

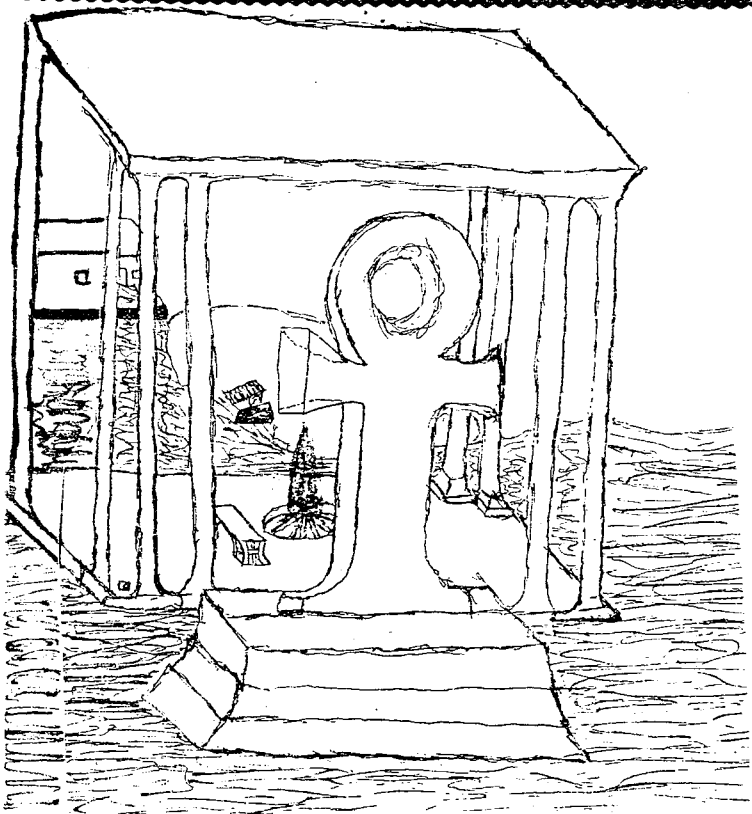


Summer Solstice 1980

A Journal
Reflecting
Occult Philosophies



Vol 1 No. 1
1st Issue



Remembrance

Meditation

IMAGINE THYSELF AS IN THE LITTLE CLEFT OF ROCKS FROM WHENCE LIFE FIRST SPRANG TO BIRTH, NEAR THE SHADOWY MOLTEN SEA. IMAGINE THYSELF AS LADY APHRODITE, RISING TO GREET THE SUN FROM THE FOAM FLECKED WATERS, WITH LOW VOICES MURMURING FROM THE SHADOWY UNDERWORLD WITHIN THE VOIDS OF TIME.

THOU ART A WANDERING SINGER, WITH THE LIGHT OF THE STARS UPON THY LIPS AND THE DAWN OF THE WORLD WITHIN THY HEART, SINGING THE HARMONIES OF THE UNIVERSE CALLED LIFE.

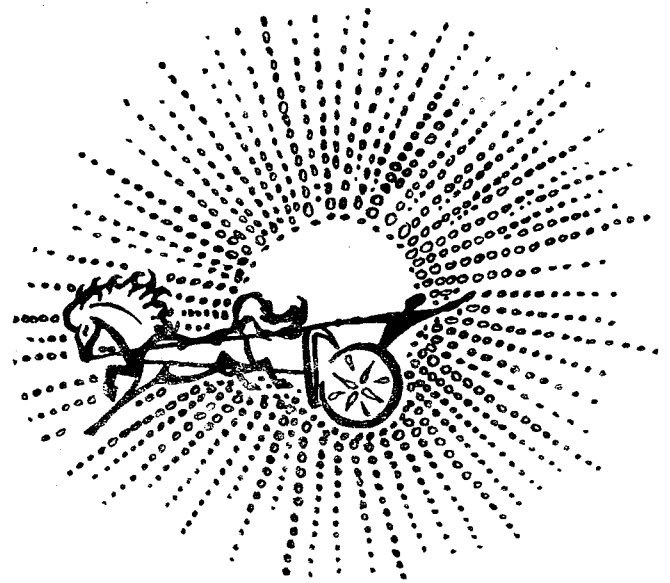
FOR THE THOU THAT DWELLS IN THE CITY OF TIME HAS NOT BEEN LOST IN THE CLOUDY DAWN OF A NEW LIFE. THE THOU THAT DWELT ON THE GREEN GRASSES OF THE FIELDS OF OLYMPUS STILL EXISTS.

SO LET THE SHADOWY WORLDS OF OTHER MEMORIES DRAW THEE, CALL THEE..... LET THY MEMORIES SPRING TO THEE FROM OTHER WORLDS OF AGES GONE. LET THE MOON THAT ENCIrcLED THE HEAVENS THEN AS IT DOES TODAY SING TO THEE.... HEAR THE OLD MELODIOUS LAYS OF YORE, AND THE DREAMING WONDERS OF THE DAWN OF AGES PAST. LISTEN TO THE HISTORY OF LIFE THAT LIES IMPRISONED IN THE ROCKS, LISTEN TO THE TALES OF THE BIRTHS AND DEATHS OF MAN.

OPEN THYSELF TO THE NIGHTS OF ELDER YEARS, WHEN THOU WANDERED BAREFOOT UNDER THE DARK SKY. CALL INTO THE WINDY DEEPS, INTO THE OLDEN NIGHT THAT DRAWS THEE, INTO THE MOONLIGHT THAT SLEEPS ON THE LAND, CALL UNTO THE SUN THAT SET IN THE SEAS MANY AGES PAST, AND TO THE SEA THAT REFLECTS THE CLOUDS, THE SOFT SILVER STARS THAT CREEP BACK TOWARDS THEE, LEAVING SOFT TRAILS OF LIGHT. THINK BACK UNTO THE WOUNDROUS DAWNS, OF THE BEAUTY OF THE MYRIADIC COLORED SKIES. BACK TO THE TIMES OF ATALANTON! TO THE HANGING LAMPS, THE SLOW MOVING ENCHANTED MOON, THE GOLD RAYED STARS, THE PILLARS OF THE SEA, THE GRASSY SWARDS, A SOFT WHITE CITY GLOWING IN THE PALE DAWN. LISTEN TO THE SISTRUM, THE DULCINER, THE HARP AND THE SONGS....ALL SUNG TO THE GREAT MOTHER AND FATHER.



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MOONSTONE is published cross-quarterly, on each of the Sabbats, and is produced under the auspices of the Grove of the Unicorn. Articles, poetry, artwork, and any other contributions are welcomed. Please enclose a SASE if you wish the original returned. Subscriptions are \$6.00 (U.S.) yearly.

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A Letter FROM The Editor



WELCOME TO THE PAGES OF MOONSTONE!

Our hope is that this publication will grow-- and offer those things which interest and inform all readers, of all traditions, wherever and whatever they might be. MOONSTONE is for everyone!

We shall not take sides in disputes between various traditions or people. Our view is that everybody is 'right'; for their belief is right for them. Each person, group or tradition, even though another may disagree with their beliefs and practices, has the right to those ideas and practices, unless they are doing actual harm. Each person, each group, each tradition, has something to offer...even if it is no more than an example of what another person does not want.

The occult field is extremely varied. There are so many philosophies, so many schools of thought, so many rites and rituals. Yet it seems that the important concepts are shared by all-- the search for self-awareness, self-growth, and a love of Nature and the Universe, regardless of how they may be personified. It is to these concepts that MOONSTONE is dedicated.

If you feel that you cannot speak well of another person or group because you personally disagree with them, then remember that "Silence Is Golden". Keep in mind that when you weaken another group by slander, gossip and stories that you are also weakening the entire occult/pagan movement. If you send out Love, Understanding, Awareness, & Unity you will receive them in return. But if you send out Viciousness and Malice then that is what you'll get...after all, we all know about the Rule of Three!

So, with these thoughts in mind, we open the pages of MOONSTONE to everyone. Share with us and others what you have or what you know. By so doing we can all get to know each other a little better, and hopefully, understand each other a little better. This way perhaps we can finally achieve the goal of UNITY.

Merry Meet & Blessed Be!

Jade Monogue

Editor

WHAT DOES THE FUTURE HOLD FOR MOONSTONE?

Six of Rods	The Emperor	King of Swords
Page of Pentacles	Queen of Swords	The Lovers
Eight of Cups	The Moon	Judgment
Four of Cups	Nine of Pentacles	The Magus
Queen of Pentacles	Two of Cups	Eight of Swords

This reading was thrown by us, using the Aquarian deck, to check out the potentials of MOONSTONE, and we thought we'd share it with all of our readers.

A VERY SPECIAL THANKS TO JOHN FOR HIS SUPPORT AND ENCOURAGEMENT, TO LADY RHEA FOR HER TIME AND EFFORT IN PRODUCTION AND ASSISTANCE, TO PAUL (AND HIS COMPUTER) FOR THEIR INVALUABLE AID WITH THE MAILING LIST AND OTHER PROGRAMS, TO RICHARD MAC BRIDE FOR HIS HELP AND TIME IN GETTING MOONSTONE PRINTED, AND TO ALL OF THE VARIOUS FRIENDS, WRITERS AND CONTRIBUTORS. TO ALL THE ADVERTISERS MAY I ALSO EXTEND A HEARTY THANKS FOR YOUR SUPPORT, WITHOUT WHICH THIS ISSUE COULD NOT HAVE SURFACED.

MOONSTONE

RENAISSANCE WITCH

by
Lady
Catamount



"And the fear of you and the dread of you shall be upon every beast of the earth, and upon every fowl of the air, upon all that moveth upon the earth and upon all the fish of the sea, into your hand are they delivered."

-The Antique Testament-

So God said to Noah as they debarked from the ark and damned if he wasn't right. Not only do all God's creatures fear man, but so do all other men, especially women.

We have seen the wanton and senseless slaughter of entire species perpetrated by males raised in the Christian tradition in the name of their God. He used to speak once, but stopped right after Revelations. Nobody ever hears from Him anymore, except on Sunday mornings.

To worship one god only is to look into the center of a spiderweb woven between two blades of grass. To worship many gods is to look into the center of a spiderweb woven between the stars.

The concept of the one God was meant to convey to us the concept of the siblinghood of all people. Once that is realized by everyone consciously, we will be on our way into the outer spaces of religious thought.

Mankind wrestles with the challenges of daily life, making money, buying cars, building houses, digging swimming pools, worrying whether his insurance covers all that he owns. If he has a minute, he wonders what life is all about. Howard Hughes made it clear that financial gain is not the answer.

We have conquered all of the world available to us now. Man can continue with his nuclear plants, chemical stills, and bigger and better wars designed by experts to provide a fate worse than death for everyone on the planet--a stark and unutterable end to all living things. Or we can all accept and love one another, as Christ came to earth specifically to advise us to do, and go on, in peace, from there.

There are many stars in this galaxy alone to be explored. But to seek to attain them physically is self-defeating, if not impossible.

And yet, for every star you see in the sky, a star of equal lustre resides right here on Earth. "Every man and woman is a star." Crowley, "On Earth as it is in Heaven" Christian, and "As above, so below." Wiccan and Hermetic.

Christ said, "I am the child of God," and he proved it by healing people and performing other miracles, using his Godly powers. What he was trying to say before they killed him was that he was also our brother, that we, too, have the same powers as he, Jesus Christ, had.

A large percentage of the human brain goes unexplored because scientists will not acknowledge the uses of that part of the brain, which are psychic.

The traditional and ancient experts in the arts of channeling psychic energy are Witches. The word "Witch" does not mean 'hag', it means "Wise One". In order to obtain the Wiccan powers, one must seek wisdom. A Witch therefore, who casts hexes and evil spells is not a true Witch, for a true Witch has attempted to cast out all evil from her or himself, in order to lighten the load on their souls for the journey through eternity. A true Witch knows that her load will be even lighter the more she takes off the shoulders of her fellow people.

Our work will be great for the next few years. All of the solar systems planets are going to align and exert powerful forces upon the Earth, enough to reshape the continents and the seas, the weather patterns and the future of Humankind.

We, as Witches and Pagans, can make this shock easier on the Earth and all of us, her children, by familiarizing ourselves with Her natural seasons and rhythms, and Her interrelationships with Air Water and Fire.

By holding these images of our ideal habitat, we can use them in our workings. Groups of Pagans & Witches have determined the places most likely to escape destruction. During the coming cataclysm they will attempt to keep whole areas intact and naturally productive.

Get to know the Moon too, the Great Goddess in charge of the rains and the seas. The planets will be pulling on her, as well. If we can keep her where she is now, we will find it much easier to resume life as usual when the planets go their separate ways.

This knowledge of the Earth's and Moon's right workings can be had by observing the holidays, the seasons, the signs, and by opening your ears, eyes and heart, whether you are walking through the wood or down a sidewalk. For only the Wise and the lucky will survive the Earth's coming ordeal.

One may, of course, choose to go down with Chicago. But those of us who choose to stay on and perpetuate the human race should use our powers to maintain a place for our optimum growth upon this Earth, the only oasis in space within millions of miles.

The Grove of the Unicorn



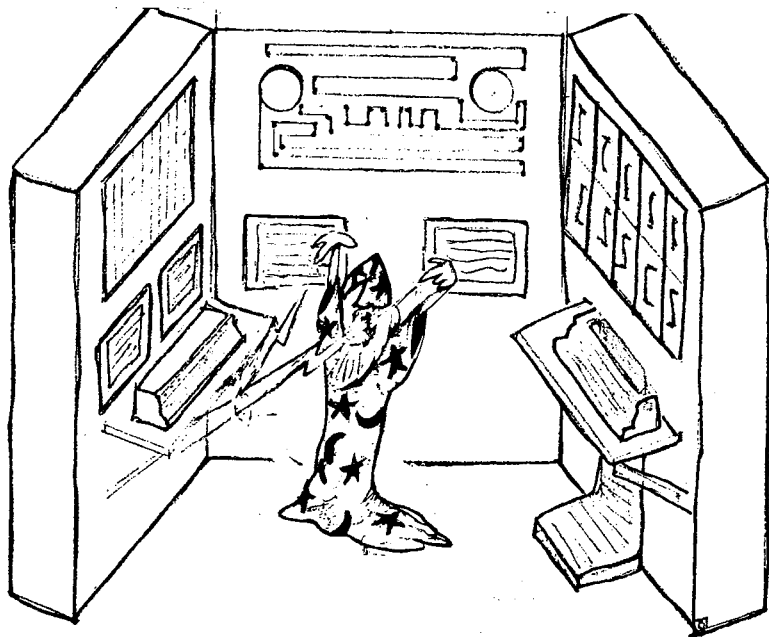
OUR BASIC PHILOSOPHIES AND BELIEFS ARE:

1. We conceive of the Creative Power in the Universe as manifesting through polarity - as masculine and feminine forces - and that this same Creative Power lives within all people and functions through the interactions of Nature. We value neither male nor female above the other, but rather, believe them to be equal and necessary to one another.
2. We recognize other planes of "Being" than just the physical one on which we reside. We recognize the powers of interaction of these planes which provides the basis for paranormal phenomenon and magick.
3. We see Religion and Magick as wisdom-in-living, and as being aware of and in harmony with the Universe and our place within it. We acknowledge a depth of powers and understanding which is far greater than is apparent to the normal person. Because it is often "unknown" these powers are often called occult or supernatural, but we see them as that which is the potential of all humans.
4. We practice symbolic Rites to attune ourselves with the natural rhythm of lifes forces, as marked by the phases of the moon and the seasonal quarters and cross-quarters.
5. We seek the affirmation and fulfillment of life in a continuation of the cycles of evolution & the development of consciousness. We seek within Nature, the Universe, and ourselves for that which is contributory and beneficial to our Physical, Mental, Emotional, and Spiritual knowledge and well-being.
6. We recognize that our philosophy gives us a unique response-ability with our environment. WE seek to live in Harmony with Nature - in a balance that promotes the continued development of life and in co-operation with Nature's forces & elements.
7. We seek to aid and encourage all members to progress and improve themselves mentally, physically, and spiritually. We seek to make our everyday life a reflection of our inner awareness. We seek to work for a better understanding of & a better relationship between man/woman, Nature, and the Infinite.
8. Membership in this organization does not preclude or renounce any member's other religious affiliations and/or beliefs and practices. Rather, we welcome and respect all Life-Giving Teachings and Traditions, and seek to learn from all and to share our knowledge and experience with those who wish to learn.

