



# ENCHANTED FOREST



June 2011

*Monthly Magazine*



*Discovering and finding magic in one's self!!!*

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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SHADOW

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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 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**

### Links to Team Members

Are on main page if you need to contact one of us inbox us on our page or find one of us in chat

# June 2011 Enchanted Forest

Print me ☺

Sun	Mon	Tue Tarot Class	Wed	Thu	Fri	Sat Craft class
29	30	31	1 	2	3	4
5	6	7	8	9 	10	11
12	13	14	15 	16	17	18
19	20 Susun Weed Herb class	21	22	23 	24	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9

<http://enchantedforrest.ning.com>

Craft class for Beginners  
every Saturday night

Times

USA Central - 7 pm

Eastern - 8 pm

Western 5 pm

Australia (Melbourne) -  
Noon (Sunday)

UK -1 am

Herbs with

Susun Weed

Every 3<sup>rd</sup> Monday

Times

Central - 6 pm

Eastern - 7 pm

Western - 4 pm

Moutain Time - 5 pm

Australia (Melbourne) - 11  
am

UK - Midnight

Tarot Class

With Hermotimus

Tuesdays

Times

USA Central - 8 pm

Eastern - 9 pm

Western 6 pm

Australia (Melbourne) -  
1pm (Wednesday)

UK -2 am



*Relaxing reiki energy and Prana energy Including*

*Usui Shiki Ryoho Reiki, Kundalini reiki ( Birth trauma reiki, Location reiki, Past life reiki, DNA reiki and crystalline reiki must be done before Kundalini reiki can be done, but I do offer these ),Diamond reiki, purple reiki, gold reiki, full spectrum light energy and Prana/Tachyon energy( I can make an object of our choice into a Prana/Tachyon antenna) Distance reiki. Services performed by a licensed minister.*

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*For more information.*

*E-mail me [placeofquietude@yahoo.com](mailto:placeofquietude@yahoo.com)*

*or*

*Call 801-245-0392*

*Thank you!*

*Place of quietude relaxing Reiki and Prana energy*



*<http://placeofquietude.webs.com/>*

# Witches Prayer To A Full Moon

*By Morganawillow*

High in the sky on a full moon night a star gazing witch weaves her spells  
with magical beads and silver charms, candles and crystals she quietly  
chants her prayer "mistress moon this is my song this is my path.. I draw  
down your rays to spellbind me now.

Be my guide oh mistress moon and bless me with your light, now  
shining through me into your lunar embrace. Let your moon beams  
weave and entwine together in a cloud of celestial gold around me in  
the glow of your lunar love my mistress moon and I will honour thee  
and your blessings all my days.



# AESATSIQUA AND THE YELLOW BACK

## WASP PEOPLE

*By Michael Beck McQuilkan*

A Beautiful blue sky vault lay overhead as Aesatsisqua made his camp in a gentle opening near a small clear stream in the Smoky Mountains of North Carolina. It was perfect with just the right amount of sunlight and shade, and many beautiful flowers. Unknown to him however was that a large tribe of Little Yellow Back Wasp people also called this place home, and had built their lodge high in a tree nearby. So soon the little Yellow Backs were swarming around Aesatsisqua's food stealing what they could. Now Aesatsequa realized he was just a visitor here and did not wish harm on the little ones, but neither did he wish to leave such a peaceful place or have them steal all of his food. So he set out some sweet honey on an old Chestnut tree stump a little way from his camp to attract the Yellow Backs. This worked very well and soon the sweet treat lured all of the little raiders away from him and his food.

As the afternoon stretched on and the forest grew warm, Aesatsisqua decided to take a nap and soon the many low Spirit voices of the stream put him fast to sleep. It was not long however when the buzzing of many small wings awoke him, as his eyes opened he found that a swarm of the Yellow Backs where hovering in front of his face. They did not seem angry but just flew back and forth, back and forth, as if they wanted him to follow them. Aesatsisqua noticed that the little raiders seemed to be coming from the direction of where he had placed the honey on the old Chestnut stump to lure them from his camp. So curious he went to investigate, and to his surprise discovered that all of the honey had been carried away to the Yellow Backs lodge, that he could see high in a tree nearby. Well he thought to himself "They were very respectful and asked so politely, I shall share more of my honey with them."

For the next three days this treaty with the Yellow Backs and Aesatsiaqua worked out very well, he would place honey on the old Chestnut stump each morning and each afternoon the busy little hunters would come and tell him it was gone, and he would give them more for their dinner. In return the Yellow Backs, did not bother Aesatsisqua or his food. Then on the fourth morning, soon after he had shared his honey with them. a small group of Yellow Backs began to swarm all around Aesatsisqua, flying in fast small circles, and darting quickly towards the old Chestnut stump and then back again. So again curious, Aesatsisqua followed them. When he arrived at the old Chestnut stump, he found that his little friends were under attack by a large Hunter Wasp wearing red war paint. The Yellow Backs were defending themselves with great courage, and two had fallen before their enemy who was many times larger than they. Quickly Aesatsisqua picked up a large stick for a war club and joined the battle to protect his friends and after a fierce fight he defeated the enemy wasp. He did not gloat over his victory for the enemy had fought with great bravery. Instead that evening he played a special song on his flute to the Great Spirit for all who had fallen in the battle.

The next day Aesatsisqua, broke camp and prepared to continue on with his journey, sharing his honey with his friends for the last time, he said goodbye with a bit of sadness in his heart knowing he would not see the little Wasps again. Then, as he walked down the trail, he noticed Little Yellow Backs flying on either side of him, and there they followed as his guards until he left their territory. With his final parting he took out his cedar flute and played a tune of thanks for his good fortune of having made so many new friends as he walked the path of life.

To this day the little Yellow Back Wasps, never raid Aesatsisqua's food when he camps, but comes and asks politely if he will share his honey when he is in their territory. For the story of Aesatsisqua the giant two legged who shared his honey and who did battle with the Red Wasp to help his friends the Little Yellow Back Wasp People has been carried from council fire to council fire in their many lodges in the forest and Aesatsisqua always grants their request. For he knows that they are his friends and relations and that they build their lodge in the proper way, in a circle, and honor Spirit and the Earth Mother as they honor their own Mother, and put the welfare and safety of their tribe and family above all other needs. Each a hard worker, Each a fierce warrior, never hesitating to do their duty for the good of all of their other sisters and yet never too proud to ask for help.



# ON THE ORIGIN OF FLIGHT

*By Christopher Stewart*

i remember, once, i couldn't walk  
sure, i could move by myself  
but i couldn't walk  
perhaps, i didn't feel the need to  
possibly, i was happy crawling on hands and knees

yet, i could see  
and from what i could see, others were walking  
obviously, they had stood up, and they were walking  
and i was not, but hey, i was happy crawling

and then one day, i don't remember why  
i tried to stand up, but i couldn't and fell down  
and so i kept crawling  
i could move by myself after all

still, i could see

and then, on another day, i felt the need again  
and i tried to stand up again  
and i almost did, no, in fact, i did  
but not for long, it seemed my legs were too weak  
and so i fell down again  
and i kept crawling  
but, i knew something had changed  
something had changed, i knew

and then, on many other days, i feel that need again  
and again, on many other days  
and i stood up, and i stayed up  
each day a little longer

and then, when i would stand up  
i could move my legs and take a few steps  
before falling down  
and then i would stand up right away  
and i would keep on taking a few steps  
before falling down



and falling down was frustrating  
and sometimes even painful  
but taking steps was so fun  
every day i could walk a little further  
every day i could walk a little faster

and then one day i noticed  
that i didn't even notice when i walked,  
and you should have seen how fast i could run !  
i could really move by myself  
but i couldn't fly  
perhaps i didn't feel the need to  
possibly, i was happy walking

yet, i could see  
and from what i could see, others were flying  
obviously, they had jumped up, and they were flying  
and i was not, but hey, i was happy walking

