

All One Wicca:
A Study in The Universal Eclectic Wiccan Tradition
Book Two: A Grimoire

One of the tools of ancient sorcery and Witchcraft was the Grimoire. More than a book of "spells," the Grimoire was an instruction manual, telling the Witch or Sorcerer many of the "secrets" of the universe. I've gathered together thirteen secrets from a number of Grimoires and Books of Shadows, both modern and ancient, for the use of the solitary and coven Wiccan with no grimoire of his/her own. The information here is not wholly Wiccan, and what is Wiccan is not wholly Universal Eclectic Wiccan, but anyone with an interest in old ways may find much of what lies within useful. My suggestion is that one use this as a starter grimoire, building their own from this point forward. I'm a bit of an old mule in my separation of the Grimoire and the Book of Light, I know that many gather it all into one great tome, with all their little bits of knowledge interspersed with prayers and rituals, but I like to keep them only partially together, if at all. The first three ring binder I bought spared me endless rewrites in blank books, and since then I've never kept a tome in anything else. I can't give enough praise for expandable tomes, so if you desire to separate your Sacred Book into Grimoire, Journal and Book of Light, consider that each side will grow at a different rate and leave space accordingly.

As a Teacher, one of my strongest problems is my handwriting, my students will twist and turn their head trying to figure out the peculiar backslant that my notes and journals are inscribed in. As a result, I have since turned to a computer and printer instead of a blank book and a pen. My feelings are mixed, on one hand, a floppy Grimoire just doesn't seem to "feel" very Pagan, but on the other, my students look over my notes and understand them. I've decided that it is I, not the computer, who is doing the writing, and that it is more important to be legible than traditional. Much of what I studied in writing All One Wicca were personal journals, so I realize that with the changing of technology my disks will become obsolete. As a result, I print everything out in duplicate. Hopefully, if Wicca becomes suppressed, these printouts will not read like some of the "translations" of the great metaphysicists of the past, with the word "Illegible" in the middle of a spell or worse, the translator's best guess.

All One Wicca:
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Book Two: A Grimoire:Section 1:Altars and Altar Cloths

Altars and Altar cloths:

"An Altar should be made from wood, no metal, excepting those Altars with compartments in which to hide the Blessed Book, which may contain metal if the metal is needed for the hidden space." -A Fam-trad

"We crafted our Altar from an old tree stump and by the second year it had been sprinkled so often that the wood had somehow sprouted a new tree....S suggested a mirrored Altar for the moonlight rituals.....this felt to us like it doubled the full moon that night."-Wolf Moon Coven

The Altar is the sacred space upon which tools are kept. Two main forms of Altars exist, round or pentagonal altars which stand in the middle of the circle or rectangular ones placed against walls or the far east of the circle. Both are fairly simple to make, although a pentagonal altar requires more work. Decorator tables are good, cheap altars, but can't hold much weight. Chief among the "bonuses" of decorator tables is the fact that they either fold up or have removable legs for storage and transport. Some decorator tables are all wood instead of wood and metal, fulfilling the requirements of some trads. To make a round altar simply, take a wooden crate and glue a round piece of plywood to it, or attach three, four or five equal length "legs" to a single piece. One modern Book of Shadows suggests five decorative posts, cut at slight angles, glued with silicone to a plate glass mirror. If you have a root worker who twists willow roots into stands and chairs, that would make a sturdier stand for a mirrored altar. Mirrored altars are fairly new, although The Sacred book of one Fam-trad has a reference to a two-hundred year old one. As a practical matter, mirrored altars double your light, but they also scratch, break, and weigh a lot. They are wonderful stationary altars outside or in, but lousy if you plan to move a lot. A "T" altar is easy to make, simply glue three pieces of wood together, for strength, add a fourth or fifth. They tend to tip when built too narrowly, so be careful.

A 6 piece "T" Altar for stationary use. Can be Glued, Nailed or assembled with a sliding joint assembly.

Altar Cloths are circular or square and hang about half way to the floor. Usually an altar cloth is White, although many lunar rituals use black or deep blue altar cloths. The Night Sky cloth, or Universe cloth is studded with small stars that are either "nailheads" sequins or needlework and is sometimes used in fancier rituals. If you are going to use an untreated cloth, make sure it's cotton, because cotton doesn't tend to burn quickly. To be safe, either put a piece of glass (round table glasses are available at many department stores at reasonable prices) on top of the Altar or spritz the altar with water before the ritual. An altar glass is a wonderful thing if you wish to use your cloth more than once, since wax is very difficult to remove from many materials. A Glass is not optional if you intend to use velvet! Velvet burns fairly easily, reacts poorly to salt water and is nearly destroyed by better waxes (Like beeswax.) The Altar glass, backed by black velvet, is used for Scrying by the more Magickal trads, and, while not as effective as a mirror, does improve the amount of light your candles give. It's not a staggering investment, and if you can keep it in one piece it saves money in the long run. Make sure to felt the bottoms of very hard (like iron) candleholders before keeping them on the altar, and if your athame is to rest unsheathed place a small square of cloth beneath it.

Altar cloths are rarely colored if the candles are. I've seen a few rituals where the candles and cloth matched or were complimentary colors, but most use a colored cloth with white candles or colored candles with a white cloth. The Altar cloth color is considered the same in meaning to a candle color, so use the chart for candles for cloth colors.

All One Wicca:

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Book Two: A Grimoire:Section 2:Basic Herbalism

Herbalism tidbits are found in many Books of Shadows, and many books on Wicca, but the best herbalism books are often non-Wiccan in nature. For more information on herbs, look in the Food, Cookbook, or Alternative Medicine sections of your bookstore or library. The following is a very partial compendium of herbs, listing some of their uses, some of the Gods to whom these herbs are considered sacred and the Zodiac signs they are attributed to.

It should be noted that Herbalism is NOT a "Wiccan Thing," Herbalism is a science and study that many, many Wiccans do, but it is neither mandated by nor truly a part of the study of Wicca. A recent trend in new traditions of Wicca is to exclude students who don't know a certain amount of herbalism. I CANNOT express my distaste for such behavior loud enough.

ACACIA (*Acacia Senegal*) Also known as: Arabic, Cape Gum, Christ's Crown, Egyptian Thorn, Gum Arabic Tree, Thorny Acacia.

Indigenous to: Northern Africa

Sacred to: Diana, Ishtar, Osiris, Ra. Burned on Hindu and Buddhist sacred fires. In Judeo-Christian Mythology, Acacia was the wood of the Ark of The Covenant and The Sacred Tabernacle, and Thorny Acacia was the plant from which Christ's Crown of Thorns was made.

Common uses: Powdered, dried acacia gum is added to hot water to form a throat coating mucilage that also prevents diarrhea.

Zodiac correspondence: Mars, Scorpio.

ADDER'S TONGUE (*Erythronium Americanum*) Also known as: Dog-Tooth Violet, Rattlesnake Violet, Snakeleaf, Yellow Snowdrop.

Indigenous to: North America

Sacred to: Hecate, Diana, Luna, Persephone

Common uses : Skin conditions

Zodiac correspondence: Moon, Cancer

AGAVE (*Agave Americana*) Also known as: American Agave, Century
Indigenous to: Hot, Arid, North and South America
Sacred to: Mayauel. Considered the Mexican sacred "Tree of Life and Abundance"
Common uses: Decoction of sap used for tonics and laxatives
Zodiac correspondence: Mars, Venus

ALDER (*Alnus Glutinosa*) Also known as: Black Alder, European Alder, Owl
Indigenous to: Europe, Asia, North Africa
(*Alnus Rubra*) Also known as: Red Alder, Oregon Alder
Indigenous to: Northern California, North to Alaska
(*Alnus Serrulata*) Also known as: Smooth Alder, Hazel Alder
Indigenous to: Nova Scotia south to Virginia, The Great Lakes, Louisiana and Florida
Sacred to: Astarte, Bran, A sacred tree of the Druids.
Common uses: Used dried and powdered or infusions for astringent purposes, also a sore throat gargle.

ALLSPICE (*pimenta officinalis*) Also known as: Clove pepper
Indigenous to: South and Central America, Islands of Central America
Sacred to: Uranus
Common uses of: As a spice, a warming tea or for gas.
Zodiac correspondence: Uranus

ALMOND (*prunus amygdalus*) Also known as: Greek Nuts, Maiden's tears.
Indigenous to: Mediterranean
Sacred to: Kerridwen, Jupiter, Thoth, Psyche, Demeter. Myth: Phyllis, a Thracian princess left at the altar was turned into an almond tree by the gods, her tears became the inner "nut" of the tree.
Common use: High protein food, used in non-dairy "milks"

ALOE (*aloe vera*) Also known as: Barbados Aloe, Curacao Aloe.
Indigenous to: Most Tropical Islands
Sacred to: Hecate, Mars, Zeus
Common uses of: All purpose gel within leaves used as a base for other external remedies, good for burns, bug bites, scar prevention. A natural absorbable and water-soluble lubricant as well.
Zodiac correspondence: Mars, Venus

ALTHEA (*althea officinalis*) Also known as: Marshmallow, Witchwet, Wymote.
Indigenous to: Wetlands
Sacred to: In the Arthurian Mythos, althea grows in the sacred pools of the various mystical women who appear within them, it is used as a base of "charms" a substance to hide potions within.
Common uses of: Food plant with alternate usages much like aloe vera.
Zodiac correspondence: Moon

AMERANTH/AMERANTHUS (*ameranthus hypochondriacus*) Also known as: Lady Bleeding, Cockscomb, Prince's Feather.
Indigenous to: Central United States, cultivated in Europe
Sacred to: Artemis, Aphrodite, Diana, Venus.
Common uses of: Astringent, "broken heart charms."
Zodiac correspondence: Saturn

ANGELICA (*angelica archangelica*) Also known as: European Angelica, Garden Angelica, Witchbane, Witchware.
Indigenous to: Damp areas, Europe, Asia
(*Angelica Sylvestris*) Also known as: Angelweed, Goutweed, Wild Angelica.
Indigenous to: varies

(*Angelica Atropupurea*) Also known as: American Angelica, Angolan, Purple (or violet) Angelica, Purple (or Violet) Angel.

Indigenous to: North America

Sacred to: Angels, supposedly a monk was given a recipe that warded off the plague by an angel. The weed used was angelica. It was believed no Witch could stand the sight of angelica, and thus it was put in herbal brews by Cunningfolk to "prove" their faith.

Common uses: High doses may be harmful, and at least two poisonous plants resemble angelica, so avoid using it unless you are very sure about what you have.

Zodiac correspondence: Sun, Leo

ANISE (*Pimpinella Anisium*) Also known as: False Licorice Seed, Italian Licorice.

Indigenous to: widely

Sacred to: Apollo, Mercury, Osiris

Common uses: Flavoring, cramp and nausea reliever

Zodiac correspondence: Moon, Aquarius

APPLE (*Pyrus Malus*) Also known as: Apple, various varieties.

Indigenous to: Europe, North America

Sacred to: Aphrodite, Athena, Diana, Druids, Dionysus, Eris, Hera, . Myths: "Adam and Eve," "The Apple of Discord," "Hercules and the Golden Apples of the Hesperides," numerous Faerie tales, inc. "Snow White"

Common uses: Food, mild laxative, healing and love charms

ARNICA (*Arnica Montna*) Also known as: Mountain Tobacco, Silver Witchweed, Silverwolf, Wolfsbane

Indigenous to: Canada, US, Europe

Sacred to: Hecate

Common uses: DO NOT USE unless you are an herbal doctor, but plant in a decorative garden for protection. Use gloves when tending it.

Zodiac correspondence: Zodiac, Capricorn

BALM (*Melissa Officinalis*) Also known as: Lemon Balm, Sweet Melissa

Indigenous to: Varies

Sacred to: Hecate, Juno, Pan

Common uses: Food, external poltice for irritations, mosquito repellent, aromatherapy, cramps.

Zodiac correspondence: Jupiter, Cancer

BARLEY (*Hordeun Vulgare*)

Indigenous to: Europe, North Africa

Sacred to: Odin, Demeter and "grain" gods.

Common uses: Food, anti-itch.

Zodiac correspondence: Saturn, Leo

BELLADONNA (*Atropa Belladonna*) Also known as: Deadly Nightshade, Dwale, Poison Black Cherry.

Indigenous to: US, Europe

Sacred to: Bellona, Hecate, Hypnos, Morpheus, Somnus

Common uses: Do Not Use...Poisonous in small quantities.

Zodiac correspondence: Saturn, Capricorn

CALENDULA (*Calendula Officinalis*) Also known as: Garden Marigold

Indigenous to: Europe

Sacred to: Persephone and other "maiden" goddesses

Common uses: Cramp, gas and nausea relief

Zodiac correspondence: Sun, Leo

CAMOMILE or CHAMOMILE (*Anthemis Nobilis*) Also known as: Roman Chamomile, Garden

Chamomile.

Indigenous to: Europe

(*Matricaria Chamomilla*) Also known as: German Chamomile, Wild Chamomile, Witchdaisy.

Indigenous to: Europe

Sacred to: Apollo, Ares, Hera, Zeus

Common uses of: Calming, Muscle relaxant, appetite stimulator.

Zodiac correspondence: Sun, Leo

CATNIP (*Nepeta Cataria* or *Nepeta Nepeta*) also known as: Bast's Tea, Catmint, Catwort, Field Balm.

Indigenous to: All over

Sacred to: Bast, Freya

Common uses of: Similar to Chamomile, also good for upper respiratory and sinus infections.

Zodiac correspondence: Venus

CATMINT (*Nepeta Musseli*) also known as Purple or flowering Catnip.

Indigenous to: Dry areas where catnip is grown.

Sacred to: Bast, Freya

Common uses of: This ground-climbing sister of Catnip, with its purple flowers, can be used like catnip, but is not quite as good.

Zodiac correspondence: Venus

CLUBMOSS (*Lycopodium Clavatum*) Also known as: Foxtail, Staghorn, Wolfclaw.

Indigenous to: Varies

Sacred to:?

Common uses: Powdered dried clubmoss is used on wet rashes and nosebleeds. Use commercial preparations as it can be poisonous

Zodiac correspondence: Moon

CURRANT (*Ribes Nigrum*) Also known as: Black Currant

Indigenous to: Marshes

Common use: Diuretic

(*Ribes Rubrum*) Also known as: Red Currant, Wineberry.