WE TEACH THE FOLLOWING PRECEPTS:

- ...a metaphysical approach to life, primarily based on Wiccan teachings and traditions; however we restrict ourselves to no ONE creed or tradition, rather we seek knowledge and wisdom wherever they may be found.
- ...that Magick, which is action in accordance to will, and actualization of mental and other energies can be used for the development of the consciousness and for the aid and benefit of humankind.
- ...that if we walk in Balance and Harmony with Nature and the Infinite our needs will be provided for.
- ...that within the framework of the Universe there are devic and elemental forces and realms that may be understood and interacted with, & the means and methods for doing so.
- ...that as above -so below, or that the microcosm (humankind) is a miniature of the macrocosm (the Divinity) and that through interlocking psychic forces the Divinity exists within each man and woman.
- ...that souls reincarnate to learn valuable lessons on the pathway to enlightenment and that the Law of Karma and three-fold return governs which lessons are to be learned and in what manner.
- ...that each person is an individual, yet we are all kindred spirits in the search for knowledge and on the path to the Infinite. Therefore we should co-operate and aid one another whenever possible in the spirit of perfect love and perfect trust; and that we should avoid disputes & violence in our dealings with one another.
- ...that the purpose of our studies is enlightenment of the consciousness which may be experienced as 'initiations', here defined as stages of enlightenment or expanded awareness that comes with the understanding of the forces of the Universe, and that we recognize various levels of this awareness and these attainments with symbolic rites and degrees.
- ...that 'and ye harm none, do what ye will' be the daily guide for your actions and life.





THE DIGITAL DRUID



The Digital Druid??? What on earth is a column on computers doing in a publication on the Craft? Having worked with computers for 10 years or so, I think the simplest answer is that it is a tool.

A very powerful tool granted, but a tool none the less. It's time has arrived and they are here to stay. They are becoming affordable by a larger segment of the population, and more and more people are using them everyday. You'll be seeing more of them in all fields of endeavor, and the more you know about them, as with everything else, the more you can do. I hope that through this column I can provide you with some understanding of these tools, and help you find applications for them in your daily workings.

There are three broad categories of computers. The 'Mainframe', which is very fast, very capable, very large, and unbelievably expensive. The 'Minicomputers', which are less capable than the mainframe systems, not quite as expensive, and not as fast, but still far out of the range of most individuals budgets. Then there is the 'Microcomputer', which is slower, smaller, has less capacity, and is several orders of magnitude less expensive than the mini. Microcomputers are not less sophisticated than the bigger systems, just slower. In our case the speed is not significant, but the price factor is. So we will be using a microcomputer class of systems.

My system is the TRS-80, marketed by Radio Shack. My reasons for picking this system is that it has nationwide service and is expandable. But let me say that there are a number of microcomputer systems and that they all have their advantages and disadvantages.

Some of the things that I am doing with this system is using it as a word processor, or very sophisticated typewriter. I do my personal and business bookkeeping, the mailing list for MOONSTONE and its accounting, control external devices, such as turning on my coffee pot before I get up in the morning, playing games, fixing things, and running my amateur radio station in morse code and teletype modes.

It's fun, educational, and can be profitable. So stay tuned to this column for more information on this wonderful tool known as the computer.

Blessed Be -

Paul

Ritual Knives ~ Swords
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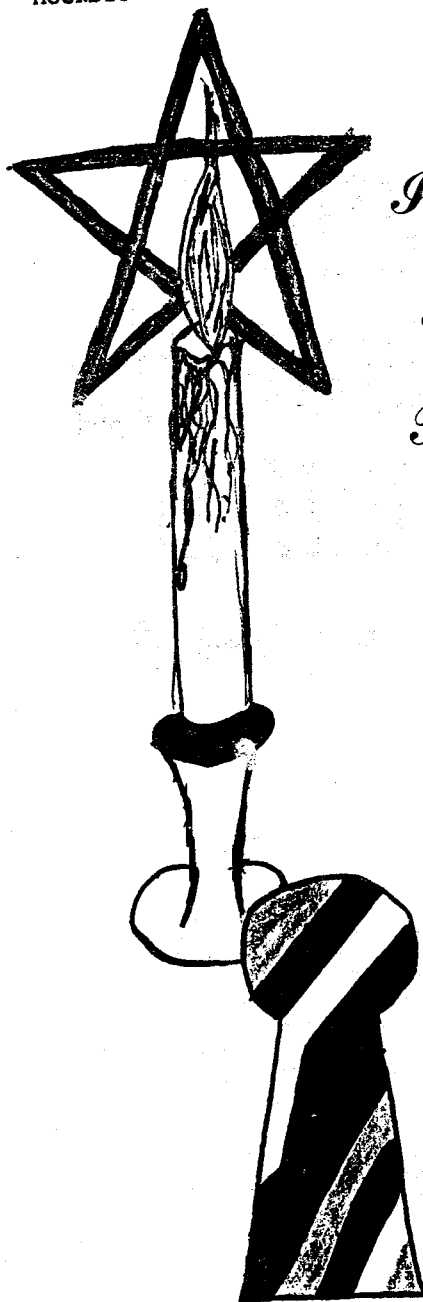
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*Incorporating
Magickal
Philosophy
Into
Daily
Life*

Magick. Few words in American society conjure up a more distasteful image. Because of its fierce opposition from the pulpits fiery damnation of the art as Satan's work, and the agnostic thinking which shrugs it off as unreasonable nonsense, magick is seldom given its due credit. Magic is traditionally described as some vague genus of 'primitive beliefs' which includes divination, spells, bloody sacrifices and, absurdly, prestidigitation or 'stage magic'. All of these are but distorted reflections of the heart of esoteric magick, dramatic portrayals of the messages of the gods with little understanding on the actors' parts of what those messages mean. To quote the oft-misunderstood Aleister Crowley: "Magick is the Science and Art of causing Change to occur in conformity with Will."

Science and Art. There exists a higher and lower realm of art which is bonded together by science. On a triangle, science is the base which connects the two types of art. One leg of the triangle, the higher arts, such as philosophy, abstract thought, and divine love, cannot be expressed without the benefit of using the media of the other leg of the triangle, the lower arts such as writing, music, drama and painting. Even this cannot be accomplished without the benefit of the base of the triangle, science, from which we get structure, logic and standards, without which we could not communicate our magick ideas. Magick encompasses all these areas and is indeed a synonym for life itself.

Change. The one immutable law of life is change. All things move through endless waves of cycles. Mountains erode. Plants die and are reborn. Man regularly climbs progressively upward in rhythm with the waxing moon, sees some aspect of his work become complete with the full moon, and begins a decline with the waning moon. Men, ideals, nations, astral entities--all are in a constant state of flux. Nature herself personifies change. Man is often little more than a stone plunked into the midst of a fast-moving stream; he changes with Nature, he flows along with Nature, accepting often against his will, any change which occurs. The magician combines Art and Science into his psyche and can be likened to not only the stone in the stream, but to the invisible hand which placed it there as well. The man allows change to control him. The magician controls change.

The man is but one point on one leg of the triangle of science and art. The magician stands apart from the triangle and pulls the strings of the puppet image of himself as the man. His true self, stripped of convention, creates change with both its positive and negative elements. He experiences pain and hardship, but does not suffer. His realization of himself as a total entity prevents him from drowning in a sea of misery and also prevents him from becoming drunk on and addicted to joy. His objectivity enables him to strike a harmonious balance between extremes and he lives in happiness with his higher self and his true will.

Will. The true will of any man is simply that which he is, inherently, without the shells of society, rules, and customs. The murderer is a person whose true will consists of an insatiable desire and need for power over others at any cost. In a certain set of circumstances (wealth, aristocratic descent), he could fulfill his will by becoming a politician. But in a situation of poverty and lack of personal recognition, the inherent tyrant fires his gun and takes another's life. Some people are born as musicians. But when outside forces interfere with his will, however, such as when he is persuaded to become a lawyer instead, failure occurs in fulfilling that role. To discover one's true will requires a great deal of introspection. Society, social standing, the opinions of others--all must take a back seat to the natural inclination. What use is wealth and status if its possessor is unhappy and filled with longing for another way of life?

Training of the mind is necessary in order to create and control change. Besides the standard advice of reading the classics and gaining a knowledge of science and art, an invaluable tool is that of thought inversion. This is the ability to take the opposite point of view of any ideals held. A hardship situation can be turned around in the mind and viewed as an experience with a valuable lesson to be learned. This objective view of one's self dissipates all sorrow, not because pain no longer exists but because the magician no longer views it in a negative way. It is far more enlightening to see all sides of the question at once than to choose one small aspect of it and become dogmatic. No opinion is so true, so steadfast that the true will cannot break through it and place the magician on objective middle ground. The principle of thought inversion applied regularly will open up an entirely new way of perceiving the world, and thus a new sense of control is born.

When we become aware of the thought process we become masters of our minds, and since mind consists of everything we see and do, we thereby control our circumstances. It is no mystery that man's thoughts and attitudes affect the way others act towards him. If you feel you are a loving person, your thoughts affect those around you and you are loved. If you know the holocaust looms in the near future and the world shall fall apart, it will, even if it is only for you. The Illuminati, or secret chiefs, are nothing but people the world over who have found their true wills and are living enlightened lives free of the fetters of society. They are the living, breathing, thinking men and women who, in a sense, oversee the Earth's evolution. They are the initiates of magick who have attained independently that grade in which they have become "Godlike". They are the silent teachers of all mankind, for the only effective method of teaching is that of example.

As magick cannot be successful without total objectivity, ego can play no part in it. Silence is a most important virtue of the art. The 'magician' who goes quietly about his way, teaching his students, earns more respect than the magician who appears before the public in robed regalia, loudly proclaiming his beliefs to skeptics.

The magickal life assures that every person has the duty and the right of following his own unique course. If every man, woman, and child realizes that he is indeed free to follow his own true will no one would have the power to impose restrictions on him. "Every man and every woman is a star", each star must move in its own orbit, separate yet equal to every other star. If one star forces himself on the wills of others, if one man feels he has the authority to impose his own set of values on another, the stars smash in fiery collision--the men disagree and become negatively aggressive--ultimate destruction is the inevitable result.

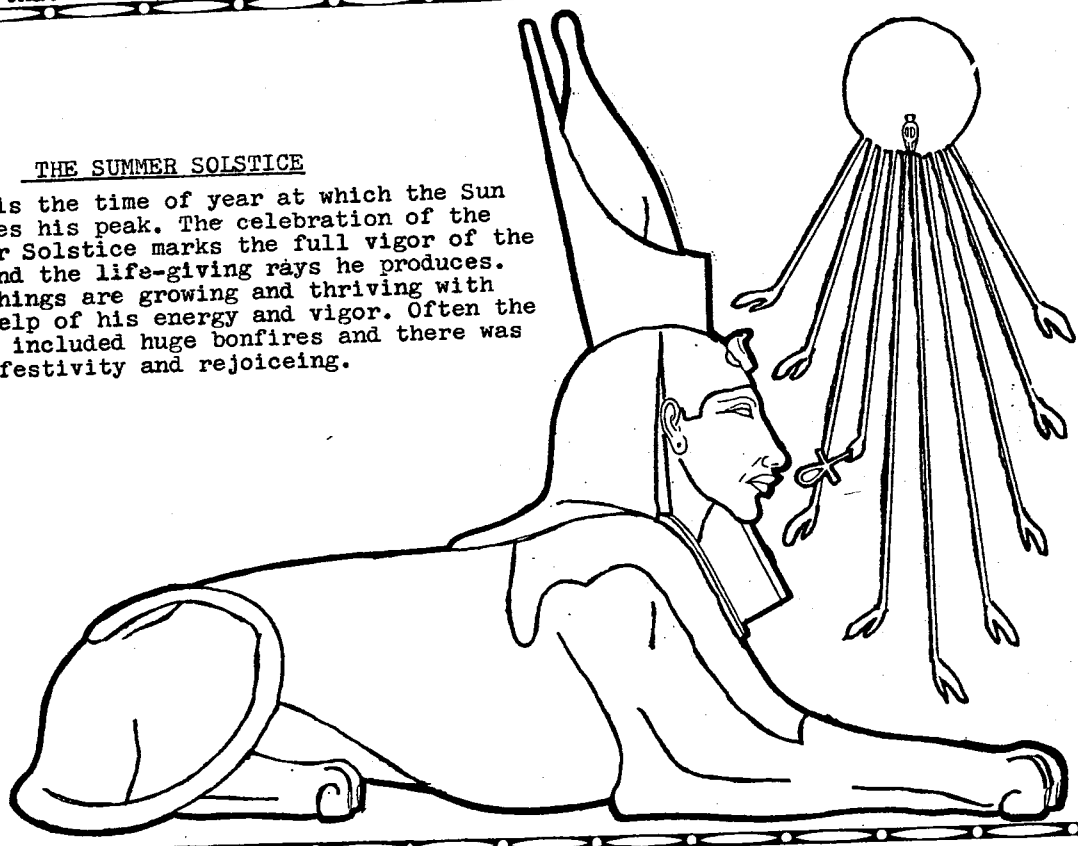
Magick is the art of living freely. The magician suffers through many long years of attainment, but when he finally earns the title of Adept he hides his crown and goes about the world dressed in the body of a common man. He may never speak a word about his own personal wisdom, yet those worthy souls who need him find him, for they can see the magickal light in his eyes which he cannot conceal.

-Connie Abraham

☞ "Of all crafts, to be an honest man is the master craft." ☞
John Ray

THE SUMMER SOLSTICE

This is the time of year at which the Sun reaches his peak. The celebration of the Summer Solstice marks the full vigor of the Sun and the life-giving rays he produces. All things are growing and thriving with the help of his energy and vigor. Often the Rites included huge bonfires and there was much festivity and rejoicing.



SMOKEY THE BEAR SUTRA

anonymous



Once, in the Jurassic, about 150 million years ago,
The Great Sun Buddha in his corner of the Infinite Void

Gave a great Discourse to all the assembled elements and energies:

To the standing beings, the walking beings, the flying beings and the sitting beings--

To the number of 13 billion, each born from a seed, all were assembled there;

And unto them was given this Discourse concerning enlightenment on the planet Earth.

"In some future time, there will be a continent, called America.

It will have great centers of power called Pyramid Lake, Walden Pond, Mt. Ranier,

Big Sur, the Everglades, and so forth; and it will have powerful nerves and channels,

Such as Columbia River, Mississippi River, and the Grand Canyon.

The human race in that era will get into troubles all over its head,

And practically wreck everything in spite of its own intelligent Buddha-nature. "

"The twisting strata of the great mountains and the pulsings of the great volcanoes are my love,

Burning deep in the Earth, my compassion is the basalt and the granite,

To be mountains, to bring down the rain, all of these do I handle...

And in that future American Era I shall enter a new form, to cure the world

Of loveless knowledge that seeks with blind hunger; and mindless rage eating food that does not fill it."

And so he showed himself in his true form of

SMOKEY THE BEAR.

A handsome smokey-colored bear standing on his hind legs, showing that he is watchful and aware.

Bearing in his right paw the Sacred Shovel that digs to the truth beneath appearances; that cuts to the roots of useless attachments, & flings damp sand on the fires of greed & war.

In his left paw is the Mudra of Comradely display, indicating that all creatures have the full right to live to their limits and that deer, rabbits, chipmunks, snakes, lizards, and dandelions all grow in the realm of Dharma.

He wears the blue work overalls symbolic of slaves and laborers, the countless men oppressed by a civilization that claims to save but only destroys.

He wears the broad-brimmed hat of the West, symbolic of the forces that guard the wilderness and the true path of man on earth; and all true paths lead to the mountains...

With a Halo of smoke and flame behind, the forest fires of the kundalini, and also those burn outs caused by the stupidity of those who think things can be gained and lost...

Round-bellied to show his kind nature and that the good earth has food enough for everyone who loves Her and trusts Her....

Trampling underfoot wasteful freeways and needless suburbs; smashing the worms of capitalism & totalitarianism.

And He Indicates THE TASK-----

His followers, becoming free of their cars, houses, canned food, shoes and universities,

Master the Three Mysteries of their own Body, Speech and Mind,

And fearlessly chop down the rotten trees and prune out the sick limbs of this country--

America; and then burn the leftover trash.

Wrathful but Calm, Austere, but Comic, Smokey the Bear will illuminate those who would help him

But for those who would hinder Him or slander Him,

HE WILL PUT THEM OUT!

And He will protect those who love woods and rivers Gods, and Animals, hobos and sick people, Musicians, women and children.