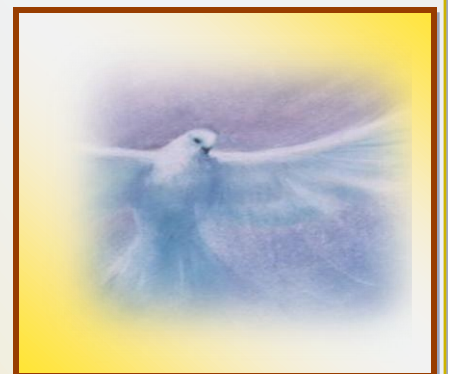
and then one day, i don't remember why  
i tried to jump up and fly, but i couldn't and fell down  
and so i kept walking  
i could move by myself after all

still, i could see

and then, on another day, i felt the need again  
and i tried to jump up and fly again  
and i almost did, no, in fact, i did  
but not for long, it seemed my wings were too weak  
and so i fell down again  
and i kept walking  
but, i knew something had changed  
something had changed, i knew

and then, on many other days, i feel that need again  
and again, on many other days  
and i jumped up, and i stayed up  
each day a little longer

and i can remember  
the day that you joined us  
and together we flew  
and reached ever higher





# Tony Samara



"Fear is just an illusion and if you believe in this illusion, you are creating your reality. What can you believe in that is not fear? Love. Love is your essence. If you move from fear deep into your heart, you will discover that there is a beautiful little light that you have forgotten. The more you look at this light, the more it will expand in you. Then you will not need to look at the fear because you will be too busy looking at the beauty inside of yourself." (Tony Samara)

Tony Samara, author of 'Shaman's Wisdom,' 'From the Heart,' 'Different Yet the Same,' and 'Deeper than Words' was born in England, grew up in Egypt and also in Norway where he discovered the "Zen Buddhist philosophy".

This discovery eventually led him to the "Mount Baldy Zen Center in California, USA" where he learned the spiritual teachings of "Kyozan Joshu Sasaki." He had curiosity to explore further the essence of spirituality and thus went to live and learn with shamanic communities around the globe including a period of time spent with some highly influential shamans in the Amazon River region and the Andes Mountains.

Now people from all over the world visit Tony Samara to take spiritual guidance and experience being in his presence.

His main countries of activity are in Europe yet with the assistance of the Internet is attracting a Global audience through frequent online interviews.

His function is as a Spiritual Teacher who encourages all to lead their lives actively in a noble way in order to realize the evolution of human consciousness.

Tony Samara is a mirror of what is possible, a shining reminder of the continuous possibility of being human.

For more information about Tony's work  
<http://TonySamara.org>



Wednesday at 17:00 UK time  
Tony Samara, Live Satsang  
<http://www.tonysamara.tv>

## Tonys books

The Samara Foundation Youtube  
[www.youtube.com/samarafoundation](http://www.youtube.com/samarafoundation)



### 'From the Heart' - The Teachings of Tony Samara- Volume 1

We have chosen to be alive in this moment. We have chosen to be part of this beautiful world during these interestingly transformational times. Yet we are uncertain about many things. We yearn to return to our hearts. We know it is possible. We have felt the presence of the Divine. We long to regain our Oneness with All That Is. We just don't know how to do it..



### Deeper than Words: The Teachings of Tony Samara Volume 2

How to Clear the Lingering Debris; The Breath Behind the Breath; Dismantling the Ego Structure; Conscious Sexuality; The Song of the Angels; Changing Habits; The Sacredness of Language; Selfishness, Suicide, Passion, Spiritual Masters, Death, The Meaning of Life and much more.



### SHAMAN'S WISDOM by Tony Samara

describes his path, which brought him to discover the traditions of Huachuma shamanism. The shaman's world is one of harmony and oneness and it is based on the clear laws of nature in the material and energetic dimensions.

# Paganopolis

<http://www.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 geological 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 through out the Pagan/Heathen community no matter their geological location, Yes , we do ship all our products (with exception of Athames) to any location that excepts U.S. packages

- Alter items
- Athames and more
- Bags & pouches
- Books
- Boxes
- Candles & more
- Catchers and Chimes
- Cauldrons
- CD's
- Chalices
- Crystal bells
- DVD's
- Jewelry
- Mortor and pestles
- Oils & diffusers
- Rune sets
- Ritual water
- Smudge sticks
- Statuary

## When Ordering

Please quote coupon code "EFM" to receive an additional 10% off already discounted prices





# Craft Class For Beginners



**This Class is Weekly Classes Every Saturday, the class is taught in a live chat box and it is a time for people to share and learn. Basic Topics taught each week and then a time of Q & A after class is finished. All classes are then written up and put up in group for all group members to read over.**

**Please come along and join in – this is an amazing chance to learn with others  
!!!!**

**COME ALONG TO THIS LIVE CHAT EVERY SATURDAY NIGHT**

**Times of Lesson for each country**

**USA Central - 7 pm**

**Eastern - 8 pm**

**Western 5 pm**

**Australia (Melbourne) - Noon (thursday)**

**UK -1 am**



<http://enchantedforrest.ning.com/group/craftsclassesforbeginners>

## It's To Your Benefit

If you answer "YES" to two or more of the following questions, you can benefit from a Pre-Paid Legal Services, Inc., and subsidiaries legal plan!

Have you ever . . .

- . . . . thought about writing or revising your Will?
- . . . . purchased a home?
- . . . . purchased a defective product and been ignored by the manufacturer?
- . . . . been involved in a property dispute?
- . . . . received a moving traffic violation you thought was unjustified?
- . . . . been involved in a separation or divorce?
- . . . . had a problem with child support or visitation rights?
- . . . . signed a legally binding document and been sorry later?
- . . . . wanted advice on a credit matter?
- . . . . worried about being audited by the IRS?
- . . . . had difficulty collecting an insurance claim?
- . . . . had questions about your civil rights?
- . . . . needed assistance in dealing with the purchase of a new or used car?
- . . . . had questions about the legality of tax shelters?
- . . . . wanted to know about guardianship responsibilities for your children?
- . . . . had a question about your consumer rights

With no obligation on your part, we can show you how over one million people have access to a lawyer for less than the cost of a cup of coffee a day.



For more information, call:

Howard Walker - 1-866-878-5004



opt 1 for the Business Opportunity - opt 2 for membership Need to know your city and state.

*Thank you for your time*



# When a lizard can, why can't we?

*By Michael Beck McQuilkan*

This is a true story that happened in Japan. In order to renovate the house, someone in Japan breaks open the wall. Japanese houses normally have a hollow space between the wooden walls. When tearing down the walls, he found that there was a lizard stuck there because a nail from outside hammered into one of its feet.

He sees this, and feels pity, and at the same time curious, as when he checked the nail and it was nailed 10 years ago when the house was first built!

What happened?

The lizard has survived in such position for 10 years! In a dark wall partition for 10 years without moving, it is impossible and mind-boggling

Then he wondered how this lizard survived for 10 years! Without moving a single step--since its foot was nailed!

So he stopped his work and observed the lizard, what it has been doing, and what and how it has been eating. Later, not knowing from where it came, appears another lizard, with food in its mouth. Ah! He was stunned and touched deeply

For the lizard that was stuck by nail, another lizard has been feeding it for the past 10 years ...Imagine? it has been doing that untiringly for 10 long years, without giving up hope on its partner...

