

WITCHTOWER



Ostara/Beltane 07

Vol 3 Issue 3

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Explore the Air Element**

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All you need to
know**

Plus a round up of all the latest news, reviews and regular articles

The Pagan Network Magazine

Witchtower

Vol 3 Issue 3

Ostara/Beltane 07

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Editorial

With Spring on the horizon we bring you yet another jam packed issue featuring many regular favourites, as well as some new additions such as our Creative Member of the Month section.

Also in this issue we have articles on aromatherapy, Reiki for pets and a review of a moot at a nature centre.

Don't forget to check out our crafting section if you fancy making yourself a table top maypole!

We are still running our photography competition, so if the little bit of sunshine we've had so far has inspired you to get out doors, don't forget to take your camera along and you could win yourself a prize.

I hope you all have wonderful Ostara and Beltane celebrations over the coming weeks. I'm now off to tuck into the delicious Cute and Sweet Bunny Bread that can be found on page 20. Give it a try yourself.

Blessed Be

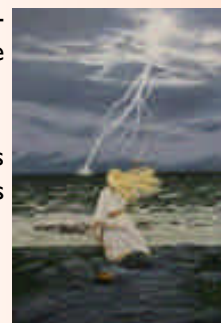
Twilightgirl
Witchtower Editor

Cover Artist - Seawitch

Most of my life I've painted quietly for myself, but encouraged by friends to reach out further, I use my website www.seawitchartist.com as a platform.

I concentrate on Pagan and Marine art, the two topics often overlap, weather features heavily also, painting has been used by myself in Weather working Magick.

My chosen medium is Acrylic on canvas.



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Natural Healing

Reiki for Pets

By Arwen (Louise Neale)

The natural therapy of healing by using your hands as a channel for energy is the oldest form of healing, older than the use of plants and herbs. Reiki is a simple non-invasive therapy.

" Your hand has the power to hurt or to heal me. Look into my eyes, to the heart of my soul, and choose to heal me."

Margrit Coates.

Reiki is a Japanese word meaning "Universal Life Energy". This life energy is in everything, animal, vegetable and mineral. Reiki was re-discovered through the experiences of Dr Makao Usui in Japan in the second half of the 19th century when he was researching and understanding various Belief and Meditation systems. Since then it has been passed down from Reiki Master to student.

Anyone can be a Reiki Practitioner, but it cannot be learned from a book, you need to find a Reiki Master and be taught the way by them. People who have received the Reiki Attunements by a Master have their body's energy channels opened to connect them to the universe's limitless source of energy for their own healing and to act as channels for this energy to pass into other people and animals. When the Reiki Practitioner channels this energy through his/her hands to another being, it activates the body's own natural ability to heal. The energy goes to the source of the illness, opening the blocked energy points and creating balance and harmony within the body. This healing

energy can balance physical illness and emotional problems.

Treating animals is not very different from treating people; the difference obviously is that animals can't tell us where it hurts. Animals respond very positively to Reiki and relax into it very well. When channelling Reiki the

practitioner may place their hands on the body of the animal or just have their hands a few centimetres away from the body, it's up to the healer. Also the healer may find the patient might not be comfortable with the "hands on" way or that it might be safer and easier for the "hands off" approach depending on the animal. When giving Reiki the healer and healee may experience some physical sensations. The healer may feel heat, cold or tingling in their hands, the healee may feel the same over their body and they may be a little light-headed as the energy flows through them. This does pass after a while.

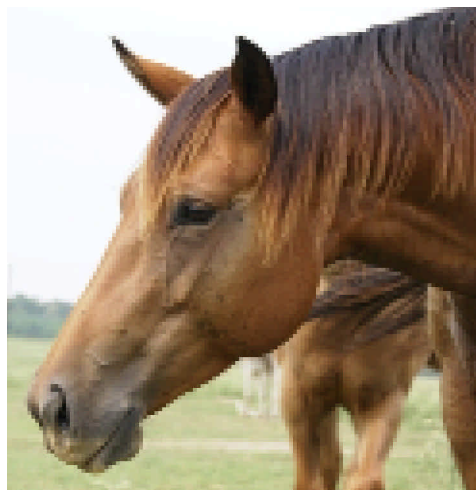
While performing Reiki on animals, many show distinct signs of relaxation and acceptance of the

Reiki healing. As a Reiki healer myself, I've learned what to look for. Cats love receiving Reiki, they'll lie down, maybe stretch out and be relaxed enough to fall asleep. Dogs are generally the same, they'll sit down, lie down and their ears may relax further. Yawning a lot is a common sign, and just like cats they may fall asleep. I specialize in healing for horses, when they start to relax and accept the Reiki they will lick their lips a lot, their ears will droop and their head will get lower, they'll yawn and sigh a lot as well. A sure sign of their total trust, relaxation and acceptance is when they relax a hind leg and lightly doze off, some may even lie down.

I was performing Reiki on a 4 year old 11h1 welsh mountain pony called Silver. She was a very timid and shy pony who was especially scared to be near men. She was afraid of contact such as a friendly pat on the neck and of having a headcollar placed on her. As I prefer the hands off way of healing I could feel that she was uncomfortable with the first session of Reiki. As I was giving her the Reiki I felt as if she was literally pushing me away, I could feel her energy pushing. Half way through the second session she



began to lick her lips and her ears relaxed, she kept turning her head to touch me which is another positive sign. On the third session she really relaxed and accepted me, there was no resistance at all from her, she was friendly, relaxed and by the end she was resting a hind leg and happily dozing. I did a fourth and final session and she totally loved the attention. I felt warmth and contentment from her. A few days later I went to see Silver and her owner, Jane. Jane's husband came up to me and said that Silver was a changed pony, she lets him stroke her now and doesn't mind a headcollar being placed on her. They were quite amazed how much Silver had changed and with the way the change occurred. Silver now happily engages in contact with people. I helped Silver over 2 years ago. She's a happy pony who



enjoys pony camp activities with Jane's daughter and she loves attention and is quite friendly. It's quite an amazing feeling to feel the energies of an animal during Reiki, to feel such an intimate bond of trust with the animal.

There are many reasons why healing may be needed. It could be a physical or emotional illness such

as lack of company, a stressful routine, aggressive/and or impatient handling, grief/loss, change of circumstances/home etc. In the case of a horse, work that is beyond the horse's capabilities, impatient/inconsiderate schooling, boredom leading to strong behaviour/repetitive vices. Whatever the source the healing energy will help.

The practice of Reiki is one of sharing and caring, it is not just another therapy, although it is highly therapeutic it also offers itself as a spiritual path. The Reiki symbols (which the healer visualizes in their minds eye) help to focus the energy when healing, but it can also aid in focus in meditation, revealing that which is hidden within us. With this energy we re-unite the mind, body and the spirit.

Treat yourself to some Vareneky

Ingredients:

Dough:

2 cups flour
1/4 teaspoon salt
1 egg
1 cup milk
1 teaspoon oil

Filling:

1/2 pound sharp cheese, shredded
2 cups mashed potatoes

Instructions:

Heat 3 quarts of water and 1 tablespoon of salt in large pan. Mix the flour, egg, salt, milk, and oil until a sticky dough is formed. Roll out dough on floured board 1/4 inch thick. Cut into circles. Combine cheese, mash then spoon 1 to 2 tablespoons into the centre of the circles. Fold the circle in half and pinch the edges together to seal. Drop into simmering water; cook for 10 minutes. Remove and drain, then fry in butter until brown.

Then finish off with some Maple Nut Muffins!

Ingredients:

2 cups unbleached all-purpose flour
1 teaspoon baking soda
1/3 cup light brown sugar
1/2 cup maple syrup
1 egg
1/2 cup nuts

1 teaspoon baking powder
1/4 teaspoon fine sea salt
1/4 cup vegetable oil
1/2 cup plain yogurt or sour cream
1 teaspoon vanilla

Instructions:

Preheat oven to 350°F. Grease 8 muffin cups. Combine flour, baking soda, baking powder, salt, and sugar. Set aside. Beat oil and syrup for 2 minutes. Add yogurt, egg, and vanilla. Add dry mix. Stir in nuts. Pour batter into cups. Bake 25-30 minutes. Remove and cool on wire rack.

LID OFF THE CAULDRON

A round up of all the news happening over at Pagan Network

If you haven't heard already, Pagan Network has expanded out into the cyber world of My Space! So if you have a myspace account you can befriend both Pagan Network and the Witchtower magazine. The URL's are <http://www.myspace.com/pagannetwork> for Pagan Network and for the Witchtower you'll need <http://www.myspace.com/witchtowermagazine>



And to welcome Spring, Pagan Network has now changed over to the new spring theme. We hope you like it!



Pagan Network also has an official banner which you can add to your website to promote us and show your support. The banner can be found on the Home pages of the website (www.pagan-network.org) under the About Pagan Network Section.



At the beginning of the year Pagan Network reintroduced Member of the Month and also Creative Member of the Month. So what exactly is Member of the Month and Creative Member of the Month and how can you become involved?

Member of the Month is your chance to give a pat on the back to someone else on the forum. It can be someone who has been particularly helpful, has taken time to explain something complicated or who has patiently explained the basics time and time again. Alternatively it could be someone who consistently produces insightful posts, thought-provoking threads or just someone who you think is a credit to the forums. All members can vote for someone to be Member of the Month - watch out for the voting poll on the forums.

Creative Member of the Month is given to a member who the Pagan Network Judges (Twilightgirl and Deadly_Whispers) feel that their creative work really stands out from the crowd and that they have repeatedly offered insight into other work as well as accepted praise and criticism for their own work in a mature way.

Members who win the Creative Member of the Month will have their creative work, whether it's a poem, story or artwork appear in the Pagan Network Witchtower Magazine. They will also have their work appear in the Pagan Network Calendar 2008.

Winners so far of the Member of the Month have been illgrace Grimthrottle and Ravenous
Winners for the Creative Member of the Month have been Scorch and Ankerwytych



Pagan Network's Graphic Design team is now offering an advert design service for those who want to place an advert in the Witchtower Magazine but are not sure how to go about creating an advert. Further information about this service can be found later in this issue.



On the 18 February an EGM was held online in order to discuss and vote in a new constitution. A fair few full members turned up for this meeting and the new constitution was voted in. The new constitution can be found on the Pagan Network website.

BEYOND THE GRAVE



By Anonymous

A BOATING TRIP TO REMEMBER

My husband and I were on a boating holiday in the UK last year. We'd been out to sample the local beer but were not by any means drunk. As we were walking over the bridge towards the river, we heard a cry and then a splash, like someone falling in the water. We rushed to look over the sides of the bridge to see if we could see if anyone had fallen in the water further down river, but we couldn't see anyone. It was then we noticed ripples in the water beneath the bridge. So we rushed down from the bridge and into the space below trying to see if anyone had fallen in at that point. We couldn't see anyone but the ripples of water didn't disperse like normal ripples do, they seemed to move further down the river with purpose, like someone swimming underwater. We watched the ripples moving further down the river for about a minute and then they just disappeared. Then much to our surprise a misty female type figure appeared above the water at the point where the ripples had stopped. We both stared for what seemed like ages, but in reality it must have only been a few seconds and the figure then dissolved.

We didn't stay around to see if she was going to reappear and made a mad dash back to our boat where we stayed up all night drinking black coffee!

By Anonymous

GUARDIAN ANGEL

This is a story my mother told me. She said it happened when I was around the age of one. My parents are divorced and my father had come around to pick me up for his weekly visit. However, my mother and father ended up arguing over something so my father stormed out of the house and into the garden to "cool off".

After a few minutes my mother went out into the garden with me in her arms to hand me over to my father so he could take me out for the day. As she was leaving the house an old woman came over to the garden gate and said to my mother that there was a guardian angel watching over me and that she could see it. My mother apparently smiled at the old woman thinking she was a bit mad and started to head on over to my father.

A few minutes later as my father was getting ready to leave with me, a drunken driver crashed into his car. The car was written off and I consider myself lucky that we hadn't left a few minutes earlier... maybe I really do have a guardian angel watching over me!

