

LUNAR PEARL NEWSLETTER

Volume 1, Issue 1
Spring 2004

EDITOR LETTER

I tried writing a newsletter once before but life got too hectic and I put it on the back burner. So I am once again attempting this and it will be better than before because I have many resources at school to do this with now.

Spring has now come to us even though in some areas it may not seem like it. The temperature keeps fluctuating here in Cincinnati, Ohio. But the flowers are pushing their way through the soil and the trees are budding in my neighborhood.

In this issue, the focus will obviously be spring and Beltaine.

If you have questions, comments, or submission ideas, please e-mail me!



Contact information:

blueunicorn74@yahoo.com

"For the May Day is the great day,
Sung along the old straight track.
And those who ancient lines did lay
Will heed this song that calls them back."
-Jethro Tull

Links of the Month

Hecate's Cauldron

<http://www.hecatescauldron.org/index.htm>

Midnight in the Realm of the Goddess

<http://www.hecatescauldron.org/index.htm>

Auction Witch

<http://www.auctionwitch.com/>

NEWS FOR OUR WORLD

From Penn State Live

Researcher Examines Relationship Between The Occult And Religion

Witchcraft, magic and contact with the supernatural are common, perhaps even essential, companions of organized religions because they allow the average person to participate in an otherworldly experience, according to a Penn State folklore researcher.

To read the full story: <http://live.psu.edu/story/6076>

Inside this issue

Spring Cleaning 2

Natural Cleaners 3

Beltaine Info. 4-6

Spell of the Month 6

Important Dates for Spring

April 5 Full Moon 7:03 am

April 19 New Moon 9:21 am

April 19 Sun enters Taurus 1:50 pm

May 1 Beltane

May 4 Full Moon 4:33 pm

May 19 New Moon 12:52 am

May 19 Sun enters Gemini 12:59 pm

SPRING CLEANING!

Ah, the smell of a fresh spring breeze as you open the window to begin your cleaning out the old of winter and bringing in the new of spring! A thorough housecleaning is always in order for spring. In addition to mundane cleaning jobs, you should renew house protections, shields, and banishings.

Mirror Spell for protection of the home

You will need: a censer, a Goddess image, 12 inch round mirror (or any size), 9 white candles, protective incense (sandalwood, frankincense and myrrh, or rosemary), matches or a lighter, and lots of room to move.

Place the items on the altar. make a circle with the candles and put the lit incense in the middle. Begin with the candle closest to the Goddess image. Light the candle and say:
Lunar light protect me (us)!

Repeat as you light each candle until are glowing. Now hold the mirror, invoke the Goddess in Her lunar aspect with these or similar words :
*Great Goddess of lunar light
And Mistress of the Seas;
Great Goddess of the mystic night
And of the mysteries;
Within this place of candlelight
And with my mirror tonight,
Protect me (us) with your awesome
might
While ill vibrations fly!*

Stand before the altar, hold the mirror facing the candles the light is reflected to your surroundings. Keeping the mirror towards the candles, move slowly clockwise around the circle, and watch the candle light reflect. Gradually increase your speed, mentally invoking the Goddess to protect you. Move faster



(but not so fast you get dizzy and fall into the altar =)) and watch the light smash the negative energy around you. Keep this up until you feel the atmosphere change and your home feels cleansed.

When finished, stand once again before the image. Thank the Goddess in any words you wish. Pinch out the candles (or snuff them out), bind them together with a white cord and store them in a safe place until and if you need it again.

Happy Home Spell

(Silver Ravenwolf):

If moon is traveling from new to full, you want to bring love into the home. If the moon is traveling from full to new, you want to push negativity out from the home.

Take half an onion, close your eyes, saying: "I empower you to collect all negativity in this house."

Imagine the onion turning into a giant vacuum cleaner, sucking up all the negative energy in your house. Place the onion on the window ledge of the room where most of the family usually gathers. Hold a clove of crushed garlic in your hand. Do the same visualization. Close your eyes and say the above chant. If a particular person is causing trouble, take a clove and place it under the rug, under that person's bed or in a place where they often

A Witch's Bottle for protection

Gather a bottle or jar with a tight fitting lid, rosemary, needles and pins. Fill the jar with these items, saying as you work:

*Pins, needles, rosemary and wine
In this witch's bottle of mine,
Guard against harm and bad ill:
This is my will
So mote it be!*

Visualize the items doing just that. When the jar is full, pour in some red wine. Then cap the jar and seal it with candle wax from a red or black candle. Bury it at the furthest most spot from your house on your property or place it in a place where it will not be seen. (I personally recommend burying it. I made one and placed it in our attic. I must not have sealed it that well with the wax because when the wine got warm, it came out of the jar.)



sit. If there is no one causing the problem, place cloves of crushed garlic all around the outside doorstep of your home. Take some carpet deodorizer (granules or spray) and sprinkle around the house (after first consecrating them!) say: "I empower you to collect all negativity In this house."

