

# *Enchanted Forest*

*Magazine*

*August*



**A Place of Love and Support**

**~~Believe in Yourself – And Make It Happen~~**

<http://enchantedforrest.ning.com>

# The Enchanted Forest Team

*~~Believe in Yourself – And Make It Happen~~*

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Just like with any online service, you should exercise common sense when using this site. Below we've outlined some simple guidelines to keep in mind:

\* Create strong passwords and keep them secure, which means you should never share your password with anyone!

\* Adjust your privacy settings so they match your level of comfort and remember to review them often.

\* Be cautious about posting and sharing personal information, especially information that could be used to identify you or locate you online, such as your address or telephone number.

\* Report members and content that violate our Terms of Service to the Admin, Shadow, Celtic Coyote or Breeze

\* Block anyone who sends you unwanted or inappropriate communications and report it to the Network Creator or directly to us.

\* Don't post anything that would embarrass you later. Think twice about posting a photo or other information you wouldn't want your parents, potential employers, college or boss to see.

IF YOU ARE IN ANY DOUBT SEND A MEMBER OF THE ADMIN A MESSAGE AND SEEK FURTHER ASSISTANCE - WE'RE HERE TO PROTECT AND ASSIST OUR MEMBERS AND TO KEEP THIS A PEACEFUL HAPPY SAFE PLACE FOR ALL

## **CHAT REMINDER**

*Do not give out personnel information to other members ie email address, contact details or names. Any contact with members should be kept on site where the team keep it a safe environment.*

# ENCHANTED RADIO

ENCHANTED RADIO

Enchanting the  
Airwave with music  
that will enchant  
you.

In Partners with  
THE ENCHANTED FOREST

Comments

created with BannerSnack

**WOULD YOU LIKE TO JOIN THE ENCHANTED RADIO  
TEAM AS A DJ ??**

**We are trying to establish two new DJ's and we are looking for DJ's that can fill the Evening shift. . We do not expect any new DJ's to actual play for that whole period of time. We would prefer at least a commitment of 4 hours, if you wish to do more that of course would be fine. All new DJ's will be asked to please be present in chat during their time on air and to be actively participating in chat. We will expect all DJ's to play the requests of the room within reason.**

# MAGICKAL EXPLANATIONS...

*By Spellcaster*

## History:

Originating perhaps with the dawn of civilization, magic is the manipulation of unseen forces to cause change in both the realm in which we live and the realm of the unknown. Considered alternately to be both a science and an art, it has been a word used down through the centuries to describe the occurrences of many natural phenomena that were not yet explained by science, such as certain herbs having a healing affect, magnetism, the turning seasons of the crop, and the elements.

Magic played an everyday part in the lives of people living close to the land, as their survival depended on the health of their crops, and living in harmony with the earth is a basic tenet of many of the modern revivals of magic and witchcraft, such as Wicca and shamanism. During the Renaissance period in Europe the appearance of secret societies and scholar-magicians brought a newer emphasis on the actual controlling of the forces of nature by harnessing the power of both spirits/demons and of the human mind, which gave rise to the popularity of cabala , an ancient, esoteric Jewish system, and alchemy. These scholars were perhaps the first scientists, attempting to discover how the realm of the spiritual interacted with the realm of the physical in order to cause drastic changes in tangible matter.

During this time, several secret societies flourished, such as The Knights Templar, the Rosecrucians, The Hermetic Order of The Golden Dawn, and many others, each surrounded by its own unique mysteries. The tradition of secret societies has survived into the modern day with the presence of organizations like The Freemasons and The Shriners, although their beliefs are vastly different than those of the original alchemists. Shrouded in secrecy , these societies enlisted several men who went on to become great historical figures, like Leonardo da Vinci and Sir Isaac Newton. (see also: Newton and Flamel and Freemasonry)

Magic has experienced a vast reappearance in the 20th century with the popularity of Aleister Crowley, who, consulting many of the ancient systems, devised his own brand of ceremonial magic. He suggested the spelling of the word "magic" be made with a "k" at the end to signify the difference between stagemagic conjuring magic and serious occult magic, and that device is used almost exclusively now in reference to the occult. He is infamous for referring to himself as "The Great Beast", but left behind a great following of serious students of the occult.

## Methods

Practitioners of magic down through the ages have done so in a wide variety of ways. Most often, there is a great deal of sombre ritual and ceremonial performance, aimed at altering the magician's consciousness in order to promote a conducive state for magic to take place. In the earliest earth-based (pagan) religions, the seasons were celebrated, and rituals were in a serious, but celebratory tone. The cunning women of folk-medicine often had no elaborate ceremonies to follow, and only practised the knowledge passed down through the generations of their families. In more native religions, shamanistic magic is also very ritual oriented, including many sacred objects and mind-altering experiences to guide the shaman. Modern magic, too, depends heavily on ceremony and ritual.

Objects included in magical workings (ancient and modern) often include(d) knives (athames), swords, wooden wands, chalices, candles, salt, various containers (for holding herbs, incense, water, wine and other necessary items), writing instruments for drawing various magical symbols, chalk for marking out the circle in which the ritual is performed, bells, and other sacred objects. The magician wears clothing that is designated for ritual purpose only, and often bathes before the ritual in order to purify him/herself.

## In legend

Magic has played an important part in most folklore and legend. In the major pantheons, the gods and goddesses have been endowed with special magical powers that afforded them great advantage over regular humans. In the legend of King Arthur, Merlin, Morgan le Fay and the enchanted sword Excalibur provided a rich fabric of magical legend. Homer's Circe used magic to turn Odysseus's men into swine.

Grimms Fairy Tales, Hans Christian Andersen, and Aesop's Fables have been much loved vehicles for magical story-telling. Most stories passed down through native verbal story-telling traditions tell of magical beings and places, often explaining the creation of the world, and why things are now the way they are. Modern fantasy novels have carried the torch for humankind's love for the fantastic, and we continue to see magic as the intriguing and mysterious force behind mystical adventures that delight the imagination.



# GROUNDING AND PROTECTION FOR YOUR (AURA) ENERGY FIELD

*By Ascention 148*

Hello my names 148\* I have been with the forest since day one. I enjoy the conversations which can vary from the informative to the just plain funny of which i enjoy both. on a serious note I would like to talk to you about grounding and basic protection of your personal energy field. As you may or may not be aware we all have an aura or energy field, this field can pick up others energy vibrations and interact with them. some people give off positive uplifting energy that can make you feel good in there presence others can have a lower vibration that can drain your energy and leave you feeling low or tired Im sure we have all had days when we get home from a day out and feel really drained and tired this can be due to you picking up negative energies thought forms off others.

Using the following simple techniques it will be possible for you to ground/stabilise your energy field and put up a shield of protection around your aura so as not to be effected by external forces.

## 1 GROUNDING

Grounding is a way of pulling your energy field into balance and anchoring it into the earth this will help stabilise your field .sit or stand and visualise your energy going down into the earth either through your base chakra or out the soles of your feet see them like tree roots reaching far down into the earth and anchoring your energy deep under the earths surface. Breath the energy into the top of your head (crown chakra) with the in breath and push them down and out of your feet with the out breath. Do this until you feel grounded and your energy calming and your thoughts also calm and clearing.

