way. If you ever really ever want to get into BORING try driving through North and South Carolina. In North Carolina, you see signs that are corny and tacky advertising SOUTH OF THE BORDER. We were wondering what the heck is SOTB, was or what? But the signs assaulted us all the way through. We found out it was an amusement park (sort of) in the NC and SC borders. Once we passed it, there were no more signs---faint--we missed them compared to what lay ahead. The only stations on the radio were deep country music, like heavy Ozarks, never heard them sounds before or the people singing them. Most of them were off falling in love, and where we could make out, how wonderful it was, and why did you leave me songs. I love Willie Nelson, Chris Kris, etc., even Dolly Parton, but these people were like shipwrecked and isolated Spike Jones Rockabillies.

I never really believed (not even slightly--honest injun) that such a place existed like in the Dukes of Hazzard (which I watched 1/2 of a time). Folks, I am now a believer--a true believer. There are really people and places like on that program right here in the good ol' U.S. Having only lived in NYC and LA areas most of my 50 years, it's like truly coming into the Dawn of Aquarius, backwards. You talk to the people in regular NY talk, and you get a very long drawled out reply such as Maammmmmmmm??? or Huhhhhhh? What was astounding though was we went through heavy traffic in SC in a small town, and no one blew their car horns? Felt like we were taking a trip through the Twilight Zone. Further baffling, did you know that there are really places like Mel's Diner (watched that one 1 1/2 times) and worse. Some Oasis we stopped in at 11 am had a full decor of plastic plants, faded and fly-specked. The waitress had the face

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From Mandel (cont.)

of bark on an old tree, turned slowly and it almost looked as if spider webs were being disturbed around her, came slowly towards us with two glasses of water--her fingers in both of them. We wanted something along the luncheon, she told us they don't serve lunch until 12, but we could wait until then drinking coffee. We speedily left--forever grateful. The rest of the patrons resembled the Hatfields and McCoys.

When I left NYC in the 60's to live in LA deja vu was an everyday experience with me. My past lives in great detail came before me in astounding experiences. Since I have come south, I am feeling almost normal, no deja vus at all. For me it is wonderful to feel that I am in a place that I have never been in before in all my creations, and I no longer have to dwell on the past lives and who I was. It is great to think that I can make a new creation of myself here and perhaps fulfill the destiny that I was put here to do. I am sun-filled with ideas and new creations to do (and you got to admit being an accountant is not one of the most stimulating professions) but I have such a strong feeling that there is a marriage of some kind taking place between myself and the environment. I am in love and alive for the first time in years all due to a change of locale. I can see the sun and moon, I can see the beautiful skyline for both sunrises and sunsets--and the song "Moon over Miami" is the biggest beautiful moon I have ever seen--even over Fort Laundryhill, about 20 miles north of Miami. I feel a wonderful magnetic attraction to the swampland areas in the Everglades, and there is a good feeling at the Seminole Indian reservation here.

Things seem to be moving a little slowly in the professional area, but I just will have to get in with the Southern Tempo.

Forgive the span of months since I started this letter. So many things are happening and I am experiencing such a wonderful life-change. Lost 34 pounds since I got here, let my dyed red hair grow out to find that I am snow-white and love it--people pay money to get this color. Back to being a vegetarian again and wonder why I didn't get back to it sooner, walking two inches off the gound from being so naturally high.

Last 30 years of my life I have dedicated to Astrology mostly, my prime love, but through the urgings of that brat sister of mine, Lady Dematar, I have decided to go for it and become professional so I am now the Under the Stars official astrologer,

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From Mandel (cont.)

also been doing some professional Tarot reading and have devised and am working with my own set of Runes--the stones were given me gladly by the great Atlantic Ocean. Will be working with the Runes at an upcoming psychic fair. I have never taken money for my services before, but it is a bridge to cross and not an easy one. Yet, it seems people pay more attention and get more out of it when they have to pay, furthermore it eliminates the friends of friends who think you have nothing better to do with your time than be available to them to read cards. Once a close friend of mine invited me to a party she was giving and to my shock and surprise she expected me to do Tarot readings for everyone there. Such a bargain. Such a friend. Needless to say, I did not, and she was given a righteous "WOT FOR."

