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## Mineral Focus

By: Lionfirestone

- Citrine and Amethyst are the exact same minerals, only the oxidation has changed inside the mineral. You can change the oxidation simply by heating it or irradiating it. In fact, because Citrine is rare in its natural state, a large majority of Citrine sold today is simply Amethyst heated up. There are currently no scientific ways to determine if Citrine was changed commercially.
- Citrine has been known to man for thousands of years. It was first used by the Ancient Greeks and Romans for jewelry such as intaglios. It was also popular during the Middle Ages and was said to have medicinal and mystical qualities. For instance, Citrine was used to stimulate one's intellect and bolster creativity. It was also said to be helpful in acquiring wealth and self confidence.
- Regarding medicinal uses, Citrine was used in a variety of different ways, such as protecting one from snake bites, to help remove toxins from the body. It was used to speed healing and disorders dealing with the heart, liver and digestive system.
- Citrine's energy and color make this stone associated with the sun. It is said that the stone drives out darkness and night fears and helps to protect against negative people. It also is good for prosperity. Intuition can be increased with this stone and it can help you to discern your inner voice from free floating anxiety.
- The citrine is a wonderful stone. It helps to manifest your goals. Also keeps one cheerful. It attracts abundance and personal power. It stimulates the body's own healing energies. It is good for helping to elevate self-esteem and is good for centering. Can help one's memory and can aid in problem solving. Gives one confidence and self-discipline. Excellent for opening the 3rd chakra. Citrine can not hold negative vibes but instead dissipates and transmutes it. A good stone for clearing the aura.

### Metaphysical Properties & Uses:

Animals: Citrine helps pets settle into a new environment.

Children: It helps children - including teenagers - to feel loved. It is good for helping to sort out the tangled relationships that can arise in families.

Finance & Prosperity: Citrine is a prosperity charm.

Health & Healing: Citrine is excellent for the digestive system and helps to reduce toxins in the body. It can also be useful for depression and phobias.

Home: It can help to clear negative energy from the home.

Psychic: Citrine helps you become more intuitive. It is also very good for automatic writing. Citrine can help clear negativity caused by ghosts. Positive visualization (particularly anything involving prosperity) can be boosted with its aid.

It Is The Stone Of: Media workers and artists.

Work: It will help clear negativity at work.

Enjoy the bookmark below.

### Mineral Focus: Citrine



**Color:** Yellow or yellow orange

**Chakra:** Solar Plexus

**Healing Properties:** . It stimulates the body's own healing energies. It is good for helping to elevate self-esteem and is good for centering.

**Magickal Properties:** stimulates intellect and bolsters creativity, manifests your goals,

**Lustre:** Vitreous

The color of citrine is due to small amounts (approximately 40 parts per million) of iron ( $Fe^{3+}$ ) impurities in the crystal structure of quartz. The difference between citrine and amethyst is only the oxidation state of the iron impurities present in the quartz. Subjecting amethyst to heat will reduce the oxidation state of the iron impurities in the quartz structure thereby causing amethyst's purple color to fade and become yellow to reddish-orange (citrine), green, or colorless depending on the site and original oxidation state of the iron impurities present and depending on the amount and duration of the heat applied. The purple color of amethyst usually can be regained by irradiation which re-oxidizes the iron impurities. This irradiation can be done by synthetic means, or it can occur in nature by radioactive decay of nearby radioactive minerals. In most cases this is a reversible process, however excessive heating may change the distribution of the iron impurities at the different sites within the quartz structure making it impossible to convert citrine back to amethyst by subsequent irradiation. The heating process can occur naturally or synthetically. At the present, it is not possible to determine whether or not an amethyst or citrine was synthetically irradiated or heated.

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## Herb Focus

By: Lionfirestone

Parsley is the world's most popular herb. It derives its name from the Greek word meaning "rock celery" (parsley is a relative to celery). It is a biennial plant that will return to the garden year after year once it is established.

Parsley contains two types of unusual components that provide unique health benefits. The first type is volatile oil components—including *myristicin*, *limonene*, *eugenol*, and *alpha-thujene*. The second type is flavonoids—including *apiin*, *apigenin*, *crisoeriol*, and *luteolin*.

In addition to its volatile oils and flavonoids, parsley is an excellent source of two vital nutrients that are also important for the prevention of many diseases: vitamin C and vitamin A (notably through its concentration of the pro-vitamin A carotenoid, beta-carotene).

Parsley is native to the Mediterranean region of Southern Europe. While it has been cultivated for more than 2,000 years, parsley was used medicinally prior to being consumed as a food. The ancient Greeks held parsley to be sacred, using it to not only adorn victors of athletic contests, but also for decorating the tombs of the deceased. The practice of using parsley as a garnish actually has a long history that can be traced back to the civilization of the ancient Romans.