PUBLICATION DATES 2007 FOR FULL MEMBERS & SUBSCRIBERS

Ostara/Beltane issue to be published (PDF) - 15 March

Summer Solstice/Lammas issue to be published (PDF) - 15 June

Autumn Equinox/Samhain issue to be published (PDF) - 15 Sept

Yule/Imbolc issue to be published (PDF) - 15 Dec

Poetry Corner

If you would like to submit a poem or recipe please email to the witchtower@gmail.com

From the Bulgarian Highlands

From the Bulgarian Highlands
Comes the sounds to match my soul
In the Lands of the Pharaohs lies
The Ancient Wisdom in lost scrolls
In the jungles of South America
Stand the ruins of my life
On the plains of Siberia
The mists of time cuts like a knife
In the outback of the bush
Stands the rock of the ages

Oh where oh where is my heart and soul now
Vanished into the lands we forgot
We dream of the seas, rivers, mountains
Flowers and trees
How can we not let their beauty dwell inside?
Why do we forever from them hide?
And deeper and deeper inside, have to let them die?

Sarah Rooke, 1989

Virtues

to have the knowledge of right, and wrong,
to listen and respond to nature's song,
to help the sick and needy,
to ever be grateful, and not be greedy,
to smile and to love, in the face of hate,
to be not idle, but learn things of great,
to meditate, on days that are done,
to love the Universe, Stars, and the Sun,
to see the beauty in all the ugliness,
to understand that we're all blessed,
to grow and bloom, along life's path,
to learn, love and study the Ancient's Craft,
to forgive others-including ourselves,
to have visions and dreams of Fairies and Elves,
to never give up, when all hope seems lost,
to bring warmth with a smile,-like olde Jack Frost!
to see a sight though others may be blind,
to seek something lost, and to gain a find,
to never turn away, to never ignore,
to love all things in Nature, including Humankind with
their flaws,
to smell the air, of purities to taste,
to live our lives fully, and not shall we waste.

by Nightshade

Advert Design?

Do you run a business, be it with or without a website?

Do you run events/moots and would like to promote them more?

Are you a crafter who sells your wares?

Have you always wanted to place an advert in the Witchtower magazine (especially now we have reduced our advertising rates) but you've never been sure how to put together an advert? You're worried about all the work involved in doing this or you don't feel you would be creative enough?

Then look no further...

The Pagan Network Graphics Department are offering to design adverts for you. The cost of each advert will depend on size and complexity, but on average the cost will be between £2.00 and £5.00 per advert. However if you are a member of the Shop Discount Scheme you can have an advert designed for FREE!

So how does it work?

1. First pm Twilightgirl (or email at sensorychaosdesign@gmail.com) with your request.
2. Twilightgirl will discuss with you what information you require on the advert and size of the advert. (please note that payment will be required at this point).
3. Twilightgirl (or her team) will then draft up some advert designs for you to look at.
4. You provide feedback on the advert designs (ie which one you like) and on anything you want "tweaking".
5. The advert will be completed and emailed to you in either a jpg format or pdf.
6. At this point you can sort out how many issues of the Witchtower magazine you want your advert to be placed in (payment for advertising will be required at this point).

INTERVIEW WITH A

PAGAN IDENTITY

PN: Name / username

MS: Mike Stygal / Cern Deosil

PN: What age are you and where do you live?

MS: 41, Walthamstow, London

PN: How would you describe your spiritual path?

MS: Neo shamanism

PN: How did you get involved with this path? What's your "history"? How did your personal background influence this?

MS: Woo, Looooong story. I've been a Pagan since around 1985/86. The journey is a long one. I began exploring Paganism when I was at college. I'd been brought up in a humanist/agnostic household, so faith and belief was not a major feature in how I was raised. At college I met someone who introduced me to the works of Crowley, the Golden Dawn, Qabalism, Gurdjieff, and a whole heap of different spiritual and magical traditions. I explored them all to varying degrees and found none of the paths really suited me (although I had some amazing experiences when walking the tree of life). I tried druidry, following OBOD's course for a while. But again, that didn't seem to resonate. Too structured I think. I took a brief look into Anglo Saxon magic (something that still crops up in my questing from time to time) and came across Brian Bates book "The Way of Wyrd". That has to have been one of the most influential books to my Pagan walkings.

It led me to explore some of the techniques and world views described, and looking for similar

PAGAN

techniques and world views in other cultures around the world, ultimately leading to an exploration of different cultural forms of shamanism, core shamanism and the development of my own neo shamanic path.

PN: I notice that you do a lot of Interfaith work. What does that entail, how did you get involved? Is there enough Interfaith work in the Pagan community?

MS: Most of my Interfaith work is currently conducted online at the moment. Getting onto Interfaith groups tends to begin with local groups and I've been trying for some time to get a response from my local Faith communities group with no success. I have spoken at a conference on new religious movements in London and have spoken at a Pagan Moot. I've spoken at a church in America a couple of times and I've been invited to speak in a church in the UK (still waiting on that. I gave a rough outline of what I might say to a lay preacher in the church and he seemed a little disappointed, or maybe pleasantly surprised that I wasn't slamming Christianity and Christians in what I'd prepared). I write to people who seem to be presenting a misinformed image of Pagans and Pagan paths in the national media and try to provide them with more accurate information, discussing where they might have got their ideas from with them in the process.

I got involved in Interfaith work as a response to experiences my wife and I had when she converted

A series of interviews with members of the Pagan Network. Here, Telesillawitch puts the questions to Cern Deosil

from a hedgewitch path to Christianity. As I worked through what was going on I discovered many people, Pagans and Christians had a somewhat confused understanding of what the other believed and practised. I discovered that much of the time that was at the root of conflict between the two faith headings. I felt that living in a mixed faith relationship helped me to see how conflicts arose and how education could make a big difference. Relatively recently I have been expanding my work to people of other faith groups too.

I think there is a definite increase in Pagan involvement in Interfaith work. That is a good thing and that increase should continue. But one of the things I've noticed is that quite a bit of that work involves presenting Paganism to other faith groups, but not encouraging Pagans to learn about those other faith groups themselves. That is one of my big concerns at the moment. People think they know what others believe because they might once have been followers of a faith group as part of a specific organisation. Yet they don't necessarily take into consideration the possibility that the specific organisation might not have been entirely representative of the faith group. So they have a personally, historically misinformed picture of that faith group.

PN: Have you ever been physically attacked or discriminated against because of being a Pagan?

MS: I've not been physically attacked. I've been verbally attacked and attempts have been made to physically intimidate me. I've lost a job because I stupidly tried to use Pagan ritual to solve a

spiritual problem where that would have been very much misunderstood. That was very early in my Pagan experiences though.

I've made a habit of meeting with Extreme Christians who stand outside Pagan festivals proclaiming the supposed evils of what was taking place in those festivals. That has brought me in line for verbal abuse. But has also led to some interesting encounters where the extremists departed with things to think about. :laugh:

PN: Has anyone ever made assumptions about you (good or bad) because of being a Pagan? What were they?

MS: Yep. That would be quite a long list. Most recently, a Christian at work came up to me and said, you must tell me about your devil worship sometime. She's an absolute sweetie and didn't mean it as an attack at all. As an African Christian she had been subject to a very specific presentation of her faith and how to speak of other beliefs. She still struggles to understand how to better express herself. But I'm working on it.

HOW PAGANISM FITS INTO YOUR LIFE

PN: What do you do for a living? Is there any conflict between your work life and your spirituality?

MS: I teach at a secondary school. I think I'm probably pretty fortunate in that my spirituality doesn't lead to any conflict at work. I'm open as a Pagan at work and have frequently been sought out to provide information about Pagan spirituality to staff and students.

PN: What are your hobbies and interests? How - if at all - do they fit with your spirituality?

MS: My biggest interest is the Interfaith work. Obviously that fits in well with my spirituality. I play a bit of guitar too. That doesn't really have any spiritual connotations

to it though.

PN: What about your family and friends? Are they of similar spiritual paths to you, or are there differences?

MS: As stated before, my family is humanist/agnostic in their spiritual path. My wife is a Christian. My daughter is exploring Christianity and my son is of "no fixed spiritual belief" at present. I have lots of Christian friends (I think I hold a novelty factor for some of them) as well as Pagan friends.

BELIEFS

PN: Do you believe in the existence of deity? If so, have you ever had any divine experiences?

MS: Yep, and OH YES!

PN: Do you believe in the existence of spirits - "human or non-human? Have you ever had any experiences of "spirit"?

MS: Yes. I've had lots of experiences of spirits of place. There are also beings in the otherworlds to take into consideration.

PN: Which traditional worldview, if any, fits your general perceptions of the spiritual and physical "realms"? (E.g. Cabbalistic tree of life, Yggdrasil world tree, Shamanic underworld/upperworld and so on)

MS: Closest would be a concept of the shamanic otherworlds as a representation that works for me in engaging with the spirit realm. I see the spirit realm as being quite able to be flexible in how it presents itself to peoples individual perceptions.

PN: Do you believe in the existence of magic? If a believer, how would you explain it?

MS: Yes. The science and art of causing change to occur in accordance to will is a good opener. After that I'd have to start writing

a novel to explain all the ramifications and interpretations of the words in that statement.

PN: Have you ever done magic to get something and did it work?

MS: Not to get something. I've worked many times for healing and protection. Magic working tends to be for others rather than for myself. I prefer to use mundane means where possible.

PN: Do you practice your spirituality alone, in a group, or both? Was this a deliberate decision or a necessity?

MS: On my own. Deliberate because I really don't feel any two people can realistically share a perception of the spirit realm and have that perception be the same for both people.

I've worked in groups before. I find people struggle to share the same experience in the spirit realm and come up with generalisations that fall over when you dig down to the specifics. It's a personal perception thing.

PN: Do you believe in the reality of curses? Would you ever do one? What types of spell would you include in your concept of a 'curse'?

MS: Curses most definitely work on a psychological level. There are also magical acts that go beyond curses that can be quite noticeable in their effects. Not something I do, although I have done some work to counter such things.

PN: Do you believe in the law of three-fold returns or any other related concept? Why/why not?

MS: No. Firstly because I'm not a Wiccan, and not a Wiccan of a certain type either. Secondly because sadly the world doesn't always get back at those it should do. Some people seem to have a

knack for throwing crap around and not getting any back.

ACTIVITIES

PN:What practices are regularly incorporated in your spiritual life? (E.g. meditation, prayer, ritual, magic, visualisations, trance work...)

MS: Journeys in the otherworlds. This is sometimes just to explore. But often it is also to carry out some healing or protection work, or to seek guidance in addressing a problem.

PN:What festivals, holy days, special occasions etc do you mark as part of your spirituality?

MS: I observe the wheel of the year in terms of what is going on in the natural world. So summer and winter solstice and the equinoxes are noted along with seasonal changes. But a rigid following of a "Celtic calendar" is not something I do. I find it is frequently celebrated out of sync with the natural world it is supposed to represent.

PN: Do you spend much time in nature, in the wild? Do you spend enough time out there?

MS: As much as I can. But I just don't seem to be able to create the time to get out into the natural world as I'd like to.

PN:Do you think Paganism works better in the country than in the city? Why/ why not?

MS: Hmmmm, I think that very much depends on the Pagan and the pagan path they follow. If they're following a path that is supposedly more nature based than others then it would help if they were at least aware of what was going on in the natural world if they live in the city. In the country it might be the case that the natural world is more apparent. But it still requires the pagan to note what is going on.

IDENTITY ON PAGAN NETWORK

PN: How long have you been a member?

MS: My join date is listed as 3rd November 2004. I remember attending a WiccaUK London Moot that has photo reference to the group I was with as "The Old table" or something like that.

PN:Is this your main online hangout? Where else do you go to regularly (especially pagan / Wicca / magic-related)?

MS: My main hangout would be my own site <http://paganandchristianmoot.co.uk/pcvforum> . I also visit ukpagan, pentaclemagazine, paganlondon, paganforum and a few Christian sites. Then there are the egroups I'm a member of. :laugh:

PN: Do you like the style of discussions that happen at Pagan Network? Do you like the subject matter?

MS: Every forum I'm a member of has a slightly different "flavour". Each one is unique and each one has its main topics of interest and way of looking at that topic of interest. Every one of them has value.

It is impossible to avoid repetition. But that doesn't mean repetition is boring because new people bring a fresh perspective on things.

PN:What would you change about Pagan Network?

MS: I can't think of any reason why I would want to change Pagan Network. It wouldn't be Pagan Network if I did.

CONTENTIOUS PAGAN NETWORK QUESTIONS

PN: How do you define the term "Wiccan"? How do you feel about the idea that Wiccans are people who have been initiated into a lin-

eaged Wiccan coven?

