

Enchanted Forest

Magazine

May 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~~

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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 -- MAKE YOUR REQUESTS

We are pleased to announce the addition of a New Live Radio Station for the Enchanted Forest. Currently there are Four DJ's,(Owners) DJ Celtic Coyote ,DJ Gothic Misstress and Radio DJs DJ Soaring Eagle and DJ Fates Fury. DJ Whitewolf, DJ Trouble

TO TUNE IN PLEASE CLICK <http://www.serverroom.us/radio/258832> choose your player icon and click it please note this is supported by Winamp - if you have not got winamp on your pc this can be downloaded free - if you have any difficulties please message either of the DJs above or goto the The Enchanted Forests chat page - where someone can help you.

TO ASK FOR YOUR TUNES EITHER EMAIL THE DJS OR COME TO THE FOREST CHATROOM WHERE THE DJS WILL BE HAPPY TO PLAY YOUR REQUESTS !!!

NEW REIKI TEACHER AT THE ENCHANTED FOREST

Chalera Proeber

REIKI CLASSES EVERY WEDNESDAY

Introduction to Chalera Proeber aka Lady Hawk

Namaste, my name is Lady Hawk

I have been a Reiki Practitioner for 4 years, a Master Teacher for 2 1/2 and have personally taught Reiki for two years. I participate in Reiki shares twice a month, sometimes more. I incorporate not only Reiki but Prauna into my sessions. I began learning from my husband who has been a Master Teacher since 1990. However, I went on to learn from who I received my Master Teacher Certificate from simply because we had thought learning two different methods would be beneficial. Not to mention more honored then receiving one from your husband. lol

I have learned not only to incorporate both of their methods into my technique but have added a few which I believe have come from Spirit Guides. I use hands on (Healing Touch) as well as the non touch method of Reiki.

My most highest achievement was when my Master Teacher (who holds Reiki shares once a month) honored me by allowing myself to answer her Reiki 1 students questions. She then asked if she could incorporate some of my methods into her classes, having experienced the benefit of them herself.

Hopefully while your normal instructor is out I will be able to aid you in achieving an understanding of what Reiki is and how to allow yourself to be a perfect channel for the healing.

Bright Blessings and Good Journeys to you
Lady Hawk

Times of classes are as follows:

USA

Central - 6 pm

Eastern - 7 pm

Western - 4 pm

Australia (Melbourne) - 11 am (thursday)

UK - Midnight



Self-Talk and Its Impact On Your Success

by Sonia Gallagher, JD, Certified Life Coach

What is Self-talk?

Self-talk is the inner dialogue you have in your mind when you think of doing something, making a decision, or creating change. It is your thoughts making themselves known to you. It is the small voice in the back of your mind that tells you to go for it, to stop thinking about it, or to give up.

For a lot of people, self-talk is a strict and punishing inner judge. That judge is unforgiving and relentless.

Self-talk can be a repetition of what your parents have said to you in the past, what you've heard others repeat. It is what you now repeat to yourself any time you are considering doing something different, challenging, or outside of your comfort zone.

The Power of Self-talk

Thoughts or self-talk precede emotions and action. This means that if your self-talk feeds you self defeating messages, you soon begin to feel defeated and do not take any action towards your goal. This process can happen very quickly and without you ever noticing it. You literally give up on getting what you want before facing any challenge or before moving a single foot towards it. You give up without exerting any effort whatsoever.

How you act in a given circumstance depends on the self-talk that you hear in your mind. Actions are dependent on instructions from the mind. This is why negative self-talk paralyzes you and keeps you from moving forward.

You end up focusing all of your attention on the negative and as a result are unable to even acknowledge when and if a positive outcome occurs.

Negative self-talk can lead to low self-esteem, lack of confidence, lack of productivity, self deprecation, and self sabotaging behavior. The worst thing is that it creates a vicious circle. You end up having more negative self-talk as you continue to give up on your goals and fail to achieve them.

Tons of people underestimate the power of self-talk because they do not know how much influence it has on their personal and professional life. They don't realize what a huge role it plays in why their life is the way it is and why they have so much difficulty reaching their goals.

Make Self-talk your Most Powerful Tool!

Creating positive self-talk is one of the best things you can do for yourself. It is absolutely imperative for achieving the goals you set out for yourself and for getting more out of life in general. Thinking positive thoughts impacts all the decisions you make, all the relationships you create, and all actions that you take.

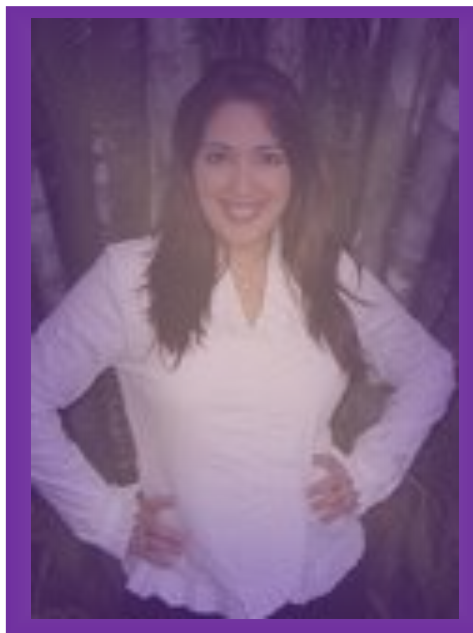
Most importantly, it enables you to feel empowered, confident, motivated, energetic, optimistic, relaxed, and capable of overcoming challenges in the path of your goals.

Author's Bio

Sonia Gallagher is an Executive Life Coach at Time for Life, LLC. She works with Lawyers, Business Owners, and Professionals who are ready to be challenged and to reach new levels of Success through Balance. Together, they design systems to: 1. Improve time-management and business development, 2. Create a lifestyle in reflection of their values, and 3. Overcome limiting thoughts and behavior in the way of their personal and professional goals.

This article is an excerpt from her book [En Route! The No-Fuss Roadmap to Driving your Life in a new Direction.](#)

Experience the benefits of coaching for yourself, request a Free Success Reboot Coaching Session now at <http://www.timeforlifenow.com>



Wander Away To Freedom

By Donna Moore

I wish that I could pick up and go. I would go to a place that was nothing but woods and get lost among the trees.

I don't think I would miss humans so much so I'd walk away in the breeze. A lovely spring breeze that swirled the leaves and rustled them at my feet.

I would listen closely for the Fey as they played among the woods. The chipmunks and squirrels I would feed with my hands, sharing with them my food.

Imagine twirling naked in the full moon's light as it shines between the trees. I would look up and smile with tears in my eyes, grateful to be free.

Shh, listen I'd say, to the crickets at bay, singing their cheerful chirps. At the stream the frogs would croak, making beautiful songs of their work.

I hear them laughing, shy nymphs in the wood. They think I'm funny because I'm human, but still sense that I'm good.

They follow me as I walk toward a circle ringed by stones. We are each aware of the other one, knowing we're not a lone.

I sit within the boundary of stone gazing around myself. From behind a tree that is not far from me approaches a wondrous Elf.