Indigenous to: Europe

Sacred to: All wine and fruit gods.

Common uses: Wine flavoring, upset stomach. juice has cooling properties

Zodiac correspondence: Jupiter

DANDELION (*Taraxacum Officinale*) Also known as: Blowball, Lion's Tooth, Wild Endive

Indigenous to: EVERYWHERE

Sacred to: Eris, Hecate, Persephone

Common uses: Petals, leaves and root edible, a natural diuretic and stimulant, the ground roasted root of which makes a good "coffee" with a caffeine free "kick"

Zodiac correspondence: Sun, Leo

ELDER (*Sambucus canadensis*) Also known as: American Elder, Black Elder, Sweet Elder

Indigenous to: North America WARNING: Poisonous when raw!!!!

(*Sambucus Nigra*) Also known as: Black Elder, Ellhorn

Indigenous to: Europe WARNING: Extremely purgative when raw, nausea and vomiting may occur.

(*Sambucus racemosa*) Also known as: Red Elder

Indigenous to: Europe, Canada. WARNING: The seeds within the berries are poisonous.

(*Sambucus ebulus*) Also known as: Dwarf Elder, Wild Elder

Indigenous to: US, Europe WARNING: The berries are poisonous

Sacred to: Dionysus, Venus.

Common uses: Varies, use commercial preparations.

Zodiac correspondence: Venus

ELECAMPANE (*Inula helenium*) Also known as: elfdock, elfwort, horseheal, scabwort.

Indigenous to: US

Sacred to: Helene

Common uses: Cramps, itches, bugbites.

Zodiac correspondence: Mercury, Uranus

EUROPEAN CENTAURY (*Centaurium umbellatum* or *Erythraea Centaurium*) Also known as: Bitter Herb, Centaur Herb, Centaury.

Indigenous to: Europe

Sacred to: Centaurs, Epona, Pan.

Common uses: Dieting, blemishes.

Zodiac correspondence: Sun

EUROPEAN VERVAIN (*Verbena Officinalis*) Also known as: Enchanter's Plant, Juno's Tears, Vervain, White Verbena, White Vervain.

Indigenous to: Mediterranean

Sacred to: Bast, Cerridwen, Demeter, Diana, Hermes, Isis, Juno, Jupiter, Mars, Mercury, Persephone, Thor, and Venus

Common uses of: Improves kidney and bladder function. Said to be an "aphrodisiac"

Zodiac correspondence: Gemini, Taurus, Venus

FENNEL (*Foeniculum vulgare*) Also known as: Sweet fennel

Indigenous to: Mediterranean, Asia

Sacred to: Adonis

Common uses: Stomach problems, expectorant.

Zodiac correspondance: Mercury, Virgo

FENUGREEK (*Trigonella foenum-graecum*)

Sacred to: Aphrodite, Apollo. Pan, Venus

Common uses: Believed to be an aphrodisiac. A natural "pick up" plant, good for the "icky" feeling of the last day of a cold.

Zodiac correspondence: Mercury

FOXGLOVE (*Digitalis Purpurea*) Also known as: Digitalis

Indigenous to: US, Europe

Sacred to: Aphrodite, Persephone, Pluto, Venus

Common uses: The heart medicine Digitalis is made from Foxglove. If anyone ever tells you herbal remedies are a load of bull, remind them of good ol' Foxglove. However, it causes Contact Dermatitis, among other things, so don't go harvesting. If you have a heart condition, take a prescription remedy, not a homemade one

Zodiac correspondence: Pluto, Venus

FRAGRANT VALERIAN (*Valeriana Officinalis*)

Also known as: All-Heal, Heliotrope Valerian.

Indigenous to: Europe, East Coast US

Sacred to: Apollo, Cernunnos, Ra, Zeus.

Common uses: Migraine, Insomnia. Warning: extended use or large doses may cause symptoms of poisoning. I know of a person who lost a kitten to Valerian Poisoning, so if you plant it be careful!!!!

Zodiac correspondence: Mercury

GINGER (*Zingiber Officinale*) Also known as: African Ginger

Indigenous to: Tropical parts of Asia, cultivated elsewhere

Sacred to: Ginger is a sacred plant in it's own right.

Common uses: Ginger eliminates motionsickness AND Morning sickness. Try a pinch of gingerroot powder

on the back on the tongue, ginger beer or "Hot" ginger ale, or candied (crystallized) ginger. Ginger also helps clear sinuses and relieves migraine, but some people find high doses make them "shaky."
Zodiac correspondence: Moon

GINSENG (*Panax schin-seng*) Also known as: Chinese Ginseng

Indigenous to: Asia

(*Panax quinquefolius*) Also known as: American Ginseng, Five-Leafed Ginseng

Indigenous to: North America

Sacred to: Ginseng is said to be sacred of it's own right

Common uses: This is the "Wonder Plant" it seems to work for everything, especially as a "pick up." It seems to cause headaches in some people, however.

Zodiac correspondence: Scorpio, Uranus

HEATHER (*Calluna Vulgarius*) Also known as: Ling

Indigenous to: Europe

Sacred to: Erin, Isis, Persephone, Venus

Common uses: Aromatherapy, Diuretic, stomach troubles

Zodiac correspondence: Venus

HOREHOUND (*Murrubium Vulgar*) Also known as: Marrubium

Indigenous to: Varies

Sacred to: Horus

Common uses: Common Cold, especially when candied.

Zodiac correspondence: Mercury

HOUSELEEK (*Sempervivum Tectorium*) Also known as: Aaron's Rod, Hens and Chicks, Jupiter's Beard.

Indigenous to: Europe

Sacred to: Jupiter, Thor

Common uses: Leaves used much as Aloe is.

Zodiac correspondence: Jupiter

JASMINE (*Jasimum Officinale*)

Indigenous to: Warm parts of Eastern Hemisphere

Sacred to: Diana and other lunar/night goddesses.

Common uses : Aromatherapy, used for Migraine and an "aphrodisiac"

Zodiac correspondence: Cancer, Jupiter, Moon

LADY'S MANTLE (*Alchemillia Vulgarius*)

Sacred to: Earth Goddesses and the Virgin Mary, Angels.

Common uses : Reducing bleeding, appetite stimulator.

Zodiac Correspondence: Venus

LAUREL (*Lauros Nobilis*) Also known as: Bay Laurel

Indigenous to: Mediterranean

Sacred to: Adonis, Apollo, Artemis, Gaea, Helios, Mars, Zeus.

Common uses : Spice, burning to induce visions.

Zodiac correspondence: Sun, Leo

MANDRAKE (*Mandragora Officinarum*)

Indigenous to: Europe

Sacred to: Aphrodite, Diana, Hecate, Nimue, Saturn

Common uses : Poisonous

Zodiac correspondence: Mercury

MEADOWSWEET (*Filipendula ulmaria*) Also known as: Meadowqueen

Indigenous to: Europe
Sacred to: Demeter
Common uses : A natural aspirin.
Zodiac correspondence: Gemini, Mercury, Venus

MEXICAN DAMIANA (*Turnera Aphrodiaca*)

Indigenous to: Southern North America
Sacred to: Venus
Common uses :Stimulant
Zodiac correspondence: Pluto

MILKWEED (*Asclepias Syriacae*) Also known as: Silkweed

Indigenous to: North America
Sacred to: Juno
Common uses: Kidney Stones
Zodiac correspondence: Jupiter

MUGWORT (*Artemisia Vulgaris*) Also known as: Sailor's Tobacco

Indigenous to: Everywhere
Sacred to: Artemis, Diana.
Common uses: Anti-itch. Large doses cause sickness.
Zodiac correspondence: Moon, Venus

NUTMEG (*Myrisia Fragrance*)

Indigenous to: Indonesia
Sacred to: Jupiter, Uranus
Common uses : Anti-gas, a hallucinogen which can kill in a dose as small as two nutmegs.
Zodiac correspondence: Jupiter

ORRIS ROOT (*Iris Florintina*) Also known as: Florentine Iris

Indigenous To: Mediterranean
Sacred to: Aphrodite, Hera, Iris, Isis, Osiris
Common uses :Diuretic, common cold
Zodiac correspondence: Moon

PEPPERMINT (*Mentha Piperita*) Also known as: Lambmint

Indigenous to: US, Europe
Sacred to: Zeus
Common uses: Nausea, gas.
Zodiac correspondence: Venus

POMEGRANATE (*Punica Granatum*)

Indigenous to: Asia
Sacred to: Hades, Hera, Persephone, Pluto
Common uses: Rind: Gargle Seeds: Diarrhea, aids digestion
Zodiac Correspondence: Mercury, Uranus, Venus

RHUBARB (*Rheum Palmatum*)

Indigenous to: Asia, but imported plants in The North Eastern US have long since gone wild.
Sacred to: Hecate
Common uses : Food, high Vitamin C, leaves are poisonous
Zodiac correspondence: Mars, Scorpio

ROWAN (*Sorbus Acuporia*) Also known as: Sorb Apple

Indigenous to: Europe

Sacred to: Moon
Common uses: various
Zodiac correspondence: Moon

RUE (*ruta Graveolens*) Also known as: Herb of Grace
Indigenous to: Europe, Africa
Sacred to: Mars
Common uses: Rue causes contact dermatitis and may cause poisoning.
Zodiac correspondence: Sun, Leo

TARRAGON (*Artemisa Dracunculus*) Also known as: Estragon
Indigenous to: Varied
Sacred to: Artemis.
Common uses : Seasoning, appetite stimulation, Dragon hunting.
Zodiac correspondence: Mars, Scorpio

WOODRUFF (*Asperula Ororato*) Also known as: Master of The Woods, Sweet Woodruff
Indigenous to: All over
Sacred to: High Court Sidhe, Venus, Horned God
Common uses: Use small doses only for Migraine
Zodiac correspondence: Mars, Venus.

WORMWOOD (*Artemisa Absinthium*) Also known as: Absinthe
Indigenous to: Europe
Sacred to: Artemis, Diana
Common uses: Use commercial preparations to avoid poisoning
Zodiac correspondence: Mars, Scorpio, Pluto.

Recommended reading:

<http://barnesandnoble.bfast.com/booklink/click?sourceid=361455&ISBN=0553267701>>The Herb Book
<http://barnesandnoble.bfast.com/booklink/click?sourceid=361455&ISBN=0553267701>, John Lust,
Benedict Lust Publications,1974 Paperback: Bantam Books, 1974-present.

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http://barnesandnoble.bfast.com/booklink/click?sourceid=361455&is_search=Y&title=Wicca+Craft,+The+Modern+Witch%27s+Book+of+Herbs,+Magick+and+Dreams,+&match=exact&options=and> Wicca
Craft, The Modern Witch's Book of Herbs, Magick and Dreams.

http://barnesandnoble.bfast.com/booklink/click?sourceid=361455&is_search=Y&title=Wicca+Craft,+The+Modern+Witch%27s+Book+of+Herbs,+Magick+and+Dreams,+&match=exact&options=and>Gerina
Dunwich, Citadel Press/Carol Publishing edition, 1994

<http://barnesandnoble.bfast.com/booklink/click?sourceid=361455&ISBN=1580170404>>Shaker
Medicinal Herbs: A Compendium of History, Lore, & Uses

<http://barnesandnoble.bfast.com/booklink/click?sourceid=361455&ISBN=1580170404>> , Amy Bess
Miller, Clarkson Potter, 1976

All One Wicca:

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Book Two: A Grimoire:Section 3:Candles

The benefit of making your own candles is that you know the wax is pure and what types of wax you put into the candle. My favorite candles for ritual are beeswax, with a heavy coat of dyed vegetable wax to give them color. A warm candle rolled in rubbed sage makes a wonderful scent when burned, and essential oils are better than "scented candle oils" for fragrance. With beeswax the natural smell is so wonderful that oils are unnecessary.

Although variances in shape occur, the "normal use" candle is a standard pillar or taper, in white or the cardinal colors for the compass points, and varying colors of altar candles for various holidays, weekdays, Magick types and purposes. The following color chart, which details candle colors and their meanings, is

also good for Altar cloths and robes:

Black: Samhain, Yule, Astral Magicks, "space" Magicks, Night Magicks, Ceremonial Magicks, Saturday, Earth, Grounding, Protection, Wisdom, Dispelling, Totality, especially physical totality, the Scribe's color.

Blue, Cobalt: Samhain, Yule, Astral Magicks, Lunar Magicks, "space" Magicks, Night Magicks, Ceremonial Magick, Monday, Thursday, Protection, Wisdom, clear Thought, Logic, Emotional Control, a good "power" color.

Blue, Primary: Summer, Lughnasa, Samhain, Yule, Imbolc, Astral Magicks, Thursday, Water, Clear thought, A good color for "generic" rituals.

Blue, Sky:(Sky Blue) Spring, Beltane, Solar rituals, Imbolc, Astral Magicks, Water, Air, Clear thought, Used by people with avian spirit guide/ Totems/ favorite animals, esp. Seagull, Eagle, Hawk, Kingfisher. The "bardic" color.

Brown: Lughnasa, Autumn, Samhain, Druidic Magicks, Earth, emotional Control, Craftsmanship. The Artisan's color.

Copper: Autumn, Yule, Money summoning rituals, Solar rituals, Druidic Magicks, Sunday, fire, Protection, Leadership, Love, Passion, Luck.

Gray: Yule, Imbolc, Astral Magicks, Lunar Magicks, Druidic Magicks, Fire, a good balance color, used by Druids and Wolf and Lynx people

Green, Deep (hunter) : Lughnasa, Autumn, Yule, Imbolc, Night Magicks, Druidic Magick, Earth, Calming, Grounding, Strength, Protection, Logic, Emotional Control, The God in his element, a "male" color.

Green, Light: Spring, Beltane, Summer, Imbolc, Druidic Magick, Earth, Prosperity, Money, Strength, Wisdom, Emotional Control, Luck, the "Faerie color," (courtesy of Americanized Irish "little people.")

Gold: Summer, Autumn, Yule, Money summoning, Solar rituals, Fire, Lust, Passion, Priests.

Indigo: Samhain, Yule, Astral Magicks, Night Magicks, Ceremonial Magicks, Wednesday, Wisdom, Logic, Love, Passion, Music, a secondary Bardic Color.

Lavender: Spring, Beltane, Summer, Imbolc, Calming, Love, Healing.

Orange: Spring, Beltane, Summer, Lughnasa, Autumn, Samhain, Solar Rituals, Sunday, Fire, Passion.