## 2 PROTECTION

Again its all about the intent and the power of visualisation. A simple protection and be done by imagining a bubble of energy around your aura you can use colours of your choice or even rainbows if wish main colours used are White, Blue, Violet and Gold. Breath in and see the energy filling up your heart as you breath out see a bubble of the chosen colour expanding out around your body and under your feet about one to three feet around the physical body. The bubble of energy can be strengthened by continually breathing the colour into the bubble and see the colour getting brighter and more intense. Granted there are many ways to do personal protection such as cloaks and even adding floating symbols into the fields that hover and sparkle also I find calling in the odd archangel/god/goddess and asking them to add assistance never does any harm. In time and with practice you will be able to do these exercises seconds just with a thought .In future magazines I hope to be discussing Ley Lines, what are they and how to find and work with them plus a crystal earth healing set up and visualisation to help raise the planets vibration and the populations too until next time good luck and enjoy your energy fields

love and hugs 148\*



# ENCHANTED FOREST MERCHANDISE NOW AVAILABLE !!!!!



HELP THE SITE 10 % OF ALL SALES GO TOWARDS SITE FEES

[http://www.zazzle.com/enchanted\\_forest](http://www.zazzle.com/enchanted_forest)

# RAINFOREST SYMPHONY ~

*By Kathy Paysen*



**I pulled down my umbrella  
I could feel the rain ascend  
It flew in colored waves  
Like rainbows in the wind**

**Caught in nature's story  
I relaxed in a big sigh  
I am like the young tree  
Reaching for the sky**

**My hands can touch heaven  
An endless whirl of color  
My branches are a home  
For creatures to discover**

**I stand with Mother Earth  
Planted in her vast array  
Part of the life cycle  
Of earth's brilliant display**

**Sounds of jubilation  
Resound from my green limbs  
I am like the young tree  
Playing nature's hymns**

**A tree in the rainforest  
A symphonic song of earth  
I am standing under the canopy  
Of the wonders of its birth**



*Submitted by Bridget Orman*

# Their Lessons Are Never Lost

by

Nancy A. Kaiser

Thirty nine years ago on Easter, I rode my amateur jumper, Jolly Man, for the first time. He was six years old and I was twenty. Jolly became my partner for the last six years of my show career, and I couldn't have asked for a better one. Little did I know that Easter Sunday that we'd be together for 22 years.

Jolly's arrival followed a disastrous year with another horse, Salty, who proved to be dangerous and down-right evil. I'd always felt all horses would respond to love and kindness; apparently not. Twenty-plus years later, my animal communication and healing abilities could have helped Salty, but our timing was off.

Jolly was the complete opposite of Salty; willing, friendly and anxious to please. Almost forty years later, I realize the Universe brought Jolly Man into my life to restore the balance Salty had disturbed. Life is always about balance and harmony.

Jolly returned to spirit four years before I began communicating, and his death contained several lessons that weren't realized until much later. I struggled with the decision to euthanize Jolly for over four months. He was losing weight despite eating well. One of the downsides to helping our horses live longer is that they out-live their teeth.

We asked another vet that specialized in geriatric dentistry to help us with Jolly's tooth issues. His teeth were worn, which created inefficient chewing. One tooth needed to be removed, which was excruciatingly painful. When I checked on him later that evening, I felt his severe discomfort. I wouldn't learn for another four years that I was an empathetic healer and truly was feeling his pain. Watching someone I loved in great pain and believing that I caused it was agonizing. I felt totally responsible and consumed with guilt.

We did everything we could to make Jolly more comfortable, but it took four days before he ate and drank normally. We hydrated him with fluids by stomach tube until he began drinking. I chastised myself constantly during that time for allowing this to happen to my old friend. Jolly never treated me any differently and found comfort in the time I spent trying to sooth and console him (and me).

I kept trying to justify our decision to remove his tooth in an effort to assuage my guilt. We did what we thought was best for Jolly; what would allow him to stay longer. Eventually, I accepted that all one can do is make the best decision at the time with the information available, and we felt the dental procedures were in Jolly's best interest.

Sadly, the painful dental work improved his chewing for only two weeks. It wasn't fair that such a wonderful being suffered so much pain for so little benefit, but then, "Who said life is fair?" We tried to help, but failed. It was so disheartening.

Again, I struggled with what was best for Jolly. The hardest decision is that of euthanasia, especially if the animal isn't sick. Jolly would graze for a while, but spent most of the day standing with lowered head having lost interest in life. This difficult decision plagued me for over four months.

One evening, the student was ready. A portrait of Jolly in his prime hung over our bed; a Christmas gift from my folks. I studied the painting that night comparing it's handsome subject to the thin, sad horse in the pasture. I knew with certainty what to do. Several days later, we sent Jolly Man back to spirit.

Every life experience is significant and contains lessons even if we don't recognize them at the time. They're never lost merely filed away for the proper timing. Jolly's lessons were lost in the moment, but resurfaced in four years when the time was right.

After I discovered my animal communication and healing skills, I began thinking back to events of my past viewing them with "new eyes" to see what I'd missed. One of the most painful for me was the indecision surrounding Jolly's euthanasia.

My new-found abilities changed my opinion of so many of my previous life experiences. The more animals I communicated with, the more I learned about life. The lessons that went unrealized from my past moved from the caverns of my memories to be seen in a new light.

After talking with an old horse that had been trying to tell his person that he'd been ready to go Home for a year, I was flooded with understanding. I now knew that Jolly had been doing the same thing. For those four difficult months, Jolly had been telling me he was ready to go Home. Thoughts that I'd interpreted as my own were telepathic communications from Jolly. Who knew?

So much of what happened towards the end of Jolly's life would have been different had I known about my abilities at the time. I could have asked if he wanted his teeth worked on. I could have asked if he wanted to stay. While I felt bad about keeping him here for four months longer than he wanted, I do know that everything happens for a reason.

Finally receiving this lesson helped me release any residual guilt I may have been hanging onto over the painful dental procedure. While I had accepted that we'd done our best for him, I still deeply regretted his suffering. My new perspective allowed me to let go of all my self-imposed blame, guilt and regret.

Jolly Man's transition had been a first for us. After injecting the usual amount of drug for his size, he slowly collapsed while I cried and lovingly guided his head to the ground. At this point, horses are unconscious and near death. Within moments, the heart stops and the deed is done, *except* with Jolly. His heart didn't stop, and he was moving as though slowly running. I knew he was unconscious and felt no pain, but it was excruciating to watch.

While my husband ran for more solution, I sat flooded in tears with Jolly. In my heart, I knew my decision had been right but agonizing doubt filled me. This heartrending memory plagued me for years until a dying broodmare came to my rescue

After I started working as an animal communicator, I'd often feel torn between roles; the vet's wife and the communicator. As the vet's wife, we were all about saving lives. As the communicator, I soon learned that it's not always about healing the physical.

We were working with a client's broodmare with serious medical issues. While my husband was doing everything humanly possible to save this mare's life, she was telling me she wanted to return to Spirit. I felt her increasing sadness, since her people weren't listening to her wishes. My allegiance is always with the animal, so I told her if she wanted to transition then she had to create something that couldn't be healed.

Late the next night, the phone rang. My husband announced that another seizure may have broken the mare's shoulder. As we rushed to her, I thought about my recent advice. Her shoulder was broken, and she was euthanized immediately. Secretly, I was happy for her, because I knew her desire to go Home.

Astonishingly, the mare needed extra solution to stop her heart and free her soul. As I felt her soul release, I thanked her for the knowledge that I'd made the correct decision years earlier. I felt a burden lift from my heart that I'd been carrying since that sad day. This only happened twice in almost 30 years of euthanizing horses. There was no coincidence. Through this broodmare, the Universe provided me with the gift of understanding.



Jolly Man and I Showing



Oil Painting of Jolly Man at 6 years Old

# MoonDancers Curiosities

Please contact us at [r.haynes@moondancerscuriosities.com](mailto:r.haynes@moondancerscuriosities.com) or

(570) 447-0487 Please leave a message



This is a picture of the first candle carved for a customer.