As he slinks up to me he gives a smile that is sly and full of grace. He raises his hands and gestures around the beautiful woodland space.

There are no words spoken between, and there really is no need. For we both know that we're totally free and The Goddess has blessed indeed.

A Special Lady Full of Love

By
Stephanie Dawn Peters AKA Summermoon

A special lady who is full of love
Spends a lot of time by herself
People take advantage of her at times
Each and everyday it is different
Caring not what happens to her
In her mind not feeling so much love
A wonderful man comes into her life
Lots of love at first
Love is hard to come by to last forever
A baby was born and then another
Does she think that things will be fine
You won't really know the outcome
Full of love for all those she loves
Love is true to one's heart
Love is grand for those who are true
For those who know it is true
Love is for those who have a heart
For some there is no heart at all
Everyday you see it in the world
Everyday this lady's love is true





WEEKLY TAROT CLASSES



We at the Enchanted Forest are delighted to have Dominique every Saturday give her Tarot Lesson Group. This session is for all levels and offers a great insight into the skill of Tarot reading.

This group is held in the Tarot Group each week - the lessons are held in live time in a chat box - Dominique is available to answer any questions - we are truly blessed to have her input in the Forest. Should you wish any further information please contact Dominique, Shadow or Breeze.

Times of Lesson for each country

USA

Central - 6 pm - 10 pm

Eastern - 7 pm - 11 pm

Western - 4 pm - 8 pm

Mountain Time - 5 pm - 9 pm

Australia (Melbourne) - 11 am (Saturday) - 3 pm

UK - Midnight - 4 am

MoonDancers Curiosities

Please contact us at 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.

I do not have a public shop, I work and create out of my home.

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

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



LET ME LOVE YOUR FEET!

From the heart of Motherchi

One of the most touching stories that effected the rest of my life, was of two desert people that turned a custom into a beautiful intimate expression of love.....

These were a people who wore sandals who had the simple custom of removing their shoes and washing the dirt and sand off their feet when they entered another man's home. They also had a high regard for morality and discretion.

One day this man went to visit his friends and was greeted by one of the women in the house to wash his feet. She had such deep feelings of love for this man that tears of joy started streaming down her face. She sat him down with an empty bowl of water and her finest oils, and started washing his feet with her tears. Then she used her long beautiful hair dipped in fine oil to try his feet. He was eternally moved by her humble kindness and her tender expression...of love. She was eternally happy for the opportunity to be so close to him, to do something caring and helpful for him, to wash the cares of the burdens of his day away.

It is delightfully true that the giving act of rubbing someone's feet, including your own, will relieve stress and lower YOUR blood pressure and does even more for the other guy!

So, may I rub your feet? :) Not for the blood pressure factor but rather that I like the idea of being eternally happy.....

May the things I write always bless another. "Blessings from the Redwood Rain Forest where the beauty of life is in the magic of every breath"

From the heart of Motherchi



Labrador Lessons

By

Nancy A. Kaiser

It was time for another painful good-bye. As I sat on the vet's floor with Licorice's gray head in my lap stroking him and crying, I thought about the two new Labrador brothers that were waiting to join me. Their arrival coincided with my prolonged and painful recovery from the loss of my 27-year marriage through divorce, and the deaths of my two previous teachers, Shadow and Licorice.

My new pups taught like University professors, yet, they were only babies. I named them Hana and Saba after my two favorite places on Earth. Shortly after I brought them home, I became dreadfully ill with flu-like symptoms and a horrific cough that lasted for weeks. My job of caring for and house-breaking new pups became infinitely more difficult. While I struggled to get well, Mother Nature's much-needed rain made my forays outside with the puppies taxing.

Hana was excellent about doing what he needed to. Saba, the dog that loved leaping around in water, hated the rain. Each time I'd have to don my rain gear and umbrella and accompany him only to have stubborn Saba sit by my feet under the umbrella. Of course, the trick was to outwait him, which is fine if you're healthy and you have patience a' plenty. I had neither good health nor patience.

After standing in the rain for too long, I picked Saba up, shouted angrily at him and stormed into the house. He looked at me with adoring eyes questioning my startling outburst. Instantly, I felt immense remorse and shame. There was simply no excuse for losing my temper with him. At ten weeks old, Saba was too young to understand. Guilt overwhelmed me, and I felt worse emotionally than I felt physically.

After about an hour of me thoroughly admonishing my Self, tiny, sweet Saba strolled over and plopped down on my foot. With his simple touch, tears flowed and all my self-loathing disappeared. Saba's lesson of forgiveness was so powerful. My heart melted with his teaching – this little creature that forgave my indiscretion so quickly. His gesture allowed me to let go of my guilt and shame and move out from the shroud of negativity that engulfed me.

Animals are masters of living in the Now, and Saba's instant forgiveness was perfect proof. If only people had the same degree of forgiveness that dogs possess, our world would be at peace. I truly believe that others reflect that which we most need to learn. Saba mirrored my need to forgive my Ex and finally accept that our divorce was neither "right" nor "wrong," it just *was*.

The immediate release I felt when Saba forgave me was extraordinary. It took me some time to emulate Saba, but I have achieved forgiveness, which has allowed me to release the last of my anger and resentment.

Hana and Saba looked at me with adoring eyes, which melted my wounded heart. With their heads on my foot, they were saying, "You're special, and we love you," which filled me with warm, loving sensations. My self-esteem soared for the first time in ages. My love for them was so intense that it almost hurt. From the first time I saw them I felt the smile return not only to my face, but deep within my heart and soul.

The healthier I got the more I began to enjoy my new puppies and learn their powerful lessons. While I taught them to sit, stay, down, and not pee in the house, they taught me profound lessons about my Self: how to trust again, how to love again without condition, how to stay in the present moment and make the most of each one, how to live in joy, how to take life less seriously, and my most challenging – how to forgive and let go.

Their presence in my life was in perfect timing to help me let go of whatever residual negativity I was clinging to. It is impossible to be unhappy around them. They look at life from one perspective only – play. The simplest thing becomes a toy. Their happiness, joyful exuberance, and life-loving, blissful nature provided powerful lessons for the woman who'd misplaced those childlike traits. The obligations and responsibilities of life had buried them along with so much else.

Every day, these two dear souls teach me that I am worthy of being loved and that I am capable of loving. When they look at me with their soulful loving glances, they pierce any semblance of negativity within me. The unconditional love in their eyes is like a powerful laser straight into my heart. I knew these two special souls could help me regain my happiness, my joy, and my passion for life, all of which had been missing for too long. I couldn't have attracted more skilled teachers. They had big paws to fill following dear Shadow and Licorice, but they've filled them admirably. Hana and Saba are living up to their names – two of the most healing places on Earth!



Coming home July 06. Hana = yellow Saba = black



Fall by the river



At 2 yrs old

I Care for Children

By RJ Blanco

Children not getting medical treatment,
medication not present for children,
caretakers abusing children, children home alone,
children dying of hunger, homeless children,
child abuse, child neglect, latch-key children,
children having few rights, and children
needing a helping hand , and missing children
Are the reasons that I care...
Do you???