And if anyone is threatened by advertising, air pollution or the police, they should chant the Smokey the Bear War Spell:

Drown their Butts

Crush their Butts

DROWN THEIR BUTTS

CRUSH THEIR BUTTS

And SMOKEY THE BEAR WILL SURELY APPEAR TO PUT THE ENEMY OUT WITH HIS SHOVEL.

Now, those who recite this Sutra and then try to put it in practice will accumulate merit as countless as the sands of Arizona and Nevada.

Will help save the Earth from a total oil slick,

Will enter the age of Harmony of Man and Nature,

Will win the tender love and caresses of women, children and beasts,

Will always have ripe blackberries to eat, and a shady spot under an oak tree to sit.

AND IN THE END WILL WIN THE HIGHEST PERFECT ENLIGHTENMENT.

thus we have heard.....



APOCALYPSE

- NOW ?

The End Of The World Is Here! How many times mankind has heard these words shouted by various groups and individuals through the Ages. And with the state of the world today I am starting to put some credence into the forecast apocalypse. I don't think its quite time to hit the panic button yet, but an examination of past history and future prophecies might be in order.

Which brings us to the questions of Atlantis and Lemuria. Are they just myths, or have planetary scale destructions happened before? It could very well be that major disasters such as earthquakes, tidal waves and volcanos all happening at once could have covered the evidence for which we seek. Until the last 2 decades Atlantis was relatively unknown unless you traveled in occult circles. But in the 1960's divers found large blocks of stone that resembled a road or massive wall off of Bimini in the Atlantic. Then in 1970 Dr. Ray Brown and a group of divers discovered a large pyramid in 90 feet of water. Upon closer examination he found an opening which led into a chamber. The chamber had a stand of carved stone inside, and on the stand were two metallic hands of human size and shape. Cupped between the hands was a crystal of perfect spherical shape.

This was a startling discovery, and people started dragging out their records of prophecies made by Edgar Cayce, Sidney Omarr, and others. Both of them had predicted that an island civilization, found to be Atlantis, would be discovered off the east coast of the U.S. in the 60's or 70's.

As the legends tell it, Atlantis was an extremely advanced civilization, located on an island continent. It was supposed to have disappeared before 10,000 B.C. when the gods 'cleansed the earth of all vile and wicked things'. Lemuria, or Mu, a continent of bigger size and also of advanced technology, met a similar fate in the Pacific. Supposedly the survivors of Lemuria were the founders of Atlantis. Each time the destruction had been prophesized ahead of time. It seems as though they didn't learn. Have we?

Looking at our times and situation these days, and at the prophecies coming from all over the world, it seems as though we are due for a shakeup. No matter which religion you examine you will find one or more stories concerning a major cataclysm or apocalypse ready to descend upon our heads without a moments notice. And if we are to learn anything from history it is the fact that all too often it repeats itself. Let's look at some of the facts we do have concerning why it might happen---

1. The cataclysms of the past have all happened when the civilization was greatly advanced and at the peak of its power. Usually those powers were used in a destructive way. Compare this to the situation of today.
2. We all know about the laws of polarity and balance...and that what pushes so strongly one way must go the opposite way at some time. The pendulum effect is bound to manifest itself sooner or later.
3. In the next few years all the planets will swing in and out of alignment, causing a great deal of exertion and stress; not only on individuals, but on the Earth and her forces as well. We are already seeing some of these effects manifesting as volcanic eruptions and earthquakes.
4. The fact that almost all of the various prophecies mention the years 1982 through 2000 as being years of great confusion and change, as well as upheaval and tumult.
5. The fact that mankind now has the awesome power of being able to murder itself, and that this power resides in the hands of too few, & insufficiently trained men.

Taking all of the above into consideration, I, myself, would have to say that it is time to make what preparations you feel necessary to attempt to survive this whole scene of calamity and destruction. After all it is better to prepare now and not need it, than to be too late to do anything about it. And if I'm wrong then we can all sit back and laugh about it later on...

-Balinor

Mercury Retrograde

Have you ever had days when nothing went as expected? When disruptions and confusion haunted every planned activity, when the normal flow of information and communication were characterized by delay and misunderstanding?

If you have ever had times like these you were probably responding unconsciously to the astrological condition of Mercury Retrograde, usually symbolized as ☿ R.

☿ R indicates that the planet Mercury appears to an observer on Earth as reversing its normal direction of motion in its apparent orbit against the background of the stars. Although Mercury doesn't actually reverse its direction of travel, its apparent progress does seem to temporarily reverse for about three weeks, usually three times a year.

The usual result of ☿ R is a general state of abnormal confusion on Earth, caused by mental preoccupation and detachment from the social, physical, mental and emotional reality. The symptoms of ☿ R are usually minor and only somewhat frustrating, but sometimes it can add up to total chaos in regard to one's effectiveness in coping with the everyday details of relating to others.

☿ R is characterized by the breakdown of faculties and facilities used in transportation and communication, and in systems used for collecting and handling information. Also common to this period is the forgetting of names, missing appointments, losing keys, glasses, documents, jewelry, etc., traffic accidents and disrupted phone service. ☿ R often brings minor injuries to hands, arms, feet and eyes, or unexpected and unpleasant news of some sort.

During ☿ R periods people often cannot see or read what is plainly positioned in front of them. Just as likely, anything they say or read will be written or uttered unclearly, leading to more misunderstanding. Arguments are likely to be misleading or ambiguous.

Along with these symptoms, compounding their effect and the frustration they cause, is a general air of confusion, mental preoccupation and distraction.

The net personal effect, felt by some people more than others, can be anxiety, nervousness, or possible depression, all of these making attempts at communication virtually impossible.

Especially susceptible to ☿ R are:

---those parts of the body associated with moving, communicating, sensing and learning... eyes, ears, hands, arms, tongue, nervous system and lungs.

---Cars, bicycles, buses, boats, trains, phone writing materials, contracts, libraries and bookstores.

---Nurses, teenagers, travel agents or guides, bus, train or airline personnel, writers, announcers, salesmen, advertising people, accountants, teachers, researchers, interpreters, reporters and computer programmers.

---The mind and memory, speech, hearing, sight smell and taste.

Astrologically, people employed in the above occupations probably have an emphasis on Mercury in their birth charts, which suggests a strong interest and/or aptitude in the fields

of communication, travel and generating or handling information. Some indications of an emphasized or prominent Mercury in a natal chart are as follows:

---the Sun, Moon, Ascendent or Mid-heaven ruler or a grouping of these planets in Gemini or Virgo.

---a grouping of planets in the third or sixth house.

---Mercury at the Mid-heaven or Ascendent.

---Mercury being a focal point because of its unique position in respect to other planets in the chart.

---a Retrograde Mercury in the chart.

For any individual during a particular period the intensity of the effect is suggested by the angular relationships between Mercury while retrograde and Mercury and other focal points in the natal chart.

In spite of the unpleasant possibilities of a ☿ R period, they should not be feared, even by those who are most susceptible to them. Actually, Mercurial people have the most to gain by getting a periodic Mercury "check-up".

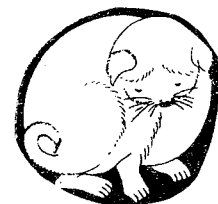
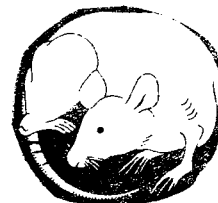
☿ R periods should be considered a challenge to ones relating to Mercury. Here are some guides towards being able to cope with any ☿ R period:

1. Be aware of any upcoming ☿ R periods.
2. During ☿ R make a specific effort to remember all details, appointments, etc. -- even to the point of making a daily checklist.
3. Double check schedules, departure and arrival times, places and times for appointments and pre-arranged calls.
4. Review on-going projects and tie up any loose ends.
5. Delay, if possible, signing any new agreements, documents or contracts, or starting any new projects until Mercury goes direct. New information may turn up. (It is said that anything begun during ☿ R must be started again after Mercury goes direct.)
6. Pay particular attention to health and diet. Reduce your use of stimulants or drugs, coffee, tobacco, alcohol, etc.
7. Before Mercury goes retrograde, review the condition of your car and have the necessary maintenance work done.
8. Take some time each day to meditate and/or be alone.
9. Be aware that Mercury is Retrograde, and even if your Mercurial energies are in top working order, other peoples may not be. Be especially tolerant of others ideas, emotions, criticisms and confusion.
10. Do as the majority of us occultists do when Mercury ends a Retrograde period... breathe a sigh of relief, look in the mirror and exclaim: "Where have I been the last three weeks?"

(Ed. Note: Mercury Retrograde occurs on June 30 and continues until July 22.)

PERCEPTIONS

We all follow a pretty standardized symbolism when it comes to our Moons and Corners. But there were many other names for these, according to area and religion. Below are two other sets of names for the Moons and the Zodiac. Perhaps some comparisons may illuminate our own symbols and terms.



Sioux Moons



- January - Moon of Frost in Tepe
- February - Moon of the Dark Red Calves
- March - Moon of the Snowblind
- April - Moon of the Red Grass Appearing
- May - Moon When the Ponies Shed
- June - Moon of Making Fat
- July - Moon of Red Cherries
- August - Moon When Cherries Turn Black
- September - Moon When Calves Grow Hair
or Moon When Plums are Scarlet
- October - Moon of the Changing Seasons
- November - Moon of the Falling Leaves
- December - Moon of the Popping Trees



And this is what the Sioux called the four directions, or corners -

- East - Where The Sun Shines Continually
- South - The Place Where You Are Always Facing
- West - Where the Sun Goes Down
- North - Where the Great White Giant Lives



Chinese Zodiac



The Chinese also had different symbolism for their Zodiac. Not only was each month ruled by one of the signs, but they also had a cycle of years based on them as well. To each 12 year cycle they also added an element. Thus 1980 is the Year of the Fire Monkey. Astrological data was also considered according to the sign that ruled the year of birth as well as the month. Here is a brief list of some of the past years and their rulers. Are you a rabbit or a tiger?



- Monkey - 1980, 1968, 1956, 1944, 1932
- Ram - 1979, 1967, 1955, 1943, 1931
- Horse - 1978, 1966, 1954, 1942, 1930
- Snake - 1977, 1965, 1953, 1941, 1929
- Dragon - 1976, 1964, 1952, 1940, 1928
- Rabbit - 1975, 1963, 1951, 1939, 1927
- Tiger - 1974, 1962, 1950, 1938, 1926
- Ox - 1973, 1961, 1949, 1937, 1925
- Rat - 1972, 1960, 1948, 1936, 1924
- Boar - 1971, 1959, 1947, 1935, 1923
- Dog - 1970, 1958, 1946, 1934, 1922
- Cock - 1969, 1957, 1945, 1933, 1921

MOONSTONE

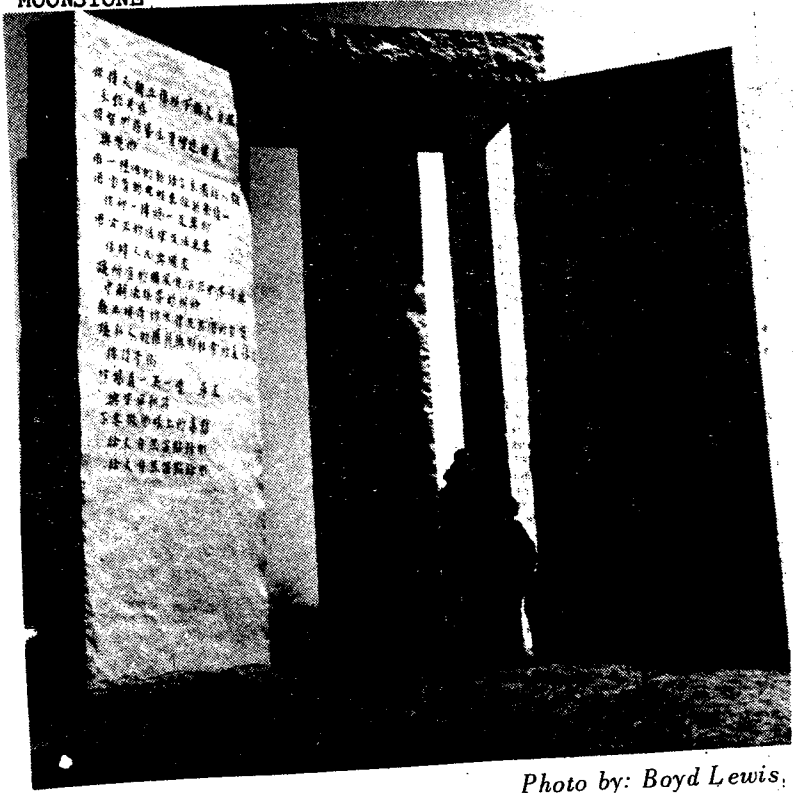


Photo by: Boyd Lewis.

THE GEORGIA GUIDESTONES

On March 21 St, the Spring Equinox, the dedication was held for a massive monument erected in North Georgia. Named the "Georgia Guidestones", the project was commissioned in June of 1979 by an unknown man who used the psuedonym of 'R.C. Christian'.

The Guidestones are inscribed in 8 different languages with 10 'guides to good living', one language on each face of the 4 major stones. The capstone carries 4 other languages, Egyptian heiroglyphics, Babylonian cuneiform, Sanskrit and classical Greek, stating "Let these be Guides to an Age of Reason".

The man who commissioned the Guidestones spent over \$50,000 to have the monument erected. He stated that he wished to remain anonymous because he felt people should pay attention to what they said, and not to who had them made.

The stones are set up as an astronomical observatory as well. They are positioned and drilled so that one can sight the summer and winter solstices, the pole star as it rises, and measure the migration of the moon. The monument was also erected in such a way as to allow it to act as a sundial.

There are some very interesting 'coincidences' surrounding the Guidestones. The most blatant of all being the preponderance of the number 7 in the immediate area. First of all, the monument sits on the Double Seven ranch, from whom the site was purchased. The property sits a quarter of a mile off of Highway 77, seven miles from Elberton, seven miles from Highway 17, 7.7 miles from Hartwell, where Hwy.77 connects with Hwy.27. But wait - there's more! The population of Elberton is 1700, and the site is over 700 feet tall. And last but not least, the Guidestones are but seven miles from a spot that the Cherokee Indians used to call the Center

of the World. All of this seems just a little far from being 'coincidental'. Mr. 'Christian' must of had to search far and wide to find so many sevens so conveniently located.

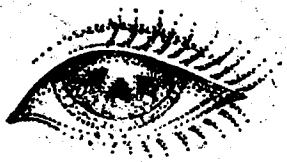
The Guidestones do happen to sit on the intersection of four very powerful energy lines. One is an underground water line, one a track line, and the other two are converging magnetic or 'ley' lines. This entire area seems to be covered by power points, for there are many spots that are sacred to the Cherokees in the nearby area.

The 10 guidelines on the monument are inscribed in English, Russian, Mandarin Chinese, Spanish, Hindu, Hebrew, Swahili, and Arabic. These languages were chosen because they represent the largest portion of the population at the moment. Here is what is inscribed in each of the languages -

1. Maintain Humanity under 500,000,000 in perpetual balance with nature.
2. Guide reproduction wisely - improving fitness and diversity.
3. Unite Humanity with a living new language.
4. Rule passion - faith - tradition - and all things with tempered reason.
5. Protect people and nations with fair laws and just courts.
6. Let all nations rule internally, resolving external disputes in a world court.
7. Avoid petty laws and useless officials.
8. Balance personal rights with social duties.
9. Prize Truth - Beauty - Love - seeking harmony with the Infinite.
10. Be not a cancer on the earth -
Leave room for nature...
Leave room for nature...

The entire monument and its symbolism seem to be very metaphysically oriented, although no statement has been made to confirm or deny it. The gentlemen associated with the project seem to have at least a very basic foundation in the occult, as evidenced by all of the correlations. There has been some speculation as to whether the R.C. in Mr. "Christians" name stands for Rosicrucian, but again there is nothing to deny or confirm this. Perhaps we will never know the mystery of who, and why, this massive monument was erected for the 'Age of Reason'.

- Jodi D. Monogue



Colored Fingerprints

Tania Siri can see your aura if you allow her to. Not just a monochrome, but a unique kaleidoscope of rays, surrounded by color mist. The aura is self-radiant, glowing in the dark. Shimmering and translucent clouds show today's experiences, while rising flames and showers of sparks show the karmic influences brought into this life.

Tania is now traveling around the country doing research on auras in differing geo-political-economic areas, to further determine the future of the world. In her aura readings of people's futures, she has been seeing turmoil in our nation's economy and other areas, which would lead to extremely difficult situations in people's personal lives.