Candles can be carved to your picture or can be painted.

All our pillar candles are poured and carved. This candle is 3" around and approximately 9" high. Candles can be poured to different sizes .

The basic pour cost is \$5.99 USD\*

The cost of carving is additional, please ask for an estimate of what you would like to have carved on it. All artwork is subject to your approval before carving.

Votive candles can also be poured in single colours or multiple colours , also with scent for each layer of colour or single scent for the entire candle.

Votive candles are \$1.25 USD\*



All candles are hand-dipped/ poured. Candles can be

dipped to be 4", 6" or 8" taper candles .

4" Tapers are \$ .50 US D\*

6" Tapers are \$1.00 USD\*

8" Tapers are \$1.50 USD\*

Larger candles will be priced according to size

Our current scents include (with new scents being created by our family as we create new candles):

Beltane  
Mulberry

Cinnamon  
Rose

Jasmine  
Unscented

Lavender  
Ocean

Coconut  
Mint

\*Shipping is additional based on weight of order.

# Wands

*By Lil Wren*



The Enchanted Forest, has allowed me to sell my wands ,in the safe keeping of the forest realm. To keep harmony of good will and honest terms,I myself will only be selling my wands on line, and sending to those who wish to purchase from me.

## **##NEWSFLASH##**

I have a small batch of special wands and talking sticks The wood is taken from the horrific storms we have had here,with most of the wood being taken down by tornadoes. .... so they should be fired up with energy and have been laid out in the light of the full moon and the eclipse. These are special wands !!!!

I would like to help the forest with the cost of the site fees with these creations, if someone donates money to the site for site fee costs – I will be willing to sell the wand to them for \$20 instead of the usual \$25 plus postage and packaging. This is a BIG DISCOUNT

I will put aside 5 willow and 5 maple pieces of wood for this special thing – these are truly powerful tools !!!

*If you are interested and wish further details on my wands contact me on site*

***<http://enchantedforrest.ning.com/profile/EinNOR>***

# A SPECIAL WAND UP FOR AUCTION

## ALL FUNDS GOING TO SITE FEES

We at the Enchanted Forest are honoured to have this special wand donated to us by LilWren. To give all members a chance to buy this we have with Lil Wrens consent decided to put this special wand up for auction and the highest bidder will receive it. All money raised, will of course go towards the yearly cost of site fees.



Below is a description from LilWren - describing why this wand is so special  
"This wand like no other wand I have ever made - I went over the top, because I felt the need and the calling to create such  
a wand. The size of this wand is not flimsy,,shintzy. The main piece of this wood  
is about the diameter between a quarter and a nickel in size. The wood is of WILLOW  
..Wrapped with very deep deep purple, near the top of this wand. Where your hand  
would hold on to this,,large wand is weaved with another level of purple and black ribbon, the very end  
is of natural hemp. The very bottom has one milky  
white quartz.

### HERE IS A LIST OF ALL CRYSTALS USED ON WAND

Med sized tumbled gem stones  
15 peridot, clear and good coloured green  
21 garnets, deep dark rich colour  
10 amethysts of varying levels of purple  
on the point of the wand you will find many multi levels of crystal, not rolled  
garnets, amethysts, peridot, and clear quartz  
the point itself is a nice clear quartz - plus mid way along the wire wrap, you will find 2 fluorite, clear  
and ready for you to use in your endeavours in magic.

**AUCTION CLOSING MIDNIGHT 30 AUGUST**

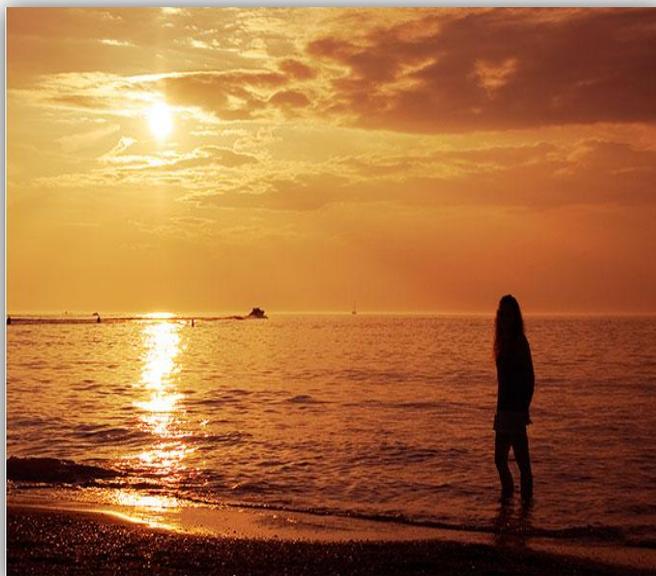
# MY TWILIGHT

*by RJB*

In the sunrise of my life, the reckless  
Flow of the essence was discerning  
The surroundings and opening  
My eyes to all existing manifestations  
in my youthful command.

In the twilight of my being  
The sensation of the warmth of wisdom  
Caresses my soul and lifts  
My inner self to have patience  
Never before sensed like now.

Twilight is my heaven on earth as  
I enjoy all the warmth of the grayness of my soul  
Sprouting forth the wisdom  
To those in their flow to a level  
Which surpasses their dreams...



# Lil\*Wren,s



## Wands, for the enchanted forest

### By The Sea

By Beanna Bluerose

As I lay here on the shore  
I think of you more and more  
In the sky sits Sister Moon,  
She offers her light, but it's far too soon  
My friend the Ocean gives me a loving stroke  
I can't return the kindness, my heart is too broke.  
Mother Goddess, Father God  
Give each other a knowing nod  
They send me their warmth and they hold me tight.  
And send me dreams of you to get me through the night.

# BELGIAN WAFFLES

By Lil Wren

The Wren, here I absolutely love these waffles,,as most use Strawberries or other fruit you can get, and just dust with confectioners sugar, these are so light, they are perfect for any breakfast or bunch, enjoy,

pancakes and waffles are beloved by the Pa dutch, love and light lil\*Wren



MAKES 8

Maurice Vermesch baked these waffles (properly called Brussels waffles and, in Belgium, topped with just confectioners' sugar) at the 1962 Seattle World's Fair, but only after he sold them at the 1964-65 New York fair did they soar in popularity in this country. Vermersch's daughter Mariepaule wouldn't divulge her family's recipe, but we think we've come very close. One tip she did reveal: Aunt Jemima self-rising flour produces a flavor that is the most like that of the original waffle.

**1 3/4 cups self-rising flour, preferably Aunt Jemima brand**

**1 tsp. granulated sugar**

**4 eggs, separated**

**1 1/4 cups of water**

**1/2 tsp. vanilla extract**

**16 tbsp. (2 sticks) unsalted butter, melted**

**4-6 cups whipped cream**

**2 pints ripe, in-season strawberries, hulled and halved**

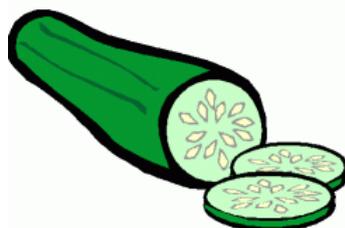
**Confectioners' sugar**

1. Heat an electric Belgian waffle iron until very hot.
2. Meanwhile, combine flour and granulated sugar in a large mixing bowl. Add 1 1/4 cups water, egg yolks, and vanilla and whisk until smooth. Whisk in melted butter. Beat egg whites in a medium mixing bowl with an electric mixer on medium speed until frothy, 1-2 minutes, then increase speed to high and beat until stiff peaks form, about 1 minute. Gently but thoroughly fold half the egg whites at a time into batter.
3. Pour about 1 cup of the batter (or enough batter to fill pockets in iron) into hot waffle iron; immediately lower waffle iron lid and cook until waffles are golden-brown and crisp, about 5 minutes. Separate sheet of waffles into individual waffles. Repeat process with remaining batter.
4. To serve, put each hot waffle on a plate, top with a pile of whipped cream and strawberries, and sprinkle with some confectioners' sugar.

