



(artist unknown)

## **Global Goddess Oracle Spring Equinox 2014**

## Contents

Moon Schedule Spring Equinox to Beltane .....	3
Spring Equinox Ritual for Women by Deanne Quarrie .....	4
Our Loss of Od by Deanne Quarrie.....	12
Imaginary Friend? By Molly.....	14
This One Is For the Birds by Heather Kohser .....	16
Pagan Every Day Veriditas by Barbara Ardinger, PhD .....	17
Pagan Every Day Tellus Mater by Barbara Ardinger, PhD .....	19
Book Review: Faeries and Elementals for Beginners by Alexandra Chauran .....	20
Book Review: Mixing Essential Oils for Magic Aromatic Alchemy for Personal Blends by Sandra Kynes.....	21
Ask Your Mama.....	22



## Moon Schedule Spring Equinox to Beltane

By Dawn "Belladonna" Thomas

(Times are Eastern Time)

4<sup>th</sup> Quarter – March 23<sup>rd</sup>: 9:46 p.m.

**New Moon** –March 30<sup>th</sup>: 2:45 p.m.

2<sup>nd</sup> Quarter – April 7<sup>th</sup>: 4:31 a.m.

**Full "Wind" Moon** – April 15<sup>th</sup>: 3:42 a.m.

4<sup>th</sup> Quarter – April 22<sup>nd</sup>: 3:52 a.m.

**New Moon** –April 29<sup>th</sup>: 2:14 a.m.

### Moon Void of Course Schedule

Date	Starts	Ends
March 21 <sup>st</sup>	11:39 a.m.	March 22 <sup>nd</sup> 10:41 a.m.
March 23 <sup>rd</sup>	6:40 a.m.	9:46 p.m.
March 25 <sup>th</sup>	8:35 a.m.	639 p.m.
March 27 <sup>th</sup>	9:13 a.m.	8:10 p.m.
March 29 <sup>th</sup>	9:44 a.m.	9:54 p.m.
March 31 <sup>st</sup>	4:07 p.m.	April 1 <sup>st</sup> 1:20 a.m.
April 3 <sup>rd</sup>	2:43 a.m.	7:48 a.m.
April 5 <sup>th</sup>	10:55 a.m.	4:31 p.m.
April 7 <sup>th</sup>	2:14 p.m.	April 8 <sup>th</sup> 5:50 a.m.
April 10 <sup>th</sup>	2:26 a.m.	6:08 p.m.

April 12 <sup>th</sup>	1:12 p.m.	April 13 <sup>th</sup> 4:33 a.m.
April 15 <sup>th</sup>	3:42 a.m.	12:20 p.m.
April 17 <sup>th</sup>	3:09 a.m.	5:44 p.m.
April 19 <sup>th</sup>	9:17 p.m.	9:28 p.m.
April 21 <sup>st</sup>	7:21 p.m.	April 22 <sup>nd</sup> 12:18 a.m.
April 23 <sup>rd</sup>	12:10 p.m.	April 24 <sup>th</sup> 2:55 a.m.
April 25 <sup>th</sup>	4:03 p.m.	April 26 <sup>th</sup> 6:01 a.m.
April 27 <sup>th</sup>	7:02 a.m.	April 28 <sup>th</sup> 10:23 a.m.
April 30 <sup>th</sup>	11:53 a.m.	4:56 p.m.

### **Planting Days**

March: 20<sup>th</sup>, 24<sup>th</sup>, 25<sup>th</sup>, 28<sup>th</sup>, 29<sup>th</sup>  
 April: 1<sup>st</sup>, 2<sup>nd</sup>, 6<sup>th</sup>, 7<sup>th</sup>, 16<sup>th</sup>, 17<sup>th</sup>, 20<sup>th</sup>, 21<sup>st</sup>, 24<sup>th</sup>, 25<sup>th</sup>, 28<sup>th</sup>

### **Harvesting Days**

March: 21<sup>st</sup>, 22<sup>nd</sup>, 23<sup>rd</sup>, 26<sup>th</sup>, 27<sup>th</sup>, 30<sup>th</sup>  
 April: 18<sup>th</sup>, 19<sup>th</sup>, 22<sup>nd</sup>, 23<sup>rd</sup>, 26<sup>th</sup>, 27<sup>th</sup>



### **Articles**

## **Spring Equinox Ritual for Women by Deanne Quarrie**

*The purpose of this ritual is to invite the Child of Spring to come forth from within our hearts.*

*Have the Circle set up and bring the women into a dark room. Have blankets and pillows on the floor for when you ask them to lie down so that they will feel comfortable and nurtured. At the beginning have them standing until the Circle is cast. All when invited were asked to wear light colorful Spring clothing. In the Center of the Circle have flower wreaths for each to wear and an assortment of toys to play with – jacks, jump ropes, bubbles, chewing gum, anything they might have played with as children.*

*Greet the women at the Circle edge with these words, "Welcome to the darkness of the Mother's Womb. Join with us in a new journey of beginning."*

*Once the women have circled around begin with the Invocation of the Elements.*

*Air:*

Air - I feel your breath on my skin like the gentle wind blowing in my face as I open to you in the morning. I breathe your air, feeling it enter me, and it becomes our breath, sweet air, - shared with all.

