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**in closing with thanks**

# INTRODUCTION

I am writing this book for those who would like to tap into the rhythmic cycles of power that nature gives. It is like the power of the ocean. One minute you are jumping with the waves, working with their push and pull, riding up and down with the swells and enjoying the power of the sea, then you get distracted and when you are not paying attention the wave hits and there you are, with sand in your swimming suit and water up your nose!

It is not the fault of the wave but rather, not paying heed to the powerful force around you, the wave. In working with Lunar and Solar energies it is much the same. It is not the full moon that drives people crazy; it is the lack of tapping into the power in a positive way or ignoring it all together.

Obviously, jumping with the waves is much more desirable. I thank my lucky stars I had a Grandma wise in the old ways. She taught me that I could use these tools to bring balance and harmony into my life. She helped me to learn to control the gift and the sight I have and not to let it overwhelm me. It seems to me this knowledge should be passed on to help others on their sacred paths.

As a High Priestess, teacher, reader and spiritual counselor I have seen many people through the years. The simple truths I share have made a great impact and brought about healing in many lives, as I hope it does yours. It led me to teach workshops on these topics, which in turn led me to write this book.

I have the honor of being High Priestess in an active and beautiful circle. The circle always amazes me. I was happy honoring the old traditions by myself as my Grandmother had, but the universe had other things in mind! Friend by friend the circle grew. I initiated them into the sacred, the way my Grandmother had me. I have a gift with spirit names and each initiate is named as they join the inner circle. Our circle has taught me so much! I am honored to have my husband as High Priest, and so much love and support it awes me!

I have raised two beautiful children who are on their own sacred paths. My daughter and son are lights that shine for me.

I live in the country, the Sierra Mountains, in a beautiful cabin with my husband, two very large dogs, a cat, fish and two horses. I love to be close to the outdoors.

I want to make clear, that I do have gifts and I have been working with these energies since I was a little girl, but I still bleed red! I have ups and downs. I have not arrived! Yet, I do have knowledge that can help. A rhythm and pattern that does not change. Even when your life is upside down you can count on the moon to be in her appropriate phase, and each day will grow brighter after the Winter Solstice.

You will learn to turn your home into a temple. And to become the priest or priestess in you're own sacred space. This includes how to set up your altar as a source of power, a transformer box and how to prepare yourself and see the power you hold.

You will learn of the power of the four directions, or watchtowers. Many things of power have more than one name, I believe a wise person is aware of this. The elements are strong and incredible to work with, as are the powers of the Masculine and Feminine energies. You will be tapping into all these energies.

As with all things practice makes perfect! Do not become frustrated but enjoy the journey!

My intent for this book is to bring light, balance and blessing to you the reader, with harm to none and good will for all!

This book is intended to be a 101 guide to start you out on your path. It is designed to incorporate earth-based traditions and is not limited to a specific tradition. They are the sacred truths I learned as a child. Simple and yet so powerful it still amazes me. The next pages are letters I share and stories of love.

*Every book has been blessed by circle!*

**"WITH GRACE AND BEAUTY  
OF THE ELEGANT SWAN,  
SWIM AND SOAR  
WITH MAGICK AND THE MYSTERIES  
BEYOND.  
WITH HARM TO NONE  
AND  
GOODWILL TO ALL-  
FLY WITH GENTLENESS  
.... FOLLOWING YOUR CALL!"**



Debi

# for grandma chris

Many Blessings Dear Readers,

Grandmother's love and knowledge created this book  
and the works I do. I was blessed to be her favorite.  
She was a gracious and elegant woman.

She married a Native American and had my father.  
Her husband had a gambling and drinking problem.  
Grandma divorced him when women of that era dared not.

She moved to Queens in New York where she got a job  
a large department store and worked her way to the top,  
a place where most women of her day were non-existent.  
Many lessons she shared, but this is the one that stands  
out and so I pass it on.



## Sharing Smiles

... Getting Ready for the day ...



We started out the day with breakfast and a ritual, while in Sacred Space  
Grandma asked me to, "smile a real smile from the heart and thru the eyes!"  
She asked me to, "share this smile with everyone all-day."

... After a day of smiling with achy cheeks  
Grandma asks ...



... And as Grandmother tucked me in ...



When we came home that evening, she asked, "Do you think your smile made it around the world?"  
Being 5 years old, I said, "Grandma, how could it, I didn't leave the city?"

She asked me to tell her of the people I had  
smiled at and their reactions. I told her most  
smiled back. She said "Do you think they passed  
on the energy of that smile to others? How far do  
you think it traveled?" "All the way" I replied.

"We are powerful beings when we remember to be"  
she said. So with achy cheeks and a happy heart,

I learned in a child's way,

WE ARE POWERFUL!

**About the Author**

I met Debi LeFaye 8 years ago at a New Age store where she performed readings. Debi has indeed been gifted with sight from her Grandmother who also blessed her with knowledge of rituals. Debi has since created the Academy of the Ancient Arts. A temple and center where art class, yoga classes and ritual classes are being taught. Her classes are open to men, women and children in need of guidance support and a listening ear. She also created HANDS AROUND LAKE TAHOE which happens on Summer Solstice. Thousands of people join in prayer with love and blessings in their hearts for their loved ones and for the Earth as well as human kind. Now every year this manifestation of love takes place around Lake Tahoe. Her dedication to the well being of mankind has spread its wings beyond her own expectations.

While this was taking place, she was working on a book and video sharing with us all how to tap into the magic.

Now her secrets are out in various stores and it is for us all to enjoy. I know I speak for a lot of Debi's close friends when I say "We wish her bountiful abundance of love, joy, health and success, so well deserved. Thank you from all of us for your dedication."

Love,

Fanny Muller

**TO THE WORLD!**

My Name is Ronald Liskin. I was a very successful CIA who live in Millbrae, California. My kids have visited Debi for at least 5 years. In August of 2001 I went for a most amazing, life changing reading (~~with~~) <sup>in</sup> the forest an illness was hanging me at which time in the reading an earthquake occurred.

On September 12, 2001, I had a Grand Mal Seizure which led to the discovery of a Glaucoma level 1, brain cancer with only a few months to live. In October I went back to ask her more. She told me to get out of my business and that I would be cured in time, that she <sup>saw</sup> the shred of death lift. I followed her recommendation, and today after surgery and treated with a new experimental Chemotherapy, I am leaving this planet's path toward a recovery from an incurable disease.

Thank You Debbie

Ronald Liskin

May 13, 2001

To whom it may concern:

Debi LeFay has been writing for *The Willow*, a monthly metaphysical newsletter serving the Truckee, Tahoe, Reno areas and beyond for almost a year.

Her writing invites the reader to participate and remember how we can connect to spirit and ourselves through ritual and celebration. Her voice is simple and direct, yet very profound. Always honoring her Grandmother Chris, Debi shares with her readers the knowledge that was passed on to her, as well as her own intuitive voice. Her columns have included magical, seasonal, as well as specialized ritual providing the necessary tools for readers to join the adventure.

Everyone who reads her column looks forward to it each month. I know that her book will be well received and look forward to its publication.

*nancyjwintersbonnel*

Nancy J. Winters Bonnel  
Editor, Publisher  
*The Willow*

To Whom It May Concern:

I am writing this recommendation to express my support for the publishing of Debi LeFay's much awaited new book. I have known Debi for three years and am thankful that she has created a book to share with people who are seeking an alternative or a supplement to studying with her personally. Debi has been my high priestess, teacher, reader, and friend and I am honored that she has shared some of the knowledge and wisdom of the Wiccan ways of living she learned from her relations with me. Now I share in the excitement of this information coming to the Wiccan community in book form.

My first experience with a Wiccan circle was three Beltane's ago when Debi first opened her circle to the community and I was fortunate enough to find myself at her powerful medicine wheel. Though I held some fears of a first-timer, they were quickly laid to rest when I was warmly welcomed and my place and role in the circle was clearly and, more importantly, simply explained. There was much joy and laughter and Debi's whole being encouraged playfulness and participation. After that first circle I began getting regular readings with Debi, which doubled as lessons in tarot, numerology, running energy, healing, manifesting, and more. After many months of working with Debi she invited me to be initiated into her circle. As a part of the circle I have been continuously learning through fun and successful magical experiences, watching my dreams become my reality. Debi taught me about the directions, casting spells, journeying, scrying, reading energy fields, and more, all with the lightness of child's play, the love of a mother and the wisdom of the crone.

The characteristics that, to me, most describe Debi and the work she does are playful and loving, and I have yet to encounter energies more powerfully embodied. I have watched our circle grow to full capacity as the message about Debi and the work she is doing have spread through our community. People have literally flocked to her space for counseling, instruction and the general feeling of being part of something great. People are affected by the time and attention Debi gives, helping each person feel his or her own powerful center. On a regular basis I hear Debi tell someone that what she does is something that every single person has the ability to do. We watch her examples, played out magically in every area of her life- in her home, her work, her relationships- magick is everywhere. The word is spreading because what Debi is teaching and the way she is presenting the information, quite simply, works.

The instruction that Debi offers, particularly the written packets, is so clearly presented that I see my confidence and enthusiasm, and that of others in class and circle, grow with the success of each ceremony. After we explore new information in class we are encouraged to run each ceremony on our own and bring our experiences back to share. Debi also invites her students to join high holiday circles so they get to see the difference between practicing solitary magick and the power within a circle, and the importance of each. In all the work we do, we are constantly reminded that all our work is with harm to none and good will to all- also evident in every area of Debi's life I have come to know.

Last year I became Debi's right hand as her long-time maiden opened a new circle to accommodate our growth. This has been an opportunity for me to receive deeper instruction and to see how Debi uses her gifts on a daily basis to serve herself and those around her. Debi is filled with joy and wisdom and her loving openness to share these gifts benefits all who know her. I feel very fortunate to have studied with such an extraordinary woman and I am grateful that, with your participation, others will also be able to access Debi's work.

Sincerely,

*Kirsten Rose*  
Kirsten Rose

Debi,

I just wanted to take the time to thank you so much for all you have done for me. I have always known, in my heart, that I would meet a teacher who would open my heart & mind to the world/universe. Now I know that teacher is you.

You must know how special you are to me. I have learned & grown so much since I've met you and most of the growth I owe to you.

Thank you for sharing your knowledge with me and of course others, so that we all can grow & be wise lights for everything on this Earth.

You have helped me to make sense of my beliefs and intuitions. Now I know I'm not going insane.. I am so happy to have found my spiritual place with you and all the other awesome people in this world.

I look forward to my future embros with you. It's so exciting to finally be on the path I've been searching for. I am so happy & blessed to be

I Love You - Lebece.

Dear Debbie

This Thank you so long over due. I absolutely enjoyed your class to the max. It was such a refreshing way to look at ones own spirituality and to use the power we each possess. You are an excellent teacher and your energy is so warm and wonderful. I know your life will always be filled with great love and friendships because you are so sweet and positive! I truly enjoy your company and wish you the highest & happiest life possible.

Love to you

Kathy

Debi,

Hello! My ceremonies are going well. The first New moon feels a little ~~awkward~~ awkward. The Altar came together effortlessly and the Bath. The actually ceremony was hard. I fumbled thru the words. The waxing moon was also better. I can see with practiced, I will get more comfortable with it. and can infer that space where time does not exist.

I love doing the ceremonies. I feels right, and wondering why I haven't done this earlier.

Your packet and tapes are great.

Affo! Karen



I love you mama. Thank you so much for all of your love and support and for always being there for me. I am so lucky to be your daughter and to always have your blessings protecting me from harm. I hope you have the most wonderful, fantastical day filled with love, luck, & prosperity.

P.S. Reggie says hello to you & Chaz, and he might get stationed in San Diego in a couple of months!

I love you!!

Joelle

Dear Goddess of Wisdom,  
A card is so needed to express all the joys and excitement I have over this new knowledge. And the love I have for your presence in my life. You are such an amazing powerful women and such a mothering figure to me. You are the teacher I was manifesting and this is the knowledge I was meant to learn. I have grown so much during these classes and I'm ready to use this my magic to help heal this world and myself. I just want you to know how grateful I am for every word, every moment, every hug, and every little exchange of energy we have. Cancer Women know always and we have always shared such a sacred bond. You have such a warm caring heart - thank you for sharing all your beautiful stories. I will never forget all the fun we all had, sitting in the rainbow house watching you glow and unfold the knowledge I was never taught. Thank you for the jump start... things are going to get wild from here on out. I love how life just keeps glowing + growing. The never ending cycle of evolution. Keep in touch about any workshops to come because I'm definitely interested. The goddess on the front of this card totally reminds me of you and the beautiful effect you have in my life.  
THANK YOU. YOU BEAUTIFUL DANCER! 

# Playing by the Rules

When working with anything of power, safety first! If you play with fire you quickly learn its ability to burn. This does not make fire evil! Fire provides warmth, comfort and light. You can drown in two inches of water if you don't understand the principals, yet without water we would die.

When working with energies of nature; the moon, days of power, elements and the masculine and the feminine divine- rules of safety apply and should never be ignored or taken lightly. These forces are every bit as powerful, wonderful and dangerous as fire and water, Only a fool would not take the necessary precautions. Please be wise!

I have gallivanted off and not heeded the warnings Grandmother taught me, to my own regret. Please don't repeat the mistakes I have made!

These energies are real! They are not evil, just strong. They work and can make your life blessed, if used wisely and safely!

I started learning about energies when I was a child. The "gifts" run in my family. I see auras around everyone. I remember telling Grandma about the purple lady who lived down the street. She always asked me questions like "How does she make you feel?" Or "What does the color make you think of?" Grandmother never saw it as unusual.

At a young age I had a temper and when I was angry things would fly, literally. No one at home thought this unusual. They would tell me to knock it off! Imagine my surprise when entering the public school system.

Oh, I had been told not to bring it up in public, but you weren't supposed to talk about sex either. So when I brought it up to my fellow classmates I was cast out of the norm and left very alone, with the exception of one friend.

Vivian came from Brazil and had gifts similar to mine. We would play games with telepathic cards over the phone and had amazing success. She was the best friend I had in elementary school. Although I was a bright child I had a very difficult time fitting in; it was those gifts that made me different.

I knew things before they happened. Kids were terrified of me. No one wanted to come near me, the exception Vivian. In the second grade I got mad at my teacher, I felt I had answered the question correctly. She decided to belittle me in front of the class. I got angry. Things started to fly, the kids were screaming and the teacher was on her desk. She got the vice-principal to come up and remove me from the class. No one would come near me after that.

No good has ever come to me by flying off the handle. Nothing done in hate or anger has come back to bless me. If you care to try, go ahead but you have been warned. Play with fire carelessly; you'll get burned! I look back on my elementary school days as a sad and lonely time and I wouldn't wish that on anyone.

Grandmother kept loving me. She loved me the most and told everyone I was her favorite. She never scolded me. She just kept teaching me to be true to who I really was. You have to be true to who you really are.

She taught me of the beauty of the world. When I was five she took me to Puerto Rico and the Virgin Islands. There she had me meet the Tiki Man.

He had a straw house by the ocean with all kinds of magical items. Grandma left me with him. We talked and he carved. When he was done and Grandma had returned he handed me my first talisman. It was for protection and had my totem energies in it. I loved it.

*Grandma warned me not to show anyone, and for several years I followed her sound advice. But when mother found it, she took it from me. I was angry, Grandma said, "let it go", but that was hard to do. When I did let it go, Grandmother brought me a silver dollar talisman that we charged together to place under my pillow for dream time.*

I still do not know what happened to my Tiki totem, but it doesn't really matter. The point is learning to be silent. **Don't let your mouth rob you of your blessings!** Keep your sacred belongings with you. If an item should disappear, don't despair- a magical item can be replaced. Send it off with a blessing so you can receive anew.

When someone is initiated into circle, they take sacred vows. Part of these vows say to be careful who you share your knowledge with, and to never flaunt your power. As you learn and study, please take the time to vow that you will not flaunt the sacred to those who will not be helped by the knowledge. Do this for the good of all and with harm to none, which by the way includes you!

Which leads me to the next safety rule. **Honor thyself.** In our society this concept is almost considered evil. Yet it is so wise and so much grief would be spared if everyone followed it! Low self-esteem is one of the largest problems I encounter as a Priestess. Women who hate their own bodies, or become martyrs; resenting everything they have to do for everyone else, when honestly with that energy and attitude no one would want them to do anything!

This is such an unhappy and unattractive state of being that I find many people in. They often have forgotten how to play, and the power and joy that comes from simply laughing. This is a sad state but can easily be remedied by loving yourself first.

When you are making a decision on whether or not to do something ask yourself first, "Do I really want to or, am I going to do this with a bad attitude?" The choice becomes obvious.

And this is also another vow that is taken when someone is initiated. Honor yourself, for has not the Lady said, "How can you honor another unless you honor yourself?" We have a lifetime, in the flesh. Honor it! Celebrate it! Laugh and drink up the joy this lifetime brings! I have had people ask me "What is the strongest magic?"

They are often hinting about high magic. I always tell them laughter is the most powerful. And I stand in firm belief in the power of play! I love the fairies and they do understand this.

Well, Grandma always told me I had fairy blood!  
I love to play and be happy!  
My power is positively wrapped in divine laughter!

The times I've found myself out of balance have often been when I've taken myself too seriously or been too busy. You know, too many things on the to-do list. Sometimes I even overwhelmed my Virgo friends.

A wise sister and dear friend, who has been in circle with me for thirteen years and now is High Priestess of her own circle, pointed this out to me.  
And now I to you.

Her family owns a riding stable and she knows lots about having to get stuff done, having lists that never end. She told me I had too many things on my list. Yanu Spirit said, "Only put three things on your daily list; this way you don't get overwhelmed and you still have time to enjoy life." Wisdom. In a world where most of us are running around like chickens with our heads cut off, there is a light of reason.

**Be kind and reasonable to yourself.** Those around you will surely appreciate what you do, if they don't...it's not your problem! You are accountable only for your own path.

In a world where many traditions follow a belief system of 'Our way or no way', I do not. Follow your own path. **Do what works for you. Do not judge other paths.** I believe most folks look for what they need in this lifetime. So, spend your energy working on your own sacred path and achieving your own personal goals. Allow each individual to find out what works for them.

I have many different friends. I honor the variety and beauty in each. This is a healthy way to view the world. Controlling others to make them see a thing your way is a lot of work, energy and time that could be used in a more positive and blessed way.

If you have the wonder and pleasure to visit another circle or a ceremony from an earth based tradition, as Grandmother would say, "Mind your manners." Enjoy the differences. Watch what they do. Pay attention to the energies and deities they work with. Respect the work and love they have for their tradition.

Never be rude or judgmental.

Always bring a gift for the altar or for the hosts of the circle. Bringing food, tobacco or a candle is always a good idea and is appreciated for what it is ... good manners.

Remember to thank those who have taken the time and effort to share their sacred space with you.

I enjoy visiting other circles and love the differences and the variety, although we may do things a little differently we all honor the knowledge of the sacredness of the earth and the circle. This is true whether I attend a Native American circle or a Wiccan Circle.

Respect the labors of circles you are privileged to attend.

I try hard not to judge another's path. I do not create rules for sexual behavior. As I have stated, it takes an enormous amount of energy to do this. Personally, I think the world can always stand more love, and whether it is a female-female or male-male or female-male combination is really none of my concern.

We have many types of relationships in our circle and I consider them all sacred and personal. Often I have seen and been in unhealthy relationships, but many are the lessons learned the hard way. If you see these problems, it is not your place to sit in judgment. It inevitably will backfire.

Instead love the person. Help them to love themselves. In a lot of cases, low self-esteem is at the root of the problem. Helping the situation is easier to do by playing and laughing, than by intense conversations, and from past experience, much more effective as well.

Another arena of controversy, concerns what we put into our bodies! You should be concerned with what you put into your own body but not what others do with their own. If alcohol is bad for you please don't drink! This doesn't mean that it is evil or bad for everyone else. Grandma used wine in her ceremonies. Sometimes I do, but I know if there is going to be someone at ceremony that it will be harmful for, I switch to juice. Harm none. I refuse to police people. You are on your path.

Do what is best for you, with the understanding it just might not be the best for everyone else! Most of my friends are vegetarians. It is what works best for them. My husband is meat and potatoes man. This is what works for his body. He needs the fuel! Just think what a great world this would be if we listened to our own bodies and did what was best for us and respected one another enough to allow them to do the same.

My Grandmother was a smoker; she considered smoke sacred. Among the Hopi Mothers I lived with, smoking was always shared after ceremony. These are some of the most spiritual women I have had the privilege to know. I certainly would never lecture them about the health risks of smoking! I would rather sit at their feet and learn how all is sacred. May you do the same.

It is not for me to judge your sacred path. I believe you know when you are doing something that puts you out of balance. And someone telling you about it is not usually helpful. This brings about freedom. This brings about choices and accountability for you, without the weight of everyone else and what they are doing! I don't use western medicine. It doesn't work for me. But I'm really glad it's there, I have many loved ones it works well with. Many paths give greater variety of choices. Isn't life wonderful when we have options! Keep an open mind. It's an important rule.

## your Book of shadows

A Book of Shadows has a mysterious, magical sound but it really is a basic functional tool necessary for working magic and energy. Basically a Book of Shadows is a spiritual tracker.

It is crucial to keep a record of rituals and ceremonies you are doing. A list of supplies that you will be using, what is on your altar, the date and time of the ceremony and I like to make a note of what the weather is doing, and the lunar phase we are in.

After the ritual take the time to record how it went. In a lunar cycle go back and see how your ritual worked, make a note of it. Like a good recipe you will want to know how to do it again as well as changes and adaptations you might like to try. You will be able to reference and use what works for you!

There is no shortcut. Take the time to write it out. Grandma kept hers in a recipe box that held her information on 3x5 index cards. I use a 3 ring binder.

### a workbook of light and luna

is set up to be your Book of Shadows. There are homework assignments at the end of each chapter with a ritual, giving you room to record your experience.

After every class I've taught, I remind every student to record their experiences. It is very important!! After being a teacher for many years, I still appreciate the value of homework assignments.

Writing increases your ability to recall. It will allow synapses in your brain to fire more rapidly if you've written it down. There are many documented studies on this. But all that really matters is-  
If you write it out, it will work better!

## a workbook of light and luna

is designed to be your personal Book of Shadows.  
The loose-leaf binder allows you to add your own pages.  
(All the yummy goodies you find!)

Study the first section on the Energies includes;  
the Elements and the Masculine and Feminine Energies.  
Be familiar with them before doing ritual.

Your second section is the Lunar Cycles:

### Lunar cycles\ esbats:



New Moon  
Waxing Moon  
Full Moon  
Waning Moon  
Dark of the Moon

Your third section is the Solar Cycles:

### Solar cycles\ sabbats:



Imbolc/Candlemas  
Spring Equinox/Ostara  
Mayday/Beltane  
Summer Solstice/Midsummer's Night  
Lammas Day/Lughnasadh  
Fall Equinox/Mabon  
Hallowsmas/Samhain  
Winter Solstice/Yule

The font is large and the loose-leaf, hardback  
allows you to use your book while doing ritual.  
A paperback would suffer much abuse.

Get your book set up to work for you.  
May it serve you well.

**Everything is alive!** We as humans are an arrogant species! Rocks, plants, fire; all things have life! They should be acknowledged as alive, and sacred and unique treasures to be cared for and loved. Have you ever gone on a nature hike and a rock or feather you find on the trail speaks to you? This is a wonderful occurrence!

**When you go out, bring a give-a-way pouch.** I fill my pouch with cornmeal, birdseed and hair, but use what you feel drawn to. Keep it for your hikes when a gift from nature appears. Then you have a way to say thanks! I keep a give-a-way pouch in my glove box and saddlebags. Always be ready to thank the universe and the life around you.

I also keep thank-you cards in my glove box. You never know when someone is going to do something kind and loving. Be prepared for the best outcome! It makes them come more frequently!

Along the same lines, have you ever had help from your angels? You know, that near miss or close call. I like to light a candle for them to say thank you. Whether an angel or animal totem or fairy or which ever being has helped, Please take the time to say or do something to show your appreciation.

**Work hard not be arrogant and selfish, thinking only of yourself, there is already enough of that.  
Power lies in understanding!**

Remember the pebbles in the pond? How the pebble affects the entire pond? Well, it also affects the life under the water, the places you don't see. Working with energy has that effect as well. What you do here creates waves that impact our own world and other realms around us. Take account for your actions, they always need to be done with harm to none and good will to all.

What you send out generally will come back three-fold. In my experience it can come back stronger and sometimes weaker, but it always comes back. Remember the old adage, **do what you will, but harm none**. There was a good reason Grandma always brought this up! So, dear reader, I advice you to heed this wise advice!

Another rule is one that can be found in almost every tradition that I've come across, the mouth. Oh, but the trouble it can lead to! "**Give your word sparingly and adhere to it like iron!**". It is a vow that every initiate should take! There are so many ways to express this truth. "**Set a guard over your tongue**" is another. However you choose to phrase it, do it!

**So much trouble can be avoided by not repeating everything you hear,** as truth, most of the time it's not. Energy is moved by speech. The word is a powerful and sacred tool. Used wisely it can bring healing, light and joy. Try to practice this and you will see these in your own life.

**Again, give your word sparingly.**

Many have not learned how to say no. Then they wear themselves out trying to keep their promises to an over committed society or find it impossible to keep commitments and have to break them.

**If you can't do it, don't!** You are on a sacred path. Remember this when you open your mouth and offer to volunteer. You are really not doing anyone any favors. If guilt gets to you. Remember you are responsible for your own path, and being haggard and worn out is not the best way to spend a lifetime. The by-product is; **what you say and commit to, you do, because you've chosen it and it is done with....**

**Quality and Care.**

Along this line but in another direction, what are you listening to? Do you listen to sad songs that make you depressed and teary eyed?

Yes I believe in having a good cry and not holding everything in, but only to a certain point!

Music should bring healing not depression. Yet I have encountered many who use it in an unhealthy way, never knowing how much they are hurting themselves.

The other, listening to what other people say. Have you ever had a friend who wears you out? Just by listening you feel drained and tired, sometimes you may even have a dull headache. They usually are unaware they are even doing this. Many in circle refer to these folks as "Energy Vampires".

We always work to keep the conversation upbeat and healthy. We offer to smudge the person if they'd like. If they don't, we usually smudge afterwards to clean up the energy fields. These folks are not evil, they are just learning. But this doesn't mean you should be drained.

Protect yourself! You will also be helping that person and anyone else around. The directions for smudging are further on in the book. Go ahead and look ahead and use this tool for clearing the air!

Listen to others. I mean really listening. A friend of mine was in the middle of a crisis; I stopped by her house after a full day of readings and classes. But really listening is a good tool to have. She kept saying her life was spinning. That she couldn't slow down. She was a spoke in the wheel at work and the wheel could not work without her.

There was more said, but as I listened these were the themes. I asked her, "What happens when you spin too much?" She said, "You get dizzy." I asked her, "What do you do when you get dizzy?" She said, " You have to stop spinning, lay down, maybe put your head between your knees." "Exactly, that's just what you need to do!" I replied. I had listened. She needed to slow down. Work had put her in a tail-spin. She needed some time to enjoy and celebrate the fruits of her labor. Practice really listening, the results will astound you.

I believe in many lifetimes. I remember past life experiences. I have met people I have known before. Most people are familiar with the feeling of either having known someone before or having been there or done that before. Almost everyone has gifts that they are good at or inclined towards.

Ever wonder where that comes from? Yes, genetics does play a role, but past lives help you understand a lot about where you are. This doesn't mean to get lost in your past. Remember you are here now. What you do in the present is what really counts. But, do this with the knowledge that you have gained, with the skills and friendships that you have brought into this lifetime.

Know that you have more than one cycle to grow. Remember the seed and her cycles of death and rebirth. What a yummy example nature gives in such abundance.

I also believe that we co-exist with other realms. Again, being the arrogant species we are, we only believe our senses and any animal lover will tell you most animals see, hear and smell with better perception than we do. Does the high-pitched whistle that a dog can hear not exist because you can't hear it? What nonsense! The same is true of other realms.

I have seen fairies and other beings. I have friends in many realms. No, I am not crazy; I just have an ability that heightens my senses. I personally believe most people can attain an awareness and interaction if they will allow themselves to be sensitive. As with all things, practice makes perfect.

Be aware. Pay attention. Practice using all your senses. Take a moment, close your eyes. Picture everything in the room, all the details. Seems difficult and yet a police officer can do this under pressure. Why? Because he spends a great deal of time practicing this level of awareness. Most police officers understand a hunch or a gut instinct. All their training has increased the other sense, the so-called 6th sense. Practice paying attention to your surroundings. Learn to focus. Really listen. Really look. Really smell. Really taste. Really feel.

By honing these, you will be developing your other sense. And when you do have the opportunity to meet other beings or sense them, remember what Grandma said, "Mind your manners."

Life is amazing! The flesh, our body is such a sacred gift. The ability to taste, smell, touch, see and hear are so wonderful, they should be cherished. Our emotions to be happy, sad, elated, comforted, and to love, are gifts we seldom can truly and fully appreciate. Our mental capabilities, our mind and its ability to reason and draw conclusions are a large part of who we are and how we perceive our world. Our spirit, the spark that is in all life, what a treasure. To have all these in us is a marvel.

What I hope to impart is how to use each of these together for your highest good, working in harmony with the natural cycles around you, the earth and the moon.

In closing on Playing by the Rules, remember that the real power is the knowledge that the only true control you have is in you. How well you control your thoughts, actions, emotions and spirit will have a lot to do with how well your magic works. You cannot control others and neither would you want to. Mastery of self is true and honest. It runs clean.

What to do when someone has wronged you? Ask yourself, "What would the most noble side of me do?" Picture in your mind handling it to the highest good. Then act on it. Be the highest self you can be in every situation and you will be well served by the outcome. It is a very freeing experience.

But what if someone says...Does it really matter. What matters is, all that you can control is you. Energy spreads we are very powerful indeed when we can change it all to the highest good. When after every work or action of energy we can say, "With harm to none and goodwill to all." we have learned to handle this lifetime in wisdom and honor.

We cannot fully know another's motives or where they are truly at. We can only know our own self. And so the wise proverb speaks truly.. KNOW THYSELF.

When deciding on action, many often rely on "what will other think?" This is faulty, as you cannot truly know. However you know what is right and to the highest good on your sacred path. Use this knowledge to make your choices and you will find they follow more smoothly. It is more honest. And a whole lot easier!

You cannot do for others well, if you are not taking care of yourself. Treat yourself yummy. Be kind to yourself. Make choices that are good for you. Don't sacrifice yourself unless it's for your highest good.

At the close of this chapter I leave you a poem I love

## A Child of the Universe

Go placidly amid the noise and haste and remember  
What peace there may be in silence.

As far as possible without surrender be on good terms  
With all persons

Speak your truth quietly and clearly listen to all,  
Even the dull and the ignorant for they too have their story.

Avoid loud and aggressive persons:

They are vexations to the spirit.

If you compare yourself to others

You will become vain and bitter,

For always there will be greater and lesser persons than yourself

Enjoy your achievements as well as your plans.

Keep interested in your own career however humble;

It is a real possession in the changing fortunes of time.

Exercise caution in your business affairs:

For the world is full of trickery

But let this not blind you to the virtue there is.

Many persons strive for high ideals and

Everywhere life is full of heroism!

Be yourself.

Especially do not feign affection, neither be cynical about love;

For in the face of all aridity and disenchantment

It is as perennial as the grass.

Take kindly the counsel of years,

Gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortune.

But do not distress yourself with vain imaginings.

Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline be gentle with yourself!

You are a child of the universe

No less than the trees and the stars.

You have a right to be here and whether or not it is clear to you,

No doubt the universe is unfolding as it should!

Therefore be at peace with the divine

Whatever you conceive that to be.

With all your labors and aspirations in the noisy confusion of life;

Keep peace with your soul.

