

**Issue 4 Lammass 2010**

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## **Life after Lammas**

As the wheel turns another wonderful holiday is the Autumn Equinox, also known as Mabon. Mabon has Celtic origins in modern paganism but of course is traced back to the earliest harvest celebrations within Goddess spirituality. It is a sabbat about balance, hearth and home, gratitude and harvest.

A modern manifestation of Mabon is Pagan Pride day. It is held around the Autumn Equinox. Traditionally there are parades, get together, and the wearing of purple as a symbol of Pagan Pride. Local listings are on [witchvox.com](http://witchvox.com) and in the newspaper, to connect you with local happenings for this.

Celebrating Mabon is so much fun. I also connect it with Rosh ah Shona the Jewish New Year as apples and pomegranates are common symbols of this holiday. The Autumn Equinox, just like the Spring Equinox, is when day and night are equally balanced and you really can balance a raw egg on its end. Children love to do the egg balance trick, and it never seems to get old. Even my teenagers balance eggs twice a year and get a huge kick out of it.

Traditionally within my family as we celebrate Rosh ah Shona, Mabon and Pagan Pride day together on the Autumn Equinox. I pull out the eggs, fresh apples, pomegranates, and honey. I dress in purple for the day. We slice the apples and talk about the 5 points within the seeds as the 5 elements and their connections. then eat the apples drizzled with honey and talk about divine provision as it relates to the harvest and Rosh ah Shona. Then we start playing with the pomegranates. As we peel and eat them we take turns telling the story of Persephone and Demeter and the cycle of life and gratitude. After the kids finish balancing the eggs and get tired of that we decide how we want to prepare the eggs to take into ourselves even more blessings through this feast.

All in all, this is a very fun time to share with children, family, and friends. I encourage you to look for local events pertaining to this holiday and decide how you would like to experience the fun of the Autumn Equinox/Mabon/ Pagan Pride Day/ Rosh ah Shona. I always see this as the beginning of my holiday season, because the holidays for me start to come fast and often during this entire time of the year into a series of great celebrations all through Autumn and Winter.

© Sea Dragon, June 2010

*Sea Dragon is an Initiate with the [Sisters of the Rising Moon school](#). She is a Reiki Master, and in her spare time enjoys learning about herbalism, aromatherapy, and spending time with her animals and family.*

## **Goddess of the Season: Amaterasu**

The islands of Japan were isolated from outside influences, in much the same way

as the old world islands of Crete or Malta. Due to this separation, the indigenous people of Japan have retained their polytheistic, nature based, Goddess centered beliefs well into modern times. This belief system is called Shinto, which translates as "The way of the Gods". Within Shinto mythology, the most revered deity is Goddess..... the Sun Goddess and supreme deity of all Kami, the elemental forces of nature. She is..... Amaterasu-o-mi-kami.

Born of the primeval forces of the universe, Izanagi and Izanami; Amaterasu reigned over the heavens and brought life into the world. Her name literally means she who illuminates the heavens. "The Goddess of the beginnings is thus not only the mother of the world, but also the nurturer of living beings, animal as well as vegetable and humans. She is the protectress of all life, the "unfailing one" writes Jean Markale in her book *The Great Goddess*. Amaterasu, the Sun Goddess, is associated with royal power and with the returning of life and joy after dark-times.

For the story of Amaterasu and her brother Susano-O, both in audio and written form, entitled "Out of the Cave and into the Light" click on the following:

<http://www.lyricalworks.com/stories/amaterasu/amaterasu1.htm>

Amaterasu ruled over weaving and agriculture. She taught her people how to grow rice, their sacred food, and grains and how to cultivate the silkworm. She invented the art of weaving with the loom and was known to make the garments of the Gods. Like other solar deities, she is an archer, her quiver holding 1000 arrows. Her emblem, the rising sun, still appears on the flag of Japan today. Associated symbols from her myth are the mirror (truth), the necklace (compassion) and the sword (courage and strength) and they represent the Imperial Regalia which are kept at the Great Shrine of Ise. Her gift to the people, as their guardian, was to show them

their own beauty and potential and to develop a cultural unity. As Patricia Monaghan writes "even the inroads of patriarchal Buddhism have not destroyed the worship of the bejeweled ancestor of all humanity".

