

## Welcome Summer Solstice!

The Summer Solstice honors the longest day of the year. All around we see the fullness of fertility and the work of the Mother. And so, we honor the mother as creator of life. This includes any woman that nurtures, sustains and protects life regardless of whether they physically gave birth.



As I am writing this, the sky is dark and a steady rain is falling. The air smells clean and the frogs are singing. I always smile when I hear them. They are so small but make such loud sounds. Right now, two of them are singing loudly. I do not know if they are calling to each other or if they are competing to see which one can make more noise. The rainy season for Florida began June 1 but that did not stop over five inches of rain from falling in one day last month. There were areas of flooding in some of the neighboring counties but no flooding here. I was lucky to capture the end of a double rainbow in this photo.

The singing mockingbird arrived two days ago. It sits in the top of the tall live oak in the backyard and goes through a repertoire of songs. My husband whistles back to see if the bird will repeat him.

Last year, the mockingbird learned many new sounds. Some of the sounds were crickets, frogs, car alarm and this year "pretty bird, pretty bird." I am amazed at how they listen, learn and adapt their songs. The female mocking bird that stayed over the winter has been actively catching bugs and guarding her bush. I am not sure where her nest is but I

know it is close. This afternoon, I also saw a pair of Sandhill cranes with their juvenile doing a test-flying run. They were about five or six feet off the road. They flew down to the end of the road before landing. I am not sure if this was the first flight but it was successful!

Last month, we found a baby turtle on the patio. There is a nearby lake but not close enough for this baby to make it here. I believe she was going to be someone's snack. She was a little shy but did not stay that way for long. I found a small box for her and we drove to the lake. I walked down the bank to the water's edge while she was scrambling in the box. She must have been able to tell we were close to the water. I gently placed her on the sand and she took a few tentative steps before racing off into the water. I was concerned when I saw a couple of fish come up to her but she was not bothered at all. A large catfish swam by but did not have any interest in her. I watched as she swam towards the center of the lake. Every time we drive by, I look at the floating island (made from a wooden pallet) to see if I can see her. I hope she has a long life with her turtle family.



Lately, the male turkeys have been walking around the neighborhood but the females have been in hiding. Today I had a glimpse of a mother turkey with her brood. Usually the females travel together with their babies but this female was by herself. I am surprised with the number of babies she has. When I counted them, I counted nine babies. Normally, they have four or five babies with them. I thought it was appropriate to see her with her children on a day I was writing about mothers.

Blessings to you during this Solstice season,  
Dawn

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## Request for Proofers

Dear Reader,

The Global Goddess Oracle is a labor of love. Our writers do so without compensation. Our editors, read, proof and put together each edition with only the expectation that the women who read it, will enjoy it.

We have a great need right now and that is to create a team of editors/proofreaders so that each edition is ready on time. It doesn't take a lot of skill. It takes a good eye and a good grasp of the English language but certainly not a degree in English!

Would you consider becoming a member of this valuable team? Would you be able to give one hour, eight times a year to reading and making minor changes where needed in the articles submitted? Most of our writers proof their own work and so the articles come to us with little correction needed. It isn't hard.

We really need your help!! Please say yes!!

My email address ([stagdancer@outlook.com](mailto:stagdancer@outlook.com)).

Many blessings,  
Bendis

## Aine and the Giant Leap by Deanne Quarrie

Aine, Goddess of Love, Light, and Fertility is also Queen of the Faeries. Aine's name means "Bright" and She is typically honored at the Summer Solstice when the sun is at its peak of power. The Solstice is associated with abundance, beauty and bounty. It is not necessarily about the harvest season, as that is yet to come. However, everywhere we look, we can see the abundance of the Mother and so it is when we first acknowledge, with joy, what is before us.

In my Tradition, the Summer Solstice falls within the Oak Moon, the Moon in which we "court the lightning bolt." What that means to us is that with our roots planted firmly in the ground, as does the Oak tree, now is the time to take all of our plans and put them into action. "Go for it" is what we are saying to ourselves and to the world.

We call on Aine for aide in love, fertility and prosperity. We ask for Her help in claiming our own power and in experiencing true joy in life.

In our full moon rites our work will involve taking a look at the preparations we made earlier in the year and then looking at all the work we have done leading up to this moment. In order to bring in the last of our bounty, those dreams not yet manifest, now is the time for us to take a "leap of faith." Aine is calling to us saying, "Take a risk, and put your heart's true desire into action!" It is time to "Court the Lightning Bolt."