With all its sham, drudgery and broken dreams,

It is still a beautiful world! Be cheerful.

Strive to be happy.

# the elements

## earth

I Invite the North  
Deep in the Earth I'm Held



BODY

## water

I Invite the West Where the Waters Flow



HEART



SPIRIT



MIND

## AIR

I Invite the East On the Wings of AIR



I Invite the South  
The Warmth of the Flame

## fire

# the elements

## winter

A Winter's Magic in a Midnight spell

As North Moves East  
Winter Turns to Spring

## autumn

As the Sunset and the Autumn knows  
As West moves North Autumn becomes Winter



## spring

The Morning light and the power of spring  
As East moves South Spring turns to Summer

The Noon Day Sun  
and Summer Days

As South moves West Summer becomes Fall.

## summer

# the elements

## NORTH

The seed Returns to the Earth  
The time of Night  
This is the place of the physical, the Flesh  
It holds the power of Sleep

## WEST

The seed - fruit Releases as the energy of Water

West holds the powers of Intuition  
and the Time of Dusk  
The West is our Emotional Body - Celebrate the Heart!



The seed is in bloom  
Celebrating the Sun  
Long Days of Summer

The Element of Fire the Noon Day Power!  
The South holds the power of Spirit - Play - Sunshine!

## SOUTH

The element of Earth is Awakened by the Air of Spring-the time of Dawn  
The east holds the Mind - the Mental Body  
It holds the power of Awakening and Insight

## EAST



# the elements

Understanding the energies of the directions and their force will tap you into unbelievable power and understanding. All of nature resonates with these and the lessons of each element can shape and transform all life.

As you enter the chapters on the Energies take the time to practice, feel and work with them. Play like a child.

All of the elements are seen in nature. So as you go through and learn these energies your studies will be best done outdoors.

Fishermen and outdoorsman, hikers and rock climbers tap into the power of nature's forces and feel the power and the high of them.

The animals understand the rythems and work with nature's harmonics. With the invention of the light and warm housing it is easy to understand how we have fallen out of balance with this natural pattern. Being aware and following these rythems will help bring harmony into your life and home.

Take this power, learn it deeply and bring it into your sacred path is truly a deep and wonderful magic. It is clean and pure. It does not require proof or faith. Water flows and fire glows, earth grows and wind blows. Each of these powers can be brought into your self and your home- It begins by understanding each of these energies, their times of power and their cycles.

As you tap in you will see these energies all around, blends of them creating new life and power. No energy is isolated, all work together creating, diffusing, changing. The elements are neither good or bad, that is determined by how they are used. But one thing for sure, they are real. Learn them well and they will be powerful friends to you.

May the Wind of Spring's East bring clarity to your mind.

May the Fire of Summer's South warm your spirit.

May the Waters of Autumn's West bring fluidity to your heart.

May the Earth of Winter's North bring strength to your body.

With harm to none and good will to all.

# the east

**the first direction I begin with is the east**

This is the place of the rising sun Dawn's first light  
 The welcomed life Spring brings after a long Winter  
 The Air & The Wind hold the East's Energy  
 Its power can cleanse the Mind

The ELEMENT of the East is AIR

The Wind and Air touch the New Plant with its first breath of LIFE

SOUND & SCENT move through the Air and are of the East  
 a rustling breeze strengthens the plant - the fresh scent fills the Air

SPRING is the SEASON of the East

The force of New Life pushing up through the Earth

DAWN is the TIME of the East

The power of light returns, a new day dawns

BIRDS, RABBITS, CHICKS & SPRING ANIMALS  
 are animal totems of the East

LOGICAL MIND is in the East and often a SNAKE TOTEM  
 will be used; the Serpent is seen on our medical symbols

SWORDS/SPADES are East SYMBOLS  
 In Playing Cards & Tarot Decks



What you SPEAK - WRITE are created in the East!  
 Your Words are Power Filled!

**L**I**E**N*T***I**N*G* - How do different sounds & music make you feel?

**B**R*E*A*T*H*I*NG & YAWNING brings oxygen to your brain  
 Improving your ability to think Clearly!

"**A** BRIGHT IDEA" is a Symbol for the East

The **THREE CELEBRATIONS OF SPRING:**  
 IMBOLC • SPRING EQUINOX • BELTANE

The **ASTROLOGICAL SIGNS** for the East

LIBRA



GEMINI



AQUARIUS



**spring awakens in the east**

# the east

## prepare yourself to work exercises to practice

Arise at DAWN, watch the entire SUNRISE- Pay attention to what you feel, see and hear. Thank the East for the experience.

Look at the energy of GROWING PLANTS by growing BULBS or SEEDS. Feel the power in the East as Sacred Life BEGINS.

Work with the Power of BREATH- Yoga and many forms can be used. Deep breathing with focus gets you in touch with the East.

Singing, drumming, chanting and creating MUSIC are strong in the East. (Even singing with the radio can shift energy)

FEATHERS found are gifts from the East. If possible find out what bird they came from and look up the meaning. Pay attention to the color and type of feather. ANIMAL SPEAKS by Ted Andrews is my favorite animal reference book.

COMMUNICATION. Practice clearly speaking your truth with harm to none. The clearing & healing speech dwells in the East.

LISTEN to a variety of music. How does the SOUND impact you? It is easy to see how sound can impact your mood & mind. Be aware of the music that raises your energy in a positive way and let go of tunes that bring you down. Background music is more influential than most would admit. Use it to your highest good.

AROMA - smelling fresh baked bread, the scent after a rain trigger responses from the east. AROMATHERAPY is a useful too, is powered in the East. Try a few essential oils. How do the different scents affect you? Unlike all the other senses SMELL goes directly to the brain without being filtered.

The power of the PEN dwells in the East, the pen being parallel to the sword. Try writing AFFIRMATIONS. Even making a "to do list" can become a spiritual adventure.

Open all your windows and AIR out your home. Afterwards notice the way your home feels. The energy shifts with the East.

**Be free in the air of the east  
Like a butterfly**

# the east Out of Balance

Inability to Think Clearly-Memory Lapses

Over sensitivity to Sound or Smell

Migraines reflect an East imbalance

Being Cold "Mr. Spockish"

Sleeplessness because you can't turn off your brain

Over Thinking

Lack of Good Breath-Breathing

Problems in areas of Communication

Misunderstandings in both Hearing and Speaking

Follow the:

**"prepare yourself to work"** (previous page)

Practice at least 3 exercises to feel the East Energy

Practice makes perfect!

IT IS VERY IMPORTANT...

when working a ritual, to have a good grasp on the energies.

PRACTICING teaches better than a book can.

**every dawn brings new promise**

# the SOUTH

spring moves to summer as east goes south

This is the place of the sun

Noonday's light can remove shadows

The welcomed life of Spring has now come full bloom

The warmth of fire holds the south's Energy

Its power can cleanse the spirit

The ELEMENT of the South is Fire; PASSION lives in the South

Tongues of fire have often represented the Spirit

LIGHT & WARMTH dwell in the South

As the SUN touches the Earth

All that is touched is HEATED

SUMMER is the SEASON of the South

The seed that has pushed through the ground is now in BLOOM.

She is filled with the beauty of the South

NOON is the TIME of the South

DESERT and SUN LOVING ANIMALS

Hold the energy of the South, so are the Sunshine Insects!

CHILD-LIKE SPIRIT with LONG DAYS of SUNSHINE.

The force of the South speeds everything up,  
even on a molecular level

CLUBS/WANDS are SOUTH Symbols

On playing cards and tarot decks



The Celebration of the SOUTH is:

SUMMER SOLSTICE

The ASTROLOGICAL SIGNS for the South

LEO



ARIES



SAGITARIUS



can you see the fire fairies  
in the cauldron?

# the SOUTH

## prepare yourself to work exercises to practice

On a clear warm day, stand outside at NOON and feel the power of the SUN.

Gaze at a FLAME (candle or fire). See the life force- Consuming, Warming and Dancing Fire is Magical and Alive

LAUGHTER- my favorite gift from the SOUTH Never underestimate healing that comes from laughter.

Share your laughter allowing it to spread like fire.  
How did it make you feel?

Folks with laughter and a good sense of HUMOR are strong In the South.

Hike the DESERT. Explore the lie of the South there.  
Honor the energy as you explore.

Spend time with CHILDREN. PLAY remember innocence and happiness of childhood. The young in our circle love to hold the South-and do a great job!

The South causes mirages- Highways shimmer like water, the power of illusion is held strongly in the SOUTH

The South speeds everything even on a molecular level.

The South transforms water to STEAM

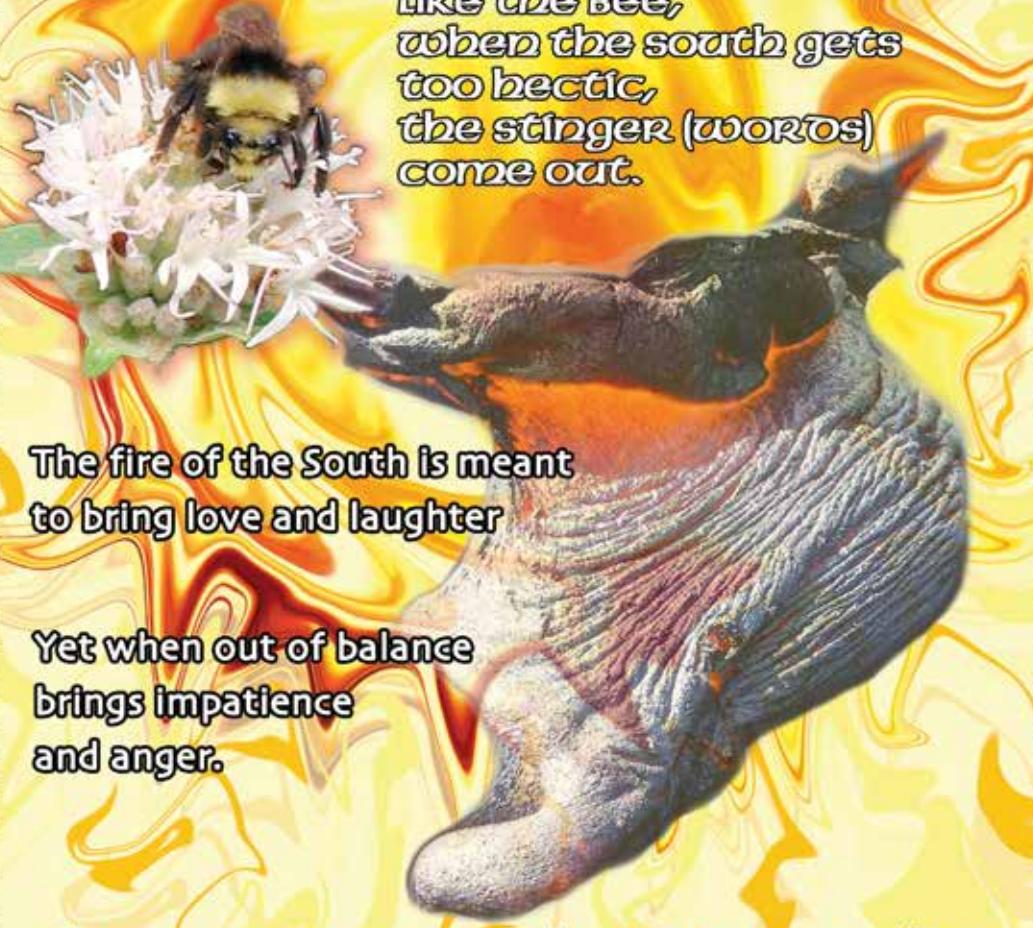
DANCE- afterwards notice how alive you feel.  
You are feeling the SOUTH

**dancing makes the spirit happy**

# the south Out of Balance

Some of the signs of an out of balance South include a hot temper, anger, disregarding the consequences of your actions, insensitivity to others feelings, burnout and the inability to play well.

High blood pressure and problems associated with the heart, these are all symptoms of an out of balance South.



Like the bee,  
when the south gets  
too hectic,  
the stinger (words)  
come out.

The fire of the South is meant  
to bring love and laughter

Yet when out of balance  
brings impatience  
and anger.

the power of fire's energy within  
earth is seen in the lava flows!

# the West

summer moves to autumn as south goes west

...the beauty of the setting sun,

the flow of the waters

and the release of the heart ...

WATER's the ELEMENT of the West.

The magic is in the FLUIDITY

The Moon's strong pull effects the WATERS of the Earth, our tides. Our body's main ingredient is WATER if you think the MOON and the West don't affect you, think again. They do!

The West is the place of our EMOTIONS and INTUITIONS.

The beauty of AUTUMN with her changing colors contains the sacred power that resides in the West. The amount of daylight is becoming less; many can be very sensitive during this time.

The seed that pushed up in the East, grew to fullness with the South, is now on its journey to return once again to the Mother.

SUNSET is the TIME of the West.

BROTHER BEAR resides in the West. SQUIRRELS and other scurrying creatures that have nature's wisdom of preparation are strong totems of the west. Other totem animals of the West reveal the death-rebirth cycle, the BAT flying with sonar through the dark, the CAT with her nine lives, the SPIDER spinning her web of creation. You may remember these as Halloween traditions, but many older truths can still be seen in them today, in an altered state.

There are THREE CELEBRATIONS to honor the West.  
LAMMAS DAY, FALL EQUINOX, HALLOWSMAS

The West is a time of REAPING. Celebrating the HARVEST

The Watery West is SYMBOLIZED by CUPS or HEARTS



The ASTROLOGICAL SIGNS for this direction are

CANCER



SCORPIO



PISCES



of leaves and letting go

# the West

## prepare yourself to work exercises to practice

With an offering to give; this can be cornmeal, a crystal or a gift of your own choosing, go to a source of FLOWING WATER. See the magic as she moves. The creek's flow is amazing and it is never the same twice. She moves with grace and BUBBLING BEAUTY. Take the time to meditate on fluidity. Feel the stream's life. WATER moves gracefully around each obstacle laughing and splashing.

This is the West's energy.

After a GOOD CRY, how do you feel?

TEARS too are waters of the West.

Take a BATH or SHOWER with awareness. Feel the water WASHING and flowing over you. Cleansing not only your flesh, but your EMOTIONS as well.

Watch the beauty of the SETTING SUN.

In AUTUMN watch the squirrels and the chipmunks, or animals who are gathering and preparing for the winter ahead. I have squirrels and chipmunks that come to visit me; they are some of my favorite teachers! I always give them an offering and thank them for their aide in preparing me. We even have a beautiful cinnamon bear that comes to visit.

Go for a walk in nature during the FALL. Notice the plant life. See how they open themselves up offering their SACRED SEEDS to be carried away. Meditate on how giving ensures reproduction of the plant, using the releasing-letting go power found in water.

Create; make something of beauty in whatever form you enjoy.

This is a time and energy of INCREDIBLE BEAUTY.

**Let your heart flow  
with the water's of the west**

# the West Out of Balance

Are you out of balance in the west?  
Here are some questions to ask.

Am I a grouchy bear?

Am I touchy or over-sensitive?

Are your feelings easily hurt?

Do I get moody or depressed, more so in the autumn?

Do my emotions run my life,

instead of enhancing it?

Many stomach troubles,  
back ailments and headaches

are from the West.

If you answered yes,

Work with the West

**sunset's Beauty  
Resides in the west**

# the north

fall moves to winter as west goes north

This is the place of the glittering Snow  
Deep Hibernation  
of Dreams and Solid Roots  
The seed held safe till Springs

The EARTH is the energy of the North.

The SEED has returned to the MOTHER and is being held safely, until the arrival of spring.

WINTER is the time of power for the North.

The white wonder of SNOW holds the world in awe. She sparkles like split glitter and amazes with her stark beauty.

Our FLESH is in the North. The PHYSICAL WELL BEING of the body. WISDOM is kept in the North

If you desire FINANCIAL BLESSINGS work with the north. PROSPERITY is in the North.

The earth's ABUNDANCE is revealed in the WISDOM from the North.

WINTER SOLSTICE is the CELEBRATION of the North.  
The RETURN of the LIGHT!

Totem animals in the NORTH are friends with the COLD and ICE. They have adapted themselves to the winter.

REINDEER, POLAR BEARS and PENGUINS are the animal TOTEMS. Again you can see our traditions still carry a hint of the old ways.

PENTACLES and DIAMONDS reflect the North's Earthy energy.

The ASTROLOGICAL SIGNS of the North are

CAPRICORN



VIRGO



TAURUS



winter sparkles in the north

# the north

## prepare yourself to work exercises to practice

Do something good for your PHYSICAL BODY.

Work out! Try a fun new way to nurture your body!

I chose to learn to belly dance, and honor the Goddess in me.

Treat your BODY well.

Give yourself a little treat, do something just for you.

This is important! In order to give to others you need to learn how to bless yourself. If not you become a martyr, yuck! If you don't want to do something for someone else, don't. The energy attached to doing this is gross and extremely out of balance.

No martyrs!

Play with the ROCK PEOPLE. Go out for a walk and find a STONE that draws you. Pick it up. Feel its energy; note the color and formation. The rock people are the rememberers.

They are sacred beings!

Working with CRYSTALS is a great way to tap into the north. Look deeply into your crystal, note every aspect of it, so that even with your eyes closed you can envision it. Hold your crystal up to each direction. Feel how the crystal affects the energy of each element.

Work with the north by working with the Mother Herself. PLANTING bulbs, repotting houseplants and getting your hands in the earth.

Feel the SOIL. Pay attention to its smell, its feel and the nourishment it holds.

Do this with awareness.

DREAMING is in the North. Record your dreams and read them during the full moon for greater illumination

If you live in SNOW country, after a heavy winter storm go outside and feel the air.

Listen to the quiet and listen to it roar.

The WINTER in all her glittering awe and beauty is always strong of NORTH.

**Dreaming with the rock people**

# the north

## Out of Balance

Are you cold or insensitive?

Are you sluggish?  
Feeling stuck or unmotivated?

Money issues?

Difficulty letting go?

Stubborn or set in your ways?

Stiffness and Arthritis

Insomnia - Sleeplessness

Difficulty with new beginnings  
getting started?

Ungroundedness- Flighty?

Workaholic?

How is your dream time?

the north is snug as a bug in a rug,  
the trick is to be snug  
without being stuck or limited

# the Elements

I leave you with a song, I wrote to teach the Elements.  
The last verses are at the close of the Male & Female Chapter

**G** AM OPENING UP THE CIRCLE

AM WITH HARM TO NONE AND GOOD WILL TO ALL

G I INVITE THE EAST ON THE WINGS OF AIR

AM G AM THE MORNING LIGHT AND THE POWER OF SPRING

OPENING UP THE CIRCLE

WITH HARM TO NONE AND GOOD WILL TO ALL

I INVITE THE SOUTH THE WARMTH OF THE FLAME

THE NOONDAY SUN AND A SUMMER'S DAY

OPENING UP THE CIRCLE

WITH HARM TO NONE AND GOOD WILL TO ALL

I INVITE THE WEST WHERE THE WATER'S FLOW

AS THE SUNSET AND THE AUTUMN KNOW

OPENING UP THE CIRCLE

WITH HARM TO NONE AND GOOD WILL TO ALL

I INVITE THE NORTH, DEEP IN THE EARTH I'M HELD

A WINTER'S MAGIC IN A MIDNIGHT SPELL

\*Capo 3rd fret

# the elements

*a chant taught to me by a beautiful friend  
kirsten rose*



**EARTH MY BODY**

**WATER MY BLOOD**

**AIR MY BREATH**

**AND**

**FIRE MY SPIRIT**



# Male & Female energy

These are two very influential and misunderstood energies. They are reflected in almost every aspect of life. It takes both the male and the female to bring forth life. Electricity and magnets work on this principle - these scientific forces can do amazing feats.

Yet, when they are mishandled, they can be dangerous. It takes both the negative and positive currents to make your electrical system work. It takes both polarities to enable magnets to be used. This truth is reflected in the spiritual realms as well as the physical.

To ignore these forces is folly. Many a time I have seen spirituality go out of balance because one or the other of these energies is left out. Your altar should reflect both of these in balance and harmony. To neglect one is just asking for trouble.

I can personally say it is unpleasant to run energy through an out of balance altar! So... for positive results let's learn about them, their effects on us and how to work with them!

# Male & Female

The Male and Female energies balance each other.  
This mystery is seen in night and day.

The night holds the reflective moon and twinkling stars of the feminine divine. The depth of the velvety midnight sky corresponds with the sacred darkness of the womb. The reflective quality of the moon shining back the sun's light in a soft silver glow has feminine energy in a strong yet gentle way. Female energy has reflective qualities. Female energy is powerfully and passive. Often referred to as Mother Earth, the nurturer.

The Male energy is strong like the power of the sun. It warms and shines brightly. It awakens and stirs. Male energy is active. Its force drives strongly. The solar male energy brings life to this realm. Its sunshine feeds the plants. Its force is sometimes referred to as Father Sky. This energy is of day, warmth, light and positive force.

Male energy plants the seed- Female energy nurtures it and causes it to grow. There is a magic in working both together. It brings a sweet life to energy work.

This blend when done correctly feels like the twilight times. Neither night nor day are dawn and dusk, for these times are blended magic. They are often favored by the fairy folk because of the mixture of energy.

...So is the Full Moon as the moon is fully reflecting the power of the sun at this lunar cycle.

Study well these powers and they will serve you well.

May the warmth of the sun, shine on you.  
May the glow of the midnight magic bring you mystery and magic.  
With harm to none and good will to all.

# Female energy

The beauty and grace that resides in the female is amazing.  
She is the life giver. She is the nurturer.  
Her Moods follow the rise and swell of the Moon.

There are so many wonderful Goddesses to work with.  
Take the time to think of what Feminine Energies you like.  
Not every Goddess works well with each individual.  
Find out which feels best to you. Try different ones.  
I love freedom! Thank you Grandma!

## her attributes

The moon's cycle matches a women's menstruation.  
With the push and pull affecting women strongly.  
Older traditions reflect this.

Feminine energy is receptive. If you think in terms of electricity,  
the female is the negative energy, the receptor.  
The same is true of magnetism.

I enjoy invoking and working with The Lady of the Lake.  
She is a wonderful energy to work with especially for water signs.  
As stated in chapter 2, Water, the West holds Female power.

Mother Earth bringing life- the diamonds/ pentacles are feminine.

The sacred space of the north holding the seed is female.

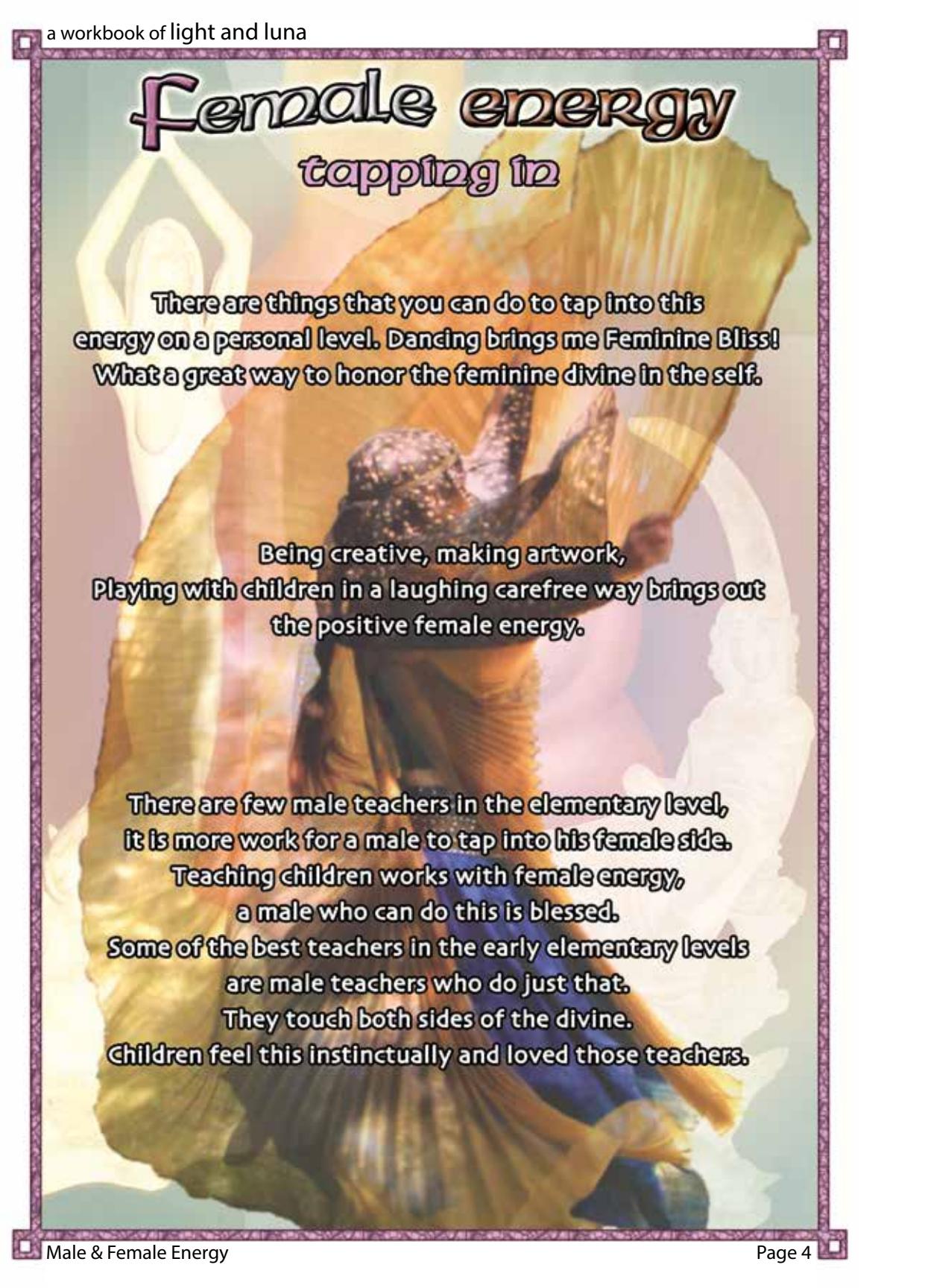
Black or silver candles also reflect the female power.

A cauldron or bowl can be used to symbolize the female power  
of the womb. Life giving and nurturing, a cauldron is a very  
powerful, magical tool if used with the understanding of what  
it represents.

The same is true of the cup or chalice used in ceremony or ritual.

Those who set out to sea have always revered the ocean with  
her primal power. Is it any wonder they refer to the sea as a 'she'?

# Female energy tapping in

A woman with long dark hair is dancing in a flowing, orange-red dress. She is captured in mid-motion, with one arm raised and her legs bent. The background is a soft, glowing pink and purple, suggesting a dreamlike or spiritual atmosphere.

There are things that you can do to tap into this energy on a personal level. Dancing brings me Feminine Bliss! What a great way to honor the feminine divine in the self.

Being creative, making artwork,  
Playing with children in a laughing carefree way brings out  
the positive female energy.

There are few male teachers in the elementary level,  
it is more work for a male to tap into his female side.  
Teaching children works with female energy,  
a male who can do this is blessed.  
Some of the best teachers in the early elementary levels  
are male teachers who do just that.  
They touch both sides of the divine.  
Children feel this instinctually and loved those teachers.

# Female energy

## maiden, mother wise woman

The maiden, the virgin, she is pure and clear. She remembers truths. She has the clean joy of a child. The innocent laughter of the child and sometimes the temper, She reminds us to be honest with ourselves and with others. She is untouched by man and has not experienced the joys of being with a man or of motherhood. This is the maiden form of the Goddess.



The matron, the mother is the nurturer. She has loved and brought forth life. Her ample breasts offer sustenance and comfort. She loves and teaches Her young. She disciplines with discretion and Justice. She is generous and kind Her touch and feelings are often seen on mothers with their young.



The crone, the wise one has the understanding of the maiden. She remembers how to laugh. She has nurtured and now it is time for her young to fly and her moon blood to return within Herself. She is wise in the cycles of life.

She has loved as the matron, mother and is preparing to change realms as the seed returns to the earth. Her understanding that with death comes life is a knowledge that has taken cycles to learn. This is the energy of the crone.



# Female energy

Staying in Balance is Flowing in Grace and Beauty  
**out of Balance?**

moodiness, depression, and the blues are a sign of female out of balance.

low self-esteem.

poor symptoms

insecurity; this can be over most anything from monetary to appearance. often leading to worry & fretfulness.

anxiety, is a nasty one. leading to sleepless nights & energy spent without productivity.

Bitch mode. most of us have been there, it is definitely an unattractive female side!

Lack of sexual energy and energy in general.

Whether you work with the compassionate love of Kuan Yin, the independent intelligence of Athena or the watery power of the Lady of the Lake, or the groundedness of Mother Earth you are operating in the feminine divine.

There are many aspects of this energy. Choose what works for you. There is a wonderful variety from many cultures to work with. May you enjoy the wonders of woman as you explore the many aspects of the Goddess.

We have the ability to grow into a gracious and caring woman or a cranky bitter old woman. Be now what you want to be so later you are who you like being.

# Male energy

## his attributes

The strength and power that resides in the male divine reveals the warrior energy.

**he is the defender and protector**

**he is the sun that warms**

**he is a strong arm to lean on when you feel weak**

**he is the lover.**

**his passion and delight are quite enjoyable.**

**he is wild and free,  
often called Lord of the wild.**

**he represents the father's love  
protective provider for his young**

Just as each individual should carefully select a female deity to work with, the same should be said of choosing a masculine energy to work with. Be sure you are comfortable with your choice.

If you have a negative paternal experience you might not want to begin with a masculine deity that reflects this, eventually, as you grow you might give it a whirl, but to begin with stick to a masculine energy you can work comfortably with.

# Male energy his attributes

The fiery warmth of the sun.

The sky has many gods associated with Father energies.

The power found in the wild. Cerronus is a deity that reflects this type of energy, and is one of my favorites to work with.

The love of a brother is a wonderful energy and is in many traditions.

The energy of fire is very masculine.

Men hold the south excellently in circle.

Their knack with bonfire building reflects their god power.

The symbol of the sword as it moves through the air, reveals another masculine attribute.

The ability to defend sacred space. When we open sacred space in our circle, many times I have the brothers in our circle open it with their swords, prior to the sisters entering. The masculine energy opens sacred space cleanly and strongly.

Golden or white candles are used for male energy.

A phallic symbol is used to honor the male. For those of you unfamiliar with what a phallic symbol is it is a representation of the male organ aroused.

Honoring sexuality and passion. Offering seed.

This symbol is used in many cultures.

Where the female is the receptor the male is the positive.

If you think in terms of electricity- red and black wires; the female is the black and the male is the red.

**I am honored to be surrounded  
By amazing knights**

Tree Brian swings through the trees  
Sir Quint of Richardson's Wood  
The Griffin Faerytale Champion

# Male energy tapping in

Positive male energy is confident!

Working with fire is a good start. Build a bonfire; pay attention to the energy transformation as the fire consumes the fuel to create warmth, much understanding of male energy can be seen in this process.

Taking the initiative is masculine as well. In order to have balance, a healthy level of comfort with both male and female aspects of yourself is needed.

Setting healthy boundaries requires the male force in positive energy yields great success

Guy Stuff..Football, wood splitting and stacking

Working with heavy equipment

Learning to handle a weapon is another way to tap into the masculine. I am currently learning how to handle a staff.

Working in Nature. Fishing, hiking, hunting and wilderness expeditions awaken the male

## taking charge!

# Male energy

"A manly man has Compassion" -Sir Quint  
**out of Balance?**

A hot temper, a short fuse or the other extreme- No backbone.

Problems with your sexual drive.

Egomania in a negative way.

Control issues. Do you feel the need to control everything?

Or the other side, are you feeling unable

to get control over your own arena in life?

Both of these reveal a masculine side that needs to be brought into balance.

The inability to create your own safe sacred space or to defend and protect it.