Pink: Spring, Beltane, Friday, Calming, Love, Luck, Healing,

Peach: Spring, Beltane, Lughnasa, Friday, Calming, Love.

Red: Beltane, Summer, Lughnasa, Samhain, Yule, Ceremonial Magick, Tuesday, Fire, Strength, Protection, Leadership, Lust, Passion, Healing esp. Blood, Physical Strength, Questing, Color of the Seeker.

Rust: Lughnasa, Autumn, Samhain, Druidic Magick, Fire, Earth, Passion, Universal "Oneness."

Silver: Yule, Astral Magicks, Lunar Magicks, "space" Magicks, Monday, Air, Protection, Clear thought, Logic, Passion, Priestesses

Turquoise: Spring, Beltane, Summer, Astral Magicks, Lunar Magicks, Water, Protection, Clear thought, Logic, Luck, Healing esp. Eyes.

Violet: Samhain, Yule, Astral Magicks, Night Magicks, Ceremonial Magicks, Thursday, Saturday, Wisdom, Clear thought, Leadership, Logic, Passion, emotional control, Healing esp. Mental. The prime "Power" Color used by priests.

White: Positive workings of all sorts.

Yellow-Orange(Saffron): Spring, Beltane, Summer, Lughnasa, Autumn, Yule, Solar Rituals, Astral Magicks, Druidic Magick, Ceremonial Magick, Sunday, Fire, Wisdom, Logic, Passion, Emotional Control, Luck, Sanity, A traditional Mage-Priest and celebration Color.

Yellow: Spring, Beltane, Summer, Imbolc, Solar Rituals, Astral Magicks, Sunday, Fire, Clear thought, Passion, Healing, esp. Mental.

In some Drawing Down ceremonies, circular "Moon" and "Sun" candles are used, and one is used in the Ritual given in Book Three. In some rituals special crowns of candles are used, but fully half of my obsession with safety is because of a fire that started when hot wax from such a thing dripped on a skylad woman, who knocked over a candle, which set the altar on fire, which would've done more if it wasn't for our unique altar tool, a small fire extinguisher. Now, these were talented, safety conscious individuals who'd done that ritual before, so I can only imagine the chaos in a less structured setting. If you are going to use candles, or any heat source, at least have a bucket of water nearby!

All One Wicca:

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Book Two: A Grimoire:Section 4: Corn Dollies

Probably originating from the Celtic Wheat weavings or "wheatings," American "Corn Mothers" or Corn dollies are made from the silks and husks of corn and used in the harvest celebrations of various trads. While more European trads shudder at the thought of a corn dolly made from *Zea Mays*, the fact is, as the single most important grain we grow here, corn is likely to be the harvest in our harvest festivals. I've been given the once-over by a few wheat country pagans, so I am emphatically stating that a Corn Dolly may be made out of any harvest plant that the practitioners consider as "their" main harvest. (And yes, beautiful ruby faced dolls have emerged from the cranberry bog that neighbors a friend's property, so I assume any crop is acceptable.)

A few Pagan books give ideas for crafting the corn mother, a Southwestern trad I know uses Corn as their exclusive medium, but their dolls are intricate works of dried beaded corn probably dating back to indigenous peoples of their area. With a small bead drill, or a sharp pick which can be twisted, dried corn can be beaded just like most seeds. This is ridiculously complex if your corn dollies are a one time thing that are thrown on a Samhain fire, so we make simple "shaker dollies." There are two approaches to making them, corn husks, dyed and folded and ready for doll making are available at craft stores, and if you want a doll to look great, they're probably what you want. Most of us, especially in the Dairy country of Upstate New York, where feed corn dots every highway, prefer the "Natural" look. Dry the corn husks on a piece of paper in the sun and let them bleach for about four days. Right before you use them, wet them in a pot of warm water with a dash of vinegar in it, this makes them pliable. Bend and fold them into the rough shape of a woman (or man, for Corn Fathers) and tie them with twine or small strips of corn husk. A variation on this, called "Corn Niki's" by our coven for their resemblance to a member, is the long haired corn goddess, which is usually made with green husks from the first harvest.

Corn Niki: Take the still-green silk from an ear of corn and crumple the brown dry end into a ball. Use an inner (thin) husk, fold it in half, and create a narrow cylinder, with the fold along the top. Stuff the dry brown end into the cylinder, then use a small band of husk to cover the top, allowing a few wisps of silk to stick out of the front. This is a "headband" and keeps the brown from showing. Tie the headband to the cylinder with another band of husk. You should now have a head. As the hair dries, this will crinkle, but crinkle the "bangs" while they're still wet. Take an outer husk, and slit halfway to the middle with the grain twice so that you have a thin band that goes to the middle, and two thicker outer pieces. Fold the middle piece down, and set it aside. Take yet another small inner husk and wrap it around a pencil, this piece should be one half the length of the piece you just cut. Tie the ends of this piece with wire, string or a tiny

piece of husk, removing the pencil before tying the second side. Pick up the piece you set down and lift up the folded down segment on that piece. Place the rolled and tied piece under the folded segment so that you have a cross-like structure, then place the head piece so that the fold is at the back if the neck. Fold the two pieces down in front, then take another small piece of husk and create an "apron" by folding it in half. Using a piece of twine or husk under the fold of the apron, tie the whole thing together in the center, so that you have a waist. Let dry in the sun, retying and adding small pieces of husk if needed. Allow natural drying to alter the shape, but make several, because a few will lose shape completely when dried. If desired, paint with natural dyes, or dry in a dark dry place for more color.

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Book Two: A Grimoire:Section 5:Crystals and Minerals

The following is a (very) partial listing of some commonly used crystals. Relying too heavily on Crystalmancy smacks a little of the "New Age" for me, but it is becoming more and more common in Wicca. The following list details the color of these crystals and stones, the element that the stone is supposed to represent, the lore that the tone has gathered and the "Correspondences" of the stone, the type of Gods and forces it relates to.

Amber Color: Amber Element: Earth Lore: Protection. It supposedly "traps" evil forces within it. Correspondences: Protective, Druidic

Amethyst Color: Violet Element: Water Lore: Supposed to protect from the "spirits" of Wine, a good piece "sings" (vibrates) when struck with a tuning fork. Correspondences: Wine/Blood

Garnet (Earth's Blood) Color: Red/Violet Element: Earth Lore: Blood related ailments, iron deficiency, good grounding and women's stone. Correspondences: mother/birth

Hematite(mirror rock) Color: Reflective silver Elements: Air, Moon Lore: Protection, it reflects negative energy away. Sacred to the Morrigan, called "Raven's eye." Correspondences: Any Moon.

Malachite Color: Green Banded, some are blue. Element: Earth Lore: The Money Stone, also luck, and a good stone for gardening. Protective. Often mislabeled as "green tiger's eye." Correspondences: Luck, commerce

Quartz, Clear Color: Clear, like glass Element: Air Lore: The prime Scrying crystal, also for logic and an unclouded mind. Correspondance: Magick

Quartz, Rose Color: Clear w/Pink or cloudy pink Element: Air Lore: An imagination releaser, good for kids. Correspondance: Love, dreams

Quartz, Blue Color: Pale blue or clear with blue Elements: Air, Water Lore: A good concentration stone, but expensive, substitute: Blue lace agate, Turquoise, Aquamarine. Rain stone. Correspondences: Lunar, thunder and rain.

Quartz, smoke or Smoky Topaz Color: Clear/yellow with gray /brown gray Elements: Air, Fire Lore: A good protective and astral stone, It either works for you or it doesn't, very "temperamental" stone, good for variable people, good stone for someone working through MPD or similar "difference of order". Correspondences: Astral, Smoke, Air, Fire, Thunder.

Quartz, Violet see Amethyst

Snowflake Obsidian Color: Black w/white, gray Element: Fire Lore: Burn ease, fire prevention, toss a piece in BBQ pit to whiten coals, used to avoid snow problems. Correspondences: unknown

Tiger's Eye, Blue Color: Multi-blue, reflective. Elements: Water, Air Lore: Good for airline fears and boats, wind calling, also called "Siberian Tiger's eye, Hawk's/Falcon's eye." Correspondences: Astral travel, flight

Tiger's Eye, Brown Color: Multibrown, reflective. Elements: Fire, Earth Lore: Like Hematite, it "reflects" danger away, only this is said to shatter it into multiple reflections which direct toward the one causing it. Correspondences: Said to be sacred to "cat" Gods, like Bast.

Tiger's Eye, Red Color: Multired, reflective Element: Fire Lore: Physical protection, swordsmithing, Phoenix, Brigid and physical prowess. Correspondences: Fire/Combat

Turquoise Color: Sky Blue Elements: Air, Water Lore: Protection, verbal prowess, the bard's stone. General protection. A good stone to "tune in" to for beginners. Correspondences: Music/Poetry

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Book Two: A Grimoire:Section 6:Divination and The Last of the True Scientists

Divination is the art of discovering that which is hidden. This doesn't mean that all diviners are fortune tellers, or that, by divining, you plan to discover things you didn't have the right to know. We believe that information is power, and that, if the Gods forbade this information to us, we would not be able to discover it. When we divine, it is either within a ritual context, or meditated on for quite a while. When the ethics are in dispute, most will opt to not risk it, but the Gods gave us right and wrong, and one of our tools is the ability to discern them. Sometimes, divination is obviously wrong, especially when used unnecessarily, let your conscious be your guide.

There are two main forms of divination used by Wiccans, excluding Tarot, Numerology, Astrology and Rune-Casting, which require less extraordinary ability and tell their secrets more through randomization and synchronicity than pure (albeit influenced) conjecture. Pattern Work (not to be confused with path-working) shows what results a theoretical action will have, and is usually used by psychics. At its least, Pattern Work is the application of logical theorizing to the present, and can be detailed in a series of "and", "or" and "if-then" statements applied with the recognition of patterns or synchronicity. For a particularly base example, a friend (and switchboard operator) had noticed an unusual number of extra "W's," "T's" and "O's" appearing on her word processor. Emboldened, she played the number "986" which was both part of her phone number (and the numbers for WTO) and the month/year of her second anniversary. The number drawn was "222."

Astral and dream Pattern Work is the act performing pattern work while asleep or projecting, to allow the greater consciousness to fill in where we cannot. Some psychics see patterns as colors and designs, which change as decisions are made, others see the actual events alter. "Tuning in" to the patterns requires a strong attention to detail, and the realization that the slightest action can alter the Patterns completely. It's very easy to get caught up within the patterns and "lose" yourself, so with Pattern Work, as in all things, *moderation*.

The more common form of Divination is scrying, which is the "classical" divination, including the cliché-ridden Crystal or Mirror gazing. The Magickal Mirror existed long before Snow White's beautiful but misguided stepmother gazed into one and wasn't pleased by her looks, and the Crystal Ball was too expensive an item for many of the charlatans usually associated with it, having long been delegated to the realm of the "professional" metaphysicist, usually no more than the town leech.

Tradition decrees that the Crystal ball be clear, preferably quartz, and lit only by candle or moonlight, but it seems that people respond differently to different Crystals. A friend has a sphere of blue lace agate that she divines in, another uses the face of a crystal prism which is hung in his window to gather the power of the sun. Although the traditional crystal ball of the motion picture industry is kept in an ornate stand, often metal, the crystal ball of the scryer rests on black cloth, usually velvet, which is occasionally draped over a stand to prevent scratching and give an ideal "blank" background. I've been told that using different color cloths influences the outcome, and are especially powerful for discerning information geared toward certain people or things associated with that color.

Scrying mirrors are also decreed by tradition to a few distinct forms, but the personalization of your mirror

is what makes it work, not getting all of the Theban script in the proper alignment! Although usually black, often concave and rarely seen in daylight, the scrying mirror is personal, and it's the *person* who needs to feel comfortable.

If you've been doing Wicca or Metaphysics for a while, you're probably most comfortable in a circle. After it's cast, try doing the air visualization to "free your mind." Then, gaze deeply into the mirror or ball. Blink, shift, scratch, cough, and move normally, don't stare like a television medium! If you do stare, all that you'll see is spots, mist, and all the other creatures of eyestrain, and trust me, eyestrain sucks. If you can't blank your mind, repeat a nonsense word in your head. This sounds bizarre, but I've been known to meditate on the phrase "blah, blah, blah," while scrying. It occupies my outer mind, like the music I play to write, or having the TV on while I study, while my inner mind can concentrate on the activity at hand. It has been my experience that as you awaken your brain, you need more stimuli, and I envy anyone who can sit in the darkness and focus all of their mind onto one thing, I wish I could!

Probably not the first time, but eventually as you scry (limit yourself to one half hour at a time at first) you'll begin to see misty forms in the surface, whether these are no more than cloud-like shapes waiting for interpretation or pictures that slowly form changes from person to person, but you will see something with persistence. If you can't get a mirror or ball, try a cup, bowl or plate of water. Black plates and bowls are often available at housewares shops for under two dollars, and make great containers for scrying water.

My favorite scrying mirror was a piece of window pane in a frame, the back of which was spray painted copper. Initially, this mirror was meant to go onto the altar under a large copper censer, to keep ash from hitting the altar cloth and to reflect its little light toward the copper ceiling of the temple (rescued from an old theater before it was demolished.) I was cleaning the mirror one last time, filling the frame with a salt-water solution, and rinsing it in rain water (it was raining, which made this quite easy.) I've always been very in-tune with storms, and as I was gazing into this mirror absent mindedly (the best way to gaze,) I caught a flash of reddish lightning in it, that lasted at least two seconds. The only problem was that, while it was raining, it wasn't storming. I contemplated the sky for a few minutes after this, trying to figure out where the lightning flash had come from. I set down the mirror, and went to sit down on the porch when a very red flash of lightning crashed overhead, leaving me with spots in my eyes and a migraine that lasted a few hours. There is no doubt in my mind that I was warned not to look up at this lightning flash by this little mirror, which was nicknamed "The Little Mirror that Could." For about three months I used this mirror to try to find out everything I could, to no avail. Sure enough though, this mirror glowed every time there was a storm coming, and when a fellow student in a storm prone area noticed the glow while visiting, I gave it to him.