If we have been procrastinating – that has to stop. Indecision – putting off – all of that has to go away. We need to understand that now is the time for decision-making. We must trust that the Universe will support our decisions. This is our magic! For once we make a decision – once we decide to act – doors open! Once our intention is made known. We will be supported and what we need will fall into place.

Aine is asking us to take a leap of faith and jump wholeheartedly into putting the dream into play!

With our work done in the discovery process of what is already done, as well as what still needs to be done, we call upon Aine. We say to Her, to the Universe and to any there who listen, "I now take the Leap. With your help, Aine, I am ready! This is my Will. So Mote It Be!"

One other little part of Aine's story is of particular interest to me. My tradition, The Apple Branch has its roots in the Faerie Faith Tradition Aine is known for teaching

human children about love, both by taking human men as lovers and by teaching humans how to share and express love in sacred ways. She gave birth to many children, some of them with mortal men and with those unions, created a magical Faerie-Human race.

Throughout time, we humans have inquired about our origins. Where did we come from? Are we star seeds? A mix between gods and human animal forms? Did we breed with aliens?

We of the Faerie Faith know that our origins began with the Fey. We love to think that we are those Faerie-Human Children of Aine, and hence our connection to the Gods of Old. Perhaps you as well?

Anyway, returning to our original story... Are you ready to reach for the stars? Are you ready to leave that place of indecision and with gusto, take a giant leap to claim what is yours? Take the power of the Sun from Summer Solstice and with the Full Moon coming up, call on Aine to guide and protect you in your own Giant Leap! She may come to you as Lair Derg, a red mare that no one can outrun or She may be Beautiful Aine with long red hair, held by a headband of fallen stars. Either way, She walks among us, offering aid where She is needed.

May the Goddess of Light, Love and Fertility, bring us the sun's power and life force and the moon's mystery of intuition and regeneration. May She be with you and protect you as you move through these glorious days of Summer.

*Deanne Quarrie, D. Min. is a Priestess of the Goddess. She is the author of five books. She is the founder of the [Apple Branch](#) and [Beyond the Ninth Wave](#) where she teaches courses in Feminist Dianic Witchcraft, Northern European Witchcraft and Druidic Shamanism. She mentors those who wish to serve others in their communities. She is also an Adjunct Professor at Ocean Seminary College and is the founder of [Global Goddess](#), a worldwide organization open to all women who honor some form of the divine feminine.*

## Ask Your Mama by Mama Donna Henes

**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 Healing Circles

Dear Mama Donna,

Greetings! I am seeking your advice. A friend is very ill with a lung condition that has plagued her since childhood. The condition has deteriorated rapidly over the last two years and now today she is at home on oxygen, fighting for her health.

I would like to perform a healing circle with some of our female friends. Not having done this before I seek your counsel on how to perform this ritual. My hope is to bring her to my home, which is a healing space, and the circle would be performed here. She is losing hope and needs a boost, and we know that the healing power of women can achieve that. She has no daughters, nor any close friends and lives with her husband and son. I know the time spent here would be a boost since she loves my home and enjoys spending time with me and my daughters.

I am grateful for your spirit,

- For a Friend in Need, in South Carolina

Dear Friend in Deed,

I am so sorry to hear about your friend. It is very sad. I agree that a women's healing circle is just the ticket.

There are no rules about ritual. It all comes down to your intention. You need to be clear about that. Is it to boost her mood? Is it to recharge her hope and energy? Is it to heal her? Is it to reverse her condition?

It sounds to me like you are thinking about a circle of women to support her and surround her with compassion and comfort. This is lovely. Just make sure that you understand what you want to achieve. And that the entire group is in agreement. Keeping your intention in mind, whatever you do will be correct.

- Create a safe space for the ritual. Do something to define the circle. Draw its circumference with ribbons, with chalk, with oil, with blessings. The idea is to consecrate a space inside of which is holy and safe and protected. I like to pass around a vial of oil and have people bless each other around the circle.

- Offer many blessings: bless each other, bless the elements that comprise all of life and existence, bless yourselves. Bless the Earth which has given us life.

- Express your intention for the ceremony. Maybe have each woman offer something to your friend: a thought, a prayer, a poem, a story, a memory.

- Why not ask each woman to bring a small, meaningful amulet (a lucky stone, shell, crystal, etc.) and as part of the ritual, have her explain what her amulet is, why it is special, and why she is offering it as a gift. Collect them all in a bag to give to your friend so that she can carry a continual reminder of the energy and hope offered by the group.

