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Ritual to Welcome in the Morrigan

You will need:

1 Red candle to represent the Morrigan

1 White candle for Spirit

1 Candle to represent yourself in a color you like

1 Black candle to represent power, protection, and letting go of negativity

Something to carve candles with

Oils for the candles, if there aren't specific ones; Virgin Olive Oil is always a good choice

A statue, stones, pictures, totems, or anything to represent the Morrigan that you might like to put on your altar.

If you want to put some ground beef or meat in a container that you plan to use later for your supper, that would be good. After all, it is definitely the color red. This is also optional, but if you want to prick your finger a tiny bit and put some blood on cotton square, this is also okay.

Welcoming in the Morrigan

Cast the Circle.

Dress your candles, if there is something you want to carve on them, go ahead before you use the oils.

On the red Morrigan candle, I carved Morrigan, Badb, and Macha. I used Hecate oil on that candle.

On the white candle, I used ritual oil and carved Spirit. I used an orange candle for myself since I am a Leo, and carved my name on it plus the names of two people I was going to do a specific healing for after the ritual, and used Goddess oil on it.

On the black candle, I carved Power, Protection, and Letting Go of Negativity on it, and used High John the Conqueror Oil on it. I used Sandalwood incense.

I read each of these poem/prayers that I wrote, three times. That helps build up the power and three is one of the sacred numbers.

You can chant them if you wish.

A Call to Morrigan

Morrigan you Raven, you,

Loving and protective

But so fierce, too!

Morrigan and your aspects,

With our enemies

You'll 'clear the decks'!

Morrigan, come talk with me

Show me what I need

To know and 'see'.

Morrigan with your two spears,

Teach me the courage

To face my fears.

Morrigan with your tattoos,

Teach me all the Mysteries

That I can use.

Morrigan you Raven, you,

Loving and protective

But so fierce, too!

Blood-red triple Queen

Morrigan, Oh Mighteous One

Brighter, Redder, than the sun;

Hold me in your strong, fierce arms

And teach me to sing your battle charms.

Blood-Red Queen of the live and dead

Anoint your sigils on my forehead;

Help me protect the innocent ones

Calling ahead, "Lo! The Goddess comes!"

*Your Ravens and wolves on the battle field,
Skulls carved on your mighty shield;
Nude but for tattoos, you're a fearsome sight...
Morrigan, Badb, and Macha rule the Night!*

After saying or chanting the poem-prayers three times, just relax and talk to the Morrigan. Welcome her and ask if you can work with Her and if She will be in your life, and anything else that you feel that you want to talk over with Her.

Then thank Her and say, "The Circle is open, but not broken."

Then open a door and say, "SO MOTE IT BE!", and visualize what you have asked for and the wonderful energy going out into the world to manifest your wishes and prayers.

Then if you need to ground the energy, clap real loud. Send extra energy to the world. If there is any healing work or divination you want to do after that, there should be wonderful energy to help you with it.

Blessed Be!

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Beth Clare Johnson

(Mystic amazon)

Ritual with Baba Yaga

You will need:

1 Black Candle to banish negativity and release any unneeded 'baggage' you are carrying

1 White Candle for Positive Energy

1 Candle for Baba Yaga (any dark color that appeals to you will do)

1 Candle for yourself, in a color of your choice

Oil(s) for 'dressing' the candles

Incense, if desired

Cast your Circle; call in your guides and guardians, and the Higher Powers. If you wish, call in the elements and the guardians of the four directions... (all you have to do is say just that, if you are keeping it simple).

Remember that Baba Yaga is a Russian Crone Goddess, also an Earth/Nature goddess. She can give you advice, protection, and teach you about psychic things and rebirth. She has some similarities to the Greek Hecate and the Celtic Cerridwen.

So if you have oils that will go well with the Crone aspect, by all means use them, and oil for the black candle such as Van Van or some sort of banishing oil. If you don't have a variety, use olive oil. Intent is the main thing. If you don't have a variety of candles, use white or whatever you have... you are going to carve something on the candles anyway, to intensify the intent.

First carve the candles, and then oil them.

On the black candle, carve 'banish negativity, release troubles'.
On the white candle, you can leave it uncarved, or carve 'positivity'.
On your own candle, just carve your name.
On the goddess' candle just carve 'Baba Yaga'.
You can carve symbols that have meaning for you on them if you like.
Then oil your candles, and light them. When you are through with that, say the invocation three times, feel the energy growing and connecting with Baba Yaga.