I AM Human

By RJ Blanco

Though disabled, I AM human.
I have thoughts, ideas, feelings and views.
I need food, housing, medical services and treatment as you do.
I need to be given the same rights you do,
because, as you know,
I AM human.

A Soldiers Final Journey

By Lord Raze White Wolf

A Soldier leaves Home, He Kisses His mothers Cheek Shakes his Fathers hand, wraps His Arms Around His Wife , then dryes Away her tears. The Night before he Spent the Evening trying to play and hug away the tears of his Children. Early That Morning He boards The Plane. As he does He knows Quit Well That What he is Doing and Where he is going That he May not See Again The blue Skies of Home, He pushes those Thoughts Aside , As he looks to the Eyes Of his brothers In Arms He puts on A smile on his Face. The honor the Sacrific That he Makes, he Knows That He Does So That maybe others Wont have to.

Apon his First day few days its not so bad, but as the days Pass by he finds him self more and More weary and worn the battles more Frequent. Its mid Day now all are sitting and eating nothing Seems amiss. out of the chatter and the laughter The claxons begin to Blare, Men Start Hurrying about getting there gear and Weapons , to there Places Of Battle. They Fight Hard for What Seems like hours yet it is only minutes. The Dust smoke and Debre clear , Survivors move Around looking for Comrades.

The Father sitting Watching The news , the mother in the kitchen cooking , The Wife sitting In there room reading his letters , the children playing in there room. A knock At the Door It opens to face to Soldiers and A Priest, There tears Start to Fall There hearts just Sank, The Dreaded News has come That there son There Father there Husband has Passed.

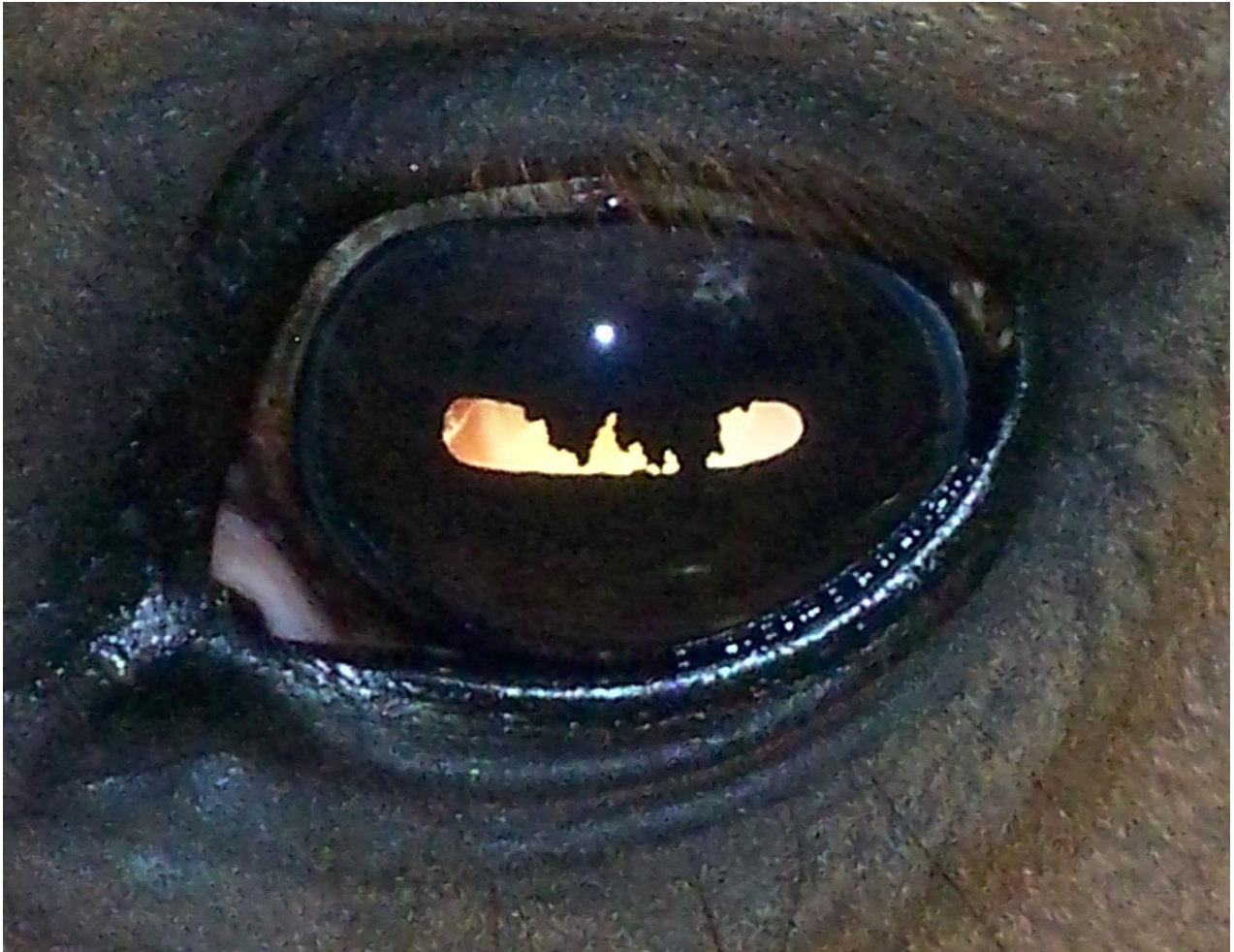
The Speaker Speaks Of the Soldiers deeds the lives That his Actions Have Spared The Honor that he had. The Bugle plays , The Rifles Report, A father , A husband A soldier A son, Has died for his Country , his family, his sons, And there Fredoms. He finaly has come Home to his Blue Skies , He Has come home He has reached his Final place of Rest, Respected , Loved , Charished, And Honored.



Written By Lord Raze White Wolf On this day 4/27/2010 With Respect For my Fallen Brothers in Arms Once A Soldier Always A soldier And the fallen Should Always be remembered For What they have done And The Sacrific they Made

In Remembrance Of Our Dear Friend And Member

♥ sue ♥



Sadly the Forest has lost one of our dear members ♥ sue ♥ a featured member this month sadly passed away our thoughts go to her 2 children Sophie and Ross at this time - the world is a lesser place without Sue

A Cashmere girl in a biker world

By Christa Urban

How do we find our way in love? As a Psychic Reader its one of the top questions we are asked. Who is my soul mate? More important now, who is my Twin Flame?

What is the difference between the two? It took me many years to learn and experience this. We all have many soul mates. They are people that we have made contact and contracts with in a past life. Our karma mixed with theirs and we try to work through the drama we wrote sometimes it is the love match that we are to have, sometimes just the clearing of Karma and a learning experience to prepare us for the true love we are to meet.

I thought I had found it, the love of my life my soul mate for sure but was he my Twin Flame? After 9 years I learned, No it was a huge soul connection agreements from many lifetimes were worked through. But how do you tell the difference? Our energies were not one; our connection was one that drained me daily. Our intense connection allowed me to open completely to an energy vampire and someone with mental health and physical health issues. Not to mention a severe case of soul sickness and a heart that could not experience love. When you are with your true Twin Flame it is not a relationship that causes you pain and emotional distress. Yes every human relationship has its ups and downs, but it should not deplete you.

