

Volume 9 Issue 1 Samhain 2011

Issue 1 Samhain 2011

Contents

Holy Days

Samhain Blessings, Ajna

Mother Night, Ajna

Ritual Work

Ritual with Baba Yaga, Mystic Amazon

Her-bally Yours: Herbal Lore & Wisdom

Smudge Stick Making, Diana Spirit Whisperer

Sacred Sites

Chichen Itza, Ajna

OWM Awareness

OWM Happenings, Kerritwyn Ceannaire

Reviews

Book Review: When God was a Woman, Ajna

The Bardic Soul: Poetry and Song

for the Spirit

Samhain's Calling, Moonwater Chalcedony Ashwood

Samhain Blessings, Moonwater Chalcedony Ashwood

Dreams of the Black Bear, Ajna

Recipes Fit for a Goddess

Tiramisu, Sea Dragon

Samhain Blessings

The festival of Samhain marks the end of the third and final harvest of the year. The last of the fruit and vegetables have ripened and are now stored away, the seeds set aside for Spring planting. The bright colours of Autumn leaves signal their death knell, and soon they are borne away on the cold and bitter winds. Left behind are the naked branches, skeletal limbs reaching up to the skies. It is a time of death and decay, and it is no surprise that our thoughts may gravitate toward sorrow and loss, for this is the beginning of the dark half of the year. It is not surprising that many cultures pay their respects to the ancestors and departed family members at this time of year.

It is customary to light bonfires on Samhain eve to burn away the miseries of the past year. Hearth fires are extinguished and relit with the Samhain flame, ensuring a fresh start to the New Year. People would often set up two bonfires side by side and walk through them as a purification ritual.

Ritual feasts to honour the dead often occur. A place at the table is reserved for the departed and stories are shared. This may also offer an opportunity to converse with the dead about unresolved issues and then let them go.

Dressing up in costumes is an ancient custom which is sometimes called Soul-caking. Mummers would visit houses and stage a play to honour the dead which consisted of a challenge, a battle, a death and a rebirth. Special cakes were handed out to the performers afterwards. Children would dress up and go door to door, offering songs in exchange for food or coins. Large turnips were hollowed out, carved with faces and placed in windows to ward off evil spirits.

It is said that the veil between the worlds is thinnest at this time of year and is an excellent time for divination. Toss a peeled apple over your shoulder, the shape that arises will be the first letter of your future spouse's name. Egg whites dropped in a glass of water foretells the number of future children. Try tossing some nuts onto a fire, if the nuts stay together, so will you and your spouse. Or, try to pick up as many warm nuts from the fire as possible, an even number indicates faithful love, an odd number indicates betrayal. Toss a single nut on the fire and make a wish. If the nut burns brightly, the wish will come true. Another activity is to set out three bowls, one with clear water, one with cloudy water, and the third one empty. Determine what each of the bowls will mean, for example, the clear water indicates success, the cloudy water struggle, and the third failure. Or simply yes, no, maybe. Blindfold a friend and have her ask a question then dip a hand into one of the bowls to discover the outcome.

Samhain, though primarily a festival of darkness and death, also marks a new beginning. This is the Witch's New Year and though we may look on the past with regret and sorrow, we know that the Wheel continues to turn, and fresh opportunities for growth and transformation are immanent.

Brightest Blessings

Mother Night

It is the longest night of the year, a time of darkness before the sun bursts forth, and the days grow longer once more. In Norse mythology, it is known as Mother Night, when the Goddess Freya labours to give birth to the Sun God at Yule. There are many ways we can honour Mother Night, a few are listed below.

This night belongs to the Mother, and celebrations center around the matriarch of the family. One tradition is to clean the house in preparation of the Goddess' arrival. Family members can honour Mother by helping with the chores. Make a game of it, as family members are gathered together for this cleaning party, each can reflect on the achievements of the year past, and share their hopes for the coming season.

