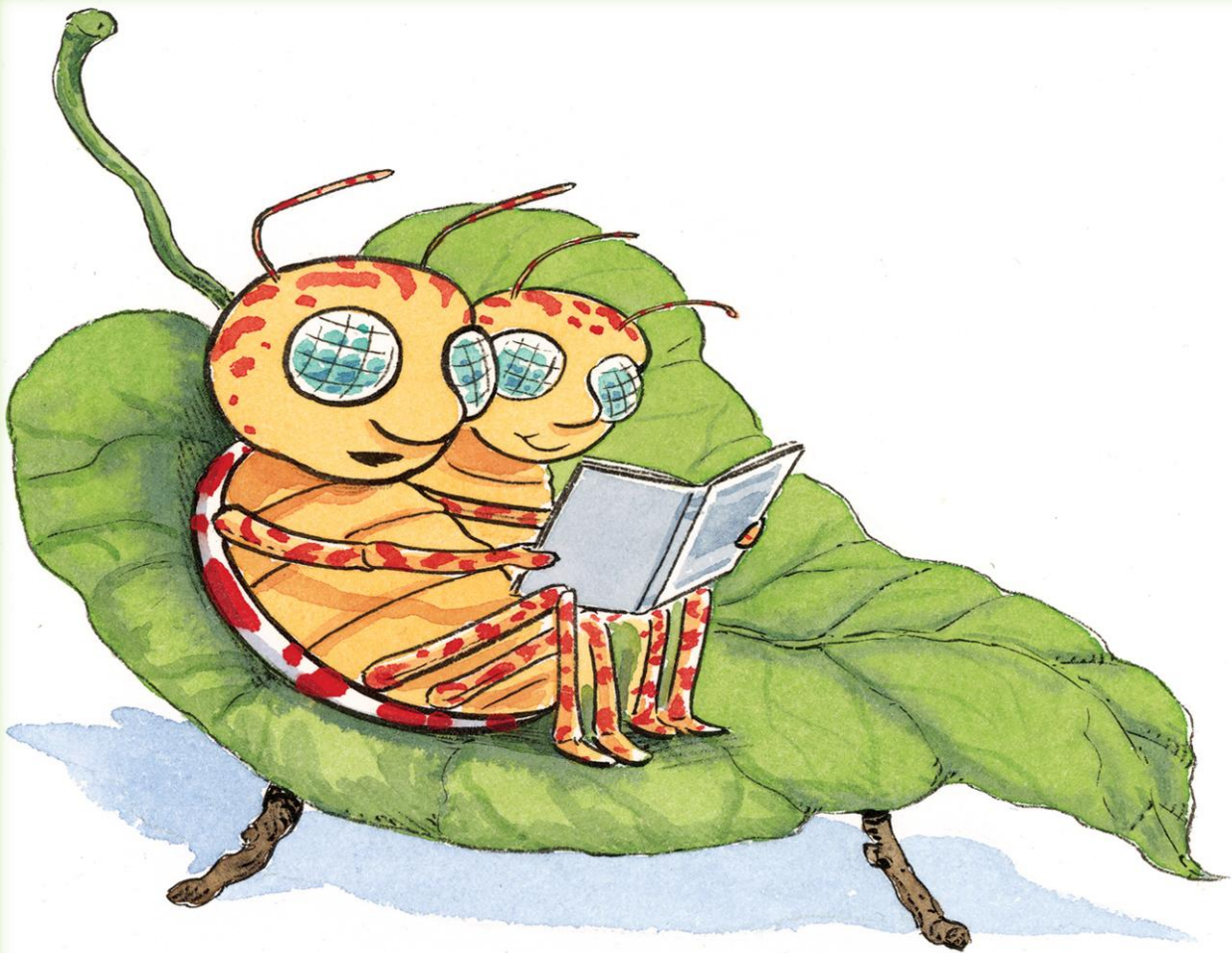


# *Enchanted Forest*

**Magazine**

**July 2010**



***A Place of Love and Support***

***~~Believe in Yourself – And Make It Happen~~***

***<http://enchantedforrest.ning.com>***

# The Enchanted Forest Team

*~~Believe in Yourself – And Make It Happen~~*

## OWNER

BREEZE

## HEAD ADMIN

SHADOW

## ADMIN

CELTIC COYOTE

## MODERATORS

GOTHIC MISSTRESS

ROSE MISTDANCER

SOARING EAGLE

BETH YOST

Just like with any online service, you should exercise common sense when using this site. Below we've outlined some simple guidelines to keep in mind:

\* Create strong passwords and keep them secure, which means you should never share your password with anyone!

\* Adjust your privacy settings so they match your level of comfort and remember to review them often.

\* Be cautious about posting and sharing personal information, especially information that could be used to identify you or locate you online, such as your address or telephone number.

\* Report members and content that violate our Terms of Service to the Admin, Shadow, Celtic Coyote or Breeze

\* Block anyone who sends you unwanted or inappropriate communications and report it to the Network Creator or directly to us.

\* Don't post anything that would embarrass you later. Think twice about posting a photo or other information you wouldn't want your parents, potential employers, college or boss to see.

IF YOU ARE IN ANY DOUBT SEND A MEMBER OF THE ADMIN A MESSAGE AND SEEK FURTHER ASSISTANCE - WE'RE HERE TO PROTECT AND ASSIST OUR MEMBERS AND TO KEEP THIS A PEACEFUL HAPPY SAFE PLACE FOR ALL

## CHAT REMINDER

*Do not give out personnel information to other members ie email address, contact details or names. Any contact with members should be kept on site where the team keep it a safe environment.*

# ENCHANTED RADIO

## ENCHANTED LIVE RADIO – The Story



DJ CELTIC COYOTE

### *THE OWNERS*



DJ GOTHIC REBEL

Enchanted Radio was born out of necessity. DJ Gothic Rebel & Dj Celtic Coyote have been providing tunes to the Enchanted Radio since the birth of Enchanted Forest. They were with another radio station for the first six months. Based upon comments and differences of opinions with the other radio station. DJ Gothic Mistress & DJ Celtic Coyote decided to break off with the other radio station. Enchanted Radio was born on October 27, 2009. We have made great strides in attempting to improve the radio and we are always asking for opinions and suggestions with continuing improvements. We have been looking for and have found several other DJ's. Each of our DJ's provide the listeners with different styles and taste. We look forward to taking all your requests. We are still looking for DJ's to cover late night/early morning and some weekend duties.







## *FROM DJ CELTIC COYOTE .....*

Well i have always been interested in music from a early age my dad would sit outside with his friends and brothers and play there guitars so that started it i found out that i had what is called a ear for music never read a lick of music but was able to pick up on it then i got my first set of drums at 11 and picked playing them up fast my dad got me a six string one year and as they say history

Me and some friends started a little garage band we toyed with it got good did a Demo tape toured Fla the collage scene but after losing a few members one to a car crash and 2 to the military that ended that but i have still been active in music

I guess i got the idea for Broadcasting from hanging around with some radio DJ'S Here in my state growing up and other type DJ's so i have i guess had it in my blood it is a passion for music that drives me.

The whole idea behind Enchanted Radio was my idea after leaving the .....(OTHER STATION) i wont mention it ..... But it gave me the taste for it again and with the help of Gothic Misstress and the other DJ's i hope to bring music to the world for where there is music there is hope.



## *FROM DJ GOTHIC MISSTRESS .....*

I have always been around music. Either my parents or grandparents had the radio on almost all the time. i was part of a church choir, junior high band, high school band and drama. A little over two years ago, I had to help Celtic setup the technical aspects of becoming a dj. From rebuilding the pc to assisting him in downloading and setting up programs he needed in order to broadcast with the "other" radio station. About 6 months later, one of their DJ's became very ill suddenly. They needed someone to fill in for him while he was recovering. I ended up remaining with them until Celtic and myself established the new radio station. I find that being able to provide tunes to other people is quite rewarding.



