



A BIG THANK YOU

To all our members old and new for your continued support in this site. You are awesome. This is your site - enjoy it

<http://enchantedforrest.ning.com>

Enchanted Forest Team

~~ Believe In Yourself And Make It Happen ~~

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ADMIN

CELTIC COYOTE

MODERATORS

MOONDANCER4

GOTHIC MISSTRESS

ROSE MISTDANCER

SOARING EAGLE

GENERAL SAFETY TIPS FOR ALL MEMBERS

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.
- THE TEAM IS 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
ENCHANTED BY RADIO
ENCHANTING THE AIR WAVES

DJ GOTHIC MISSTRESS -
OWNER

DJ CELTIC
WARRIOR
OWNER

<http://enchanted.serverroom.us:6586>

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ENCHANTED LIVE RADIO - MAKE YOUR REQUESTS

We are pleased to announce the addition of a New Live Radio Station for the Enchanted Forest. Currently there are Four DJ's,(Owners) DJ Celtic Warrior ,DJ Gothic Misstress and Radio DJs DJ Deo and DJ Fates Fury.

To Tune in please click or copy and paste the LINK
<http://enchantedforrest.ning.com/group/enchantedradio>

and select the BROWN BOX then select LISTEN - then click OPEN and select your winamp. (please note this is only supported by Winamp - if you have not got winamp on your pc this can be downloaded free - if you have any difficulties please message either of the DJs above or goto the The Enchanted Forests chat page - where someone can help you.

TO ASK FOR YOUR TUNES EITHER EMAIL THE DJS OR COME TO THE FOREST CHATROOM WHERE THE DJS WILL BE HAPPY TO PLAY YOUR REQUESTS !!!

A Magickal Gathering

In my many talks and chats with many people from all over and about I am always asked Is there really a world of magick?

I explain to them that indeed there is, it is all around them all they have to do is see with their mind's eye and the eyes of the heart. So in thinking upon this subject if you will humour and old wizard (lol) Let me cast upon your mind's eye a magickal spell and weave into your imagination a journey....A journey that we shall take together with me as your guide to A Magickal Gathering.

So dear ones take hold of my robe as the mysts gather in upon us. Close your mortal eyes and open ye the eyes of mind and heart and travel with me to a place not so far apart from the mundane world. Picture now with me a place of country hills and valleys, a bright beautiful clear summer's day.... We see as we arrive an old dirt road not too well traveled by most but if you look closely you will see the footprints of many who have passed this way.

As we plod softly down this ancient road, a forest suddenly pops into view and faintly music is heard upon the winds by our ears. In the distance we see a group of folks laughing and talking excitedly, as we overtake them we are greeted with Bright Blessings and Light from these wonderful folks. We journey now along chit chatting as a rather large group, speaking of weather and magikal things. Before we realize we are nearing the entrance of a forest clearing and the smells and sounds are magickally intoxicating to the senses as a wonderous sight to behold becomes visible. Every one you see are either in flowing robes, dark swirling capes and cloaks, faces mysterious behind paint or masks.... Women wear lovely gowns of silk and velvet, corsets and bodices, or beautifully batiked Baliese saris and sarongs. Many wear fantastic and beautiful jewelry, armbands, necklaces, rings, anklets and belly dance belts. Some have Tiaras, and pointy Witch's hats with wide brims...and the men ahh here be some menfolk dressed in the finest pagan clothes,

Men in kilts carrying bagpipes, others in khitons, leathers, breeches, togas, tunics, robes and jerkins, some wearing helms and headbands with horns and antlers... and even more fantastic sights await us, come.. now we are here A Magickal Gathering is in our midst...

When we enter the gathering place we are greeted by warm smiles and big hugs. We are greeted by everyone as they hail us and say Welcome Home!!! and you know they mean it as you feel it in your heart, that indeed you have come home! Music is playing every where from madrigals to rock to flutes, to drums. Colorful banners flutter from walls, trees, tents and pavillions. Hearty feasts are set where crowds sit together at large tables, joking, laughing and sharing stories in between bites.

Children of various ages are running through it all in happy joyfull packs. We look yet further and see workshops aboundshops that teach mask making, macrame, belly dancing, wortcunning, chants and spells, drum making, weaving, figure sculpting, story telling and crystal gazing, tarot, meadmaking, fire building and incense making and many others. In fact any thing they wish to teach and you would want to learn as a pagan.

Circle after circle comes together in the fields and groves, the rings of stones, medicine wheels, and around great ancient oaks. Group after group conducts rituals enacting myths and mysteries as old as time and as new as tomorrow. Circles range from silly to solemn, from loud and boisterous to totally silent.

In this gathering there are great bonfires and smaller campfires in the evening, candles and torches will be lit to light pathways and shrines. As we walk into a circle of firelight, glowing friendly faces turn to welcome us. Folks make room for us as they pull up a seat tho it be a log(lol).

Someone passes to us a chalice or a drinking horn saying "May you never thirst" folks are singing ancient songs that stir within our souls as familiar and good.

As we make our rounds to the great bonfire there we see and hear drumming and dancing around the fire, its ancient rhythms pounds within our souls, we pause to listen to the most beautiful pagan primitive music we have ever heard entranced and transformed in it's tones. A great booming is heard by all as we hear oohs and ahhs of all looking skywards to see beautiful fireworks explode across a midnite sky. Suddenly I realize "Gosh!!" Its getting late. So reluctantly we bid our new brothers and sisters a fond farewell as the mysts once again enfold around us and we are once again transported to where we were when we started..... here in our own Enchanted Forest! I hope you have enjoyed our journey into a Magickal Gathering and see ing perhaps for the first time yes magick is all around us all we have to do is look and see!

Go Well my friends and brethern!

Brightest Blessings and much Love and Light

Spellcaster....



From the **Enchanted Blogs**

The Hermetic Order of the Golden Dawn

The Hermetic Order of the Golden Dawn

The Hermetic Order of the Golden Dawn, or GD, was founded in 1888 and fell apart in a series of political struggles between 1900 and 1903. At its height, the GD had only about a hundred active members--a small fraction of the size of other occult organizations at the time. Yet within these limits, the GD laid the foundations of today's magical renaissance and put together a body of occult knowledge fundamental to magical groups ever since.

The roots of the GD lie in the magical subculture of Victorian England. Scientific materialism had driven English occultism underground, but never quite eradicated it. This underground was revolutionized by the founding of the Theosophical Society in 1875. A complex mix of Eastern and Western mysticism, Theosophy was the first non-Christian spiritual movement to gain a mass following.

One person who saw the possibilities was Dr. William Wynn Westcott. A member of the Theosophical Society's exclusive Esoteric Section, Westcott was a student of Cabala, Hermeticism, and Ceremonial Magic. He was also a Freemason with connections all through the Victorian occult underground. At some point in 1887, he came across a manuscript in an ancient cipher. Decoding it, he found detailed outlines for a set of initiation rituals for an "Order of the Golden Dawn." To expand the outlines into full-scale ritual texts, Westcott turned to his friend Samuel Mathers, a brilliant, if unstable, magician who shared many of Westcott's occult connections. Westcott, Mathers, and another Masonic occultist, Dr. W. R. Woodman, then founded the new Order on February 12, 1888, and began initiating members.

Around this set of events a good deal of mythology sprang up, aided and abetted by Westcott and his associates. It was claimed that, together with the cipher manuscripts, Westcott had found the address of a German adept named Anna Sprengel, and received authorization from her to found the Golden Dawn. Letters in German from Fraulein Sprengel were duly shown to members of the Order. Those letters are obvious forgeries, written by someone whose native language was clearly English. It's a good bet that Westcott himself had them manufactured, and easy enough to see why. At the time, nearly all occult groups claimed connections to "Secret Chiefs," and Westcott no doubt felt the need to give his new Order an equally impressive background.

Fortunately, these dubious matters were not part of the main work of the GD, which was the systematic training of its members in magical theory and practice. Westcott and Mathers assembled papers covering everything from the symbolism and philosophy of magic through basic, intermediate, and advanced ritual work, to alchemy, geomancy, tarot, astrology, and many other occult teachings. Members studied these as they worked their way through a series of different grades.

Newcomers started in the Outer Order--the Golden Dawn proper--with the Neophyte Grade, and advanced through the grades of Zelator, Theoricus, Practicus, and Philosophus before finally reaching the Portal Grade, the threshold of the Inner Order. In these outer grades, the initiate learned magical symbolism, theory, divination, and basic rituals.

The initiate then entered the Inner Order, the Ordo Rosea Rubeae et Aureae Crucis (Order of the Red Rose and Golden Cross). After entering the first inner grade, Adeptus Minor, initiates tackled an intensive curriculum of magical theory and practice. Those who mastered this went on to the next grade, Adeptus Major, and there were plans to add even further grades and more advanced magical studies.

What put an end to these plans was the failure of the order's system of governance. In its early days, the order was managed by Westcott, but in 1896 rumors of his occult activities reached his employers, and he was forced to leave the Golden Dawn to keep his job. That left the order in the hands of Samuel Mathers, who was an incompetent manager and a tyrant to boot. Mathers' pretensions- -he insisted that the GD's members swear allegiance to him personally-- soon drove the order to open revolt.

In 1900, Mathers was deposed by a council of the Order's adepts, who set out to establish a new constitution. The revolt stirred up a wasp's nest of disagreements, though, and after several years of increasingly bitter politics the GD broke apart. The largest faction, headed by Robert Felkin, renamed itself the Stella Matutina (Morning Star); a second, headed by A. E. Waite, kept the original name, while a third group of Mathers loyalists took the name of Alpha et Omega. The Stella Matutina survived in a few places into the 1970s, while the other two were long dead by that time. Meanwhile, though, the legacy of the GD had entered a new era.