Dew-fresh, I am called to gaze upon your beauty. I touch your sweet petals; they unfold, soft as velvet to my touch. I am renewed by your awakening.

*Fire:*

Fire - I feel your heat on my skin like a blazing log at my hearthstone. Your warmth ignites passion within me and I open to your embrace. I feel your caress and long to become one with you and all that is.

Spirit soaring, I am one with your song. I dance your rhythms and my heart quickens in desire. I spin in my ecstasy and I am alive with you.

*Water:*

Water - I dive into your living womb, a swirling pools of all that is yet unborn. I open myself to you, hoping that you will wash through my soul and that I might fully one with your creation.

Called to your deep spirit, engulfed in your beauty, I am gliding through your currents. I am renewed and reborn in your essence.

*Earth:*

Earth - I lie on your Body and feel deep within you, a gentle stirring, a warming about to give birth to springtime. Beneath your surface there is life rising to greet the sun; small seeds about to sprout; animals burrowed in their holes, ready to awaken to Spring.

Goddess of the Awakening Earth, we call you. We invite you to play with us as we remember our child nature and bring forth the innocence of your youth and awaken the divine spirit of play.

*Invocation of the Goddess:*

I am the Goddess beloved.  
My lungs take Her breath.  
My veins run with Her red.  
Blessed are the feet that have walked my path  
of trials and pleasure.  
My hands are Her hands.  
I am Goddess, as surely as I created the universe  
at the beginning.  
My body is Her body,  
glistening with the sweat of stars.  
My tears and my sex are Her gifts.  
Goddess within and without,  
fill me with the light  
that illuminates me in my hiding,  
that I may come from the dark  
and bathe in the joy of the springtime sun.

You may now be seated. Grab a pillow and a blanket and go ahead and lie down, cover up and get nice and comfy, for we begin with a meditation.

I would like for each of you to relax into the darkness of our sacred space. Feel yourself enclosed, womb-like in the magical embrace of our Circle. Take a deep breath and let out any cares or worries that might still be lingering on. Breathe in and out, letting it all go. Release any tension, any stress of the day. Put aside any thoughts of tomorrow. Send your energy to various parts of your body, looking for any tight places, tense or sore and send loving energy into those places, feeling them relax and soften into comfort.

I want you to remember a time when you were much younger - perhaps right after you graduated from high school. Spend a minute seeing yourself. Do you remember something fun that might have happened to you then, something light and pleasurable? Take a minute to enjoy the memory.

Now I want you to see if you can move back further in time. Can you remember some

happening – some event in high school that brought you joy? Something perhaps that you did with a friend, something that felt good to you and gave you pleasure. Does it make you laugh or smile, even now? Does the memory bring you joy once more?

Let's travel back even further. Do you remember being 10 years old? Was it fun to be a kid? Were there games you played? Special friends you had? Were there teachers, special family members that made you feel loved and nurtured? Can you imagine how that feels now? Can you surround yourself with those you loved and can you imagine feeling love coming from them? Can you imagine what words they might say to you telling you how special you are? Can you imagine the words you want to hear from them and can you hear those words now? Take a minute to feel this. Listen.

Now I would like to see if you can remember being even younger, maybe five or six. What toys did you like the best? Did you have favorites? Who were the friends then? What did you do when you played together? Can you remember any event that even now brings you joy in the memory? How does it feel – remembering being that small – that young? How does it feel inside? Can you feel it now? Do you remember your laughter? Can you feel a time when you were being really silly?

*Begin playing some music at this point – not too loud that you can't be heard. You will turn it up when it is time for the Dance.*

It is time to awaken your child within – it is time to renew life and bring back sacred play. I come to awaken you now, as you feel the fresh new waters of life sprinkle upon you, arise and join with your Sisters. Awaken to the Dance of Spring.

Arise and come to the center of our Sacred Space. Come dance with me – awaken your own child Goddess of Spring.