I have started to delve into other areas seriously, and find with a little effort and extreme concentration you can get marvelous results. I have been working with Auras, crystal gazing, Clairvoyance, Psychometry, etc. Since I have been occupied with other areas before I never got around to these, and they are a refreshing breeze. Wish I could get Donald to write a couple of chapters on them for the GNL and I will poke at him to do it, he has been a great help to me. I came across a wonderful old, but reprinted book (1918) by a Theron Q. Dumont called The Power of Concentration. Every once in a while a book will come along that can change your whole life, and this book has been doing that. He gives wonderful exercises to strengthen your concentration and open up areas heretofore darkened, at least for me. I strongly recommend it to anyone for work in the Craft as well as their own life.

You are all doing such a wonderful job with the GNL, and we are all so proud of you.

Ed note (LF): We have your correct address. Are you still not receiving your newsletters? Having been born and raised back east, I think one of the most beautiful drives there is is the Blue Ridge Parkway. However, it's not a drive you would want to make with a U-Haul. And there are some decent restaurants back in the sticks--ones that serve Virginia style ham, red eye gravy, and grits (not the instant kind to which you add hot water). And there ain't no better fried chicken to be found than in the region between Charlottesville and Florida (I've never been to FL so I can't speak for there). It's too bad you had such bad luck. We'll look forward to Donald's article....

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From Brandy in WA

Hi, Scarecrow. Bravo! I feel that to label oneself a shaman after camping for a weekend on a mountain, and then make portentious statements about one's visions, mocks the integrity of those natives who spend years (or a lifetime) undergoing rigorous ordeals and serving their communities in order to earn the title.

Margot Adler is of the opinion, "The rise of Neo-Paganism in the United States must be understood as, in part, a search by uprooted Westerners for their own roots and origins, for a vibrant, rich culture equal to the cultures of tribal peoples and the great ancient civilizations."[1] In that search there is no more convenient source than Native American tribal peoples, who are near to hand and have been written about and studied at great length.

Nor do I think there is harm for an eclectic community to learn from and include pieces of Native ceremonial. I do, however, object when Neo-Pagans (etc.) claim that religion and the title shaman as our own.

We are not Native. We do not resemble Natives. We are not any of us prepared to be shamans. How could we be? Modern Americans, Neo-Pagans (et al) among them, lack the supporting context in which shamanism functions. We have not lived in a single place for many generations. We are removed from the web of interaction with the natural world; the rhythms of our daily movements do not relate us to earth and sky, weather, seasonal changes, the sources of our food. Our language does not structure the natural world into sacred space, either in vocabulary or in categories of thought. Our grandparents did not know one another, and did not transmit to us a body of oral tradition in that language which reinforced those concepts of the sacred and prepared us for shamanic experience. Our art forms do not express those concepts or depict those experiences. We do not have shamanic role models.[2]

Were we to truly experience what a shaman does, we would be mad--both in society's terms, for we would then literally have no place to function in our new understandings; and in personal terms, for we would have no world view or symbol system with which to comprehend the changes we would undergo.

What are we claiming, then, when we call ourselves "shamans"? Ancestral wisdom transmitted through our 1/32nd Native blood? Spiritual kinship? Intuitive understanding of an alien

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From Brandy in WA (cont.)

world view arrived at by psychic research? I have stronger words. We are fakes, and we are thieves.

Fakes, because we have not committed our blood and breath to the quest for shamanic vision--we have no intention of risking death; few of us will risk sanity; few will even risk a lifestyle--the loss of the car or bookstore access. We play at it.

Thieves, because we claim a spiritual legacy which belongs to a more or less intact set of disparate peoples. (Not all Native Americans are shamanic, by the way, though this argument can apply to any of the varied Native traditions we attempt to arrogate to ourselves).

This is, to my way of thought, the most contemptuous way we could possibly relate to the indigenous peoples of this continent.

What are our sources of information? We make sweeping generalizations about shamanism. Who are our teachers? Carlos Casteneda? Michael Harner? Sun Bear? Even Mircea Eliade, faultless scholar though he may be, is an outsider. We take our half-thought-through conceptions from observers who can never be part of the culture(s) they write about.