Over-vulnerability and defenselessness is not a pretty picture.

Call in your male side to help you create sacred space that is

yours and yours alone and no one can enter without invitation.

There are many Gods to work with from many cultures.

Find the ones that resonate with you.

Whether it is the Green Man or Great Spirit or Father God,

You should feel comfortable working with the Male Divines

that you choose.

In closing I wish you Balance in working with the male and female sides of yourself. may the Lord and the Lady be revealed and honored through and by you!

# Male & Female energy

The last two verses...  
from the end of The Elements

AM  
OPENING UP THE CIRCLE

G AM  
WITH HARM TO NONE AND GOOD WILL TO ALL

G  
I INVITE THE LORD, HIS POWER LIKE THE SUN  
AM G AM  
THE STRENGTH YOU BRING PROTECTS LOVE

OPENING UP THE CIRCLE

WITH HARM TO NONE AND GOOD WILL TO ALL

I INVITE THE LADY SHE'S SILVER AS THE MOON

MAIDEN, MOTHER, WISE WOMAN

# Male & Female energy

## at the close of this section

Look for the energies in everything! You will find them. In the seasons, time of day, in plants and people. Notice the blend of the energies. When they blend new forms and magic take place. A cloud takes air, water and particles of earth. Look around and see the energies at play.

The Male East of intellect is moved by the Female West of intuition. The Female North and earth energy is given freedom to play and be warmed by the Male South. The energy of this polarity can be seen on our own planet in longitude and latitude.

Power such as magnets and electricity work on the Male and Female principals. Night and day, hot and cold, all that makes life go works with this energy.

The more you are aware of this force and learn its nature the more success you will have with your ritual work.

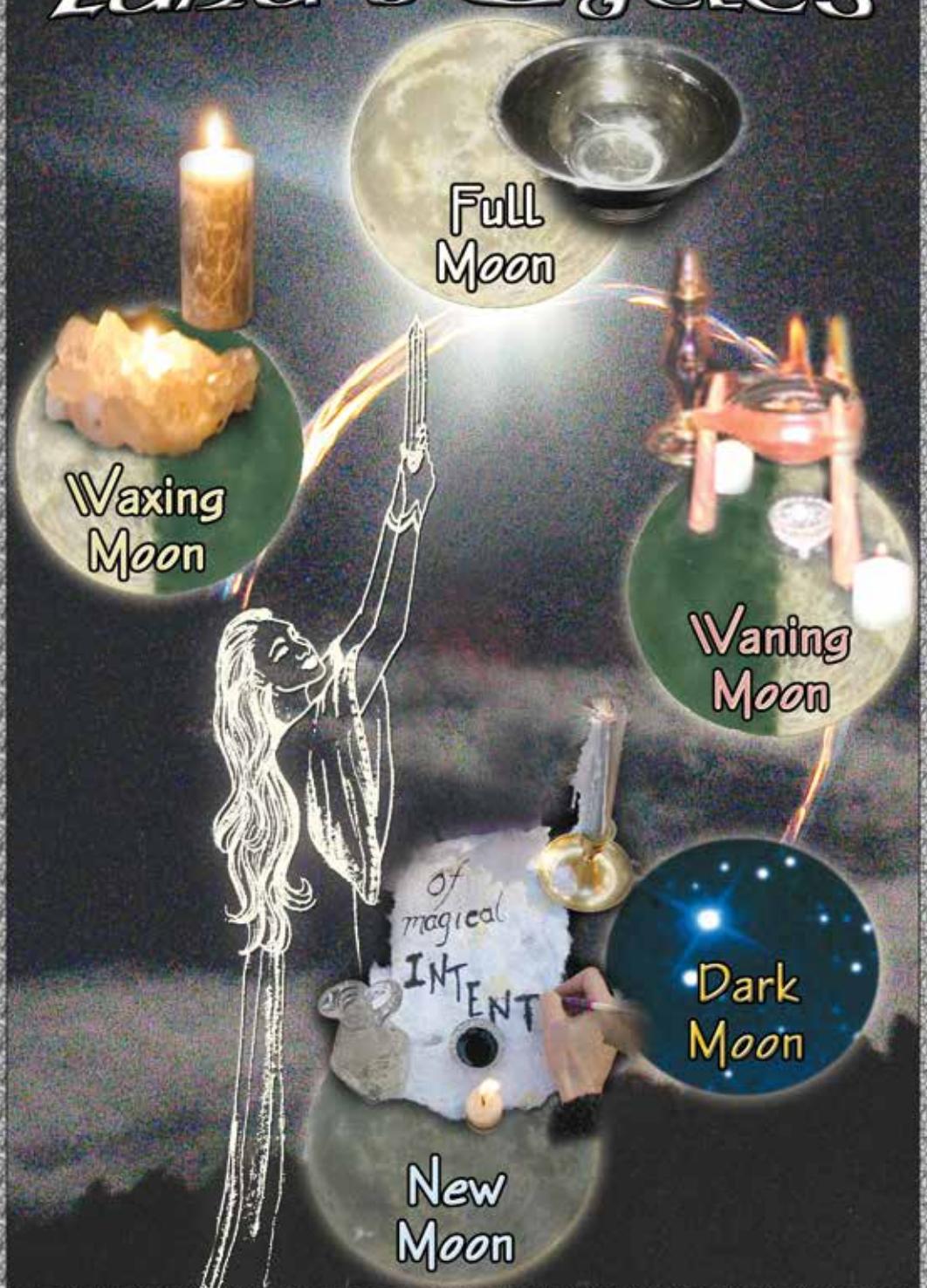
As you enter the next section, Luna's Cycles be sure you are comfortable and familiar with each energy. The more personal they are to you the easier you will find tapping in.

Just like a good friend they will aid you. And like having a friend you should know them well.

May the wind clear your mind.  
May you dance with the sun.  
May the waters wash your heart.  
May the earth ground you.

May you have blessings of grace and beauty from the Lady.  
May you have strength and integrity from the Lord.  
With harm to none and good will to everyone.

# Luna's Cycles



# Luna's Cycles

Dear Reader,

I love to share knowledge of the moon's powerful influence! The moon moves and affects all the waters on our planet. We are made up of over 90% water, it doesn't take a scientist to understand this force will affect you.

When the moon is but a sliver in the sky and has just returned from the void, she is fresh and clean. This is the best time to set your intent for the month ahead. When the moon waxes and grows, allow your intent to grow using candle magic. When the moon grows to her fullness utilize the energy by making your own holy water. As the moon wanes and goes back to the void, burn away all negativity with a thurbile fire. During the dark moon, when she is void, journeying and meditations are most successful.

As you begin this section, study the New moon at least a week before the New Moon. Perform the ritual on the New Moon. Study the Waxing Moon after performing your New Moon Ritual then do your Waxing Moon Ritual about a week later. Follow this rythme through Luna's Cycles. In five weeks you will have worked through a moon cycle.

The New Moon Ritual should not be done before the New Moon. Check your almanac making sure the time zone is right.

During the Waxing and Waning Cycles the time frame to perform your ritual is flexible. A Waxing Ritual is done anytime 3 days after the New and 3 days before the Full. The Waning Moon is done 3 days after the Full and 3 days prior to the New.

The Full Moon is done on the full moon or 3 days before or after. The Dark Moon is 1-3 days before the New Moon.

Your tools for rituals will be used over and over. May they serve you well.

May this knowledge bring you balance and blessings as you grow in your own rhythm working with the moon!

Be Blessed & Blessed Bel

-Debi

# Luna's Cycles New Moon

Writing & Empowering Magical Intent

of  
magical

**preparation**

Smudging

Sacred Bath

Altar Set-up

Elements in Ritual

**new moon ritual**

Opening Sacred Space

Cleansing & Consecrating Tools

Writing Intentions

Closing Circle

Afterwards

**homework**



# Luna's Cycles

## New Moon

### preparation

### Smudging



Smudging is a great way to clean and clear energy fields, sacred tools, and each other. I always smudge my cards before giving a reading. This eliminates any residue from the previous reading. It also clears my sacred space and aura as well as the person receiving the reading.

#### Tools:

##### Smudge Pot

An Abalone shell works great, and is used by most Native American traditions. A bowl will work too. Make sure it's large enough to catch the ashes.

##### Sage

I use sage that grows locally, and wrap it myself. If you decide to "wild craft" your own, please give an offering to the mother (cornmeal or tobacco are nice). Be sure to ask the plant "who would like to be part of a sage wand and be used for a sacred purpose?" Usually one will wave at you. Never over cut any plant. Where I harvest it is thicker and healthier now than when I started. The sage itself is a gift from nature to you. Cedar and Rosemary can also be used.

##### Fan

Wings or large feathers work well to move the Smoke. Smoke and feathers love each other! Breath also works.

##### Lighter or matches

If you are a non-smoker this is the most forgotten item.

# Luna's Cycles

## New Moon preparation

### Smudging



#### How to Smudge

*Light a candle. Think about cleansing and clearing what you are about to smudge. By lighting the candle you don't have to fight with a lighter while smudging. When it needs to be re-lit, just use your candle.*

#### Smudging a Person

*Get your sage wand smoking well. Have the person face you. Begin at the feet working all the way up to above the head. If the smoke avoids an area, take the time to force the smoke into that area. This is when a fan or feather or breath is of great value. It will assist the smoke in moving to resistant areas. Usually this area is not doing so well and the sage will help. "Blessed be" or "Aho" is said to let the person being smudged know to turn around. Repeat for the back as you did in the front. Saying "Aho" or "Blessed Be" will allow the person to know you are finished smudging them.*

#### Magical Items and other important things

*Light your candle, light the sage and set it in the shell. Hold item being smudged in the smoke and let the smoke completely clean it. Smudging works for other important things. When I go to balance my checkbook I get out my sage, smudge pot, and fan. I smudge my checkbook, plastic, bank statement, calculator. Also frequently smudged... car, dogs, cats and computers. I'm sure if you think about it you can add to your own list.*

# Luna's Cycles

## New Moon preparation Altar Set-up



*First things first, location.*

Altars can be mobile, but from experience it is best to have a permanent one setup in your home. Choose an area that is comfortable and quiet. Give this space a good cleaning. A table is nice to work on, but use your best judgment to suit your needs. Remember; never use plastic on your altar. A lighter can be placed in a holder, or in a pocket.

# Luna's Cycles

## New Moon

### preparation

### Altar Supply List

A bowl of salt, earth, or cornmeal (NORTH)

Smudge pot, fan, and sage (EAST)

Lighter (SOUTH)

A bowl of spring, creek, or lake water (WEST)

4 small candles (4 directions)

New moon candle

Altar cloth

Wand/Athame

Pen (for magical uses only)

Good quality paper

Gold and Silver candle for the Male & Female

Smudge all of the above

Remember, the more energy put into your altar,  
the more energy you will have available for your rituals!

Listed are some ideas for the element's energies.  
Use your creative energy & see what inspires you.

### the Elemental Energies

#### NORTH

- Winter
- Night
- Mother Earth
- Wisdom
- Introspection
- Prosperity
- Scrying
- Mirror
- Pentacle
- Buffalo

#### EAST

- Spring
- Dawn
- Air
- Budding plants
- Eagle
- Enlightenment
- Communication
- Breath
- Feathers
- Singing

#### SOUTH

- Summer
- Noon
- Fire
- Sun Symbols
- Innocence
- Fire bowl
- Rabbit
- Flowers
- Joy
- Laughter

#### WEST

- Fall
- Sunset
- Holy Water
- Seeds
- Bear
- Emotions
- Intuition
- Seeds
- Dry flowers
- Intuition

# Luna's Cycles

## New Moon preparation

### Energies and Attributes

Feel free to add to this list.

There are many possibilities. Have fun setting up!  
An altar is tapping into a magical power source.

#### NORTH

Season- Winter

Time of Day-  
Midnight

Element- Earth

Physical body

#### WEST

Season-Autumn

Time of Day- Dusk

Element- Water

Emotional body



#### EAST

Season-Spring

Time of Day-Dawn

Element- Air

Mental body



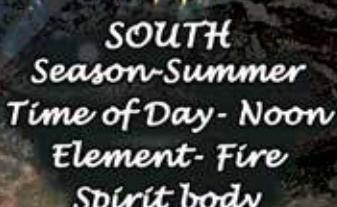
#### SOUTH

Season-Summer

Time of Day- Noon

Element- Fire

Spirit body



Set up your altar. Meditate on it, becoming familiar with each energy.

Now it is time for you to become transformed into the Lord or Lady. Select the clothing you are going to wear. Lay it out. See it becoming magical, the attire of a powerful being! Do the same with jewelry.

# Luna's Cycles

## New Moon preparation

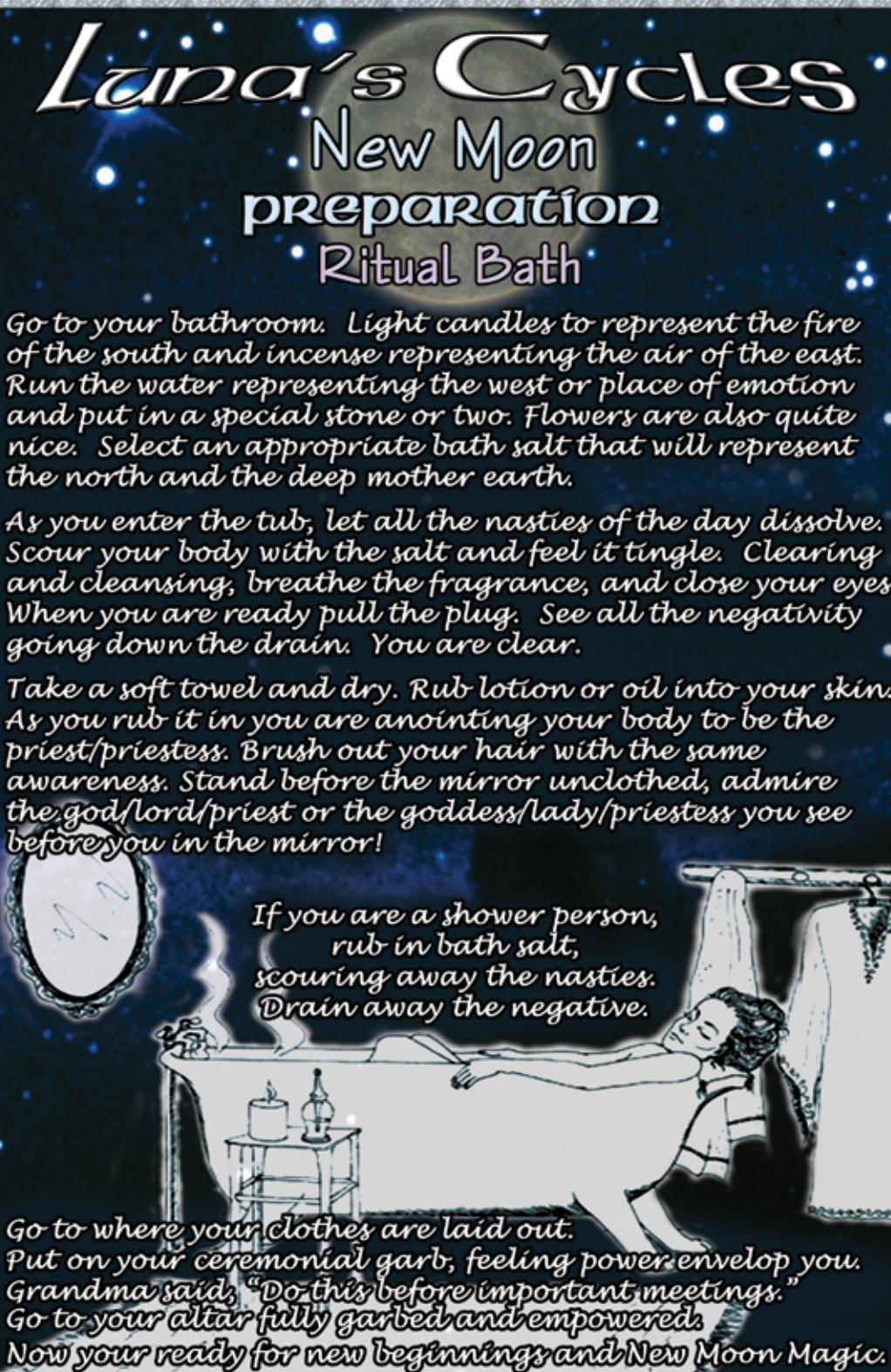
### Ritual Bath

Go to your bathroom. Light candles to represent the fire of the south and incense representing the air of the east. Run the water representing the west or place of emotion and put in a special stone or two. Flowers are also quite nice. Select an appropriate bath salt that will represent the north and the deep mother earth.

As you enter the tub, let all the nasties of the day dissolve. Scour your body with the salt and feel it tingle. Clearing and cleansing, breathe the fragrance, and close your eyes. When you are ready pull the plug. See all the negativity going down the drain. You are clear.

Take a soft towel and dry. Rub lotion or oil into your skin. As you rub it in you are anointing your body to be the priest/priestess. Brush out your hair with the same awareness. Stand before the mirror unclothed, admire the god/lord/priest or the goddess/lady/priestess you see before you in the mirror!

If you are a shower person,  
rub in bath salt,  
scouring away the nasties.  
Drain away the negative.



Go to where your clothes are laid out. Put on your ceremonial garb, feeling power envelop you. Grandma said, "Do this before important meetings." Go to your altar fully garbed and empowered. Now you're ready for new beginnings and New Moon Magic.

# Luna's Cycles

## New Moon ritual

### Opening Sacred Space

With harm to none and goodwill to all ...

Set up your altar, using the information about the Elements and the Male and Female you studied in earlier chapters.



#### Things to Remember

Keep it simple, make it clear, and be specific. Ask each direction, and the lord & lady how they can help. Do you want them to assist, protect, enable, power, or charge? Making it personal makes it powerful.

Refer to your Altar Set Up for info on the directions.

When you call in each direction, be specific!

# Luna's Cycles

## New Moon Ritual

### Opening Sacred Space

I begin in the East.

This is how Grandma taught me. She said "This is where the day begins, and Spring is the time of new beginings."

Some traditions begin in the North, the womb.

It's up to you to decide which is best for you. If you live in the Northern Hemisphere move in a clockwise direction.

#### East

Light your sage & smudge your altar.

The smoke is representative of this direction.

Light your east candle and ask the east energy to come and aid you.

With harm to none, good will to all.

#### South

Light the south candle. Hold it up.

Ask the south energies to aid you.

Harming none and healing all.

#### West

Sprinkle the water about your altar.

Hold the bowl of water to the west.

Set it down. Light the west candle.

Call on the powers of the west, with harm to none, good will to all.

#### North

Sprinkle salt/earth/cornmeal.

Hold up bowl. Set it down.

Light the north candle.

Call on the North. Harming none, helping all.

#### Male

Hold up the gold candle;

light it asking masculine power to aid your work.

#### Female

Hold up the silver candle.

Light it calling on the feminine to aid you.

Light your New Moon candle. Your circle is open.

You are in a magical space, a place between worlds. In this space, time is not.



# Luna's Cycles

## New Moon ritual

### Cleansing & Consecrating

For this ceremony you will be cleansing and consecrating your wand, paper, and pen. If you want to do more, just follow the same procedure. Do one object at a time.

#### East

Begin in the east. Smudge your object and call upon the east to empower it.

#### South

Go to the south. Hold it up to the south candle, ask the south energy to fill and empower it.

#### West

Then go to the west. Sprinkle with water. Ask for the west blessing.

#### North

To the north, ask for the energy of the earth to bless your object. Sprinkle with salt, cornmeal or tobacco.

#### Male

Hold it up to the gold candle, filling your object with the male energy and blessing.

#### Female

Then to the silver candle, filling it with the divine feminine energy.

#### New Moon

Then set it before your New Moon Candle, and fill it with New Moon energy.

Your tools are ready for magical use.  
They are sacred.

Treat them accordingly and they will serve you well.

# Luna's Cycles

## New Moon Ritual

### of Writing Intentions

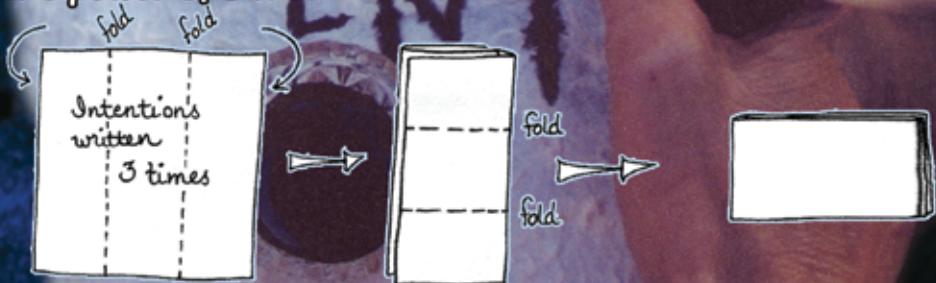
Take your magical pen and paper. Write out your intent, see the ink flowing onto the paper as your goal becoming reality. Write it out.

Offer it and share it with each element and the lord & lady. Read your intent out loud 3 times.

Set it by the New Moon Candle.

Hold your hands over it. See it clearly coming, to pass.

Fold your paper 3 times then 3 times again as in illustration below. Take 3 deep breaths and thank the energies. Say, "By the powers of 3 X 3 I see my intentions coming to me. Harming none is how it shall be, by the power of 3 X 3."



### Closing Circle

Everyone likes to be appreciated! This goes for energies aiding you. Go to each direction. Thank them warmly and personally and then extinguish their candle.

Thank the lord & lady and extinguish the gold and silver candles. Keep your new moon candle burning with your intention set near it. Say, "The circle that's been open shall never be broken." 3X. With reverence clean up your altar. Remove your ceremonial garb.

Write down your experience and your ritual. It's important to keep track. Like a good recipe, you'll want to know exactly how to do it again.

# Luna's Cycles

## New Moon homework

Smudge your home. Follow directions, paying attention to where the smoke is reluctant to go. Make note of areas it was reluctant to go. Notice how the energy in your home feels different.

Think of what intention/goal you want. Be very specific! Think about all the details, and symbols that will help make it clear for you.

Write it out so you are prepared and clear to do it on the New Moon. Clarity is important. Be sure to phrase it in the positive, in the now.

Always end it by writing:

With harm to none, good will to all, as I will so mote it be.

Setting up your Altar

What did you use for each direction?

What did you use to represent the male & female energies?

How did you feel after your ceremonial bath or shower?

What was your experience when you dressed ceremonially?

What other times or circumstances would this be useful to do?

After Ceremony

Write out your ceremony and date it. Keep your intent in a special place. Read it daily to empower it!

Write out how it felt. This is really important!

New Moon- Intentions Set

New Moon- Magic is met

# Luna's Cycles

# Waxing Moon

Candle Magic: Carving & Anointing

## preparation

A Perfect Candle

Selecting Oils and Symbols

Altar Set-up

## waxing moon ritual

Casting the Circle

Anointing, Carving & Charging Your Candle

Afterwards

## homework

# Luna's Cycles

## Waxing Moon preparation

This is the Lunar cycle of increase! The moon is returning from the void. Bringing more light and energy. Using the intent put forth during the new moon, you will increase the energy of your intent with candle magic.

I have had incredible results with candles during the waxing moon. The preparation for ritual and casting a circle are covered in the New Moon chapter.

### A Perfect Candle

Use a cylinder candle. Not sure? Use a white candle.

PROSPERITY: green, purple, gold, or silver candle.

LOVE: pink, red, or I like a rose color.

HEALTH: green for all around good health, blue, and some people like yellow.

SPIRITUALITY: deep purple, blue, and silver.

### Selecting Symbols

Always choose symbols that mean something to you. Here are some ideas, but add your own as well.

PROSPERITY: \$, stars and pentacles.

LOVE: hearts, pairs.

HEALTH: Sun symbols, flowers.

SPIRITUALITY: Infinity symbols, flames

### Anointing Oils

Essential oils are best. If you blend, limit it to 3 oils.

PROSPERITY: clove, mint, or cinnamon.

LOVE: rose, jasmine, or lilac.

HEALTH: eucalyptus, lavender, or orange/citrus.

SPIRITUAL: amber, myrrh, or frankincense.

# Luna's Cycles

## Waxing Moon

### preparation

Think about each direction.

How can the energy from the East, West, North, & South aid, help, protect, or encourage the energies of your altar?

Set your altar up with "triggers" that will work well with your intent and encourage it to grow.

Here are some suggestions to aid you in setting up your altar, but feel free to add your own. It works best with your own special touch.

	Prosperity	Love	Health	Spirituality
East	Clove, mint, Cinnamon sticks, Bell	Lavender Rose petals	Eucalyptus, Leaves, Pine needles	Eagle, Wind symbols
South	Sun Symbols, Golden colors	Pink or red candle	Bright green candle	Deep purple candle
West	Bowl with coins in the water	Rose Quartz in water	Earthenware bowl of water	Bear talisman Silver bowl
North	Clove, Mint, Cinnamon sticks	Rose Quartz Seed, Nuts Hearts	Corn meal, Beans, Living plant	Buffalo, Scrying mirror
Male	Amethyst point, Male side coin	Dorje for bell or bowl	Green man, Yin/yang	Clear crystal set in water
Female	Coin with female	Bell or bowl	Earth mother	Silver bowl with water

# Luna's Cycles

## Waxing Moon Ritual

Take your ceremonial bath/shower as described in the New Moon chapter. Anoint yourself and dress in your ceremonial attire.

Starting in the East, smudge everything. Focus on the energies you will be calling. Use the items in the East on your altar, as a trigger to remind you of the energies you will be calling in from each direction. Light your candle and call on these energies to aid and increase your intent. With harm to none, good will to all.

Repeat for each direction. Focus on your intent and light each candle. Always follow with harm to none, good will to all.

Go to the male; focus on how this energy will aid you. With harm to none, good will to all. Light your candle.

Then to the feminine, tap into the energy. Feel it! Then ask her to aid you with your intent. With harm to none, good will to all. Light your feminine candle.

### Empowering Your Candle

Show your candle to each direction. Slowly and with a clear intent carve the symbols into your candle with your wand or athame.

Rub your anointing oil in toward the center, drawing your intent into the candle. Keep your intent clear in your mind. I usually read my intent aloud to the candle 3x3 then refold my intent 3x3. You can use the paper from your New Moon ceremony.

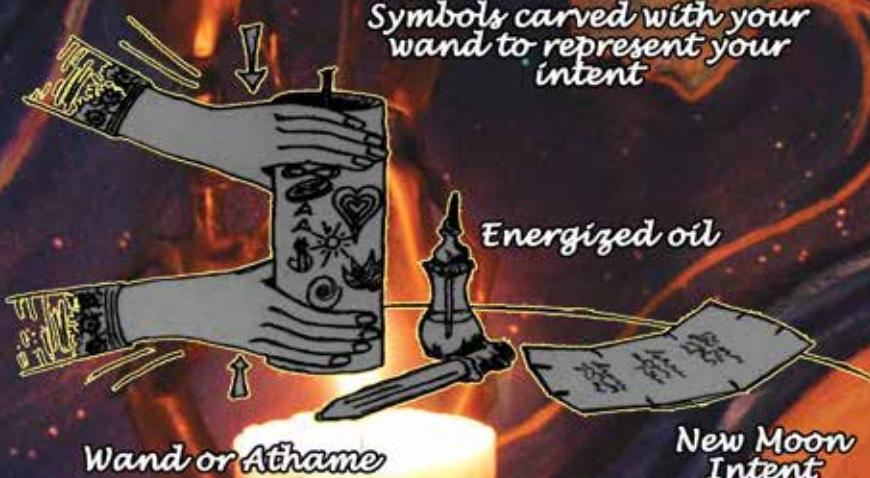
Set your candle in a bowl or holder and light it. Meditate on the moon's energy increasing your intent as it grows brighter every night.

Thank the directions specifically and powerfully for their help. Thank the Lord and Lady.

# Luna's Cycles

## Waxing Moon Ritual

### Anointing & Dressing Your Candle



Clean up your sacred space. I usually leave my candle burning. If you need to blow it out, blow your intent out to the universe. When you re-light your candle say your intention. Every time you see your candle burning, see your intent coming to you stronger and brighter.

At night notice the moon growing and see your intention gaining in strength, becoming brighter and brighter. Spend some time feeling the moon's energy. You will see it and feel it. MAGICK!

Remember to write out how your ceremony went. What you used and why. Like a good recipe, you want to know how to do it again, and how to adapt it for other intents. Write it!

*Enjoy your ceremony.  
Be filled by the moon as she grows!*

# Luna's Cycles

## Waxing Moon homework

Reread your intent. Decide which color would work best. Why?

What symbols are you going to use on your candle? Why?

What oils would be best?

What did you add to your altar to increase and empower your intent?

East

South

West

North

Lord

Lady

Perform Ritual.

Journal your Ritual afterwards.



Waxing Moon -Candle Glow  
Waxing Moon -How you Grow

# Luna's Cycles

# Full Moon

Making Holy Water

## preparation

Altar Set Up

Magical Moon Cookies

## ritual

Opening the Circle

Making Holy Water

Drawing Down the Moon

the Offering

Closing the Circle

Afterwards

## homework

# Luna's Cycles

## Full Moon

### preparation

The full moon is a power-filled time. A wise person learns to utilize it! A time of bringing things to fullness, heightened sensitivity, and excess energy.

Many folks can't sleep, some go crazy, and crime goes up, during the full moon. It doesn't have to be that way. Many older traditions have followed the lunar cycles using the full moon as a peak time of power!

Through all the years, one thing about the full moon has always amazed me. No matter how cloudy, rainy or snowy it is, the clouds will part and the moon will shine, if you wait! It fills me with wonder.

#### North

North candle  
Sea Salt  
Moonstones (optional)

#### West

West candle  
Silver-colored Bowl  
Spring Water

Silver Candle (female)

Silver Goblet/Chalice

White Wine/Juice

Silver Plate with Cake or Cookies

#### East

East candle  
Athame/Wand  
Rose Water  
Sage,  
Smudge Pot

South  
South candle

Use silver on your altar to reflect the full moon.  
Use a black altar cloth, or black with silver.

It's best to have your altar outside, if it isn't possible,  
make your altar near a door.

Holy Water is made outdoors with the Full Moon Light.

Remember - no plastic.

# Luna's Cycles

## FULL MOON

### preparation

**Indoor Altar**  
 Setting a basket to take your Holy Water tools & ingredients outside, makes the transition easy.

Open a magical doorway with your wand when entering or leaving sacred space.  
 Like a child - Have Fun!

**Ritual Bath**

Anoint with lotion  
 Dress with empowerment

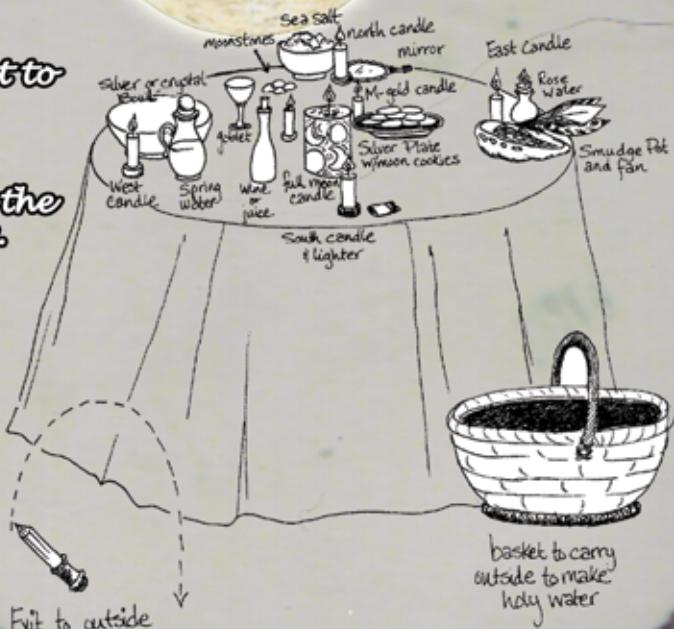
Lay out clothing and jewelry (Review New Moon chapter)  
 Moonstones and silver are yummy to wear.