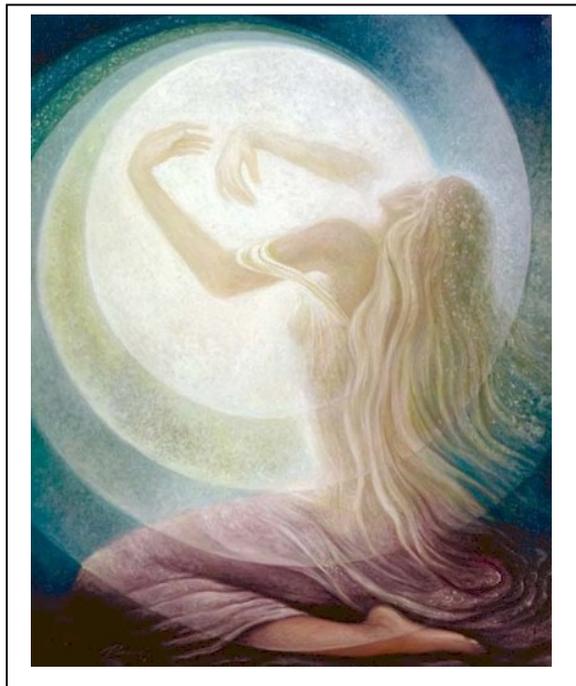
Part of this was the doing of several Golden Dawn alumni who founded new orders of their own based in part on GD material. Dion Fortune and Aleister Crowley, the most important of these figures, also wrote extensively about some elements of the GD system. The most important part, though, was played by one man: Francis Israel Regardie.

Regardie had joined a Stella Matutina lodge in the 1930s in Bristol, and rose quickly through its grades. Appalled by the incompetence and petty politics he found there, he decided that the GD legacy had to be made public if it was to survive at all. His anthology, "The Golden Dawn" was published in four volumes in 1937-1940, and has been fundamental to modern magical practice ever since.

In recent years, several dozen new Golden Dawn temples have come into being, drawing on published sources and (in a few cases) on links with the GD's successor orders as well. Many of these new temples have done solid work; some of them, though, have fallen into the same petty politics that wrecked the original order. Still, if the new Golden Dawn revival can learn from the example of its predecessor, the future of the tradition is bright.

by John Michael Greer, copyright 1999

from the blogs by CedarWoman



From the Groups

Quantum Realities

By Cynthia L Groulx

Our awakening into the consciousness of other dimensions beyond our known 3-D reality is still only a micron of what can be conceived in our limited finite mortal mind..

Hugh Everett

[Quote] The mathematics of a certain part of quantum physics called quantum electrodynamics, or QED. This branch of quantum physics explains the electromagnetic interaction in quantum terms. The problem is, when you add the interaction particles and try to solve Schrödinger's wave equation, you get an electron with infinite mass, infinite energy, and infinite charge. There is no way to get rid of the infinities using valid mathematics, so, the theorists simply divide infinity by infinity and get whatever result the guys in the lab say the mass, energy, and charge should be. Even fudging the math, the other results of QED are so powerful that most physicists ignore the infinities and use the theory anyway.

One other interpretation, presented first by Hugh Everett III in 1957, is the many worlds or branching universe interpretation. In this theory, whenever a measurement takes place, the entire universe divides as many times as there are possible outcomes of the measurement. All universes are identical except for the outcome of that measurement. Unlike the science fiction view of "parallel universes", it is not possible for any of these worlds to interact with each other.

While this creates an unthinkable number of different worlds, it does solve the problem of Schrödinger's cat. Instead of one cat, we now have two; one is dead, the other alive. However, it has still not solved the measurement problem! If the universe split every time there was more than one possibility, then we would not see the interference pattern in the electron experiment. So when does it split? No alternative interpretation has yet answered this question in a satisfactory way. And so the search continues...[Unquote]

My theory only.

But what about the inner mind, or the soul's memory or awareness? Is it another infinity in itself, like memory cells of the infinite consciousness? We can retain but a small amount of memories of this life in our biological brain without going buggy-boo. How many other realities or dimensions are there in the matrix or fabric that binds all as one? *Probably as many as there are different shades in each band of colors in the spectrum of visible light.*

We can only gain so much knowledge from books. Books contain only what other finite human minds have compiled into documents from their own thoughts and theories. They are only pieces in the scheme of a much grander puzzle or mystery than can possibly be documented in all the books, magazines, tapes, DDs, DVDs, ancient scripts, scrolls, and tablets and etchings on cavern walls since the beginning of recorded history. No single work or collection of works could ever hope to contain the complete answer. There comes a time where we need to seek our answers outside of this corporal reality and the material world we perceive around us, and this is in the realm of an outer consciousness which we have only begun to explore, like the proverbial tip of the ice berg.

Yes, the books are good as directional sign posts, or road maps, for the time we are here as corporal beings living in this physical world. Or is this world only just what we perceive to be reality within the limitations of the mental processes of our biological minds? What is beyond the consciousness within the shell of our minds?

From the knowledge we gain from the physical world can help point the way for us as to where to find the path to a greater awakening. But in **all realities** we are all within the material parts from the spiritual Oneness of source. Only we through our own choice can find our way along the path of enlightenment into the greater oneness of consciousness.

Along the way on this journey through this life time there will be many stumbling blocks, such as choosing between what is right and wrong, the high road or low road of ego, self righteousness, morality, pride, greed and generosity, hate and love, and many other human failings or strengths. These are all parts of what we call the dualities of life, the yin and the yang, trials and errors, ego and free will, until we learn to divine right from wrong in accordance to what I call the Law of Universal Harmony or oneness of Consciousness.-----

On terms of a universal scale, The sum of all actions in the universe = 0. Past present and future exist simultaneously. Time and space + light = equals the (illusion) of distance. There is only one true point in all realities, and that is **source, or consciousness.**

In the beginning there was only thought/one consciousness, then thought willed light in the dark void, this light was the birth of a multiple consciousness in creation. My theory is that; The primordial soup of the early universe you will find all of the seeds that originated from the first **thought** made into mater and energy in the ether of creation. The first seeds are still accounted for in the present universe to this day. The seeds of all matter and energy and life = consciousness.

If all that came forth from the big bang, or the birth of universe are still here somewhere as well as in the multi verses and parallel universes and dimensions, would this not also mean that all is an ever growing consciousness of source? Energy can not be made or destroyed, only reformed. Imagination is one of the greatest miracles that universe allows us if we so desire to use it. When I was a kid I was a loner most time, **but never alone.**

Even to this day my imagination has not dwindled, I still retain a very fruitful and vivid imagination, where I can create my own magnificent worlds through the written word and art, and who knows, maybe some day those words and my art will manifest themselves into a physical reality.

So just be what you feel is real to you, trust and believe in your ability to manifest your greatest desire then live it, for you might very well be manifesting now what will be in your future in all realms of realities.

From the Forums

Transforming Anger to Light

By Rev. Carol A. Ingle (Raven)

Give your Anger to the Earth

As humans, we all have anger, sometimes more than others. A healthy way of purging our anger from our bodies is to give it to Mother Earth. We can imagine ourselves being grounded as the electrical energy passes from us into Mother Earth below. We can see that energy go straight to the earth's core where it becomes part of the continuous growth process of our planet and is transformed from negative to positive, from dark to light. When we choose to give our anger to the earth, we trust our connection with the natural world we live in and the great universe that fuels it all. Mother Earth will lovingly transform your anger into light so no need to feel guilty about unloading to her.

We can make this offering of our energy from any location, whether many stories up or on a ship at sea. We know the earth is below us, supporting us and sustaining us. If we have the opportunity to physically connect to the earth by going outdoors and touching unpaved ground, we may find it easier to connect to nature's energy flow. It may also be easier to receive the flow of positive, calming, healing energy that comes to fill our bodies when we have emptied ourselves of our anger. To begin, sit and breathe deeply, ask Mother Earth to accept your anger, and imagine it coming down your spine out of your tailbone, and into the earth's deep core. To finish, be sure to honor and thank the earth for her loving service.

When we work with our anger this way, we acknowledge that like everything else it is merely energy that can be used positively or negatively. During our grounding meditation, we may be given direction to channel this energy for its best use. We may find that the earth can help us cleanse misplaced energy to use for its rightful purpose. When we do this with gratitude, we know that we are not misusing the earth for our own selfish purposes. Instead we are connecting ourselves with the energy of our homeland, and when we do this we nurture the earth as it nourishes us.....





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Happy Valentine Day



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From the Archives of Enchanted Forest

Color Therapy

Posted by [Nicole](#) on May 30, 2009

Colour is your own personal way of expressing yourself. As a practitioner of Reiki, which is energy therapy, I also incorporate colour therapy in my sessions, it has proven most effective.

Everyone has a favourite colour or colours with which they identify but what about the healing and soothing effects of colours? How do they affect you? When white light is passed through a crystal or glass prism a rainbow effect is produced. The colours of violet, indigo, blue, green, orange, yellow and red are revealed to us.

Red, Yellow and Blue are called the primary colours whereas any mixture of these are called secondary colours. They are Orange, Green and Violet.

A third series called Tertiary colours is formed when primary and secondary colours are mixed. There are dozens and dozens of combinations and each has its own mood to enhance your life.

Violet

Violet is associated with physical healing and has a marked influence on the skeletal system. It clears, purifies and tunes you into the spiritual realms and your Higher Self. It is a balancer between the physical and astral worlds.

If you suffer from any aches in the bones such as arthritic pain, it is said that violet can assist in that area. If you are a meditator, violet can assist in deepening meditation and evoking the higher human sentiments such as humility and truth. It is a majestic colour that is said to reveal past lives to you.