Vacuum up the deodorizer. Write every loved one's name with a red marker on a heart cut out of white paper. Circle all the names with one big circle say: "I encircle all I love with positive energy, Healing and peace. Let no evil enter our home."

Hold the paper in your hands, close your eyes and visualize your family

sitting together and very happy. Say: "With harm to none May all astrological correspondences be correct for this working, And may this spell not reverse Or place upon me any curse. So mote it be!"

NATURAL CLEANERS

Furniture Polish

Pound fresh sweet cicely seeds. Place a handful on a rag and rub on wood.

Furniture Polish

Mix 2 parts vegetable oil and 1 part lemon juice. Wipe on areas to be polished.

Furniture & Floor Polish

Mix 3 parts olive oil with 1 part white vinegar. Wipe on areas to be polished.

Glass Cleaners

Fill a spray bottle with equal amounts of vinegar and water. This is my favorite glass cleaner because it does not streak.

Glass Cleaner

Fill a spray bottle with:
2 cups rubbing alcohol
2 TBS household ammonia
1 1/2 TBS liquid dishwashing detergent

Window Cleaner

Make a wet paste out of cornstarch and water. Wipe on windows and let dry. Wipe off.

Wall Cleaner

Mix in bucket:
1 gallon of water
1 cup household ammonia
1/2 cup vinegar
1/4 cup baking soda

Carpet Cleaner

1 TBS vinegar
1 TBS household ammonia
Mix with one quart water.

Carpet Cleaner

Sprinkle cornstarch on the carpet and let sit for 10 minutes. Vacuum.

Deodorizer for Cat & Dog Messes

Clean up mess. Sprinkle baking soda on the area and then spray with vinegar. Let sit for about an hour. Wipe up with a mild soap and water solution.

Oven Cleaner

Sprinkle fresh spills inside the oven with salt. The salt will absorb the spills and can be brushed away once the oven has cooled.

Oven Cleaner

Do this only if your kitchen is well ventilated. Preheat the oven to 200F and then turn it off. Pour 2 cups of straight ammonia into a non-aluminum pan and place on the middle rack. Shut the oven door and let sit overnight. By morning the grease will be easy to wipe up.

Refrigerator Cleaner

Spray and wipe clean with equal parts of vinegar and water.

To Clean the Dishwasher

Once a month, pour a cup of vinegar into the dishwasher and run it through the whole cycle. This will clean, disinfect and reduce the soap build up.

Herbal Disinfectant

Simmer a handful of the leaves and stems of rosemary, juniper, lavender or sage in 2 cups of boiled water. Strain and use to clean kitchens and bathrooms. Adding a little dishwashing detergent helps to cut the grease. Recipe can be doubled.

Kitchen Cleaner

Once a month, wipe down entire kitchen and the inside of the refrigerator with 2 TBS chlorine bleach in

one gallon of water. This will kill off all the harmful germs.

For Greasy Dishes

Add a splash of vinegar to your dishwater to cut the grease.

Garbage Disposal Cleaner

Grind a couple of ice cubes made from vinegar in the garbage disposal and then run cold water for about a minute.

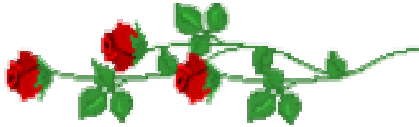
Get Rid of Sink Odor

Pour a 1/2 cup of vinegar down the kitchen sink. Flush with cold water a half hour later.

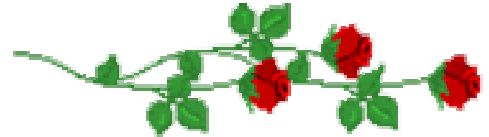
Air Freshener

Simmer 2 tsp. cinnamon in 2 cups of water.