**DJ FATES FURY**

Music has always been a big part of my life. I grew up with some family members playing it and some of us singing along. I was in school chorus and choir for several years. I guess you could say that music moves me. I became a DJ working with Celtic, Gothic Mistress and Pink at the other station and when Celtic and Gothic started up Enchanted Radio, I jumped on board. It's all about the music and being able to share it with others, to bring joy and fond memories with nothing more than playing a certain song. To me music is the heartbeat of life.



**DJ WHITEWOLF**

What Started me in to Radio , I used to DJ in A local night Club some time Ago And from there It Kinda faded Away for A while until I was In this one Chat Venue , And Some People i became Very Close With We Used to Sit Around And play name that Tune , At the time there Was this Radio Station Called three moon Radio On line And the owner of it Spent to Weeks Trying to get me To DJ For him And When At First I said no He Went And Started to talk to Every one i know And they All Jumped on the Band Wagon to Get me on it Finally I agreed , I wound up With the Nick Name Redneck boombastic DJ I Played A very mixed Playlist And As People Listened To my Show popularity Grew, Then A bad thing happened I got Sick And Had to make A choice Doctors or Internet So i let the net For A year And The Radio I djed For Whent Down hill , When i got back on line it Wasnt the same. Any Way i started looking For A New place to go To be Around those People With my Beliefs And low And behold Found the Forest And they had A radio Called the Enchanted Radio And Of Course mentioned that i have DJed before And Do ya Know Now i am DJ whitewolf Of the Forest Radio , I love music It Brings out the Emotional Soul Of Individuals , Wether it be happiness sadness What Ever , Music has Away Of bring out A persons Strong Suite, And When I can make People happy With Music I play It makes it All Worth it . I dont Do it For Fortune or fame , Is not my Drive , My Drive is The happiness And Laughter of others . And that is the Bottom line of Why I am in Radio.



**DJ SOARING EAGLE**

I joined the Enchanted Radio Team around 3 months ago – It is a pleasure working with the other DJs and owners. Music to me speaks when there are no words. Tune in and hear what were all about – you will get addicted !!!!!

# Fly Away

By Donovan aka Darkwarrior

I remember the year I was four

My youngest sister Lacy died

We were sad for a while

But the we swore she flew away

Her crib was in the living room

No matter how much my mom protested

He took it down anyway

We hadn't even had her for a month

And my mother still cries

We remember her

But Live on for her

Everyday in the sun

We can see her smile

I wish that I could see her once in a while

We miss you and we want you home

But still' we don't complain about the pain



# ENCHANTED FOREST MERCHANDISE NOW AVAILABLE !!!!!

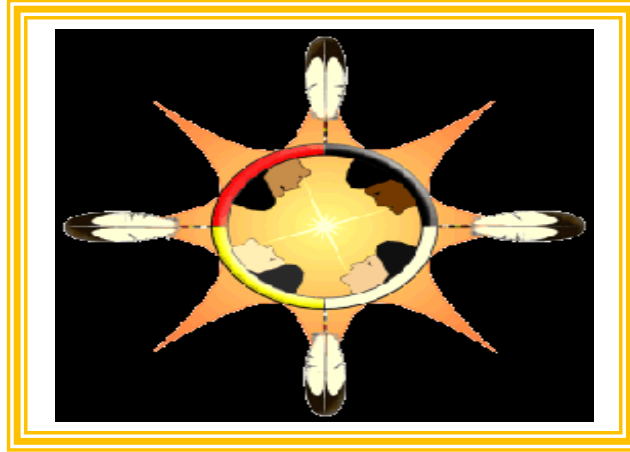


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[http://www.zazzle.com/enchanted\\_forest](http://www.zazzle.com/enchanted_forest)

# Traditional use of the talking stick

By Lil Wren



The talking stick has been used for centuries by many native tribes in North America as a means of just and impartial hearing. The talking stick was commonly used in council circles to designate who had the right to speak. When matters of great concern came before the council, the leading elder would hold the talking stick and begin the discussion. When he finished what he had to say he would hold out the talking stick, and whoever wished to speak after him would take it. In this manner the stick was passed from one individual to another until all who wished to speak had done so. The stick was then passed back to the leading elder for safe keeping.

Some tribes used a talking feather instead of a talking stick. Other tribes might have a peace pipe, a wampum belt, a sacred shell, or some other object by which they designate the right to speak. Whatever the object, it carries respect for free speech and assures the speaker he has the freedom and power to say what is in his heart without fear of reprisal or humiliation.

Whoever holds the talking stick has within his hands the sacred power of words. Only he can speak while he holds the stick; the other council members must remain silent. The eagle feather tied to the talking stick gives him the courage and wisdom to speak truthfully and wisely. The rabbit fur on the end of the stick reminds him that his words must come from his heart and that they must be soft and warm. The blue stone will remind him that the Great Spirit hears the message of his heart as well as the words he speaks. The shell, iridescent and ever changing, reminds him that all creation changes -- the days, the seasons, the years -- and people and situations change, too. The four colors of beads -- yellow for the sunrise (east), red for the sunset (west), white for the snow (north) and green for the earth (south) -- are symbolic of the powers of the universe he has in his hands at the moment to speak what is in his heart. Attached to the stick are strands of hair from the great buffalo. He who speaks may do so with the power and strength of this great animal.

The speaker should not forget that he carries within himself a sacred spark of the Great Spirit, and therefore he is also sacred. If he feels he cannot honor the talking stick with his words, he should refrain from speaking so he will not dishonor himself. When he is again in control of his words, the stick will be returned to him.





# Nature's Soul Food

by

Nancy A. Kaiser

On the one-year anniversary of my divorce, I needed solace and support from Grandfather Mountain, one of Nature's treasures near my home. "My" spectacular mountain was virtually empty of people. In every direction the views were simply magnificent. To be alone on its precipice was miraculous.

I had no distractions as the energy of this sacred spot to flowed in me. I was emotionally weary and needed its strength. Grandfather restored me. I felt lighter than I had in ages. I thanked the mountain for facilitating the release of much pent-up sadness and anger.

The famous naturalist John Muir advised, "Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop away from you like the autumn leaves." I felt renewed by Grandfather that day.

The sense of peace within reminded me of another gift from Mother Nature years earlier on Oahu. It was awe-inspiring, mystical, magical, spiritual, powerful. It was more than I had dreamed it could be; swimming with a pod of wild dolphins. No words can express the feeling of swimming among these magnificent beings. The energy they radiate is one of pure love, pure joy, pure harmony. There isn't a negative cell in their body.

I entered the water with no less than 40 to 50 spinner dolphins. They accepted me into their pod; their family. I'd been waiting a lifetime for this. When my eyes met with each dolphin's eye, it created a joining of consciousness; an acknowledgment of each other's place in the cosmos; a melding of spirits unlike anything I'd ever experienced. The dolphins' benevolent energy was so palpable. Our connection was totally their choice; with one flip of their tail they could disappear. I was surrounded on all sides and below with spinners; adults and calves. It was a different world; a better world. I became dolphin. Simply extraordinary!

In 2006, Mother Nature rewarded me with an astonishing day marking the culmination of my healing from a tragic divorce two years earlier. I was drawn to Lassen Volcanic Park in California for my first-ever vacation day alone.

I was totally present creating a heightened sense of awareness. I noticed everything: ducks and geese on the lake, birds in the trees, the trees, the mountain, the rocks, everything. I followed sounds of water, but couldn't find its source so I sat down to enjoy a snack.

I noticed a small lizard scampering through the rocks, who stopped to stare at me. Ever the animal communicator, I asked if it was okay if I shared his home with him and what a beautiful home it was. He was surprised that I could speak with him. "Why can't the others? No one ever stops long enough to visit. Why are they all in such a hurry?" Good questions, all.