*As women circle around the altar, place the flower wreath on their heads and turn up the music. Invite the women to dance!!!!!!!!*

*Dance for 3-5 minutes and when done say to them .....*

"IT'S NEVER TOO LATE  
TO HAVE A HAPPY CHILDHOOD,  
AND TO MAKE SURE THAT OTHERS DO, TOO!!!"  
As a child of the Goddess, you are entitled to ...

Walk in the rain

JUMP in mud puddles  
Collect Rainbows  
Smell Flowers  
Blow bubbles ooOO  
Stop along the way and  
build Sandcastles  
Listen to frogs  
ribbit ... ribbit  
Watch the Moon and Stars  
Say HELLO to everyone  
Go barefoot  
Go on adventures  
Sing in the Shower  
Have a Merry Heart  
Read children's Books  
Act Silly  
Take Bubble baths  
Get new sneakers  
Hold hands, Hug and kiss  
Dance!  
Fly Kites  
Laugh out loud and cry out loud  
Just wander around  
Wonder about stuff  
Feel SCARED and sad and mad and happy  
Give up worry, guilt and shame  
Stay Innocent  
Follow the butterflies  
Ask lots of questions!  
Ride a bicycle  
Draw and paint and color  
See things differently  
Fall down and get up again  
Talk with animals  
Look up at the sky  
Trust the universe!  
Stay up late  
Climb Trees  
Take naps  
Daydream



Play with toys  
Play under the covers  
Have pillow fights  
Learn new stuff  
Get excited about EVERYTHING!  
Be a clown  
Listen to music  
Find out how things Work  
Make up new rules  
Be goofy  
Tell stories  
Save the world!  
Make NEW Friends!  
and do ANYTHING that brings MORE:  
Happiness, Celebration, Relaxation,  
Communication, Health, LOVE, Joy,  
Creativity, Pleasure, Abundance,  
Grace, Self-Esteem, Courage,  
Balance, Spontaneity, PASSION, Peace, Beauty, and  
Life ENERGY to ALL beings of this planet!

Now let's all Do the Hokey Pokey!!!

You put your right foot in  
You put your right foot out  
You put your right foot in and you shake it all about  
You do the hokey pokey and you turn yourself about  
That's what it's all about  
Holey Pokey Hokey Pokey

You put your left foot in  
You put your left foot out  
You put your left foot in and you shake it all about  
You do the hokey pokey and you turn yourself about  
That's what it's all about  
Holey Pokey Hokey Pokey

You put your right hand in  
You put your right hand out

You put your right hand in and you shake it all about  
You do the hokey pokey and you turn yourself about  
That's what it's all about

Holey Pokey Hokey Pokey

You put your left hand in  
You put your left hand out  
You put your left hand in and you shake it all about  
You do the hokey pokey and you turn yourself about  
That's what it's all about

Holey Pokey Hokey Pokey

You put your head in  
You put your head out  
You put your head in and you shake it all about  
You do the hokey pokey and you turn yourself about  
That's what it's all about  
Holey Pokey Hokey Pokey

You put your whole self in  
You put your whole self out  
You put your whole self in and you shake it all about  
You do the hokey pokey and you turn yourself about  
That's what it's all about

Holey Pokey Hokey Pokey

*Hand out the toys and play for a while.*

*Perhaps sing childhood songs*

*Play London Bridge  
Ring Around the Rosie*

*Blow bubbles*

*And finally eat cookies and juice and talk about how you FEEL!!!!*

Let us now close our Circle, saying farewell and Blessed Be to Our Goddess and The Elements.

I am the Goddess beloved.  
My lungs have taken Her breath.  
My veins run with Her red.  
Blessed are the feet that have walked my path  
of trials and pleasure.  
My hands are Her hands.  
I am Goddess, as surely as I created the universe  
at the beginning.  
My body is Her body,  
glistening with the sweat of stars.  
My tears and my sex are Her gifts.  
Goddess within and without,  
I am filled with the light  
that illuminates me in my hiding,  
I have come from the dark  
and now bathe in the joy of the springtime sun.

#### Earth

Goddess of the Awakening Earth, we thank you for bringing play to our Circle. We are so grateful to have remembered our child nature and the innocence of our youth.  
Blessed Be.

#### Water

Gentle Spirit of Water, I am refreshed and renewed, a true Child of Spring, washed and purified in your healing stream. Blessed Be.

#### Fire

Bright Spirit of Fire, my soul has soared in pleasure and become one with your song. I have tasted ecstasy in my dance with you. Blessed Be.

#### Air

Sweet breeze of Air, I am reborn with your gentle breath up on my lips. I am filled with the spirit of life, renewed in this Season of Spring. Blessed Be.

Circle is open but never broken.

May the love of the Goddess be ever in your hearts.