The Sun Goddess, Amaterasu, is still worshiped today in the Shinto Temples of Japan. The Japanese Imperial family traces their heritage back to her lineage. Emperor Akihito, the current Emperor, is said to be the 125th direct descendant of Jinmu, the great great grandson of Amaterasu, and is revered as a living God. The Japanese calendar starts from 660 BC, the year of her accession. There are other scholars who believe it is possible that the indigenous religion of Japan (Shinto) may date back 5000 years. However, there is no official sacred scripture or dogma to validate this.

Buddhism was introduced to Japan in the 6th century and it maintained a peaceful coexistence with Shintoism. However, by the end of the 19th century Shintoism was to lose its status and recognition as a religion to become known as a cult of the Imperial family in the eyes of our western culture. At the end of WW2 the Imperial cult was abolished by the allies. The teaching of Shinto was forbidden along with the Japanese State financial support of its temples. Fortunately, this was but a temporary state, as today it again flourishes as a primary religion.

The major festival of Amaterasu, according to Patricia Monaghan, "is not tied to an annual cycle; it is held every twenty years when the sacred mirror is ceremoniously carried to a newly built shrine, identical in all respects to the shrine that has preceded it. Thus Amaterasu's major ritual, like the myth of her return from the cave, emphasizes renewal."

~Sacred pilgrimages to the Great Shrine of Ise occur in mid-February and again in mid-June.

~On May 3rd the Hakata festival takes place in Japan and is a national holiday with special celebrations for children and parades to honor their deities. Wear gold colored items today to honor Amaterasu. (365Goddess)

~Another celebration is on February 5th and is known as Sebutsen, the feast of "closing the door on winter".

~On July 17th, the Great Festival of the Sun Goddess is held and street processions go on all day in honor of the queen of all Kami (Gods).

~And on December 21st, the winter solstice, she is honored for her creativity and the birth of light to the world.

Sources:

[The Goddess Path](#), [The Goddess Companion](#) and [The Book Of Goddesses & Heroines](#) by Patricia Monaghan

[365 Goddess](#) by Patricia Telesco

© HP Etain Feohwynn

*HP Etain Feohwynn is currently serving as the [Order of the White Moon](#)'s VP of Ordinations, and is the founder of the Sisters In Feohwynn's Grove school. A gifted writer and healer, she receives much of her inspiration from scenes in Nature.*

## **Goddess Cliodhna and the Summer Season**

Goddess Cliodhna (pronounced KLEE-nah) is an Irish/Scottish Celtic Goddess of the sea, healing, beauty, love, and the afterlife. She is also a Fairy Queen and of the Tuatha de Danaan (People of the Goddess Danu).

Cliodhna is often described as having three bright and colorful birds that eat apples from trees of the Otherworld of Fairies and whose beautiful songs are said to heal those who are ill. She is also able to shapeshift from a beautiful woman into a sea bird. In Celtic mythology birds are a symbol of the afterlife. Sea birds, sand dollars, abalone shells, and sand are sacred to Goddess Cliodhna.

Cliodhna met a mortal Ciabhan and fell in love with him. She escaped the Otherworld to be with him. One day when he was hunting she was sung to sleep by the melodic song of fairies on an Irish beach and the God of the Sea named Manannan mac Lir sent a big wave that engulfed her as she slept peacefully and washed her back to the land of fairies in the Otherworld. Cliodhna has since remained in the fairy realm of the Otherworld. It is said that every 9<sup>th</sup> wave in the ocean Cliodhna embodies. It is stronger and higher than the others. A famous landmark of Ireland is the Tonn Clíodhna, or "Wave of Cliodhna" on the seashore at Glandore Bay, in County Cork. It is named in honor of this goddess.