While it is uncertain when parsley began to be consumed as a seasoning, it seems to be sometime in the Middle Ages in Europe. Some historians credit Charlemagne with its popularization since he had it grown on his estates.

In some countries, the curly leaf variety is more popular. This may have its roots in the ancient preference for this type since people were oftentimes reticent to consume the flat leaf variety because it resembled fool's parsley, a poisonous weed.

There is an old superstition against transplanting parsley plants. The herb is said to have been dedicated to Persephone and to funeral rites by the Greeks. It was afterwards consecrated to St. Peter in his character of successor to Charon.

In the sixteenth century, Parsley was known as *A. hortense*, but herbalists retained the official name *petroselinum*. Linnaeus in 1764 named it *A. petroselinum*, but it is now assigned to the genus *Carum*.

So, next time parsley appears on your plate as a garnish, recognize its true worth and partake of its abilities to improve your health. As an added bonus, you'll also enjoy parsley's legendary ability to cleanse your palate and your breath at the end of your meal.

Enjoy the bookmark below.

### Herb Focus: Parsley



**Parts Used:** The petals, leaves and root

**Location:** Eastern Mediterranean regions; De Candolle of Turkey, Algeria and the Lebanon

**Healing Properties:** Parsley has carminative, tonic and aperient action, but is chiefly used for its diuretic properties, a strong decoction of the root being of great service in gravel, stone, congestion of the kidneys, dropsy and jaundice. The dried leaves are also used for the same purpose. Parsley Tea proved useful in the trenches, where our men often got kidney complications, when suffering from dysentery.

**Magickal Attributes:** Protection,

**Latin Name:** *Carum petroselinum* (BENTH.)

Choose fresh parsley that is deep green in color and looks fresh and crisp. Avoid bunches that have leaves that are wilted or yellow as this indicates that they are either overmature or damaged.

Fresh parsley should be kept in the refrigerator in a plastic bag. If the parsley is slightly wilted, either sprinkle it lightly with some water or wash it without completely drying it before storing in the refrigerator.

If you have excess flat leaf parsley, you can easily dry it by laying it out in a single layer on a clean kitchen cloth. Once dried, it should be kept in a tightly sealed container in a cool, dark and dry place. Curly leaf parsley is best preserved by freezing, as opposed to drying. Although it will retain most of its flavor, it has a tendency to lose its crispness, so it is best used in recipes without first thawing.

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# Wee Pagans

By: TristA

## My adventure with granddad

Granddad came over for dinner. He had a big velvet bag over his shoulder when he came in the door. I asked him many times what was in the bag, but he wouldn't tell me. Instead, he just laughed.

After dinner the adults went into the living room to chat and I began to play with my blocks in my room. Granddad joined me, which was unusual for him. He wasn't interested in playing blocks because he just stood there watching me play and staring out the window.

He startled me when he asked me to look out the window with him. "What do you notice when you look out this window?" He asked me.

I answered. "There are several trees and my sandbox."

"I think you can notice more, what about the sky, what does the sky tell you?" He said as he winked at me.

"It tells me that bedtime isn't far away because Sunna is about finished with her journey for the day." I answered.

"That's right; the Goddess is about to finish her journey for today and now it is time for you and I to go on a journey."

We started out the door but then he stopped and told me. "I almost forgot that we will be taking that bag you were so interested in with us this evening, and if you are good you will find out what is in it."

"I will be granddad." I replied.

He picked up the bag and gently put it over his shoulder. We went out the door with granddad leading the way and me following. His long legs took such big steps that I almost had to run to keep up with him. We walked past all the houses on our road and into the small wooded area that was at the end of the street. As we made our way granddad stopped several times to help me climb up and down hills because I wasn't that good at it.

When we came upon a ledge on a big hill he sat down and told me to join him. We sat in front of a stump sticking out of the ground by the ledge. He reached into his bag and pulled out a small bottle of a liquid and poured it over the stump and the area around it as he said some words to the land spirits in the area. After that he told me to reach into his bag and get out everything but the flashlight and set up the stump as an altar to Sunna. I asked him "How do I know how it goes?"

Granddad replied. "How ever it feels right to you."

It took me awhile to get it right but when I was done he was so happy with it. He told me that what we had just made was an outdoor altar. We then had a small ceremony dedicated to Sunna which was really fun.

Granddad said. "We'll watch Sunna, the sun goddess, as she leaves our site in her chariot. While we watch you are to be very quiet and try to let all of your thoughts leave your mind. Be so quiet you can hear the sun sinking out of sight."