Merry Meet and Merry Part

To Merry Meet Again



## **Our Loss of Od by Deanne Quarrie**

Freyja is an Old Icelandic goddess of the Earth, fertility, and beauty. Her name means "Lady." Freyja is known to be very beautiful and sexual. It is thought that Freyja was first in union with Od. This union represented what is known in Old Icelandic as *sam-vit*, a state of united consciousness. In other words, consciousness that reflects a state of being united, integrated, or whole. Od had vanished from Her life causing her to weep for his loss. Where her tears fell on the land, they turned to amber and where they fell in the Sea they became gold. Amber and gold are both sacred to Freyja. From the time he left, she continued to travel and search for him.

We come into this world as infants, and in that state only experience the present moment. We know our mothers from the heart beat felt in the womb and perhaps through other senses as yet undefined. We know at any given moment that we are hungry or content, wet or dry, sleepy or wakeful. Our ability to see is not fully developed and at first we see only hazy images around us. We are born knowing how to cry. It is our only way to communicate as infants. Our interests focus only on "self" and our own needs. We are, except for this ability to cry, basically helpless, unable to do anything except be where we are placed and are totally dependent on those who care for us.

As we mature, however, we begin to hear and identify sounds, see colors and shapes and taste foods we like or dislike. We learn to smile when something pleases us and we learn to laugh when feeling happiness. We learn to recognize other people, sounds and gestures and eventually the many words spoken to us. We learn to scoot, crawl and finally walk. With that we learn to mimic and then, with understanding, communicate with speech. We still however, live very much in the "now."

As children, if not damaged by the care given us, we are fully sensing beings. We may not

always understand our sensory perceptions because our experience is limited but we use our senses easily. We are creatures of exploration and discovery. Using an Old Icelandic term once more, you might say *finna* is fully active at this time. *Finna* is a critical and innate element of being that is critical to our spiritual and physical health and well-being. It means to discover, find, perceive, notice, feel, learn, to come across, and to meet.

Something happens to us when we are old enough to enter school. We are placed in an environment where sensory exploration is no longer the focus but rather we begin to develop left brain perception, through reading and writing. We are taught to be more analytical, oriented toward mental processes rather than sensory awareness. Because of the rigid conformity required of us, we lose the ability to be open and much of the inherent wonder and deep curiosity of our own body's desire to be open to our environment is lost.

For those of us on a spiritual path, awareness of this loss comes to us as we seek answers to our own spiritual questions. Our yearning is much like that of Freyja for her Od. We have body memories of our connections to the sacred in those simple ways of childhood. We may not consciously remember what it is like to be open to all that is around us, but there is an inner yearning to seek and find, no matter how elusive it might be.

Once we recognize that we are sacred beings and one with our Source, as well as everything else around us, the connections begin to grow. We take ourselves out into nature. We learn to really "see" what is around us. We learn that everything can speak to us, tell us what we need to know, if we listen. We study our past, digging deeply into our ancestors spiritual past wanting to know who their gods and goddesses were and we actively engage with them in our own lives.

We learn that our bodies truly are our temple because they house our sacred spirit. From this we begin to see the advisability of caring for our bodies and begin eating in healthy ways. We learn to take care of this "temple" we have been given or have chosen for ourselves.

If we allow it, music can enter our souls and speak to us, recalling far distant longings, awakening emotions hidden deeply within. Our food can give us new pleasure, with taste sensations unnoticed before.

We learn about our deep inner nature, our lightness and our shadow. We acknowledge and love both. We see who we are though our learning about ourselves, perhaps through the many self-development avenues available to us. We learn to love who we are no matter if flawed or not, because we know that all are flawed in one way or another and we see that even "flawed" is a faulty perception.

As we explore the five senses given to us at birth, opening in our perceptions, somehow another sense is developed and it is a returning of our own intuitive awareness. We have the ability to know of things seen by the inner eye and heard by inner ears. We delight in the sense of touch, both in the touching and in the being touched.

And so this ongoing search for Od that we have leads us into a return to a natural state of openness and from there to an inner consciousness that reflects the state of being united, integrated, and whole. When we are in that state we are able to access all that we need to manifest all possibilities in life. Our Freyja will have found her Od.



