

Volume 5 Issue 5 Lammas 2008

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### **Lughnasadh**

Lughnasadh is the time of the first harvest. Wheat and corn are ready to be collected, and all of the juicy berries are bountiful at this time. Drinks and ciders are made with both fruit and grains, and people gather with great excitement for a feast. This was a season filled with extreme relief; people were realizing empty cellars in July, and many went hungry until the first harvest.

Since most of us have food year round, this time can be observed by honoring other types of harvests in our lives. We can celebrate our growths and successes, our goals and experiences. Honoring these moments gives our lives more significant meaning.

Visit a farmer's market and purchase some produce and bread. Many markets carry flowers, too; bring some home to decorate your kitchen. Give some canned goods to a local food pantry, or volunteer with a ministry that feeds the homeless. When we give back to our communities, we align ourselves energetically with abundance!

So dance and make merry, eat and drink from the Earth's bounty, and reflect on and honor all of the blessings and achievements of your life!

In Her service,

Danu Gray Wolf

*Danu Gray-Wolf is an initiate of [Order of the White Moon](#) through Sisters in Celebration. She has a sweet fella, two cats and a dog and lives in Mississippi. She works with Reiki, Animal Medicine, and emotional wellness, and shows love and honor to Goddess through art and healing.*

## **Using Crystals for Abundance**

Abundance is the connection to the source of all that is; manifesting a constant flow to support, nourish and expand life as well as creativity. In Chinese Feng Shui the wealth corner is the corner farthest away and to the far left of the front door or the southeast corner, depending on what system you use. If you like to use this system you can set up crystals to attract various forms of abundance there.

Some crystals that are associated with abundance are usually green, yellow, gold or orange. However there are other stones that do not have those colors and work just as well. Yellow Sapphire is associated with Ganesh, Hindu god of prosperity. This stone attracts wealth to the home. An Abundance Crystal is a Quartz crystal with one long part and many tiny crystals at the base to encourage dreams, well-being, and love. Tiger's Eye helps people with material things and assists by showing the best way to do something. It stimulates wealth and helps create stability to maintain wealth. Citrine should be placed in your wealth corner to attract abundance. Carnelian improves motivation and getting out of a rut. Peridot brings wealth quickly and is best for someone who already has things under control. Topaz helps you appreciate life and makes room for abundance. It taps into your own natural resources and because its facets carry both negative as well as positive charges, it helps manifest desires.

When you decide on a crystal to use cleanse it first by running it under water, charging it in the sun or moon, putting it in a pyramid, or if you are a Reiki practitioner, simply Reiki your crystal. Some people put their crystals in sea salt. This is a great way to cleanse them, just make sure the crystal that you are working with will not be damaged by the salt. Always throw away your salt when you are done.

You can program your crystal to attract a specific form of abundance by holding it in your hands and picturing what you want to manifest in your life. Make sure you keep your area for your crystal clean and charged. Periodically smudging the area will help you with this. In your abundance area you may wish to include something that represents Deity to you and perhaps the type of abundance you want to bring into your life. Being as specific as possible helps to create the energy you wish to attract. As your wealth increases in material, spiritual, and emotional areas be sure to give thanks for what has manifested in your life.

*Spiralotus is High Priestess with the [Order of the White Moon](#). As a Reiki Master and Herbalist, she trains women in the healing arts.*

## **Lizard Brain**

I love lizards, and they love my garden. I find them beautiful, fascinating and amusing, and they find my garden a safe place to live. In return, they teach me about life.

Not too long ago, I was busy watering when I noticed a small black lizard peering at me from under my small stand of fennel. When I spoke to it, it angled sideways and began doing 'pushups' with its front legs to show me how big and scary it was. Then we both noticed another, larger lizard come out from under my comfrey, which lives next door to the fennel stand. Immediately the black lizard rushed over

and began climbing all over it and doing pushups, basically trying to make the larger lizard go away. "Mine, mine, mine, this is all MINE!" it seemed to be saying.

At first the larger lizard ignored the antics. Then it either got annoyed or just tired of all the fuss, so it headed into the fennel, behind the grape hyacinths. The black lizard followed it, still carrying on. Quite a bit of rustling and shaking went on in the leaves of the grape hyacinths, which had stopped blooming but still showed their green foliage. After a minute or two, the larger lizard ran out of the fennel and back into the comfrey. The black lizard emerged triumphant, and then immediately began posturing and doing pushups at me again.

Standing across the garden, I looked around at all the plots spread out around mine. The garden is so big; there is more than enough space in it for all the creatures that live there. Yet the black lizard could only see a small part of it, and was convinced that it needed all it could see.