We talked for a short while – he on his rock and I on mine. I thanked him for sharing his home, but I had to be going. The minute we finished our chat he scurried from the rock, and I never saw him again.

I found the moving water, which was where the lake spilled into a brook running through the woods. I climbed onto a huge rock next to it. Rushing water fascinates and relaxes me. After several minutes, I felt a presence dancing in the bubbles in the water.

I sent the same request to share its home. I *heard* a giggle and a greeting of welcome. The voice was as bubbly and full of energy as the water itself. I was told “she” was a water sprite. Her questions were identical to the lizard. “Why can you... What’s their hurry?”

I tried to explain people’s fascination with time and preoccupation with past and future. She couldn’t comprehend either concept. “All there is, is now, isn’t there?” Well, I could have stayed for a month trying to explain that one. I thanked her for the healing nature of her water and her willingness to speak with me.

Leaving Lassen Park I headed towards the Wild Horse Sanctuary that was near-by. The sign said they closed in an hour. I found one of their wranglers, who asked if I had time to see some of the mustangs. Are you kidding? I grabbed my camera and water. “Do I need to be back by 4 p.m.?” He smiled and told me they’d come find me if I wasn’t back by dark!

I walked through a gate that led to 5,000 acres and 250-plus mustangs. He told me where they’d seen some recently. “Just don’t get too close to them.” Before long I heard horses moving towards the basin ahead of me.

When the bushes opened up, I saw horses everywhere. I was in wild horse heaven taking pictures like crazy just in case they spooked when they noticed me.

I did my best not to be intrusive. There was no one that respected horses more than I. I’d never been near totally wild horses. This was a dream come true. Being able to watch horses in their natural state was fascinating.

I was practically a horse myself after 45 years of living with them. Mine were domesticated, so their behavior was influenced by their closeness to humans. These mustangs’ behavior was pure, unadulterated horse. They let me get closer than I would’ve ever thought. None of them showed any evidence that I was an intruder. I was captivated watching them interact.

Without warning, off in the distance I heard several horses calling. It felt mystical and magical. Their calls and answers caused a stirring deep in my soul that I didn’t comprehend. I became a little teary as though I’d found something I’d been longing for.

As I watched these authentic horses, I was in awe of the acceptance that they showed me. I felt part of their herd. They moved around me nonchalantly, which humbled me. I credited my ease around domestic horses with my being accepted into this herd of wild ones. I knew they sensed the love and respect I have for their species.

It was incredible to feel a part of something so wild within Nature just like my exchange with the wild dolphins. Just as with the dolphin family, I felt a sense of balance and harmony within my soul. In that moment, I recognized that the mustangs’ acceptance of me was a reflection of my complete acceptance of my soul and its creations. I was whole and complete again!



# MoonDancers Curiosities

Please contact us at [r.haynes@moondancerscuriosities.com](mailto:r.haynes@moondancerscuriosities.com) or

(570) 447-0487 Please leave a message



This is a picture of the first candle carved for a customer.

Candles can be carved to your picture or can be painted.

All our pillar candles are poured and carved. This candle is 3" around and approximately 9" high. Candles can be poured to different sizes .

The basic pour cost is \$5.99 USD\*

The cost of carving is additional, please ask for an estimate of what you would like to have carved on it. All artwork is subject to your approval before carving.

Votive candles can also be poured in single colours or multiple colours , also with scent for each layer of colour or single scent for the entire candle.

Votive candles are \$1.25 USD\*



All candles are hand-dipped/ poured. Candles can be

dipped to be 4", 6" or 8" taper candles .

4" Tapers are \$ .50 US D\*

6" Tapers are \$1.00 USD\*

8" Tapers are \$1.50 USD\*

Larger candles will be priced according to size

Our current scents include (with new scents being created by our family as we create new candles):

Beltane  
Mulberry

Cinnamon  
Rose

Jasmine  
Unscented

Lavender  
Ocean

Coconut  
Mint

\*Shipping is additional based on weight of order.



# Wands

*By Lil Wren*



The Enchanted Forest, has allowed me to sell my wands, in the safe keeping of the forest realm. To keep harmony of good will and honest terms, I myself will only be selling my wands on line,, and sending to those who wish to purchase from me.

## **##NEWSFLASH##**

I have a small batch of special wands and talking sticks. The wood is taken from the horrific storms we have had here, with most of the wood being taken down by tornadoes. .... so they should be fired up with energy and have been laid out in the light of the full moon and the eclipse. These are special wands !!!!

I would like to help the forest with the cost of the site fees with these creations, if someone donates money to the site for site fee costs – I will be willing to sell the wand to them for \$20 instead of the usual \$25 plus postage and packaging. This is a BIG DISCOUNT

I will put aside 5 willow and 5 maple pieces of wood for this special thing – these are truly powerful tools !!!

*If you are interested and wish further details on my wands contact me on site*

**<http://enchantedforrest.ning.com/profile/EinNOR>**



# The Morning Mist

By Bruce

The chill of the night the love from the Moon,  
The mist from the Earth the Sun rising,  
A new life comes into being...

The mist rises and dances and skips playfully  
Playing peekaboo as it runs,  
It tries to touch the trees and hedgerows  
Almost touches, almost shares  
The shadows don't allow it room  
Touching becomes the big taboo.

Minutes pass and the mist centers,  
Standing in the middle watching.  
Looking at the Sun rising..  
Skipping away from the people chasing...  
Learning from cynics to stop them touching!  
All alone now, listening, waiting...

Such a short life and now it's passing,  
The Sun rises as the mist subsides  
Looking for a place to survive,  
It stretches upwards but is scorched  
It goes to ground but cannot touch,  
It seeks the shadows but cannot enter  
The gentleness of the creek, welcomes it's friend  
Together they share so the journey won't end.

The beautiful "Mist" was seen by so few,  
It was part of your day that won't be repeated  
It couldn't touch and was almost defeated  
It left behind the fresh morning dew  
Just so you know what the Sun, the Moon and the Earth are saying:  
I LOVE YOU



# My Appreciation Of This Forest

by Forest Fairy

The Enchanted Forest has been a true blessing from The Goddess for me. I have been a member for awhile now and have received so many gifts. I have been a solitary Witch for over 15 years and sometimes I've enjoyed my solitude while at other times I haven't. I seem to have some sort of "meet the right coven " blockage so I continue practicing alone. I often get tired of it and wish to celebrate my Craft with others. I have those few Pagan friends to knock about with-the ones who are always too busy for ritual & practice.

My family (all of you) here at the Forest have been here for me during these times. When I feel lonely for company of "like kind" I know that I need only turn to this site. This site has been stronger and ongoing more than any other I've seen and I truly believe it's the will of The Goddess Herself that has kept us strong when we feared losing our home. She has given us a family-even if not in the physical, where we can learn & grow together in our spirituality as well as our Craft.



*Thank You To Our Blessed Mother*

*& Thank You To Our Forest Creator*

*Moderators, and Us All.....Namaste'*

# **lil\*Wren,s**



## **Wands, for the enchanted forest**

### **This Is A Spell That I Woke Up Chanting**

**By Forest Fairy**

\*Visualize a sphere of rubber that repels & sends back negativity to the sender. "Hear" the ball bouncing & "smell" the rubber. Enjoy the feelings of childhood that it brings back. Chant as long as necessary:

"I sit inside my rubber ball, safe between its rubber walls.  
What you send out cannot touch me.  
Let it rebound & return to thee."

"Bounce back, bounce back; turn it 'round and send it back.  
Let it stay with you-not me;  
As I will, So Mote It Be!"

# **12 Easy Steps to Create Positive Self-Talk Leading to Your Success**

**By Sonia Gallagher**

Have you ever noticed a trend in the thinking patterns of successful people? Have you ever wondered why it seems like success comes so easily to some people and so difficult for others?

