

**Issue 3 Beltane 2011**

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## **Beltane**

I have always loved Beltane as a holiday. As a child dancing around the Maypole and making garlands was a fun time. I didn't know there was more to it then and as I grew more information came my way. I remember my mother talking to me as a teen about the wildness of Beltane and not get caught up in the dancing and that I was allowed some mead then too. She began to let me know about the fertility rite aspect of the holiday and that back in the day young women and men would dance around the Maypole and then go off into the wood as this was a blessed time to make children and any child born 9 months later was accepted without question as a Beltane blessing. However Mom made sure to let me know that was only back in the day and now this was not an accepted practice and I was to stay away from boys during Beltane celebrations as some might want to convince me that going off with them was still okay. Considering the culture of my growing up days I'm glad I listened to my mother on that one.

Once I was considered grown my mother told me about the blessings of Spring and fertility with Beltane fires and how a child conceived of 2 grown people was surely a blessing from that time but cautioned me that others did not respect that a virgin was a woman who chose her lovers of her own will, rather than the current popular belief fostered by patriarchal religion that virgins were women who didn't have sex at all. So she told me to take care as society would censure me for being comfortable with my sexuality. Oddly enough this made me very careful of these choices during Beltane but rebellious of it the rest of the year that as a woman I would be judged in my sexuality and men were not. Anyway, back to Beltane, as a woman grown I would enjoy the rites of Beltane, the Maypole, the dancing, the mead, the bonfires, picnics and yes, the sex. It was a lovely holiday. I never did

conceive at that time of year but as I said before I did tent to be careful about it as at that time I did worry about others opinions.

These days Beltane remains a family holiday, G-rated during the day with picnics, of course a lovely Maypole in the yard, and dancing. Then as the day draws to an end, the fires are lit and the mead comes out. We dance around the fire and eventually send the children to bed. Then the adults who care to share this time with their partners in the privacy of the fields and woods where they won't be disturbed or arrested for that matter. This year I plan to celebrate with my soon to be new spouse and luckily at my age, I won't have to worry about blessings we don't expect. My sons are looking forward to the food and fire but have declined this year to dance around the Maypole as they feel themselves too old and dignified. No matter what it is a joyous fun day and I hope you will be sharing it with those you care about as well.

© Sea Dragon

*Sea Dragon is an Initiate with the [Sisters of the Rising Moon school](#). She holds PhD's in Metaphysics and Parapsychic Science, as well as being a licensed social worker, addiction counselor, and psychotherapist. She is a Reiki Master, and in her spare time enjoys learning about herbalism, aromatherapy, and spending time with her animals and family.*

## **Beltane Thoughts**

This always festive sabbat, with its themes of love and fertility, never fails to remind me of my own hand-fasting anniversary. Many couples choose this time to show their love and commitment to each other, a tradition that began centuries ago. I want to take a few moments to share that happiness with you.

Fourteen years ago my beloved and I were living in the city of Waterloo. I was working on my BA, while he was preparing to start college in the Fall. We lived in a small house with a couple of friends of mine. It was a hectic time, with few luxuries, and more than a few nights that saw stress-filled tears shed. None of that mattered to me though because after being in a long-distance relationship for four years, Michael and I were reunited!

With the energy of Beltane still in the air, on May 3rd 1997 we held an unofficial hand-fasting for ourselves. It was a private, skyclad ceremony; we didn't even tell anyone about it since I was a solitary practitioner at the time and still very much in the broom-closet. I cast a circle around us and we knelt before each other, holding hands and looking into each other's eyes. With the moonlight bathing us, we exchanged vows in the presence of the Goddess and our ancestors. It was a simple gesture of love to each other, but one I'll never forget, especially the look of utter love and respect in his eyes.

This year I think I'll start celebrating our anniversary on Beltane, and carry it through the three days, spoiling my darling one. I'll make up platters of fruit, vegetable sticks, cheeses and crackers, with maybe a nice light yogurt dip for the fruit and a bottle of wine. Perhaps we'll indulge in some of my bath salts, giving each other pedicures. Most importantly though, we'll be spending as much time together as possible.