Beltaine



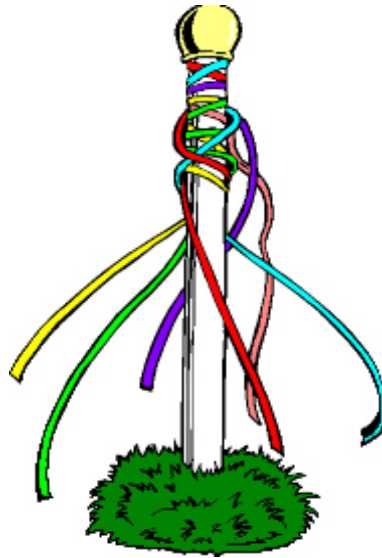
Maypole History and Making On By Cypress Knee

"The May Pole tradition" is a celebrated dance and ritual of Indo-European Paganism that was later adapted by Christianity, and then "holiday culture." In terms of "holiday culture", I mean the current trend within our culture to take really traditional practices & rites and commercialize them or turn them into a non-religious "fun" holiday game or party favor. As there is nothing wrong with this evolution or abstraction of tradition in itself, its very important to understand the tradition and to respect its origins.

The May Pole Dance is a celebration of "May Day", "Walpurgisnacht", or "Beltane", which traditionally falls on April 30th or May 1st. Originally known as "Beltane or Bealtaine", which in Irish Gaelic means "Fires of Bel" or "Bright Fires" it is the celebration of Summer's first fires beginning to stir.

Traditionally it was celebrated by a band of tribespeople (men & women) going out into the woods, gathering the May pole, vines, flowers, wreaths, and greens - breaking in-between to celebrate Summers warmth in the guise of body heat frolicking in the leaves. The Tree was located (- one of which was very straight and relatively thin 2-4 inches thick at its base), was apologized to, given homage, offering or sacrifice, and a Beltane prayer was said before it. Then it was cut. This fallen tree was trimmed then carried by the band back to the village to be decorated.

The women were busy making the ribbons and dying the cloth with natural



dyes such as turmeric (bright yellow), blackberry (deep red/purple), blueberry (purple/red), red cabbage leaves (blue), onion skin (orange), coltsfoot (green), beet juice (red), just to name a few.

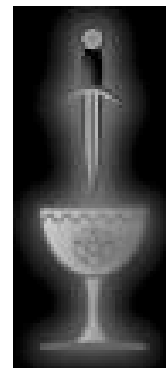
The women were also very busy making the wreath that would crown it - covered with that season's bountiful and beautiful flowers. The men were busy trimming the tree - removing all branches, and making it extremely straight. They dug the shaft into which the tree would be planted.

May Day TODAY

May Day is celebrated all over Europe in our current age and consists of men and women, or boys & girls, grabbing ends of colored ribbons that are attached to the top of a pole

planted in the ground. Atop the pole is a flowered wreath. Men or boys dance one direction (often clockwise) and women or girls dance the other direction (often counter-clockwise). They then alternate going over one person, under the next with their ribbon to create a fine weave around the pole. As the ribbons tightly weave around the pole, the flowered wreath slides down over the pole until the dance is ended.

Up until recently, the May Pole dance was practiced heavily all over the world, especially in Indo-European rooted nations, especially the United States until (1) fundamental churches discovered its true origins and meaning, and (2) busy urban city-centers created a lifestyle that had no time for such silly practices. The English celebrate May Day as the "Morris Dancers" who are men who dress up and dance the may pole, or place bells on their ankles to dance atop hills striking the earth



with their staves to wake it up & tell it to produce. It was attempted to be stamped out by puritanical religions beginning in the 7th century by the Church condemning participants as sinners. 17th century in France church bells were rung to protect the city from flying witches during the month of May. Today it stands as a tradition in the tug-of-war in religious ethics & beliefs as "Easter Egg hunts", "Christmas Trees", "Yule Logs", and "Caroling". Some recognize its Pagan origin, while others see its fun traditions. Many schools and children dance the May every May 1st - just because its a fun thing to do. Some even go to the extent of electing a May King & Queen. The choice is yours - its a fun tradition. Regardless of whether you keep its origin in its place or incorporate it within or outside of you May Day Celebration. So, In case you decide to add this tradition to your heritage, here's how to make one:

What you need:

For a small group (4-10) a 9' pole, medium group (12-20) a 18' pole, and large (22-50) a 27' tall pole. This could be a tree cut in the woods (trim it of branches, leaving a stub on top to hold the wreath if possible) or purchasing thick lumber bamboo the attach to each other, or a round piece of post from a lumber company. For the 9' pole you want to plant it at least a foot deep in the ground, the

18' pole, at least 1 *' deep, and the 27' at least 2' deep. You want strips of material for the ribbon - you can go buy pre-colored ribbon from a craft store the exact length of the pole before it is planted, or fabric in the yard and cut up in 1 inch wide strips the exact length of the pole. Or if you want to be semi-natural about it - take white cloth, muslin, or bed sheets and tear them into strips of *" - 1 inch width at the length of the unburied pole. Dye them with your own natural dyes. Tie or attach these alternating colors at the top of the pole.