**Moon Cookies**

If you like to bake, use a basic vanilla cookie recipe.  
 Put energy in your ingredients. Stirring in magic!  
 Baking adds warmth of south and scent of East.  
 Tube cookies. Slice with your athame. Fill with energy.  
 Round vanilla cookies or iced oatmeal cookies are nice.  
 Great if the kitchen is not your favorite place.  
 Small round vanilla cakes are lovely. Grandma liked these best. She called them teacakes.

**The Drink**

Use a white wine or juice. Some people and alcohol do not mix. Please use wisdom. Grandma used wine, but this is not always best for all. Harm to none, goodwill to all.



# Luna's Cycles

## Full Moon Ritual

### Opening the Circle

Full moon ceremonies need to be done under the moonlight. Open your circle on the New Moon and Waxing Moon, calling in the elements with fullness and completion. Really tap into the power of each direction and the masculine and feminine. You will notice during the full moon, the feminine energy is very strong.

### In brief:

- Smudge your altar.
- Call the Elements.
- Invoke the Male and Female.
- Honor the Full Moon by lighting a candle.

The circle is now open. If you are not already outside, set your athame/wand by your exit, creating a magical doorway. Place Holy Water tools and ingredients in your basket.

**the clouds break through  
on a full moon night**

# Luna's Cycles

## Full Moon

### Ritual

#### Making Holy Water

Holy Water can be modified, using different scents or stones. Instead of using moonstones, a shiny dime will add prosperity, green stones- health, rose quartz for love. just a few ideas.

If you are relocating outside put these items in your basket: silver bowl, spring water, rose water, moon stones, mirror, sea salt, and your wand or athame.

Pick up your athame and open your magical door to exit circle. Be sure to close the door behind you.

When outside under the moonlight...

Hold up your spring water to the full moon.  
Fill it with the moon's energy.

Pour the spring water into the silver bowl.

Hold the rose water up to your nose. Smell it and breath deeply. Then hold it up to the moon and fill it with moonbeams.

Add 3 splashes of rose water to the spring water.  
As you splashing it in, see its sweet fragrance empowering and aiding the spring water.

Hold up the salt. Meditate on the relationship between the earth and moon. Offer the salt to the moon, and fill with her lunar energy, honoring the balance between the earth and moon.

Add 3 pinches of salt to the water. If you are using moonstones, hold in your hand running energy into the stones.

Place them in the bowl. Set your bowl in the moonlight. The next step in making holy water is:

Drawing Down the Moon.

# Luna's Cycles

## Full Moon Ritual

### Making Holy Water

Drawing Down the Moon

Hold your wand in both hands.

Face the moon.

Feel roots growing from your feet.

Hold your wand with both hands towards the moon. Feel the wand filling up with the lunar energy, going through your hands, down your arms, and into your feet to the roots of the mother.

When you're full, pull the energy up from the roots. Let it come up to your hands and stop.

Your wand is full. You are grounded.

Finishing the Holy Water

Return to your silver bowl.

With both hands holding the wand, stir 9 times.

Put the energy from the wand into the water.

Set your wand down.

Pick up your mirror. Reflect the moonlight in the bowl.

Hold it there for several moments.

Set down your mirror.

Rub your hands together, gathering energy into them.

Hold your hands an inch above the water in the bowl.

Run energy into the water.

Say, "Bless this water, to the highest good"

Open your magical door and bring your supplies in.



# Luna's Cycles

## Full Moon

### Ritual

#### the Offering

Hold the goblet in your left hand, the bottle in your right. Think of the grapes, the fruit of the vine.

Pour the wine/juice. See fluidity; see Female energy.

Hold your goblet, ask each of the energies to fill it. Make your drink magical.

Take a sip. Swallow, feel it energizing, every cell.

Set it down.

Pick up your cakes/cookies. See the grain from the flower growing, strengthened by the sun.

Offer the cookies/cakes to each direction, the Lord and Lady, and the moon. Ask them to fill, aid, and bless.

Eat a cookie.

As you eat, understand every direction, the lord & lady, and the full moon are magically invigorating every organ and every cell to bring you well being!

#### Closing the Circle

Thank each element, the Male, the Female and moon.

Say, "The circle that's been open shall never be broken." 3 times

Leave your water by a moonlit window.

Clean up your space.

#### Afterwards

Pour your holy water into a glass jar.

Bless checkbooks, home and ritual baths.

Write your ritual out.

# Luna's Cycles

## Full Moon

### homework

Make a list of supplies you will need for this ceremony.  
(There's a lot to remember.)

1. List of magical supplies:

2. Set up your altar.

East

South

West

North

Male

Female

Holy water supplies:

Offering:

3. Re-read your chapters: New Moon, Waxing Moon, and Full Moon.

4. Do your Full Moon Ritual.

5. Write out how your ritual went.



Full Moon - How you Glow

Full Moon - Blessed Water will Flow

# Luna's Cycles Waning Moon

Building a Sacred Fire

## preparation

Altar Set-Up

Herb Selection

## ritual

Opening Sacred Space

Fire Ritual

Closing Sacred Space

## homework

# Luna's Cycles

## Waning Moon

### preparation

The waning moon is a time of letting go, the best time to remove negativity.  
The light is returning to the void.

This is the time to banish need, want, limitations, and poverty.

Think of a few things that you would like to banish. Pick one for this ritual.  
You will burn it away in your fire ritual!

#### East

East candle  
Wand/Athame  
Sacred Herb  
Sage, Smudge Pot  
& Fan  
Your Magical Pen

#### North

North candle  
Epsom Salt  
Paper

Silver  
Candle  
(female)

Gold  
Candle  
(male)

#### South

South candle  
Lighter  
Fire-Safe Bowl

Black altar-  
cloth

#### West

West candle  
Holy Water  
Rubbing Alcohol  
(fire water)

Setting up your Altar

Make your altar feel clean and clear!

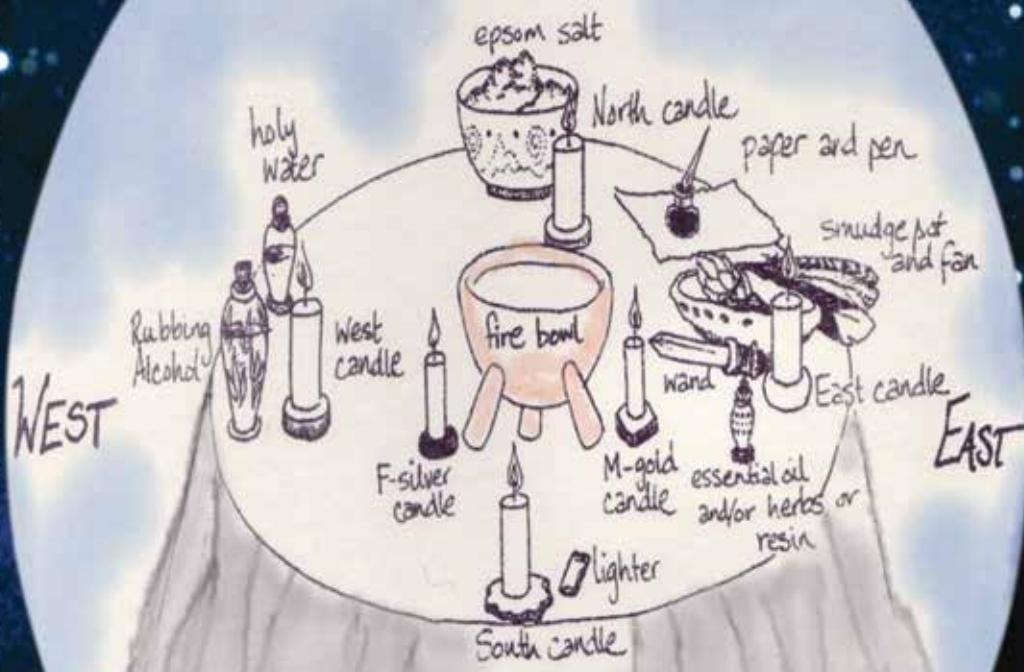
Clean it up extra good - The altar should sparkle.

# Luna's Cycles

## Waning Moon

### preparation

#### Altar Set-Up



Be sure to start with a clean altar as we are clearing out with the waning moon.

Be fire safe. If I have any worry over how hot the pot will get, I put a tile or hot plate under the fire bowl.

SOUTH

# Luna's Cycles

## Waning Moon preparation

### Selecting Your Herb

You can use essential oil, the plant, or resin for your fire ritual.

In the summer I like a blend of fresh mint, lavender and sage from the garden.

Pinesap works well with cedar.

Citrus is always reliable for clearing.

### Preparation for Ritual

For directional candles use black or a neutral color that feels protective.

Use a black altar cloth, this helps your focus on the fire.

Clean your altar and everything that's on it.

Know what you want to banish from your life.

Have your altar set up.

Set out your ceremonial garb. I usually wear black with simple jewelry.

Take your ceremonial bath or shower.

Anoint yourself.

Dress ceremonially, becoming the Priest/Priestess, clean, pure, and powerful.

# Luna's Cycles

## Waning Moon

### Ritual

#### **Opening the Circle**

Smudge extra good.

Call in the elements specifically.

Call in the Male and Female to bring balance.

#### **The Ritual**

Share your paper and pen with the Male & Female Energy and the Elements. Ask each to add their power.

Write out what you wish to banish. Keep it simple.

Fold 3X and 3X again or shred it up.

Set it under the Fire Bowl.

Pour rubbing alcohol from the West into your fire bowl.

Pour in all emotional ickies.

From the North, 3 pinches of salt, release physical blocks.

From the East, fragrance, let its scent clear your mind as you add it to the fire bowl.

Stir up with your wand or blade.

From the South, with an incense stick bring the flame from the South candle to the fire bowl.

Put your paper in the fire and let her burn.

Listen to the crackling as it absorbs and transforms negative energy.

Watch the fire until it goes out completely.

Take a deep breath. Smell the sweet fragrance of negative energy being turned to the highest good.

#### **Closing the Circle**

Thank the directions and the Male & Female.

Say, "The circle that's been open shall never be broken." 3X

#### **Afterwards**

Empty the remainder left in the fire bowl- down the toilet or back to the earth.

Watch the moon becoming smaller & smaller each night, removing obstacles away from you and into the void.

# Luna's Cycles

## Waning Moon homework

1. Clean your altar and everything on it.

2. Decide what you want to banish.

3. Set up your altar.

North

South

East

West

Male

Female

4. List supplies for your fire ritual

5. Write out how your ceremony went.



Waning Moon Fire Play

Waning Moon Clear me This Day

# Luna's Cycles

# Dark Moon

Journey through the Elements



**journey**

Through Air

Through Fire

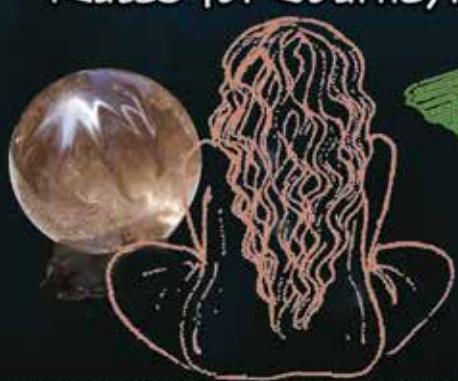
Through Water

Through Earth

Rules for Journeying



**homework**



# Luna's Cycles

## Dark Moon

### JOURNEYING

This is a time of quiet, the lunar energy has returned to the void. Ideally it is a time of journey, a time of inner healing and introspection.

We will be covering four different ways to journey during the dark of the moon. Each direction has its own unique way.

Which one is best for you? Well, it will depend on which element you resonate with best. Read through each of the four ways to travel. Decide which would work best for your spirit.

#### Through Air

##### Using the Sound to Journey

What you will need:

Someone to drum for you or a good drumming tape. I use Michael Harner's tape with speakers on the floor by my head. It's nice have a friend drum for you and return the favor.

A bandana or dark scarf to cover your eyes.

##### Preparing Your Sacred Space

Find a space large enough to lie down comfortably.

Locate the N, S, E, & W in relation to where you will be.

Put a smudge pot, fan, and sage in the east.

Put a candle in each direction.

Put a silver or black candle by your feet.

A gold or white candle by your head.

Smudge well.

# Luna's Cycles

## Dark Moon journeying Through Air

Stand in the center, facing the east, smudge.

Light the East candle, invite the air element.

Call in the rest of the elements.

Light Male and Female candles. Invite their help.

If you are using a tape, put it in. If someone is drumming for you have them begin using a heartbeat rhythm.

Cover your eyes with a scarf.

Breathe in and out deeply, but not forced. Breath is representative of the east. Feel yourself "melt" into the Earth, keeping your breath even.

Imagine an opening into the Earth. This can be a cave, a tunnel that an animal has made, or an entrance through a waterfall. Enter this opening.

Be aware of the colors, smells, sounds, and feelings.

Journey down further into the Earth, knowing the energies that you called on when you opened are with you, helping you.

From this point your journey will be your own. Make a note of any animals or creatures you see. Some may come with you on your journey. Make friends as the opportunity allows you to!

A rapid drumbeat calls you back, out of the opening, and back to your body.

End with 4 slow solid beats.

Breathe deeply; become aware of your body.  
Sit up slowly. Breathe.

Close your circle, thanking all the energies for their help.

Write down your journey, IN DETAIL. Eat.

# Luna's Cycles

## Dark Moon journeying Through Fire

### Supplies

4 candles, one for each direction.

Ingredients for a thurbile fire.  
(See waning moon packet.)

A silver/black -gold/white candles  
for the Male and Female energies.

This ceremony is best done in a dark room,  
or outdoors at night, using oil lanterns instead of candles.

### The Journey

Open your circle.

Make a thurbile fire.

(See directions in the Waning Moon chapter)

Sit comfortably

Breathe deeply. Look into the flames. They are alive and provide an entrance to the other realms. Release your imagination as you gaze into the fire. Travel through the flames with the energy from the south guiding you. As the fire begins to die, look at the fire itself. Breathe deeply; notice the fragrance as you return to your body.

Close your circle thanking the directions and the Lord & Lady for their help.

### Afterward

Write down your journey. What and who you saw.  
What it smelled like and felt like. Be detailed!

Have a snack after, to bring you back into your body.

This is a very elemental journey. Don't be surprised by what you experience. The universe is a vast place!



# Luna's Cycles

## Dark Moon journeying Through Water

### Supplies

Journal and pen, silver bowl  
Offering, Pillow to sit on, Snack

### The Journey

This is done outside.

Find a tree near a water source.  
Go to the stream. Give your offering.  
Fill your bowl with water.

Sit cross legged leaning against the tree,  
the bowl of water in your lap.

Feel the tree. Feel its roots growing deep,  
sap running through branches,  
the wind's caress.

Becoming "one" with the tree.  
Ask the tree to guard you.

Gaze into your bowl with your third eye.  
The water will become cloudy and  
out of focus.

Enter the clouds into another realm.

### Afterwards

When you come back, breathe deeply.

Regain connection with the tree.

Give your water to the tree  
with a blessing.

Take out your journal.

Write your experience down.

It may take several times  
before you "see" into the water.  
Enjoy the experience & practice.

Be sure to eat afterwards.



# Luna's Cycles

## Dark Moon journeying

### Through Earth

#### What you will need:

A crystal ball, crystal, scrying mirror, or sacred rock

4 directional candles, a gold/white candle and silver/black candle for Male and Female.

A small votive candle if you are using a scrying mirror, placed directly behind your mirror.

#### Preparation for the Journey

Set up your altar where you can sit comfortably and gaze into your crystal/mirror at eye level.

Select loose clothing.

Take your ritual bath.

Open your circle.

#### The Journey

If you are using a crystal ball, rock, or crystal:

Breathe deeply. Relax, and ask the energies to help.

Look into the stone and find an entrance, a rainbow or bright spot that draws you. Go inside your stone, this is the doorway to other worlds.

If you are using a scrying mirror:

Light the votive candle. Breathe deeply. Look into the mirror with your third eye. Look deep into the pupils of your eyes. Let them become the doorway to other realms. The mirror will blur then go explore.

#### Afterwards

Breathe deep. Come back to your physical body.

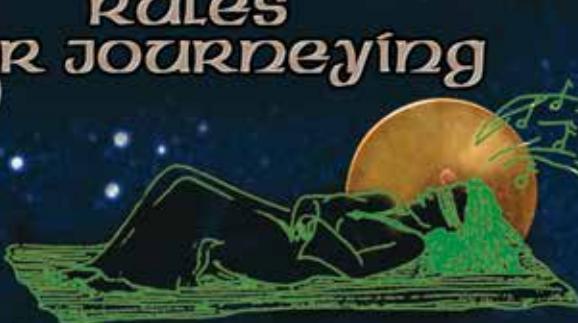
Thank the energies that assisted you, close the circle.

Write down your experience, and EAT to ground.

# Luna's Cycles

## Dark Moon

### Rules FOR JOURNEYING



*It usually takes a few times before you enter other realms.  
Don't get frustrated or try to force it.  
Savor your experiences, and they will grow.*

*EAT Afterwards! This brings you back to your body.*

*Keep an open mind.*

*Other realms are not the same.*

*Be a considerate visitor.*

*Be a blessing and never do harm.*

*All realms are linked.*

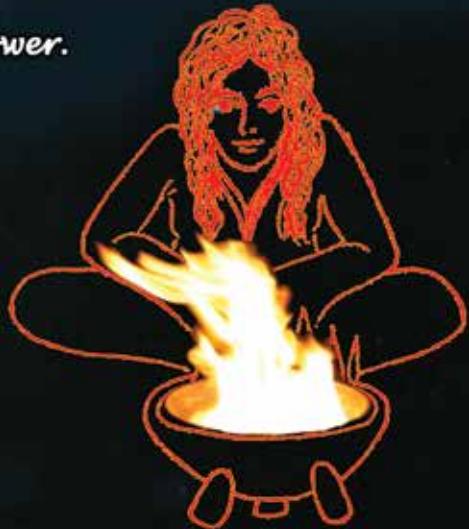
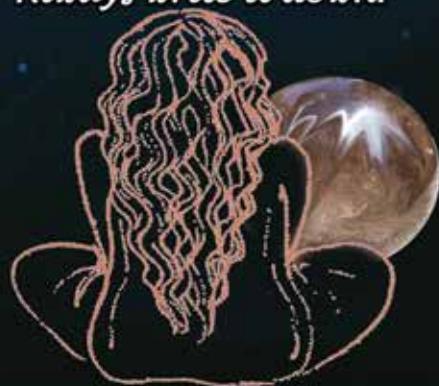
*If a being from another realm asks to befriend you  
welcome him/her. Many friends from other realms keep  
me company, assist me, and are wonderful beings to  
share with.*

*Don't doubt, let it grow in power.*

*Dwell on the details,*

*that's why it's important to...*

*Always write it down.*



# Luna's Cycles

## Dark Moon homework

Read through the chapter.

Choose which direction you would like to journey with. Why?

List the supplies that you will need.

Take your journey.

Write it out ASAP!

After your journey - EAT!



Dark Moon - Abundant Stars

Dark Moon - Journey Far!

# Sol's Days

autumn  
equinox

Lughnasadh  
Lammas Day

Yule  
winter  
solstice

Imbolc  
Candlemas

Ostara  
spring  
equinox

midsummer's night  
summer  
solstice

Beltane  
May Day



# Sol's Days



THESE DAYS OF POWER HOLD STRONG ELEMENTAL ENERGY

# Sol's Days

THESE DAYS OF POWER HOLD STRONG ELEMENTAL ENERGY

These are power filled times and should be used wisely.  
They can bring healing and light into your home and your life.

## **Imbolc/candlemas**

is the energy leaving the North of winter  
and entering the East, first beginning of Spring.  
Imbolc is the twilight before the dawn.

**spring equinox** is the East energy. It is one of  
perfect balance between night and day.  
Its energy is like the dawn.

**Beltane/mayday** is the energy leaving the East and  
warming to the South. It is the energy found mid morning.

**summer solstice** is the energy of the South and holds  
the power of the noonday sun. This day is longest of the year.

**Lammas day** leaves the South and begins its westward  
journey. It is the time of the afternoon.

**fall equinox** is West as the Spring's is East. It also is a time  
of perfect balance when day and night are the same length.  
It holds the time of dusk.

**halloweas/samhain** is West's Journey North.  
It is the time of falling into sleep,  
the late evening hour.

**winter solstice** is North-Earth Energy.  
The time of dreaming and deep sleep.  
It is the midnight hour.

As you enter this section, you should now be familiar with the Energies  
of North, South, East and the West. These energies move around our  
seasons. At certain points an elemental energy is at its peak.  
On these high days charge that focal point.  
Look at the charts as you read ahead.  
Review the Element's Charts with Sol's Days Charts.

# Sol's Days

In the Solar Chapters ahead you will learn how to tap into these energies the way my Grandmother taught me. Reflections of these seasonal powers are seen in our culture today, making it easy to get all the goodies to tap you and your home/temple into harmony.

It is important to prepare well for the energy changes. Using different aromas, and colors in your home, create a harmony between you and the seasonal power around you.

Creating an altar is like making a magical transformer box in your home. There are many styles and tastes. Use what works for you. Keep it balanced between the 4 directions and the Male and Female. In every chapter there is a checklist for altar set up. Remembering that an altar is a transformer box, place the items in each of the directions so that energy from that element can move in harmony/resonate with the item. Placement of items is listed in each chapter.

Most folks instinctually have altars throughout their homes; pretties on a dresser, candles by photos of loved ones, bathrooms that resemble shrines or kitchens filled with magical goodies. What you are learning is to do this same type of creation, but add intention, knowledge of the power of the time and seasons.

Create your altar well for it will serve you in the ritual ahead.

The ritual is a focal point of the energy you are working in. Begin by preparing yourself. Then open sacred space. inviting in the energies and what aspects of each you would like. Examples are given in each chapter. I invite you to explore the elements and call in what you are lead to. (Always with harm to none and good will to all)

Children and animals are sensitive to nature's cycles in deep ways. They love to be a part of ritual and they are always welcome. I make welcome those I love and want to participate. This is how our circle began.

Rituals are amazing and I have seen miracles happen at these times.

may you use this knowledge  
to the highest of good on your sacred path.

# IMBOLC candlemas

THIS IS THE FIRST OF THREE SPRING CEREMONIES  
THE EARTH PREPARES HERSELF TO AWAKEN.  
AS WINTER (NORTH-EARTH ENERGY)  
SLOWLY GIVES WAY TO THE GREEN OF SPRING

## preparation

- Cleaning & Clearing
- Smudging
- Moving Energy by Sound
- Colors, Scents & Totems to Use
- Setting Up your Altar
- Ceremonial Garb
- Ceremonial Bath

## ceremony

- Opening Sacred Space
- Planting of the Bulbs
- Closing the Circle

## homework

...still in the hold of winter  
the earth begins to stir

# candlemas

THIS FIRST SPRING CELEBRATION OF THE OLD WAYS  
TAKES PLACE IN EARLY FEBRUARY.  
AN EASY WAY TO REMEMBER THE DATE  
IS IMBOLC FALLS ON GROUNDHOG DAY.

ALTHOUGH WHERE WE LIVE IT DOESN'T FEEL LIKE SPRING,  
THE EARTH IS BEGINNING TO AWAKEN.  
DEEP WITHIN SHE KNOWS AND STARTS TO PREPARE,  
AS THE DAYS CONTINUE TO LENGTHEN.  
THIS UNSEEN ENERGY OF PREPARATION FOR A NEW CYCLE,  
A NEW AWAKENING  
IS WHAT WE ARE HONORING, NOT ONLY IN THE EARTH,  
BUT IN OURSELVES, HOMES, RELATIONSHIPS  
AND LIFE AS WELL.

## preparation

### Cleaning & Clearing

This is the time to clear out all the old. Like all truths, the physical, spiritual, mental, and emotional intertwine. Begin with the physical; Clean out your house. Deep clean; Remove clutter, organize drawers and closets. Give away things to bless others out of the year's accumulations and toss out needless junk. While you are cleaning, physically see your mental clarity awaken. See yourself clearing mental junk and emotional trash with each clean drawer and closet. During this time of cleaning and clearing, use pine, lemon, and lavender scented cleaning products. These will move the energy in your home nicely. Pine products work well on floors, walls, and in the bathroom.

Lemon oils clean wood well, and fragrantly. I use lavender in my laundry. I place lavender flowers in a sock and knot the open end. (An empty toilet paper roll works well as a funnel.) Put the lavender filled sock in the rinse cycle of your wash and then into the dryer. Your house will have the great smell of lavender and so will your clothes. Cut back any dead leaves on your houseplants and clean healthy leaves. Don't forget to clean your car, your purse, and your backpack. Everything likes to be cleaned for Spring's Awakening.

# candlemas preparation

## Smudging

### Supplies:

- A smudge pot. An abalone shell works great.
- A sage wand. You may also blend with cedar or rosemary.
- A fan or feathers to move the smoke around.
- A lighter or a candle to light your wand.

I find a candle to be the easiest way to keep re-lighting, I set my intention for clearing on my candle and allow it to assist me. The flame and the wand are friends and enjoy helping each other. The wand should be held above the flame.

It is beautiful to watch them reach for each other and then.. ignite!

Begin by lighting your sage wand. Walk around your house clockwise. Move the smoke into all the corners and closets.

Leave no nook in your home un-smoked!

Watch the smoke to see if it avoids any particular areas.

If it does, work the smoke into those areas. No icky energy fields.

## Moving Energy by Sound

After your home has been well cleaned and smudged, select a noise maker. I use my singing bell or drum. Play your instrument as you walk clockwise through your home. Let the sound vibrate strongly onto the walls and corners. It is amazing how alive and vibrant it makes your home feel.

In preparing your home in this manner you are resonating with the awakening earth energy, cleaning and clearing, making ready for new growth. As you clear you home clear out your mental cobwebs, emotional luggage and spiritual lethargy, clear and clean..

Prepared for Spring!

## Colors, Scents, & Totems

During your cleansing and clearing, the use of pine and lemon cleaning products is the way to go. Stay away from flowery scents, it is not their time yet.

Choose pastel colors as accents in your home. Gentle colors and shades of brown welcome in the first stirrings of Spring. Burrowing animals are strong totems as their energies are potent at this time -i.e. the infamous groundhog! Symbols and representatives of these totems are useful and powerful!

**Make your temple (home) awaken with the Return of Light and Sound as you prepare to welcome the wonder and new life of Spring.**

Children  
are awesome at  
marching around  
the house with  
noise makers!  
They awaken  
Spring's Energy  
in the home after  
Winter's Night- with  
lots of noise,  
Laughter and  
delight!

# candlemas preparation

## Setting Up Your Altar

Start with where you would like your altar set up.  
Altars can be mobile, but from experience,  
it's best to have a permanent one set up in your home.  
Select an area that is comfortable and quiet.  
This area should be clean,  
as you have been cleansing  
& clearing. I like a table to work on.  
Use your best judgment  
and the altar will place itself.

## Supplies:

North - a large bowl filled with earth.

Center - a 4" to 6" pot.

West - creek, spring, or lake water  
in a glass or earthen pitcher.

Center - good quality bulbs.

South - a pastel colored candle, and a lighter.

East - smudge pot, sage wand, and fan.

A dark earth color or pastel altar cloth.

A candle for each direction (4).

A gold candle to represent masculine energy.  
Place in the center right.

A silver candle to represent the feminine divine.  
Place in the center left.

A bell which will also be placed in the east.

**smudge all of the above.**

**Your home and altar are ready! Now it's your turn...**

# candlemas preparation

## Ceremonial Garb

For this ceremony, wear clothing that allows you to move easily.

Dress in soft pastels or an earth colored robe.

Keep your jewelry simple.

Select a piece to represent the awakening deep within.

Seed jewelry works well.

Lay out your garments.

See how beautiful and magical they are.

## Ceremonial Bath

Go to your bathroom.

Light candles thinking about the fire of the south.

Light incense calling to the air spirits.

Run your bath thanking the water for it's cleansing and fluidity.

Add bath salts, thanking Mother Earth. I enjoy adding a hematite, a rose quartz, and an amethyst to my bath.

Pastel colored flowers add a nice touch.

Select a good bath salt.

As you enter the tub, let all the nasties of the day dissolve.

Clearing and cleansing, breathe the fragrance and close your eyes.

Put some of the bath salts on a wet washcloth.

Let it dissolve some and scour your body, eliminating all the negativity, tingling your cells and awakening your nerves.

Rinse off then pull the plug. See negativity going down the drain.

You are clear. Take a soft towel and blot dry.

Use a good oil or lotion and rub into your skin.

Anoint yourself as the priest/priestess.

Brush out your hair with the same awareness.

Go to your mirror.

Look and see the lord - lady in you.

Find three gifts in your body.

Go to where your clothes are laid out.

Dress, feel the power enfolding you.

**Go to your altar fully garbed  
Honoring the Earth's awakening  
as the priestess/priest of your home.**

# candlemas ceremony

This ceremony is best done at dawn, but given our fast-paced lifestyle, set aside a time which best works for you.



## Opening Sacred Space

### East

Begin in the east. Light your east candle honoring this energy, the power of the air, the eagle and the rising sun.

This ceremony is a celebration of the east, the awakening of spring, and the spirit of the wind. Light your sage wand. Hold it up thanking the elements and energies of the east. Ring your bell 3 times.

### South

Go to the south and light your directional candle. The south is the energy of the summertime. Ask the south to bring you the warmth of a child's smile. As you light your pastel candle, call upon the south to celebrate with you.

### West

Go to the west. Light the candle for the west. Gaze into your pitcher of water. Recognize the energies of water, fluid yet powerful. It is life giving. Its soothing power comforts our emotions when we shed tears. Call on the energies of the west. Ask them to come and join you as you celebrate the awakening of spring. Ask the water to be blessed. Hold up the pitcher. Feel it filling with the energies of the west.

### North

Go to the north, and light the north candle. Put your hands into the bowl filled with earth. Feel the energy of the mother. Be aware of how the seed or root might feel as the Earth offers her nutrients. Acknowledge this energy and call upon the watchtowers of the north. Hold up your bowl and ask the earthen energies to come and celebrate this first spring ceremony, the awakening.

### Masculine Divine:

Light the gold-white candle. This is the warrior power of the lord, the energy of growth and the desire to reach the sun. Hold up the bulbs and call upon this masculine energy to fill them. Rub your hands together. Draw the energy between your hands creating an energy ball. Run this energy into the water. Once again rub your hands together, creating the energy between your palms to energize the soil. Follow this procedure again to fill the bulbs with this energy flowing from your hands.

### Feminine Divine:

Light your silver-black candle. This is for the feminine divine energy, the power of the womb. Hold up the empty pot ready to be filled.

**Your circle is open and ready for Magic!  
All the energies are with you**

# candlemas ceremony

## Planting of the Bulbs

Now it is time to plant your bulbs. Celebrate the stirrings of the bulbs deep in the soil, and look forward to the beauty they will bring. Energize the potted bulbs and be sure to nurture them as they awaken with the earth.

## Closing the Circle

Go to each direction and thank the energies for their aid and assistance. Don't rush; spend as much time closing as you spent opening the circle. Extinguish the candles. Thank the Lord & the Lady

Then say:

"The circle that's been open shall never be broken." 3 times.  
Ring your bell 9 times. The circle is now closed.