# HOW GREAT HOW IS THE CUCUMBER ???

*By Dottie*

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.
2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.
3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.
4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.
5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!
6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!
7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explores for quick meals to thwart off starvation.
8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water
9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!
10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.



# A Love Story That Never Ends

*By Didi*



*My Paul*

*8/11/58 – 6/3/04*

Paul & I fell in love 8/16/83 and that was the day we celebrated, not our wedding day which was 12/21/85. Paul was a very loving and caring man. He could speak to the heads of State or to a houseless person on the street. He often would pass this one gentleman sitting on the street, as he walked to his office, and every day he would give him his spare change.

My Paul was a very smart man, carrying a 4.0 all through college, he became an Electrical Engineer. On Wed, June 2<sup>nd</sup> he had to go to a job site that was in another state, about a 10hr drive. As I only worked a ½ day that day I came home & he was waiting for me to say goodbye before he left, as in all relationships when one has been together for a number of years you kind of lose the glow you once had at the beginning of the relationship. We were standing in the kitchen and I nuzzled into his arms and he held me, and as he held me all of a sudden I felt 32 and he was 25 and we just fell in love all over again. The feeling just rushed over me.

We said goodbye and he was off. That night when he arrived he called and we chatted like normal. On Thur. June 3<sup>rd</sup> he called me at 1:45pm. I asked how his meetings went & he said he couldn't get to them because he felt sick, so he was heading home. I told him he should stay until he felt better but he said he wanted to come home – this whole time he never told me that feeling sick was throwing up blood – I told him if he continued to feel sick pull over off the road or get a room somewhere, he said that he had to go because his arm was tired from holding the phone, I said OK I Love You and he told me he loved me. At 3:00pm the police found him on the side of the road, he had thrown up blood and died in the car.

This man worshiped the ground I walked on; he took care of me in every way possible. When he died he slumped into his open attaché case and bled to death. The car he died in was our newer car, mine was 10yrs old, and not one drop of blood got on the seats or in the car. I drove that car for 5yrs until someone crashed into me last winter.

I miss him so. We always said if one of us reaches the other side before the other we would leave a black rose so that we knew that our spirit was still there. We both believed that we could communicate from beyond. I went to work on the Mon. after he died and on my desk was a black rose made of feathers. I asked Bonnie, who worked for me, where Leah was, she also worked for me & she was the only one who knew the story of the black rose. Bonnie asked why I wanted her & I said to find out if she left this black rose & Bonnie said no it was her who left it. I questioned

Bonnie if she knew the story of the black rose & she said no, she just thought I needed it. Now that was the beginning of My Paul helping me through this very tough time.

There was a time shortly after that that I was in my garage crying & wanting to feel his arms again my phone rang and my dear friend, Pam, who has a partner Kerrie & who we always said Pam was a female version of Paul, called me & asked if I was alright. Of course I said yes I was fine but she said she was coming right over anyway, I said ok. When Kerrie & Pam got to the house I raised the garage door and Pam had her arms reaching out to put around me. Now I was crying big time, like I am now LOL. Pam, like Paul did not converse much on the phone & Kerrie said that Pam was mowing the yard, stopped in the middle of it and said she needed to call me. I explained what I had asked for and they both agreed Paul sent them.

It has always been a joke, with me, that if I haven't seen something like Eagles or Northern Lights they did not exist. Paul, when alive he was searching for the best place for us to see the Northern Light & it is way up in Alaska. He thought someday we would go and he would show me the beautiful sight. A few days after the hug incident Kerrie called me & said "Di hurry down, to this park we went too often, there are Northern Light – I laughed and said yeah right – when I arrived there were no Northern Lights. Then Kerrie & Pam said come over to the house and let's sit in the hot tub. I thought that would be fun – just a little background on Kerrie & Pam, they have been together 30yrs and have a daughter that is 23 – We all got ready for the hot tub so when I stepped out on to their deck – which is high off the ground – I looked up and there it was the most beautiful Northern Light show, with greens & blues just whipping around and then a shooting star that you could see the flaming tail. OMG I said they are real, that was the most beautiful gift I had ever received. Then soon after that I was laying on our bed, tummy down, crying and I felt something between my legs & thought the dog was jumping up onto the bed, so I turned my head and saw his arm touching my leg as if to say goodbye and he was gone, never to be heard from again.

I know it is hard for people to understand this or to believe it but as I live and breathe it is true. He left because he had to & he knew that his work was done & that I would be alright.

*My Late Husband wrote this poem to me October 21, 1984. He wrote me lots of poems and hand made me Valentine card every year with some kind of poem in them. This one is very dear to me because he used to call me his "White Dove". It was written for me for our 1<sup>st</sup> anniversary of falling in Love*

## A Thousand Things I Keep Inside

A thousand things I keep inside  
A thousand things I've learned to hide  
From those who would not understand  
The feelings of a quiet man.

My hopes, my dreams, my deepest fears,  
My laughter and my quiet tears.  
I share these things with very few,  
I share them most of all with you.

In time I hope you'll come to see  
How very much you mean to me –  
How much I feel, How much I love,  
The sweet, young thing I call White Dove

**Paul Cram**

# Picking Plants

By Marty Stompingelk

Boozhoo,

this is something I teach, but not the only way and I do not know if it is the best way but it works for me!!

So, When I go to pick a plant or tree, one of the first things I do is look around and see there are many there. I do this because I do not want to kill them off.

For me, I make sure there will be at least 4 left, 4 being a Sacred number for my ways.

next, I try to find the oldest one..the [[grandfather]] and go to it and tell it what I want.

for example, if I want Sage, I find the big one and ask for one of its children.

I tell it why..

what you want it for will be up to you, but remember, you are taking a physical life, and wanting it; Spirit to do something for you.

for me, if it is Sage I will want it to purify me or others or some of my Sacred stuff.

Then if I do not feel a bad feeling...you should sit there for a few minutes to see what you feel..

then, if I feel good about it, I will go to some of the other Plants and sit and see if I feel attracted to any, if so, then I think this is the plant calling to me. and I will CUT it, I never just yank it out of the ground. If I needed the roots, I would dig them up, trying to be gentle, remember, you are killing something and you want a favor from it !!!

A Spiritual Favor!!!!

so, be kind

If it was Sage, I would save it. There are many ways to do this, wrapping it is one way.

when I burn the California Sage or Mountain Sage or also known as white Sage, the leaves are hard and brittle.

I think they wrap it to keep it together. Anyway, I will unwrap it and only burn what I need.

Sometimes, I will only burn one leaf..like when I am making a Pipe.

Sometimes, when I do a larger ceremony, I might light the whole bundle..

when I do need to light some, I will thank Creator for the Sage and the wonderful healing/cleansing Spirit Creator has given this Plant for OUR use.

I will thank the Plant for giving its Physical life for me.

I will ask Creator to let its relatives live and grow Strong.

I will ask the Spirit of the Sage plant to do what I want it to do.

I will acknowledge that we are all related.

It is sometimes hard for me to teach over the computer so if there are any questions, or comments, feel free to ask.