Once the chores are out of the way, the festivities can begin. A traditional meal on Mother Night is a simple one of fish and porridge, foods that are sacred to Mother Goddess. Boars are sacred to Freya and you can create your own "hog cakes" in honour of the Goddess. (see recipe below). This is a fun activity for children, and they may be encouraged to instill a wish or a blessing into their cake. As they eat their treat, they are taking into themselves the blessing of the Goddess. The Yule tree can be decorated, wreaths (a symbol of the eternal cycle of life-death-rebirth) are hung, the Yule log burned and gifts are exchanged. These need not be costly; a personalized gift made with love and filled with blessings is more precious than any store-bought item. This is a celebration of light, so all light sources are welcome to brighten up the dark night. Candles are an old custom, but use caution and never leave them unattended.

A Norse tradition has the Grandparents staying up through the night to watch over the children. Once the children are asleep, the elders visit each in turn to place a blessing upon them.

Another way to honour Freya this night is to bring forward or give birth to those ideas, projects, goals that have been gestating within. Begin by writing out a list of goals you want to accomplish in the coming year. Pick one or two of these goals and write out the steps needed to make them happen. Describe clearly, with as much detail as possible, how these goals will manifest. Keep your goals in a visible place (on your altar, for example) and start acting on them immediately.

Freya is also a Goddess of love, and we honour Her when we come together with our partners in love. Rose petals strewn upon the bed, mistletoe above doorways, a bowl of strawberries, soft music and candlelight are all Her symbols and can be used to create a romantic setting for you and your lover to devote to one another.

Freya is also a Goddess of Divination, and the long dark night provides an appropriate ambience for work with Runes or Tarot.

© Ajna DreamsAwake

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

Ritual With Baba Yaga

Items needed:

1 Black Candle to banish negativity and release any unnecessary '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

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 an 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.

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).

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 done, say the following invocation three times, feeling 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 untamable...

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.

© June 21, 2008

Beth Clare Johnson (Mystic Amazon)

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

Smudge Stick Making

Let's start....

You will need:

Sushi Mat or newspaper sheet folded in half or a soft piece of leather about 12" x 18".

Thin but sturdy string; I use embroidery floss, pulled apart so it is 3 strands each. I use the colors to code the ingredients and remind me of what is in each one.

Garden clippers to cut the herbs as you work come in real handy

Plant material.

Cut small branches of plants in about 7 - 10 inch lengths. How much you harvest depends on the size of the branches and how many sticks you want. I pile everything in a big basket, surround myself with my supplies, a cool glass of herbal tea, some munchies (healthy of course :-)) and sit in the shade in The Garden and roll the afternoon away.

Take a few branches... or sometimes just one; depending again on size and shape.

Take a length of string and measure two and a half times the length of the branches.

Hold it in your hand (left hand for righties, right hand for lefties), so that the ends of the branches are facing upwards and the tips downward. (Your thumb and forefinger are in an upwards position)

With your other hand wrap a small amount around the base of the branches, tightly to hold them together.

Begin, in a downward, motion, to wrap around and around the branch. Pulling the string tightly, but not too tightly; just be firm.

When you get to the end, reverse direction and wrap again going back towards the ends of the branches. It will look "Zig zaggy".

When you get back to the end; wrap the string around again and then tie the two ends together.

Take the wrapped branch, (which is basically a Smudge Stick already, you just need to roll it to firm it up some more) and place about a quarter way up on the sushi mat.

Fold the short end of the mat up over the stick

In an upward motion, begin to roll the mat over the stick, so that inside the mat the stick is rolling. You needn't roll really hard, just keep a firm, even pressure.

When you run out of mat; you have a smudge stick.

Trim as needed to make it look neat. I find "flat" ends light better, so I trim the end.

Place it on a screen or use a flat basket to dry. Shouldn't take too long; a week at the most. But it depends on the humidity of your weather; more or less.

Remember to keep it firm but not tight. If your sticks are rolled too tight they won't dry properly or even if they do they will be hard to burn. If you roll too loosely it will fall apart when dry.