Her general advice for the times to come is:

1. Make sure you love the people you are with. For with the increasing immorality which will arise, only those chains which are forged in heaven will survive.
2. Listen to the inner voice, and let the inner light be your guide.
3. Try to relocate to higher elevations, smaller towns with a good economic base and a highly moral population.
4. Plant your own garden, grow some trees, and store an emergency supply of sproutable grains and other edibles.

Tania breaks the infinity of individuality in your aura into five categories: 1. light and dark; 2. translucent to opaque; 3. clarity or muddiness; 4. brilliancy or dullness; 5. vibrancy or stillness. Darkness indicates stale old energy whereas light is the flow of God creating in your soul. Opacity shows a hardness and materialism in auras. Clarity is focused and consistent energy, whereas muddiness points to unsettled desires.

Deep purple can indicate a soul who misused power in a previous life, sometimes sexual power. Purples retain the attributes that led them to that power in the first place... and are compassionate and intense, with a deep yearning for meaning in their lives. Light blue is life energy and sociability. Light blues love all equally. They are very giving, sometimes a little light and bubbling. She explains all the other colors in her book called *AURAS, THE LANGUAGE OF LIGHT*. It is available from the Phoenix Rising Institute of Psychic Research, 2705 Biscayne Blvd. Miami Fla., 33137.

Spiritual texts are passed through Tania's prism of color and light, and are seen from a different angle. In the beginning, she says, there was primal light. This light began to take form, which is separateness. The one light divided itself into many separate planes of consciousness known as chakras. Thoughts too manifest as light, and thought forms can be seen in auras, sometimes as a cloud, or clouds, floating through. Tania recommends surrounding yourself with the color you want to become, for the color indicates the frequency you are aspiring to.

White light is the highest, and can be meditated upon by those who don't mind a speeded up purification. If, for example, you have a deep red emotional problem, she recommends meditating upon light blue.

She also talks of a sprinkling of gold and silver sparkles in some auras. The colors on which they are sprinkled are radically changed in meaning, for they import to the host color their own qualities. White is beyond form and promises experience of cosmic consciousness. Light purple is an evolution of deep purple, karma having become spiritually manifested as selflessness. Brown, gray, and black, she says, you don't want to hear about.

Lust was given to human beings, she goes on, to force us to bond with others and to work out karma with them. On the earth plane we will stay until we can assimilate the laws governing all energy, including sexuality. Lust can be unquenchable as a second rate substitute for personal love. Celibacy, if it flows naturally, can be good. But if it is an unnatural denial of a natural function, it can be dangerous. If celibacy flows from an unnatural power seeking it will dead end. Bramacharya, a Sanskrit word for celibate, literally means Godlover. The only permanent celibacy is that which flows from such one-pointedness of Godlove that other human beings no longer have the power to attract away from the infinite wattage of God. Only love can control lust. Couples she encourages to stay together. To the unmarried she gives the advice that it is better to be involved with someone you worship than someone you 'need'. For once your needs are fulfilled you will feel like going elsewhere. Learn to distinguish between an immediate emotional need to have someone say "I love you" as opposed to someone with whom you can have a permanent love relationship.

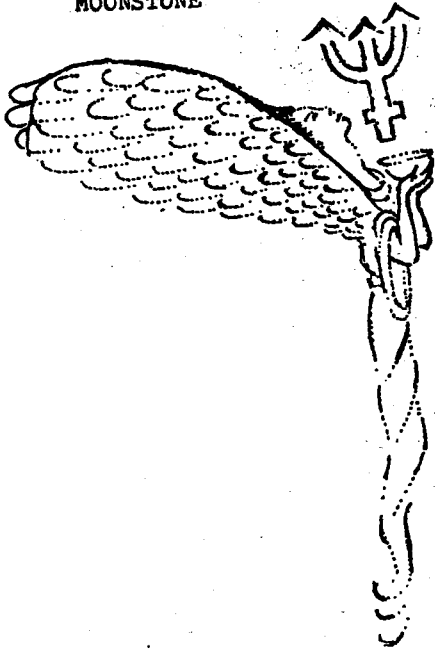
Tania is the closest thing to a permanent fruitarian I have personally met. She has a trick for making raw food interesting and varied. Raw food is living prana, full of enzymes destroyed by cooking. If you are high enough, she says, you can change any food into light, but fruit is the easiest for the body to vibrate into light. Food which drops off plants is considered fruit whereas foods which require the death or diminution of the plant are not.

Tania gives all of herself in her readings. She does not finish until either you are satisfied or she has gone hoarse. Her usual reading lasts an average of about four hours.

To this spiritual servant may I say that she should always have peaches pink and crimson cherries, vibrant orange, and blue blueberries.

-wilson
fruitarian network.

MOONSTONE



Auric Readings

Each human being is surrounded by a shimmering orb of luminescent light. This is called an aura. Normally perceived only by clairvoyants, sensitives and psychics, this shimmering mass of translucent light goes unnoticed by the masses of humanity.

The colors you radiate indicate your mental, emotional and physical state, your psychological state of balance, future conditions and past karma affecting you today. Reflecting on spiritual and creative potential, many uses have been found for the aura, especially if you want to know yourself. If not, then the aura is irrelevant to you. Because the aura doesn't just tell you what is going to happen to you in days to come, the aura explains how you can become the master of your own destiny.

The aura is a key to a person's soul. That's why the aura reading cannot be done casually. Aura reading takes time. You are infinite. Can we compress your soul into 5 minutes? Each human being is a perfect gem. Jewelled lights deserve more than a minute's consideration. Each reading takes 3 to 5 hours.

It has been my experience that people with beautiful auras are often humble. Those who are proud leave something to be desired. So please don't stay away because you think I'll see something awful in your aura. You'll probably be the one I think is the most beautiful of the week.

I will do a portrait for you because it seems a pity to see all those celestial colors and not let you witness their delicacy and shading. The portrait serves as a good graphic basis for our discussion on the meaning of your aura, and drawing it gives me a better chance to study you.

Why should you have your aura read and a portrait done? Your aura won't go away if it does not get its picture painted. But it will shine a lot brighter if you just take some time to find out what it really means, and what really makes you happy. Cannot having your aura explained be another means of delineating yourself? Come and see me, because you are so beautiful, and it's time that your aura got a chance to tell you so.

-Tania Siri

Tanya Siri has been a practicing Aura Reader and lecturer since 1975. She has been giving accurate readings since 1970. She is also the authoress of 3 books- Auras, the Language of Light, To See With Subtle Sight, and The Venusians. She is also an artist of the etheric dimensions, and works thru the Poenix Rising Institute For Psychic Development.

She has been doing research for the last several years on the future of the world through reading people's auras. She looks for the nature of the tragedy, its extent, the severity of these occurrences in different locales of the country, and its timing.

If you would like to contribute to this research you may do so by;

1. Contributing funds
2. Making available lists of people interested in the experiments who are willing to have their auras painted or read.
3. Making available a room for the readings.
4. Making available a room for one week for her while she is doing the readings and research.
5. Sending her a list if others who might be interested in continuing the research.

She welcomes all written requests or questions in regard to her work and research.

Here is a list of all the points and considerations Tania covers when she does an aura reading for you. As you can see this list is quite long and very comprehensive, covering almost all areas that can be tied into the auric colors.

MAJOR AURIC LEVELS

- The Overall Auric Color
- The Divided Aura
- The Quadrated Aura
- The Composite (Their Balance and Comparison)

THE CHAKRIC LEVELS

- The first thru seventh Chakra
- Their composite
- Any overdeveloped, missing or extra chakras?
- Are the skins intact?
- Are the rims full?
- Is the internal balance smooth?
- Is there good exterior-interior flow?

THE SUBTLE BODIES

- The Emotional Body
- The Mental Body
- The Health Body
- The Spiritual Body
- The Financial Body
- The Career Body
- The Friendship Body
- The Children Body
- The Psychic Body
- The Education Body
- The Parental Relationship Body
- The Lower Body
- The Home Life Body
- The Sexual Body
- The Work Body

THE SKINS

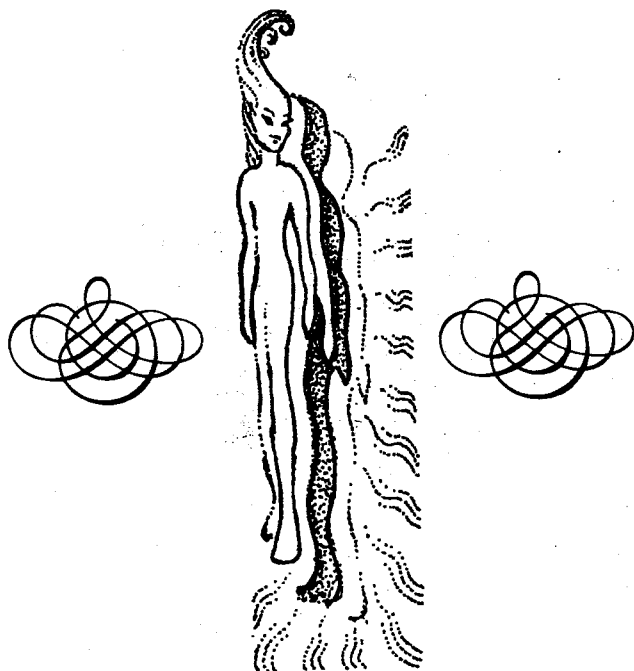
- Aura shield
- Chakra skin
- Etheric glow
- Head flame skin
- Tubular flame skin
- The personality layer as it manifests
- Motive and Action through the four quadrants of the aura

THE RADIATIONS OF THE OUTER - INNER

- Self identity
- Home life
- Mental health
- Emotional life
- Communications
- Psychic awareness
- Spirituality

SELECTED AND SPECIALIZED TUBES

- The career
- The finances
- The health
- The sex life
- The general tubular composite
- The multi-colored layer



THE CHAKRIC RAYS

- Primary rays
- Secondary rays
- Extended rays
- Rays meeting with the World

THE CHAKRIC CORDS

Our relationships with others in our lives.

THE SPINAL FLAME OF LIGHT

- Strength
- Diversity of color
- Side radiations
- Ability of original desire

THE TUBULAR CENTER AND ITS RADIATIONS

Its condition

THE ETHERIC GLOW, AND THE FLOW OF CHI FROM THE HANDS

- The state of the physical body, including
 - lungs
 - intestines
 - liver
 - kidneys
 - pancreas
 - stomach
 - glands
 - spine
 - posture
 - fat composition
 - sexual organs
 - nerves
 - bones
 - joints
 - blood composition
 - circulation
 - skin
 - muscles
 - ligaments
 - blood vessels
 - eyes
 - throat
 - hair
 - metabolic efficiency

GENERAL SUBCONCIOUS CONDITIONS

- Any active karma?
- How thick are the blocks?
- Of what nature are the blocks?
- Difference between the subconscious and the conscious?
- Subconscious in comparison to, and effect on the destiny flame
- Any subconscious flames traversing the quadrangles?

THE AURA AS SEEN WHILE FLOATING ABOVE THE BODY

- Notice anything unusual? Different?
- Astral plane connections
- Extended chakric rays
- Etheric flow

EXTERIOR AURA

- Radiations as seen thru the 4 quadrants
- Incoming tubes, radiations, vibrations
- Circling problems or good spots

HEAD FLAME

- All extending rays
- All incoming rays
- Internal color balance and composition
- Problems at the center of the mind.

DESTINY FLAME

- Notice the soul center and the pattern of the future and karma

SPIRIT CONNECTIONS

- Any outstanding spirits?
- Balance of the higher and lower forces

VISIONS

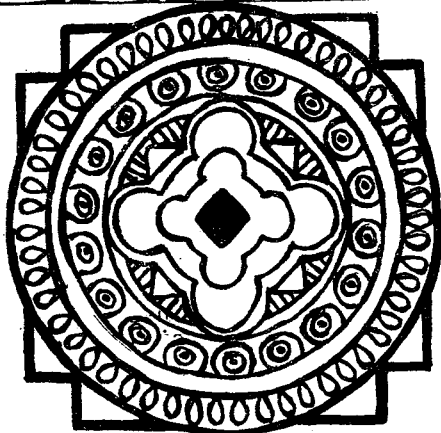
- Valuable allegorical merit?

WHY THE PERSON IS COMING

- APPEARANCE OF THE ETHERIC DOUBLE
- Forces surrounding the reading

THE FUTURE

- How much is the mind projecting unrealistically?
- Check the general pattern, immediate internal and external mental state, extended future, and the means of getting there.
- How will situations presently in the aura be resolved? What will happen that is now present in the aura?



Meditation

Seat yourself comfortably, either wearing your robe or skyclad. This meditation may be done in or out of a circle. Try to do it in the evening.

It is night. Hot and Heavy. There are no stars. Not one breath of wind stirs the surface of the Sea that is thou. No fish are at play in thy depths.

Let a breeze rise and ripple upon the waters. This also thou should feel, playing across and against thy skin. It will disturb thy meditation twice or thrice, after which thou shouldst have conquered this distraction. But unless thou first feel it, the breeze hath not arisen.

Now the night is riven by a lightening flash. This also shalt thou feel in thy body, which shall shiver in effect from the shock, but that also need be felt and overcome.

After the lightening flash cometh a minute point of light. And this light shall radiate and glow, until it becomes as a cone upon the sea, and then it shall be day.

Refocus the cone of Light so that it contains thee in thy beams.

Imagine the Divine Breath of Life entering into thy nostrils.

Imagine the Divine Light of Knowledge enlightening thy eyes.

Imagine the Divine Voice of Compassion awakening thy ears.

Imagine the Divine Kiss of Love opening up thy heart.

Feel the energy encompass thee as thou try to expand to realize the glory and vastness of the universe, and of the balance and motion that exists within. Reach out and embrace this vastness as a part of thee.

Become one with all thou can encompass.

-Adapted and Abridged from Aleister Crowley's *Liber HHH*, *The Equinox*, Vol. 1 No. 5

ODIN



Odin (also known as Woden, Wode and Wuten) means "to rage" in old German. Originally Odin was a Sky God, and it was only after his legends were carried to Scandinavia that he took his place at the head of the Aesir.

Odin was attributed as being the God of Wisdom, War, Poetry, Esoteric Healing and Magick. He was also a God of travel, for many times he walked among humans disguised as an old man in a cloak and hood or floppy hat, leaning on his spear. He is also said to have invented Runic writing, which at that time was a privileged form of spelling known only to priests and magicians.

Some of the many legends connected with Odin are:

ODIN AND MIMIR

Mimir was a water demon who was known for his well whose waters contained "all knowledge and wisdom". Odin, with his thirst to know everything, wished to drink from the well. Mimir finally agreed to let him, but only after Odin handed over one of his eyes. This is why Odin was often portrayed as being one-eyed.

ODIN AND THE HYDROMEL

The Hydromel, or "mead of the poets", was located in a cave, deep underground, guarded by the giant Suttung and his daughter. Odin gained entrance to the cave by changing himself into a snake and sliding down a hole. Once inside he changed back and introduced himself to the giant and his daughter under a false name and set about gaining their confidence. He finally got the giant's daughter to allow him a taste of the mead. When she brought it to him he swallowed it all in three gulps, changed back into a snake and disappeared.

ODIN AND THE TAROT

Odin is also often associated with the Hanged Man, Arcana 12, of the Tarot. In this form he is symbolic of rejuvenation and resurrection. It is also said that as he hung from the birch tree by his foot he experienced initiation. It is also at this time that Odin is said to have discovered the Runes.

-Balinor

LEGEND & LORE

In each issue of MOONSTONE we plan to run a series on the history and background of various Gods and Goddesses. This month we bring you Odin and Aphrodite, two of our favorites. But we'd like to have you contribute something on one of your special Gods or Goddesses, covering the story of their origin, sacred plants and animals, and various myths associated with them. Perhaps if you're not much of a writer you'd at least write and tell us who you would like to see appear in Legend and Lore.



Aphrodite

There are two popular versions of the birth of Aphrodite, Goddess of Love and beauty. In the first story, Cronus, the youngest son of Uranus, turned upon his father and slew him. With his scythe he mutilated the body and flung the gory pieces far out into the sea. Where the pieces fell there arose a foam; and from this foam emerged a young goddess, beautiful to behold, yet cold as the sea depths. She walked on the tops of the surf to the edge of the land and paused. The sea was her womb and held many treasures of metals and pearls, but the land offered a thing more precious by far--vibrant sun-warmed life. Roses, farms, the grass; all the multitudes of life called to her beauty, and she came. And as the sunlight warmed her and brought her life, so she came to love all of nature and this love and beauty became her life, and was her domain on Earth.