- Light candles as symbols of hope and cheer.

- You might have her sit or lie in the center of the circle and everyone reach out and touch her with hands extended in love and support to impart your intention for her wellbeing.

All of these are only suggestions. If an idea comes to you, do it. Follow your own instincts. Whatever you do will be filled with love and well meaning. And she will feel that love and it will buoy her.

It is dear of you to do this. You are a good friend, indeed! I think your circle will be highly appreciated by every single woman who participates in this ceremony of woman support. It will be healing on many, many levels.



With blessings of compassionate concern,

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)

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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 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)

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

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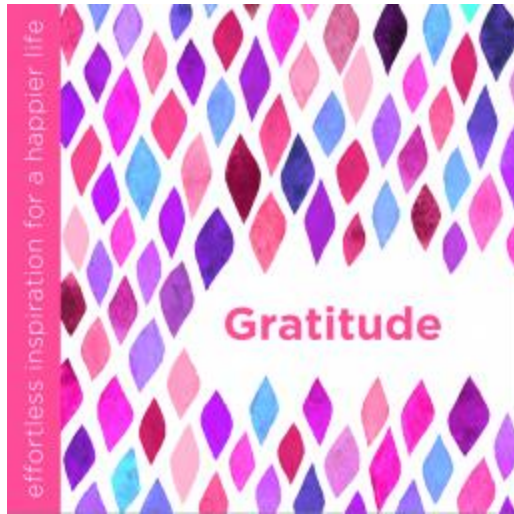
## Book Review: Gratitude by Dani Di Pirro

Review by Dawn Thomas

128 Pages

Publisher: Watkins Publishing

Self-Help, Health, Mind & Body



This is a short book discussing the attitude of gratitude. It begins with a definition of the word. The first section shows the reader how to recognize, appreciate and rejoice gratitude. There are affirmations in each section. The first affirmation is *"Today I am grateful for what I have right now."*

The second section asks the reader to tell people how grateful you are. This is followed by another affirmation and quotes. The next section addresses appreciation followed by a task of writing down a memory. The author asks the reader to find wonderment in everyday experiences. She also advises to look for the positive instead of the negative and appreciate life.

This an uplifting book. Although it is small, there are many quotes throughout the book that make the reader take notice and feel good about the small things in life that are often overlooked. She discusses the importance of courtesy and giving back. At the end of the book, there are several top ten lists of ways to be grateful. This is a book that can be read over and over.

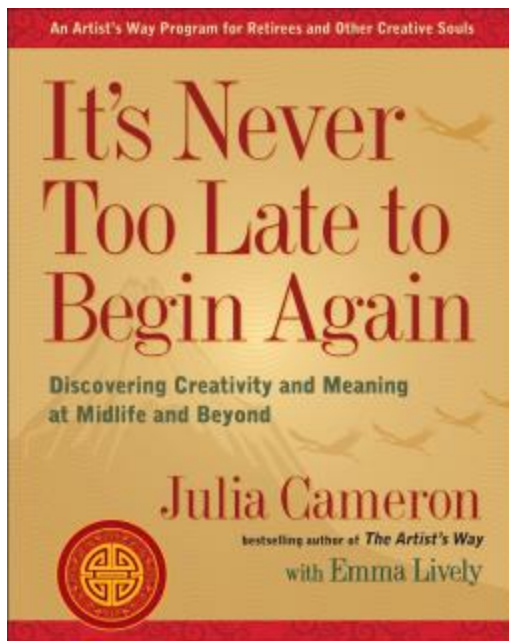
## Book Review: It's Never Too Late to Begin Again by Julia Cameron, Emma Lively

Review by Dawn Thomas

295 Pages

Publisher: Penguin Random House LLC

Self-Help, Personal Health, Aging



The secondary title of the book is *“Discovering Creativity and Meaning at Midlife and Beyond.”* I have read several of Ms. Cameron’s books and thought this one was timed perfectly for me. At 54, I was wondering what I should do with myself since graduating from the University of Florida in 2014. Her advice that it is never too late to begin again gave me the confidence I needed to pursue other creative projects.

The book is designed to be read over the course of twelve weeks. Each week is dedicated to reigniting a sense of something. There are several tasks to be completed during each week that continue throughout the course. These are Morning Pages, Memoir, Artist Dates, and

Walking.