Baba Yaga Invocation

Grandmother Yaga, Baba Yaga!

We journey to your hut

That is carried on chicken feet;

And like the Russian heroes of old,

We come to seek your counsel.

You guard the fountain

With the Waters of Life and Death,

And live at the world's edge

Guarding the portal to the Otherworld;

You are full of great wisdom.

Teach us to let go of the unnecessary,

To be reborn in spiritual waters.

Your nature is wild and untameable...

Help us find that within ourselves,

And courage to walk our True Path.

I have seen you flying across the sky

Riding in your mortar, laughing!

Ancient Nature Mother,

Teach us to fly in the other worlds...

Give us your protection.

Baba Yaga, Baba Yaga!

We are outside your hut, knocking...

We will make tea and eat little cakes.

Please tell us stories of your adventures,

And help us develop our own.

When you are through with the invocation, open your Circle, saying something like "The Circle is open, but unbroken", or whatever you usually say. Then go to the door and open it, visualizing what you have asked for coming to pass. Then say or yell (depending on your neighbors), "So Mote It Be!"

Let the candles finish burning down safely before you go to bed.

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 and HP Ahes 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.

Samhain Ritual: Journey to the Ancestors

Accessories for the journey:

A large bowl

Water to fill it

Red tea lights (one for each participant)

The Altar:

Altar cloth green and/or black

Black taper candles

If you have candelabra it's fantastic ...

Mandrake and/or Belladonna *plant, fruits, root

Tarot Deck of your choice

Statue, Image, Card of the Dark Goddess

I have cards from the Greenwoods Tarot. The Seer is especially terrific as decoration on the altar.

Incense: Juniper, Saffron, Musk

Preparation Work

Fill the bowl with water and place it in the middle of the room.

Place the unlit red tea lights around the bowl, together with lighters.

The Journey

Let the Women gather around the bowl, forming a circle. Explain briefly what this journey is about, that they will walk down to the Dark Mother, connect to Her and to an ancestor of their choice.

Hold hands with each other and begin your journey walking widdershins.

Tell the women to visualize their descent into the underworld, the Dark Mother's realm.

Then start chanting

Hecate, Kerritwyn, Dark Mother take us in.

Hecate, Kerritwyn, let us be reborn.

When you feel that all have ~arrived~ in the underworld, lower your voices, more and more, until all are silently walking.

Now slow down the pace until you are all standing still around the bowl which is representing the cauldron.

Tell each woman to think about an ancestor she wants to connect with, to seek their advice or company; an ancestor who would connect to her in dreams, in the time when the veils between the worlds are thinner and communication easier...

Let each woman go, one by one, to the cauldron and light a candle while thinking of the ancestor she wants to connect with. When lighting the candle she will focus on her wish to communicate with the ancestor and then place the candle on the water (Usually, tea lights swim on water when placed carefully). This ancestor could be her grandmother, a friend, or a character from a book or movie. Our Ancestors are not necessarily our biological family in this life... It should just be someone the woman feels strong bonds with and wants to be connected with or wants to meet with.

I was, for example, connecting to the old woman shaman from the book *The White Land of the Soul*, by Olga Kharitidi. I felt heavily connected to the author and to her story, and very much to this old woman. I was asking her to be with me and help me to find my way. She did...

After a short moment of contemplation, the woman goes back to the circle and the next person goes to the cauldron. When all are finished, stay there together in the circle and let the ancestors be with you.

When the time feels right, let each woman go back and extinguish a candle which she can then take with her. Candles can be placed in a safe location to cool down, the wax will still be liquid for a while. The candles are there for the women to

keep, as a souvenir, to light and reconnect to the ancestor, or as a focal point on their own altar.

Stand all in a circle again, holding hands. Thank the spirits of the ancestors for being with you and start walking the circle again, silent, but this time you walk deasil.

When you feel all have returned, thank all participants and spend some time together drinking, eating and talking. If you want you can also do some Tarot Readings together :)

* Sometimes the impact of the experience is so intense that some women prefer to be on their own and in silence. If some of the women want to leave early, make sure they have grounded well enough and all is fine. Eating, drinking and talking are very helpful and important here.

*Should you feel the need to cast a circle, feel free to do so. You can change/elaborate this ritual according to your own needs and wishes.

Wishing you an enchanted and lovely Samhain

M)O(rrigan

© Morrigan

My name is Morrigan. I am from Germany. I self-initiated over a decade ago as Priestess of Morrigan. Since then, Morrigan has been my magical name. I practice Shamanism, Runes, Tarot and Usui Reiki. I am a sister of the [Sacred Three Goddess School](#) currently studying with HP Kerritwyn. I hope to one day become a High Priestess of the [Order of the White Moon](#).