The story of this mirror's suicide is especially fascinating. This same student was on the phone with me when The Little Mirror that Could leapt off the wall and shattered into about fifty pieces. While we were talking, trying to figure out what happened, he looked out his window and said that it looked very ominous. Another minute later his emergency weather radio went off, there was a tornado in his area. As he went into the basement, as local sirens squealed and he stayed on the line with me, courtesy of cellular miracles, but was blacked out after a while. An hour later he called back. The twister had passed not two hundred yards from his house, following the road. Most of his windows on one side were broken, and he had a cut from a jar of pickles bursting in the basement, but the house, cats, chickens and dogs were fine. We were both positive the mirror had warned him of this, so we went to make another one, going together to a friend's house, about 10 miles away from his, three days later. When we asked for another pane of glass (he'd given me the first one out of a box he had) he said he had none, because three days earlier the entire contents of the box were destroyed when a nearby tornado knocked over his tool shed. With a little calculation, we figured the panes had been destroyed at the same time his mirror had fallen.

The ways that power effects objects are not yet fully understood to us, but neither were magnetism or gravity at one time. As humanity grows and learns, a lot of what we have "known all along" will become common knowledge outside of our community. Scrying is just that, an untapped, unknown power which we do without understanding. Life is not a cartoon, just because you don't know about gravity doesn't mean that you're capable of ignoring it. We don't need a "reason" why things fall, because they do, whether we want them to or not, and scrying is the same way, it works, but we just don't know why.

Metaphysics and the UFO controversy share the dubious distinction of being the only things that science

expects complete proof of before and without experimentation. It just goes against scientific theory to expect proof to materialize without work. DNA was a theory, germs were a theory, the atom was a theory, and without experimentation, these theories would've remained "untrue" to the public. WE are the only scientists that Metaphysics has, because the age of unique scientific discovery has passed. Science doesn't want to discover new things, just new aspects of old things. We need to keep documentation of what we do, so that we can discover all the "new" things out there, and prove them.

I suggest a separate journal for experimentation with Metaphysics, and this includes all Magickal workings outside of ritual, not just scrying. Use a separate page for each experiment, describe in detail the tools, steps taken, feelings, and results. Note the date, time, phase of the moon, everything you can. YOU are the last of the True Scientists.

All One Wicca:
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Book Two: A Grimoire:Section 7: Five common ways of raising Power

I know that many rituals call for power to be raised without saying how. This isn't an oversight on anyone's part. Raising power is so personal that the idea of "telling" a person or a group of people how to do it seems preposterous. I've noticed a trend toward five types of power raising in particular, especially in larger circles. These are by no means the only or the "right" ways to raise power. The Five I've chosen are expandable, and can be used together in any number of combinations. Have fun!

1: Drumming: Drumming is fairly self explanatory. Most people use a "heart" beat which they increase in speed and complexity as they raise the power. I've felt my own heart increase with the drum, it can be very powerful. I feel it necessary to say that not everybody drums well, and that it's not (as at least one drummer I know says,) something you are born with. It takes practice for many of us to become that rhythmic, and the idea that EVERYONE needs to be banging on something for drumming to work is insane. I've seen many circles use only one drummer to raise power, and for many of us, just being there is enough. Increasing speed and complexity are a common part of power raising, as more power is raised, and the air begins to tingle with anticipation, one would have to work harder to not speed up, and they'd diminish their usefulness, so relax and let it go. When the power has reached it peak, the drummers stop, often voicing a monosyllable which pushes the power. "Ra, Ma, Ha, Ho, and Ay" all have special meanings in different Trads, but research or spontaneity are equally as acceptable.

2: Dancing Like drumming, dancing is something not everyone can do. Power raising dances, however, tend to be very simplistic, like holding hands and twirling around the circle. It's easy to raise power this way, if occasionally dizzying. Combined with drumming or chanting, dancing can be a simple way to get everyone involved and is a fairly quick method of power raising. As with drumming, the best way to let the power out that you raise from dancing is to stop suddenly, often by ending an accompanying beat, and shouting out a monosyllable, preferably while collapsing.

3:Chanting There are three schools of chanting in Wicca, one says that chants must be ancient words and phrases, almost inevitably in another language. These are often hard to say and even harder to remember. The second school allows translated chants, but they usually are overly complex small prayers, which are often hard to memorize. The final school, the method of chanting that I have found most powerful, is the simplest. You may've noticed I ALWAYS prefer the simplest, and before I describe fully this school of chanting, I'd like to explain why, in Ritual, I follow the Rule of KISS (Keep It Simple, Stupid.) Religion must always be a matter of intense Self. No one has the right to enforce or inflict their religion upon someone. In a group setting, complexity easily causes a rift to develop between people. By using things that only a few people can do, you limit the group to those who participate, and those who can't. In every group I've been in there is at least one person whose abilities aren't even close to everyone else's. Wicca needs to avoid becoming elitist, and many covens already seem to have an idea of what members SHOULD be like. By keeping the recipe for ritual simple, any group may form a firm basis in practice before attempting more difficult maneuvers. Keep it simple, stupid!

The preferred method of chanting I try to teach all groups is personal chanting, in which everyone in a group chants what is on their mind, be it. "East, East, Yea East," or "Almighty Zeus, Sky Father Supreme." or even my son's spontaneous chant at three years old "Circle, Circle, Power Circle." The amount of power felt with this method is astounding, and a person who wants to use an old chant, translated or not, is welcome. The increase in power at the end is done by increasing volume, with everyone ending with the same word or phrase, often the "So" of "That it be so," an easier to end variation on "So mote it Be."

4:Music Weaving This is not a simple method. Often, this accompanies drumming, and is prevalent in groups with many musicians and singers. A simple melody is played or sung, a second instrument comes in after the first, with a similar melody played above in counterpoint, a third in a lower harmony to the first, a fourth in harmony with the second, and so forth. The power raised and spells worked this way are intense, but require practice and a good many skills. Harper Wicca, a musical trad, uses this exclusively.

5:Tone Raising While not as complex as music weaving, tone raising is best done with at least one person with perfect pitch and a strong voice. Beginning usually at A or C, the group uses a single syllable to match the leader's tone or harmonize. The leader raises the tone or chord and allows the group to increase in pitch and volume, with those incapable of higher notes dropping down an octave (singing the same note lower) when the volume is maximized, everyone shouts out the syllable and "lets" the power go.

All One Wicca:

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Book Two: A Grimoire:Section 8:Gods and Goddesses

A few years ago, a friend and I began compilation of a database of deities, knowing that such a thing would be a life's work. It grows to this day, with many of the entries consisting of only a name and a culture. The following list is comprised of some of the more complete entries. It is, by far, a partial list, with many of the Gods left out either by lack of knowledge, lack of space or lack of a clear head. I've not included some Gods who are very rare to Wicca, like Eris and Loki (I have enough Eris and Loki in my life, anyway) but some "evil" gods, like Angra Mamyu, who are never used in Wicca, are included as comparisons or because they make up a central part of a pantheon.

I've stayed away from recent Gods, like those from the genres of fantasy and science fiction, so if you find a "character" within, it was the author of the Sci-fi, and not I, who pinched a name. Also, I've avoided "new" definitions of Gods, the ones that have popped up in many books written by people with no knowledge beyond a few college courses in Mythology. Good works on Mythology are detectable in two ways, use of materials relating to the culture from which the myth came, and use of the phrase, "but we can't be sure of this." Anyone who tells you that they "know" the truth about the worship these gods had better shush, or show you their time machine.

The mythology of these deities is yours to discover, I've only included a brief description, complete with the sacred color, if any, of the God, and the Totemic spirit from which many of them evolved. Totemism is neither new nor exclusively Native American, in pre-Grecian days, for instance, the eagle was a sacred bird, as Greece grew, Eagle became known as Zeus, as the people progressed further, Zeus took on human qualities, the result, in later Grecian religion, was Zeus, a God, whose "favorite" bird was an eagle and whose symbol was the eagle. Similar events led to the creation/discovery of most gods in modern and early religion. It is because of the Wiccan reawakening to animal spirituality that I've included these spirits, in the hope that those seeking may find the name of their face of God(dess) within.

I feel I must add that when I refer within this mini-Deiology to "modern" gods, I am speaking of modern in the anthropological sense, generally post-roman empire "modern" not in the past few years. Also, in the case of culture, Gaulic is of Gaul (ancient France and much of the Alps), Gaelic is of ancient Ireland but not Celtic, Celtic is of Ancient Scotland, Ireland, some parts of Wales and some parts of Europe, Welsh is Welsh but not Celtic, Greek is pre-Roman Empire Greece, Roman is of the Roman empire. Likewise, Etruscan and Italian are not Roman, even though much of Roman mythology was shared by them, and Persian and Summerian, which are sub-groups of Babylonian, are those things that my research showed to be exclusive to Persia and Summeria. Norse is Northern Germanic, primarily Danish and Scandinavian, but German is of Germany, specifically. I am a priestess, not an Anthropologist, so while my research has been extensive, I am sure I have faults herein.

NAME: Aditi CULTURE: Vedic SEX: F COLOR: Red ANIMAL: None
NOTES: Mother of Gods, Ever-mother.

NAME: Adon CULTURE: Phoenician SEX: M COLOR: Any ANIMAL: Any
NOTES: Any God, Male God, substitute for "Lord."

NAME: Adonis CULTURE: Greek, Phoenician SEX: M COLOR: None ANIMAL: None
NOTES: Beauty, Lust, Male vanity, Brotherhood, Strength, Homosexuality, esp. Male.

NAME: Aegir CULTURE: Norse SEX: M COLOR: White ANIMAL: All sea
NOTES: God of the Sea, Wind, Storms and sailors

NAME: Agni CULTURE: Hindu SEX: M COLOR: Gold ANIMAL: None
NOTES: God of Fire, later a Sun God. He who is the agent of sacrifice.

NAME: Ahura Mazda CULTURE: Persian SEX: M COLOR: Gold ANIMAL: None
NOTES: God of Goodness, valor, truth, etc.

NAME: Allatu CULTURE: Babalonian/Carthagian SEX: F COLOR: None ANIMAL: None
NOTES: A Goddess of the dead and the underworld.

NAME: Ammon CULTURE: Egyptian SEX: M COLOR: Gold ANIMAL: Ram
NOTES: Amon, Amun, Sun God.

NAME: Amon/Amon-Ra CULTURE: Egyptian SEX: M COLOR: Gold ANIMAL: Ram
NOTES: Sun God of later Egypt, paired with Ra until they became a single god, "The Lord of The Terrestrial Thrones." Amon-Ra was reincarnated as the present Lord or Lords who were in position to lay claim to "god on earth" status.

NAME: Angra Mamyu CULTURE: Persian SEX: M COLOR: Black ANIMAL: None
NOTES: The God of Evil, treachery, etc.

NAME: Anu CULTURE: Babalonian SEX: M COLOR: Blue ANIMAL: None
NOTES: God of Heaven, Sky Lord, Husband of Ki.

NAME: Anu CULTURE: Gaelic/Celtic SEX: F COLOR: Green ANIMAL: None
NOTES: Sometimes called "sister" of Danu, the name Anu is also said to be the "Old name" for Erin, the goddess of the land of Ireland.

NAME: Amphitrite CULTURE: Greek SEX: F COLOR: Blue ANIMAL: Ocean Mammals
NOTES: Goddess of the sea, and daughter of Nereus and Doris, Amphitrite was either wife or rival or both

to Poseidon and was the one, of the two, more likely to grant mercy to sailors. Amphitrite mythology is sparse and much of it dates to modern times.

NAME: Anubis CULTURE: Egyptian SEX: M COLOR: Black ANIMAL: Jackal
NOTES: The Guard of the Dead, protector of sacred things. Anubis was really popular with the Greek royalty of Egypt, and may've originated more from Greek ideology than Egyptian.

NAME: Aphrodite CULTURE: Greek SEX: F COLOR: Seafoam ANIMAL: Dove or Dolphin.
NOTES: Goddess of love, also a lesser goddess of the sea and war.

NAME: Apollo CULTURE: Greek SEX: M COLOR: Gold ANIMAL: Lion, Horse
NOTES: God of Prophecy, The Arts and enlightenment, as well Often mistaken for Helios who was the God of the sun.

NAME: Apsu CULTURE: Babalonian SEX: M COLOR: Blue ANIMAL: Water
NOTES: Lord of Chaos, River God, consort of Tiamat.

NAME: Aradia CULTURE: Italian SEX: F COLOR: Silver ANIMAL: Seagull(?)
NOTES: Goddess of Lunar Magick, daughter of Diana, Matron of Witches, Aradia also appears as daughter (by his/her own creation) of Dianus. Said to be the "goddess" of the Charge of the Goddess but this may be a rumor caused by confusion over the Charge's (and Wicca's) basis.

NAME: Ares CULTURE: Greek SEX: M COLOR: Red, Black ANIMAL: Ram
NOTES: God of War and the brutality of tactics, who takes his sacrifices from blood spilled in war and gets beaten by Athena.

NAME: Arianrhod CULTURE: Welsh SEX: F COLOR: Silver ANIMAL: None
NOTES: Goddess of the Stars. Also (Celtic) Sidhe woman who watches over standing stones. The Goddess of initiation, she appears in many Cornish Fam-Trads with a very different face than that she receives in modern Wicca.

NAME: Artemis CULTURE: Greek SEX: F COLOR: White ANIMAL: All ESP. deer, elk
NOTES: Goddess of the hunt whose bow is the crescent moon.

NAME: Artio CULTURE: Gaullic SEX: F COLOR: Brown ANIMAL: Bear
NOTES: Ancient Gaullic Goddess of Bears, little is known about Artio except that she was the Guardian of the City of Berne.

NAME: Asklepios CULTURE: Greek SEX: M COLOR: Green ANIMAL: Snake
NOTES: God of medicine, son of Apollo.

NAME: Astarte CULTURE: Greek SEX: F COLOR: Red ANIMAL: Sphinx
NOTES: Goddess of Love, esp. Fertility, Marriage, considered a Goddess of Mature Love.

NAME: Astoreth CULTURE: Phoenician SEX: F COLOR: Red, Black ANIMAL: None
NOTES: Ishtar.

NAME: Athena CULTURE: Greek SEX: F COLOR: Gray, White ANIMAL: Owl, Goat
NOTES: Goddess of protection, strength, balanced Mind/body/spirit. Matron of Athens.

NAME: Aton CULTURE: Egyptian SEX: M COLOR: Gold ANIMAL: Snake
NOTES: Another Sun God, also Atun, Atom, Atum

NAME: Bast(Bastet) CULTURE: Egyptian SEX: F COLOR: Black, Green ANIMAL: Cat
NOTES: Protection, felinity, seeing in the dark, swiftness of action and other "cat" traits.