It all has to do with your beliefs and self-talk.

People that achieve success in a consistent basis have one thing in common. Whether they are successful athletes, executives, business owners, or artists, they all know that they will succeed. They know this before they even attempt to achieve the goal they set out for themselves. They envision themselves living the way they want to live and feeling the excitement, gratitude, and the sense of accomplishment that comes from reaching what they set out to do.

Positive self-talk is the dialogue that goes on in your mind. It is where you believe in yourself and are confident in your capabilities to the point that you are certain that you will succeed. Here is a list of steps you can take to create positive self-talk to get ahead in life.

1. Choose to create positive self-talk. When you realize the enormous power that thoughts have over your actions and view of life, you should make a decision to stop living your life with self-imposed limitations. Once you opt for a life filled with opportunities, potential, and fulfillment, you take the most important step to creating the reality you desire.

2. Feed your mind. Choose to look for good things to focus your thinking on. Focus your attention on positive, uplifting, and encouraging words to say to yourself. For example: "I don't have to finish everything in my task list today" or "Dealing with this client will make me a more patient person." Choose to look for the silver lining.

3. Practice persistence. Now that you realize that your self-talk has been going on for decades, you must know that taking back control over your self-talk will not happen overnight. It is a progress that will require your effort.

Continue to find ways to remind yourself to stop and analyze any negative self-talk and to counter it with a positive message to yourself. As you do this, it will become easier. You will reach a point where you do this without realizing it and building your positive self-talk will actually become second nature.

4. Observe your self-talk. Try to relate to your thoughts as scenes in a movie theater screen. When you put yourself in the role of a third party or outsider, it is a lot easier to practice



neutrality and to see a situation for what it really is. By becoming an observer of your thoughts and self-talk, you are better able to assess their validity or lack thereof in each thought or thinking pattern. In time, you will also be more apt to seeing trends in triggers that cause the negative self-talk to take place.

**5. Reframe your Thinking.** When you become aware of having a negative thought, give it a positive spin. For example, if your self-talk tells you "I'm never going to get the promotion. I'm late to work yet again!;" remove the negative opinion and the judgment from it. Then, you can reframe it into a more positive message like "I was late to the office today, what can I do or avoid doing to get here on time?" Don't allow your self-talk to beat you up so much. Take control of it and give them a spin. Focus on how you can avoid doing the behavior again.

**6. Watch for Absolutes.** A lot of people have a tendency to use phrases like "I always," "I never," or "I am" with negative self-talk. These phrases can be terribly harmful to you. They create an instant limitation on you and your capacity for change. Avoid them at all costs. A good way of doing this is asking yourself questions regarding the self-talk message.

**7. Ask yourself Questions.** Ask yourself questions like: 1. What led me to this thought?, 2. What would be a better solution or way to handle the situation I'm facing?, 3. What would allow me to overcome this challenge?, 4. What is another potential outcome in this situation?, 5. What would be the worst thing that could happen?, 6. If the worst thing that could happen did happen, how would that affect me? Is the effect really that bad? Is it fatal? These questions are a great way of combating limiting self-talk.

**8. Stop the Thought.** While you are in the middle of listening to your negative self-talk, stop your thoughts mid-stream by saying "Stop". If your surroundings allow you to say this out loud, do so. The physical act of saying "stop" out loud will make you better aware of the frequency in which you are stopping negative thoughts, when it happens, where you are when it happens, and what is happening right before it.

**9. Rubber-Band Snap.** Wear a rubber band on your wrist and snap it each time you hear negative self-talk in your mind. If you can't say "Stop" out loud, this is a great alternative. The physical pain you feel from this action will be a huge motivator in stopping the negative self-talk.

**10. Replace Negative Self-talk with Other Messages.** A lot of people find it easier to replace negative self-talk with positive messages than to remove self-talk altogether. Some things you can do to replace your negative self-talk are: A. Use more gentle words to refer to yourself and to situations. (For example instead of thinking "I hate being late," replace that thought with "I really don't like being late.") and B. Change Limiting Self-talk like "I can't win this case!" or "I'm not going to be able to get that client!" to questions like "Why would I not win this case?" and "What can I do to prepare for it better?"

Self-limiting statements are extremely harmful. They not only increase your stress in response to a situation but paralyze you from finding solutions to the problem. Replace these thoughts with questions instead. This way, you'll be in the right frame of mind for finding ways to solve the problem. Asking yourself, "How can I win this case?" or "What can I do to get that client?" is much more empowering, isn't it?

11. Learn Discipline. View your practice of removing and changing your negative self-talk like you would a work out plan. You are not going to see results right away but will feel great once you do. Just like there will be days where you are not motivated to go to the gym, there will also be days where you are not motivated to keep track of your negative self-talk or counter it with positive messages. Doing it however helps us develop our discipline and drive.

It gives us a sense of pride for our accomplishment and a sense of control over our life. It's an incredible boost of confidence!

12. Modify the Golden Rule. We are creatures of habit. It's no wonder how easily we can fall into patterns of self destructive thoughts and behavior. Instead of continuing to be your own worst critic, teach yourself to be your best support. Be respectful to yourself and treat yourself with the same compassion and kindness that you would treat others around you. Don't say anything to yourself that you wouldn't want another person to say to you.

Sonia Gallagher works with professionals who are ready to reach new heights of success as an Executive Life Coach at Time for Life, LLC. She is the author of En Route! The No-Fuss Roadmap to Driving your Life in a New Direction. She works with Lawyers, Business Owners, and Executives who are ready to be challenged and to reach new levels of Success through Balance.