As I completed my education as a counselor I had to explore my own life and how I was affected. As I moved to a higher vibration advanced in my metaphysical being I could not take the drain and pain, it was not my sickness. I was so energetically tied in as an Empath I was living his pain.

I ran away from home. I traveled 7500 miles alone by car around the country. I went to areas that we had past life connections. Unfinished business from past lives recalled and processed. The completion of connections started thousands of years before. I was healed and released the connections. The karmic agreements completed, our souls need not do the dance again.

I came back to Florida on urgings of friends. I landed near a Pub that was owned by an old acquaintance. I shouldn't say pub. A biker bar is more like it. Some would even say a local redneck dive. So not me. But I was compelled to go there. I had a few dates and talked to many Losers. Oh my mind was so clear I could see them a mile away. My friends were becoming concerned with my obsession to go to this place. I was too, thinking what cliff and I jumping off now. I had many options and friends to go out and play with. Yet the desire to go to this bar was overwhelming.

I stopped going there for a while, I needed to retreat and do more spiritual work. I pulled Tarot cards daily and obsessively asking them what to do. I knew I needed to meet someone there but when? The same cards kept coming up. Stay home they said.

I kept pulling the Fool from the Housewives Tarot; it shows a woman in a feathered cap jumping off a roof. What would be my leap of faith?

I thought it's time to ask for some help. I called a Psychic Colleague on her radio show. She told me. His name is Tony, he is a little guy and he is not from Florida. You will meet him within 3 months.

So fast forward 3 weeks to Saturday night. I pull the Lovers card twice and the World. The Fool and the Ace of Swords next. Ok it's going to be an opportune night. Time to put on the boots and brrr it's a chilly Florida evening.

It's time to go out!!!! I went to the bar, chatted with a local woman and fended off advances by jerks buying drinks. Well then Tony, the tavern owner came down. Oh Goddess it's not that Tony I know it. Then Tony the artist and musician and craftsman extraordinaire sat on the other side of me. Mmm now I have two Tonys, Barbara was right.

I had met artist Tony and chatted with him briefly in passing since my return to town in December. But this night we started talking and chatted till 2am.

When he came up to me and said "my is that cashmere" I knew this was not an ordinary man, even though he looked the part of the tattooed biker. Certainly not one of the typical locals. He then proceeded to tell me a story about how he had jumped off the roof the previous week thinking it was easy when he was young, referencing his martial arts background. My mind races, interesting validation this guy really did jump of the roof. His arms tattooed with many things. I see my one of my Totem animals the jaguar. On his arm sword /dagger with decorations. Wow the Ace of Swords.

I was hooked. Those eyes I needed to see them in the daylight. Was he looking back at me with my eyes? Could we be so connected? We were already finishing each other's sentences and effortlessly flow through conversations that befuddle those around us. The energy was amazing. This guy was hitting every point on my extensive checklist, which at nearly 50 is pretty long. He walked me to my car and bid me good night and hoped to see me tomorrow. I was awake all night thinking of him. The next morning I woke and found I had missed an earring.

I went down to see if it had been found at the bar. Tony happened to be right at the door when I walked in. He was fixing something one of his many jobs. I invited him over for dinner that night and we have not been apart since. We just moved in together.

He is my Twin Flame. When we cuddle the indigo a violet energy is so intense. I can vision us as the one flame. Our energies charge each other. We are like a battery and more we create energy. Everyone who sees us together comments. It's really amazing. Strangers have come up to us and told us they are jealous of us and the love we have. We have so much in common and that which is not common is complementary.

Our green eyes do match in the daylight. They even change color with mood and environment in same way.

It's truly amazing to look into the eyes of love.

Short Opinion

By RJ Blanco

It Boils My Blood... Homeless Children

Tell me honestly, how do you feel seeing homeless children?

How do you REALLY feel?

I hate it!!!

Why in heavens name should we have homeless children in this country?

We, who have send men to the moon and invest millions in war and helping third world countries,

Should not have children suffering without homes, no matter what the situation!!!

We have to begin somewhere...Why not with our children???

The future of a country is the young. Giving them a roof over their head is not too much to ask...

Is it? We are not talking luxury here, everyone is entitled to a home! What good are rights if you don't have
a home with some of your necessities?

Somehow, Americans are not getting their voices heard by the politicians on this issue. How and when can we elect officials that will do something? But wait, this is a world crises...this is not an American only duty...It is a human duty...Let's show how much growth we have done and spread that to touch these hearts.

Do YOU want to do something?

NORTHERN & SOUTHERN SABBAT & ESBATE "DATES & WHEELS"

By OneCrow

GREATER SABBATS:

Northern Hemisphere

Imbolc 31 January
Beltane 30 April
Lughnasadh 31 July
Samhain 31 October

Southern Hemisphere

31 July or August 1
31 October
2 February
1 May

LESSER SABBATS"

Nothern Hemisphere

Spring Equinox 21 March
Summer Solstice 21 June
Autumn Equinox 21 September
Winter Solstice 21 December

Southern Hemisphere

21 September
21 December
21 March
21 June

THE SABBATS"

Imbolc is one of the greater Sabbats, and is said to be the holiday of the Celtic fire Goddess Brigid. Brigid's fire represents the symbolic transformation which offers healing and visions. It is also often referred to as the festival of lights. This Sabbat is representative of new beginnings, and a ritual sweeping of the circle with the witches broom is carried out. Foods of this Sabbat include: pumpkin, sesame seeds, sunflower seeds, poppy seed breads and cakes, and herbal teas.

Spring equinox (lesser Sabbat), the time of rebirth, new growth and renewal of all things. The time of year when day and night are equal. A time where witches would rejoice and ring bells, and also take time to decorate hardboiled eggs with magical symbols of fertility. This Sabbat has been Christianized and is known today as Easter. They have Easter eggs and Easter bunnies, both of which are symbols of rebirth in the pagan culture. Traditional foods of this Sabbat are: hard-boiled eggs, honey cakes, and the seasons first fruits.

Beltane is the time of year when the plant kingdom is coming alive and embracing the warmer weather. The new year is at its prime, animals are coming together in union, as are the Goddess and her consort the Horned-God. Beltane also celebrates the return of the Sun God. This is also the time that most witches will perform magic spells for love. Beltane foods include: red fruits like cherries and strawberries, herbal salads, red wine or punch, and large oatmeal or barley cakes.

Summer solstice heralds the longest day of the year, light and life is found everywhere. A time when the newcomers of the animal kingdom are growing stronger, and the plant kingdom gives promises of a bountiful harvest. However it is also a sign of the turning of the wheel, where after the solstice the days will begin to grow shorter once again. It is the time of year where witches will seek out and harvest magical herbs to be used for spells and potions. Traditional foods of the summer solstice include: fresh vegetables and summer fruits, pumpernickel bread, ale and mead.