Plants that I have had great success with are:

- Western Sage
- Lavender
- Cedar
- Juniper

Experiment with what you have available... BUT: Never burn a plant unless you know what effect it will have. Research first; never burn near anyone with allergies or asthma. Never, ever burn known poisonous or toxic plants!

Plants with flowers look nice if you leave some of the flowers in. One of my favorites is Lavender with the flowers inside with a small miniature Rose bud rolled just on the outside of the stick. These make really nice sachet like things to put in your drawer or give as presents.

Blessed Be

© 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.

Chichen Itza

Within the heart of the Yucatan Peninsula, lies the ancient city of Chichen Itza. Founded among a number of freshwater sinkholes, or cenotes, the city grew to become an important religious center among the Mayans. The name literally means "at the mouth of Itza's well". The Itza were a clan of Mayans whose name translates as Water Magicians. Although most cenotes were used as a water source, the largest of these sacred wells, known as the Cenote Sagrado, became a place of pilgrimage. Occasionally used for human sacrifice, it was more often used as a burial site for the dead and a repository for sacred objects. Chichen Itza reigned as a supreme political, economic and religious power until its eventual collapse in the 11th century.

Chichen Itza is a large (4.5 square miles) Temple complex consisting of hundreds of buildings including temples and palaces, ball courts and pyramids. What is most impressive is that these structures were apparently constructed without the use of the wheel.

The most prominent Temple structure is the Temple of Kukulcan (known as Quetzalcoatl among the Aztec), located in the center of the great plaza. A four-sided pyramid, this temple is symbolic of the Sacred geometry for which the Mayans are renowned and is oriented to mark the solstices and equinoxes, the passage of Venus and the Pleiades, and other celestial phenomena. Each of the four sides has a stairway with ninety-one steps, which together with the platform at the top, add up to 365, the number of days in a year. 52 panels on each side represent the 52-year cycle of the Maya calendar. 9 terraces on each side of the stairways are symbolic of the nine levels of the Mayan Underworld.

The Temple's most intriguing feature is the shadow of a giant snake which descends the stairs at the spring and fall equinoxes. For 34 minutes, the illusion of a "snake" created by a play of light and shadow on the steps, moves from the top of the pyramid to its base. This phenomenon draws thousands of tourists to the area each year. At the solstice, the sun appears to make its way up the steps at sunrise, seeming to rest momentarily at the top of the pyramid before continuing on its journey. Another interesting feature of the Temple is the curious echo produced by

a hand clap. The echo sounds eerily like the cry of the quetzal bird, sacred to Kulkukan. It is believed that this acoustic marvel was intentionally planned by the Maya when building the Temple.

Another interesting building, the Caracol, is the only known observatory in the Yucatan. Its name is derived from the Spanish word snail for its unique spiral design. The platforms, doorways and windows were aligned with celestial events, including the cycles of the sun, the Pleiades and the planet Venus. The Mayan Calendar may well have originated from this very site.

Although Chichen Itza contains several ball courts, none is more well-known than the Great Ball Court. The playing field is nearly 600 feet long and 225 feet wide, with stone rings set 20 feet high on the walls. Mayan artwork depicts players using their hips to keep a rubber ball in play. Players earned points by getting the ball through the stone rings and into the opposing team's court. It is likely these games had a spiritual significance as depicted in one painting, of a player being beheaded in the center of the field. Some Mayan scholars suggest the beheading was not literal, but rather a symbolic depiction of an initiation ceremony. As with the Temple of Kulkukan, the Great Ball Court also harbours its own acoustic anomalies. Words softly whispered at one end of the great ball court are clearly heard at the other end. As well, a single clap or shout at the center of the ball court will produce nine distinct echoes.

Today we think of the great God Kulkukan as the pre-eminent deity among the Mayans, but this may not have always been so. Kulkukan is a male deity, usually depicted as a plumed serpent, but birds and snakes are most often associated with the Divine Feminine. It is probable that the Feathered Serpent began life as a Goddess before Her role was usurped by a male deity.