We watched her go away and then he and I picked up all the altar items and put them back into the bag and I used the flashlight to lead us back home.

The adventure I had with granddad was so special I never told my parents what happened, and, neither did granddad.

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# Wee Pagans

By: Lucy Wright

## Ice Candle Holders

These are a beautiful way to blend a fire Holiday with February's cold. The kids really get a kick out of turning "water balloons" in to icy lights.

### Supplies:

Balloons

Tea lights (the regular or the battery-operated kind)

Water

Something sharp to puncture the Balloon



Step one- Inflate the balloons and then deflate them. This helps leave a bit of air in them so it makes the ice a wee bit easier to break later.

Step two- Fill the balloons. You want to keep size in mind here; they will need to at least hold a tea

light.

Step three- Freeze! You can do this in your freezer or—if the weather is cold enough—outside. You'll want to check them every 30 minutes or so because you don't want the ice getting too thick or freezing all the way through.



Step Four- When the balloons have gotten to their desired thickness puncture the balloon. An adult should do this step.

Step Five- Next, you will want to drain the water out; do this by finding a thin spot in the ice, near the top and create a hole. Depending on the thickness of your ice an adult may want to do this step. This hole will also service as a way to put your light in the holder, so keep that in mind when making the hole.

\*\*\* Optional- I added an additional step here; it is not needed but I put mine back in the freezer for about an hour or so to help them completely firm up.



Step Six-Light them up and enjoy !



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## Pandora's Recipe Box

By: Pandora

# A Jewish Grandmother's Schnecken

So, here's the story behind this recipe. I grew up (with my 3 siblings) in a household with a mother who had VERY strong Christian beliefs. She grew up in a strict Christian household, the only non-Jewish family in the neighborhood! Our neighbor, lovingly called Uncle Harvey, grew up in the only Jewish family in a Christian neighborhood. Needless to say, when everybody moved into the neighborhood, these two households got along beautifully!

Not surprisingly, we co-mingled some of our traditions with each other. In fact, once we kids were born, Uncle Harvey even came over every Christmas season to read us that famous book about the Night prior to Christmas. In our house, cookie-making was a HUGE deal as well as a huge ordeal! One year, my mom asked Uncle Harvey if he had something that would add some interesting flavor and intrigue to the plethora of cookies we were making. He pulled out his mother's recipe for Schnecken. My sister and I now have his mother's recipe!

Please enjoy her recipe, as she wrote it, complete with personal notes!

### INGREDIENTS

2 cups flour  
1 stick margarine (I use Fleishmann's)  
1/2 pound small curd creamed cottage cheese (do not use lowfat or nonfat)  
sugar, cinnamon, finely ground pecans

### DIRECTIONS

Melt margarine in a bowl. Add flour and cottage cheese. Mix thoroughly and divide into 4 equal balls. Wrap each in plastic wrap and refrigerate about 3 hours or overnight.

Work with one ball at a time...leave the others in the refrigerator. Roll out an eight-inch diameter circle on a floured surface. Sprinkle to cover with a sugar/cinnamon mixture leaving some behind. Sprinkle the pecans to cover the circle. Cut into 16 equal triangles like a pizza. Roll from the outside to the center. Roll each piece in the sugar/cinnamon mixture and place on an ungreased cookie sheet. Bake for 15 minutes in a 425 degree oven. Repeat with the remaining dough.

### Pandora's Note:

This recipe helps my family remember that traditions are *all* passed down, because they have to be created somewhere! Trying something new might be just the tradition to start! What do you think?

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# Pandora's Recipe Box

By: Pandora

## All-purpose Spice Rub

This makes a great gift-in-a-jar! Especially, if you happen to know any 'foodies', this is not only thoughtful, but the jar can be re-used once it's empty. Who knows? You might just have somebody knocking on your door, with empty jar held aloft, for you to lovingly refill! (This one, I found online at Martha Stewart Living, while looking for gift ideas to a friend with a ton of allergies to artificial additives. She also happens to LOVE to cook!)

### Ingredients:

1/3 cup coarse salt  
1/4 cup packed light-brown sugar  
1/4 cup paprika  
2 Tbs ground black pepper  
2 Tbs dried oregano  
2 Tbs dried thyme leave  
1 Tbs cayenne pepper (optional)

### Directions:

Combine all ingredients in a small bowl, and use your hands to break up the sugar.

Yield: Makes 1 1/4 cups of rub. (Enough to season 5-10 pounds of meat, poultry or seafood)

## Spiced Dark Chocolate

I found this one online, at Whole Living.