Marty Stompingelk

living in the cosmic swirl,  
going round and round,  
singing my song,  
Dancing my dance...  
Stompingelk,

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**Paganopolis.com**, a Kentucky based secure online store offering hundreds of Pagan/Heathen items for your personal path of exploration and enjoyment.

We chose Paganopolis as our company name because today's world has moved into the internet communication age, giving the ability to instantly access our Pagan/Heathen friends and family. We are actually able to communicate with each other no matter what our geographical location is, enabling us to foster a community that can, and does, share ideas and trade with one another.

While there are other sites out there that offer similar products as we do, we focus our product line on items that enhance group or solitary ritual practices and we believe in offering dependable customer service throughout the Pagan/Heathen community no matter their geographical location. *Yes, we do ship all our products (with the exception of Athames) to any location that excepts U.S. Packages.*

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# The Golden Meditation

*By Amy Aree*

Close your eyes and begin to take deep slow breaths in through your nose and release the breath through your mouth. As you inhale, draw in love, peace, comfort and contentment. As you exhale, release anger, pain, anxiety and all other negative emotions. With each breath, you become more relaxed and more at peace.

There is an energy point at the top of your head; this is your crown chakra. Allow this to open up like a flower. Now visualize a breathtaking white beam of light descending toward you. Draw in that light and see the crown chakra start to pulse and come to life, it becomes a ball of light, spinning and glittering. Hum the Sanskrit word for Deity, "OM" and allow the ball of light to form at the top of your head. Continue to do this until you feel that this chakra is open and the energy is flowing.

Draw some of the light from your crown chakra to a point between your eyes, this is the "Third Eye" chakra. See the ball of light form and turn purple, the color of amethysts. Hum the "OM" and allow the ball of light to form, see it pulse and glow with life. Continue until you feel that this chakra is open and the energy is flowing.

Draw some of the light from your third eye down to your throat. Now see the light form a ball that is cobalt blue. Hum the "OM" and allow the ball of light to form, see it pulse and glow with life. Continue until you feel that this chakra is open and the energy is flowing.

Draw some of the light from your throat down to your heart. See the light form a ball that is green the color of emeralds. Hum the "OM" and allow the ball of light to form, see it pulse and glow with life. Continue until you feel that this chakra is open and energy is flowing.

Draw some of the light from your heart down to your stomach. This is your power chakra. See the light form a ball that is yellow, the color of the rising sun. Hum the "OM" and allow the ball of light to form, see it pulse and glow with life. Continue until you feel that this chakra is open and energy is flowing.

Draw some of the light from your stomach down to your groin, this is your sexual chakra. See the light form a ball of orange, the color of the setting sun. Hum the "OM" and allow the ball of light to form, see it pulse and glow with life. Continue until you feel that this chakra is open and energy is flowing.

Draw some of the light from your groin down to the end of your spine, this is your fight or flight chakra. See the light form a ball of red, the color of blood. Hum the "OM" and allow the ball of light to form, see it pulse and glow with life. Continue until you feel that this chakra is open and energy is flowing.

Now allow the energy from your chakras to flow throughout your body, down to the ends of your fingers and the tips of your toes. Allow it to feed each blood cell, each organ, veins, tissues, organs, bones every part of you. Fill yourself up with the energy.

When you are totally full, open the chakra points in the soles of your feet, and allow the energy to flow through you and into the earth. Continue to draw the energy into your body through your crown chakra.

Now watch as the white light begins to turn a golden color. It becomes like a golden river of light that flows down to you. Allow it to cover your entire body. It feels warm and comfortable. Pull it into your crown chakra, and let it flow into your body. It changes each chakra to one of pure golden light as it passes through them. Your entire being is changed. Fill yourself with the golden light, let it nourish you. Let it flow out through your feet and into the earth.

Continue to let the golden energy flow into the earth for as long as you can. See it fill the planet and cast a golden aura around it. When you are ready, close the chakra points in your feet. Release the golden light, remember it is always there when you need it. Relax for as long as necessary.

# Talisman Magick

*By Spellcaster*

Talismans are as ancient as mankind. Early humans intuitively knew that they could combine symbols, plants, animal parts, etc., for specific purposes such as love, wealth, health, success, or protection. When organized religion began to take over, talismans gained the aspect of the Divine hierarchies that these religions preached. When such a talisman worked as expected, followers of these religions saw this as a proof that their religion was the only true one. Quite often they were oblivious of the fact that other religious systems also offered talismans that worked. When there was no longer any denying as to effectiveness of talismans from other traditions was possible, these objects were simply considered to be evil.

Many talismans are objects that symbolized the powers invoked. The choice of the object depends on local belief structures and "superstitions". These belief structures, of course, vary from region to region, from tribe to tribe. In addition, some of these objects had symbols engraved that represented the forces for help or protection. Again, the symbolisms used in talismans have always been largely dependent on regional belief structures, main religion, secondary religions, and "underground religions" alike.

The talisman can be considered to be a magnet that is designed to attract desired circumstances. Quite often, a talisman has also protective qualities. In this case, it acts passively as an amulet and actively as a talisman. The planetary talismans that are the object of this course play this dual role as protectors and activators. One way of understanding the working of a powerful talisman is to regard it as a battery, or accumulator, of cosmic energies into which the carrier of the talisman may tap whenever needed. After having received an initial charge and with this charge the structural link to the desired action, the talisman will essentially be self-charging and storing the energy (life energy) until the time when needed. Some very ancient talismans have been found in tombs, temples, and other places all over the world. It is very interesting that many of those objects have still strong charges of psychic power. The "curses" of Egyptian pharaohs which destroyed the robbers of their tombs (if true - theoretically at least that is possible!) can be seen in this light of being thought forms that

continuously self-perpetuate. Personally, I have tuned into many ancient objects, and very often I was capable to "decipher" the charge that was given to them, and to determine the purpose they had, even when I had no idea of the symbolisms that have been used on such objects. Contrary to a conventional electrical battery, the charge of a talisman seems to be

infinite, provided that it receives a continuous supply of life force. This supply comes traditionally from the person who is carrying the talisman. Yet, even with the talisman, there are limitations. Very specific rules have to be observed if the talisman is to be the carrier of that which it is supposed to bring.

sometimes potential interferences have to be calculated

and dealt with, perhaps by making a special talisman for that purpose! Each talisman should be designed and charged individually for the purpose it is supposed to fulfill. An infinite supply of energy alone does not necessarily mean that the energy does produce what it is expected from the talisman. In this light, I consider it more useful to see in the talisman more than just a battery: to see it as a transformer of the psychic energy that is found everywhere in the universe. This compares perhaps to a prism that dissects white light into its colors. When seen under this aspect, the structure of the talisman (by way of linking to the specific trend-energy that is needed to trigger the desired action and cause the desired result to happen) transforms the psychic energy that is everywhere in its non-shaped state

into well-defined psychic energy that brings the desired results. There are no limits to the use and envisioned purposes of talismans. The only limits are found at the boundaries of human desires. As we know, the realm of human wishing and desiring can be infinite, because regardless how far a human being may succeed, there is always some goal beyond.

AMULETS are for protection. They serve to defend against demonic, or negative, forces. Amulets may be used to overcome hostile powers of any kind. Some are made specifically to banish the effects of the "evil eye", and to protect against poisonous animals.

TALISMANS are designed to draw good circumstances, luck, love, health, success, power, and wealth. In this category fall also many talismans that help you achieve spiritual insights, wisdom, knowledge, and psychic powers.

History tells us of many instances in which would-be lovers successfully went on to harness the energies of talismans, after all other means failed. Another widely used field of talismans is in business and politics. Success, power and wealth are pursued by many people. Many of those who made it to the top are crediting this to one or more specifically designed talismans.