Place a wooden peg or find a broken branch towards the top point of the pole. Take grape vine and wrap itself around itself to make a wreath whose inner diameter is three times the width of the pole. Then stick lots of foliage and flowers in the wreath. You can also make your own wreaths to wear while dancing. Now plant the pole firmly into the ground, now you are ready to do the dance.

A popular weaving & dancing chant is:

"We are the flow, we are the web,
we are the weavers, we are the web."
(Starhawk, I believe)

Solitary Beltane Ritual

Cast the Circle

-Call the Watchtowers as follows:

East: Soft Spring Breeze blow now forth. Greetings unto thee. In the name of the Spring Maiden, I call your presence, Blessed Be!

South: Fiery Beltane fires come forth. Greetings unto thee. In the name of the Spring Maiden, I call your presence, Blessed Be!

West: Cool waters of stream, lake and sea, Greetings to you. In the name of the Maiden of Spring, I call your presence, Blessed Be!

North: earth of green and flowers wild. Greetings unto you. in the name of the Spring Maiden I call your presence, Blessed Be!

-Return to the altar. Replace the athame. Light your chosen incense. the Goddess candle and invoke Her:

*Lovely Maiden, Mother, Wise one,
Threefold Goddess be
A flame within my hearts tonight
That grows in energy.
Thy priestess/priest seeks thee.
Fill me now, will all thy magick light.
Come, my Queen, to the Beltane rite
Come share my joy tonight.*

-Light the God candle. Invoke Him:
*Young Sun King, Horned One, Stag,
Spirit wild and free
Come dance with the Maiden of Spring.
Come forth we welcome thee!
Thy priestess/priest waits for thee!
Fill me now, with all thy magickal light.
Come Young King, to our Beltane rite
Come share my joy this night.*

-Milk juice, or spring water should be placed in a goblet. Pour some in an offering bowl or on the ground (if out doors). Take a sip and say:
*The Goddess of Spring walks through
the land with the God of the forest and
the dark time of winter is behind Them.*

-Ring the bell 7 times or tap the altar 7 times with your athame and say:
The animals breed and the plants pollinate as the May Queen and Greenman bestow their blessings upon the Earth's creatures. I (or we), who am (are) their child(ren) rejoice with them and ask that their happy union become the example for all humanity to live in love and harmony.

-Place a dark green candle in your cauldron or middle of the altar. Light it and say:
The dark days are cleared away that the May day can now begin.

Symbolic Great Rite/Ceremony of Cakes and Wine

-Ring the bell 3 times or tap the altar 3 times with the athame.

Spread your feet and raise your arms to the sky. Say:

I acknowledge my needs and offer my appreciation to that which sustains me! May I ever remember the blessings of my Lord and Lady.

-Place your feet together now. Take up the 2nd goblet filled with chosen liquid in your left hand and your athame in your right hand. Slowly lower the point into the goblet and say:

As male joins female for the benefit of both, let fruits of their union promote life. Let the Earth be fruitful and let Her wealth be spread throughout the lands.

-Lay down the athame and drink from the goblet. Replace the goblet and pick up the athame. Touch it to the chosen food and say:

This food is the blessings of the Lord and Lady given freely to me. As freely as I have received, may I also give food for the body, mind and spirit to those who seek such from me.

Eat the food and finish the drink in the goblet and say:

As I enjoy these gifts of the God and Goddess, may I remember that without them I have nothing. So mote it be!

-Close the circle.



Burning Coffin Spell

Taken from Embracing the Moon by Yasmine Galenorn

The burning coffin spell is essentially good when you are coming to the end of a major event in your life and need to let go of the emotional baggage that the cycle or trauma has left you with. While this spell can provide you with closure, it will not work if you aren't absolutely certain that you are ready to let go of the negative "stuff" you are carrying.