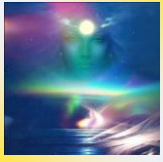
Think, will u do that for your partner? Or at least your Mom & Dad, Who went through struggle & hardship to raise and educate you & invested the best years of their lives raising you?

Imagine what a small creature can do, and a creature blessed with a brilliant mind can't.

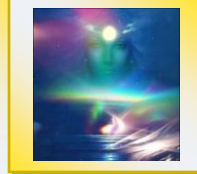
As information and communication technology advances, our access to information becomes faster and faster. But the distance between human beings . . .

is it getting closer as well?

...And Please never abandon your loved ones.....



# The Awakening



*By Joyce Cochran*

As I sit here in your splendid silence, your sacred spirit surrounds me, I feel your presence with every breath that I take. I feel your essence in the very center of my being. I become aware of all the beauty and resplendent journeys that await me on my travels to be joined as one with you. I can't wait to feel the loving warmth of your breath on my face To hear the whisper in my ear of the secrets that you behold.

I feel the trees in their new beginnings of life. I feel the water around my knees. I feel the breadth of your knowledge surround me in the impending window of this thing that we call life. I cannot wait to see the new fruit that you will bear, or hear laughter that will erupt from my lips in learning what it is that you have to teach. What do you have to teach me now? I feel that I have been too long separated from you and can feel the new bubble start to emerge once again as you grace me with your understanding of my fragile human spirit. How forgiving you are. How strong you are. What guidance you give me. What peace of mind when all else that surrounds me is in turmoil. How can you do it? How can you hold so much and give so much. Do you never get tired of our never ending need? The tree. The tree of life. The tree of knowledge, the tree that connects the underworld, the upperworld, and the world of spirit. The three plains of existence. How large you are. The ash with a crown that spreads to cover all, and roots that run so far and wide, yet reach down into the depth of the very soul of our existence. How can you hold so very much. How do you know when to share your wisdom with us mere mortals. How do you know how much to share. I know nothing, yet I feel much. I cannot say with words what I see. I only know that there are visions in my mind and places that you take me. I feel the flight of wonder as it surrounds me, there is nothing but sheer feeling. The clouds beneath and the air above... I am ready to start anew with the fresh beginning of life that you serve up so sweetly. I am ready to break the bread and spread its nourishment among our fellow selves, and the gentle earth that you have so graced us with. I feel the need to nurture and crave the same to be done for me. I want to watch the old as it dies and see the new as it given birth. I want to share in all the wonders of our souls and feel them linked as you have linked us all since time beginning. I want to have the experience of you. I feel you rolling off my skin now as I sit here and share this humble thought through the message of the typewritten word. How very academic we have become. How very computerized. When will we learn the lesson of just being? Of not breathing, of not hearing, of not living through our senses. We, your lost children, need to just let you wash over us, let you fill us with your essence. Help me now, help me to do this, let your very likeness fill my mind with your wonder. Let it shine through my eyes so that others can see it, see you, through me. Let my breath carry the flight of mystery, and the craving to learn. Touch me. Yes, there on my shoulder, on my belly, in my core. Let me let you fill me... Oh the music is so grand. The stars and comets are whirling past me with certain aim to deliberately miss me, the hissing of their speed thrills me and yet I wonder at the tenacity of their remaining in perpetual motion. My body quakes with the excitement of watching it. I know that I should tremble in fear at the immense strength and power that is just beyond my touch, yet I know that you have just laid witness for me a miracle. Thank you. Thank you. I wish that others could feel you as I feel you now. I know that I need to stay in touch with the deep recesses of my soul to be able to see you, to sink into that inner core that we all reside in yet, very rarely visit. Help me to return here more often, to take this trip, this flight of life, to feel the raven wings feather and, to be a part of it.



# Foster/Adoption Ritual

*By Harriet*


I work in animal rescue, and nearly all my fosters move on to forever homes of their own, but a few special ones have stayed. I wrote this for one little tortie cat in particular, but it felt so right I've used it ever since.

*"Cast the circle thrice around,  
homeless now is homeward bound.  
God and Goddess, witness ye:  
loveless now beloved shall be.  
Hearth and home for life's full span,  
here or elsewhere, by my hand;  
promised in these circles three,  
and as we will, so mote it be!"*



Cast your circle in whatever fashion is your custom. I generally ask for Freya to the north, Bast to the south, Quan Yin to the east, and St Francis to the west. Your adoptee may be present if s/he wishes, but a picture or representation will do if not.



# Starra

*by AprilRain*

She stood in front of me, confident as always, arms resting at her sides. One foot was resting flat on the wall behind her. Slender, of medium height. Her long dark hair fell down past her shoulders and tickled her elbows. A stupid grin on her face... The grin lit up her nearly ebony eyes... wide & beautiful. Her skin was far from pale, naturally dark and wonderfully smooth. A giant contrast from the long white sweater, white jeans & white ribbed tank she was wearing. Skin tight, low rise. Showing off considerable cleavage & midriff. Wonderful cleavage, her breasts were beautiful.

She was up to something mischievous and I knew I had to join her, or stop her. What is the fun of stopping something that can cause a grin like that? It was too late and my decision was made. I winked. "Let's go."

She laughed, deep and sexy and practically bounced off the wall, as she pushed herself off it... her sweater trailing behind her like a cape, the breeze flowing under it. Her hair bounced, just a little, she purposefully flung it back, away from her face. Sometimes, she let it cover her eyes... those soulful eyes. It drove me crazy, she knew it.

The sky was dark, full of stars. I wondered if there was a blackout as they had never seemed as bright to me as they did at that precise moment. Overwhelmingly beautiful, crowded with small specs sparkling down at me. No... at her. Even the stars shined brighter in her presence, to please her. When you were in her grace, you had it all... even if you had nothing.

I... had nothing... aside from her. She was all that mattered to me, all in the world. Before her, there truly seemed to be nothing.

We crossed the road and waded through tall grass in a large open field spotted with small trees, seemingly untouched for a few years... and not another soul in sight. She stopped beside a small tree and looked back at me. Even in the moonlight, her eyes glistened, deep pools I had dreams of drowning in. She grinned again... and pulled a small box from inside her sweater... where it was held, I had no idea. It glistened like stars, glitter I thought... I wouldn't put it past her. Who doesn't love a little glitter? As she opened it though, I knew I was wrong.

"Hold out your hand." She told me, I complied... did I have a choice? No. She sprinkled a few grains of glowing powder into my hand. It was glowing, wasn't it? Taking a few grains for herself, she returned the box to its hiding place.

"Watch!" I did, mesmerized... she sprinkled the powder into her eyes then... she wavered. That is the only way to describe it, her entire being... wavered. Shimmered... glowed temporarily with this brilliant violet light... and then - she began to rise.

The glow began to quickly fade and as it did the height at which she rose grew. She spun and pranced like a ballerina on her toes... and giggled with such delight, I couldn't imagine. She looked like a fairy up there... her white sweater twirling around her against the dark sky. I couldn't take my eyes from her... I didn't know what was happening, but I knew... I wanted to be with her.

She came down and hovered in front of me. "It's your turn..." I nodded. A drug, coursing through my veins, I had no control over it... she was my drug. I wanted to swim in her essence, drown in her scent.

I sprinkled the dust in my eyes and I danced with my fairy in the sky.

# Enchanted Forest 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.

Please VOTE FOR US - the banners are on the front page

ITS SIMPLE

Click on the "VOTE FOR US" BANNER ON FRONT PAGE (MIDDLE LEFT OF FRONT PAGE) AND THE NING 100 TOP NETWORKS



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.