## **Imaginary Friend?     By Molly**

I tend towards a type of Goddess-oriented, panentheistic, spiritual naturalism. I frequently write about my experiences with "[theapoetics](#)"--spontaneous, spoken aloud poetry that brings me into direct connection with that which I term Goddess. I previously explored the ontological existence of this Goddess in an essay for [Feminism and Religion](#):

*To me, Goddess is found in the act of specifically naming that ineffable sense of the sacred that we all, universally, experience or perceive at some point during our lives. Whether it be in gazing at the ocean or in climbing a mountain, in the births of our children or the hatching of a baby chick, almost all humans experience transcendent moments of mystery, meaning, wonder, and awe. We can call these experiences by different names and I feel that the Goddess arises when we have the courage and capacity to name Her as such, rather than stay hazy, generic, or afraid. In my own life, I call these numinous experiences Goddess and through this I know She exists in, of, around, and through the world that I live in. It is in these experiences that I touch Her directly...*

via ([Who is She? The Existence of an Ontological Goddess](#))

Throughout 2013, I maintained a [daily practice](#) of going to woods behind my house and listening to what I hear there. Then, one of my atheist friends on Facebook recently posted a link to an article that posited an explanation for how human create the "imaginary friends" that are then termed their "gods."

*"Consider how some people attempt to make what can only be imagined feel real. They do this by trying to create thought-forms, or imagined creatures, called tulpas. Their human creators are trying to imagine so vividly that the tulpas start to seem as if they can speak and act on their own. The term entered Western literature in 1929, through the explorer Alexandra David-*

Néel's "Magic and Mystery in Tibet." She wrote that Tibetan monks created tulpas as a spiritual discipline during intense meditation. The Internet has been a boon for tulpa practice, with dozens of sites with instructions on creating one..."

via [Conjuring Up Our Own Gods - NYTimes.com](http://www.nytimes.com/conjuring-up-our-own-gods)

Despite my own sense of certainty that Goddess is *there*, very directly observable in the actual *living* of life, the very fabric of *being*, and the touch of the wind on my face, I felt silly and juvenile when reading this article. "Oh..." I thought, "perhaps what I've been doing with [this year-long woodspriestess experiment](#) is merely cementing my relationship with my imaginary friend?" So, I went back to the woods and I waited. And, an answer came:

*Imaginary friend?*

*I think not*

*I am the ebb and pulse of all existence  
of all life*

*the invisible web*

*weaving its way*

*throughout you and around you every day*

*I am here in the call of that crow*

*the hammer of that woodpecker*

*the bird song*

*the leaf fall*

*the raindrop's skim*

*I am present in the very pulse of your heart*

*That is it.*

*That magic of creation*

*The weaving*

*The web*

*Goddess*

*She who holds eternity*

*and can never be tamed.*

*Reach out*

*I'm reaching back*

*Never doubt this again.*

After a pause, sitting there, keeping contact with the rock, listening to the sounds around me and feeling my pulse beat in my wrist, I spoke again:

*The sensation of being held is real*

*the sensation of being known is real*

*the love you have experienced in my embrace is real*



*your body sitting on this rock and  
being in contact with this planet is  
real.*

*Invisible friend?*

***I am Life itself.***

*I am Breath itself.*

*I am Gaia.*

*And your heart beats in time with  
mine.*

*Woodspriestess.*

*I called your name.*

*Listen.*

*Listen and you will know...*

--

*Molly is a priestess, writer, birth educator, and activist who lives with her husband and children in the Midwest. She is a breastfeeding counselor, a professor of human services, and doctoral student in women's spirituality at Ocean Seminary College. Molly and her husband co-create at Brigid's Grove: <http://brigidsgrove.com> and she blogs about theapoetics, ecopsychology, and the Goddess at <http://goddesspriestess.com>.*



## **This One Is For the Birds by Heather Kohser**

Ahhhhh Spring, a time of quickening! Inspired creativity surges by the day, as all the Earth's creatures rejoice in the increasing sun! I attempt to conjure these feelings, as I trudge to the wood shed, ice cleats stretched, and falling off as I climb the newly plowed snow bank, pulling my sled. Writer's block and cracked dry skin have made me grumpy this morning. The sting of the wind off the frozen lake pelts my face with minute ice shards, as my last shred of joy blows away in a gust. It is still very cold, but I refuse out of principle, to wear my down coat on a sunny March day, even if I live on the 45<sup>th</sup> parallel. I grumble, and grab wood. My mood remains gloomy and grim, until - I hear IT! The sound is not unlike cries of pure glee, the laugh of the Goddess, a cosmic karmic modulation, a universal harmony of hope! Could it be, already, so soon? Maybe I heard wrong. Perchance I am dreaming. There it is again!!! How I have longed for this moment, to hear once more, the sublimely sacred call of a lone male



Red-Winged Blackbird! *Conk-la-ree! Conk-la reee!* Now this is what I have been waiting for, a first sign of Spring in Northern Vermont! The males migrate North first, eating at the feeder to regain their strength after a long flight. They seem impatient as they wait for the thaw, anticipating greening grasses, arrival of their mates, and for all the glorious abundance that can make memories of a long winter, simply melt away. As I write, I listen to the howling wind; cats and dogs, with cabin fever, lie around in me in coveted sun spots. I contemplate deeper topics, imagine scholarly pieces that could change hearts and minds, and spread the peace of the Divine Feminine around the globe!