# A Pledge to Pagan Spirituality

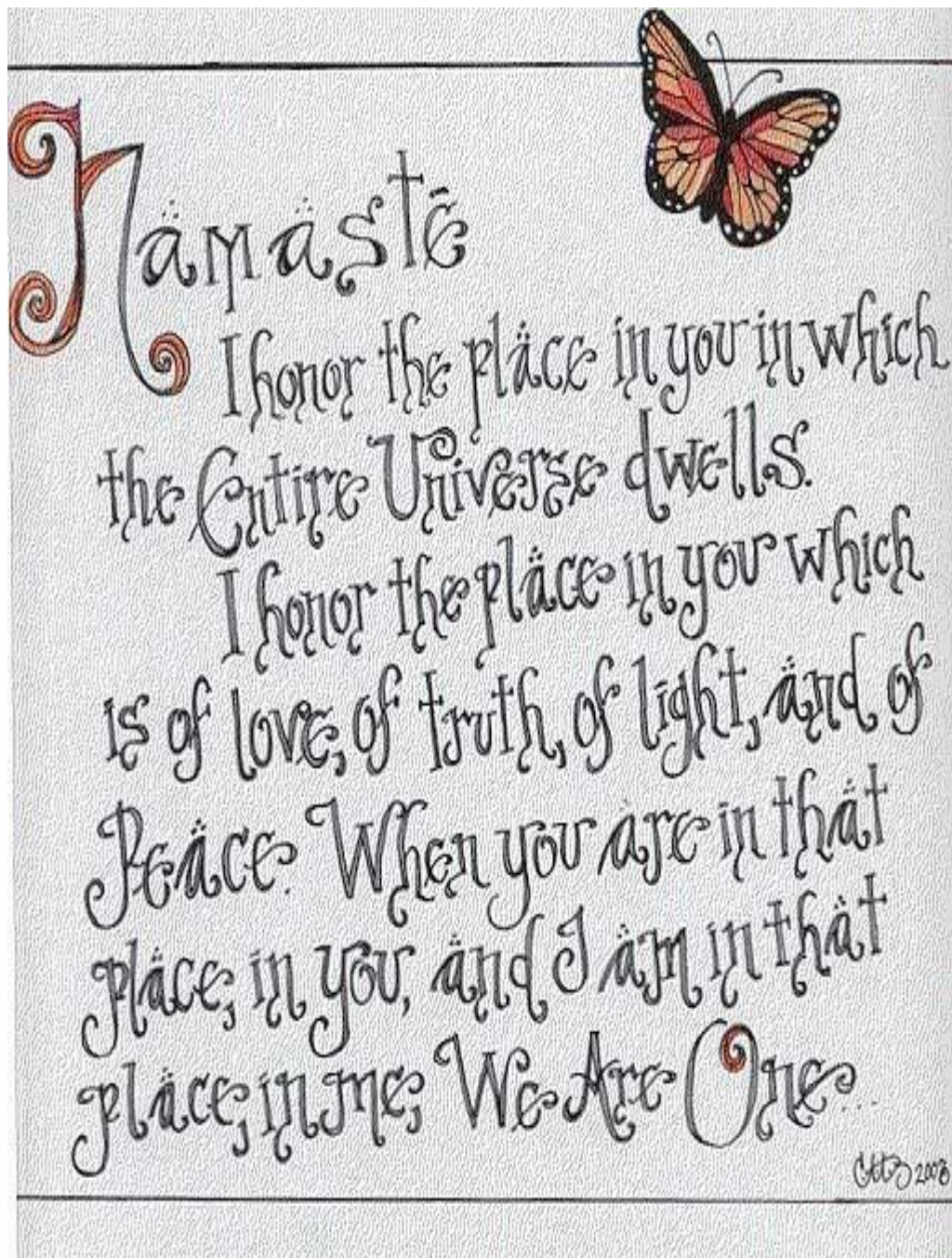
By Spellcaster

I am a Pagan and I dedicate Myself to channeling the Spiritual Energy of my Inner Self to help and to heal myself and others.

- ☀ I know that I am a part of the Whole of Nature. May I grow in understanding of the Unity of all Nature. May I always walk in Balance.
- ☀ May I always be mindful of the diversity of Nature as well as its Unity and may I always be tolerant of those whose race, appearance, sex, sexual preference, culture, and other ways differ from my own.
- ☀ May I use the Force (psychic power) wisely and never use it for aggression nor for malevolent purposes. May I never direct it to curtail the free will of another.
- ☀ May I always be mindful that I create my own reality and that I have the power within me to create positivity in my life.
- ☀ May I always act in honorable ways: being honest with myself and others, keeping my word whenever I have given it, fulfilling all responsibilities and commitments I have taken on to the best of my ability.
- ☀ May I always remember that whatever is sent out always returns magnified to the sender. May the Forces of Karma move swiftly to remind me of these spiritual commitments when I have begin to falter from them, and may I use this Karmic feedback to help myself grow and be more attuned to my Inner Pagan Spirit.
- ☀ May I always remain strong and committed to my Spiritual ideals in the face of adversity and negativity. May the Force of my Inner Spirit ground out all malevolence directed my way and transform it into positivity. May my Inner Light shine so strongly that malevolent forces can not even appro ach my sphere of existence.
- ☀ May I always grow in Inner Wisdom & Understanding. May I see every problem that I face as an opportunity to develop myself spiritually in solving it.
- ☀ May I always act out of Love to all other beings on this Planet -- to other humans, to plants, to animals, to minerals, to elementals, to spirits, and to other entities.
- ☀ May I always be mindful that the Goddess and God in all their forms dwell within me and that this divinity is reflected through my own Inner Self, my Pagan Spirit.
- ☀ May I always channel Love and Light from my being. May my Inner Spirit, rather than my ego self, guide all my thoughts, feelings, and actions.



# Namaste





# Paganopolis.com

<http://www.paganopolis.com>

A Kentucky based secure online store offering hundreds of Pagan/Heathen items for your personal path of exploration and enjoyment.

**Paganopolis.com**, a Kentucky based secure online store offering hundreds of Pagan/Heathen items for your personal path of exploration and enjoyment.

We chose Paganopolis as our company name because today's world has moved into the internet communication age, giving the ability to instantly access our Pagan/Heathen friends and family. We are actually able to communicate with each other no matter what our geographical location is, enabling us to foster a community that can, and does, share ideas and trade with one another.

While there are other sites out there that offer similar products as we do, we focus our product line on items that enhance group or solitary ritual practices and we believe in offering dependable customer service throughout the Pagan/Heathen community no matter their geographical location. *Yes, we do ship all our products (with the exception of Athames) to any location that excepts U.S. Packages.*

Altar Items

Athames & More

Bags & Pouches

Books

Boxes

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# Grow Your Own Mosquito Repellent

By Cedar Woman

Last year, several members of the Iowa State University Department of Entomology presented the results of a study on common catnip. Among their conclusions was the fact that an essential oil in catnip is 10 times more effective at repelling mosquitoes than potent chemicals such as DEET. While the researchers don't know why mosquitoes don't like catnip oil, they do know a good thing when they see it.

Why not grow some mosquito repellent of your own? If you have a sunny, well-drained patch of lean garden soil, try planting some catnip. The plant you need is a perennial herb called *Nepeta cataria*. Closely related to ornamental catmint, or *Nepeta faassenii* (or *N. mussinii*), catnip is generally grown as a cat-pleasing or medicinal tea herb rather than for its looks.

## CATNIP AND ROSEMARY MOSQUITO CHASING OIL

MAKES ABOUT 2 CUPS.

2 cups catnip, stemmed

1 cup rosemary, cut in 6-inch sprigs

2 cups grapeseed oil or any light body-care oil

Roll herbs lightly with a rolling pin and pack into a clean jar. Cover with oil, seal jar and place in a cool, dark cupboard for two weeks.

Shake jar lightly every day or so for two weeks. Strain into a clean jar, seal and refrigerate for up to 8 months unused.

To use, rub on exposed skin.



# I've learned...

By Spellcaster

I've learned that you cannot make someone love you. All you can do is be someone who can be loved. The rest is up to them.

I've learned that no matter how much I care, some people just don't care back.

I've learned that it takes years to build up trust, and only seconds to destroy it.

I've learned that it's not what you have in your life, but who you have in your life that counts.

I've learned that you can get by on charm for about 15 minutes. After that, you'd better know something.

I've learned that you shouldn't compare yourself to the best others can do, but to the best you can do.

I've learned that it's not what happens to people that's important. It's what they do about it.

I've learned that you can do something in an instant that will give you a heartache for life.

I've learned that no matter how thin you slice it, there are always two sides.

I've learned that it's taking me a long time to become the person I want to be.

I've learned that it's a lot easier to react than it is to think.

I've learned that you should always leave loved ones with loving words. It may be the last time you see them.

I've learned that you can keep going long after you think you can't.

I've learned that we are responsible for what we do, no matter how we feel.

I've learned that either you control your attitude or it controls you.

I've learned that regardless of how hot and steamy a relationship is at first, the passion fades and there had better be something else to take its place.

I've learned that heroes are the people who do what has to be done when it needs to be done, regardless of the consequences.

I've learned that learning to forgive takes practice.

I've learned that there are people who love you dearly, but just don't know how to show it.

I've learned that money is a lousy way of keeping score.

I've learned that my best friend and I can do anything or nothing and have the best time.

I've learned that sometimes the people you expect to kick you when you're down may be the ones to help you get back up.

I've learned that I'm getting more and more like my grandma, and I'm kinda happy about it.

I've learned that sometimes when I'm angry I have the right to be angry, but that doesn't give me the right to be cruel.

I've learned that true friendship continues to grow, even over the longest distance. Same goes for true love.

I've learned that just because someone doesn't love you the way you want them to doesn't mean they don't love you with all they have.

I've learned that maturity has more to do with what types of experiences you've had and what you've learned from them and less to do with how many birthdays you've celebrated.

I've learned that you should never tell a child her dreams are unlikely or outlandish. New things are more humiliating, and what a tragedy it would be if she believed it.