# 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.



*Believe in the miracles that you cannot see. Reach out and grab the magical realms that the Goddess has created for us. Do not lose your way with the pettiness of everyday life. Let the light shine and be as one with those who created you.*

*Submitted by Joyce Cochran*



# Emerald Rays of Earth Healing

## Taken from Earth Healing Class



ok sit comfortably and visualise a ray or brilliant green coming from deep space this ray comes from the great central sun and you see it moving towards earth

dont worry they will be grounded soon lol

see the emerald green ray coming down through the atmosphere down through your roof and into the top of your head(crown chakra)

see the light moving down and filling your heart center then the green moving down out the bottom of your feet deep in to the earth

see yourselves glowing brilliant emerald green

now see yourself raising from your chair going up drifting through the roof up into the sky on the green ray of light(you are safe)

see the fields and towns becoming smaller as you ascend the skys

as you approach the edge of space you see the curvature of the earth

the white topped mountains the blue seas the green forests and the golden deserts

you continue to climb into the sky until you see the whole earth the size of a large beach ball

now see the energy ray going through your heart center and running into the earth

see the beam around a foot thick

as the ray hits the earth it penetrates to the center and then radiates out in all directions filling the earth with a brilliant green

see the earths aura expanding and brightening feel the power increasing

ok hold the vision a few more moments

ok see the energy retract from the earth through you and back out into deep space (see the earth still glowing a brilliant emerald green)

slowly drift back down through the atmosphere

see the countries becoming clearer then the colours the cities and fields as you drift lower and lower towards your home

see you house roof and you slowly drift through into your chair

see the green still bright in your heart going down deep into the earth like roots anchoring your energies

give thanks to the guides angels and healers that have assisted you in this earth healing

ok take a few deep breaths wiggle your toes and slowly return to your body(you may want a drink or food to help ground)

# Rituals Without Tools

*By RoseMistdancer*

*You don't need all the fancy tools to do a ritual And not to worry the God/esses doesn't care if you haven't gotten all your tools either.*

*Rome wasn't built in a day and neither will your Magical Tool box.*

## To do a Ritual without any tools

All you need for a wand is your finger or even a stick

Candles you can either buy your candles or if your on a budget use what ones you have around your house or even birthday candles

As for a chalice you can use a wine glass you have in your home as long as it is glass NO plastic

As for an Athame use a kitchen knife and only use it for that purpose

A Cauldron if you can use a metal can and use that

As for the four elements what i first used i got creative

**Air** - i used a feather i found on the ground

**Water** - i used a small glass bowl of water

**Earth** - I gathered a small pile of dirt

**Fire** - again a small metal can i made a fire in

Whatever you use make sure you cleanse them and charge them before using them to remove any negativity

As for a broom You can always use a broom you buy at the dollar store

For incense if you have none and smoke or someone in your house smokes use a cigg it will work just as well

Don't be afraid to be creative think outside the box as long as your intent is behind anything you do it doesn't matter to the God/dess if coddle things together until you can afford to buy a few things. Don't buy everything at once a little at a time is a start. We all have to start somewhere and at least this gives you a starting place.

So i say to you now go and do a ritual and enjoy yourself being with the God/dess no one is going to judge you for what you do and don't have. We all need to start



# JAZ .....

You have left a hole in each of our lives .....

The Pain of Missing You Sometimes Too Much ...

The Question of Why Asked Many Times ....

But You Are With Us - And Always Will Be

You Have Left Your Love and Compassion

With Each Of Us

We ALL Miss You and LOVE You

Your Star Will Shine Over The Forest

**FOREVER**

*Your Friends On The Enchanted Team*





# A SHINING STAR



*By Rosemistdancer*

*You left us without a warning  
You left us without a good bye  
You left us without even a word  
Now we sit here and ask ourselves WHY  
Why did you go  
Why was it your turn  
Why couldn't you stay  
You were to young  
You were never to go yet  
We understand you are on a journey  
Just remember we all Love you  
You are and will always be our  
Shining star!*



*I made this poem and i feel it is the right time to share it with everyone*



# Goddess Three Moons Radio



Goddess Three Moons Radio, If You Enjoy Music , Listen in at <http://GTMR.serverroom.us:9088/listen.pls> Using Winamp real player or Itunes.

If There is Request You can contact a DJ or Post in the radio Group the Djs check it regularly





**Be a gentle friend to trees and they will give you back  
beauty, cool and fragrant shade, and many birds,  
singing.**

**Each season has its own wonder, it's own special place,  
and purpose in the pattern of creation.**

# Tarot Teacher To The Site



Hermodimus



We at the Enchanted Forest are delighted and honoured to have Hermodimus in the post of Tarot Teacher to the Enchanted Forest. Hermodimus has been doing Professional Readings since 1975 (35 years) and has taught 5 tarot card reading classes in person (IRL) and 12 classes on line in the last 15 years.

He will also be available to answer questions and offer guidance in the Tarot Group

<http://enchantedforrest.ning.com/group/thelearningtarotandsharinggroup>

**CLASSES RUN ON A WEEKLY BASIS**

# Tangerine Oil & Lemon Oil

*By RoseMistdancer*

## TANGERINE OIL

Infused oils are an effective alternative to sauces — a fast, easy way to add drama to your plate presentations and vibrant flavors to your dishes.

Although flavored oils are widely available today in most stores, making your own is fun and simple. The traditional method involves combining flavor ingredients and oil in a clear bottle, sealing it, and then letting it "rest" at room temperature for a period of days while the flavor infuses into the oil. Because there can be a food safety issue when moisture is added to oil in the form of fresh herbs, roots, or citrus peels (which can promote the growth of microorganisms), the cold infusion method described in this recipe is safer. Unless you plan to use copious quantities of flavored oil, make yours in small batches and always keep it refrigerated. Sterilize the bottles and caps before using them, and keep the bottles sealed to prevent oxidation and extend the life of the oil. Substitute orange, lemon, blood orange, lime, or grapefruit zest to create different flavored oils.

1 cup mild extra-virgin olive oil

3 tablespoons grated zest of tangerine or other citrus fruit

Place the oil and citrus peel in a blender and process at high speed for 1 minute. Let the oil sit for 1 hour at room temperature and then strain through a fine mesh sieve, pressing hard on the solids.

Pour the oil into a clean glass container and seal tightly. Store in the refrigerator for up to 3 months.

## LEMON OIL

There are many essential oils that can be used as an alternative treatment for many ailments. Lemon oil is one type of essential oil that is used to clean greasy hair, heal acne and relieve headaches. Lemon oil can actually be made at home by using a lemon and particular type of oil. Making lemon oil at home is a cost-effective way to enjoy its many benefits.

Grate the outside of a lemon over a bowl.

\* 2

Fill a small glass bottle halfway with the grated lemon zest.

\* 3

Fill the rest of the bottle with olive oil.

\* 4

Set the bottle on a windowsill or somewhere else that gets a lot of sun.

\* 5

Leave it there for a few days, but shake the bottle a few times a day.

\* 6

Pour the liquid through a strainer into a bowl. The liquid in the bowl is your new lemon oil.

\* 7

Store your lemon oil in an airtight container at room temperature.

## TANGERINE OIL HEALTH BENEFITS

The health benefits of Tangerine Essential Oil can be attributed to its properties like anti septic, anti spasmodic, cytophylactic, depurative, sedative, stomachic and tonic.