Cliodhna is a great goddess to connect with during the Summer season with her connection to the sea. She is also a great goddess you can use in magick related to the sea, water, love, beauty, fairies, and healing. You can ask Cliodhna for healing as you meditate or pray by the ocean waves at the beach or even just in connection to the element of water. You can also connect to birds especially sea birds through Goddess Cliodhna, asking her to send healing through their song to those you know in need of healing or for yourself.

If you are seeking love or want to offer love allow the Goddess Cliodhna into your heart in meditation, ritual, or prayer. Connect to her energy of love in your heart and connect to others with this love centered place.

You can also connect to the Goddess Cliodhna's beauty by appreciating to the beauty of the Summer season that feels beautiful to you in nature. Honor Cliodhna and her beauty in nature and at the sea and feel your own beauty of the goddess within.

Celebrate Summer with this lovely Celtic Goddess with Bright Blessings.

© Maeve Cliodhna MoonBird, July 2010

*HP Maeve Cliodhna MoonBird is a High Priestess and Ordained Minister in the tradition of the [Order of White Moon](#).*

## **Sharing Lammas with Children**

My spiritual path has been evolving for many years. And in some of that time I was afraid to share my beliefs, rituals, and celebrations with my children. I would coat them in Judaism or Christianity as I was in a marriage where The Goddess was not welcome. I'm very happy to say that time is passed. However, even while in the broom closet I would share Lammas with my children.

I would explain that Lammas is a special time of blessing not just for us, but also

for connecting with animals, and that we could do this through our house-pets. Traditionally, we would harvest from our garden, or in the years when we didn't have a garden, I would find the local farmers market and we would harvest there. We would choose harvest goodies that not only we enjoyed, but so would our pets. (I have weird dogs and cats who like vegetables). We would also discuss the tradition of anointing to bless and we would make an anointing oil with vegetable oil and flower petals, either from our garden, from friends, or the farmers market. I often collect petals and have some dried to use too.

On Lammas we would prepare our feast, anoint each other and our pets who were present, sometimes a cat would decide to come. We would offer blessings and speak our gratitude. And then we would feast. As I have become more open we talk about Goddesses and look in the 365 Goddess Book and invite the Goddess openly. We anoint and bless more specifically. At this point my children expect that Lammas is a holiday we celebrate and invite their friends which can still be interesting.

I encourage you to embrace Lammas if you haven't already. It is a great Holiday to celebrate. And as you have seen, I kind of do it my way and have begun to do all Holidays as they resonate for me. There is freedom to do this and feel your ability to guide your rituals and celebrations. Blessed Be.

© Sea Dragon, June 2010

*Sea Dragon is an Initiate with the [Sisters of the Rising Moon School](#). She is a Reiki Master, and in her spare time enjoys learning about herbalism, aromatherapy, and spending time with her animals and family.*

## **Amaterasu Sun Goddess Ritual**

You will need:

1 red candle to represent the goddess

1 candle to represent yourself in your preferred color

1 black candle to represent the shadow self

1 white candle

Round mirror or mirrors (makeup compact mirrors are okay)

Crystals, if desired

Cinnamon incense

Oils, such as Jasmine or Dragon's Blood

Cast your Circle; call in the Elements, 4 Directions, and the Higher Powers. Also your ancestors and guides, if you wish.

'Dress' or oil your candles. If you are going to carve anything on them though, do that first. On the red candle, carve an image of the sun. On the black candle, carve 'facing the shadow self' and 'releasing negativity'. You can use two black candles if you wish, it's up to you. You can carve your name on yours, and since the white one will represent Spirit or Enlightenment, you can carve that on it or just leave it blank (The intent is always the main thing!). Put mirrors around to represent the sun goddess, and crystals such as white quartz or citrine, yellow topaz.