May you be able to share your love on this holiday and every day. Blessed be!

© Moonwater Chalcedony Ashwood

[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.

## **Fasting for the Spring**

Springtime is a wonderful time to plant, dance, sing and celebrate the returning of sunshine, flowers, birds and warmth. Spring is also a wonderful time to fast and cleanse our bodies from the winter cold and bring in vitality within our body's temple.

Before considering doing a fast, please make sure you are healthy enough to do this. The fast outlined is very gentle and most everyone tolerates this fast easily. If you feel that you may have health problems to inhibit you from doing a full fast; consider juicing daily to help your body with energy and pure fuel.

### **Preparation for our fast:**

Take the next few days to eliminate self-indulgent habits such as alcohol, caffeine, soda and refined sugars. Other foods such as animal fats, milk and red meat should be avoided as well. This will be difficult, so cut down on day one and each day thereafter eliminate a little more. The more difficult the cravings the more your body needs this fast. This can be a good reminder for you.

Two days prior to the fast: consume only fruits and vegetables, brown rice, herbal teas, water, juices.

I am recommending a juice fast. The reason for this is it is easier for the first time and the intensity is less, which will make it successful. Make sure you have a juicer or blender. The juice fast will be of raw vegetables and fruits.

Also while on this fast you need to take time to meditate, walk, take baths, focus on self-care during this time of cleansing. Our temple within needs to be worshipped and cared for just as our mother earth needs our attention.

Blessed Be....\*Diana Spirit Whisperer\*

### **Juice Specifics:**

Use diluted fresh juices of raw organic fruits and vegetables if possible. Avoid canned or frozen juices. Some bottled juices may be used, check the labels for high content of sodium and preservatives. Fresh squeezed or juiced is the best, but don't let it sit for hours after you juice. You need to drink lots of water using lemon or lime juice.

### **Each fruit and vegetable has certain nutritional value here are some of them:**

Lemon—liver, gallbladder, allergies, asthma, cardiovascular colds

Citrus—cardiovascular (CVD), obesity, hemorrhoids, varicose veins

Apple—liver, intestines

Pear—gallbladder

Grape—colon, anemia

Papaya—stomach, indigestion, hemorrhoids, colitis

Pineapple—allergies, arthritis, inflammation, edema, hemorrhoids

Black cherry—colon, menstrual problems, gout

Greens—CVD, skin, eczema, digestive problems, obesity, breath

Spinach—anemia, eczema

Parsley—kidneys, edema, arthritis

Beet greens—gallbladder, liver, osteoporosis

Watercress—anemia, colds

Wheat grass—anemia, liver, intestines, breath

Cabbage—colitis, ulcers

Comfrey—intestines, hypertension, osteoporosis

Carrots—eyes, arthritis, osteoporosis

Beets—blood, liver, menstrual problems, arthritis

Celery—kidneys, diabetes, osteoporosis

Cucumber—edema, diabetes

Artichoke—diabetes

Garlic—allergies, colds, hypertension, CVD, high fats, diabetes

Radish—Liver, high fats, obesity

Potatoes—intestines, ulcer

Juices of apples, grapes, oranges and carrots are great for cleansing but if weight loss is desired one should minimize.

Grapefruit, lemon, cucumber and greens such as lettuce, spinach and parsley will be helpful for weight loss. Using a variety of juices in a fast is very helpful and remember drink your water.

To prepare juices, start with the freshest and most chemical free as possible. Wash and peel if the fruit/vegetable is waxed. If not waxed, you can use the skin if desired. When using the root vegetable like beets and carrots trim the root end. You can drop your vegetable in a pot of boiling water for one minute for cleansing.