Lughnasadh is the first of three harvest festivals. The first grain is used to make ritual loaves. Also the time that brings us together in prayer for continued abundance in harvest. It also heralds the time of the year when the days will begin to get even shorter, so we prepare for the coming of winter. On this Sabbat it is customary to pay homage to the God Lugh, who is the Celtic god of the sun, and also to perform rituals of protection. Foods of this Sabbat are: homemade breads, barley cakes, nuts, wild berries and apples, roasted lamb and ale.

Autumn equinox shows us that we are in the middle of the harvest period, and this is usually also the time of the year when light and darkness are in balance again. The time to gather seeds for the next seasons harvest. We start to prepare for winter by making preserves, baking and creating warm garments for the cold that is to come. Also seen as the second of the three harvest festivals, where there is made time for meditation and giving thanks, and also a time of re-dedication to the craft. Traditional foods of the autumn equinox include: wheat and corn products, breads, nuts, apples, root vegetables, cider and pomegranates.

Samhain is the last harvest festival, and also a time that sees us giving thanks for the harvest. It is also a time that some witches consider as the beginning of the new year. The first day of winter, the night that allows our ancestors to walk freely among us, as we bid them welcome by giving offerings of food. It is also traditional to cast runes and use other methods of divination on this the most magical of all the Sabbats. Samhain foods include: pumpkin pie, cakes for the dead, corn, muffins and breads, cider, ale and herbal tea.

Winter solstice also known as Yule. Celebrating the longest night of the year, and therefore also a turning point that sees the days becoming longer once more. It is a celebration of the sun's rebirth, and a time to bid farewell to the Great Mother. This is also a pagan festival that has been adapted to the Christian faith in the form of Christmas, but even then they have kept many of the ancient pagan traditions, like the decoration of the tree where the hanging of lights in pagan terms symbolizes the sun, moon and stars as they would appear on the tree of life. Winter solstice foods include: fruitcakes, roasted turkey, nuts, red wine and eggnog.

THE ESBATES:

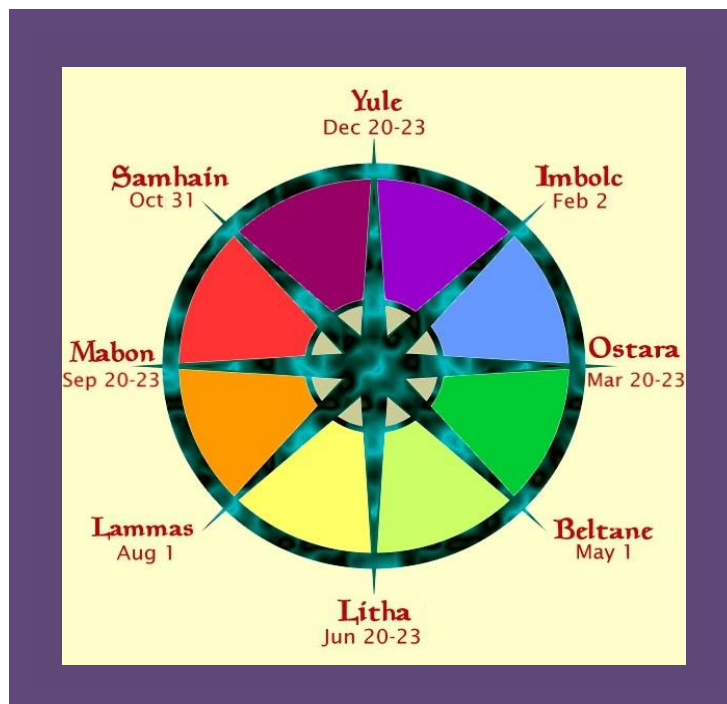
There are 13 Esbats in a year, and these are also commonly known as full moon rituals/rites. It is at these times where witches will perform healing, and other Magick. The Esbats usually only deal with the Goddess, but can also include the God if need be. Some witches also include the other phases of the moon as Esbats.

The waxing moon, which is the half-moon between the new and full moon, is good for bringing things into ones life, and therefore a good time to perform money spells, love spells, and spells of protection.

The full moon is mostly used for healing and protective Magick, and/or banishing negative energies. It is also used as a time to do divination.

And finally the waning moon, which is the half moon between the full and new moons. It is this moon which is most commonly used for performing banishing spells.

NORTHERN HEMISPHERE



SOUTHERN HEMISPHERE



Wolf Energy

By Windspirit

Wolf Energy

In Native American traditions, Wolf is said to be "teacher" medicine. Humans have followed the Wolf for millennia, studying Wolf's ways of the hunt, learning from their social structure. Wolf is allied with Sirius, the Dog Star, and it is said in many cultures, that our ancestors and teachers came from there. This is agreed upon by Australian Aborigines, and the Dogon tribe of Africa, as well as certain Native American tribes. Wolf has much to teach us, if only we will listen.

Wolf is allied to the moon and lunar energies, teaching us to respect our emotions and unconscious urges. Respect for the wildness of our animal natures, and willingness to face the dark within ourselves is an imperative for Wolf people. Trust in the unspoiled nature of your Child/Wolf self.

Because the Moon rules psychic perception, Wolf people should work on learning to trust their intuition and psychic urges, to listen for the still small voice within.

The communal nature of Wolf's culture and hunting helps us to learn to cooperate to achieve a goal. Wolf people make good "team players" and are fiercely loyal to those they consider part of their pack. They often have strong leadership qualities, however they must often learn to balance their tendency for "social dominancy." As a predator, Wolf culls the sick and weak of the herd. Wolves are often quick to scent when a situation is "sick," and will work to change it. It is important that they learn to lead the situation gently, and without tearing others apart, or the pack may turn on them.

Wolf's capacity for communication suggests that Wolf people should learn to utilize the strength of their voice and to be aware of their body language. When dealing with Wolf people, listening for the nuances of vocal tone and watching their motions will help in gaining an understanding of them. Wolves often make excellent bards and storytellers.

Ritual is very important to Wolf. Both the little rituals of day-to-day conduct, and the bigger rituals of lunar howling. Whatever their spiritual beliefs, Wolf people will feel more in tune when they honor and re-link (the actual meaning of the word "religion" or spirituality) with the life force.

Connecting with Wolf

To bring Wolf energy into your life, try some of these exercises:

Water (Emotional):

Write poetry or draw pictures of wolves

Hang pictures of wolves around your house or work area.

Wear wolf jewelry.

Go for walks in the woods. Lift your head and howl at the Moon. (Note: If you live in a wolf-populated area, howling should be done rarely, as by listening to humans howl, wolves learn to sound like humans, and forget the correct wolf-way to do it.)

Air (Mental):

Read books about wolves.

Utilize your voice. Work at mellowing your vocal tone, and take note of the way that your tones affect the way people hear you. You may even want to take vocal lessons.

Tell stories.

Fire (Dynamic):

Teach someone something you have learned.

Learn something from someone.

Play tag.

Sniff out a situation you don't like, and DO something about it.

Participate and cooperate with others.

Earth (Physical):

Eat venison, one of Wolf's favorite foods.

Wear moonstone, and other lunar stones.

Let your hair grow.