Archaeological evidence suggests the Mayans were a matrilineal culture with property passed down through women. Women enjoyed a place of honour and respect among the Maya. It is likely that women were the first Mayan astronomers, charting the course of Venus, a planet associated with Goddess. The Mayans were the first civilization in the Americas with a system of writing, later adapted by the Aztecs. Even the famous Mayan calendar may have had its humble beginnings as a means to chart a woman's monthly bleeding.

The greatest of the Mayan Goddesses is Ix Chel, the Goddess of the Moon, Lady of the Sea and Water, Mother of the Gods. She is a healer, midwife, and protector of newborn babies. As the Aged Jaguar Goddess, She is a warrior, bearing a coiled serpent upon Her head and a skirt of human bones. This complex Goddess is often depicted pouring water from a clay pot. This may suggest the onset of the rainy season, amniotic fluid from the cosmic birth, or, perhaps the celestial floods which will bring about the destruction of the Earth.

The Mayans created a complex system of calendars based on their celestial observations. Three interlocking calendars were used together and allowed the Mayans to form a sophisticated understanding of the inter-relationships between the Moon's orbit around the Earth, Earth's orbit around the Sun, and the Sun's orbit around the Galaxy.

The first calendar, the Haab, is a solar calendar, which marks the orbit of the Earth around the Sun. The calendar is divided into 18 months of 20 days and one period of 5 days known as the resting of the year. The second, and more important calendar is the Tzolkin or Lunar Calendar. This calendar is composed of 13 months of 20 days, and its cycle repeats every 52 years. It is from this calendar that ritual days are determined. Present-day Mayans continue to use this Calendar celebrate their holy days.

The third calendar, known as the Sacred or Long Count, measures the Sun's orbit around the Milky Way Galaxy. It is this last calendar that has captured the imagination of people around the globe. The Long Count Calendar, it is believed, ends on December 21, 2012 when our Solar System aligns with the Centre of the Galaxy. This celestial event only occurs once every 25,625 years!! But before we start thinking about end times and the destruction of the planet, we must remember that the Mayans did not view time as linear, but rather cyclical. December 21, 2012 merely marks the end of one cycle and the beginning of another.

What this new cycle will look like is a mystery but one theory suggests it will involve a shift in consciousness. Grandmother Flordemayo, of the International Council of 13 Indigenous Grandmothers, notes that, in the Mayan Creation Story (known as the Dresden Codex), the final pictogram depicts "the transfer of the staff of power from the masculine to the feminine at this timeframe in history". The

pictogram describes the re-awakening of the Divine Feminine and appears to correspond with the resurgence of the Goddess in the 21st century.

<http://www.sacredsites.com/americas/mexico/chichen-itza-facts.html>

<http://www.yucatanadventure.com.mx/maya-gods.htm>

http://en.wikipedia.org/wiki/Chichen_Itza

http://www.adishakti.org/mayan_end_times_prophecy_12-21-2012.htm

© Ajna DreamsAwake

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

White Moon Happenings

[Sisters of the Rising Moon school](#) , and its teachers, High Priestess Mystic Amazon and High Priestess Ka Wahine Ahi, are delighted to share the achievements of two of their beloved students:

Literata, who has become an Adept by completing Level II of our White Moon Studies, created her beautiful project , "Kore and the Eleusinian Mysteries", which you may enjoy at

<http://www.orderwhitemoon.org/goddess/KoreMysteries/koremysteries.html> .

Ahes, who has also become an Adept by completing Level II of our White Moon Studies, create her lovely project on "Aphrodite", which you may relish at

<http://www.orderwhitemoon.org/goddess/Aphrodite.pdf> .

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

Book Review: When God was a Woman

This time of year goes by many names: Samhain, All Soul's Day, Dias de Los Muertos. They may seem different, yet the sentiment is the same. No matter what culture you are from, this is the season to honour our ancestors. As the leaves fall from the trees, and the days grow shorter, our thoughts naturally turn to death. We mourn the loss of loved ones, we light candles and offer prayers.

The death of Merlin Stone (1931-2011) earlier this year marked the passage of yet another pioneer of Feminist Spirituality and Goddess Culture. Stone is probably best known for her groundbreaking work "When God was a Woman", a text that inspired many women, and some men, to begin questioning their religious beliefs.