NAME: Bel CULTURE: Babalonian SEX: M COLOR: Brown ANIMAL: None
NOTES: Earth.

NAME: Bellona CULTURE: Italian/late Rome SEX: F COLOR: Violet ANIMAL: Hawk
NOTES: Goddess of war, esp. tactical maneuvers. Her followers were especially violent.

NAME: Brahma CULTURE: Hindu SEX: M COLOR: None ANIMAL: None
NOTES: Creator, all-father.

NAME: Brigid CULTURE: Celtic SEX: F COLOR: Red/Black ANIMAL: Hawk
NOTES: The Two faced Goddess, scarred on one side, beautiful on the other, Brigid is Goddess of Fire and the Forge, and Goddess of Poetry and beauty.

NAME: Ceres CULTURE: Roman SEX: F COLOR: Gold PLANT: Any grain
NOTES: The Goddess Demeter, although she is sometimes confused with her own daughter, Kore.

NAME: Cernunnos CULTURE: Celtic,(Gallic and Welsh) SEX: M COLOR: None ANIMAL: Deer
NOTES: Horned God of the Hunt and Winter also Kernunnous, Kerne, Cerne, Herne.

NAME: Cerridwen CULTURE: Welsh SEX: F COLOR: Varies ANIMAL: All
NOTES: Goddess of the harvest, esp. the final harvest. The fourth face of the moon.

NAME: Coleus CULTURE: Roman SEX: M COLOR: Gold ANIMAL: Hawk
NOTES: Sun God, a synthesis of Ormazd and Zeus.

NAME: Cybele CULTURE: Phrygian SEX: F COLOR: None ANIMAL: None
NOTES: Mother Goddess, Later Romanized, see Rhea.

NAME: Danu (1) CULTURE: Greek SEX: F COLOR: Blue ANIMAL: Eagle

NOTES: Mother of Perseus, Danu or Danae wasn't a goddess, but one of many women Zeus fell in Love with. Poseidon offered Danu safe passage across the sea to a far off land, In one legend, it is believed that when she died Zeus granted her eternal life on Olympus. Another says that she was spirited far away to a land where the rest of her children were Gods.

NAME: Danu (2) CULTURE: Celtic, Gaelic SEX: F COLOR: Red ANIMAL: Whale

NOTES: Danu was the mother of the Sidhe, the Celtic Gods, she was said to come from a far off land. In some so-called Celtic Mythology, Danu was the Wife of Jupiter, but I think that was just a combination of coincidence and Roman conversion techniques.

NAME: Danu (3) CULTURE: Vedic SEX: F COLOR: Black ANIMAL: Serpent

NOTES: Mother to the Danavas, the "bad guys" of the Vedas. The Restrainer.

NAME: Demeter CULTURE: Greek SEX: F COLOR: Gold PLANT: Grain

NOTES: The Grain mother, mother of Persephone.

NAME: Diana CULTURE: Roman SEX: F COLOR: Blue/Silver ANIMAL: Deer

NOTES: Lunar Goddess, Artemis. sometimes Selene

NAME: Diancecht CULTURE: Celtic, mostly Gaelic SEX: M COLOR: White ANIMAL: Snake and Fish.

NOTES: God of Medicine.

NAME: Dionysos CULTURE: Greek SEX: M COLOR: Red PLANT: Grape, Apple

NOTES: God of the Cultivated Vine.

NAME: Dumuzi CULTURE: Summerian SEX: M COLOR: None PLANT: Date Palm

NOTES: Lord of the Marshes, fertile land and the Date Palm. Husband of Inanna, Thamuz.

NAME: Ea CULTURE: Babalonian SEX: M COLOR: Blue/black ANIMAL: Shark

NOTES: God of waters, the Abyss.

NAME: El CULTURE: Phoenician and/or Canaanite (!) SEX: M COLOR: White ANIMAL: Bull

NOTES: Father of All Gods, Power of Powers, Adon, Adoni, Creator.

NAME: Enki CULTURE: Summerian SEX: M COLOR: Blue/Black ANIMAL: Fish

NOTES: Ea

NAME: Epona CULTURE: Gallic SEX: F COLOR: Brown/White ANIMAL: Horse

NOTES: Goddess and protector of horses, Epona was adopted by both the Romans and the Celts. She was said to choose a General by appearing as a white horse and leading him into battle. One wonders if Napoleon knew this. Contrary to popular belief, Epona was a goddess of the French Celts (the Gauls) not the Irish Celts (the Gaels).

NAME: Ereshkigal CULTURE: Summerian SEX: F COLOR: None ANIMAL: None
NOTES: Allatu

NAME: Eros CULTURE: Greek SEX: Non COLOR: Red ANIMAL: Dove
NOTES: Cupid or Amor, See Hermaphrodite

NAME: Eshmun CULTURE: Phoenician SEX: M COLOR: Green ANIMAL: Snake
NOTES: An early Asklepius

NAME: Flora CULTURE: Roman SEX: F COLOR: Pink PLANT: All flowers
NOTES: Goddess of flowers, Beltane, sometimes Persephone

NAME: Fortuna CULTURE: Roman SEX: F COLOR: None ANIMAL: None
NOTES: Goddess of Luck, Tyche.

NAME: Freyja CULTURE: Norse SEX: F COLOR: White ANIMAL: Horse
NOTES: Lunar. Goddess of Female Power, celestial queen, warrior women. General of the Valkerie.

NAME: Gad CULTURE: Syrian SEX: F COLOR: Gold ANIMAL: None
NOTES: Fortuna

NAME: Gaia/Gaea CULTURE: Greek/Norse SEX: F COLOR: Green ANIMAL: All
NOTES: The Entity Terra, protector of all non-human things, Earth Mother.

NAME: Geb CULTURE: Babalonian SEX: M COLOR: Brown ANIMAL: None
NOTES: Earth.

NAME: Geshtinanna CULTURE: Summerian SEX: F COLOR: Wine PLANT: Grape
NOTES: Much like Dionysus, paired, they make a wonderful duo to pray to when your vineyard is flooding.

NAME: Gilbil CULTURE: Babalonian SEX: M COLOR: Orange ANIMAL Lizard
NOTES: Fire.

NAME: Hades CULTURE: Greek SEX: M COLOR: Black/Yellow ANIMAL: Horse, Dog
NOTES: Lord of the underworld, also a god of honor and the cessation of pain.

NAME: Hecate CULTURE: Greek SEX: F COLOR: Black ANIMAL: Bat
NOTES: Goddess of Caves, Magick and the waning and new moon.

NAME: Hera CULTURE: Greek SEX: F COLOR: Red ANIMAL: Peacock
NOTES: Goddess of Marriage, retribution, fairplay, fiery and temperamental.

NAME: Hermaphrodite CULTURE: Greek SEX: Both COLOR: None ANIMAL: None
NOTES: Eros, before he was "toned down." The exact union of the Gods Hermes and Aphrodite, a god of passion.

NAME: Hestia CULTURE: Greek SEX: F COLOR: Brown ANIMAL: Hound
NOTES: Goddess of the Hearth, Home, Watcher over children and families.

NAME: Horus CULTURE: Egyptian SEX: M COLOR: Gold ANIMAL: Hawk
NOTES: Sun God, adopted by Greeks, also god of Time, Divination and Magick.

NAME: Hypnos CULTURE: Roman SEX: M COLOR: Blue PLANT: Poppy
NOTES: See Somnus.

NAME: Inanna CULTURE: Babalonian SEX: F COLOR: Green PLANT: Date Palm
NOTES: Great Mother, All mother, Goddess of Love, the Moon, Date Mother, Ishtar.

NAME: Indra CULTURE: Hindu SEX: M COLOR: Blue ANIMAL: None
NOTES: Guardian of Heaven.

NAME: Isis CULTURE: Egyptian SEX: F COLOR: Black ANIMAL: Hawk
NOTES: All Mother, Triformis.

NAME: Istar/Ishtar CULTURE: Babalonian SEX: F COLOR: Black ANIMAL: Lion
NOTES: Goddess of War, Love and more.

NAME: Jovis CULTURE: Roman SEX: M COLOR: Gold ANIMAL: Eagle
NOTES: Jupiter.

NAME: Juno CULTURE: Roman SEX: F COLOR: Red ANIMAL: Peacock
NOTES: Hera.

NAME: Jupiter CULTURE: Roman SEX: M COLOR: Gold ANIMAL: Eagle
NOTES: Literally "Zeus Pater" Father Zeus, Father of Gods.

NAME: Kali CULTURE: Hindu SEX: F COLOR: Black ANIMAL: None
NOTES: Black Kali, Nemesis. Protector of Women and Goddess of Creation via destruction.

NAME: Kerridwen CULTURE: Celtic/Welsh SEX: F COLOR: Varies ANIMAL: All
NOTES: See Cerridwen

NAME: Ki CULTURE: Babalonian SEX: F COLOR: None ANIMAL: None
NOTES: Wife of Anu, Earth, Gaea.

NAME: Lug(h) CULTURE: Celtic esp. Gaelic SEX: M COLOR: White ANIMAL: Lynx
NOTES: God of Justice.

NAME: Maat CULTURE: Egyptian SEX: F COLOR: Black ANIMAL: Cat
NOTES: Goddess of vengeance and reward, the fourth face.

NAME: Marduk CULTURE: Babalonian SEX: M COLOR: White ANIMAL: None
NOTES: King of the Gods.

NAME: Mars CULTURE: Roman SEX: M COLOR: Black, Red ANIMAL: Bull, Wolf
NOTES: Ares

NAME: Mercurius CULTURE: Roman SEX: M COLOR: Red ANIMAL: Hart, Falcon
NOTES: Mercury, Lord of children, news, also commerce, inspiration.

NAME: Minerva CULTURE: Etruscan SEX: F COLOR: Gray ANIMAL: Owl
NOTES: Athena

NAME: Mitha/Mitra/Mithras CULTURE: Hindu/Persian/Roman/Egyptian SEX: M COLOR: Gold
ANIMAL: Eagle
NOTES: Protector, Warrior, Key of knowledge. Sun God, establisher of Laws. The celestial negotiator.

NAME: Morpheus CULTURE: Greek SEX: M COLOR: Violet PLANT: Poppy
NOTES: Lord of Dreams, also lord of peace and inner sight.

NAME: Morrigan, The CULTURE: Celtic SEX: F COLOR: Black ANIMAL: Raven/Crow
NOTES: The Battle Raven, Goddess of War, both for justice and for greed..

NAME: Morrighu CULTURE: Gaelic SEX: F COLOR: Black ANIMAL: Raven/Crow
NOTES: See Morrigan, The.

NAME: Nemesis CULTURE: Greek SEX: F COLOR: Black ANIMAL: griffon
NOTES: The Fourth Face of the Goddess, Dispenser of Justice. In "Maiden/Mother/Crone" beliefs, Nemesis is the New Moon, while Hecate is the waning moon. It's interesting to note that most triple goddesses include Nemesis (the new moon) but never mention her, as if that could keep her from noticing the little bits of Bad Karma we accumulate!

NAME: Nephtys CULTURE: Egyptian SEX: F COLOR: Black ANIMAL: Cat
NOTES: Goddess of Childbirth, protector of Midwives

NAME: Neptune CULTURE: Roman SEX: M COLOR: Blue ANIMAL: Dolphin
NOTES: See Poseidon

NAME: Nuadu CULTURE: Celtic SEX: M COLOR: Silver ANIMAL: Horse
NOTES: The Divine Father. He of the Silver arm.

NAME: Nuit CULTURE: Egyptian SEX: F COLOR: Black ANIMAL: Cat
NOTES: See Nut

NAME: Nut CULTURE: Egyptian SEX: F COLOR: Black ANIMAL: Cat
NOTES: Goddess of the Night, Stars, All mother.

NAME: Odin CULTURE: Norse SEX: M COLOR: White ANIMAL: Wolf
NOTES: The lord of male changes...Child...lover...husband...father... lord.

NAME: Ormazd CULTURE: Persian SEX: M COLOR: Gold ANIMAL: None
NOTES: See Ahura Mazda

NAME: Osiris CULTURE: Egyptian SEX: M COLOR: Silver ANIMAL: Hawk
NOTES: The former king, Star king, he who was, lord of the Afterworld

NAME: Pan/Pan Megas CULTURE: Greek SEX: M COLOR: Black ANIMAL: Satyr
NOTES: God of sexuality and freedom, also late childhood.

NAME: Persephone CULTURE: Greek SEX: F COLOR: Rose PLANT: Flowers
NOTES: Goddess of Spring and Winter, Goddess of Flowers

NAME: Pluto CULTURE: Roman SEX: M COLOR: Black ANIMAL: Dog
NOTES: See Hades

NAME: Poseidon CULTURE: Greek SEX: M COLOR: Blue ANIMAL: Dolphin
NOTES: Lord of the Seas.

NAME: Prajapati CULTURE: Vedic SEX: M COLOR: None ANIMAL: None
NOTES: All father, successor to Varuna

NAME: Psyche CULTURE: Greek SEX: F COLOR: Violet ANIMAL: Butterfly
NOTES: Goddess of intellect, innocence, perfect love. Lust tempered into love, later Goddess of ESP and mental powers

NAME: Ra CULTURE: Egyptian SEX: M COLOR: Gold ANIMAL: Hawk

NOTES: Sun God, he who incarnates as the Lord of Lords

NAME: Rhea CULTURE: Roman SEX: F COLOR: Brown ANIMAL: All
NOTES: Replaced Gaea, later adopted the characteristics of Cybele

NAME: Selene CULTURE: Ancient Greek SEX: F COLOR: Blue ANIMAL: none
NOTES: Ancient Goddess of Motherhood and the full moon

NAME: Shamash CULTURE: Babalonian SEX: M COLOR: Gold ANIMAL: Birds
NOTES: Sun God

NAME: Silvanus CULTURE: Gaullic SEX: M COLOR: White ANIMAL: Wolf
NOTES: The Father Wolf, hunter supreme and all-around good guy. Father God.