Why don't we ask the people themselves? Native tribes run a small press fully as thriving as our own--the Standard Periodical Directory lists quite a few newsletters under the heading "Ethnic," Cherokee, Sioux, Mohawk, Apache, Navajo, Hawaiian, Metis. Why don't we subscribe to a few? Exchange newsletters? Tell them what we're doing and ask them what they think? Perhaps even, miraculously, hush and listen?

Surely shamans who have braved the terrors of the spirit world can risk that much.

[1]Drawing Down the Moon, Beacon Press, Boston, 1979, p. 244.
[2]I'm cribbing here largely from Joseph Epes Brown, who puts this much more eloquently in The Spiritual Legacy of the American Indian, The Crossroad Publishing Co., NYC, p. 111-12.

Ed note (LF): True, most of us Americans are of the Heinz 57 variety, which is wonderful. It means instead of drawing on the concepts of a single tradition, we pursue many and varied sources of knowledge leading us to a life in harmony with our environment, whatever that environment may be. Neo-Paganism

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Ed. comments (cont.)

is flexible enough to encompass any lifestyle, and at least one lifetime of reading, study, and practice. What matters here is the knowledge--and the sources you have given us are of much help in pursuing that end.

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From Gail in San Jose

I found the "Ye Olde Herb Doctor" article by Tarostar quite interesting and would like to see more. However, while I admire Tarostar's conviction, I am a bit cautious of zeal--it can overlook important things. For instance, while freshly grown and prepared herbs really are the most beneficial, oftentimes it's necessary to work with what's available even if it is in tablet or capsule form and/or three years old. While it's been hard for the "purest" aspect of my personality to learn to go along with it, it is sometimes most important to do something almost right if the other choice is to not do it at all. Wormwood tea is not going to do any good if it stays in the cup--so if putting it into another form gets it into the system, do it. And while herbs are often medicinal, they are also nutritive, carrying specific mineral groups and/or concentrations of vitamins.

I agree that it is important to not "fall for the hype put out by companies" but that extends into all areas of consumerism, not just herbs and vitamins. Read the labels. Check out the facts and if you don't have time to research it all, develop a trusted and knowledgeable informant. Collect as much information as practically possible and make a considered decision. And when necessary, contact a professional. Keep in mind that people have killed themselves by harvesting and eating what they thought was wild carrot when it was, in fact, hemlock. And even "common" kitchen herbs can be fatal if used in excess; rosemary for example. There are also some things that I do not believe should be cared for at home unless there is absolutely no other choice, among them, "convulsions in children."

And on those occasions, albeit rare, when I as "woman of the house take to my bed and won't be moved," it's usually the result of exhaustion brought on by overwork and lack of support. What I need is rest, good food in reasonable quantity prepared and provided by someone other than myself, not just three cups of tea a day that calms the nerves and aides digestion (even though it would probably deepen my sleep and hasten my rest cure). Thanks for the soap box!

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Winds of Mariah

The topic I will talk about is love and the Witch. Love is love, it does not matter if it is boy-girl, girl-girl, or boy-boy. Love is the same feelings between two people. The outer shells are different but the inner parts are filled with the same feelings. We all cry, laugh, love, hate, and need all the same things.

In Witchcraft we remember the cycles of life. Nature goes through Spring, Summer, Fall and Winter. Love changes like the Earth.

In Nature, the seeds will start coming alive after a long sleep. Animals will start to charm each other. Birds will start singing songs of love. Humans will feel the same force in Nature. We will feel the feelings of love, we love this time because we are in love with Nature and Life. We feel the feelings of love in the air. This is the beginning of the cycle of life.

The second cycle will be summer. The birds start building their nests and laying eggs. Flowers are pollinating. Animals are mating. Witches that are in tune with Nature have hot sexual passions, sex is on our minds all the time.

The third cycle is fall. The birds are leaving the nest and thinking about their winter flight. Flowers are losing their blossom and the bees are gone. Animals have met the cycle of rebirth of the young and the young are leaving the home. Humans are beginning to pull apart from their mate.