Indigo

This colour and some of the bluer shades have an influence on the third eye. This means that if you are trying to develop your psychic and spiritual powers, then, just like violet, it can have a marked influence on your evolutionary growth.

It is said to detoxify and cleanse the lymphatic system and strengthen your immunity to disease. It purifies the blood and eliminates waste from the glandular system and body generally. You should use indigo to lighten the spirit, but an excess of use may in fact give the opposite effects.

Blue

Blue is a cleanser and relaxing to the entire body. It has a marked effect on the lungs and is considered antiseptic in its action.

It has a very conservative feel to it so that any activities requiring a traditional mood are benefited by the use of blue.

Asthma, any infant diseases and skin disorders are said to be assisted using the colour blue.

If you are depressed or sad, you should avoid the sedating effect of blue. If you like blue, try mixing other colours to lighten the effects.

Green

Plants predominantly exhibit this colour as does the deep ocean. It is therefore regarded as one of the most natural and uplifting of colours. It is very sedating in its effect and unruly children are pacified by its use.

If your nerves are on edge or you are overworked, try using green light or colours on you to calm and soften your mind. Green brings luck in social and financial circles too where it has the power to attract commercial luck.

It relates to the heart and is tonifying to the cardio vascular region. As the heart chakra relates to love- it is said to raise your awareness to a Universal level as well.

Yellow

The Solar Plexus is linked to this colour. The chakra or energy centre there is activated by its use. If you have become tired or listless and lacking in initiative or drive for life, try using yellow colour or sleeping under yellow lights. It will reactivate your mind and heart and renew your interest in life.

Any digestive or eating disorders are helped through the use of yellow. The stomach and even the urinary tract respond well to its influence.

Orange

Orange, like yellow, signifies the Sun and has a warming effect on the system. It is also a colour of social interaction too. It can help you in drawing favourable people to you in friendship and romance as it has an endearing quality to it.

Emotional conditions respond most favourably to the use of orange light or orange colours in the environment or in fashion and also have a benefic effect on the pancreas, spleen and other internal organs. The nervous system is purified and toned through the use of orange and is a great pep up when feeling physically run down.

Red

Red is a most powerful colour and is sometimes regarded with caution due to its association with blood, death hospitals and emergencies etc. It is therefore a colour which calls all senses into action and can revive a sagging mental attitude or withered spirit.

It is a physical colour which warms the system. If the blood is weak, anaemic or the circulation is sluggish then red will activate its action.

Red is a passionate and sexual colour and therefore should be used sparingly unless sensual and sexual enhancement is called for, in which case it excels. It regulates the base chakra.

OTHER COLOURS

Gold- Gold is a colour of royalty and healing. It protects and nourishes the body and assists in the improvement of immunity against diseases.

Silver- As the Moon rules silver whites and greys, the power of imagination is increased through its use. Assists in highlighting other colours.

Brown- To induce an earthier approach to life, the colour brown is useful. It is healing and traditional in its effects.

Black - Conservative and settling colour but may create a depressive mood in those who are apathetic, lazy or emotionally imbalanced.

Turquoise- Is useful in skin conditions especially due to overheating.

Lemon- Awakens the nervous system and tunes the brain to higher energies of the cosmos. It is refreshing and deodorising.

Pink- Compassionate colour which also exhibits a passionate tone. Good for meditation and strengthening to the immune system

White- Purifies the whole system and contains all other colours. It is a spiritual symbol of purity



WEEKLY TAROT CLASSES



We at the Enchanted Forest are delighted to have Dominique every Saturday give her Tarot Lesson Group. This session is for all levels and offers a great insight into the skill of Tarot reading.

This group is held in the Tarot Group each week - the lessons are held in live time in a chat box - Dominique is available to answer any questions - we are truly blessed to have her input in the Forest.

Should you wish any further information please contact
Dominique, Shadow or Breeze.
Times of Lesson for each country

USA

Central - 6 pm - 10 pm

Eastern - 7 pm - 11 pm

Western 4 pm - 8 pm

Mountain Time 5 pm - 9 pm

Australia (Melbourne) - 11 am (Saturday) - 3 pm

UK - Midnight - 4 am

**Take the time to walk thru the
Forest is much Information on
site**

182-Groups

4600 Blogs

21.300 Photos

1440 Videos

1300 contributors to Forums

10 Enchanted Forest Magazines



What You Think Is What You Get

The Law of Attraction

By Spellcaster

The law of attraction is surprisingly simple: Like attracts like. It becomes a bit more complicated when it comes to training our minds to think in ways that will bring what we desire into our lives. The term "self-fulfilling prophecy" describes the same law. This well-known term explains that we create the circumstances our mind dwells upon, whether positive or negative. So our goal is to practice consistent presence of mind to make sure our thoughts are always directed toward the positive and that which we want to create.

A key to the process is the word "frequency." This is true for two reasons:

1) The frequency you use when you passionately dwell upon or revisit a thought, dream, desire or goal provides the energy your musings need for creation; and 2) just like a radio station broadcasts on a certain frequency, like the radio you must be "tuned in" to receive it. This means preparing for the arrival of your dream on every possible level—material, physical, and spiritual. You don't have to know how it will come into your life, just trust that it will. Your job is to lay the groundwork, follow any leads you can find, and prepare for its arrival. This can mean cleaning out your garage to make space for a new car, taking a tour of a model home to get the feel of it in order to feed your fantasies, or thinking of what you want in a mate and then living up to that list yourself.

Just like with any skill, the law of attraction must be practiced. We must decide what makes us feel abundant, and use our imagination to create the feeling. It isn't enough to just want something; you must use the power of your thoughts to attract it. A series of choices is what brings us everything in our lives right now, every moment. When we know the direction we want our choices to take us, it is as if we've placed an order with the universe. Then we can await its arrival with joyful anticipation. If we find ways to experience our dreams right now, we make creating joy a treasure hunt in which the seeking is just as much fun as the finding.

FREEDOM OF RELIGION ?

By

Rose Misdancer

Paganism and Witchcraft have been around for thousands of years. It is no longer necessary for anyone who does witchcraft to remain in the "Broom Closet". As of lately there has been a lot of Enchanted Forest members who have had to deal with problems from close minded people in their own communities.

Pagans, Wiccans and etc. are not bad people nor do they worship the devil in anyway. Pagans, Wiccans and etc. go by the earth. They view the earth as being a Sacred Place and try and do no harm to the earth it's self.

Many people hear the words Pagan, Wiccan and so forth and they think the worse of them. But if you take a closer look around they can be your neighbor, a child, a parent, or even the clerk at your local store or anyone else.

Some examples of people being treated unfairly here in the Forest are being taken to court by neighbors for being as they say" a witch" or even a devil worshiper, or being spit on, or being stared at or talked about.

It seems the only religion that has a problem with Pagans, Wiccans and so forth are the Christians. And my only question is WHY? Is it because they can not train us as they hope they can? If Christians look back into their own religion they will find that most of their own holidays they celebrate to this day stem from Pagans to begin with. In my opinion I think the Christians need to look at themselves before casting judgement on anyone else's beliefs.

THE REAL ORIGIN OF VALENTINES DAY

The first Valentine's Day was celebrated in Athens. It was actually a week long festival called the Festival of Lupercus. This festival was to celebrate the marriage of Zeus & Hera. In those days activities were segregated by the sexes, boys and girls would have separate activities and would not be allowed to mix.

At the Festival of Lupercus young boys would draw a young lady's name from a jar and they would be allowed to court throughout the festival and sometimes this would last up to a year or more. Later the festival was continued to honor the Goddess of fertility & Marriage Juno.

Under the Rule of Emperor Claudius III, in which Rome was engaged in many bloody battles he banned all marriages in Rome. A Catholic Saint by the name of St. Valentine secretly wed couples in his church. He was found out and the bludgeoned and beheaded. In an effort to make the holiday less pagan they condensed the holiday to a one day celebration. Bringing the holiday to what we know now as a day to give cards and flowers to special person.

MoonDancers Curiosities

Please contact us at 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 colors or multiple colors, also with sent for each layer of color 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 USD*

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	Cinnamon	Jasmine	Lavender	Coconut
Mulberry	Rose	Unscented	Ocean	Mint

*Shipping is additional based on weight of order.

THE ART OF SELF LOVE

I was listening to some music with my 25-year old son the other night. The lyrics were very self-loathing and sad for a young man to be singing. I asked him if this group wrote songs like this all the time and he said yes. We got into a discussion about people not loving themselves. Yes, not loving themselves. This reminded me of a book I read years ago about self love. I remember at the time I was about the same age as this artist and was also grappling with the “art” of self love. I was also very Catholic and my fundamentalist Catholic friend was taken aback by the fact that there was actually a book out on loving oneself. I explained that it wasn’t the narcissistic type of love that the book spoke about, but the acceptance of oneself with all your faults, frailties, dreams and talents before you could be able to love others.

Having seen counselors in the past, I was diagnosed with anxiety, and a touch of Gilles Tourette and Obsessive Compulsive disorder. It boils down to a few tics like blinking, not the frothing cursing from the mouth that some people are “cursed” with. And the OCD is a little bit ritualistic and obsessing type, but I am by no means a Susie Homemaker person. I’ve often thought about this and wondered if it’s not a lack of serotonin as much as an overdose of guilt. I mean the kind of guilt that I learned going twelve years to a Catholic school, the “mea culpa” guilt over every little act of omission or pleasure. I’m not putting down any one religion, but I always revert to the John Lennon song, “Imagine”. Imagine no religion, nothing to live or die for, a brotherhood of man. I remember a liberal Catholic priest telling a group of us once that any religion that teaches fear is not being a true religion. Appropriately I received something in the mail yesterday about the warnings of Our Lady of Fatima, the “dogma spewing, fire throwing threatening kind” of people burning in hell, or of an 18 year old girl having to stay in the Catholic Purgatory till the end of the world for having not lived her life up to par. The brochure also attacked any other religion as not being the “true” religion. And of course, Satan got blamed for disorientating mankind and deceiving us into not accepting the one true religion. It’s this type of Oral Roberts, Spanish Inquisition religion that is the cause of all our problems.