Lagina, Turkey

The ancient Karian city of Stratonikeia lies in Southwestern Turkey (formerly Anatolia). Lagina, situated nearby, was home to the Hekateion, a Temple dedicated to the Anatolian Goddess Hekate. A paved road, known as the Sacred Way, connected the two cities.

The Hekateion dates back to the Bronze Age (3000 BCE), and rose to prominence as the worship of Hekate spread across the Mediterranean. The Temple flourished under Roman rule, and by the 3rd century BCE, it was considered to be the most important sanctuary dedicated to this Dark Goddess.

The Temple Complex included sacred pools and groves of trees, a market, covered walkways and columns. The central altar was surrounded by ten rows of steps which served as benches for spectators. The Temple was enclosed by a wall depicting scenes which feature Hekate in prominent roles; these included the birth of Zeus, battles between Gods and Giants and a scene featuring Greeks and Amazons. Priestesses served in the Temple, with Eunuchs tending to the sacred groves. However, by the time of the Roman occupation, the role of the priestess was greatly diminished and Eunuch priests took over many of the rituals.

The most important festival at Lagina was the Hekatesia-Romaia, held every five years. Although its origins are unknown, it is likely the festival began as a local ritual for the people of Stratonikeia. The festival grew in popularity as the cult of Hekate spread across the Greco-Roman world.

The Hekatesia was renowned for the "Kleidos Pompe", the Procession of the Key. In this ritual, a young woman, chosen as the key-bearer, carried Hekate's sacred key from the Temple at Lagina along the Sacred Way, to the heart of Stratonikeia.

Lagina is thought to be the birthplace of Hekate, where She was honoured as a Goddess of wilderness and childbirth. In ancient Anatolia, it was common for

children to bear a variation of Her name. Hekate became associated with crossroads, the threshold between wilderness and civilization and She became the Goddess of portals, symbolized by Her sacred key.

One of Her epithets was the "Black Bitch" and dogs were especially sacred to Her. Dogs are often found at the threshold of a home, acting as protector and guardian. The Greeks transformed Hekate into a Triple-faced Goddess and She became associated with magick and the Dark Moon. In modern times, Samhain is known as the Feast of Hekate. Call on this Dark Goddess if you wish to journey to the Underworld, and She will light your way.

<http://en.wikipedia.org/wiki/Lagina>

<http://home.tiscali.nl/polissanctuary/research-case-lagina.html>

<http://www.perseus.tufts.edu/hopper/text?doc=Perseus%3Atext%3A1999.04.0006%3Aalphabetic+letter%3DL%3Aentry+group%3D1%3Aentry%3DLagina>

<http://hekatescircle.wordpress.com/hekates-guises/>

© Ajna DreamsAwake

Ajna DreamsAwake is a High Priestess in the [Order of the White Moon](#). She has a passion for Nature, Labyrinths and Goddess Spirituality. She believes learning never ends and looks forward to the next turn along the path.

OWM Happenings

OWM sisters and students have achieved wonderful accomplishments this quarter.

Ajna DreamsAwake completed Level IV and was legally ordained and elevated to

High Priestess. We are thrilled to have her as one of our cherished spiritual guides and teachers.

Cherdwyn completed Level II of Traditional White Moon studies. You may see her wonderful Level II Final Project on Goddess Cerridwen at <http://orderwhitemoon.org/goddess/cerridwen-celts/>.

Dancing River completed Level I of Traditional White Moon studies. Her beautiful Level I Final Project on Goddess Lakshmi can be found at <http://www.orderwhitemoon.org/goddess/lakshmi-devi/index.html>.

Diana Fox completed Level I of Traditional White Moon studies. Take a look at her lovely Level I Final Project on Goddess Benzaiten at <http://www.orderwhitemoon.org/goddess/benzaiten/index.html>.

We are also very happy to welcome several new students in [The Sisters of the Rising Moon](#), [Sacred Three](#) and [Beneath Whispering Willows](#). We are always delighted when sisters find their way to OWM!

If you'd like to learn more about the [Order of the White Moon](#), the schools offering [Traditional White Moon Studies](#), or browse the [Goddess Gallery](#), we welcome you to learn about us!

May the Peaceful, Compassionate and Healing Presence of the Goddess be with you now and always. Brightest blessings! Much aloha!