The description for Morning Pages is to write three pages as soon as you wake up in the morning. There are no instructions or directions. She just recommends writing whatever pops into your head. I find this idea intriguing. When I first wake up I usually wonder what the day is going to be like. In doing these pages every morning, I am putting my thoughts on paper. Somehow it makes them more real. Ms. Cameron suggests that these papers are for your eyes only and should not be shared. The memoir task is a little more personal. In keeping with the theme of the week, the author provides a guided process to trigger memories to revisit your life in increments.

On Artists Dates, she recommends doing something creative and fun each week. There are several examples for each week. She also recommends a solitary walking routine without a pet, a companion or a phone. Her reasoning for this is simple. While you are walking alone, you are tapping into yourself and experiencing the moment for what it is.

I really enjoyed this book. It gave me many ideas to get the creative juices flowing again. The examples of people starting over again were encouraging. I realized that I am not too old to start a new venture. I definitely recommend this book to anyone that wants to jump start their creativity at any age.

## Moon Schedule Summer Solstice to Lammas

By Dawn "Belladonna" Thomas

(Times are Eastern Time)

**Full "Strong Sun" Moon** – June 20<sup>th</sup> 7:02 a.m.

4<sup>th</sup> Quarter – June 27<sup>th</sup> 2:19 p.m.

**New Moon** – July 4<sup>th</sup> 7:01 a.m.

2<sup>nd</sup> Quarter – July 11<sup>th</sup> 8:52 p.m.

**Full "Blessing" Moon** – July 19<sup>th</sup> 6:57 p.m.

4<sup>th</sup> Quarter – July 26<sup>th</sup> 7:00 p.m.

### Moon Void of Course Schedule

June 20 <sup>th</sup>	7:02 a.m.	7:55 a.m.
June 22 <sup>nd</sup>	4:57 a.m.	4:08 p.m.
June 24 <sup>th</sup>	11:48 a.m.	10:30 p.m.
June 26 <sup>th</sup>	3:55 p.m.	June 27 <sup>th</sup> 3:08 a.m.
June 29 <sup>th</sup>	3:46 a.m.	6:03 a.m.
June 30 <sup>th</sup>	8:19 p.m.	July 1 <sup>st</sup> 7:44 a.m.
July 2 <sup>nd</sup>	11:43 p.m.	July 3 <sup>rd</sup> 9:20 a.m.
July 5 <sup>th</sup>	2:29 a.m.	12:28 p.m.
July 7 <sup>th</sup>	8:07 a.m.	6:41 p.m.
July 9 <sup>th</sup>	11:28 p.m.	July 10 <sup>th</sup> 4:32 a.m.
July 12 <sup>th</sup>	11:01 a.m.	4:52 p.m.
July 14 <sup>th</sup>	6:22 p.m.	5:41 a.m.
July 17 <sup>th</sup>	4:57 a.m.	3:33 p.m.
July 19 <sup>th</sup>	6:57 p.m.	11:10 p.m.

July 21 <sup>st</sup>	9:56 p.m.	July 22 <sup>nd</sup> 4:35 a.m.
July 24 <sup>th</sup>	3:06 a.m.	8:33 a.m.
July 28 <sup>th</sup>	11:13 a.m.	2:17 p.m.
July 30 <sup>th</sup>	7:46 a.m.	5:09 p.m.

**Planting Days**

June: 20<sup>th</sup>, 21<sup>st</sup>, 22<sup>nd</sup>, 25<sup>th</sup>, 26<sup>th</sup>, 29<sup>th</sup>, 30<sup>th</sup>  
 July: 3<sup>rd</sup>, 5<sup>th</sup>, 22<sup>nd</sup>, 23<sup>rd</sup>, 26<sup>th</sup>, 27<sup>th</sup>, 28<sup>th</sup>, 31<sup>st</sup>

**Harvesting Days**

June: 23<sup>rd</sup>, 24<sup>th</sup>, 27<sup>th</sup>, 28<sup>th</sup>  
 July: 1<sup>st</sup>, 2<sup>nd</sup>, 20<sup>th</sup>, 21<sup>st</sup>, 24<sup>th</sup>, 25<sup>th</sup>, 29<sup>th</sup>, 30<sup>th</sup>

## Pagan Every Day: Festival of Amaterasu by Barbara Ardinger, Ph.D.

July 17

Amaterasu Omikami – Great August Spirit Shining in Heaven – is the supreme deity of the Shinto religion, queen of all the *kami*, the forces of nature. Nothing grows without her shining power. She is the ancestor of the Japanese royal family, but, as her stories show, her true roots lie in Siberian shamanism.