I've learned that your family won't always be there for you. It may seem funny, but people you aren't related to can take care of you and love you and teach you to trust people again. Families aren't biological.

I've learned that no matter how good a friend someone is, they're going to hurt you every once in a while and you must forgive them for that.

I've learned that it isn't always enough to be forgiven by others. Sometimes you have to learn to forgive yourself.

I've learned that no matter how bad your heart is broken the world doesn't stop for your grief.

I've learned that our background and circumstances may have influenced who we are, but we are responsible for who we become.

I've learned that sometimes when my friends fight, I'm forced to choose sides even when I don't want to.

I've learned that just because two people argue, it doesn't mean they don't love each other. And just because they don't argue, it doesn't mean they do.

I've learned that sometimes you have to put the individual ahead of their actions.

I've learned that we don't have to change friends if we understand that friends change.



I've learned that if you don't want to forget something, stick it in  
your underwear drawer.

I've learned that you shouldn't be so eager to find out a secret.  
It could change your life forever.

I've learned that the clothes I like best are the ones with the most  
holes in them.

I've learned that two people can look at the exact same thing and  
see something totally different.

I've learned that no matter how you try to protect your children,  
they will eventually get hurt and you will hurt in the process.

I've learned that there are many ways of falling and staying in  
love.

I've learned that no matter the consequences, those who are honest  
with themselves, get further in life.

I've learned that many things can be powered by the mind, the trick  
is self-control.

I've learned that no matter how many friends you have, if you are  
their pillar, you will feel lonely and lost at the times you need them most.

I've learned that your life can be changed in a matter of hours by  
people who don't even know you.

I've learned that even when you think you have no more to give, when  
a friend cries out to you, you will find the strength to help.

I've learned that writing, as well as talking, can ease emotional  
pains.

I've learned that the paradigm we live in is not all that is offered  
to us.

I've learned that credentials on the wall do not make you a decent  
human being.

I've learned that the people you care most about in life are taken  
from you too soon.

I've learned that although the word "love" can have many different  
meanings, it loses value when overly used.

I've learned that it's hard to determine where to draw the line  
between being nice and not hurting people's feelings and  
standing up for what you believe.

I've learned that no matter how fast or how far you go, you can't  
outrun the Gods.

I've learned that no matter how far away I've been, the Gods will always  
welcome me back.

I've learned that love is not for me to keep, but to pass on to the  
next person I see.

I've learned that even if you do the right thing for the wrong  
reason, it's still the wrong thing to do!.



# Enchanted Forest “Site news”

## WE NEED THE MEMBERS HELP!!

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Then Click on the ENCHANTED FOREST BANNER

This should take you back to the site

THATS IT - Simple



You can vote for us as many times as you like (the more the better) encourage all your friends on the site to do the same. Lets see how high we can get

Many Thanks

The Enchanted Team

## Creating Groups

At the Enchanted Forest we try and maintain an "open policy" with this in mind we ask that all Groups created by members are created and open for all - No groups should be set to private. Thank you all for your continued support and input in the Forest.

And to be sure is not another group of the same topic..many groups have been here long time and have gathered all sorts of information and we like to utilize them as much as possible..

So before putting one together check through to make sure is not another..

And when putting a group together ..please have info ready or discussions along with picks..have noticed some groups get started ..but without info or description or any discussions..we usually wait a week to give person time to do so..then if nothing is added ..will usually remove the group..

We try to keep them active and share the contents of these groups with members plus we always have new people coming in..also helps to make sure these groups are updated.

Thanks .. Shadow





*Enchanted Forest magazine..  
monthly magazine including articles sent in by  
the members of the forest..Great articles in  
every magazinelll*

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*Keeping the Magic Flowing*







If you wish to email the radio directly with questions or comments, there are now two ways to do it. You can do that in the Enchanted Radio Group or on Enchanted Radio's member profile.

## WOULD YOU LIKE TO JOIN THE ENCHANTED RADIO TEAM AS A DJ ??

We are trying to establish two new DJ's and we are looking for DJ's that can fill the Evening shift. . We do not expect any new DJ's to actual play for that whole period of time. We would prefer at least a commitment of 4 hours, if you wish to do more that of course would be fine. All new DJ's will be asked to please be present in chat during their time on air and to be actively participating in chat. We will expect all DJ's to play the requests of the room within reason.

# Enchanted Radio Merchandise

[http://www.zazzle.com/enchanted\\_radio](http://www.zazzle.com/enchanted_radio)



# Cooking Corner

With Lil Wren

Wanted to share this very easy way to display some cute and easy fun, with cupcakes, or any dessert.

frost you cups / cake as usual, take tin pretzels and create the wings, with a dot of icing, in the middle you place, round hard candies for the bodies, like M&M's and of course "skittles,, for the anti's use could use licorice laces, or if your into it little lines of colored icing. This small and easy project, makes any tea time party perfect, or for a special occasion with friends or family, give this a try.





# The Ancient Wisdoms (A Wizard's Decree)

By Spellcaster

He who knows the ways of beasts and birds.  
Who can distinguish them by song and cry,  
Who knows the bright quicksilver life in streams,  
The courses that the stars take through the sky,  
May never have laid hands to books,  
Yet he is sharing wisdom with infinity...  
He who works with sensitive deft hands  
At any woodcraft, will absorb the rain,  
The sunlight and the starlight and the dew  
That entered in the making of its grain;  
He should grow tall and straight and clean and good  
Who daily breathes the essences of wood.  
He who finds companionship in rocks,  
And comfort in the touch of vine and leaf,  
Who climbs a hill for joy, and shouts a song,  
Who loves the feel of wind, will know no grief;  
No loneliness that ever grows too great;  
For he will never be desolate...  
He shares, who is companioned long with these,  
All ancient wisdoms and philosophies.





# Broken Heart

By Moonshadow

A burning heart

A blazing heart

A heart that's hot as fire

A pierced heart

A bleeding heart

A heart as hurt as nature

A flying heart

A broken heart

A heart as sad as me



# The Day I Was Born

By Rose Mistdancer



The day i was born no flowers or cards were sent



The day i was born there were no happy parents



The day i was born no one expected me to survive

The day i was born my parents planned for a funeral

The day i was born no one expected to have there own Little Warrior

# The Gnome

By Gothic Misstress

There was a little gnome who lived beneath the roots of a giant tree. He was happy to be there. He would forage for food and water during the night so no one would see him. You hardly ever saw him in the daytime if at all keep to himself so no one would every notice him.

He loved collecting all kinds of trinkets, gems and shiny things discarded upon the forest floor by those who no longer wanted the. He would take these items back to his home and make them into useful items for him to use.

One day he noticed his food stores were running low, he wondered out to forage for food. He noticed their was scarcely any to be found. He hunted all night til just before the sun began to rise. He scurried home to his house and inventoried his findings. He found he barely had enough for two meals. He sat down and prepared his meal and went to bed vowing to find more the next night.

He woke up just as the sun was setting. He shouldered his pack and headed out. He went in a direction he had never been before in hopes of finding more food. He walked and walked and still no food to be found. The moon was bright and full that evening. the moonbeams struck something in the distance. It was bright and shiny. The little gnome temporary forgot about food and hes eyes lit up real big. He rushed headlong following the moonbeam. He paid little heed of anything. He tripped over a rock and began rolling down a hill.

When he finally came to a stop, he was dazed and stunned. He slowly stood up and dusted himself off. He looked around and found the moonbeam was still shinning onto the most beautiful object he had every seen. He walked over to it and picked it up. He hugged his treasure tight. He spent a few minutes securing his new treasure for travel. He suddenly realized he still had not found any food. He looked around the new area where his treasure had been. He found a wealth of berries, mushrooms and several edible plants. His hunger drove him to gather more and more of the delicate treats. Before he knew it the sun was starting to climb up in the sky. He knew he had to start back home.