According to Ayurvedic medicine, warming spices such as cinnamon and cardamom can help boost energy. And by swapping soy milk for regular you ensure that dark chocolate's antioxidants will be more fully absorbed.

### Ingredients

1 quart soy milk  
6 ounces dark chocolate, coarsely chopped  
1/2 tsp ground cinnamon  
1/8 to 1/4 tsp ground cardamom  
1/8 tsp ground cayenne pepper  
1/8 tsp coarse salt

### Directions:

In a small saucepan, combine all ingredients and whisk over medium-low heat until the chocolate has melted completely and the mixture is steaming hot. (Maybe not, if the little ones will be drinking it!) This takes about 5 minutes. Serve and enjoy!

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# Pandora's Recipe Box

By: Pandora

## Grandma's Green Bean Casserole

### Ingredients

2 Tbs Butter  
2 Tbs All-purpose Flour  
1 tsp salt  
1 tsp white sugar  
1/4 cup onion, diced  
1 cup sour cream  
3 (14.5 oz) cans green beans, drained  
2 cups shredded cheddar cheese  
1/2 cup crumbled buttery round crackers  
1 Tbs butter, melted

### Directions:

- 1 Preheat oven to 350 Degrees.
2. Melt 2 Tbs butter in a large skillet over medium heat. Stir in flour until smooth, and cook for one minute. Stir in salt, sugar, onion and sour cream. Add green beans and stir to coat, well.
3. Transfer the mixture to a 2 1/2 quart casserole dish. Spread shredded cheese over the top. In a small bowl, toss together cracker crumbs and remaining butter, and sprinkle over the cheese.
4. Bake for 30 minutes, in the preheated oven, or until the top is golden and cheese is bubbly.

### Pandora's Notes

If, like me, the "traditional" green bean casserole, from the recipe on that well-known soup can, upsets your stomach or just doesn't please your tastebuds, this is a fabulous alternative. (My Dad asked me to make this for our "Saturday-after-Thanksgiving family dinner, citing the easy recipe on the can. I was shocked that he thought that I couldn't cook, unless it came from a can or box. I made this instead.) My Dad, ever the faithful can-recipe casserole lover, couldn't stop raving about this! Neither could anyone else, for that matter!

Instead of crushing the crackers to make crumbs, I literally just crumbled the crackers lightly, in my hands, plus added about 4-5 more crumbled crackers on top. Be mindful of the mess this makes, regardless of the method you use. I learned the 'hard' way....

You may even want to use a little more butter, but do so sparingly if you decide to do this. Use *actual butter*, not margarine. If you use a butter substitute, that should be fine, but I can't guarantee the outcome. Perhaps borrow some from a neighbor, just for this recipe? Just promise to bring them some of the casserole, too!

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# Young Pagans

By: TristÅ

## The Outdoor Altar

There has been a lot of talk about the inside altar; however, not much has been said about the outdoor altar. Take this month to learn more about preparing your own outdoor altar. Below are some ideas and pointers to help you get started.

### Finding a Spot

When choosing a special spot for your outdoor altar it is important for you to keep in mind a few things: what you will be using it for, how long it will be up, and how often you will be using it.

Putting up a temporary altar is the easiest because you will only need the location to hold up for a few days or so. When making a more permanent altar you will need to take into consideration the wildlife that make their homes outdoors, the elements like rain and snow, as well as keeping out of site of those who you do not want to share this special place with.

Deciding what you will be using the altar for will determine how big or small it will be as well as what you want to put on the altar. For example, if it is used by one person as a temporary altar then a tree trunk would do. A family altar used for the whole season would need to be much bigger and in an easy to find place. It is important that you work together with other's who will be using the altar when finding a place to put it.

There are even some permanent altars that are put in place by planting trees, shrubs, and flowers in an arrangement that will suit the purpose for different times of the year. Although this is probably not the type of altar that you will be making, it is good information to know; maybe when you get your own place this would be something you would want to check into in more detail.

Wherever you plan to put your altar be sure that it feels right. You may even give some offerings to the land spirits, Green man, or whomever you feel really owns and/or lives in the land to let them know you mean no harm. Cleanse the area and the items in it with smudge or the cleanser of your choice.

### Safety Tips:

- If using candles be sure they are handled with safety so that they don't catch the altar or anything near it on fire.
- Never leave a candle or anything that is lit unsupervised.  
Take head of the weather when using your altar as well as the forecasts of days your altar is unattended. Many of the weather elements can destroy or ruin your sacred items.
- Be sure to talk to your Pagan adult about when and where to use your altar, they can give you specific safety do's and don'ts for the area!