When the Chinese arrived in Japan in the second century C.E., they found so many female shaman-rulers there that they called the country the Land of the Queens. The most powerful shaman-queen was Himiko, Sun's Daughter, who died in 247. Unmarried, chaste, and reclusive, Himiko performed magical ceremonies while the work of the government was done by her brother.

Confucianism, which arrived in Japan about 400, decreed that women were inherently unfit to rule. The shaman-queens were overthrown. A century and a half later, when Buddhism arrived, the status of women fell still lower. Among other things, it was said that a woman must be reborn as a man to be liberated from the wheel of life. As the Great Sun Buddha gained popularity in Japan, even the great sun goddess underwent a sex change. The people were told that Amaterasu was really a male god named Roshana.

But the native Shinto beliefs did not die, and it was an empress, Gemmyo, who in 712 first published the old Shinto myths of Amaterasu in the *Kojiki*, or "Record of Ancient Matters." One folktale tells how, like a shaman, Amaterasu climbs up a pillar to the heavens, creating the first sunrise. In the most famous story, she is insulted by her brother and hides in a cave until another shaman-goddess, Uzume, hangs a mirror in a tree, dances and reveals her yoni. Amaterasu peers out, sees her glorious beauty in the mirror, laughs at Uzume's performance, and emerges from the cave.

## Pagan Every Day: Tanabata Festival by Barbara Ardinger, Ph.D

July 7

Once upon a time, so the Chinese legend goes, Orihime (the star Vega), who was a weaving girl, and Kengyu (the star Altair), who was a cowherd, loved each other. Because of the jealousy of another star, they were separated and could only meet once a year in the Milky Way.



When the legend traveled from China to Japan, the day when the lovers met became the Tanabata Festival, which is celebrated primarily by children, who write wishes on *tanzaku* (strips of colored paper) and hang them on bamboo branches decorated with paper stars and other ornaments. At the end of the celebration, these branches are thrown into the river to dispel bad fortune.

Until recently, we seldom saw children at pagan events, but the time has come, as it should, for raising our children as pagans. Now we have excellent books that retell the myths for children, explain the wheel of the year, and give suggestions for celebrating sabbats with children. There are even magazines, like *The Blessed Bee*, for families with young children.

Reader, if the members of your circle or coven have children, this is a good day for your own Tanabata celebration. Gather your children – and maybe the whole neighborhood's children – and tell the story of Orihime and Kengyu. Give the jealous star a name and a bad attitude. Add peril and adventures and a joyous ending. Bring a star map and show where these two stars are in the sky. Decorate bamboo or other sacred trees with every kind of paper decoration – not only wishes, but also stars, moons, animals and birds. Teach the children to fold origami peace cranes and add those to the branches. Let every child take a decorated branch home to commemorate a happy day.

*Barbara Ardinger, Ph.D. ([www.barbaraardinger.com](http://www.barbaraardinger.com)), is the author of Pagan Every Day: Finding the Extraordinary in Our Ordinary Lives (RedWheel/Weiser, 2006), a unique daybook of daily meditations, stories, and activities. 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)*

## Raspberry Revolution by Molly

**...The spirit of adventure  
runs through my veins  
with the rich color  
of crushed raspberry**

**May it always run so free  
may it be blessed  
and may I be reminded  
of the courage and love  
shown in small, wild adventures.**



June brings out the hunter in me. The mission: wild raspberries.\* A friend once laughed to hear me describe picking raspberries as a “holy task,” but it is. A task earthy, embodied, mundane, and miraculous at once.

Two of June’s treasures each year for me are the roses and the raspberries. Each summer, I sweat and struggle and am scratched and stung, but I return home once again with my bounty.