He started back the way he came. He did not know how far he had traveled to get here. But, he felt that if he could just get to the top of the hill that he fell down he would be able to find his tree. He climbed the hill slowly using the roots and rocks that were protruding out of the hill. It was not a easy climb as his p were laden with food and his treasure. He did not wish to part with either of them. he finally reached the top of the hill and looked around.

"Where's my tree?" he said with a tremor in his voice. "It's gone."

Panic began to set in. I have to find some shelter before the sun is fully risen. Maybe I can find my tree tomorrow night. Time was slowly running out for him to find shelter. He was more thought of someone spotting in the daylight than the loss of his tree terrified him much more. He looked around and spied a large toad stool. He crawled underneath. "This will do for now. I will find my tree tomorrow. I have to find my tree." he mumbled to himself. He prepared a meal and a bed and fell asleep.

Panic began to set in. I have to find some shelter before the sun is fully risen. Maybe I can find my tree tomorrow night. Time was slowly running out for him to find shelter. He was more thought of someone spotting in the daylight than the loss of his tree terrified him much more. He looked around and spied a large toad stool. He crawled underneath. "This will do for now. I will find my tree tomorrow. I have to find my tree." he mumbled to himself. He prepared a meal and a bed and fell asleep.

He woke the next day soar and tired. He gathered his packs and tidied up and set out in search of his lost home. The moon once again was bright and full. He delighted in the because it would help him to find his tree. He stood there a moment and looked around. He was searching for anything familiar. He noticed a little ways off that another moonbeam was bouncing off yet another shiny object. He began running towards it. Once again he ran heedless of anything. He ran so fast he about tripped over his newest treasure. He sat down beside it and tried to pick it up. But, he found he could not. He knew he had tools back at his beloved tree. he began to cry then. He missed home beneath that tree. He missed his tree dearly. He realized he was now even more lost than before. He began to look around and he noticed something a short walk away.

He rose and wondered out to the object that had attracted his attention. When he got closer, he realized it was some tools. On closer inspection, he realized these where his tools that he thought he had lost so many moons ago. He gathered them to together as secured them to his pack. i am not losing these again. After securing his tools he stood up and looked around again. Something else familiar caught his eye. He slowly began moving towards the object. When he got closer, he saw it was another pack. "Man I thought I lost this thing for good." , he said. He sat down an looked inside. He found several of his lost treasures and some of his favorite food. He hugged the pack tight. Then he realized the sun was about to rise. He need to find shelter soon. He looked around and found a small cave. "Well it is not home, but it will have to do for now." he said. He fixed his meal and made a bed and fell asleep.

He woke the next night even soarer and stiffer than before. "I really must find my tree and my comfy home. In not spend one more night out here." he mumbled. He gathered together all his packs and tools. He double checked and triple checked to make sure he had gotten everything. He stepped outside into the moonlight. He looked up at the moon and said. " No more tricks tonight, please. I really need to find my tree."

The moon seemed to simply wink back at the little gnome. The gnome stood and took stock of everything around him. He started off in a direction he believed would lead him back to his cozy home. He slowly made his way through the forest. Then a dark cloud began to He muttered to himself. "Great, I am lost in the woods and now my only source of light is being covered by storm clouds." He shakes his head and moves cautiously forward using his hands and feet to feel his way through the woods.

Then a loud crack of thunder began to roll and flashes of lightning begin to light up the sky. He jumped then with his heart in his throat he panicked. He bolted then began running headlong through the woods. He was running so fast and was so blinded by fear that he did not even see the root until it was too late.

He fell through a hole. He fell for what seemed an eternity. When he finally came to a rest, he landed on a hug pile of something that he was not sure of. It was to dark to see anything and he could not determine exactly what it was. he took his packs off and fumbled through them. He found a small lantern and a match. He lit the lantern. He looked around the room. He then let out a laugh that he could not stop. It was a laughter of joy that brought tears to his eyes. He realized that he had fallen into his treasure stores. He had found his tree. He quickly gathered his packs and tools. He began to skip to skip through the maze of tunnels that he had built and finally found himself in his cozy home. He emptied his packs and began to put them away. He prepared a hearty meal and crawled into bed. He vowed right then and there that he would never leave his cozy tree again.



# The Spirit Fire

By Martin Stompingelk

The Spirit Fire, lit in the east of the dance arena, is a Spiritual gathering center of prayer, ceremony, and conversation at well-known powwows. This commemorates and renews our long-standing relationship with this important element.

Once the gift of fire was given to the early ancestors, it became a vital necessity. Fire produces energy that can warm , give light, heal, or occasionally destroy, when not properly used and respected. As the people were in close relationship with the earth's elements--fire, earth, water and air--these were recognized as gifts from the Creator to care for wisely with thanksgiving.

At the beginning, the people would have had difficulty beginning a fire under many different circumstances and weather conditions. To be certain that fire was always available, perhaps it was brought to a council to assign a "fire keeper." The elders would find a man who was willing to commit his life, and perhaps the life of his son, nephew or trusted brother to always keep the fire alive. As tribes moved, or a neighbor's cooking fire was drowned out by a storm, the fire keeper was sought out to provide additional flame. As warriors or hunters left the village, fire were kept lit to help them find their way home.

Approaching the Spirit Fire, one will see the protective green, flared cedar bed surrounding the fire in the center. To the right of the entrance to the ring are baskets of loose tobacco and cedar, available to all who come. These are gifts to the Spirits, and as one approaches the fire in the center and walks clockwise to the four directions, a small handful may be placed in the fire as an offering, with the intention that one's prayers rise with the smoke to the Creator.

The flame begins prior to the Powwow and continues for four days. the fire keeper and his helpers feed the flame day and night, and someone is always present to converse and answer questions. Thus the Spirit Fire serves as a center of community at the powwow, where the vital connection among people and the Creator is renewed and strengthened.



# A – Z Herbs

*By Cougar Blackstaff*

## The Herbal Encyclopedia – C

### Caraway

*Carum carvi*

**MEDICINAL:** Caraway aids digestion, can help promote menses, can increase a mother's milk, and is good to add to cough remedies as an expectorant.

**RELIGIOUS:** Carry Caraway in an amulet for protection. Carrying caraway seeds promotes the memory. It can also guard against theft. It is said to promote lust when baked into breads, cookies, or cakes.

**GROWING:** Caraway can be found in meadows, woods, and rocky areas. It prefers a rich soil. Native to Europe, Asia, and Africa, it also grows wild here in North America. It is a biennial that reaches 1 1/2 - 2 feet high.

### Cascara Sagrada

*Rhamnus purshiana*

**MEDICINAL:** Used in treating chronic constipation, and is a stimulant to the whole digestive system. It is a safe laxative, and is useful for treating intestinal gas, liver and gall bladder complaints, and enlarged liver.

**RELIGIOUS:** Sprinkled around the home before going to court, it will help you to win your case. It is used in money spells and in repelling evil and hexes.

**GROWING:** Cascara Sagrada is a tree that is native to the Pacific Northwest regions of North America.

### Catnip

*Nepeta cataria*

**MEDICINAL:** Catnip is effective alone or in herbal remedies for colds, flu, fevers, upset stomach, and insomnia. Particularly good for children with upset stomachs in a very mild infusion.

**RELIGIOUS:** Use the large leaves, well dried, to mark pages in magickal books. Use in conjunction with rose petals in love sachets. It will also create a psychic bond between you and your cat. Grow near your home to attract luck and good spirits.

**GROWING:** Catnip will grow in most soils, and tends to enjoy a bit of the dry spells once it is established. It grows throughout North America, and is a perennial reaching to 3 feet high.

## Cat's Claw

*Uncaria tomentosa*

**MEDICINAL:** Also known as una de gato. Used in treatment of arthritis, gastritis, tumors, dysentery, female hormonal imbalances, viral infections. It is effective in aiding treatment of the immune system, the intestinal system, and the cardiovascular system. This herb should not be taken by those who have received an organ transplant, nor by pregnant or nursing women.