MS: Contentious indeed. I believe people need to be a bit more specific in how they use labels. Wicca is a lineage based tradition in origin. So if one is part of a lineaged Wiccan group that can trace its roots back to Gardner then one needs to say so. I believe it is possible to develop a perfectly effective spiritual path based on what is published about wicca though. In that situation I think the term non lineaged might fit, and where aspects of other spiritual paths are brought in to the practise I would suggest Eclectic wicca would fit.

PN: Is Paganism generally too "fluffy"?

MS: I think there is much cross over between "New Age" stuff and modern Pagan practise. That sometimes leads to a world view that could be described as seeing through "rose tinted spectacles". But making such a generalisation about Paganism as a whole is not something I like to do.

PN: How involved are you with the Pagan "scene"? What are your views on the Pagan community - its strengths, weaknesses and any issues facing it?

MS: I'm fairly active in the online Pagan scene. I've had moments (and still do have moments) in the real life Pagan community. But I see an awful lot of political infighting within the Pagan community. I understand how and why it happens. But it strikes me as very counter productive. So I try to avoid it where possible. Been there, done that!.

PN: Does British Traditional Witchcraft represent a real surviving ancient form of witchcraft pre-existing Gardnerian Wicca?

MS: British traditional witchcraft is not one specific path. Traditional witchcraft has widely varying regional differences. Within those

regions there are also differences between "families". What we call "ancient" and just what constitutes a continuation of a family tradition varies from person to person when this topic comes up. I know of "traditions" that go back a few centuries within certain families. I know of folk practises that have become a part of family traditions that pre exist those family traditions as well. Older than that and I'd need to see some very good evidence.

PN: Do the initiatory traditions offer anything that could not be gained from the public domain? If so, what?

MS: Initiatory traditions offer a hierarchical structure.

PN: What is a Shaman and are we using the term too frequently in modern Paganism?

MS: Now we're talking. The word "shaman" in its present form was coined by anthropologists borrowing a similar term used by Siberian "holy men" and applied to many other culturally specific "holy men" in different communities around the world. As such, it is

a term invented in isolation to those cultural communities.

However, in today's world it would seem that anyone who can bang a drum and pretend to be a native American can call themselves a shaman. Many of today's western shaman seem to practise their shamanic arts as a means of self discovery. That's fine in itself. But the people who were originally labelled as shaman held a position in their community that included service to that community through their shamanic work. I think too often that just doesn't happen with western shaman. Maybe the perceived problem is that we live in communities where the role of shaman is not generally recognised. But to my mind we live in a global community where it IS possible to work on behalf of others.

A shaman is a spiritual warrior-doing battle in the otherworlds for their community. A shaman is a spiritual healer, journeying to seek methods of healing for their community. A shaman is a sage, offering advice and guidance to their community seeking counsel with others in both the mundane and the

otherworlds in order to serve the community. The whole idea of service seems to have been overlooked by many who adopt the label Shaman.

Oh, and I tend to use the phrase neo shamanism for what I do because it doesn't directly fit any of the indigenous practises and world views of shamanic cultural groups. :laugh:

Heathen Tees

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A range of T-shirts with Heathen, Pagan, Viking and Celtic designs
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COMPETITION TIME

Each issue we will be running a photography competition related to the Sabbat that the magazine is issued.

So, how does it work? To enter the competition you need to select a title from the list below and take a photograph of what that title means to you or a photograph that best represents the title.

There will be three winners, one winner will be chosen per title.

All winning photographs from this competition will be shown in the Summer Solstice/Lammas 07 issue.

To submit your photograph email it to the witchtower@gmail.com along with the title you have chosen so we know which category to judge you under. Photographs can be any size as we can always resize them for the issue. Photographs must also be your own (no stealing them off the internet!).

Judges will be Twilightgirl and Deadly Whispers (and no, sending us chocolates will not sway our judgement!)

This competition is open to all Full Members and Subscribers of the Witchtower.

The closing date for this current competition is the 5 June 2007.

So choose your title and get those cameras clicking!

Ostara/Beltane Issue (Choose from the following titles)

- 1. Who's afraid of the Easter Bunny?**
- 2. Breath of Life**
- 3. Dance with me**

The three prizes for this issues competition will be the Pentagram shown (made from fine pewter, nickel free)



Classifieds

Shops

Black Cats and Broomsticks

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18 Berry Edge Road, Consett, County Durham, DH8 5DS

<http://www.blackcatsandbroomsticks.co.uk/>

Halcyon Daze

55 Wellfield Road, Roath, Cardiff, CF24 3PA

Tel: 02920 454432

<http://www.halcyon-daze.biz/>

Halcyon Daze (The little shop of calm)

1 Westgate, Cowbridge, Vale of Glamorgan

Tel: 01446 771166

Hippypottermouse

The Corn Exchange, Call Lane, Leeds, LS1 7BR

<http://www.hippypottermouse.co.uk/>

Madeline Rose

121 Kirby Road, Leicester, LE3 6BE

Tel: 0116 2536320

Moonshadows Realm (online only)

<http://www.moonshadows-realm.co.uk/>

New Aeon Books

95 Oldham Street, Manchester, M4 14W Tel:

0161 839 9293

<http://www.newaeonbooks.co.uk/>

Opal Moon

De Courceys Arcade/Cresswell Lane,

Glasgow, Lanarkshire, G12 8AA

Tel: 0141 3386010

Pentacle Magazine

<http://www.pentaclemagazine.org>

The Gem Tree

Ground Floor, Indoor Market, Leicester, LE1 5HG

(They are open Tuesday to Saturday 9-5)

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

The Heathen Peddler

<http://www.heathenpeddler.co.uk/>

The Magik Thread

29 High Road, Nottingham, NG9 4AF

Tel: 0115 9490673 or 0115 9394777

<http://www.themagikthread.co.uk/>

The Thrifty Pagan (USA)

Green Street, Fairhaven, MA02719, United States

<http://www.shop.thethrifypagan.com/>

The Witch Path (online only)

<http://www.thewitchpath.shop.co.uk/>

Witchcraft Ltd

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<http://www.witchcraftshop.co.uk/>

Solstice Designs (online only)

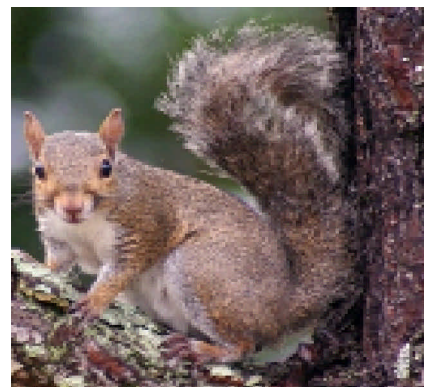
<http://www.solsticedesigns.co.uk/>

A Family Moot At The Nature Centre

Various members of Pagan Network and the Pagan Association got together for a Family Moot on the 15 February 2007. Marie tells us more about the Moot.

The Nature Centre is located in Edgbaston, not far from the MAC and Cannon Hill Park. The Nature Centre is a firm favourite with our family and on this day it was clear that others felt the same.

The very reasonable entrance fee was further reduced, as we were a pre-arranged group. Although some members did not join us until a bit later. All in all about 8 adults and at least as many children/teens made up our party for the day.



The weather was with us, not too cold and no rain (or snow) in sight. Many animals seemed to be out and about, particularly the otters who seemed to have increased in number since my last visit. Lemurs were trying to use their tails as scarves as they mulled life on their tightropes and red panda actually ventured out on several occasions.

Some animals were a little too lively perhaps, the lynx seemed quite er... interested in each other. It was disappointing to see the red squirrels were off display right now. Their enclosure is being refurbished but they will be back.

Food in the café seemed standard but not overly expensive. We brought our own lunch, but other party members sampled the wares and the servings seemed generous. Featured were some very home-made looking cakes that we did sample and pronounced them to be excellent. Also in the cafe is a soft play area for under 5's, which my daughter fell in love with. Especially a large stuffed cow, future Calgary Stampede champion perhaps?

The highlight of the day was the story telling by Polly. This was held in one of the indoor classrooms so was warm and comfortable. Polly did a selection of stories from all over the world. Featured were The Sparrow, How the Koala Came to Be, How the Tortoise got his Shell, Everything is Connected, How the Birds got Their Colours and Thor's Hammer. These were enjoyed by all and even days later my daughter was talking about the naughty lady who threw the birds tail away.

Although I did not know everyone that attended, and in future may make sure to get introductions, it was wonderful to see familiar and new faces come out for a community event. Our family certainly had a good time and I am sure others shared this as well. The Nature Centre is a nice day out for those with young families, or young at heart. Very much looking forward to more events like this in future.

Birmingham Nature Centre

Pershore Road

Birmingham

B5 7RL

Telephone / Textphone: 0121 472 7775

Fax: 0121 471 4997

E-mail: nature.centre@birmingham.gov.uk

The Dolmen Gateway

A Meditation by Sarah Rooke

A meditation taken from the Berengaria Order of Druids Book of Lights and Shadows

Stone circles have always fascinated humanity since ancient times, even though there are various theories around today, as to who built them or for what purpose. We can however, make assumptions about our own feelings and thoughts on the subject. We do know that the Druids may not have built places like Stonehenge or Avebury, and they may have been constructed instead by earlier Neolithic or Bronze Age races like the Beaker people. Whatever, the Stones have held us in mystery and intrigue. Let us astrally journey now to a stone circle

First do your usual protections and lie down on the bed or sit in a chair. Then visualise that you are standing in the centre of a stone circle that you know. It is night time and the moon and stars are shining brightly. The stones seem to emit a strange silvery etheric glow. As you stand, there is a spiral that forms from the heavens - these are the moon and stars energies weaving in magical unison. You feel all tingly and energised, and sense that your consciousness is starting to expand.

Looking at the stones, you notice a Gateway has formed between them, and suddenly to your surprise you see that the Sun is shining its rays through them. You feel beckoned to enter within and into the other side to enter the Land of Hearts Desire. As you do so, you come into what can be described as a Celtic Hall, where you are greeted by the sound of the harp and much merriment. Some couples are dancing on the floor, and you see a long table laden with food and drink

A woman offers you a goblet of mead to drink from, and you accept this with gratitude, tasting the sweetness. Then a man offers you a plate of bread to partake from, and you take this gladly, tasting the sustenance. You feel welcomed and are then greeted by the Lord and Lady dressed in green and gold, for this is the God and Goddess of the Land, who are known by many names. They speak to you and you respond in turn.

They invite you to join them and their clan in their celebration of life. Seating yourself at the table, you see some Sidhe or Fairy folk like the Ondines, Gnomes, Salamanders, Sylphs, as well as nature spirits like dryads, nymphs, elves, pixies and leprechauns. Converse with them and listen to what they have to say, for they have much to tell.

Then the Lord and Lady ask you to join them in the dance in a circle with all present to the sound of the harp. As you dance with them, be aware of how all the energies are weaving in rainbow colours and rays of light. Then you are advised by the Lord and Lady that it is time to leave, you have enjoyed yourself here and you do not wish to go. But the Lord and Lady assure you that once the way is found here, you can always return.

Then the Gateway forms again and you take your leave of the company, finding yourself standing in the centre of the stone circle once more. Then come back to your own time and place, and ground yourself fully.

Subscriptions Options for Web Members

All full members receive access to a PDF version of the Witchtower Magazine on its release date as part of their membership (and a printed version once funding has been secured in the future). However, web members can only access the free PDF version of the magazine after a significant time period has passed, and by this time a lot of the information in the magazine is out of date...

So, if you would like to receive a PDF version of the magazine on its day of release, without having to become a full member, you can subscribe to the magazine. An added benefit of subscribing is that all subscribers and full members are allowed to enter the competition too, but web members are not allowed.

The cost of subscription for the PDF version of the magazine is either £1 per PDF issue or £4 for one years worth of PDF issues as released. When funding is available for the printed issue, subscribers can pay £2.00 an issue or £8 a year. Otherwise the magazine (when printed) can be bought at anytime for £2.50 if you don't subscribe.

If you would like to subscribe to the magazine please email the witchtower@gmail.com and we will provide you with payment information.