Several years ago [I wrote about my “Inanna’s descent”](#) as I picked wild raspberries with my children:

*...I was thinking about how I was hot, tired, sweaty, sore, scratched, bloody, worn, and stained from what “should” have been a simple, fun little outing with my children and the above prayer came to my lips. I felt inspired by the idea that parenting involves uncountable numbers of small, wild adventures. I was no longer “just” a mom trying to find raspberries with her kids, I was a raspberry warrior. I braved brambles, swallowed irritations, battled bugs, sweated, swore, argued, struggled, crawled into scary spaces and over rough terrain, lost possessions and let go of the need to find them, and served as a rescuer of others. I gave my blood and body over to the task...*

I consider any berry picking expedition to be the very definition of success as long as there are enough berries to make a cobbler! It is so delicious I feel like sharing my version here, in case any of you would also like to enjoy one with your family during berry season:

### **Ingredients:**

1 stick butter  
1 cup sugar  
1 cup flour  
1/2 ts. salt  
1 ts. baking powder  
1 cup milk  
2 cups raspberries (fresh or frozen)



**Instructions:**

Melt butter. Mix sugar and flour into the same baking dish in which you plan to bake the cobbler. Whisk in milk. Pour in melted butter and whisk again.

Scatter rinsed raspberries evenly over the top of the batter.

Bake in the oven at 350 degrees for about 1 hour until golden and bubbly.

Serve with whipped cream on top if desired, though plain is delightfully delicious as well!

—

While in the woods with my raspberries this year, I was also taking pictures for my upcoming [Womanrunes e-course](#) and I got the Winged Circle:



**“Revolution keeps a steady tempo with your heartsong and the color of your wings.”**

Sometimes revolution tastes like raspberries.

—

(\*This post is modified from a SageWoman post I made last year on which I received many comments from people feeling compelled to inform me

that these are called blackberries, not raspberries. Have no fear, however, yes, wild raspberries are black in Missouri and these *are* indeed raspberries, even though they are not red. We have wild blackberries also, which will ripen in July. The wild raspberries and blackberries, both black in color, grow right next to each other in my back yard. There are distinctive differences. The raspberries are less seedy, sweeter, juicier, and tastier. Their canes are green-white and waxy in color and they ripen a month earlier. We also have mulberries and dewberries here, which are both black as well.)

*Molly has been gathering the women to circle, sing, celebrate, and share since 2008. She plans and facilitates women's circles, seasonal retreats and rituals, mother-daughter circles, family ceremonies, and red tent circles in rural Missouri. She is an ordained priestess who holds MSW and M.Div degrees and recently finished her dissertation about contemporary priestessing in the U.S. Molly is the author of [Womanrunes: a guide to their use and interpretation](#), [Earthprayer](#), [Birthprayer](#), [Lifeprayer](#), [Womanprayer](#), and [The Red Tent Resource Kit](#). Molly and her husband Mark co-create original goddess sculptures, ceremony kits, and pendants at [Brigid's Grove](#) and she writes about theology, nature, practical priestessing, and the goddess at her [Woodspriestess blog](#).*

## Saponi: Goddess of Soap Makers by Dawn Thomas

I saw an article online mentioning St. Florian as the saint for fire fighters and soap makers. I then went on a search looking for a goddess associated with the soapmaking process. Not one goddess came up as a result. I considered Cerridwen and her cauldron that she stirred. She is a good choice but does not really fit my need. I did the next best thing and created one!

When you are mixing your lye water with the oils and time begins to speed up, call upon Saponi, the Goddess of Saponification. She will guide you through the stirring process until you get to trace. She has long flowing hair that seems to intertwine with her gauzy dress of many colors. As she walks her hair and dress shimmers with color and seems to swirl with different patterns. Her skin glows with a soft iridescent light. She has a serene smile and is not distracted or stressed. She stirs her pot of soap with care and always has a perfect batch. If you close your eyes, you can smell her essence. At times, she smells like flowers and other times like the salty air of the ocean.

Say this short prayer to her for to ensure a successful soap batch.

Saponi  
Goddess of the soap and mold,  
Watch over my batch until it's cold.

See my colors and the swirls,  
As I turn my spoon in twirls.

The soap is tracing,  
And I am racing,  
To add oils without pacing  
And now I am waiting.

Once the soap has saponified,  
Can I pleased be notified?

May you always be successful in your soapmaking.

## Solitary Ritual – Summer Solstice by Dawn “Belladonna” Thomas

### **Preparation and Altar Needs:**

Cut flowers to create a circle

A Red candle to represent the fire of passion, sexuality and creativity

Chalice with beverage of your choice

(Prior to the ritual, decide on the type of meditation and work you want to do during the ritual. Have the necessary items for the work you choose.)

### **Casting the Circle:**

Hail to the Element of the East, Ancient Spirit of Air. Let me feel your warm summer breezes upon my skin. Please join me today.

Hail to the Element of the South, Ancient Spirit of Fire. The fire of my sexuality is awakening along with an abundance of new life to grow. Please join me today.