It was at that point that I realized I was glad I turned to Wicca and Paganism. It’s taken me years to get to the point that I don’t think I’m going to hell; that there actually isn’t a hell. As I mellow with age, I accept myself for what and who I am. It doesn’t mean that I don’t chastise myself if I hurt someone, or do something I’m not too proud of. But I say to myself, “Ok Cyndi, you did it again. Now brush yourself off and start over again”. The group Stained has a verse in one of their songs that goes this way: “Falling is easy but it’s getting back up that becomes the problem”. How true! I was taught to carry my cross and get up again with the cross. Now I look the Goddess straight in the eye as a wise Wiccan priestess once told me. I’m not accepting a sociopath type of life. People who are sociopaths and psychopaths are psychologically sick to begin with anyway. But I am renouncing the “Lord I am not worthy, Mea Culpa” path. I embrace the Wiccan Rede: “Do as you will and harm no one”. And I embrace my background, as much as I denounce it now. It helped me become who I am and luckily I found the path in life right for me. And I call it a path, not a religion.

I only hope that young artist, and everyone out there finds their own path, free from being herded as sheep into a fire of self loathing and guilt. Do as you will and harm no one. Love one and other. But by all means Love yourself too!

By Cynthia Rodeawald-Grove

Roses: Color Meaning and Symbolism

By Lil Wren

White Roses

Innocence, Purity, Secrecy, Reverence, Worthiness

White roses like bridal gowns symbolize innocence and purity. Giving white roses says that you believe that your intentions are pure and that the recipient is worthy.

Red Roses

Passion, Love, Respect, Courage, Congratulations

Red Roses are classic and a popular choice since their message is an unmistakable expression of love. The color red symbolizes enduring romantic love and passion. In addition to their message of love, red roses can be given in recognition of courage and to show respect or to say "Well done!" and "Congratulations".

Pink Roses

Happiness, Romance, Admiration, Sweetness

There are many variations of pink roses and all uses of pink communicate sweetness and elegance. Light pink roses show happiness, joy and admiration. If you want to send an expression of gratitude deep pink roses are perfect because they symbolize appreciation and thankfulness

Yellow Roses

Welcome or Welcome Back, Friendship, Caring, Joy

Yellow roses send a message of friendship, gladness and delight. Perfect for the new mother, graduate or newly engaged the yellow rose sends a message of joy and new beginnings.

Peach Roses

Gratitude, Appreciation, Sincerity, Modesty

Peach roses send a message of appreciation or gratitude and are also often sent as an expression of sympathy.



Orange or Coral Roses

Desire, Enthusiasm, Pride

Bright orange is a color of warmth and energy and orange roses convey the desire and fervor that the sender feels for the recipient.

These bright rose blossoms also can say "I'm proud of you."

Just as coral is more toned down than orange so are the feelings communicated by this color rose. The coral rose still speaks to desire coupled with happiness.

Lavender Roses

Deep Adoration, Majestic, Opulent

Sending this color rose says that you find the recipient as enchanting as the lavender rose. The light purple rose is a good choice if you want to express love at first sight.

Lavender can also express deep love and is a novel color to give your love to express the depths of your love.

Blue Roses

Impossible, Unattainable

Blue roses exist in fantasy but not in nature. The blue rose symbolizes the unattainable or impossible which won't make it a good choice to give someone you would like to maintain a relationship with anyway.

Black Roses

New Beginnings, Rebirth

Sometimes the darkest red roses are called 'black roses' and while they do symbolize the death of an idea or say farewell they can send a positive message of rebirth and new beginnings.



Mini Chocolate Velvet Bundt Cake

By Lil Wren

These mini cakes can be dressed up with a little Dark Chocolate Ganache (recipe follows) spooned over the top and allowed to drip down the sides. Be sure to let the ganache cool to between 85 and 90 degrees F before spooning it over the cakes (at that temperature, it is cool enough to run in thick rivulets for a beautiful finish). Top with spun sugar for a spectacular presentation.

Prep Time: 40 minutes

Cook Time: 20 minutes

Ingredients:

- * * * * For the Cake * * * *
- 1 1/2 sticks unsalted butter, softened
- 1 1/4 cups sugar
- 1 teaspoon water, at room temperature
- 2 teaspoons instant espresso powder, such as Medaglia d'Oro
- 3 large eggs, at room temperature
- 1 cup unbleached all-purpose flour
- 1/2 cup unsifted unsweetened Dutch-process cocoa powder
- 1/4 teaspoon baking powder
- Pinch of salt
- 1/2 cup buttermilk, at room temperature
- * * * * For the Dark Chocolate Ganache * * * *
- 12 ounces semisweet or bittersweet chocolate (up to 60 percent cacao), finely chopped
- 1 1/2 cups heavy whipping cream

If you do have the mini bundt pans, you can replace this with muffin/cupcake pans (these type of pans, even can be found at Wally World and other speciality shops)The cakes will be bigger and you won't get as many. Also, for those who would not know how to make spun sugar please dont try it, the liquid sugar will burn you ..Instead use some cotton candy you can buy at the store, just stretch it out on place it as you wish.

Virtual Vows

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



Eggs Benedict – Traditional Recipe

By Lil Wren

This dish basically consists of half a buttered English muffin at the bottom, which is topped firstly with Canadian style bacon, otherwise known as back bacon, or can be substituted with ham, followed by a perfectly poached egg and lastly, drizzled with a spoonful of smooth Hollandaise sauce.

To prepare eggs Benedict, you may find yourself having to contend with several things at once, as most of the ingredients only take a few minutes to prepare. It will take quite a bit of skill and expertise, but with a little practice or an extra pair of hands, you will soon be making eggs Benedict like a true professional

If you are not into being a chef for a day, it probably be just as nice to visit a very nice restaurant and let them to the work, but for those wanting to take the challenge ... here we go,,,

the crown and glory of this recipe is the Hollanaise sauce,,,, love it myself,,,

Eggs Benedict Recipe

Ingredients (For 4 people)

- 4 fresh English muffins
- 8 rashers of back bacon
- 8 eggs
- 1 tsp of white vinegar
- 4 egg yolks
- 2 tbsp of lemon juice
- 9 oz (255 g) of butter
- pinch of [cayenne pepper](#) ,try not to get this on your mouth , eyes,, ""will burn""
- salt and pepper

To make a simple Hollandaise sauce:

1. Place the 4 egg yolks, lemon juice, cayenne pepper and the salt and pepper into a fairly large saucepan and with a hand whisk, whisk all the ingredients until they have blended together.
2. Cut the butter into small chunks and add to the saucepan.
3. Turn the heat on the cooker to medium and begin to whisk the ingredients. As the butter melts, make sure that you blend it thoroughly into the egg yolks. Continue to whisk vigorously until all of the butter has blended into the eggs.
4. If the sauce begins to separate, add 2 tsp of water to the sauce mixture and whisk briskly until the mixture has combined together to form a creamy sauce.
5. Once all of the butter has melted and a sauce has been formed, continue whisking until the sauce thickens to the desired consistency.
6. Add more salt and pepper if required.
7. Remove from the heat and keep the sauce warm before serving for up to 30 minutes.

Once the Hollandaise sauce has been prepared and set to one side, you can concentrate on the other ingredients.

The next step is to prepare the eggs and the ham, if possible simultaneously.

1. Preheat the grill to a moderate heat and cut the bacon or ham into circles that will just cover the base of the muffin.
2. At the same time start to poach the eggs (see our section on: How to poach an egg).
3. Place the bacon or ham under the grill and [cook](#) on both sides until browned. Keep warm if the eggs are still cooking.
4. When the eggs and the bacon are almost ready, tear the muffins in half with your hands, taking care to break them evenly and place them in the toaster or under the grill.
5. When the muffins have been lightly toasted, butter them generously and place in the middle of a warmed plate.
6. Remove the bacon from the grill and sit one circular piece on top of each half muffin.
7. Arrange the drained and trimmed poached egg on top of the bacon or ham and finally spoon the warmed Hollandaise sauce over the egg.
8. Serve immediately.

this is my favorite breakfast dish,,,,, yes I like even making it,

enjoy,,

lilwren

Fancy Sugar Cubes

By Lil Wren



If you have the talent you can create tiny little flowers on top of regular sugar cubes, for a sweet and special, presentation . If you do not have the talent, you can ""buy"" pre made flowers, and take pre-made icing dab little on cubes and place flowers on, top. For Valentines Days you place, cute lil candy hearts, for just perfect for the occasion..

Happy Valentine's
Day



I love using these sugar, for all kinds of presentations, for any holiday.

Stardust

By Olja Ene Arelena

Once upon a time, so long ago in fact, that it is quite possibly still happening right now, the stars of the seventh sky were singing and dancing. The Love Fairy was dancing with her partner, the Prince of Truth. The seventh sky was glowing in happiness and joy. However, one tiny star Igem was shining on the very edge of this sky, so close in fact that she was almost about to fall off.

Her best friend Nagrad was holding on to her tightly and he shouted on top of his lungs, 'Igem, please be careful. Don't wiggle too much. You will fall into Fearoglandia. Igem, do be careful! Igeem!'

However, Igem didn't care about the warning. She intended to fall, or at least that's what it seemed like. She was about to fall into the deepest darkness.