Book Reviews



The DruidCraft Tarot - Use of Wicca and Druidry to Guide Your Life
By Stephanie and Phillip Carr-Gomm Illustrated by Will Worthington
Paperback: 192 pages
Publisher: Connections (24 Sep 2004)
Language English
ISBN-10: 1859061443
ISBN-13: 978-1859061442
Product Dimensions: 6.1 x 9.5 inches

The exquisitely designed cards, painted in tempera, using egg yolk and ground minerals, achieve an extraordinary depth of feeling and artistic quality, while the accompanying manual explores the earliest roots of the Tarot in the tales of the Bards and the numerology of Pythagoras taught by the Druids in their Sacred Groves. As the meanings of each card are explained in the book that accompanies the deck, we explore the significance in our own lives of the common theme of both Wicca and Druidry: a reverence for the Goddess and God and their union, which gives birth to the world of Nature.'

So says the write-up on the website. I would say that's pretty accurate too. I have owned these cards since they came out and I would say that they are a continual surprise to me. The imagery is beautiful and the interpretations of the cards are intelligent and accessible.

This is the same team that produced the Druid Animal Oracle which I think is a defining pack for those to use who are following a British Mystery Path. In my opinion, this is another seminal pack. It makes connections between the cards and shows them in a way that makes the whole process of Tarot Reading easier to understand and to have much more depth.

The book is laid out in an unusual fashion, because after the usual pre-amble about the thinking behind the deck and other introductions, the interpretations start off with the Court Cards. These interpretations are again atypical because along with the personalities usually trotted out by other interpreters, according to the Carr-Gomms, the court cards also indicate the point in the process of a situation, for example, the Princesses indicate beginnings and the Kings, accomplishment. I also loved their description of the different Suits representing 4 tribes coming from the different directions converging on Tara or Stonehenge.

This imaginative interpretation of the cards continues throughout the book with the Minor Arcana likening them to the Lesser of Outer Mysteries with the Major Arcana being the Greater or Inner Mysteries of the Western Mystery Tradition.

As a tarot reader myself, I find them very easy to use, with clear and concise interpretations that go deeper than the usual tarot books and images that are beautiful, detailed and informative. They 'speak' to me.

If I have one criticism it is the size of the cards, they are the biggest I have ever used and can be a bit cumbersome to shuffle, however, a smaller card would surely lose the detail in the pictures and it's a small price to pay for something that its as much a work of art as a divination tool.

By Beith-ann

Donate A Book Scheme

Do you have a Pagan book you no longer want (or were given by that well meaning relative!)?

If so the Witchtower would be happy to receive it to review. It doesn't matter if it's an old or new book, or whether its Pagan fiction or non fiction.

Unfortunately we are unable to buy the book from you or pay the postage cost, but we would be happy to mention that you donated the book to the Witchtower for review, and you will get your name mentioned in the magazine.

If you do have any books you wish to donate please email the witchtower@gmail.com to let us know what you wish to send so we can keep an eye out for it. All books should be sent to BM Wiccauk, London, WC1N 3XX, unless you are attending a moot where one of our reviewers are and then you could just hand the book over. Our current book reviewers are Deadly_whispers, Beith-ann, Rhiannon.

CRAFTING - PAST & PRESENT

Our ancestors didn't have shops where they could go and buy whatever their latest needs were, be it an incense holder or wand. Instead they crafted their tools of magic with their own hands, ensuring a stronger connection to their tools. So in this series we plan to show you how to craft your own tools from the past and present.

TABLE TOP MAYPOLE

Here are two versions of a table top Maypole depending upon your skills!

I HAVE NO SKILLS SHOW ME THE EASIEST OPTION

For this you will need the insert from a kitchen roll (you know the cardboard bit!) or some card that you can roll into a tube like structure.

You'll also need some paint, ribbon, tape or glue, scissors and flowers (paper, silk or real) or other decorations such as seeds, nuts etc, but make sure they aren't too heavy for this option. If you want to use heavier decoration go for the Maypole that needs more skill.

If you are using a kitchen roll, paint the roll a bright colour and let it dry. Then cut 4 evenly spaced one inch strips at the bottom of the roll and open these out. These will provide the feet. Glue these down onto a strong piece of cardboard. Your Maypole should now be standing upright. If you find it is a little unsteady you could drop something heavy inside the tube to give it more weight.

Next cut lengths of ribbon and secure at the top of the Maypole with tape or glue. The ribbon should be longer than the Maypole as you will be wrapping this around it.

Next decorate the bottom and top of your Maypole with flowers or whatever other decoration you have chosen.

I HAVE SOME SKILLS SHOW ME SOMETHING MORE ADVANCED

For this you will need a flat piece of wood about one inch thick and a small wooden pole, this could be a piece of dowel or even a kebab or chop stick.

Other materials are as for the easy option.

You will need to drill a hole in the flat piece of wood. Make sure it is big enough to put your wooden pole into.

Then glue the wooden pole into the hole. You could use something like "no more nails" glue.

When the glue has dried, attach ribbons to the top and decorate as described in the easy option.



If you would like to submit your own crafting instructions/photos please email the witchtower@gmail.com

An A to Z of Aromatherapy - Part 1

By Sarah Rooke

BASIL

Basil is a top note, ie, the scent is stimulating and uplifting, so the aroma lasts for 24 hours. It is very much an oil with a kick, blending well with bergamot, geranium and hyssop. Therapeutically the uses for this oil includes indigestion and gastro-enteritis, headaches and migraine, muscular spasm, anxiety and depression, asthma and bronchitis, and it can be used neat on wasp stings. Magically, the oil is linked to Mars and Fire, the conscious mind, happiness, peace and money. Do not take basil oil internally as it is toxic.

BENZOIN

Benzoin is a base note, so the aroma is sedating and lasts for about a week. The oil blends well with rose and sandalwood. This was one of the substances the ancient Egyptians used to mummify the dead with. Therapeutically the uses for this oil includes stimulating the circulation, cystitis, rheumatoid arthritis, nervous tension, coughs and flu, dry and irritable skin. Magically, the oil is linked to Mercury and Air, and is used for physical and magical energy, and conscious mind.

BERGAMOT

Bergamot is a top note, and it blends well with cypress, jasmine, lavender and neroli. This oil is used to flavour Earl Grey tea, thus it is safe to take internally (1 drop of pure essential oil in a teapot). Therapeutically its uses include indigestion and colic, cystitis, sore throat, depression, bronchitis and ulcers. Magically the oil is linked to the Sun and Fire, peace, happiness, restful sleep.

BLACK PEPPER

Black pepper is a middle note and blends well with frankincense and sandalwood. Therapeutically, its uses include stimulating circulation, colic, constipation, food poisoning, indigestion, colds, headaches, aches, pains, catarrh, coughs. Magically, the oil is linked to Mars and Fire, alertness, energy, protection, courage. Inhale the scent when undergoing tough times.

CALENDULA

Otherwise known as marigold. Calendula is a base note and blends well with lemon and lavender. Its therapeutic uses include irritations of the skin, psoriasis and fungal infections. It is often used as a base oil into which other essential oils are blend-

ed. Magically it is linked to the Sun and Fire. Its uses include psychic dreams, health and comfort.

CAMOMILE

Camomile is a middle note, so the aroma affects the body systems and metabolism and it lasts for a couple of days. The oil blends well with geranium, lavender, patchouli and rose. Therapeutically, it is used for indigestion and ulcers, earache and toothache, painful periods, muscular pains, anxiety and depression, and is very well known soother of irritable skin. Magically the oil is linked to Venus and Water, being used for sleep, medication and peace. Camomile is safe to take internally.

CAMPHOR

Camphor is a middle note and blends well with frankincense. Therapeutically, it is used for constipation, gastro-enteritis, depression, debility, insomnia, shock, acne, bruises, wounds and as a respiratory aid. Magically it is linked to the Moon and Water and its uses include purification, celibacy and energy.

CEDAR

Cedar is a base note and blends well with bergamot, cypress, jasmine, juniper, neroli and rosemary. Therapeutically the oil is used for cystitis, anxiety, dandruff, acne, insect repellent, bronchitis and catarrh. Magically the oil is linked to the Sun and Fire, spirituality and self control. Cedar was well known in the ancient world for being used as incense. Cedar should not be used by pregnant women.

CLARY SAGE

Clary Sage is a top note and blends well with cedar, frankincense, geranium, jasmine, juniper, lavender and sandalwood. Therapeutically it is used for high blood pressure, sore throat, painful periods, depression, anxiety and inflamed skin. Magically the oil is linked to Mercury and Air, to euphoria and dreams. It is an oil with a kick so do not inhale the scent for long. Do not use in conjunction with alcohol.

CLOVE

Clove is a base note, and therapeutically its uses include indigestion, sinusitis, neuralgia, asthma, measles. Magically the oil is linked to Jupiter and Fire and is used in

healing, memory, protection, courage. Clove is one of the most aromatic of the spices. Do not use clove oil neat on the skin as it can irritate.

CORIANDER

Coriander is a top note. Therapeutically its uses include indigestion, flatulence and rheumatism. Magically it is linked to Mars and Fire, memory, love and healing. Much used in Asian and Mexican cookery as flavouring. The scent of coriander is very exotic indeed.

CYPRESS

Cypress is a middle note and blends well with juniper, lavender and sandalwood. Its therapeutic uses include prevention of cancer, chilblains, nose bleed, painful periods, muscular cramps, nervous tension, asthma and oily skin. Magically the oil is linked to Saturn and Earth, easing losses and healing. This oil can be useful for bereavement and ending of relationships.

EUCALYPTUS

Eucalyptus is a top note and blends well with benzoin, lavender and pine. Therapeutically its uses include cystitis, colds, flu, headache, sinuses, infections, aches, pains, neuralgia, fluid retention, asthma, coughs, ulcers, wounds. Magically it is linked to Mercury and Air, health, purification and healing. Eucalyptus is a well known ingredient in olbas oil and tiger balm.

FENNEL

Fennel is a base note and blends well with geranium, lavenders, rose and sandalwood. Therapeutically, its uses include colic, constipation, food poisoning, nausea, diuretic, cellulite, fluid retention. Magically the oil is linked to Mercury and Air, courage and purification. Bitter fennel oil has been proven to be dangerous, so use with caution.

FRANKINCENSE

Frankincense is a base note and blends well with basil, geranium, lavender and sandalwood. Therapeutically the oil is used for nervous anxiety and tension, respiratory problems like catarrh, inflamed skin and ulcers. Magically the oil is linked to the Sun and Air, spirituality and meditation. It has been in use for thousands of years since ancient times as incense and was once highly valuable.

GERANIUM

Geranium is a middle note and blends well with all oils, but especially basil, citrus (ie orange and lemon), and rose. Therapeutically the oil is used for digestive problems, urinary disorders, throat infections, sterility, anxiety, fluid retention, and eczema. Magically the oil is linked to Venus and Water, happiness and protection. Use this oil if you feel that you are under psychic attack.

HYSSOP

Hyssop is a middle note and blends well with citrus oils, clary sage, lavender, rosemary and sage. Therapeutically hyssop has been in use since biblical times. It is good for normalizing blood circulation, flatulence, kidney stones, debility, asthma, hayfever, bruises and wounds. Magically the oil is linked to Jupiter and Fire, for purification and conscious mind. People prone to epilepsy should not use hyssop and neither should it be used by pregnant women.

Part two continues next issue!

Cute and Sweet Bunny Bread**Ingredients**

3/4 cup milk	1 package active dry yeast
3 1/4 - 3 1/2 cups flour	1/3 cup honey
1 1/4 teaspoon salt	1/4 cup butter or margarine
1/4 cup warm water	1 egg
1 teaspoon cinnamon	1 1/2 cups confectioners sugar
2 tablespoons milk	
1 cup quick or old fashioned oats, uncooked	

Method

To make the bread - heat together the milk and butter over medium heat, stirring occasionally until butter is melted. Allow to cool to lukewarm. Dissolve yeast in water.

In large bowl combine butter mixture, dissolved yeast, 1 cup flour, oats, honey, egg, salt and cinnamon. Mix well. Add enough additional flour to make soft dough.

Knead on lightly floured surface 8-10 minutes or until smooth and elastic.

Shape to form ball. Place in greased large bowl, turning once to coat surface of the dough. Cover and let it rise in warm place for about 1 hour or until double in size. Then punch dough down. Cover again and let it rest for a further 10 minutes.

Divide dough in half. For bunny body, shape 1/2 to form a 36" long rope. Loosely roll up rope spiral fashion and pinch the dough to seal the end tightly. Place about 3" from the bottom of greased large cookie sheet.