**Here is a soup one can make during a fast:**

3 cups of purified water

1 tablespoon of ginger root (chopped)

1-2 tablespoons miso paste

1-2 stalks green onion, chopped

cilantro to taste (chopped)

1-2 pinches cayenne pepper

2 teaspoon olive oil

juice from a half lemon

(sounds good doesn't it)

Boil water, add ginger root, simmer 10 minutes, stir in miso paste to taste, turn off fire. Then add green onion, cilantro, cayenne, olive oil, lemon juice. Remove from burner and cover for 10 minutes. May vary ingredient portions to satisfy flavor/taste; I hope you enjoy.

You can drink herb tea with a little honey. If you are having a hard time you can make a smoothie using one banana and different fruits. Only use a banana and smoothie if you are having a hard time. You can use any combination of fruits and vegetables. Try to enjoy.

The morning after the fast, ease back into eating slowly. Don't have a huge breakfast, eats solid fruits and vegetables and then brown rice and steamed vegetables for dinner. Good luck.....

© Diana Spirit Whisperer

*Diana Spirit Whisperer is a Level 1 student of HP Etain Feohwynn with the [Sisters In Feohwynn's Grove school](#). She has studied with various teachers of the Goddess spirituality for 15 years, and recently graduated with her doctorate in Naturopathy from Clayton College of Natural Health Studies.*

## **Miniature Maypole**



**Supplies:**

Plain wooden clock face with hole in the center

Wooden dowel to fit into hole in clock face

Wooden wheel to fit on dowel

Two thin wooden discs approximately the same diameter as the wheel

Some sort of votive holder

Votive candle

Two pieces of felt, one green, one any other color

12 small animal figurines

Silk or plastic vining

6 colors of very thin ribbon

Paint in whatever color[s] you choose. Spring colors are best.

Glue sticks

Ribbon the same width as the side of the wheel

Cardboard to make two circles, one the size of the top of the clock face, one the size of the bottom of the clock face

**Tools:**

Glue gun

Scissors

Pencil

Spray adhesive

Exacto knife

**Directions:**

Make cardboard patterns by tracing top and bottom of clock face and cutting out the two circles.

Glue one wooden disc to the underside of the clock face in the center using spray adhesive.

Paint wood pieces and allow to dry.

Cut green felt using the cardboard pattern for the top of the clock face.

Cut the other piece of felt using the pattern for the bottom of the clock face.

Using adhesive spray, attach the felt pieces to the top and bottom of the clock face.

Using the Exacto knife, cut out the felt in the center where the hole is in the clock face.

This is now your base.

Put hot glue into hole in clock face being careful not to get it on the felt.

Insert dowel into hole in clock face.

Hot glue the other wooden disc to one side of the wooden wheel.

Put hot glue into hole in wheel.

Place wheel and disc on top of dowel and seat.

This is now the cap.

Wind wider ribbon up the dowel to under the cap and hot glue in place.

Place animals on the base in a circle facing outward, by placing a spot of hot glue on the animals' feet/base and placing on the felt. It may help to do this by envisioning a clock face, and placing at 12, 3, 6, and 9 first. Then between each pair of animals, place two more animals with an equal distance between them.

Cut two pieces of each color of thin ribbon, long enough to run from under the cap to the neck of each animal and enough to glue at the top under the wheel and to tie the ribbon around the animals' necks.

Attach a ribbon under the cap with hot glue.

Twist the ribbon so that there are several twists in it and then tie to the neck of an animal.

Repeat until all 12 animals have a ribbon from their neck to the cap.

Hot glue the wider ribbon around the outside of the wheel part of the cap.

Attach the votive holder to the top of the cap with hot glue.

Attach silk or plastic vining around the base of the votive holder.

Place votive candle in votive holder.

© Peace Whitehorse

*Peace Whitehorse is an Initiate in [Order of the White Moon](#) and a student in [The Sacred Three Goddess School](#). She lives in Pennsylvania with her husband and three Shetland sheepdogs.*

## **Beltane Ritual**

To be performed on Beltane Eve

### **Set up Altar:**

Chime candles: yellow, red, blue, green, white, silver

Intent candles: white, green and red

Altar cloth: Green with white

Small plain branch with the bark peeled

Bowl of earth

Small amount of your chosen oil for blessing the wand

Cloth for wiping wand and hands

Gemstones: carnelian, rose quartz, emerald, bloodstone, lapis, malachite, yellow agate

### **Dress Candles:**

Anoint Goddess candle with Altar Oil.

