

**Issue 2 Imbolc 2013**

**Contents**

**Ritual Work**

*Celebration of Kore, Goddess of Spring, Mystic Amazon*

**Goddess Work**

*Mindful Bathing: A Ritual of Self-Care, Ajna DreamsAwake*

**Sacred Sites**

*The Goddess of Washington, Ajna DreamsAwake*

**OWM Awareness**

*OWM Happenings, Kerritwyn Ceannaire*

**The Bardic Soul:**

**Poetry and Song for the Spirit**

*Courage to Heal Invocation, Moonwater Chalcedony Ashwood*

*Kindle the Fire, Literata*

*Goddess I have come to you, Asterope StarFire*

**Recipes Fit for a Goddess**

*Ajna's Gourmet Mac 'n Cheese, Ajna DreamsAwake*

**Celebration of Kore, Goddess of Spring**

You will need:

A place either inside or outside for a small Circle Flowers for a head garland (this can be silk flowers or other kinds)\*

Cymbals, rattles, mariachis, some sort of noise makers

Seeds to be blessed and planted later

Incense, if inside

\*Make flower leis for your head. Either with real flowers, silk flowers, or flowers made from poster paper, colored and glittered and glued onto ribbons to tie into circlets or headbands.

Smudge the area beforehand. When you are ready, first cast the Circle.

Then stand in a circle, making noises to call to the goddess of Spring to come up from the Underworld. The youngest woman may wish to represent Kore for the ritual.

Here is a chant to say after making the noise to call to her:

### **Kore Invocation**

*Hail Kore! We welcome you,  
Strewing flowers across your path,  
Seeing each petal take root  
And grow again as you pass by.*

*Hail, Daughter of Demeter!  
We thank you for leaving your dark throne  
So that the seedlings will sprout  
And young animals be born.*

*You have left the cares of the Underworld  
To bring us sunlight and soft rains.  
Now fairies once again flutter their wings,  
And dance with elves in the meadow.*

*The grass is now like green velvet  
And branches are full of budding flowers;  
Your mother smiles with joy again,  
As cold Winter takes his leave.*

*Hail Kore! We welcome you.  
We have brought seeds to you  
To bless before their planting,  
And hearts to be gladdened with the Spring.*

Then put on some music and dance around in the Circle holding hands, visualizing Kore coming up into the center of the circle with flowers in her hair, dancing with you. Visualize her putting her hands on each of your heads in turn, with blessings, and allow joy to come into your hearts.

When you are through, open the Circle.

© Copyright 2/25/08

Beth Clare Johnson

(Mystic Amazon)

*Mystic Amazon has studied Reiki with Diane Stein and has also done Shamanic training. She is a High Priestess of the [Order of the White Moon](#) and an Ordained Minister, currently co-teaching with HP Ka Wahine Ahi at [Sisters of the Rising Moon school](#). Divorced with two children, she now lives in Mississippi. Her hobbies include writing, folk art, folk magick, Reiki, and reading.*

## **Mindful Bathing - A Ritual of Self-Care**

All too often our bathing routines are just that, routine. Our busy lives are reflected in how we bathe, quick and efficient, then on to the next thing. Mindful bathing brings us fully into our bodies, transforming a mundane task into a ritual of self-care, and self-love.

### **Supplies**

Loofah sponge

Exfoliating gloves

Massage oil

Sea Salt or Epsom Salts

Rose essential oil

To begin, turn off phones and ensure you will not be disturbed for at least 1 hour. Play soft music, light candles and/or incense. Remove your clothing and slip into a bathrobe. Drape a towel around your shoulders.

Begin the ritual with a face massage. Place 2-3 drops of Rose essential oil into the palms of your hands and rub them together to warm the oil. Make gentle circular motions on your temples, moving toward the hairline. Using your fingertips, gently tap along your brow line. Using one finger, gently tap the area between your brows

(3rd eye). Place your fingers along the bridge of your nose and gently massage around the eyes, follow the bone of the eye socket upward to the eyebrows, then back down to the nose. Give a prayer of thanks as you do this. Note, never apply pressure upon the eyes themselves.

Place your fingertips along the sides of your nose, gently massage along the cheekbones, with upward strokes, toward the hairline. Gently rub and apply pressure to both sides of the nose. As you do this, repeat the phrase *I love you*.

Apply gentle pressure along the jaw line, from your chin to your ears. Repeat loving and positive affirmations as you massage.