Here comes another essential oil from a citrus fruit. You might be familiar with the name “Tangerine”. When you study about essential oils of Mandarin oranges, you will find that Tangerine is almost same as Mandarin, with the exception that it is more orange in colour, without pips and harvested in a different time of the year than mandarins. Even the botanical name for tangerines and mandarins is same. Botanically, it is known as Citrus Reticulata. Its homeland is China, from where it spread to other parts of the world. Like that of mandarin, the Essential Oil of Tangerine is extracted by cold compression of its peels and contains alpha pinene, alpha thujone, beta pinene, camphene, citronellal, gamma terpinolene, geranial, limonene, linalool, myrcene, nerol, sabinene and terpineol as its chief components.

Again, like mandarins, tangerines also hold a place of significance in the Chinese culture and their herbal medicines. These medicinal properties are sited as under

\* **Anti Septic: Staphylococcus Aureus!** Yes! This is the species of bacteria which is responsible for this dreaded situation of infection called septic. Septic is a real bad stuff. It is not only limited to mere swelling and reddening of the wounds, with acute pain. If not checked, it quickly spreads to the other parts of the body and affects them, even if there are no wounds there. It causes acute pain, immobility and hardening of joints, acute contraction and cramp in muscles, swelling, redness, fever and convulsions. It readily attacks the new born babies as their skin is vulnerable to infections. It also attacks them when they are detached from their mother’s body by cutting the umbilical cord. The Essential Oil of Tangerine contains certain components which kill these bacteria and stops its spreading, thereby helping cure septic. It can be externally applied on open wounds as well as taken orally for having a uniform effect on the whole body.

\* **Anti Spasmodic:** Spasm may be a small word but its effects may be widespread and highly damaging. Spasm is not restricted to muscular cramps only. It can happen in respiratory system, digestive system and nervous system also and can cause breathing troubles, asthma, congestion, severe coughs, spasmodic diarrhoea and cholera, nervous afflictions and convulsions. The Essential Oil of Tangerine induces relaxations in the organic systems named above and gives relief from spasm.

\* **Cytophylactic:** Certain components of this oil stimulate generation of new cells, or more precisely, cell division, and recycling of the cellular matter in the body. This does not only promote general growth of the body but also helps heal or repair the regular wear and tear and outstanding damages done to the body.

\* **Depurative:** An agent that purifies blood is called a depurative. The Tangerine Essential Oil is one such depurative. It helps in the excretion or removal of the toxic and unwanted substances such as uric acid, pollutants, extra salt and water from the body through sweat, urine and excreta etc. as well as increases the oxygen retaining capacity of the erythrocytes (red blood cells), thereby refreshing or purifying the blood.

\* **Sedative:** The Essential Oil of Tangerine soothes. It soothes all types of inflammations and hyperactivity in all the systems functioning in our body, namely, the respiratory system, circulatory system, digestive system, nervous system and the excretory system. It sedates inflammation due to fever, intrusion of poisonous substances in the blood stream from external sources, convulsions, anxiety, stress, hypersensitivity of allergy etc. It also sedates depression, anger and impulsive responses.

\* **Stomachic:** Being a stomachic, the Essential Oil of Tangerine keeps your stomach in good condition by maintaining proper flow of digestive juices into it, by maintaining the right balance between the acid and bile (so that excess acids are neutralized) and by curing the wounds, if any, in the stomach. It soothes the stomach and gives relief from inflammation. One thing must be understood, if somebody wants to have a trouble free health and a good physique, then he must keep his stomach fine tuned and this is exactly what this oil does. It helps your stomach keep functioning properly.

\* **Tonic:** One that tones and fortifies is a tonic and Tangerine Essential Oil has this property. It tones up all the functions in the body. It fine tunes the metabolic functions like decomposition of food and absorption of nutrients by toning up the liver, stomach and intestines, helping in growth and adding to strength; ensures proper excretion; promotes the endocrinal secretions of hormones and enzymes and also tones up the nervous system and keeps you more alert and active, and finally, boosts the immune system, protecting you from infections. So, when your body is tuned and toned up, it will give you more mileage and output and will spring up to your every twist on the accelerator (I mean, in times of need).

**\* Other Benefits:** It improves circulation of blood and phlegm, boosts digestion, helps maintain oil and moisture balance in the skin and shows cicatrisant and emollient properties too. It also eases constipation and treats diarrhoea, flatulence, rashes, dryness and cracking of skin, hair problems, dandruff etc.

## **LEMON OIL BENEFITS**

The health benefits of lemon oil can be attributed to its stimulating, calming, carminative, anti-infection, astringent, detoxifying, antiseptic, disinfectant, sleep inducing, and antifungal properties. These benefits of lemon oil include its ability to treat stress disorders, fever, infections, asthma, over weight, insomnia, skin disorders, hair disorders, stomach problems and tiredness.

Lemon is one of the most popular citrus fruits in the world and is used for culinary purposes as it is a good source of vitamin and helps in digestion. It also provides a good taste and aroma to food. Further lemon juice is one of the most popular drinks in the world as it is very healthy, tasty, and low cost.

Health benefits of lemon oil include the following:

**\* Stress:** Lemon oil is calming in nature and therefore helps in removing mental fatigue, exhaustion, dizziness, anxiety, nervousness and nervous tension. It has the ability to refresh the mind by creating a positive mind-frame and removing negative emotions. It is also believed that inhaling lemon oil helps in increasing concentration and alertness. It can therefore be used as a room freshener in offices to increase the efficiency of the employees.

**\* Insomnia:** Usage of lemon oil ensures good sleep and helps those suffering from insomnia.

**\* Immune System:** Lemon oil has high vitamin content and therefore it helps in increasing the immunity of the body. It further stimulates White Blood Cells and thus increases your ability to fight diseases. Lemon oil also improves the circulation in the body.

**\* Fever:** Lemon oil is effective against infectious diseases such as fever, malaria and typhoid.

**\* Stomach Disorders:** Since lemon oil is carminative, it is used in treating various stomach problems including indigestion, acidity, stomach upsets, cramps, etc.

**\* Weight Loss:** Lemon juice is very helpful in reducing weight.

**\* Asthma:** It is believed that lemon is also useful for treating asthma.

**\* Hair Care:** Lemon oil is also effective as a hair tonic. Many people use lemon oil to get strong, healthy and shining hair. Lemon oil is also used for removing dandruff from head.

**\* Skin Care:** Lemon oil is a good remedy for the increasing the luster of dull skin. It is astringent and detoxifying in nature, and rejuvenates dull skin. Its antiseptic properties help in treating pimples and various skin disorders. Lemon is also recommended for oily skin.





# Susun Weeds



## Monthly class on the Forest

### 2011 schedule of Chats with Susun Weed

~ Third Monday of every month ~

**Feb 14 - Mullein**

**March 21 - Comfrey**

**April 18 - Dandelion**

**May 23 - Violet**

**June 20 - Red Clover**

**July 18 - Wild Greens**

**August 15 - Wild Mushrooms**

**Sept 19 - Kelp / Seaweed**

**Oct 17 - Oatstraw**

**Nov 21 - Poke Root**

**Dec 19 - Burdock**



### Ten Top Tips for Avoiding the Flu

1. Wash your hands. (Rub briskly under hot running water for at least 30 seconds.)
2. Don't use antibacterial soaps. (They encourage the growth of antibiotic-resistant bacteria.)
3. Drink lots of fluids. (Especially hot herbal antibacterial teas such as sage, thyme, rosemary.)
4. Start your day with a cup of cool yogurt or hot miso soup. (Both encourage strong immunity.)
5. Make nourishing soups with the immune-enhancing roots astragalus and eleutherococcus.\*
6. Spray your nasal passages with a saline solution or a xylitol rinse. (Kills viral particles.)
7. Be wary of diets that radically alter what you eat. (They tend to depress the immune system.)
8. Eat well-cooked leafy greens like kale, collards, and mustard greens. (Strengthens immunity.)
9. Add lots of arugula and watercress to your salad. (They're antiviral.)
10. Eat garlic. (Even powdered, even cooked.) Eat ginger. (Or drink it.)