How many times do WE see only the smaller picture? How often are we convinced that there isn't enough for everyone, and that we are entitled to ALL we can see?

*"Goddess, help me to see the bigger picture,*

*And that we are all in this together.*

*Help me to see the boundaries around my space*

*So that I don't infringe on someone else's."*

*BellaDonna Oya lives in Hayward, CA, where she runs a small eclectic coven. She is currently a Level I Initiate of [The Sacred Three Goddess School](#), and is working on Level II.*

## **Goddess Sites of India**

This time I thought I would focus on three sites offering three different aspects of Goddess. The first is a Temple devoted to the sacred Yoni, the second site honours the Goddess Kali, and the third site is the home of the Living Goddess Amma.

The Kamakhya Temple is considered one of the most sacred sites in India. It rests upon Nilachal Hill in the city of Guwahati in the state of Assam in Northeastern India.

Legends tell us that Sati (Sakti) immolated herself with her Yoni fire when her father disrespected her and her husband (the god Shiva) at a family gathering. The distraught Shiva carried her corpse on his back and travelled through India. In those places where parts of Sati's body landed, a temple was erected. Kamakhya is said to be the place where her Yoni fell and has since become a site of Yoni worship.

The Yoni is a sacred symbol; it is the transition point for subtle forces, the gateway to life and the cosmic mysteries. Many statues depict the Great Mother standing with legs apart; Her devotees drink the yoni-tattva, the sublime essence, from Her vulva.

There are no images of the Goddess anywhere in the Temple; however, deep within the depths, there is a yoni-shaped cleft in the rock known as the Yoni of Sakti. A natural spring within the stones, keeps the cleft moist. Worshippers place their hands within the cleft to be blessed by the sacred waters within.

From mid-July to mid-August, the waters within the stones flow red (due to iron oxide) and are considered to be the menstrual blood of Mother Earth. There is a celebration known as the Ambuvaci or Ameti fertility festival. This is a time of great ceremony and women on their moon flow are especially venerated at this time.

Menstrual blood may be taken as a sacred drink with wine; women's yonis are kissed and anointed with sandalwood paste by devotees.

The second site is the Kalighat Temple in Calcutta, West Bengal, also in the Northeast. Legends state that four toes of the right foot of Sakti fell to Earth here beside the Ganges River and so a Temple was built. This is the home of Kali as the Death Crone, the Goddess of Death and Regeneration. It is no surprise that the Kalighat Home for the Dying, founded by Mother Theresa, is situated nearby. Kali is also depicted as the Saviour, Cosmic Mother, Sovereign and Divine Power controlling the Universe. Mother Kalika punishes wrong-doers but is also very forgiving and assists them through their misery. As a feminine Saviour, She takes on a role similar to that of Isis, Artemis or Hekate. She forgives, preserves and bestows grace on Her followers. Devotees also pray to Kali to be liberated from the shackles of political oppression.

The temple consists of two sections, the main floor which houses a statue of Kali at the centre, and an upper balcony that runs around the building, allowing worshipers to view the statue from all sides. Kalighat is home to a most unusual and iconic statue of Kali, a figure of deepest black stone with three eyes painted brightest red, the third eye is on its side making the whole figure almost inhuman. The face was created first and over the years, hands, feet and a long, protruding tongue, all of gold and silver, were added. Worshipers often come to touch the feet of the statue of Kali to receive the blessing of Sakti.

The statue of Kali is worshipped as a living embodiment of the Goddess. Once a year, during the festival of 'Snan Yatra' (Bathing Ceremony), priests cover their eyes with strips of cloth and carry the statue to the Ganges to be bathed. She is dressed in new robes and returned to Her Temple.

The third site, Amritapuri Ashram, is located in Kollam, Kerala state in the Southern tip of India. This site is home to Sri Mata Amritanandamayi Devi, affectionately known to the world simply as Amma. Built upon the very property where Amma was born, Amritapuri is now the headquarters of Amma's worldwide mission and the spiritual home of thousands of devotees. Amma's monastic disciples and householder devotees stay here, dedicating their lives to realising God and serving the world. Every day, Amma's children from across India and around the world flock here to receive Amma's darshan. She sees each and every one, consoling them,

encouraging them, and giving new direction to their lives. When Amma is not giving darshan, She is leading the ashramites in meditation, instructing them in their spiritual practices and edifying them with Her immortal wisdom. There are classes in yoga, Sanskrit, Vedanta and meditation.

Amritapuri is the realisation of the ancient Indian ideal "the whole world is one family". Here you will find people from all over the world — speaking different languages and having different customs and religions, all living under one roof. In their quest for the meaning of life, each has forgotten their differences and become a child of Amma.