Like her contemporary, Marija Gimbutas, Stone's work offered a unique perspective, quite different from the more accepted patriarchal interpretations of historical ideas and archaeological artifacts. The book is both articulate and well-researched. It deserves its rightful place among other scholarly texts, while maintaining a strong feminist presence. Stone's views must have seemed heretical when they were first proposed in the 1960's and 70's. Even the title seemed deliciously blasphemous.

As a young woman in my 20's, struggling with my spiritual identity, Merlin Stone's book provided a refreshing alternative to the Catholic religion I was raised in. My frustration with Christianity began to make sense. I opened myself up to Goddess and received Her loving embrace.

When I heard of Merlin Stone's passing, I re-read "When God was a Woman", once again relishing the timeless, intelligent insights within. Her work can still inspire and stoke the flames of feminist thought 40 years later.

At Samhain, I will light a candle for Merlin Stone with gratitude and I will remember her contribution to my spiritual path.

© Ajna DreamsAwake

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

Samhain's Calling

Energies are rising,

The veil is falling.

Samhain's calling.

Can you hear it?

I can hear it!

The tide is shifting,

The temperature's falling.

Samhain's calling.

Can you feel it?

I can feel it!

The trees are crimson,

Nature's party has begun.

Samhain's calling.

Can you see it?

I can see it!

Fires smolder in hearths,

Beckoning travelers home.

Samhain's calling.

Can you smell it?

I can smell it!

Hearty soups to warm

The soul in the cauldron boil.

Samhain's calling.

Can you taste it?

I can taste it!

Soon the jack-o'-lanterns

Will glow in windows,

Porches and doorways,

Beckoning our ancestors home.

Samhain's calling.

Do you love it?

I'll always love it!

Jennifer Runham-Stark

September 29, 2007

Samhain Blessings

*There's a crispness to the air,
An urgent need to hurry
Along our way, get back
To where our path began
So that we may look
Back and see how
Far we've come.
On the horizon burns
A thousand shades of
Red, orange and yellow
Set against the sharp
Grey lines of bare limbs
Swaying in the Fall wind.
In the breeze is the echo
Of children's laughter,
Footsteps along long
Deserted walkways,
Emotions long since passed.
It's Samhain, the time
Of our ancestors,*

*The feast of apples,
The third harvest,
The Crone's time.
My favourite time.
Blessed Be!*

© Moonwater Chalcedony Ashwood, October 9 2010

[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.

Dreams of the Black Bear

The woman sits at her ledge, sipping coffee. Her eyes are closed as she soaks up the warmth of a rare sunny Autumn day. She can hear the falling leaves, and the insects munching through the detritus on the forest floor. A twig snaps and she opens her eyes to find three bears moving through the brush below in search of food. Mother bear is black as night, as are her two cubs. Mother begins to climb up towards the woman who rises and claps her hands to scare them off. Mother bear may command respect, but the woman demands it as well. A moment of hesitation and then Mother bear veers off and takes her brood up a different route.

When the woman was younger, she was confident, unafraid. She hiked through forests, at one with Nature and all Her creatures. But as she grew older, fear took hold and Bear became symbolic of those fears. She was afraid of change, afraid of pain, afraid of living, afraid of her own power. She no longer felt at peace in the forest, Bear lurked behind every bush. She cowered in her home, trying to hide from herself.

To the woman, Bear became a shadow totem, an animal that could teach her valuable life lessons, if only she was willing to embrace the fear. Eventually she did, she had to, or her life, if she could call it that, was over. Hesitantly, the woman reached out to Bear. Her fear remained, yet it was no longer the crippling entity she had lived with for so long.

By embracing Bear, the woman gained the strength to face her own shadow self. She learned from Bear to go within, to focus her power, to demand respect. She learned to take care of her body needs, to rest when tired, to forage when hungry, and of course, to seek out the sweet things in life as a bear seeks out honey.