Hail to the Element of the West, Ancient Spirit of Water. Let your rainwater fall down upon the earth so that new life can grow. Please join me today.

Hail to the Element of the North, Ancient Spirit of Earth. The flowers are fertile with their summer blooms that are fragrant with their arousing scent. Please join me today.

Gaia, Mother Goddess of the Earth, your love and nurturing compassion inspire me to be creative. Your love sustains my life. I honor you and ask you to join me today.

### **The Mediation and Work:**

*During this time of year, we celebrate the sensuality of the maiden and her sexual union with her consort. With this, we feel the spark and heat of our sexuality. Light the red candle as a symbol the awakening sexuality and creative fire inside you. Think about the following thoughts and questions then meditate on the responses.*

Explore your passion and sexuality. How does it make you feel? Where is the fiery life force and energy in my life? What is the trigger? How do I express my sexuality? Is it often enough, if not how can I increase the feeling?

*With the Maiden reaching sexual maturity, we honor her becoming a mother and the season of growth. It is a time to reflect what we are manifesting in our lives. Spend a few moments thinking about this.*

What are you manifesting? How are you manifesting this? What are the things you feel strongly about that would help you fuel this creative fire?

*Now is the time to be creative – To release creative forces. Make, build or create something to represent your passion and sexuality. This can be something you make with your hands or something you write. It can also be something using your voice or a movement or dance.*

*When you are finished, offer a blessing and thanks to the Goddess then drink from your chalice.*

### **Closing the Circle**

Gaia, Mother Goddess of the Earth, I feel your loving arms around me. I will keep your creative and passionate spirit in my heart. I honor you and thank you for joining me today. I bid you hail and farewell.

Element of the North, Spirit of Earth, the sensual essence of your fragrant flowers will remain with me. Thank you for joining me today. I bid you hail and farewell.

Element of the West, Spirit of Water, the fertile earth is renewed by your cleansing waters. Thank you for joining me today. I bid you hail and farewell.

Element of the South, Spirit of Fire, my body is alive with sexuality. Thank you for joining me today. I bid you hail and farewell.

Element of the East, Spirit of Air, the gentle breeze blowing across my body has made me feel alive. Thank you for joining me today. I bid you hail and farewell.

The Circle is open but unbroken.

Blessed Be!

## Summer Solstice Imprint Necklaces by Molly

*Summer's bounty  
both sweet and spiky  
sun-kissed and thorny  
able to draw blood  
and to cause you to smile  
as you taste the juices of life.*

I find it interesting to observe how the wheel of the year is reflected within my own mind and thought processes. In the late fall, I turn inward and feel like retreating and pulling away from commitments. In the winter, I incubate and make plans. In the spring, I emerge again and feel enthused with new ideas. In the summer, I start to make decisions about what to keep and what to prune away. I find that summer is a perfect time to see what is growing well and what needs to be yanked out by the roots.



Summer brings the opportunity to both wrestle with what isn't working in your life and to celebrate the fruits of your labors. Summer is when you peek under leaves only to discover bugs in your cabbages, whether literal or metaphorical. And, it is the season in which you bask in what is growing well, what has taken root firmly, what is beautiful in the sunshine, what you can trust, taste, enjoy and savor. In the summer, we see both weeding and harvesting. Planting and tending and maintaining. We see withering. We see giving up. We see what is dying and what is thriving. This is the balance of the year. The wheel turns and turns and turns and before we know it, we are holding a palm full of berries once more. Older, different, changed and yet, right there, again. That juicy bite of summer.

Heat and light. Growth and transformation. Bearing fruit. Spreading open in the sun. Digging up by the roots. Weeding out. Composting. Turning over. Turning over. Turning over.

I'm preparing for our summer Red Tent and summer solstice family ritual and the themes above are on my mind. I'd like to offer the following activity idea for your own summer solstice experience. It would be a beautiful project to undertake at sunrise or sunset on this year's summer solstice.



You will need:

- Clay of some kind (self-hardening, air dry, oven cured, kiln fired, or polymer clay)
- Rolling pin
- Knife or cookie cutter
- A few minutes outside alone in Nature

Go outside and center and ground yourself with three deep breaths. Then, begin to walk around slowly looking for a message from Nature, from Gaia, from the Earth. Trust your intuition and choose what calls your attention and seems meant for you. It might be a seed, a berry, a leaf, a stone, or a flower. Accept this small, renewable gift from nature with appreciation and collaborative intent.