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# Nature's Connection

By: P. Nichols

Connecting with Nature is something all good Pagans should do. To help with this, a topic will be chosen each issue for you to read about, connect with, and add to your correspondence journal. If you have a suggestion about something you would like added simply e-mail P. Nichols at [paganmoonbeams@yahoo.com](mailto:paganmoonbeams@yahoo.com)

## Pine Trees

Pine trees are a type of evergreen that generally symbolizes immortality.

Recognizing a pine tree is not difficult and is even easier in the winter since it is an evergreen and does not lose its leaves during cold weather. While there are more than 100 species of pine trees, they all have certain characteristics in common. Pine leaves are long and needle-like and grow in groups of two to five. There are other evergreen trees with needle-like leaves but only the pine trees have needles growing in groups. Young pines tend to look like a typical Christmas tree while older pines tend to have nearly flat tops.

Pine trees have both male and female pine cones on them. The female pine cones are the ones everyone thinks of when they hear the words "pine cone". They contain the seeds and range from a few inches up to nearly two feet long, as found on the sugar pine tree. The male pine cones look more like little bunches of caterpillars hanging on the tree than actual pine cones.

Because of its ability to withstand strong winds, the Japanese see the pine as representing strength of character and vital energy. The pine cone symbolizes life and fertility in both the Eastern and Western world. In traditional Chinese medicine, pine nuts are considered sweet and warm, being yin in character.

Astrological Association: Mars

Pine trees are associated with Attis, Pan, Bacchus, Jupiter, Venus and Diana.

Viking chiefs were buried on dragon ships made of pine, that were set on fire, called a funeral pyre.

The Navajo used pine needles from the lodgepole pine in ceremonial medicine and body paint was made from its pitch (sap or resin that has been heated). The lodgepole pine got its name from its use by the Great Plains Indians in building tipi's (teepee's). Lodgepole pines are still used today for making tipi's. Because of their very straight tree trunks, lodgepole pines are also used for making telephone poles.

Pine sap has many uses including: glue, waterproofing, soap, disinfectant, lamp or torch fuel, and in bubble gum. There are lots of wonderful craft ideas that can be made from needles and pine cones that have fallen off the trees in the fall. And, of course, fossilized pine resin is known as amber and may contain ancient insects and other debris that were trapped in it.

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## Divination Corner

By: Pandora

**Here, you'll find a place where you can begin to learn more about various types of Divination. Currently, we're working with Tarot.**

Before we continue to the next card, following the last issue's The Fool card, let's take a closer look at what Tarot actually consists of.

A traditional tarot deck consists of a total of 78 cards. These are further separated into two groups, called Arcanas; these are the Major Arcana and minor arcana. You will see that some differentiate by capitalizing only one of the Arcanas, while others do not; simply put, the name covers it. Neither one is "more important" than the other one, but this separation *is* key to helping you understand Tarot and many of its possibilities. (I have yet to hear of a single individual who actually understands *all* of Tarot's possibilities, which is why I word it this way.)

The Major Arcana consists of a total of 22 cards. These, typically, represent "people". Each card, starting with last month's The Fool (card number ZERO), represents an archetype of sorts. Like The Fool, it can be simply a repetitive symbol is Life's cycle; after all, even the most hardened old miser still has moments of innocence, even if they *are* harder to discover. Others may represent an actual person or figurehead in your (or the recipient's) life, such as: a teacher, a motherly figure, a strong authority-type figure, a leader, etc. Of course, as there are a few cards that represent very specific situations, instead of specific people. Interestingly enough, the situation cards of the Major Arcana are amazingly obvious when you're "living the storyboard", to borrow last month's explanation/metaphor.

The Minor Arcana, on the other hand, consists of the remaining 56 cards. These are further separated into FOUR SUITS, similar to a traditional playing card deck, although the imagery is different. As opposed to Diamonds, Hearts, Clubs, and Spades the suits in the Minor Arcana are *typically*: Wands, Cups, Swords and Pentacles. I say typically because some decks choose to use different imagery. Currently, I have a deck that uses Cauldrons instead of Cups, for example. I've even seen Coins, instead of Pentacles. So, please understand that your particular (or *each* particular) deck may use a variation, instead of what is considered the "standard". Almost every deck--I'd like to say every deck, but someone will find 2 or 3 that dispell this concept--has a small guide that comes with it. It may even be *in* the box! This will help you decipher the suits.