Anoint Spirit and Elemental candles with Peace Oil.

Anoint the intent candle[s] with Musk Oil [for fertility].

Purify space with sage  
Light incense [Patchouli [for fertility]]  
Ground and center  
Cast circle  
Call quarters  
Call Spirit  
Call Goddess  
Give thanks

State:

*I give thanks for all that the Goddess Provides,  
I give thanks for the presence of the Goddess in my life*

State your intent:

*The intent of this ritual is to celebrate Beltane  
and the union of the God and the Goddess!*

## **Body of Ritual**

Dance to raise power for magical activities and then earth the power into the bowl of earth on the altar.

State:

*Beltane!  
I dance with glee  
on Beltane's eve.  
All senses freeing,  
I dance for being.  
The flower and the flame  
of love's own rite*

*shall blossom. Sun  
embrace Earth, bright.*

Light the white intent candle to the Sun. This is the Beltane fire, our modern substitute for the hilltop bonfires of our ancestors.

The Bel fire is an invocation to the Sun God to bring blessing and protection for the coming year. This is sacred fire with healing and purifying properties. As you light the candle, be aware of its power and significance.

State:

*I light this candle to the Sun.*

Now take up a dish of earth. Bless it in the name of the Goddess. Lay your hands upon it.

State:

*I bless, consecrate, and set apart this earth,  
in the name of the Triple Goddess. May this  
be sacred earth, set apart for magic. For  
earth is of the Goddess, being her sacred body.*

Light the green intent candle.

Remember that the Goddess is not only of the Moon, but also of the Earth and of the farthest stars. She is the Triple Goddess of the Circle of Rebirth, the Mother of All Life.

Now, take the wooden wand and oil it with your chosen oil.

State:

*I bless this wand in the name of the Lord of the Day,  
The youthful, ardent one,  
The Lord of Life,  
The God of the greenwood.*

*May the Goddess bring it forth!*

Meditate for a while, and picture the blossoming of what you have asked for.  
Leave the earth and wand upon the altar.

Walk deosil three times around the circle. Go evenly, with grace, meditatively.  
Light the red intent candle.

Stand in front of the candle flames, allowing yourself to feel peaceful. Gaze into the flames.

Visualize a red rosebud in your womb. Always your womb is the source of your creative power, whether you are pregnant with a child, an idea, a work of art or an intention. Close your eyes and picture the light from the candle streaming into your womb so that the rosebud blooms, unfolds. Hold the image for a while, feeling the silkiness, smelling the scent, the freshness, seeing the color of the fully open rose within you. Feel the strength and power of your own fully blossomed capabilities.

State:

*I am woman,  
strong to conceive and to create,  
to give birth and to tend.  
As I am daughter of the Goddess,  
and blessed by the God, may I*

---

*{name what you wish to bring forth in life. }*

Feel the strength and creative force within your womb, the center of your being.  
See the power being channeled, flowing into the desire you have just voiced.

State:

*With harm to none, this ritual is done!*

Thank and release the Goddess  
Release Spirit and the Quarters  
Take up circle  
Ground  
Allow intent candles to burn out safely  
Store magickal earth in an appropriate container  
Burn the wand to symbolize the bonfires of Beltane

© Peace Whitehorse

*Peace Whitehorse is an Initiate in [Order of the White Moon](#) and a student in [The Sacred Three Goddess School](#). She lives in Pennsylvania with her husband and three Shetland sheepdogs.*

## **Spiritual Composting**

I've talked about compost once before already, but now I want to discuss Spiritual Composting, which is VERY different. This is the kind of composting that Goddess does when She thinks we need a bit of help because we aren't growing as well as we might. It frequently isn't fun, but it IS necessary.