By another tradition she was born, much less theatrically, as the daughter of Jupiter and Dione. She was given by her father to Vulcan, the forger of thunderbolts, in gratitude for his work. Of this union was born Cupid, or Eros, the god of love. Cupid went armed with bow and arrow (the darts of desire) with which he dealt loves wounds.

Aphrodite, also called Venus, wounded herself one day on Cupid's arrows while playing with him. Before the wound closed she beheld Adonis, who was a mortal man of great beauty, and she became infatuated

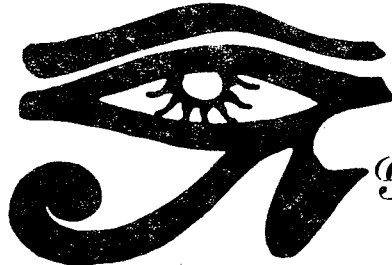
with him. She left her heavenly abode and took to wandering after him. Her constant warnings to him not to hunt dangerous animals had the predictable result. Adonis matched himself against a wild boar and was killed. From his spilled blood Aphrodite formed the Anemone, or Wind Flower, a bright scarlet blossom which flowers quickly and is soon blown away by the wind, as is the race of mortal man.

Aphrodite wore an embroidered girdle called Cestus, which had interwoven in its fabric all the spells of love she used on the hearts of men and women. During the Trojan wars she sided with the Trojans, for Paris, her hero, had awarded her with the golden apples for being the most beautiful goddess. In return she promised him Helen, the most beautiful mortal woman. During the wars she did not do too much to hurt the enemy, but she did have a nice trick of dropping a veil of mist around her subjects and leading them safely from the battle.

Sacred to Aphrodite are the Rose and the Myrtle. The birds associated with her are the swan and the dove.

To court Aphrodite is to see in awe the abundant beauty inherent in nature and in man-in-nature. It is to open your inner self up to the love which exists within mankind. Love for yourself, love for your brothers and sisters, love for Nature, and love for the God and Goddess, by all names or by no name at all.

-Elrond



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WOOSY WAYS

The Elder

Sambucas Nigra
 Other Names: Pipe Tree, Bore Tree, Hylder
 Hylantree - 14th century
 Eldrum - Anglo-Saxon
 Ellhorn - Low Saxon
 Hollunder - German
 Sureau - French

Description: Small tree, often bush, growing 10 to 30 feet in height. Belongs to Honey-suckle family. Bark is brown near the base, grey - white higher up. Dark green leaves finely serrated. The Elder blooms in June and July, with loads of fragrant white flowers. The flowers form berries which turn from green to red-brown to a deep shiny purple black.



The Elder

It is said that Judas supposedly hung himself upon the Elder tree and so it eventually came to be considered 'evil' by the Christians. There is also a story that says the crucifix of Christ was made from the Elder, and there is a couplet that says:

Bour Tree, Bour tree: crooked rong
 Never straight, and never strong,
 Ever bush and never tree,
 Since our Lord was nailed to thee.

Because of this the Elder came to be a symbol of sorrow and death for Christians. But despite it all it was still highly revered by the heathens and pagans.

There is another traditional tale that states that if a child was put into a cradle made of elder wood it would get no rest. The Hylde-Moer or Elder Mother would pull on its legs and toes until the babe was removed.

It was also believed that a handful of leaves at the door to one's house would prevent evil witches from crossing the threshold and entering the house.

The Elder has long been used in the making of furniture, fencing and in dyeing, as well as for so many medicinal purposes they are too long to list here. Elder flower waters, creams and astringents were considered exceptionally good for smooth, clear and lovely skin.

And for those of you who make your own wines or would like to give it a try, here is an old, old recipe for making

ELDERBERRY WINE

To every quart of ripened berries put 2 quarts water; boil 1/2 an hour, then run the liquor and break the fruit thru a sieve; then to every quart of juice, put 3/4 pound of coarse Lisbon sugar, coarse, but not the coarsest. Boil the whole a quarter of an hour with some ginger and some cloves. Pour into a tub, and when, of the proper warmth, into a barrel, with toast and yeast to work. When it ceases to hiss put a quart of brandy to 8 gallons and stop it up. Bottle in the Spring. The liquor must be in a warm place to make it work itself.

-Lady Galadriel

Much folk lore and romantic superstition centers around the Elder. It has been connected with Magick and witchcraft for a long long time.

Because of its abundant white flowers at Midsummer the tree was connected with the White Goddess and became a sacred tree of the Wicca. It is spoken of in the Wiccan Rede-"Elder be ye Lady's tree, harm it not or cursed you'll be" The Elder was believed to have a dryad or tree spirit who lived in the tree and watched over it. Thus if it was cut without permission it was an act of violence against the Mother, for the red sap of the tree was symbolic of Her blood, indeed in some cases was thought to be her blood.

In Europe it has always been customary to commune with the tree before cutting it. The request was made kneeling, with a bare head and arms in a salute. Usually there was also some kind of offering that was given as well.

The Gypsies have an old tradition that forbids them from using the Elder in their fires. They believed that to burn the spirit who resided in the wood would bring bad luck. The Gypsies also believed that lightning would not strike the tree, and so in bad storms would gather beneath it for protection. It is said that to spend Midsummer's Eve under the tree would produce a vision of 'magic and fairies'.

Witches brooms and wands were often made of Elder. It is easy to work with and the center pithe of the younger branches can be removed, thus making a hollow tube. This was often used in making the 'Pan Pipes' used at circles. As it was sacred to the Goddess, small pieces were often carried as an amulet of protection.

As all the parts of the Elder have been used for medical purposes, it came to be highly esteemed and revered by country folk. It was thought to bring luck, reduce fevers, help rheumatism and arthritis. Many fine noble women considered it an indispensable part of their 'toilet'.

MOONSTONE

The Secret Life Of The Forest

ALL ABOUT BARK

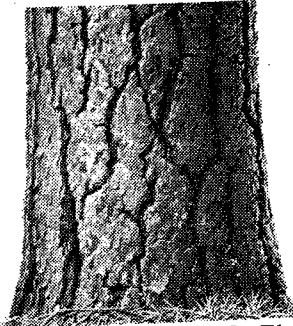
There's quite a bit more to bark than most people realize. For instance, did you know that the bark of every tree has its own special texture and color? That a tree grows new bark just as it grows new wood?

It does, but with this difference: new wood is added to the outside of the wood already there; new bark is added to the inside.

As new bark is born, the old bark dies and turns to cork. With new bark coming in beneath it, and with the tree itself expanding, the old bark is stretched until it splits or cracks. This, if it is paper-like may peel off in strips; if tough and brittle it may flake; if soft and spongy it may form deep furrows. The bark of every species behaves a little differently from all others.



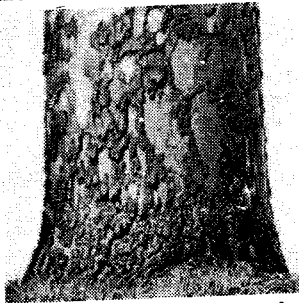
REDWOOD: The tough, fibrous bark of these trees may grow up to a foot thick. It is very tightly constructed, but pliable. And it is highly resistant to fire and insect attack.



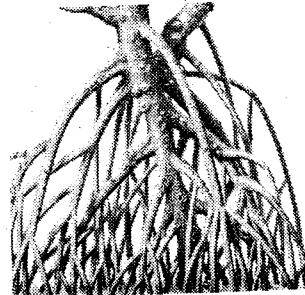
PONDEROSA PINE: The close-pressed papery scales of this bark take on the color shown here only in trees that are over 80 to 100 years old. Before that they are nearly black.



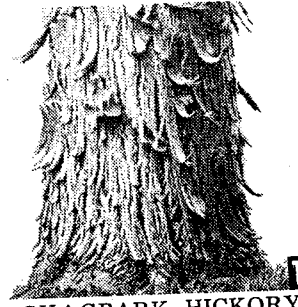
WHITE BIRCH: It is the texture of the bark which gives this tree one of its common names: paper birch. As it splits, it peels off in paper-thin strips. This is the bark the Indians used for their canoes.



SYCAMORE: The mottled color of the bark is due to a tendency for large, thin, brittle plates to peel off, revealing lighter areas beneath. These areas grow darker with exposure, until they, too, peel off.



MANGROVE: The leathery bark of these trees helps adapt them to their unique habitat: they are almost always found growing near—or even in—salt water, in tropical or semitropical regions.



SHAGBARK HICKORY: In the young tree, the bark is smooth, firm, and light gray in color. As the tree matures the bark takes on its distinctive appearance, breaking up into plates, loose at one or both ends.

LUFFA

This gourd is a most versatile member of the squash family. Small and young luffas are tasty prepared like summer squash. When mature, they be made into bath sponges.

Luffas are grown like other members of the squash family. Pick the green fruit when no more than 7" for eating. They will grow to be about 2' long, and will turn yellow when ready to harvest for sponges. To make your own luffa sponges, let the mature fruit in water until the skins peel off easily in large pieces. Take out the seeds, shape the sponges, wash them well with water, and dry them in the sun for several days.



KOHLRABI

Kohlrabi is a vegetable that tastes like a cabbage but crunches like a very, very crisp carrot. Since hot weather makes Kohlrabi tough and strong flavored, plant in July so it will come to maturity in cooler months of the year. Make rows 12-15" apart and sow the seeds to 1/2" deep. Thin, leaving 6" plants. You might also try interplanting late beets and Kohlrabi; they make good companions.

The edible portion of the plant is the aboveground bulbous stem. When to be 1 1/2 - 2" in diameter, peel and eat it raw. Or, let it boil for boiling and mashing.

POOR MAN'S CAKE

(great for Feasts and Festivals!)

Mix:

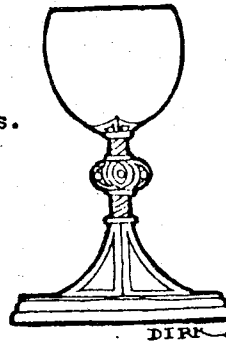
- 1 cup dark brown sugar
- 1 cup raisins
- 1 cup water
- 1/2 cup shortening or butter

Bring to a boil and let boil for 3 mins. Take off heat and let cool.

In separate bowl mix:

- 2 cups self rising flour
- 1 teaspoon cinnamon
- 1 teaspoon cloves
- 1 teaspoon allspice

Beat into the cooled mixture. Combine well. Bake approx. 30 minutes at 375. Works best in a ring or bundt pan.



SABBAT CAKES

Mix together:

- 1 teaspoon honey
- 3/4 cup shortening or butter
- 1/2 cup brown sugar
- 1 teaspoon white wine

Add:

- 1 1/2 cups flour
- 1/4 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/4 cups oatmeal
- Cinnamon, clove and ginger to taste

Combine well, adding water if necessary. Cut into small crescent shaped cakes. Bake at 350 degrees for approx. 15 minutes.

Fiction

BALCONY ACT

It was a large house, a very old and splendid house. It was perched on a cliff, overlooking a tossing angry sea.

We all lived there in idyllic harmony. Myself, (a runaway, recently turned of age) my lover, Mike Phillips, Illarra, a girl who was much more than a sister to me, and Chris Nichols, her man. Chris and Mike had been the best of friends for many years, and Chris and I have a relationship that would possibly make Illarra and Mike uptight, except for the fact that they were carrying on in the same way. You've heard of corporate marriages, I'm sure. Well, we were like that, but minus the marriage.

The surrounding villagers disliked our way of life - we were 'immoral hippies'. What they refused to see was that we had to be the four happiest people on earth. People usually don't care to notice if others who go against their way of life are happy and at peace with themselves like we were. It might undermine their preaching and that would never do!

But there we were, happy, and at peace with ourselves. Mike and Chris were fairly wealthy and so the house had been paid for in full and much of the refurbishing had already been taken care of. There were some odds and ends left to do, but we figured we would take care of them ourselves. And that's the way it turned out. We cleaned and aired out old rooms, full of dust and unopened for years. We nailed down loose boards - well, I didn't. I have this 'thing' about getting splinters and so I never touched the wood.

Illarra and I took care of most of the household work, refusing to allow the men to hire more than a once-a-week maid, even though there was an enormous amount of rooms to clean and upkeep.

Our ages, I believe, bear mentioning. Illarra and I were both 19 back then, and Mike and Chris 29. The wide age gap never bothered us, as most people said it would. Our successful 'family' amazed our relatives and the neighbors.

As I said, some of the smaller jobs we did. I remember one day Chris was standing on an old balcony made of wood, overlooking the rocks below. The doorway leading to it had been rusted shut and he had just opened it. The balcony was obviously decrepit; Chris was shaking the railing which had become loose and rickety.

"Just what do you think you're doing?" I asked him, watching suspiciously.

"Someone could be hurt badly out here" he answered. "This whole thing is near to falling apart."

"Well, why don't you go and get Mike and fix it? Or better yet, why not just demolish it altogether?"

"I think it would be better to do that. This thing is beyond repair." He went off in search of Mike.

I stared at the balcony rather vacantly. Then my gaze rested on the wave-pounded rocks below. I swallowed, conjuring up a revolting picture of the fate befalling anyone so foolish as to fall down there.

Illarra snuck up behind me and startled me. She laughed as I turned to glare at her.

"Aliana, what on earth are Mike and Chris up to? They've got hacksaws, hammers - the whole works. Are they planning to knock us off or something?"

"Don't be silly. They're just getting rid of the balcony. It's already falling apart."

"Oh ho, I see. Is this a family project?"

"Maybe for you it is" I snorted. "Wood -see? You know how I am about splinters."

She grimaced. "Somethings you are so brave about, and others, little things like splinters, you're just, well, rather ridiculous. Isn't there some way you can make yourself useful?"

"Sure there is...after all I'm not dead wood you know. I'll go and make some iced tea. It's going to be hot and thirsty work out there." I ambled down to the kitchen just as the intrepid adventurers were returning, loaded down with items well designed to make short work of the balcony.

The sound of sawing and hammering reached my ears as I brewed some herbal tea, cooled it and set up the glasses on a tray. They were really going full tilt from all the noise they were making.

I carried the tray up to them and asked how things were going. The balcony was half gone, timbers loose and dangling. "It looks as though you've made a great deal of progress. How much longer do you think it will take?"

Mike shrugged elaborately. "How do I know? If these two" - he glared accusingly at Chris and Illarra - "will please stop goofing off, I'd be very happy to get this over with now!" He crouched down, wacked a pole a few times and watched a large piece of railing float downward to its destructive rendezvous with the rocks below.

"Oh Christ" he cursed. "I broke the hammer's handle with that last blow." He came back into the house.

"I've got one, I'll take care of the rest of it." said Chris, stepping out onto the balcony. "Illarra come and give me a hand here."

"Sure love," and she added her weight to his on the already weak platform.

"Hey" said Mike, "Only one at a time on that thing! It's not strong enough!" As he spoke he lunged towards them to pull them off. But the balcony creaked once, ominously, and then shattered before either of them could get off.

The balcony fell, and with it the two best friends I'd ever had. I froze; just froze. Somewhere in the back of the drowning whirring going on in my head I heard their screams, and then the awful silence that followed. And then the impact hit me, and from deep within erupted a wail of piercing grief. No words, no oaths, just one long scream that seemed to vocalize the pain I felt within.

Mike came to his senses long enough to shake me from my hysteria into just tears. He looked like a bloodless mannikin himself. In my head all I could picture were memories of the beautiful two people who had meant so much to me. And the fact that now they were gone...wisked away from me in one terrible moment.

I went over to the opening, where minutes before they had both been standing. I wanted to look down, but was afraid too. Yet, they could have survived...

Mike grabbed me and wisked me away before I could gather the courage to see. My brain reeled and I toppled to the floor - unwilling to face the reality of death.

It was four months later before Mike and I had recovered from the trauma enough to return to the house and settle unfinished business. For three of those months I had had recurring nightmares of the last moments I'd had with Ilarra and Chris. Mike needed sedatives to sleep at all. We were pale and thin, and very silent. We were all we had left now that they were gone. A lot of the happiness seemed to have gone out of life and been replaced by an empty hollow ache.

When he told me of his intentions to go back and sell the house I didn't want to go. "We have to" he answered firmly. "We have to take care of that place once and for all. We'll be rid of it soon," he added reassuringly.

When we arrived I glared resentfully at the place. It had no right to look so cheerful and benevolent in the sun. I hugged close to Mike and he tightened his grip around my shoulders. He led me into the house tenderly, but all the same I started to cry again at the thought of the boarded opening upstairs.