HP Ka Wahine Ahi is the President of the Board of Directors and the Head of the Order. She teaches White Moon lessons to women in the school that she founded, [The Sisters of the Rising Moon School of the Feminine Divine](#).

Book Review

I am reading a book that I am finding quite interesting. It is called *The Healing Power of the Sacred Woman - Health, Creativity and Fertility For The Soul* by Christine R. Page, M.D. It was published a couple years ago.

The title drew me in, and the book is proving to be very interesting! It is divided into four sections. The first section, Reconnecting with The Great Mother, has chapters one through three - Woman, Know Thyself; Meeting Our Ancestral Grandmothers; and Listening to the Wisdom of the Body. The second section, The Dragon Queen, has chapters four through six - Vulva, the Exotic Lily; Sacred Sexuality; and Entering the Cave of Transformation. The third section, The Mother Cow, has chapters seven and eight - Breasts, Beautiful Breasts and The Distressed Breast. The fourth and final section, The Queen Bee, has but one chapter, chapter nine - Developing Wings to Fly. The book is wrapped up by a conclusion The Call of The Great Mother, and an afterword, Fulfilling Our Destiny as Sacred Women. There is an Appendix on healing through the Chakras.

Excited to have found such a work that is so recent!

Love and blessings,

Peace Whitehorse

Samhain

*All Hallow's Eve, or Halloween,
The highest day of all the year,
Samhain comes on sacred feet,
And Spirits unto us appear.*

*The veil is at its thinnest now,
As in between the Worlds we stand.
With our dead we now commune,
Light the path and take the hand.*

*Jack-o-lanterns ghoulish glow,
Trick-or-treaters in the night,
Mundane now is magickal,
And many things give us a fright!*

*Bring the last of produce in,
Fill the cellars, seal the jars.
Winter now around the corner,
Cold clear nights are filled with stars.*

*Feast of the Dead or a Dumb Supper,
Welcome spirits to our homes,*

*Passing through to Summerland,
A place to rest their weary bones.*

*Light the bonfires, warm the night,
Dance a jig to celebrate.
Spread the ashes, bless the land,
That next year's harvest may be great.*

*Set a place at the harvest table
For your loved ones who have passed,
The final harvest is now gathered,
Earth and people rest, at last.*

© Peace Whitehorse

Merry Yule and Blessed Solstice

Merry Yule and Blessed Solstice!

*Hail the return of the Light and the Sun!
Goddess among us and Goddess within us
Help us remember our work to be done.*

*In the new year that is coming upon us
Show us the pathway that we should take.
Guide our footsteps, upon earth we walk,
And guide our minds, decisions we make.*

*Let us remember those less fortunate,
Not just now but the whole year through.
Let us recognize our blessings to count,
Let us remember to sing praise to You.*

*Goddess among us and Goddess within us,
Help us remember that You are the One!
Merry Yule and Blessed Solstice,
Hail the return of the Light and the Sun!*

© Peace Whitehorse

Peace Whitehorse is a graduate of [The Sacred Three Goddess School](#) and a High Priestess in the [Order of the White Moon](#). She lives in Pennsylvania with her

husband and her Shetland sheepdogs, and is active in Sheltie Rescue.

Changing of the Seasons

Fall is coming..

I can feel it in the air

As I sit on my back porch

Watching Mother Earth

Putting on a glorious show for me.

Beautiful colors of orange, red and yellow,

I reflect on things I have accomplished,

Journeys I have traveled,

Wondering if I have achieved what I desired

Musing on what is to come.

The chill of the morning air,

The warmth of the late afternoon sun,

Cool night airs

The humming birds filling their little bellies,

Preparing for their flight south.

The sound of the geese overhead

Making their way north.

We all have our journeys

By instinct or choice.

Samhain draws nigh

Like a child I cannot wait.

I do so love this cycle of Mother Earth.

© Lady Zephyr, Oct, 2008

Lady Zephyr is a High Priestess, Ordained Minister and co-founder of the [Sisters Beneath the Whispering Willows school](#). She lives in Tupelo, Mississippi. She has 2 Children, 1 Step-daughter, 1 grandson and 3 step-granddaughters. She rides her own motorcycle and belongs to the Southern Cruisers Riding Club. All proceeds from their rallies and benefits go to St. Jude's Hospital. She is also a member of the Tupelo Area Pagan's Group.

Birdseed Pine Cone

My boys and I love making these for the birds (and squirrels). We enjoy watching them eat.