To create compost in a garden, you start by putting down a layer of already-made compost (you don't actually have to do this part, but it helps get the pile working faster). You add a layer of 'brown' waste (dried sticks/twigs/leaves, egg shells, cardboard shred, etc.), then pour in enough water to keep everything very damp but not soaked, followed by a layer of 'green' waste (grass/plant clippings), and top the whole thing off with a layer of dry sticks or something of the sort to allow air to

circulate through the whole thing. Depending on whether you are making a "hot" or "cold" compost pile, you may layer a bit differently, but the basics are the same. Keep it moist and turn it regularly, around once a week. It takes about 9-18 months to create an ideal compost pile in this way.

Spiritual composting follows the same basic procedure. Goddess starts off with us, then adds some "brown waste" (the crappy things that happen to us), some "green waste" (rewards, pleasant people, and nice surprises), and lots of "water" (change) to keep everything mixed together. From time to time She adds one or the other in various amounts, sometimes a bit of each, and regularly mixes it all up just to keep us guessing. Of course, bugs do sometimes get in, but so do spiders and worms, which are GOOD for us because they eat the bugs and help with the mixing.

Eventually, we become a rich, crumbly compost that gives nourishment to everything we touch.

*"Goddess, I give You permission  
To help me become lovely compost  
That feeds Your Garden of Souls."*

© BellaDonna Oya

*BellaDonna Oya lives in Hayward, CA, where she runs a small eclectic coven. Her hobbies are gardening, belly dance, crocheting, Renaissance fairs, travel, and cats (she has eleven). She has a Master's Degree in Anthropology, and is fascinated by mummies and ancient Egypt. She has traveled to Ireland, Jamaica, Eleuthera, and Mexico, and hopes someday to visit Crete, Malta, Egypt and Delphi. She is a Level II Adept of [The Sacred Three Goddess School](#).*

## **Angkor Wat**

*Everywhere around you, you see nature in its dual role of destroyer and consoler; strangling on the one hand, and healing on the other; no sooner splitting the carved stones asunder than she dresses their wounds with cool, velvety mosses,*



*and binds them with her most delicate tendrils; a conflict of moods so contradictory and feminine as to prove once more-if proof were needed- how well 'Dame' Nature merits her feminine title- Author Helen Churchill Candee describing her first impressions of Angkor Wat.*

Deep within the heart of the lush jungles of Cambodia, lies the vast Temple Complex of Angkor Wat. At 170 square miles, the "City of Temples" is the largest religious structure in the world. Although it had been used as a place of pilgrimage for over 900 years, it was not known outside East Asia until "discovered" by French adventurer Henri Mahout in 1860.

The five towers of the main temple are thought to represent the five peaks of Mount Meru, Home of the Hindu Gods. The surrounding waterways and canals served a dual purpose: they symbolized the waters of the cosmos as well as irrigation for the rice fields. This system was able to sustain a large population for generations and brought wealth to the region. However, by the 13th century, Angkor's irrigation system became over-stressed and broke down. At the same time, Angkor and the Khmer Empire were increasingly threatened and attacked by invading armies. Angkor was abandoned in the 15th century, by all but Buddhist monks, and less than one hundred years later, the jungle had reclaimed many of the temples. From the 15th century to the present day, Buddhist monks of various sects have cared for Angkor. Their presence has been a major factor in the ongoing preservation of the site.

But how did this area come to be dominated by Hindu and, centuries later, Buddhist religion? Patriarchal societies seeking conquest, in the form of invading forces from India, took over the region. Khmer descent was primarily matrilineal, and Khmer women were (and still are) the rightful owners of their lands. By marrying the powerful queens of the region, the king, with the backing of the Great Hindu Gods and a powerful army, was able to establish his supremacy over many territories. The queens maintained ownership of their own realms, but their status in governance was greatly diminished. In this way, the Khmer empire was established and sustained for centuries. It was believed that the right of divine rule was bestowed upon the kings by Vishnu. Many of the reliefs carved upon the walls

depict scenes from Sacred Hindu texts that recount the adventures of this Hindu God. As Buddhism swept the region and became the dominant religion, many of the Hindu images were defaced.

