



The beginning of a circle is also its end. Not I, but the world says it: all is one. And yet everything comes in season.

- Heraklietos of Ephesos



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In addition to our regular Full Moon Circles we also run workshops and classes which are highly interactive and experiential, focusing on participation and engagement of participants. If you want to keep abreast of SOL's circles, gatherings, workshops and activities please click on the banner below to check out our Events Calendar.



SPHERES OF LIGHT & AXIS MUNDI ARE BASED IN AUSTRALIA. ALL EVENTS HOSTED BY SOL ARE HELD IN THE SYDNEY-ILLAWARRA AREA OF NSW.

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#### Cover ~ Cosmic Isis by Judith Page



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#### From the Editor



#### Thrown in the deep end!

At the time of the last lunar eclipse and Venus transit I was in Los Angeles filming an episode of My Ghost Story. I had an interesting and thought-provoking time, some aspects of the trip were enjoyable and some were just frustrating. Visiting another country can present one with some concerns and limitations, which in my situation resulted in me having to confront my own fears about being alone. On several occasions I found myself saying "I can do this, this fear of the unknown will dissipate if I just let my

fear go and allow myself to trust the motives of the Universe".

I fully appreciate that the significance of these transits and eclipses can help us to understand our own personal cycles and patterns of behaviour. Of course these events can bring us a deeper understanding of life; but it doesn't necessarily make our life easier, in fact sometimes I believe being on this path makes my life so much harder.

How often do we put up barriers when the Universe is initiating change? How often do we ignore the cycles altogether and focus almost exclusively on the illusion of linear progression? Life becomes so much easier when we just flow with whatever is happening.

"All things change, nothing is extinguished. There is nothing in the whole world which is permanent. Everything flows onward; all things are brought into being with a changing nature; the ages themselves glide by in constant movement". ~ Ovid

Blessings and have a wonderful and happy Winter Solstice

Janine

# Magical Workings for Yule & July



## WORKING WITH THE SEASON OF WINTER

Winter is a time when you can clear out old growth and those aspects of our life that no longer serve a meaningful purpose. As the wheel turns we need to acknowledge our own mortality, death is close at hand, whether it is death of a situation, or our own inevitable death.

Winter has the effect of time standing still. It precipitates a time of reflection, which can create the catalyst that crystallizes our inner turmoil. Winter with its cold, harsh reality can assist you to face the inevitable decisions that spring boards us on to new aspirations. It is in the very midst of this cold time, that our mind turns to the light, to the warmth that the tide turns and the sun is reborn.

Winter solstice or Yule is the shortest day, and the longest night of the year. It marks the return of the Sun's warmth and light, and the promise once again of a productive Earth. The Winter Solstice falls on the shortest day of the year 21st June in the Southern Hemisphere and 21st December in the Northern Hemisphere. In ancient times, much celebration was to be had as the ancestors awaited the rebirth of the Sun King, the Giver of Life that warmed the frozen Earth and made her to bear forth from seeds protected through autumn and winter in her womb. Bonfires were lit in the fields, and crops and trees were "wassailed" with toasts of spiced cider.

The Druids (Celtic priests) would cut the mistletoe that grew on the oak tree and give it as a blessing. Oaks were seen as sacred and the winter fruit of the mistletoe was a symbol of life in the dark winter months. It was also the Druids who began the tradition of the Yule log. The Celts thought that the sun stood still for twelve days in the middle of winter and during this time a log was lit to conquer the darkness, banish evil spirits and bring luck for the coming year.

#### Reference:

http://www.bbc.co.uk/religion/religions/paganism/holydays/wintersolstice.shtm



#### MAKE CITRUS POMANDERS

Pomanders are fragrant balls that perfume the air. Creating pomanders from oranges and lemons make a beautifully scented decoration. Citrus fruits are also symbolic of the sun, so they make a great mini-tribute to the Sun God.

To make a pomander, you will need oranges and/or lemons, a jar of cloves, some of your favourite scented spices, and a pair of latex or rubber gloves. The gloves are not necessary, but if the crafter has any minor cuts on their hands or cuticles, they will protect the wearer from stinging citrus juices accidentally running over the wound. Take a piece of fruit and a bowl of cloves and begin to push the stem of the cloves into the skin of the fruit. Make spirals, stripes, or any kind of patterns you like to decorate the fruit. When you are done, roll the fruit in a bowl of ground spices with rich holiday aromas, such as cinnamon and nutmeg, which will stick to the sweet juices.

Pomanders can be tied with ribbon and hung from the tree, or suspended in a corner or closet to make it smell good. You can also place several in a bowl and leave them out on a table, turning them once or twice a day until they dry out. The fruits will begin to dehydrate, but will retain the wonderful scents.



#### 4 July Full Moon in Capricorn

The Moon in Capricorn is all about the structures, work and the goals you make in

regards to your life, security and home.

Capricorn rules profession, inherited traits, responsibility, public eye, promotion, social standing, degrees and advancement, the boss, establishment, hard work, social climbing, ruthlessness, things you want worse than anyone else, conscience, profound, wisdom, long term results, respect.

Spells for career, job, business, work, honour and reputation, big business, achievement, recognition, Father, authority in general, world leaders, statesmen, presidents, government in general.



## 19 July Dark Moon in Cancer

We can be quite influenced by our environments under a Cancer Dark Moon. Steering clear of

reacting with moodiness but responding with a well-developed and active instinct will allow your imagination to let go of what is no longer necessary in this area of the life. The capacity to cherish and relive experiences is strong under any Cancer Moon, but beware of that typical Crab tendency to hold on too tight to the past issues.

This is the sign the Moon rules, and her power is very strong. Cancer rules security, myths and archetypes, nurturer, looking into the past, traditions, home and hearth, helping others with problems, sentiment, keeping secrets, water in general, especially in lakes, oceans, rivers and streams.

Spells for home, Mother, family, children, food, psychic abilities, divination, past lives, real estate, weather workings, planting and raising food crops.

#### **Sun King Soup**



The winter solstice marks the return of the sun, as it begins to make its way back towards the earth. Celebrate this festival of light with a nice rich bowl of Sun King Soup -- the bright sun colours and smooth texture is just the thing for either an appetizer, or a light meal at Yule.

#### INGREDIENTS:

3 Tbs butter (use real butter, not margarine)
1 small onion, diced
2 1/2 Cups tomatoes, diced
1 Cup vegetable broth
3/4 Orange juice, no pulp
A few sprigs rosemary
Paprika

#### PREPARATION:

Sauté the onion in the butter over low heat. Chop tomatoes and add to the onions. Allow to cook until tomatoes become soft, just a few minutes. Add broth, and allow the whole thing to simmer over low heat for 30 minutes. Return to stovetop, add rosemary, and simmer for about 5 - 10 more minutes. Add paprika to taste. Serve in warm bowls with a nice loaf of soft bread, or as part of a larger feast. From: About.com

# Sagittarius Full Moon – 1<sup>st</sup> June



#### Sagittarius Full Moon – 1st June

Sol's last Full Moon was in the sign of Sagittarius which was a time of focusing on our spirituality, higher learning and wisdom. The Sagittarius/Gemini polarity was also a very out there type of energy so the ritual was a time of music, dancing and fun and the fire energies of this full moon certainly enhanced the ritual. Of course being spiritual does not mean we have to be serious.

On this night we also tapped into the energy of partial lunar eclipse and the transit of Venus.

In ancient times, astronomers tracked the orbit of Venus very closely, discovering that it traced a pentagonal rose pattern in the sky over a period of eight years. The rose-line or "rosslyn" pentacle was greatly revered in the mystery schools. It was even used as a blueprint to design the "sacred spaces" of many famous chapels, cathedrals and temples.

Venus is also the planet of social contact, contact with Nature, the planet of Creativity & the Powers of Attraction.

Coming in pairs only once a century, the Venus Transit occurred in 2004 and this one was on June 5-6, 2012. Appearing as a black dot as Venus travels across the face of the Sun, the transit was known in ancient times as the circumpunct, Eye of Ra and the Birth of Venus. As the ultimate symbol of celestial fertility, the planet Venus was worshipped in the form of many different goddesses from Isis and Ishtar to Aphrodite and Asherah.

In the sacred astronomy of ancient Egypt, Venus as the morning star represented the ascent of Maat, goddess of truth, in the celestial barque of her father Ra. As the evening star, she signifies the descent of Hathor, one of the goddesses in the afterlife who enters the Duat or invisible region of the sky, where she welcomes departing souls.