When you are ready, remove the robe and stand in front of a full length mirror if available. You are a beautiful woman with a beautiful body. Replace shame, judgments and negative thoughts with positive affirmations. *My body is a reflection of my soul, my soul is beautiful. My body craves nurturing, I love and cherish my body.*

Pick up your loofah sponge and, beginning with your fingertips, brush towards your armpit with quick, light strokes. You may also want to visualize your aura being energetically cleansed as well. Pay attention to each body part, giving thanks as you work with the loofah. *Thank you fingertips, thank you palms, thank you wrists etc...*

Ensure the entire arm has been touched by the sponge. Repeat with the other arm. Move on to the breasts, using gentle strokes, brush outward toward the armpit, and then down toward the abdomen. Brush the top of the chest from side to side, and all around the neck in a downward motion, continue to give thanks to each part caressed.

Sit comfortably, and brush from the tips of your toes upward toward your thighs, continuing with light strokes. Brush your abdomen in a clockwise circular motion around the navel. Stroke your back, hips and buttocks in a side to side motion. When your entire body has been brushed, stand for a minute to relish the sensation.

Put on the exfoliating gloves and repeat the movements described above. Spend extra time massaging between the toes and the scalp. This time, as you caress each body part, say the words *I love you*.

Mix 1/2 cup sea salt with 1/2 cup massage oil, add 2-3 drops of rose essential oil. Beginning with the fingertips, apply the salt/oil mixture in the same manner as above. Spend extra time on tender or tight areas. As you massage each part of your body, say *I release what is no longer useful*.

Pour 1-4 pounds of seas salt or Epsom salt into a warm (not hot) bath. Sit for 15 minutes to rid the body of accumulated toxins. Rinse thoroughly.

Apply your favourite lotion, again starting with the fingertips. As you touch each body part, say *I am clear and cleansed and renewed*.

This is the Art of Mindful Bathing, an act of Self-Love.

© Ajna DreamsAwake 2013

*Ajna DreamsAwake is an Adept of [The Sacred Three Goddess School](#). She is an eclectic Pagan, rediscovering Her Visionary Goddess Gifts.*

## **The Goddess of Washington**

Washington D.C. is a city that was built to honour the Goddess and the Divine Feminine. Many of those involved in the planning and construction of Washington and the United States were involved with Freemasonry, which is replete with Goddess imagery (1). Washington's original plan for the District of Columbia was a large square, 10 miles on all sides, and nestled between Virginia and Maryland (creating a Trinity of Goddesses). The square stands on point, that is, it is shaped like a diamond (a sacred Goddess symbol). The main architect of the city was Pierre-Charles L'Enfant, who conceived the name District of

Columbia. Andrew Ellicott, the chief surveyor, was a knowledgeable astronomer. The entire city was deliberately planned and aligned with the constellation of Virgo. Since the city's origins, major structures within Washington continue to be erected in specific locations in order to emphasize astronomical events.

Goddess imagery is found throughout Washington, Her statues adorn the entrances to all major federal buildings, including the Departments of Justice, Education, and Agriculture. She can be found in parks and memorials. A bird's-eye view of the Capitol building reveals a figure resembling an owl, a symbol of Athena (2).

The Apotheosis of Washington is a painting located on the Capital Dome Rotunda that depicts George Washington becoming a god. He is flanked by the goddesses Victoria and Liberty. The trio are encircled by 13 maidens, representing the original colonies (the number 13 is also sacred to the Goddess). Surrounding them are a number of different scenes, depicting more Goddesses. One scene depicts Columbia fighting for liberty and an end to tyranny. Another shows Athena standing by a printing press, symbolic of American ingenuity. In a third scene, Ceres and Flora represent agriculture.

Perhaps the most significant Goddess image in D.C. has to be the Statue of Freedom (Freedom Triumphant in War and Peace) which crowns the Capitol. Designed by Thomas Crawford, America's Goddess has reigned over Her citizens since 1863. Her right hand clasps a sheathed sword, and in Her left, a laurel wreath and a shield depicting the Great Seal of the United States. She wears a helmet adorned with stars, an eagle's head and a crest of feathers. A fringed Native American blanket is draped over Her shoulder.

Who is Columbia?

Her name is thought to have been the feminized version of Columbus, the "discoverer" of the Americas. Columbia emerged as a pseudonym for the Colonies in the British Press as it was illegal, at the time, to reference real persons or places. The term was believed to have been coined by the lexicographer Samuel Johnson in 1738. However, the personification of America as a woman arrived on these shores with the first colonists.

The original American Goddess embodied the wild, untamed nature of the New World. She was depicted as a noble Indian Queen, with long, straight dark hair and armed with a tomahawk. However, this image was deemed "too savage" (and possibly too powerful?) and She was replaced with a gentler image, the Indian Princess. In the 19th century, She was transformed once again, taking on European features, light-skinned with a cascade of golden curls.

Columbia is often draped in robes of red, white and blue, adorned with stars. Her symbols include the eagle, rattlesnake, broken chains, a cornucopia, laurel wreath and olive branch. A song in her honor, "Hail, Columbia," was an unofficial national anthem up until 1931.