Back to the Minor Arcana! Each suit consists of 14 cards, also similar to a playing card deck, except that there is an additional "court" card. The court cards in *my* deck are Page (female), Knight (male), Queen (female) and King (male). So, you see that both genders are represented equally, in each of the Minor Arcana's suits. Yes, there is also an Ace card, but unlike playing cards, it is not the "highest" card. In addition, it is not the "lowest" card, either. It is, quite simply, the card that starts each suit. Well, at least it does when you first unwrap your deck. After the initial shuffling, I don't see the point, to be quite honest, in being concerned with a card's "place" in its Suit. As each card is representative of itself, it has no so-called "place" other than its meaning and where it falls in the reading's "storyboard".

For this issue's card, we will stay in the Major Arcana, and look at The Magician (card number ONE), which is occasionally labeled as The Magus. This magician is nothing like the masters

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## Divination Corner

By: Pandora

**Here, you'll find a place where you can begin to learn more about various types of Divination. Currently, we're working with Tarot.**

of illusion that entertain the masses. However, like those magicians, The Magician is someone who seems to be able to perform acts of magic. I tend to look as The Magician as "The Healer". Who better amongst us can do hands-on magic than the one who can heal, especially if it is with the hands? A Reiki practitioner or Master fits this description. So, too, does a Massage Therapist. That is not to say that traditional "Western" medicinal practitioners can't be represented by The Magician. It all depends on the situation presented by the Tarot reading. It can also be a reference to helping yourself, as that can be another version of "magic". How many of us take care of those around us, to the detriment of our own health and well-being? When you take the time for "me time", that is a form of The Magician.

Reversed, The Magician represents a feeling of helplessness. An inability to help oneself most definitely *is* a form of illness, when the actual ability to help yourself is available to you. Last night, a friend admitted that she's been told to take time for herself and take care of herself *before* taking care of others, over 10 times in less than one week. All by different people. I'd personally witnessed 4 of them, including myself. I saw my friend deteriorating. I actually had to "prescribe" her some daily "me time", even if only 5 minutes; directly following, she admitted that she'd also discovered that she was also starting to fall away from basic upkeep: she'd simply "forgotten" to eat, drink, or even go to the bathroom, for more than 10 hours at a time, because she was taking care of others. This is a perfect example of what the Reversed version of The Magician can represent. I can only hope that this is as bad an example as this card can represent; sadly, we both know better, but we can most certainly hope!

Reversed, this card also can be about indecisiveness, or even just hesitation. It can represent signs of depression, such as: lack of energy and inspiration; low self-esteem; giving up easily; as well as poor co-ordination or learning difficulties. I can personally tell you that, for someone who normally picks up on things as if they were born doing it, struggling with something can truly be a blow to your ego. It may seem like "nothing" to one person, and be the "be all, end all" for another. The Magician, Reversed is not a bad thing, but it *can be*. Being sure to have trusted advisors and encouraging patience with oneself is hugely important.

Of course, as with every other card in a reading, it depends on the rest of the cards, and where each one falls in the reading. It could be, as with my friend, that it takes many people pointing out a situation for them to take action. And, yes, *I am* making her report back to me, daily, on her progress. She has never been one to help herself, if someone needed help; the caveat is that there is always someone who needs help. I'm helping her to turn *her* Magician direct! Sometimes, it can be just that simple, even when it's just that complex!

Until next time!

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## Teen Pagans

By: Pandora

### Greetings, my Lovelies!

So, we have made it through Samhain (in the northern hemisphere) or Beltane (in the lower hemisphere). As I live in the US, I'm going to write about what comes to *my* mind, this time of year! (It's been a little too hectic in my world, lately, to try to wrap my mind around writing about "the opposite".) As the wheel of the year begins to turn anew, a new Pagan/Celtic/Wiccan year begins! Instead of waiting until Spring to do some Spring cleaning, we'll look at why starting now is beneficial and necessary for all.

So, you've honored your ancestors and those spirits who have crossed over, and we've shown true gratitude at Thanksgiving (in the US), we look forward to holidays such as Yule and Christmas. Some even look forward to Saturnalia, which is a most wonderful time, as well! (I like to celebrate them all, but that's for another story) As you well know by now, it's not the best move to start something before finishing the preceding thing. After all, the cakes *always* tear if you don't let them cool prior to icing them! So, the first thing you'll do is take down all of the remaining vestiges of the previous season or celebration.

Anything disposable needs to be disposed of in a responsible manner; if parts are recyclable, then make sure those parts are separated, accordingly. Carefully wrap, bundle, arrange and pack anything that will be reused, whether it's part of your most recent altar or simple decorations. Make sure that no one else in the household is planning on using these items, or that they can be easily retrieved, if necessary. Be sure whatever container you are using to store these items in is clearly marked. However, you may want to tape the label to it, as opposed to writing directly on it, depending on what the container *is*. After all, writing on a cardboard box is one thing, but writing on a reusable plastic storage bin is something else, entirely.