RA is what you may call the Greater, Greater, Greater Central Sun, just to give you some understanding of RA's intensity and magnitude of illumination. RA is not the Prime Creator of all Creation but one of the Founder

Gods. RA is said to be instrumental now in this great shift in consciousness.

#### The RA Circle

With the Music of the Beatles "Come Together" the circle was cast.

http://www.youtube.com/watch?v=OEo9Bh67 9wM

The Mighty Maat – Venus of the East
Who balances the souls of all beings
Who weighed with the heart, and the Mighty
Hathor – Venus of the West, Eye of Ra,
Sacred One, Guardian and Guide were both
welcomed into the circle.

With the music of Here Comes the Sun the great Ra was summoned.

http://www.youtube.com/watch?v=U6tV11acS

"I am called AMUN RA, yet every name is my name.

I am that which proceeds from the unknowable unto the unknowable, and between these am I all that might be known.

That which was, and is, and is to come; limitless, boundless and immortal-

Omniscient, omnipresent and ineffable; I am all, the life of God and Humankind

All that hath form: This is a shadow of my form

All that hath awareness: This is a fraction of my awareness.

All that bear with themselves the fire of life: These are the sparks of my undying fire.

All that might be named: These things have my name."

We then connected to the great God Ra through meditation

After the meditation we danced around the circle with yellow streamers to the music "The Age of Aguarius".

http://www.youtube.com/watch?v=EegRh8Z4 H-o&feature=fvst

We then thanked our hosts and guests and bid them all farewell.

More information regarding this circle and past circles can be found in our Book Of Shadows. Our next Full Moon Circle will be a Yule Gathering held near Engadine on Friday, June 29, 2012. Please contact us for further details if you would like to attend.



## God RA

Mighty Ra
The divine illumination
May your light descend and fill
my heart and mind.
May your light activate and
unite within me the One.
May I become the manifest
potential.
So mote it be.

~ Janine Donnellan

The ancient Egyptian sun god Ra is the quintessential summer deity: Ra or Re, is one of the most important gods of ancient Egypt. Ra was chief of the cosmic deities and was sometimes called the creator and father of all things. Early Egyptian kings alleged descent from him and added his name to their own royal titles. Various other Egyptian gods were frequently identified with him, such as Amon and Atum.

Ra was regarded as the creator of everything; he was usually crowned with the sun disc encircled bv the uraeus (a stylized representation of the sacred cobra). The sun itself was taken to be either his body or his eye. Ra is usually represented with the body of a man and the head of a hawk, holding an sceptre. had several & Ra manifestations, including that of the lion.

Ra was said to command the chariot that rode across the sky during the day and battling the forces of evil and darkness by night. When the sun finally set, it is said that Ra travelled into the underworld to do battle with his nemesis, Apep.

The chief location of Ra worship was Heliopolis (a Greek word meaning city of the According the Heliopolitan sun). to cosmology, Ra was said to have created himself, either out of a primordial lotus blossom, or on the mound that emerged from the primeval waters. He then created Shu (air) and Tefnut (moisture), who in turn engendered the earth god Geb and the sky goddess Nut. Ra was said to have created humankind from his own tears and the gods Hu (authority) and Sia (mind) from blood drawn from his own penis. Ra was often combined with other deities to enhance the prestige of the latter, as in Re-Atum, Amun-Ra, or in the formula "Ra in Osiris, Osiris in Ra".

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http://encyclopedia2.thefreedictionary.com/Ra+(sun-god)

http://www.solarnavigator.net/egyptian\_sun\_g od ra.htm

http://www.egyptbc.com/ra-the-sun-god.html

# ANCIENT EGYPTIAN MEDICINE

**By Tina Georgitsis** 



Proper nutrition, exercise, emotional and spiritual fulfilment were important to keep a person in complete health according to the Ancient Egyptians. A person had to keep their body in complete check making sure the above were fulfilled in order to keep the body in harmony with the internal and external cosmos. This would ensure it would serve as a just vehicle for the vital force which is present in all things.

The Ancient Egyptians believed in a holistic approach to wellbeing and so encompassed the whole person when treating them. The kind of illness or injury determined what method of treatment to be used and which approach was appropriate.

Ancient Egyptian medicine goes back thousands of years - even before the written word and so is classified as one of the first healing modalities.

Many healers in Ancient Egypt used a combination of magic and physical remedies to cure the populace of their ailments. With the combination of the two it was said to eliminate physical and spiritual evil that caused suffering. They believed in order to effectively treat the patient they needed to do so physically and emotionally as the two worked together in the benefit or detriment of the person.

#### MEDICAL RECORDS

The Ancient Egyptians were well versed in keeping records and were well renowned for their administrative skills. They developed a system where in their practice they kept medical records of the structure of the body, instruments they used, various diseases and remedies. Evidence of this has been shown in the Edwin Smith Papyrus which shows the following:

- Title which told of what the ailment was:
- Examination which told how to examine the patient for a particular ailment;
- Diagnosis and Prognosis which told the therapeutic possibilities; and
- Treatment which told how to actually treat the ailment.

Also included in this document were anatomical descriptions of the body and how to treat certain body parts as well as what therapies could be assigned for use.

### DEVELOPMENT OF MEDICINE AND WORKING WITH MAGIC

The Ancient Egyptians had ways to observe the skeletal and muscular systems of the body through observation. They never actually performed dissections as it was considered a desecration of the body. They believed the body was reborn into the land of the dead and even in death kept it in the most impeccable condition. Observations were made through the treatment of patients and thus with more experience and through the experience and information from others before them, they were able to update their findings as time passed.

The Ancient Egyptians concept of the nature of disease varied from the magical to the pragmatic. A particular disease could be derived from the curse of another or through demonic interference. This was due to the fact that the cause and outcome was hard to predict with their limited scientific knowledge, so magic was an important factor in healing the afflicted person. In regards to injuries such as broken bones and cuts they were assigned to logical reasoning and were treated as such with the help and blessing of some magic to speed up the process and stop infection.

The therapeutic effect of magic was quite significant in the healing process. Even in today's modern world the suggestion and expectation of a cure can heal a person – the power of the mind can do anything if the will is strong enough and the Ancient Egyptians believed this whole-heartedly. If the patient

was negative and felt as if there was no solution then there was more of a possibility the patient would not be cured. Healers made use of magic and invocation as a means to cure as it had a placebo effect. Love was energy used to cure the sick. It is extremely potent as it is a common energy which everyone experiences in their lives at one time or another. It was used to cure patients of their afflictions and in this day and age we see this being repeated by showing tender love and care to those who are sick.

The use of medicines such as herbs were said to have improved therapeutic effect if used in combination with blessings and magic. If medicine and magic was used together they complimented each other and thus had a more potent effect.

The Ancient Egyptians followed the principle of "similia similibus" where they used remedies that resembled the part of the body that needed the treatment because it was said that the characteristics would increase the potential of a cure. This was done using herbs, crystals, animal parts, amulets and even human excrement.

The Ancient Egyptian pharmacopoeia comprised of treatments derived from animal, vegetable and mineral origins as they all had their valued therapeutic effects. The collection, preparation, containers and dosage were extremely important and great care was taken. The administration of treatment was by mouth, anus, vagina, penis, external application to skin, hair and nails and fumigation and inhalation.

### WHO PRACTICED ANCIENT EGYPTIAN MEDICINE?

There were various categories of those who practiced medicine. Those included the Swnw, Priests of Sekhmet and Magicians. All were thought to be healers although the Swnw were considered superior in the healing arts. They were trained through specialised schools (such as temples) or through transmission of knowledge from a family member or friend. Many healers had to be able to cure themselves of illness before they were able to heal others or show

they were in complete equilibrium with all aspects of themselves.

Swnws (pronounced 'sewnew') were the conventional doctors and used physical examination, diagnosis based on what they could see and what they believed was to be the cause (it being demonic or not) and a plan of treatment using animal, vegetable and mineral remedies with the blessings and aid of certain deities. Some Swnw even specialised in certain areas such as veterinary care, dentists, infections of the eye specialists and women's health specialists.

The Priests of Sekhment were healers as well as priests. They worshiped the Goddess Sekhmet who was the Goddess associated with healing and medicine. They practised using a combination of rational medicine along with magic and ritual.