Spirit

Make up a simple daily (or nightly) ritual that makes you feel closer to your spiritual self. Use any motions, noises, words and props that you feel comfortable with.

Join in group ritual with others. This can be as simple as a sing-along, or as complex as **high church rite or magickal ritual**. Go with whatever feels right for you.

Windspirit



Enchanted Forest “Site news”

WE NEED THE MEMBERS HELP!!

Please help us make the forest the top of Ning and The Pagan Networks. This will only take a few seconds.

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ITS SIMPLE

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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
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Keeping the Magic Flowing



Ritual Beltane

Beltane is on May 1st and is the most joyous and celebratory of the Sabbats. It is the celebration of the God and Goddess a union which will bring life in the form of flowers and food and all living things of the Earth. Altar - Hawthorne, fragrant flowers, an orange candle placed in the cauldron. Food - Dairy and Oatmeal. Light the candle and place floral offerings around it. recite "King of the day and Queen of the night, I honor you here in your union rite. Accept my gifts on this day of Beltane as you are joined once more"





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.

The Sham Called Scientific Whaling

Submitted By Breeze

The Government of Japan hunts more than 1,200 whales a year despite a global ban on commercial whaling. Japan attempts to defend its whaling program by calling it "scientific whaling," as lethal whale research is allowed through an International Whaling Commission (IWC) loophole. But the reality is that whale meat obtained from Japan's "research" ends up in fish markets and restaurants. Its deadly "scientific" whaling program is nothing more than unlawful commercial whaling in disguise. The fact is, you don't need to kill whales to study them.

Harpoons using the same explosive grenade heads employed fifty years ago are still used today. Often, the first blast isn't enough to kill the poor whale. Whaling ships have been filmed hoisting live whales up the side of their huge industrial ships by the tail, leaving the whale's blow hole underwater. The helpless whale can only thrash against the side of the ship, desperate for air, until it slowly drowns.

Perhaps even more shocking, this unsanctioned killing is happening in the protected waters around Antarctica in the Southern Ocean Marine Sanctuary, blatantly defying international law.

Killing whales under the guise of conducting scientific research, when the actual purpose of killing the whales is to sell their meat in the pursuit of profit, is deceitful and unlawful under international law.

More than 30,000 whales have been killed for commercial purposes since the ban was put in place in 1986. In the past 15 years, Japan has increased its catch five-fold to more than 1,200 whales each year and is now targeting 50 humpbacks each year for the next two years.

This painful slaughter of whales does not benefit science, whales or people.



<http://www.stopwhaling.co.uk>

Get Well Soon Rose !!!!

All the Team and Members of the forest wish RoseMistdancer a well and speedy recovery. Rose is a moderator on the forest and a dear friend to a lot.

HEALING ENERGIES TO YOU OUR DEAR FRIEND



The Journey

Bv Misstress Gothic

Through the misty haze, my eyes behold a land of wonder and mystery. Is it real or only make believe? I wonder into a garden field with flowers of every color, size and shape. I breathe the fragrance and feel myself come alive. I reach out and touch a delicate bloom and marvel at its velvet softness.

I walk along the path through the misty fog. I come to a stream. It calls to me. I kneel down beside the stream. I extended my hand over the stream and touch the water. It is cool and I realized it is being fed from the mountain's thaw. I sat there still wondering if this was all a dream or was this a real place. I scoop a handful of the water and drink in its refreshing coolness. As I sit there, I marvel upon its beauty.

I wish I could sit here all day, but something keeps pushing me forward. It is telling me journey is not done. I reluctantly stand up and begin moving down the path. The mist is clearing now and I feel the warmth of the sun embracing me. I still do not know if this is real or just a dream. I continue down the path, and I come across a tiny house set just off the path in a grove of trees. I approached the door of the house, and I find a note it says; "Come in rest awhile and enjoy my humble home." I enter into the cottage, and I find a table full of food and wine. I approach the table and find a note that says; "Eat, drink till you are full."

I, until this moment, did not realize I was even hungry. As I gazed over the table, I began to realize I was very hungry and very grateful to whomever had left this feast for me. I sat down and thanked the gods and goddess for whomever's hands had prepared this feast. I sat there and ate my fill of food and wine. Before I knew it the sun had slowly set beyond the horizon. I got up and moved around the tiny house and came upon a bed. It too had a note which said; "Remove your cloak and your shoes and rest awhile." I did as the note said and before I knew it I was fast asleep.

I woke the next morning finding myself more refreshed and energized than I had in years. I still do not know if this is real or just a dream. And something is still pushing me forward toward the path. I put my shoes upon my feet and don my cloak. I move around the tiny cottage and tidy it up so the next person who happens upon it will find it the same way as I had. As I shut the door on the tiny cottage, I wonder as to its designers and who are they and how did they know to put this little house here.

I continue down the winding path and I approach a fork in the road. There are two signs one on each trail.

The one on the left reads; "I am straight and true, dark and scary, a long lonely cold road."

The one on the right read; "I am winding, twisted, full of hills and dales, there is an abundance of life, light, joy and sadness."

I ponder for a moment as to the meaning of the signs. It seems to me that this is time for me to choose one over the other. I reread the signs again and said to myself the left path would be easier being that it is straight and true. The other seems much too difficult for me to handle. I approached the left hand path and stared down the path. I saw old gnarled trees that seem to reach down to the path. I barely saw the path at all there was no light it was as if the trees themselves were block the sun. I saw the side of the path was lined with thorns. I stood there and looked down this path and I began to wonder would this really be the easier path or not. I suddenly felt a cold chill run down my spine and I felt the hairs stand up on every part of my body. I stood there some more I felt the pull the call to come travel down the path. I felt the very breath leave my chest and I gasped. I quickly backed up for the path and stood there for a moment collecting my thoughts and myself. I knew then that even though this was the easier path, there was no way I could travel this path.

I approached the path on the right hand side. I see a flock of birds in the sky a host of butterflies. I move closer still and find myself beginning to move along the path. I feel myself being drawn further and further down the path. I hear the woods teeming with life. I feel the cool breeze gently caressing me. I keep moving along the path. I come to a clearing a field of green as far as the eye can see. I see the mountains still clinging to their last of their snow caps. I stop for a moment and look back down the path in the direction from which I came. I noticed I could see only but a glimpse of the path. I looked down the path in the direction to which I was heading. In front of me I saw a huge hill and the path seemed to disappear into the mountain. I collapsed upon the grass in despair. How am I alone to climb that? I asked of myself. I gazed upon all the beauty that was surrounding me and I could not see it. I was so caught up in how I was going to get over that mountain pass. It was awfully steep and had lots of sharp rocks.

As I sat there pondering upon all this, I was so lost in despair I never noticed a stranger approaching me. A voice behind me says. "I bet if we climb the hill together we can both make it over that hill." I jumped up startled. "I did not mean to scare you," the voice said. "I did not know that there was someone else here." I said. "Neither did I, but still we seem to be walking the same path. Maybe we could walk together for awhile and help each other through this part of the journey." "Sure, why I could use the company and the help" I replied.