Amma is known as a living Goddess, She is The Divine Mother of Unconditional and Ever-Embracing Love. Born in 1953, She came into the world smiling and aware. Her childhood was spent in meditation and singing to Lord Krishna. Her Ministry began at the age of nine when She left school to care for Her sick mother. She became aware of the suffering of others and Her heart poured out to those in need.

Amma's teachings are universal and could be called the Path of Love. Love radiates from Her very being and Her eyes are always smiling. She speaks no English and rarely gives talks. She communicates through Her eyes, twinkling, smiling, present for every devotee. During darshan, She may give as many as 18,000 hugs in a sitting, the last as love-filled as the first. Her choice to not communicate verbally through lectures, forces us Westerners to come to Her on Her level, from the heart. She is the Mother and we Children of the Earth are Her Children.

Amma's belief is that the Divine exists in all living things and She asks devotees only that they learn their true nature and believe in themselves. I feel this is very similar to our own OWM teachings. Amma's path is a path of Service, to the community, to those in need. Donations of money and time assist millions of people around the world. Amma's foundation has built homes for the poor, women's shelters, schools and orphanages, hospitals and hospices. Amma disburses pensions to over 50,000 widows who would be left penniless beggars without Her help. She truly is the living embodiment of Goddess in Her aspect of Divine and Nurturing Mother.

Books:

Sacred Places of the Goddess: 108 Destinations by Karen Tate

Daughters of the Goddess: The Women Saints of India by Linda Johnson

Kali : The Feminine Force by Ajit Mookerjee

Web Sites:

<http://www.amritapuri.org/>

<http://www.amma.org/>

<http://www.indiantemples.com/Assam/kamakhya.html>

<http://www.indiantemples.com/Bengal/kalighat.html>

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

## **We Are HP's**

The White Moon School was founded in May of 1999, and the Order of the White Moon was incorporated as a non-profit 501 c 3 religious corporation in 2003. All this time, we, the Order's legally ordained ministers, going by the title of High Priestess, have not used the acronym "HPS" for our title, as is common in many Wiccan trads. Rather, we use the title "HP", and several sisters have asked why we have adopted that usage.

In the "Gardnerian-trad" Wiccan/Pagan world, there are lots of covens and Wiccan and pagan groups where they have both female and male clergy. It is in these groups, in which both women and men can be ordained, that "HP" is often used for High Priest, and that "HPS" is often used for High Priestess.

However, here in the OWM, we who are the Order's clergy follow the strong foundation established by our founder, Luna Blanca, the author of our White Moon teachings. Luna insisted that we were created as a ministry TO women BY women, and that we call ourselves HP's, because our clergy in OWM are ALL WOMEN.

Hence, within our Order, we have no need to distinguish between male HP's and female HPS's.

We, your HP's, have followed this practice since our first HP was ordained, in November of 2000.

As we are an all-female clergy, many have also asked us whether we, as an Order, are "Dianic", the term created to reflect the merger of feminist thought and Goddess theology created in the late 1970's by the extraordinary Zsuzanna Budapest and her co-coveners in Santa Monica, CA and NY, NY.

As an Order, we do not categorize ourselves as "Dianic" because we pride ourselves upon being theologically "eclectic".

We all share a body of living knowledge (the lessons created by Luna Blanca which we offer to OWM students as Level I - Level III, with 16 lessons, a special project and an Initiation at the conclusion of each Level), but do not dictate or mandate any sort of exclusive, limited doctrinal theology or ritual practice for our members.

Some of us ARE Dianic, working, loving and walking our Path only with Goddess, but others amongst us DO have male deity altars as part of our private ritual practice. We follow the teachings of our founder and firmly believe that exploring the Feminine side of Deity is of value to ANY faith path.

You might also be interested to know that we do teach men.....transgendered and regular (\*grin\*).... .... but, in separate Orders affiliated with OWM; were any of the students of these Orders to get out of Level I (and none have yet done so), or get to a point where Ordination was an issue, they would be ordained under the authority of OWM, but in the name of the affiliated Order.

Your Board of Directors is determined that we will remain an all-female clergy within the OWM, and thus retain our title as HP's.