Light your candles. Put the white candle next to the black candle to represent illumination. Put your candle next to the goddess candle. Put mirrors and crystals around the candles.

Center yourself; then say this invocation three times.

## **Invocation to Amaterasu**

*Amaterasu, bright Goddess of the Sun!  
Shine upon us who call upon you!  
Light the path before us,  
Keep us safe in your warm comfort.*

*You who abhor violence and strife,  
Please defend us from any evil ones  
With your heavenly arrows.  
Help us laugh like you did with Uzume,*

*As she did her funny dance for you!  
Shed light on our shadow selves  
So we can work through darkness within,  
And find the love and joy we need.*

When you are through with the invocation, visualize bravely facing the shadows within yourself. Visualize light being shed upon any darkness within, and then coming out of a cave and into the light. You are greeted by your ancestors, guides and guardians, and surrounded with love. Amaterasu gives you a kiss on your forehead and gives you her blessing.

When you are through, go to the door and open it. Visualize yourself as guided, protected, and full of joy, and this going out into the Universe to manifest. Then say, "So Mote it Be!" Clap your hands and visualize any extra energy going into Mother Earth.

(Mystic Amazon), June 7 2008

*Mystic Amazon is a High Priestess of the OWM and Ordained Minister, currently teaching at [Sisters of the Rising Moon](#). Her hobbies include writing, folk art, folk magick, Reiki, and reading.*

## **The Bones of the Mother**

Very few things in a garden are everlasting. Annuals sprout, bloom and die in a season; other plants may be longer lasting, but anything besides trees will usually die within a decade, and even trees must eventually return to the earth from which they came. However, one thing that people love to put in their gardens will never die; decay or change into anything other than it is right now – stones.

Stones are the bones of our Mother Earth. They are strong, firm, and eternal. We can pick up a stone that we find on a walk somewhere and put it in our garden as part of a beauty spot or a fairy ring, and if nobody moves it, it will remain there until the end of time, still looking almost exactly the way it looked when we put it there. I have a small chunk that broke off of a stone brick on an ancient ring fort known as Cahermore. For thousands of years it was part of that fort wall, sheltering people in Paleolithic Ireland and up through medieval times; today, it sits on Gaia's altar in my ritual room in California, a reminder of past lives long gone and mostly unrecorded. I will never know the names of the people who lived, loved and died in that fort, but the stone remembers them all. And every time I see it, I remember them, too.

The stones in my garden stand as reminders that some things are eternal. No

matter how much the plants around them change, growing, flowering, seeding, dying or going dormant, the stones will not. No matter how much I and the animals, insects and people around me change, growing, reproducing, aging, dying and going back into the earth, the stones will not. When we are long gone, dust in the wind, they will still be where we placed them, reminders to the universe that we lived. Stones are the bones of Mother Earth, and because they will remember us forever, so will She.

*"Mother Goddess, help me remember that  
Although I may be only 'dust in the wind'  
In a changeable universe, some things are forever,  
And even in the grand scheme of things,  
My life matters, and I shall not be forgotten."*

© BellaDonna Oya, July 2010

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

## **Findhorn, Scotland**

*. . . The forces of nature are something to be felt into, to be reached out to. One of the jobs for you as my free child is to sense the Nature forces such as the wind, to perceive its essence and purpose for me, and to be positive and harmonize with that essence.-Dorothy Maclean*

Nestled in the rolling hills east of the Scottish Highlands, lies the community of Findhorn. Since 1962, the people here have been working with plant consciousness to nurture the abundance and beauty of their gardens as well as exploring the concept that we are all co-creators upon Mother Earth.

The Findhorn Community was born out of necessity by Peter and Eileen Caddy and Dorothy Maclean. After being laid off from a local hotel, the trio moved themselves and their children to a nearby trailer park in the seaside village of Findhorn. To supplement a meager income, they started a garden in the barren, sandy soil. Much to everyone's surprise, the garden thrived.