If you do get the flu, elder berry (*Sambucus nigra*) tincture or syrup may shorten its stay.

Green blessings Susun S. Weed

# Enchanted Forest Merchandise

*All proceeds received from sales go to site fees*



Several members have ordered items from our store and are very pleased with the quality of the merchandise. from the t-shirts, Hoodies, and even the Kool Coffee mugs so get yours now!!



**Zazzle ships  
direct to  
you!!!**

**Be sure to check out our Enchanted Forest Store we have other items there Key chains, Bumper stickers, and you can choose your size when you order!! ☺**

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

# Earth Healing Group

## Full moon gatherings

This group is for those wishing to share earth healing techniques and information about important events and who wish to add their energy to raising the vibration of the planet for the good of all



Come join us every full moon and we will all send healing Energy to Earth at one time a collective conscious activity to help Mother Earth and all those on it.

**This group is for all people from all over the world to come "together" every MONTH to focus their energies for a common goal.**

**It is also a place to share with each other HEALING TECHNIQUES and INFORMATION about important events.**

**THIS GROUP IS HERE TO ACTIVELY MAKE A CHANGE AND RAISE THE VIBRATION OF THE PLANET FOR THE GOOD OF ALL**

# *Shamanic Ritual*

*By Rev. Christa Lore Urban*

Shamanic ritual includes trance work. As part of my practice as modern shaman I use meditation and breath work to enter trance and receive visions. I have gained control over this as shaman to do it rapidly to achieve a state of communication with the spirit and other realms. I will share with you how I do this. Everyone finds their own way. I believe rituals need to be individualized. It doesn't matter what you call your path. Pagan, Christian, metaphysical the techniques are the same only the words are different. A prayer, a spell, a manifestation ritual are all petitions to the universal energy to create and transform.

It takes years of practice to be able to astral travel and have connected vision and memory of the travels. As a shamanic practitioner crossing the veil allows me obtain the information relevant to heal myself as well as others. There are times I don't have the recall of where I have traveled to, but I do return with the knowledge I requested. The following is a very simple breakdown of how to enter an altered state. It takes practice and time. Do not despair if you don't get there on your first attempts.

It is like dancing in the dreamscape. That little place of light before you fall completely asleep. The brain waves at this time are perfect to connect your upper chakras and begin visioning out of your third eye.

Set your intention. Call to your Gods/Goddess, guides. Surround yourself with white light for protection. "Keep me safe in my journey, allow me to see what I need and keep me safe from harm and negative energy as I vision and travel." I also invoke my animal totem the Raven to fly with me. This is my animal of visioning and astral travel.

Breathe work- I use a form of Yogic breath. I breathe slowly, counting to ten on the inhale and 10 on the exhale. Do this at least three times and you will feel the calmness overtake you. As you begin you may need to repeat at least ten times. Do this as long as it takes to feel calm and quiet the monkey mind.

Trance state- After you have done the breath work and quieted the mind from all extraneous thoughts. Focus on your third eye. See it, look into it see the light that is in the center. Now think, imagine your mission, your questions as you travel. Continue the slow rhythmic breathing with your focus on the visions and places that lay beyond. I do this laying down it may be done in any position of comfort. Don't worry if you drift off to sleep

Returning – After you have completed your travels. You will know this as the vision fades or you simply snap back to this realm. Continue to breathe slowly. Don't jump up and try to interact with the earth realm immediately. Say to yourself I have returned, I am back in my body and on the earth. If you have fallen asleep, you may wake suddenly and feel that jolt or sudden return to the body feeling. Relax and do three deep breaths before attempting to interact on the earth plane

Recovery – Allow yourself time to recover, rest and breath. A nap may be in order for some. Don't travel and then expect yourself to do complex tasks or have intense interactions with people. Let your cells take in the experience. Thank your guides etc... and release them after your return.

Debriefing- I like to journal after my travels. Writing down what you have seen or done is of great use and should be reviewed later. If you are doing group work, this is the post experience discussion. Signs and archetypes, images may not make immediate sense and discussion or journaling with help with the decoding of messages you may have received.

Practicing this type of out of body work should not be done alone by beginners. If one goes out to far soul retrieval may be needed. Intensive altered state work can be done by anyone but it is like surgery. Not something you do by yourself. In my Shamanic work I help lead people on their journeys and accompany them with my animal guides to keep them safe and make sure they find their way home.

**Rev. Christa Lore Urban**

*<http://christaloreurban.webs.com>*

# SABBATS

*By Melissa Ratliff*

## FOUR MAJOR SABBATS

### SAMHAIN ( SOW ' EN )-----15 DEGREES OF SCORPIO OR NOVEMBER 1

WICCAN MYTHOLOGY; THE DEATH OF THE GOD SAMHAIN IS THE WICCAN NEW YEAR AND THE FEAST OF THE DEAD .IT SERVES TO COMMERATE THE DEAD PARTICULARLY THOSE WHO HAVE PASSED AWAY RECENTLY OR WHO ARE PATICULARLY MISSED SAMHAIN IS ALSO A TIME FOR REFLECTING UPON THE LAST YEAR MAKING PLANS FOR THE UPCOMING ONE AND ASSESSING THE PROGRESS MADE ON LAST YEARS GOAL. IT IS ONLY SOME WHAT ACCURATE TO SAY THAT WE START THE YEAR OFF BY CELEBRATING DEATH.

### IMBOLC (IM'MOLE) OR (IM'BOLE)-----15 DEGREES OF AQUARIUS OR FEBRUARY 1<sup>ST</sup>

WICCAN MYTHOLOGY; GODDESS RECOVERS FROM CHILDBIRTH BECOMES MAIDEN IMBOLC IS THE BEGINNING OF SPRING THE GOD CONTINUES TO MATURE AS CAN BE WITNESSED IN THE LENTHING DAYS AND CELEBRATIONS FREQUENTLY SERVE TO HONOR LIGHT THE CRONE GODDESS OF WINTER TRANSFORMES TO THE MAIDEN WHO PREPARES THE EARTH TO BEGIN ITS GROWTH CYCLE ONCE MORE.IMBOLC IS THEREFORE ALSO A HOLIDAY OF PURIFICATION

### BELTAINE 15 DEGREES OF TAURUS OR MAY 1<sup>ST</sup>

WICCAN MYTHOLOGY--- MARRIAGE OF THE GODDESS AND THE GOD BELTAIN THE START OF SUMMER IS THE MOST IMPORTANT SABBAT AFTER THE SAMHAIN IT IS THE CELEBRATION OF JOY AND LIFE NAMED FOR THE CELTIC FIRE GOD BEL

### LUGHNASADH (loo'na sah) or (loon'sah) 15 DEGREES OF LEO OR AUGUST 1<sup>ST</sup>

WICCAN MYTHOLOGY-----AGING GOD LUGHNASADH IS THE BEGINNING OF AUTUMN AND WAS THE TIME OF THE FIRST HARVEST AND SO THIS IS A HOLIDAY OF PREPARTIONS FOR THE ONCOMING WINTER AND TO REMIND US OF THE GODS IMPENDING DEATH