HP Kerritwyn

*HP Kerritwyn was raised Irish Catholic but searched for years for a faith path in which she could feel at home. She found Celtic Wicca in September of 1997, joined a local coven for a year, and, in June of 1999, joined the White Moon School, which had just been started by Luna Blanca.*

*Kerritwyn was ordained as an HP in the Order in December of 2000, and offers OWM teachings to women in [The Sacred Three Goddess School](#), and to male-to-female transgendered seekers in the [Order of the Rainbow Moon](#).*

*In mundane life, Kerritwyn is a practicing attorney, and she is married to a transgendered partner. She is a member of the OWM's Board of Directors and the Vice President of Ordinations.*

## **OWM Happenings**

## Gathering Greetings!

Right now, there are several OWM sisters hanging out together, sharing time and sacred space at the Order of the White Moon's annual gathering! What is so exciting and amazing about the OWM's annual gathering is that this annual event nourishes our sister-spirits and furthers each woman's personal growth. This year, as in previous years, the sisters attending the gathering will be involved in healing exchanges, workshops, discussions, and ritual. Initiations will be performed, good times will be had, memories will be made, and friendships embraced. Our annual gatherings bring sisters together from all over the United States!

Preparations for our annual gathering have been underway for the past few months. Planning gatherings is no small feat, but are definitely a joy! It gives me great happiness knowing that many women will gather together in sister-love in sacred woman-space. Over the past few months there has been spent a great amount of time seeing to airport schedules, menus, workshop schedules, and sweating all the small stuff. Every moment in planning passes with prayers that each woman will come away from the gathering with much love, inspiration, and knowledge.

I have heard many sisters express how much they enjoy that the Order of the White Moon is not just an 'online' group, and that they love how it is actually real women with real lives that come together in sacred space. I believe the internet serves to keep us connected during the between times of gatherings both formal and spur-of-the-moment meetings of students and members of the Order. I appreciate how technology allows us to have a forum for lesson discussions because we are spread out in location. This aspect makes the Order a very unique and special place, our sacred space is wherever we are!

## Gathering Blessings!

Nessa

Nessa CrescentMoon is a High Priestess, an Ordained Minister, General VP of the OWM, a founder of Sisters in Celebration- a branch and affiliate of the [Order of the White Moon](#)

## **Beach Reverie**

*I walked on the beach in the dark  
The waves calmly lapping at my feet,  
The oceans sounds charged with energy.  
I felt you walking with me, companionably,  
Your ghostly hand holding mine.*

*Walking in the dark, cold sand on my feet  
I felt salty breezes sweep us upward  
And our souls flew together, over the ocean...  
Watching the moon glimmering on the water.*

*I see you in dreams and trances;  
And tonight in the dark, walking...  
You said you'd always be there for me,  
Although I didn't know you would die so soon.*

*Sometimes at home I feel you with me*

*Sitting across from me, telling silly jokes.*

*I remember our passionate kisses,  
How we laughed so hard our stomachs hurt.*

*Talking at your favorite Chinese restaurant*

*(We went there on your birthday),*

*Dancing at your family's Low Country Boil*

*With seafood...your mother dancing, too*

*The men didn't dance, just us women.*

*Now in the moment with the foamy water;*

*Then again fluctuating in time with you.*

*Here, lets walk together some more!*

*I may not be able to see you, but I know*

*That you are there looking out for me,*

*Caring, and wanting me to be happy...*

*And when I find a corporeal love to be with,*

*You will wave goodbye with a smile.*

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Beth Clare Johnson

(Mystic Raven)

## **Ancient Mother**

*Holy Mother, you are the Earth!  
You ground us as we walk upon you,  
You are in the trees that shelter us  
And when we hug the trees we hug you.*

*You were here from the very first,  
Nurturing us; and we made clay statues  
Celebrating your thighs and breasts  
That birthed us and fed us.*

*We baked bread in your images,  
Since we knew all food came from you.  
Lady of the Beasts, we are grateful...  
Since earliest times, we have loved you.*

*Asherah, Astarte, Mawu, Inanna,  
Ishtar, Anahita, Gaia, Isis;  
So many from such different lands!  
We don't know all of your many names,  
But we know you have always loved us,  
Cared for us and protected us;*

*You are rooted in our lives and our dreams.  
We hear your voice in the humming bees  
See your beauty in the blooming flowers,  
Hear the sound of your drum and sistrum.  
The very beat of our hearts is in tune with you,  
For you are the Ancient Mother of our souls.*

© July 3, 2008

Beth Clare Johnson

(Mystic Amazon)

*Mystic Amazon is currently working on her Level 3 training with Sisters in Celebration. Her hobbies include writing, folk art, folk magick, Reiki, and reading.*

## **Song for Hathor**

*Lady of Stars  
Queen of the Night  
Gift me with Visions  
That I may see the Light*

*Lady of Stars*

*Limitless in scope*  
*Guide me with Your Wisdom*  
*Fill my Heart with Hope*

*Lady of Stars*  
*Let the Eye of Ra Entice*  
*Gaze into the Mirror*  
*May the Vision be precise*

## **Scrying Mirror**

This is a simple and inexpensive project that the entire family can participate in. Children are natural scryers and this is a wonderful opportunity to create their very own Magick Mirror. This is also a great way for adults to connect with their inner child in a creative and intuitive manner.