Sandstone of various colours was the chief building material employed by the Khmers. It had to be transported from Mount Kulen, a quarry approximately 25 miles away. The stone was cut into huge blocks and fitted together without the use of cement. Miles of corridors, galleries, temple buildings and tombs were created, with intricate carvings adorning virtually every surface. Some of these scenes include the exploits of Vishnu, statues of Buddha and other Gods, mythical creatures such as unicorns and dragons. It would seem, at first glance, that the Temple Complex is primarily devoted to male deities, the female images playing a subordinate role as wives of the gods and kings, or mere dancing girls. However, more recent scholars have a different perspective and some believe that Angkor Wat is in fact devoted to a multitude of Goddesses.

The ancient Khmers venerated the goddess Prajnaparamita (Goddess of Transcendent Wisdom). She is often associated with the Asian Goddess Tara and is considered the Mother of all the Buddhas. Angkor remains the site of Her largest gathering of worshippers. Hindu Goddesses which adorn the walls of the Temple include Durga, Lakshmi and Sarasvati. Avalokiteshvara, a male Bodhisatva who later transformed into Kwan Yin, the Goddess of Mercy, is also widely depicted. But nothing can compare to the images of the Devatas.

In Angkor Wat are found some two thousand Devata reliefs. These feminine images are the deities of natural and wild places. Those represented as flying or dancing, were responsible for leading the souls of the dead to the supernatural world. The Devatas, placed on either side of doorways, were guardians of the gateways between the mundane world and the supernatural. They are linked with water, divine serpents and the Moon. The Devatas are also associated with fertility, abundance and growth. Local people venerate these reliefs and refer to them as Srei Krup Leakkhana, "Excellent Women". Many couples continue to visit the site to pray for fertility.

Angkor Wat was listed as a World Heritage Site in 1992 which has led to an increase in funding dollars to restore the Temple to its original grandeur. The number of tourists making pilgrimage to the area is also on the rise. Westerners seeking out ancient sacred sites have also contributed to funding the ongoing reconstruction of this magnificent temple. This Eighth Wonder of the World is being reclaimed from the wilderness and is once more being recognized as making a significant contribution to the spiritual lives of the people of East Asia and the global population.

<http://www.angkorguide.net/mythology/female.htm>

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

[http://www.angkorguide.net/female\\_power\\_booklet.pdf](http://www.angkorguide.net/female_power_booklet.pdf)

<http://whc.unesco.org/en/list/668>

<http://www.sacred-destinations.com/cambodia/angkor-wat>

© Ajna DreamsAwake

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

## **OWM Happenings**

Level I

[Sisters of the Rising Moon](#) is delighted to announce that their beloved student, Literata, has completed Level I of our White Moon studies, and has become an Initiate and Lifetime Member of the Order of the White Moon! Please enjoy Literata's wonderful Level I final project on Athena, viewed through the lens of the Homeric Epics,

here: [http://orderwhitemoon.org/goddess/athena\\_homeric\\_epics.html](http://orderwhitemoon.org/goddess/athena_homeric_epics.html)

Level II

The Sacred Three Goddess School is overjoyed to celebrate the ascension of cherished student and friend, Summer Gaile, to the Status of an Adept of the Order of the White Moon, as she has recently completed Level II of our White Moon studies! Please glory in Summer Gaile's stunning Level II final project on the amazing energy and power of Medb, here:

<http://orderwhitemoon.org/goddess/Medb/Medb%20SummerGaile%20Level%20II.htm>

## New Students

Sisters in Feohwynn's Grove, [The Sacred Three Goddess School](#), [Sisters Beneath the Whispering Willows](#), and the Ash and Thorn School, are all delighted to announce that we have welcomed new students on the path of the White Moon tradition, this quarter! If you are not a member of the Order, please feel free to take a look at our available schools for White Moon studies, here, <http://orderwhitemoon.org/schools/index.html>, and our booklist for each level, here, <http://www.orderwhitemoon.org/schools/bookstore.html>.