Divide remaining dough in half. For bunny head, shape one half to form a 25" rope. Loosely roll up rope spiral fashion; seal end tightly.

Attach to top of body on cooked sheet. You can join the head and body together by lightly squeezing the dough together.

Shape the remaining dough to form two 3 1/2 long bunny ears. Attach to head. Let it rise for about 1 hour or until nearly double in size.

Bake 30-35 minutes in a 350 degrees oven or until golden brown. Ice the bunny as appropriate once the bread has cooled.

Regional Representatives

Pagan Network has a number of Regional Representatives based around the country who organise moots and events for members as well as liaising with other groups. If you are interested in becoming a regional representative please see our vacancies section for more information.

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If you haven't heard about it, we've been running a BUY AT scheme for several years now. Its a perfect way to buy all you need and help support Pagan Network at the same time, as anything you buy through the shops on the scheme raises funds for Pagan Network. There are a whole variety of high street shops taking part that you can buy from. Amazon is one of our favourites, so much so that below you will find a selection of books from Amazon to wet your appetite!

So take a look over at <http://buy.at/pagannetwork>

BUY AT WITH AMAZON

The New Complete Guide to Massage by Susan Mumford £8.99



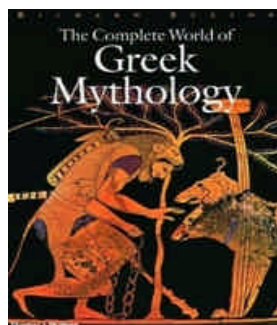
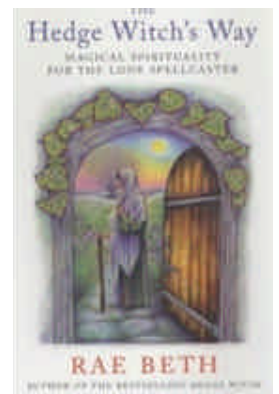
Synopsis

Massage fulfils one of our most basic human needs - the desire to touch and be touched. Giving someone a massage is deeply rewarding, whether you treat friends and family or work as a therapist. This updated edition of Susan Mumford's best-selling book tells you everything you need to get started, guiding you step by step through all the different strokes from beginner's through to more advanced techniques. Every technique is lavishly illustrated with new photography and its uses fully explained so that you can progress from simple massage to more challenging strokes and a full round-the-body sequence. Massage can also be used to treat common ailments and this book contains specific techniques to relieve problems such as tension, stiffness, headache and sinus problems, as well as sensual massages for lovers.

The Hedge Witch's Way: Magical Spirituality for the Lone Spellcaster by Rae Beth £5.59

Synopsis

Here is a guide to the magical spirituality of the hedge witch, which describes a path that is profound and yet simple - uncluttered by complex ritual, a matter of the heart. The hedge witch is a solitary witch and natural mystic who practises wildwood mysticism, so called because it is the knowledge at the root of the tree of witchcraft. Explained in detail are the witch's prayers, spell-casting and communication with spirits and faeries, including those spirits travelling in the three realms of the magical otherworld. The values and ethics of this most ancient tradition may surprise and delight with their blend of common sense, compassion and wildness. (It is not a spiritual way for conformists!) This book opens the door to all those who feel they are natural witches but are, as yet, uninstructed. The Hedge Witch's Way is a guide for witches of either gender - potential wisewomen or wisemen - that presents the faerie-led practices of our ancestors, in a modern-day context.



The Complete World of Greek Mythology (Complete Series) by R.G.A. Buxton £16.46

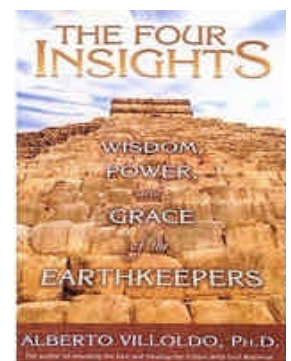
Synopsis

A retelling of Greek myths is combined here with a comprehensive account of the world in which the myths developed - their themes, their relevance to Greek religion and society, and their relationship to the landscape.

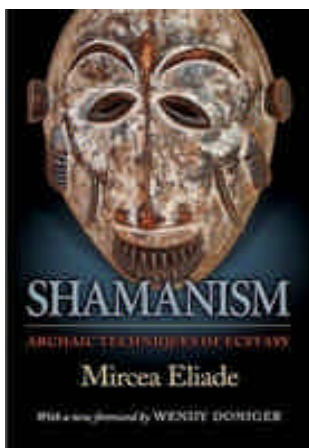
The Four Insights by Alberto Villoldo £6.59

Synopsis

The Four Insights are the wisdom teachings that have been protected by secret societies of Earthkeepers, the medicine men and women of the Americas. The Insights state that all creation; humans, whales, and even stars are made from light manifest through the power of intention. The Earthkeepers mastered the Insights, and used them to heal disease, eliminate emotional suffering, and even grow new bodies that age and heal differently.



BUY AT WITH AMAZON



Shamanism: Archaic Techniques of Ecstasy (Bollingen Series) by Mircea Eliade (Author), Willard R. Trask (Translator) £11.55

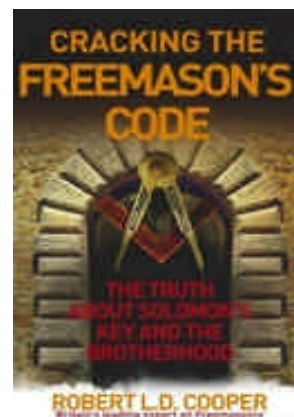
Synopsis

First published in 1951, Shamanism soon became the standard work in the study of this mysterious and fascinating phenomenon. Writing as the founder of the modern study of the history of religion, Romanian emigre-scholar Mircea Eliade (1907-1986) surveys the practice of Shamanism over two and a half millennia of human history, moving from the Shamanic traditions of Siberia and Central Asia - where Shamanism was first observed - to North and South America, Indonesia, Tibet, China, and beyond. In this authoritative survey, Eliade illuminates the magico-religious life of societies that give primacy of place to the figure of the Shaman - at once magician and medicine man, healer and miracle-doer, priest, mystic, and poet. Synthesizing the approaches of psychology, sociology, and ethology, Shamanism will remain for years to come the reference book of choice for those intrigued by this practice.

Cracking the Freemason's Code: The Truth About Solomon's Key and the Brotherhood by Robert L.D. Cooper £6.69

Synopsis

In "Cracking the Freemason's Code", Robert Cooper explains exactly who the Freemasons are and what they do. As the Curator of the Scottish Masonic Museum and Library, the author is in a unique position to reveal the secret history of this elect brotherhood. Prompted by growing public interest and provoked by the controversial stories that circulate about Freemasonry, this is the first time that he has chosen to do so. "Cracking the Freemason's Code" is written with an insider's knowledge and privileged access to archive material, including never-before published images. It lays bare the intriguing symbolism, beliefs and history of the Masons, and explains the structure of Freemasonry, its ethos and connections to other covert societies. It also discloses the identities of famous Masons and the locations of important Masonic sites. This is the book that answers once and for all any questions readers may have about what Freemasonry is and the role it has played in shaping our society.



A Dictionary of Angels: Including the Fallen Angels by Gustav Davidson £10.39

Synopsis

The result of sixteen years of research in Talmudic, gnostic, cabalistic, apocalyptic, patristic, and legendary texts, the classic reference work on angels is beautifully illustrated and its reissue coincides with the resurgence of belief in angels in America. Simultaneous.

The Woman's Encyclopedia of Myths and Secrets by Barbara G. Walker £16.00

Synopsis

Alphabetically arranged entries offer a feminist perspective on mythology, anthropology, sexuality, and religion and trace major figures, myths, concepts, and symbols back to their pre-patriarchal origins.



Bran provides us with some insightful

Earth

My budding orb is comely earth
 Thy debt to me each life is birth
 For flower and bird, mammal with tree
 Dances a spiral to my pageantry
 Wisdoms stone is quarried in my core
 Natures balance my canon of law
 My wheel of seasons becomes your guide
 Their stations govern the mystic tide
 You hail me through my elements
 And work your working through my consent
 I am the soft ground of your being
 All is in me, yet seen without seeing.

Moon

From the cusp of horns my root
 Silvering bolts of bliss I shoot
 The pearl beyond all price in gold
 Ever young yet ever old
 I show my face as fully unveiled
 I the queen that heaven hailed
 My sacred heart with soft love aglow
 Beats fresh life through all who grow
 Join hound and hare in high delight
 Rejoice and fly midst languid light
 Come rise and follow natures temptress
 Upon gartered knee,
 To once and future empress.

Mercury

From shimmering seas I reflect my smile
 The maze of minds conceals my guile
 To know me straight achieves your healing
 Ware glacial thoughts that freeze your feeling
 With rite and measure do me invoke
 In joy wear seeds quicksilver yoke
 Though my mirror shows you no symmetry
 My coupling dissolves all heartsick polarity.
 I am the dot flowing in arcane trysts
 My serpents wand breezes reasons mists
 I, spirits message vault the two
 The universal agent of winged shoe.

Venus

My blazing beauty bankrupts dull speech
 Seven heavens prayer that lies within reach
 All loves sore labours rendered unto me
 Resolved softly in sacramental unity
 To those who court in faultless devotion
 I arise breathtaking starry of foaming ocean
 I the proud ruddy flush of natures wild
 Who may resist my might so mild
 Through my door spied the vision most high
 But what turns the key must please the eye
 The glyph of life and sum of woman s grace
 My white willow arms caress all space.

Sun

I the orb stand forever on
 I the unfailing rosy son
 Visible grace of the centre point
 My breast in blessings I open to anoint
 I sear and shed my life and light
 So all be nurtured by my might
 I am the sublime regents harmony
 Illuminated disk on mothers blue sea
 My barque sails forth and daily goes
 The flux of seasons its progress shows
 My dawn does blossom mortal souls
 Sound guide of questers to heartfelt goals

Mars

Of iron will in due guard of old
 Chosen spur, weapon of the bold
 My stringent rule restrains bursting vigour
 Ware my power, my bloody red figure
 Midst battles and codes you spy my trail
 My inner mastery, mastered to prevail
 Though potent, raw and savage too
 My Ordered might my order for you
 I clench the mailed hand that smashes wrong
 The frenzy, the blasting, the valkeries song
 I remain heavens sentinel authority
 No verdict stands proven except by me.

Jupiter

In jovial spirits I disperse
 The wastrels coinage of my purse
 I bring loved weal and festivity
 Enlightening through just amity.
 I stand the summit before the crown
 From heavens threshold quartered beams cross down
 With opened palms I ease your way
 Through fortunes wheels and life's affray
 In purpled plumed benevolence
 I plot creation through the lance.
 Within my mansion the wise abide
 In keen council mastering the worldly tide.

Saturn

None exists who runs rings round me
 Of every fate I possess the key
 Your life's anchor and its grim tester
 But beyond my gravity I sport as jester
 I am the supernal sum spied from an angle
 My edicts brook no escape nor wrangle
 I relentlessly spill out pressure for growth
 Yet my matter is oft mistaken for sloth
 Since time began I preside over time
 My pitiless love of reason not rhyme
 Obligated to discharge lives, one upon other
 Till your kingdom come unto to mother..



Uranus

My blinding flash will seed all change
 My radical voltage, all stasis rearrange
 Hidden arts of science and lore
 Critical muse of freedoms shore
 I will enforce true selves true liberty
 Yet rule the stars that fix proclivity
 Seek me as the cycle revolves
 A seminal thought as thought evolves
 Your rite and ritual belong to me
 My spells vouchsafe I's autonomy
 I am the head adorned by crown
 As knowledge transforms the seamless gown.

Neptune

Of fey and clouds and vapours deep
 The dewdrop web of guile knells sleep
 The mists roll in caress to drowsy dance
 Mind gently winged to velvet trance
 The fathomless water is cleaved for me
 The sirens lure, shed tears of sea
 liquids fast held in my double measure
 My charm proves fatal, illusive my treasure
 I am the giddy vault of aspired dreams
 Unearthly reflection of how a thing seems
 Dwell in my waters, but ere you go in
 Though I stand tall in my pole is my shin.