Some talismans are set into houses, for protection and for success of the inhabitants. Even the structure of houses may follow talismanic principles. Astrological talismans can be used to counteract shortcomings in an individual horoscope.

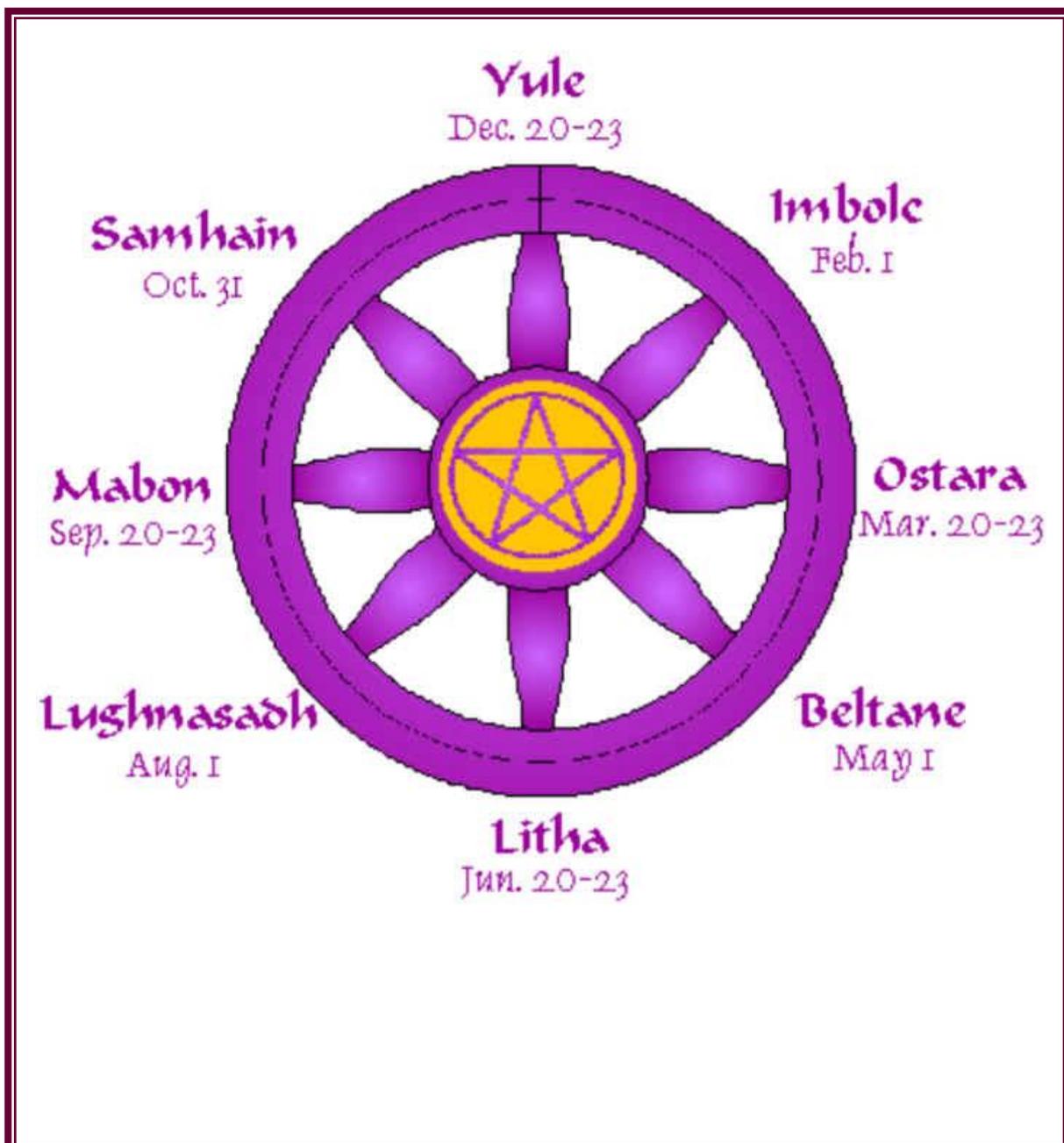
The material of the talisman can be of importance. On the other hand, when I first learned about talismans, I asked my teacher what the best material would be for a specific talisman. His answer: "take toilet paper" With this he meant that the material is of importance, but that the energy that is projected into the talisman is of much greater importance than the "proper material" and that there are no "absolutes" in talismanic practice, nor are there strict dogmas. As long as the talismanologist can establish a link between the material chosen and the energies desired, the results will be good, regardless what the material. Throughout the ages, many materials have been used for talismans. In our times, the preferred materials are precious and semi precious stones, clay tablets, wooden tablets, metal tablets, paper, and parchment. Jewelry is often designed function as talismans or amulets. Statues, especially of gods and saints, are considered to work as talismans. Plants and parts of plants are used as talismans, and so are parts of animals such as feathers or claws

#### THE INSCRIPTIONS ON TALISMANS

What makes a talisman powerful is the skill of projecting the appropriate energies into it. As I mentioned above, the shape and material of the talisman is not an absolute necessity to consider, but those elements are extremely helpful to the talismanologist. Especially the symbols used are very useful in determining the exact nature of the energies that are projected into the talisman and the results they are expected to bring. Symbols and writing on the talisman increase its effect, and so does the material that is chosen according to universal harmonies and correlations. To put the symbols and writing on a talisman requires a vast knowledge of symbolisms. In this course, you will learn the basics that are necessary. These basics will allow you to make talismans for just about every purpose. If you want to become totally knowledgeable in actually designing talismans for very specific purposes (such as the love talisman of Catherine de Medici which I mentioned above), you need to become thoroughly acquainted with symbolics, cabbalah, astrology, numerology, Runic wisdom, and many other metaphysical disciplines. On many talismans, you find the names of gods, angels, demons, planetary spirits, and other entities (energies of a higher order). Inscriptions are often wishes written in an ancient language. Often you find psalms written around talismans. In addition, you find seals, or symbols, that represent the energies of the

beings which are part of the energetic make up of the talisman. You also find pentagram, hexagram, the seals of the archangels, planetary intelligences, genii, devas, etc. Very important are also the planetary number squares, often referred to as "magical squares". These numeric squares are generators of the energies of the planet which they represent. There is the possibility of combining the energies of two or more planets in one square.

The chosen material is usually in tune with the planet which rules over the desired effect of the talisman: gold (or bronze) for the Sun, silver for the Moon, brass for mercury, tin for Jupiter, copper for Venus, etc. An important factor is the choice of the best time(s) for making the talisman. The choice of time is based on astrological factors.



# A Tribute to Onari

*By Patricia Cuadra*

'Twas 1987 when I began exploring the metaphysical  
And part of me learnin' process was meditation  
Meditative power, she was attributed to the quartz  
And...

I bought me one, a very special one  
Heat resonated from this gift  
a kiss to me palm.

I did me a quick cleanse  
On this special stone  
And beheld a heart of pink

I need yer name,  
Onari, is what I heard.

We shared many things

A visit to a Shepherds hill  
A legend and  
Orion's lost star

A young king, Nephor,  
And his treasure trove

A world re-populated  
That 'twas destroyed by floods

All the above... and more

He was taken from me

I call on the elements  
Have compassion  
I plea  
Return my beloved Onari to me.

# Enchanted Forest "Site news"

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ITS SIMPLE

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This should take you back to the site



THATS IT - Simple

You can vote for us as many times as you like (the more the better) encourage all your friends on the site to do the same. Lets see how high we can get

Many Thanks

The Enchanted Team

## Creating Groups

At the Enchanted Forest we try and maintain an "open policy" with this in mind we ask that all Groups created by members are created and open for all - No groups should be set to private. Thank you all for your continued support and input in the Forest.