The Love Fairy noticed that something was going on the edge of her seventh sky. She danced her way with her Prince of Truth all the way to Igem and Nagrad and asked them, 'Stars, what are you doing all the way out here?'

Igem replied, 'Love Fairy, it is so dark out there. I would like to shine and bring light to all those frightened hearts and bring them the magic of your love. Just imagine how bright and strong my light would shine out there in that darkness.'

Nagrad looked at the Love Fairy and whispered, 'Love Fairy, if she falls in there I will no longer have a dear friend to play with. I know all the other stars are still there, but our games are special to me and without her I will not shine as brightly. But she will not listen to me, she would rather be some place else than here.'

Igem said, 'You are so annoying! Yes, our games are special. And I do too shine the strongest when we are together, but as soon as I think of some other game, that bothers you. Just so you know, I really want to shine in Fearoglandia. I want to, I want to, I want to!'

At that moment, the whole of the seventh sky fell silent. All of the stars looked at the Love Fairy. Since the very beginning of the seventh sky and all the stars, there was a law that said if a star wishes for something and speaks it out loud three times, then that wish must be fulfilled.

The Love Fairy said, 'Oh, my dear Igem. What have you done? I must fulfill your wish. But there is something you must know. No stars can remember the seventh sky while they are in Fearoglandia. Because, my dear, your shine alone cannot reduce Fearog's magic; it is not powerful enough. The darkness there is too great for you. The scared hearts out there are even more scared of your light. If it wasn't so we would have been able to shine our light on them a long time ago.'

Nagrad looked at the Love Fairy then his friend Igem. And before anything else could have stopped it, he repeated quietly three times, 'I want to follow and take care of my friend Igem forever. And when she loses her glow, I want to help her get it back.'

'Prince, do you see what these two stars have done? I must fulfill their wish, and so it will be. You Igem will be a girl in Fearoglandia, and Nagrad a boy who will always follow you and protect you. His love will be with you. Nagrad, you will always be able to recognize Igem, but she will not recognize you, until she realizes what her silliness had done. She is a very good star, but she is a bit stubborn. She will have to learn that she can only give light to those who seek it. It is only when she gives up trying to make the darkness bright, will you be able to come to her. If she recognizes the glow of love in your eyes and keeps her heart pure, only then will she be able to have the shine of the stars back in her heart.'

And so my dear kids, one dark day a boy was born. Three days later, so was a girl. It was a dark and difficult place to live for a star, but she did not know why. She had lost all of her memories. Sometimes she felt that there was perhaps in some other time, some other sky. She had even forgotten her star name. Folk in Fearoglandia were not given such nice names because they were afraid; they were even afraid of each other.

Life was sad for the little fallen star. The scared hearts were scared of her too. If folk of Fearoglandia only knew how easily Fearog's magic can disappear. It would be enough if they closed their eyes and found a light within them. The Love Fairy would be there. But most folk neither know nor wish to accept this.

And so Igem wandered lost offering what was left of her light to others. Some did come to learn how they too can glow; others thought that if she shined on them for a bit it would help them, at least temporarily, believing that this would be enough.

But more often than not, most would not listen to a girl who herself was not too sure of what she preached. They found her to be different than the rest and so why believe her? And what is it that she wanted from them?

It was only a handful of scared hearts that wanted to help her. They tried to protect her and the glow that she had about her. Igem herself did not know how to protect herself. The harder they tried to destroy her, the harder she tried to shine.

Our loyal Nagrad had been watching everything sadly from afar. He was holding on wisely to his love and glow believing that one day he would return with her to the seventh sky.

Lifetime after lifetime had passed, all in a blink of an eye. Our dear Igem was so very tired, so tired she could not even glow for herself. Her starry heart was getting quieter and quieter.

All this time the Love Fairy and Prince of Truth had been watching. Prince of Truth said to the fairy, 'My love, our little star Igem is exhausted, please help her! Take her to the house where the stars that remember and celebrate the glory of the seventh sky come to. I shall bring Nagrad to her there.'

'Yes!', exclaimed the Love Fairy, 'That is what I shall do. After that it will all be up to her. If she looks and sees the light in Nagrad's eyes and remembers that love and happiness she shared with him, she will get her glow back.'

And that is how it was. Guided by her friends, one cold, dark night Igem looked deep into Nagrad's eyes and in a flash she remembered everything. At that moment the luminous light shone on her and all the joy from the seventh sky filled her. Her starry heart woke up from the sleepiness and shone cheerfully with a radiant glow.

'I am sorry Nagrad, my wish was not wise and it was impossible to be fulfilled,' whispered Igem uncomfortably.

'Do not worry, my wish was possible and I made it come true! It's time to go home now.' Embraced they went back home to the seventh sky.

And so, since that moment on, for all eternity, in memory of Igem and Nagrad, it is an unwritten rule that no star goes to Fearoglandia on their own. Another one comes along to guide and protect her. A star can return to the seventh sky if she finds the glow of the Love Fairy in the eyes of her partner star.

Therefore, take a good look around you if you are looking for the star glow. Maybe the eyes that guide you to the seventh sky are right next to you but you cannot remember them. Or can you?

And so this is the end of the never ending fairytale because this fairytale is for all eternity...

Native American

By Soaring Eagle

Native American Beliefs

Native American beliefs are deeply rooted in their culture. We believe EVERYTHING is sacred from the largest mountain to the smallest plant and animal. A lesson can be found in all things and experiences and everything has a purpose. To sum up Native Spirituality; it is about HONOR, LOVE, and RESPECT. Not only do we love, honor, and respect our Creator and our Mother Earth, but also every living thing. It is about being in touch with ourselves and everything around us. It is about knowing and understanding that we are part of everything, and everything is a part of us. We are all One. We also believe that our Elders hold the answers. Our Elders keep our culture alive. We have much to learn from our Elders, and they deserve and receive our utmost respect. Listed below is some poems, quotes and rules that show the beliefs native americans hold. No matter the person nor the tribe it is taken from. you can see a common string that runs through them. I have been asked many times what it is to be Native american. What it is we believe, and though I have given the above defintion to this day I still refer to the simple words of a departed loved one and teacher. White Feather; navajo/apache born medicine man. To him I dedicate this page.

"Native American isnt blood; it is what is in the heart. The love for the land. The respect for it, those who inhabit it; and the respect and acknowledgement of the spirits and the elders. That is what it is to be indian."

White Feather

Navajo Medicine Man

Explanation of Native American Spirituality

"The Indian loved to worship. From birth to death, he revered his surroundings. He considered himself born in the luxurious lap of Mother Earth, and no place was to him humble. There was nothing between him and the Big Holy (Wakan Tanka). The contact was immediate and personal, and the blessings of Wakan Tanka flowed over the Indian like rain showered from the sky. Wakan Tanka was not aloof, apart, and ever seeking to quell evil forces. He did not punish the animals and the birds, and likewise, he did not punish man. He was not a punishing god. For there was never a question as to the supremacy of an evil power over and above the power of Good. There was but one ruling power, and that was Good."

-Chief Luther Standing Bear -

Teton Sioux, Born 1868

American Indian Commandments

Sacred Instructions Given By The Creator To Native People At The Time Of Creation

Treat the Earth and all that dwell thereon with respect.

Remain close to the Great Spirit.

Show great respect for your fellow beings.

Work together for the benefit of all Mankind.

Give assistance and kindness wherever needed.

Do what you know to be right.

Look after the well being of mind and body.

Dedicate a share of your efforts to the greater good.

Be truthful and honest at all times.

Native Code of Ethics

1. Each morning upon rising, and each evening before sleeping, give thanks for the life within you and for all life, for the good things the Creator has given you and for the opportunity to grow a little more each day. Consider your thoughts and actions of the past day and seek for the courage and strength to be a better person. Seek for the things that will benefit others (everyone).
 2. Respect: Respect means "To feel or show honor or esteem for someone or something; to consider the well being of, or to treat someone or something with deference or courtesy". Showing respect is a basic law of life.
- Treat every person from the tiniest child to the oldest elder with respect at all times. Special respect should be given to Elders, Parents, Teachers, and Community Leaders.
- No person should be made to feel "put down" by you; avoid hurting other hearts as you would avoid a deadly poison.
- Touch nothing that belongs to someone else (especially Sacred Objects) without permission, or an understanding between you.
- Respect the privacy of every person, never intrude on a person's quiet moment or personal space.
- Never walk between people that are conversing.
- Never interrupt people who are conversing.

Speak in a soft voice, especially when you are in the presence of Elders, strangers or others to whom special respect is due.

Do not speak unless invited to do so at gatherings where Elders are present (except to ask what is expected of you, should you be in doubt).

Never speak about others in a negative way, whether they are present or not.

Treat the earth and all of her aspects as your mother. Show deep respect for the mineral world, the plant world, and the animal world. Do nothing to pollute our Mother, rise up with wisdom to defend her.

Show deep respect for the beliefs and religion of others.

Listen with courtesy to what others say, even if you feel that what they are saying is worthless. Listen with your heart.

Respect the wisdom of the people in council. Once you give an idea to a council meeting it no longer belongs to you. It belongs to the people. Respect demands that you listen intently to the ideas of others in council and that you do not insist that your idea prevail. Indeed you should freely support the ideas of others if they are true and good, even if those ideas are quite different from the ones you have contributed. The clash of ideas brings forth the Spark of Truth.

3. Once a council has decided something in unity, respect demands that no one speak secretly against what has been decided. If the council has made an error, that error will become apparent to everyone in its own time.

4. Be truthful at all times, and under all conditions.

5. Always treat your guests with honor and consideration. Give of your best food, your best blankets, the best part of your house, and your best service to your guests.

6. The hurt of one is the hurt of all, the honor of one is the honor of all.

7. Receive strangers and outsiders with a loving heart and as members of the human family.

8. All the races and tribes in the world are like the different colored flowers of one meadow. All are beautiful. As children of the Creator they must all be respected.