Pluto

My smiles embers irradiates your gloom
 My realms hushed stillness succeeds the tomb
 My subjects ambassadors of malaise
 I witness the terminals of your days
 Gaze upon me and begin anew
 Refreshed and shining with self burning dew
 I tread the path through sorrows gate
 More saturnine than lead surpassing fate
 For fools my handshake terror and meagre
 The thrice born may spy alpha and omega
 I am churning and splitting power
 Enthroned beneath gravity I transfix, I lower

Aries

Verdant blooded I spring from equinox
 I buck and burst the wombs dark locks
 I lead and show forth unchallenged power
 Against me no buts, I vault not cower
 I am fast and first in territory new
 My spirit is nerveless, of iron thew
 I lock my horns against one and all
 The first amongst equals, the last to fall
 I devise, invent, pioneer and discover
 My groundbreaking pressure pierces the cover
 I founding father, lead the pack
 And call forth new empire, onwards not back

Taurus

Four legs firmly planted on this good earth
 Stand firm, consolidate the rams new birth
 I knit and weave and bind the mixture
 The house becomes home with house proud fixture
 Stable by birth and steady by trait
 Yet I hit the bulls eye and leave nothing to fate
 No trends set I and my choices are plain
 Homely and faithful I work with the grain
 I create and revel yet in all fine beauty
 I pull my weight justly fulfilling my duty
 The ring through my nose circles the place
 Where souls take their training and enter your race

Gemini

The fencers mind flashing bonhomie
 You draw breath in awe but may not trace me
 Scalpel thoughts find the mark, cleave to the truth
 Erudition of all seasons and rarely uncouth
 I stretch and enquire with hungry mind
 With silver tongue broadcast the gems that I find
 Twin peaks of learning with sky high E.Q
 The jacks of all trades, I conjure the new
 I fly as the bee seeking out knowledge s flowers
 Both sides of the coin are spent by my powers
 Then swift as my heart beats I spy fresh fields
 Fly off and explore the treasure it yields

Cancer

Come tarry a while within my shell
 For mine is the house where families dwell
 Your needs and nurture I amply provide
 Snug neath my kinships all safely hide
 My pure feelings dwell deep as any sea
 But show their swell in conventionality
 My limbs are extended for your aid
 And my work is generations laid
 All my impressions I faithfully retain
 My memory crystal needs no refrain
 I am the nursing mothers ocean
 Hard crust and claws guard soft deep devotion

Leo

In the mane I am the noblest figure
 I command life s stage, but my performance bigger
 My heart is ablaze with poets loving fire
 I seek only to warm, enthuse and inspire
 I accede the throne as my god given right
 My prerogatives and subjects, all within sight
 My vision is soaring and embraces the world
 Proud banners of change I must see unfurled
 My rule is benign and won by my charm
 My paws to protect, my teeth do no harm
 I am lionhearted and do take the crusade
 To injustice and baseness, I put freedoms blade.



Virgo

Stainless and pure my virtues intact
 forensic ways, harvesting order and fact
 With Precision and measure I perfect the scene
 And render it spotless and cleaner than clean
 Most logical mind following reasons sure signs
 Scientifically refining the life's ore from the mines
 No gaucheness or slackness endures long my gaze
 Spring cleaning the world with methods sharp rays
 With scruples invulnerable I approach waxing clinical
 I compute, I detect, with dispassion not cynical
 Minds patterns and plans fall under my wing
 Lion tamed order from chaos I bring

**Capricorn**

Ask me not to play the gedi goat
 For I wear obligations gown and duties coat
 Single minded I claim ambitions high peaks
 Pound wise the unaccounted penny seeks
 Shoulders broad and determination grim
 Planned and pondered, by conclusion not whim
 What faith may move I assay by skill
 Rock sure, unnerved with adamant will
 My judgement the shrewdest my grip secure
 Pithy smarts escape hoodwink and lure
 Of worldly wisdom I wrote the book
 I the eye am well pleased when I look

Aquarius

I bear aloft the creative tide
 waves lapping in progress I provide
 Deep wells of genius, I draw alone
 Inspirations draught with calculations shown
 For the better I strive with breezy reason
 So vines good fruits may be watered in season
 The weal of the globe is my prime concern
 I forge genuine links for the many to learn
 My dawning age sparks fresh fire anew
 Kindling the kindred spirits thew
 Unique stars may thirst no more
 Now new currents wash the eastern shore

**Pisces**

Who sleeps with these fishes slips into the dream
 Of tender yearning with mystical theme
 My weeping heart heals with its tears
 Shed for others, cleansing feet and fears
 The inner path of visions I tread
 The cardiac compass rules the head
 Upon destinies altar rests my self sacrifices
 Heroically made when naught else suffices
 I feel for others as my own
 The golden rule worded through flesh and bone
 I spell the end of separations empire
 Now swim with me in anonymous fire

**Libra**

The balance of probability tips in my favour
 Twixt extremes I reside, but not without flavour
 Good council and comment I pass In due course
 My workings shown through tact never by force
 I orate and the scales will fall from your eyes
 My diplomats tongue maps where the truth lies
 I seek to transact in peace with my fellows
 All wrath turned aside, hardheartedness mellows
 The fulcrum of life's wheel I liberally seek
 I goad the proud but shield the meek
 I mark the passage of the return
 Note well my dexterity, my justice and learn

Scorpio

My fatal aura swift bewitches you soul
 I sting to the quick for my love takes its toll
 No screens or pretence avert my intent
 A sniff of intrigue and I'm on the scent
 Three forms of life my spirit displays
 That sting, strike or loft to suns rays
 I cause the moulder, yet fan the desire
 That brings fresh life, and quickens the fire
 Of all that live I am old as sin
 Yet solely through me can your innocence win
 I renew, transform and arise from flame
 I am your high nun, but still bag you the game.

**Sagittarius**

Launched from the quiver the truth seeking arrow
 Gallops and finds wisdoms fine marrow
 High minded and noble I unite
 Two legged dreams with four legged might
 My enquiries I make via all schools of thought
 Yet white hot devotion flames mind to naught
 Bluff and direct of manner most frank
 What honesty gains, for me you must thank
 I drink to fellowship in hearty good cheer
 From cup half full, with rose eyes clear
 The road to beauty is my domain
 The feast unveiled, the wedding, beast to brain.



Want to have your
15 minutes
of fame?

*Make your mark
on the
world....*



Write for the Witchtower

We are always looking out for new writers/artists/poets. Even if you're not too sure whether you would be a good writer, you can always send in your article, poem, story, artwork, review to witchtower@gmail.com and we'll take a look at it for you. So, come on, take that first big step, who knows you might even surprise yourself, give it ago!

How to Contribute

1. First decide on what you want to write about. If you are not sure whether the subject has been covered before you can email Twilightgirl to check or look at our list of previously published articles on the website.
2. Email us at witchtower@gmail.com to tell us that you intend to write an article and what it will be about. That way we can keep checking in with you on your progress, as we like to look after our writers/artists/poets. Also don't forget to give us an estimated date when your article is expected to be finished. Although please don't worry if you don't finish the article by the estimated date. We all have lives outside of Pagan Network and we are very understanding of this.
3. Let the Muse flow.....Write your article/create your artwork/pen that poem!
4. Email your finished masterpiece to witchtower@gmail.com. We will acknowledge receipt of your work and will also inform you of any changes that need to be done or what issue your masterpiece will be published in. Should we decide that your work is not suitable for publication we will also let you know. But don't let that put you off... practice makes perfect!

Now the Techy bit

LENGTH GUIDELINE

Anywhere between 1/4 side of A4 to 3 sides of A4.

Ideal length is 1 side of A4.

If your article is too long, consider breaking up into two articles.

Artwork should be 300dpi

FORMAT PREFERENCES

(in descending order of preference)

Microsoft Word (any version)

RTF file

Plain text file

Body of email

HTML file

Typed manuscript

Handwritten manuscript

How to Advertise in the Witchtower

With the Witchtower magazine being downloaded by hundreds of our members on each occasion, what better way is there to advertise any items for sale, your shop, course, magazine, or website?

We have recently reviewed our advertising rates and plan on opening a classified section shortly in addition to our normal standard adverts. So if you would like to take advantage of our great advertising rates please contact Melanie (aka Twilightgirl) at the witchtower@gmail.com to discuss your needs.

The discounted rates shown below are for shops who decide to join the Full Members Discount Scheme.

Standard Advert Size

	Standard Rate	Discounted Rate
6cm x 4cm text box	£3.00	£1.50
Half page	£10.00	£5.50
Full page	£15.00	£7.50
Inside Back Cover	£20.00	£10.00
Back Cover (full colour)	£30.00	£15.00

Classified Adverts

To advertise in the following sections:

Sales & Swaps, Moots or Websites you can do so for a maximum of 30 words/numbers. The cost of this is £1.00 per issue. You can pay in advance for one years worth of advertising (4 issues) for £4.00

Shops, Courses or Magazines you can do so for a maximum of 50 words/numbers. The cost of this advert per issue is £2.00 plus 10p per word after the maximum 50.

Please note that Pagan Network does not accept responsibility for advertisers. Please use your own judgement and if in doubt contact the advertiser first before handing over any money. Pagan Network can also not accept responsibility for the content of websites.

Pagan Network Full Members Discount Scheme

One of the advantages of becoming a Full Member of Pagan Network is that your membership card entitles you to discounts at shops taking part in our Discount Scheme.

If you run a shop (on or offline) and would like to take part in the scheme please contact Rainbowleigh, our Shop Liaison Officer to discuss further details on 0116 2852383

Below is a list of shops currently taking part. Further details can be found in the Full Members forum.

Black Cats and Broomsticks (online shop only)
 Halcyon Daze - Wales
 Madeline Rose - Leicester
 Opal Moon - Glasgow
 The Gem Tree - Leicester
 The Magik Thread - Nottingham
 The Witch Path (online shop only)
 Solstice Designs (online shop only)

Moonshadows Realm (online shop only)
 Hippypottermouse - Leeds
 New Aeon Books - Manchester
 Pentacle Magazine (online only)
 The Heathern Peddler (online shop only)
 The Thrifty Pagan (USA)
 Witchcraft Ltd - Glastonbury

Creative Member of the Month

Winners

Scorch

Scorch is making several plaques with various chants on them. Below is a selection of her work. More can be found on her website <http://www.scorchpyro.co.uk>



Ankerwytch

A selection of winning poems by Ankerwytch.

Hellfire Caves

Tunnels deep within the earth
Caverns hewn from stone
Celebrate your spirit birth
But don't come here alone

We're chanting, hear the echo?
Feel the drum's loud beat
But children stay together
Stay firmly on your feet

Perhaps the Goddess comes this night
Perhaps she'll touch your souls
Perhaps you'll hear her call your name
Or hear the bell that tolls

Deep within the Mother Earth
Feel her life within
Recognise the energy
And let the night begin

The voices that are whispering
You know not what they say
Are tempting you outside the cave
It's safer if you stay

Shadows move, what touched your
face?
An elemental force?
Or the part of you that wavers
On its uncertain course

Remember we are not the first
To feel earth's embrace here
Other souls have gone before
And charged the atmosphere

Sir Francis sometimes visits
This old mysterious cave
Three hundred feet above you is
His cold and lonely grave

So be the wary one tonight
And check the people near you
Perhaps they're not quite of this world
Perhaps they even fear you

So huddle close together
Let none of you be daunted
Just because you're frightened that
Hellfire caves are haunted

Dear Pagans all and Witches
Let nothing you dismay
We're bold enough together
To scare them all away

Why not touch your neighbour
To see if he is real?
Or could it be he just appeared
To answer the bell's peal?

Will your hand go through him
Or feel his solid arm
And are you getting scared now
And fear he'll do you harm?

Move closer together now
Don't wander off alone
For there is strength in numbers
And Dashwood has come home.

© Ankerwytch 2006

Dancing Together

Dancing, spinning round and round
Tap a rhythm on the ground
Diana, Isis, call her name
See her in the candle flame

Incense burning, smell the flower
Try to raise a cone of power
Candles in the quarters flicker
Feet now stamping, growing quicker

Fire burns and smoke is swirling
People dancing, people whirling
As dervishes, we move so fast
Ghostly echoes of the past

Begin the chant, hypnotic drone
Maiden, Mother and the Crone
Glowing blue light start to build
Power growing as we willed

Feet now spinning on the ground
Hear earth's heartbeat as they pound
Voices chanting, high notes, low
With wonder, feel the power grow

Together, with one mind and will
Spells and workings to fulfil
Eyes wide open, now we see
Our spell is cast, so mote it be!