We shook hands and started to climb the hill. We walked side by side helping each other. We walked, climbed and talked. As evening approached we found a cave just off the path. Together we gathered the fixings for a fire, bedding and a small meal. Together we made the cave secure for the night and prepared the small meal. We sat and enjoyed the comfort of the fire and the warmth of friendship and the meal. We arise the next day and clear the cave from the debris and put the cave back to rights as we found it. We continue the routine day in and day out. I know not how long, how many days or nights we climbed this mountain. As the days go by, we grow closer more fonder of each other. We grow more dependent upon one and other. When one stumbles, the other helps them up.

We finally reach the top of the hill. We were afforded with a view I will always remember. There was a majestic lake being fed by a tranquil waterfall. Trees full of fruit and berries. The fields were teeming with wild life. The skies were filled with butterflies and birds. We explored the place

together. Everything here seemed to be brand new and full of life. We stopped beneath a tree to rest. My friend who I shared the most difficult part of my journey with turned to me and said; "Thank you for helping through that tough part of my journey. But my friend, my journey is now done. You must carry on without me as your journey is not yet done. Carry the memory of me with you as you travel on."

I turned to my friend and said; "Why must you go now? I was just getting to know you and you made me realize what a true friend is."

My friend turned to me and said; "Many times in my journey I have felt the same. There will be others who will come and many who will go. It is the nature of the path. I am only but the first of many. You shall see many more."

My friend laid down and closed their eyes and I saw the angels take my friend away. I sat under that tree crying for the longest time. I came to realize I had two choices. The first was to remain here and relive the pain or I could muster the strength to continue the journey. I got up and continued down the path, As I walked down the winding and twisted path. I began to realize that everything my friend told me was true. I know not how many have come nor how many have stayed nor how many walked beside me along the road. I am old and tired now and I no longer remember when I started down this path. I feel my time is approaching and reflect back upon my journey and realize all that I have seen and I began to wonder if the the other path would have been easier or shorter. But I know that I would not trade what i have found along this path for anything. I approach another clearing with yet another huge hill that has to be climbed. I gasp in despair this hill is far to much for one as old as I to climb alone. I look around the field and I spotted another person sitting on the grass. I am then reminded of a time when I first start that that is how I looked and felt.

I approached the individual causeless so not to scare them. I asked them the same question that was asked of me many years ago. "Would you like for me to help you over this hill and you can help me." They agreed and we shook hands. We began the climb together just as my friend had done in the past. I realized now as we were climbing that mountain what my friend felt on their last leg of their journey. Again I do not know how many days or nights passed, but we finally reached the top together. This time the sight was more spectacular than the last time. The fruit was so much sweeter than the last time. And once again everything seem brand new. We explored this new space together for awhile. Then we sat beneath an old oak tree. I passed on the same advise as my friend had to me. I closed my eyes and I felt the warmth of peace sweep over me. I felt the angels gently lift me in their arms and carry me away.

I can only hope that I touched my new friend as much as mine did. I know he will do the same for a old one like me one day.

How to Make a Magic Charm Bag

By Princess Thunder

Select the material that you would like to use for your bag. Velvet, felt, or leather are good choices. You can also use cotton or any other fabric. Because of its rich texture, velvet is a good choice for charm bags designed to bring money and prosperity to you.

1. Select the color of fabric for your charm bag. The color you choose depends on the purpose for your bag.
2. Pink is used for love.

- Red is used for passion or sex.
- Black is used for banishing and revenge.
- Blue is used for spirituality and healing.
- Purple is used for protection and also for psychic power.
- Gold is used for wealth and prosperity.
- Green is used for financial matters.
- White is used for purity and cleansing. It can also be used for spirituality.

1. Other color associations that you may want to consider are:
2. Silver for the Goddess

- Gold for the God
- White for the angels or your spirit guide.
- Green for fairies.

1. Cut your material into two square sections. Place the two pieces together with the insides facing each other.

Slowly sew three of the sides of the pouch together. While you sew your charm bag, focus your thoughts on the purpose for the charm. Visualize your goal coming true for you and know that as you sew your energy is being put into your charm bag and being sent out into the Universe and to the Goddess.

2. Next you can decorate your charm bag in any way that you wish. You may wish to draw meaningful symbols on the bag. You can write your purpose on the bag. Sewing beads, sequins, ribbons, or other decorations on the bag is a good idea. The more effort and time you put into decorating and working with your charm bag, the more of your personal energy you infuse into it. While you are doing this, imagine that the charm bag is working its magic for you.
3. Now add the ingredients that you want to have in your charm bag. You can use anything that you feel is symbolic of the goal you wish to reach. Dried herbs, crystals, photos, written words, flower petals, trinkets, a small magnet (for magnetism), you can even spray the inside or outside of the bag with a perfume or dab it with essential oil.
4. Sew the top of your charm bag closed. If you wish, you can sew a ribbon onto the bag to hang it with. You may also carry the charm bag in your pocketbook, bag, or in your pocket

Our Beautiful Sunset Due To Volcanic Ash



✕ Blessings
or
Thanks ✕

Elements of the North, thank you for sharing
with us Earth's beauty and strengths, and your
healing stones and crystals.

Elements of the East, thank you for your
inspirations, and messages brought to us on the
winds.

Elements of the South, thank you for the fires
that warm our foods, our homes and our hearts.

Elements of the west, thank you for the waters
that cool our minds, quench our souls, and fill
our cups, of knowledge.

Our spirits need to say:

Thank you Earth, for bringing all these elements
together in one place, in one great planet
,""EARTH"

Enchanted
Forest

Lil*Wren

A - Z Herbs

By Cougar Blackstaff

The Herbal Encyclopedia - A

Agrimony

Agrimonia eupatoria

MEDICINAL: An infusion of the leaves is used to treat jaundice and other liver ailments, and as a diuretic. It is also used in treating ulcers, diarrhea, and skin problems. Externally, a fomentation is used for athlete's foot, sores, slow-healing wounds, and insect bites.

RELIGIOUS: Agrimony is used in protection spells, and is used to banish negative energies and spirits. It is also used to reverse spells and send them back to the sender. It was believed that placing Agrimony under the head of a sleeping person will cause a deep sleep that will remain until it is removed.

GROWING: Agrimony is grown throughout much of the United States and southern Canada. It is a perennial that reaches 2 to 3 feet tall, prefers full sun and average soils. Agrimony tolerates dry spells well.

Alfalfa

Medicago sativa

MEDICINAL: Eliminates retained water, relieves urinary and bowel problems, helps in treating recuperation of narcotic and alcohol addiction. Used in treating anemia, fatigue, kidneys, peptic ulcers, pituitary problems, and for building general health.

RELIGIOUS: Placed in a small jar and kept in a pantry or cabinet, it protects the home from poverty and hunger. Burn alfalfa and scatter the ashes around the property to protect it.

GROWING: Alfalfa is cultivated in many regions of the world. It is not picky as to soils, prefers full sun, and regular waterings, although it will tolerate dry spells. It is a perennial that grows to 1 to 3 feet tall, depending upon growing conditions.