Magicians practiced in small communities where a priest or swnw was unavailable. Some magicians even worked in close relationship with a Swnw. Magicians usually practiced using spells, incantations, concoctions and amulets as their basis for cure. An example of a magician was a Hekay who used Heka – a practice of magic through the spoken word to heal the sick.

There were others also involved in the healing process and these included people who were not necessarily doctors, priests or magicians. These included pharmacists, nurses, midwives, physiotherapists and bandagers. These were healers in their own right but since no school was available they learned their craft through word of mouth, from a family member, friend or paid a person who was skilled in the area.

#### WHERE WAS MEDICINE PRACTICED?

Places of healing included temples, the healers practice rooms or the patient's home. Some patients could stay in the healing temples (such as the one in Dendera) and be given special infusions to drink or specially prepared food to eat and then left in special rooms to spend the night. This would be in the hope of inducing a dream which would

show them the cause and cure of their affliction. Some temples even had a special room called a Mammisi which were birthing rooms, but these were usually left for royal births or high births. Healers also had their own practice rooms and also made home visits if required or preferred much like the doctors of today.

#### **ANCIENT EGYPTIAN HERBAL MEDICINE**



The Ancient Egyptians had great knowledge and skill for the use of herbs in regards to their effects and subsequent cure in many different ailments. They kept records of their name, habitat, cultivation, collection, storage, characteristics, purpose, preparation and They used the fresh or dry application. seeds, roots, leaves, flowers and fruits in fumigation, inhalation, poultice, unquents, and liquid, as part of hot or cold blend with other ingredients (animal or mineral) or in their natural state. Many herbs were applied as treatments even though all their properties weren't clearly understood. Using their divinatory instinct and the use of experience through the use of trial and error the healers were able to classify herbs into categories of aiding and curing specific ailments.

When a patient was given a herbal remedy the healer would prepare it and put it in a container with the prescription and instructions for use written on it, much like our modern day Herbalist or Naturopath does. A typical example of an Ancient Egyptian herbal preparation is the following, which is an excerpt taken out of An Ancient Egyptian Herbal (1999):

"..One Egyptian suffering from an eye complaint was given a small cylindrical pottery vase which specified the contents and gave instructions as to their application: 'sawdust; acacia leaves; zinc oxide; goose fat. Apply as bandage." (p.59)

The use of herbs in Ancient Egypt has survived into the modern day as their medicinal properties are now recognised. An example is aloe vera juice, which was used to treat fever, plague, eye diseases, swelling, digestive disorders and skin disease. Today's Naturopath or Herbalists could prescribe a treatment using aloe vera as it is an anti-inflammatory which can be used to treat skin inflammations, sores and burns.

#### **ANCIENT EGYPTIAN AROMATHERAPY**

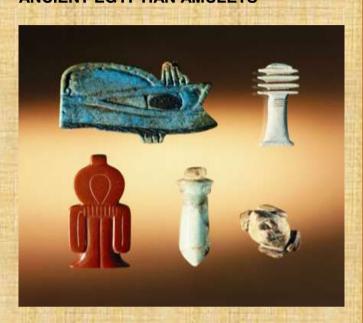
The Ancient Egyptians believed that because a plant had a strong aroma (being pleasant or pungent) it would naturally have a remedial quality that would have beneficial effects if inhaled. These beneficial effects were not only treating the physical body but the emotional one as these plants had different effects on the psyche and it was said to be able to touch the inner body – the soul.

Aromatherapy was used extensively and they used substances derived from plants which used the scent as the remedy. The remedy was used in various ways such as external applications, inhalations and fumigations. External applications included being massaged into the skin and hair, applied as part of a lotion, poultice or bandage dressing. Internal applications included herbal teas, oils or herbs being inhaled through water evaporation (steam baths) or being inhaled through an incense type burning.

The use of aromatherapy has survived into the modern day as Aromatherapists, Naturopaths and Remedial Therapists use some of the oils and herbs the Ancient Egyptians once did. For example cinnamon oil was used to treat scorpion bites and female ailments by massaging the oil into the

affected area. Today's Naturopath, Aromatherapist or Remedial Therapist could prescribe a treatment using cinnamon oil as it has stimulant, anti-bacterial and anti-depressant qualities and raises heat in the body which can be used to treat depression and increase the blood circulation to an area.

#### **ANCIENT EGYPTIAN AMULETS**



Amulets were also used for healing purposes as they could protect people from injury and disease and aid the cure of them. There were three different types of amulets, homopoeic, phylactic and theophoric.

Homopoeic amulets were amulets which showed parts of animals, insects or reptiles. This worked on a 'similia similibus" as they believed by wearing the amulet showing the part of the creature it would be able to assimilate the desired effect. An example would be if someone was suffering from a heart condition, they would wear an amulet showing a picture of a lion who was believed to have great strength in his heart.

Phylactic amulets were amulets which were protective in nature. When worn they could dispel evil influences and stop harm. An example would be to wear an amulet showing the Eye of Horus which would ward away evils of the most spiritually invasive kind.

Theophoric amulets were amulets which showed the Gods and Goddesses associated with healing and protection of certain types of afflictions. An example would be for a pregnant woman to wear an amulet showing

the Goddess Isis to enable her to have a healthy and safe pregnancy and birth.

### EGYPTIAN MEDICINE INTO THE MODERN ERA

During the 500s BC Egyptian medicine was beginning to lose its dominance in the medical field due to the gaining popularity of Greek Medicine. Both Egyptian and Greek medicine practises were different but the two learned from one another and within a few centuries were fairly similar in nature.

In the first couple of hundred centuries AD with the disintegration of the Egyptian language, the loss of the Alexandrian library (which contained a wealth of information on Egyptian medicine) and the dawn of Christianity, Egyptian medicine was difficult to study. It was mainly passed down from generation to generation through word of mouth and so many original aspects were lost or bastardised until the deciphering of many Egyptian medical writings in the early part of the 20th century.

In today's modern world Coptic medicine is used throughout Egypt and even though its mainly Greek medicine based its roots are classically Egyptian. The typical Egyptian indigenous population uses Coptic medicine as an alternative to western medicine because of the cost and availability. Also in the last couple of decades it has gained more popularity and is gaining a strong reputation as a better alternative to western medicine.

Ancient Egyptian medicine has retained its presence in the modern world even if its presence isn't as great as it once used to be. Many holistic and natural therapies of today owe a great debt to the Ancient Egyptians who were pioneers in what they practice today.

What I have covered above is only but a snippet of Ancient Egyptian medicine. To get a deeper understanding it is essential to delve deeper into its mysteries and learn for yourself the rich knowledge and information these people possessed.

All her life, Tina Georgitsis has always maintained a deep love and appreciation for

the occult, whilst also being deeply respectful to the Ancient Greek and Ancient Egyptian spiritual/magickal paths that she is devoted to. She is a Priestess Hierophant within the (Lvceum of Heka). Hereditary Folk/Hermetic Witch. Initiated Wiccan Priestess and Torchbearer for the Covenant of Hekate. Qualified as a Reiki, Seichim and Sekhem Master and Tarot Councillor with the ATA, Tina has also studied various modalities within natural/alternative medicine and she operates a spiritually based business (Madam Magick) which includes readings, healings, magickal items and workshops in various metaphysical and occult subjects.

Madam Magick:

https://www.facebook.com/pages/Madam-Magick/237516373002840

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# Judith Page

Judith Page was born in Sydney, Australia and went to the UK in the 1970's where she attended Chelsea School of Art specialising in mural decoration, knowing full well that she was destined to become a painter.

Her field of study is occult art, and she is now well known in this circle for producing fine examples of Egyptian pantheon groups with a strong emphasis on astronomy. Her canvases literally vibrate with aspects of distant galaxies.

Her understanding and use of colour is profound. These powerhouses on canvas contain an energy and vibration that is infectious to the onlooker. They are geared to energize and relate very much to the future and beyond, taking the viewer with them. She has an almost innate knowledge of the cosmos, and states that this is due to the fact that we are all made of star-dust, and she is merely painting our ancient bodies.

Her work has featured on the covers of countless UK magazines, books and illustrations. She states that often her work is sold before the paint is dry, hence her code of secrecy when she worked on a Kabbalistic series of paintings, 'The Tree of Life', taking almost two years in the painting.

Judith's paintings and fine art prints can be found in both sanctuaries and private collections worldwide.