# FOUR MINOR SABBATS

## YULE-----ALSO KNOW AS MIS WINTER .WINTER SOLSTICE AROUND DECEMBER 22

THE BIRTH OF THE GOD YULE IS A CELEBRATION OF LIFE EMERGING FROM DARKNESS IS HONORED WITH THE EXCHANGED OF PRESENTS.EVERGREENS ,HOLLY,IVY AND WREATHS CAN BE SYMBOLIC OF THE GOD

## EOSTARA---VERNAL EQUINOX AROUND MARCH 22

SEXUAL UNION OF THE GODDESS AND GOD EOSTARA IS A CELEBRATION OF FERTILITY CONCEPTION AND REGENERATION IT IS ALSO A TRIUMPH OF LIGHT OVER DARK AS FROM NOW UNTILL LITHA DAYS WILL BE LONGER THEN THE NIGHTS. IT IS A TIME FOR THE GROWS OF IDEAS AND SOULS CARING FOR OUR BODIES

## LITHA ALSO KNOWN AS MIDSUMMER SUMMER SOLSTICE AROUND JUNE 22

APEX OF THE GODS LIFE THIS IS FOR TRANSITION WHEN THE GODS TRANSFORM FROM YOUNG WARRIOR TO MATURE SAGE

## MABON AUTUMNAL EQUINOX AROUND SEPTEMBER 22 MABON

WAS THE SECOND HARVEST AND IS PRIMARILY A HOLIDAY OF THANKSGIVING FROM THE FRUITS OF THE EARTH IT IS ALSO THE DAY WHEN THE NIGHTS ARE LONGER THAN THE DAYS



# "Break" Through the subconscious surface for better rest

*By Shadow*

Many find themselves mutli tasking in the mind as they try to carry on daily activities or when trying to relax or even worse when its time to sleep..

This is the worst time many find themselves trying to rest then all of a sudden the bills and the kids ..Job..or scheduled event all comes to mind at once.  
and sometimes can be overwhelming and wont allow one to rest but lay there and worry and try to come up or work out answers that they really cant at that time some may have an epifany and figure out a problem..

but in most cases many are wiped out from the regular day of working..making mends ..fullfilling their schedule at home ..cooking ..cleaning.kids..baths then bed..

With all I do myself and have few things on mind that seem to hit the hardest when im so tired and want to goto sleep..then Bam..all the thought processes come thru..

and in most cases cannot be worked out then anyway..  
but what i have found that works and breaks that surface of subconscious thinking is a diagram I made up

this thing alone if you imagine just the dotted lines broken up as they are..will break up your thought pattern on anything your thinking of..even when you quit imagining these lines..it takes you thinking of something to think again actually..

this seems to just totally break apart the video playing in your mind of all your scenerios.

like a broken puzzle..you wont see the picture till the puzzle is together ..when its in several pieces ..its not comprehended to the mind as it should be just broken..

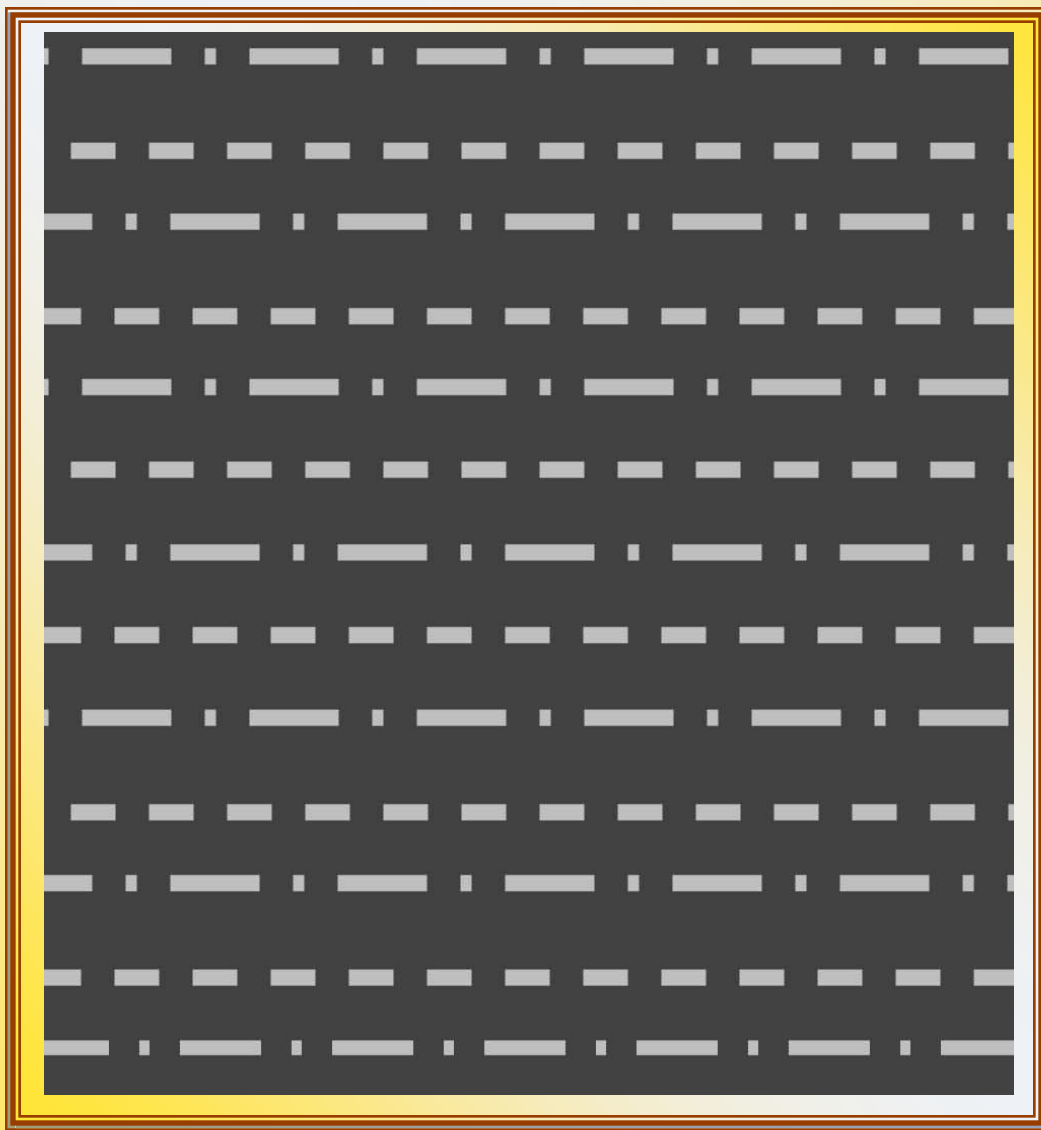
I have found that imagining these dashes no background as with my gray back ground just the dashes..is better then even trying to vision white noise which allows some surface for thinking with some..



but these lines totally break up the thoughts and will help long enuff to allow you to be tired enough to finally get some rest and this rest your mind needs to help you sort situations out when you can when your awake and not be so stressed worrying..

This is nothing ive researched on these dashes is from personal new found experience that works so well im writing about it for others to try..if all else fails..

*Thank you  
Shadow*



# "CLEANSING" FROM CRAFT CLASS TAKEN BY SHADOW

12 JUNE 2011

Cleansing is a practice designed to remove that which is considered dirty, toxic, negative, shameful or otherwise impure. Witchcraft refers to 1 of any number of belief systems that unifies individual agency and systems theory through intentional activities. It may follow the precepts of a pantheistic, polytheistic or non-Christian, non-Muslim, non-Jewish religion . Spells are verbalized or incanted words spoken during rituals to invoke the attention, aid or support of a deity or spirit

In many Pagan and Wiccan Traditions, it is considered important to purify or cleanse a space before any sort of ritual can take place. There are a several different ways of doing this, and how you do it will depend in part upon the rules or guidelines of your tradition. If you're a solitary, or your tradition is eclectic, then you may choose the method that works best for you.