Ankerwytch 2002

FEATURED SHOP

Each issue we will be featuring one of the shops taking part in the Full Members Shop Discount Scheme, this issue we are featuring Hippyottermouse

Hippyottermouse www.hippyottermouse.co.uk

What a bargain, you get two shops in one - a new age gift shop and a gothic clothing store!

Hippyottermouse is open 7 days a week and is based in Leeds. Both shop and online store accept payment by credit and debit cards with the exception of American Express and delivery is usually within 14 days for online shopping. Most of the items at Hippyottermouse are sourced from Fair Trades.

Squeek, the gothic clothing store sells clothing and gothic items from popular ranges such as The Laughing Vampire and Alchemy Gothic. The gift shop sells a wide variety of items including Fair Trade Clothing. Here is selection of items from their online store.



Mini Votive Dishes

Mini votive dishes with engraved protective spell. £9.99



Standing Dragons

These come in two sizes small(18cm) £9.99 or large(25cm) £14.99

Fair Trade Bag

A small sari silk covered bag with shoulder strap and 2 internal pockets £9.99



Celtic Spiral Goblet

Stoneware goblet available in 3 colours £12.99

Rainbowleigh asked Kirsty of Hippypottermouse to tell us a bit about herself and the business she runs.

Rain: How long have you been running Hippypottermouse, how many staff do you employ and what inspired you to start this kind of shop?

Kirsty: I started running Hippypottermouse in Leeds 14 years ago after relocating from Glasgow. I was surprised when I couldn't find any where to buy tarot cards or crystals, and as I had worked as a retail manager for a large chain of shops in Scotland I decided to open a shop myself. I employ a full time member of staff Kath and various part time members throughout the year so were a very friendly little team.

Rain: What do you feel attracts people to your shop or website and what do you consider your best selling items?

Kirsty: We pride ourselves on being able to give a personal service to our customers and being reactive to their needs. One of the most fun things in retail is hunting out new interesting products for our clients and we get very excited when new items come in. At the moment we have some fantastic celtic boxes hand made in the Highlands, some great fair trade incense and candle sets, our elfin and witches diaries are literally flying out...and our magical and celtic jewellery is always a great gift!

We have just had a new shipment of medieval style dresses too, which look fantastic for any parties or special events. Remember we do Goddess sizes too...up to a size 22 in many of our designs!

Rain: What made you decide to take part in the Pagan Network Discount Scheme?

Kirsty: We are constantly told by visitors to Leeds doing their festive shopping, "we can't get any of these things where we live." So when I was approached by the Pagan Network to join their scheme I saw this as a great way to provide those without a local shop, with the tools and supplies they need.

Rain: Do you have a mailing list where people can sign up to be informed of new products and special offers?

Kirsty: We offer a mailing list facility on our website and we love talking to anyone who has any questions.

Rain: Do you see your shop expanding and if so in what direction?

Kirsty: Our plans next year are to expand our web site and continue our hunt for U.K. crafts people to supply us with wands, staffs and general tools. We try to source our products from small businesses and fair trade suppliers.

Rain: If you don't mind answering this question, what religious beliefs do you have?

Kirsty: I've been asked to tell you my religious beliefs... I always find this hard... I am basically a celtic pagan, not by following any path but because the instinctive things I do through my every day life, and my roots (I was born on the Island of Lewis in Scotland) have left me with that legacy.

That sounds far too deep and meaningful.. I'm sorry!

Rain: Is there anything else you would like to say?

Kirsty: Come and visit my shop it's great!!!!

VACANCIES

We are looking for volunteers in the areas listed below. If you are interested please pm Julia Oakmoon

Server/Web Team

(This position will require further testing of knowledge/skills before appointment can take place)

Duties

Ensures the smooth running of the organisation's web presence and server.
Acts as an advisor to the Committee regarding issues relevant to the running, management and development of the web presence and server.
Installs software to keep the website running.
Maintains in-house programs.
Performs regular server maintenance.
Acts as first point of contact for technical queries and issues regarding organisation's online presence.
Acts as liaison between the organisation and server hosting.

All Volunteers are required to sign the Pagan Network Volunteer Agreement and will be subject to a 3 month probationary period.

Research Officers for the Witchtower

Duties

Provide up to date information for submission to the magazine on Pagan Network Moots and Meetings.
Search out articles/artwork, contacting the authors for permission to publish the article/artwork. Ensure no copyright issues involved.
Track down copyright free graphics.
Prepare and carry out your own work timetable to meet production schedules issued by the Editor.
Seek out interesting information on what is going on and happening in the Pagan Community.
To work as a team, providing support/additional help to other team members when required.
Suggest new ideas for improving the magazine.

News Reporters for the Joint News, Media & PR Team

Duties

Search down interesting News articles and post on the forums.
Prepare the Newsletter and issue to all members on a regular basis, ensuring all information is accurate.

Writers for the News/Media & PR Team

Duties

Draft and issue press statements once approved by the committee.
Produce a number of Pagan Network leaflets about Paganism and other subjects, these may be written by the committee/team leaders/teams.
Write articles about the organisation, such as reviews of events etc.

Regular Article Writers for the Witchtower

Duties

Provide ideas for general topics for articles.
Write articles - at least one per issue.
Search out articles/artwork, contacting the authors for permission to publish the article/artwork. Ensure no copyright issues involved.
Track down copyright free graphics.
Prepare and carry out your own work timetable to meet production schedules issued by the Editor.
To work as a team, providing support/additional help to other team members when required.
Suggest new ideas for improving the magazine.

Graphics Department

Pagan Network has its own graphics department headed up by Twilightgirl in order for members to have one central area to contact.

We are currently looking for several volunteers who already have experience in graphic design to join the graphics dept. The work involves designing and printing convention tickets, business cards, banners, logos, adverts, flyers, leaflets etc.

If you are interested in volunteering for the graphics department please pm Twilightgirl detailing your experience.

Regional Representatives

Duties

To be the public face of PN and understand the responsibility of being the public face of PN.
Have local knowledge of the area they cover and become acquainted with their local community.
Set in motion and run moots/events where needed and meet and greet members who wish to attend.
To liaise with other pagan groups where possible
To attend other pagan events where possible as the PN representative. Can also run a stall or leave flyers with permission.
To assist other RR's in their roles
To liaise with their local shops, with a view to leaving flyer's/cards (if any want to take part in the 10% scheme all details to be passed to Rainbowleigh).
Encouraging members to sign up for full membership by promoting the benefits of membership.
To keep members informed if a problem with the web site (downtime etc) happens.
To keep members details (with their permission to put them in touch with others in their area)
If wanted and needed a RR would also be able to sit on their local interfaith council.
Also with our backing they would be able to approach their local government (council) with a view to holding rites/rituals/ picnics on parkland. If the council permits it.
All details of the above need to be passed to the RR supervisor so that the committee can manage insurance etc (if over 30 people attend)
To try and help the pagan community in general by being the public face of a large pagan organisation.

It's Your World

In this series we will be looking at ways to help the environment, along with making you aware of worthwhile causes to support. If you know of any causes that need supporting, or you would like to contribute an article to this series please email the witchtower@gmail.com



Eco-Friendly Weddings

Spring is here and summer is not too far away, so if you are thinking of getting handfasted (or married) this year, why not consider a green wedding?

Having a green wedding also allows you to save the pennies as you can hire, borrow, swap or make your own invitations, gifts and wedding outfits.

When planning a green wedding it's a good idea to remember the 3 Rs - Reduce, Re-use and Recycle.

The Rings - Instead of splashing out at an expensive jewellers for your wedding rings, try hunting down unique rings in antique shops or plan well ahead and buy your rings in the end of season sales. If you want to design and make your own rings, try seeking out recycled gold or fair trade silver. There are many suppliers online.

Invitations - If you are going to have your invitations printed, check that the printers offer a recycled paper option. Or you could try making your own invitations; there are many craft kits around that allow you to do this easily and cheaply and you can get the whole family involved!. Another option is to design a website advertising your wedding, then drop your friends an email asking them to respond.

Photos of the big day - Most photos taken now a days are digital, however it is worth checking with your chosen photographer that he offers this. Having digital photos saves money on printing as you can pick and choose what photos you want without having to pay for ALL the prints (especially those unflattering ones!). Once you have chosen your photos why not put them up on a website so all your family and friends can view and download them without having to pay for additional prints.

Wedding Gifts - Everyone loves to receive gifts, but do you really need another toaster or coffee

maker when you've been living together? Why not try the Wedding List Giving website This website allows you to give money to charities and not-for-profit organisations by having a charity wedding list. Another place to try is Good Gifts.

If you are starting up home together and do need those essential gifts, ask for ethical gifts that don't cost the earth. Places like the Natural Collection or the Centre for Alternative Technology offer a wide range of ideas. Alternatively you could ask for home delivery of organic produce or a gift basket of sustainable household items such as organic cotton towels, nontoxic cleaning products, and energy saving light bulbs.

If you are an animal lover why not ask for a wild animal to be adopted for you. Places like the World Wild Life Fund offer many animals for adoption. If you have a garden, seeds, plants or trees are always a good choice and you will have something to look back on year after year to remind you of your wedding.

If you want to present thank you gifts, try hand created gift baskets. You can buy a starter gift pack from Fair Trades and then personalise it to each person with gifts such as natural soaps, beeswax candles, organic coffees and chocolates, handmade scarves and small beaded purses. If you are wanting to buy gifts for the kids at your wedding, buy them something they would actually like such as iTunes gift certificates.

The Dress - Almost every little girl dreams of having a big white wedding dress, the kind you see in all those bride magazines that cost the earth to buy. Instead why not try searching in vintage or second-hand shops, quite often you'll come up with some real surprises! Alternatively try places like Ebay. If you don't want to buy a dress you could hire one, along with outfits for the groom and bridesmaids. This makes a lot of sense as the wedding dress is only worn once and then stored away in a

dark corner for the rest of its life.

If you have any relatives who are handy with a needle, ask them to make a dress for you. There are plenty of designs out there and it gives you a chance to really let your imagination run wild!

Food and Drink - Buy organic wine and beer for your guests and support you local food suppliers by buying seasonal and organic food from them. If you are having caterers ask them to do the same. Another good way is to invite guests to bring their own contributions to the meal - this can help keep costs down too. Avoid using disposable plates and make sure all bottles and packaging heads down to the recycle bin. Any left over food could be offered to a shelter.

The Cake - If you are going to have a cake (although there are many alternatives to this) ask your cake maker to use local, organic ingredients.

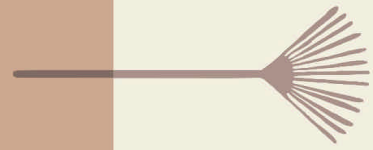
Flowers - When ordering flowers try and use local ones, then after the wedding give the flowers to a good cause such as a hospital. An alternative is to rent live decorative plants or even go for realistic silk flowers that will last forever.

Transport - To cut down on fuel useage choose a venue that is close to home and try to arrange for the ceremony and reception to be at the same venue. If this isn't possible encourage guests to share rides or put on a coach/bus. When travelling to your wedding do you really need that big limo? Why not go for a horse drawn carriage!

Confetti - Biodegradable confetti is now easily available in the shops. How about asking guests to throw birdseed instead of confetti, so the birds get a treat?

So how **Green** is your wedding going to be?

CULTIVATE THE MAGIC



In this series we will be telling you about the folklore of plants, showing you how to create Pagan themed gardens, along with lots of other helpful hints and tips on gardening in a Pagan way! If you would like to contribute to this series please email the witchtower@gmail.com



Bleeding Heart

The petals of the Bleeding Heart flower come in a variety of colours, yellow, white, red, pink or ivory. Each petal is heart shaped and the end of the flower looks like a drop of blood, therefore the Bleeding Heart flower is often used as a symbol of undying love, especially as the flower returns anew each spring. The Bleeding Heart plant is also known as lady's locket, lyre flower and lady in the bath.

Originally this flower was imported from the Orient to Europe and cultivated by botanist Robert Fortune in 1847. The Bleeding Heart flower became very popular in English gardens around this time.

The plant has been used as a tonic and diuretic in the past but this plant can also be toxic, with the leaves sometimes causing rashes on sensitive skins.