How we managed to get through the rest of the day is beyond me, but somehow we did. Now that the shock had mostly worn off, there was time for a clean honest grief. That healed us more than the time away had. Not by harping on it, but by the mourning that would cleanse our grief and our hurting souls.

Night finally came, and as the day passed so did the need to putter around and pretend to go thru the motions of everyday life.

Eventually we went into our old bedroom and tried to relax enough to go to sleep. The shock of the affair had left Mike impotent for a while so I was amazed when, for the first time in months, he reached for me in that way. It was ironic that he got over it by coming back to the house where it's cause had been.

Later as we both drifted into sleep I prayed, "Dear Lord, no dreams tonight, let me sleep in peace" And there were none, thank god.

The next day we went to the lawyers office for the reading of the Wills. I was somewhat surprised that they had wills, being so young. We had put it off till now because we felt we couldn't handle it before. But the time had come when these loose ends had to be wrapped up, no matter what grief it caused to do so.

There wasn't much to the wills. They had left almost everything to either Mike or myself with a few exceptions here and there. After we had taken care of those matters Mike and I went to visit their graves. It was something we had not done before, although somehow Mike had managed to make the arrangements for their bodies to be recovered and properly buried.

We left roses for each of them, and cried more. Some people have their 'song', but we 'our flower', even though the significance it had come from a song by the Rolling Stone "And I won't forget to put Roses on your grave". Whatever the significance had been to them, us it meant love unto death and beyond. We sat at the graves for a long time.

That night after Mike had fallen asleep, in the bed, half awake and half dreaming, I was in limbo almost. There was a tap on my shoulder, "Aliana - wake up! I want to talk to you." I mumbled. "God damn it Ilarra! Can't you talk to me?" I sat up so fast I felt my neck snap. My blood turned cold and I started shivering.

It was her! Whole, healthy, beautiful and looking at me with such understanding in her eyes just as she used to do. I trembled. I never was afraid of ghosts, but coming face to face with one can be unnerving. Especially when it had meant so much to me.

I reached out and touched her face. It was tangible; solid. And she didn't disappear as I had feared. "Stay" I whispered gently. "Don't let go. I don't care if you are a hallucination - your tears started to flow once again.

"I'm not leaving and neither is Chris" towards Mike. Chris was in the process of coming back to me. And Chris looked just like he had and breathing as well.

I turned to her again. "Oh Ilarra!" I sobbed, sobbing, in a near death grip. I was trying to let her go for fear she'd leave me. Mike was also awake now, giving the same support to Chris. And then we switched, giving the same welcome home. I hugged and kissed her, asking "Are you real? Oh please, please tell me you're real."

"We are real" he answered with mock digressing. "We are here to stay".

Promise me you'll never leave me again, you," I said, still clinging to him. "Never, Aliana" and he kissed me once more.

"We love you both so much" Mike murmured. "It's been so hard without you".

For the first time since the accident the morning. Mike and I awoke and just looked at each other for a long time. I guess we were wondering the same thing and were afraid of anything that might break the spell.

Finally I broke the silence and whispered. "They really were here! We both saw them -"

"No hallucinations..." "No, they were real. And they looked just like always, happy and well". I sat up and pulled the covers, and gasped... For there was a note: "We love you. We'll be back. And when we come we will take you with us."

Mike and I nodded solemnly, silently to each other. We went towards the window and looked out. They were there, down on the rocks. They didn't beckon or call to us, just looked at us. We linked hands and jumped...without a backward glance.

- Cynthia Lichter



The Witch - Doctor



When working a drawing or absorbing of pain, or negativity, it should be a matter of ritual and conscious concern to ground out those vibrations. Far too many healers are stricken by their patient's ills. Ungrounded negativity can easily be absorbed into your body by way of food and drink. Conscious washing away of negativity is effective, a by-the-way rinse won't do.

When a person first discovers that he can heal, a wave of love washes over them and in many cases the person rushes forth to heal the world. A worthy goal, but one beyond the capabilities of most single entities. The race of man is in a process of evolution, each of us learning lessons or repeating them until we do learn. Everything in our lives is a potential lesson, and this includes sickness and death.

A healer should be aware of the aspects of Karma involved in healing. In many lessons, a person will become highly involved with his negative aspects just before "turning the corner" and finding comfort within himself. A healer should ask before doing a healing. If the person is involved in a vital lesson then the answer will be no, often with no conscious reason in the mind of the patient. The soul knows and can respond. At the darkest hour the mental and emotional contortions of the patient can make the idea of 'slipping in some healing' anyway very tempting. However if you remove the physical ill before the lesson is learned you have not truly healed. If a problem is lodged in a wrong thought it is the thought that must be healed and not the body.

There are things that can be done in cases where physical healing is not called for. Moral support and counseling may help the patient to see beyond the plane of his illness to the root of his woes. If you can't channel energy towards a physical healing, you can channel towards the raising of the patient's consciousness, and to the learning of his lesson.

Energy healing should be done as a channel. The straight transfer of the healers etheric or astral energy to the patient causes no net change. The healer can become drained and ineffective to himself and to others. A channel of universal energy through the healer is beneficial, both for the patient and for the healer. Also, the patient can become more adept at channeling his own energy through the experience.

If you work with energy and are approached for a healing, but find that you don't feel like it and can't come to feel like it, then there is always a reason. Healing is and must be a service of love and not prompted by guilt. If you find you cannot heal someone and they become upset with you then perhaps they need to learn of their own powers to heal themselves. The energy healing hypochondriac is often an energy vampire who is nice enough to ask. Teach them to draw and channel their own energies, and watch them blossom with health.

As there are many planes of being, so are there many types of healing. And as the planes interact, so there is interaction and synthesis between the various forms and levels of healing. Healing should respond to the level most approachable in the patient. If someone is not accepting of the concept of energy healing, then approach them with massage. If they are too wrapped up in solitary suffering and can't relax for a massage then prepare an herbal remedy for them. They will accept it when they are ready. If a person is metaphysically oriented but cannot rise above the discomfort to do his own healing, then one of the modern bio-mechanistic methods of healing may relieve the body and help liberate the mind. If the patient is Wiccan then a full ritual may help to align your workings with his.

To sum up, illness is not merely a disruption of the physical. Were this so we could not be as effective as we are. If you accept the other aspects of disease then you must also account for the other aspects of the cure.

Walk in health and harmony,
Blessed Be
Elrond

In future issues I hope to present all manners of healing systems, diagnostic systems, current research, book reviews and lots of interesting tidbits. Contributions of ideas and ideals to this page, as to any of our pages, is greatly appreciated.

the mirror of GALADRIEL



I am going to take this space to say something that is close to my heart. I really feel and believe that we (as occultists, pagans and witches) are awakening to our potentials, and that they are beckoning us towards our future and our destiny. We are now undergoing a revitalization of our 'magickal' heritage. And now, although we do not forsake that heritage, we are awakening to the perception of the doorway that will lead us into tomorrow.

I do not believe that the birth of a 'new' occult or pagan movement at this particular time is by accident or casual event. I believe that we will come together into an occult 'network' and establish in the coming years a new awareness centered around our duty to live in harmony and balance with the Earth. I feel that we are almost 'chosen' to serve and protect life on this planet from the dangers imposed on it by the majority of humans. It may be the heritage of our past that brought us into being, but it is our destiny that will unite us.

There are portents in the Air! The Earth speaks to us in the rustling leaves and rippling waters. She now beckons us to the Rite of Passage that marks the end of humankind's childhood and the beginning of maturity, or to our death, caused by our destruction and contempt of Her.

If we are to be Her children we must indeed unite among ourselves. Only thru unity can we hope that our work will aid and benefit others. For it is we who hear, we who see, and we who know how to help redress the wrongs perpetrated upon the Earth.

Each day brings us all into contact with more and more pagans, witches and occultists. Each day the mail delivery seems to bring new friends. Those of you who feel "alone" should know by now that you are not! I have been very pleasantly surprised by the number of people who are emerging each day. Many of these people have been 'hiding' for years and are now finding out that there are more people like them out there. We are all beginning to join hands with our brothers and sisters. And to all of you I say "Merry Meet!"

And to all of you who are going public may I offer these words of advice...

We are all aware that when we look into a mirror we see our reflection. And if we are smiling we see smiles, and if we are frowning we see frowns. But are you aware that when you look out into the world you also get a reflection back? For whatever we are projecting is returned to us.

Haven't you seen another person smile and say Hello, but felt everything but a smile in their vibes? And then you find yourself gritting your teeth as you smile back, returning the 'hostility' that you felt? Are we capable of receiving an unhappy, frowning image and returning a smiling one? "Sure we can" you say.

Well, it's easy to talk about, but not so easy to do! Especially when you are 'public' and seem to be almost constantly bombarded by negative vibes. And when one of our 'kind' does decide to go public these are the kind of vibes they must deal with, often day in and day out. And sometimes it's not just the vibes we have to deal with, but hostile actions as well. Facing these things is not easy - it takes guts and a firm belief in what you are and what you stand for.

Over a period of time these things can make one cold and hard, returning the negativity that is directed at us. So it is up to those of us who are public to, as much as is possible, to learn to transmute the negativity, and to send back Love, Peace, Wisdom and Understanding. In this way perhaps we can bring some of it back to ourselves and our kindred groups.

May the Lady look kindly upon thee,
and bless thee with her love and wisdom.

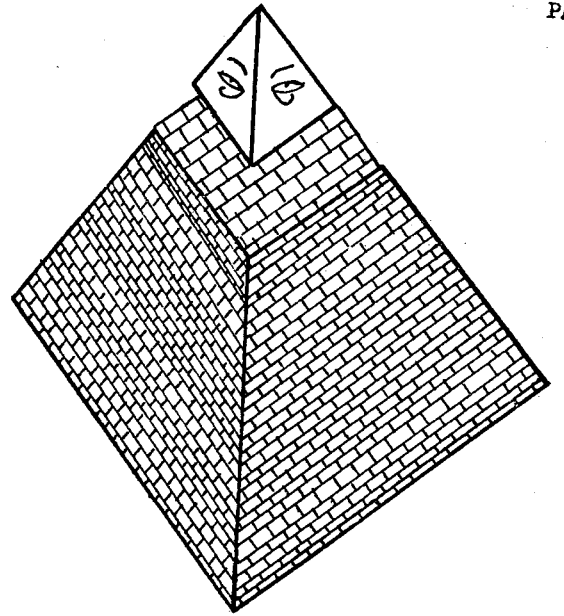
Love, Light and Life...
Lady Galadriel ★ ♀



"The best mirror is a friend's eye."

Gaelic Proverb

the MIND TRAVELER



Each issue I will be sharing with you some of the interesting experiences that I have had while meditating or astral projecting. Perhaps by sharing some of my 'travelings' with you it may help to unravel some of the strange things you may have encountered.

Recently I did some astral projecting and 'met' some interesting people. I started out by heading for my pyramid, which is a little sanctuary I have fashioned for myself to go to when I wish to meditate or just be alone. At first I had some difficulty in getting there because my mind kept drifting and I found it hard to concentrate. But with a little persistence and discipline I soon arrived at the pyramid.

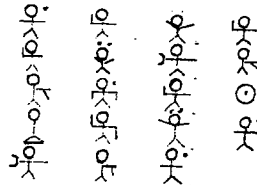
As I was entering the pyramid I happened to look up and noticed something above the entrance. It was a two headed phoenix, of the most startling and beautiful color combination I have ever seen. After staring at it for a while I entered the pyramid and proceeded to a small room inside in which was kept a statue of the Lady. I sat down in front of Her and began to meditate.

As I got into the meditation I started to see images of a multi-colored tubular tunnel. I went thru the tunnel and as I emerged I saw a figure which I did not immediately recognize. As I walked around to face it I realized it was Thoth. I paid my respects to him and asked him if he would explain the origin of the two headed phoenix to me.

He began to speak, but his words came out like pictures. I could actually see what he was saying. From his words a wingless dragon appeared and soon after a winged dragon appeared. They began to fight, and as the fight went on I noticed that the two dragons were merging and becoming one. When the fight was over there was only one dragon left, having wings and two heads. But then I noticed that the dragon was still changing, and when it had completely finished it had transformed into the multi-colored two headed phoenix. I then turned to Thoth and thanked him for the knowledge he had shared with me. I asked him if he would teach me more, but his answer was no. However he did say that he would direct me to someone who would.

After receiving the directions I proceeded to the place Thoth had sent me. When I arrived I saw a small building that appeared to be a very impressive home. There was a creature who emerged from the doorway, and as he got closer I could distinguish what he was. He had the head of a bull and the body of a human, bearing a striking resemblance to the Minotaur of mythology. At first the creature made me feel strange and uncomfortable, but soon I felt comfortable as I came to understand him.

He did not speak English, so by the means of gestures I asked him to teach me his language. He took me inside his home and we sat down at a table. He began to give me his alphabet and the correspondences to English. When I had finished copying them down he began to talk, but I still could not understand him. So I wrote down my question in his alphabet, asking him who he was. His reply was a written symbol, which represents the letter 'I'. He continued to write, the following being a copy of what he set down:



This translates to " I AM WHAT I AM THAT I AM O I "

After a little while longer I felt that I should leave, and so I wrote and told him that I would return in the future when I had practised his language. I bid him farewell and departed, returning to my body.

Stay tuned for more adventures in the weird and wonderful journeys of the mind. Perhaps some of you would care to share your interesting astral journeys with us as well. If so, why don't you write?

Blessed Be
Aristotle

One Women's Opinion on
What Wicca Is.

Witchcraft, or Wicca, means the Craft of the Wise. It predates Christianity, believes in the God and the Goddess, rather than the one god, and had its beginnings at the dawn of mankind.

Witches believe in the creed "And Ye Harm None, Do What Ye Will" And that what you send out is what you get back three-fold.

Witches use ritual to raise power and to attune themselves to the forces of Nature, and the flow of the seasons.

A true Witch should have a love for life, coupled with understanding and patience. A true Witch attempts to cast out of themselves all evil and malice, rather than perpetuating it. They offer a friendly, loving hand to those who wish to travel the path with them. A Witch loves him or her self, but at the same time respects the rights of others, and their individuality.

Witches regard the God and Goddess as representations of the two forces of life--the male/female principles found in all creation as the reflection of the Creator. There is a strong belief in polarity and balance.

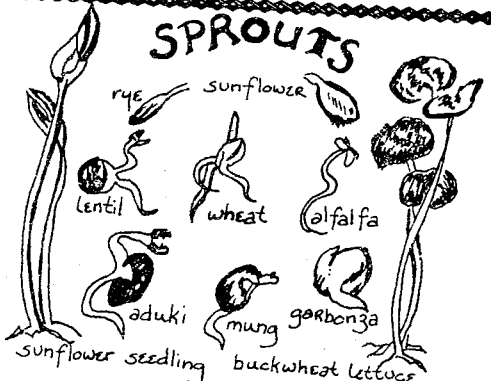
Wicca is a spiritual teaching. Spells and magick are only a small part of a Witches' work. Peace of mind and a more harmonious lifestyle are their goals.

When fully trained a Witch is capable of affecting the material world through their spiritual awareness and capabilities.

Witches are a happy people, and are of the belief that the Gods want them to be so. They pause often to say Thanks, and to give due respect to the workings of Nature.

-Tinúviel

MOONSTONE would like to run a series of articles on each of the various traditions and orders. Obviously we do not have the capabilities to do them all. So if you would like to contribute an article on the beliefs and practices of your group please do so. By doing this series we hope to bring new understanding and harmony to various occult groups. Perhaps if we learn more of the similarities it will help us to forget the differences...



Words, Words, Words

I almost fell off my broom the other day when I chanced upon the definition of "Witch" in Funk & Wagnalls Dictionary. "A person who practices sorcery; a sorcerer or sorceress..." That's bad enough, but wait till you hear the rest..."one having supernatural powers in the natural world, especially to do evil, and usually by association with evil spirits or the devil."

Now, we've been getting bad press for centuries, and I guess I shouldn't be surprised - but still it angers me. There isn't a teacher of Wicca that I know that doesn't teach the basic law "And Ye Harm None Do What Ye Will." Obviously Funk & Wagnalls is in direct conflict with reality. The only reason I can think of for their defamation of an entire religion is that they must have asked a preacher or a puritan what a Witch is, for they are the originators and proprietors of the devil. It's obvious that they didn't ask a Witch.

I ended up getting so mad that I called my lawyer and told him I wanted to sue for defamation. His reply was "Too bad. Unless they said specifically that you do evil by association with evil spirits or the devil, you don't have a case."