[HP Kerritwyn Ceannaire](#) is the Head of the Order and the elected President of the Order's Board of Directors. She teaches White Moon Goddess studies in [The Sacred Three Goddess School](#), for women, and [Rainbow Moon School](#), for mtf transgendered seekers.

## May Day

*May Day comes, Holy Beltane!  
Leap across the bale flame,  
Dance around the Maypole,  
In the Goddess' name!*

*The Earth is a-greening,  
Springtime is here!  
Everything is blooming,*

*It's a wondrous time of year.*

*The Wheel has turned once again  
To this joyful time of growth.  
The Sacred Rite performed  
By God and Goddess both.*

*The union of the Deities  
Brings new life to the Earth.  
Put out the fire Beltane-eve  
And kindle anew in the hearth!*

*For all kinds of fertility  
Go through the Beltane smoke.  
Leave an offering outside  
For all the Fairie Folk.*

*To talk to those who've gone before,  
The veil between the Worlds is thin,  
The time is ripe, the time is good  
To contact friends and kin.*

*Don your festive clothing,  
Celebrate with food and drink,  
Dance and sing, dance and sing,  
In red and green and pink!*

© Peace Whitehorse

*Peace Whitehorse is an Initiate in [Order of the White Moon](#) and a student in [The Sacred Three Goddess School](#). She lives in Pennsylvania with her husband and three Shetland sheepdogs.*

**Haiku**

*Spring is in the air  
Flowers blooming everywhere  
Wake up, Sleepy Bear!*

© Tina C.

*Tina C. is a Level 1 student with the [Sisters Beneath the Whispering Willows school](#). She lives in Northeast Mississippi and loves photography, baking and decorating cakes, going on nature walks and traveling with her daughters.*

## **Beltane Beloved**

*I shall shower her with  
Apple blossoms, bringing  
Blessings of love and healing  
To her tender lips.*

*I shall cover her in  
Cherry blossoms, bringing  
Blessings of divination  
To her third eye.*

*I shall come to her  
With roses in my arms,  
Bringing blessings of luck  
And protection to her flesh.*

*I shall feed her  
Juicy strawberries and  
Melon balls, reminding  
Her how sweet love is.*

*I shall give her a  
Heart of rose quartz,  
To always show her*

*My fidelity to our love.*

*I shall make sweet love  
To her by the light of  
The Beltane flames, and  
Pledge myself once more  
As hers and hers alone.*

© Moonwater Chalcedony Ashwood, April 23 2011

## **Beltane Flame**

*The stars are the  
Only witnesses  
To our love on  
The night  
Flames leap to the  
Sky from the hilltops  
As our thighs entwine  
Our bodies locked  
In heated embrace  
Feeding the land with  
Our passion, our love.*

© Moonwater Chalcedony Ashwood, April 15, 2011

## **Rose Water**

A gentle astringent for fair and dry skin, rose water has been used by women for centuries to help them look and feel like the Goddesses we know we all are. This very simple recipe involves no distilling and makes approximately 10 ounces of rose water. It's not quite as heavily scented as distilled versions, but is much easier to make at home.

You need:

1 cup firmly packed, washed, fresh rose petals

2 cups boiling water

Directions:

Place petals in an oven-safe bowl (not metal). Boil the water and carefully pour over the petals. Allow the petals to steep until the water is cool. Strain out the petals and pour your rose water into a clean bottle.

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## **Yogurt Dips**

For fruit:

1 cup vanilla yogurt

1/4 tsp cinnamon

Mix well and enjoy with slices of fresh apple, melon, or berries.

For crackers, bread or vegetables:

1 cup plain yogurt

1 tsp garlic powder

1 tsp sea salt



3 tbsp. chopped chives

Mix well and enjoy with seasonal veggies or your favourite chips, pita, or crackers.

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[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.