The fourth cycle is winter. The birds have gone south for the winter. Flowers have gone underground to rest. Animals will hibernate or grow a winter coat to close themselves off from the outside world. Humans will grow into themselves and become more withdrawn. This will cause some humans to commit suicide, because they can't handle this force in Nature. The wise Witch will hang on with their teeth, nails, every inch of strength to survive the winter. Survival of the fittest, the strong will survive, the Law of Nature.

We know we will feel these cycles in life, just like Nature. The cycles will change faster in the area of love.

During Springtime feelings of love, we're in love more deeply. Our mate is the greatest thing on the face of the earth. We flirt with everyone, smile a lot and dance around for no apparent reason.

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Winds of Mariah (cont.)

Summertime feelings will come along, we will have hot sexy times, sex and touching is all we want to do. The outside world can go away because we are not part of it, we see only our sexy lover. Our five senses are having a picnic on life and each other. The smell of our lover reminds us of sex, their skin is pleasant to the touch, they look great! They taste great! We will think "let's get neckked!!"

All good things must come to an end; we need the rest!! Along comes falltime. We see every fault they have always had but we were blind by springtime and summertime. We will fight and start sending them away to the south or grow a winter coat to keep them away from us. We see them fat or skinny. The smell of them becomes unpleasant to us. Their skin is not pleasant to us any more. Their taste will become unpleasant also. All of our senses are going underground.

Winter sets in and we hate them and wonder what we ever saw in them in the first place. This is the season of death (rest). We kill all our feelings of Spring and Summer. All the ghosts of your past will haunt you and remind you of your past. They will bring grief, loneliness, hate, sorrow and sadness. You will be in a haunted atmosphere. Lost in an atmosphere that you can find no reason for. This is only a gate lost in time, that we left behind.

A smart Witch will remember the cycle of life will repeat itself. If we survive the harsh winter, we will be reborn in the springtime again. The feelings of love will return again and the mate you once loved, you will love again. When summertime returns, your mate will remember what drove you crazy in your hot sexual passions!!! Hot time in the old corral.

Witches will sometimes have a long winter just like Nature and sometimes we will have a long, hot summer.

Sometimes one mate will be in winter and the other will be inspringtime. This is the most difficult to get through, at this time some will part for good. This is the time when you need to understand the cycles in Nature. Tell the other person that you are in wintertime and it sure is cold, you need some time and space but tell them you love them. Learn to stand close together but far apart; it will help. The mate that is in springtime will feel hurt unless they also understand the cycle of life. Never take another's

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Winds of Mariah (cont.)

feelings personally, they are only going through a different cycle than you are at the moment. In time, you will be in their place, also.

Witches live by cycles and the cycle of love and life are birth, life, death, and rebirth. Relax and enjoy all the cycles of life, and don't take it so seriously because it will change time and time again.

Enjoy the springtime feelings of love. Look all around and see all the flowers that have five petals, like the Witches' Star, to remind us of our five senses. These are the gifts of the Gods and we are to enjoy every one to the fullest!! Then notice the flowers with six petals to remind us of our sixth sense to keep us out of trouble when our other senses are having a picnic on life!!

Oh, sweet mysteries of life!!

Ed note (LF): Let's hear it for those long, hot summers!!

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Planning a Vacation? (UPI)

If you're looking for an out-of-this-world travel experience, you may be able to get exactly that if you're willing to wait 10 years. A Seattle travel agency, Society Expeditions, is planning a space excursion package for the mid 1990's. It's billed as "Project Space Voyage." Travel Agent Magazine reports it will be expensive--one million dollars. For that price, plans call for a tourist to spend three days in low earth orbit. Accommodations would be a 24- to 32-passenger module inside the payload bay of a space shuttle or other still-to- be-designed passenger vehicle. The agency says it's had more than 150 inquiries already. Passengers would have to pass strict physical and psychological exams and take part in an eight-week pre-flight training program. However, the agency says passengers would not need to wear spacesuits on the actual flight. No deposits or reservations are being taken, but a newsletter is available from: Society Expeditions, 723 Broadway E, Seattle, WA 98102.

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BEING A WITCH IS... (from Puck)

... being "trendy" and having a Disc of Shadows on your Apple II.