The easiest and probably the most environmentally safe way is to simply use a pine cone that has opened up a bit. Spread peanut butter all over the pinecone and try to get some in the cracks. Then place the pine cone in a one gallon bag, put a bunch of birdseed into the bag and shake it well. When you are done, go hang it from a tree with pretty red and green ribbons and watch the birds (and squirrels) go to town.

© Ocean

Mistle Toes

For the crafty side of us with kids/grandkids



Image courtesy craftiladi.com

You will need:

Green paint

A soft paint brush

Gold and silver ribbon

Tiny red bells

A 12" by 12" tile or piece of cloth

Tape or hot glue and gun

And of course, baby's feet!

Make sure your baby is in a happy mood.

Gently paint his or her feet one at a time with the green paint.

Press the foot on the tile/cloth making sure all toes are there (it will not be perfect...)

Then, gently do the other foot.

Tie a pretty bow with the Gold and Silver ribbon and add the Red Bells.

Use the hot glue or tape to add the bow

Now you have Mistle TOES!

© Ocean

Pumpkin Bread

Ingredients:

2 cups pumpkin, canned or cooked

1 cup melted butter or margarine, lightly salted

3/4 cup water

4 eggs

3 2/3 cups flour

2 1/4 cups sugar

1 1/2 tsp. nutmeg

2 tsp. cinnamon

2 tsp. baking soda

1 cup raisins

1 cup walnuts, chopped

Blend pumpkin, butter, water, and eggs until mixed. Add flour, sugar, salt, nutmeg, cinnamon, and baking soda. Then add raisins and nuts. Form loaf in greased and floured loaf pans. Bake at 350 degrees for one hour or until top is golden brown.

Spiced Hot Chocolate

Ingredients:

3 ounces semi-sweet dark chocolate, grated

2 cups milk

1/2 tsp. each cinnamon and cloves

Dash vanilla extract

Slowly heat chocolate and milk in saucepan until chocolate has melted and blended in. Add cinnamon and cloves and stir. Remove from heat, stir in vanilla, and serve. Makes two servings.

Irish Colcannon

Anyone that knows me knows I love my Irish heritage! This is my most favorite thing to make!

Potatoes, harvested from August to October, were a part of the feast in Ireland where they were made into a Samhain dish known as colcannon. Colcannon is a mashed potato, cabbage, and onion dish still served in Ireland on All Saint's Day. It was an old Irish tradition to hide in it a ring for a bride, a button for a bachelor, a thimble for a spinster, and a coin for wealth, or any other item which local custom decreed, in keeping with idea of the New Year as a time for divination.

Ingredients:

4 cups mashed potatoes

2 1/2 cups cabbage, cooked and chopped fine

1/2 cup butter (I use Kerry's gold Irish butter)

1/2 cup evaporated milk or cream (I have used the heavy whipping cream)

3/4 cup onion, chopped very fine and sautéed

1/4 teaspoon salt

1/8 teaspoon white pepper (I use normal pepper...)

The mixture will take on a pale green cast. Keep stirring occasionally until the mixture is warm enough to eat. Lastly drop in a thimble, button, ring, and coin. Stir well and serve. and Enjoy!

Plum Pudding

Ingredients:

1/2 cup butter

3/4 cup white sugar

5 eggs

1 cup dried currants

1 cup golden raisins

1/2 cup chopped pecans

1 tablespoon all-purpose flour

3 cups bread cubes

2 teaspoons ground cinnamon

1/2 teaspoon ground allspice

1/2 teaspoon ground cloves

1/2 teaspoon pumpkin pie spice

Directions

Preheat oven to 350 degrees F (175 degrees C).

Cream together butter and sugar. Beat in eggs, one at a time, until fully incorporated. In a separate bowl, toss currants, raisins and pecans with flour. Fold

into butter mixture. Fold in bread cubes, cinnamon, allspice, cloves and pumpkin pie spice. Pour into an 8x8 inch baking dish.

Bake in preheated oven 40 minutes, until set.

© Ocean Phoenix

Ocean Phoenix is a 37 year old mommy of three precious boys and a Priestess in [Order of the White Moon](#). I have been a healer all my life though I did not know it. While looking for a new school, I discovered OWM. I finally found my home and I am so happy. I am a life-long student of magic and the healing arts. I am currently learning Reiki from our very own HP MoonWater Ashwood. I use Candles and oils with my healing as well as Reiki. I do enjoy kitchen magic and I love Candle magic. I am also learning sea magic and angel magic.