Unfortunately, some Americans have waged a war against America's Goddess, referring to Her as a demon, and blaming the country's current political problems on D.C.'s alleged pagan roots. The belief held by some is that honour will only be restored once the "District of the Queen of Heaven" is renamed "District of Christ" (3, 4). What is frightening is that many of the individuals who hold these beliefs have access to (and influence over?) powerful people within the government. It is vital that we remain ever vigilant and bring these examples of hatred and bigotry to light, so that we may forgive the willfully ignorant and heal this great nation.

Regardless of how some of Her children may feel about Her, Columbia remains the Mother of this nation, and She does not discriminate. She nurtures and protects all Americans equally.

(1) <http://www.scribd.com/doc/3103614/Freemasonry-and-The-Hidden-Goddess>

(2) <http://illuminatimatrix.files.wordpress.com/2008/07/capitol-hill.jpg>

(3) [http://www.youtube.com/watch?v=LdA4xfjx\\_gg](http://www.youtube.com/watch?v=LdA4xfjx_gg)

(4) <http://www.hapn.us/Websites/oapn/Images/Resource%20docs/baal%20divorce/Baal%20Divorce%20-%20Corporate%281-5-10%29.pdf>

<http://www.hapn.us/Websites/oapn/Images/Resource%20docs/baal%20divorce/Baal%20Di>



[vorce%20-%20Corporate%281-5-10%29.pdf](#)

<https://hecatemeter.wordpress.com/2011/07/23/this-time-its-personal/>

<http://www.orderwhitemoon.org/goddess/Columbia%20Level%203%20Project.htm>

[http://en.wikipedia.org/wiki/Columbia\\_%28name%29](http://en.wikipedia.org/wiki/Columbia_%28name%29)

<http://www.cityofthegoddess.com/>

[http://en.wikipedia.org/wiki/Statue\\_of\\_Freedom](http://en.wikipedia.org/wiki/Statue_of_Freedom)

© Ajna DreamsAwake

*Ajna DreamsAwake is an Adept of [The Sacred Three Goddess School](#). She is an eclectic Pagan, rediscovering Her Visionary Goddess Gifts.*

## **White Moon Happenings**

The Sisters of the Order of the White Moon, including Sisters all over the United States and Canada, as well as the U.K., Australia and Dubai, continue our work walking with the Goddess in many ways, including many forms of service, as well as a lot of creative work!

Our teaching High Priestesses have many enrolled students, organized into separate schools, and we are very pleased to feature the accomplishments of our lovely and gifted students!

This quarter, Sisters of the Rising Moon, taught by HP Ka Wahine Ahi and HP Mystic Amazon, are very pleased to announce that their student, Ocean Phoenix, has completed Level II of White Moon Studies to become an Adept in the Order of the White Moon! Please enjoy Ocean Phoenix's wonderful Level II Final Project on Airmid at <http://www.orderwhitemoon.org/goddess//Airmid/airmid.html> .

The HPs of the Ordination Council are also deeply gratified to report that Priestess Aethya Danann is progressing steadily through her Level IV work, to become a High Priestess of the Order! She will soon teach a class to our White Moon sisters, as part of her progress toward Ordination!

If you would like to learn more about White Moon studies, please take a look at <http://orderwhitemoon.org/schools/index.html> .

Blessings to all!

*HP Kerritwyn Ceannaire is the elected President of the Board of Directors and the Head of the Order. She teaches White Moon lessons to women in [The Sacred Three Goddess School](#), and to male-to-female transgendered seekers in the [Rainbow Moon School](#).*

## **Courage to Heal Invocation**

*Fiery Brigid, I call on you now,  
Show your child in need how  
She can go on!  
Flowers of subtle fiery hue  
I bring here now to honour you  
Asking you to lead the way!  
Bright yellow sunflowers  
For increased health;*

*Peach roses for healing  
And love to one so dear;  
Red sweet peas for courage,  
Friendship and strength.  
Blessed Brigid, Fiery Queen,  
I ask that you wrap  
Your arms around my friend,  
Around your daughter,  
Letting your fire burn off  
The darkness of despair.  
Allow her to heal!  
Show her the way!*

© Moonwater Chalcedony Ashwood, January 2 2012

*[Moonwater Chalcedony Ashwood](#) is a High Priestess, Ordained Minister and co-founder of the [Sisters Beneath the Whispering Willows school](#). She lives surrounded by the beauty of Central Ontario, Canada with her husband. She has a BA in Honors History. She is a Reiki Master, writer, and family historian. Originally initiated into Celtic Wicca, she now practices Eclectic Wicca, leaning strongly towards the Goddess in Her various aspects.*

## **Kindle the fire**

*Kindle the fire in my deep well, lady,  
being the light in the midst of the dark,*