Similar to creating the ancestor altar, for Samhain, after you've cleared away the previous 'dressings', it's time to truly clean. Start from the top down. It's an old wives' tale, but it has solid purpose; even if you only look at it in terms of "dust floats down", it makes sense. Why would you vacuum, then dust, only to need to vacuum again? So, start with 'dry' cleaning. Using no cleansers, wipe everything down. Trust me, it is more effective and less wasteful, this way. Only on the items/areas that require it, use a cleaner that is made for that spot. Do not, for example, use a spray polish to clean your electronics. On the same token, don't waste the electronics cleaner by using it on countertops; sure, it was there, but it's also not inexpensive, either!

Next, it's time to organize and tidy things up, just like with that ancestor altar. In the course of daily life, things travel from room to room. Make sure they make their way back to their original place. I start on my top floor, and fill a bin with things that need to go to the main floor and basement. That way, I'm not wasting time by running all over the house, and simply taking care of the rooms on the floor I'm currently on. As I move down to the next level, I take the bin with me, and put away what goes on that floor. If I find things that belong on the upper floor, I put them on the stairs, so I can take them with me. Keep in mind, it's just me, the cat, and lots of spirits. Nobody else is going to trip over my "cleaning mess". Just make sure that you're not creating a hazard. Also, I'm not expecting you to clean your entire home. But, since my cat isn't much good at anything besides supervision, it's left to me to clean our's. :)

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## Teen Pagans

By: Pandora

OK, so you've organized what needs organized. Now, vacuum or sweep, physically. We haven't gotten to cleansing, yet. When that's done, this is a good time of year to either mop, or if it's available to you, steam clean. Believe it or not, between Samhain and the New Year is when we start dragging in the most mess with us, from outside; conversely, just before Beltane is when we *stop* dragging in the mess that Spring can leave on our feet. It only makes sense to create a clean start. Yes, this will take some time, especially if it's an unfamiliar routine. Even if it is just your bedroom, it *will* be appreciated, even if mostly just by you! It is well worth the effort.

All of this is complete, right? Right???? Ok, then! *Now*, it is time to smudge. If you are going to re-create (as opposed to using the word *decorate*), you'll also want to smudge afterwards. You'll smudge beforehand to remove the last vestiges of the previous setting. Next, you'll set whatever comes next, whether that's winter, Yule, the growing season, or simply a clean room! Organize it in a manner that makes sense to you, and others if they'll also be using the area. When that's completed, smudge again, to remove the dregs of the last season that it was used. Basically, a fresh start. If you choose to sweep the energy of the room, now would be the time.

The short version for doing all of this, is that it raises the positive energy of a space as well as making the final cleaning at the end of the season go much smoother. Truly, if you're like me and it's almost Winter, do you want to spend your beautiful Spring days cleaning, or just getting a couple of spots? For things like the steam cleaning, you'll actually end up with a smaller cleanup by doing it in stages, as opposed to leaving it all for the end. Kind of like that crusted lasagna pan, that you could have had soaking in the bottom of the sink while washing the rest of the dishes. Besides, it's a proven concept that keeping a 'clean' living environment is beneficial to keeping a clear-thinking mind. Besides, it could earn you brownie points with your elders! :)

Remember, this doesn't just have to apply to rooms, either. Your closets, your shoes (ladies!), your trinkets, your Book of Shadows, you name it! They can *all* benefit from the occasional "wheel turns" cleaning. (You're not exactly going to call it Spring cleaning, now would ya?) Besides, cleaning and clearing like this, can help still and clear the mind, as well. Always a great thing to be able to do.

Until next time, my dears...

Love & Light,  
Pandora

## Pagan Resources

There are many Pagan resources for kids, however, they seem to be hard to find. Below is a small list of the ones we found for you to check out. If you know of others or want your own listed here feel free to email us!

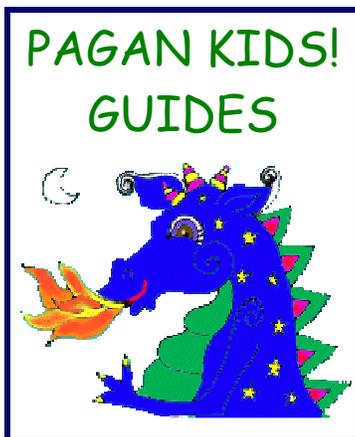
[PaganMoonbeams@yahoo.com](mailto:PaganMoonbeams@yahoo.com)