Although she packs her day with work, she is always keen to take on commissions of any size.

Judith also designs her own one of a kind range of silver Setian jewellery, specially made to her requirements by Egyptian craftsmen. You can view and buy Judith Page's prints, paintings, weaving and jewellery by visiting her website <a href="https://www.judith-page.com">www.judith-page.com</a>

#### **Books**

Angelic Magick/Walking with Angels (Forthcoming)
Walking with Angels
Judith Page
Preface by Aaron Leitch

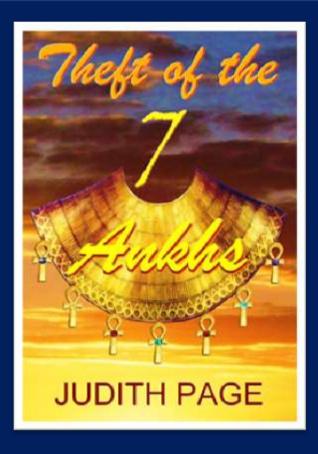
Dedicated to Alain Leroy, Lucifer, Pagan and Soutekh.

Other books by Judith Page
The Song of Set
Song of Meri-Khem
Theft of the 7 Ankhs
Pathworking with the Egyptian Gods
Invoking the Egyptian Gods

http://wp.me/p2qprO-cq

You can also check out a review of Judith's work on:

www.abandonart.co.uk



# Theft of the 7 Ankhs By Judith Page

From my childhood I was fascinated by Ancient Egypt, the mystery of the pyramids, the lone Sphinx and the never-ending everchanging colour of the river Nile. It is said that if you fall into the Nile you will always return to Egypt. In my youth when I was sailing on a felucca between Luxor and the West Bank, I didn't hear the boatman's order to duck my head as he moved the sail from side to side to catch small gust of wind. The wooden boom hit me in the head sending me plunging into the Nile waters.

Return I did, but have lost count of the times I've been to this land – beginning as a tourist in my early teens in the company of my grandmother, and later eventually working as part of a team in Abydos on the creation of a meditation centre.

Always the magic was there from the phantoms that appear in the desert region of Abydos to the mirages in the Sahara.

Mystery and magic go hand in hand when I think of Egypt and so many books on the subject have been written for adults; romance, adventure, tourism, history, archaeological – the list is endless. But what is available for children? Plenty of interactive games, marvellous historical tomes produced by the many museums of the world— but few are about adventure and Egyptian magic with children in mind!

So, I decided to remedy this and began in the year 2000 to write Theft of the 7 Ankhs. It is based on my childhood with my grandmother, a cousin who I adored, various characters I got to know when visiting Egypt, some famous and some infamous! My late friend Billie Walker-John I would say took the lead role as Meri-Khem; this being her magical name. Even my partner Alain is featured in the story and performs beautifully as Al-nia the shape-shifting Ushabti.

But what's so special about Theft of the 7 Ankhs? And how can it compete with other books on magic written over the past ten years; what springs to mind is of course the famous Harry Potter series all steeped in magic. I am in no way competing with these stories as they all have their place in the scheme of things. What I have written is a different kind of magic, a magic that is not concocted, this magic is real; it was practised for thousands of years in ancient Khemit we know as Egypt. The magic exists still, if you want to tap into it.

Please bear with me, I'll explain more - Although I use the word 'magic' which to many people tend to think that religion and magic of ancient Egypt are two separate practises, they are not – to these ancient folk, religion and magic was one and the same. It was a complex system of polytheistic beliefs and rituals that played an essential part of ancient Khemit culture. It focussed on the Egyptian's communication with a multitude of deities whom they believed to be present in, and indeed in control of the very forces and elements of nature.

The legends about these deities were meant to explain the origins and behaviour of the forces they represented, and the practices of Egyptian belief were efforts to provide for the deities in order to gain their favour.

Ceremonial religious practice revolved around the Pharaoh, the king of Egypt. Even though he was human, the Pharaoh was believed to be descended from the gods. He acted as the mediator between his subjects and the gods, and was duty-bound to nourish the gods through ritualistic rites and offerings so that the gods could preserve order in the universe.

The state of Khemit gave enormous funds to the performance of these rituals and also to the construction of temples where these practises were carried out.

Individuals could also interact with deity for their own ends, asking for their help through offerings and prayers, or compelling the gods to act through magic. Another very important aspect in the lives of the ancient Egyptians was the belief in the afterlife and the great importance they placed on funerary practices. They went to great efforts to ensure the survival of their souls after death, providing tombs, donating and giving grave goods, and offerings to protect the bodies and spirits of the dead.

But what has all this got to do with Theft of the 7 Ankhs? The very essence of this ancient belief system is imbedded in the story and as the child reads, they effortlessly absorb knowledge and the magical practices of the main character Prince Setne Khaemwaset who at an early age becomes Sem priest to his father King Rameses the second. He was also Khemit's greatest magician!

The story begins in ancient Egypt when the prince discovers a precious papyrus that reveals the hiding place of a legendary scroll and uses its secrets to create the magical collar of the seven ankhs. The ankhs are stolen, and a riddle is set that will disclose their locations. Ramose, a Time Lord, travels to the twentieth century to locate the riddle.

One piece is in the Cairo Museum, and the other belongs to Vida Richardson Hardy in England. Her Granddaughter Meri copies this fragment, and discovers a recipe for a magic mirror. Kenneth, Vida's Grandson, identifies the second half of the riddle in Cairo. On a visit to London, he and Meri de-code the riddle, and venture back in time to Ancient Egypt to search for the seven ankhs.

But Kenneth realizes that Meri's in danger - with the aid of the magic mirror, he goes to the rescue - but will he be able to save her? I wrote Theft of the 7 Ankhs for children 9 to 12 – but hey, is there not a child in all of us?

#### **FREE PREVIEW**

Without warning, Meri made a sudden dash between the paws of Shu and began pounding on a limestone slab. The ground rumbled beneath her feet as the slab slowly dropped down into the rock.

'Quickly, Khaem, let's go,' Meri said, signalling to him. 'We need light.' She

touched the crystal in her circlet, emitting a beam of light. 'I'll go first.'

Down several steps and along a narrow passageway, they ran.

'There're no markings of any kind on these walls,' Khaem observed, disappointed.

'Here're some small caverns,' Meri said breathlessly.

'Let me see.' Khaem pushed past her and peered inside.

'There are incised marks on this wall but nothing I recognize. Perhaps it's the language of the gods.'

'Let me see. I don't know other languages, but it looks like Greek. The Ptolemies were Græco-regals for a time.' Meri looked at the text. 'It's very strange,' she continued, turning her head on the side. 'If this is the Sphinx of Tomorrow, he represents the future. Maybe the ancients couldn't read the future, and they just left a load of graffiti.'

'Meri, look, it's here in a niche. I've got the fifth ankh.' Khaem seized it and held it briefly to his chest and sighed. 'The ankh of truth. I don't deserve it.'

'Listen,' said Meri, putting her hand up to silence Khaem.

'I can't hear anything.'

'Ssh. Come on, run!' she said and grabbed him by the hand. As they reached the outside of the Sphinx, the limestone slab slammed shut behind them.

'Look, Khaem the sun's setting, taking Tefnut with it. She's disappearing again,' Meri screamed. 'We've got to get inside her to get the other ankh.'

Together they broadsided in the sand and slid towards the lion's chest through an opening, landing with a thud on a stone floor.

'Oh my gosh, Khaem. Look around you,' Meri gasped as the beam from her circlet lit up a huge chamber. 'One of the walls is made of crystal. There's a picture of a boat, a bit like the Boat of Ra, and there are two figures on

it. One looks like Horus. The other is a man kneeling down being welcomed by another. Look at the symbols, Khaem. Can you read them?'

'Meri, this is incredible.' Khaem was beside himself with excitement. 'I can make out a few.'

As he ran his fingers over the signs, they emitted sounds. He suddenly cried out: 'The stones in the ankhs are vibrating. I can't move my fingers from the wall.'

Meri ran over, trying to pull him away. 'The sounds are swirling round in my head,' she cried, letting go of him and cupping her hands over her ears. 'Aaaagh,' she cried in pain, unable to help him.

#### Khaem screamed:

'MmmerrrrihellIllpmeeeeeeee.' His body shuddered, and his face contorted.