"But what" I asked, "if some redneck looks it up, after hearing that I am a witch, and decides on that basis that I am evil, and therefore said redneck does away with me?"

"Then you would have a case," the lawyer said, but it was cold comfort, as by then I'd be dead.

And so I propose that those of you who get pissed off enough by such slanderous meanderings write letters to the publishers of the various dictionaries. (Check out Webster's definition, it's not much better.) If enough of us point out the error of their ways, they must, of necessity rescind these vicious bits of misinformation.

I suggest that we ask that they revise their definition to include the FACT that Witches are followers of the Old Religions, who worship both the male and female aspects of the Deity. Point out to them that Wicca is recognized as a religion by the U.S. government, and therefore ought to be included just like any other religious sect.

The process of change may take years. Some library copies of dictionaries are 12 or 13 years old. So perhaps if we write now sometime in the future we may see Witches portrayed truthfully to the people of the country.

-Elizabeth



POETRY



TO THE MASTER THERION

Stop the music! Cease the words!
The dancers freeze, mid-pirouette.
Like a curtain, shadow falls across each
comprehending face.
Death has claimed our Master, guide, the
leader of our holy race.

His life was long, adventurous,
Full of wisdom, amorous.
His knowledge has touched each of us
Shall we ever laugh again?

The world has stopped. Must we exist?
We were all brothers in his midst.
Now fate has dealt an ugly twist.
How shall we ever laugh again?

He gave each one of us a key
Released our spirits, made us free.
Yet no one else could ever see
Our avatar was filled with God:

We stood like statues all that day
In shock, drained of philosophy,
His dreams had led us all to proclaim,
with bravery "Do What Thou Wilt!"
In his honor, for his name, upon his
cross our blood was spilt.

He asked us not for blood, but strength
(We gave him blood most willingly)
And with our true wills coursed along
To the silence of his magick song.

Each one of us his child and ward
He bid us fight with pen and sword
For we are, each one of us, a Lord!
We hear his disembodied voice:

"The chalk-cliffs lie past yonder hill
We climb them in our spirits still.
Don't let the magickal order kill
The independent God in Men."

He spoke of hashish, women, song
Equality of right and wrong.
His golden words blessed everyone among
the loyal throng.
We all raised up our eyes and worshipped
him in heart.

Life returned into our souls, we learned
to laugh again
"Humor Saves" is what we found inscribed
upon our secret keys.
Disciples we departed then, with eyes down-
cast upon the floor
Purpose strengthening our lives like once
before.

There was a time some years before when
he gave us his secret law.
Some were toiling in the fields, and some
in open luxury,
Strangers all, some goddess-born, we gath-
ered into bands,
We circled him, the twelve of us, behind
our veils we all joined hands,

His Law, The truth that every man is freed
by bravery
The kings must fight with cunning wit and
joyous subtlety,
The slaves must serve, and with his law,
agree to do so happily
And we found kings in derelicts, and
slaves in wealthy men.

And we found love within ourselves, we
rule the world with common sense
Magick is the sire of life and piety its
bastard son.
Men who hide within a fearful Self strain
to listen from afar
They hear his law and turn away: "Every
man and woman is a star!"

Find your true Will, take your course
upon life's rocky road
Go your own way, Blinders off, cast off
your guilty load!
Life's illusion, nothing is--there lies
the secret code.
Slay the demons of the mind and find the
god within.

We understood, departed then, with no
thought of the old grey world
Initiation has made us strong, so that we
may know men again
We roam the world, with freedom's hope, no
thought for time or space
We live by wit, by will and love, for we
have met God face-to-face.

-Connie Abraham



DARKNESS CAN BE A TIME OF LIGHT

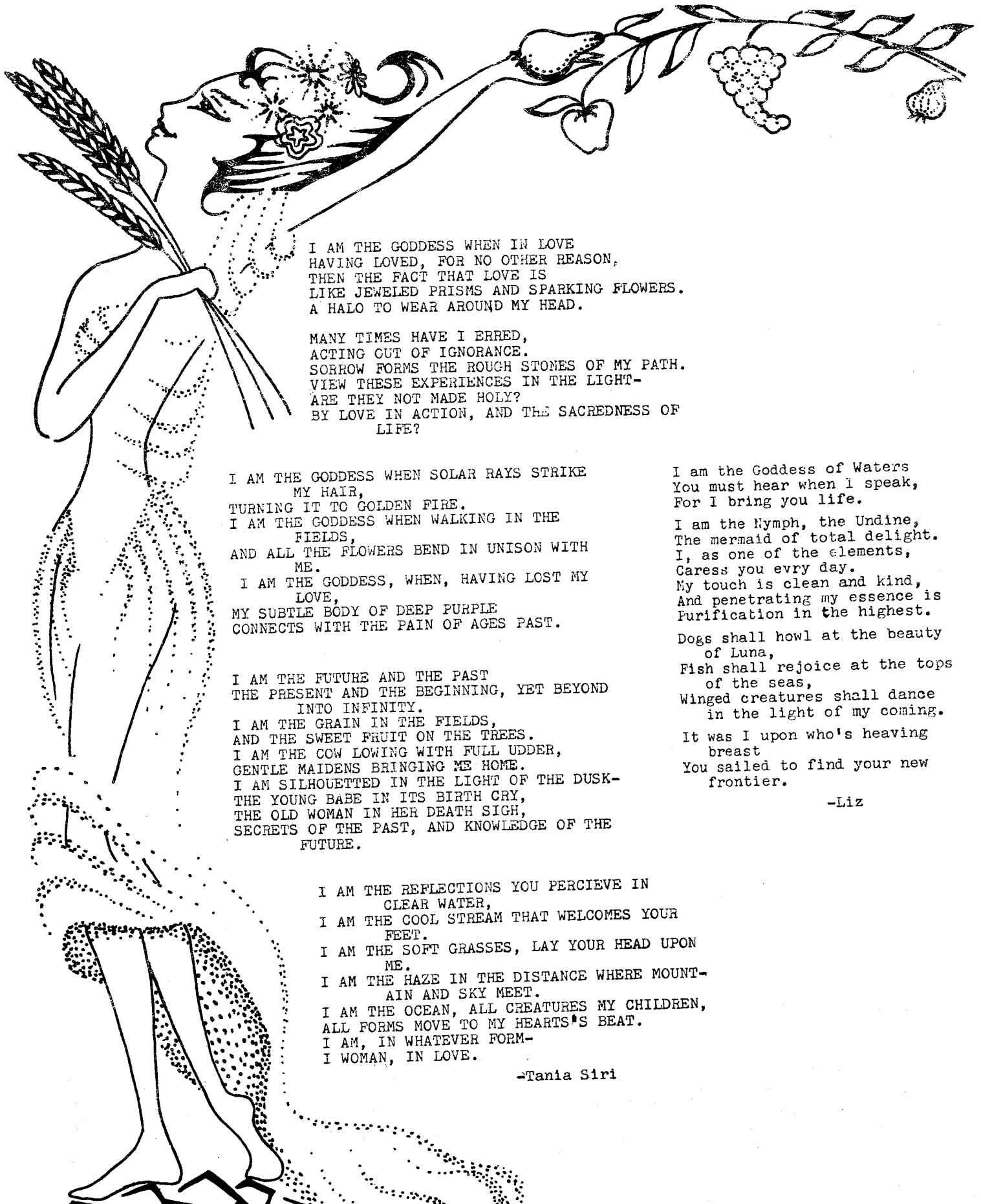
Darkness can be a time of light.
A time to look inward
And perhaps illuminate
Something inside of you
That may have been hidden in the shadows.

Darkness can be a time of light.
A time to look outward
And focus on something
You never clearly saw before,
And clearly see it.

Darkness can be a time of light.
Perhaps to be shared with another
And to bring a shaft of light
To some dark area that lies within them.

Darkness can be a time of light
If your aura and your soul are aglow
With the love of life and the Universe
And you are content to experience what
is to come your way...

- Tinúviel



I AM THE GODDESS WHEN IN LOVE
 HAVING LOVED, FOR NO OTHER REASON,
 THEN THE FACT THAT LOVE IS
 LIKE JWELED PRISMS AND SPARKING FLOWERS.
 A HALO TO WEAR AROUND MY HEAD.

MANY TIMES HAVE I ERRED,
 ACTING OUT OF IGNORANCE.
 SORROW FORMS THE ROUGH STONES OF MY PATH.
 VIEW THESE EXPERIENCES IN THE LIGHT-
 ARE THEY NOT MADE HOLY?
 BY LOVE IN ACTION, AND THE SACREDNESS OF
 LIFE?

I AM THE GODDESS WHEN SOLAR RAYS STRIKE
 MY HAIR,
 TURNING IT TO GOLDEN FIRE.

I AM THE GODDESS WHEN WALKING IN THE
 FIELDS,
 AND ALL THE FLOWERS BEND IN UNISON WITH
 ME.

I AM THE GODDESS, WHEN, HAVING LOST MY
 LOVE,
 MY SUBTLE BODY OF DEEP PURPLE
 CONNECTS WITH THE PAIN OF AGES PAST.

I AM THE FUTURE AND THE PAST
 THE PRESENT AND THE BEGINNING, YET BEYOND
 INTO INFINITY.

I AM THE GRAIN IN THE FIELDS,
 AND THE SWEET FRUIT ON THE TREES.
 I AM THE COW LOWING WITH FULL UDDER,
 GENTLE MAIDENS BRINGING ME HOME.
 I AM SILHOUETTED IN THE LIGHT OF THE DUSK-
 THE YOUNG BABE IN ITS BIRTH CRY,
 THE OLD WOMAN IN HER DEATH SIGH,
 SECRETS OF THE PAST, AND KNOWLEDGE OF THE
 FUTURE.

I AM THE REFLECTIONS YOU PERCIEVE IN
 CLEAR WATER,
 I AM THE COOL STREAM THAT WELCOMES YOUR
 FEET.
 I AM THE SOFT GRASSES, LAY YOUR HEAD UPON
 ME.
 I AM THE HAZE IN THE DISTANCE WHERE MOUNT-
 AIN AND SKY MEET.
 I AM THE OCEAN, ALL CREATURES MY CHILDREN,
 ALL FORMS MOVE TO MY HEARTS'S BEAT.
 I AM, IN WHATEVER FORM-
 I WOMAN, IN LOVE.

-Tania Siri

I am the Goddess of Waters
 You must hear when i speak,
 For I bring you life.

I am the Nymph, the Undine,
 The mermaid of total delight.
 I, as one of the elements,
 Caress you evry day.
 My touch is clean and kind,
 And penetrating my essence is
 Purification in the highest.

Dogs shall howl at the beauty
 of Luna,
 Fish shall rejoice at the tops
 of the seas,
 Winged creatures shall dance
 in the light of my coming.

It was I upon who's heaving
 breast
 You sailed to find your new
 frontier.

-Liz

Roundtable Festival



The Roundtable of the Light Centers FESTIVAL V was an interesting inflow of energy and information. There were many booths set up by local and out of town groups, along with over 100 on-going workshops and lectures on all ranges of subjects and topics. Besides the various visiting lecturers there were two featured main speakers and a multi-media show.

The first speaker, Jeffrey Goodman, archeologist and author of WE ARE THE EARTHQUAKE GENERATION, explained the reasons behind why the earth is due for a shake-up. Putting physical facts and prophecies together, he explained the truth of various predictions based on science. Some of the indications and predictions he covered included-

1. A 1980 upsurge in earthquakes in California.
2. Nuclear accidents as a result of these quakes.
3. Harsh weather patterns flooding the Imperial valley.
4. The Cascade Mountain Range will become active. This includes Mt. St. Helen as well as others.
5. That New Zealand and Canada are fairly safe and stable areas to be.
6. Say goodbye to New York, and most of California and Washington.
7. With the Arctic Ice expanding we may be in for an Ice Age in the next 50 - 150 years. This could also cause the toppling of the earth's poles. Albert Einstein worried about the flipping of the poles due to studies he had made.
8. In the past there have been times when all of the volcanoes were active at once.
9. That animals are good to use for prediction as they become very agitated when something is about to happen. Good to watch are snakes coming out above ground during winter, as well as bears, who will often break their hibernation as much as 5 or 6 months early.
10. That prayer does have an effect on what happens. Through this means we may be able to temper what will happen. We won't be able to stop Nature completely, although we could slow things down a bit, and perhaps take off the worst edge.

The second speaker was Rev. Paul Solomon. He is a psychic and he also spoke about the "New Age" we are entering. He says that we have developed the physical and mental body, but most of us have not developed our spiritual body. The intelligence that knows how to build and repair a body he calls the "Source".

Rev. Solomon says that most of us have not been listening to our Source. And for those people who ask where they should go to be safe, he gives the advice that they should "get in touch with their Source and it will tell them where to be and when to go". He also spoke on a New Age world economics system, with a value for value exchange, rather than value for promises, and covered the area of educating children to a New Age way of life.

As for the multi-media presentation made by White Buffalo, it was extremely impressive. Very well put together, it combined aspects of the past present and future as seen by the Indians and many other cultures.

The entire Festival was extremely informative, and very optimistic about the metaphysical world being able to work together to heal the earth and help others to deal with the upcoming troubled times. But work together we must, for the disunity and lack of love between people are the forces we are facing now in this time of decision.

- Henri Levy

Brewing in the News

From a local Atlanta newspaper comes this review of MacBeth.

A Hand to the reviewer & to the people who produced the play!

At least were getting better press these days! -Sara

The witches also deserve special mention - for the concept as well as the performance. They've been variously interpreted: sometimes as genuinely supernaturally beings, nature spirits, the Three Fates, or as humans who have sold their souls to the devil. Here they are interpreted as adherents to the pagan "Old Religion" which the Church interpreted as devil worship. Accordingly the number of witches has been increased from three to five, and some male adherents to the cult are present. Anne Haney in particular plays the first witch with a quiet, wary centeredness that marks her character as a genuine Wiccan priestess.

Southern Psychic Seminar

The first day of the Psychic Seminar was an interesting introduction to the weekend. We arrived for the press conference at 5 P.M. and ended up waiting till almost 6 before it was called off. Channel 5, one radio station and the 2 of us from MOONSTONE were the only press there. Following this we all adjourned downstairs to the Empire Room for the actual start of the seminar.

The opening comments were given by Lady Sintana, High Priestess of the House of Ravenwood, who sponsored the seminar. She described the progress of Ravenwood over the past year since the last seminar. The Lady stated that although the number of people within the house was fewer, the quality had never been better. All in all it seemed that there had been progress over the past year.

With approximately 60 people attending, the group did not seem to be too diverse. The majority of the people were from Atlanta, and most of those seemed to be Ravenwoodites. There were other areas represented however, such as Chatanooga, Washington, Michigan, New York, and Texas. I am sure there were others that I did not hear mentioned.

Dick Sells, from Unicorn Grove in Chatanooga, spoke on "Wicca Priest/esshood as a Ministry". The talk covered some very interesting and relevant points.

On Saturday there were many interesting speeches but the high point was Dr. Raymond Buckland on "The Construction Of Ritual". He gave an interesting slide presentation and covered many points for those who construct their own rituals. I think that everyone found something of value in his presentation.

Sunday seemed much slower (I counted 36 people there) Bill Marsh gave an outstanding lecture on the Tarot, also illustrated with slides of each of the cards. Although it was given quickly (trying to tie Wiccan time back into local time), it was the best that I have seen on the subject. If Bill were to make it available as a tape/slide arrangement it would be of real value to anyone seeking more knowledge on the subject.

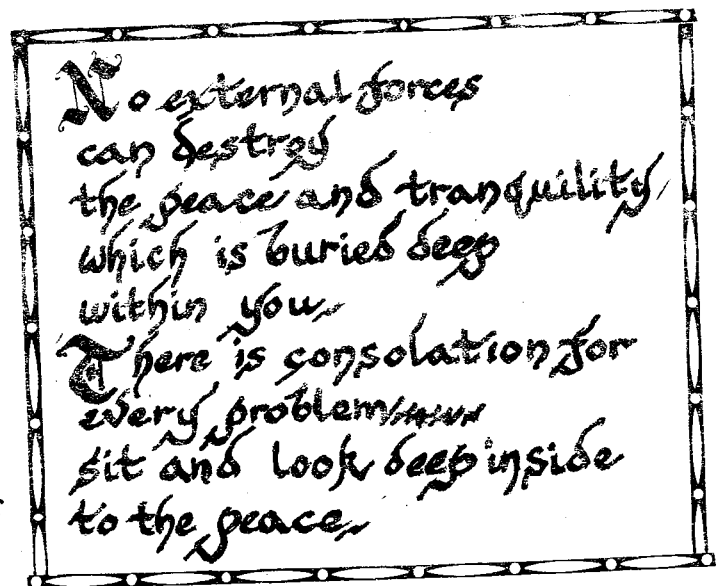
All in all I think the seminar was a success for its sponsor. The range of subjects covered many problems that all of us involved with the Craft face from day to day. I feel that it gave everyone who attended a little better understanding in each of the areas that were covered.