You will need:

1 large sheet of white paper
a ruler
a black marker
a red pen
a heat-proof container, stainless steel or ceramic
Banishing Oils
Scratch paper
matches

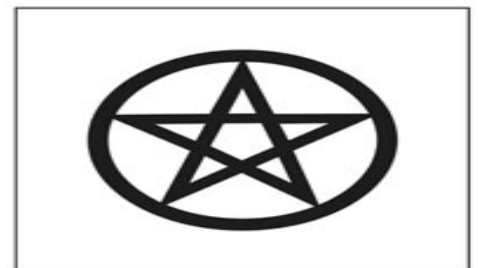
Using the ruler, draw the shape of a coffin onto the large sheet of white paper. Set it aside. Now on the scratch paper, list those things in your life that you want to get rid of: those traits or qualities you don't like in yourself; those energies that aren't any good for you anymore; relationships you're ready to let go

of. Think carefully as you decide what energies to dismiss, you don't want to let go of something before it's time.

Once you have completed your list, use the red pen to write each thing to be released in the middle of the outline of the coffin. When you've finished, take the black marker and color in the coffin, so you can't see your words. Visualize closing the lid on the seethings in your life. Now, anoint the coffin with the oil and let dry. Destroy your scratch paper list-you can tear it up and throw it away. When the coffin is dry, place it in the heat-proof bowl (which should be large enough to contain the flames of the burning paper say:

*You have been a part of my life.
I now release you back into the Universe
To be changed and transformed,
Forever separated from me, I bid you go,
Leave my life and don't Come back.
You are dead to me.
So Mote It Be!*

Now light the paper on fire and watch the coffin containing all of the unwanted energies burn away into ashes. Either flush the ashes away using running water or take them, once they are cold, away from your home and bury them deep in the ground. You can also sprinkle them in the ocean when the tide is going out. If you are on a septic system, do not flush these ashes into it. It will be difficult to remove the negativity if it is still



**The fair maid who, on the first of
May,
Goes to the fields at break of day,
And bathes in dew from the Hawthorn tree,
Will ever be strong and handsome
be**

(Olde English Nursery Rhyme)

Questions of the Season

This section will be saved for questions to me or I will send them to people who may have a better answer than I can come up with. Please feel free to e-mail me. I may ask permission to post it here.

I will eventually have some sort of classifieds here at the back. If you have suggestions for categories, let me know

Full Moon Ritual of the Month

You will need

- two white candles
- a bell
- Wine or lunar liquid
- Your chalice (or cup)
- spell material if you are doing something afterwards

Cast your circle . Stand before the altar facing North and say:

This is the time of the full moon, a time of great power for positive manifestation, a time of increasing and gaining. The tide of Moon-power is strong. I am of the Goddess. I stand before You at Your altar, in love and adoration. Be with me Goddess. Let me feel your presence here tonight."

Go to the east with the bell. Ring it once and say:
"Hail Selene. Help me feel the Lady's power and presence within my mind."

Go to the South. Ring the bell once and say:
"Hail Cerridwen. Help me feel the Lady's power and presence within my spirit."

Go to the West. Ring the bell once and say:
"Hail Athene. Help me feel the Lady's power and presence within my emotions."

Go back to the North. Ring the bell once and say:
"Hail Aphrodite. Help me feel the Lady's power and presence in my body."

You will probably have an amazing wave of feelings come over you. Let them sink into your body and soul. When you are ready, return the bell to the altar, turn to the North, and raise your arms high above your head. Say:

"Hail Goddess! Moon Mother, Lady of Light, Mistress of Magick and Animals. You are the white light of the Moon upon the Earth, the brilliant rays of sun upon life. You are the beginning and ending, the One who creates and takes away. Within You, I see myself and all woman. In this time, You come to me and fill me with your presence."

Communicate with Her now. Tell Her your prob-

lems, wishes and anything you wish to tell her. When you are finished say:

All honor and love to the wonderful Goddess, for She is the power behind all powers, the Goddess behind all gods, the Eternal Life behind death. I see Her loving face within the moon and rejoice. All Hail Queen of the heavens and the earth, the eternal on of Wisdom!"

Raise the chalice to toast her and say:

To Diana and all the Goddesses!"

Now is the time for divination, meditation, and spell work of any kind.

Close the circle when done.



Closing Comments

I hope enjoyed this issue. I invite everyone to e-mail at blueunicorn74@yahoo.com with their comments. What did you like? What would you like to see? Do you want to contribute anything? I am going to try to do one of these monthly but it will more than likely be bi-monthly. Have a great Beltaine!!

-Raven Silverwing