Suddenly, the symbols left the wall and travelled in sequence along the crystal beam of light, disappearing into the crystal circlet on her head.

Khaem fell away from the wall and collapsed on the floor.

Meri's eyes glowed like orbs. She opened her mouth, uttering sounds that ricocheted around the chamber. A voice from within her spoke, forming multidimensional pictures around the words:

'At the dawn of our beginning the heavens were much closer to earth, and we, the Neters, were more familiar with man. In those days, we could walk the land between heaven and earth. We were able to cross the abyss to create reality. We created this room and hid these secrets beneath Tefnut, our Guardian of the West. Within her is the entire history of Zep Tepi. But man changed and was not ready for this knowledge, so we took Tefnut away from view. Within her are the keys.'

Meri blinked and looked at Khaem, who stared wide-eyed at her.

'Have you keys that hold the secret?' pressed Khaem.

'Yes,' the voice answered. 'But they're not keys: one has to utter sacred sounds. They're multilayered sound forms that will pass you through to another dimension onto other planes, onto other spheres of being, to the greater and the higher—to the place of the Neters, the Home of Gods, to us.'

Meri didn't have a clue what the voice was talking about, but Khaem stood tall and spoke to the being that had taken over the girl's body.

'Ra appeared before me in all his godlike forms. I saw him, and felt his essence. As his golden light surrounded me, he touched these keys.' Khaem touched his collar with deep emotion, and uttered:

May these keys, these ankhs of life represent trust, blessing, courage, rebirth, truth, wisdom, and mystery. Each time you speak to the ankhs, the gemstones will resonate to your voice.'

'If you have the seven ankhs, why are you here?' the voice questioned.

'We seek the ankh of wisdom, which was stolen from me and is hidden in this chamber,' answered Khaem.

Meri closed her eyes and threw back her head. Her mouth twisted and contorted. Khaem recoiled in shock. She emitted a note so pure it rang round the chamber, ripping through the air and shattering the wall. Shards of crystal wafted around them like feathers, each the colour of a rainbow.

Khaem and Meri were bathed in wondrous light.

'Khaem, look on your collar,' she cried with joy. 'It's the sixth ankh.'

He touched his chest and bowed his head, 'I thank thee. Meri-Khem.'

'Ah... it was nothing really,' she said, rubbing her neck. 'My throat hurts a bit though.'

'I'm not surprised. Where did you learn to utter such sounds?'

Meri shrugged her shoulders and shook her head. 'The only sound I was taught to make was with a triangle.'

'A triangle.' This time Khaem shook his head.

'We have to get out of here. Our Lady Tefnut has sealed the entrance from the outside and my incantation won't work in here,' he said, feeling the wall.

'No problem. Look the crystal flakes are clearing, and there's our way out,' Meri ran towards a doorway that led into a tunnel.

Theft of the 7 Ankhs available in hardback and Kindle E-book

Reading level: Ages 9-12

Paperback: 320 pages

• Publisher: AuthorHouse (May 23, 2011)

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By the same author

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Song of Bast (E-book – Kindle)

Pathworking with the Egyptian Gods (hard copy)

Invoking the Egyptian Gods (hard copy) available in December 2011



# Fruits & Vegetables of the Season - July

The mercury is dropping, and weather is getting colder with each passing day. The increasing coldness and darkness invites us to think of warm comforting food. This is a time to settle in front of the heater with a large bowl of soup or a casserole or a nice warm cup of cider.

#### July - mid winter - fruit

apples -bonza - braeburn - fuji - golden delicious - lady williams - pink lady - red delicious - snow - sundowner, cumquat, custard apple, grapefruit, lemons, limes, mandarin - ellendale - imperial, melons - champagne, nashi, oranges - navel, papaya, pineapple, pomelo, rhubarb, tangelo.

#### July - mid winter- vegetables

asian greens - bok choy -choy sum - gai laan - wonga bok, avocados - fuerte - hass - sharwill, beetroot, broccoli, brussels sprout, cabbage, carrot, cauliflower, celeriac, celery, fennel, garlic, ginger, horseradish, jerusalem artichoke, kale, kohlrabi, leeks, okra, olives, onions, parsnip, potato, pumpkin, shallot, silverbeet, spinach, swede, sweet potato, turnip, witlof.

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The classes will be conducted at the Business Enterprise Centre - Unit 1a, 29-33 Waratah Street, Kirrawee (southern Sydney, NSW)

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Dates: 21 & 22 July & 18 & 19 August.

Course Payment: \$250 per weekend - this includes Manual, lunch and morning & afternoon tea.

For bookings and detailed information about this course please refer to the website: <a href="http://soulsearchers.spheresoflight.com.au">http://soulsearchers.spheresoflight.com.au</a> or send an email to: <a href="mailto:soulsearchers@spheresoflight.com.au">soulsearchers@spheresoflight.com.au</a> or contact Janine on 0408 025 268

# Tawny Frogmouth - A Pair of Special Visitors!

By Eileen Harlow



# Tawny Frogmouth Speaks to Me!

During the past month my mulberry tree has been graced on and off by the presence of a beautiful pair of Tawny Frogmouths, incorrectly named owls. This visit, yet to be fully understood by me is the first time I've seen such lovely creatures.

Since the floods there has been an abundance of rodents and is more than likely why they looked fat and healthy. It signalled a few important things. It indicates that there is little or no pesticide usage in the local area as they eat all the insects, rodents and frogs and fall sick when pesticides are liberally used. This pair were clearly healthy and very keen on my nearly bare mulberry tree. I often see a lot of green tree frogs during the wet warmer months as well but this is my first sighting of bird life other than the common rainbow

one of them would be hiding in between bent branches and very very well camouflaged.

Tawny tells us that there is probably a time of change ahead, being sighted may mean that tthings hidden will be revealed out into the open. These birds are the masters of hide and seek and play havoc with your eyes as their colour matches perfectly the tree branches. It was wonderful to see such large birds surviving even in the local suburbs. The Mulberry which has many twisted gnarled branches in her ancient limbs is a happy home for them. They've made the local area their hunting ground with good reason. One of the pair came out into the open and placed themselves atop my washing line at sunset.

Magnificent. Tawny's are nocturnal predators like owls and remain immobile during the day while resting. I found my pair putting their heads under large mulberry leaves to allow them to hide, shade and rest. I feel now as though I've been given a very special totem and these birds will be considered sacred at my home. They are welcome and I'm glad to see that nature isn't imbalanced and that while the rodent population has increased recently nature has called upon these predators to redress the current imbalance. Nature does indeed look after herself quite effectively and this is a reminder to me of the cycle of life and death as we welcome the winter months ahead

Tawny Speak: (Symbol for Synchronicity - At One With Nature)

#### General

Tawny reminds us to reconnect with nature or other people if we haven't already done so lately. Tawny may be the beginning of coming out into the open with something you've not been forthcoming with. Perhaps sharing a secret with someone special to you. It may be new harmony within your relationships as Tawny's speciality is harmony with it's surroundings. Perhaps this is the beginning of things falling into place for you!

#### **Shadow Aspect**

The shadow aspect of Tawny is to remind us that we are imbalanced, not in sync with our surroundings. We need to re-connect with nature and with spirit! We may feel the strong desire to seek the divine! Reach for the stars, encounter nature. We may feel strange doing this at a time when the world seems dark and dank but this is a time when we are often isolated, so re-connecting to our surroundings and those we care about can heal the heart and soul.



I am re-connecting with nature during this winter months. I am weeding, clearing up and generally preparing my yard for the warmer months. Looking forward to all the herbs and other items that I can grow. Autumn is already allowing some of them to grow again with it's autumn rain and midday sun. I'm planning ahead now and since my visit I am awed and amazed again by nature and her beauty. I am even keen on looking at shadow self and preparing myself for more personal and spiritual growth in the cold dark months ahead where outdoor work is less possible than normal. Certainly I have a renewed focus on my spirituality of late.

References: www.wildspeak.com Tawny Frogmouth painting by Ravenari http://www.deviantart.com/print/7500008/

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#### What are spirit guides?

- A spirit guide is a non-physical entity that is usually seen a highly evolved being or group mind. A spirit guide's main purpose is to assist in spiritual development, to provide a source of inspiration and to help protect the individual.
- Every individual has one or more spirit guides from birth and they remain with them throughout their life and at the end of the life, they assist the soul in the crossover period. What are the guidelines for working with spirit guides?
- They will not normally interfere unless we ask directly for their help; they must always respect our free choice and thus not deprive us of the important lessons we have to learn ourselves.
- We should not assume that 'whatever we ask will be given', for we must remember that Higher Beings have a higher, wider vision, and they will not help us to do something which is not for our 'highest good'.