Eileen received guidance in her meditations from a source she called "*the still small voice within*" and Dorothy was able to intuitively contact what she referred to as the "*overlighting spirits*" of plants. Now commonly referred to as "*Devas*", these spirits were not of individual plants, but of a greater plant consciousness. The Deva of a pea plant, for example, contains all the archetypal information of all pea plants. By actively listening, one can access this information to determine how best to nurture and nourish plants of all types.

But there is more to Findhorn than simply communicating with plants. The founding principles of the Findhorn Community include deep inner listening and acting from that wisdom, co-creation with the intelligence of nature, and service to the world.. Meditation is practiced as a means to connect with and listen to one's inner source of wisdom and act for the greater good. In so doing, a shared purpose brings people together, in harmony, to perform the daily chores within the community.

A recent independent study concluded that the residents of Findhorn have the lowest ecological footprint of any community measured so far in the industrialized world. Wind turbines generate electricity, food is grown locally and the Living Machine recycles waste water in a unique way.

Constructed in the 1990's, the Living Machine uses organic elements such as: bacteria, algae, micro-organisms, numerous species of plants and trees, snails, fish and other living creatures to treat the water. The end result being water that is pure enough to be returned to the local environment.

From its humble beginnings, the Findhorn Community now offers nearly 200 week-long courses every year and hosts conferences and educational workshops around the world. As people begin to accept the notion that we live a symbiotic relationship with all that is, the philosophy of sustainability pioneered by Findhorn can teach us how to live in harmony with each other and with all living beings on the planet.

[http://en.wikipedia.org/wiki/Findhorn\\_Foundation](http://en.wikipedia.org/wiki/Findhorn_Foundation)

<http://www.findhorn.org/index.php?tz=420>

© Ajna DreamsAwake, July 2010

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

## **OWM Happenings**

From Beltane to Lughnassadh is a time of ripe, lush, verdant green, long days of warmth and light, and the coming to fruition of many aspects of our lives and our work, as we live through the cycle of the Wheel of the Year.

May all your harvests be joyous, and may your spirit live in abundance and the grace of Her shining light!

High Priestess Maeve Cliodhna Moonbird completed the rigorous work of Level IV, and was ordained by unanimous vote of the Ordination Council of the Order of the White Moon, a high privilege and honor. She worked very hard on Level IV, and is a shining and luminous addition to our Order, our students and our shared ministry. She intends to open an online school for White Moon lessons very soon, and also intends to have in-person teaching and ritual groups in her local community. We love you, Maeve, and are looking forward to working with you for many years to come.....!!

In addition, [Sisters of the Rising Moon](#) was delighted to announce that Sea Dragon completed Level I of her White Moon studies, and has become a Lifetime Member of the order of the White Moon! Please enjoy her magnificent Level I Final Project on [Tiamat](#).....!!

In addition, most of our Order schools welcomed new students, this quarter! We are all delighted to have new sisters join us, and look forward to walking with them, on the Goddess path.....!!

## **Harvest**

*The quivering begins,  
Below my breasts,  
My warm skin ripples down, down, down,  
My full belly begins to swell and swoon,  
A fine sweat breaks out on my skin,  
The hairs stand up and wave, back and forth,  
And, as I brace myself, naked in the warm sun,  
Against my sister-midwife,  
The pangs of pain begin,*

*As my beloved child begins pushing, inching her way,  
Slowly, eagerly, with growing impatience,  
Toward this new lifetime she will live.  
My heart pounds with dread and joy  
As I fuse my intent with hers, and feel it begin,  
Endings and new beginnings,  
The Harvest of our souls loving each other  
through our bodies.....*