Roll out your clay on a firm surface (protected with cardboard or a placemat) to about 1/4 inch thick. You can use whatever shape or size makes sense to you, squares, circles, dewdrops, ovals and freeform oblong shapes work well that about two inches across. If you are using clay that will be fired in a kiln, remember that it will shrink as it dries.

Gently press your gift from nature into the clay. Press it down on all sides, firmly but gently. If you are using a leaf, use the back of the leaf to create the imprint, because the veins on the back will create a clearer impression. Your imprint will not look perfect, but that's okay!

Make sure to poke a hole near the top before the clay dries so that you will be able to hang it up or string it on a cord. If you are using clay that will be fired in a kiln, you can use one of your imprints as an essential oil diffuser after the first firing. Or, you can glaze it and have it fired again. I am fortunate to have a mom who is a potter and who fires the imprint necklaces I make! You can also make a larger, thicker clay "stone" and use it as an essential oil diffuser, a meditation palm stone, or a desk decoration, rather than poking a hole in it to hang up.

Wild raspberries are particularly special to me. While I originally expected to use wild dianthus flowers for my imprint, I followed my intuition and absolutely delighted in creating my imprint necklaces using wild raspberries and raspberry leaves. Seriously. These little berry prints make me swoon.

The message of the imprint necklace you create will be unique to you and your experience. When you wear or hang up your summer imprint, you will be reminded of the messages and lessons of Gaia's natural, wild wisdom and the ever-changing, unfolding, everyday miracle of life on Earth.

(Note: if you also use berries, choose an unripe berry because it makes a much firmer "stamp" with which to imprint!)

*Molly has been gathering the women to circle, sing, celebrate, and share since 2008. She plans and facilitates women's circles, seasonal retreats and rituals, mother-daughter circles, family ceremonies, and red tent circles in rural Missouri. She is an ordained priestess who holds MSW and M.Div degrees and recently finished her dissertation about contemporary priestessing in the U.S. Molly is the author of [Womanrunes: a guide to their use and interpretation](#), [Earthprayer](#), [Birthprayer](#), [Lifepriayer](#), [Womanprayer](#), and [The Red Tent Resource Kit](#). Molly and her husband Mark co-create original goddess sculptures, ceremony kits, and pendants at [Brigid's Grove](#) and she writes about theology, nature, practical priestessing, and the goddess at her [Woodspriestess blog](#).*

## Tarot & Charms for the Season by the Herbal Tarotist

*Longest day, shortest night, sun power at its might.  
Then tomorrow all be done the darker days are soon to come...*

The wheel of the year turns again and we see the day lasting long into the evening hours

Sun stands still at its zenith and once it reaches its highest height it will begin the journey down again to the depths of the dark. Duality comes to mind and the opportunity to begin shadow work

Three cards will tell us what we have been manifesting in the light

Three cards will point to our shadow

We call to the Earth Goddess whose riches are both above and below the soil to reveal what we are hiding....

### *The Reading*

#### *What we manifested in the light*

Cards in the light position (top row) say:  
Listen to your inner voice, plan to avoid disaster, victory – We have listened to our inner wisdom and avoided disaster throughout the year, through our efforts we are at our peak, and reflecting back on the year that began at Samhain. We are satisfied with our accomplishments

Affirmation for Litha:

"I am the glorious sun!"

#### *What remains in shadow*

The cards in the shadow position (bottom row) say: There will be a wild surprise, information overload, live in the moment, be foolish!



Solstice is a wonderful bright day; our senses are overloaded with joy. Time too seems to stand still. What could be dark on a day so bright?

*Beware of little folk in old oaks.....*

The dark time of the year begins so live for today and be a little foolish

To cast this kind of reading at home, begin by shuffling the cards. Cut the deck focusing on what you manifested throughout the year and what still remains in shadow. Draw three cards from the top – these represent what you manifested. Then draw three cards from the bottom of the deck – these are what are still in shadow. Lay out the first three cards, and then place the second three cards beneath them, reading the first three together as what you manifested, and then the second three as what is lurking in the shadows. Look amongst the shadow cards for one thing that is still in shadow for you. This one thing you will take forward with you into the dark time of year to be transformed before the next New Year

Blessings to all in this solstice season!

~ *The Herbal Tarotist* [www.herbartarotist.com](http://www.herbartarotist.com)

Reading done with the Smith-Waite Tarot Deck Centennial Edition