Perhaps for another time, but today, this one is for the birds.

### For The Birds

Lengthening days of winter are pleasantly punctuated  
by ferociously feeding flocks at my feeder.  
Changing throaty love songs and awkward advances at the bath  
are sly signs of hope for a sequestered seasonal sonnetist.  
But this one  
is *for the birds*.  
Cagey phrases flushed from hiding  
resist synthesis,  
as flitting feathers and fleeting fecundity  
waft away  
    with wisps  
        of  
            wood smoke  
and my words  
    s-c-a-t-t-e-r  
        on - a - page  
            like seeds in a snow squall.



### Pagan Every Day

**Pagan Every Day Veriditas by Barbara Ardinger, PhD**

April 2nd

When you do a Google search for *veriditas*, you get several hundred hits on *Veriditas.net*, the voice of the labyrinth movement (more about that another day). Another hit proclaims "Ancient Satanism/Paganism Is Being Mainstreamed in Today's Churches" by the labyrinth movement, because the labyrinth is a "coiled serpent," against which we are warned to protect our loved ones.

*Veriditas* is a Latin word that means "greening." It's the greening power of nature, the divine force of life. As I understand it, *veriditas* seems to be much like *prana* and the *anima mundi* (1992) is only twenty-eight minutes long, but music and the images of animals and the land will break your heart and inspire you to contribute to the World Wildlife Fund, for whom Reggio and Glass made the movie.

It was the great medieval abbess and scholar Hildegard of Bingen (1098-1179) who gave us the word *veriditas*. Hildegard was her family's tenth child, so they gave her as a tithe to the church. In 1141, she had a vision that changed her life: "The heavens were opened and a blinding light of exceptional brilliance flowed through my entire brain...and it kindled my whole heart and breast like a flame..."

At a time when nearly everyone on the European continent was illiterate, Hildegard wrote mystical books about her visions and practical books on health and healing. She wrote letters of advice to the pope and to kings and noblemen throughout Europe. She wrote hymns and sequences in honor of saints for her nuns to sing. Hildegard has a place setting at Judy Chicago's *The Dinner Party*.

This month we'll be exploring variations on *veriditas*.

*Every Day: Finding the Extraordinary in Our Ordinary Lives* (RedWheel/Weiser, 2006), a unique daybook of daily meditations, stories, and activities. Her new book, *Secret Lives* is a novel of magical realism about elderly women, younger women, good men, and mythological characters including the Green Man and the Norns gone mad in a modern world. Her earlier books are *Finding New Goddesses*, *Quicksilver Moon*, *Goddess Meditations*, and *Practicing the Presence of the Goddess*. Her day job is freelance editing for people who don't want to embarrass themselves in print. Barbara lives in southern California. To purchase a signed copy of *Finding New Goddesses*, just send Barbara an email at [bawriting@earthlink.net](mailto:bawriting@earthlink.net)



## Pagan Every Day Tellus Mater by Barbara Ardinger, PhD

April 15th

Let the district [*pagus*] have a fest: purify the district...  
And offer the year-cakes on the...hearths.  
May the mothers of corn be pleased, both Tellus and Ceres,  
With [offerings of] spelt and the entrails of a pregnant victim.  
Ceres and the Earth share a single function:  
The one gives the grain its origin, the other its location.  
--Ovid, *Fasti*

Like most of the Roman gods and goddesses, Tellus Mater was originally Italian. "Earth Mother" is a literal translation of her name: *tellur* means "earth." Early on, she had a consort named Telluno, but he was absorbed by Jupiter.

As earth personified, she protected seeds from the time they developed in fruiting plants until they were gathered and sown back into the soil. Although we may not like to hear about blood sacrifice, on April 15 pregnant cows were sacrificed and their unborn calves burned in Roman temples as offerings to the earth.

In the *Fasti* Ovid writes about the Roman calendar and gives historical, astrological, and religious information for each day of the year. Notice his use of the word *pagus*, this is one origin of *pagan*. He says that Tellus and Ceres were constant companions. I like to imagine them as two stereotypical, old-fashioned Italian mothers. They're dark, plump women "of a certain age" dressed in traditional black dresses, headscarves, and sensible shoes. In the springtime, they walk arm in arm through the land gossiping about their troublesome children, both human and divine. And as they walk and gossip, Tellus and Ceres encourage the land, pregnant with springtime, to give birth. They whisper their birthing secrets to the barnyard animals and tickle the roots of the wheat and grapes.