How to create a magickal scrying mirror

Items needed

oval picture frame (available at most dollar stores)

equal parts vinegar and water solution to clean the glass

newspapers

high-gloss black paint

paint brush

turpentine and rags to clean brushes

### Optional

You may want to decorate the frame in a way that is meaningful to you. Use a glue gun to add stones, beads, feathers to the frame or you can paint magickal symbols on it.

During the New Moon, gather your supplies either outside or in a well-ventilated area. Cast your circle and call on Goddesses of Divination to guide you. Hathor, Oshun, Isis, Aine and Asherah are all wonderful Goddesses to call on. Parents should supervise children during this part of the project.

Spread newspapers around your work area

Remove the glass from the frame

Clean the glass with the vinegar/water solution and dry with newspaper

Place it in the centre of the newspapers

Clear your mind and pick up the black paint

Paint one side of the glass from top to bottom in even strokes

As you paint, visualize, whisper or say aloud your intent for this magickal tool

Only paint one side of the glass

Allow to dry completely before applying the next coat (drying times may vary)

Apply several coats of paint, ensuring the entire surface of the glass is coated (one side only)

When the paint has dried completely, return the glass to the frame

Ensure the glass side is facing out

Charge your mirror during the Full Moon and begin scrying.

How to use your scrying mirror

In a darkened room, light one small candle and place behind the mirror. Hold the mirror in your hands or use a stand. Meditate on a question or chant softly until your mind is focussed. Call upon Goddesses of Divination to assist you.

Cast doubt from your mind, expect to see images and it will happen.

Gaze into the blackness of the mirror rather than focussing on the glass surface.

Do not blink the eyes more than is necessary. Too much blinking breaks concentration, staring too hard can cause eye strain.

Do not let your gaze wander from the mirror. If you are experiencing some difficulty, try to visualize the blackness as infinite space and project your gaze several feet into the blackness.

It may take some practice to achieve results but it is worth the effort. Limit your scrying time to 15 minutes until you get results. Scrying is a valuable tool to connect with the inner workings of the sub-conscious.

Happy Scrying!!!!

For more fascinating articles on Scrying and Magick Mirrors, check out the current issue of

Circle Magazine (Issue # 101, Summer 2008)

<http://www.crystalinks.com/scrying.html>

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

## **Lammas Bread**

Ingredients:

2 cups warm milk

2 packages dry yeast

1 tsp salt

1/2 cup honey

1/4 cup brown sugar

Mix together in a large bowl, cover and set in a warm place until doubled (about 30 minutes).

Add the following:

3 Tbsp. softened butter

2 cups unbleached white flour

Stir until bubbly.

Mix in the following:

1 cup rye flour

2 cups whole wheat flour

With floured hands, turn the dough onto a floured surface and gradually knead in more white flour until the dough is smooth and elastic.

Place the dough in a large greased bowl, turning once so that the dough is greased, cover with a cloth and set in a warm place until it doubles in size (about 1 hour).

Punch the dough down and divide in two. Shape into balls, flattened at the top and place on a cookie sheet. Cover and set in a warm place until doubled. (about 1 hour) When the final rising is almost complete, use your athame and carve a pentagram in the centre of the loaf as you recite a blessing of thanks to the Grain Goddess.

For variety, once the bread has been separated in two, shape the dough into figures symbolizing the God and Goddess of the Grain.

Cover and allow to rise until doubled.

Beat together:

1 egg

1 tbsp. water

Brush the loaves and bake in a preheated oven at 300 degrees for 1 hour.

Share this blessing of the Goddess during your Lammas Feast.

## Chocolate Leaves

Ingredients:

1 bag semi-sweet chocolate chips

1 bag white chocolate chips

2 tsp butter

assorted broad-leafed herbs (mint, basil, celery etc...)

Select your sprigs of leaves in the produce section of your grocery store or from your garden. Ensure they are free of pesticides. Wash leaves thoroughly and pat dry.

Melt chocolate and butter, stirring with a wooden ladle until smooth.

Pour chocolate mixture into a bowl.

Use a new, small paint brush to coat the underside of the leaves with the chocolate and place on a wax paper covered cookie sheet.

Refrigerate until firm.

Slowly pull real leaves away from chocolate leaves.

Enjoy the delicious taste of Nature!

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