NAME: Siva/Shiva CULTURE: Hindu SEX: M(or NON) COLOR: Red ANIMAL: Tiger
NOTES: The Destroyer, one who destroys to create

NAME: Somus CULTURE: Greek SEX: M COLOR: Red PLANT: Poppy
NOTES: God of Sleep and healing

NAME: Sucellus CULTURE: Gaulic SEX: M COLOR: Gray ANIMAL: Wolf
NOTES: The Lone Wolf, The Ravager

NAME: Tanit CULTURE: Carthaginian SEX: F COLOR: Silver ANIMAL: Hart
NOTES: Artemis

NAME: Thamuz/Tamuz CULTURE: Babalonian SEX: M COLOR: Green PLANT: Date Palm
NOTES: Husband of Ishtar, A Male Persephone

NAME: Thanatos CULTURE: Greek SEX: M COLOR: Gold ANIMAL: None
NOTES: God of the actual death process.

NAME: Themis CULTURE: Greek SEX: F COLOR: Gold ANIMAL: Eagle
NOTES: Goddess of justice, inspirer of Laws. Pagan Patron Goddess of the USA

NAME: Thor CULTURE: Norse SEX: M COLOR: Gold ANIMAL: None
NOTES: God of Storms, Justice, mines and war, protector of the common man from the fury of his brethren

NAME: Thoth CULTURE: Egyptian SEX: M COLOR: Gold ANIMAL: None
NOTES: God of spirit, numbers, the scholar.

NAME: Tiamat CULTURE: Babalonian SEX: F COLOR: Gold ANIMAL: Dragon
NOTES: Dragon of Chaos, bringer of Salt Water.

NAME: Triformis CULTURE: Roman SEX:F,F,F COLOR: Gold PLANT: Trillium
NOTES: The Triple Goddess. Also used to describe (incorrectly) Hecate.

NAME: Typhon CULTURE: Greek SEX: M COLOR: Gold ANIMAL: Rat
NOTES: Set

NAME: Tyr CULTURE: Norse SEX: M COLOR: Gold ANIMAL: Horse
NOTES: The Warrior god, God of total justice and fair play.

NAME: Varuna CULTURE: Hindu/Vedic SEX: M COLOR: Gold ANIMAL: Ram
NOTES: High God of the Vedas

NAME: Venus CULTURE: Roman SEX: F COLOR: Gold ANIMAL: Dove
NOTES: Aphrodite

NAME: Vesta CULTURE: Roman SEX: F COLOR: Gold ANIMAL: None
NOTES: Goddess of Fire, keeper of the sacred flame.

NAME: Vishnu CULTURE: Hindu/Vedic SEX: M COLOR: Gold ANIMAL: Fish
NOTES: All Father, lord of oceans.

NAME: Vulcanus CULTURE: Roman SEX: M COLOR: Gold ANIMAL:None
NOTES: Fire, volcanoes, later smithing and steel.

NAME: Wodan CULTURE: German SEX: M COLOR: Gray ANIMAL: Wolf
NOTES: Varied, but mostly a combination of Odin and Sylvanus

All One Wicca:

A Study in The Universal Eclectic Wiccan Tradition

Book Two: A Grimoire:Section 9:Holiday and Lunar Recipes

HOLIDAY RECIPES

The Following are some of the best recipes for the holidays. Many of the Foods are traditional, some are not. It is quite Eclectic. There are few dairy products because my lifepartner and I both cannot "do" milk products beyond small quantities. Where almond "milk" is called for, an equal amount of regular milk may be used, soy milks may be too thin, so experiment with a lesser amount.

THE EQUINOXES AND SOLSTICES:

Spring:

Early Spring recipes include those things with young herbs, sprouts and seeds, like Herb Bread, Granola Muffins, Spring Rice and Lemon-Poppy Seed Cupcakes

Green Herb Bread:

No animal products

No refined sugar

Contains yeast

1 1/2 cup white flour

1/2 cup oatmeal

1 cup whole wheat flour

1 1/3 cup hot but not boiling water

1 tablespoon each young shoots of: dill, tarragon, parsley, chives, sage (can be made with grown, dry herbs, but allow them to rehydrate in an equal amount of hot water.)

1/2 teaspoon each ground, dried:

Rosemary, Savory

Dash salt or 1 pinch dried, powdered kelp

1 packet of yeast

2 tablespoons vegetable shortening or 3 tablespoons almond butter.

Mix together the flours and oatmeal, let sit. Combine in a small pan the shortening, herbs, salt and water, heat to hot but not boiling, add yeast and stir rapidly, removing from heat. mix into dry ingredients and beat with a bread kneader, gloved hand or thick wooden spoon. Cover lightly, then let rise 30 minutes to an in a warm area or an oven that was heated to 200°F and turned off twenty minutes before.

Pat down dough and Mix again, grease a loaf pan or a round cake pan. Place dough into pan and let rise 30 minutes.

Heat oven to 375°F, brush top of loaf with a small amount of oil, then sprinkle with oats, and a few bits of dried herbs. Bake until loaf is golden and sounds hollow when softly thumped with a wooden spoon.

Granola Muffins:

Contains animal products

Contains a ready-made ingredient

No refined sugars

1 1/2 cups flour (a mix of white and whole wheat with a dash of oatbran is the best)

1 cup granola (we used a low fat granola with freeze dried raspberries.)

1/3 cup wheat germ (optional, we used a commercially prepared honey roasted version)

4 tablespoons baking powder

1/2 cup vegetable oil

1/2 cup almond "milk" or lowfat milk

1 large egg or two ounces egg substitute

1 cup dried or fresh fruit (with a little bit of sugar if it is "sour")

1/3 cup orange or clover honey, or similar "light" honey

Combine dry ingredients in a bowl or bag, combine wet/moist ingredients in a bowl. Slowly add dry to wet, adding more milk if the batter is too sticky. It should be thick, sticky batter. Spoon into 12 muffin cups and bake in an oven that has been preheated to 400° F for about fifteen minutes. These burn very easily, so remove them from pan at once!

Spring Rice:

No animal products

3 cups hot cooked rice, esp. a mixture of rices

1 cup each cooked carrots, corn, yellow squash and red peppers diced finely.

dash salt

2 tablespoons vegetable juice.

Combine all ingredients, mix and serve, great made with leftovers.

Lemon-poppy seed cupcakes:

Uses commercial preparations and animal products.

Prepared lemon cake mix

Prepared lemon frosting

2/3 cup poppy seeds, soaked in hot water and allowed to sit overnight

more poppy seeds

Follow the mixes' directions, adding the strained 2/3 cups poppy seeds with the other ingredients, and bake as per the instructions for cupcakes. Frost cooled cupcakes and sprinkle lightly with dried poppyseeds.

Summer:

Summer solstice celebrations are often held outside and includes feasts of the first fruits. Fruit salads are pretty self-explanatory, but this recipe combines mini-tarts, starfruit and strawberries, and pulls it off with only ten minutes in the oven.

Summer Solstice Tarts:

Uses commercially prepared preparations.

12 mini tart shells for baking

1 can strawberry pie filling

1 starfruit sliced into 12 thin star pieces.

Fill shells with filling, bake in a 300°F oven for eight to ten minutes. Chill, top with starfruit

. Guacamole

No animal products

No sugars

(a little non-traditional, but Wiccans and tortilla chips are inseparable, so we use a bright avocado dip in our Summer solstice feast.)

3 avocados, peeled and mashed, use two very ripe mashed and one semi-ripe, diced for best texture.

2 diced tomatoes or 5 diced Roma tomatoes

1 large sweet onion, diced

1 tablespoon finely diced garlic

1/2 red bell pepper, diced.

Zest of one lime

cayenne and jalapeno pepper to taste.

Mix all ingredients, chill.

Autumn:

In our part of the country, the Autumnal Equinox is the apple harvest, so our recipes are packed full of Apples:

Home brewed Apple Sauce:

No animal products

Refined sugars

8 apples, peeled, pared and diced.

1 cup water

1/3 cup REAL maple syrup, and if you use "pancake syrup" this will taste just awful, so don't blame me.

1 tablespoon ground cinnamon

1/2 teaspoon ground nutmeg

1 teaspoon ground cloves

Combine all ingredients in saucepan and heat slowly, mixing until sauce texture. Serve warm, preferably over a good French vanilla frozen yogurt. (RBST free, of course!)

Mulled Cider: No animal products

Combine in a cheese cloth Cinnamon sticks, lemon peel, anise, pieces of vanilla bean, cloves and allspice so that the mixture equals about 1/4 cup per gallon of cider. (go easy on the cloves.) tie off the cheese cloth and toss into a pot full of cider, heat to just boiling, then let sit several minutes. Serve warm

Yule:

We narrowed this down to two recipes, but Yule recipes are numerous. I must thank Lady Martia of Bell Coven for the first recipe and enough frozen cranberries to make about fifty loaves!.

Bell Coven Cranberry Loaves

Uses refined sugar

Animal products

1 1/2 cups cranberries

1 cup sugar

1/4 cup vegetable oil

1/4 cup almond "milk"

1 1/2 tsp. vanilla

4 egg whites (add a pinch of food coloring for "yellow" bread)

1 1/2 cups whole wheat/white flour mixture

1 tsp. baking soda

1/2 tsp. baking powder

1 tsp. cinnamon

dash ground clove

3/4 cup chopped walnuts

Combine ingredients, pour into greased and floured loaf pan. Bake one hour in a 350°F oven. Serve warm with butter.

Gingerbread:

(This is the cookie type of Gingerbread, not the soft kind.)

No animal products

Refined sugars

1/3 cup brown sugar

2 tbs. honey

1/4 cup shortening

3/4 cup dark molasses

1/4 cup water

1 teaspoon vanilla

2 cups whole wheat flour

1 1/2 cups white flour

1 teaspoon baking soda

2 teaspoons ginger

dash salt

1 teaspoon each: Allspice, Cloves, Cinnamon, ground.

Mix sugar, shortening, honey, molasses, vanilla and water. add other ingredients, using hands to mix them (this is really sticky stuff) scrape off hands, cover, refrigerate for at least one hour, better if left overnight. in an oven heated to 350° roll dough 1/4 inch thick and cut into shapes, place on greased cookie sheet for 10-18 minutes (depends on whether you want them HARD or kind of soft.) Decorate.

THE FOUR MAJOR SABBATS:

Beltane:

Flower cake: Commercial Preparations

Refined Sugars

Animal Products

Take a regular white double layer cake, frost with white frosting. Use a paintbrush to spread egg white or thinned honey on edible flowers and leaves, and small berries, dip in superfine granulated sugar. Use the leaves, flowers and berries to create a pentacle on top of the cake, put a votive candle in the center.

Confetti cookies: No animal products

Refined sugars

1 1/2 cups powdered sugar
1 cup vegetable shortening.
1 teaspoon vanilla
1 teaspoon lemon or almond extract.
1 tablespoon honey
2 3/4 cup white flour
1 teaspoon baking soda
1 teaspoon cream of tartar
Multicolored sugars, sprinkles/jimmies, and cut up/crushed candies
Mix all ingredients except topping, refrigerate overnight.
Heat oven to 375°F prepare as gingerbread, above, but decorate BEFORE adding to the oven and don't cook more than 8 minutes. Don't allow these cookies to turn brown.

Beltane Punch: No animal products
Ready-made ingredients
No refined sugars except in soda
2 tablespoons honey dissolved in 1/2 cup hot water, cooled
1/2 cup lemon juice
1 quart orange juice
1 liter sparkling water.
1 liter lemon-lime soda
Combine, serve cold with frozen strawberries in the mixture.

Beltane is best celebrated with fresh fruits and vegetables, for which no recipes are needed.
Lughnasa:

Golden Grain bread No animal products
No refined sugar
Contains yeast
1 1/2 cups white flour
1 tablespoon honey
dash salt
1/4 teaspoon baking soda
1 package yeast
1 1/2 cup very warm water
1 cup wheat flour
3/4 cup wheat germ, (preferably a honey roasted variety)
1/2 cup Irish oatmeal (or regular old fashioned oatmeal.)
1 tablespoon corn meal
Dissolve honey into hot water. Add yeast, mix rapidly. Add flour, salt, baking soda. beat with a solid beater or wooden spoon until completely combined. Combine all other ingredients until you have a thick batter. If too sticky, add more flour. Beat well, then divide into two loaves. Place in greased loaf pans, sprinkle top with a little cornmeal, wheat germ and oatmeal. Let rise for one half hour. Bake in a 400° oven for 25 minutes or until golden. Remove from pan while hot.

Corn bread
Animal products
No refined sugar
This is a Yankee journey bread, supposedly based on a recipe from a friend's Bostonian ancestress, wife of an importer. The cayenne is my addition, to "fix" the lesser quality paprika we receive up north, which is more color than flavor.
2 cups cornmeal
2 tablespoons paprika
1 teaspoon parsley
1 tablespoon finely minced onion

1/2 cup finely shredded carrot
1/4 teaspoon shredded cheese
1 cup cut corn
1/4 cup flour
Dash cayenne
1/4 cup margarine or butter
2 cups plain yogurt, sour milk or buttermilk
2 teaspoons baking powder
1 teaspoon honey
dash salt
1/2 teaspoon baking soda
2 eggs

Grease an oven-safe skillet (or an 8X8X2 square) mix all ingredients very well, pour into skillet, bake 25 minutes or until well browned (a little longer in a square pan.) at 450°

Samhain:

Samhain punch:

No animal products

No refined sugar

(this is a variation on Sangria that Tamryn brings us every Samhain.)

1 quart each dandelion or grapefruit wine and dry red wine (or 2 quarts dry red.)

1 12oz. concentrated orange juice, thawed.

1 1/2 cup lemon juice.

Chopped citrus fruit, strawberries and cherries

Combine all ingredients, let sit 1/2 hour., serve with ice (dry ice for a "spooky" punch.) Try a mixture of cranberry and grapefruit juice for a non-alcoholic variation. This punch is the exact color of autumn leaves, and the ancestors like it. As Tamryn says (when it comes out right) Even your dead great grandmother will like this punch!

Jack o'lantern bread

Animal products

Refined sugar

You know that stringy pumpkin stuff? The inner gunk you remove when you are making a jack o lantern?

The Stuff your mother always said was useless? Well, prove her wrong!