## homework

**Do this before your ceremony:**

1. Clean and un-clutter your home.  
2. Smudge your home. Were there any areas that the smoke was reluctant to go?

3. How did your home feel after it was cleared by sound?

4. Think about how each direction aids in the earth's awakening. With this in mind, what energies would you choose?

East

South

West

North

5. What energies would you call on for the:

Masculine

Feminine

6. Do your ceremony.

7. WRITE IT DOWN AFTERWARDS! This is very important.

As I was writing this chapter, it was Imbolc. Skinner Kitty our 24 year old friend woke up ill. I believe she had a stroke. A ritual had been planned at my home and Skinner who had always attended rituals and readings at home, did not come down. I offered her energy at which she got up and looked at me as if, "You have got to be kidding!". I resumed loving and stroking only. Chaz, my love, went upstairs where she lay and took photos of her. The settings were the same, the photos were not. We knew the veil was thin.

Everyone at ritual went upstairs one at a time to say farewell, those who tried to send her energy got the same response I did.

Skinner relocated to my daughters room. Joelle is now in Medical School, away from home. Skinner was waiting to say goodbye to her. She had been her cat and lived in her room for many years. I called Joelle and asked her to do a ritual, telling her it was okay to go. She would understand.

The next morning I felt Skinner call me in an almost human voice. I went into Joelle's old room, on either side were our big black dogs, her guardians. I picked her up. She was so light and ethereal. I sang to her and chanted. She was leaving. I called to my husband. He joined me. Caressing and stroking her, anointing her with oil she crossed into the other realm. I looked up with tears in my eyes to see that all our four legged friends had formed a circle with us.

She gave us so many gifts, but her last gift, gracefully crossing to the other side, was the greatest blessing of wisdom and poignant beauty I have seen.

I leave you with the magic photos Chaz took of Skinner on Imbolc 2006.



Return to the Light

# ostara spring equinox

A TIME OF BALANCE & FERTILITY

THIS IS THE SECOND OF THE SPRING RITES  
THE WINDS OF MARCH, POWER OF THE EAST PREVAIL  
DAY & NIGHT ARE IN PERFECT BALANCE

## preparation

Readyng Your Home  
Setting Up Your Altar  
Ceremonial Bath

## ceremony

Opening the Circle  
Writing Your Intent  
Planting the Seeds  
The Broom & the Staff  
Offering of Thankfulness  
Closing the Circle  
Altewards

## homework

friends from the air return

# spring equinox

SPRING EQUINOX IS BETWEEN 20TH- 22ND OF MARCH  
DARK OF NIGHT & LIGHT OF DAY ARE EQUAL  
A TIME OF BALANCE AND CENTERING.  
THE EARTH'S AWAKENING HAS BECOME APPARENT.  
THE WINGED ONES AND NEW LIFE ARE POWERFUL  
SOLAR-SOUTH ENERGY INCREASES.  
ALLOW THEM TO AWAKEN YOU.  
BY NOW YOUR BULBS FROM IMBOLC ARE UP,  
OFFERING YOU THEIR PROMISE AND BEAUTY.  
SEEDS ARE GROWING UP TOWARDS THE SUN  
THIS IS A MAGICAL TIME, BRING BALANCE & GROWTH  
INTO YOUR HOME AND LIFE.  
THIS IS THE TIME OF THE EAST.

## preparation

Traditionally this is a good time to get yourself a new broom or staff. You will be blessing it during your ceremony. Feel free to decorate it. The more love and energy put into a tool, the better it will work for you and you with it. My animal friends love to help. Place baskets, eggs, and bunnies around your home. Painting eggs is a magical delight, and not just for the children. They represent fertility growing and coming to you.

## Readyng Your Home

This is the time of the seed, of new beginnings full of potential.

During Imbolc you readied and purified your home, deep cleaning. This prepared the ground for the your seed.

Take time to think about what seeds you want to bring in during the Earth's seedtime. Prosperity, love, spirituality, and health are just a few. I place a token of what I want to draw in by the entrance of my home. There is a wide selection that can work.

Here are some examples:

- PROSPERITY- coins
- LOVE- rose quartzs (heart shaped is nice)
- SPIRITUALITY- a yin/yang to represent divine female and male
- HEALTH- A bundle of eucalyptus leaves

Feel free to be creative as possible.

The more personal your token by the entrance, the better it will work

# spring equinox preparation

## Setting Up Your Altar

Choose a solid color for your cloth. Greens are nice. Soft purple, peach, or dusty rose will also work well. Remember as you set up your altar to keep it balanced. This is what we are celebrating, bringing balance into our lives. What you will need:

- 4 directional candles, one in each direction
- Center right: Gold or white candle, masculine energy
- Center left: Silver or black candle, feminine energy
- Center: A symbol of balance, scales or a yin-yang

**Center:** Packets of seeds- Planter box or pot decorated

When selecting seeds, have it correspond to what you would like to grow in your life. Here are some ideas:

- PROSPERITY- sunflowers, marigolds, beans
- LOVE- Sweet peas, cucumber, alyssum
- SPIRITUALITY- cosmos, lavender, rosemary
- HEALTH- feverfew, daisies

Feel free to select what speaks to you. The goal is to work close to Mother Earth and her cycles. If you don't want to grow from seed, get a baby plant and either root it or transplant it for ceremony. You should try a few seeds to practice nurturing. The mother will help you.

**Center Left:** A goblet (use a light clean drink like ginger ale, sparkling cider, or clear white wine)

**Center Right:** A platter with a selection of edible seeds

(think about what you want to ingest into your life, that's what you want!) A broom or staff; set next to you on the floor

**North:** A large bowl of Earth, a Blank Index Card

**West:** A pitcher of spring water

**East:** Smudge pot, fan, sage, rosemary or cedar, Wand/Athame, Magical pen

**South:** A candle and lighter

Here are some suggestions for your south candle:

- PROSPERITY- Green or gold, clove or cinnamon scented
- LOVE- Rose pink, jasmine or lilac scent.
- SPIRITUALITY- Purple, ylang-ylang
- HEALTH- Green, fresh clean smells, citrus is nice

There are many wonderful candles to choose from. Remember the energy from the Sun (south) is growing. It is wise to honor him. The sun causes our seeds to grow!

# spring equinox preparation

## ...Take Your Ceremonial Bath ...

as described in the Imbolc section. For the Spring Equinox use fragrances that feel balanced with your bath salt, adding to the energy of the East, which is now in it's strongest solar cycle.

Dress in earthy colors that are comfortable, or dress in black and white to represent balance.

Dress with power after your ceremonial bath.

Wear simple jewelry with symbols of fertility and balance.

# spring equinox ceremony

## Opening the Circle

### EAST:

The place of beginnings! Light your east candle. Call on the energies of the rising sun, and the awakening to come. Call the winds of the east to be with you, helping you celebrate this time of balance and fertility. Light your sage and smudge everything on your altar thoroughly. Know that the east energies are aiding you.

### SOUTH:

The place where the warm sun lives. Invite the energy of sunshine, light and childlike joy to join you in your Spring Celebration. Welcome his growing power into your ceremony and your life. Light your beautiful south candle. Feel the energy come and envelop you!

### WEST:

The place of water, fluidity, emotional healing and spiritual work. Light your west directional candle. Call on the waters of the west, those that soothe. Aiding the seed in its growth. Hold up your pitcher of water and ask the water spirits to come and fill it. Ask to fill yourself with emotional balance and soothing peace.

### NORTH:

The place of the Mother Herself. The place of deep wisdom, prosperity, and grounding. Light your directional candle. Call on the energies of introspection, the mother's nurturing womb, and the power of being grounded. Hold up the bowl of Earth and ask the energies to be with you during this ceremony and help you. Feel this energy filling the Earth and filling you.

### MASCULINE DIVINE:

The male energy, the power of the warrior, and the strength of the sun. Call on this energy to assist you as you light your gold/white candle. Hold up your seeds to be planted and ask for his energies to fill them, helping them to grow. Let the energy fill you, helping your inner seeds to grow.

### FEMININE DIVINE:

The female, mother love energy that nurtures. Light your silver/black candle. Ask her to help you nurture your seeds. Let her power to heal and grow be in you. Hold up your planter box. Like an empty womb soon to be filled, ask that it be filled with light & love, and allow yourself to be filled as well.

# spring equinox ceremony

## Writing Down Your Intent

Hold up your magical pen. Offer it to each direction as well as the masculine and feminine divine. Ask each to fill it with their powers. Do the same with your index card. Now slowly and carefully write out what you want your seed to represent.

Here are some ideas:

**PROSPERITY-** growth in my abundance, bounty

**LOVE-** to be more loving, to radiate a loving self which will draw love in return

**SPIRITUALITY-** the yin/yang symbol, seeds of spiritual awareness

**HEALTH-** seeds of well-being, energy, and strength. Rub your hands together and make an energy ball. Hold over your card and breathe power into it.

Then say,

"With harm to none, good will to all, as I mote,  
so shall it be."

## Planting the Seeds

Make an energy ball and hold it over the seeds seeing their potential and the potential of the seeds in your own life. Plant your seeds with the love and the care of the mother. Water with the pitcher from the west. Make another energy ball and hold it over the planted seeds. Envision the seeds growing.

## the Broom or Staff

Offer your broom/staff to each direction asking each to turn it into a magical tool of power. It will be extremely useful in the cleansing and clearing of your home.

- In the East smudge your tool.
- In the South hold it over your south candle.  
(Careful to not get too close to the flame.)
- In the West, sprinkle with spring water.
- In the North, sprinkle with the earth.

Your broom/staff is now ready to be used for magical work.

# spring equinox ceremony

## Offering of Thankfulness

Hold up your goblet.

Ask that it be filled with the Energies

of the Elements,

the Masculine & Feminine Divine.

See it become a magical liquid.

Drink of the cup

Feel every cell being filled  
by this magical liquid.

Hold up your seeds

Invite the Energies to fill them.

As you ingest the seeds into your  
being, You will be bringing yourself  
new growth.

## Closing the Circle

Thank each Energy for assisting you.

Thank the masculine and feminine divine.

Extinguish the candle. If you like (I do) keep the south candle burning

Then say,

“The circle that’s been opened shall never be broken.”

Repeat this 3 times.

## Afterwards

Place your seedlings in a window with the index card and south candle. Water with the leftover west water, If possible try to use creek or spring water for care of your plants. Watch them grow, as the seeds in your life also grow!

Your broom/staff can be used to “sweep” out negative energy..

It is also useful to mount over your entrance as a guardian for your home.

Your staff is a representative of growth. It can be used to stir energy in the “dead zones” of your home. Corners are likely culprits. Bang the staff on the floor and it will awaken positive energies. You can do this in your entire home. Move clockwise through your home then set it by your door as a guardian.

In more temperate zones a Tree Planting Ritual  
Can be very powerful

# spring equinox homework

Decide what "seeds" you want to plant into your life.

What seeds will you use to represent this?

What symbols?

What energies do you want to call in for your celebration?

EAST

SOUTH

WEST

NORTH

MASCULINE

FEMININE

Select a good candle for the south.

Perform your ceremony.

Write down how your ceremony went. This is very important!

Nurture your seedlings! Water with love.

# mayday Beltane

BELTANE IS THE FIRST DAY IN MAY  
THE THIRD, FINAL CELEBRATION OF SPRING  
SHE IS AWAKE, ALIVE, AND FILLED WITH ABUNDANCE,  
THIS IS THE TIME TO BRING THIS ALIVENESS INTO YOUR LIFE  
THERE IS A STRONG SEXUAL ENERGY IN THE AIR!  
THE ENERGY IS LEAVING THE EAST AND WARMING WITH SOUTH

## preparation

Your Home  
Making the Maypole  
Setting up Your Altar  
Preparing Yourself

## ceremony

Opening the Circle  
Honoring the Maypole and Growth  
To Sing, Dance, and Laugh  
The Feast  
Closing the Circle  
Afterwards

## homework

the earth is awake, alive,  
& filled with abundance

# Beltane

THE CELEBRATION OF MAYDAY IS ON THE FIRST DAY OF MAY  
THE LAST OF THE ENERGY OF THE EAST  
IS MOVING INTO THE SOUTH AND WARMTH OF THE SUNSHINE.  
THE DAYS ARE LONGER AND WARMER  
LIFE IS AWAKENED AND ACTIVE.

## preparation

### Your Home

Take a walk in nature. By now the outdoor bulbs are blooming even at our elevation. Everything is greening up and pushing it's way through the snow. We take a trip to the valley to see spring in full power.

Gather flowers for your home. Fill up your vases. Notice the color of the flowers. Bring this energy into your home.

When using incense, use fragrant floral smells of spring. To create floral fragrances, put fresh scented flowers in creek water and simmer.



### Making Your Maypole

This is a magical and powerful thing to do! Find a downed tree branch and ask if it would like to be part of your maypole. Give an offering and thanks then bring it home.

Gather beautiful gifts from nature, feathers, pinecones or acorns, I have even found abandoned nests, and empty eggshells. You also want some bright colored ribbons, streamers, and flowers.

The branch will need to be secured into a base. A clay pot with Earth and rocks works well. In past Beltanes, my husband has set it into a large round from the woodpile. The base represents the Earth, the root, the grounding, so do it well.

Now decorate with your gifts from nature, your streamers, and silk flowers. See the reflection of yourself as you work on your maypole. See your base firm and solid. Your branch coming up and flowering with beautiful gifts, a flowering maypole that draws birds and butterflies to your beauty and sweet nectar.

When you have finish, set it in a prominent place in your home until you are ready to set up your altar for Ceremony.

# Beltane preparation

## Setting up Your Altar

Beltane is best done outdoors.  
Most often it's a beautiful sunshiny day.

My daughter, Joelle adding the finishing touches  
to our Maypole.



## Selecting an Altar Outdoors

Be very sensitive and aware of the energy!

Bring a give-away pouch. Nature gives so much, gift her with a blessing from your pouch when you go out to greet her.  
When you find a spot that feels right, stand in the center.



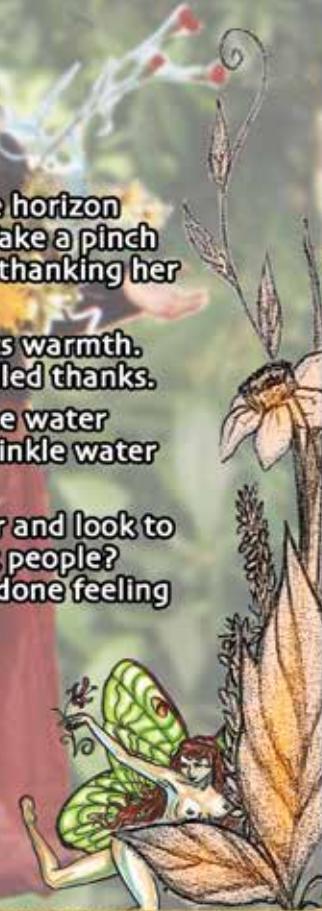
Look to the East where the sun rises. What is the horizon like? Are there any birds? What do you hear? Take a pinch from your give-away bag and give it to the east, thanking her for what she has just given you.

Go to the South where the sun has power. Feel its warmth. Give an offering to the south with warm heart filled thanks.

Face the West, where the sun will set. Look at the water energy around you and how it affects all life. Sprinkle water around the circle as you give deep thanks.

Face the North. Look to the depth of the mother and look to the ground. What texture and color are the rock people? Pick up some earth, feel its force. When you are done feeling the earth energy, give an offering.

Feel the divine energies,  
both Masculine and Feminine.  
Make an offering to each.



# Beltane preparation

## Supplies for an Outdoor Altar

### Center- Your Maypole

**EACH DIRECTION-** 4 directional torches. You can decorate them with symbols or talismans for each direction.

**Center Left-** A torch for the female divine

A goblet with fruit punch or fruity wine

(Don't forget an opener if one is needed.)

**Center Right-** A torch for the male divine

A platter with fresh fruits, sweet breads

These are extra special if you are able to make them yourself. I have wonderful memories of their fresh scent.

**North-** bright and colorful flowers in baskets and jars

**East-** Sage, sage pot, and fan

**West-** Bowl of spring water with flowers in it

**South-** Lighter and fire tools



## Supplies for an Indoor Altar

4 directional candles (Colors are suggestions)

**East-** red

**South-** green

**West-** black

**North -** blue

**CENTER RIGHT**—a gold candle for the male

**CENTER LEFT**—a silver candle for the female

**CENTER**—Maypole

A goblet and some fruit juice or fruity wine

Platter filled with fruit and sweet bread

A basket or vase filled with fresh flowers



# Beltane preparation

## Preparing Yourself

I love to get a new dress for Mayday! It should be flowing and sensual. The color red accented with gold is a preferred choice, although it's not usually a color I wear.

This is the time to dress like a gypsy.

When you take your ceremonial bath use floral fragrances and put flowers in your bath.

Make a wreath of flowers or a crown of leaves to wear on your head for the ceremony. (I do this on the morning of Mayday!)

Lay out your attire and crown.

Take your ceremonial bath.  
Dress sensuously.

Behold yourself  
in the mirror.

See the beauty  
of the Goddess,

or the Strength  
of the Lord.



**Be the Priest or Priestess of Beltane!**

# Beltane ceremony



## Opening the Circle

### The East:

Face the east. Look and listen then call on the energies of the east wind to come and celebrate. Invite the soaring eagles and woodland fairies, Welcome them. Light your east torch. Light your sage. Walk clockwise in a circle. With harm to none, good will to all. Put your sage down and go to the south.

### The South:

Call on the energies of the south. Feel the sun and see it in your life. Light your south torch. Hold it up and walk around in a clockwise circle welcoming the south, with harm to none, good will to all. Place the torch down in the south and go west.

### The West:

Call on the waters of the west. Invite the bear who dwells in the west and who is now awake and in sync with the Earth. Light your west torch. Hold your bowl of water in your left hand. Sprinkle the water around your circle with your right hand, with harm to none, and goodwill to all. Return the bowl to the west and go to the north.

### The North:

Standing in the north, reflect on the seeds that were held deep within the mother through the winter. Now her quiet seeds have become beautiful flowers, ready to reproduce and flourish. Light your north torch. Pick up your basket of flowers. Place them about moving in a clockwise circle. Give thanks while inviting the north energy and power. Return the basket and remaining flowers back to the north, with harm to none, good will to all.

Light the left center torch as you welcome the Female Energy.  
Light the center right torch as you welcome in the Male Energy.



You stand between worlds,  
in a place of magic

# Beltane ceremony

## Honoring the Maypole and Growth!

Think on the energies of growth in the areas you desire.  
Some Beltane's we write out the areas we want to grow in  
and tie them to the Maypole.



## Maypole Meditation

Behold your Maypole  
See the Pure Life Force  
Rising through it from the Earth.  
Blossoming overhead,  
Cascading down through you.  
Flowing out from you  
to the Lord & Lady's World Beyond.  
Look and See LIFE!

## To Sing, Dance, and Laugh

In a clockwise circle, dance, sing, laugh, and shout for the life you see.  
Go around your circle 9X.

A drum or bell is a fun way to move around the circle.  
Your instrument is happy to sing and celebrate Mayday.



**Laughter Is a Powerful Magic**

## The Feast

Hold your goblet in your left hand, pour with your right. Fill your goblet.  
Drink. Offer it to each direction, the Male and Female Energy. Partake of  
this magical drink and feel it invigorate you.

Hold out your fruit and sweetbread and ask each of the energies to fill and  
empower it. Offer it up to the Male and Female to fill with balance and  
thank them. Partake of this magical food. Taste the Earth's fruitfulness and  
sweetness. Offer some to the earth and wild creatures.

# Beltane ceremony

## Closing the Circle

Thank each direction/watchtower and the masculine and feminine divine for sharing this Beltane celebration.

Extinguish the torches.

Clean up the circle so that it looks as if no one has been there.

Say, "The circle that has been open, shall never be broken" three times.

If you have to do your ceremony indoors, follow the instructions for an outdoor ceremony with the following changes.

Use candles in place of torches.

Instead of walking in a circle with each direction, honor each direction in its place.

For the singing/dancing part, a chant, singing, or drumming will work well.

## Afterwards

Put your maypole in a prominent place to share the wonderful and positive energy of spring in your home and life.

Honor growth and life every time you look upon your maypole

My beloved and I sharing our love  
on the Beltane



# Beltane homework

Go on a nature walk to collect supplies for your maypole.  
Construct your maypole.  
Think about this final spring ceremony.  
What energies would you call in from?  
The East

The South

The West

The North

The Masculine Divine

The Feminine Divine

Prepare your altar.

List; then gather your supplies

Do your ceremony.

Write this out.

A Daughter's Love on Beltane



# Beltane

the maypole rises  
intents set high  
they wave like the  
flowers  
a rainbow in the sky.

we dance and sing,  
laugh and play.  
a special magic we call  
this day.



# midsummer's night summer solstice

A TIME OF MAGIC!

THIS IS THE LONGEST DAY OF THE YEAR,  
A TIME TO BURN & BANISH STRESS AND FEAR!  
THE ENERGY IS OF THE SOUTH

## preparation

- List Of Supplies
- For Herb Pouch
- For Outdoor Ceremony
- Making Your Herb Pouch
- Preparing Yourself
- Preparing Your Home

## ceremony

- Opening The Circle
- Energize The Herb Pouch
- Thurible Fire
- Solstice Fire Chant
- The Feast
- Closing The Circle
- Afterwards

## homework



the sun is at full power

# summer solstice preparation

## List of Supplies

### For Herb Pouch

Cheesecloth

Herbs- lavender, mint, & sage  
are my favorites especially  
if gathered fresh.

Red embroidery floss, hemp or raffia

### For Your Outdoor Ceremony

Fire bowl - center in altar

Rubbing alcohol - west

Epson salt - north

Lighter - south

4 directional torches - each direction

Masculine torch - center right

Feminine torch - center left (It's nice to decorate each torch  
for its energy; the south should be accented.)

Smudge pot, fan, & smudge wand - east

Creek, spring, or lake water - west

Goblet and a sweet wine or fruit juice - center left

A platter with fruit, nuts, and sweetbread - center right.

Herb pouch - with you

Bell - East

Bowl of cornmeal or birdseed - north

Something to sit on is nice

During this ceremony you  
will be burning away  
unwanted, negative  
things from your life. You  
need to take time to  
decide what needs to be  
banished. Poverty,  
sickness, stress,  
imbalance, and lethargy  
are some examples.



# summer solstice preparation

## Making your Herb Pouch

Cheese cloth-7"

Sacred herbs

13" embroidery floss

Cut cheesecloth into a 7" circle

Cut a 13" length of red embroiders floss.

Place the herbs in the center of the cloth.

Wrap the embroidery thread around 3X.

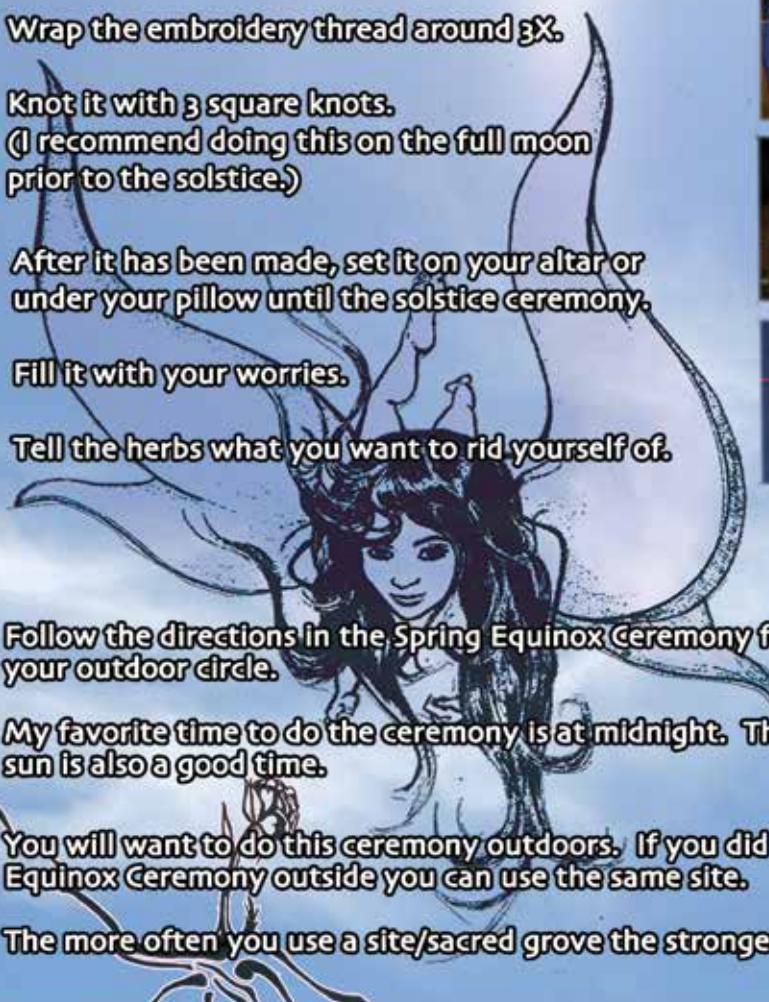
Knot it with 3 square knots.

(I recommend doing this on the full moon prior to the solstice.)

After it has been made, set it on your altar or under your pillow until the solstice ceremony.

Fill it with your worries.

Tell the herbs what you want to rid yourself of.



Follow the directions in the Spring Equinox Ceremony for setting up your outdoor circle.

My favorite time to do the ceremony is at midnight. The noonday sun is also a good time.

You will want to do this ceremony outdoors. If you did your Spring Equinox Ceremony outside you can use the same site.

The more often you use a site/sacred grove the stronger it becomes.



# summer solstice preparation

## Preparing Yourself

In your ceremonial bath use purifying scents.

Citrus or pine work well.

Prepare a wreath of flowers for your hair;  
such as a goddess would wear.

Or prepare a wreath of leaves and nature gifts,  
such as the lord of the wild would wear.

Ceremonially dress in colors of fire since it is the South's time.  
Wear gold, orange, red, or the blue color of fire.

*here's Looking at you!*

## Preparing Your Home

Keep vases filled with fresh flowers.

Keep a pot/kettle ready to simmer with pine  
needles and sage.

Boil when the house feels stagnant.

Keep a basket of fresh fruit out.

Hang chimes.

Feed the birds so that they will come and visit you.

Listen to their song.

Re-pot any plants that need it.

Decorate using sun Symbols.

**..dragonflies only live in healthy environments...**

**...hummingbirds are joy bringers...**

# summer solstice ceremony



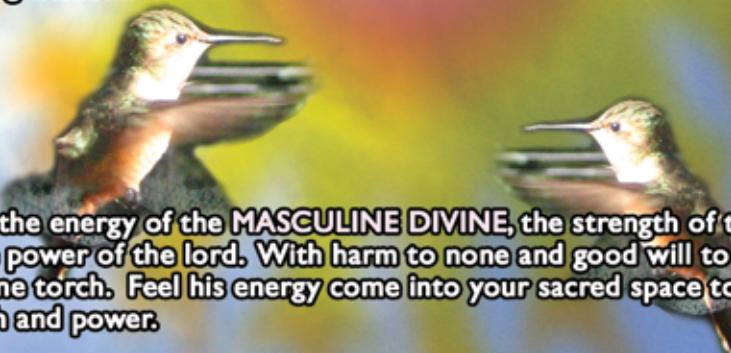
## Opening the Circle

Start by invoking the energies from the EAST, the awakening energy, and the power of the air. With harm to none, good will to all, light your East torch. Now light your sage wand with the torch and walk clockwise around the circle. As you smudge the circle ask the power of the air to clean your sacred space. Go around once and return the sage to the east.

Now go to the SOUTH, the power of fire, and the spark. Thank it for its warming power. Invite it to come and share in its celebration. With harm to none, good will to all, light your south torch. Pick up the south torch and walk clockwise once around the circle. Ask the energy of the south to come and clear by the power of fire. Return the torch back to the south.

Call to the WEST. Invite the water fairies, the element and fluidity of water to come and celebrate. With harm to none, good will to all, light your west torch. Pick up your container holding your fresh spring water and walk clockwise around the circle while sprinkling water. Ask the water to clean, cleanse, and wash the sacred space. Return the water to the west.

Invoke the energies of the NORTH, introspection, wisdom, grounding, and strength to be with you. With harm to none, good will to all, light your north torch. Pick up the bowl of cornmeal or birdseed and scatter it as you move clockwise through the circle. Ask the north to come and welcome her nurturing wisdom. When finished return the bowl to the north.



Call to the energy of the MASCULINE DIVINE, the strength of the warrior and the power of the lord. With harm to none and good will to all, light the masculine torch. Feel his energy come into your sacred space to lend his strength and power.

Invoke the energies of the FEMININE DIVINE, the nurturer, the powerful energies of the maiden, matron, and crone. Ask her to come with harm to none, and good will to all, lighting your feminine torch. Feel the power of the lady as she comes into your circle and thank her.

# summer solstice ceremony

## Thurible Fire

East - Herb Pouch

South - Lighter & Incense stick (to carry the fire)

West - Rubbing Alcohol

North - Salt

All of the ingredients have the ability to cleanse-add them to the cauldron which holds womb energy. the ability to cleanse and clear and make new.

From the WEST add the rubbing alcohol, liquid fire water.

As you pour it into the fire bowl watch the fluid cover what it is you are eliminating from your life. Think of the emotional energy you want to clear as you add the liquid. (Add enough to completely cover the pouch.)

Go to the NORTH and add 3 pinches of salt to your fire bowl. Remember that you are adding the power that comes from the north, removal of physical blocks.

Now to the EAST, add your herb pouch and negative energies from the East, the mind and add it to your fire bowl. Let the east aid you.

Move to the SOUTH and light your fire bowl. With the power of the south allow the fire to burn away the chaff.

Sit comfortably in front of your fire bowl. Gaze into it seeing the old ickies burning away. Listen to the salt as it crackles, clearing and cleansing you and your sacred space.

When the flame goes out, take a deep breath and smell the sweet fragrance. Feel the sweetness in you grow as the negativity is cleansed and lifted away



# summer solstice ceremony

really feel the words to the chant.  
feel the energy of the sacred fire's release.  
feel the power of the summer solstice  
allow it to cleanse you.

## Solsstice Fire Chant

Now is the time  
for forgetting  
Past Cares and Banes  
As I Celebrate  
the Noon of Summer  
with Mystic Rites  
all Nature Vibrates  
with my Energies  
and the Earth is Bathed  
with Warmth and Life.

Now is the time of Purification!

Oh fiery Sun!

Burn away the unuseful!  
Burn away the baneful!  
Burn away the hurtful!

IN YOUR POWERFUL FIRE!

PURIFY ME!  
PURIFY ME!  
PURIFY ME!



when the fire goes out,  
smell the sweet fragrance.  
this is the fragrance of life,  
cleansed and cleared from the  
harmful or hurtful.

# summer solstice ceremony

## the Feast

Offer your drink to the 4 elements  
and the lord & lady.  
Ask them to fill it with midsummer's  
night magic.  
Ring your bell 3X over your goblet.  
Partake in this magical beverage and  
offer some to the earth.  
Offer your fruit, nuts, and bread to  
the 4 elements and the lord & lady.  
Ask it to be filled with wonder and  
joy. Ring bell 3X over the food.  
Partake and offer some to the  
creatures of the wild.



## Closing Your Circle

Walk around your circle in a counter-clockwise direction as you extinguish each torch.

Thank each direction for assisting you on this magical day of power.

Thank the Lord & Lady with your own words of gratitude.

Once finished, say "May the circle that's been opened never be broken" 3X.  
Then ring your bell 9X.

Clean up sacred space-Leave it as though no one was there.

The Lord, the Lady and the 4 elements will remember.

## Afterwards

Be sure to write down how your ceremony went.

You can build a thurbile fire in your home whenever you feel it is needed.

# summer solstice homework



Be honest with yourself.  
What do you really want to eliminate?

Gather your supplies. Make a list!

Prepare Yourself, Your home, the Sacred Space  
you will be using prior to the Solstice.

Make your Herb Pouch on the Full Moon before Solstice.

Perform your ceremony.

Write out how your ritual went.