Something else that was of interest was the Craft Merchants that showed up for the seminar. Magical Childe, Bell, Book, And Candle, and Wolfmoon all had many things dealing with the craft at reasonable prices, from books and statuary, to jewelry and tools. I certainly took advantage of as much as my meager finances allowed. I hope that next year there will be more stores represented. It was great to meet the people and go home with some of those niceties!

As far as criticism of the event goes, The Biltmore's maintenance staff left the Empire Room without lights the first night, and the air conditioning didn't seem to work the whole weekend. The whole affair was run on Wiccan Time (which was about an hour behind E.S.T.), but that wasn't too bad, as it was just about impossible to miss or be late for something if you were running on standard time.

Overall I think that the seminar was a success, with the people, and with the community as well. The rough edges that exist will be worn off by experience, and I'm sure we will all have an even better one to look forward to next year.

-Paul



In old Wales it was thought a good cure to walk three times around the church with a chicken.



Some people believe that storms are caused by blackbirds.

MOONSTONE



TALKING LEAVES

Book Reviews

MAPS OF CONSCIOUSNESS by Ralph Metzner

Collier Books, paperback, \$4.95

For those people wishing to learn basic metaphysics, I think I have found a good book to help continue your beginning interest.

MAPS OF CONSCIOUSNESS is written in simple language and explains things in a clear and concise way. The book covers the areas of I CHING, TANTRA, TAROT, ALCHEMY, ASTROLOGY and ACUTALISM, giving the beginning student an overview of each of these topics. If you don't know where to start, this is the best introductory volume I have found. It is a good stepping stone from which to climb the ladder of consciousness.

N.F.L.

GOD OF TAROT by PIERS ANTHONY

JOVE PUBLICATIONS paperback \$1.95

GOD OF TAROT is another one of those allegorical metaphysical tales masquerading as 'science fiction'.

Tarot is a planet in a distant galaxy where the people literally eat and live off of the "Tree of Life". They make wood soup, wood bread, and of course, wood houses.

On Tarot there is also the unique capability of 'animation' - creating a three dimensional picture of what you are imagining. It is visualization brought into being. Luckily, this only occurs in certain zones which are restricted to colonists.

Since they are an Earth colony, and Earth being as nosy as always, The Holy Order of Vision, the religious group of the time, sends out Brother Paul to determine if these animations are manifestations of "God".

Tarot card symbolism is interwoven through out the story where we are introduced to Anthony's 30 Trump, 5 Suit version of the cards. As you can imagine there are many subtle twists on the plot, based on the cards and animatory illusions.

Well worth reading simply for enjoyment, it is instructive and informative as well. Anthony's version of the cards and his meanings for them are worth scrutinizing. It is evident that he is well versed in their traditional background. The sense of humor is dry and delightful, often sarcastic and caustic. Some people may find it objectionable in certain places, however.

This is the first book in a three part series, with the other 2 due out shortly. I highly recommend this book to anyone interested in a 'new' light on Tarot, as well as to anyone just wishing to be entertained.

-Jodi Monogue.

NECRONOMICON

AVON BOOKS

paperback \$2.75

One fact about the Necronomicon is disturbing. It was first presented to the public through the inspired works of H.P. Lovecraft. It therefore seems amusing that so many people take it to be an authentic grimoire of ancient times, written by what Lovecraft called "The Mad Arab".

This is not to say that fiction is any less enlightening than non-fiction. Certain parts of the Necronomicon are effective. If read aloud in the proper magickal setting, amazing results can be had. The introduction to the book is written by a fellow who calls himself "Simon", and is interesting and well done. He certainly knows magick and theory.

The Necronomicon, if not taken too seriously, is well worth the \$2.75. It is insinuated in the first part of the book that Crowley would have whole-heartedly endorsed its publication. I am sure this is true--he enjoyed a good joke as much as anyone.

-Connie Abraham

THE SPIRAL DANCE

by Starhawk

Harper and Row \$6.95

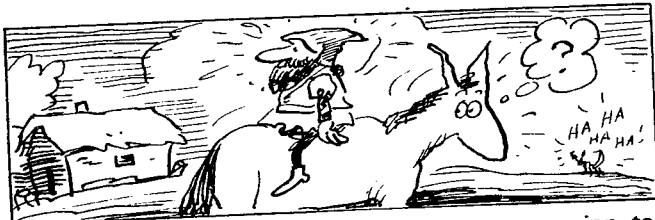
Starhawk is a priestess of the Old Religion, founder of two covens in San Francisco, Calif., and a licensed minister of the Covenant of the Goddess, a legally recognized church.

This highly informative, poetic and thoroughly enjoyable "handbook" is not one you will read and place in your library. You don't "read" this one -- you browse through it, dip into it, pick it up for quick reference -- and find something new each time you return to a page.

The Spiral Dance reveals authentic mysteries through which anyone can discover the divinity residing within. Rituals, spells, chants, invocations, creating rituals, etc., are dealt with in a down-to-earth, practical way -- without losing any of the beauty, mystery and depth of meaning behind them.

Whether you are a neophyte or an elder, The Spiral Dance should be a "must"!

-Lady Rhea



Ancient writers advised anyone stung by a scorpion to sit on a donkey backwards.

HANTA YO

Doubleday Books

"Hanta Yo", by Ruth Beebe Hill, is the quintessential Western. A breath of fresh air from the Dakotas, it was written about the years before the longhorn steer replaced the buffalo upon the plains and the cowboy, the Indian brave.

It is the saga of the Mahto, a band of the Dakota/Lokota tribes, and their migration over the plains in search of the buffalo, which fed, clothed and housed them. The framework of the story is a Winter Count, the tanned buffalo hide upon which was painted the history of the tribe. Hanta Yo means "Clear the way!", a ceremonial cry expressing the Native American's sense

of personal freedom.

Hill brings alive an entire culture. There is plenty of action on the plains—thundering buffalo hunts, ordeals and avengings, horse-stealing raids on the enemy, camp. Love is there, too, along with death; songs along with laughter, but few tears.

physical level, which Hill depicts very graphically, but on political and cultural ones as well. However, the highest level reached in "Hanta Yo" is, naturally, the spiritual one.

By living so closely in tune with the Earth, the source of their survival, the Mahto had much time for spiritual and philosophical counselling and contemplation. They acknowledged man's ascendancy over the winged and four-legged creatures of the plains, but the Dakota chose to adopt these

creatures as relatives rather than destroy them, as the white man would in later years.

Wisdom was esteemed much more highly among the political leaders than it is in our present society. In fact, a person who lied was driven from the tribe. Power was given not to the man who excelled at killing, but to the one with the greatest aversion to it. The Weatherwoman determined the times of the yearly migrations.

The Black Hills, where the Mahto camped during the winters, were called "Earth Mother". The stones, rocks and boulders were called Tunkasila or "Grandfather" because they had been here from the beginning and so knew everything. The young man who dreamed a stone dream on his vision quest became a seer and a medicine man.

The heroes of "Hanta Yo", Oiepi, the warrior and his son, Abbieza, the perceiver, were both chieftains in their time and made great sacrifices to maintain the tribe's ancient traditions and harmonious existence in the face of the white man's ever-increasing influence.

The Mahto tribe survived intact as a culture until 1865, when a band of fifty was found still living in tipis beside a great Western river. The Mahto were but a small group of the people who covered the plains, mountains, meadows and desert. "Hanta Yo" is a walk in their moccasins, the people who had no use in their language for words like "should" and "sorry", "guilt" and "waste", but many for God and the Great Spirit, who took the shape of all things.

—Elizabeth Peryam

SEXUAL SECRETS by Nik Douglas and

Fenny Slinger

Destiny Books paperback \$12.95

SEXUAL SECRETS is by far the BEST compendium I have ever seen on the subject of Tantra. Very well written in a clear and concise manner, the illustrations which accompany the text make this a book to treasure.

Divided into three parts, each corresponding to the properties of the Gods Brahma, Shiva and Vishnu, this book contains the most information to be found on tantra anywhere. The first part covers the necessary steps to preparing yourself to get the most out of any sexual activity. Yoga, meditation, breathing, and food. For only if your body is in its best physical state can you truly practice Tantra.

Subtitled The Alchemy of Ecstasy the text does cover all areas, and related areas quite thoroughly, as well as the interactions of all the senses and all the planes and forces involved in the weaving of sexual magic.

Well researched and documented, the authors are to be congratulated for the enormosity of the work they took on and the fabulous job they did with it. I heartily recommend this book to anyone interested in studying the subject, whether it be in an in-depth manner or as a general overview.



"Authors may be divided into three classes —
shooting stars, planets and fixed stars."
Schopenhauer

THE STELLAR ALMANAC: A HISTORY AND TOUR GUIDE OF THE INFERNAL KINGDOM OF HADESby P. Scott Hollander
paperback \$5.95

Athena / Apollo press

Done in tongue and cheek style, this book is just what it claims to be— a tour guide. We are spirited through the various levels or kingdoms of Hades, told about their citizens and cities and just generally introduced to what Hades is all about. We are told about the military, science, currency, terminology, the government, and even introduced to local dignitaries. Maps are provided for those of you who have a tendency to lose your way. Its an interesting trip, but one I'd only like to take through the pages of a book. Pick it up if you'd like to explore Hades in a humorous way.

A HISTORY OF WITCHCRAFT, HERETICS AND PAGANSby Jeffrey B. Russell
Thames and Hudson \$15.95

Jeffrey Russell is a Professor of History at the University of California, Santa Barbara and has written a number of books on religious history, including witchcraft.

His latest, A History of Witchcraft, Heretics and Pagans, released May 19, 1980, covers the origins and forms of magick in various parts of the world, what the people of each era thought of Witches, and why -- including the present. His approach to the Craft of today is a very positive one. The book contains a large number of illustrations, including photos of many of today's Craft leaders.

This is another book which should be in every Craft library. It may punch holes in some of your favorite theories, but remember, Dr. Russell is not a Witch, he is a historian.

—Lady Rhea

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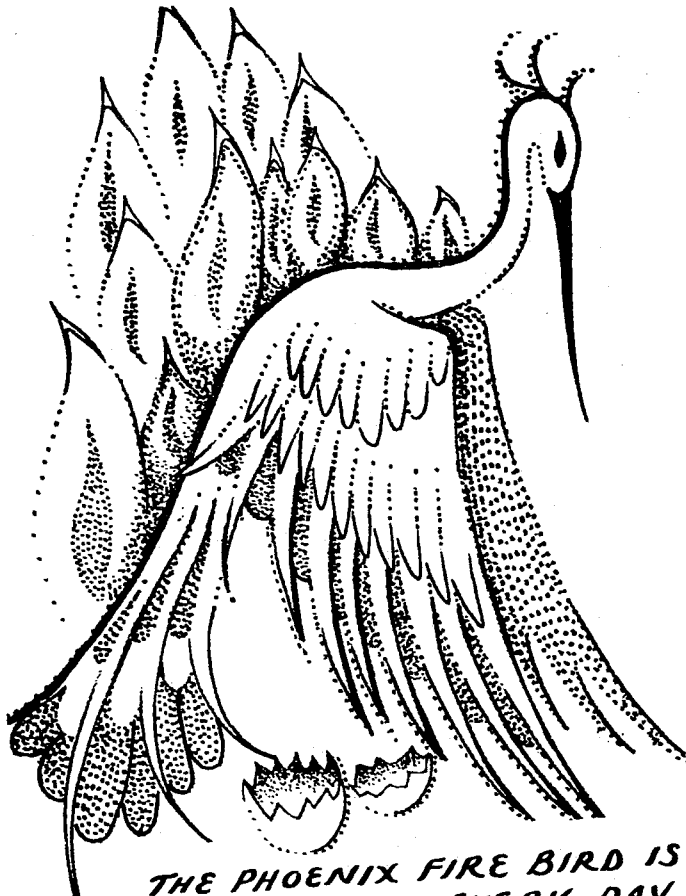
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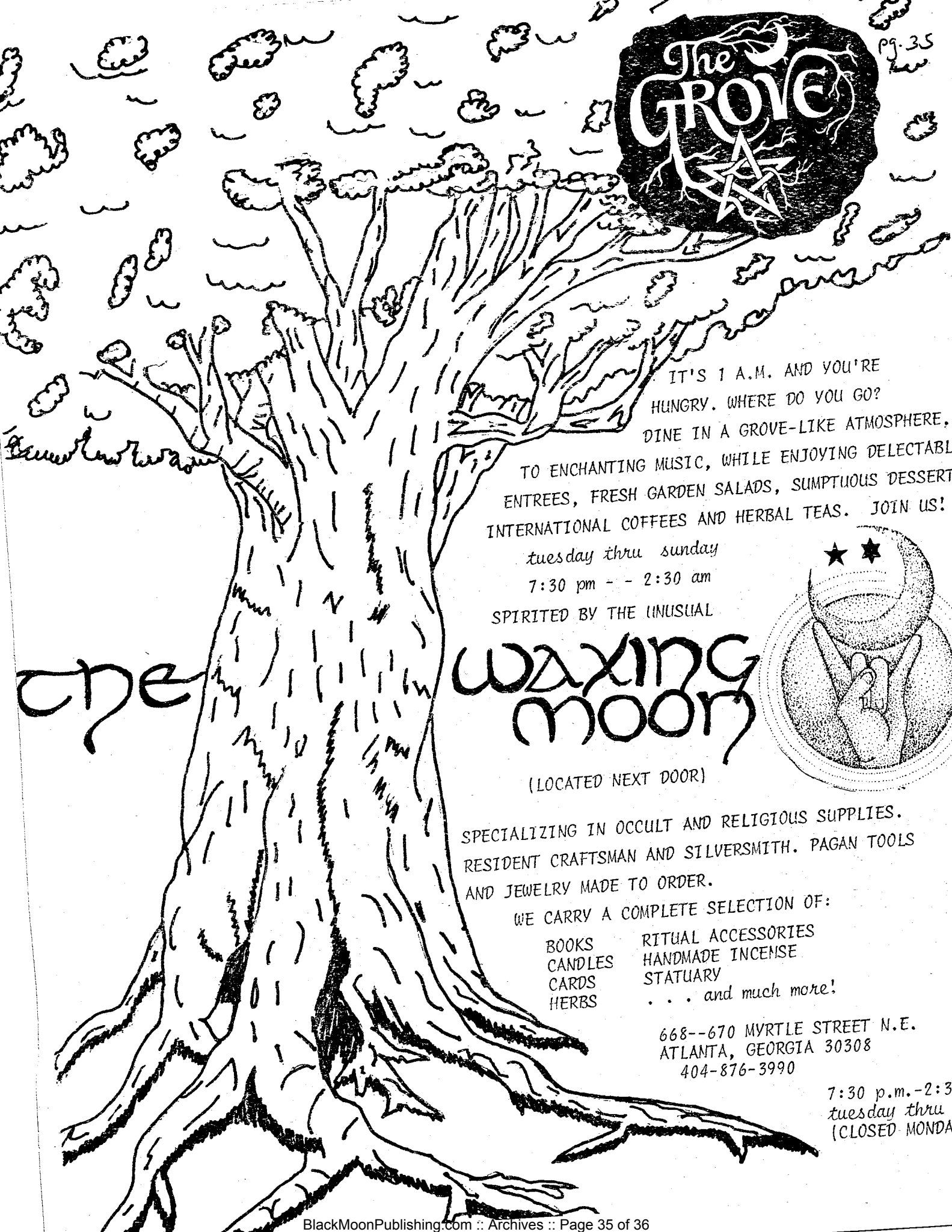
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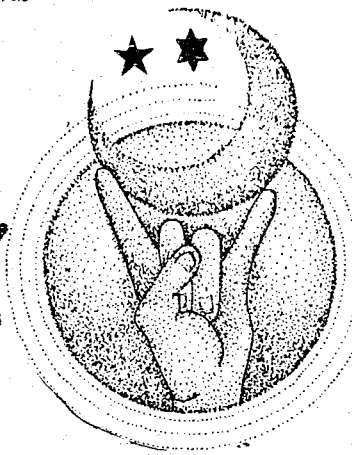
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