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WDW is presented as a service to our readers. In order to be listed, one need only be a subscriber to the GNL and offer a worthwhile service or goods which might be of intrest to other members of the pagan community. If you wish to be listed, drop us a note describing what you wish to market and ordering instructions. If you write to those who list their services, be considerate and include a self-addressed-stamped-envelope.

ALTERNATIVE HEALTH FORMS PRACTITIONER. Applied kinesiology, reflexology and massage, and other approaches to a healthier you are offered by Gail, who specializes in nutritional counseling. More information is available from: PO Box 1992; San Jose, CA 95109.

OCCULT PRACTITIONER'S CATALOG. $2 refundable. Available from Tarostar; 125 N. Bruce St.; Las Vegas, NV 89101

PENTACLES AND CRAFT JEWELRY. Blacksun makes them. One inch across, made of sterling silver, $20 each. Large pentacles, woman spirits, and man spirits are also available in either nickle or silver. They are approximately four inches across and Beautiful. For more info: PO Box 30654; Seattle, WA 98103.

HEALING CENTER AND WICCAN SEMINARY. Amber K and Catelaine, High Priestesses of the Church and Coven of Our Lady of the Woods, announce that O.L.W. plans to offer seminary programs of a week, two weeks, a month, and a summer in length, as well as year-round apprenticeships. Coven leadership skills will be the major emphasis: group process, ritual leadership, counseling, teaching, administration and program design. Intensive training in various phases of magick will also be part of the curriculum. The seminary program will be intertraditional. Healing classes will be open to not only Wiccans but will also train healers from other spiritual traditions. Fees will be kept low through a work-study plan. Amber explains, "Someday we will have well-equipped indoor classrooms for use in inclement weather, and archives and a library...but we'll begin with the land and the people; the rest is secondary." For more information: an SASE will get you a descriptive flyer. For a donation of $13 or more, you will be placed on the mailing list and receive progress reports via Priest/ess newsletter, which will start some time this year. Our Lady of the Woods, Box 176, Blue Mounds-WI 53517.

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ADVERTISING RATES: $36 for a full page, $20 for 1/2 page, $14 for anything less than 1/2 page. Ads must be camera ready. We reserve the priviledge of declining to carry any advertisement.

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CONTACT

Starting a study group? Feeling all alone in your part of the world? If you would like to be listed as a contact, send us a post card with pertinent data. A gentle reminder: Unless you are already a very public pagan, some forethought should be exercised before publishing a home address or phone number. even the good ole Georgian gets read by a few kooks. We can forward mail for you in some instances. Renting a mail box is also a viable way to have an address that strangers can not visit unannounced.

OCEANO. Desire sincere craft friends who will stand by you no matter what. Male/female, path not important as learinng is all that is important. No negative paths. Evergreen Rose; PO Box 932; Oceano, CA 93445.

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From dean: Judging from the mail we have received of late, our little town of Bakersfield has been in the news in other regions recently. This jurisdiction is one of those with a long running, much publicised child molestation investigation turned Satanist scare. They've got 'em in LA, they've got 'em in Michigan, I suppose it was only a matter of time til we needed our own, right here. Actually, all goes well. Well in the sense that the media (TV, newspaper, radio) at least locally, has made every reference to the alleged bad guys as ,"Satanists." As long as the folks who report the news are calling a spade a spade, I have no complaints. So far, the award for excellence in extemporization goes to the counselor of the children who are at the center of the affair. When the police could produce no evidence to support their estimations of 20 or more babies and children eatten, sacrificed and I don't know what all else; it was the group counselor who announced that there would obviously be no remains or records of the dead children because they would have used "altar babies" which had been bred for the purpose and birthed outside the record keeping system. The award for unoriginal slides into ignorance goes to the sheriff who when being pressed as to why no single piece of physical evidence could be found to support the bizzare allogations that had been made by his department, he frustratedly responded,"Do you think it is fun out there playing cops and witches?" He later appeared on a local radio interview show. He still had no evidence of goulish activities, but he had many words about how he was being treated unfairly by the media.

When I get to feeling that low, I usually go talk to my orchids and trees. One of them will say something to cheer me up.

That's it again, folks, Keep a positive spirit.

Love & Blessed Be,

dean, Lady Fauna, &
all the Georgians

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