Grey School  
of  
Wizardry



Meagan Stories



# ANCIENT LIGHT

*Challenge for the mind, fun for the hands, joy for the soul*

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# Pagan Parent

By: TristÅ

Meditation does not have to be a major deal. One can do simple things each day to connect with the Earth, Gods, Goddesses, or just for the clearing of one's head. For me, it is following a list that I make each day, and not a day goes by that I don't do what I am supposed to. I live a hectic life and this does not slow me down nor take too much time. Below is a list for the two upcoming months for you to try; I hope it does as much for you as it does me:

## February List

- 1 – Cleanse (Sauna, Smudge Stick, or herbal water)
- 2 – Release (Let go of one major anger issue in your life)
- 3 – Meditate (Try a new meditation technique)
- 4 – Breathe (Count breaths 4 or 5 times today, counting to at least 15. Be sure to fill your belly up, too, when you breathe)
- 5 – Dance (Allow the music to move you as you connect with it)
- 6 – Smell (At least one evergreen tree, allow the smell to grasp you)
- 7 – Watch the sun rise (outside or through the window)
- 8 – Play in the water with toes (use puddle or bathtub, sitting or standing)
- 9 – Talk (to the full moon while standing or sitting in its light's beam)
- 10 – Poetry (write or read a poem about freedom)
- 11 – Feeling (slowly, lightly feel your finger tips/prints with fingers while eyes closed)
- 12 – Connect (have a pleasant conversation with someone you've not talked to in a while)
- 13 – Adjust (allow your eyes to adjust to the dark in an unfamiliar place)
- 14 – Confront (one of your fears)
- 15 – Draw (a live and/or natural thing: the surface of the moon, current of a lake, weaving tree in wind, for example)
- 16 – Color (add color to a bare place that catches your eye)
- 17 – Spin (round in circles with hands out in a comfortable safe place)
- 19 – Experience (the weather of the day; at least 15 minutes)
- 20 – Treat (yourself to something you normally would pass up)
- 21 – Confess (all problems to an inanimate object while alone)
- 22 – Create (something that brings a smile to your heart)
- 23 – Sleep (on the floor or other bare area; not in your regular bed)
- 24 – Conceal (do not look into any mirrors today so you will not adhere to appearance "standards")
- 25 – Understand (yourself more by writing a description of yourself from the inside out)
- 26 – Comprise (a list of 10 things you want to do before you die, also known as a Bucket List)
- 27 – Eat (taste at least 2 new things)
- 28 – Imagine (a life in the near future as you would dream it to happen)
- 29 – Hum (silently to yourself, a favorite tune, all the way through)

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By: TristÅ

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## March List

- 1 – Watch the sun set (outside or from a window)
- 2 – Feel (the texture of a piece of nature's rubbish to connect with it)
- 3 – Rotate (head slowly from shoulder to shoulder and back to front with eyes closed)
- 4 – Clear (a floor spot in the house then meditate in it)
- 5 – Move (something calming from a comfort area to a stressful area of your house)
- 6 – Blink (your eyes at least 5 times quickly then turn 90 degrees and resume previous activities)
- 7 – Pamper (your lungs by breathing in and out as much air as possible 8 times in a row, slowly)
- 8 – Exercise (your eyes by rotating from tight to lightly shut - observe all stages between)
- 9 – Compliment (at least 4 people who you normally aren't so friendly with)
- 10 – Listen (to orchestral or classical music today while eyes are shut)
- 11 – Rest (with the light of the moon touching you all night)
- 12 – Mimic (sounds you hear by moving your fingers to the beat 4 times in the day)
- 13 – Observe (the motion of others foot movements as they walk)
- 14 – Meditate (at least 3 times today)
- 15 – Eat (in front of a window while looking outside the entire time)
- 16 – Cleanse (your knees and elbows with water then lotion)
- 17 – Create (something in the sand or with clay, in total silence)
- 18 – Examine (something of favorable color as closely as possible)
- 19 – Flex (the major muscles in your body, one at a time, throughout the day)
- 20 – Protect (your heels by spending at least an hour of walking time on your toe area)
- 21 – Drink (only room temperature to warm liquids all day)
- 22 – Reflect (on your day by playing it in your head as you lay in bed before sleeping)
- 23 – Conclude (the temperature outside by feeling it first before checking the numbers)
- 24 – Share (the night time wonders as you sit and observe it)
- 25 – Walk (barefoot as much as possible throughout the daylight hours)
- 26 – Dance (to music as you play it in your head, only)
- 27 – Count (the steps it takes to get from one point to another, softly)
- 28 – Massage (your cheek, forehead and eye area softly and slowly when you first wake up)
- 29 – Watch (a small bug as it goes about its business for at least 15 minutes)
- 30 – Feel (textures of natural things outside while walking)
- 31 – Smile (softly and lightly anytime you feel anger coming on)