*Every Day: Finding the Extraordinary in Our Ordinary Lives* (RedWheel/Weiser, 2006), a unique daybook of daily meditations, stories, and activities. Her new book, *Secret Lives* is a novel of magical realism about elderly women, younger women, good men, and mythological characters including the Green Man and the Norns gone mad in a modern world. Her earlier books are *Finding New Goddesses*, *Quicksilver Moon*, *Goddess Meditations*, and *Practicing the Presence of the Goddess*. Her day job is freelance editing for people who don't want to embarrass themselves in print. Barbara lives in southern California. To purchase a signed copy of *Finding New Goddesses*, just send Barbara an email at [bawriting@earthlink.net](mailto:bawriting@earthlink.net)



## Book Reviews

### **Book Review: Faeries and Elementals for Beginners by Alexandra Chauran**

Review by Dawn Thomas

Faeries have always been in my life. Now I realize elementals have been present as well. I enjoyed her story advising us to stay balanced with the elements. She worked and perfected her connection with fire but suffered the consequences for being out of balance.

The book is divided into faeries and each elemental. The author does a wonderful job describing the different categories of faeries. I was not aware of most of them. The author provides ways to scry with all of the elementals. She also gives meditations and ritual ideas for each section which is a great way for people to get started with that elemental.

The section on Sylphs and the element of air was very interesting. I now look at the air element differently. In the past I have had a hard time connecting with this element when in reality I should have embraced it. As a fire sign, I need air to fuel my fire. The author gave me ideas of working with air. About seven years ago at a ritual with my local women's group I said I was a fire sign that was called to water trying to make a connection to earth. I was given the East quarter to call. I had to laugh at that. But when I called the wind and air and a breeze blew through the palm fronds it made everyone gasp.

Being a fire sign, I was very interested in the Fire section. She explains why Salamanders may be associated with fire. One possibility she gives is the salamanders would hide in wood. In ancient times when wood was tossed on the fire, these small salamanders would run out.

The section on Undines describes the connection between water and emotions. There is an exercise for endings or closure that is simple yet meaningful and easy to perform. She also links dreams and keeping a dream journal and releasing emotions with the help of Undines. Of course, water is an excellent surface for scrying and divination.

Gnomes are the elementals used to represent the earth. Of course the first thing I think of when I hear the word is the Travelocity garden gnome. Instead the author describes the true image and purpose of the gnomes. She gives an earth meditation and visualization going deep into the earth with the gnomes as a guide. There is an exercise to create a friendship bracelet. Since the gnomes know what is buried and where to find it dowsing is listed under

the earth elemental.



## **Book Review: Mixing Essential Oils for Magic Aromatic Alchemy for Personal Blends by Sandra Kynes**

Review by Dawn Thomas

Aromatic alchemy – I love that terminology. The author starts out giving the history of blending fragrances then moves on to the magical connection. She describes the different oil extractions processes. I found one point especially interesting; pure essential oils do not leave an oil residue if dripped on a piece of paper.

After sharing the information on history, the author shares information on the different ways to blend oils. In addition, she provides the magical properties of the essential oils so the reader knows which oil to use for a specific purpose. She also provides a sample blend at the end of each section.

The first section addresses botanical families. The second describes blending scents according to their scent group. In the third section, the author discusses the process of blending by perfume note. I learned so much about perfumes in this section alone. She then lists the properties of the oils classified as So Below and As Above. She includes a section on carrier oils and their magical properties. It opened my eyes to oils I had not heard of before. Now I am on a search for pomegranate oil.

This is an excellent book for anyone wanted to work with essential oils. Although a few of the oils are expensive or hard to find, the majority of information would be great for a novice or advanced practitioner. The book is full of so much information it is hard to decide what to try first. I believe it would be a great addition to anyone's reference library.



## **Ask Your Mama**

**Are you cyclically confused? In a ceremonial quandary? Completely clueless? Wonder no more.**

**\*Ask Your Mama™**

**Everything You Always Wanted to Know About Spirituality and Didn't Know Who to Ask™**

**by**

**©Mama Donna Henes, Urban Shaman**

### **A Question of Baby Steps to the Goddess**

Dear Mama Donna

I am not a follower of the goddess, but I was walking around downtown Brooklyn with my six-year-old daughter Beatrice when she said to me, "Mommy, I don't believe in God. I believe in Mother Nature and the faeries in the woods. That's why I make the circles with the rocks." Clearly she is on a spiritual path and I would like to support her but I really don't have the background to show a 6-year-old the path to the Goddess.

I have seen some of your literature about spirituality and ceremony and thought that you might give me some ideas as to how to help her find her way to the Goddess.