The woman watches the trio of bears move on up the mountain. Soon they will be hibernating for the Winter. She too thinks of hibernating, but in a different sense. As the nights grow longer, she will spend time within her own personal cave, but this is no passive act. This is a time of intense dreaming, when the germination of new ideas is sown. It is a time for future planning, to get clear on what she would like to manifest come Spring. She acknowledges her need for solitude, for this will help her with emotional healing and self-growth. She is no longer afraid of her Self.

The woman smiles as she recalls the naïve girl, mindlessly traipsing through the forest, unaware of danger. She hugs herself as she remembers the terrified young woman, so full of fear, she forgot how to live. She takes a deep breath and knows who she is. She thanks Bear, takes a sip of coffee and closes her eyes as she basks in the warmth of a sunny Autumn day.

© Ajna DreamsAwake

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

Pumpkin Tiramisu

Who says Halloween Treats can't be adult. I love Tiramisu and when I found this recipe I know I wanted to share it with all of my sisters to enhance an already most magickal holiday. So this year for my Samhain Dead Supper Celebration this is going to be my dessert. I admit I tried it out and yes this may also show up at Thanksgiving and Yule. It's that good. Enjoy.

Ingredients:

1/4 cup pure maple syrup or maple-flavor syrup

1 tablespoon bourbon

1/2 of a 15-ounce can (3/4 cup) pumpkin

1 teaspoon ground cinnamon

1/2 teaspoon ground ginger

1/4 teaspoon salt

1/2 cup whipping cream

1/4 cup granulated sugar

1/2 of an 8-ounce container mascarpone cheese, softened

1 tablespoon powdered sugar

1/2 cup whipping cream

1 3-ounce package ladyfingers, split

Ground nutmeg or freshly grated nutmeg

Directions:

Line a 9x5x3-inch loaf pan with plastic wrap; set aside.

Syrup: In a small bowl, combine maple syrup and bourbon. Set aside.

Filling: In a bowl, combine pumpkin, cinnamon, ginger, and salt. In a separate bowl, combine 1/2 cup whipping cream and granulated sugar. Beat with an electric mixer on medium speed until soft peaks form (tips curl). Gently fold whipped cream into pumpkin mixture.

Topping: In another small mixing bowl, combine mascarpone cheese and powdered sugar. Beat on low speed until combined. Gradually beat in 1/2 cup whipping cream just until thickened (do not overbeat).

To assemble, arrange half of the ladyfingers in a single layer in the bottom of the prepared pan. Drizzle evenly with half of the bourbon/syrup mixture. Top with half of the filling, spreading evenly. Arrange remaining ladyfingers in a single layer over filling. Drizzle with remaining syrup and top with remaining filling. Dollop the topping over filling. Using the back of a spoon, carefully spread topping evenly over filling. Cover and chill for 8 to 24 hours.

Use the plastic wrap to lift tiramisu out of pan. Place tiramisu on a serving platter. Sprinkle with nutmeg. Carefully cut the dessert crosswise into slices. Makes 6 servings.

Sea Dragon is an Adept 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.

Hog Cakes

Ingredients:

1 pkg white cake mix

1 can white frosting

1 pkg mini marshmallows

1 pkg chocolate chips

pink food colouring

Muffin pan

Cupcake liners

Prepare cake mix as per instructions for making cupcakes. Bake as directed.

Add a small amount of pink food colouring to the frosting and mix well.

Spread a thick layer of pink frosting on each cupcake.

Add chocolate chips for eyes, and a marshmallow for the nose.

Take one marshmallow and cut through the centre. Mold the marshmallow into points to make the ears and place on the cupcake.

Dab two small dots of food colouring on the nose marshmallow to make nostrils.

Enjoy!!

Ajna DreamsAwake is an Adept of [The Sacred Three Goddess School](#). She lives on a mountain in beautiful British Columbia with her husband, cats, ferrets and other varied critters of nature. Ajna works with vibrational medicine and toning to heal the Earth's Children. She is an eclectic Pagan, rediscovering Her Visionary Goddess Gifts.