 We should understand that the links between us and our Guides were formed and exist on the higher Soul level.

What are the varying types of guides?

#### **Higher Self**

- The higher self is your divine, immortal self. This is your own divine essence. The higher self is beyond time and space and can see the patterns of this life and all of your lives, past and future as a whole. The Higher Self is intrinsically and essentially the higher aspect of you.
- During the long evolutionary cycle, when you descend into the lower worlds of 'matter' called Earth and then rise up again, the Higher Self remains on the highest spiritual level, constantly accumulating and recording all the evolutionary experiences gained by those evolving soul extensions on lower levels. This accumulated knowledge is then accessible back to them via the Higher Self as an inner voice of conscience, always there to assist them in taking the correct

course appropriate for their further development.



#### **Angels**

- Angels have a rich history, and are found in many cultures throughout the ancient world prior to the Judea-Christian religions taking ownership of them.
- Angelic lore is very complex but it is important that your own personal view based on your own personal experiences with the angels and go by the messages and techniques they give you. Many books in publication about Archangels have conflicting information that is confusing to those searching for truth.
- Angels are beings of pure energy. They do not have a physical form as we recognise, however, when dealing with these Divine Beings they will often place a picture of themselves in your mind. This image will have a gender and the way the angels depict themselves in these visions is usually part of the message they convey.

#### **Animal Guides**

One of the most popular elements of shamanic symbolism is the role of animal spirit

guides - animals that represent parts of us and that can teach us to integrate, heal and develop both our weaknesses and our strengths.

The knowledge and power of animal guides can be effectively used to improve our lives and all creation. Shamans call the process of connecting with animal guides and other parts of creation as being 'One with Nature'.

Both domesticated and wild animals offer an immense heritage of myth, folklore and symbolism. As we learn about animals, it is important to know their symbolic meaning as a point of reference and comparison; however we must keep in mind that symbols are cultural in nature and differ from place to place, from time to time and may not reflect the nature of the animal as you feel it. Give time to the study of their characteristics, habitat and position in the eco-system.



#### **Types of Animal Guides**

Whether an animal spirit comes by dreams, signs and symbolic events, or actual events it is important to first determine if the guide is a Messenger Guide, Shadow Guide, Journey Guide or Life Guide.

The meaning and lessons an animal guide brings will differ according to the type of guide it may be. Learning to differentiate between the four types of totems is critical to knowing how to react and the actions you will take when an animal totem makes itself known to you. All guides are powerful.

#### Messenger Guide

 A Messenger Guide quickly comes into your life and then leaves once a message is understood. The time a Message Guide stays in your psychic is relative to you seeing and accepting the message. The message itself can be spiritual in nature, or it can be a warning.

#### **Shadow Guide**

• A shadow animal totem is one that you initially fear as it often represents inner fears that you must overcome. Until you face the fears of the shadow animal totem its powers will work against you, not letting you soar high. When you overcome the fear of the shadow animal totem you bring it into the light world as your spirit animal totem and they become one of your most powerful animal totems.

#### **Journey Guide**

 A Journey Animal Guide appears at the fork in the road of your life. When a decision is made to follow a certain path in life, the Journey Guide is there to serve as a guide along the way. It represents a path that may take months or years to complete. Unlike a Messenger Guide who comes and leaves quickly, the Journey Guide remains at your side until the current cycle in your life has changed.

#### Life Guide

• A Life Animal Guide is also called a Spirit Guide as it remains a part of you throughout life and reflects your inner-spiritual self. You may have more than one Life Guide and new ones may come during an expected time. Usually a Life Guide does not move away or disappear but remains an integral part of your life, however, there are instances when a particular Life Guide is no longer needed and is replaced with a new one.

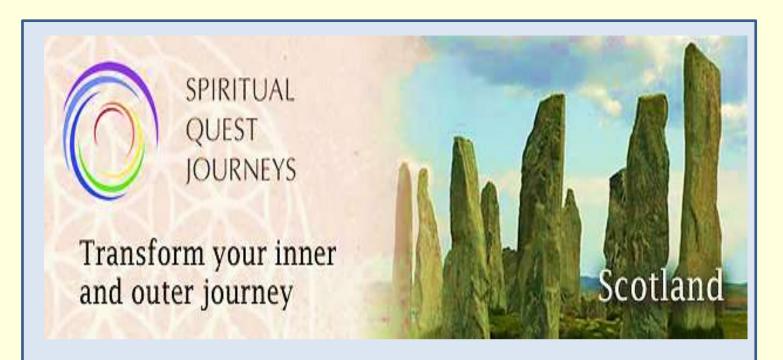
#### **Animal Medicine**

 Animal Medicine refers to the power or "medicine" that particular animal offers. An animal does not have to be in your totem for you to call upon their medicine. It depends on the circumstance. In most cases your totem animals are more than capable of providing you with the necessary tools.

How do you communicate with your spiritual guides?

One of the simplest, yet most effective ways to contact your guides is to use meditation. When you meditate your conscious mind becomes relaxed and quiet, you are more open to receiving guidance from within. This may come in various ways, such as in the form of subtle feelings, visual imagery, or as explicit insights that appear in your mind. The nature of the guidance you receive will depend both on your openness to it, as well as on what you need to know at that moment.





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Our journey leader, Rachelle Furer, is an experienced counsellor, life coach, soft-skills trainer, channel and healer who added family constellations to her skills 8 years ago after having completed intensive training in South Africa. She writes articles for various magazines; facilitates retreats and workshops; accompanies groups to sacred places worldwide; trains at management level in international companies and runs a private practice, serving clients all over the globe. Rachelle has the innate ability to bridge the mundane with the sacred and add a little magic to everyday life.

Rachelle is joined by Glenn Broughton, who has been researching and visiting ancient sacred sites for over twenty years. Glenn trained with the National Federation of Spiritual Healers and the International College of Crystal Healing. He lecturers internationally on sacred sites, earth mysteries and crop circles, and is the co-founder of Earth Spirit Conferences in the USA. Glenn also leads spiritual development and earth mysteries groups and workshops.

Want to find out more about this tour? Email <a href="mailto:peta@spiritualquestjourneys.com">peta@spiritualquestjourneys.com</a>

# Crystals By Maria



I don't have a specific crystal for this month however I've been drawn to write about crystals in more general terms.

Crystals know when to show up in your life and there could be a number of reasons for that. It could be that there is a property of a particular crystal that you need to tap into; perhaps more work needs to be done in certain areas; or you could do with their energy at that time. So just go with it and enjoy the crystal's energies. Its assistance may well surprise you. It did for me!

I had a bad day at work and was feeling quite down, so I asked the universe? "What is it that I need to get through this" Well, up came the image of a citrine crystal. I held onto the image of the citrine in my mind and before long my whole attitude changed. I felt so much lighter, brighter and a great joy came over me. My spirit was uplifted.

The day became easier. All I had to do was pull up the image of the crystal and draw on its energies. So if you feel you need a particular crystal but physically do not have one, bring up its image in your mind and ask for its energies to be drawn into your being. It

may well amaze you. For the next few weeks I chose to wear a piece of citrine to reinforce it's message.



The universe does provide – "Ask and you shall receive" comes to mind.

Above is one example of how crystals know when to show up and it's not necessary to have a physical representation of one. It's just a matter of tapping in and letting your intuition guide you.

Your friends and family tap into crystals in a subliminal way without realising it too.

A friend of mine wanted an item of jewellery with her birthstone for her birthday. According to a listing of modern gems allocated to each birthday and month, aquamarine was the gem stone that related to her.

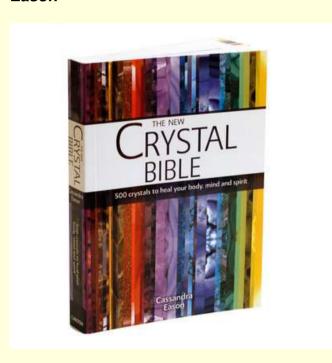
In 'The Crystal Bible' by Judy Hall "aquamarine is a stone of courage. Its calming energies reduce stress and quiet the mind. It harmonizes its surroundings and protects against pollutants..." It was appropriate as her life was a little stressful at that time and this stone was ideal for what she needed help with.