*healing the old wounds, the deep ones, the scarred ones,  
believing in life in the middle of winter.*

*Kindle the fire in my deep well, lady,  
to burn like a star on the surface of water.*

*Let my emotions give fuel to my will,  
transform in the light of your brilliant blue flame.*

*Literata is a High Priestess of the Order of the White Moon. Her work has appeared in several anthologies, including Mandragora, Unto Herself, and Anointed as well as multiple periodicals. She contributes to the Pagan Studies area of Pagan Square and blogs at her own site, Works of Literata. (<http://worksofliterata.org>) She is currently completing her doctoral dissertation in history with the support of her husband and four cats.*

## **Goddess I Have Come to You**

*Goddess I have come to you  
broken hearted and weary  
with the pain of having a family  
who has forsaken me most of my life*

*Goddess I have come to you  
betrayed and scorned  
by women who once posed as my friends*

*but now stick daggers in my back*

*Goddess I have come to you  
tired from the pain  
worn out from the darkness  
of everyday life*

*Goddess I have come to you  
and I ask you to hear my prayers  
and to have compassion for my soul  
and to help me heal*

*Goddess I have come to you  
asking you to be my role model  
to teach me wisdom and strength  
and to help me believe in myself*

*Goddess I have come to you  
thanking you for taking me in as your daughter  
and for loving me  
the way a mother should*

*Goddess I have come to you  
asking you to be my teacher  
to show me the ways of your magick  
and the mysteries of the Goddess Realm*

*Goddess I have come to you  
asking you to reveal to me  
the secret of unconditional love  
self love  
and the love for all others  
even those that hurt me*

*Goddess I have come to you  
asking you to help me  
to release some of this anger  
and channel this chaotic energy  
into something beautiful and positive*

*Goddess I have come to you  
asking you to ease this pain  
and to let me breathe through it  
knowing that in letting go I shall receive*

*Goddess I have come to you  
bearing my heart and soul  
and begging you  
to fill it with your divine light  
so I may always have inner peace*

*Goddess I have come to you*

*asking you to increase my psychic sight  
so that I may help others with the knowledge  
and protect myself as well*

*Goddess I have come to you  
asking you to remove this density  
so I may move between the worlds easier  
and with a clearer essence*

*Goddess I have come to you  
asking you to bless me  
with courage and strength  
so that I may prevail in this realm*

*Goddess I have come to you  
asking you to bless me with faith  
for I will always trust in you  
that you will be by my side*

*Goddess I have come to you  
hoping that I am good enough  
for you to take me as your Priestess  
and let me follow your ways*

*Goddess I have come to you  
as one of your Ravens*

*forever flying in your moonlight  
within your glorious sky*

*Goddess I have come to you  
thanking you  
for coming to me  
and making your presence known in my life*

*Goddess I have come to you  
offering you my devotion and my love*

*Oh Great Mother of All  
I give you my soul and heart and life  
May you dwell within me always...*

© Asterope StarFire (Revised on 10/15/12 ~ New Moon in Libra)

*Asterope StarFire is a Student in [Sisters of the Rising Moon school](#)*

## **Ajna's Gourmet Mac `n Cheese**

### **Ingredients:**

- 1 pkg (16 oz) of elbow macaroni
- 1 cup cooked ham, cut in cubes (optional)

### **Cheese Sauce:**



2 tablespoons butter or margarine  
1/4 cup all-purpose flour  
2 cups milk  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper  
3 cups aged or sharp Cheddar, sliced or shredded for easy melting

For variation, I add different types of cheeses to the above sauce such as Mozzarella, Swiss, Gruyere, whatever's available. For a creamier sauce, add more milk.

**Topping:**

1 cup aged Cheddar, shredded  
1/2 cup Mozzarella, shredded  
1 cup bread crumbs  
1/3 cup grated Parmesan  
1 tsp Italian herbs (Basil, Oregano)

**Directions:**

Cook macaroni as per package directions, drain, rinse and set aside in a large casserole dish. Blend in ham cubes (optional).

In a medium bowl, mix together shredded cheese, bread crumbs, Parmesan and herbs, set aside.

In a medium size pot, melt the butter on medium heat; add flour, salt and pepper. Stir with a whisk until well blended. Slowly add milk and stir with the whisk until all lumps are removed and sauce has thickened. Turn heat to medium low and add cheese, a little at a time, continuing to stir as the cheese melts.

Pour the cheese sauce onto the macaroni and mix well. Cover with topping mixture.

Cook at 350 degrees for 1 hour. Remove from oven and allow to set 5-10 minutes before serving. Serves 12-16.

© Ajna DreamsAwake

*Ajna DreamsAwake is an Adept of [The Sacred Three Goddess School](#). She is an eclectic Pagan, rediscovering Her Visionary Goddess Gifts.*