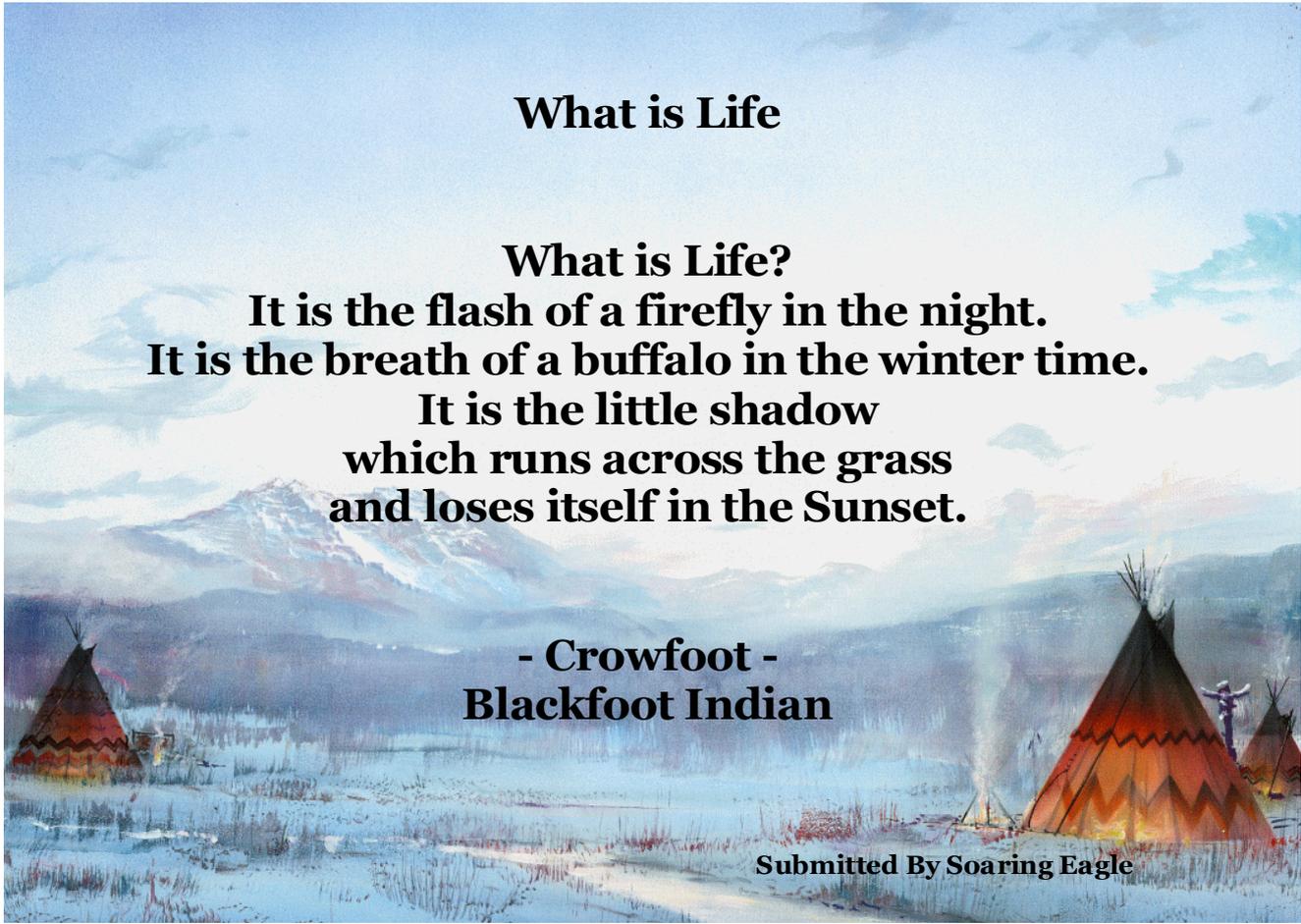
9. To serve others, to be of some use to family, community, nation, and the world is one of the main purposes for which human beings have been created. Do not fill yourself with your own affairs and forget your most important tasks. True happiness comes only to those who dedicate their lives to the service of others.

10. Observe moderation and balance in all things.

11. Know those things that lead to your well-being, and those things that lead to your destruction.

12. Listen to and follow the guidance given to your heart. Expect guidance to come in many forms; in prayer, in dreams, in times of quiet solitude, and in the words and deeds of wise Elders and friends.

This article is a reprint from the "Inter-Tribal Times" - October 1994



What is Life

What is Life?

**It is the flash of a firefly in the night.
It is the breath of a buffalo in the winter time.**

**It is the little shadow
which runs across the grass
and loses itself in the Sunset.**

**- Crowfoot -
Blackfoot Indian**

Submitted By Soaring Eagle

NOTE FROM THE TEAM

HELP THE FOREST – INVITE YOUR FRIENDS

To invite your friends to the Enchanted Forest go to the INVITE TAB at the top of the page. You can INVITE all your friends from either your hotmail, gmail or yahoo account by simply entering your email address and password from your messenger account then click IMPORT ADDRESS BOOK – this will list all your messenger account contacts select all the contacts you wish to INVITE then select SEND.

To INVITE your friends by EMAIL simply select enter EMAIL ADDRESS and enter the person you wish to INVITE emails address (Separate multiple addresses with commas). And SEND its that SIMPLE !!

Tell everyone about The Forest and help it GROW

If you have any problems with this or have any questions please contact any member of the team - who will be able to help you

Enchanted Forest Team

The Power of Coconuts

By Whitefeather

I would like to tell readers of the efficiency of coconut, coconut oil and its main constituent which is caprylic acid.

For some years I suffered from being overweight, yet I had a healthy vegetarian diet, lots of salads, fruits and vegetables, both raw and cooked. But my health was not good, I suffered a variety of fungal infections over the years, bloating, lethargy, psoriasis, ulcerated throats, flaking nails, muscular aches & pains, joint aches and pains and numerous other maladies. I spent all one summer filling in food diaries and seeing a dietary nurse & nutritionist, (I am a qualified nutritionist myself and had already diagnosed wheat and dairy as a culprit in my health issues) in the end she said I could teach her a thing or two about nutrition and should write a book - Never mind a ***** book I cried I want to know why I cannot loose weight and why my health is being affected. In the end, I asked for allergy tests, I was refused because the doctors said there was nothing wrong with me other than I needed to loose weight - exercise more they said !!! Excuse me ! I walk my dog three times a day !!! Any of this sound familiar?

So I did my own research work and decided I had a candida overgrowth - yeast - candidiasis. Back to the doctors where I was laughed at - no such thing they said. Undaunted, I scanned the Internet - wonderful invention !! And found that most naturopaths and natural health practitioners believe in this, at times, life threatening yet silent disease. With the help of a wonderful book by Erica White- the beat candida cookbook, I set about devising my own candidiasis free diet. It was hard initially, I cut out all sugars, yeast, fruit, fermented foods, fungi, wheat, processed foods and dairy and of course alcohol. I added caprylic acid tablets to my diet, ate lots of coconut, fresh and unsweetened dessicated, milk and cream. Within four months all my health issues had cleared - although not before going into overdrive due to the 'die off' toxins from the candida, and I was loosing weight so easily. I lost my sweet tooth, never felt hungry, and felt my energy levels rising. A year later I had lost over 4 stone and as I celebrated my 50th birthday I had far more energy and enthusiasm for life than I did at 40 ! Two years on and I eat small amounts of fruit now, occasional dairy and have learnt to make sugar free yummy desserts. So many have been amazed at my transformation that they adopt the diet too, one friend lost nearly 8 stone and is healthier than she has been in years so I wanted to share this information with you all, New Year New You ! Learn to love your coconuts !!!!!

Coconut oil is an edible oil that has been consumed in tropical countries for thousands of years.

Studies done on native diets high

In coconut consumption show that these populations are generally in good health, and don't suffer as much from many of the

Modern diseases of western nations, as well as not struggling with obesity.

Heart Diseases: There is a misconception that coconut oil is not good for the heart. This is because it contains a quantity of saturated fats yet, coconut oil is beneficial for the heart as it contains about 50%

Lauric acid, which helps in preventing various heart problems including high cholesterol levels and high blood pressure. The

Saturated fats present in coconut oil are not harmful like some other vegetables oils.

Weight Loss: Coconut oil is very useful in reducing weight. It contains short and medium-chain fatty acids that help in reducing excessive weight. It is also easy to digest and it helps in healthy functioning of the thyroid, gland and enzyme systems, increasing

The bodies metabolism by removing stress on the pancreases, burning out more energy and helping obese and overweight people reduce their weight in a healthy manner

Digestion: Coconut oil helps in improving the digestive system and thus prevents various stomach and digestion related problems

Including irritable bowel syndrome and candidiasis. The saturated fats present in coconut oil have anti-microbial, anti-viral and anti-bacterial properties and help in dealing with various bacteria, fungi, parasites, etc., that cause indigestion. Coconut oil also helps in absorption of other nutrients such as vitamins, minerals and amino acids.

Immunity: Coconut oil strengthens the immune system as it contains anti-microbial lipids, lauric acid and caprylic

Acid, which has the aforementioned anti-fungal, antibacterial and antiviral properties. The human body converts lauric acid into mono-laurin; which is claimed to help in dealing with viruses and bacteria causing diseases such as herpes, influenza, and even HIV.

Healing: When applied on infections, it forms a chemical layer that protects the infected body part from external dust, air,

Fungi, bacteria and virus. Coconut oil is most effective on bruises as it speeds up the healing process by repairing damaged

Tissues.