**journey into summer's magic**

# summer solstice

Like a child  
let the summer begin!  
a sacred play from deep within.  
Let go of worries, cares  
and pains,  
remember the freedom  
of sunshiny days.

feel the fire of the sun.  
the energy he holds.  
Life at its fullest  
as every child knows.



# Lughnassadh Lammas Day

LAMMAS DAY IS THE FIRST OF THE FALL CEREMONIES  
THIS IS THE BEGINNING OF THE HARVEST  
IN EARTH CYCLES AND IN YOUR OWN LIFE

## preparation

Making Your "Straw Man"

Making Your Seed Pouch

Preparing Your Home

Preparing Yourself

Supplies

Your Outdoor Circle

## Ceremony

Opening the Circle

The Saving of the Seed

Returning of the Seed to the Earth

Burning the Straw Man

The Feast

Closing the Circle

Afterwards

## homework

*the creation of the seed  
celebrates the first harvest*

# Lammas Day



LAMMAS IS THE FIRST  
OF THE FALL CELEBRATIONS.  
IT IS IN THE FIRST WEEK OF AUGUST.  
BEGINNING OF THE HARVEST  
IN THE EARTH AND IN YOUR OWN LIFE.



There are 3 profound happenings at this time  
that will be celebrated in your ceremony

Some of the seed from the harvest is set aside for the next planting season so that a potential crop can be planted and reaped once again. Some seed is also given to the Earth as an offering for her bounty.

The chaff is burned. Burning makes the soil ready for the next crop. It removes the non-useable part and recycles. The straw man represents the chaff in your own life you want burned away in a thurbile fire.

The harvest is celebrated and shared. It is a time of thankfulness as you celebrate the beginning of harvest time in your own life.



Enjoy the hummingbirds,  
they will be leaving soon  
Take down your feeder  
when the red flowers fade.  
Send them with a blessing  
on their journey.

# Lammas Day Preparation



## The "Straw Man"

### Gathering Grasses and Herbs to Make your "Straw Man"

A fun creation and a powerful tool.

Take some time, consider the "chaff" in your life.

Create your straw man adding your stress and worry.

This chaff is held in your Straw Man

There are many grasses to choose from.

Lavender with rosemary and sage, or tufts of grass from beaches.

Go on a nature hike. Bring a give-away pouch, munchies & drink, and a gathering basket or paper bag.

Find a meadow with tall grasses.

## When you have found 'The Spot'

Go to the **EAST** (I usually bring a compass, but when it's not with me I look to where the sun rises). Facing the East, thank the winds that loosen the grain from the chaff, and the birds that spread the seeds. Tell them that you are making a straw man to burn away the chaff from your life and ask the wind to guide in your selection of grasses. Give a pinch from your give away pouch to the east.

Go to the **SOUTH**. Face the warmth of the south and tell the energies why and what you are wild crafting and ask that the sun shine on your venture. Give a pinch from your give away pouch to the south.

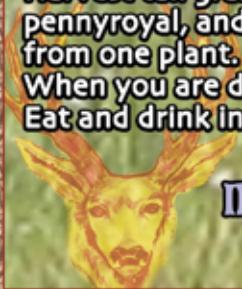
Face the **WEST**. Share emotional baggage and spiritual lethargy you want to eliminate with the west. Give an offering to the west.

Go to the **NORTH**. Be thankful for her abundance give an offering.

Honor the **LORD & LADY**, the masculine and feminine divine.

Harvest tall grasses. Some wonderful herbs to use are spearmint, pennyroyal, and lavender. Ask the plant first! Never take too much from one plant. Let the spirits guide you. This is a magical experience. When you are done collecting, sit down on the Earth.

Eat and drink in ceremony and celebration with the Earth.



**My Dogs love to be part of this Ritual  
Adding their Canine Energy!**

# Lammas day preparation

## Making Your "Straw Man"

You can make your straw man outside or at home. Be sure to light a candle and smudge your work space.

If your grasses are stiff, soak them in water with a tablespoon of mineral oil. Set in a warm oven for an hour.

Raffia or any burnable thread serves to tie him together. Sometimes you find natural raffia or grasses.

Tie up your man using the grasses and herbs.

Measure your Straw man to fit in your fire bowl.

Put all you gourches, poor me's and owwies in him.



## Making Your Seed Pouch

The pouch is best hand-made, but if this is not possible, select a black colored pouch and decorate. Black or earth colors work well.



Start with 2 pieces of fabric cut the same size.

Line up both pieces- wrong sides together.

Stitch 3 sides. Turn right side out.

Fold down the raw, open edge and sew down.

Decorate your pouch or leave it simple.

There is something magical and yummy that happens when you make your seed pouch by hand. You tap into all the energies.

All the elements come to aid you in your work.

The Air-mind, Earth-body, Water-heart, and Fire-spirit all work through you in your creation.

Add your own touches to your pouch, feathers, beads or anything you resonate with.

# Lammas Day Preparation

## Preparing Your Home

Remove things that no longer serve a purpose in your home. Cut all the dead parts off your houseplants.

Baskets of fruits & vases of flowers are great reminders of harvest time and bring this energy into the home.

Sweep your house ceremonially in a clockwise direction with your broom from the Spring Equinox or use your staff tapping it on the ground clockwise around your home.

Give your home a good smudge.

## Preparation for You

Take your bath using fruit scents.

Your dress should be comfortable. You will be working with fire so make sure your sleeves won't be in the way.

The symbol of wheat is often worn. A skirt made of grass is fun! Sit down with a pen & paper.

## The Harvest in Your Life

Think on the harvest of your life

Smudge paper and a pen.

On the left (Seeds) List the seeds harvested in your life.

In the center (Fruit) List the fruit in your life.

What areas are producing, nurturing, and sustaining you?

On the right (Chaff) List what is in need of being removed.

### Seed

Exercise

Meditation

### Fruit

Strength, Energy, Flexibility

Centering, Calm, inner peace

### Chaff

Making excuses

Distractions

# Lammas day preparation

## Supplies

Your ceremony should be held outdoors so review how to set up your outdoor altar from the Spring Equinox and Beltane chapters.

If you have done your ceremony outdoors already, use the same sacred space. Each time it is used, its energy vortex gets stronger and your sacred space grows more powerful.

EAST - wand or athame

EAST - smudge pot, fan, and smudge wand

NORTH - seed pouch

NORTH - seeds to be given back to the Earth  
(wildflowers are my favorite)

CENTER - seeds being saved for the Spring Equinox

CENTER OR EAST - straw man

WEST - rubbing alcohol

WEST - a jar of spring water

SOUTH - lighter

CENTER TOWARDS SOUTH - fire bowl, cauldron, or cast iron pot.

NORTH - Epsom or bath salt in a bowl

4 directional torches for each direction.

CENTER RIGHT - a torch for the masculine divine

CENTER LEFT - a torch for the feminine divine

A goblet and a fruity drink or wine made from apples  
or strawberries.

A nice selection of fruit or bread. (Cornbread is great,  
especially if you make it yourself. Braided bread is also nice.)

NORTH - a bowl of cornmeal or birdseed.

## Your Outdoor Circle

Decorate your sacred space.

If you have trees nearby, hang some bird feeders.

Decorate with gifts from nature.

Feathers could go in the east; a bundle of sun dried grasses in the south, some pinecones or acorns for the west as a gift for the bear that resides there.

Some pretty rocks that speak to you can go in the north.

These are a few ideas, feel free to be creative and inspired with your sacred space.

Refer to your Spring Equinox and Mayday chapters for help with setting up your outdoor circle.

# Lammas day ceremony



## Opening the Circle

Go to the EAST and call on the spirit of the wind.

Have the air elements come to celebrate harvest with you.

Smudge the circle in a clockwise direction asking the air to clear and consecrate this sacred space with harm to none good and will to all. Light your East torch.

Now honor the fiery energy of the SOUTH and call to it.

Ask the fire spirits of the south to aid you in your Lammas Celebration, with harm to none and good will to all. Light your south torch and carry it clockwise around your circle. Ask the fire, the purifier, and the warmth of the south to come and cleanse your sacred space. Return the torch to the south.

Call on the WEST, the water, the bear, and the magic of a beautiful waterfall or a serene lake to be at your circle, with harm to none & good will to all.

Light your WEST torch.

In a clockwise direction, sprinkle the water from the west, washing clean your sacred space with the power of water.

Return the vessel to the west.

Call to the NORTH,

she who holds the seed deep within her through the depths of winter.

Call to the rock people and the deep womb of wisdom.

With harm to none & good will to all light the north torch.

Pick up the bowl of cornmeal or birdseed and scatter it about as you walk clockwise around your circle.

Ask the north to be with you during your Lammas celebration.

Invoke the Lord & Lady and light their representative torches.

**The Magic of Summer held in the Frogs Song**

**Is fading now ~ be not forlorn.**

**The Seasons shift and move around**

**Bringing Variety, Insight and Sound!**

**Like the frog, help us flow**

**With each season ... Learn & let go!**

# Lammas Day Ceremony

## The Saving of the Seed

Hold up your seed pouch to the 4 directions and the lord & lady.  
Fill it with their energies.

Hold up your seeds; think of what they represent in you, the power they hold.  
Carefully put your seeds in the pouch, meditating on the phenomenal powers  
that they contain - the blueprints for your future.

Treasure your seed pouch. Hold it to your abdomen, your solar plexus, your  
heart, and then your third eye. See your potential and power.  
See the blueprints of beauty in yourself and in your seeds.

## Returning the Seed to the Earth

Take your wildflower seeds and ask each element  
for its blessing to be on them.

Scatter them about, giving the Earth a blessing  
and returning an offering for her abundance.

Take time to meditate on the seeds journey.



## Burning of the Straw Man

Look into your fire bowl/cauldron and see the womb.

Add "fire water" (rubbing alcohol) from the west.

Fill the fire pot about ½ way full.

Add 3 good-sized pinches of salt into your fire bowl.

Stir 9X with your wand or athame.

Light the bowl with the fire from the south.

Hold your straw man up.

Put all of your wasteful chaff energy into him.

Now set it into the burning fire.

Watch as your chaff burns away.

Listen to the salt crackle as it absorbs the negativity.

Watch the fire as it eats the straw man until the fire is completely out.

Smell the sweet fragrance.

Stir the ashes with your wand while adding some spring water from the West.

Pour it out to the Earth while taking a deep breath.

This same procedure can be done with a regular fire in a pit or a BBQ.

Use wood for the North, Herbs (dry) for the East, Rubbing Alcohol for the West, the Fire is the South.

# Lammas Day ceremony

## The Feast

Celebrate life's cycles with food & drink.

Offer the food & drink, to be filled  
with the life of the 4 elements,  
and the wonder of the Masculine & Feminine Divine.

Taste each bite and savor the flavor of your magical feast.

Celebrate with nature.

## Closing the Circle

Thank each of the directions/watchtowers and the Lord & Lady for all  
that has been done for all that will be, and for where you are,  
with harm to none and good will to all.

## Afterwards

Keep your seed pouch on your altar.

When you are beginning a new venture, bring out your seed pouch.  
Let the seeds energize your project or new beginning.

When the blues or a depressive energy wants to creep in,  
build a thurbile fire.

Remember the burning of the straw man and banish your blues by the  
power of fire.

# Lammas day homework

**Make your straw man.**

**Make your seed pouch.**

**Make a list of the "chaff" you want to eliminate, the seeds you are saving, and the fruit that is in your life.  
(See illustration -page 5)**

**List and gather your needed supplies:**

**Do your Lammas Day celebration.**

**Write out how your ceremony went.  
This is very important!**

**many in circle go to burning man  
a large scale  
burning of the straw man.**

# mabon fall equinox

THIS IS THE TIME OF BALANCE BETWEEN NIGHT AND DAY,  
IT IS A TIME TO CELEBRATE REAPING THE HARVEST  
THE ENERGY SHIFTS AS DAYLIGHT BECOMES LESS

## preparation

Gathering Herbs  
Cornucopia and 3 Ears of Corn  
Supplies  
Your Home  
Your Self  
Your Outdoor Circle

## ceremony

Opening Your Circle  
Your Herbs, Cornucopia & Corn  
The Feast  
Closing the Circle  
Afterwards

## homework

a time of balance and letting go

# fall equinox

THE AUTUMN EQUINOX-MABON,  
THE SECOND CELEBRATION OF HARVEST  
A TIME OF BALANCE AND REAPING.



We are at another fulcrum point. The spring equinox was balance and planting in the east, the place of the sunrise and springtime. The fall equinox is balance and harvest. It is the place of the setting sun, the west, the place of our emotions and intuition, the place of water, and the place of our dreams and goals. This is where the Yanu spirit dwells, the mighty king bear of the west.

All of nature is harvesting! Squirrels and chipmunks are scurrying, and piles of their empty cones can be found. Birds are migrating as everyone is readying for the long winter ahead. This is the energy we are working with.

In all the rush of preparing for winter, we still need to set our emotion and intuition into balance. Appreciate the outdoors! Most chores are outside at this time. Wood gathering, leaf raking, and planting bulbs are just a few. Enjoy these tasks and work close to the Earth. Breathe deeply and notice how differently fall smells from spring or the noon of summer. Notice the colors. The trees, the water, and even the sky seems deeper. Let that depth grow in you.

This is always a special ceremony for me. My husband Chaz & I were joined together at this time of balance and harvest. Every Fall Equinox we tie 9 knots and restate our love for each other before our circle. It is truly a blessed time. I love the fall in all her splendor.

**sharing our vows**

# fall equinox preparation

This is a time to wild craft herbs for the winter months.

The power of the plant is strongest now.

Here are three to get started:

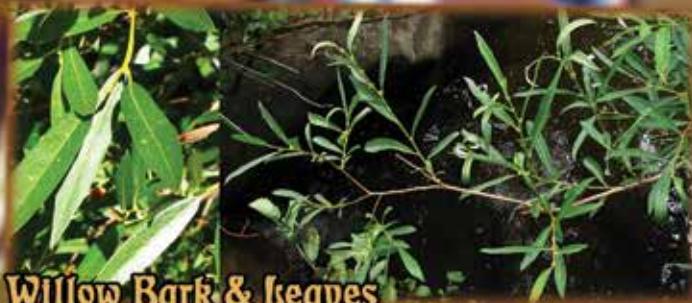
For Tea-1tsp of herb, pour 1 cup boiling water over herbs let sit 3 min.

A tall, fuzzy plant  
grows 3'-5'  
For chest colds-tea  
smoked for asthma  
Fairly easy to  
recognize, grows in  
disrupted areas,  
drier terrain.



**Mullein Leaves**

Willow loves water!  
A tea- Use as aspirin.  
Makes great magical  
tools, naturally  
repelling negative  
energy. Bendable &  
flexible, Use for  
Dream Catcher Hoops



**Willow Bark & Leaves**

This minty plant is  
smelt stepping  
through the woods.  
Use as tea for sore  
throats, in sacred  
fires, aroma therapy  
to lift spirits.



**Penny Royale-Mountain Mint**

## Good Reading!

There are wonderful books on herbs.

Study what grows near you. Some yummy books....:

**Encyclopedia of Magical Herbs, Scott Cunningham**  
**Medicinal Plants of the Mountain West, Michael Moore**

A nice pocket book for our area, **Wildflowers of the Tahoe-Sierra**

Research and nature walks are the best way to learn.

Community colleges often have classes.

# fall equinox preparation

## A Few Rules for Wild Crafting ...

When you have located your spot to gather from call on each direction for assistance and the lord & lady for their blessing and give each an offering.

**Warn the plant!** Always ask first.  
Let the plant know what it will be used for.

**Use a sharp implement to cut your herb.**  
Never break or rip a plant. Some plants do like to be peeled, but this is the exception more than the rule.

**Always thank the plant.**

When you are done, give an offering of thanks to the plant, the directions, and the lord & lady.

After you return to your home, put your herbs in paper bags.

Label your bags with the name of the herb, date harvested, and use. Allow your herbs to dry in the bag. You will fill them with healing energy on Mabon.



## the Cornucopia and 3 Ears of Blessed Corn ...

During this time of year there are many farmers markets and roadside fruit stands, visit these and select 3 ears of Indian corn that are beautiful to you. When home, count the number of kernels on each corn. Picture each kernel, fully grown to a plant feel and understand the abundance. Join the 3 ears together with decorations of bounty.

**Fill your cornucopia with goodies.**  
Representing the cornucopia of the universe spilling out to you.

# fall equinox preparation

## Supplies

4 Directional torches, one in each direction

Masculine torch, center right

Feminine torch, center left

Smudge pot, sage, & fan, EAST

Lighter, SOUTH

Jar of spring water, WEST

Cornmeal & birdseed, NORTH

Cornucopia, CENTER WEST

Collected herbs, CENTER EAST

3 ears of corn, CENTER NORTH

Bell, EAST

Goblet, cider or beer, CENTER

Nut & harvest fruit platter, CENTER



## Your Home

Decorate your home with colors of fall.

I enjoy mums in my home at this time of year.

Gourds, dry flowers and other fall adornments should be tastefully placed around home. Put out fruit and nuts.

Scent your home with cinnamon, apple cider, or orange & clove this time of year.

## Yourself

Dress yourself as the god/goddess of the harvest. Your selection should reflect your heritage.

Bathe ceremonially as directed in the IMBOLC chapter.

I enjoy sandalwood scents in my bath for this festival.



# fall equinox preparation

## Your Altar

This ceremony can be done indoors if necessary, but I have always done it outdoors. If done indoors make simple modifications. Use candles instead of torches. Hold up the smudge pot, water, cornmeal/seed, and south candle instead of walking in a circle. Write down your changes so you can adapt it easily for your outdoor circle. It's best to use the same sacred site that has been used for previous celebrations. The energy vortex grows stronger with each use.

Go to the site prior to the ceremony. Face each direction with awareness and feel the energies. Give an offering to this sacred site. It can be anything from a feather, a special rock, or a pinecone. Give thanks to any animals that come to visit. Pay attention to what they are doing. They are in touch with the mother!

## ceremony

### Opening Circle

Usually this ceremony is done as the sun is setting.  
Always circle in a clockwise direction.

Call in the EAST. Light the eastern torch, circle in a clockwise direction with your sage. Smudge and clear your sacred space.  
Return your smudge.

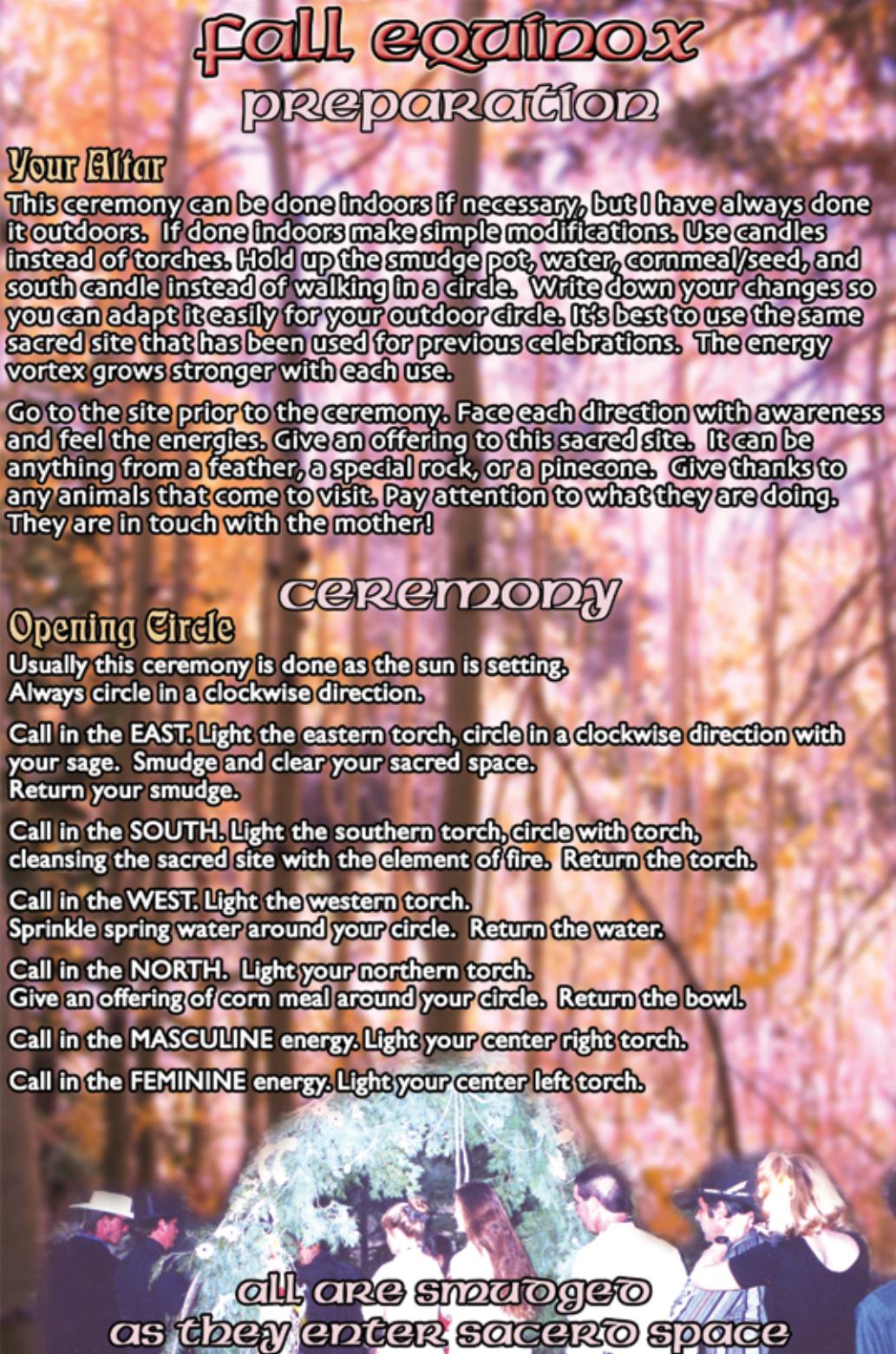
Call in the SOUTH. Light the southern torch, circle with torch, cleansing the sacred site with the element of fire. Return the torch.

Call in the WEST. Light the western torch.  
Sprinkle spring water around your circle. Return the water.

Call in the NORTH. Light your northern torch.  
Give an offering of corn meal around your circle. Return the bowl.

Call in the MASCULINE energy. Light your center right torch.

Call in the FEMININE energy. Light your center left torch.



all are smudged  
as they enter sacred space

# fall equinox ceremony

## Blessing Your Herbs, Cornucopia, and 3 Ears of Corn

Bless your items individually using the following directions for each. When you want to bless or consecrate an item this is a good procedure to follow.

Hold the item to be blessed up to the east and ask the energies of the east to come and fill this magical item. Ring your bell (or play your drum or rattle) 9X over the item.

Go to the south and hold the item up to the south torch. Fill it up with the fiery energy of the south.

In the west, hold your item to be blessed in your right hand and sprinkle lightly with the waters of the west. Ask the west energies to fill your item.

Now go to the north and set your item on the earth. Ask the earth energies to fill your item.

Go to your center torches. Feel the balance of power working together at this time of the Earth's cycles. Put your left hand facing the left torch and your right hand facing the right torch. Breathe as you feel this energy. Now rub your hands together creating an energy ball. Hold your hands over the item and fill it with energy.

Then say:

"As I will so mote it be

-With harm to none, goodwill to all,

Thankful to the universe for heeding my call."

Now ring your bell 9X over the item and say:

"By the powers of 3 X 3, As I mote so shall it be!"

## the Feast

After you have blessed everything hold up your goblet to each direction and the lord & lady. Ask it to be filled, magical, and healing. Thank each energy for bringing its unique energy into your beverage then partake in your drink.

Hold up your platter to each direction and the masculine & feminine divine. Thank them for filling this magical food with their energies, and partake in this magical feast.

# fall equinox ceremony

Before closing sit and meditate on the Earth's cycles.

This time of balance is a good time to reflect.

This is also a good time to chant or drum.

Close the circle, thanking each direction and the Lord & Lady for all their help.

Take the time to be specific.

Extinguish the torches.

As you ring your bell 9X say:

"The circle that's been open shall never be broken" (3X).

## Afterwards

Hang your 3 blessed ears of corn by the entrance to your home. It will bring in prosperity, fruitfulness, and abundance. Keep them until Imbolc.

At this time you should bury them in the Earth as an offering for the abundance you've been blessed with.

Place your cornucopia in a prominent place. If you work with Feng Shui, put it in an area of your home that you want to draw energy toward (i.e. wealth, health, relationship etc.). Don't let it collect dust, and keep it filled. I keep mine out through Thanksgiving.

When your herbs are dry put them into jars and clearly label them.

Set your magical broom from the Spring Equinox in a place by the door.

Give your house a good sweep.

closing sacred space on mabon  
at our wedding

# fall equinox homework

Either take a class or get a good herb book and learn about some of the flora & fauna where you live. Be able to identify 3 herbs accurately in your area. Take nature walks to find them.

**What three Herbs?**

- 1.
- 2.
- 3.

**What are they useful for?**

- 1.
- 2.
- 3.

**Write this information on your paper sacks.**

**Wild craft your herbs.**

**Visit roadside stands or farmers markets to fill your cornucopia and get your 3 ears of corn.**

**Decorate your blessed corn with what you want to bring into your home.**

**What do you want to bring in?**

**What will you use to represent this?**

**Make sure to use no plastic, only biodegradable products!**

**What supplies do you need?**

**Prepare yourself. What will you be wearing and why?**

**Perform your ceremony.**

**Write out how your ceremony went. VERY IMPORTANT!**

**Hang your blessed corn over the entrance to your home.**

**Place your cornucopia in a prominent place in your home.**

**Put your herbs in clean glass jars when they are dry.**

**Use them for tea, tinctures, or oils for future use.**

# fall equinox

## the nine knots- our vows

On Mabon in 1996,

My Beloved Chaz and I committed this lifetime to each other.

This time was chosen because light and darkness,

Male and Female are in perfect balance,

with equilibrium we shared our vows.

With your hands on this first knot you vow to the Great Spirit and to your chosen lifemate to love one and other and help one another's love grow into a lasting union.

With the second knot you vow to study and discuss the plans and paths that your future as a couple must take, remember first to be critical of your own conscience.

With this knot you vow to always consider your union and the happiness within it to be the first priority and responsibility for each of you.

With the fourth knot you vow to always strive to utilize the spiritual, mental and physical discipline necessary to assist and sustain your union through difficult and peaceful times.

With this knot you vow to live by the laws which govern Mother Earth, her creatures, spirits, planets and stars and to teach this respect to all children, so that you may be found smiling when a review of your loving deeds is assessed.

With the sixth knot you vow to remember that love, warmth, rest, recreation, laughter, understanding, caring, sharing and kind consideration for each others feelings is what gives a union a strong foundation.

With the seventh knot remember to be strong for each other, not yielding to temptations which deny or violate the sacred union vows.

With the eighth remember to be just and kind to each other so as to walk gently with balance on the earth, with dignity, integrity, and harmony in your minds, hearts and spirits.

Lastly vow to guard and protect the sacredness of the union with prayer, wisdom, divine guidance so you may look upon your union daily without shame.

# samhain hallowsmas

THIS IS THE TIME WHEN THE VEIL  
BETWEEN THE WORLDS IS THIN  
THE EARTH READIES HERSELF FOR DEEP SLUMBER.

## preparation

- Selecting your Pumpkin
- Carving Symbols
- Cooking the Pumpkin & Seeds
- Finding Your Stone
- List of Supplies
- Preparing Your Home
- Preparing Yourself

## ceremony

- Opening the Circle
- Lighting the Intent in Your Jack-O'Lantern
- Thurible Fire
- Remembering of Ancestors & Loved Ones
- Memorial for Yourself- Burying Your Stone
- An Offering of Pumpkin, Elder, and Apples
- Closing the Circle
- Afterwards

## homework

preparing to enter  
earth's deep slumber

# hallowsmas

## WELCOME ANCESTORS!

THIS MAGICAL TIME IS RECOGNIZED IN MANY DIFFERENT CULTURES.

AT THIS TIME THE WALLS BETWEEN THE WORLDS ARE THINNEST.

THE SPIRIT WORLD OF OUR ANCESTORS IS CLOSE.

THE DEATH-REBIRTH CYCLE IS STRONGLY FELT.

THE BAT, CAT, SPIDER AND OWL ARE SAMHAIN'S TOTEM ANIMALS  
ALL THE OTHER BIRTH-DEATH-REBIRTH SYMBOLS SUCH AS SKELETONS  
& GHOSTS REFLECT THIS ENERGY AS WELL.

AS THE EARTH TAKES ITS BREATH BEFORE THE DEEP WINTER,  
WE CELEBRATE THIS CLOSENESS TO THE SPIRIT WORLD  
AND THE BIRTH-DEATH-REBIRTH CYCLE IN OUR OWN LIVES.

## preparation

### Selecting Your Pumpkin

If possible it is best to go to a pumpkin patch.

Select the pumpkin that you feel drawn to.

Tip the farmer.

Bring your pumpkin home.

Cut a hole on top.

Clean out.

Save seeds for cooking.



### Carving Symbols

Choose symbols that you can carve into your pumpkin that represent what you would like to draw into your new year. Here are some ideas:

Money and Abundance



Love



Sunshiny Health



The possibilities are unlimited! As you carve your pumpkin see a picture in your mind of what you wish to draw into your life.

It takes a lot of work to carve a pumpkin...but seeing your intention light up is well worth the effort!

# hallowsmas preparation

## Cooking Seed & Pumpkin for Your Ceremony

Clean your seeds in a colander.

Bake or fry your seeds with seasoning to taste.  
(I use garlic salt)

As you are cooking, see the seeds providing their energy & power.

Run energy into them as you are preparing them.  
Think good healthy, loving thoughts as you cook.

Boil or bake your pumpkin remains from carving then bake into a muffin or bread recipe. You can use a banana bread recipe, just substitute the boiled pumpkin for bananas.

Set aside some of your cooked seeds and muffins or bread for your ceremony.

## Finding Your Stone

Take a walk. Find a rock that resonates to you.

Choose a good-sized rock that fits in your hand.

Carry this stone close to you from now to Samhain.

Sleep with it near your head

# hallowsmas preparation

## List of Supplies

Torches (candles if indoors) -one for each direction

Masculine torch (or white candle) -center Right

Feminine torch (or black candle) - center left

Pictures of loved ones - decorated around circle/altar

Carved pumpkin w/candle inside - center

Your stone - on your person

Epsom/bath salt - north

Bowl of cornmeal/pot of earth - north

Bell- east

Smudge pot, sage/herbs, & fan - east

Rubbing alcohol- west

Jar of spring water -west

Lighter and incense stick - south

Pumpkin bread, seeds, & whole apple -center right

Cider -center left

Black altar cloth

Smudge all of the above

## Yummy Herbs for Hallowsmas Fire

Pinesap collected from trees.

Amber is nice with rose or clary sage.

Cinnamon, clove, and allspice  
also make a nice blend.

# ballowsmas preparation

## Preparing Your Home

Decorating this time of year is fun. It is easy to locate totem animals to represent Halloween. Spiders, bats, brooms, and cats each have its meaning. Invite them in for a new and exciting year.

Pictures of loved ones that are no longer with us, or live long distances away, should be placed around your home. If you have children, this is a time to share your childhood memories. It is a time to teach them of their heritage. Tell them who the people in the pictures are, not just their names, but what you remember about them. Now is the time to share the knowledge that's been brought to you with the future generation.

## Preparing Yourself

This is a festival that you can dress up to be whatever your heart desires. I love to play dress up so this is one of my favorite times.

Take your ceremonial bath. I use black candles for this because the veil is the thinnest now. Dress magically!

## Preparing Sacred Space

The weather is always the deciding factor as to where you will have your ceremony. Try to do your ritual outdoors and plan your attire with that in mind, but when this is not an option, have your indoor altar ready.

If you are having your ceremony outdoors refer to the Spring Equinox chapter to review directions.