## Cayenne

*Capsicum spp.*

**MEDICINAL:** Cayenne, also called capsicum, is very effective added to liniments for all sorts of arthritis and muscle aches. Internally it benefits the heart and circulation when taken alone or added to other remedies. It is also used to stimulate the action of other herbs. Capsicum is also used to normalize blood pressure. It will stop bleeding both externally and internally, making it excellent for use with ulcers. It is used in antibiotic combinations, for menstrual cramps, and as a part of treatment for depression. Sprinkle a small amount into socks or shoes to warm the feet during the winter months. It can be taken safely with NSAIDS, and may help you to reduce your dosages of these common arthritis drugs.

**RELIGIOUS:** Cayenne pepper scattered around your house will break bad spells. Adding it to love powders will ensure that your love will be spicy, and can inflame the loved one with passion.

**GROWING:** Cayenne pepper plants like a good, rich soil, plenty of water, and full sun. The peppers are dried after ripening. For herbal use, the peppers are usually ground into a powder and mixed with other powdered herbs in capsules.

## Cedar

*Cedrus spp.*

**RELIGIOUS:** Cedar chips used in rituals or burnt attracts money, and is also used in purification and healing. It is a symbol of power and longevity. Hung in the home it will protect against lightning. Juniper can be used in place of cedar.

**GROWING:** There are many types of cedars that grow throughout the world. Check with your local nursery for varieties best suited to your area. Cedars are evergreen perennials that are attractive in any landscape.

## Chamomile

*Matricaria chamomilla* (German chamomile), *Anthemus nobilis* (Roman chamomile)

**MEDICINAL:** Use the tea for nerves and menstrual cramps. The tea is also useful for babies and small children with colds and stomach troubles. Also used to calm the body for inducing sleep in insomniac conditions. It is also a good wash for sore eyes and open sores.

**RELIGIOUS:** Chamomile is used in prosperity charms to attract money. Added to incense, it will produce a relaxed state for better meditation. Burned alone it will induce sleep. Added to a ritual bath, it will attract love. Sprinkle it around your property to remove curses and bad spells.

**GROWING:** Chamomile is an annual that adapts to most soils, likes lots of water and full sun. It grows up to 20 inches tall.

## Chickweed

### *Stellaria media*

**MEDICINAL:** Chickweed is an excellent source of many B vitamins and various minerals. It is used to treat bronchitis, pleurisy, coughs, colds, and as a blood builder. Externally it is good for skin diseases, and the tea added to the bath is good for soothing skin irritations and rashes.

**RELIGIOUS:** Chickweed is carried and/or used in spells to attract love and to maintain a relationship.

**GROWING:** This annual spreading plant is usually hated as an obnoxious weed by the typical gardener. It is found throughout temperate areas of North America and of Europe, the plant's native homeland. It prefers full sun, average to poor soils, and infrequent watering.

## Cinnamon

### *Cinnamomum zeylanicum*

**MEDICINAL:** Add cinnamon to remedies for acute symptoms, as this herb is a stimulant to other herbs and the body, enabling herbal remedies to work faster. It is also a blood purifier, an infection preventer, and a digestive aid. Do not ingest cinnamon *oil*.

**RELIGIOUS:** Burned in incense, cinnamon will promote high spirituality. It is also used to stimulate the passions of the male. It should also be burned in incenses used for healing. The essential oil is used for protection.

## Clover, Red

### *Trifolium pratense*

**MEDICINAL:** Red Clover is used as a nerve tonic and as a sedative for exhaustion. It is used to strengthen those children with weak systems, and is used with children for coughs, bronchitis, wheezing, as it is mild to their systems. It is often used in combination with many other drugs in the treatment of cancer. It is also used for skin eruptions (acne).

**RELIGIOUS:** Clover brings luck, prosperity, and health. Carrying a three-leaf clover gives you protection. Worn over the right breast it will bring you success in all undertakings.

**GROWING:** Grow clover as you would lawn grasses. Clover is an excellent cover crop, planted in fallow areas and turned under in the fall, it makes an excellent fertilizer for poor soils.

## Cloves

### *Eugenia caryophyllata*

**MEDICINAL:** Clove oil will stop a toothache when it is applied directly to the cavity. It is very warm and stimulating to the system, and is very useful with people who have cold extremities. Cloves will promote sweating with fevers, colds, and flu. It is often used in remedies for whooping cough. Cloves are also safe and effective for relieving vomiting during pregnancy.

**RELIGIOUS:** Cloves worn in an amulet will drive away negativity and hostility, and stop gossip. It is often carried to stimulate the memory, and can be added to attraction sachets. Clove oil is also worn as an aphrodisiac, and the buds when eaten are said to stir up bodily lusts. It is placed in sachets with mint and rose to chase away melancholy and to help one sleep soundly. Carried, it can also bring comfort to the bereaved and mourning.



## Coltsfoot

*Tussilago farfara*

**MEDICINAL:** Used to treat respiratory problems, and is soothing to the stomach and intestines. Combin with horehound, ginger, and licorice root for a soothing cough syrup.

**RELIGIOUS:** Coltsfoot is added to love sachets and is used in spells of peace and tranquility.

**GROWING:** Coltsfoot is a perennial that prefers damp, clay soils. It grows 5 to 18 inches high, and likesfull to partial sun.

## Comfrey

*Symphytum officinale*

**MEDICINAL:** A poultice of comfrey heals wounds, burns, sores, and bruises. It is a powerful remedy for coughs, ulcers, healing broken bones and sprains, and is used in treating asthma. Large amounts or dosages can cause liver damage, but there are no problems with using it externally. Used internally, it is best and safest to use a tea, rather than capsules.

**RELIGIOUS:** Carrying comfrey during travel will ensure your safety. Put some in your luggage to prevent it being lost or stolen. It will also bring luck to the carrier.

**GROWING:** Comfrey prefers well-drained soils and partial shade. It grows from Canada to Georgia, as far west as Missouri, in the wild. It is a perennial that grows to 3 feet high. It can be started from seed, but you will be more successful with cuttings. Once established, it will spread vigorously. Harvest leaves when the flowers bud, and roots in the autumn after the first frost.

## Cornflower

*Centaurea cyanus*

**MEDICINAL:** Juices from the stems of this plant are used externally to treat wounds and cuts.

**RELIGIOUS:** Cornflower is used to promote and enhance phsychic sight, as well as normal eyesight.

**GROWING:** Cornflower is adaptable to many soils and conditions. It is an annual that grows 1 - 2 feet tall.

## Cramp Bark

*Viburnum opulus*

**MEDICINAL:** Cramp Bark is one of the best female regulators in the herb world. It is a uterine sedative, aiding in menstrual cramps and afterbirth. It helps to prevent miscarriage, as well as internal hemmorhaging

# Help The Site

Due to Ning now charging \$499.95 for hosting this platform in which the Enchanted Forest is run we find ourselves in the position that all site expenses are incurred by the site team. This we are willing to do because of our love for the members and the site. If you are able to DONATE or feel you wish to contribute to the site we have designed a secure DONATE button.

**~~THE DONATE BUTTON IS ON THE FRONT PAGE - LEFT HAND COLUMN~~**

There is no pressure on any of our members to feel the must give of their money, but we have been approached by a few wishing to give a little to help. On behalf of the Team we Thank you for giving this your attention.





**The Enchanted Forest Team are Delighted to Have the Support Of Susun Weed's input. Susun, starting in the month of August will be holding a month Herbal Class sharing in her knowledge and understanding of working with herbs. Please take full use of this and join the SUSAN WEED GROUP ON SITE TODAY. Further Details of class posted there.**

**The Team thank all our members old and new for making this the great site it is and wish all the Enchanted members and family a safe and fun time during this holiday season.**