Typically, when an area is ritually purified, it is done in a clockwise, or deosil, direction, but this may vary from one tradition to the next.

## **Smudging-**

With smudging, you can use sage, sweetgrass, or other herbs. You can also use incense, if you like. The purpose of smudging is to use smoke to carry negative energy out of the area. When you light sage or sweetgrass, allow it to flame for a moment and then blow out the flame. This will leave you with a burning herb bundle, which will create smoke

## **Asperging -**

In some cases, you may wish to use asperging as a method of cleaning a space. Asperging means using liquid -- the power of water -- to purify the area. Although this is typically done by sprinkling consecrated water around the perimeter of the space, you can also asperge with milk, wine, or either of these blended with honey.

## **Sweeping -**

Typically, the broom is associated with cleaning and purification. You can use a broom or besom to go around the edges of the space, sweeping negativity away as you go. It's a good idea to start and finish near a door, so that negative energy can literally be swept outside.

## Salt -

Salt has been used for purification for thousands of years. Use a bowl of sea salt, sprinkled around the area, to cleanse the space and make it sacred. **DO NOT CLEANSE STONES WITH SALT**

## Fire -

In many cultures, fire is used to ritually purify and cleanse a space. You can do this by lighting a candle and walking the area, or sprinkling cooled ashes around the perimeter (although this can be messy to clean up if you're inside!).



# Vegan

*By AprilRain*

Most people think of “vegans” as those people that don’t eat meat. However, the definition on Dictionary.com states a vegan is “A person who does not eat or use animal products”. Veganism is not only a dietary choice, but a way of life in which someone chooses to not only NOT eat animal products but also not wear them or use them in any way. For the sake of my discussion here, I will only touch on veganism as a dietary decision, versus as a way of life as that would prompt a much larger discussion than what I have room for.

I always assumed it was a widely known fact that people knew vegetarians didn’t eat meat. When telling someone I was a vegetarian I always received an inquisitive look, however they almost always had an idea already in their mind of what I would say next. However, when I became vegan April of 2011, I received an overwhelming amount of puzzled looks followed by “What’s that?”.

Well... a vegan is someone that doesn’t eat meat, dairy, eggs, often honey. However - there are other things that they don’t eat that people are less familiar with. Some breads for instance contain milk or egg. Some beers have been processed with gelatin, and while we’re speaking of gelatin that crosses jello and marshmallows off the list. What is gelatin? You know when you cook a turkey and the liquid in the pan cools & hardens up a little - like jello? Yes. That is gelatin, but it can come from many sources, not just turkey.

Some sugar is processed with bone char, so it is often considered to be not vegan. Even some food dyes are made by crushing beetles, you know that strawberry yogurt you love so much? The red dye? Yeah. NOT strawberries. Even salad dressings can have an animal based product in them to keep the oils from separating. Honestly, what is a vegan supposed to do?

I did not take my decision to become vegan lightly. There were many reasons to decide to remove the last remaining dairy and seafood products from my diet. There is more scientific data out there that fish are sentient beings, capable of thinking and feeling. I had a pet goldfish once... it was dumb. However when he was hungry and saw me coming his way he got all excited and started swimming back and forth to get my attention. He KNEW seeing ME meant food. We also know that chemicals found in seafood, especially the larger fish, such as PCBs build up in their bodies are transferred to OUR bodies when we eat them. It wasn’t a hard decision to take them out of my diet.

It was also not at all difficult for me to remove egg from my diet because... well, because raw eggs gave me the heebee jeebees. Also, because I knew that it probably came from an abused chicken that had never known freedom and also that the moment it stopped producing eggs, would be one of the last moments of its life before it became cat food. I didn't want to be the reason one more chicken was stuck in a tiny cage without fresh sunlight, fresh air or freedom.

When it came to dairy products such as milk and cheese... I had a MUCH harder time. I love cheese. I could sit down and eat a whole 8 oz block of almost any cheese in one sitting. This is what ultimately pushed me to become vegan. I had no sense of self control & it was the reason I was overweight. Also, while delving further into educating myself on what I was putting INTO my body I came across information discussing the hormones put in our milk products which are being accused of causing human bodies to change dramatically from a time when there were no added hormones to the things we eat and drink. So there were a lot of different reasons coming from different places. Even more, as I began to grow in my spiritual beliefs, I real have become to believe that eating animals is not right for me.

Some pagans believe animals are also protected under "An it harm none". I would never claim that everyone should be vegetarian, as I honestly don't believe it is right for everyone due to dietary needs, etc. However, for ME I believe that yes, they should be protected, at least in my practice. Especially with the way they are treated in modern farms and factories.

Now, having that said, I would like to continue this as a series, discussing how I incorporate my vegan dietary choices into my practice, especially around the sabbats by giving recipes and meal suggestions. I have found thus far that finding recipes to suit the sabbats and my dietary needs has been increasingly difficult, and I suspect that there are others out there with similar problems. So I think it would be awesome give some ideas for new ways to celebrate the old ways. Let's drink and be merry without the sacrifice of animals this year!



**proud to be a vegan**

# A Vegan Pagan's Prayer

*Written by Dianne Sylvan*

*Submitted By AprilRain*

Lord of the forest and field, Lady of the starlit night,  
I acknowledge the truth that for me to live, something must die.

I give thanks for the gift of free will,  
And I acknowledge the responsibility that comes with the freedom of choice.

I choose then to abstain from the cycle of unnecessary suffering.  
I pledge to be an agent of healing, not a bystander to slaughter.

I say to the animals:  
You do not have to suffer and die for me.

I say to the workers:  
You do not have to kill for me.  
I say to the corporate death machine:  
You will no longer profit from my blindness.

I say to the Earth, and to all that is holy,  
That though we are taught to feast upon war,  
I choose to lay down the sword  
And take in peace instead.

I ally myself with Nature, not as her master, but as her child.  
I will not claim dominion over that which is wiser than I.

Lord of the forest and field, Lady of the starlit night,  
May compassion fulfill and transform me  
May I give as You give, may I love as You love  
And may my choices bring grace to my life  
As You bring grace to the world.

So mote it be.





# *Oh Gracious Elders of Light...*

*By Spellcaster*


**Oh Gracious Elders of Light**

**May we live in peace without weeping,  
May our Joy, Love & Light outline the lives we touch without  
ceasing.**

**May our Love & Light fill the world  
While angels of light their wings are tenderly beating,  
Guiding us ever onward on our paths we travel.**

**So May It Be!!**

**Namaste!!**



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To invite your friends to the Enchanted Forest go to the INVITE TAB at the top of the page. You can INVITE all your friends from either your hotmail, gmail or yahoo account by simply entering your email address and password from your messenger account then click IMPORT ADDRESS BOOK – this will list all your messenger account contacts select all the contacts you wish to INVITE then select SEND.

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*Enchanted Forest Team*

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## The Enchanted Forest

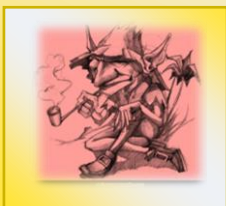
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We hope you have fun here and spend some time with us in the Enchanted Forest

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Thank you all for your continued support and input in the Forest.

The Enchanted Forest Team





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