And to be sure is not another group of the same topic..many groups have been here long time and have gathered all sorts of information and we like to utilize them as much as possible..

So before putting one together check through to make sure is not another..

And when putting a group together ..please have info ready or discussions along with picks..have noticed some groups get started ..but without info or description or any discussions..we usually wait a week to give person time to do so..then if nothing is added ..will usually remove the group..

We try to keep them active and share the contents of these groups with members plus we always have new people coming in..also helps to make sure these groups are updated.

Thanks .. Shadow



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*Keeping the Magic Flowing*





If you wish to email the radio directly with questions or comments, there are now two ways to do it. You can do that by either clicking on the Enchanted Radio Group or go to the Enchanted Radio's member profile - and select send message.



# Enchanted Radio Merchandise

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# "Listening To Animals"

*By One Crow*

For over a year now we have had a group here in the Enchanted Forest called "Listening To The Animals." This group is based on the Native American beliefs of Totem Animals, the appreciation of them, and all things pertaining to animals and Native traditions. It was said best by"

~CHIEF DAN GEORGE

**IF YOU TALK TO THE ANIMALS THEY WILL TALK WITH YOU AND YOU WILL KNOW EACH OTHER. IF YOU DO NOT TALK TO THEM YOU WILL NOT KNOW THEM, AND WHAT YOU DO NOT KNOW YOU WILL FEAR, WHAT ONE FEARS ONE DESTROYS.**

But first we must listen. As a friend Big Little Cat pointed out to me once, "The Chef knew that, he just left that part up to us." In order to do this you have to put aside the opinions of others who may say it is foolish, and do as many have done before us, and hopefully many after, and directly commune with nature, for this Earth is our home and home for all creature beings.

It is not by chance that we are put here together. The Great Spirit has given us the gift of the animals and given the animals the gift of us. Just as he has given us the gift of the four directions and the elements.

Just as each of us have our own special talent or ability that is unique only to us, so does each animal and insect. "This is their Medicine." The Native Americans used the word Medicine as anything which brings us help and healing. And anything that helps improve our connection to the Great Spirit. And that is exactly what is given us, and what takes place when we accept the Totems Medicine. We start to heal, and carry the Medicine with us to utilize as we need it.

This is a process to help us understand our connection to our Mother Earth and all of the creatures here.

Each of us are born with nine totems which stay with us throughout our Earth Walk. Others will come and go as we need them. For instance if a person is born with "Wolf" as a totem, that person is naturally a born teacher, innovator, and leader, and pathfinder. But the person may not know this. And their gift of wolf Medicine may be lost if it is not recognized and harvested.

That is what Listening To The Animals is there for. I have added in the discussions, instructions on how to find your Totems how to communicate with them, and how to understand their messages, even those who come to you in a time of need that aren't your personal Totems. For instance, if you see a deer suddenly while driving, that is no coincidence The deer appeared to you with the message of "Gentleness," you must be in need of the Medicine to apply Gentleness to some aspect or problem in your life.

Also know that the meanings we have posted in the group are but a small example of each animals Medicine. They each have many. And the definitions vary from tribe to tribe, and geographical locations.

We have also added the meaning of Australian Totems for you if you are in that location. Please (view the discussions, all the way to the last pages, that is where I posted the topics which the group is based on.)

As said by Jamie Sams and David Carson:

"Native American Medicine is an all-encompassing way of life," for it involves waking on the Earth Mother in perfect harmony with the Universe."

# Using the Tarot for daily affirmations and guidance –

Jane O'Connor-Chapman.

When I am seeking help and advice in my life, I reach for my tarot cards and immerse myself into their ancient wisdom. Reading the cards has become part of my life and I feel as though I can achieve anything with them by my side.

If you have a pack of tarot cards that are gathering dust, hidden on a shelf amongst your books, waiting for that day when you have learnt all of their meanings and feel confident to begin using them. I strongly urge you to understand that now is the time to begin your journey with them. Let their symbology and ancient mysticism into your life and you will never look back.

There are many hundreds of books written on the tarot and the meaning of each card. I found myself daunted by having to memorise so many intricate meanings that I put my relationship with the tarot on hold for many Moons, until one day I saw an Angel Channeler on Tamborine Mountain. She revealed to me that I should trust my psychic abilities and reading them intuitively.

This has been the case now for many years and each time I hold them in my hands and look to them for guidance I am never disappointed in their accuracy and bountiful insights.

So please, join me now if you will, take up your pack of tarot cards in your hands. Close your eyes, breathe deeply and try to clear your mind of any unwanted thoughts. Once you have done this for a couple of minutes, fan the whole pack out in front of you and select one card. The card that I have selected is that of the Emperor. As I hold this colourful card in my hands examining the symbols, I begin to feel the Emperor's presence in my mind and in my energy field. I start to realize that within me is a masculine strength that I can draw upon anytime it is needed. A side of me that forges ahead with current projects if I choose to allow its strength to assist me, for life is all about choices.

As you hold your own card in your hands, close your eyes if you need to, or stare at the imagery, whatever feels most comfortable to you. Allow your thoughts and feelings to formulate without immediate interpretation or decision. Bear in mind that there is no right or wrong, everything that you feel about this card is completely right for you. Cast aside any negative thoughts you may be having about any inadequacy you hold as a reader and feel confident that the energy of the tarot is merging now with your own personal unique energy and see that divine guidance is literally in your hands.

Allowing yourself to relax and absorb information that flows naturally to you, in an instinctive, intuitive way as opposed to the old, logical structured way, can be an exciting experience. If you are new to this it may seem quite strange at first, maybe even quite daunting and highly illogical and so your left-brain will put up a fight during those initial psychically charged card readings.

I urge you though to fight past this, until the right side of your brain is opened and becomes victorious. The left side of the brain is all to do with logic, reason and anything that is pragmatic. The right side of your brain is used for psychic intuitive, day dreaming, artistic trends and connecting to soul essence and ethereal dimensions.

As your right side of your brain opens, your tarot cards will then impart their spiritual knowledge into your heart and mind, thus igniting your inner wisdom and allowing you to absorb guided information at a soul level.

This morning as I awoke, I selected my daily tarot card as I ritualistically do each day before my first coffee of the morning. Today's card was the Wheel of Fortune. When I took this card in my hands and slowly blinked away the remainder of my dreamy sleep, I began to see and feel giant question marks relating to my life and the wonders of the Universe.

I realised that by harnessing a simple positive thought, just one which turns into a feeling and progresses into an action. Anyone has the innate power to transform their lives and create anything they so desire. The Wheel of Fortune is screaming at me, making me aware that YES I can do it! I can push myself into whichever direction I choose. Round and round and round we all go, where we will stop well no body knows, but we can ride the wheel with love in our hearts and a flame in our soul that burns so brightly illuminating even the darkest corners of our being.

Later that day, I'm sat on my bed and I pick a card to meditate with before I finally allow myself to fall into sleep mode. The card that I choose is Death. Looking at the picture I visualise a huge metamorphosis occurring in my life. Taking me from the 'me' that I know of now to the new 'me' that I know I will eventually grow to love. The lyrics from a song 'Ch-ch-changes' comes to mind and I must admit that with it an intense rush of 'Oh no, not again!' follows suit. Due to my gypsy spirit and wanderlust heart I have spent the last ten years moving from pillar to post, and if truth be told, I would completely embrace a period of normalcy. However, I shall continue to embrace the unknown and laugh in the face of stability. It has been so many years that I have lived my life to intense trust and complete faith in the Universe and wherever she shall endeavour to lead me. So, whenever the idea of change is presented to my life, I know deep inside that to live, and I mean to truly live with total abandonment to the ebbs and tides of the Universe is the way to do it, I cannot help thinking 'what now?!?!'. Yet, I immediately cast this absurd apparent imaginary hook into normality aside and throw caution to the strongest wind known to woman or mankind with an understanding in my soul that all will inevitably be well.