Infections: Coconut oil is very effective against a variety of infections due to its anti-fungal, antiviral, and antibacterial

Properties. Coconut oil kills viruses that cause influenza, measles, hepatitis, and herpes. It also kills bacteria that cause

Ulcers, throat infections, urinary tract infections, pneumonia, and gonorrhoea. Coconut oil is also effective on fungi and yeast

That cause candidiasis, ringworm, athlete's foot, thrush, diaper rash, etc.

Liver: The presence of fatty acids helps in preventing liver diseases as they are easily converted into energy when they reach the liver, therefore reducing the work load on the liver and preventing accumulation of fats.

Diabetes: Coconut oil helps in controlling blood sugar levels and improves the regulation and secretion of insulin.

Bones: Coconut oil improves the ability of our body to absorb important minerals. These include calcium and magnesium, which are necessary for development of bones. Apply coconut oil at night to reduce the dark circles under your eyes, and use in lieu of butter or oil for cooking although it is expensive.

Hair Care: Coconut oil is one of the best natural nutrition for hair and beloved of Asian women for their long shiny locks.. It helps in healthy growth as well as a shiny complexion. Regular massage of the head with coconut oil ensures that your scalp is free of dandruff. It is an excellent conditioner and helps in the re-growth, and provides the essential proteins required of damaged hair.

Skin Care: Coconut oil is excellent massage oil for the skin; it acts as an effective moisturizer on all skin types. The benefit of coconut oil on the skin is comparable to that of mineral oil, but unlike mineral oil there is no chance of clogging pores. Coconut oil delays wrinkles, and helps in treating various skin problems including psoriasis, dermatitis, eczema and other skin infections because of its antioxidant properties.

Love those coconuts !!!!!

The Rising

By Whitefeather

Stop now, hush and listen, do you hear it ?
The movement of life rising, can you feel it ?
As the Earth Mother once more begins to stir
An eagerness for the union of feather or fur
Man and Woman, God and Goddess
Urging the Earth to wear a new dress
The burgeoning of life is all around
Feel the rhythm, hear the sound

Heartbeat of life growing stronger and stronger
As the magick of Spring grows upon Her
All across the land, tiny shoots of green

On the Earth, on the tree's. Everywhere to be seen
For the spirit of the Earth is awakening once more

Following the cycles of an ancient lore
Renewing the Earth, replenishing the soil
Warming the land, let the Serpent uncoil

Awakening from slumber for the winter is spent

Time for cleansing, renewal and to repent

For the life force is rising in me and in you

In the Earth and Her creatures, in the plant world too

Urging us all to see the beauty of Spring

Let it fill your hearts with the desire to sing

Let your ears open to the sacred drum

And you feet feel the dance of the sacred hum

As it rises up from deep in the Earth Mother

To spread over the land like a sacred cover

Shades of green, the colour of life

Rising like the Serpent on the sacred staff

Bringing you the magick of a timeless rite

For this is the time of returning light

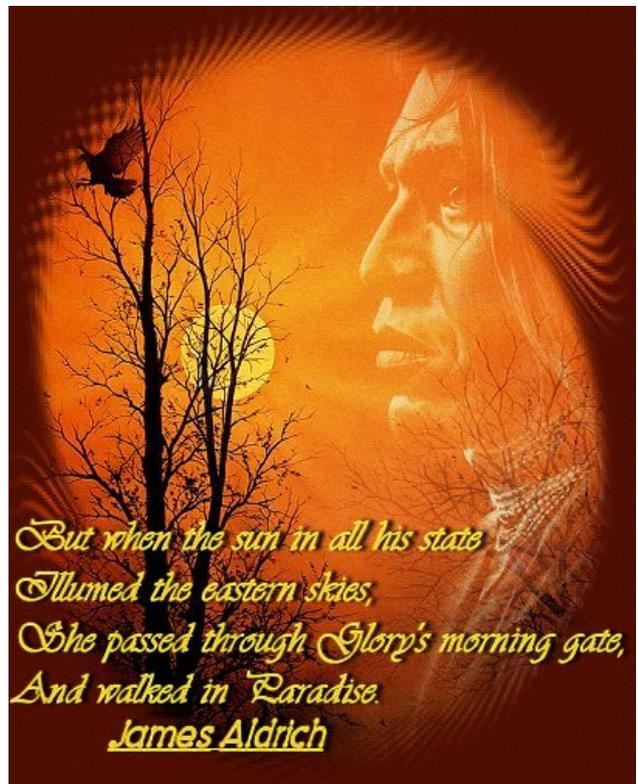
So stop now, listen and you will hear it

The motion of life rising up, can you feel it ?

As the Earth now becomes the Maiden Goddess

Eager to wear Her bright new dress.

Whitefeather c09



The Meaning Of The Word "Namaste"



By Deb



I use the word "Namaste" as a word of respect from me to you. I've had several people ask me the meaning of the word. I've even been stopped in the local shopping mall and asked what it means when I wear my tee shirt with the name silkscreened on the front.

Here is the meaning and some examples.

The gesture Namaste represents the belief that there is a Divine spark within each of us that is located in the heart chakra. The gesture is an acknowledgment of the soul in one by the soul in another. "Nama" means bow, "as" means I, and "te" means you. Therefore, Namaste literally means "bow me you" or "I bow to you."

To perform Namaste, we place the hands together at the heart chakra, close the eyes, and bow the head. It can also be done by placing the hands together in front of the third eye, bowing the head, and then bringing the hands down to the heart. This is an especially deep form of respect. Although in the West the word "Namaste" is usually spoken in conjunction with the gesture, in India, it is understood that the gesture itself signifies Namaste, and therefore, it is unnecessary to say the word while bowing.

We bring the hands together at the heart chakra to increase the flow of Divine love. Bowing the head and closing the eyes helps the mind surrender to the Divine in the heart. One can do Namaste to oneself as a meditation technique to go deeper inside the heart chakra; when done with someone else, it is also a beautiful, albeit quick, meditation.

In recent times, and more globally, the term "namaste" has come to be especially associated with yoga and spiritual meditation all over the world. In this context, it has been viewed in terms of a multitude of very complicated and poetic meanings which tie in with the spiritual origins of the word. Some examples:

- "I honor the Spirit in you which is also in me."
- "I honor the place in you in which the entire Universe dwells, I honor the place in you which is of Love, of Integrity, of Wisdom and of Peace. When you are in that place in you, and I am in that place in me, we are One."
- "I salute the God within you."
- "Your spirit and my spirit are ONE."
- "That which is of God in me greets that which is of God in you."
- "The Divinity within me perceives and adores the Divinity within you."
- "All that is best and highest in me greets/salutes all that is best and highest in you."
- "I greet the God within."

That said, these are all arguably simply attempts at translating the same concept, which does not have a direct parallel in English. The closest word would be Aloha.

- "I bow to you. The light within me honors the light within you."

May you all have "Namaste" within you.

Chance Meeting

From Michael (Miguel) Forbus

I woke way before dawn today and again my heart was telling me lies. Before I had the morning tea, my head began to remind me how old I was. The sadness washed over me like the Scottish rain in the Highlands. I had been in a state of solitude for half of my life and it looked like the other half was headed that way. I had a stone house I had built and a sturdy farm horse. As always, I planted a sumptuous garden, as blooms are food for the eyes.

I needed to take a long walk to leave this sadness in the bog. I took the rock fence route, built with stones I had cleared from the garden and along the long fence where the horses grazed. My setters pranced into a lope across the field sniffing every spot and pointing at a bird once in awhile. I began to sing to my pups an old Gaelic song my grandfather taught me. He died alone, his wife gone way before him, and I watched him fade a little each day as I felt I was doing now.

As I came up the hill, I begin to hear a pennywhistle playing sweetly. It was an old traditional song, so beautiful with a melancholy timbre. I saw no one until I got halfway up the meadow by the stone fence and I realized that the sound was on the other side. I jumped the fence and a dark-haired lass jumped higher than I had. She was frightened. The quietness took over and she couldn't quite look at me. I asked for her name and the beauty with hair of the darkest night and light in her starry eyes, like beams on the shore bringing the fishing boats home, told me, Claire, like County Clare in Ireland but with an "I."