# hallowsmas ceremony

THIS CEREMONY SHOULD BE DONE  
AFTER THE SUN HAS SET

## Opening the Circle

Call in the winds of the East. May they aid you on this magical night like the flight of the owl or the raven and the sonar energy of the bat. Light your east candle and smudge your sacred space.

Call in the fire of the South and welcome the warm childhood memories of loved ones. Light your candle from the south and hold it up to illuminate your sacred space with its light and fire.

Call to the West and welcome your ancestors to your circle, with harm to none and good will to all light your west candle. Sprinkle water around your circle and ask it to cleanse, bless, and soothe your sacred space.

Call in the energies from the North and ask for their wisdom and protection as you light your candle. Scatter your cornmeal in your sacred space. Hold up your bowl of earth as a blessing to honor the north.

Light the torch/candle for the Masculine Divine and honor his energy.

Light the torch/candle for the Feminine Divine and honor her energy.

**the circle is now open and  
ready for magical work.**

**the veil is thin ...**



# hallowsmas ceremony

## Lighting the Intent in Your Jack-O'Lantern

Hold up your carved pumpkin and look at the symbols you have carved.

Think about your intention and see it clearly as you share it with the energies from each direction, the lord & lady, and the ancestors.

Light your candle and see your intention "light up". Set your pumpkin in a visually prominent place on your altar.

## Thurible Fire- Remembering Your Ancestors & Loved Ones

Since you will be lighting firewater (rubbing alcohol), safety first!

Do not use a lighter directly, but use an incense stick.

Set your fire bowl/cauldron in a fire safe spot in the center or south.

Fill it ½ way with firewater (rubbing alcohol) from the west.

Add 3 pinches of salt from the north.

Put in fragrant herbs/oils from the east.

Stir 9X clockwise with your wand or athame.

Light the mixture with the fire (incense stick) from the south.

Sit comfortably as you gaze into the flames of your fire.

Listen to the salt crackle as it burns away negativity.

Allow memories of the past to rise and share them with the fire.

Think on the old ways & ancient wisdoms and let them speak to you through the flames.

When the fire has gone out close your eyes and smell the sweet fragrance as you breathe deeply.

## Memorial for Yourself; Burying the Stone

Hold your stone close to you and think of your past triumphs and accomplishments this lifetime.

Make a memorial for yourself.

Bury your stone in the north of your sacred circle.

If indoors bury in a bowl of earth in the north.

Cherish yourself and this lifetime.

# hallowsmas ceremony

## An Offering of Pumpkin, Cider, & Apples

Hold up your platter that has the pumpkin bread and think about what went into creating the delicious treat, and how each element aided in its creation. As you eat, let the energy renew each cell.

Cut your apple in ½ horizontally so you can see the star in your magical apple. As you enjoy the sweet juicy flavor of your apple think of the tree it came from and share in the bounty of the earth's richness.

Pour a cup of cider. As you savor the richness of it think of the elements that have brought it to you.

## Closing the Circle

Thank the ancient ones for sharing in your ceremony and the energies of each element for aiding and protecting you in your sacred work.

Thank the Lord & Lady for their presence.

Feel the energies.

Say to them,

" May the circle that's been opened, never be broken." 3X

Extinguish the torches/candles

Clean up sacred space.

## Afterwards

Write out how your ceremony went – all your experiences and sensations.

As you pack up your decorations with love and care. Cherish those you honor through the winter season.

Happy Celtic New Year!



**may the circle that's been opened  
never be broken!**

# hallowsmas homework

Select your pumpkin.

Decide what intent you would like to bring into the New Year.

What symbols would you carve to represent this?

Find your special stone. Keep it with you prior to your ceremony.

Make a list of the supplies you will need.

Prepare a special costume for your ceremonial outfit.  
Describe.

What energies do you want to call in?

EAST

SOUTH

WEST

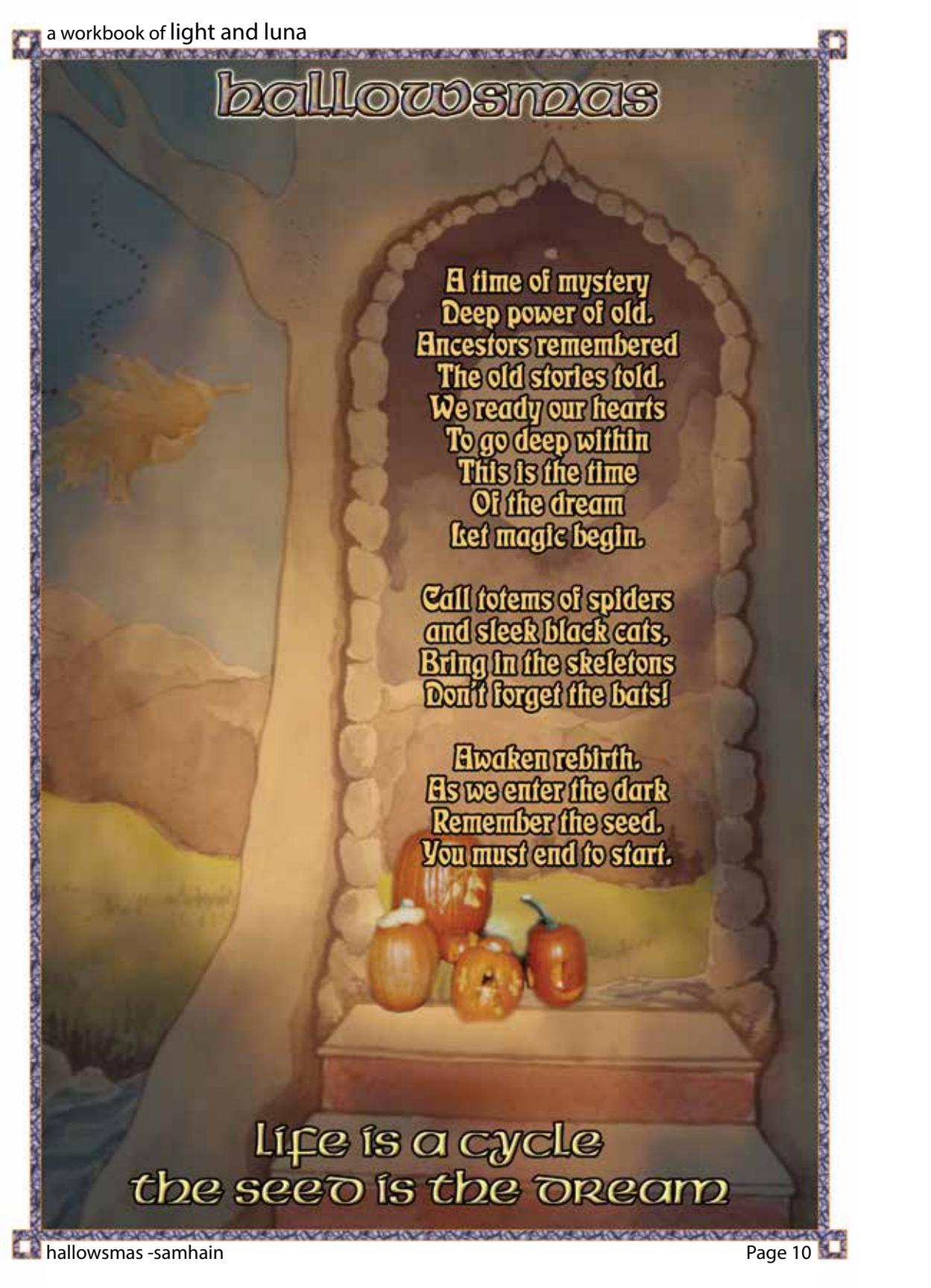
NORTH

MASCULINE

FEMININE

What ancestors would you like to invite to your circle?

# hallowsmas



A time of mystery  
Deep power of old.  
Ancestors remembered  
The old stories told.  
We ready our hearts  
To go deep within  
This is the time  
Of the dream  
Let magic begin.

Call totems of spiders  
and sleek black cats,  
Bring in the skeletons  
Don't forget the bats!

Awaken rebirth.  
As we enter the dark  
Remember the seed.  
You must end to start.

Life is a cycle  
the seed is the dream

# yule winter solstice

THIS IS THE LONGEST NIGHT OF THE YEAR!  
FROM THIS NIGHT FORWARD THE DAYS GROW LONGER UNTIL  
THE SUMMER SOLSTICE.

THE OAK- SUMMER KING WILL GROW IN POWER AFTER THIS  
NIGHT & THE HOLLY- WINTER KING'S REIGN WILL RECEDE.

## preparation

Decorating & Lighting Your "Evergreen" Tree

Lights & Candles

Stockings

The Yule log

A Winter Solstice Drink

Bromas of the Season

Sharing Gifts

Preparing Yourself

Clothing and Jewelry

Ceremonial Bath

## ceremony

Opening the Circle

Burning the Yule Log

The Feast

Closing the Circle

Afterwards

## homework

celebrate the lights return  
By the sparkle of snow under the moon



# winter solstice



THIS IS A TIME OF HOLIDAYS & FESTIVITIES. MANY OF THE CURRENT TRADITIONS ARE STEEPED IN OLDER PAGAN TRADITIONS. THIS TIME OF THE YEAR HAS ALWAYS BEEN RECOGNIZED AS A TIME TO BE FESTIVE.  
WINTER SOLSTICE IS ON DECEMBER 21.

FRIENDS & FAMILY WOULD OFTEN JOIN TOGETHER ON THIS LONGEST NIGHT OF THE YEAR. GIFTS WOULD BE BROUGHT TO THE HOME BEING VISITED. THE INTENT OF THE GIVEN GIFT WOULD BE TO GIVE SOMETHING THAT THEY WOULD BE BLESSED WITH HAVING ALL YEAR, I.E., FOOD, DRINKS, FIREWOOD, CLOTHING, ETC.

EVERY CANDLE IN THE HOUSE IS LIT ON SOLSTICE NIGHT TO BRING LIGHT ON THIS LONGEST NIGHT.

## preparation



### Decorating the "Evergreen" Tree

When selecting an evergreen tree a living tree is always best, but sometimes that is not possible.

I prefer a real tree, but any plant will work.

When cutting your own tree get the required permits and bring along your give-away pouch (cornmeal, tobacco, & hair are what I fill mine with). Locate an area where the trees are overcrowding each other. Circle the area and ask the trees which one would like to come home with you and be decorated for winter solstice. If you decide to buy your tree select the one that talks to you. Tip the person you are buying it from. Let blessings flow, and your tree will bring blessings to you.

Decorate your tree with special ornaments to bring increase, because beginning on the Winter Solstice, the power of the sun will increase. Dress this magical evergreen tree with love & power. Other trees have gone brown and lost their leaves, the evergreen stands green and beautiful. Light her up with childlike wonder. At this moment of magic make a wish when you light up your tree. Place an angel or star on top, a token honoring the return of the sun's power.

# winter solstice preparation

## lights & Candles

On Solstice night every candle, oil lamp, & Christmas light should be lit. Stock up on candles.

My children still enjoy all of the candles being lit, welcoming the sun back. What a magical atmosphere it creates, having soft candlelight and the clean scent of your evergreen tree.

## Stockings Hung with Care

This is a very old tradition. I still use the stocking Grandmother handmade for me when I was a little girl.

This is a time when night/void is strong and we fill it with love & light. Loving gifts fill the empty stocking.

Years ago my children made their own magical stockings. They still talk about how special that time was to them.



## Yule Log

First you need to select your Yule log. Look for a special & unique log that speaks to you. If you heat with wood this will be easy. If not take a nature walk to wild craft your Yule log. Leave an offering before bringing your Yule Log home to decorate.

Decorate your log with representatives of your Intent for the year ahead. Do not use plastic or other items that are toxic when burnt. Tie your wishes onto your log, and decorate with love. Set it in a special place until your Yule Ceremony.

# winter solstice preparation

## G Winter Solstice Drink

I make Glugg for the Winter Solstice Ceremony, following an old family recipe. If you prefer to have a non-alcoholic beverage, choose a warm, yummy drink like apple cider or spiced chia tea. Add carminative spices such as cloves, cinnamon, or allspice. I like to heat it up on the wood stove. These warm & magical brews have healing properties that prepare our body, mind, spirit & emotions for the winter months.

## Aromas for the Season

Baking always fills the house with a wonderful aroma. The smells of cinnamon and cloves are always a reminder of the season. I love making oranges with cloves poked in them to hang in the clothes closet, if you have children, they will love making them. Your evergreen tree will also add a wonderful fragrance to your home. YUM!

## Shared Gifts

On the night of Solstice, gifts are exchanged. The gifts given signify what you will not run out of. So if food is given that will represent having lots of food year round, if clothing is given, lots of clothing for the year, if hugs are given, lots of love for the year. Be creative with your gifts. A dear friend from my circle blessed me with business cards to represent my business growing and prospering. The gifts do not need to be expensive, just thoughtful.

## Preparing Yourself

### Clothing and Jewelry

This is the time to dress festively! Gold & silver, rich velvets, and lovely materials are what to wear for this ceremony. Let your attire reflect richness & bounty on this Solstice night. The necklace was a gift made by Lady Evon for me on a Winter Solstice. Your jewelry should feel rich for this ceremony. Wear your very best!

### Ceremonial Bath

As described in the Imbolc chapter, use aromatic scents as you prepare. Frankincense & myrrh are traditional scents of the season.

You & your home are now ready for your Yule ceremony.

# winter solstice ceremony

## Opening Circle

Follow the same procedures as you have been in other ceremonies, paying special attention to the North & South energies that you call in.

Always remember; harm to none & good will to all as you light each directional candle. Call in the Masculine & Feminine Divine. The flame & fire are always significant on the solstices so pay extra attention to them.

## the Feast

Ladle your warm drink into your chalice.

Hold it up, smell it and feel its warmth.

Fill it up with the divine energies from each direction, and the lord & lady.

## Burning the Yule Log

Light up your log and watch the spirits of smoke & fire! Watch your intentions ignite with the warmth, light and power held in the solstice fire. Look for images in the flames or smoke. Often signs are seen for the intentions set. It is an old cowboy tradition to gaze into the fire for omens ahead and help from the past.

an old and wonder-filled magic.

# winter solstice homework

Choose your special evergreen tree.

Use a special recipe for your solstice drink & feast.

Make your Yule Log. Be specific with your intention.

What energies do you want to call in for this ceremony?

EAST

SOUTH

WEST

NORTH

FEMININE

MASCULINE

Prepare your home & yourself.

Perform your ceremony.

Write out how it went! What did you see in the flames?

## Winter's Knight

Dancing and leaping without a fear!

Crackling and roaring so all can hear.

Bringing light removes all fright.

Adding warmth to the Coldest night!

A dance of magick, a Power Divine.

On Solstice night I make it mine.

We dance and roar on this shortest of nights

and play with the laughing fire sprites.

The warmth of love and friends held dear

are reflected in the Fire Knight's good cheer.

**I end with a song I wrote  
to close sacred space**

**May the circle be open but unbroken  
May the Breath of the Winds, blow ever through your Mind.  
Merry Meet, Merry Part and Merry Meet Again.**

**May the circle be open but unbroken  
May the Warmth of the Fires, be ever with your Spirit.  
Merry Meet, Merry Part and Merry Meet again.**

**May the circle be open but unbroken  
May the Love of the Waters, Wash over your Heart.  
Merry Meet, Merry Part and Merry Meet again.**

**May the circle be open but unbroken  
May the bounty of the north, bring strength to the flesh.  
Merry Meet, Merry Part and Merry Meet again.**

**Chords:**

**Open with -D-strum  
Am-Em-Am-Em-D-G-D-Am-D**

*May the knowledge in this book bless your life and the lives of those around you!  
Be Blessed and Blessed Be!  
Debi*

## In closing, I wish to thank

It's a blessing to be surrounded by talented friends. Many pages are blends of many talented friends. When the camera's been passed around at ritual, it is often a mystery who took the photo.

### Thanks to these friends for their artistic & magical contributions

#### keronius aka charles p wyffels

My beloved's art is on almost every page in this book. His talent to capture magic on a lens is phenomenal. Although he is not the biological father to my children, he has loved them. He walked Joelle down the aisle. He is priest of our circle, Lord of the Wild, soft spoken and animal friend. He has been in my dreams long before we met on a magic filled Halloween night sixteen years ago. From that moment on our lives have been shared. I am so blessed.

#### coral snake aka joelle & merlin aka dave donofrio

There are not enough words... I love you both. The book is my daughter, Joelle's Legacy. At the time of this writing Joelle and Dave were married. I had the honor of performing the ceremony. Joelle is amazing and Dave is wonderful. To Dave, her husband, who helped me out on many occasions with his computer wisdom. His pictures and Joelle's are through the book, as both are inner circle and are at many rituals.

#### yanu spirit aka ROBERTA-JO ROSS

I guess we have been doing ritual together for 15 years. First right hand and now, priestess of her own circle. She is my rock! Artistic, beautiful and busy. Her family owns Camp Richardson's Riding Stables. Our medicine wheel, built for our wedding is there. The Ross's are more than friends. They are family. Thanks to Yanu Spirit, her brother Quint and their Mom, Jill. Yanu Spirit proof read the book with assistance from the crew, notably Melissa McKnelly. Her sketches are- Dark Moon pg 5; Beltane (rose) pg 13.7; (grapes) 8; Hallowsmas (wee woman) pg 1.3.

#### wild fire aka griffin lefaye

Griffin's gifts are many, he is training with me and started me training apprentices. He is 'Left Paw' in sacred space. A brother and friend his work and support are always appreciated. He is a Fairytale Champion for magic. He is decorating the Maypole on pg 7-Beltane and is the fire knight in the Male Energy Chapter. the Elements pg 6, 9, 12, 13; Winter Solstice pg 5; In Closing (sunset) photo. The M&F statues were his gift.

#### Lady mountain ash aka evon eisenburg

Evon, Lady Ash is a blessing to all who meet her. Holds right hand in sacred space. She too, has been training with me. She is nick named 'Ever Hot' as she holds yummy mother energy while looking amazing. She is the Mary Poppins of circle always pulling what one needs out of her magic basket. She is an amazing artist. Sketches of pumpkins, the necklace from Winter Solstice was made for me by her. Hallowsmas (pumpkin) pg 2.7; Summer Solstice- (Making Your Herb Pouch) pg 3

#### CAMP RICHARDSON'S RIDING STABLES

This family of friends helped me in so many ways! We have been friends a long time. I had the honor of marrying Quint and Kelly, cooking for the crew, getting married myself, raising my children and riding horses. There is much wisdom living close to nature and animals. I count myself lucky to call them friends. Many of the ceremonies (almost always Beltane & or Hallowsmas) are held there. The rituals in the Mabon Chapter of Chaz and I, are there. The photos in Beltane Chapter, pgs 6, 7 were taken there as well.

#### gentle doe aka rebecca kinelski

Trained with me and added many beautiful photos as well as being in some! Held Right Hand in Sacred space for several years. She and Lady Ash are dancing in the South photo. She is also in the Beltane photos with Joelle. Her photos are- Dark Moon (fire photo) pg 4; Lamas Day (burning Man) pg 10; Mabon (wild crafting photo) pg 4

#### SHERRI HOWE

Sherri Howe contributed much of the beautiful art in the Sol's Days Section. A mother of two wonder filled children. She has moved away, but before she left gifted us with her art. Imbolc Chapter- The Drawing Up Energy; Rooting With the Elements-Spring Equinox Chapter- Acon Prayer; Lamas Day; The Night Bird Flies- Mabon; Held By the Dreaming Tree- Hallowsmas

## In closing, I wish to thank

### **sara smith**

Took my first Luna's Cycles Class, when I offered The Eight High Days Workshop. She traded her beautiful illustrations for the class. Most of the illustrations in the Luna's Cycles segment are her contribution. She sketched the Maypole after a powerful Mayday Ritual we celebrated. She has gone on to be a professional artist and soon to be Mom. Her website - [mac.com/sarasmith](http://mac.com/sarasmith)

### **christie cubber**

It began with a tattoo I wanted to gift my husband. He said he wanted a fairy that looked like me flying through antler horns. We still haven't gotten the tattoo, however her art is now part of my book. She is a talented and wonderful woman. She can rip down a mountain on her board, be so artistic and now she is a mother. Amazing. Her website - [www.ushergalleries.com](http://www.ushergalleries.com)

### **joanna aka joanna bailey**

Joanna, long-time friend, her talent with paint is only a piece of her many talents. She has been a part of circle for ages. I have had the honor of hand fastening her and her beloved Nette. Watching her daughter, Forest Light, grow into a beautiful young woman. Many rituals have been shared between us and some are shared in the photos in Summer Solstice and Hallowmas Rituals. Joanna's Art - [www.joanna-bailey.com/pg1\\_2\\_4\\_5.html](http://www.joanna-bailey.com/pg1_2_4_5.html)

### **elizar aka chris lowenry**

This knight is part of circle and took my PC version from Picture it Publishing (very messy) and put it into Photoshop. He has also worked with Dave Donofrio and Pete Pilcic on our website. His gifts are much appreciated.

### **lady cassandra aka denisse banks**

Wonderful Lady Cass! Collector of magical artifacts and great student and friend. Thanks for helping out when needed! Hallowmas (rocks) pg 3/7

### **heartbeat aka marie dermilyea**

Many blessings, Friend. New Moon Art pg 4

### **dave freemans**

Beltane pg 9

### **keoke flagg**

Mabon (Debi & Chaz) B&W's

### **wizard of ratatouille sounds aka pete pilcic**

Lastly in the spot of honor. Many, many hours has Pete spent teaching me Photoshop, Mac's and how to be more formatted. But more than that I could bounce ideas off of him I could say "I want it to feel like that" and he'd get it. In his super busy schedule he found time to work with me. He believed the project worthy of his time. He is the reason this book looks as great as it does. He is a wizard and a good friend.

## **Blessings my friends for financially backing A WORKBOOK OF LIGHT & LUNA**

**denisse banks** May you grow in grace, the magic always with you

**dave & joelle donofrio** May you both be filled with love at the sight of each other.

**eden elsenberg** May you be light and filled with joy.

**cathy gatz ferre** May you be blessed with grandchildren's love and laughter.

**pettit & ralph gilcooe** May your children grow up to bless you

**griffon lepage** May your wild fire warm the heart of your true

**chris lowenry** May the natural rhythms and cycles bless your balance in this realm

**laura portridge** May magic and wonder come to you in pragmatic ways!

**quint & kelly ross** May you ride together in love this life, your children as bright lights

**roberta-jo ross** May the sun shine warmly on you and fill you with yummumum.

**marijane klemons** May you be on your sacred path

## In closing, I wish to thank

This realm and lifetime for the incredible abilities we are surrounded by. The breath of wind, the warmth of sun, the fluidity of the waters, the groundedness of the earth, The strength and power of the male and the life giving ability of the female and the love that can blossom between them. Thank you.

My Grandmother who passed on her love and lore.

My beloved husband, who shared me with my computer! Who with the purchase of a digital camera has added many of the beautiful photos. Loves me and treats me like his little princess and he is my black knight - Romance and tenderness kept me from being overwhelmed! I knew when we connected that Halloween night - that you we're the man in my dream ... Thank you my beloved. I love you.

My son and daughter, who taught me so much about a mother's love. My daughter and I are blessed because we are unusually close and I am very honored to be her friend, sister in circle and mother as well. This book is her legacy made public. I love you in a special way, Joelle, that very few can understand. Be blessed this lifetime and CELEBRATE & SHARE your joy!

My circle, who cares and shares so much of my life I love every one of you! Thank you for sharing your sacred energy! I am honored to be surrounded by a talented and amazing circle! Each one of you adds so much ... well you know ... who's got the lighter???

A special thanks to Yanu Spirit. You are the greatest of friends. I thank the day Chaz called and said "Debi needs you". From that point on you've always been there. Even when time goes by, as it quickly does, things are always the same. I love you.

Hugs and Kisses and a loud Hee Haw for Camp Richardson's Corral! I love you all!

My students, many who are now friends and inner circle! You taught and inspired me so much! The classes I taught are reflected in this book! Many of the points I make are because of the students perspectives and problems! Watching them work with ritual and energies, tapping into their own unique abilities has in many ways shaped this book! I am honored to have worked with and been taught by every one of you! I have been blessed to have the greatest students!

A special thanks to Sara Smith, Yanu Spirit, Lady Mountain Ash, Sherri Howe and Christy Elder for their beautiful illustrations!

A hug and fairy dust to Jaime Olson, who typed out the very first workshop handouts before I learned to use a computer.

To all those who have helped at the Academy of the Ancient Arts and made it the sanctuary it is!

My wonderful animals who console, play and comfort me!

Many pages are conglomerations of art and artist. All of the art has been gifted to me from circle and friends. Much of the art has been modified in Photoshop to work with the formatting and readability of this book. Truly, it is a creation of our circle. This book is published because circle and friends pitched in creatively and financially. I did not want to give up copyrights to my family's traditions and knowledge, so when it came time to print out A WORKBOOK OF LIGHT AND LUNA circle invested in the venture...How blessed can a woman be? VERY.

Be Blessed and Blessed Bel-Debi

## author's note

All the pages are done! This work of over 10 years began when as a reader and priestess I started teaching and sharing grandmother's lessons. Over the years it is a joy to see the lives it has blessed, the dreams that have come true and the doors it has opened. From beautiful 'Hiawatha' who pulled every bird card and air symbol for her reading and began to pursue her dream of becoming a pilot. Now flying her own airplane in the wilds of Alaska.. living her dream. To Yanu spirit who wanted a ranch. She now works 120 acre ranch she drew with her patient intent. Dreams can be reality. utilizing the seasons and cycles to be on your sacred path to the highest good, has for this circle worked every time.

I have seen miracles while writing this book. Mesoon our large dog, seen in photos throughout the book, was suddenly unable to walk. The animal hospital had no real solutions, except putting him down or extensive surgery with low chances of success. I thought on all the powers I have tapped into, all those I have helped. Now I called on circle. Healers came up to my home, everyone loved him. But it was on the power of Fall Equinox I called circle to my home. We ran energy on him in sacred space. All could feel it. That night he walked. The photos are AFTER the healing.

My daughter, Joelle a beautiful and talented gymnast was hit by a car in a cross walk. She went 20 feet in the air landing on her head and shattering her ankle. We smudged the ICU room and called in the elements to aide her healing (her coaches standing guard at the door). She too is another miracle. Now a second year medical student, training to help others with head traumas. I have had the honor to marry her and her beautiful man, Dave, this Summer Solstice, a day of sunshine and light.

This book began as a simple hand written packet that I used to teach...Luna's Cycles, The Eight High Days of Power and The Elements and You. These became typed out by Jamie. In 2000 I purchased a computer (I never worked well with electronics, generally frying them.) I rarely had a TV in my home and for many years did just fine with no phone. So the computer was a new challenge. Luckily I bought it new with warranty. In under 3 mos I fried the mother board and most of the other parts. I tried putting crystals on it to diffuse the energy, bad idea. The crystals shattered. It was one of the children in circle who put a stuffed well loved animal on my computer that actually helped. My office now has stuffed animals on all the electrical equipment.

With the PC moving and not crashing I made the packets more interesting. Sara Smith an early student added the sketches which I cut out and the pasted (physically) to the paper then copied them. As I grew tech wise I started using Picture It Publishing. This made the packets much more fun and colorful. But the program kept crashing (I learned later I was making it do way more than it was designed for.) It had clip art that I used to add to the words, but alas it froze all the time to the point where I could not edit text without it saying "PIP has an error, PIP will now close". I pushed on as the handouts were so valuable to my students.

I started putting each page in a page protector and securing them together. Soon I had three booklets. Again with many errors. At circle's suggestion I copyrighted this. Because the art was from PIP (except Sara's art) the art in the book could not be copyrighted. Only the text was copyrighted at this time. (2001)

I have never been one to slow down, but making copies of the book took at least 5 hours to print and the cost of ink cartridges, too much. I got a reinking system (Thanks to John Mills from [weink.com](http://weink.com)) After printing over 500 copies I was really ready to relieve myself of that task.

It was about this time several things occurred. My beloved got a digital camera and we discovered he had an amazing talent. Griffin came into our lives and circle and turned me on to Mac which has much less difficulty with energy folks, as well as the Adobe Programs which... well are pretty amazing. He gave me a Mac with a 23" screen, calling it a scrying window!); as well as a template to write and draw with.

About this time a wonderful wizard and friend stopped into the Academy, Pete Pilicic. I showed him my book and DVDs. He said, "If you want to do this right I'll teach you." I called to set up a time. He said "Just bring your laptop." I thought, "What laptop?". Well I was given one to use by Chris and Griffin. Again I killed it (hard to keep a stuffed critter with it, I guess) I purchase a G4 and upgraded my Mac to a G5. Purchased the Adobe Programs (thanks Dave) and met with Pete. I am 49 years old and often it is said, 'You can't teach an old dog new tricks.' This is not true. Pete had me learning Photoshop and keyboard shortcut and well...the book shows it. He was also fine working with energy like mine. I would say "I want it to feel/look like this and he would show me ways to make it so. He has a ton of people he does work for and I am honored for his help. We started in November 2005. It is now September 2006. I would travel to Reno once or twice a week to work on this project, coming home with lots to finish before our next session.

So I began getting up at 3-4am. I am a busy Priestess! I am in Tahoe City twice a week at the temple giving readings. I began training apprentices 2 years ago when Griffin asked me if I would. I also lead wild-crafting classes, lunar & solar classes, energy classes just to name a few. I write for the Willow on a monthly basis, our wonderful local metaphysical newsletter put out by Nancy Winters. I am present and often assist or lead with births, baby blessings, weddings and memorials, as well as healing and helping those I am lead to. I head up Hands Around Lake Tahoe (Pete donated the beautiful website for it [handsaroundlaketahoe.com](http://handsaroundlaketahoe.com)).

As I was looking into a loan to pay for the printing of this book, (Not willing to give up rights on my family's legacy) when Circle and Friends stepped up. "Can we be a part financially?" they asked. Friends started coming over giving monies to make this happen to the highest good. They will get a share of profits, but they did not care. It is one of those things that if I think on moves me to tears.. of love.

At the time I write this I have two more meeting with Pete and then my part is complete. Unfortunately my body just couldn't keep up with my spirit. My health started to go down. I am not the strongest in the north, being about 90 lbs. And Grandma used to tell me "My candle burned at both ends, brightly."

My daughter called my right hand, knowing something wasn't right with Mom. She and I are closely linked, she dreams and listens. Evon, Lady Ash told her Chaz and I needed to get away together and be near the ocean. I leave tomorrow. Joelle and Dave booked us five days at the coast at a beautiful resort. A thank you for marrying them. (We didn't know what to get you.. so).

This book is a work of circle and friends, of nature and love. Each picture

holds a sacred memory. Every page you look on I could tell you a story about. It has been an amazing adventure and I truly hope that the miracles and power I have shared with others truly empowers you.

Our circle is unique. We have all paths and types. The variety alone is staggering. We have old and young, hippies, lawyers, contractors, writers, pilots, computer wizards, artists, musicians, chefs, cowboys, ranchers, fire spinners, dancers, midwives and many more. Some are same sex, some not, some speak with angels, others animal totems. Some work with the Gods and Goddesses others with the Male and Female Energies. We all respect each other and everyone is accountable for their path, variety truly is a yummy spice to add to life and circle. I believe this diversity also adds to the power and abilities.

I am honored to hold the place of priestess. Looking to see the magic in each being, bringing their power and talents out in the highest way. It is a great sacred path.

I am so beloved that when Pete first met me he asked, "Are you spoiled or are you loved." I am loved.

In keeping with this I am scheduling regular vacations. My circle is ready. Lady Ash and Griffin lead rituals and classes. Everyone is growing and caring for themselves firstly and out of that space enabling and supporting each other. Like a flower, beauty is unfolding. I wonder what the seeds will bring? For sure a great bounty.