Crystal energies can be hidden or concealed from those of us who do not work with them in a metaphysical way. They do find a way of getting our attention. If at any time a friend asks you for or wants to talk about, say, a birthstone or any stone, take note of it. It's another way others can draw on the energies of crystals.

I would like to thank Gabriel and Rayvensclaw for the last two articles on crystals I greatly appreciate it. It's nice to read about others' experiences with crystals. These wonderful gifts from Mother Earth are a treasure to behold. Again I thank you both, blessed be.

As each persons understanding of crystals differs all I can ask is that you take some time to be with these amazing gifts. Who knows you may even write an article highlighting your own experiences. Don't laugh that was what I once thought!

### The New Crystal Bible by Cassandra Eason



The New Crystal Bible is the definitive reference guide to using 500 crystals to heal your body, mind and spirit. It includes both common, rare and newly discovered crystals, with each crystal illustrated by a beautiful photograph and a handy table telling you everything you need to know about using that crystal to improve your life. The book will also include an introduction to crystal lore, how to use crystals in all aspects of your life and how crystals can be used to predict the future. Crystals have always fascinated human beings and this is exacerbated during tough financial times as people turn to Mind, Body and Spirit books for comfort and guidance.

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# HERBE ~ EUCALYPTUS By Amethyst



Eucalyptus you say, what has that to do with Yule! Well I'm a Southern Hemisphere person, so Yule for us is just that bit different (feels cold enough to snow though).

"At this time, Yule logs are burned. The Yule log must traditionally be the root of a hardwood tree, and in Australia mallee roots are ideal for this purpose, as are Tasmanian oaks and all types of Eucalyptus." Excerpt from An Aussie Wytch's Book of Correspondence.

So why not a Eucalypt after all, and here's just one type?

Latin Name: Eucalyptus Globulus

Planet: Moon, Pluto Element: Water Gender: Feminine Zodiac: Capricorn Colour: Blue/Green

Magickal: Herbe of Purification, Magickal

Herbe, Visionary Herbe

Folk Names: Blue Gum, Stringy Bark

Parts Used: Leaf, twigs, wood, sap and

essential oil



Its name comes from the Greek "Eu" (well), and "Kalyptos" (meaning covered), referring to the cap which covers the developing flowers. Globulus comes from Latin, meaning "a little button", referring to the shape of the operculum (the cap on the fruit). One of the largest trees in the world, the fast growing Eucalyptus sends out a vast network of roots, which literally drain marshy areas. In fact, it has proved to be highly effective in eliminating malarial swamps in a number of hot, humid countries. The famed 19thcentury botanist and explorer, Ferdinand von Muller, suggested that the fragrant leaves might be antiseptic. French government accordingly sent the seeds to Algeria during the 1850s, and the drying ability of the roots was accidently discovered. This resulted in many North African marshy "fever districts" being converted into healthful, dry areas (combating the malarial mosquito). This experiment was subsequently used for the same purpose in other malarial regions worldwide. This stately, majestic tree has saved countless lives.

#### **LORE & USAGE**

Eucalyptus is an herb of purification, and is a very cleansing herb. Both the leaves and the extracted oil are readily available, but we who live in Southern climes are blessed by being able to gather the flowers to use in our Magick. Eucalyptus may be used to purify any space, whether preparing the temple or cleansing the home of unwanted energies. Try stuffing healing poppets, pillows, and sachets with the dried leaves. Arrange a ring of leaves around a blue candle and burn for healing vibrations. A branch of leaves may be hung over the sickbed or in the sickroom (or add a few Eucalyptus flowers or leaves to bouquets sent to the afflicted...it also adds a very clean camphor-like aroma). Some string immature seed pods and hang around the neck to cure colds and sore throats.



Eucalyptus is also associated with positive luck, especially if related to knowledge. For instance using eucalyptus in a ritual seeking a positive result to news (tests, interviews) would prove beneficial. Worn as a charm, this wood would promote positive luck for the

wearer. It is also an excellent tool in divination.

Since this herbe is governed both by the moon and feminine energy, the healing energies will be holistic, reaching through to the spiritual level.

#### **Essential Oil**

The scent of crude E.globulus essential oil is similar to the crushed leaf, a campherous odour with a woody sweet undertone.

Mind and spirit: Psychologically serves as a refreshing and stimulating substance, also assists concentration.

Aromatherapists consider eucalyptus to be cleansing and will use the oil to remove negative energies. They believe that eucalyptus brings a sense of renewal to a space and often recommend that new homeowners diffuse it in their new homes to remove the previous family's emotional They will also recommend energy. eucalyptus for people who feel internally conflicted or are struggling in relationships with others. The Australian aboriginals were said to believe the trees had mystical powers.

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# **Goddess Journey**

#### Goddess Journey in Ireland 2012

Are you looking to explore ways of connecting with the Divine Feminine?

The Goddess Journey in Ireland 2012 is for any woman interested in exploring her Goddess spirituality in new ways, new settings and with a group of like minded women.

Ireland, the magical land of Celtic Mythology and ancient sites is home to many Goddesses: Boanne, the guardian of the Boyne Valley; Maeve the Goddess of Sovereignty and the sacred site of Tara; Brighde, the keeper of the sacred flame and Cailleach, the ancient Hag Goddess.



The journey will take us to Sacred Sites including

Newgrange, the Castleruddery Stone Circle and Tara. We will

also visit places of natural beauty and spiritual powers including the Crystal

Path in Glendalough, the Living Flame of Bridgid in Kildare and the Seat of the

Ancient Hag in Loughcrew.

There will be guided meditations, Shamanic journeys to the Goddess, chanting and rituals. There will also be time for your own personal exploration of the sites and space for personal rituals (either on your own or supported by the group). The creation of handmade artefacts and symbols has been part of the spiritual process for thousands of years. We will follow this path using felting and beading to create unique items of power and ritual.

Where: Ireland

When: 17. - 26. August 2012

#### Facilitators:

Ulrike Ascher was born in Germany and moved to Ireland 15 years ago. She is an experienced Shamanic Practitioner, Reiki Teacher and workshop facilitator who has been running courses in Ireland, Germany and Austria for over 20 years. She is the founder of Goddess Gathering - a forum and network for women who want to deepen their connection to the Ancient Mother and each other.



Tricia Szirom is the co-owner of Gaia's Garden in Melbourne, Australia, a place for Goddess rituals and worship. She has participated in many Goddess events, conferences and gatherings worldwide. She has also published several books on women's and Goddess topics. She facilitates workshops for women all over the world and creates beautiful pieces of Goddess jewelry and ritual wear for women.

Goddes Journey in Ireland - 17.-26. August 2012

Places will be limited to 12 and applications will be dealt with on a first come first served basis. A deposit of \$600 will secure your place, rest amount due by 1 July unless otherwise arranged (early bird booking before the 29th of February with the full amount of \$1400).

For information on the course please contact Ulrike Ascher at info@ravenowl.com



# healesville, VIC

1ST - 6Th OCTOBER, 2012

EarthSong will be a six-day intensive program in the Craft, for newcomers & experienced folk alike. As found at Reclaiming WitchCamps around the world this includes deep exploration of a chosen path, with time to connect and reflect, culminating in evening rituals that take us into the heart of ancient tales, creating a powerful, transformational energy that builds throughout the Camp.

You will be supported by a team of Reclaiming teachers, gifted practitioners of magic, offering one of three paths for you to choose. The Rites of Passage Path: dream our song into being with Rose May Dance & Rhonda Evenstar, the Iron Pentacle Path: expand our authentic selves with Ravyn Stanfield & Aria Weaver or the Elements of Magic Path: explore the Elements of Life from within the Cauldron of Nature with Dawn Isidora, Catherine Melissa and Ash

The private venue overlooks the Yarra Ranges National Forest north of Melbourne and features comfortable cabin accommodation and gournet vegetarian cuisine.

Register now at http://earthsong.australiareclaiming.org.au/ For a Barely Early Bird offer that expires in late June for more information: earthsong@australiareclaiming.org.au

# Elements of Magic A Course in the Reclaiming Tradition Of WitchCraft

# Presented in Wollongong By Margi Curtis and Graham Wykes

Join us in front of our wood fire for five nights in August exploring the magical tools that define Reclaiming WitchCraft, a contemporary Pagan tradition.