See the article about Alfalfa in the [Articles](#) section of this site.

Allspice

Pimenta dioica

MEDICINAL: Allspice is used as a paste to soothe and relieve toothache, and as a mouthwash to freshen the breath.

RELIGIOUS: Allspice encourages healing, and is used in mixtures to ask for money and good fortune.

GROWING: Allspice comes from a tree that grows in Central and South America and the Caribbean, and prefers those climates

Aloe Vera

Aloe vera, Aloe spp.

MEDICINAL: The gel of the inner part of an aloe leaf is used to treat burns, skin rashes, and insect bites, as well as chafed nipples from breastfeeding, when applied to the affected area externally.

Internally it can be used to keep the bowels functioning smoothly, or when there is an impaction, although it can cause intestinal cramping when taken internally, and there are other herbs that do this job better. It aids in healing wounds by drawing out infection, and preventing infection from starting. The fresh gel is best to use, rather than "stabilized" gels found in the stores. The fresh gel was used by Cleopatra to keep her skin soft and young.

RELIGIOUS: Growing an aloe vera plant in the kitchen will help prevent burns and mishaps while cooking. It will also prevent household accidents, and guard against evil. It is reported that aloe was used to embalm the body of Christ.

GROWING: Best grown indoors in pots. Those living in the deep South, as in southern Texas or southern Florida, can grow aloe outdoors. Remember that Aloe is a succulent, not a cactus, so it needs water to keep the leaves fleshy and juicy.

See the article about Aloe Vera in the [Articles](#) section of this site.

Amaranth

Amaranthus spp.

MEDICINAL: Amaranth is used to battle stomach flu, diarrhea, and gastroenteritis. It was used by Native Americans to stop menstruation and for contraception. Applied externally, it can reduce tissue swelling from sprains and tick bites. Not to be used by pregnant or lactating women.

RELIGIOUS: Amaranth is used to repair a broken heart. It is also associated with immortality, and is used to decorate images of gods and goddesses. It is sacred to the god Artemis. Woven into a wreath, it is said to render the wearer invisible. Also used in pagan burial ceremonies.

GROWING: Amaranth is an annual, whose varieties grow from one to five feet tall. It does not transplant well, so sow it where you want it to grow. It is generally not picky about soil type, and tolerates heat and drought well.

Angelica

Angelica archangelica

MEDICINAL: Angelica is a good herbal tea to take for colic, gas, indigestion, hepatitis, and heartburn.

It is useful to add in remedies for afflictions of the respiratory system, as well as liver problems and digestive difficulties. Promotes circulation and energy in the body. It is often used to stimulate the circulation in the pelvic region and to stimulate suppressed menstruation. Angelica should not be used by pregnant women or diabetics.

RELIGIOUS: Grow it in your garden as a protection for garden and home. The root is often used as a protective amulet, and has been used to banish evil by burning the leaves. It is also used to lengthen life, and is used in protection against diseases, as well as to ward off evil spirits. Adding it to a ritual bath will break spells and hexes. It has often been used to ward off evil spirits in the home.

GROWING: Angelica needs rich, moist garden soil in partial shade. It prefers wet bottomlands and swamps, and prefers the cooler northern regions to grow best. It is a perennial that can reach up to 6 feet tall.

Anise

Pimpinella anisum

MEDICINAL: Another good herb for colic, gas, and indigestion. It can also be used in herbal remedies for coughing, as it aids in loosening phlegm. It is the mildest of the herbs used for these purposes.

RELIGIOUS: Anise mixed with bay leaves provides an excellent bath additive prior to ritual. Using anise in potpourri around the house wards off evil, and anise in your sleeping pillow at night will chase away the nightmares. The essential oil is used in ritual baths prior to any divination attempts. It is believed that hanging an anise seed head on your bedpost will restore lost youth.

GROWING: Anise likes warm, sunny areas with well-drained, rich sandy soils. It is suitable for all areas of North America. It is an annual, and grows 1-2 feet high. It needs 120 days to produce fully ripened seed heads.

Apple

Pyrus spp.

MEDICINAL: Apples are used to treat constipation. The pectin in fresh apples can help to lower cholesterol levels, an aid in treating heart disease. Crushed apple leaves can be rubbed on a fresh wound to prevent infection.

RELIGIOUS: Apple blossoms are used in love and healing incenses. An apple should be given to a lover as a present - you should eat one half, the lover the other. It is given as an offering on Samhain to the dead, since it is a symbol of immortality. Apple wood is used to make magickal wands. Pouring apple cider on the ground in your garden before you plant gives the earth life.

GROWING: Apple trees grow over most of North America. They need a cool winter period, making them unsuitable for low desert or tropical regions. Check with your local nursery for varieties best suited to your area and growing conditions.

Astragalus

Astragalus membranaceus

MEDICINAL: Astragalus strengthens metabolism and digestion, raises metabolism, aids in strengthening the immune system, and is used in the healing of wounds and injuries. It is often cooked with broths, rice, or beans for a boost to the healing energies during those illnesses that prevent one from eating normally.



MORE

NEXT

MONTH

Goddess

By Beth Yost

She watches, she listens, and hears... the calls and pleas for faith, hope,
love.

Nothing escapes the Goddess as we make our way down our different
paths.

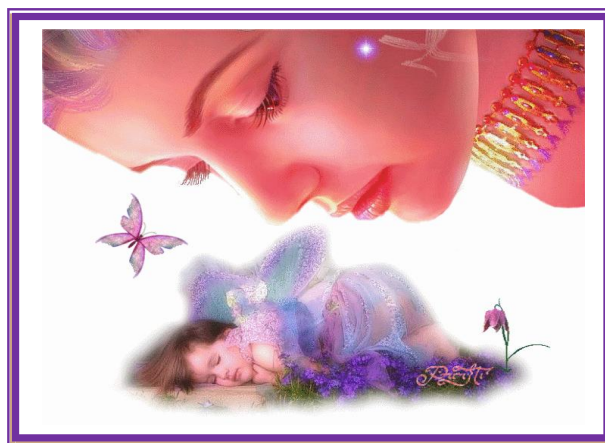
Which way shall we go. The fork is ahead, which way is right?
Trying to scoot us in the right directions, do we listen, or try to do it our
way?

Stop! Hear the birds? See the flowers, how do they smell? Can you see?
Hear? Smell? What to do swerve to the right? Swerve to the left?
Much indecision, take the path that feels right to you, do we know which
one it is?

Will we drown in the darkness of our own making or become
enlightened with the Goddess's help. Are you listening? Can you hear?

She's calling you? Rejoice, you're almost there!

Now is the time for song and dancing to celebrate with your new friend,
which is who she is... the friend that calls and beckons to your soul...



**THE ENCHANTED WISH TO THANK
ALL THE MEMBERS AND FRIENDS
OF THE FOREST FOR THEIR
CONTINUED LOVE AND SUPPORT.
WE CONTINUE TO GROW DAILY –
REMEMBER TO ADD YOUR INPUT
TO THE GROUP, BLOGS AND
FORUMS – WE ALL HAVE
SOMETHING TO GIVE**