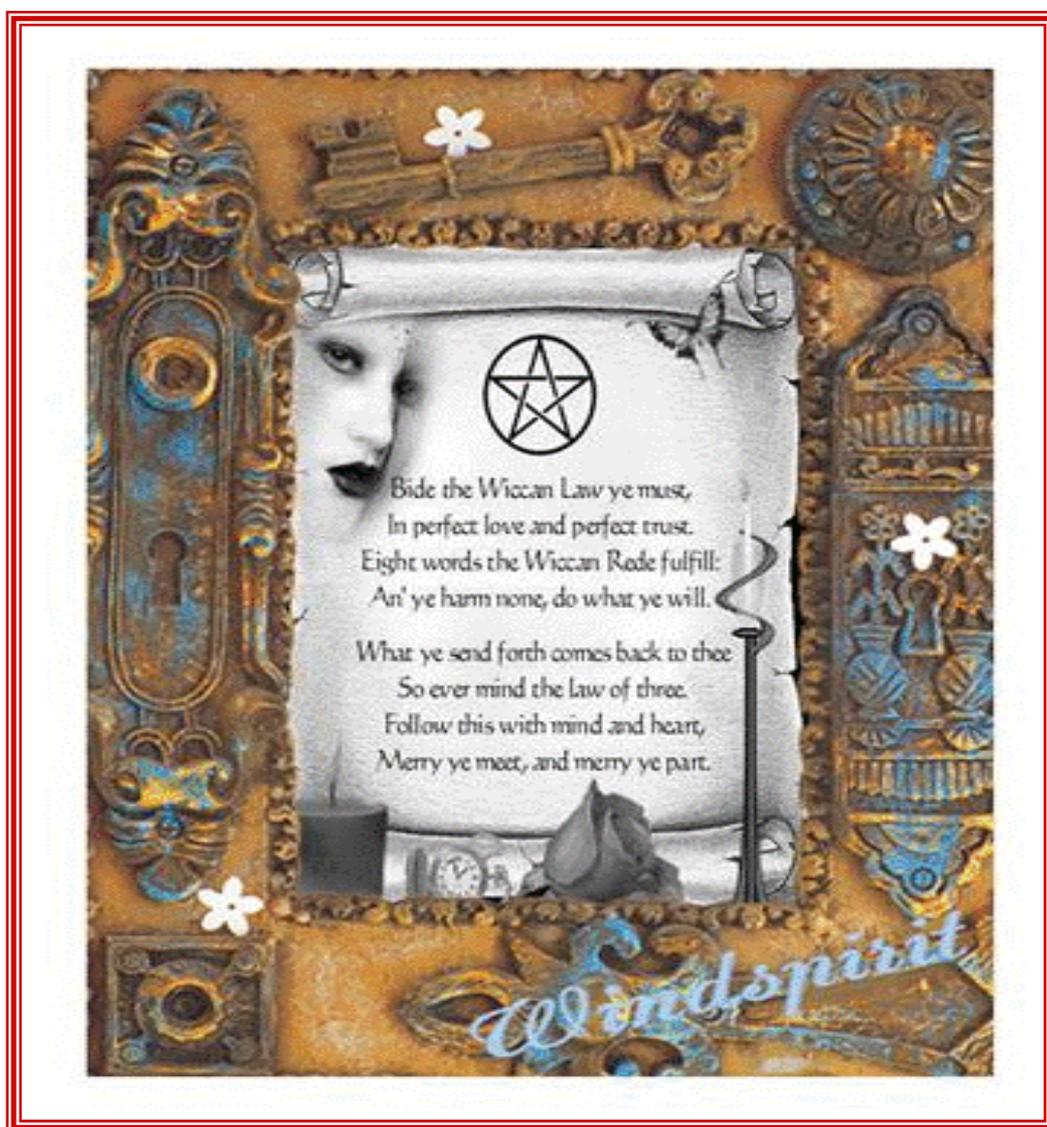
She finally began to talk and could not stop. Her family had been lost to consumption and she was the only survivor. Everyday, she told me, she came up the meadow and played the whistle in order to draw the attention of a handsome young man who shaved just for himself in the morning and always wore clean walking clothes. An old habit of mine. I had not been drinking the stout for so long that my eyes had taken on the blue of the spring sky and hers were dark and seductive. She told me that her father said with his last breath, that whoever answered the whistle would become her husband.

I was astounded at first at her being so forward. Then I realized that I was there wishing for the same prayer to be answered. Lord, please don't let me die alone. Please bring music back to my house and turn it into a home with the peat burning in the fireplace and a potful of dinner waiting for me to return from my chores, into the arms of one who couldn't take her eyes off mine and when I looked into hers, starry night beams floated gently across the room and tugged at my heart.

I have become young again, always listening for the music, always smelling the lavender, always looking deep into my beloved's eyes. So I say to you now that when you kiss your divine one, do it with all the passion you feel when you plant flowers for her or clear the garden of stone.

Today, after working hard all day with the horses, I saw her watching me from the doorway and I saw the yearning in her eyes from fifty rods away. She saw me as I felt, young and strong and immortal. I saw her as the Gaelic angel that she is, and as tired as I was, I ran home to have her blessed wings around me.

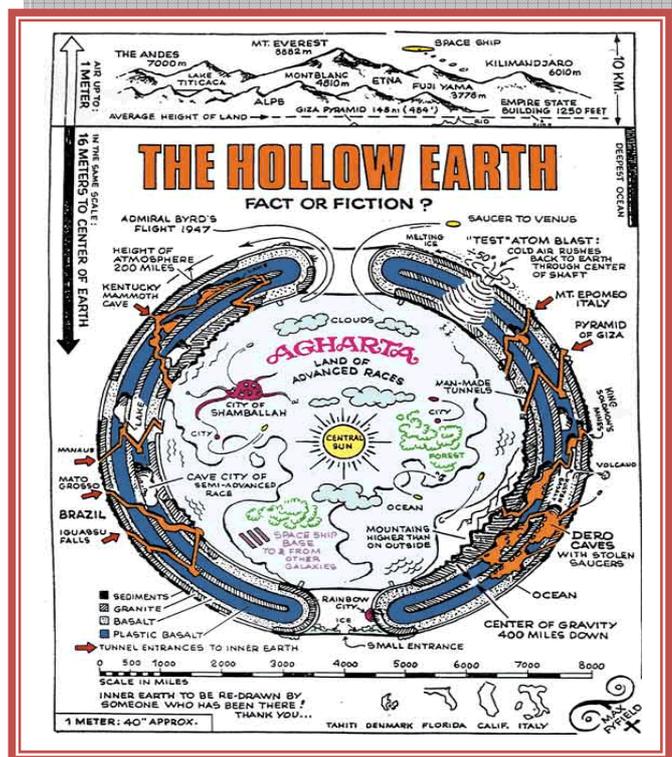
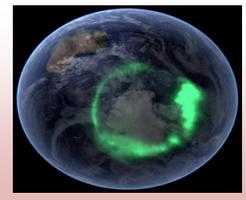
With Metta to all, Miguel





Agartha

Submitted By Breeze



One of the most common names used for the society of underground dwellers is Agharta (or Agartha) with its capital city of Shamballa. The source for this information, apparently, is *The Smoky God*, the "biography" of a Norwegian sailor named Olaf Jansen. According to *Agartha - Secrets of the Subterranean Cities*, the story, written by Willis Emerson, explains how Jansen's sloop sailed through an entrance to the Earth's interior at the North Pole. For two years he lived with the inhabitants of the Agharta network of colonies who, Emerson writes, were a full 12 feet tall and whose world was lit by a "smoky" central sun. Shamballa the Lesser, one of the colonies, was also the seat of government for the network. "While Shamballa the Lesser is an inner continent, its satellite colonies are smaller enclosed ecosystems located just beneath the Earth's crust or discreetly within mountains."

The many cataclysms and wars taking place on the surface drove these people underground, according to *Secrets*: "Consider the lengthy Atlantean-Lemurian war and the power of thermonuclear weaponry that eventually sank and destroyed these two highly advanced civilizations. The Sahara, the Gobi, the Australian Outback and the deserts of the U.S. are but a few examples of the devastation that resulted. The sub-cities were created as refuges for the people and as safe havens for sacred records, teachings and technologies that were cherished by these ancient cultures."



**Picture and Submitted
By Liz Taken in Helen, Ga**

Might Have Said

By Wordwulf

I might have said I love you
ten thousand echoes reside
Three wandering Moons of Atlantis
conspire to conceal, they hide
the city; my love is a rainbow
whose path is come open and wide
a tumble me down and forever
whistling of prayer, neap tide

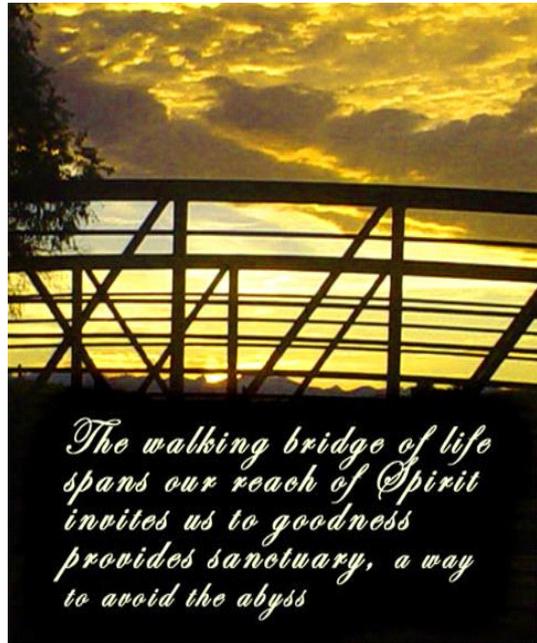
I might have said who are you
whose sleep I have come to share
far misty mountains abiding
a halo of Sun as they bear
tree Children; my love is a whis pring
wind through the needles, their hair
Lift me up, I m a flying man
whose heart is lighter than air

I might have said where are you
lonely nights lying awake
a misty gath ring of shadow
fair ghosts of tomorrow may shake
their heads, my love is a phantom
a cry of hope for their sake
whose Spirit may lie in my bosom
a lay me down I would make

I might have said I ve found you
into the face of the night
The Sun, a cascade of falling
makes narrowing pathways of light

A fire, my love is a ribbon
shimmering gem of delight
the body of faith come rewarded
healing caresses ignite

I might have said I love you
then finally found your face
the stars, a sprinkling of Heaven
find sorrow and come to erase
the dark, my love is a promise
a choosing of time and place
whose moment I have come seeking
has found me and blessed me with grace



*The walking bridge of life
spans our reach of Spirit
invites us to goodness
provides sanctuary, a way
to avoid the abyss*

*Hail to the moon, rising so high
Like a sacred jewel in the night sky.
All the stars shining bright around us,
Feel the beauty that surrounds us.*

*Hail to the moon, rising so high
Like a sacred jewel in the night sky.
All the stars shining bright around us,
Feel the love that surrounds us.*



**ALL THE ENCHANTED TEAM WISH
ALL OUR MEMBERS A SAFE AND
WARM VALENTINES DAY. THANK
YOU FOR YOUR CONTINUED SU-
PORT OF THIS SITE !! REMEMBER
THIS IS YOUR SITE—ALL
INPUT WELCOME !!**