To prepare pumpkin "hair":

Remove seeds, combine in a large sauce pan all the pumpkin goo, extra pieces of pumpkin meat, an equal amount of water, and three tablespoons maple syrup (add nutmeg, if desired)

Heat to a boil, then simmer for one hour or until no water remains. Drain into a cheese cloth or small holed colander, but don't squeeze. Measure out three cups of the stuff. Freeze the rest . To this, combine:

1 1/2 cup sugar

1/2 cup vegetable oil

1 tablespoon vanilla

4 eggs

2 cups flour

1 cup wheat flour

2 teaspoons baking soda

1 teaspoon cinnamon

1/2 teaspoon cloves

1/2 teaspoon Allspice

1/2 teaspoon Nutmeg

1/2 teaspoon baking powder

Dash salt

Combine all ingredients, add flours last. Pour into 2 greased loaf pans. Bake one hour in a 350°F oven,

place pans into refrigerator for five minutes, then remove loaves from pans and let cool.

Pumpkin seed

No animal products

No refined sugar

In a large rectangular baking dish dissolve 1 tablespoon salt into 1 cup water. Add enough pumpkin seeds to just cover bottom of pan. Allow to sit in a 250°F oven for 1 hour, or until all water is gone, turn oven up to 400° roast 5 minutes, shake, roast a few minutes more. Rub roasted seed with paper towels to catch extra salt..

Imbolc:

Imbolc is the meager feast, the time when stores are at their lowest. Many of these ingredients are often "lying around."

Oatmeal cookies Animal products

Refined Sugar

1 cup brown sugar

1/2 cup shortening

1/2 teaspoon baking soda

1 teaspoon cinnamon

1/2 teaspoon vanilla

1/4 teaspoon baking powder

dash salt

1 egg

1 1/2 cups oatmeal

1 cup flour

1 cup raisins or chocolate chips. (or chocolate covered raisins)

Combine all ingredients and drop teaspoonfuls onto lightly greased cookie sheet. Bake at 375° for 10 minutes or until firmish and golden. Allow to sit at least one half hour on a wax-paper covered countertop.

Mart's Yankee Variation:

Substitute 1/2 cup white sugar and 1/2 cup brown sugar for the brown sugar, add 1/4 teaspoon ginger and 1/2 cup each dried, sweetened cranberries and blueberries instead of raisins.

Snow cakes

Animal products

Refined Sugar

Commercial ingredients.

1 White Cake mix, prepared

1 white frosting

1 package shredded coconut

1 small package slivered almonds

Prepare white cupcakes as directed by mix, adding 1/2 cup coconut to the mix. Frost, dip frosted tops in bowl of shredded coconut top cupcakes with small bits of almonds. A variation on this uses White "chocolate" with almonds, finely grated, instead of coconut.

Circle of light cake:

Uses Commercial ingredients.

Prepare any ring cake as directed on package, place thirteen candles along the cake (tapers, not birthday candles) light before serving.

Lunar recipes:

Any recipe can be a lunar recipe, just make it round. The following are two citrusy favorites for Moon

Ceremonies.

Logan's Lunar Lemon Cookies:

Animal products

Refined sugar

3 cups powdered sugar

2 cups unsalted butter

1 teaspoon vanilla

1 1/2 teaspoon lemon extract

2 eggs

4 cups flour

2 teaspoons cream of tartar

Mix and bake as directed in confetti cookies, above, using moon cookie cutters. Once cool, glaze with the following:

2/3 cup butter

4 cups powdered sugar

1/2 teaspoon vanilla

1 tablespoon lemon extract.

zest of one lemon

lemon juice

Heat butter in a sauce pan until melted, slowly add sugar, vanilla, lemon extract and the zest of one lemon.

Add lemon juice in tablespoons until a thick soupy consistency. Drizzle on top of cookies.

Pentacle variation: Cut cookies into circles Add less lemon juice, creating a soupy "frosting" frost cookies, then draw pentacles with another color (I like blue) of commercial decorating frosting.

Lunar Lemon/limeade:

No animal products

Refined sugar

2 quarts cold water

3/4 cup sugar

2 cups lemon or lime juice (or a combination of both)

Dissolve sugar in juice, combine with water, stir well.

All One Wicca:

A Study in The Universal Eclectic Wiccan Tradition

Book Two: A Grimoire:Section 10:Tarot

Tarot is a method of introspection based on the interpretation of several cards placed in any number of positions and orders. While Tarot is used by many practicing Wiccans, it is not inherently Wiccan. It has also been used by psychologists and teachers of many and varied religions. It is used by enough magickal people to warrant a discussion of it here.

Tarot is used several different ways based on several different decks, but the spread I've given here is how I was taught to read tarot. I haven't detailed the lesser Arcana because interpretations of the lesser Arcana are vastly different from deck to deck and person to person. The lesser Arcana are the most subjective part of a very subjective introspection tool. I wouldn't presume for a moment to be able to give an inclusive list of symbols for two reasons, first, this isn't supposed to be a book about how to read Tarot just like Kat, and second, because the way I define the lesser Arcana is part of my personal belief system, something my teachers told me to go figure out for myself.

The MacMorgan Spread uses thirteen cards, in the following order:

1. This card is the Self or the Significator. This represents the total person, the combination of environment, attitude and everything that combines to form a being.

2. This represents the Will, which is the force or energy of a person, that which fuels the desires and needs a person has.

3,4: Four is covered by three without turning it over until after three is described. Three represents that which seems ideal to you at this time. Four is the Hidden Ideal, that which your Will hides from you.

5,6 Six is covered as four, above. Five is your Force, your Strength, the skills you have which you may perceive. Six is the Hidden Strength.

7. This is your present environment, the forces at work right now in your Universe.

8. This is the approaching environment, the forces beginning to show themselves.

9. This is one of two forces developing in the future, usually a force which underlies the other, the force causing the next to come into play.

10. This is the other of these forces, and potentially a problem caused by the first.

11. This is a hazard, from the past, present or immediate future that will prevent you from achieving your goal.

12. This is the outcome of your attempt if the current situations remain unchanged.

13. This is the outcome if you make a situational change.

Optional: Progression spread: after reading, take 12 and 13 and reshuffle. Lay 12 to the left and draw five cards, laying them, slightly overlapping, left to right. End with card 13. The cards between represent the steps from 12 to 13.

ALL CARDS ARE PLACED UPRIGHT THERE IS NO "REVERSED"

If possible, leave a blank card in the deck. This means "no data available at this time"

Notes:

THE SELF AND THE WILL:

-Trumps (cards 0-21) in the self (1) position: This represents an intense emotional attachment to the goal in question, or intense feelings.

-When the Self and Will positions both have Trumps, it represents strong internal forces. -When only the Self bears a Trump it indicates a mind/Will ruled by the Physical needs of the body.

-When only the Will bears a trump it represents a body ruled by wants and non-physical needs.

-Wands in one, Cups in the other or Swords in one, Pentacles in the other: The Will and the Self are diametrically opposed and the energy expended (and hazards expressed at this time) should be channeled towards harmony.

-Magician or High Priestess in one, Ace in the other: An element runs the risk of disturbing your harmony.

-Magician and High Priestess Together: Major mystical events coming into play, or ruling one's life.

-Above, Fool in card 13 or twelve: This is the spread of Ascensions, greater and lesser.

-King or Queen in Will, lesser of same suit in Self: The Self is ruled by the Will, this is preferable to the opposite, which indicates a damaged Will

-King or Queen in Will, different suit, not trump in Self: You are not serving yourself.

-Two Kings or two Queens: You are serving two outside interests, instead of aiding yourself.

-King and Queen, different suits: above, but with the potential for compromise.

Meaning of Trump Cards:

0: The Fool: *An androgynous figure is so besotted with the universe he does not notice he is about to step off of a cliff. At his feet, a dog tries to get his attention.* The Fool represents blissful ignorance and "stumbling" into drastic change. It is impulse, the id. When it appears as a strength or ideal, it represents the ability to hand over the Self to Faith, Will or another greater power, sort of like those cartoon characters. The fool, having never studied Law is unaffected by the Law of gravity. As a hazard or difficulty, the fool represents an over-dependence on faith and the tendency to focus too intensely on one thing, forgetting about the importance of Life.

1. The Magician: *Within a garden of red and white flowers: (Purity and Sacrifice) the Mage is master of his environment and his Will. His implements of mastery are laid before him.* This card represents Logical strength, a conquest over the mathematic and predictable, although the Mage finds predictability in what others call "Chaos" It is the force within the mirror, fully capable of being released, but at what price? It is force, the Ego. As a strength or ideal, the Mage is a card of control of the Self, an ability to end physical

pain in oneself or others, diplomacy and the ability to compromise between work and faith or differing faiths. The Mage is unlimited in the tools he uses. As a hazard or difficulty the Mage represents a force difficult to overcome without becoming a reflection of what he is. He represents an alignment of numerous forces against you.

2. The High Priestess: *A woman sits on a throne, her robes the water of the universe. Behind her we see a garden of feminine flowers in the color of sacredness (saffron) and sacrifice (red) She is surrounded by the symbols of many of man's religions, a priestess who outranks all of the clergy of man.* This card represents Mysteries kept that way on purpose, wisdom, science and the religions of humankind. As an ideal or strength, she is control of the Will, of the superego, the ability to end emotional/spiritual pain and moral dilemma. She represents the ability to tie all religion and ethic into Universal Truths. As a hazard or difficulty, the High Priestess represents an ideal your enemy or negative environment will uphold you to, she represents a universal disapproval of an action or event you are responsible for.

3. The Empress: *Feminine and maternal, the empress, ripe with child, (although not always portrayed that way) sits comfortably in a field of ripe wheat, the river of life behind her. Her lap beckons one like a child, she will love regardless of what you have done.* This is the card of maternity, of matriarchy and female power. As an ideal or strength, she is the ability to cope with pain, as in childbirth, but she also is the giver of comfort and warmth. A celestial "Mommy," she represents fruition but also the fear of inevitable. As a hazard, she is overprotectiveness, fear, unwanted truth.

4. The Emperor: *Seated on a throne of cold stone, the emperor rules over rough lands where strength is the key to victory.* The emperor represents a sacred father figure, the giver of punishments and rewards. He is the man who sets you on quests, and rewards you for their completion, but he also punishes you for failure. As an ideal or strength, he is high values and the ability to uphold them, but also judgment. As a hazard or difficulty, the emperor is action before study and sharp, quick judgment.

5. The Hierophant: *Emperor and archpriest, the Hierophant is truly the master of both domains, but his servants, purity and sacrifice, are also guardians, waiting for the moment he slips so he can be overthrown.* The Hierophant is the card of Clerical duties, of service to duty beyond self. As an ideal or strength he is ascendancy to a seat of power, but also represents marriage, memorial and other "clerical duties." It may also indicate a ruling that needs to be made. As a hazard or difficulty he is societal judgment, kindness with hidden motives and loathing of position.

6. The Lovers: *A man and a woman stand in paradise, receiving the blessing of an angel.* This card represents new beginnings and purity of values. As an ideal or strength The Lovers represent harmony, an end to suffering and a control, through partnership(s) of one's domain As a hazard or difficulty, the Lovers represent temptation and fall from grace.

7. The Chariot: *A man, possibly Apollo, is lifted from the City of The Gods on a Chariot pulled by two sphinxes, one black, one white, the river of life flows beneath him, but he is untouched by it.* The Chariot is a card of male youth, of vigor, stamina and sexual prowess, but also of slavery (note the Sphinxes) and war. As an ideal or strength, The Chariot represents vigor and luck, physical prowess and an extreme force of Will. A Will that can be abused. As a hazard or difficulty, The Chariot represents a nearly unbeatable adversary, which may be one's one self.

8: Strength: *A female figure of power and purity tames a lion.* Strength is a card of power over adversity, of courage and hidden strength. It is often the strength of Faith and the soul. As an ideal or strength, Strength

represents courage and immediacy, the ability to act at once. It represents power and the effective channeling of anger. As a hazard or Difficulty, Strength represents the ability of the foe, but also abuse of energy, fear, weakness or strife.

9: The Hermit: *Rather than growing fruitful as the Emperor, The Hermit represents the Mage grown old and bitter in his power.* This card, although male, is the Card of Hecate, the crone of Triformis. It represents wasted youth, bitterness, cruelty and a general withdrawal from society. As a strength or ideal this card represents caution, introspection and the ability to withdraw from one's surroundings, but warns of the result of too much internalization. As a hazard or difficulty, The Hermit represents a lack of interpersonal skills, sterility, treason on the part of a close friend or ally (especially embezzlement.) This card is also Le Miser, so watch your purse strings. The Hermit is the card of bureaucracy, so beware paperwork.

10: The Wheel of Fortune: *A mystical seal, surrounded by animals of theology and Mythology.* The Wheel of Fortune represents the turning of the year, the inevitable and the force of karma. As a strength or ideal, this represents good luck, the ability to come 'round right after any trial, and success, despite problems, of an endeavor. As a hazard or difficulty it represents a swing of the pendulum described in Hermetic Philosophy a swing that is impossible or near impossible to duck. It is truly a card of forces aligning against you.

11: Justice: *A androgynous figure in red robes (sacrifice) carries the tools of Themis.* This is the card of justice and law, of bias and rules and of hierarchy. As a strength or ideal, Justice represents duty, honor and law. It is the card of politics and the courtroom, of success in legal endeavors and things that are right and fair. As a hazard or difficulty, Justice represents a pending lawsuit, abuse of the law or the inevitable result of breaking it.

12: The Hanged Man: *Suspended from a tree by his right ankle, a man glows with sacred energy.* This is the card of self-sacrifice, self-inflicted trial and the study of any demanding art. As a strength or ideal, this card represents the ability to rely on one's intuition and power, power gained by self- sacrifice and struggle. As a hazard or difficulty this represents an upcoming test or struggle and/or a difference of opinion from the public.

13: Death: *A skeleton figure rides an albino horse into combat, bearing the five petaled rose, in the distance a ferry carries people to the afterlife. He has slain the king, and now a priest, strength and a child beg for mercy. In the distance, the sun rises (or sets) behind stone gates.* This is the card of change, of rebirth but also of struggle. It is card of the hidden ruling force overtaking the figurehead, of Church over state, Paganism over Christianity and science over faith. This card reminds us that death is the end result of all endeavors. As a strength or ideal this is drastic change, an altering from a political to a spiritual lifestyle or just death. As a hazard or difficulty this may actually signify death or sickness, but also inertia and stagnation if change is prevented.

14: Temperance: *An angel pours water from the river of life from cup to cup, never spilling a drop.* This is the card of moderation, of management and mediation. Of solution despite itself. As a strength or ideal this is a call for consideration and moderation, a plea for temperance and the knowledge that it is possible. As a hazard or difficulty, this reflects the inability to feel passion, a lack of Will and blind faith or total lack of faith.