This course may appeal to anyone interested in... Nature-based spirituality, Eco-activism, Urban Shamanism, Eclectic Wicca, Feri Tradition, Personal Growth, Exploring ritual and ... "becoming the change we want to make!"

To be held in Wollongong on Friday evenings from 7pm – 9.30pm with refreshments.

- □ 3 August AIR: Course intro, connections, creating sacred space, using breath, focus, energy clearing & protection, finding our voices, myth and story □ 10 August WATER: creative magic & ritual, feeling deeply, psychic tools like dreams, visions, Tarot, and spontaneous expression
- ☐ 17 August FIRE: Energy work, shared power, Pentacle of Iron path working calling back sex, pride, self, power and passion
- ☐ 24 August EARTH: Staying grounded, as within so without, embodied ceremony and ritual, healing our bodies/ healing the earth
- ☐ 31 August SPIRIT: where the elements meet, Feri tradition, heart and soul of community, what is a coven?

COST: Registration fee of \$50 to ensure your place in the circle - no other costs!

#### More about the Course

This course offers a practical overview of the evolving, ecstatic Pagan path that is the Reclaiming Tradition. Throughout the five weeks of the course, we will explore each of the four sacred Elements, find our unique sense of sacred space and extend our ritual skills – covering essential magical tools and processes, enhancing observation skills, energy-work and our connection with the divine. By the end of the course we will be able to create a range of rituals and spiritual practices for our own personal spiritual enrichment, and in a group.

#### **About the Facilitators**

Margi and Graham have been teaching and groups facilitating Paganism in WitchCraft for over 20 years. They are gentle vet passionate advocates for the environment and social justice. They recently both took leadership roles at the first Thriving Illawarra Festival. Their combined knowledge. interests and talents are extensive: Margi (Bramble) reads Tarot at Lotus Health and Wellbeing Centre, Graham teaches Massage students, and together they are amongst the founding members of the Australia community responsible Reclaiming helping organise EarthSong WitchCamp.

CONTACT: margicurtis@gmail.com or 0416 262692 or find us on Facebook.

#### **WITCHY CRAFTS**



#### Sun Incense

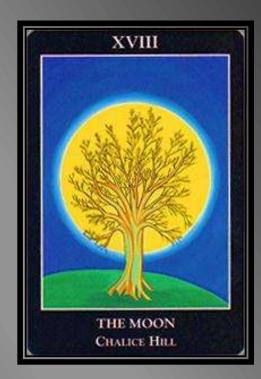
Mix equal parts of:
Cinnamon, angelica,
rosemary, sandalwood,
frankincense.
Oil: Cinnamon oil.

#### Isis and Osiris Incense

The fragrance of this incense has been described as that of a mystical wedding, one that connects opposites.

1 Part Frankincense 1 Part Myrrh This incense is balancing, harmonizing, and comforting.

#### JUNE TAROT READING THE MOON



The moon as we know has an effect over our emotions. When this card appears it remind us to try and understand what is not easily understood and be careful of our own illusions. Perhaps it portends a time of emotional challenges,

inner turmoil and psychic disturbances. Sometimes there can be a lack of clarity in dealing with the mundane world, and an excess of dreaming. When the moon is full its bright light brings illumination into darkened world in the form imagination and unexpected opportunities. This emotional period can be an ideal opportunity to harness that dreaminess into some form of artistic expression such as music, writing and poetry. As the Pisces Full Moon rises at the end of this month we should tap into that sense of wonder about our own true nature and allow our innate abilities to take us imaginative iournev. propelling us on to new heights of creativity understanding.

Tarot card is from Glastonbury Tarot by Lisa Tenzin-Dolma

# VÄLLUKT

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### SPACE CLEARING CONSULTATION



Sometimes your house or office can feel uncomfortable, and there is no logical reason to explain your feeling. Other times, it is a case of someone has been there that was negative, ill or had died. Perhaps you have moved into a space and just felt like someone else was there.

Janine Donnellan has been conducting house clearings and paranormal investigations for over 15 years. Janine has

a certificate of Advanced Achievement in Parapsychology (1998)
Australian Academy of Applied Parapsychology and is also an Energetic
Healer and Reiki Practioner.

Janine can conduct a private space clearing in your home or business, clearing away negative or stagnant energetic 'imprints' built up over the years from the accumulation of day to day living and from previous occupants, replacing them with calm balanced energy.

Clearing negative energy from a building space creates an atmosphere that feels clean, smells fresh, feels more light and more inviting and often allows its occupants to experience clearer thinking and happier events.

The space clearing consultation takes *between 1* to 2 hours and costs \$80 plus travelling costs if outside the Sutherland Shire.

Space Clearing Bookings

Email: inquiries@spheresoflight.com.au

Phone: 0408025268

#### WHAT'S HAPPENING AT SOL?

**SOL Full Moon Circle** June 29, 2012



Spheres Of Light holds regular Circles Full Moon Engadine (Southern Sydney, Australia) on the Friday before each Full Moon. These Full Moon gatherings are Open Circles, meaning that all Pagans are welcome to come along any time and experience a Full Moon circle with us. Details here...

#### **SOL Meditation in the Royal National Park** Sunday July 15 2012



Click here for more information.

Come join us for meditation in the beautiful surrounds of The Royal National Park. Our meditations will be conducted every third Sunday of the month. Please email inquiries@spheresoflight.com.au for times and meet up details.

(Please Note: you must be over 18 years of age to attend any SOL gatherings, events, classes & workshops.)

#### OTHER PAGAN AND **COMMUNITY EVENTS**

Please email us the details of any pagan or community events, classes, workshops or regular meetings that you'd like to see promoted here in this free listing.

**PAN Full Moon Public** Circle Wednesday 4 July, 2012 at Seven Hills, Sydney (map) 8:30pm



PAN Inc. full moon ritual. PAN runs a public full moon ritual each month at Rotaract Hill. Seven Hills. Anvone welcome to attend - the purpose of the ritual is to provide members of the pagan community an opportunity to celebrate the full moon together & network with friends, it is also a public ritual where those new to paganism can attend to learn more and meet like-minded others, and the rituals also help inform the general public about what pagans do and dispel misquided myths about paganism and witchcraft.

The circle is held on the top of Rotaract Hill on Terminus Road Seven Hills NSW, just next to the train station. Getting there is easy. If you take the train, the hill is less than five minutes' walk (and easily visible from the station). If you drive, there is plenty of parking available both at the base of the hill and across Terminus Road. Full Moon info and contact details here.



When: Friday 21st, Saturday 22nd & Sunday 23rd September 2012

Cost:

PAN / PA / CC\* Members

Adult: \$260 Non Members \$280

Child (2-17): \$180 Presenter: \$220

Cost includes 2 nights bunkaccommodation, style meals from Friday supper to Sunday Lunch, all activities including the Saturday night concert.

To qualify for the member's discount, every registration must include a PAN, PA or Combined Covens\* membership number. To take advantage of a full family discount, an extra \$30 will upgrade your single PAN membership to a family membership and save a family of four between \$40 - \$80 on this one event.

\*CC members will need to have been a member since 2010 to qualify. Payment plans are available for this event. Contact Email:

awc2012@paganawareness.n et.au

Contact Phone: Mark 0410 342 055 (after hours please)

Web:

http://2012.wiccanconference. org/



**SOuL Searchers Spheres** of Light's investigations paranormal subgroup. They use scientific common sense all approach to investigations but also have an open mind to all theories & methodologies.



Crone and Sage is a website that is dedicated to our pagan elders who want to share their knowledge and wisdom, magic and life experiences in the form of articles, poetry, recipes, artwork and music.



The Spheres Of Light Holistic Centre has within its members practitioners who can provide Spiritual Healing in a variety of natural healing modalities.



If you want to know about current topics click here. This is a place where you can discuss ideas and catch up on general news. So if you want to participate please become a member as we would love to hear from you.



The **National** Pagan Directory is a Spheres Of initiative to help Australian Pagans connect with each other in their local area. It is a FREE listing & provides links to information about covens. groups, workshops, retreats & other special Pagan events, plus Aussie Pagan businesses & services. If you would like your coven, group, regular meet-up to be listed in the NPD please send us your details. To list your one-off or special events please use our Australian Pagan Events forums. We also invite Celebrants in the Pagan community to promote their services in the NPD. For further information & contact details click on the banner above.



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