The Chinese are said to have used the Bleeding Heart flower in a similar way to the way we use our daisies to foretell whether someone loves us or loves us not by plucking the petals. However, with the Bleeding Heart, the flower is crushed whole and if it bleeds red, it means you are loved and if it bleeds white it means you are not.

It is said that by dividing the flower into six pieces you can recreate a fairy tale involving an infatuated prince and a cold hearted princess. Two of the flower petals are supposed to represent 2 pink rabbits that the prince sent to the princess in an effort to win her affections. Another two of the petals are supposed to represent a pair of oriental slippers and the remaining petals represent the prince's heart that is broken over the princess ignoring him. The stamen of the Bleeding Heart represents the dagger that the prince pierced his heart with as he could not go on living without the love of the princess. It is said that upon the death of the prince, the princess realised she loved him and declared that her heart would bleed forever for the prince.



ANCIENT WISDOMS

In this series we will be looking at Tarot Card meanings as well as showing you various spreads. The card meanings in this series are from my own interpretations that I have learned over the years. Every tarot deck provides you with general meanings related to the tarot cards, but I mainly use my intuition first and foremost in connection with the meaning of cards from various books.



The Lovers

The Lovers card is concerned with the harmonisation of opposites at all levels of being, although most of the time this card is used for the emotional relationships within our lives.

This card often signifies a new relationship, but not necessarily sexual in nature, or it could represent a current relationship that is undergoing change, be it a proposal of marriage or the decision to end the relationship. Either way, it will be a relationship that will affect you deeply or that you feel strongly about.

If you do not have a partner in your life this card can represent your inner struggles and needs.

Often the Lovers card represents a crossroads in your life, where a moral decision is required and you are not sure what is the right decision to take. By being open and honest with yourself you can come to the right decision, even if it means going against what others are advising you.

The Lovers card isn't always about relationships in our lives; it can be the drawing together of ideas or events. Anything that you feel strongly about and where change and decisions will happen.

The Lovers card can also indicate a thoughtlessness and lack of care when dealing with the relationships in your life. Make sure that any decisions you make for loved ones are for their benefit not yours. Untrustworthiness and avoiding making decisions can cause a lot of heartache for yourself and the ones you love.

Images taken from the The Tarot of a Moon Garden

The Chariot

The Chariot often indicates a time where we have undergone a difficult and demanding time but have come through it successfully. Its time to take a deep sigh of relief, knowing that the worse is behind you. As this time is passing, make sure to tie up any loose ends and look forward to beginning again anew and making decisions on the direction we want life to take. Usually there is change in some area of our life after undergoing the struggle, but this change is usually in our best interests.

The Chariot is often seen as a card that encourages us to believe we can achieve all we want with honesty and hard work. Plan your future carefully and pay attention to detail. You are in charge of your life don't let life rule you. This is a card of strength, power, change and self-belief.

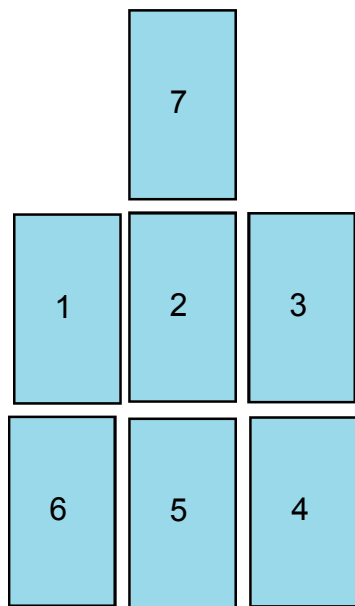
The Chariot can also represent a journey. This can be a spiritual or a physical journey. Sometimes it can represent a new car.

Alternatively, the Chariot can indicate that you are feeling bullied or manipulated by others and that you lack focus and drive to climb out of the difficult time you are finding yourself in. You may be feeling a lack of control and frustration.



Tarot Spreads

As it's the season of growth and fertility, here for your pleasure are two tarot spreads.



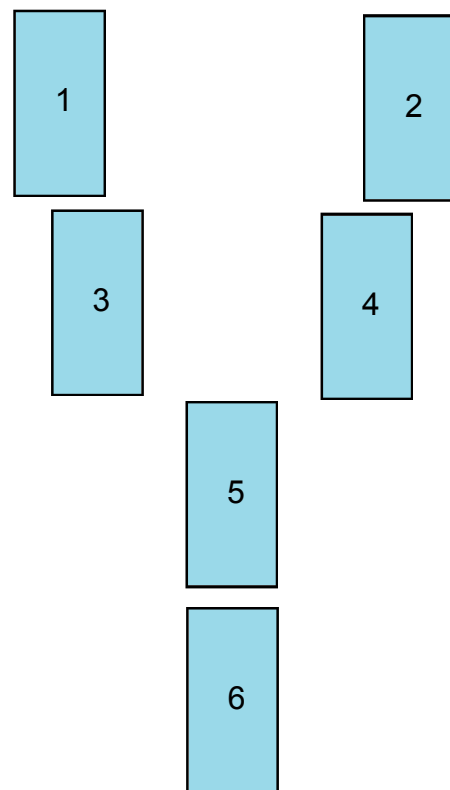
Moontime

1. What it is you are releasing
2. What it is you are keeping
3. What it is you are receiving
4. How the world outside will effect you at this time
5. What you will give to others during this time
6. What you will begin during this time
7. The lesson you need to learn moving through this time.

FUTURE BABE!

This is a spread to use for when you are expecting a baby.
 (the reading is a cup/uterus shape)

- 1 The gift that the father gives to the baby
- 2 The gift that the mother gives to the baby
- 3 The baby's best strength
- 4 The baby's biggest challenge
- 5 The baby's mission during this earth walk
- 6 The baby's support during this earth walk



TRADING CARDS

Each issue we will bring you two Trading Cards containing information on various crystals and gemstones. These Trading Cards can be cut out and glued into your Book Of Shadows should you wish to do so.

UNAKITE

Hardness: 6.0 - 7.0

Occurrence: U.S. and Austria

Appearance: Pink, Green



Unakite helps to balance the physical and emotional body by releasing feelings that have been repressed and are inhibiting personal growth. Unakite is especially good at dealing with feelings that generate from and around the solar plexus.

Unakite is also a good stone in helping with pregnancy, as it facilitates a healthy pregnancy and birth. Alternatively Unakite is good facilitating re-birthing of the self.

Unakite is a good grounding stone with a gentle energy. It enables self awareness and lifts the spirits when feeling down.

Unakite can also be used to manage weight gain

KYANITE

Hardness: 4.5

Occurrence: Brazil

Appearance: Generally blue colour but may be green, yellow, white



Kyanite is a powerful transmitter and can amplify high frequencies. It is an excellent meditation stone and can aid in helping contact spirit guides whilst keeping you grounded. Kyanite can also be used for dream recall and psychic exercises.

One of the good things about Kyanite is that it does not hold any negativity and never requires cleansing. It also aligns all the chakras in the body.

Kyanite helps dispel anger and frustration and acts as a tranquilizer helping you to stay calm and serene. It also improves concentration and can enhance creativity.

Blue kyanite is a popular stone with singers and public speakers, as it strengthens the voice and heals the throat. It also promotes communication.

A Short Course in Tree Lore

Continuing our series on Tree Lore by Steve Wilson

WILLOW



Willow - Saille in Gaelic for the letter S. Of all of the first trees in the Ogham alphabet, Willow is the first that has enough modern attributes for them to be considered above the traditional ones.

The botanical name of the Willow 'Salix' comes from the Celtic word 'sal' - meaning near, and 'lis' - meaning water.

The Willow has a thick trunk that is gnarled and rough to touch with a grey bark. The long slender leaves of the willow are covered in silver hairs which gives the tree a magical appearance when the wind blows through them. The catkins produce fluffy seeds.



MYTH

The Willow tree is associated with the moon and fertility and has many associations with gods and goddesses such as Hecate, Orpheus, Artemis and Belenus.

The weeping willow, with her hair drooping down - such an ancient image. And then Willow, tears falling down as she remembers her lost love Tara.....

Tara was once the seat of the Kings of Ireland - but now a statue of a Christian Patriarch holds court over the ancient site.

USES

Willow gives us the cricket bat due to its ability to

absorb shock without splintering. It is also known to be one of the best water divining woods.

Willow bark has been used for its pain-relieving qualities since ancient times. The White Willow contains salicin, which is converted to salicylic acid in the body. Salicylic acid is closely related to aspirin.

MAGICAL USES

Willow has been used in the making of magical wands and is associated with dreaming and enchantment and has been used in spells of binding and fascination.

Confused? You should be! Whereas names like "Alder" or "Blackthorn" conjure up little beyond what we learn in books - "Willow" has resonances going right back to our childhoods. And magically it is THAT willow, the weeper by the stream, the witch with flaming hair, the provider of relief from pain who feels so much pain

herself - that is the willow of the new millennium.

Approach with love and care, nurture the trees and meditate beneath her.

In this series we will be looking at the Elements, here Julia Wren (Wildfyre) tells us all about the Air element.

A Brief Exploration of Air

In an old group I used to work with, no one ever wanted to call Air during ritual. At that time it seemed that the intangible, ephemeral nature of air confused and defiantly evaded description, slipping through our fingers like some mischievous sylph; never fully grasped. But it's difficult to truly comprehend something when we are so completely immersed in it. And so we are. Air is to a human what water is to a fish.

Air is perhaps most easily experienced on the bright brisk mornings; the mornings when we step outside and the quick breeze hits our face like a well-needed wake up call. We feel it in the dark stormy days; the days when every door and window rattles and café chalkboards fall off balance and clatter down the street. We feel it in the evenings when we hug our coats around us and walk, flinched, against the power of the wind. So too do we experience the force of air when hurricanes and gale force winds steal in, bringing down the mighty trees, ripping apart roofs or whole homes, leaving us dazed and picking up the pieces.

Air currents speak of movement; the hovering of a kestrel by the motorway, wood pigeons noisily disturbed from an ash tree, the graceful soar of a magnificent red kite high over the mountains. Air touches feathers, touches wings, lifts the body; the great invisible force holding in balance, with the illusion of insecurity, lack of safety, and the inevitability of falling. Humans, clearly, are not creatures made for a life high up in the clouds; we need our roots in the earth, our minds

in our bodies, and our imaginations grounded into practical, satisfying work. But for a moment, we might allow air to teach us of unfettered daydreams. Travelling back to primary school in my memory, I recall eternal playtimes during which we transformed tree trunks into shops, and leaves into money, and through the alchemy of our imaginations we transmuted stodgy mud into the most delectable cakes. The creativity of children is a fascinating thing! Most Pagans will be familiar with the common definition of magic: 'The ability to alter one's consciousness at will', and I think kids probably do it better than most of us. Indeed many Pagans associate Air with the East; the direction of the rising sun at the equinoxes, and the time of youth, new beginnings and limitless potential. Like the sky, which seems to stretch on for eternity, our thought-filled minds seem to be incredibly vast mines of endless mystery and wonder.

It is in that mystery that air comes to symbolise the uncontainable. This formless nature makes it difficult to pin with words; but the act of speaking is an invocation of air enough. Language forming messages are sent in sounds waves through the air, reaching our ears,

registering in our brains and we respond, with the indulgence of good conversation or simple words. So with air we learn about verbal communication, listening and the beauty of sound. And whether it be loud, dirty drum n' bass or the sweet bubbling of a harp, music especially has the unique power to captivate us. With air we find our own rhythm too, and the rhythm of the natural world around us.

Like the progression of day and night, the lunar month and the seasons, the breath has a cycle of growth and release, or expansion and retraction. With the intake of breath, we fill our lungs and lives with wild plans and excitement, planting seeds and experiencing the growth of gardens and hedgerows. Our fullness of breath is reached at midsummer, or with the fullness of the moon. This is the climax and pinnacle of the breath where our capacity is realised. Then, as if in autumn's release, we let go with our breath and relax into the half-light, where all life eases and the leaves fall. Finally, with all air expelled from the lungs, we are completely empty. The days are dark and still while all things sleep. In the temporary pause of the wheel we find timelessness and a great abyss of darkness. Somewhere amidst the pause the void gives way to that first grateful in-take of breath, then growth. Conscious and alive we find ourselves at the Spring Equinox; dreaming and scheming for the summer months. With this journey we return to the present moment, to the simple act of respiration. Taking in, transforming, and breathing out.