Each time I select a card and allow myself to dive into its energy, I do so with upmost thanks and an overwhelming sense of gratitude. I have witnessed that light bulb moment on so many occasions now as the cards have awakened my senses and allowed me to see a different side of a problem that I may not have ever seen without them.

There is a leap of faith that is required when first using the tarot intuitively and once you have made that leap, any preconceived ideas, pools of doubt that may have gathered and lay dormant in the recesses of your mind, simply drain away and are replaced with a tremendous sense of knowing that everything is just as it should be.

So, pick a card, any card, roll on up to your own theatre of divination, practice using yours cards on a daily basis. I can assure you that getting to know them is a beautiful life enhancing experience and you will create a relationship with them that lasts for this lifetime and more.

I send my love to you. ♥

Psychic Jane O'Connor-Chapman

# GIVING BACK

By Rev. Christa Lore Urban

## Giving Back

It is the tenant of any spiritual path that one should give back to create more abundance. One way to give in tough times is to offer your time and gifts. I have found that using my gifts as a reader to benefit charity always creates more. It also introduces people to readings that may have never considered it before.

This spring I was blessed to help raise money for several causes. I am blessed to have open minded friends in the community. As a Psychic it is good to be accepted and educate those that may have misconceptions about Tarot and readings.

The community outreach benefits in three ways. I receive a portion of the fee. The charity receives a portion. I negotiate this with every event. The readings provide counsel and assistance to those that may not otherwise realize the benefit of a good reading and counseling session. I try to provide some type of healing and leave everyone with a positive experience.

It is a challenge to a reader to do many mini readings in rapid succession. I recommend to everyone it really improves your skills. Even if you are a beginner try it. I have a friend that does it at parties for fun and brings her book. There is no better way to learn to be a reader then to get out and there and share. The practice for a reader is invaluable. Sharing a simple one card reading for a few dollars is an easy way to fund raise. It is entertainment for a party. It's a great companion to a silent auction and buffet.

As we put out the energy and share we are blessed in return. Volunteer and share your gifts. Help change the world

Love and Light

Rev. Christa Lore Urban, RN

# Lets Light Our Spark Of Peace

*By Elisabetta Errani Emaldi*

Let's wake our slumbering minds, uncontrolled.  
Let's light the spark of peace in our sleeping hearts.  
We are all one and connected,  
responsible for what we are transmitting through the  
invisible and intertwined gold threads of telepathy.

Do not let our energy of Divine nature  
be polluted by the influence of evil  
because what we sow we will collect.

Without balance man is an irresponsible  
in the hands of the prince of darkness,  
guilty of his diffusion of death and destruction.

Let's cure ourselves to cure the world around us.  
We are all one and connected by the voice of silence.

Let's light Spark of peace  
because if it is not inside us  
we cannot transmit it and so we are  
guilty of sowing weeds in the garden of time.  
We are all responsible of the darkness that envelops  
our society, because it is created by our inner hell.

Let's control our wild mind with thoughts  
of love and donate peace to our brothers  
through the voice of silence.  
Without a controlled mind, there will not be  
balance, we will fall in a total pain  
and peace will remain a chimera stolen by the wind.

We are all one connected by invisible energies  
intertwined by the golden threads of telepathy and so  
we convey our negativity to the community.  
Let's light our Spark of peace!

# HERB CLASSES WITH SUSUN WEED

**August 23 - Nettle, Energy and allergies**

**Sept 20 - St. Joan's wort externally, Sunblock  
and skin cancer**

**Oct 18 - St. Joan's wort internally, herpes, HPV,  
and cold sores**

**Nov 22 - Oatstraw, low libido**

**Dec 20 - Hawthorne, heart health**

**Jan 17 - Elder flowers, berries, flu**



# A - Z Herbs

*By Cougar Blackstaff*

## The Herbal Encyclopedia – D

### Damiana

*Turnera diffusa*

**MEDICINAL:** Damiana is used to regulate the female cycles. It is also used to stimulate the sexual appetite. It is good for urinary problems and nervousness, as well as hypertension.

**RELIGIOUS:** Damiana is used in infusions to incite lust, and is burned to produce visions.

### Dandelion

*Taraxum officinale*

**MEDICINAL:** Dandelion benefits all functions of the liver. It clears obstructions (such as stones) and detoxifies poisons that gather in the liver, spleen, and gall bladder. It will also promote healthy circulation. The juice from a broken leaf stem can be applied to warts and allowed to dry; used for 3 days or so it will dry up the warts. It is also used to treat premenstrual syndrome, as it is a diuretic. It has been shown to reduce cholesterol and uric acid. Dandelion also helps clear skin eruptions when used both internally and externally. It is a rich source of potassium, and contains more vitamin A than carrots.

**RELIGIOUS:** It is a sign of rain when the down from a ripened dandelion head falls without wind helping it to do so. To blow the seeds off a ripened head is to carry your thoughts to a loved one, near or far.

**GROWING:** Dandelion is a common yard, garden, and roadside weed. Do not gather where chemicals have been used, and don't gather those near roadsides, as they have been contaminated from exhausts.

### Dill

*Anethum graveolens*

**MEDICINAL:** Dill is used to treat colic, gas, and indigestion.

**RELIGIOUS:** Dill is used in love and protection sachets. The dried seed heads hung in the home, over doorways, and above cradles provides protection. Add dill to your bath to make you irresistible to your lover.

**GROWING:** Dill grows in most regions of North America. It needs sun and a well-drained soil, and frequent waterings. It is a hardy annual, biennial in the deep southern regions, that reaches 2 - 3 feet tall. Dill matures quickly, and self-sows for the following year. Plant in six week intervals for a season-long supply of fresh dill.

## Dong Quai

*Angelica sinensis*

**MEDICINAL:** A powerful herb for the female reproductive system. It is a powerful uterine tonic and hormonal regulator. Used in premenstrual syndrome formulas as well as menopausal formulas.

## Dragon's Blood

*Daemonorops draco*

**MEDICINAL:** The resin of Dragon's Blood is used externally as a wash to promote healing and stop bleeding. Internally it is used for chest pains, post-partum bleeding, internal traumas, and menstrual irregularities.

**RELIGIOUS:** Added to love incenses and sachets, it increases the potency of other herbs used. A piece of the plant is often used under the mattress as a cure for impotency. It is also used in spells to bring back a loved one. A pinch added to other herbs for magickal purposes will increase their potency.



# Help The Site

Due to Ning now charging \$499.95 for hosting this platform in which the Enchanted Forest is run we find ourselves in the position that all site expenses are incurred by the site team. This we are willing to do because of our love for the members and the site. If you are able to DONATE or feel you wish to contribute to the site we have designed a secure DONATE button.

**~~THE DONATE BUTTON IS ON THE FRONT PAGE - LEFT HAND COLUMN~~**

There is no pressure on any of our members to feel the must give of their money, but we have been approached by a few wishing to give a little to help. On behalf of the Team we Thank you for giving this your attention.





The Team thank all our members old and new for making this the great site it is and wish all the Enchanted members and family a safe and fun time during this holiday season.

Your support of this site is much appreciated by all of the team and we hope you continue to add your input and love to this site we call home.