© Kerritywn Ceannaire, July 2010

*HP Kerritwyn Ceannaire has been a High Priestess since 2000, an ordained minister since 2003, when the Order secured its state and federal status as a nonprofit, and was elected as the President of the Board, and the Head of the Order, in July 2009. She teaches White Moon lessons to women in [The Sacred Three Goddess School](#), and to mtf transgendered seekers in the [Rainbow Moon School](#).*

## **Returning**

*Along a well-worn path from long ago  
I found myself winding and turning  
this way and that  
evolving  
as each small step was taken  
A journey to fullness....  
of being whole  
Gifted by Her grace  
welcomed by some new*

*but many old familiar souls.*

© HP Etain Feohwynn 3/31/10

*HP Etain Feohwynn is currently serving as the [Order of the White Moon's](#) VP of Ordinations, and is the founder of the Sisters In Feohwynn's Grove school. A gifted writer and healer, she receives much of her inspiration from scenes in Nature.*

## **Fire Fey**

*With alabaster skin  
And hair like spun gold,  
She is indeed a beauty,  
A wonder to behold.  
She seems to glide  
Over the dry land  
Sparks flying here and  
There from her wand.  
As fire spreads in  
Her wake, some view  
Her with disdain but  
Fire makes way for new  
Growth, recycling the old  
Underbrush back to the earth.  
That which is charred soon turns  
Green with vivid rebirth.  
Forgive her if she doesn't  
Smile at you today,*

*For her's is a somber task,  
The beautiful fire fey.*

© HP Moonwater Ashwood, May 2 2008

## **Summer Day-Dreaming**

*"I must have been dreaming,"  
I muttered to myself with  
A sigh. I had been having  
Such a wonderful fantasy.  
I was a bard, free to roam  
The Irish countryside,  
Wondering who I would  
Meet next to tell my tales to.  
Funny how one's imagination  
Exaggerates our true desires.  
Certainly my heart would  
Love to travel all over the world,  
But you are happiest when  
You're by yourself with me,  
Surrounded by our love.  
Why, I could never wander  
The world without you there  
To hold me, so full of love  
That it never ceases to amaze me.  
The setting sun right now is so  
Beautiful, brilliant shades of red*

*And orange, yellow and pink  
That soon I'm starstruck.  
I blink my eyes hard,  
Fully awake now,  
Thinking that I have a  
Mouthful of pink cotton candy  
From the carnival, but then  
Something shiny catches my eye.  
It's the tags on the collar  
Of my cat. That's not  
Cotton candy after all, it's  
Fresh summer grass.  
I can't help but laugh though,  
And go back to watching  
The clouds float by,  
Taking me away on my  
Next summer day-dream.*

© HP Moonwater Ashwood, June 17 2007

## **The Traveler**

*Though I have journeyed  
Far from home, far  
From family and friends,  
I am not afraid for  
The Goddess is with me.  
I feel Her standing  
Triumphant beside me*

*In sunshine filled days,  
And feel Her wrap  
Her cloak around me  
In days of rain or snow.  
Her comfort and love  
Steels my will, giving  
Me the strength to  
Continue my journey.  
I know that someday  
My steps will lead me  
Back to familiar land,  
Back to those I love,  
But until then I know  
That I am not alone  
On my path; the steps  
That echo beside me  
Are those of the  
Blessed Lady, my  
Constant companion,  
Now and always.*

© HP Moonwater Ashwood, April 29 2008

## **Lammas Bath Salts**

1 part Epsom salts  
1 part sea salt  
1 part baking soda

1 tsp lemon balm (dried, finely chopped or ground)

7 drops eucalyptus oil

9 drops yellow food coloring

Mix all ingredients well. Use in your ritual bath, to rejuvenate yourself, or as a foot soak.

© HP Moonwater Ashwood, July 16 2010

*Moonwater Ashwood is a High Priestess, Ordained Minister and co-founder of the [Sisters Beneath the Whispering Willows school](#). 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.*