A lifetime is a precious thing. We, YOU can make a difference. We are surrounded by magic, when we take the time to tap in. It is well worth the effort. Often things political and otherwise occur that can make you feel helpless. Do what you can do! When they bomb or destroy an area on the planet, plant a tree, pick up trash, give someone a hug or a smile. Fear is a lie that will limit you. Be what and who you really want to be!

My goal for this book is to empower the reader, tapping into nature and working with her harmonies. Well, soon I will know as I type these last few lines and A WORKBOOK OF LIGHT AND LUNA is released.

I will do my best to be responsive to questions and feedback from readers. I enjoy answering questions and love to see others succeed, there is to me no greater blessing. I have given it my best. It is an 'energy art' may it bless you.

Arise with the morning, let the light fill your being, witness the first light outside and in.

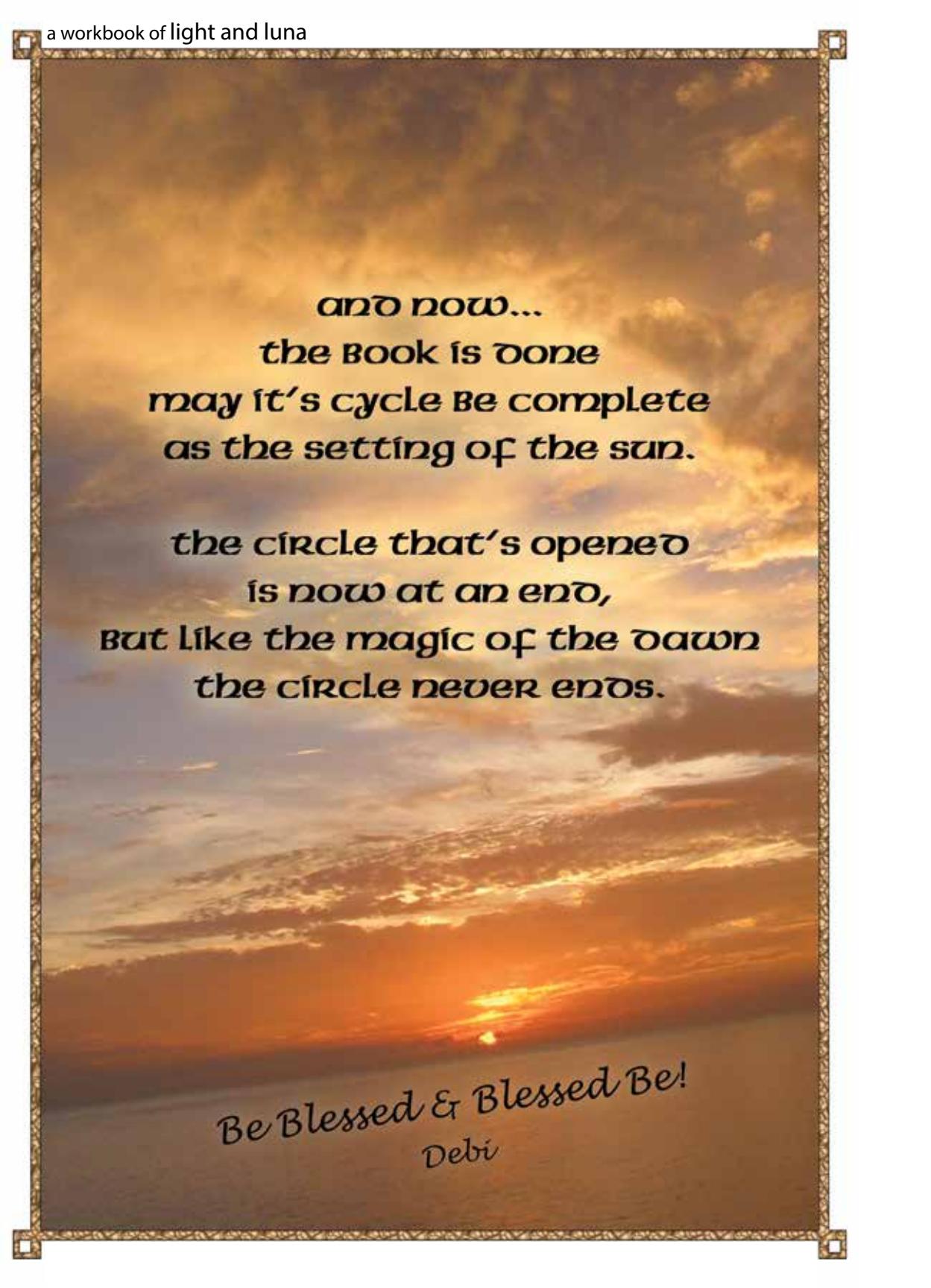
In the warmth of the noonday sun, feel the waves of warmth all the way into you heart. Allow love to warm you as freely and easily as the sun.

With the beauty of the sunset let past cares and banes melt away, letting go with majesty and grace, in awe of the sunsets your own life holds.

In the magic of the midnight hour, hold the stillness found in dreams. Wish on the twinkling stars and the velvet of the night.

Being Blessed!

Debi



and now...  
the book is done  
may it's cycle be complete  
as the setting of the sun.

the circle that's opened  
is now at an end,  
but like the magic of the dawn  
the circle never ends.

Be Blessed & Blessed Be!  
Debi

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- Full Moon**  
Playing by the Rules - 9  
The Elements - 15  
Male & Female Energies - 2  
Luna's Intro - 1, 2  
Full Moon - 1-8  
Summer Solstice - 3, 9
- G**
- garb**  
New Moon - 7, 11  
Waxing Moon - 4  
Imbolc - 5
- gift**  
Playing by the Rules - 1, 2, 6, 10, 13-14  
The Elements - 2, 6, 9, 12  
Imbolc - 5, 8  
Beltane - 3  
Summer Solstice - 4  
Lammas Day - 6  
Yule - 1-4
- give**  
Playing by the Rules - 7, 10-11, 13  
The Elements - 12, 15  
Male & Female Energies - 7, 12  
New Moon - 2, 4  
Dark Moon - 5  
Sol's Intro - 4  
Imbolc - 1, 2  
Beltane - 3, 6  
Lammas Day - 3, 5  
Fall Equinox - 4, 6, 8, 10  
Yule - 2
- glow**  
The Elements - 4  
Male & Female Energies - 2  
Waxing Moon - 6  
Full Moon - 8
- H**
- happy**  
Playing by the Rules - 4, 14, 16  
The Elements - 9  
Beltane - 7  
Hallowsmas - 8
- harvest**  
The Elements - 11  
New Moon - 2  
Lammas Day - 1-7  
Fall Equinox - 2, 4, 5
- health**  
Playing by the Rules - 5-7, 12  
Male & Female Energies - 9  
New Moon - 2  
Waxing Moon - 2, 3  
Full Moon - 5  
Imbolc - 2  
Spring Equinox - 2, 3, 6  
Summer Solstice - 4  
Fall Equinox - 8  
Hallowsmas - 2, 3
- hear**  
Playing by the Rules - 11, 13-14  
The Elements - 6-7  
Beltane - 3  
Yule - 6
- heart**  
The Elements - 3-4, 10-12  
New Moon - 6  
Waxing Moon - 2  
Dark Moon - 3  
Spring Equinox - 2  
Beltane - 3  
Lammas Day - 4, 8  
Fall Equinox - 10  
Hallowsmas - 5  
Yule - 1
- herb**  
Waning Moon - 1, 4  
Summer Solstice - 1-3, 6, 9  
Lammas Day - 3, 4, 8  
Fall Equinox - 1, 3-5, 7-9  
Hallowsmas - 4
- holy water**  
Luna's Intro - 2  
New Moon - 5  
Full Moon - 1-8
- home**  
Playing by the Rules - 1  
The Elements - 4, 6  
New Moon - 4, 12  
Full Moon - 7  
Sol's Intro - 3, 4  
Imbolc - 2-5, 7-8  
Spring Equinox - 1, 2, 6, 7  
Beltane - 2, 8, 9  
Summer Solstice - 1, 4, 9  
Lammas Day - 1, 4, 5  
Fall Equinox - 1, 4, 5, 8, 9  
Hallowsmas - 1, 2, 5, 8  
Yule - 2-4, 6
- homework**  
Playing by the Rules - 8  
New Moon - 1, 12  
Waxing Moon - 1, 6  
Full Moon - 1, 8  
Waning Moon - 1, 6  
Dark Moon - 1, 8  
Imbolc - 1, 7  
Spring Equinox - 1, 8  
Beltane - 1, 2, 9  
Summer Solstice - 1, 9  
Lammas Day - 1, 10
- I**
- lady**  
Playing by the Rules - 1, 4  
The Elements - 6  
Male & Female Energies - 3, 6, 10-12  
New Moon - 6-8, 11  
Waxing Moon - 4, 6  
Full Moon - 7  
Dark Moon - 4  
Imbolc - 5, 7  
Beltane - 7  
Summer Solstice - 5, 8  
Lammas Day - 3, 7-9  
Fall Equinox - 4, 7-10  
Hallowsmas - 7  
Yule - 4, 5
- Lammas Day (Lughnassadh)**  
Playing by the Rules - 9  
The Elements - 11  
Sol's Intro - 1, 3  
Lammas Day - 1-10
- laugh (laughter)**  
Playing by the Rules - 4, 6  
The Elements - 9, 10, 12  
Male & Female Energies - 4, 5  
New Moon - 5  
Imbolc - 3  
Beltane - 1, 2, 7, 10  
Fall Equinox - 10  
Yule - 6
- light**  
Playing by the Rules - 1, 5, 8-11  
The Elements - 4-6, 8, 14, 17  
Male & Female Energies - 2  
New Moon - 3, 7, 9  
Waxing Moon - 2, 4, 5  
Full Moon - 3  
Waning Moon - 2  
Dark Moon - 3, 6  
Sol's Intro - 3  
Imbolc - 3, 5, 6, 8  
Spring Equinox - 2, 3, 5  
Beltane - 6  
Summer Solstice - 5-6  
Hallowsmas - 1, 2, 7, 8  
Yule - 2, 3, 5, 6
- list**  
Playing by the Rules - 4, 5, 8  
The Elements - 6  
New Moon - 3, 5, 6  
Full Moon - 8  
Waning Moon - 6  
Dark Moon - 8  
Sol's Intro - 4  
Beltane - 9  
Summer Solstice - 1, 2, 9  
Lammas Day - 5, 10  
Hallowsmas - 1, 4, 9
- listen (listening)**  
Playing by the Rules - 7, 12-14, 16  
The Elements - 5, 6, 16  
Waning Moon - 5  
Beltane - 6  
Summer Solstice - 4, 6, 8  
Hallowsmas - 7
- lord**  
Male & Female Energies - 7, 10-12  
New Moon - 6-8, 11  
Waxing Moon - 4, 6  
Full Moon - 7  
Dark Moon - 4

Imbolc - 5-7  
Beltane - 5, 7  
Summer Solstice - 4, 5, 8  
Lammas Day - 3, 7-9  
Fall Equinox - 4, 7, 8  
Hallowmas - 7-8  
Yule - 5

## love

Playing by the Rules - 4-6, 14, 16  
The Elements - 9-10  
Male & Female Energies - 3, 6-8, 11  
Luna's Intro - 1  
New Moon - 2  
Waxing Moon - 2-3  
Full Moon - 5  
Sol's Intro - 4  
Spring Equinox - 2-3, 5-6, 8  
Beltane - 1, 8-9  
Lammas Day - 3  
Fall Equinox - 2, 3, 10  
Hallowmas - 2, 5, 8  
Yule - 2-4, 6

## M

### magic (magical)

Playing by the Rules - 3, 4, 8, 15  
The Elements - 4, 9, 11-12, 17  
Male & Female Energies - 2, 3, 12  
Luna's Intro - 2  
New Moon - 1, 3, 5-7, 9, 10-12  
Waxing Moon - 1, 2, 5  
Full Moon - 1, 2, 4-8  
Sol's Intro - 4  
Imbolc - 5-8  
Spring Equinox - 1, 3, 6, 7  
Beltane - 10  
Summer Solstice - 1, 8, 9  
Lammas Day - 3, 4, 7, 9  
Fall Equinox - 3, 7, 8  
Hallowmas - 2, 5, 6, 10  
Yule - 2-4, 6

### male

Playing by the Rules - 6  
The Elements - 4, 17  
Male & Female Energies - 1-12  
New Moon - 4, 5, 8, 10, 12  
Waxing Moon - 3  
Full Moon - 4, 7  
Waning Moon - 5-6  
Dark Moon - 3-4, 6  
Sol's Intro - 4  
Spring Equinox - 2, 5  
Beltane - 4, 6, 7  
Fall Equinox - 10

### maypole

Beltane - 2-10

### midnight

The Elements - 17  
Male & Female Energies - 2  
New Moon - 6  
Sol's Intro - 3  
Beltane - 5  
Summer Solstice - 3

### mind

Playing by the Rules - 5, 7, 14-15

The Elements - 3-6

Male & Female Energies - 12

Waxing Moon - 4

Waning Moon - 5

Dark Moon - 7

Imbolc - 7

Summer Solstice - 6

Lammas Day - 4

Hallowmas - 2, 5

Yule - 4

## N

### New Moon

Playing by the Rules - 9  
Luna's Intro - 1, 2  
New Moon - 1-12  
Waxing Moon - 2, 4  
Full Moon - 2, 4, 8

### night

Playing by the Rules - 9  
Male & Female Energies - 2, 12  
Luna's Intro -  
New Moon - 5  
Waxing Moon - 4, 5  
Full Moon - 4  
Waning Moon - 5  
Dark Moon - 4  
Sol's Intro - 3  
Imbolc - 3  
Spring Equinox - 1-2  
Summer Solstice - 8  
Fall Equinox - 1  
Hallowmas - 6  
Yule - 1-4, 6

### noon

The Elements - 3, 8-9  
New Moon - 4, 6  
Summer Solstice - 4  
Fall Equinox - 2

### north

The Elements - 1, 3-4, 14-17  
Male & Female Energies - 3, 12  
New Moon - 4-7, 9-10  
Waxing Moon - 3, 6  
Full Moon - 8  
Waning Moon - 5-6  
Sol's Intro - 3  
Imbolc - 1, 4, 6-7  
Spring Equinox - 3, 5-6, 8  
Beltane - 3, 4, 6, 9  
Summer Solstice - 2, 5, 6  
Lammas Day - 3, 6-8  
Fall Equinox - 5-7  
Hallowmas - 4, 6-7, 9  
Yule - 5-6

## O

### offer (offering)

Playing by the Rules - 11, 12  
The Elements - 12  
Male & Female Energies - 5, 8  
New Moon - 2, 11  
Full Moon - 1, 5, 7-8  
Dark Moon - 5

## Imbolc

- 6, 8  
Spring Equinox - 1, 2, 6-7  
Beltane - 3, 7  
Summer Solstice - 8  
Lammas Day - 2, 3, 8-9  
Fall Equinox - 4, 6, 8  
Hallowmas - 1, 8  
Yule - 3

## oil

The Elements - 6  
New Moon - 7  
Waxing Moon - 1, 2, 4, 6  
Waning Moon - 4, 5  
Dark Moon - 4  
Imbolc - 2, 5, 7  
Lammas Day - 4  
Fall Equinox - 9  
Yule - 3

## open (opening)

New Moon - 8-9, 11  
Full Moon - 1-2, 4-7  
Waning Moon - 1, 5  
Dark Moon - 3, 4, 7  
Sol's Intro - 4  
Imbolc - 1-2, 6-7  
Spring Equinox - 1, 5, 7  
Beltane - 1, 2, 4, 6, 8  
Summer Solstice - 1, 5, 8  
Lammas Day - 1, 4, 7  
Fall Equinox - 1, 6, 8  
Hallowmas - 1, 11

## P

### pen

The Elements - 6  
New Moon - 4, 5, 10, 11  
Waxing Moon - 5  
Spring Equinox - 3, 6  
Lammas Day - 5

### physical

The Elements -  
Male & Female Energies - 3, 14-15  
New Moon - 6  
Waning Moon - 5  
Dark Moon - 62  
Imbolc -  
Summer Solstice - 6  
Fall Equinox - 10

### plant

The Elements - 5, 12  
New Moon - 2  
Waxing Moon - 3  
Waning Moon - 4  
Imbolc - 7  
Spring Equinox - 3, 6, 8  
Lammas Day - 3  
Fall Equinox - 3, 4  
Yule - 2

## play (playing)

Playing by the Rules - 1, 2, 4, 6, 13, 15  
The Elements - 3-6, 8-10, 15

Male & Female Energies - 4, 12

Waning Moon - 6

Imbolc - 3

Beltane - 10

Fall Equinox - 7

Hallowmas - 5

Yule - 6

### pouch

Playing by the Rules - 10  
Beltane - 3  
Summer Solstice - 1-3, 6, 9  
Lammas Day - 1, 3-6, 9  
Yule - 2

## power

Playing by the Rules - 1, 3, 4, 10, 15  
The Elements - 3-6, 8-12, 14, 17  
Male & Female Energies - 1-2, 4,  
7-8, 11-12  
New Moon - 6-9, 11  
Full Moon - 3-4  
Waning Moon - 5  
Dark Moon - 7  
Sol's Intro - 3-4  
Imbolc - 5-6  
Spring Equinox - 1, 4-6  
Beltane - 3, 6  
Summer Solstice - 1, 4-8  
Lammas Day - 7-9  
Fall Equinox - 3, 7  
Hallowmas - 3, 10  
Yule - 1, 2, 5-6

## practice

Playing by the Rules - 11, 13-14  
The Elements - 4, 6-7, 9, 12, 15  
Dark Moon - 5  
Spring Equinox - 3

## preparation

The Elements - 11  
New Moon - 1-7  
Waxing Moon - 1-3  
Full Moon - 1-3  
Waning Moon - 1-4  
Dark Moon - 6  
Imbolc - 1-5, 9  
Spring Equinox - 2-4  
Beltane - 1-5  
Summer Solstice - 1-4  
Lammas Day - 1, 3-6  
Fall Equinox - 1, 3-6  
Hallowmas - 1-5  
Yule - 1-4

## prepare

The Elements - 7, 9, 12, 15  
Sol's Intro - 4

Imbolc - 2-3  
Beltane - 9  
Summer Solstice - 4, 9  
Fall Equinox - 9  
Hallowmas - 9  
Yule - 4, 6

## priest

New Moon - 7  
Waning Moon - 4  
Imbolc - 5  
Beltane - 5  
Yule -

## priestess

Playing by the Rules - 3-4  
New Moon - 7  
Waning Moon - 4  
Imbolc - 5  
Beltane - 5

Playing by the Rules - 3-4  
The Elements - 7, 10  
Male & Female Energies - 10

## problems (s)

Playing by the Rules - 3, 5, 6  
The Elements - 7, 10

Male & Female Energies - 10

## prosperity

The Elements - 14  
New Moon - 5  
Waxing Moon - 2, 3  
Full Moon - 5  
Spring Equinox - 2-3, 5-6  
Fall Equinox - 8

## pumpkin

Hallowmas - 1-9

- R**
- rebirth**  
Playing by the Rules - 13  
Hallowsmas - 2, 10
- return**  
The Elements - 11, 14  
Full Moon - 6  
Dark Moon - 2, 4  
Imbolc - 3, 8  
Spring Equinox - 1, 6  
Beltane - 6  
Summer Solstice - 5  
Lammas Day - 7  
Fall Equinox - 4, 6  
Yule - 1-2
- ritual**  
Playing by the Rules - 8-9  
The Elements - 7  
Male & Female Energies - 3, 12  
Luna's Intro - 2  
New Moon - 1, 5, 7-11  
Waxing Moon - 1-2, 4-6  
Full Moon - 1-2, 4-8  
Waning Moon - 1-2, 4-6  
Dark Moon - 6  
Sol's Intro - 4  
Imbolc - 8  
Spring Equinox - 6  
Summer Solstice - 9  
Lammas Day - 3  
Hallowsmas - 5
- rules**  
Playing by the Rules - 1-16  
The Elements - 6  
Dark Moon - 7  
Fall Equinox - 4
- S**
- sacred space**  
Playing by the Rules - 6  
Male & Female Energies - 3, 8, 10  
New Moon - 1-2, 8-9  
Waxing Moon - 5  
Full Moon - 2  
Waning Moon - 1  
Dark Moon - 2  
Sol's Intro - 4  
Imbolc - 1, 6  
Summer Solstice - 5-8, 9  
Lammas Day - 6, 7  
Fall Equinox - 6, 8  
Hallowsmas - 5-6, 8
- sage**  
New Moon - 2-3, 5, 9  
Waning Moon - 4  
Dark Moon - 2  
Imbolc - 3-4, 6  
Spring Equinox - 3, 5  
Beltane - 4, 6  
Summer Solstice - 2, 4-5  
Lammas Day - 3  
Fall Equinox - 5-6  
Hallowsmas - 4
- salt**  
New Moon - 4-5, 7, 9-10  
Full Moon - 5  
Waning Moon - 5  
Imbolc - 5  
Spring Equinox - 4  
Summer Solstice - 2, 6  
Lammas Day - 6, 8  
Hallowsmas - 3, 4, 7
- scent**  
The Elements - 5-6  
Full Moon - 2, 5  
Waning Moon - 5  
Imbolc - 5  
Spring Equinox - 3  
Beltane - 2-4  
Summer Solstice - 4  
Lammas Day - 5  
Fall Equinox - 5  
Yule - 3-5
- season (seasonal)**  
The Elements - 5, 8  
Male & Female Energies - 12  
New Moon - 6  
Sol's Intro - 3-4  
Lammas Day - 2, 7  
Hallowsmas - 2, 3, 8  
Yule - 1, 4
- seed**  
Playing by the Rules - 10, 13  
The Elements - 9  
Luna's Intro - 1  
New Moon - 5  
Waxing Moon - 3  
Imbolc - 5-6  
Spring Equinox - 1-8  
Beltane - 5-6  
Summer Solstice - 2, 10  
Lammas Day - 1-10  
Fall Equinox - 5-6  
Hallowsmas - 1-4, 10
- share**  
Playing by the Rules - 3, 6  
The Elements - 9  
Luna's Intro - 1  
New Moon - 11  
Waning Moon - 5  
Dark Moon - 7  
Beltane - 8  
Summer Solstice - 5  
Lammas Day - 3  
Hallowsmas - 5, 7
- sing**  
Beltane - 1, 2, 7, 10
- sleep**  
The Elements - 3  
Full Moon - 3  
Sol's Intro - 3  
Hallowsmas - 3
- smell**  
Playing by the Rules - 14  
The Elements - 6-7, 15  
Full Moon - 5  
Waning Moon - 5  
Imbolc - 2  
Summer Solstice - 6-7  
Lammas Day - 8  
Hallowsmas - 7  
Yule - 5
- smudge**  
Playing by the Rules - 12  
New Moon - 2, 4-5, 9-10, 12  
Waxing Moon - 4  
Full Moon - 4  
Waning Moon - 5  
Dark Moon - 2, 3  
Imbolc - 3-4, 7  
Spring Equinox - 3, 5-6  
Summer Solstice - 2, 5  
Lammas Day - 4-7  
Fall Equinox - 5-6  
Hallowsmas - 4-6
- snow**  
The Elements - 14-15  
Yule - 1
- solar**  
Male & Female Energies - 2  
Sol's Intro - 4  
Spring Equinox - 2, 4  
Lammas Day - 8
- solstice**  
Playing by the Rules - 9  
The Elements - 8, 14  
Sol's Intro - 1, 3  
Summer Solstice - 1-10  
Yule - 1-6
- sound**  
Playing by the Rules - 3, 8  
The Elements - 5-7  
Dark Moon - 2  
Imbolc - 1, 3, 7  
Lammas Day - 7
- south**  
The Elements - 3-4, 8-11, 17  
Male & Female Energies - 8, 12  
New Moon - 4-10  
Waxing Moon - 3, 6  
Full Moon - 2, 8  
Waning Moon - 5-6  
Dark Moon - 4  
Sol's Intro - 3  
Imbolc - 4-7  
Spring Equinox - 2-8  
Beltane - 1-4, 6, 9  
Summer Solstice - 1-2, 4-6  
Lammas Day - 3, 6-8  
Fall Equinox - 5-7  
Hallowsmas - 4, 6-7, 9  
Yule - 5, 6
- spirit**  
Playing by the Rules - 5, 14-16  
The Elements - 3-4, 8-9, 18  
Male & Female Energies - 10  
New Moon - 6  
Dark Moon - 2  
Imbolc - 6  
Lammas Day - 4, 7  
Fall Equinox - 2, 10  
Hallowsmas - 2  
Yule - 4
- spiritual**  
Playing by the Rules - 7-8  
The Elements - 6  
Male & Female Energies - 1  
Waning Moon - 2  
Imbolc - 2-3  
Spring Equinox - 5-6  
Lammas Day - 3  
Fall Equinox - 10
- spring**  
Playing by the Rules - 9  
The Elements - 3-5, 8, 14, 17  
New Moon - 5-6, 9  
Full Moon - 5  
Sol's Intro - 1, 3  
Imbolc - 1-4, 6  
Spring Equinox - 1-8  
Beltane - 1-2, 4, 8-9  
Summer Solstice - 2-3, 5  
Lammas Day - 4, 6, 8  
Fall Equinox - 2, 5-6, 8  
Hallowsmas - 4-5
- stars**  
Playing by the Rules - 16  
Male & Female Energies - 2  
Waxing Moon - 2
- Dark Moon - 8**  
**Fall Equinox - 10**
- stir**  
Full Moon - 6  
Waning Moon - 5  
Imbolc - 1  
Spring Equinox - 7  
Lammas Day - 8
- stockings**  
Yule - 1, 3
- stones**  
The Elements - 15  
New Moon - 7  
Full Moon - 2, 5  
Dark Moon - 6  
Hallowsmas - 1, 3-4, 7, 9
- straw man**  
Lammas Day - 1-10
- summer**  
Playing by the Rules - 9  
The Elements - 3-4, 8, 11, 17  
New Moon - 5-6  
Waning Moon - 4  
Sol's Intro - 1, 3  
Spring Equinox - 2  
Summer Solstice - 1-10  
Lammas Day - 7  
Yule - 1
- sun**  
The Elements - 3, 5, 8-9, 11-12, 17  
Male & Female Energies - 2, 7-8, 11-12  
New Moon - 5  
Waxing Moon - 2-3  
Full Moon - 7  
Sol's Intro - 3  
Imbolc - 6  
Spring Equinox - 2-3, 5  
Beltane - 3, 6  
Summer Solstice - 1, 3-4, 7, 10  
Lammas Day - 3, 6  
Fall Equinox - 2, 6  
Hallowsmas - 6  
Yule - 2, 3
- sunrise**  
The Elements - 6  
Fall Equinox - 2
- sunset**  
The Elements - 11, 13, 17  
New Moon - 5
- supplies**  
Playing by the Rules - 8  
Full Moon - 6, 8  
Waning Moon - 6  
Dark Moon - 8  
Imbolc - 3  
Beltane - 4, 9  
Summer Solstice - 1, 2, 9  
Lammas Day - 1, 6, 10  
Fall Equinox - 1, 5, 9  
Hallowsmas - 1, 4, 8
- symbol(s)**  
The Elements - 5, 8  
Male & Female Energies - 8  
New Moon - 5, 12  
Waxing Moon - 1-6  
Imbolc - 3  
Spring Equinox - 3-4, 6, 8  
Beltane - 4  
Summer Solstice - 4  
Lammas Day - 5  
Hallowsmas - 1, 2, 7, 9

## T

**taste**

Playing by the Rules - 14  
 Beltane - 7  
 Lammas Day - 9  
 Hallowmas - 3

**temple**

Sol's Intro - 4  
 Imbolc - 3

**thank(s)**

Playing by the Rules - 6, 10  
 The Elements - 6, 12  
 Male & Female Energies - 3  
 New Moon - 11  
 Waxing Moon - 4  
 Full Moon - 7  
 Waning Moon - 5  
 Dark Moon - 3-4, 6  
 Imbolc - 5-7  
 Spring Equinox - 1, 7  
 Beltane - 3, 6-8  
 Summer Solstice - 5, 8  
 Lammas Day - 2-3, 9  
 Fall Equinox - 4, 6-8  
 Hallowmas - 8

**thurbile fire**

Luna's Intro - 2  
 Dark Moon - 4  
 Summer Solstice - 1, 6  
 Lammas Day - 2, 9  
 Hallowmas - 1, 7

**totems**

The Elements - 5, 11, 14  
 Imbolc - 3, 5  
 Hallowmas - 10

## U

**understanding**

Playing by the Rules - 7, 10  
 The Elements - 4  
 Male & Female Energies - 3, 5, 9  
 Fall Equinox - 10

## W

**wand**

New Moon - 2-5, 10  
 Waxing Moon - 4  
 Full Moon - 2-5, 10  
 Waning Moon - 4  
 Full Moon - 2, 4-6  
 Waning Moon - 5  
 Imbolc - 3-4, 6  
 Spring Equinox - 3  
 Summer Solstice - 2, 5  
 Lammas Day - 6, 8

**Waning Moon**

Luna's Intro - 1-2  
 Waning Moon - 1-6  
 Dark Moon - 4

**water**

Playing by the Rules - 1, 10  
 The Elements - 3-4, 6, 9, 11-12, 17-18  
 Male & Female Energies - 3, 12  
 Luna's Intro - 2  
 New Moon - 4-7, 9-10  
 Waxing Moon - 3  
 Full Moon - 1-8  
 Dark Moon - 1, 3, 5  
 Imbolc - 4-6

Spring Equinox - 3, 5-8

Beltane - 3-4, 6

Summer Solstice - 2, 5-6

Lammas Day - 4, 6-8

Fall Equinox - 2-3, 5-6

Hallowmas - 4, 6

**Waxing Moon**

Playing by the Rules - 9  
 Luna's Intro - 1-2  
 Waxing Moon - 1-6  
 Full Moon - 4

**west**

The Elements - 1, 3-4, 11-14, 17

Male & Female Energies - 3, 12

**west (con't)**

New Moon - 4-7, 9-10

Waxing Moon - 3, 6

Full Moon - 8

Waning Moon - 5-6

Sol's Intro - 1

Imbolc - 4, 6, 7

Spring Equinox - 3, 5-8

Beltane - 3-4, 6, 9

Summer Solstice - 2-3, 5-6

Lammas Day - 3, 6-8

Fall Equinox - 2-3, 5-7

Hallowmas - 4, 6, 8

Yule - 6

**wild crafting**

Lammas Day - 3

Fall Equinox - 4

**winter**

Playing by the Rules - 9

The Elements - 3-5, 12-15, 17

New Moon - 5-6

Sol's Intro - 1, 3

Imbolc - 3, 5

Beltane - 6

Lammas Day - 7

Fall Equinox - 2-3

Hallowmas - 2, 8

Yule - 1-6

**work**

Playing by the Rules - 1, 5, 7-10,  
 12-13, 15

The Elements - 4, 6-7, 9, 12-15

Male & Female Energies - 1-4, 6-10,  
 12

New Moon - 2, 4, 9

Waxing Moon - 3, 6

Dark Moon - 2

Imbolc - 2-4

Spring Equinox - 2-3, 5-6, 8

Summer Solstice - 4

Lammas Day - 4

Fall Equinox - 2, 8

Hallowmas - 2, 6, 8

Yule - 2

**write**

Playing by the Rules - 8

The Elements - 5

New Moon - 11-12

Waxing Moon - 5

Full Moon - 7-8

Waning Moon - 5-6

Dark Moon - 3-8

Imbolc - 7

Spring Equinox - 6, 8

Beltane - 7, 9

Summer Solstice - 9

Lammas Day - 10

Fall Equinox - 6, 9

Hallowmas - 8-9

Yule - 6



*Your life  
 is an adventure;  
 Journey well!*