15: The Devil: *The couple from The Lovers is chained to the throne of a demonic figure based on the*

Judeo-Christian devil. It bears between its horns the reversed pentacle, the symbol of Male divinity. The lovers are horned now, and while chained, they could easily slip the chains, if they wished to. This card is the reverse of the Lovers, what some see the Lovers as. It represents ignorance, assumption, Witch-hunting and the persecution of people based on religion. As a strength or ideal, The Devil represents effort against incredible odds, belief in the Self despite the popular vote. As a hazard or difficulty it is persecution, pain, infliction of religion that doesn't belong to you, and negative public image.

16: The Tower: *The Forces of The Gods destroy the Works of man in a Fiery display of Power.* This is the one truly miserable card in the deck, there is no other with so little good to say. This is the card of Karma, the kind that bops you upside the head when you're not looking and ruins your life. As a strength or ideal: Ideal?? Strength?? This is the Tower!! Ruin, Misery. There is no ideal here beyond a chance to survive. As a hazard or difficulty: Look Out! Rough road ahead. The Tower is calamity, imprisonment and death. Can you say "L.A. when The Big One hits?"

17: The (fallen) Star: *Unclothed in her sparkling garments, the Star pours water on the ground and into the river of life.* This is the card of running yourself ragged, of loss and pain but also a chance to return to one's stardom. she is not clothed in the Heavens, but the Earth hasn't claimed her yet, As a strength or ideal: The Star represents a chance to regain an old "stardom," to return to an activity you were good at but have given up. As a hazard or difficulty: The Star represents a fall from grace, usurpment. It may mean someone is better than you.

18: The Moon: *A female face in a moon rains light down upon creatures of the night.* This is a card of Change and "Two-Facedness." This is not the Shiny-Happy Moon, this is Hecate and Diana as warrior and bitter crone. As a strength or ideal: This Card represents a lot of power, but bears the warning that some things, such as love, are more important than power. As a hazard or difficulty: This card represents Enemies hidden from view, Accident, Fate and Mental anguish and disorder.

19: The Sun: *A child on a white horse before a wall topped with sunflowers clutches a red banner. Above it all, the sun looks noncommittal.* This is a card of warmth (get it?.) the Sun displayed is the sun that lures you into napping on a warm day, that makes you feel that everything is all right in the Universe. The sunflower represents the solar wheel. As a strength or ideal: This card represents contentment and health, growth and good fortune. As a hazard or difficulty: We are reminded that suntanning causes skin cancer, that flying to high makes our wings melt. In these positions, we are warned merely to not "overdo it" All things in Moderation.

20: Judgement: *It's the end of the world and corpses are climbing out of caskets in the River of Life to greet a trumpeter.* This card represents change, an end to (Christian) Tyranny, rebirth. As a strength or ideal: This card represents an end to worldly reincarnation and a new "Oneness" with The Powers. It is a card of finality, an end to "death" stagnation, etc. As a hazard or difficulty: This card represents judgements that don't go one's way, a parting with the ways of good and the inevitable outcome of this.

21: The World: *A female figure surrounded by a circle. In other decks, this is the earth surrounded by the snake that is birthing/eating itself.* This is a card of worldliness, of adventure and, of course infinity. As a strength or ideal: This card represents an ability to reach deeper within oneself to grasp events outside one's self. An inner worldliness, so to speak. As a Hazard or Difficulty: This card does, however, represent a way of seeing things in large terms, not being able to see the trees for the forest for example. A person who is too in touch with the macrocosm may have a hard time with the microcosm.

All One Wicca:

A Study in The Universal Eclectic Wiccan Tradition
Book Two: A Grimoire:Section 11:Incense

I make no claims to be an expert on incense, oils, and the like. Nearly all of the information here appears as I would use it from my own Grimoires. I've tried to be concise, but the creation of and the various purposes of incense requires in depth reading. Rarely do I feel compelled to tell a student "no, go read about this somewhere else," but, well, go. The following table lists some basic fragrances and their uses. The forms used are up to you. For information, I heartily suggest _

<http://barnesandnoble.bfast.com/booklink/click?sourceid=361455&ISBN=0875421288>> The Complete Book of Incense, Oils & Brews

<http://barnesandnoble.bfast.com/booklink/click?sourceid=361455&ISBN=0875421288>> , Scott Cunningham, 1989. Llewellyn Publications, USA and any books, Wiccan/Pagan or not, on aromatherapy.

Acacia: Attunement, Motherhood.

Allspice: Cleansing, The Element of Fire, Health, Warmth, An end to fear, Power.

Amber (Warm): Attunement, The Consecration of Tools, The Element of Earth, Exorcism, Healing. (my favorite: Labdanum Resin from Cistus ladaniferous)

Amber, Fragrant (or "Sweet"): Authority, Gods, Meditation, Protection.

Apple (blossom): Fertility, Prevention of Homesickness, Spring.

Apple (fruit): The Cycle of Life, Happiness, Marriage.

Bayberry: Birth, Cleansing, Initiation, Yule.

Bay (laurel): Achievement, Consecration, Divination, Exorcism, The God Apollo, Priest(esse)s, Male Deity.

Bergamot: Attunement, Holiness.

Blueberry: Goddesses, Harvests, Protection of crops, Survival in bad weather.

Catmint/Catnip: Bast, Creativity, Gymnastic/acrobatic ability, Inner Harmony, Luck, Power, Visions.

Cedar: Attunement, Ceremonial States, Cleansing, Consecration of Tools, Healing, Purification, Purity.

Chamomile: Centering, Luck, Peace.

Cinnamon: Centering, Divination, Element of Fire, Healing, Oneness, Warmth.

Clove: Element of Earth, Healing, An end to Pain, Openness, Warmth, Wisdom.

Cypress: Banishing, Consecration of tools, Oaths, Out of Body experiences.

Damiana: Aphrodisiac, Love.

Frankincense: Ancestral memory, Divination, Holiness, Initiation, Protection

Floral, Any: Element of Air, Fertility, Goddesses (esp. Floralia), New beginnings.

Gardenia: Aphrodisiac, Beauty, Love, Marriage, Perfect Trust.

Ginger: Anointing, Element of Fire, Energy, Healing, Holiness, Warmth.

Ginseng: Aphrodisiac, Creativity, Element of Earth, Thought, Warmth.

Honeysuckle: Creativity, Element of Air, Love, Peace, Tranquillity.

Jasmine: Anointing, The Element of Water, Fertility, Goddesses, Inspiration, The Night, The Moon, Poetry.

Lavender: Attunement, Cleansing, Healing, Health, Luck, Lust.

Lemon: Appetite, Cleansing, The Element of Fire, Health.

Lily of The Valley: The Goddess Nemesis, The Fey, Purity, Virginity, Wisdom.

Lotus: The Element of Water, Energy, Holiness, Inner Harmony, Inner Peace, Visions, Wisdom.

Mace, see Nutmeg.

Marigold: Fertility, Health, Sun, Warmth.

Melissa (Lemon Balm): Healing, Element of Water, Fertility, Goddesses, Purity of thought.

Musk: The Gods, Lust, Male fertility, Strength, The Warrior.

Myrrh: Cleansing, The Element of Earth, Holiness.

Nutmeg: Luck, Soothing, Strength, Winter.

Orange, Blossom: Goddesses, Rebirth, Spring.

Orange, Fruit: Cleansing, Heartiness, Summer.

Patchouli: Holiness, Inner Peace, The Gods, Strength.

Peach: Fruition, Love, Soothing, Summer.

Peppermint: Anointing, Cleansing, The Gods, Strength.

Pine: Cleansing, Consecration of Tools, Defense, Harvest, Heartiness, Winter.

Pine, White: Attunement, Ceremonial States, Element of Air, Element of Earth, Exorcism, The Gods.

Raspberry: Fertility, Health, Soothing, Sustenance.

Rose, Red: Anointing, Element of Water, Fertility, Harvest, Health, Love, Magick, Romance.

Rose, Yellow: Anointing, Element of Water, The Goddesses, To Turn jealousy, Lust.

Sage: Ancestral Memory, Attunement, Ceremonial States, Cleansing, Consecration of tools, Exorcism, Healing, The Inner Elder, Purity, Magick, Meditation, Wisdom.

Saffron: Ancestral Memory, Dreams, Sacrifices, Warmth.

Sandalwood: Attunement, Autumn, Ceremonial States, Cleansing, Control, Element of Air, Exorcism, The

Gods, Shielding, Protection.

Spearmint: Anointing, Cleansing, The Goddesses, Meditation.

Strawberry: The Goddesses, Harvest, Summer, Sustenance, Youth.

Vanilla: Attunement, Element of Earth, Fertility, The Goddesses, Healing.

Violet: Anointing, Growth, Nobility, Purity.

Wisteria: Grace, The Inner Child(feminine), Maidenhood, Purity

All One Wicca:
A Study in The Universal Eclectic Wiccan Tradition
Book Two: A Grimoire:Section 12:Symbols and Sigils

Symbols:

The Symbols used in Wicca are diverse, and eclectic. Judeo-Christian, Egyptian, Greek, Chinese, the art of Symbolism is ever-eclectic in Wicca. I've picked several commonly used symbols, and I give a brief description of their usage. Personal symbols, such as a specific Mage's name rune, are sigils, whereas symbols of a God or other non-human are Symbols or (incorrectly) Runes.

Celtic Cross (occasionally the Bottom spike is extended to reflect a crucifix:) Represents: The Wheel of The Year, Four Elements, Celestial Family, Four elements as a single fifth element. Also represents the solar wheel, medicine wheel, and numerous other non-Celtic things, very versatile.

Circle. Represents cycles, the moon, unity.

Crescent Moon. Represents (Waxing) the Goddess Diana, maidenhood. (Waning) Hecate, Cronehood. A blue crescent moon was the underground mark of Wiccan Friendly businesses in some cities several years ago. These days, I know of two businesses with a crescent moon on their doors, both for other reasons.

Eye of Horus/ Eye of Time/Third Eye/Spirit Eye (Egyptian and Greek) Represents the Eye of the Egyptian God Horus, (who is also Greek Horae,) God of Time and Divination. Represents the Third Eye and the psyche

. Horned Moon. Represents the hunter God and maleness, also the Goddess Diana.

Infinity symbol/ Moebius Strip Represents: cycles, infinity, Totality. Magic, Birth, rebirth.

Onhk Represents: Sex, Birth and rebirth, divine Power, especially divine female power.

Pentagram. A Pentagram is the two-dimensional five pointed star, as opposed to a Pentacle, which is a three-dimensional representation of a Pentagram. Two points up, the pentacle represents The horned god, but also has been used to represent "Satan" a Judeo-Christian God of Evil. Because of this negative use, many Wiccans only use the feminine, one point up pentacle. Symbols seem to carry energy from user to user, and the negative energy on the "upside down" pentacle is almost as strong as that of the Swastika, another once-positive symbol taken and perverted to near impossible positive use. Most Wiccans only use the feminine pentacle.

Trident Represents: Neptune, Amphitrite, Aegir, other ocean Gods and Goddesses, also The Triple Divinity, especially the Male Triple divinities.

Triple Moon: Represents: The female triple divinity, esp. Hecate, Selene, Diana.

Sigils

Sigils are created by combining the letters of your name into a single design. Much leeway is allowed with sigils, where the individual letters may be bent, reversed or otherwise altered to achieve a distinct pattern. This is most commonly done with runes by Wiccans, but is really much the same as a custom monogram. (meaning Single symbol, "not initials".)

Creating a Sigil is a great way to mark your tools and other personal items. The power it has relies on the power you give it. Experiment with Runes and other writings until you find a Sigil that fits. Have fun!

All One Wicca:

A Study in The Universal Eclectic Wiccan Tradition
Book Two: A Grimoire:Section 13:Magickal/Craft Names

Reborn into a new life, many of us choose a new name, shucking the layers of emotion attached to our "old" name. For many, the craft name is a double identity, a name to go by and sneak around in absolute anonymity. For others, the adoption of a craft name, and perhaps the adoption into a clan, involves the legal change of name. Both have their ups and downs. I've always suggested at least five years of "trial" before making your name permanent. This is tree time, the amount of time it takes for the ground to fully accept a newly planted tree, think of your name like a tree. Does it prosper, root? Is it so difficult to pronounce that you need to change it? Does it need shortening because mispronunciation is driving you nuts?

My own craft name, Kaatryn is a variation of both Catherine and Kaaterinya, an old form of Katerina. Years later, instead of explanation, I usually tell people "just call me Kat," because Kaatryn (Kah-trin) is automatically mispronounced. Silvercat, reflective of the invisible lynx that follows me (no, really, ask my friends, it steals car keys and anything else I've just picked up), was an older craft name, and "Kat" has been a compromise. I tend to go to extreme lengths to not use my secular name. Holding by the tree time rule is difficult, but until my name is up, I refuse to legally change my name.

Changing a name is particularly difficult on children. Do you change a child's name? My own son is constantly called by his middle name, and I remember being the only one in my family with my father's last name and hating it. (I was a little matriarchal as a kid.) For years, I was going to change my name to my mother's or my great-grandparents, but I always felt that I wasn't "really" a Campbell, and the last thing we need in Wicca is another Morgan. MacMorgan is a compromise, a Scottish-Welsh-Cornish hybrid that sounds traditional. At our handfasting, my lover and our son, will probably change their last names, but for now, it is tree time.

Variations on names are ethnic and especially effective when paying homage to a god(dess.) A person may chose Ap Diana, MacDiana, McDiana, O'Diana, Dianella, Dianan, De Diana, De La Diana, Dianal, or Anaid instead of Diana, or alter the spelling Dyana, or the pronunciation, Deeana. Personalization is especially effective in reducing repetitiveness. No longer can we just be Phoenix or Diana, a profusion of new Pagans with the same names has created a need for secondary names and titles, much as population growth created that need hundreds of years ago. A return to profession names is common. A lawyer friend of mine goes by "Marilia Barrister," a carpenter I know has legally changed his last name to Woodwright. Professional last names, as well as matrilineal names and altered God/Goddess names are common to the Pagan community, but weigh all factors before choosing...do you like it? Is it too common? does it feel right? Maybe using a numerological or runic approach could help...explore! Create! Be!