Thanks,

Mom On a Mission in Brooklyn

Dear Mom,

Ah, to have had a mom like you when I was six and building shrines! I am so impressed with your desire to help your daughter pursue her own personal spiritual path. Brava!

I established several rituals with my little granddaughter who spent every summer with me until she became a teen. At bed time, after we read stories or talked, we would "Do Om." I would sit on her bed facing her. We held each other's hands to create a complete circle, and then we chanted together, Oooooommmmm. Every night was different, sometimes longer,

sometimes softer. Occasionally it got all silly and giggly, but more often, we chanted until we felt peaceful. Shaleike would drift off to sleep and I would be reenergized for my night's chores. This was sacred to us. Sometimes she would ask, "Can we do om for a really long time tonight?"

You might say some version of grace at meals, acknowledging the bountiful Mother Earth Goddess for all the fruits of her belly. Since she already seems to be drawn to creating altars and shrines, you can encourage her to make a special one for her room and "make offerings" there. I'll bet she has her own version of what that might mean.

The moon is a great way to link to the Goddess. In most cultures, She is the Lady in the Moon. I never could understand how anyone could look at that lovely, smiling, serene lunar face and refer to it as The Man in the Moon. Watch the lunar cycles and do something special on the full and new moons.

The New Moon is the perfect time to start something. Begin a project, Make a plan, Set a goal or an intention. Make a wish. As the moon grows to fullness, so will your ideas. This is a great opportunity for Beatrice to understand that her ideas are powerful and that she can strive to manifest them. She can make offerings to the growing moon to send energy to whatever she is focused on.

On Full Moons we often got dressed up as for a party and drove out to the beach on Staten Island and danced in the moon light. With snacks, of course! The first thing Shameike asks when I pick her up in the summer, is "when is the full moon?." When she was little, she called it the "whole moon."

Take your cues from her. She still remembers.

With blessings on your grand adventure,

xxMama Donna

Dear Mama Donna,

Can we do a fire circle? A water circle? An air circle? And an earth circle together?

Love,

Beatrice

Dear Beatrice,

Yes. We can do a circle together. I would love that.

And you can also do a circle whenever you want to all by yourself – or you can invite your mom or a friend if you want. You can sit down with a bowl of water and a bowl of earth and some incense to make fire and smoky air. You can talk to the Goddess whenever you want to. You can ask Her for help, or you can just tell Her how great you think She is. You can also tell her how great you think you are! She will be proud.

Keep on making your stone circles. People all over the world make circles of stone to use like a temple for the ceremonies to the Goddess. When the weather is warmer, you could have a ceremony circle outside. What fun!!!

Whenever you have a question, please write to me and I will answer you.

I can't wait to meet you. You are a real soul sister!

Lots of blessings of light and love to you,

xxMama Donna

\*Are you cyclically confused? In a ceremonial quandary? Completely clueless? Wonder no more. \*Send your questions about seasons, cycles, celebrations, ceremonies and spirit to Mama Donna at: [CityShaman@aol.com](mailto:CityShaman@aol.com)

\*\*\*\*\*

Donna Henes is an internationally renowned urban shaman, ritual expert, award-winning author, popular speaker and workshop leader whose joyful celebrations of celestial events have introduced ancient traditional rituals and contemporary ceremonies to millions of people in more than 100 cities since 1972. She has published four books, a CD, an acclaimed Ezine and writes for The Huffington Post, Beliefnet and UPI Religion and Spirituality Forum. Mama Donna, as she is affectionately called, maintains a ceremonial center, spirit shop, ritual practice and consultancy in Exotic Brooklyn, NY where she offers intuitive tarot readings and spiritual counseling and works with individuals, groups, institutions, municipalities and corporations to create meaningful ceremonies for every imaginable occasion.

[www.DonnaHenes.net](http://www.DonnaHenes.net)

[www.TheQueenOfMySelf.com](http://www.TheQueenOfMySelf.com)



[http://en.wikipedia.org/wiki/Donna\\_Henes](http://en.wikipedia.org/wiki/Donna_Henes)  
[http://en.wikipedia.org/wiki/The\\_Queen\\_of\\_My\\_Self](http://en.wikipedia.org/wiki/The_Queen_of_My_Self)

Watch her videos:

<http://www.youtube.com/user/MamaDonnaHenes>

Follow her on Twitter:

<http://twitter.com/queenmamadonna>

Connect with her on Facebook:

<http://www.facebook.com/MamaDonnaHenes>

Read her on the Huffington Post:

<http://www.huffingtonpost.com/donna-henes/>

Read her on Beliefnet:

<http://blog.beliefnet.com/thequeenofmyself/>